

New developments at the 4cs

It has been a busy time over the last three months as we establish our new Home Care Packages Program – a lot of work behind the scenes as we recruit staff, reconfigure office space and build on our existing capacity to introduce the new service to the Inner West.

We are thrilled that Gina Gericke has accepted the position of Community Care Manager to oversee the Program – Gina has worked in non-government community services in the Canterbury Local Government Area for over 25 years and will bring a high level of expertise to the role. Welcome Gina.

We are also currently recruiting Direct Care staff so please get in touch if you think this role might suit you. Details are on our website!

We have also finalised the Internal Review of the 4cs over the past month and the resulting restructure will see changes to some existing positions, and some new positions created. All in all, we are trying to find new office space for an additional 7 people and will be moving desks, computers and people around to make it work!

Our outdated building in Railway Parade is struggling to suit our growing needs and we are hoping that the current Cultural and Facilities Study in the New City of Canterbury Bankstown will finally see improved community infrastructure for the people of Lakemba.

With the population set to expand along the Sydenham to Bankstown rail line we will also see a continued increase in need and demand for spaces where community groups can meet and where families can hold private gatherings.

Over the past few months we have been introducing our new logo and the new look to Centre publications – such as our Newsletter!

The new logo builds on the theme of the old one which represented an individual within a community – we provide services which improve the quality of life for individuals and also promote the capacity and harmony within the community. The new logo also incorporates this theme with a greater focus on diversity.

We have also upgraded our photocopier which you may be able to gauge from the quality of the printed newsletter.

Our Database or Client Management System has been finalised with the new database to be accessed on the cloud by our field work staff when they are working out of the office in people's homes. We have invested significantly in IT and technology and are keen to start using our new tablets, mobile phones and software.

Whilst all this doesn't sound very exciting ... it is the culmination of many months work to ensure that we remain as efficient as we can be within this changing environment. We're excited!

We have been saddened to hear of the passing after a short illness of our dear friend and former colleague Dimity Figner.

Many of you might remember Dimity who worked in our Garden Care Service in its early days and later facilitated the Community Harmony Quilt Project and our first Knitting group. A long term feminist, artist, gardener, activist and a cheerful and positive colleague Dimity is fondly remembered by all of us at the 4cs. We have placed a seat in the garden at the Cottage in her honour and encourage everyone to take a rest and spend a few minutes enjoying the garden and maybe thinking of Dimity.

Finally it is that time of year again as we invite everyone to renew their membership and to think about attending the AGM. Membership is a really practical way in which you can support our work ... it costs very little and you will also receive the Newsletter in return. Applications from new members are always welcome and can be made on the form on the back page of the newsletter ... existing members will be receiving their renewal notices shortly in the post.

Liz Messih, CEO



YOU ARE INVITED TO ATTEND THE CANTERBURY CITY COMMUNITY CENTRE INC.

44TH ANNUAL GENERAL MEETING

11:00 am
Monday 26 September 2016

Canterbury
City Community Centre

130 Railway Parade
Lakemba NSW 2195

Guest Speakers

Canterbury City Community Centre Staff
Overview of the Centre Programs and Services

Light refreshments will be served

RSVP

Monday 26 September 2016

T 9750 9344

E centre@4cs.org.au

National Volunteer Week 4cs Volunteer Breakfast

This year we celebrated the achievements of the 4cs Volunteers and said Thank You at a Breakfast during National Volunteer Week on 11th May. We went with a Hotel theme this year where our special guests were welcomed to the exclusive *Hotel Lake Emba* for a buffet breakfast in our fine dining room overlooking the Lake. Well ... it all happened at the 4cs main office but it was a lovely morning to celebrate community and for the 4cs staff to wait on our volunteers.

The theme of National Volunteer Week was *Give Happy Live Happy* and we learnt some very interesting Volunteering facts. Did you know that Volunteers are happier, healthier and sleep better than those who don't volunteer ... sustained volunteering is associated with better mental health ... Volunteers live longer ... and that volunteering can provide meaning, a sense of self worth, a social role and health enhancement. No wonder so many Australians volunteer!

'Volunteers also contribute \$200 billion annually to the Australian economy.'

Thanks again to our amazing Volunteers ... if you would like to become a volunteer, at the 4cs or in any other not for profit service, contact our STARS Recruitment Officer Donna Brunton on 9750 9344 to make an appointment to discuss the options.



Aboriginal Art Workshop

During Seniors Week the 4cs Social and Activities Group participated in an Aboriginal Art Workshop. Not only were they keen to learn some techniques used in Aboriginal Art but learn something of the culture of the Aboriginal Community.

Boomali Aboriginal Art Gallery in Leichhardt were able to assist by connecting us with renowned local artist Nicole Phillips.

Nicole suggested that the group create some ceramic plaques, giving them an opportunity to both try something different and make a lasting work of art that could be mounted and taken home.

The group looked at the place of imagery and symbolism in Aboriginal art and used some symbols that represented their own "journeys". An air drying terracotta clay was used and participants used small objects to create decorative imprints in the clay. The Men's Shed assisted with the wooden mounts for the plaques and the end results were stunning, as you can see from the pictures.

Our thanks to Nicole, Boomali and to the NSW Department of Family & Community Services for assistance with funding the project through their Seniors Week Grants Program.



