



**4CS CELEBRATES
NATIONAL VOLUNTEER WEEK 2023
#THECHANGEMAKERS**

4CS NEWS
CANTERBURY CITY COMMUNITY CENTRE



Supporting
Women:
Chaman's story

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Knitting with
Heart's gift

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JULY/AUG 2023



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Canterbury City
Community Centre
Community Building Community

50 Years
1972 - 2022



CEO NEWS

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Hello everyone

I hope our Newsletter finds you in good spirits and doing well.

You will see that we have filled this edition with interesting articles and information about things we are doing at the 4Cs. Work we are very proud of because we know it makes a difference to the lives of people in our community.

Since our last Newsletter there has been a NSW Election and we have Premier Minns leading our state as well as new Ministers in place. We have reached out and congratulated those people whose responsibilities and oversight are important to the work that we do and in due course we will engage with people who have an interest in the work we do in the South and Inner West of Sydney.

4Cs Hosts Round Table with our Local Members of the NSW Parliament

In the lead up to the election, the 4Cs hosted a round table with our local Members of the NSW Parliament and with candidates in the Election from the Animal Justice Party and the Greens. The idea of the roundtable was to showcase the work we do and how important community and neighbourhood centres are to local communities.

Women who use our services and programs were able to attend the roundtable and share their experience around the difference our programs make, and we were honoured they were able to do that. One of the women commented that the '4Cs had become like her second home'. That is all we can ask for!

This initiative is part of a campaign for core funding that the Local Community Services Association and NSW Council of Social Services are undertaking. It is a vital campaign because services like ours have been in place for many decades across NSW but without the security of longer term core funding that is not project based.

With core funding, the 4Cs would be able to test new approaches, measure our impact, innovate and above all respond to a broader range of community needs as they change. I am hopeful that this campaign will continue to gain momentum over time and the 4Cs remains committed to it.

We indeed welcome the Government's pre-election announcement to ensure five-year funding contracts.

This too will go a long way in assisting the sector to attract high quality staff into project based work as well as to give projects a longer lead time to maximise positive impact. It is worth noting that the Department of Communities and Justice funding the 4Cs manages is already set at five years but this announcement will ensure consistency is applied.

'WE WORK WITH PEOPLE FROM VERY DIVERSE BACKGROUNDS ... 2022 IN OUR TARGETED EARLY INTERVENTION PROGRAMS, 89% OF OUR PARTICIPANTS WERE FROM A CULTURALLY AND LINGUISTICALLY DIVERSE BACKGROUND. THAT IS TESTAMENT TO THE TRUST THE 4CS HAS BUILT OVER MANY YEARS'

While the 4Cs does not attract funding from the Federal Government to assist newcomers to settle into our community, we work with people from very diverse backgrounds. In 2022 in our Targeted Early Intervention programs, 89% of our participants were from a culturally and linguistically diverse background. That is testament to the trust the 4Cs has built over many years and with the open and genuinely respectful and inclusive manner in which we do our work.

Road to Belonging- A Collective Strategy for Australian Settlement Services

Given the profile of our clients, we are members of the Settlement Council of Australia, being the industry peak for settlement services in Australia. Through that, we are working on advancing the settlement blueprint 'Road to Belonging – A Collective Strategy for Australian Settlement Services'. This is vital and exciting work and I am honoured to Chair the working group 'Connecting with Other Sector and the Broader Australian Society'.

The aim being for the settlement sector to lead in bringing together people and organisations from a variety of sectors who have a common interest in advancing settlement outcomes and in creating a welcoming and inclusive Australia.

Given the 4Cs does settlement work but is a generalist service, this working group is very closely aligned to our mission, values and also our motto of Community Building Community.

For more information on this go to scoa.org.au/wp-content/uploads/2022/11/Road-to-Belonging.pdf

Collective: Inspiring Women in Business

I also wanted to let you know that recently we were the chosen charity partner of the Collective Inspiring Women in Business network, where members made generous donations to assist us in our work. It was such an honour for me to attend their event and accept a cheque of \$2,000.

These funds will assist us to continue the work we do alongside the women of Lakemba. Work that includes, educational courses, parenting and employment preparation programs as well as family events. With funds such as these we are able to provide child care and this makes a difference to the participation of women.

