

4CS NEWS



Canterbury City
Community Centre

Community Building Community

Canterbury City Community Centre Newsletter | July 2018 | Volume 17 | Issue 3 | 4cs.org.au



It's a wrap!!

FILMING COMPLETE ON THE GARDEN CARE SHORT FILMS

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Week 2018
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Winner of
the STARTTS
Humanitarian
Awards 2018
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King & Queen
of Green at
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WORD FROM THE CEO



2018 – 2021 Planning Day

Our Board and senior staff met in May to develop our Strategic Plan for 2018 – 2021 ... these will be significant years for the Centre as we continue to experience major changes within the Sector and respond to changing funding models. The Plan is currently being 'word smithed' and will be available on the website soon.



Special General Meeting to change the Constitution

Members were invited to attend a Special General meeting on June 26th to consider adopting a new Constitution. This has been discussed at a Board level for a number of years with changes identified to bring our previous Constitution in line with changes to the Associations Incorporations Act ... it had become unworkable in many areas.

The draft put to Members was adopted and once accepted by Fair Trading will be posted on the Centre website. As we continue to grow in size we will still be moving toward becoming a Company Limited by Guarantee but until that time we have a more workable set of rules.

STARS Update

As highlighted in the last Newsletter, funding to our STARS Program has been cut by one third with the transition to the NDIS. Sector Support Services such as STARS have been jointly funded by the State and Commonwealth and with the loss of State Government funding we have had to significantly reduce services in Volunteer Recruitment to the community. Our STARS Recruitment Officer's position was made redundant and we sadly farewelled Donna Brunton in early May.

We will shortly be recruiting for a part time position at 2 days per week. We have run the STARS Program since 2001 ... supporting local not for profit Organisations and Volunteers with recruitment, volunteer management, and the provision of learning and development support. The Program faces continued uncertainty as we move toward changes under the Commonwealth Home Support Program in 2020.

#ilovelakemba

The Centre has recently launched its page on Instagram ... sharing those wonderful images of our community and the work we do. You can follow us on Instagram at @centre4cs or go to our website and follow the links at the bottom of the home page. You can also check out our new YouTube channel as well! We would like to encourage people to apply the hashtag ... #ilovelakemba ... when sharing their positive Lakemba stories and images on Instagram ... Let's get the message out there!

Ramadan at Lakemba

Over the last month, during the holy month of Ramadan, Lakemba has come alive after sunset with Canterbury Bankstown Council supporting shop keepers and residents to make Haldon Street a destination to visit to experience multicultural Sydney and community harmony.

Ramadan is a very special time in our community where family and community ties are strengthened, it's a time of contemplation and good deeds. Toward the end of Ramadan the 4cs also hosted our annual Chand Raat event where local stall holders could sell their wares and help local families prepare for Eid.

It is incredibly satisfying to see Lakemba and our community receive this rightful recognition and support. It was great to serve on the Ramadan Reference Committee and to see the commitment from Council to support this local event.

During the month staff and Board were also pleased to attend an Iftar Dinner hosted by our local MP's Tony Burke, Jason Clare and Jihad Dibi. Again a wonderful celebration and coming together of community during this special time of year.

2018/19 Membership

It's that time of year again where we ask that people who support our work consider becoming a financial member of the Association. We have included the new Membership Form on the back page of the Newsletter but you can also apply online or download a copy of the form from the website. Membership at \$5.50 (inc GST) is a great investment in your community and a very practical and meaningful way you can support the 4cs.

NVW

NATIONAL VOLUNTEER WEEK
Give a little. Change a lot.
21-27 May 2018

The 4cs celebrated National Volunteer Week, and the contribution of our 140+ Volunteers, with a number of events during May. In Australia there are 5.8 million people engaged in formal volunteering activities and programs. The estimated annual economic and social contribution is valued at \$290 billion!

Most importantly, volunteers and volunteering make our communities stronger, more resilient and a better place to live. We know this first hand at the 4cs and we love taking the opportunity to say Thank You to our Volunteers! We have volunteers who support our work through gardening in the homes of our frail aged clients, driving our bus, serving on our Board, teaching English to migrants and refugees, preparing meals and social activities in our seniors social groups, visiting people in Nursing homes or who are housebound, undertaking administration duties in our Office, and participating in various resident groups. Thank you to each and every one for the support and your contribution of skills, time and kindness!

On the Monday of NVW 2018 4cs Volunteers were treated to a visit to the movies with other local Volunteers as guests of our STARS Program. The goody bags and lucky door prizes were a special treat.



An exclusive lunch for the 4cs Volunteers was held at the Rowers Club at Wollie Creek on the Wednesday ... an opportunity to socialise, enjoy a meal together, and show some appreciation for the wonderful work of our volunteers with certificates and lucky door prizes. A highlight of the day was hearing volunteer Robert talk about his Volunteering experience plus a showing of the Garden Care Volunteering video.

The final event of the week was the Official Launch of the Garden Care Videos which promote volunteering with Garden Care. The Launch was held at the Cottage and was a very swish affair with 4cs staff waiting on

the Volunteers and special guests.

We would like to thank the following companies for their support of NVW 2018 with the donation of prizes and gifts for our volunteers ... Sydney Theatre Company, Captain Cook Cruises, Taronga Zoo Sydney and Taronga Zoo Western Plains, Palace Cinemas, Penguin Random House and Mindfood Magazines, McHugh Media, Readers Digest Australia and Damart Australia. Thank You!!

