

4CS NEWS



2018 AGM HIGHLIGHTS

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WORD FROM THE CEO

Wishing all our Newsletter readers a Happy New Year! We are looking forward to a busy year ... more change unfortunately but lots of fantastic activities and programs to get involved in.

We finished the year with some good news with growth funding to our Garden Care and Community Visitors Programs ... both activities support those who are aged within our community.

We were also pleased to see the Government release additional Home Care Packages at the end of the year and hope that many of our clients waiting for a higher level package may be successful.

Lakemba Community Markets Update

The Lakemba Community Markets have been operated by the 4cs for over 3 ½ years ... setting up on the first Saturday of the month in Jubilee Reserve Lakemba.

Since it began in April 2015 the Market has provided a venue for locals to sell their wares and start a small business, as well as a place for the community to come together, shop and enjoy a range of cultural events.

Unfortunately, due to increasing costs, less people visiting the market and low stall holder numbers over the last 5 months, we have made the decision to close the Markets at this current time.

We will still be holding activities in Jubilee Reserve with a Family Movie and Market Night on Saturday 16th March from 5 pm - 9 pm planned to celebrate Harmony Day. However, our monthly Market will be retiring for now.

Thank you to our 4cs staff Kate & Romana for creating this amazing space over the past few years, to all the fantastic stall holders who have participated and of course to our wonderful community who have visited the Markets and supported the activity.

Desperately seeking storage space for mulch ...

Our Garden Care Service has cheerfully converted the gardens of aged residents in the Canterbury -Bankstown and Inner West Council areas for the past 17 years with the support of a ready supply of free mulch.

With this support our staff and volunteers have assisted thousands of clients to make their gardens safer, water wise and to stop those weeds poking through (slow them

down anyway).

Unfortunately, we have recently been advised that access to our local mulch supply will end and are looking for a space where we can store donations of mulch that we can secure. The area should have access for a Ute or a small tip truck and be close to our Lakemba office.

The use of mulch is a central component of our Garden Care service and without it we will be able to support fewer residents remain living at home enjoying their gardens in safety.

If you think you, or your business or school, may be able to help please call our Garden Care Coordinator Ben Benevento on 9750 9344 to discuss further.

Staying in touch in 2019

There is always something new happening at the 4cs ... sometimes activities are organised at short notice and don't make it to the newsletter.

We encourage everyone to Like  us on [facebook](#) and that way you can stay up to date with all the latest happenings.

You can also apply to become a Member of the 4cs and support our work ... links are on the website www.4cs.org.au

2018 HEALTH LITERACY AWARDS

Canterbury City Community Centre was presented with the 2018 Health Literacy Award at the Sydney Health Community Network Wellness Awards on October 24th 2018 for the Lakemba Women's Health Project. The Award recognises an amazing ongoing partnership with Leichhardt Women's Community Health Centre which has delivered positive health outcomes for women in our community. There have been lots of activities offered involving many other partners great to see the collaboration recognised in this way! Thanks SHCN and congratulations to all the Award recipients and nominees.

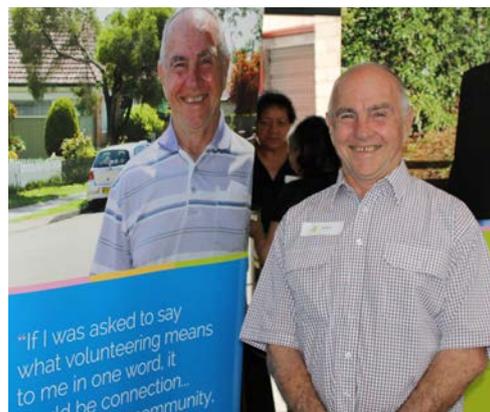


2018 ANNUAL GENERAL MEETING



The 4cs 46th AGM was held on 21st November at the Lakemba Senior Citizens Centre and attracted a large crowd of members, volunteers, partners and colleagues. The AGM is an opportunity to celebrate the year just passed, present our reports to members, recognize the achievements of staff and volunteers, elect our incoming Board of Directors, and share a meal and that wonderful 4cs sense of community together.

Thank you to Michael West from the Metropolitan Land Council for the Welcome to Country, our MC Philip



Dodd, Board members and staff for an enjoyable evening. The Violinist Kustari and the Suara Indonesian Dance Company provided the entertainment and the food from Jasmines Lakemba was delicious as usual.

Congratulations to Robert Randall on receiving Life Membership for his long term commitment as a Volunteer, Romana Waseem on receiving the Yallop Award in recognition of her contribution in encouraging others to participate in community life and to Alison Matthews on receiving the STARS Training Award for her commitment to learning and development.



Thank you to our outgoing Board and congratulations to our incoming 2018/19 Board Members Rhiannon Cook (President), Sousan Ghecham (Vice President), Jubaida Hossain (Secretary), Max Dixon, Aka Ranguira and Annette Bird on their election. There are still 3 vacancies on the Board ... we are particularly looking for someone with an accounts background. If you would like more information contact Centre CEO Liz Messih on 9750 9344.