In other exciting news, I am happy to share our

Strategic Plan 2023-2025 with you. Lead by our Board and developed as a result of listening to our clients, volunteers, staff, stakeholders and completed with the support and advice of Grace Leotta of Affirm Consulting. In this document we set out our Ambition and the three key pillars of our strategic intent. We also refreshed our Vision, Mission and Values. I invite you to take a closer look by going to 4cs.org.au/Strategic_Plan/2023-25

In each edition of our Newsletter I focus on a value or a theme that stands out to me and connects us the mission and how we see it in action.

I choose **responsiveness** this time because in my 2.5 years at the 4Cs I have seen us respond to the needs of the community as they change over time. If we were not aware of what the community needs and respond to it, we would not have the high level of engagement we see. Recently for example I attended our Family Picnic at Parry Park and in speaking with many families I got the sense that community members see themselves as part of the 4Cs organisation and that we are part of their life journey as well. This is what our Motto - Community Building Community is all about.

By choosing responsiveness we choose to stay open to change and also open to the kind of role we wish to play with the community, in responding to that change.

Esta Paschalidis-Chilas, CEO



COMMUNITY BUILDERS

FAMILY FUN DAY IN THE PARK

On Saturday 27th May we held our very popular Family Day and Lunch at Parry Park with over 150 families coming along to join in lots of fun activities and games with the wonderful team from Garden Games.

It was a gorgeous sunny day, with kids and parents alike having fun playing in the sun whether it was playing giant chess, snakes and ladders or versing each other in Tug of War.

"It was lovely for local families to come together, meet new people and find out about the programs we offer at the 4Cs", said CEO, Esta Paschalidis-Chilas.

Once again a big Thank you to Canterbury Leagues Club for your ongoing support and funding this event through their Club Grants Program.

Feedback was very positive with families enjoying the opportunity to come with the whole family on a Saturday, was great to see so many dads and older siblings also joining in.

WHAT'S NEW IN TERM 3

Two new courses commencing in July with Sydney Community College to help improve your English and other work skills to help gain employment or future study. Places are still available, call Romana on 0412 270 811 for more information.

Lakemba Ladies Lounge is back at the Cottage during next Term. It is a welcoming space for women to meet, talk and have fun trying a new activity. All women and children welcome.

Get your Learners License starting Tuesday 25th July 2023 at the Cottage. Council's Road Safety Officer will provide information and practice test examples to help you get your Ls.

Parenting Class in Bengali with Feroza, trained in delivering Tuning into Kids for the Bengali Community will be running this 5 week course on Monday mornings for parents of children aged 0 – 8 years at the Cottage.

For more information on these courses and more, go to [4cs.org.au/calendar/term 3/2023](https://4cs.org.au/calendar/term%203/2023) or call Romana on 0412 270 811.



Supporting Women CHAMAN SHAHZADI

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It's great to learn of how 4Cs programs have supported women on their settlement journey through connecting with the community as well as having the opportunity to study and volunteer.

Recently Chaman Shahzadi popped into the Cottage to thank Romana and talk with her about her exciting new job as a Childcare worker.

Chaman Shahzadi was born in Faisalabad Pakistan. In 1995 she got married and moved to Sydney, Australia. Between the years 1997 through to 2008 she raised four children and was the main carer in the family home as well as supporting her husband who ran his own business.

'WE ARE SO PROUD OF THE STRONG WOMAN OUR MOTHER IS. SHE HAS BECOME AN EXAMPLE FOR US TO FOLLOW AND LEARN FROM. SHE HAS TAUGHT US THAT PERSEVERANCE AND LOOKING FORWARD WILL ALWAYS HELP GUIDE US THROUGH. IT IS AMAZING TO SEE HOW A COMMUNITY ORGANISATION SUCH AS 4CS CAN TRANSFORM AN INDIVIDUAL'S LIFE.'

In mid 2014 Chaman received devastating news about the terminal cancer diagnosis of her husband and whom sadly passed away in 2015 at the age of 52. She found this time very difficult and had to start life all over again... 'I was devastated, alone and with no other family to support or assist me while I raised 4 young children in Lakemba'.

