

4cs NEWS



Canterbury City
Community Centre

Community Building Community

Canterbury City Community Centre Newsletter | July 2019 | Volume 18 | Issue 3 | 4cs.org.au



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NEWS FROM THE CEO



CONGRATULATIONS *Childrens Services Graduating Students*

There has been a lot happening at the 4cs over the last few months, and it has served as a reminder of just how much we rely on some wonderful partners to provide the range of services we offer.

Short Courses at the 4cs

The 4cs has had a longstanding partnership with Sydney Community College (SCC) going back to 2012 ... from this time we have worked in partnership to bring many new opportunities in learning and development to Lakemba residents.

In Term III 2019 SCC will be offering a targeted short course in Introduction to Community Services, funded under the Smart and Skilled program, for members of the local Rohingya community. We are hoping that the course will assist in building capacity within the community in seeking to meet the needs of its members recently arrived in Australia.

Due to space limitations at the 4cs, the course is being held at Hampden Park Public School for the first 4 weeks and then will re-locate to The Cottage. There are numerous other partners involved and it's great to see agencies working together to achieve positive results.

Last year SCC offered a number of Units in Introduction to Children's Services with students completing the Units and keen to finalise their studies and obtain their Certificates.

Through a further partnership with Macquarie Community College, and the support of a venue available at Lakemba Early Childhood Health Clinic through the NSW Department of Health, students were able to complete their studies and graduate with a full Certificate III in Children's Services.

The Graduation celebration was held in June and was attended by the 19 graduating students, their families

and friends. Many of the students have already found work and we congratulate all the students on their achievements.

In Term III we also have a TAFE short course in Floristry – participants will achieve a Statement of Attainment at the end of the 6 weeks and can go on to TAFE for further study afterwards.

The Centre's STARS Program also has a range of learning and development opportunities available for Volunteers and staff in local not for profit organisations Thank you to all our partners for their support.

We encourage readers to like us on facebook and subscribe to our Newsletter and MailChimp updates to be kept informed of the many opportunities that come up at the 4cs.

Increased demand for emergency assistance

Over the last couple of years the 4cs has noticed an increased demand on our emergency relief service. This has always been a small unfunded program which relies on donations to be able to provide assistance to people in need of help with a food parcel, nappies or baby formula. Recently we have been lucky to receive



THANK YOU *Mama Penny & Mums 4 Refugees*

donations from Mama Penny and Mums4Refugees who have been dropping off donations on a Friday.

Veronica and Dulce recently dropped in a number of donation boxes which were surplus to their Friday Playgroup and Food Pantry held at Belmore.

Thank you Mama Penny for the support – we really appreciate it.

Financial Counsellor

The 4cs has a long term partnership with Metro Assist through providing a base for their Financial Counsellor, Neena, every second Thursday. Neena is able to see residents with credit problems, negotiate with suppliers to set up a repayment plan and provide budgeting and financial management advice.

Emergency Relief Service

From July, Metro Assist will also be outreaching their Emergency Relief Service every alternate Thursday to provide emergency assistance and material aid. Assistance can be provided with vouchers toward groceries, telephone and utilities bills – strict eligibility requirements apply.

Appointments for both these services offered by Metro Assist can be made by ringing Canterbury City Community Centre on 9750 9344.

Mum 2 Mum expansion

Following a successful Commonwealth Grant application, we have been able to offer the Mum2Mum Playgroup at three more locations until the end of the year.

Mum2Mum was a project designed and initiated by the 4cs Community Builders staff built on an idea of recruiting local volunteer Mums to support other Mums from migrant and refugee background in an informal playgroup setting ... participants can practice their English and make new friends in a relaxed setting which also meets their children's needs for play and social interaction.

Our first Mum2Mum group has been running successfully for a while at Hampden Park Public School with the assistance of Mums4Refugees.

We would like to thank our new Mum2Mum partners at Lakemba Schools as Community Centre, the Muslim Women's Association and Greenacre Neighbourhood Centre

for their support and partnering in the new Mum2Mum groups.

Aged Care Standards

The 1st July 2019 sees the introduction of many changes in the Aged Care sector which has created a great deal of behind the scenes work at the 4cs.

With the introduction of a new Charter of Aged Care Rights, new Aged Care Quality Standards and new Fee Schedules and Pricing Schedule Definitions in Home Care Packages we have been busy getting on top of it all and ensuring our systems and processes are continuing to meet our requirements.

The 4cs Management and Board have reviewed our Policies and Procedures and have made changes where needed ... of course this then means changes to forms, handbooks and other documentation ... and staff training around the changes.

The changes are supported by the 4cs as they place the Consumer firmly in the centre of care ... a core principle of our philosophy since we began nearly 50 years ago.

Applications for Membership

It's that time of year again where we ask that people who support our work to consider becoming a financial member of the Association.

We have included the Centre's 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.

We are also seeking nominations from interested members to join our Board of Directors. The Board meets every second month, with sub committees meeting alternate months, and provides essential oversight and governance support for the Organisation. We are particularly looking for someone with an accounts background, especially who may be able to step into the role of Treasurer.

If you would like more information, please don't hesitate to contact me on 9750 9344 or ceo@4cs.org.au

Liz Messih, CEO



Tell Us What You Think!

We rely on our community and people who use our services for feedback – this helps us to continually improve on what we do and to deliver on our Statement of Purpose! We seek feedback informally by asking for opinions, through meetings and discussions, and formally through client surveys and audit processes.