Breastscreen NSW mobile van at Lakemba



To celebrate the arrival of the brand new Breastscreen NSW mobile van at Lakemba, a special morning tea with several women's health information stalls was held next to the Library on Monday 16th May.

A big thankyou to the Library, Refugee Health, Can Get Health Canterbury, Leichhardt Women's Health Centre and Schools as Community Centre's for having a stall.

The bus booked out with appointments on the first day, with many other women dropping in for a breast screen during its 3 week stay.

Lots of work went into promoting the arrival of the bus at local shops and medical centres thanks to our student Linny and Melanie from Breastscreen publicising the Vans arrival. All women over aged 40 and over are entitled to a FREE mammogram and encouraged to have one every 2 years. Call 13 20 50 to make an appointment .



LEARN ENGLISH



FREE - English Conversation Classes for Women

Want to improve your English in a small conversation group for women?

Beginners and Intermediate Group

12.30 pm - 2.30 pm

Weekly Class

Enrolment: Wednesday 20th July 2016

Canterbury City Community Centre

'The Cottage' 28 Croydon St, Lakemba



Limited childminding will be available.

For more information please telephone Canterbury City Community Centre on 9750 9344



FREE ENGLISH CONVERSATION CLASS FOR MEN

This class will help you **learn** and **practise** your **English** for everyday use.



When: Course Starts Tuesday 2nd August (8 Weeks)

Time: 2:00pm – 4:00pm – Every Tuesday

Where: The Cottage, 28 Croydon St. Lakemba

To Book: Call 9750 9344

For more information please telephone Canterbury City Community Centre on 9750 9344



Canterbury City Community Centre

130 Railway Pde Lakemba
(opposite Quigg St North)

TAX HELP



Tax Help provides assistance to low income earners in the preparation of tax returns. If your tax affairs are simple and you earned around \$50 000 or less last financial year you are eligible to receive free help with your tax return from a Tax Help Volunteer.

Appointments now available in
August & September 2016

Phone Canterbury City Community Centre
on **9750 9344**
to book your appointment

Enquiries concerning Tax Help eligibility and other Tax Help locations call the Personal Tax Information Line on 13 28 61



VOLUNTEER INFORMATION SESSION

Are you interested in volunteering?

Find out more...

- What is volunteering?
- Why volunteer?
- How do I register to become a volunteer?
- What types of positions are available?

Where: Marrickville Library

When: First Wednesday of the Month

Time: 10am – 12pm



Supported by Marrickville Library

BOOKINGS ESSENTIAL

For more information, or to register, please contact the STARS team on
02 9750 9344
or starsrecruitment@4cs.org.au

Supported by funding from the NSW and Australian government under the CHSP/CCSP programs

MARKET

Make sure you pop into the market to enjoy the atmosphere, entertainment and great shopping.

There are lots of stalls selling a variety of beautiful products including clothing, jewellery, accessories, candles, gifts, food and second hand goods.

Look out for special events coming up at the market including:

Celebrating Refugee and NAIDOC Week - Saturday 2nd July

Lots of great activities including: FREE Face Painting, Bush Tucker Demonstrations, Traditional Indigenous games, Performances and Craft Activities.

Eid Celebration and Indonesian Independence Day - Saturday 6th August

Come and enjoy this double celebration with Suara Indonesian Dance Troupe, and lots of fun, free activities for the family.

Spring is Here - Saturday 2nd September

Come and enjoy the spring specials at the market. Time to clean out the wardrobe with 2nd Hand Stalls only \$15 this month.



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)

Applications for stallholders are available from the website www.4cs.org.au or by calling the Centre on

9750 9344, mobile 0431 127 288 or emailing

markets@4cs.org.au.

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

**Markets are on
the First Saturday of the Month
10am - 4pm**

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

Home Care Packages at the 4cs

Canterbury City Community Centre is now able to offer eligible residents in the Inner West who have intermediate or high level care needs greater options for care at home. Home Care Packages are a coordinated package of services tailored to meet your needs to help you stay at home and offer choice and flexibility in how the services are provided.

The types of Services offered will depend on your needs, and may include;

new

- Support Services such as help with washing and ironing, housecleaning, gardening, basic home maintenance, home modifications related to your care needs, and transport to help you with shopping, visiting your doctor or attending social activities;
- Personal care such as help with showering or bathing, dressing or mobility;
- Nursing, Allied Health and other Clinical Services such as hearing and vision services.
- Care Co ordination and Case Management

Packaged funds can also be used to purchase aids and equipment where this is identified in an individual care plan.

To access a Home Care Package at the 4cs, residents must be assessed as eligible by an Aged Care Assessment Team at a Level 3 or 4 Package. If you are finding that your care needs have increased and are considering accessing a Home Care Package you will need to first contact My Aged Care on 1800 200 422 or www.myagedcare.gov.au and they will ask you questions to determine your needs and perhaps arrange for a further assessment in your home. If your care needs indicate that you need a Home Care Package My Aged Care will refer you to an Aged Care Assessment Team for a comprehensive assessment which will identify whether you have high level or low level needs. This assessment is free and confidential.

Once you have received the written approval you will be able to approach Providers of Home Care Packages, such as the 4cs, and discuss your Care needs and a Care Plan will be developed.

All people receiving a Home Care Package pay a daily Care fee which covers all services for whichever day they are provided. Level 3 and 4 Packages attract different subsidy levels from Government, and may also attract a Means Tested Fee if residents have assets above a level specified by the Government.