With help and support of some long-time friends and after many tries, Chaman successfully gained her driver's licence. With her new found mobility she was now able to get out more and understand what was available.



At this time one of her friends introduced Chaman to 4Cs Lakemba Ladies Lounge. There she met Romana and made some new friends ... 'It was a critical healing point for me, I met so many other women who were also going through hurdles but recovering and getting on with their lives'. She took strength from this and enrolled in the Certificate III Course in Childcare and a Certificate II in Hospitality at the Cottage one day per week for 12 months. She successfully completed the courses and placement of 120 hours in a local Childcare Centre.

Chaman then decided to help gain more experience and to improve her confidence she volunteered in many different roles, including the kitchen at a local community service run by Ashfield Council. While it was hard volunteering, studying and looking after her children, it gave her valuable experience and confidence.

After volunteering and gaining her Certificate III in Childcare, Chaman gained employment as a childcare worker at one of Inner West Council's top Childcare facilities! She loves her work and now combines this with her passion for cooking and looking after others.

'Thank you Romana and the 4Cs for helping me get to where I am today'.



SOCIAL INCLUSION

KNITTING WITH HEART GROUP LIVES UP TO THEIR NAME!

Our Knitting with Heart social group never rests! Each week they bring items they have made at home, and work on their projects during the group.

The groups creativity knows no end. The benefits of knitting range from reduced stress to better cognitive functioning, self-confidence, and the ability to focus on the present.



You can experience the health benefits of knitting whether you knit alone or as part of a group.

It doesn't take much to get started, and once you get hooked, you'll never look back!

'OUR KNITTED DONATIONS PROVIDE COMFORT TO CHILDREN OF MOTHERS LEAVING DOMESTIC VIOLENCE'.

Dolls, hats and scarves are donated to Zonta International a leading global organisation of professionals empowering women worldwide through service and advocacy.

Our knitted donations provide comfort to children of mothers leaving domestic violence.

Blankets go to Paul at Sydney Cat Rescue (featured in the July-Sept 2022 newsletter) to enable him and his supporters to keep rescuing and caring for abandoned cats and kittens in various locations around Sydney.

OUTINGS, OUTINGS, OUTINGS!

Our social groups are really enjoying getting out and about. Outing destinations so far in 2023 have included Austinmer, Dolls Point, Maroubra Seals, Op Shopping, Bundeena, Strathfield Park and more!!

NATIONAL VOLUNTEER WEEK: The Change Makers

Every year during National Volunteer Week we host a volunteer thank you event. This year we took our social support and gardening volunteers to lunch at Paesani Restaurant, Magpies Sports Club in Croydon Park as part of our NVW celebrations.

Staff and volunteers alike enjoyed taking some time out from their busy schedules to catch up with each other and share a meal.

Program coordinators Alison and Ben and CEO, Esta took the opportunity to thank volunteers for their service and to reiterate how important volunteers are to our organisation and community.

It was a wonderful day and a small way we could give back to our volunteers, and to show our appreciation for all that you do. We are grateful to each and everyone of you.

Thank you for being 'The Change Makers'!

Volunteer with Us

Volunteers play an important role in our community and your spare time is valuable to us. We are currently looking for reliable and motivated people to join our gardening and social support volunteer teams in Canterbury-Bankstown and surrounding suburbs.

If you are interested in sharing your skills and looking for a fun way to give back to your community we would love to hear from you. Call Canterbury City Community Centre today on 9750 9344.

If you would like to learn more about volunteering with us go to 4cs.org.au/volunteering



OVER 65 TAI CHI CLASSES

Are you over 65, looking to improve your strength, flexibility and more?.

Join our Tai Chi class followed by morning tea!

Classes are held every Monday in Lakemba and are run by Sam Ruan.

The gentle movements of regular tai chi practice can improve your strength, flexibility, and range of motion, as well as decrease the effects of common degenerative diseases such as arthritis.

The mental discipline required to practice tai chi can also decrease stress and improve cognitive function.

Participants must be registered with My Aged Care. Enquires call Alison on 9750 9344 or socialsupport@4cs.org.au





Trauma Informed Care: An Introduction

A two hour online workshop for CHSP staff and volunteers.