If you have feedback that you would like to give us ... we would like to hear it! The Centre has a Tell Us What You Think form which is available on our website and in the Centre's foyer. People who receive services from us also receive the form in their Information Pack at commencement and you can also obtain the form from a Team member at anytime. The form can be filled out and posted to us or dropped in the Suggestion Box at our Railway Parade office.

The Suggestion Box is pictured here with Doreen who is telling us what she thinks!

NVW 2019

During May the 4cs celebrated National Volunteer Week with the Centre's volunteers ... it was an opportunity to say Thank You and to acknowledge the contribution of skill, dedication, commitment, kindness and time that our Volunteers make in the lives of so many individuals and to building a stronger community.

Our National Volunteer Week event was held at Pratten Park Bowling Club and included speeches from four amazing 4cs Volunteers who reflected on their time volunteering and how they have also gained from the experience... thank you, Sandi, Maureen, Aniceta and Okkyung!

'Through Volunteering I am very proud and keen to donate my time to serve the local community. Volunteering has enabled me to achieve my goals of finding employment with new responsibilities. I have picked up many new skills with the support of all the staff and built strong relationships with the local community.'

The theme of National Volunteer Week 2019 was 'making a world of difference' and what a world of difference each and every 4cs Volunteer has made over the past



year! There have been 117 people volunteer over 10 000 hours of their time to our community and we are all better for it.

Volunteers support the work of the Centre in our large Garden Care and Social Inclusion programs, through teaching English and providing support to newly arrived migrants and refugees, providing administration support or serving on our Board, driving our bus or car,

helping people fill out forms and to access government services.

Some of our volunteers have been with the 4cs for a very long time and others are with us for a short while and move on to further study, employment or volunteering elsewhere.

Whatever the contribution and for however long, we wanted to say a big thank you to all the volunteers for their support ... we couldn't do the work we do without them.

Volunteering at the 4cs - Brochure Launch

At our National Volunteer Week event we also launched the 4cs Volunteering brochure which showcases the range of volunteer opportunities available at the Centre.

The brochure will be distributed through libraries, community hubs and cafes, as well as handed out at local events so keep an eye out and let us know if you would like a copy ... perhaps to give to a family member or friend who might be interested.

Anyone interested in volunteering, at the 4cs or anywhere else, can also contact Jacinta at the Centre on 9750 9344 or email jacinata.b@4cs.org.au for information on how to get started.





STARS CELEBRATES *National Volunteer Week*

Every year STARS celebrates National Volunteer Week by holding thank you events for organisations and volunteers in the Canterbury-Bankstown and Inner West Local Government areas. Did you know that approximately 5.8 million Australians volunteer annually, contributing a total of 932 million hours towards their local community? Wow- talk about making a world of difference!

This year STARS took volunteers in Canterbury-Bankstown to an exclusive viewing of *'Top End Wedding'*. Volunteers were treated to a choc-top and went into the running for our lucky door prize- with first prize being a hamper full of yummy treats! After the movie, we had many volunteers approach us wanting to extend their gratitude and to give positive feedback about the event, particularly the choice of movie. Thank you to all the volunteers who attended, to the volunteer coordinators for promoting the event and to HOYTS Bankstown for all their help on the day!

Volunteers in the Inner West were treated to brunch at the *'Four*

Brave Women Café, a communal refugee run eatery in Summer Hill. Volunteers enjoyed a Syrian feast of fresh dates stuffed with labneh, hummus, stuffed flatbread and Ful Medames in the Cafes sunny, light filled courtyard. The food was a real stand-out, with one of the volunteers who had grown up in Egypt commenting fondly that the Ful Medames reminded her of her childhood! Hearing about the story of the people working in the kitchen and how the Café came to

operate was another highlight for the attendees.

STARS would like to extend a heartfelt thank you to *'Four Brave Women'* for their help leading up to and on the day of the event.

We would also like to give another thank you to all the volunteers whose time and efforts have a world of difference over the last year- we truly appreciate all that you do for the community!

Nominations for NSW Volunteer of the Year Awards 2019

If you know a volunteer in the community who deserves special recognition, why not nominate them for NSW Volunteer of the Year?

The NSW Volunteer of the Year Awards have grown to become one of the largest celebrations of volunteering across the country.

The Awards are now in their 13th year and celebrate the efforts of our state's volunteers across seven different award categories. More than 2,500 special guests, families and friends attend ceremonies at 20 locations across regional and suburban centres to celebrate the regional winners of the volunteer awards. Finalists are invited to the Gala State Ceremony in Sydney to announce the final winners and overall NSW Volunteer of the Year. For more information on nominations visit the Centre for Volunteering website: volunteering.com.au/volunteer-awards/.



STARS *Training Workshops*

July to September 2019



Please note that for STARS training there is a priority of access to CHSP volunteers and staff working in the Canterbury Bankstown and Inner West Local Council Areas.

ORGANISATIONAL GOVERNANCE & NEW AGED CARE QUALITY STANDARDS

Board Training

Thursday 11 July 2019

6:00 pm to 8:30 pm Belmore

This free workshop will look at Board responsibilities in relation to the new Single Aged Care Quality Framework with a particular emphasis on Standard 8 – Organisational Governance. Facilitated by ACSA and STARS.

PROVIDE FIRST AID AND PROVIDE CARDIOPULMONARY RESUSCITATION

(HLTAID003) and (HLTAID001)

Monday 5 August 2019

9:30 am to 4:30 pm Campsie

Facilitated by Mary Blankevoort Metro Training in partnership with Allen's Training.