For most existing clients of Canterbury City Community Centre we can transfer your current services received under the Commonwealth Home Support Service as part of a Home Care Package if this is indicated in the care plan – but they can't be provided in addition to the Package. Further information about Home Care Packages can be found on the My Aged Care website <http://www.myagedcare.gov.au/> or call Gillian or Gina at the Centre on 9750 9344 to find out more.

Welcome to our new Community Care Manager



Hi Everyone, it's Gina Gericke here the new member of the 4c's team.

I will be looking after the new Home Care Packages. I have been working in the Canterbury Area for the past 26 years in the Aged Care Sector, first with St. Basil's Homes and then with Riverwood Community Centre working in the HACC Team as the Team Leader for the Canterbury Shopping Service. I am hoping the next stage of my working career will be to understand the next level of care for aged people in the community by providing packages to our clients. I am excited in setting up this new program and look forward to working together to provide a quality service for the residents in the Inner West Area.

Gina Gerike

recruiting now

Community Care Workers - Part time and Casual Positions Available

We are currently seeking part time and casual Community Care Workers to help us deliver this important community service.

If you are friendly, have a genuine enjoyment of working with older people, a reasonable level of fitness, have a Drivers Licence and access to a Motor Vehicle and are able to work flexible hours then call Gillian or Gina on 9750 9344.

People must have completed some units of a Certificate III in Aged Care or Individual Support ... or have a willingness to complete.

Lakemba Women's Health Clinic

A big welcome to Anna Lucia, the new Women's Health Nurse at the Centre every second Wednesday offering a free and confidential health service for local women. Women are seen by appointment for a range of health issues including;

- ✓ Cervical Screening, pap smears and breast checks
- ✓ Contraception and menopause advice
- ✓ Post natal checks
- ✓ Emotional health and well being
- ✓ General health screening including blood pressure, cholesterol, diabetes and Vitamin D levels

To make an appointment call the Centre on 9750 9344



Women's Health Seminars for the Burmese & Rohingya Community

Held on a Wednesday these sessions include child minding and lunch.

27th July – Women's Health, Pap Smears and Pelvic Floor

24th August – Looking after your Skin and Bones

21st September – Dental Care for the Family

Time: 10:00am to 1:00 pm

Location: 130 Railway Pde Lakemba

Cost: Free, with morning tea and lunch provided

Tai Chi for Arthritis

A Group for Women

Come & try Sun style Tai Chi

- Protects the joints and knees
- Builds strength slowly
- Improves balance
- Increases attention span
- Lovely flowing movements
- Lots of fun to do



DATES: Mondays 25 July—19 September 2016(9 week group)

TIME: 10:00am - 12:00pm

WHERE: Canterbury City Community Centre
130 Railway Pde, Lakemba (Opposite Quigg St)

LEADER: Lindsay from Leichhardt Women's Centre

COST: Free, morning tea provided

For more information or to book, call the Centre 9750 9344



MUM 2 MUM @ Lakemba

**Practice English Together
with other Mothers**



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

Starts Wednesday 27th July 2016

COME TO THE WELCOME MORNING TEA 10AM – 12NOON



When : Every Wednesday 10am – 12pm (During School Term)

Where: Catholic Care - 9 Garrong Rd, Lakemba

For more information call Romana on 9750 9344



Mum 2 Mum brings together women with their children aged 0 – 5 years old, to assist newly arrived women from culturally and linguistically diverse backgrounds practice their English language skills and settle in Australia.

A total of 12 women from Mothers 4 Refugees signed up to volunteer on the pilot project which commenced on Thursday 17th March. They have been meeting fortnightly with 13 local mothers and their children from Burma at Jubilee Reserve Lakemba to talk and socialise together at a 'Play Date' in the park.

Given Mum 2 Mum's success in assisting women practice their English, increase their social networks and settlement in Australia, the group will expand next term to meet weekly. In partnership with Catholic Care, the group will meet at 9 Garrong Rd every Wednesday from 10am – 12pm.

If you would like more information or to be involved in Mum 2 Mum, call Kate on 9750 9344.



Learn some great tips, have your parenting questions answered and share your knowledge with other mothers. Alison Matthews, social worker and Family Support Worker at CECAL will be running a series of 3 workshops for parents of children aged 1 to 5 years

31st August - Parents are People Too , Self care for parents
7th September - Speech and Language Development
14th September - Understanding and Managing Tantrums + Discipline

At the Centre , 130 Railway Parade, Lakemba (opposite Quigg St)

10am till 12:00 noon

Facilitator, Alison Matthews a

Social Worker for Child & Family Worker, Canterbury Earlwood Caring Association

To book call Romana on 9750 9344

Its FREE and Children will be in the room with their parents, but a childminder will be providing activities in the room.

Family & Parenting Support

A big welcome to Alison Matthews, Family Support Worker at CECAL who is at our Centre on a regular basis to provide FREE support and counselling for families with children aged 0 to 12 years.

Alison is a qualified Counsellor and has many years experience working with families with young children and teenagers. Please give her a call if you would like some help or talk to someone about...

- ✓ Parenting/ relationship concerns
- ✓ Your child's development
- ✓ Help with government agencies (i.e. Centrelink)
- ✓ Getting help from other services

To make an appointment with Alison, please call 9750 9344.



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 2016

Lakemba Ladies Lounge is closed from Friday 1 July for 3 weeks due to the School Holidays.