Copies of the 2018 Annual Report are available at the Centre and on our [website](#)





Garden Care Tips To Get You and Your Garden Through A Hot Summer

It's not too late to mulch and compost

Mulch helps protect your soil from overheating and drying out and will reduce the amount of watering you will need to do. An organic mulch will slowly add nutrients to your soil as it breaks down, thus feeding your plants as well.

Apply compost and well-rotted manures to your soil to aid in moisture retention and your plants will love this too.

If you are due for an Easy Care Garden service from us please call the office on 9750 9344 and make a booking.

Water wise

Water your garden and vegetables early in the morning, it's great for your plants and keeps you out of the heat. Watering deeply encourages plants to develop a larger and stronger root mass, rather than more frequent shallow watering.

Do you have a worm farm?

In extreme heat keep your farm in a shady spot. You could lay a wet hessian bag over the farm to aid in cooling. You don't want them to bake!

Planting in the garden

Planting in extreme heat periods is not a pleasant activity and not good for the plants, so avoid if you can.

If you do have to plant new shrubs or vegetables in extreme heat, consider providing a temporary

shade structure to reduce stress and burning to get them through the extreme period.

Grow your leafy greens in a shadier spot to prevent going to seed quickly or burning. But it is best to keep out of the garden in extremely hot weather, especially in the middle of the day.

Going Away during the holiday period?

Consider asking your friend or neighbour to water your garden while you are away. It's probably best to not put new plants in the ground unless you have someone to water them. Instead, look forward to planting when you get home.

Deadheading

It's worth considering removing dead/spent flowers from small shrubs and herbaceous perennials once they've finished flowering.

Doing this prevents the plant using energy required to produce seed, and this energy will most likely be used to produce more flowers.

Deadheading also helps the plant to look tidier overall. A great activity to get the kids involved in the garden, even just for a few minutes!

Be safe

Keep your garden free of any trip hazards by removing clutter and always remember to wear a hat and sun screen when you are out in your garden.

Enjoy your outdoor space

It's important to your wellbeing to still spend time outside over summer. Move your outdoor table and chairs, grandkids swing set/trampoline to a shady part of your garden, so it is more inviting.

GARDEN CARE VOLUNTEERS

Garden Care have had 4 new volunteers joining the team during the past 3 months. They are Joanne, Susan, Marivic and Okkyung. We welcome them all and thank them for their service. This brings the volunteer gardening team to over 51 which is great number of extra hands in the garden.

Naturally our work would be near impossible without the assistance of all our volunteers and we very much appreciate the time they commit to assisting us in making our clients' gardens Easy Care.

MOVING TO A HOME CARE PACKAGE?

Did you know that Garden Care can continue to work with clients who are transitioning to a higher level of home support? That's right, if you have received a Home Care Package and would like to continue to use our service simply ask your package provider to contact us for quotes on the garden jobs you need done.

Remember it is your choice who provides your service, so if you are happy with our service we would love to keep working with you.

Lakemba Community Garden

The last few months has seen the garden blossom with lots of beautiful, healthy vegetables being grown in everyone's plots.

The monthly gardening working bees have also seen increasing numbers of the gardeners coming together to clean up the communal areas, share their gardening tips and learn something new.

At the December working bee there was lots of interest in Milo's easy and cheap watering system, using old juice and milk bottles. Several of the gardeners are trialing the system in their garden, hoping to keep their plants well-watered in the hot summer weather.

We also welcomed 4 new plot holders to the garden and said a fond farewell to Sundari Austin, one of our original community gardeners. While no longer holding a plot, Sundari will continue to be part of the activities in the garden.



Coriander Cilantro

THE HERB SPIRAL AND OUR FEATURE HERB - CORIANDER

Our beautiful herb spiral continues to flourish with a range of different herbs, including rosemary, sage, basil, parsley and mint.

One of the most popular herbs though is coriander, a feature in the spiral and throughout many of the plots in the garden.

Here are some of the top tips from our gardeners on how to use coriander:

- Add it into a stir-fry toward the end of cooking to maintain its fresh flavour.
- Chop and toss it into a salad or guacamole.
- Add a small amount to your favorite cold sesame oil or almond oil for a light, soothing massage oil.
- Throw a handful into a smoothie to aid with detoxification.
- Place it into a coconut curry for extra flavour.
- Finish sesame noodles with fresh, chopped peanuts and cilantro.



Working Bees

Come along and meet other Gardeners!

Work on common areas together!

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

Come share company, ideas and seeds.

It is always a lovely morning.

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

We have a number of Saturday

Working Bees coming up:

2 February 8:30 to 10:30am

2 March 8:30 to 10:30am

Harvest Share

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

Come along and meet your fellow gardeners!