Cost for CHSP volunteers \$ 60.00, CHSP staff \$ 90.00 and other staff \$130. Priority of access to CHSP.

NEW AGED CARE QUALITY STANDARDS

Training for CHSP volunteers

Tuesday 6 August 2019

9:30 am to 11:30 am Newtown

This free brief workshop gives an overview of the key elements of the new Aged Care Quality Standards with a focus on Standard 1 – Consumer dignity and choice. An interactive and fast paced workshop that will keep you engaged!

CULTURAL DIVERSITY

Thursday 8 August 2019

10:00 am to 1:00 pm, Riverwood

This free workshop will look at the importance of; cultural awareness with both Aboriginal and Culturally and linguistically diverse groups; a brief history of Australia and migration; the concept of culture and cultural competency best practice.

SUICIDE PREVENTION

Monday 26 August 2019

10:00 am to 2:30 pm, Campsie

Informed by the latest research in suicide prevention, Wesley LifeForce training equips participants with a variety of skills such as managing suicidal crisis, understanding risk and protective factors, as well as how to recognise potential warning signs.

This training is free and is for staff, volunteers and community members.

Registrations are essential and can be made through Eventbrite

www.eventbrite.com.au/e/wesley-life-force-suicide-prevention-half-day-workshop-campsie-nsw-tickets-61677026647 or Wesley LifeForce on 9857 2661.

SAFE FOOD HANDLING (non-accredited)

Monday 16 September 2019

12:30 pm to 3:00 pm, Campsie

This free session will cover a range of topics including; where and how to store food, how to handle food safely, personal hygiene, legislation – how it affects food handlers, food transportation, food spoilage, cleaning & sanitation and your legal responsibilities as a volunteer. Facilitated by Jill Lipman.

ONSITE TRAINING

STARS have accredited trainers that can facilitate onsite training for your team. Please contact Deb Helmrich via email starstraining@4cs.org.au or call 9750 9344 if you are interested in training contextualized to meet your teams needs.

DIVERSITY FORUM: *Trauma informed care*

This Forum aims to link the Diversity Framework and Action Plans with a short introductory training about trauma informed care. This will be followed by a panel scenario and discussion facilitated by Glen Sorensen. Panel members include:

- Barbara O'Neill, Community Capacity Building Indigenous Communities, JNC
- Shane Campbell, Coordinator Home Based Care, ACON
- Leonie Sheedy, CEO, Care Leavers Australasia Network
- David King, Open Arms Veterans and Families Counselling
- Vanessa Galbraith-Marten, NSW Service for the Treatment & Rehabilitation of Torture and Trauma Survivors (STARTTS)

9:30 am to 1:30 pm, Thursday 4 July 2019 at NSW Teachers Federation Rooms 2 & 3, Level 1, 23-33 Mary Street, Surry Hills

Cost \$20 To Book Eventbrite www.eventbrite.com.au/e/diversity-forum-trauma-informed-care-registration-62832094486

Organisational Governance & New Aged Care Quality Standards - *Board Training*



This workshop will look at Board's responsibilities in relation to the new Single Aged Care Quality Framework, with particular emphasis on Standard 8 – Organisational Governance.

This is an opportunity to discuss governance responsibilities to drive:

- Consumers involvement and the delivery of safe & quality aged care services
- Open disclosure & a culture of safety and quality
- Effective risk management and continuous quality improvement
- Expanding risk management plans to include consumer and clinical risks
- Consumer risks and clinical risks within Boards corporate governance responsibilities.

When:

Thursday
11 July 2019
6:00 pm to 8:30 pm

Where:

Canterbury League Club
The Terrace Room
26 Bridge Road, Belmore NSW 2192

Cost: Free for Board members and CEO/EO's of NFP community based aged care organisations.
Priority of access to CHSP

Facilitator: Aged and Community Services (ACSA).

Funded by the Australian Government Department of Health



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



MUM 2 MUM *Practice English with other Mums*

Do you have a child/children under 5 years old and want to learn and practice your English? Mum 2 Mum is set up with mothers in mind, to provide an English class in a relaxing and child friendly environment. With an English teacher, volunteers who you can practice with and childcare workers to look after the children, it is the ideal place to learn English. All classes run during school term and they are FREE.

With extra funding from the Australian Government (under the Fostering Integration Grants Program) and the support from our Community Partners at the Muslim Womens Association, Lakemba Schools as Community Centre and Greenacre Community Centre, Mum 2 Mum has been expanded in 2019.

There are currently 4 x Mum 2 Mum Groups in the Canterbury Bankstown area. For times and contact numbers for groups, see below.

Mum 2 Mum - Bass Hill

Date: Wednesdays starting 24th July 2019
Time: 9:30 am – 11:30 am
Venue: Muslim Womens Association, Orchard Road, Bass Hill
Contact: Saja Tel on 9750 6916

Mum 2 Mum - Greenacre

Date: Fridays starting 26th July 2019
Time: 9:30 am – 11:30 am
Venue: Greenacre Community Centre, 87 Waterloo Road, Greenacre
Contact: Community Centre on 9750 7982

Mum 2 Mum - Lakemba/Wiley Park

Date: Thursdays starting 25th July 2019
Time: 12:30 pm – 2:30 pm
Venue: School as Community Centre, Lakemba Public School, Alice Street, Wiley Park
Contact: Madeleine on 9759 4061

Mum 2 Mum - Lakemba

Date: Mondays starting 29th July 2019
Time: 9:30 am – 11:30 am
Venue: School Hall, Hampden Public School, Hampden Road, Lakemba
Contact: Romana on 0412 270 811



MUM 2 MUM Volunteers

*Volunteers needed
to help other Mums
practice English*

Can you speak fluent English?
Would you like to help other
Mums learn and practice
speaking English?