Back on Thursday 21 July 2016

EID PARTY

Dress up & Bring a Plate to Share

Thursday 21 July
9:30am - 12:30pm

Baklava by Ebtisam

Thursday 28 July
9:30am-12:30pm

August 2016

Healthy & Yummy Snacks

Bread Roll by Mehwish

Thursday 4 August
9:30am - 12:30pm

Box Patties by Irum

Thursday 11 August
9:30am - 12:30 pm

Pide by Amna

Thursday 18 August
9:30am-12:30pm

Muruku by Anis

Thursday 25 August
9:30am - 12:30pm

September 2016

Embroidery by Sabina

Thursday 1 September
9:30am - 12:30pm

Embroidery by Sabina

Thursday 8 September
9:30am - 12:30pm

EID PARTY

Dress up & Bring a Plate

Thursday 15 September
9:30am - 12:30pm

Macram by Nahid

Thursday 22 September
9:30am - 12:30pm

stars goes to the movies!



Each year STARS celebrates National Volunteer Week by acknowledging and thanking local volunteers and giving them the opportunity to come together and celebrate with each other.

This year STARS invited volunteers to the Beverly Hills Cinema to see recent release "Mother's Day."

After a Lucky Prize draw, volunteers settled down with their complimentary "Choc Tops" and enjoyed the film – and each other's company.

Rubbing shoulders were volunteers from CECAL, CASS, 4cs, Newtown Neighbourhood Centre, Gynea Community Aid, Inner West Neighbour Aid and Riverwood Community Centre.

Volunteers give freely of their time and help to improve the quality of the lives of many, many people. It is important to recognise this contribution and reward it when we can. Although special occasions such as National Volunteer Week present a perfect opportunity to do this, service providers can reward their volunteers more regularly and sometimes in small ways. For example:

- ◆ A smile and "thank you" is always appreciated.
- ◆ A system to recognise volunteers birthdays with a card from the team.
- ◆ Nomination for volunteer awards.
- ◆ Small gifts or tokens of appreciation or a coffee voucher from your local café.
- ◆ Special morning teas or lunches.

While volunteers certainly don't do it for the recognition, we all like to be told we are doing a great job!



Paving the Way to Volunteering

Due to this year's theme for volunteers week being Give Happy Live Happy STARS ran a training workshop focussing on volunteering in relation to health and wellbeing.

In partnership with Neami National Ashfield, STARS ran Paving the Way to Volunteering. Participants experienced an activity based session exploring what is volunteering, what skills do I need, what are the barriers and how can volunteering help with health? The session then explored volunteering as a pathway to employment:

- ◆ Volunteering provided structure in their day/week
- ◆ Belonging and acceptance – being part of a team and part of a community
- ◆ Feeling useful, contributing in/to the community - 'giving back'
- ◆ Learning about and strengthening workplace behaviour
- ◆ Re-identifying with and using previous skills and competencies
- ◆ Gaining new skills and knowledge
- ◆ Gaining evidence of their competence in the workplace e.g. through references and work history



At lunchtime the group welcomed Rochelle Scarf- volunteer coordinator from Inner West Neighbour Aid. Participants learnt about the volunteer opportunities available from pet walking to gardening. The feedback from the session was very positive and future workshops are being scheduled.

The National Volunteer Conference Canberra 2016



The conference was held at the Convention Centre from- 6-8 April and the theme this year was Build the Future The conference gave the opportunity for everyone from CEO's, Board members and volunteer managers to get together to find out what is happening across the nation and how we can look at the opportunities, and the challenges of the future.

The Conference Program focused on emerging volunteering trends and ideas and featured innovative programs and models of volunteering, networking lounges and research roundtables. The main findings from attending the range of workshops were: Volunteer support is fragmented across Australia. There are no universal Policies and Procedures and Practices for volunteers.

The volunteer rates in Australia are declining and the reasons identified were not having the time, the influence of technology and informal volunteering not being included in the findings. A Gala Dinner took place on the final evening which included entertainment from Jean Kittson and lots of dancing!

It was a great conference with an opportunity to network and learn about current trends issues which can be incorporated into future strategy documents including learning and development materials.



Leichhardt Council (Inner West Council) Launches the Amy Large Volunteer of the Year Award

During National Week on May 12 I attended the Volunteer of the Year Awards which were held at the Leichhardt Oval Function Room. At the event Leichhardt Council launched the Amy Large Volunteer of the Year award to be presented in 2017.


Amy was widely known for her long years of service supporting Birchgrove Public School committees, the Birchgrove Scorpions Junior Rugby League team, the Balmain Town Hall and the Back to Balmain Day Committees, as well as volunteering for the Red Cross and the Salvation Army.

Ex -Mayor Darcy Byrne met recently with Amy Large's family to discuss how Council could pay tribute to her.

"We wanted to recognise her long years of service volunteering for our community and create a lasting testament to Amy's selfless contribution," he said.

The Amy Large Volunteer of the Year Award will acknowledge outstanding contributions to local families, organizations, programs and individuals in need.