Plot Holder Support

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

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



INTRODUCTION TO

Community Services

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

Do you want a job helping people meet their needs?

In this course you will learn about entry-level community service work while continuing to improve your English and other foundation skills.

You will study units from the Certificate II in Community Services (CHC22015) and Certificate II in Skills for Work and Vocational Pathways (FSK20113).

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

WHERE

4Cs Cottage
28 Croydon Street
Lakemba

ARE YOU ELIGIBLE FOR THIS FREE! COURSE?

You can take this course if you:

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

WHEN

Mondays, 9:30am – 2:30pm
25 February until 27 May 2019

12 sessions
(no classes during school holidays)



TO APPLY PLEASE COME TO THE INFORMATION SESSION

Monday 11 February 2019
(Please be there at 10am sharp)

4Cs Cottage – 28 Croydon Street, Lakemba

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

To enrol, please bring:

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



FOR MORE INFORMATION PLEASE CALL...

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

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

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

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

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



THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT

Lakemba Women's Health Clinic

SYDNEY HEALTH COMMUNITY NETWORK WELLNESS AWARDS

In October 2018 our Centre was presented with the 2018 Health Literacy Award at the Sydney Health Community Network Wellness Awards for the Lakemba Womens Project. The Award recognises the great ongoing partnership 4cs has with Leichhardt Women's Community Health Centre and other services to deliver positive health outcomes for culturally and linguistically diverse women in the community.

In particular, the Award recognises the services offered by the Lakemba Women's Health Clinic and the various workshops and seminars that have targeted specific communities to increase their health literacy and knowledge of local health providers.



HEALTH INFORMATION DAY FOR THE ROHINGYA COMMUNITY

Learn about the new Cervical Screening Test for women. This session will be held in the Rohingya language with childcare and light refreshments provided.

Date: Tuesday 12 February 2019
Time: 10:30 am – 1:00 pm
Venue: Canterbury City Community Centre, 130 Railway Pde, Lakemba
Facilitator: Yasmeen Ahmed, NSW Refugee Health Service
Bookings: Yasmeen on 0430 212782 or Romana on 0412 270811

Better Bladder Information Sessions to Reduce Incontinence

Thanks to a community health promotion grant from the Continence Foundation of Australia, we will be running two workshops to increase understanding of incontinence and practical tips on how to best manage it.

BETTER BLADDERS FOR SENIORS

Open to both men and women over the age of 65. learn how to build a stronger pelvic floor essential for bladder and bowel function as well as information on incontinence products.

Date: Friday 8 February 2019
Time: 10:00 am – 12:00 pm
Venue: Canterbury City Community Centre, 130 Railway Pde, Lakemba
Facilitator: Tusanee Jierasak, Physiotherapist from LW/CHC
Bookings: 9750 9344 Transport available on request

BETTER BLADDERS FOR WOMEN

Learn how to activate your pelvic floor and core muscles. The muscle you can't see that is essential for bladder and bowel function.

Date: Friday 1 March 2019
Time: 10:00 am – 12:00 pm
Venue: Canterbury City Community Centre, 130 Railway Pde, Lakemba
Facilitator: Tusanee Jierasak, Physiotherapist from LW/CHC
Bookings: 9750 9344 Childminding Available



Women's Swimming Lessons 2019

4cs is offering women only swimming lessons at a reduced cost.

The program combines learn to swim and leisure swimming, with transport to and from the venue.

Female only instructors and Indoor heated Women only pool.

\$72.00 for 9 weeks.