A final Happy National Volunteer Week and an ongoing thank you to the amazing 4cs Volunteers, and volunteers everywhere, for the contribution they make to our community.



GARDEN CARE



'Just occasionally the client will come out at the end of the day to see what we have done, and you see a look of pure joy on their face... THAT to me is what volunteering is all about.'

INTRODUCING VOLUNTEER ROBERT RANDALL

During Volunteer week the 4cs held a lunch to say thank you to all of our volunteers. It was a beautiful day on the Cooks River, there was a great turn out, the water was sparkling ... but the highlight for many was hearing from Super Vol Robert about his story and how he came to volunteering and the difference it made to his life. And it went a little something like this

In 2007 my wife passed away with cancer and in 2011 I was retrenched from my job of 20 yrs. After 12 months of job hunting I became quite depressed and felt I was becoming isolated. I was finding it difficult to get up in the morning. It was suggested I try volunteering and eventually contacted STARS at the 4cs. I was offered a range of roles none of which I had any experience in. I settled on gardening as I enjoy physical work and being outdoors, despite not having a garden.

On my first day my supervisor Su was showing me the ins and outs of weeding. As we knelt together by the garden bed she chatted to me about my circumstances and gave me a very sympathetic hearing. Just what I needed. Unfortunately, later in the day I blotted my copy book by smoking on the job. A no-no I learnt and it was explained what you can

or can't do when volunteering. As a result, I decided to give up smoking after having been addicted for 40 yrs. I haven't had a smoke since. The best thing I ever did health wise.

I have since taken up volunteering in bush care along the Cooks River and social support with the elderly giving me a real sense of belonging to the community. With Garden Care I enjoy helping the elderly maintain their gardens thus helping them enjoy their homes longer.

One of the most enjoyable parts of the day is having morning tea with

the clients. It may be home cooked snacks, a simple biscuit or a cake and tea served on the best china and linen tablecloth. I love hearing the clients' stories. So much oral history. The best part of the day is looking around and seeing the results of your work. The hedges are trimmed the garden beds weeded and fresh mulch has been laid. What a transformation. Just occasionally the client will come out at the end of the day to see what we have done, and you see a look of pure joy on their face. THAT to me is what volunteering is all about.

Thanks CB Council

Garden Care recently invited David Lowery, Education Officer for Environmental Sustainability from Canterbury Bankstown Council, to speak at our team meeting. It was great to make plans for how Garden Care and Council can come together to support sustainability and biodiversity in our local area.

Free bags of compost to each of our clients

Thanks to Council's support, Garden Care is now giving away four free bags of compost to each of our clients living in the Canterbury Bankstown LGA.

Canterbury Bankstown Council has also assisted Garden Care for the last 14 years (!) by supplying mulch and picking up the green waste after we visit our clients. Thanks to all at the Canterbury Bankstown Council for the continued support.



GARDEN CARE VOLUNTEER FILMS

Last year, Garden Care was lucky enough to get a grant from the Inner West Council to make a short film to promote volunteering with our service. Since February, we have been working with Art Resistance to do just that... here is a little about the process.

The Planning

Our first step was to ask our existing volunteers what Garden Care meant to them. We had a brainstorm and then John from Art Resistance went out to different gardens to get it straight from the mouths of those that know best ... "I learn new skills" ... "I make great friends" ... "It's a work out" ... "I'm getting work experience" ... "I care about older people" ... "I look forward to it every week". The conversations were rich, and somehow, we had to make this into a film...

Enter two incredible Garden Care volunteers who put their hands up to write the script: Maggie Connors and Tahsin Karim. Without the skills of these two we would not have been able to do it! Email after email, refining and perfecting. Maggie and Tahsin gave countless hours towards the project and we can't say thanks enough.

We ended up making one two-minute film to promote volunteering with Garden Care and one eight-minute film which shows new volunteers what a day volunteering at Garden Care looks like.

The Filming

After reading their scripts and learning their lines, it was time for the big day. At Greg's house in early April, Lorraine lead the Thursday team through a gruelling 8 hour filming session. Everyone got bossed around, told to do things again and again for the camera, to not touch things & to stay out of the shot!! At the end of the day John, the Director, told us that it was the most ambitious script he had ever tried to shoot in one day!

The second day of filming was with the Friday Team at Win's house. They did all the filming for our shorter 2 minute film, but it sure took a lot longer than 2 minutes to make!

Both Greg and Win were charismatic hosts and stars. Not only did the teams do so well on the camera, but off screen too. Both gardens looked fantastic by the end of the day.



The Launch

During National Volunteer Week, there was a red-carpet launch at The Cottage, which was attended by volunteers, staff and our two celebrity clients!

Garden Care staff worked hard in waiter attire to serve the stars hors d'oeuvres and cold drinks. When the sun set at 5pm, the films were shown in the beautiful surroundings of The Cottage garden. It was 5 star reviews and 5 star service for all in attendance!

Golden Gnome awards went to Greg and Win, the two Garden Care clients featured in the films.

Native floral bouquets were awarded to Maggie and Tahsin for their script writing contribution and to John and Jill from Art Resistance for producing, directing and editing the film.

Many thanks to all involved in a huge project. We have made a great resource that hopefully brings our Centre plenty of new volunteers.

If you haven't seen the films yet, please have a look at the 4cs Facebook feed or go to the 4cs Website (www.4cs.org.au) and click on the YouTube icon at the bottom of the page. Share the film with friends and family and help us to find more wonderful volunteers!