<http://www.leichhardt.nsw.gov.au/>



When:
Tuesday 9 August
2016

10.00am- 2.00pm

Where:
Marrickville Town Hall
Meeting Room
Cnr Marrickville &
Petersham Roads
Marrickville

Cost: FREE

BOOKINGS ESSENTIAL
For bookings and
enquiries call or email
STARS on
9750 9344
stars@leichhardt.nsw.gov.au




Volunteer Essentials

For Community Care Volunteers

This session will introduce topics relevant to community volunteers

Learning Outcomes include:

- Your rights and responsibilities as a volunteer
- Work, Health & Safety for Volunteers
- Home Care Standards
- Duty of Care
- Disability Standards
- Communicating effectively
- Maintaining Professional Boundaries
- A great opportunity to meet other volunteers!

Supported by funding from the NSW and Australian governments under the CHSP/CCSP programs

Supported by funding from the NSW and Australian government under the CHSP/CCSP programs

Do you want to work in Aged Care, Disability or Home & Community Care?



Sydney Community College and 4cs are offering a free **Introduction to Caring Careers Short Course** to help you get the qualifications you need.

Students completing the course will receive Certificate III-level qualifications in such areas as Work, Health & Safety and Food Safety and gain English communication skills for work in the sector. Students will also receive support services like learning and career pathway planning, English language and learning support, and access to volunteering experience.

When: The course will be on Mondays, July 25 to October 24, 2016. No classes on school and Public Holidays. Class time will be 9.30 a.m. - 2.30 p.m.

Venue: Canterbury City Community Centre (4cs), 130 Railway Parade, Lakemba

Requirements: Minimum level of English as assessed by Sydney Community College.

Cost: **FREE IF YOU MEET NSW GOVERNMENT ELIGIBILITY CRITERIA**

To take this course you must:

- Be an Australian/New Zealand citizen, permanent resident or humanitarian visa holder
- Be living and working in NSW
- Be 15 years or older and not at school
- Not be doing other Government-funded training

YOU MUST ENROL BEFORE THE END OF JUNE

TO LEARN MORE AND ENROL PLEASE VISIT 4CS AT 130 RAILWAY PARADE

or contact Gillian Whalley-Okafor on 9750 9344 or stars@4cs.org.au

Tonya Cook-Pedersen on 0412247656 or tonya.cook-pedersen@scc.nsw.edu.au

Please bring proof of Australian citizenship, permanent residency or humanitarian visa and proof of any Commonwealth Welfare Benefits (e.g. Family Tax benefit Part A, Carer Payment, Newstart Allowance, Parenting Payment Single, etc) as they will assist your enrolment.



VOLUNTEER COORDINATORS FORUM

Person Centred Approach and Consumer Directed Care



What does it all mean and why you need to know?

Our world in the Community Sector is full of new buzz words and terms, and our organisations have taken on the new language and built it into our job descriptions, mission statements and marketing plans.

Sometimes it feels like we're just moving from one trend to the next. It seems as workers and volunteers we are constantly implementing new language, creating new forms and trying to understand new models of best practice, assessment and review.

In this session, we are going to look at 2 big 'buzz terms' - Person Centredness and Consumer Directed Care. We are going to attempt to define them, discover common themes between them, and reflect upon what underpins them.

With the current shift towards individualised funding & service delivery, this session prepares workers' essential understanding of the impact of person-centredness and consumer directed care, thereby maximising opportunities for clients by ensuring high quality service and care.

Facilitated by: *Betty Stampoulis-Lyttle*
Learning and Development Project Manager
Trainer Association of Children's Welfare Agencies

BOOKINGS ESSENTIAL

For Bookings and enquires call or email
STARS on
9750 9344
starstraining@ccs.org.au



Supported by funding from the NSW and Australian government under the CHSP/CCSP programs



VOLUNTEER FORUM

Person Centred Approach and Consumer Directed Care



When:

1pm-3pm
Wednesday 24
August 2016

Where:

The Debbie & Abbey
Borgia Centre
PCYC
531 Illawarra Road
Marrickville

Cost:

FREE for CHSP/CCSP
volunteers.
Other volunteers may
attend if a place is
available
Lunch provided 12.15 - 1pm

BOOKINGS ESSENTIAL

For Bookings and enquires call or email
STARS on
9750 9344
starstraining@ccs.org.au



Supported by funding from the NSW and Australian government under the CHSP/CCSP programs

This workshop is a must for all volunteers supporting people in the aged and disability fields.

Come along and find out what the Person Centred Approach (PCA) and Consumer Directed Care (CDC) are all about. Get **practical tips and tools** to help you have supportive, individualised & respectful interactions with the people that you support.

This workshop will provide you with:

- Definitions of terms and what they mean in practice
- Understanding of the importance of choice, control, and flexibility
- Opportunities to discover common themes between Person Centred Approach & Consumer Directed Care and to reflect on what underpins them
- Practical tips and tools
- Opportunity to meet other volunteers



CHARTING A COURSE IN A SEA OF REFORMS TRAINING FOR BOARD MEMBERS

When:

6 - 8pm
Thursday 25 August 2016
Light refreshments
available from 5.30pm

Where:

Canterbury City
Community Centre
130 Railway Parade
Lakemba

Cost:

Free for NFP Board
members. CCSP/CHSP
organisations prioritised

Facilitator:

Debbie Jamieson

BOOKINGS ESSENTIAL

For Bookings and enquires call or email
STARS on
9750 9344
starstraining@ccs.org.au



Supported by funding from the NSW and Australian government under the CHSP/CCSP programs

Why is this important for your organisation?