Wednesdays
6 February to 3 April 2019

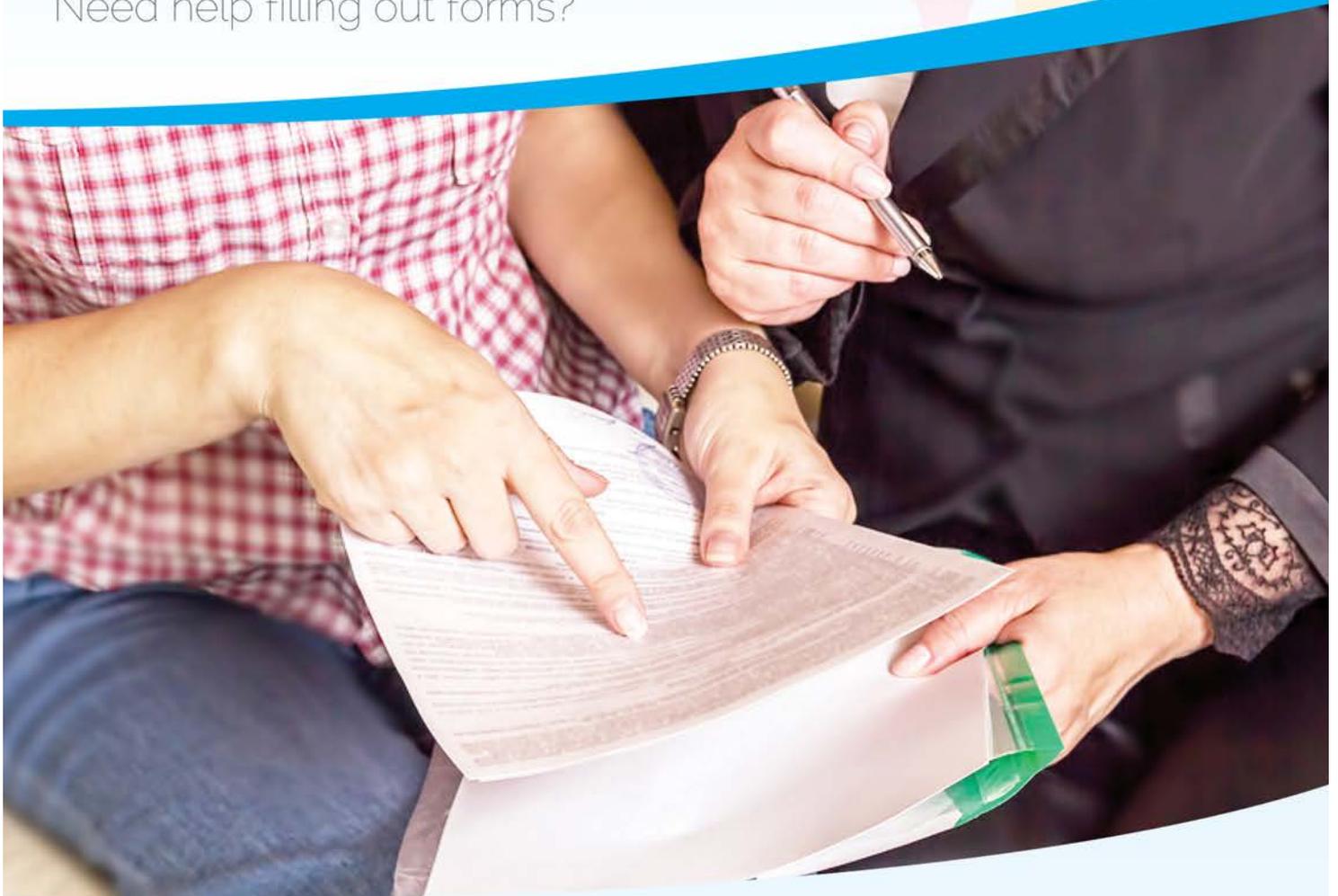
2 Sessions available:
9:00 am to 10:30 am &
11:00 am to 12:30 pm

Includes transport to and from the venue

For more information or to make a booking call 4cs on **9750 9340**

Free Form Filling Service

Need help filling out forms?



Canterbury City Community Centre can help you fill out:

- Centrelink forms
- Medicare forms
- Housing applications
- Other general forms; and
- Create and use a MyGov account.

When

Every Tuesday
9:30 am to 12:30 pm

Where

Canterbury City Community Centre
130 Railway Parade, Lakemba 2195

Service is FREE

Bookings and enquires call **9750 9344**



INFORMATION FOR OVER 65s

Finding the Home Care Package Provider that's Best for You

Home Care Packages offer a coordinated and flexible package of services that can help you to live independently in your own home. Home Care Packages are for people over 65 with higher care needs. Home Care Packages can support you in the following areas:

- Personal Care
- Transport to appointments
- Domestic Assistance
- Allied Health and Home Nursing
- Continence Management
- Social Support
- Aids and Equipment and more.

If you think that you might be eligible for a Home Care Package you need to call My Aged Care on 1800 200 422. The contact centre staff will ask you a few questions to help them understand your care needs and will make arrangements for an assessor to come and visit you at home.

When you have been assessed as eligible for a Home Care Package you will go on a waiting list until a package becomes available. This is called the National Queue. If you don't know who you want to provide your package (your Service Provider), now is the time to start looking around for a service to assist you. You get to choose who will provide

your Home Care Package for you and there are many organisations available who will do this.

If you have a friend or family member who can support you to look for a service provider this could be helpful as there is plenty of information available on the My Aged Care website. You might already be receiving another service from an organisation that also provides Home Care Packages and you would like them to be your provider. Otherwise you can call My Aged Care on 1800 200 422 and they can assist and provide you with some options.

You may want to take into consideration the following when choosing your Service Provider:

- Where is the Service Provider located?
- Who will provide my services?
- Are the staff friendly and approachable?
- Does the staff listen to you and take your wishes into consideration?
- How much will the care and services cost?
- Do they cater for any special requirements you may have eg. language, cultural, diversity?

Once a package becomes available you will receive a letter advising you that you have been assigned a package.

You will also be advised what level package you have been assigned. This could be from 1 – 4 depending on your care needs. You may not initially get the level you have been assessed as eligible for, but this will support you until a package at a higher level becomes available. This letter from My Aged Care will include a unique referral code that you give to your chosen provider.

