

4CS NEWS



Canterbury City Community Centre Newsletter | October 2017 | Volume 16 | Issue 4 | 4cs.org.au



4CS AGM 2017

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Canterbury Mens Shed launch 2nd little free library

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Lakemba
Forum
and Lunch

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Open Day Toy
& Craft Sale
Saturday 25th
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WORD FROM THE CEO



Annual General Meeting

At the end of September, the 4cs held its 45th Annual General Meeting where our Reports for the year were presented to members and the Board for the coming year were elected. A lot has happened at the 4cs over the past year, we have grown quite a bit, have new services on offer, new staff employed but continue to deliver caring quality services which create genuine pathways for the people who use them.

In presenting our reports we reflected on a very successful year for the Centre, not without its challenges, but one that leaves the 4cs in a good position moving forward. We said thanks to the many hundreds of people who have had a role in making all things happen during the year – Board, staff, volunteers, funders, sponsors, Clubs, partner Organisations and local business people.

The 2017/18 Board of Directors were elected and we thank Max Dixon, Aka Rangiura, Skye Laris, Jubaida Hossain, Annette Bird, Dominic Tran and Rhiannon Cook for accepting the responsibility for the coming year. Thank you to retiring Board members Tonya Cook-Pedersen and Meredith Conn for their contribution to our work over many years. There are still vacancies on the Board so if you are interested in finding out more let me know and either I or a Board member can fill you in on what is involved.

If you missed the AGM, copies of the Annual Report are available from the

Centre or can be viewed on the website. The full audited Financial Reports can also be obtained from the Centre or as a download from our website or the ACNC website.

Thanks Campsie RSL

The Centre had recent success in the ClubGrants Program to receive \$8000 from Campsie RSL Club for a Skills Development Program for local Community Boards. The Get Skilled and Connected Program will deliver Governance Training for Board members in the Canterbury Bankstown LGA. Thanks Campsie RSL Club for the support.

Haldon Street Festival

Canterbury Bankstown Council is holding the Haldon St Festival on Saturday 28th October 2017 ... we will be there in the usual spot with our street stall. We also have 'The Voices of Lakemba' performing our Award winning song You're Always Welcome

Here in Lakemba on the main stage just after the official opening in the morning. We hope to see you at the Festival ... please drop by and say hi!

End of Year Party

Pencil the date in your Calendar – for all Volunteers, Staff, Board and supporters we will be celebrating the end of year with a Jazz themed gathering on Tuesday 5th December 2017 between 5pm and 7pm. This is a small opportunity to come together to close the year and spend time as the 4cs community ... it is also International Volunteers Day so a double reason to celebrate.

End of Year Closure

The Centre will be closed from 4pm Friday 22nd December 2017 and will re-open at 9 am Tuesday 2nd January 2018. We wish everyone a very happy holiday time, Merry Christmas to those celebrating the day and a Happy New Year for us all!



WHAT'S BEEN HAPPENING LATELY



You're Always Welcome Here in Lakemba Wins the Sydney Vision 2017 Song Contest!

Lakemba won the Sydney Vision 2017 Song Contest at an Awards night at the Dendy Opera Quays on the 16th August. It was such an exciting night when we got to see our song on the big screen up against 12 other Suburb-based songs in the final. The quality of the music and the clips was amazing so we were thrilled to win first prize plus the People's Choice Award.

The song was developed following the release of our movie Mission : Lakemba when the talented locals became Voices of Lakemba and were again supported by Mark Ross, aka Munkimuk, and Art Resistance to produce an award winning song and music clip.

The competition is organised by Newtown Neighbourhood Centre and competition organiser Ken Saunders said that he had never seen such a whole of community effort as the Lakemba Cast. Over 120 people were involved in the clip including local Organisations Muslim Women's Association, Lakemba Public School, Indian Squad, Lakemba Library and

Lakemba School as Community Centre. Members of Parliament Tony Burke and Jihad Dib also appeared in the clip as did staff, volunteers and clients from Canterbury City Community Centre.