With the introduction of the NDIS and changes to Home Care Packages and CHSP funding models, we are witnessing a transformation in the way that funding is provided for disability and aged care services.

This is driving not-for-profits towards an increasingly business-like approach.

This workshop will help you to chart a course through these turbulent waters.

Who is it for?

Board members, executive leaders, senior managers and financial managers of not-for-profits.

What will you learn?

- How aged care and disability sector reforms will impact on your organisation
- What changes you will need to make in order to secure future income streams
- Basic marketing principles and how they apply to your organisation
- How to develop a Business Plan to guide your marketing, financial management, service delivery and workforce management decisions
- Key steps to effectively manage the change process



Safe Food Handling

Non accredited workshop



When:

12.30pm-2.30pm
Monday 1 August 2016

Where:

The Carrington Centre
2 Carrington Square
(Anglo Street)
Campsie

Cost:

FREE for CCSP/CHSP
volunteers
\$20 other volunteers
\$50 staff

BOOKINGS ESSENTIAL

For Bookings and enquires call or email
STARS on
9750 9344
starstraining@ccs.org.au



Facilitated by Mary Blankevoort,
Accredited Trainer & Food Hygiene Trainer
Assessor & Auditor, Metro Training



This workshop will cover:

- ANZFA guide to food safety standards
- Acts and Regulations
- Food Contamination
- Causes of Poisoning
- Personal Hygiene
- Cleaning, storage & and control of pests

Supported by funding from the NSW and Australian government under the CHSP/CCSP programs

Retail Assistant Course For Women

This course has been designed as a pathway into the Retail Industry and will include 3 accredited units.

You will learn how to:

- Work effectively in a customer service environment.
- Operate a range of retail Equipment.
- Complete sales, follow store policy, pack and wrap goods.



Information and Enrolment Date
10am – 11am Wednesday 27th July
Where: The Cottage, 28 Croydon St. Lakemba

When: Starts Wednesday 3rd August for 8 Weeks

Time: 9.30 am -12.30 pm

Presented By: *TAFE NSW –South Western Sydney Institute*

Free Child minding is available (limited places)

Eligibility - You may be eligible for FEE FREE study if you meet all of the following Smart and Skilled Eligibility criteria:

- * 15 years or older
- * have left school
- * live or work in New South Wales
- * are an Australian citizen, permanent resident, humanitarian visa holder or New Zealand citizen

Students will be required to obtain a USI (Unique Student Identifier)

For more Information please call Romana on 97509344

This training is subsidised by the NSW Government.



RTO 90008 CRICOS Provider Code 00591E



We definitely know when winter has come at the Men and Bike Shed! And the last couple of weeks has seen the Men and Bike Sheddors braving the elements... but as usual we don't complain. There's still loads of jobs to be done.



The Men's Shed are working on loads of toys and craft items for the End of Year sale and Dennis, John and Laurie are making some equipment for Bankstown Hospital's Dementia Ward to help patients with their therapy.

The items made are designed to stimulate the senses and encourage participation and include games such as noughts and crosses and a bean bag throwing activity. Hopefully they get some good enjoyment from them.

We also had a visit from Sophie Cotsis, NSW Legislative Council representative from the Australian Labor Party. And like other visitors to the Shed, Sophie was very impressed with the work the guys do.

Men's Health Week was on from 13th – 19th June. We organised a visit to Canada Bay Men's Shed with 12 of us making the trek across Parramatta Rd.

It was great to see another Shed and meet their members. We found out that we're doing similar projects and providing a similar community service as them.



The Bike Shed members are just as active. We've been back down to Lakemba Community Markets to sell more bikes and do one or two bike maintenance workshops.

It has been great fun going to the markets – meeting the other sellers and members of the community and giving us an opportunity to get the bikes back on the road and to promote the importance of cycling and reducing landfill.

We even had Rom, Dennis and Con featured in a Canterbury Express article which has catapulted them into local stardom!

Other than that, we've been going through the bikes we've found and had donated and seeing what we can salvage and put back together to have a brand new second hand bike ready to go.

New members are always welcome to the Men's and Bike Sheds.

All enquires can be directed to Glenn on 9789 2710 on Wednesdays and Fridays.

Coming Soon... Short Courses

We are pleased to announce the continuation of our strategic partnership with Sydney Community College (SCC) to deliver free short courses at the 4cs from July 2016 to June 2017. SCC and the 4cs are planning a range of short courses to help residents in our community get the qualifications they need in community services to work in caring careers focused on the elderly, people with a disability, and children.

We are also planning short courses to build English language and learning skills needed for work and study. All of the courses will deliver units of accredited training at the Certificate II and Certificate III levels and are free to eligible individuals.

Information about courses will be available at 4cs later in July. If you want to hear more or be notified of when Courses are coming up ... like us on Facebook <https://www.facebook.com/4ccccc> or please contact Kate or Romana on 9750 9344 to be added to our email alerts.

Centre Based Day Care

The Friendship Group were treated to a pamper session from some beauticians who came in volunteering their time.

There were facials and hand spas and demonstrations on how to use the beauty products.

Our clients deserve a bit of pampering every now and again.



Inner West Social Connections

Each week Inner West Social Connections has volunteers who visit elderly clients in their own home to provide them with company so they aren't socially isolated. Social Support plays a vital role in the health and wellbeing of elderly people. Evidence shows that by decreasing the risk of social isolation, social support services help prevent increases in frailty, physical illness and mental health illnesses like depression. This in turn can decrease admissions to hospitals, into residential facilities or mortality. [source: "Keeping it social - The importance of Social Connections in Community Aged Care" Hannah Bretherton & Rashmi Kumar – NCOSS].