This is the time to contact the provider that you have chosen, as you have 56 days to find a provider and enter into a Home Care Agreement with that provider.

It is so important to choose a provider that you can easily contact, who will be available to talk to you when you need it, and who is supportive and caring – as you will be working closely together with this provider to organise the services that you need.

Canterbury City Community Centre is a provider of Home Care Packages and understand the importance of listening to the clients' needs and being flexible and understanding. Our Care Workers are experienced, qualified and most importantly, friendly and caring. We will work with you to develop a care plan that best meets your needs, within the budget you have been allocated.

If you would like to discuss the possibility of 4cs providing your Home Care Package, please call Gina on 9750 9344.



MAKE VOLUNTEERING YOUR NEW YEAR'S RESOLUTION!

Let's face it, most new years resolutions fizzle out by the second week of January. This year, forget those New Year's resolutions you won't want to keep and make a resolution you won't regret.

Volunteering can be as big or small a commitment as time allows, but it's always time worth spending. Not only are you lending a hand to those in need, you're guaranteed to feel good about it too.

Don't just take our word for it

Volunteering Australia has compiled a great list of Key Facts and Statistics about Volunteering in Australia:

- Volunteers are happier, healthier and sleep better than those who don't volunteer – doctors should recommend it
- 96% of volunteers say that it 'makes people happier'
- Volunteering results in a "helper's high," a powerful physical and emotional feeling experienced when directly helping others
- Just a few hours of volunteer work makes a difference in happiness and mood

- Sustained volunteering is associated with better mental health
- Altruistic emotions and behaviours are associated with greater well-being, health, and longevity
- Volunteering is highly associated with greater health and happiness.

How to start the process of volunteering

As a new potential volunteer, there are a few steps you will want to take to find the right opportunity:

- Think about the causes that you are passionate about devoting your time to
- Make a list of the opportunities you are interested in filling and the skills you can provide as a volunteer
- Look for volunteer opportunities in your local community (you can find these online or advertised in the newspaper)
- TIP: You can also call organisations you would like to volunteer for and ask if they have any positions available
- Contact the organization to let them know you would like to volunteer.
- Each organisation has its own volunteer recruitment process.

If you would like to learn more about volunteering, come to our next Step Into Volunteering information session.

To book a place, call Jacinta on 9750 9344.



STEP INTO VOLUNTEERING Information Sessions

Bankstown Information Session

Tuesday 29 January 2019 , 10:00 am to 12 noon
Lansdowne Room 1, Byran Brown Theatre & Function Centre
80 Rickard Road, Bankstown.

Newtown Information Session

Tuesday 12 February 2019 , 5:00 pm to 7:00 pm
The Hall, Newtown Neighbourhood Centre,
1 Bedford St, Newtown

Campsie Information Session

Monday 4 March 2019, 10:00 am to 12 noon
2 Carrington Square, Campsie

STARS Training Workshops

February to May 2019



It's the beginning of another busy year of training and the STARS Team have lined up a great selection of workshops to support you and your team to be able to enhance your client's safety and wellbeing.

STEP INTO VOLUNTEERING

Information Session- Free
Tuesday 29 January 2019
10:00 am to 12:00 pm Bankstown

WELLNESS & REABLEMENT

New Aged Care Quality Standards and Aged Care Reforms Update - FREE

Tuesday 5 February 2019
10:00 am to 12:00 pm, Lakemba

This new 2-hour free training is an essential update of the recent aged care reforms.

DEMENTIA ESSENTIALS

CHCAGE005 Provide Support to People Living with Dementia

Monday 11, 18 & 25 February 2019,
9:00 am to 12:30 pm Campsie Free

Registrations to: nsw.education@dementia.org.au

STEP INTO VOLUNTEERING

Information Session - Free

Tuesday 12 February 2019
5:00 pm to 7:00 pm, Newtown

SHARING STORIES -

Volunteer Coordinator Forum

Tuesday 19 February 2019,
9:30 am to 12:30 pm, Bankstown

HAPPY HEALTHY YOU! Free

Thursday 21 February 2019
10:00 am to 1:00 pm Marrickville

Learn five ways to wellbeing to foster mental health in yourself and others and services and resources.

STEP INTO VOLUNTEERING

Monday 4 March 2019
10:00 am to 12:00 pm, Campsie

Come along to the information session and find out about becoming a Volunteer.

PROVIDE FIRST AID

(HLTAID003) and Provide Cardiopulmonary Resuscitation (HLTAID0001)

Monday 11 March 2019
9:30 am to 4:30 pm Campsie

SAFER HOME VISITING

Thursday 11 April 2019
10:00 am to 1:00 pm Marrickville

HOARDING & SQUALOR

Training in Effective Service Responses

Wednesday 1 May 2019
9:30 am to 4:30 pm, Belmore

Explore the nature of hoarding & squalor, and case management strategies to effectively support people to address issues associated with hoarding & squalor.