Volunteers with preschool
aged children welcome.

Mum 2 Mum operates at
3 different sites during
School Terms:

- Mondays
9:30 to 11:30 am
Hampden Public School,
Lakemba
- Wednesdays
9:30 to 11:30 am
Felicity House,
Orchard Rd Bass Hill
- Thursdays
12:30 to 2:30 pm
Lakemba Public School,
Alice St Lakemba
- Fridays
9:30 to 11:30 am
Greenacre Area
Community Centre,
Waterloo Rd, Greenacre

For more information about
volunteering at a Mum 2 Mum
group please contact:

Kate Maclean at Canterbury
City Community Centre
on 9750 9344 or email
capacitybuilding@4cs.org.au

LAKEMBA Women's Health Clinic

The Lakemba Women's Health Clinic is a partnership between Canterbury City Community Centre and Leichhardt Women's Community Health Centre to improve access for women to health services in Lakemba.

Staffed by a Women's Health Nurse, the clinic operates on Wednesdays from the Centre's offices at 130 Railway Parade Lakemba. Now operating for over 6 years, the clinic has been a run-away success, providing a range of preventative health screenings for local women. The nurse can see women by appointment for a range of concerns including cervical screenings, breast health, contraception and menopause advice, and emotional health and well-being. General health screenings on offer include cardiovascular risk assessments, blood pressure, Vitamin D, cholesterol and glucose checks.

The service is free and confidential. Appointments can be made for the Lakemba Women's Health Clinic by phoning the 4cs on 9750 9344.

WOMENS HEALTH Seminars

In partnership with other health and community based organisations we are pleased to continue to provide a range of health information sessions this term for women from culturally and linguistically diverse backgrounds.

Healthy Eating and Nutrition for Women from North Africa

Together with NSW Refugee Health Service and the Sincerity Alliance, this workshop will focus on healthy eating with lots of ideas, tips and practical demonstrations.

Dates: Friday 5th July 2019
Time: 10:00 am – 1:00 pm
Venue: The Centre, 130 Railway Parade, Lakemba
Cost: Free. Childminding and lunch provided
Facilitator: Eloise Le Compte Dietitian, NSW Refugee Health Service
To Book: Call Kate at the Centre on 9750 9344 or 0412 270 811

Better Bone Health for Women

Dates: Friday 6th September 2019
Time: 10:00 am – 12:00 pm
Venue: The Centre, 130 Railway Parade, Lakemba
Cost: Free. Childminding and morning tea provided
Facilitators: Tusanee Jierasak, Physiotherapist, Leichhardt Womens' Community Health Centre and Lisa Sing, RN, Leichhardt Womens' Community Health Centre
To Book: Call Romana at the Centre on 9750 9344 or 0412 270 811

Healthy Eating and Nutrition for Women (Rohingya)

Dates: Thursday 19th September 2019
Time: 10:00 am – 1:00 pm
Venue: The Centre, 130 Railway Parade, Lakemba
Cost: Free. Childminding and lunch provided
Facilitator: Eloise Le Compte Dietitian, NSW Refugee Health Service
To Book: Call Romana at the Centre on 9750 9344 or 0412 270 811

TUNING INTO KIDS for parents who speak Urdu

Want to share ideas to help your kids understand and control their emotions? Do you want your family life to be more enjoyable? Then come along to this FREE program for parents that speak Urdu

Dates: Wednesdays for 6 Weeks starting the 31st July 2019
Time: 9:30 am – 12:00 pm
Venue: The Cottage, 28 Croydon St Lakemba
Facilitator: Asma Razzak
Cost: Free - Halal snacks and onsite childminding included
To Book: Call Romana at the Centre on 9750 9344 or 0412 270 811