One of our clients – Val receives a weekly social support home visit from an IWSC volunteer – Meredyth. Val's son is appreciative of Meredyth's visits,



"Not so long ago, and understandably at age 91, she was wondering whether she could stay in her own home, although she knew that the trauma of moving would be almost too much for her to bear. With your support, and the life-changing friendship of Meredyth, that has all changed. Her confidence and enthusiasm has been restored in spades."

Another client, Stephen, was isolated in his own home but now gets fortnightly visits from IWSC volunteer, Anthony. They have so much in common and Stephen enjoys his visits immensely:

"I have really enjoyed my fortnightly visits with Anthony over the past few months. We have had many wonderful discussions on things like economics, archeology, ancient civilizations, politics, history, music, literature. Our conversations have helped give me hope for a better society & connectedness. Anthony has also helped me use my ipad, which has been wonderful. I always look forward to our fortnightly meetings".



IWSC is currently recruiting for Social Support Home Visiting Volunteers as well as Community Visitors Scheme Volunteers. Contact Leanne on 9750 9344.

Knitting with Heart



We are very proud of our knitting & crocheting group that has been working up a storm producing beanies, blankets, scarves and gloves to give away to those who need the extra love and warmth of a hand knitted item.

Get more out of life!



Social Connections

Miss Fisher Murder Mystery Costume Exhibition at Old Government House Parramatta

On the 18th of May a group of super sleuths went off on an adventure to Old Government House to investigate the mystery surrounding the costumes of the esteemed Phryne Fisher from the ABC's show "Miss Fisher Murder Mysteries". It was a wonderful exhibition showcasing all the glamorous 1920s inspired costumes. There was even a chance to dress up.



Outings



Evergreen Garden Lovers

In May, the Evergreen Garden Lovers group went on a ferry ride up the Parramatta River and then out for lunch at the Rose & Crown Pub.



Shed Mates

The Shed Mates current project is creating pencil boxes.

Bruno – a Shed Mates volunteer as well as a Canterbury Men's Shed member- led a demonstration on how the boxes are put together, then the Mates put together their own boxes with the pieces that Bruno had pre-cut for them.

It is a group of local residents passionate about improving the environment at Lakemba by reducing litter and household dumping and improving recycling. The group works closely with Council and the local waste service.

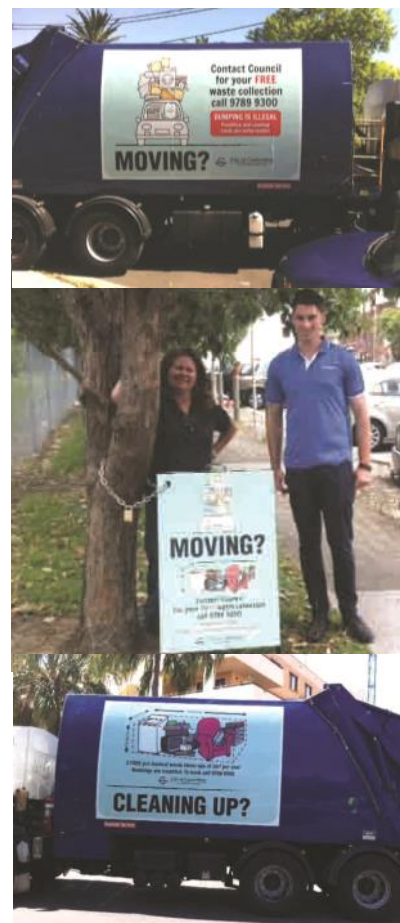
We are always looking at innovative ways to educate the local community with clean up days, events, information, signage and stalls.

One of many educational signs developed by Environment@Lakemba to educate the community

If you would like to come see what we do and join with other local residents,

Environment@Lakemba meets every 2nd month to share a meal and plan activities.

Next Meeting
Environment@Lakemba
Wednesday 20th July 2016
5.30pm – 7.00pm
Canterbury City Community Centre
130 Railway Parade
Lakemba.



Garden Care



Milo Kelly

'Hi, I'm Milo, one of your new Garden Care team members. I am an avid gardener with a degree in Environmental Science, majoring in plant ecology. With more and more research and attention going into the multi-layered benefits of gardens for people's health and for the environment, it is a pleasure to be taking up work here at the frontline.

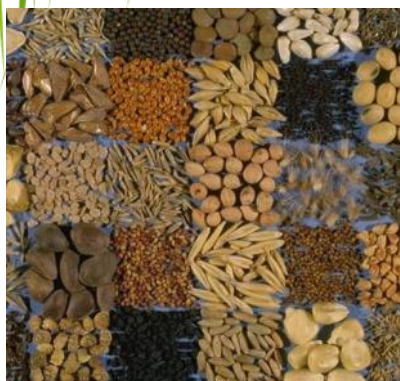
Gardens have the power to absorb and radiate the stories and the personalities of those who have lived, worked and grown up amongst them, and so their preservation carries a great cultural weight. The Centre's program is a good one – an important cause expressed through hard, earthy work. Happy to be a part!'