GOVERNANCE SERIES

A series of four free workshops for Board members and Executives – book in for one or book in for all four.

- Understanding Governance 6 March 2019
- Being an Effective Board Member 13 March 2019
- Strategic Planning for Board Members 3 April 2019
- Understanding the Financials on the 10 April 2019

All workshops are 6:00 pm - 8:30 pm at Bankstown Sports Club.

MANUAL HANDLING

Training for Staff & Volunteers

Monday 25 March 2019,
10:00 am to 3:00 pm, Campsie

SAFE FOOD HANDLING

Non-accredited

Monday 1 April 2019,
12:30 pm to 3:00 pm, Campsie

VOLUNTEER ESSENTIALS

Tuesday 2 April 2019,
12:30 pm to 2:30 pm, Riverwood

WELLNESS & REABLEMENT

Thinking Outside the Box

Wednesday 3 April 2019,
9:30 pm to 1:30 pm, Belmore

ONSITE TRAINING

STARS have accredited trainers that can facilitate onsite training for your team. Or if a consultant is needed STARS can assist with the cost on onsite training. Please email starstraining@4cs.org.au if you are interested in these options contextualized to your teams needs. Gai Marheine Aboriginal Sector Support & Development ACSA is able to facilitate in:

- Cultural Awareness
- Cultural Safety in the Workplace and Services

Workshops onsite at your organisation. If you are interested please contact Gai on 8754 0400 or Gai.Marheine@acsa.asn.au

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



DEMENTIA ESSENTIALS

CHCAGE005 Provide support to people living with dementia



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

Available at various locations or at your workplace

3 DAY PROGRAM

Topics include:

- person-centred care
- the nature of dementia
- effective communication
- impact of dementia
- activities for engagement
- understanding changed behaviours and developing effective responses
- supportive environments

The completed competency can be credited towards further study in aged care.

You **MUST** be able to undertake a workplace assessment under supervision, interacting with people living with dementia.

Statement of Attainment will be issued by
Dementia Australia Limited RTO CODE: 2512

VENUE: The Carrington Centre
2 Carrington Square (off Anglo Street)
Campsie

START DATE: Monday 11th Feb 2019
Monday 18th Feb 2019
Monday 25th Feb 2019

DURATION: 9am to 3.30pm each day

COST: Fully funded

SUITABLE FOR: All staff working with or caring
for people with dementia

Note: Participation at all three sessions is essential

Please register your interest

To register your interest in attending this 3 day program:

Email: nsw.education@dementia.org.au

Call: 8875 4651



Dementia Training Australia is supported by
funding from the Australian Government under
the Dementia and Aged Services Fund

visit dementia.org.au for alternative dates and locations

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

Lakemba Ladies Lounge is closed over the January holiday break and re-opens Thursday 7 February 2019

February

Making Less Waste
- Fun interactive workshop with Mei Li from SSROC

Thursday 7 February 2019

Healthy Lunch Box Ideas with Asma

Thursday 14 February 2019

Healthy Snack Ideas with Asma

Thursday 21 February 2019

Healthy Salad Ideas with Asma

Thursday 28 February 2019

March

How to Shop Online and get a 2nd hand bargain with Mei Li from SSROC

Thursday 7 March 2019

Learn Macrame with Maham

Thursday 14 March 2019

Learn Macrame with Maham

Thursday 21 March 2019

Learn Macrame with Maham

Thursday 28 March 2019

For more information please call Kate or Romana on 9750 9344

SOCIAL INCLUSION & WELLNESS



One of the best things you can do as you age is to keep active! People live longer, healthier and happier lives if they keep involved in a variety of activities that keep both the body and the mind in tip top shape!

At the 4cs we are committed to providing opportunities for people over 65 to do just that. As well as our regular Social Groups that run on Tuesday, Thursday and Friday, we have interesting outings to a variety of locations, and a calendar of other activities to keep people active and connected and enjoying life. Read on ...

Stay Active, Stay Well!

We have two exercise classes one on Monday and one on Wednesday especially tailored for people over 65. Classes are facilitated by a qualified Sports Physiologist with experience in working with an older age group. Exercises are a combination of seated and standing, include warm up and stretches and working all the muscle groups in the body. The instructor will work closely with individuals who have specific health concerns. Best of all, classes are fun and done to lively music and light refreshments are provided!

The Monday class meets from 11:30 to 12:30 and the Wednesday class from 12:30 pm to 1:30 pm.

Lakemba Community Choir

It's a proven fact that singing a chorus is more fun when we are surrounded by friends, belting it out at the top of our lungs! According to scientific research we bond best when we make music together. It could be because choral singing improves our mood, decreasing stress, depression and anxiety. There are also physical benefits like lower blood pressure, elevated immunity and developing stronger respiratory muscles.

No wonder the members of our newly formed Lakemba Community Choir have a great time

enjoying each other's company and making beautiful music together! They sing a variety of songs, including songs in community languages.

