

IT'S BEEN A WHILE BUT GROUPS ARE BACK!



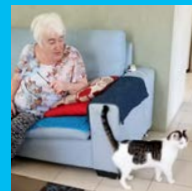
4CS NEWS

CANTERBURY CITY COMMUNITY CENTRE



NEW Mum 2
Mum English
class this term!

PAGE 4



Jack the Cat
finds a new
home!

PAGE 8

JAN/MAR 2022

  @4ccccc | 4cs.org.au



Canterbury City
Community Centre

Community Building Community



CEO NEWS

.....

Hello everyone

I want to wish you a happy and healthy 2022 from all of us at the 4cs! I hope this edition of our Newsletter brings you closer to the work we have been doing and the exciting things we have planned for 2022.

When we finished up at the end of last year, we really had no idea what January would bring and nor did we expect Omicron to play such a critical role in our lives through the holiday season. Despite the challenges it has brought to all of us, I know that our community is resilient and with the support of our organisation (and that of many others), we continue to navigate the impacts of Covid-19 – together with you.

There is no doubt that the longer-term impacts of the pandemic on our community and on the lives of the people we support is not yet fully understood. Through the Covid-19 Partnership Support Project we were able to administer late last year (with the support of the NSW Department of Communities and Justice), much needed resources were distributed to the local community and we were able to better understand the impacts.

Our ability to assist families and individuals to get past the 2021 lockdown phase of Covid –19 meant that they were better equipped to manage their life situation. This assistance was flexible and included one-off assistance with groceries, rent, care packs and isolation management. While unfortunately these resources are no longer available, we know they were much needed by the people who were able to access them.

WHAT IS AHEAD OF US THIS YEAR?

We are excited about the upcoming opportunity to refresh our Strategic Vision and Plan. This process allows us to pause, reflect and take stock of what might be our opportunities into the future.

This year we mark 50 years since our organisation was founded – built on the shoulders of visionary community members who cared about their local community and wanted to see it vibrant and connected. It is this legacy we celebrate this year!

Of course we will continue to deliver Home Care Packages and our full range of Commonwealth Home Support services as well. These services are vital to people who wish to stay in their homes as an alternative to residential care. The pandemic has made staff recruitment and retention a little more challenging and it is no secret that

the aged care workforce has some challenges into the future. We are confident that people choose to work with us because we live our values, especially those of social justice and compassion.

There has been significant change in community and in-home aged care services in the last twelve months. This will continue as the Government and funding, and regulatory bodies respond to the recommendations of the Aged Care Royal Commission. We are continuously assessing how we can improve and place people's needs at the centre of our services. The next two years will not be easy for providers and for service users and participants as well – navigating change is intrinsically tricky.

We are confident we have sufficient community goodwill, a proven track record as well as clients, communities and carers who work in partnership with us to realise our vision of – a strong resilient community which values and includes each member.

Going into the third year of the pandemic means that our organisation must remain responsive and sustainable into the future. This is something that our Board of Management and I are very mindful of. Our undertaking to you – our community – those to whom we are accountable, is that we will continue to navigate this changing landscape with integrity.

Upon return to the office this year, the streets of Lakemba and some of our surrounding suburbs are not as vibrant as we would like them to be. That is an indication to us that our local community is still feeling the impacts of Covid-19 and especially the Omicron variant as I write....

With this in mind, the value I would like to highlight this time is **COMPASSION**.

I chose compassion not only because it is one of our organisational values but as I observe and participate in enabling the health and prosperity of our community, I have seen so much compassion in Canterbury Bankstown and the Inner West – the regions in which we do our work.

This has ranged from Local Government staff going into the front line of services during the lockdown, community members assisting friends with home cooked meals, Police delivering food parcels to people's homes, Volunteers coming into our community to give out care packs, sector leaders parking their everyday work to focus on the immediate needs staff and volunteers, colleagues assisting colleagues to get through challenging times during lockdown or while dealing with Covid-19.