The Song and Movie were produced by the 4cs as part of our community builders program... challenging the unfair and negative portrayal that Lakemba often receives in the media.

Well done to our Lakemba stars Sadia, Nessrin, Alimah, Zane, Arieb, Annette, Amalul, Amalina, Mark Ross, John & Jill from Art Resistance.

The 4cs won \$2300 thanks to Competition Sponsors Go Get Carshare and a trophy of an Infinity shaped mirror ball. The song will also be performed at the Newtown Festival in November and the Haldon St Festival in October.



THE SHED PROJECTS



The Tardis has landed!! Outside Campsie train station.

That's the Little Free Library that was launched in August. The second one the Canterbury Men's Shed has built for Council and they've got ideas for some more as well. So, keep your eyes peeled.

The guys at the Men's Shed have been very busy the last 3 months. They've been making more habitat boxes and "bug hotels" (which act as safe places for the 1000s of insects that live in your garden) for Council, native bee boxes for Ashbury Community Garden, repair jobs for Campsie Occasional Childcare Centre and 20 Maronite crosses for St John Vianney Catholic School in Greenacre... as well as making toys and other craft items for our Annual Sale on 25th November 2017.

In addition to this, they also found time to do a Bunnings BBQ at the end of July which raised over \$1500.

Lots of hard work on the day, which paid off.

We were successful in receiving a grant from Council for \$10,000 to run a series of courses like furniture restoration, upholstery, lawn mower

mechanics and basic woodworking. We'll look to start these courses in the New Year which will be for men and women to join.

Bike Shed

The Bike Shed are still meeting regularly on the 1st and 3rd Saturday of the month.

We haven't made it down to the Lakemba Community Markets for a couple of months, but we'll be back down there in October with some bikes of all sizes to get back on the streets.

Anyone interested in joining the Canterbury Men's or Bike Shed, call Glenn on Wednesdays or Fridays on 9789 2710.



Fund Raising

The Canterbury Men's Shed relies on your support to keep open. Operating costs are met by the 4cs and by members and we need your help to keep the Shed open. Please spread the word about the Toy Sale in November ... there will be lots of unique and interesting items for sale.

If you can't come to the Toy Sale you can still support the Canterbury Men's Shed ... The Centre now has a donation function on our website where you can donate money specifically for the Shed. Any funds raised contribute to running costs and overheads. Just follow the link to [donate now](#)



STARTTS

STARTTS (NSW Services for the Treatment and Rehabilitation of Torture and Trauma Survivors) is a specialist, non-profit organisation that for more than 25 years has provided culturally appropriate psychological treatment and support, and community interventions to help people and communities heal the scars of torture and refugee trauma and rebuild their lives in Australia. The services offered at STARTTS are free of charge and we help people of all ages, from early childhood to older people from refugee and refugee like backgrounds.

STARTTS provides services all over NSW. Our main offices in NSW are located in Carramar, Fairfield, Liverpool, Auburn and Blacktown and rural and regional offices are located in Newcastle, Coffs Harbour, Wagga Wagga and Wollongong. We also provide outreach services around NSW such as in community health centres and schools.

My name is Shuv and I am one of the counsellors at STARTTS. I currently provide counselling support from Canterbury City Community Centre on Fridays. If you are finding it difficult to cope with some past experiences related to persecution, war or violence and have fled your country, or if you are finding it difficult to cope with resettlement in Australia, you may benefit from some services that are provided at STARTTS. Please contact us on 02 9794 1900 or email intakegeneral@startts.org.au if you require information about the referral process. Further information about STARTTS is also available on www.startts.org.au.



English Classes for Women

The 4cs has two English classes for Women starting in Term 4 – at both Beginner/Intermediate (Wednesdays) and Intermediate/Advanced (Thursdays) levels. The classes are free and held during school hours at The Cottage, 28 Croydon St Lakemba.