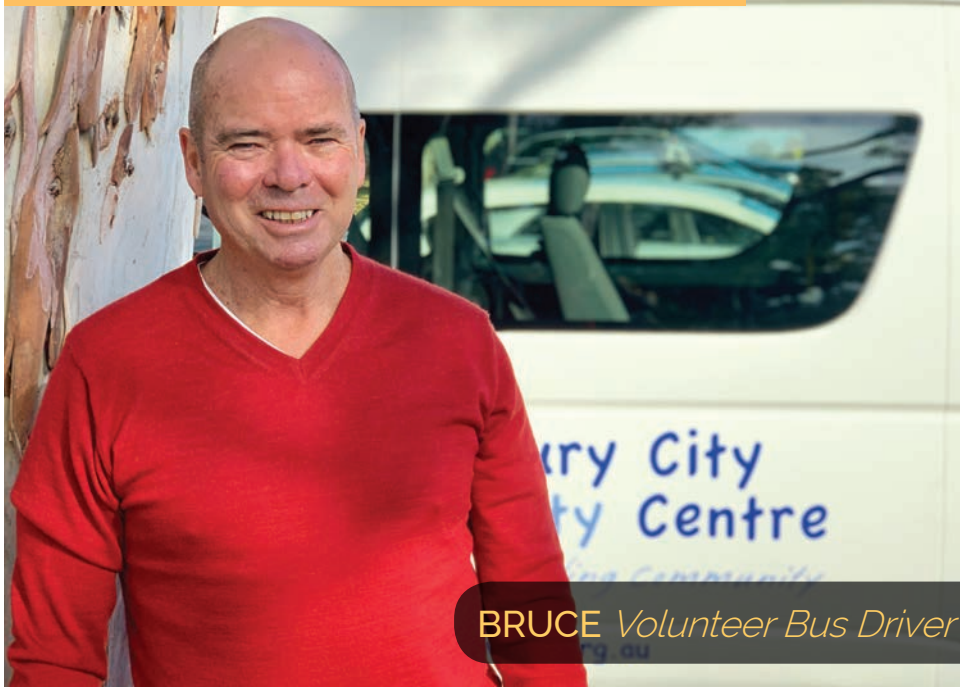
UWS Student on Placement at the 4CS

Since January this year you may have noticed a new face around the Centre, our wonderful social work student on placement from University of Western Sydney (UWS), Nour Moustapha Ghazi. Nour is passionate about helping women that have recently arrived to Lakemba and surrounding areas to successfully settle in Australia.

Arriving from Lebanon, Nour has experienced the challenges and struggles of moving to a new country and understands how isolated many of the women can feel. Apart from studying and doing her work placement, Nour also cares for children as a Family Day Carer.

We look forward to having Nour with us until the end of July, she has been a great help assisting with Mum 2 Mum, Lakemba Ladies Lounge, Form Filling and our Music Rhyme Time groups. If you spot her at the Centre, please say hello.

SOCIAL INCLUSION & WELLNESS



BRUCE *Volunteer Bus Driver*

BRUCE *Volunteer Profile*

Bruce is one of our volunteer team with the Social Inclusion and Wellness Program, for clients over 65. Currently Bruce is supporting clients attending activities on Monday – the Exercise Program and the Line Dancing Classes. Bruce helps to set up the room for the activities before heading out on the bus to do the pickups. While being a careful and considerate driver is paramount, so is the ability to get along with our clients and make them feel comfortable and cared for. Bruce's amicable personality and sense of humour make him a natural for this role.

Bruce has been volunteering with the 4cs for 18 months after re-locating from the Blue Mountains back to Sydney to be close to his growing family. Having some time on his hands Bruce decided that he would like to volunteer but wasn't sure how to go about it.

After consulting Google he found the STARS Program here at Canterbury City Community Centre, who referred him for the role as volunteer Bus Driver, and the rest is history.

Bruce particularly enjoys the interaction with clients... 'People are really appreciative and it makes you feel like you are doing something

worthwhile. There is a growing tendency for people to operate in solitude – we are all on our mobile devices, not talking to each other. Volunteering is an opportunity to get out and do things for other people. It is really enjoyable and I would recommend it to anyone.'

When Bruce is not volunteering for the 4cs, he spends time with family and cares for his 2 young grandchildren on a regular basis. He has a busy social life and loves to entertain friends over dinner, a bottle of wine and a game of 500!

The 4cs relies on the contribution of volunteers who support our work and we currently need more bus drivers like Bruce. If you, or someone you know, are interested in this role we would love to hear from you.

No special bus licence is required as our vehicle is a 12 seater. You will need an ordinary Class C Licence with a good driving record, be patient and calm and have a genuine interest in working with older people. You will be working within a friendly team of volunteers and staff. Please call Alison on 9750 9344 for more information.

2019 Service Providers Best Practice Forum

In May staff from the Aged Services team were invited to present at

the 2019 Service Providers Best Practice Forum on Implementing Independence, Wellness and Reablement Models in CHSP and HCP.

It was an opportunity to stand up in front of our peers (other local service providers) and talk about the excellent work that is being done within our services that supports the health and wellbeing of older people.

4cs were one of 7 local organisations in the Canterbury Bankstown and Inner West areas invited to speak at the Forum that included representatives from Multicultural Care, Inner West Neighbour Aid, Australian Nursing Home Federation and the Older Women's Network to name a few.

Taking a 'wellness and reablement' approach to service delivery means focusing on clients and clients' needs. This means getting to know clients, developing trust and focusing on providing services and activities that enhance clients' wellbeing across a range of areas – including physical, emotional and independence.

Garden Care Coordinator, Ben, spoke about how supporting clients to make their gardens safe, accessible and a place of enjoyment once again fits in with this approach. Alison, our Social Inclusion and Reablement Coordinator spoke about the various services and activities that we offer including our Social Groups and Outings, Exercise Classes, Dance Classes, Information Sessions and Community Choir all to support clients wellbeing by keeping them fit, active and socially engaged. Gillian, Manager of Aged and Disability Services explained how our organisation was adapting the 'wellness and reablement' approach and embedding it into all our services.

We also heard from other local services who are also doing great work with their clients and came back inspired, and with some great ideas for improving the services we offer.

It was a valuable experience for us,

not only to showcase what we are doing for clients over 65 but to learn from others – all in the interest of continually improving our services and the lives of older clients.

Line Dancing for Over 65s

Our Line Dancing for over 65s was off to a fantastic start when 17 participants turned up for the first class.

Volunteer Helen, who is facilitating the group, went gently at first as many were new to the dancing style. However she soon had them going through their paces to some fabulous catchy tunes like Achy Breaky Heart, Kokomo and Rivers of Babylon!

Some members of the group were Line Dancing aficionados but perhaps a little out of practice. Helen made it easy for everyone to follow and learn the steps. However she emphasised that the main thing is for everyone to have fun together.

There was time for a tea break and the opportunity to talk and get to know each other.