The list goes on and includes funding bodies building in flexibility as to how we do our work during this time and their acknowledgement of the pivotal role local and place based organisations, like ours play...

We look forward to seeing you through the year and in the meantime take good care and stay safe!

Esta Paschalidis-Chilas, CEO



COVID-19 SUPPORT ASSISTING FAMILIES IN CANTERBURY BANKSTOWN IMPACTED BY COVID-19

From October – December 2021, 4CS received funding from both the Department of Communities and Justice (DCJ) as well as Western Sydney Community Forum (WSCF) to assist families impacted financially by the pandemic and to improve family well-being and mental health impacted by extended lockdowns.

Through the DCJ funds support was provided to people living in the suburbs of Lakemba, Wiley Park, Punchbowl, Greenacre, Belmore and Roselands for families that needed to isolate after testing positive to COVID-19 with regular welfare checks and the delivery of culturally appropriate groceries, medications, toiletries and other basic necessities.

For people with outstanding bills, rent and finding it difficult to meet the cost of clothing and feeding their families, assistance provided included Woolworths and Big W Vouchers, payment of bills and referral to other services including those assisting with rental arrears. A total of 48 households were assisted consisting of 81 adults and 113 children.

Thanks to a grant from WSCF we were able to deliver a range of projects to support family well-being and Mental Health. The three projects included;

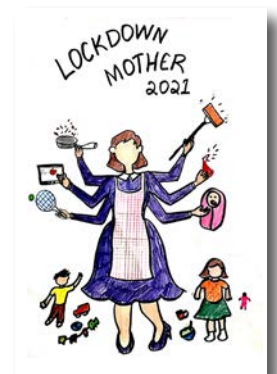
CARE PACKS TO 120 FAMILIES

The aim of the packs was to provide a range of activities for households with young children that were in isolation during COVID. The care packs included a range of activities for kids such as puzzles, plaster paints, jig-saws and games such as Uno for the family to play together.

We also included pamper packs for mums and mental health information with basic tips on mindfulness, creating routines, easy stress-less activities, signs to look for if concerned regarding children and a resource directory of local MH services that can assist.

MUMS IN LOCKDOWN! TALK, SHARE AND LAUGH

This five week group gave local women a chance to share the good and bad times, as well as experiences of being a Mother in Lockdown. Facilitated by a counsellor and bi-lingual support worker, the group consisted of 21 women. Most women attended every meeting and reported they enjoyed the opportunity to share their frustrations, as well as things that worked during lockdown to ensure family well-being. They also appreciated the tips and strategies suggested by the counsellor.



DIGITAL STORYBOARD OF FAMILY LIFE IN LOCKDOWN

Over 65 households contributed to the Family Life in Lockdown Digital Storybook. Entries included poems, photos and videos. There was such a great range of activities that families got up to in Covid-19.

While there were many favourites, a stand-out was a cooking series created by a young woman demonstrating how to cook Pakoras and Kashmiri tea. The storybook was shared widely from our facebook page, with lots of positive feedback.

As Zain Ull Abideen said on facebook... "This was incredibly uplifting opportunity to join with others to enjoy creativity of kids and mums. "

COMMUNITY BUILDERS

We are pleased to announce that we will be once again delivering a range of activities and classes at the Cottage with our partners in Term 1 2022. With school re-starting and many other activities once again happening face 2 face, we have decided it's time to re-start classes to support women continue their learning and connect with others in the community again.

To ensure that women are safe and comply with NSW Health COVID-19 regulations we will be ensuring that people social distance, wear a mask and only attend activities when feeling well. We are very excited to be offering sewing classes, a course to assist women find work, English classes and a parenting group for Urdu speakers.

For more information on these activities, please see this newsletter or contact Romana at the Centre on 0412 270 811 or 9750 9344

WE'RE STILL HERE TO HELP...