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

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

[Free English Converstion Classes for Women - Beginners to Intermediate](#)

Enrolment Session on Wednesday 11 October 2017 from 12:30 pm to 2:30 pm

[Free English Classes for Women - Intermediate to Advanced](#)

Enrolment Session on Thursday 12 October 2017 from 12:30 pm to 2:30 pm

To find out more call the Centre on 9750 9344

GARDEN CARE



Garden Care has exciting news this month. Deb Dunn and Yul Scarf will be sharing the role of Garden Care Coordinator! Together Deb and Yul have 16 years of experience working for 4Cs in the Garden Care team, so they know the service well and are really happy to be able to bring their complementary skills to the role.

Garden Care will enjoy Spring and all the new growth it brings!

In other news Garden Care has had a steady flow of referrals accepted from My Aged Care. As always, we are hoping to recruit more wonderful Volunteers to meet the demand from accepting new clients. Thank you to Donna and the STARS team for a successful Volunteer Recruitment session on 27th of September- it was great to see new faces interested in joining our team.

Speaking of our team.. have a look at this handy work!



If you are looking forward to joining a team that makes such transformations a reality, please get in touch with Donna Burton starsrecruitment@4cs.org.au and let her know you are interested in becoming a Garden Care Volunteer!! You will be so happy that you did.

Welcome Alison Matthews our Social Inclusion and Wellness Coordinator

My name is Alison Matthews and I am the Social Inclusion and Wellness Coordinator at the Canterbury City Community Centre. I joined the Centre in July 2017.

My role includes meeting new clients in their homes to tell them about our services, and then organizing for them to attend our groups and outings, or finding a volunteer to visit them at home and help get them out and about.

We also have a relationship with a local residential care facility, where we link volunteers with residents who do not have many visitors. Our volunteers visit for a chat and a cup of tea.

I am also constantly interviewing new volunteers to join our amazing team of group and individual support volunteers.

Another aspect of my role is to research new activities that we can bring to our groups, and I am very excited by the range of art, music, movement and other creative activities that are available.

I have worked in the Community sector for almost 20 years, working with families with children in a variety of roles. This is my first role working in the Aged Care sector. I am passionate about increasing a persons' sense of wellbeing and supporting people to stay connected to their community and so this role suits me perfectly.





GET ACTIVE!!

Free exercise Classes for Older People

Canterbury City Community Centre, in partnership with Central and Eastern Sydney Public Health Network, is now offering an exercise program that is suitable for older people but also inclusive so that anyone can join in.

The class runs on Monday mornings from 10:00 to 11:00 and also includes light refreshments and the opportunity to socialise with others in the class.

It is particularly suitable for people living with chronic illness like lung or heart conditions. It is a great opportunity to maintain and improve your fitness, and exercise with people with similar health needs as well as building confidence to exercise in a safe environment. The instructor has been trained by Lung Foundation Australia and is a qualified physiotherapist.

There are no set number of weeks you have to attend – you may attend when you are able. There are also other groups on Wednesdays and Fridays at Canterbury so you can attend these groups also if you are really energetic! If you are interested in coming along please call Gillian or Alison on 9750 9344. Transport may be available for local people who are aged 65 or over.

New Light Shopping Service for Older Clients



If you are over 65, live locally and need assistance to do some light shopping then Canterbury City Community Centre may be able to help. The service will operate each Friday morning up to Roselands Shopping Centre.

With Christmas coming you may have a few gifts to buy, or you might like to buy some new clothes for the warmer weather or a few groceries to supplement your regular shop. Perhaps you would just like to window shop and see what takes your fancy! You might even like to take the opportunity to relax and enjoy a cuppa and morning tea with your volunteer or other shoppers. Clients will be supported by volunteer shopping assistants. The service is offered under the Commonwealth Home Support Program and is one of the Centre's Social Inclusion and Wellbeing services. Please call 9750 9344 and ask to speak to Alison if you are interested.