We are always looking for new members - people of all musical abilities are welcome and there are no auditions! Choir Leader Linda Marr, has a wealth of experience leading community choirs as well as her own career as a performer and recording artist.

The choir meets every Wednesday morning from 9:30 am to 11:00 am.

Seniors Salsa Sessions

Our Salsa Dance group had a fabulous final session - celebrating with a very classy High Tea, dressing up and showing off the moves they have learnt so well over the last 8 weeks at the Centre. Salsa is an energetic form of dance so our participants were really put through their paces and did an amazing job.

Dance teachers Beatriz and Michael from Salsa4Seniors, are very experienced at working with older people, and very supportive and encouraging. As well as getting a really good workout and exercising their brains by remembering the steps and the rhythm, participants also had such an enjoyable time learning something new together, socialising and having lots of laughs.

We hope to be able to bring some more Salsa back to our seniors next year so watch this space!





Friday Knitting Group Hosts Local Member

Our creative and talented Friday Knitting Group had a very special guest on a Friday in December, when Jihad Dib, the State Member for Lakemba, dropped in for a visit. As lovely as it was just to chat over a cuppa, there was a particular reason for the visit.

Each year Jihad organises a Christmas Toy Drive and distributes toys to children of local families that need some support. Our Friday Knitters have been busy making some wonderful dolls and were keen to give them to Jihad personally.

Our Knitting Group meets every Friday to socialise and chat, as well as to create beautiful knitted and crocheted items – rugs, beanies, scarves and clothing. These are frequently donated to organisations who support the homeless community and others who might be able to use the items.

Recently, as the group has been creating a wonderful array of colourful dolls and toys and Jihad's 2018 Christmas Toy Drive seemed like the perfect opportunity to distribute the toys.

Our knitters upheld a long-standing promise to teach Jihad how to knit!

Knitting Group member Najbe was an extremely patient teacher and Jihad was in awe of the skill and craftsmanship that clearly goes into

creating the seemingly simplest of items.

We all had a chat together and shared some stories and some laughs and the group presented Jihad with a hand-knitted scarf and beanie for his upcoming trip to the US.

We were very happy to see our dolls and toys distributed to local children during the festive season.

Seniors Festival Grant – More Activity!

We were lucky enough to obtain a small grant through the NSW Seniors Festival to develop a simple exercise program that people over 65 can practice at home.

The "Keeping Well for Seniors Exercise Program" will be launched on Monday 18th February 2019. Sports Physiologist Jacquie Sekulovski from Exercise Science and Physiology, will speak on the importance of exercising as you get older and there will be a demonstration of the exercise program by a group of seniors.

All participants will receive a free exercise program to take home. Lunch will be provided.

Bookings are essential on **9750 9344**.

Thank you to NSW Seniors Festival, Canterbury Bankstown Council and Campsie RSL Club (through ClubGrants NSW) for their support of these activities.



PHYSICAL FITNESS FOR OLDER PEOPLE

Free information session for people over 65.

During the information session you will:

- Learn about the 4cs 'Keeping Well for Seniors Exercise Program' supported by NSW Seniors Festival funding
- See a demonstration by our Monday Exercise Group
- Hear from fitness professionals on why it is important to keep exercising as you get older & how to do this safely
- Receive your FREE exercise program
- Enjoy a light lunch together

When : Monday
18 February 2019
10:00 am to 12:30 pm

Where : Canterbury City
Community Centre
130 Railway Parade
Lakemba

Cost: Free with a light lunch included



 Canterbury City
Community Centre
Community Building Community

JOB SEEKER SKILL UP

Basic English for study & work

This 12 week course will help you get ready for work.

Do you want to improve your English, learning and other work skills so you can get new qualifications or a job?

Have you completed your Adult Migrant English Program (AMEP) hours and need more practice?

Complete units from the Certificate II in Skills for Work and Vocational Pathways (FSK20113), gain confidence and learn more about how to get a job.

Study with us at 4Cs.

WHERE

4Cs Cottage
28 Croydon Street
Lakemba

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

You can take this course if you:

- are 15 years or older and have left school
- live and work in NSW
- are an Australian or New Zealand citizen; permanent resident; humanitarian visa or bridging visa holder
- have (or are willing to get) a Unique Student Identifier

WHEN

Fridays, 9:30am – 2:30pm
22 February until 7 June 2019

12 sessions
(no classes during school holidays)



TO APPLY PLEASE COME TO THE INFORMATION SESSION

Friday 8 February 2019, 10am
(Please be there at 10am sharp)

4Cs Cottage – 28 Croydon Street, Lakemba

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

To enrol, please bring:

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



FOR MORE INFORMATION PLEASE CALL...