Remember if you need help we are still here even though our doors might be closed due to staff shortages during COVID. You can call the Centre Monday to Friday on 9750 3744, Romana on 0412 270 811 or email romana.waseem@4cs.org.au

We are here to help and get you the support you and your family need – so if you need help please call!



NEW! MUM 2 MUM ENGLISH CLASS

We are very excited to announce that we will be starting a NEW Mum 2 Mum English class this term!

Thanks to a \$12,000 donation from the construction company assisting to build the new Sydney Metro train line HSEJV – A Joint Venture between Haslin and Stephen Edwards Constructions.

MUM 2 MUM will operate from the Cottage 28 Croydon St, Lakemba on Mondays from 9.30 am – 11.30 am and focuses on;

- supporting newly arrived women caring for children under 5 years (refugees, asylum seekers and migrants) to improve their proficiency in English.
- reducing social isolation by increasing women's social networks and community connections through meeting other women and families at Mum 2 Mum and starting to make connections to local services.
- encouraging social integration by increasing participation in civil life and their local community, as well as knowledge of cultural institutions through excursions.
- promoting a greater understanding and tolerance of different cultures by bringing different cultures together.

If you would like to attend these English classes or know someone that might, please call Romana at the Centre on 9750 9344

MUM 2 MUM ENGLISH CLASSES



Mum 2 Mum Beginners English Classess

This class is for women starting to learn English and is held every Monday morning during school Term.

Mondays - Starts 7th February 9.30 am - 11.30 am

Mum 2 Mum Intermediate English Classes

This class is for women wishing to improve their English and is held every Monday afternoon during school term.

Mondays – Starts 7th February, 12.30 - 2.30 pm

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

FEE-FREE VOCATIONAL TRAINING

English and Work Skills Certificate II



This 18 week course will help you get ready for work

- ? Do you want to improve your English, learning and other work skills to open up employment opportunities?
- ? Have you completed another course with Sydney Community College at 4Cs and now want a full qualification?

Complete units in the Certificate II in Skills for Work and Vocational Pathways (FSK20119) to gain knowledge and confidence and to learn more about how to get a job.

Study with us at 4Cs!

WHEN?

Wednesdays and Fridays*
9:30am - 2:30pm

2nd March until 1st July 2022

35 sessions
(break in school holidays)

**There will also be 4x Tuesday classes*

ARE YOU ELIGIBLE FOR THIS FEE-FREE COURSE?

You can take this course if you:

- live and work in NSW
- are an Australian or New Zealand citizen; permanent resident; humanitarian visa or bridging visa holder
- partner of a visa holder (conditions apply)
- have (or are willing to get) a Unique Student Identifier

WHERE?

4Cs Cottage
28 Croydon Street, Lakemba

**Limited child-minding available*

For more information please contact

Romana Waseem
Canterbury City Community Centre
romana.waseem@4cs.org.au
0412 270 811

Jackie Yen
Sydney Community College
jackie.yen@sydneycommunitycollege.edu.au
0402 873 164



TO APPLY

Please come to the Information Session

Wednesday 16th February 2022
10am sharp!

4Cs Cottage: 28 Croydon Street, Lakemba

The information and enrolment session will last up to 3 hours.

Please bring:

- Australian passport / Citizenship document / Foreign passport and visa documents / Travel document / ImmiCard
- Centrelink card or benefits letter
- NSW Driver's Licence or NSW Photo ID
- Medicare card
- USI number (Unique Student Identifier)

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



THIS TRAINING IS SUBSIDISED
BY THE NSW GOVERNMENT

GARDEN CARE

Back at work!

After Sydney's lockdown was lifted, we got back to attending to our clients gardens again. Our priority is to maintain the health and safety of our clients, staff and volunteers and so far been able to do so. We appreciate our clients understanding and patience as we catch up during the summer season.

Following a dormant winter season when the grass hardly grew, summer has provided excellent conditions for lawns. This means that our clients are receiving almost fortnightly services to keep this lush grass under control.