Line Dancing is a fantastic way to exercise and keep fit and healthy. Learning the new steps also helps to keep the mind active and alert.

The class is part of 4cs commitment to providing activities that enhance the health and wellbeing of people over 65 in our community.

If you are interested in coming along and giving it a try we would love to hear from you. Please call Alison on 9750 9344. Classes are on Mondays 2:00 pm to 3:00 pm at the Centre, 130 Railway Parade, Lakemba.

Friday Knitting Group - Project Barbie

Our Friday Knitting Group is always especially busy at this time of year – knitting blankets, beanies and gloves to keep out the winter chills for the people who receive them through our donations to various charities supporting people who are homeless.

Recently however some of the knitters embarked on a project providing clothes with a difference – namely for Barbie Dolls that had been collected from various local opportunity shops!



LINE DANCING for over 65s

Stunning little outfits were knitted in bright colours to coordinate with the Barbie's hair colour.

The magnificently dressed Barbies were to be donated to Sanctuary Housing, a Women's Refuge in Ashfield. Two of our knitters, Barbara and Doreen, who had initiated the project visited the refuge with staff member Megan and presented staff with the dolls. Children of women staying in the refuge will no doubt enjoy this generous donation very much.

Our Friday Knitting Group is looking to welcome new members. If you

have a love of knitting or crochet (or just love to chat and meet other people!), are over 65 (or over 50 if you are from an Aboriginal or Torres Strait Island background) and live in the Canterbury-Bankstown or Inner West area this could be the group for you.

The group goes on outings once a month and is a great way to meet other people of similar age, enjoy morning tea and lunch in good company – and have a laugh.

If you are interested please call Alison on 9750 9344 and she will let you know how to join.



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

Make a beautiful
Henna design -

with Umme

Thursday 4 July 2019

*Lakemba Ladies
Lounge is closed
11th and 18th July
due to School
Holidays and will
re-open Thursday
25 July 2019*

Cook Chana Chaat
- *with Saira*

Thursday 25 July 2019

AUGUST

Make delicious donuts -
with Uzma

Thursday 1 August 2019

Bake Eid Cookies -
with Fatima

Thursday 8 August 2019

Eid Party - *Dress up & bring
a plate to share*

Thursday 15 August 2019

Learn Macramé -
with Maham

Thursday 22 August 2019

Learn Macramé -
with Maham

Thursday 29 August 2019

SEPTEMBER

Improve your online
and social media skills.
Learn to create an email
account, send and
receive emails - *with*

*Sobia (Please bring your lap
top, tablet or mobile with you).*

Thursday 5 Sept 2019

Create a facebook
account and post on
facebook - *with Sobia*

Thursday 12 Sept 2019

What is Instagram and
how to use it -
with Sobia

Thursday 19 Sept 2019

Keeping you and your
kids safe online - *(TBC)*

Thursday 26 Sept 2019

For more information call Romana or Kate on 9750 9344

ENVIRONMENT@ Lakemba

Environment@Lakemba is a group of local residents supported by Canterbury Bankstown Council and Canterbury City Community Centre with a focus on reducing litter and household dumping in Lakemba and surrounds.

The group will once again be assisting Canterbury Bankstown Council to reduce household dumping by joining in with the Eyes On It Anti Dumping Campaign, kicking off on the 1st July. To step up the fight against illegal dumping Council is asking that individuals and community groups sign up for this campaign. Individuals will be requested to monitor their street and/or surrounding streets for illegal dumping over 4 weeks. Armed with a pack of posters, sign and tape, the idea is to let dumpers know they are being watched. Taped dumping will be investigated and appropriate follow up action taken.

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 - 7.00pm. We always start with a light dinner then discuss ways we can work together to reduce litter and dumping of household goods.

For more information call Kate on 9750 9344.

NEXT ENVIRONMENT@LAKEMBA MEETING

Date: Thursday 22nd August 2019

Time: 5:30 pm – 7:00 pm

Venue: Canterbury City Community Centre, 130 Railway Pde, Lakemba



EYES ON IT Anti Dumping Campaign

LAKEMBA Community Garden

FAREWELL TO MILO

It is with much sadness that we say goodbye to Milo in his role as the Community Garden Liaison Worker. Milo has done a great job assisting people with their plots and caring for the garden, encouraging everyone to share their knowledge, as well as sharing his own skills conducting various workshops at the monthly working bees. We wish Milo all the best for his future job and studies. We are currently looking to employ a new person in this role, but for now if you have any questions or issues you would like to raise, please contact Kate at the Centre on 9750 9344.

FREE COMPOST WORKSHOP

Want to find out all about composting? Then come to this hands on practical workshop to find out what you need to get started and how to create healthy compost for your garden.

Date: Saturday 3 August 2019

Time: 11:00 am – 12:30 pm

Venue: Lakemba Community Garden

To Book: Call the Centre on 9750 9344



WORKING BEES

Come along and meet other Gardeners

Work on common areas together!

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:

- Saturday
6 July 2019
8:30 am to 12:30 pm
- Saturday
3 August 2019
8:30 am to 12:30 pm
- Saturday
7 September 2019
8:30 am to 12:30 pm

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

Until we have a new person to provide assistance, please contact Kate at the Centre on 9750 9344 or capacitybuiding@4cs.org.au

GARDEN CARE



SAVING WATER *in the Garden*

How to Save Water in the Garden

One of the mainstays of Garden Care's "Easy Care Gardening" philosophy is the utilisation of newspaper and mulch on garden beds. This not only slows down the growth of weeds, but helps prevent the garden beds from drying out and so helps to preserve water. This is especially important in times of drought.