Donate your drink containers



Canterbury City Community Centre is participating in the Return and Earn Scheme where a donation of \$0.10 will be made to the 4cs for every eligible container deposited in three dedicated Reverse Vending Machines between 28 May 2018 and 28 August 2018.

WHAT YOU CAN DO TO HELP

Step One: Collect glass, aluminium, plastic, steel and liquid cardboard containers – they can be between 150 ml and 3 litres in size but must be empty, uncrushed, unbroken and have the original label attached.

Step Two: Take your containers to the Reverse Vending Machines that

are helping the 4cs Fundraising effort.

These are located at:

- The Acres Club
1 Moondoo St
(off Roberts Rd at the lights)
Greenacre NSW 2190
- Southside Plaza
212 Stacey Street
Bankstown NSW 2200
- Punchbowl Officeworks
(at the rear)
1618 Canterbury Road
Punchbowl NSW 2196

Step Three: Choose to make a charity donation – you will have 4 options and you will need to select

Canterbury Community CtrThat's us! Our name was too long to fit on the label!

Step Four: You will get a receipt and if the donation is over \$2.00 this can be used when preparing your tax return at the end of the financial year.

We have limited capacity to collect and save containers at the 4cs premises but if you have a few containers and can't get to the Reverse Vending Machines you can drop them off at the Centre on Fridays and we will take them there.

Thanks to Tomra and the NSW Container Deposit Scheme.



The Acres Club



Southside Terrace



Punchbowl Officeworks

Want to Volunteer with Garden Care

3 hours a week, healthy and active work in the gardens of elderly residents of Canterbury Bankstown and the Inner West. No prior skills or tools required!



If you are interested in finding out more please come along to our free information session. You will meet current volunteers and staff and we can get your paperwork started if it sounds like something you'd like to do!

WHERE:

The Cottage
28 Croydon Street
Lakemba 2195

WHEN:

Thursday
19 July 2018
10:00 am to 11:00 am

BOOKINGS:

Call Yul Scarf on
9750 9344 or email
gardencare@4cs.org.au

To find out more about Garden Care visit www.4cs.org.au or call 9750 9344.



VOLUNTEERING AS A PATHWAY

Arti's story

I started volunteering at Canterbury City Community Centre (4cs) with the STARS program a month after my daughter started going to school. This was after 5 years of having a break from work and migrating to Australia.

I always looked forward to Friday's when I volunteered. I got the opportunity to get out of house to do something that gave me sense of belonging, achievement and happiness. I volunteered with STARS for 18 months.

Volunteering gave me confidence to apply for jobs and exposure to the Australian work culture. I received lot of guidance from Deb and Donna. I did free courses through 4cs one of which was Customer Service and Complaints Management which is helping in my current job. Deb was my referee on my resume.

Volunteering opens up different opportunities, it builds up a sense of community. I got to meet people from different walks of life.

I developed an understanding of multicultural work environments. It also gave me local experience to write in my resume, duties and selection criteria.

Arti's message to anyone thinking about volunteering...

*'Please come and help
volunteer it's good for you
and the community!'*

Get Ready to Volunteer

With a grant from Canterbury Bankstown Council Community Grants Program, Deb Helmrich from STARS has developed a training course to assist people with a disability get ready to volunteer.

The 4 week program focuses on participants identifying their interests, strengths and abilities as well as understanding the expectations of volunteers, as well

as the volunteer roles/opportunities that are available locally and how to find them.

The course materials and structure have been designed to assist people with a range of barriers to participate in the program.

In addition to the course, STARS will also be working with local service providers to encourage them and give some guidance around working with volunteers with additional needs.

By working with organisations to increase their capacity to take volunteers we hope that this will lead to an increased number of volunteer opportunities across the area.

The course starts Monday 23rd July for four Mondays, 11:00am to 2:30 pm at Campsie.

If you or someone you know might be interested in this course, talk to your family, friends and support worker about it. Contact Deb Helmrich on 9750 9344 or email starstraining@4cs.org.au

STARS Training Workshops

July to September 2018



Working within Boundaries

Monday 2 July 2018, Riverwood,
Facilitated by STARS

This workshop will assist you to set up and maintain professional boundaries in your role. This keeps both you and the service user safe and clear about the limits of your role. Free for CHSP volunteers and staff. Learning Outcomes:

- Become clearer about professional boundaries in volunteer/staff roles
- Better understand the concept of boundaries (physical, social, mental, emotional)
- Recognise your own response to boundary crossing/breach of boundary
- Become aware of signs that support referral to coordinator is warranted
- Increase awareness of own personal boundaries and steps to follow to keep boundaries intact
- Case studies - exploration of issues & discussion.

DOH Wellness Reporting Considerations for CHSP Providers

Monday 9 July 2018, Campsie,
Facilitated by Glen Sorensen,
Age Communications.

This three hour workshop will explore what implementation of wellness and reablement practice really means for an organisation and the types of evidence providers can collect and may be able to use to report on their progress and achievements.

Manual Handling

Monday 16 July 2018,
Riverwood, Facilitated by Sue
Smith Safety Services

Principles around safe manual handling for workers supporting people in the community including risk management, back care principles and practical application to relevant tasks.

Practical tasks include:

- On and off the bus
- Chair and car transfers
- Assist people to manage steps
- Lifting and carrying shopping bags
- Pushing shopping trolley.

Winter Mystery Tour - Risk Assessment & Risk Management on the go!