The Aged Care Diversity Framework highlights that service providers often support older people who have experienced trauma in their lives. We are encouraged to ensure that all workers understand and can apply trauma-informed care principles in their work with consumers.

This FREE introductory workshop will introduce the principles of trauma-informed care and explore practical techniques in direct work with older consumers, particularly people from diverse backgrounds.

Presented by Glen Sorensen, Age Communications

A collaboration between STARS and 3Bridges

Tuesday 18th July 2023

10:00 am to 12:00 pm

Online via Zoom

Free to CHSP staff and volunteers



[Register here](#)

In Home Aged Care: Reform Update & Trends

How are you tracking with your strategy for 2023 and beyond?

This webinar will cover two important topics for future planning of your home care programs.

Presented by Jennene Buckley, Enkindle.

A collaboration between SSDs from YourSide, STARS, Social Futures, Hornsby Shire Council, CIG, LiveBetter, Wesley Mission, NESST and ECC NSW

Thursday 6th July 2023

10:00 am to 12:00 pm (Sydney time)

Online via Zoom

Free

[Register here](#)

Serious Incident Response Scheme & Incident Management



Covers agency policy statements, design of incident response & management procedures and new SIRS mandatory reporting arrangements since extension of SIRS to CHSP and HCP providers.

Presented by Glen Sorensen, Age Communications

A collaboration between STARS and 3Bridges

Wednesday 26th July 2023

10:00 am to 11:30 am

Online

Free to CHSP staff and volunteer

[Register here](#)



Older Persons Mental Health First Aid (OPMHFA)

Limited Places available for CHSP staff and volunteers!

Course participants learn about the signs and symptoms of the common mental health problems in older people - how to offer initial help, where and how to get professional and other help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Fridays 11th and 18th August 2023

9:00am to 4:00pm

**Graham Yarroll Room, Haberfield Library,
78 Dalhousie St, Haberfield**

 [Register here](#)

Step Into Volunteering

Thought about Volunteering but didn't know where to start?



Come to Step into Volunteering information session to find out!

Open to the public - Registrations are essential

Presented by Angela Galard, STARS

August 2023

TBA

Newtown Neighbourhood Centre,
11-13 Darley Street, Newtown

Free

 [Register here](#)

To register please use the links in this calendar. For further information or other training enquiries, please contact:

Leonie Puckeridge, STARS Training Officer
email leonie.puckeridge@4cs.org.au or call 97509344

Angela Gallard STARS Project Officer
email angela.gallard@4cs.org.au or call 97509344

Customised Onsite and Online Training



STARS have accredited trainers that can facilitate onsite or online training for your team.

Please contact Leonie Puckeridge, STARS Training Officer on leonie.puckeridge@4cs.org.au or call 97509344 if you are interested in training contextualized to meet your team's needs.

Volunteer Coordinator Meetings

Are you a volunteer coordinator or have volunteer co-ordination as part of your role?

Come and join other coordinators for connection and support.

Held quarterly via microsoft teams.

The first hour will be for anyone coordinating volunteers who wishes to join. The second hour of the meeting will be for CHSP Volunteer Coordinators to discuss implementation of Aged Care reforms.

Next meeting TBA

For further information contact Angela,
angela.gallard@4cs.org.au or 9750 9344



STARS TRAINING VOLUNTEERING

NEW EXCITING PROJECT: New to Australia? Come and Volunteer

For many who come to Australia, it is a very different experience to living in people's country of origin. Everyone understands what helping is, however, the concept of volunteering is not always understood.

Volunteering is a very planned and formal way of helping, and an important tradition in Australia. It can be a great way to connect and give back to your local community, learn or share new skills, and meet new people.

Although there are many benefits for people who volunteer, the organisation they volunteer for and the wider community, sometimes the language and process to becoming a volunteer can be a barrier to getting started.

4Cs through STARS and Community Builders has funding from The NSW Centre for Volunteering and Australian Department of Social Services to develop online general information about volunteering in English and four community languages; Arabic, Simplified Chinese, Vietnamese and Urdu.

This will support Volunteer Managers and Coordinators to engage and connect with those new to Australia to volunteer, breaking down some of the barriers to volunteering. Short videos containing general information with a volunteer experience and downloadable fact sheets will be developed in language.