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

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

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

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

**SYDNEY
COMMUNITY
COLLEGE**

A not-for-profit social enterprise



Community Building Community

THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT

PARENTING GROUPS

For more information or to book into the below Parenting groups please call **Romana** at the 4cs on **9750 9344** or **0412 270 811**

Nursery Rhymes and Playtime

A fun group for parents with young children aged 2 - 5 to develop their learning skills and build bonds with their parents through rhymes and play.

Date: Wednesdays or 4 weeks starting 20 March 2019
Time: 10:00 am – 11:30 am
Venue: The Cottage, 28 Croydon Street, Lakemba
Facilitator: Jeanette Harvey - Music Therapist
Cost: Free

Mum 2 Mum - Practice English Together with other Mums

This group brings women and their children aged 0 – 5 years together to play, learn and practice speaking English. Classes are held every Monday, are free and held during school hours.

Date: Mondays starting the 4 February 2019
Time: 9:30 am – 11:30 am
Venue: The Hall, Hampden Park Public School, Hampden Road, Lakemba
Cost: Free



Free English Classes for Women

The 4cs has two English classes for women in Term 1 - 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
6 February 2019
12:30 pm to 2:00 pm

Intermediate to Advanced

Enrolment Session Tuesday
5 February 2019
12:30 pm to 2:00 pm

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

MAKE UP & BEAUTY COURSE



10 week program for Women designed as a pathway into the industry and will include 2 accredited units

Presented by TAFE NSW Bankstown Hair and Beauty Team

RTO 90003 CRICOS Provider Code 00591E



Learn how to design and apply makeup, provide Salon Services to clients, research and apply beauty industry information.

Where:

Canterbury City Community Centre 'The Cottage'
28 Croydon Street
Lakemba NSW 2195

When:

Classes are every Friday starting on 8 February 2019 for 10 weeks
From 9:30 am to 2:30 pm

How to join:

You will need to Enrol on Friday, 1 February 2019 from 9:30 am to 11:30 am

Cost: *Fee Free if eligible for the NSW Government Smart and Skilled funding. Applicants must be:

- no longer at school, and
- living or working in New South Wales and
- an Australian citizen,
- permanent resident or humanitarian visa holder.
- (Asylum seekers and refugees, including holders of a bridging visa holders may be eligible for a fee waiver)

This course is fully Government subsidised

For more information call Romana **9750 9344** or www.4cs.com.au

Environment@Lakemba

Last year the winners of the Cleanest St Competition Lakemba were announced by Councillor Nadia Saleh at the Christmas Carols in the Park Celebration at Wiley Park on the 2nd December 2018.

There were two outstanding winners with 1st Prize going to Edge Street for the Cleanest Street and 2nd Prize to Wangee Road for the most participants involved in keeping their street clean.

Organised by Environment@Lakemba with the assistance of Canterbury City Community Centre and City of Canterbury Bankstown. The competition saw participants encourage their neighbours young and old to come together and keep their street clean.

If you would like to learn about other activities of Environment@Lakemba come to a meeting where we share a meal and plan activities.

Clean Up Australia Day

In 2019 Clean Up Australia Day is on Sunday 3rd March.

This year Environment@Lakemba will be running its clean up activities on Saturday 2nd March, starting from the Plaza next to Lakemba Train Station on the corner of the Boulevard and Haldon Streets, Lakemba.

Bags and gloves will be supplied, so come on down and help keep Lakemba Clean.

**Saturday 2nd March 2019,
10:00 am to 12:00 noon
At the Plaza next to Lakemba
Train Station on The Boulevard,
Lakemba 2195.**

For more information call Kate on 9750 9344.

'Eyes On It' Anti-dumping Campaign 21 January - 17 February 2019

To reduce household dumping, Canterbury Bankstown Council are running the Eyes on It campaign to encourage residents to monitor and report dumping in their local area.

The campaign involves wrapping dumped rubbish with 'under investigation' tape and reporting

the dumping online.

Several Environment@Lakemba members have signed up to the campaign.

If you would like more information or to get involved, contact Danielle Domone, Canterbury Bankstown City Council on 9707 9768

**Next Environment@
Lakemba Meeting
Thursday 28 February
2019
5:30 pm – 7:00 pm
Canterbury City
Community Centre,
130 Railway Parade,
Lakemba.
For more information
call Kate
on 9750 9344.**

2018 Winners of the Cleanest Street Lakemba Competition



Movie in the Park

Saturday 16 March 2019



ZOOTOPIA

Celebrate Harmony Day with a family movie night. It will be a great night for the whole family, with market stalls and food from around the world and a FREE outdoor screening of the movie Zootopia. (Rated PG)

When

Saturday 16 March 2019
Markets from 4:30 pm
Movie starts at 7:15 pm

Where

Jubilee Reserve
Cnr of Bellevue Street & Railway Pde
Lakemba NSW 2195

What to Bring: A rug or cushions to sit on, pack a picnic or enjoy the food stalls.

This Project received funding through the Canterbury Bankstown ClubGRANTS Scheme.

For more information call on 9750 9344 or visit www.4cs.org.au