LILLY PILLY CHUTNEY!



If you have an Australian native Lilly Pilly tree in your garden you might like to try this!

Ingredients

- 320g (3 cups) ripe lilly pilly berries, stems removed and washed
- 1 tbsp olive oil
- 1 red onion, finely diced
- 1/3 cup sultanas (organic)
- 3 tbsp coconut sugar
- 1/2 tsp cinnamon
- 1/2 tsp allspice
- 1/2 tsp fine sea salt
- 1/3 tsp ground chilli
- 1/3 cup red wine vinegar

Method

- Cut the berries in half, flicking out the small seed (pear-shaped berries have smaller seeds than the round ones). Set the berries aside
- Gently cook the onion in olive oil until soft, add berries and stir occasionally for 5 - 8 minutes
- Add sultanas, coconut sugar, cinnamon, allspice, salt and chilli, stirring through the berry mixture. Add vinegar
- Simmer 30 - 35 minutes until liquid has reduced and the mixture thickens. Adjust seasonings to taste
- Spoon hot into sterilised jar and seal. Once cooled, store in the fridge for up to 8 weeks.



TIPS TO KEEP COOL!



While the forecast is for a wet La Nina summer, there may still be days when the weather is over 40 degrees and it is important to keep cool. Back in 2020, Penrith reached a record-breaking 48.9 degrees on 4 January! This was the year we also battled the bush fires across NSW.

For those with access to the internet, the Government's Health Direct site has some great information about who is most at risk, what symptoms to look out for and what to do. Visit www.healthdirect.gov.au

Apart from the obvious, such as staying out of the sun and keeping an eye on the weather forecast, it is important to:

- stay hydrated with plenty of water and avoid sugary drinks, coffee and alcohol,
- keep your curtains drawn and windows closed to keep your house cooler
- eat smaller meals such as salads and fruit

And once the lovely cool breeze comes through and the temperature drops again, open a window to allow a cross-flow of air to cool the rooms. Here are just some of the symptoms that could indicate you are suffering from the heat:

- heat rash
- dehydration
- dizziness
- shallow breathing
- cramps

If you are unwell, contact your doctor or go to the nearest hospital emergency department. If you think your symptoms are serious, call for an ambulance immediately on triple zero (000). On your mobile try 112 in an emergency.

SOCIAL INCLUSION

Client reflections on COVID

With everyone adapting to the 'new COVID normal', the bus trips stopped and the groups stopped coming together. Services quickly changed to online activities to keep in touch with clients.

Our Social Inclusion workers made regular phone calls to clients to check in on how they were going, checking whether they had support from family or did they need any practical help. We had fun sending out our welfare packs full of creative and brain boosting challenges. And we loved chatting to clients and getting to know everyone better as conversations went deeper. The feedback from everyone was fantastic.

So, it seemed timely to spend time reflecting on the past year's challenges and how the Sydney 'Stay at Home' lockdown affected us living in Canterbury Bankstown, an area with high numbers of COVID cases and designated as an area of concern by the NSW Government. On 6 December, we had the perfect opportunity as our groups began cautiously meeting again – using two buses to provide adequate social distance between passengers and using two larger venues, Mt Lewis Club and Olds Park Club. Clients continued to wear masks and social distance but enjoyed the face to face contact, catching up on news.



"I THINK FAMILIES CONNECTING AND SPENDING MORE TIME TOGETHER HAS BEEN LOVELY TO SEE ... STRANGERS BEING MORE FRIENDLY TO EACH OTHER AS WELL."



For people like Leonor, who enjoys spending time alone reading and walking, the whole lockdown wasn't that bad but she did feel for others who were either affected personally or had their businesses impacted upon. She was able to have support from her son and wasn't particularly worried or scared for herself. It was a period of slowing down and enjoying the little things – like reading the Sunday paper from cover to cover. Of course, the media coverage was interesting to observe, with it showing some people initially being sceptical that COVID-19 existed to then seeing

the realisation that yes, it was real as case numbers climbed.