Friday 17 August 2018, Inner West Locations, Facilitated by Sue Smith Safety Services.

More information coming soon,

Improving Skills in Recognising and Responding to the Abuse of Older People

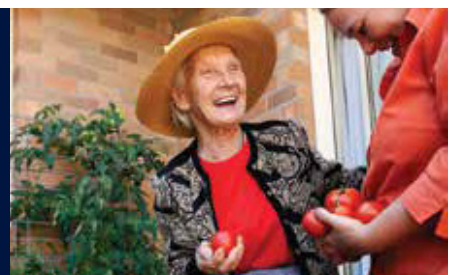
Tuesday 11 September 2018,
Newtown, Facilitated by Selly Harpur NSW Elder Abuse Helpline & Resource Unit (EAHRU)

In this interactive training session you will learn how to identify different forms of abuse, signs and risk factors.

You will also have the opportunity to discuss your specific role in responding to the abuse of older people that has been witnessed, disclosed or suspected.

DEMENTIA ESSENTIALS

CHCAGE005 Provide support to people living with dementia



This nationally-accredited course is designed to assist workers supporting people living with dementia. Strategies are explored to assist with good communication, planning, developing appropriate activities and understanding behaviour in people living with dementia.

3 Day Program - Mondays 15, 22 and 29 October, 9am to 3.30pm, Carrington Centre, Campsie
Suitable for all staff working with or caring for people with dementia and is fully funded.

To register your interest email nsw.education@dementia.org.au or call 8875 4640

Bookings and enquires 9750 9344 or customerservice@4cs.org.au



Lakemba

Ladies Lounge

Children are Welcome
All activities
are FREE
Morning Tea Provided

A PLACE TO TRY
AN ACTIVITY, LEARN
SOMETHING NEW,
MEET OTHER WOMEN
AND RELAX

EVERY THURSDAY 9.30AM - 12.30PM, THE COTTAGE, 28 CROYDON ST, LAKEMBA

July

Need help looking for a job.

Information seminar
facilitated by Diane from
Mission Australia

Thursday 5 July 2018

Closed during
School Holidays
and Re-opens
Thursday
26 July 2018

**Make Gool Gapy
with Farzana**

Popular street food
Thursday 26 July 2018

August

**Try Crochet
with Waseem**

Thursday 2 August 2018

**Try Crochet
with Waseem**

Thursday 9 August 2018

**Try Crochet
with Waseem**

Thursday 16 August 2018

**Try Crochet
with Waseem**

Thursday 23 August 2018

Eid Party

Dress up and bring a plate
to share

Thursday 30 August 2018

September

**Learn how to use Social
Media with Sorosh**

Thursday 6 September 2018

**Learn how to use Social
Media with Sorosh**

Thursday 13 September 2018

**Learn how to use Social
Media with Sorosh**

Thursday 20 September 2018

**Learn how to use Social
Media with Sorosh**

Thursday 27 September 2018



Canterbury City
Community Centre
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If you would like more information on the Lakemba
Ladies Lounge please call Kate or Romana on 9750 9344.

Environment@Lakemba

It's great to see lots of new people at Environment@Lakemba, everyone with a passion for reducing litter and household dumping in the local area. The group is very keen to organise another Cleanest St Lakemba Competition and is talking to Council about this as well as a drain stenciling project, to reduce litter going into the drains and ending up in our local waterways.

The group has also decided to hold a regular stall at Lakemba Community Markets on the first Saturday of the month to provide information to the public on recycling, reducing waste, household clean-ups and living simply.

If you would like to join with others to improve the environment at Lakemba then come to one of our meetings held in the evening every second month from 5:30 - 7:00 pm. We always start with a light dinner then discuss ways we can educate the community.

For more information call Kate on 9750 9344.

NEXT MEETING : 5:30 pm – 7:00 pm, Wednesday 22nd August 2018,
Canterbury City Community Centre, 130 Railway Pde, Lakemba



SAJEEEDA BAHADURMIA Winner of the STARTTS Humanitarian Awards 2018

Every year the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) holds the Humanitarian Awards to acknowledge and thank those people who have made an exceptional positive contribution towards refugee issues in NSW. While there are many talented local people working hard to assist refugee communities, the Centre decided to nominate Sajeeda Bahadurmia for her excellent work and passion for improving the health and well-being of asylum seekers.

Sajeeda arrived to Australia from Burma in 2013 as an asylum seeker and settled in Lakemba. She came to know Canterbury City Community Centre in 2014 through attending the English Conversation Classes at the cottage which she had heard about through a friend. She joined this and a range of other classes including Lakemba Ladies Lounge, encouraging other women from her community to attend. She quickly demonstrated her leadership qualities and passion for improving the health and welfare of other asylum seekers and their families. From participating in courses Sajeeda then signed up as a volunteer in our Garden care program in 2015. At this time Sajeeda was expecting the birth of her 6th child but she loved the friendly team and the work so much that she kept volunteering even during the later stages of her pregnancy.

In addition to volunteering at the Centre she has also volunteered for other organisations on their humanitarian programs including SSI and STARTTS. She has worked in the SSI Community Kitchen sharing her passion for food from her homeland as well as participating in the SSI Ignite Ability Enterprise Program. She has also been recently trained as an educator to help deliver FICT (Families in cultural Transition) training groups through STARTTS at the Cottage.