STARS



Volunteer Coordinator Forums

Bankstown

On August 9, a training session on The Grassroots of Successful Volunteer Recruitment was held at the Bankstown Sport Club. Participants from a wide range of local services including- Chester Hill Neighbourhood Centre, Metro Assist, Tripoli and Mena, Canterbury City Community Centre, Human Appeal and Bankstown Public School all came along to a workshop to learn more about the growing trends in the sector in relation to Volunteer Management and how to adopt these strategies into their organisation.

'Very informative training, great to have some real case studies available, very practical and such a lovely group!'

The 4cs would like to acknowledge the Bankstown Sports Club for all their support in planning this workshop (including the delicious scones and jam for morning tea) which was all funded by Club Grants.

Campsie

As part of the STARS Learning and Development Calendar a Volunteer Coordinator Forum was held at the Carrington Centre on 'Laying the Foundation for a Successful Social Media Presence.' The workshop covered how to develop a Social Media Schedule, Ideas for creating

Engaging Graphics and exploring ways to use Facebook in a more efficient way.

Participants were also provided with a delicious lunch prior to the session followed by a networking afternoon tea!

The Inner West NSW Volunteer of the Year Awards 2017

This years Awards were held at Burwood RSL and STARS co-hosted the event with Volunteer Network. The 4cs nominations this year were: Team Awards - Garden Care and Mum 2 Mum, Individual - Michelle Perumalla (Garden Care), Elaine Lawler (Social Support), Arti Salunke (STARS) and Sandi Joelson English Class.

Congratulations to you all and STARS looks forward to hosting the awards in Lakemba next year!

Also, November 5 is International Volunteer Managers Day

We urge you to mark your calendar and, whether you are an administrator, a volunteer, a community leader or someone who receives the benefit of volunteer help, to make sure the people who act as leaders get the recognition they deserve! It reflects the multi-dimensional skill base that volunteer managers must develop to be truly effective in their roles.

The theme for 2017 is Be the Voice.

From Woodwork to Driving - Charles has it covered!!

Charles has been volunteering at the 4cs for over 3 years now and would highly recommend it!

Born in Mauritius the same day as His Royal Highness Prince Charles (hence the name), Charles has been living in Australia for over 40 years and worked in the wine industry for many years before embarking on his volunteer journey

'I have been volunteering with the Mens Shed and Shed Mates for a few years now as well as having the role of a volunteer driver for the Social Support Program. I love to help the men by assisting them with the practical tasks as well as having lots of laughs along the way. There is a great sense of achievement when you see the end results from their wood work projects as well as the satisfaction of giving something back to the community. Volunteering keeps me connected with the local community as well as keeping me physically active! I am also one of the volunteer drivers and enjoy chatting to the clients while collecting them from their homes as part of the Social Inclusion and Wellness Program.'

Thank you, Charles, for your commitment, laughs and inspiration.

The Centre is currently recruiting volunteer drivers for our Social Support Program so if you are interested or perhaps know someone who is contact Donna the Volunteer Recruitment and Training Officer on 9750 9344!



STARS Training

FREE Dementia Education for family/friends of people living with dementia 10, 17 and 24 November 2017 Marrickville

Alzheimer's Australia NSW provide free of charge education and awareness to assist family and friends caring for a person with dementia. The next Inner West 3 day education will be held on Fridays 10, 17 and 24 November 2017 in Marrickville. The course will go from 10am-2.30pm on each of the three days.

Topics covered will include:

Day 1: The Nature of Dementia, Effective Communications and Activities

Day 2: Understanding & Responding to Behaviours

Day 3: The Impact of Dementia, Community Services and Planning Ahead

The Commonwealth Respite and Carelink Centre (Wesley Mission) can be contacted on 1800 059 059 or 1800 052 222 to organise respite if required.

Morning tea and a lovely lunch will be provided.