In a further effort to save water Level 1 water restrictions have recently been introduced in the Greater Sydney area which means that you can only water lawns and gardens by handheld hose before 10 am or after 4 pm, as long as your hose is fitted with a trigger nozzle.

Another way to minimize your water usage, regardless of weather conditions, is to consider planting the most water efficient plants for your area. So how do you know which plants to choose in your area? Sydney Water have done all the hard work and created a website that allows you to enter your suburb and it will tell you which plants are suitable for your area. If you don't have access to the internet, then your local nursery should also be able to advise you on which plants work best for your area.

Not only will you be saving water, but you will also be saving money with reduced water bills.

You can access the Sydney water website on www.sydneywater.com.au and then search for 'Plant Selector' in their search box.

Winter is a time for pruning

There are several long flowering summer shrubs that are best pruned in wintertime. These include Crepe myrtles, Fuchsia, Hydrangea shoots and roses. The start of July is a good time to prune your deciduous fruit trees and grape vines as they should be dormant during this time. Towards the end of winter is a good time to prune Photinia sp, Viburnum sp, Murraya sp and other hedging plants.

Garden Care clients who are due for their annual Easy Care Gardening service and have pruning work to be done should call our office to make a booking.



What can you plant this winter?

Even though the soil is cold, winter is the season to plant bare-rooted trees and shrubs, including fruit trees, while they are dormant. Garden nurseries will be full of stock from late June right through to early Spring. Some flower and vegetable seedlings can also go in now. Here are a few suggestions:

The flower garden

- Bare root roses, deciduous tree and shrubs
- Seedlings of Iceland poppy, cineraria, calendula, pansy and Viola

Make a list of shrubs you like for their Winter flowers - and remember to plant them next Spring! Camellia sp, Daphne, Magnolia sp and wattles bloom from mid to late Winter.

The vegetable patch July-August-September grow:

- Asparagus, Beetroot, Capsicum, Carrot, Celeriac/ Celery, Chinese Cabbage, Dill, Endive, Jerusalem artichoke, Kale, Kohlrabi, Lettuce, Mustard Greens, Onion, Parsnip, Peas, Radish, Rainbow chard, Rocket, Shallots, Snow peas, Spring onion, Silverbeet and Strawberries.
- When it's too cold to garden outside in the vegetable patch, try growing some vegetables and herbs in pots.

FAREWELL *Milo*

After over three years with the 4cs, Garden Care Support Worker Milo is moving on to a new position. Milo has been a valuable Garden Care team member, well-liked by clients and volunteers. He brought to Garden Care his client knowledge, enthusiasm and a real desire to help people. Milo also oversaw the Community Garden, creating the herb spiral and running the monthly working bees. Milo's hard work and good humour will be missed by everyone at Canterbury City Community Centre and especially the Garden Care clients and team members. We wish him well for his future endeavours.

BE AMBITIOUS

STATEMENT OF ATTAINMENT IN FLORISTRY

GETTING STARTED - 161-30117V01

In partnership with Canterbury City
Community Centre (4Cs) TAFE will be
delivering *Fee-Free Accredited
Short Course from 12 August to 16 September 2019
day week for 6 weeks 10am to 2pm



COURSE DESCRIPTION:

It is an Introductory course for beginners and those who have an interest in flowers.

Course Outcomes:

This short course will provide the participant an insight of the floristry industry and a pathway into further study.

Course Details:

This course will teach students in how to create simple flower arrangements and learn how to undertake a variety of floristry related work activities.

Units Delivered:

CUAPPR201 - MAKE SIMPLE CREATIVE WORK

BSBWOR202 - ORGANISE AND COMPLETE DAILY WORK ACTIVITIES

After completion, both units can be credited towards the Certificate II and Certificate III in Floristry.

WHERE TO ENROLL

10AM - TUESDAY 30TH JULY

The Cottage – 28 Croydon St,
Lakemba

**Course Starts: Monday 12 August to
16 September from 10am to 2pm**

At: The Cottage
28 Croydon Street Lakemba

ELIGIBILITY CRITERIA

Cost: Fee-Free

This course is fully NSW government subsidised

If eligible for the NSW Government Smart and Skilled funding.

Applicants must be:

- No longer at school
 - Living in NSW
 - An Australian citizen, Australian permanent resident. Australian permanent humanitarian and/or some Bridging visa holder
- For information:
www.training.nsw.gov.au/smartandskilled

Notes: Fully enclosed non slip footwear must be worn.

Must attend every class to be awarded the Statement of Attainment

For further information or to register: Romana - 0412 270 811 or email cw1@4cs.org.au

CONTACT US TODAY

131 601 tafensw.edu.au/floristry



TAFE NSW

This document is correct at the time of printing: November 2018.
*Terms and conditions may apply.



RTO 90003

HOME CARE PACKAGES



Improving Information for Clients

Home Care Packages (HCP) provide support for older clients with higher care needs when Commonwealth Home Support Program (CHSP) services can no longer provide an adequate level of support.

Clients are assessed according to their needs from Level 1 to 4 and are allocated a budget that allows them to purchase services as required. Clients choose a Provider who supports them with their choice of care.

Clients can be supported with a range of services including: Personal Care, Cleaning and Household Tasks, Light Gardening, Nursing & Allied Health, Social Support and In-Home Respite.