Sajeeda is a truly inspiring leader and role model for other women. Her drive and enthusiasm to ensure other Rohingya women and their families access services and information to assist their settlement in Australia is just one of the many reasons she deserved the award for Outstanding Refugee Worker 2018.

CONGRATULATIONS from all of us at the 4Cs.



Free English Classes for Women

The 4cs has two English classes for Women in Term 3 - at both Beginner/Intermediate (Wednesdays) and Intermediate/Advanced (Tuesdays) levels.

The classes are free and held during school hours at The Cottage, 28 Croydon St Lakemba.

Our classes are held in a friendly relaxed setting and provide an opportunity to practice your English language skills.

To enrol you will need to come to the Information Session:

Beginners to Intermediate

Enrolment Session Wednesday
25 July 2018
12:30 pm to 2:30 pm

Intermediate to Advanced

Enrolment Session Tuesday
24 July 2018
12:30 pm to 2:30 pm

To find out more call
9750 9344/4cs.org.au



Canterbury City
Community Centre
Community Building Community

HOME CARE PACKAGES



A DAY IN THE LIFE OF A HOME CARE PACKAGE WORKER

Canterbury City Community Centre's Home Care Packages offers a flexible suite of services for clients over 65 with higher care needs. Services offered are diverse and change as the client's needs change.

Services that our own Home Care staff can provide include transport, domestic assistance, personal care and social support. (We also broker other services to provide nursing, allied health, respite, gardening and home maintenance and home modifications). This can make for a very interesting work day for our Community Care workers.

A typical day for one of our Home Care workers goes like this ...

8:00 am Myra (real names not used) arrives at the home of Mrs Saleh to cook her some breakfast and sit with her while she eats it. Mrs Saleh has mild dementia and lives with her daughter, Salma. However her daughter leaves for work each morning at 8:15 am. Myra greets Salma who informs her that her Mum did not sleep well and is a bit out of sorts. Myra cooks some porridge on the stove and sets the table. She then goes to bring Mrs Saleh in from the lounge room where she is watching television. They sit at the kitchen table and Mrs Saleh eats her porridge.

She is very quiet and does not seem her usual smiley self.

9:00 am After breakfast Myra accompanies her to the bathroom. She then washes up the breakfast dishes. Usually Mrs Saleh will watch some television but she tells Myra that she is tired and wishes to go back to bed. Myra then changes the sheets on her bed and helps Mrs Saleh back in for a sleep. She then puts the sheets into the washing machine and starts a wash. She then puts the breakfast dishes away and mops the kitchen floor. When the machine has finished she hangs out the sheets.

10:00 am to 10:15 am Myra now hops in her car and travels to her next clients home a few suburbs away.

10:15 am to 12:00 pm Freddie lives on his own in a small apartment. He has an acquired brain injury and difficulty organising his domestic arrangements, as a result his living space becomes quite cluttered. He is also very socially isolated but enjoys the social contact with Myra each week.

Freddie puts the kettle on and arranges a plate of biscuits to share. This little ritual has become a shared joke between them and they sit down to morning tea and chat about what they will do with their time today. There are a couple of bills that need to be paid online

and a bit of tidying up and washing. They organise this between them as with a little support and encouragement Freddie is quite able to put a load of washing on and hang it out. They then walk together down to the local shops and Freddie buys a magazine and some essential food items. When they return Freddie makes a sandwich, with assistance and Myra says her farewells.

12:00 pm to 12:35 pm Myra calls in at a local café for a quick sandwich and coffee before her next job. She then heads off to her next client who is in the adjoining suburb.

12:35 to 1:00 pm Myra's next client, and last one for the day is Mrs Ho who has a hydrotherapy appointment at the local rehabilitation centre. When she arrives Mrs Ho is waiting and has her bag packed ready to leave. Mrs Ho mobilises with a walker and needs a little support negotiating the low steps from her front door and getting into the car. Myra folds the walker and puts it in the boot.

At the rehab centre Myra is lucky to get a park close by and assists Mrs Ho into the pool area of the facility. Myra assists Mrs Ho to change into her swimming attire and assists her poolside where she meets up with her hydrotherapy worker. Mrs Ho's niece will be meeting her after her session today so Myra says goodbye until next week.

Myra heads home for the day. She is currently studying for a Degree in Nursing so plans to get a couple of hours study in before she picks her daughter up from school.

Our HCP Workers need to be flexible and adaptable and possess a wide range of skills. Later in the week Myra will be visiting another client, Maggie, who she will be assisting to have a shower and get dressed before helping her to dust and de-clutter her spare bedroom.

We currently have 15 Care Workers like Myra working in our Home Care Package service, delivering high quality, flexible services to clients. If you would like to know more about our Home Care Packages please call us on 9750 9344.

INTRODUCTION TO

Customer Service

This course will build your communication skills and confidence to work in customer service.

You will study five units from an accredited Retail Services qualification (SIR20216 or SIR 30216). The course will teach you how to engage and work effectively and safely in a customer service environment. You will learn about Australian workplace health and safety issues and improve your oral communication skills.

This course helps prepare you for entry-level work or higher level study in the retail or hospitality industries.

WHERE

4Cs Cottage
28 Croydon Street
Lakemba

WHEN

Fridays, 9:30am – 2:30pm
27 July 2018 until 28 September 2018
10 sessions

ARE YOU ELIGIBLE FOR THIS **FREE!** COURSE?

You can take this course if you:

- are 15 years or older and have left school
- live and work in NSW
- are an Australian or New Zealand citizen, permanent resident or humanitarian visa holder (sorry - bridging visas not eligible)
- have (or are willing to get) a Unique Student Identifier

Be quick!