Bookings through STARS phone: 9750-9344 or email starstraining@4cs.org.au

Does volunteering meet my Centrelink requirements?

FREE FORUM for Volunteers and Volunteer Coordinators

Find out about Centrelink payments, eligibility criteria and how to claim, participation requirements for activity tested recipients under 55 and over 55 years, principal carers and non-principal carers, My Gov transition and questions from the floor.



Friday 20 October 2017 from 10am to 1pm at Ethnic Community Services Cooperative Building 3, 142 Addison Road Marrickville

Bookings through STARS phone: 9750-9344 or email starstraining@4cs.org.au

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

A FREE workshop for frontline workers and managers

Facilitated by Shelly Harpur (NSW Elder Abuse Helpline & Resource Unit)

Wednesday 18 October 2017 from 1.30pm-4.30pm at Canterbury League Club 26 Bridge Road Belmore

Bookings through STARS phone: 9750-9344 or email starstraining@4cs.org.au

Dementia Essentials CHCAGE005 Provide support to people with dementia

FREE accredited training for volunteers and staff whose role involves supporting people living with dementia.

Mondays 6.13 and 20 November 2017 (all three days must be attended) from 9am to 3.30pm at The Carrington Centre 2 Carrington Square (off Anglo Road) Campsie

Bookings through Alzheimer's Australia NSW call 8875 4682 or email: nsw.education@alzheimers.org.au

Perform Participative Ergonomics for Manual Tasks Program

Facilitated by SafeWork NSW Thursday 16 November 2017 from 9.30am-12.30pm at Canterbury League Club 26 Bridge Road Belmore

Bookings through STARS phone: 9750-9344 or email starstraining@4cs.org.au

Don't want to miss out!

If you subscribe to our mailing list you will never miss out on a fabulous workshop again!

To receive all the latest flyers, Learning & Development Calendars, surveys and updates email starstraining and ask to be put on the mailchimp list. Information about workshops is also available on the [4cs website](http://4cs.org.au)



When:

10am-1pm

Friday

20 October 2017

Where:

Ethnic Community
Services Cooperative
Building 3
142 Addison Road
Marrickville

Cost:

FREE

Light lunch provided

1pm-1.30pm

BOOKINGS ESSENTIAL
For Bookings and enquiries
call or email STARS on
9750 9344
starstraining@4cs.org.au

Does volunteering meet my Centrelink requirements?

A Forum for volunteers and Coordinator's wanting the facts on Centrelink requirements

Facilitated by experienced Centrelink staff member Tanja Angelkoski this Forum will provide information on the following topics:

- Understanding Centrelink Payments
- Eligibility Criteria and how to claim
- Participation requirements for Activity Tested Recipients Under 55 years and over 55 years
- Principal carers and non principal carers
- MyGov transition
- Questions from the floor

Facilitated by Tanja Angjelkoski
Multicultural Service Officer

Darlinghurst, Leichhardt and Marrickville Service Centres

City & Country Multicultural Services Team
Department of Human Services | Centrelink



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

October

Lakemba Ladies Lounge will be closed during school holidays and re-opens Thursday 12 October 2017

All materials for the activities are provided by the Centre

Computers for Beginners with Sorosh

Thursday 12, 19 and 26 October 2017

9:30 am to 12:30 pm

Please bring your own laptop, tablet or Ipad as limited laptops are available

November

Sewing with Nida

Learn how to make a dress.
Please bring your own material

Thursday 2 November 2017

9:30 am to 12:30 pm

Sewing with Nida

Thursday 9 November 2017
9:30 am to 12:30 pm

Sewing with Nida

Thursday 16 November 2017
9:30 am to 12:30 pm

Sewing with Nida

Thursday 23 November 2017
9:30 am to 12:30 pm

Sewing with Nida

Thursday 30 November 2017
9:30 am to 12:30 pm

December

Excursion (place to be advised)

Thursday 7 December 2017
9:30 am to 12:30 pm

End of Year Party at Jubilee Reserve, corner of Bellevue Ave and Railway Parade Lakemba 2195

Thursday 14 December 2017
9:30 am to 12:30 pm



LISTENING@LAKE MBA

Community Forum and Lunch Wednesday 25th October 2017

Over the last 3 months, Canterbury City Community Centre has been seeking feedback from the local community to identify the aspects of life in Lakemba that people like/don't like, the pressures that they and their families face, and whether they feel included in their local community.