We asked Leonor if she had ever experienced anything like this before. Her parents were born in the early 1900's and she remembers them talking about the Spanish flu and referring to it as The Pest. She grew up in a village in Portugal and so also was affected by the Second World War. And what has been the biggest change you've noticed? 'I think families connecting and spending more time together. has been lovely to see... strangers being more friendly to each other as well'

HOME CARE

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

SCAMWatch

Good old-fashioned skepticism is what's needed these days to avoid becoming victim to the many scams that are out there.

Last year, puppy scams were rife. It seemed everyone was getting a new puppy. But along with photos from proud new pet parents, came stories of people being conned. Ads for designer/pure bred puppies stretched the truth as thieves saw an opportunity.

Scammers either seek money or personal information from their victims with about 26% of all reports to the government's Scamwatch website - www.scamwatch.gov.au involving the loss of personal information.

You can report a scam, read about the most current scams and get help.

The FluBot scam arrived in Australia in August 2021. The scammer offers to pay your bills (power, phone or gas), starting with 30% of your bill but say they need your date of birth to send you an activation code.

They use your date of birth to open an expensive phone plan in your name and pay this using a stolen credit card. When the bank identifies this, you are left with a bill in your name.

Fake SMS/text messages about delivery of a package through a courier asking you to click on a link and download an app are also dangerous. Once downloaded, the app hijacks your phone and gets into your phone banking and personal information.

Scammers take advantage of natural disasters and times of uncertainty but there are a few simple rules to keep yourself safe:

- Protect your personal information
- If you receive a call that sounds suspicious, hang up
- Never click on a link in strange email/SMS, delete.
- Block any numbers coming to your phone that look like spam or are not from someone you know
- Talk to friends and family. It's the best way to find out about new scams.

So don't forget, if it looks too good to be true, it probably is!



JACK THE CAT FINDS A NEW HOME!

What's a cool cat like Jack to do when his owner has a fall and goes into hospital? Where is his next meal coming from? Who will stroke him and talk to him?

This is a true story that happened when one of our clients on a Home Care Package had a fall and ended up in hospital. Unfortunately, they were unable to return home and with no close family and the nursing home only allowing pets to visit, we needed to find a home for Jack. Our very dedicated care workers not only kept feeding Jack but also tried knocking on the neighbours doors to see if anyone would like a cat. One person had 2 already and felt 3 would be too much, and there were no other takers.

Meanwhile back at the office, two of our workers, both cat lovers, were exchanging ideas of what to do. And that's where the value of being back in the office paid off. One incidental conversation and up popped an idea. Another client had recently lost her cat and a couple of phone calls later, she was very excited to welcome Jack into her home and life.

Visiting Rose the day after Jack arrived to his Furever home, she was so very happy to have a new fur baby. "At first Jack was a bit standoffish and hid under my bed ... 4 days later and he is sleeping and snuggling with me, it's a beautiful match made in heaven"

Mostly, our day-to-day work for Home Care Package clients involves taking people to the doctor, shops or bank, helping them with cleaning or showering. This story illustrates how flexible and client-centred our support can be to make a difference to a client's life.

ENVIRONMENT@LAKEMBA

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

Once again the group has been a bit more quiet than usual due to Covid-19, however, they are keen to continue working together to educate the community about reducing waste.

A series of posters are about to be released with members of the group, requesting people to keep Lakemba Clean.

NEXT MEETING

Environment@Lakemba group is always looking for members.

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

Next Meeting Tuesday 8th February 2022

Time 5.30 pm to 7.00 pm

At Canterbury City Community Centre,
130 Railway Parade. Lakemba. 2195

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



COMMUNITY GARDEN

Our gardeners from our Garden Care service have been working in the Community Garden!

They have done a great job weeding, pruning and generally tidying up and as a result the garden has been looking great.