Recently the Australian Government has introduced some changes to the Home Care Packages as to how they

provide information about the fees that they charge to clients. This is called the New Standardised Home Care Pricing Schedule.

The reason for the changes being that older people and their families were reporting having difficulty understanding the fees that Service Providers were charging for their different services.

There was a lack of consistency and transparency in how Providers were advertising their fees, and this made it hard to compare when people were looking for an organisation to provide their package. Some Providers were also charging high administration fees.

The changes are to make the process of selecting a Home Care Package provider an easier one and to allow consumers to make a more informed decision about their choice of care.

All Home Care Package Service Providers must adopt a uniform approach that will be monitored by the Department. The Schedule has been designed to:

- Encourage older people to consider a range of factors when selecting a Home Care Package Provider Definitions for each type of service provided
- Provide easy to understand pricing information
- Make it easy for older people to compare the fees of Home Care Package Providers
- Still allow for Service Providers to have different business models and to adopt innovative approaches to service delivery
- Allow for Service Providers to provide other information about their service delivery that might make it the best choice for certain clients – for example some organisations might offer services that are particularly appropriate for a specific language or cultural group.

Canterbury City Community Centre is a Provider of Home Care Packages and supports the idea that the process should be as transparent and easy for consumers to understand as possible.

If you would like more information about the Home Care Packages or looking for a Provider to deliver your Home Care Package, please call Gina, our Home Care Coordinator, on 9750 9344.

STARS Inner West & Canterbury Elder Abuse Collaborative World Elder Abuse Awareness Day (WEEAD) event 11 June 2019

Canterbury City Community Centre have two staff members Gillian Whalley-Okafor, Manager Aged and Disability Services and Deb Helmrich, Community Training Officer STARS who are members of the Inner West & Canterbury Elder Abuse Collaborative.

This year's very successful WEEAD event was held at the Older Women's Network with approximately 90 community members attending. A panel discussion facilitated by Seniors Rights Service, focused on older women's vulnerabilities – financial, emotional - and their safety. Panelists included representatives from Older Women's Network, SLHD Short Term Aged Response Team, Inner West Council, NSW Police and Centrelink. Hand massages, free coffee and lunch and stalls available with information were available.

A great day was had by all with very important information about protecting your rights provided.



LINE DANCING FOR SENIORS

*Beginners Line Dancing for
People over 65*



Join us for line dancing, tailored to people over 65. Great way to exercise while having fun!

When

Mondays
2:00 pm to 3:00 pm

Where

Canterbury City Community Centre
130 Railway Parade, Lakemba 2195

Facilitator: Helen Gerrard

Cost: Free with light refreshments provided.

For more information call Alison on 9750 9344

TUNING IN TO KIDS

Free program for families – a relaxed group for parents who speak Urdu



Want to share ideas to help your kids understand and control their emotions? Do you want your family life to be more enjoyable? Then come along to this free program for parents.

When:

Every Wednesday for 6 weeks
Commencing 31 July 2019
9:30 am to 12:00 pm

Where:

The Cottage
28 Croydon Street
Lakemba NSW 2195

Free onsite childminding: You must book a place before the course commences.

Cost: Free - Halal snacks included.

This program is funded by a Grant from Resourcing Parents Strengthening Families

Tuning in to
Kids 

For information and bookings call Romana on 0412 270 811

 Canterbury City
Community Centre
Community Building Community

OUTREACH *Services at Lakemba*

Need Help ? Based at the Centre maybe one of the 5 services below could help you!

Call our Centre on 9750 9344 to make a FREE and CONFIDENTIAL appointment.

Emergency Relief – *Metro Assist*

Metro Assist will be working from the Centre fortnightly on Thursdays to provide emergency financial help for utility and phone bills. These payments are made by vouchers, not in cash. They can also provide limited emergency assistance for people experiencing other types of financial hardship, or can refer you to other emergency relief providers in the area. Strict guidelines apply on the level and frequency of support and you may be asked to provide proof of bills.

Counselling for Refugees and Asylum Seekers – *STARTTS*

Suvangi Koirala, a counsellor from the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS), is at our Centre every Friday to provide FREE support and counselling for people who have experienced trauma and are having difficulties as a result. Dealing with being in a new country while coping with terrible memories in the past can impact on people's everyday living. The counsellor can help people;

- Talking about their worries or difficulties
- Assisting the person find ways of coping with their feelings
- Connecting them with relevant services and support
- Helping the person understand how Australia works.

JP *Service*

A Justice of the Peace is available at the Centre by appointment only on Mondays and Fridays between 10am and 12pm.

Financial Counselling and Assistance – *Metro Assist*

If you are having difficulty managing your money and worried about how to pay bills and debts then come visit Neena Diwan from Metro Assist on Thursdays. A Financial counsellor can help if you are;

- Struggling to pay your utility bills
- Falling behind on loan or credit card payments
- About to have your electricity, gas or water disconnected.
- Having difficulty paying fines or a mortgage.

To book an appointment please call the Centre on 9750 9344.

Assistance with Filling Forms and Online Government Websites

Do you need help completing forms or registering for online government sites such as My Gov. Every Tuesday from 9:30 am – 12:30 pm there are volunteers to help you fill out forms including; Centrelink, Medicare, Housing applications and other general forms. We can assist you to understand and complete the form, but do not give advice.



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
24 July 2019
12:30 pm to 2:00 pm

Intermediate to Advanced

Enrolment Session
Tuesday
23 July 2019
12:30 pm to 2:00 pm

To find out more
call 9750 9344
or visit 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.