4Cs will be developing an expression of interest and looking to partner with services who have two enthusiastic volunteers and a bi-lingual worker to be involved in this exciting project which will run until the end of November 2023.

The finished resources will be available through The NSW Centre for Volunteering.

NATIONAL VOLUNTEER WEEK 15-21 May 2023 #TheChangeMakers

This years' theme for National Volunteer week was 'The Change Makers'. STARS, with the support of Inner West Council, held morning and afternoon Street Art tours with Melinda Vassallo, local author of 'Perfect Match: Street Art of the Inner West'.

In between each tour the volunteers were treated to a delicious lunch catered by Parliament on King at Newtown Neighbourhood Centre.

Thirty-four volunteers representing 15 services across the Inner West attended on the day.

Vicky, volunteer from Newtown said, "Thank you, I loved the afternoon, it was so interesting!"

The 4Cs held a thank you lunch to our wonderful volunteers during Volunteer week as well. Our volunteers were treated to lunch from Paesani restaurant at Magpies, Croydon Park.

The Centre is always on the look out for more volunteers in our Social Inclusion and Garden Care teams, if you would like to find out more please call the Centre on 9750 9344.

GARDEN CARE

Garden Care on the Move...

Time has come for Garden Care to move to a larger building so that we can free up the Cottage for a growing Community Builders program and accommodate the growing needs of Garden Care.

The Cottage has been our home for over 10 years and despite all of us working from one room no bigger than a standard bedroom it has served us well and we will miss it greatly. Having said that, we are looking forward to the new premises as there will be so much more space we can spread out in. While we'll remain in the one room its size is about twice that of what we now have. There will also be a larger area for storage of our equipment and gardening supplies which will be very much utilized.

Other benefits will be that we will co-locating with the Corporate Services team as well as other departments of the Aged Care team including the Manager who oversees our operations.

Winter Gardening

Winter can be a quiet time in the garden, but there are still plenty of tasks to keep gardeners busy. One job is to prepare the soil for the coming spring by digging in compost or other organic matter.

Winter is also an ideal time to prune trees and shrubs while they are dormant, allowing for healthy growth in the coming seasons. Additionally, clearing away fallen leaves and debris from the garden can prevent disease and pests from taking hold. And, if you're looking to add some colour to your winter landscape, consider planting winter-blooming plants like hellebores or cyclamen.



NEVER TOO OLD TO VOLUNTEER: AHMAD

The Garden Care team welcomed a new volunteer recently. Eighty two year old, yes 82, Ahmad Awadalla was looking for a way to stay fit and learn more about gardening at the same time.

Ahmad volunteers 2 days a week and is an enthusiastic addition to the volunteer team of gardeners that help us provide a quality garden clean up to the many clients using our service.

When Ahmad isn't volunteering with Garden Care you can find him volunteering with other community groups within his local community as he believes that keeping active is the best way to maintain physical and mental fitness.

If you are interested in finding out more about volunteering go to: 4cs.org.au/volunteering



HOME CARE

Home Care Packages (HCP) provide support for people to remain living at home.

How Does Home Care in Australia Compare to Stockholm, Sweden?

When comparing home care services in Stockholm, Sweden, with those in Australia, particularly in the Canterbury area, there are noticeable differences in accessibility, assessment processes, and support provided.

In Stockholm, people receive comprehensive home care services tailored to their needs, ensuring they could remain at home comfortably. The service included multiple visits per day, covering essential tasks, companionship, and support for daily activities.

In contrast, the situation in the Canterbury area presents challenges for clients seeking higher levels of home care support. Delays can occur, such as a six-month wait for an Aged Care Assessment Team (ACAT) assessment in South West Sydney, impacting clients' access to appropriate care.

Navigating the aged care system becomes arduous for clients and their families, exacerbated by limited communication between providers and assessors. The lack of capacity among service providers and the reliance on volunteers further restrict the availability of services, hindering the support needed by clients.

These ongoing challenges risk the hospitalisation of clients, as their needs outgrow their assessed package level, often resulting in premature discharge without thorough review and sustainable supports.