Working in partnership with Bankstown TAFE and the research organisation WESTIR, over 45 Community Welfare Students have conducted a household survey, knocking on doors and interviewing the public on Haldon Street as well as speaking with local services.

The students have worked on this project as part of their course, which has given them some great practical experience on conducting surveys and consulting with the local community.

For the Centre it has meant we have been able to interview many more people, particularly those people that might not already be attending our or another service and even interview people in their

first language, as several of the students spoke more than one language.

Everyone who has completed the survey has been invited to the community lunch and forum on the 25th October to learn the results from the surveys and discuss solutions to the issues raised.

It will also be interesting to compare the information to the previous survey done in 2011 to see if and how things have changed.

Everyone is welcome to attend the Community Forum and Lunch and it's a great opportunity to hear what others in Lakemba have said as well as have your say about what activities, facilities and programs you would like in Lakemba.

There will also be information stalls and workers from a range of local organisations supporting the day including: Canterbury Bankstown Council, Canterbury Family Support, Koorana Child and Family Centre, Muslim Women's Association, Schools as Community Centre's Lakemba, Tripoli and Mena Association and TAFE NSW.

If you would like to book your spot or would like more information about the forum please contact Canterbury City Community Centre on 9750 9344.



Listening@Lakemba

Free Community Lunch and Forum

This is an opportunity to hear the results from the Lakemba Survey, tell us your ideas of how Lakemba could be improved, find out about local activities and organisations, meet other people and workers from the area while enjoying a delicious lunch.

WHEN:

Wednesday
25 October 2017
10:00am to 12:30pm

WHERE:

Lakemba Seniors Citizens Hall
cnr. The Boulevard and Croydon Street
Lakemba 2195

RSVP by Thursday
19 October 2017

To book call 9750 9344
or email
customerservice@4cs.org.au



HOME CARE PACKAGES



More than Help with House Work!

Home Care Packages deliver a suite of services tailored to the specific needs of the clients and can include personal care, domestic assistance and nursing care. But did you know that a Package can also support clients to live independently at home and enjoy a rich and full life?

Client Dennis, who is a history buff, recently visited the Titanic Exhibition

with his worker. He has been receiving services for several months and recently told us... 'I would not be able to live in the house without the HCP service... having the choice to stay means I get my independence. I have been really blessed with both my workers. They are very helpful and easy to talk to.'

Another client regularly goes to the cinema with her worker. She was always a keen movie goer, and continuing this activity is a very

important and enjoyable activity for her.

We are also assisting one client to re-access their driver's licence, while another is accompanied to the local shopping centre where they are happy to do some window shopping on their own.

Our Home Care Packages are really taking off and we are accepting regular referrals from clients choosing the 4cs to deliver their package.

We have developed an excellent reputation among clients who find our services flexible and customer focused. Staff are professional, caring and friendly

Home Care Packages are about assisting clients to access the activities and services they need and choose – and while this does include domestic and personal assistance, transport, nursing care and home modifications, it can include so much more than this.

If you are over 65 and think you might be eligible for a Home Care Package you can contact My Aged Care on 1800 200 422 or call Gina on 9750 9344 who will be happy to assist you.

SOCIAL INCLUSION



GET OUT & ABOUT WITH THE WEDNESDAY WANDERERS!!

If you are over 65 and find it difficult to get out and about like you used to, and miss the company of others – then the Wednesday Wanderers may be for you! This is a brand new monthly bus outing being offered by Canterbury City Community Centre.