Limited places available

To enrol, pick up a form at Canterbury City Community Centre or contact us.

You must bring these documents to enrol:

- Australian passport or citizenship document or foreign passport and visa documents or travel document or Immicard
- Centrelink card or benefits letter
- NSW Driver's License or NSW Photo ID
- USI number (Unique Student Identifier)



FOR MORE INFORMATION PLEASE CALL...

Tonya Cook-Pedersen – Sydney Community College
EMAIL tonya.cook-pedersen@sydneycommunitycollege.edu.au
PHONE 0412 247 656

Jacinta Buhck – Canterbury City Community Centre
EMAIL customerservice@4cs.org.au PHONE 9750 9344

Romana Waseem – Canterbury City Community Centre
EMAIL cw1@4cs.org.au PHONE 0412 270 811

Offered by Sydney Community College (RTO # 90054)
in partnership with Canterbury City Community Centre

**SYDNEY
COMMUNITY
COLLEGE**
Sydney Community College Ltd | RTO # 90054



THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT

CREATIVE ARTS PROJECT

Working together with Settlement Services International (SSI) and Bankstown Arts Centre, we are looking forward to partnering on a community arts project with women from the Rohingya community. The aim of the project will be to improve the health and wellbeing of women through finding a creative voice and expressing their inner-feelings.

A local professional artist will be employed to facilitate the project, with childminding and light refreshments provided. The project will continue over 9 weeks at the Cottage from 9:30 am – 11:30 am on Wednesdays from the 25th July to the 19th September 2018. Childminding will also be provided.

For more information about the project please contact Laura Luna, the Arts and Culture Project Coordinator from SSI on 8799 6700.

PARENTING GROUPS

For more information or to book in to any of the below Parenting groups please call Romana at the 4cs on 9750 9344.

Dads Matter

A series of two informative workshops for Dads to learn about communication skills, healthy relationships and accessing child and family services in the Canterbury Bankstown area..

Date: Mondays 25th June and 2nd July 2018
Time: 10:00 am – 11:30 am
Venue: The Cottage – 28 Croydon St Lakemba
Facilitator: Hazel from Creating Links
Childminding: Available
Cost: Free

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Me and My Baby

This group has been designed for parents to discuss how to engage, strengthen and communicate with their children. Aimed at expectant and new mothers with children aged 0 – 2 years, the group will meet 3 times over brunch in a local café.

Date: Fridays 7th, 14th and 21st September 2018
Time: 10:00 am – 11:30 am
Venue: Al Aseel Café – 135 Haldon St Lakemba
Facilitator: Wafa from Creating Links
Cost: Free

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Music Time Together

A fun group for parents with young children to develop their learning skills and build bonds with their parents through music and song.

Date: Wenesdays 8th, 15th, 22nd and 29th August
Time: 10:00 am – 11.30 am
Venue: Canterbury City Community Centre– 130 Railway Pde Lakemba
Facilitator: Jeanette Harvey from Discover Music Therapy
Cost: Free



Mum2Mum

Practice English together with other Mums

Bringing women and their children together to play , learn and practice speaking English.

It's free and held during school hours commencing:

Monday
30 July 2018
9:30 am to 11:30 am

The Hall, Hampden Park Public School
Hampden Road
Lakemba.

To find out more call Romana on 9750 9344 or go to www.4cs.org.au



Canterbury City Community Centre
Community Building Community

LAKEEMBA COMMUNITY MARKET

SHOP AROUND THE WORLD AT LAKEEMBA

Make sure you pop in to enjoy the atmosphere, entertainment & great shopping. With lots of stalls selling a variety of beautiful products including; clothing, jewellery, accessories, candles, gifts, food & second hand goods.

Eid at the Markets

Saturday 7th July - Come and celebrate Eid at the Markets. Lots of great activities with FREE Jumping Castle, face -painting and craft activities for the kids, as well as a wonderful performance by the King and Queen of Green.

Pakistan and India's Independence Day

Saturday 4th August - Celebrate Pakistan and India's Independence Day, with performances, special food and give-aways.
Free craft activities for the kids.

Happy Fathers Day

Saturday 1st September - Come and make a special card for dad and join in the fun activities. Lots of games and competitions for dads and the family, with great prizes.

Interested in having a Stall?

Second Hand	\$25.00
General Market Stall	\$35.00
Hot Food Stall	\$50.00

Stallholder Fees (include table and marquee).

For applications for stallholders, go to:

website: www.4cs.org.au
or call: 4cs on 9750 9344,
mobile 0431 127 288 or
or email markets@4cs.org.au.

All money raised from stallholder fees goes back to the 4Cs for community activities and programs in Lakemba.

When are Lakemba Markets?

The first Saturday of every month
from 10:00 am to 4:00 pm

Jubilee Reserve, Cnr of Railway
Pde and Bellevue Ave, Lakemba



SOCIAL INCLUSION & WELLNESS



KEEP SOCIALLY ACTIVE – IT'S SO IMPORTANT!

The best thing that older people can do to keep healthy and happy is to keep socially active – this is the wisdom coming from researchers and academics.

Canterbury City Community Centre has a Social Inclusion and Wellbeing program to support people over 65 in maintaining that social connection. This includes a number of Groups that clients can attend. These are the Tuesday Social and Activities Group; the 4cs Friendship Group (Thursdays) and the Friday Knitting

Group. We also have Outings Groups – the Evergreen Garden Lovers Group; the Wednesday Wanderers and the monthly Blokes Day Out!