In addition Community gardeners have been very busy in the garden looking after their individual plots and taking care of the communal areas on working bees.

Given the very wet and humid weather, everyone's plots are looking very green with lots of produce.

We are looking forward to some assistance in the garden and hopefully a couple more plots and a plot for the children.

Fingers crossed and more details on this when we know more.



FREE GROUP - TUNING INTO KIDS IN URDU

FREE group for parents of children in Primary School.

Want to meet other parents and share ideas to help your kids understand and control their emotions?

Do you want your family life to be more relaxed and enjoyable?

Then come along to this **FREE** 6 - week program for parents that speak Urdu in Canterbury Bankstown.

Every Tuesday starting 22 February for 6 weeks

Time 9.30 am to 11.30 am

Free with halal morning tea

Facilitator Romana Waseem, 4cs

To book or find out more please call Romana on 0412 270 811

DATES FOR WORKING BEE



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

Come share company, ideas and seeds. It is always a lovely morning.

Up-coming dates are Saturday 5th February and Saturday 5th March 8.30 am – 12.30 pm.

A text will be sent out to all gardeners to confirm the working bees.



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

PROVIDE FIRST AID (INCLUDES CPR) HLTAID011 (2 AVAILABLE)

Monday 7 February 2022,
The Carrington Centre Campsie
9.00 am - 4.30 pm
Registrations via [4cs.org.au/
civicism/event/info?reset=1&id=237](https://4cs.org.au/civicism/event/info?reset=1&id=237)

Wednesday 16 February 2022,
Learning Room 1, Marrickville
Pavilion, 9.00 am - 4.30 pm
Registrations via [4cs.org.au/
civicism/event/info?reset=1&id=238](https://4cs.org.au/civicism/event/info?reset=1&id=238)

Cost - \$60 CHSP volunteers;
\$90 CHSP staff; \$130 others
(CPR only - \$60 CHSP staff; \$45
CHSP volunteers; \$90 others)
Trainer - Mary Blankevoort

This training course will give
you the skills and knowledge
required to provide First Aid
response in a range of situations.

CULTURAL COMPETENCY AND TRAUMA INFORMED CARE (ONLINE)

Monday 14 February 2022
9.00 am - 12.30 pm
Cost - \$50 for CHSP staff and
CHSP volunteers
Trainer - Aimee Chaffer, STARTTS

This half-day workshop will give
participants an understanding of
the impact of torture and refugee
trauma, how this impacts on the
ageing process, and vice versa.

Registrations via [4cs.org.au/
civicism/event/info?reset=1&id=246](https://4cs.org.au/civicism/event/info?reset=1&id=246)

STEP INTO VOLUNTEERING

Monday 21 February 2022
10.00 am - 11.30 am, Campsie
Free Information Session
Trainer - Angela Gallard

Have you ever thought about
Volunteering but didn't know
where to start? This information
session will tell you how. Open to
the public -registrations essential

Registrations via [4cs.org.au/
civicism/event/info?reset=1&id=235](https://4cs.org.au/civicism/event/info?reset=1&id=235)

DEMENTIA AUSTRALIA VIRTUAL CLASSROOM- BUILDING RELATIONSHIPS

Tuesday 22 February 2022
9.30 am - 11.30 am, Online
Cost - \$50 for CHSP and other
aged care staff and volunteers
Trainer - Dementia Australia

This workshop will empower &
equip staff to build strong and
trusting relationships with people
living with dementia and their
families. Suitable for frontline
staff including care workers, &
other staff supporting people
living with dementia.

Registrations via [4cs.org.au/
civicism/event/info?reset=1&id=248](https://4cs.org.au/civicism/event/info?reset=1&id=248)

OLDER PERSONS MENTAL HEALTH FIRST AID (OPMHFA)

Fridays 4 and 11 March 2022
9.00 am - 4.30 pm, Haberfield
Cost - \$25 for CHSP staff and
CHSP volunteers (BYO Lunch)
Trainers - Jane Massa and
Danni Meredith

Over 2 full days participants
will learn about the signs and
symptoms of common mental
health problems in the older
person. How to offer initial help,
where to get professional and
other help.