Bobbie Fawcett

I'm Bobbie a new member of the Garden Care team. I'm an experienced gardener with a passion for community Gardens. I applied for the job as I am interested in community aspects of work and aged care. I have now experienced the local community and some of our clients and look forward to meeting more of them. I've been out a few times now and the nice part of the service is the wide range of gardens, morning teas and meeting all the lovely volunteers.

I look forward to meeting many more.'

LAKEEMBA COMMUNITY GARDEN WORKSHOPS



SEED SAVING

Presented by Jane Mowbray & Michelle Margolis Inner West Seed Savers

There are so many reasons' to save your own seeds!

Come along and learn about what seeds are easy to save and why you would save seeds at all. Look at a wide variety of plant and seed material, cleaning dry seeds (winnowing), cleaning wet seeds and why fermentation works plus labelling and storage techniques.

Saturday 13 August 2016 10am - 12noon at The Cottage 28 Croydon St Lakemba

Bookings essential on 9750 9344.

<http://www.4cs.org.au/sites/default/files/public/documents/Seed%20saving%20August%202016.pdf>



PRUNING AND TOOL MAINTENANCE

Presented by Sue Probert TAFE SSWI NSW

A hands on workshop focusing on pruning techniques for suburban gardens. Learn how to prune roses, tip prune, 3 step cut and hedging. An opportunity to ask all of your pruning questions, or bring along some plant photos if you need some advice. Drawing from TAFE pruning modules, this workshop will involve some introductory theory and plenty of practical. Handouts/notes will be provided.

Thursday 8 September 2016

1.30pm - 4.30pm at The Cottage 28 Croydon St Lakemba

Bookings essential on 9750 9344.



VEGE GROWING 101

Presented by Myriam Pitrie

This workshop will provide a beginners overview of growing vegetables. How to ensure your soil gives a good foundation, choosing what plant and when, seeds vs seedlings, crop rotation, managing pests and companion planting and what you need to know to get started..

Saturday 17 September 2016

9.30am - 11.30am at

The Cottage 28 Croydon St Lakemba

Bookings essential on 9750 9344.

WORKING BEES

Members and friends of Lakemba Community Garden meet to maintain and develop the shared/communal spaces of the garden. This is when the entire garden becomes the focus and not individual plots. It is also a great time for you to meet other gardeners and share ideas and learn from one another. We all use these spaces so it is important that we all help out when we can.



We have a number of Working Bees coming up;



Saturday 2 July 9am to 11.30am, Saturday 6 August 9am to 11.30am & Saturday 3 September 9am to 11.30am

Manure Orders! If you would like a bag of manure for your plot please contact Deb at Garden Care, Mondays to Wednesdays on 9750 9344 or gadmin@4cs.org.au. The bags cost \$5 each and we will arrange to have available at the working bee for people who pre-order.

Steering Committee Would you like to join the small group of gardeners who meet for a couple of hours each month to plan activities for the Garden and work with the Community Centre to resolve any problems. We meet for two hours every second month over dinner – our next meeting is at 6pm on Thursday 4th August 2016 at Canterbury City Community Centre.

If you are interested or would like to find out more contact Liz on 9750 9344.

Applying for Financial Membership is a very practical way in which you can support the Centre and its work. As an Incorporated Association the 4cs relies on the support of its financial membership to remain legally viable. Membership is open to, but not limited to, persons who live, work or study in the Canterbury district; or who have an interest in the work of the Association; or whose knowledge and skills would benefit the Association.

We would welcome your application!

MEMBERS RIGHTS

Members rights include those specified in the Membership Policy;

Members can expect to be kept informed of the services and activities of the Centre;

Members can nominate for membership to the Board at the AGM;

Members may voice their concerns, queries or complaints to the Executive of the Board;

Members may receive some services at reduced cost as per the Centre's fee schedule;

Members have equal voting rights at all Annual, Special and General Meetings.

MEMBERS RESPONSIBILITIES

To represent CCCC in a positive way;

Not to discuss confidential issues of CCCC with people outside the organisation ;

Not give out/discuss the personal details of any staff, members, clients or volunteers;

Not harass, in any form, clients, staff, volunteers or other members of CCCC;

Respect the property of CCCC and not remove any item without management approval.

ORGANISATION RIGHTS

The right to expect loyalty to the agency and only constructive criticism.

The right to expect enthusiasm and belief in the work the organisation is doing.

The right to express opinions about poor behaviour of members in a diplomatic way.

The right to release an undesirable member.

The right to expect members not to represent the organisation on their own behalf, without clear direction from the Board of the organisation.

Members must observe all the rules of CCCC including those specified in the constitution and any others determined by the Board.

FEE PAYMENT

Payment of the membership fee entitles the member to membership for the current financial year.

Any person so nominated by an Organisation which makes such a contribution shall qualify the person nominated for membership for the current year.

Organisations: \$11.00 (inc GST)

Individuals: \$ 5.50 (inc GST)

Pensioners: \$ 3.30 (inc GST)

MEMBERSHIP APPLICATION/RENEWAL

PO Box 66 Lakemba 2195 Tel 9750 9344

Membership is open to all individuals who support the work CCCC. If you have any interest in supporting your community, please become a member of our Centre.

Name _____ Phone _____

Address _____

Email _____

☒ Newsletter

☐ Email ☐ Post

I, _____

have read the Rights and Responsibilities of Members of
Canterbury City Community Centre and agree to abide
with this code

Signature _____ Date _____