These groups and outings provide clients with the opportunity to interact with their peers in a relaxed, enjoyable and supportive setting and to experience new places.

Evergreen Garden Lovers

In June our Evergreen Garden Lovers visited Flower Power, a large and well-stocked nursery in nearby Enfield. There were some beautiful plants on display and clients purchased some annuals like pansies and lobelias for their gardens and verandahs. They also had a look around the gift shop – stocking scented candles, cushions and other decorative items for the home and garden. Over lunch at the nursery café they compared purchases and chatted together while enjoying their food.

Blokes Day Out

Later in the month our Blokes Day Out headed to historic La Perouse to visit the local museum. The museum, housed in a heritage building has a range of fascinating exhibits telling the stories of the local area including Aboriginal stories and history. The group then lunched at the Maroubra

Seals Club where they were able to discuss the events of the morning and catch up with each other.

June Outings

Other destinations visited in June include Cabarita Park, the Waterfront Café at Como Marina and Mount Lewis Club. July is shaping up to be a month to remember with a trip to Austinmer to watch the migrating whales off the headland and a scenic drive across Seacliff Bridge, an Outing to Parramatta Park, lunch at an Irish Pub and our very special Christmas in July at the lovely Kareela Golf Club.

When based at the Centre, our groups enjoy morning tea and lunch together, participate in games like dominoes and crosswords, do arts and craft work, listen to music, play bingo and chat and laugh together. Friendships are forged and clients look forward to the next time they will meet up again.

If you are over 65 and think you might enjoy getting out and about with our Groups and Outings (or you know someone who might) please call us on 9750 9344 to find out how to get involved – or call My Aged Care on 1800 200 422 and ask to be referred to Canterbury City Community Centre's Social Support Groups. You will be made most welcome.



INFORMATION SESSIONS

Our first Community Information session for people over 65 was a great success! Held on Wednesday the 4th of April 2018 at our main centre, we heard from Gail Carroll from Meals on Wheels on the tips and tricks of shopping and eating healthy for people over 65. Participants enjoyed Gail's presentation immensely, as well as socialising over the morning tea and lunch provided.



We were surprised to hear that the current recommendations for people over 65 years of age are to eat full fat dairy, rather than the low-fat varieties. Gail also mentioned that many older people are not eating enough protein, so adding cheese to a meal, or adding red lentils to your cooking are simple ways to boost your protein.

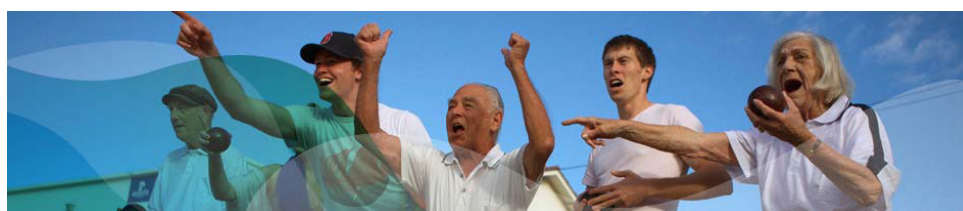
UPCOMING INFORMATION SESSIONS

Our next session will be held at the Canterbury City Community Centre, 130 Railway Pde Lakemba on Wednesday the 4th of July 2018, from 10:00 am to 12:00 pm.

This session will focus on Aged Care services, and how people who are over 65 (or over 50 for Aboriginal and Torres Strait Islander people) can access them. We will again be providing morning tea and lunch, information and resources, as well as our special guest speakers.

Finally, we are also planning an information session for Wednesday 3rd October 2018 to coincide with Mental Health Month. The theme for Mental Health Month 2018 is 'Share the Journey' ... stay tuned for more details.

For further information or to register for the Information sessions please call Canterbury City Community Centre on 9750 9344.



Not already accessing social groups?
Call My Aged Care on 1800 200 422
for a Social Support Groups referral.



Elder Abuse Collaborative

Elder Abuse is any act which causes harm or distress to an older person.

Abuse can take different forms:

- Psychological – for example, someone threatening harm or being stopped from seeing family and friends
- Financial – for example someone taking money out of a bank account or being forced to change a Will
- Neglect – for example, not having physical, medical or emotional needs met
- Physical – for example, slapping or pushing
- Sexual – for example, someone making unwanted sexual approaches

Elder abuse is not uncommon, with research suggesting that as many as 50,000 older people in NSW have experienced some form of abuse, with as many as 4 in 5 cases NOT being reported. The majority of alleged abusers are trusted family members, neighbours, friends or paid carers.

Abuse of an older person is never acceptable and there are specialist organisations who can support and assist those who are experiencing abuse.

Aged service providers in the Inner West and Canterbury areas have recently joined forces to help prevent abuse of older people by forming the Inner West and Canterbury Elder Abuse Collaborative. Canterbury City Community Centre is proud to be an active member of the Collaborative.

INTRODUCTION TO

Community Services

A course to introduce you to work in community services and build your confidence for further study.

Do you want a job helping people meet their needs?

You will learn about entry-level community service work. You will study five units from the Certificate II in Community Services (CHC22015), with a focus on developing skills you need to communicate, organise your work, and respond to workplace problems in a community services position.

You can go on to complete a Certificate II or higher level study in more specialised fields like Individual Support and Early Childhood Education and Care.