Registrations via [4cs.org.au/
civicism/event/info?reset=1&id=234](https://4cs.org.au/civicism/event/info?reset=1&id=234)

VOLUNTEERING COORDINATOR MEETING

Thursday 10 March 2022
9.15 am - 1.30 pm, Lakemba

Are you a Volunteer Coordinator
or have Volunteer Coordination as
a part of your role? Come and join
other coordinators for connection
and support in this meeting.
Includes training session and
FREE networking lunch.

Registrations via [4cs.org.au/
civicism/event/info?reset=1&id=236](https://4cs.org.au/civicism/event/info?reset=1&id=236)

VOLUNTEER ESSENTIALS

Monday 21 March 2022
9.00 am - 3.30 pm, Campsie
Free (BYO Lunch)
Trainer - Leonie Puckeridge

Are you about to start volunteering,
recently started or returning after a
break? This course will cover the
essentials for volunteers in CHSP
funded services

Registrations via [4cs.org.au/
civicism/event/info?reset=1&id=247](https://4cs.org.au/civicism/event/info?reset=1&id=247)

COMMUNITY GOVERNANCE TRAINING FOR BOARD MEMBERS

Wednesdays 23 March,
30 March and 6 April 2022,
Canterbury Leagues Club
Short evening sessions on
3 consecutive weeks from
5.30 pm - 8.30 pm.
All sessions free for existing
or potential board members

If you are new(ish) to a governance
role or thinking of joining a
NFP board, these interactive
workshops will help you
successfully navigate the role.

Registrations via [4cs.org.au/
civicism/event/info?reset=1&id=249](https://4cs.org.au/civicism/event/info?reset=1&id=249)

ONSITE AND CUSTOMISED TRAINING

STARS have accredited trainers
that can facilitate onsite or
online training for your team.
Contact Leonie Puckeridge on
leonie.puckeridge@4cs.org.au
or 9750 9344 if you are
interested in training
contextualized to meet your
team's needs.



Cultural Competency & Trauma Informed Care



With Older People from Refugee Background



A half day online workshop covering culturally safe and trauma recovery-oriented practice when working with older people from refugee backgrounds, their families, carers and communities.

This session will cover:

- Countries of origin of older former refugees in Australia
- Impact of torture and refugee trauma
- Impact of the ageing process on trauma survivors
- PTSD and ageing
- Ageing, culture and CALD communities
- Role of family members and carers
- Trauma recovery oriented & culturally safe practice
- Conducting assessment interviews for eligibility for aged care services
- Using interpreters
- Managing trauma triggers
- Working with family members

For all service providers working with older people from refugee backgrounds including direct workers, volunteers, service coordinators and managers.

When: Online - Monday 14th February 2022, 9:00 am to 12:30 pm

Facilitator: Aimee Chaffer, STARTTS

Cost: \$50.00 for CHSP volunteers and staff; \$50.00 for others (priority of access to CHSP funded services)

Registrations via: 4cs.org.au/civicrm/event/info?reset=1&id=246

Funded by the Australian Government Department of Health

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



STEP INTO VOLUNTEERING



Ever thought about volunteering & didn't know how to take the next step?



The best way to find out more is to come along to our free information session and learn about:

- What is Volunteering?
- Why volunteer and the benefits of volunteering
- What types of positions are available?
- Are there links between volunteering and gaining employment?
- What Statutory Checks may be required?

When:

Monday
21 February 2022
10:00 am to 11:30 am

Where:

The Carrington Centre
2 Carrington Square
Campsie NSW 2194

Cost: Free

Registrations via: 4cs.org.au/civicrm/event/info?reset=1&id=235

Funded by the Australian Government Department of Health

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