It is important to address these issues to ensure the well-being and care of aged individuals. To further investigate these challenges and stay informed about the improvements being made, you can refer to www.agedcarequality.gov.au/reforms

While home care services in Stockholm, Sweden, appear to provide comprehensive support and efficient communication with clients and their families, the current state of home care in the Canterbury area presents obstacles and delays in accessing appropriate care.

However, with the upcoming changes and recommendations from the Royal Commission into Aged Care, there is hope for improvements that would allow clients to receive the necessary support to remain at home as their health deteriorates.



Need help accessing Aged Care Support?

An Aged Care Specialist Officer (ACSO) is part of My Aged Care face-to-face services based at Services Australia (previously known as Centrelink).

ACSOs can help with all of these:

- providing in-depth information on the different types of aged care services
- checking if you're eligible for government-funded services and making a referral for an aged care assessment
- helping you appoint a representative for My Aged Care
- providing financial information about aged care services
- connecting you to local support services.

Call the Services Australia aged care line on **1800 227 475** for more information or to make an appointment.

The Care Finder Program assists vulnerable older people specifically older Australians who need intensive assistance to access aged care and other supports. The services are provided at no cost.

A care connector can help with:

- talking to My Aged Care on your behalf and arranging an assessment
- attending & providing support at the assessment
- finding and short-listing aged care providers in your area
- completing forms and understanding aged care service agreements

To receive this support, you must:

- have no carer or support person who can help you, or not have a carer or support person you feel comfortable or trust to support you
- be eligible for government-funded aged care.

For Central and Eastern Sydney intake call **1800 346 337** and for more information on providers go to cesphn.org.au and for South Western Sydney call **1800 455 511** for more information and intake and for more information: swsphn.com.au/primary-care-resources



COMMUNITY GARDEN

Lakemba Community Garden has over 30 plots and is a place where people without a garden can come and grow their own vegetables, herbs, etc. It's a friendly group, with monthly working bees to work on the communal areas, share tips, seeds and sometimes even produce. The public are welcome to come into the garden and have a look at all the wonderful different plants and vegetables growing – BUT DO NOT PICK! Gardeners spend a long time planting, watering, caring for their garden plots and are devastated if they find their produce taken.

Eden from 4Cs Gardencare and with assistance from Council has been busy pruning, weeding and mulching the communal spaces – as a result the Garden is looking very clean and green. A big Thankyou to Canterbury Bankstown City Council for also supporting the maintenance of the garden with a small grant for 2023/24.

If you are interested in having a plot in the community garden, live in Lakemba (or surrounding suburbs) and don't have your own garden we currently have two plots available. The cost of a small plot is \$30 for the year and a large plot \$50. For more information please contact Kate at the Centre on 9750 9344 or kate.maclean@4cs.org.au

UPCOMING: WORKING BEES



Working Bees are usually held the 1st Saturday of the month.

Come share company, ideas and seeds and help with weeding, pruning and keeping the garden tidy.

8.30 am – 12.30 pm, Saturday 5th August and Saturday 2nd September 2023.

ENVIROMENT@ LAKEMBA



Environment@Lakemba is a group of local residents keen to reduce littering and household dumping of goods in Lakemba and surrounds.

This year the group is going to focus on improving street verges/nature strips by encouraging people to plant a Verge Garden and take better care of this area.

If you would like to know more about starting your own Verge garden then come and join the team. We will be working with Council to establish a verge garden in Lakemba out the front of the Community Centre.

This will give people hands on experience and the knowledge to set up their own verge garden. If interested please call Kate on 9750 9344

NEXT MEETING:

Wednesday 23rd August 2023,
5:30 pm to 7:00 pm
at Canterbury City Community Centre,
130 Railway Parade, Lakemba

For more information call Kate on 9750 9344 or email kate.maclean@4cs.org.au

OUTREACH SERVICES

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To Book a **FREE** and **CONFIDENTIAL** appointment at one of the services below please call our Centre on **9750 9344**.

NEW FAMILY LEGAL AND DOMESTIC VIOLENCE ASSISTANCE SERVICE

Working in partnership with Marrickville Legal Service (a not-for-profit Community Legal Centre) this new Legal outreach service which commenced back in March provides **FREE** advice on a range of family legal matters including;

- Separation (including separation under one roof)
- Getting a divorce
- Making parenting arrangements after separation
- Dividing property after separation
- Consent orders
- Going to family dispute resolution (mediation)
- Representing yourself at court
- Applying to Legal Aid

In addition they can provide specialist domestic and family violence casework and support services including; support and referrals, legal advice & advocacy, risk assessment and safety planning.