NOTE: If you took a previous Community Services short course with Sydney Community College, you can take this new course and complete your Certificate II in Community Services.

WHERE

4Cs Cottage
28 Croydon Street
Lakemba

ARE YOU ELIGIBLE FOR THIS FREE! COURSE?

You can take this course if you:

- are 15 years or older and have left school
- live and work in NSW
- are an Australian or New Zealand citizen, permanent resident or humanitarian visa holder (sorry - bridging visas not eligible)
- have (or are willing to get) a Unique Student Identifier

WHEN

Mondays, 9:30am – 2:30pm

13 August 2018 until 19 November 2018

12 sessions

(no classes during school holidays)



TO APPLY PLEASE COME TO THE INFORMATION SESSION

Monday 30 July 2018

(Please be there at 10am sharp)

4Cs Cottage – 28 Croydon Street, Lakemba

The information and enrolment session will last up to two hours.

To enrol, please bring:

- Australian passport or citizenship document or foreign passport and visa documents or travel document or Immicard
- Centrelink card or benefits letter
- NSW Driver's License or NSW Photo ID
- USI number (Unique Student Identifier)



FOR MORE INFORMATION PLEASE CALL...

Tonya Cook-Pedersen – Sydney Community College
EMAIL tonya.cook-pedersen@sydneycommunitycollege.edu.au
PHONE 0412 247 656

Jacinta Buhck – Canterbury City Community Centre
EMAIL customerservice@4cs.org.au PHONE 9750 9344

Romana Waseem – Canterbury City Community Centre
EMAIL cw1@4cs.org.au PHONE 0412 270 811

Offered by Sydney Community College (RTO # 90054)
in partnership with Canterbury City Community Centre

**SYDNEY
COMMUNITY
COLLEGE**

Sydney Community College Ltd | RTO # 90054



THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT

LAKEMBA COMMUNITY GARDEN



NEW ADDITION TO THE COMMUNITY GARDEN

Thanks to a small grant from the Stronger Communities Fund through local MP Tony Burkes Office, the Community Garden has a new addition - a large, bright, yellow tool box. Apart from a place to store all the gardening tools and equipment, the design of the tool box will also enable the gardeners to share seeds, gardening tips and information. Every gardener has access through a key on the lock-box on the side.

For those gardeners that don't have the key code, please come to the next working bee to obtain your code and see how the tool-box works.

WINTER VEGETABLES

With winter here, its time to plant the following in your garden. Carrots, spring onions, leeks, broad beans, radishes, English spinach, peas asparagus and strawberries. You can also prepare your tomato, eggplant and capsicum seeds on a warm windowsill, ready for planting when the soil warms.

NATIVE BEE WORKSHOP

Come and learn about Australia's insect wonder workers, the stingless native bee. In this workshop you will Learn about the importance of stingless bees, how to attract native bees to your own back yard and the benefits to your plants and garden. For those thinking of starting a hive there will be some information on starting a hive and where to go for help and information

Date and Time: Saturday 1st September 11:00 am to 12:30 pm and again at 1:00 pm to 3:30 pm

Venue: Lakemba Community Garden

Presented by: Canterbury Bankstown City Council

Cost: It's free and light refreshments are provided.

To make a booking call 9750 9344



Working Bees

Come along and meet other gardeners!

Work on common areas together!

The 1st hour we work, the 2nd hour we learn.

Come share company, ideas and seeds.

It is always a lovely morning.

We all use these spaces so it is important that we all help out when we can.

We have a number of Saturday Working Bees coming up:

7th July 9:00 to 11:00 am

4th August 9:00 to 11:00 am

1st September 9:00 to 11:00 am

Harvest Share

The end of our working bees are a time to share harvest, seeds, food, company and conversation.

Come along and meet your fellow gardeners!

Plot Holder Support

4cs Team Member Milo is available every second Thursday to assist in the Community Garden.

Contact Milo on 9750 9344 or gc7@4cs.org.au



APPLICATION FOR MEMBERSHIP OF CANTERBURY CITY COMMUNITY CENTRE INC



Incorporated under the Associations
Incorporations Act 2009

Canterbury City Community Centre is an Incorporated Association which is governed by a voluntary Board of Directors elected by the Financial Members of the Organisation.

To become a member of Canterbury City Community Centre Inc you must be over the age of 18, complete this form and pay the required fee, and support the stated purpose, values and vision of the Organisation.

Your application for membership will need to be accepted by the Board of Directors and, once

approved, you will be eligible to vote at Special and Annual General meetings of the Association as well as nominate to serve on the Board of Directors.

Canterbury City Community Centre Inc is governed by the Rules set out in its Constitution. Members have no liability for the payment of debts incurred by the Association beyond any unpaid annual membership fee.

The annual membership fee is \$5.50 including GST.

To apply to become a member fill out the form below or go online to www.4cs.org.au/membership.

MEMBERSHIP APPLICATION FORM

Name

Address

Email

Please contact me by Post ☐ or Email ☐

I hereby apply to become a Member of Canterbury City Community Centre Inc and agree to support the stated Values, Purpose and Vision of the Organisation and be bound by the Constitution of the Association for the time being in force.

Signature

Date

Return to, The Secretary, Canterbury City Community Centre Inc, PO Box 66, Lakemba NSW 2195

Office Use Only:

Date Received / /

New Application ☐ Renewal ☐

Date Approved by Board / / Date Entered to Membership register / /

Membership Fee Received ☐

Receipt No.