We will be heading off to a variety of destinations and trying new things. Some suggestions so far include: Art Gallery of NSW; Specialty Shopping Trips; Vaucluse House; Barangaroo; Helensburgh Scenic Tour

Perhaps you have somewhere special that you would like to go? We are open to suggestions and looking to explore different places. Expand your horizons and meet some friendly people along the way.

If you are interested, or know someone who might be interested, please contact Alison or Gillian on 9750 9344. New clients will have to register with My Aged Care but we are happy to assist you.

Lakemba Community Garden

The last few months has seen some enjoyable projects in the garden. Working together with Mum2Mum, two beautiful mosaic blackboards have been placed in the community garden for the gardeners to use. Made by local playgroup families, the mosaics look great, adding lots of colour to the garden.

Working bees have been very busy with gardeners helping to clean and maintain the communal areas, compost bins and worm farm as well as workshops including one to build an 'insect hotel'.



Herbs for the Garden

We will have a workshop in the Community Garden to plant out the herb spiral. Get fresh for spring! Anyone from the community is welcome!

Saturday 4 November, 9:00 am to 10:30 pm, at the Community Garden

Environment@Lakemba

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 Canterbury Bankstown Council and our Centre and is always looking at innovative ways to educate the local community with clean up days, events, information, signage and stalls.

The latest project – Cleanest Street Lakemba has seen over 50 entries and 16 streets entered into the competition. Entrants have been supported with resources including gloves, bags and pincers to get their street clean. Streets will be judged on the amount of litter and illegal household dumping, as well as the tidiness of their nature strip. The winner and finalists will be announced at Haldon St Festival.

If you would like to see if your street has been entered into the competition and help your neighbours with the clean up effort during October, call the Centre and we can put you in touch with others in your street.

If you would like to learn more about what Environment@Lakemba does, come visit us at our stall on Haldon Street Festival or come to a meeting where we share a meal and plan activities.

Next Meeting Environment@Lakemba is on Tuesday 17th October 2017 from 5:30 pm to 7:00 pm at Canterbury City Community Centre, 130 Railway Parade, Lakemba. For more information call Kate on 9750 9344.



Working Bees

Come along and meet other gardeners!

Work on common areas together!

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

Come share company, ideas and seeds.

It is always a lovely morning.

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

We have a number of Saturday Working Bees coming up:

7th October 8:30 to 10:30 am

4th November 8:30 to 10:30 am

2nd December 8:30 to 10:30 am

Harvest Share

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

Come along and meet your fellow gardeners!

Plot Holder Support

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

Contact Yul on 9750 9344 or gc4@4cs.org.au



LAKEMBA COMMUNITY

MARKET

SHOP AROUND THE WORLD AT LAKEMBA

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

Spring Market

Saturday 7th October – Come and join in the Come and enjoy the spring specials at the market. Time to clean out the wardrobe with 2nd Hand Stalls only \$25 this month.

Celebrate Well being

Saturday 4th November - Relax and try a FREE Tai Chi , Yoga or other workshop and free craft activities for kids.

Celebrate Summer

Saturday 2nd December - Come celebrate Summer at the markets. Free Jumping Castle, Make a Card Activity and Performances.



Interested in having a Stall?

Second Hand \$25.00

General Market Stall \$35.00

Hot Food Stall \$50.00

Stallholder Fees (include table and marquee).

For applications for stallholders, go to:

website: www.4cs.org.au

or call: 4cs on 9750 9344,
mobile 0431 127 288 or

or email markets@4cs.org.au.

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



When are Lakemba Markets?

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

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



CANTERBURY
MEN'S SHED
Not just about the woodwork

OPEN DAY TOY AND CRAFT SALE

Saturday 25th November 2017, 10am to 2pm

Canterbury Men's Shed
109 Clissold Parade, Campsie

9750 9344



Join us
for a
sausage
sizzle