COUNSELLING FOR TORTURE AND TRAUMA VICTIMS

Newsha Javahery, 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.

Call **STARTTS** directly to make an appointment on **(02) 9646 6800** – Ask for the Intake Counsellor



LAKEMBA WOMEN'S HEALTH CLINIC IS OPEN!

We are very excited to welcome back Leichhardt Women's Community Health Centre and the new nurse Comfort to work in partnership with us to provide the Lakemba Women's Health Clinic.

The clinic operates fortnightly from the Centre's office at 130 Railway Parade, Lakemba. Now operating for over 8 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.

The nurse can provide a range of general health information as well as screenings including; cardiovascular risk assessments, blood pressure, Vitamin D, cholesterol and glucose checks. to make a **FREE** and **CONFIDENTIAL** appointment call **9750 9344**.

ASSISTANCE WITH FORMS AND MyGOV



Need help completing a FORM or registering for online government sites such as My Gov?

Once a week there are volunteers to help you fill out forms. We can assist you to understand and complete the form, but do not give advice.

You must call the Centre to book an appointment on **9750 9344** and discuss which form you need assistance. If it is something we cannot help with, we will try and refer you to another organisation that can assist.



COMMUNITY BUILDERS ACTIVITIES

TERM 3 - Commencing July 2023



Canterbury City
Community Centre
Community Building Community

We have some new activities this Term at the Cottage - please see below. If you would like more information call Romana on 0412 270 811 or romana.waseem@4cs.org.au

ENGLISH & WORK SKILL CERTIFICATE II - SYDNEY COMMUNITY COLLEGE



This course will help you improve your English, learning and other work skills to open up employment opportunities.

Wednesdays and Fridays 9.30 am - 2.30 pm.

Starting 19th July 2023 (32 sessions)

At the Cottage 28 Croydon Street, Lakemba

For more details call Romana on 0412 270 811 or romana.waseem@4cs.org.au.

IMPROVE YOUR ENGLISH & COMPUTER SKILLS - SYDNEY COMMUNITY COLLEGE



This course will improve your English and basic computer skills.

Tuesdays 9.30 am - 2.30 pm.

Starting 18th July 2023 (9 sessions)

At the Centre 130 Railway Parade, Lakemba

For more details call Romana on 0412 270 811 or romana.waseem@4cs.org.au.

ENGLISH CLASSES FOR WOMEN - FREE



Mum 2 Mum - English classes for mums with children aged 0 to 5 years. Activities provided while you learn.

Monday Mornings - 24th July 2023

10.00 am - 12.00 pm at

Wiley Park Public School

Monday Afternoons - 24th July 2023

1.00 pm - 3.00 pm, Hampden Park Public School Hampden Road, Lakemba 2195

For details on how to join call Romana on 0412 270 811 or romana.waseem@4cs.org.au.

GET YOUR LEARNERS DRIVERS LICENSE



Come and study for your learners license and be a safe driver.

Starting Tuesday 25th July 2023

10.00 am - 12.00 pm for 5 weeks

At the Cottage 28 Croydon Street, Lakemba

Facilitator - Carol Debs, CB City Council Road Safety Officer

For more details call Romana on 0412 270 811 or romana.waseem@4cs.org.au.

PARENTING GROUP IN BENGALI



For parents of children aged 2 - 8 years that understand/speak Bengali.

Monday mornings 9.30 am - 12.00 pm

Starting 21st August 2023 for 5 weeks

At the Cottage 28 Croydon Street, Lakemba

To join or for more details call Romana on 0412 270 811/9750 9344

LAKEMBA LADIES LOUNGE



A place to relax, meet other women and enjoy an easy fun activity.

Children welcome.

Every Thursday during School Term

Starting 20th July 9.00 am to 12.00 pm.

At the Cottage 28 Croydon Street, Lakemba

For more details call Romana on 0412 270 811 or romana.waseem@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.