

4cs NEWS



TAFE NSW

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NEWS FROM THE CEO



It's hard to believe that another year is coming to a close ... but we are on the last legs of 2019 and starting to plan for next year. Still a lot going on that we hope may be of interest to Newsletter readers.

Home Care Packages Program reaches a milestone

As many of you know, over the last two – three years we have been busy establishing our Home Care Packages Program. During this time we have gradually built the service, and our own capacity as an Organisation, and have recently reached a milestone of 50 Packages being delivered.

Like any new activity established at the 4cs it has taken a good deal of team work from everyone to reach this point, but special mention must go to our HCP team of Gina, Tiko and their dedicated Support Workers. They have done an amazing job! From an Organisational perspective it has placed us under some financial strain to achieve this goal as we have needed to self-fund the establishment of the new program – and we have literally doubled in size within 5 years - but it is now operating at a sustainable level. Always good to celebrate the milestones and the good work it takes to reach them! Well done everyone.

AGM and Membership Renewal

We are currently busy planning our Annual General Meeting and end of year celebration which will be held on Wednesday 20th

November 2019 at 6pm at the Lakemba Uniting Church Hall, cnr of Haldon St and The Boulevard, Lakemba. Invitations will be sent shortly but save the date for now! At the AGM we present our reports for the year, elect our incoming Board of Directors, celebrate the achievements of our fabulous volunteers, and share some entertainment and a meal together. It is an important time to come together as the 4cs community – we hope you can make it.

All 4cs financial members will also be receiving Board nomination forms to complete if they are interested in standing for election. We are particularly looking for someone with accounts/financial management experience to undertake the role of Treasurer. If you are interested in the Board, or would like more information, please don't hesitate to call me on 9750 9344.

Short courses

Over the last Term we were pleased to be able to offer a short course in Floristry in partnership with TAFE NSW. Over 6 weeks, participants developed an insight to the Floristry Industry and a pathway to further study ... and some serious skills in flower arrangement as the photos demonstrate.

Providing opportunities for adults to learn at an informal or accredited level is part of our core business – it builds capacity for individuals and the community alike. This Term we are offering swimming classes, English classes and a parenting

program. Accredited Training offered in partnership with Sydney Community College continues on from Term III with new courses planned to start early next year. And our STARS Program continues to deliver opportunities for learning and development for local staff and volunteers in not for profit services.

It is important to keep up to date and subscribe to our Newsletter or Mail Chimp updates as sometimes courses can be offered at short notice as an opportunity arises.

Being Part of the Community

Neighbourhood Centres like the 4cs are an integral part of the community ... and we really appreciate the support of other local services who work with us to make our community more inclusive and safer for all. Recently Firefighters Leah, Ben, Martin and Bill from Lakemba Fire Station came to speak to one of our Social Inclusion and Wellness Groups about fire safety.

Everyone received a wooden spoon engraved with the slogan "Keep Looking When Cooking" - an important message as half of all house fires start in the kitchen. Having guest speakers like the firefighters is a way of providing vital information to the groups and keeping them connected to their community.

Thanks to the Lakemba Fire Station for their continued support. If you, or anyone you know, would like to attend a social group for over 65s we have vacancies and would love to hear from you. Please call Alison on 9750 9344.



Become a Volunteer

If you have ever thought about volunteering and would like more information then please give the 4cs a call! We are holding an Information Session for prospective Volunteers in our Social Inclusion Program on 16 October from 1.30 pm where you can find out more information about the role and the benefits of volunteering. We are also always on the lookout for Volunteers in our Garden Care team who are available to work in small teams to modify gardens to become low maintenance for senior residents. If you are interested in volunteering at the 4cs please call the Centre on 9750 9344.

Small Grants – Big Impact

We are always applying for small grants which, when successful, enable us to deliver additional activities at the 4cs.

In recent months we have been fortunate to receive support under the ClubGrants Program to be able to offer the Salsa4Seniors and Womens Swimming Programs once again, and have recently received funding from Canterbury Bankstown Council to extend our Seniors 'Get Moving for Over 65's' Exercise Program, plus commence a school holiday activity program and extend the Community Choir.

We are very appreciative of the support offered by these grants and thank Council and Canterbury Leagues Club for their support.

Somali Womens Arts Project

Our Community Builders team have also secured a small grant from the Sidney Myer Fund to deliver a community arts project with young women aged 13 – 19 years from the local Somali and North African communities. The project is a partnership between the 4cs, Bankstown Arts Centre and Sincerity Alliance and was initiated as one way for young women to explore and reconcile traditional cultural values and expectations of family members with growing up in Sydney.

The need for the project was raised by the women themselves and we are really excited to be partnering in this new activity. The Project will be starting in mid October and will run over 10 weeks in the early evenings

at Lakemba during Term IV and continue for a further 10 weeks in Term I next year. The end result will be an Exhibition at the Bankstown Arts Centre next year ... details will be in our next Newsletter.

Food Drive

Over the last two years the 4cs has seen a substantial increase in demand for our emergency relief Program. This small unfunded program is supported through our own reserves, and from donations, and provides short term one off assistance to residents in need with a parcel of tinned and packaged food, baby formula and nappies, and long life food items. Typically people are waiting to access other forms of assistance and have no food to tide them over – they are on a fixed income (or no income) and need urgent assistance.

In the lead up to Christmas we are expecting demand to further increase and will gratefully accept any donations of food items which are non perishable and within use by dates. We can also accept cash donations to this program and remember that any donations to the 4cs are tax deductible. If you would like more information about how to donate call the Centre on 9750 9344.

End of Year Dates

It has been a very busy year and most of us will be looking forward to a short break over the Christmas and New Year Period.

The Centre will be closing at 4pm on Tuesday 24th December 2019 and will reopen at 9:00 am on Thursday 2nd January 2020. Most staff will be on annual leave during this time except for a small dedicated crew in our Home Care Packages Program ... we'd like to say a big thank you to our staff for working over the holidays! It is very much appreciated by all of us and the people for whom you are providing care.

From all of us at the 4cs we wish our Newsletter readers all the very best of the Season and a safe and peaceful New Year.

For everyone celebrating Christmas we hope it is a special time with family and friends, a time of good will and promise. Merry Christmas and Happy New Year!

Liz Messih, CEO



AGM 2019

ANNUAL GENERAL MEETING

INVITATION

To all Members and Friends
of Canterbury City
Community Centre Inc

End of Year Celebration Dinner and 47th Annual General Meeting

5.30 for a 6 pm start,
Wednesday
20 November 2019

Community Hall Lakemba
Uniting Church
Corner Haldon St &
The Boulevarde
Lakemba NSW 2195

RSVP

13th November 2019
on 9750 9344 or
customerservice@4cs.org.au

Alcohol Free event
All food Halal

SOCIAL INCLUSION



CRAFT *the New Yoga?*

Is craft the new yoga? This is an idea that has been around for a while, and relates to the theory that, like the practice of yoga, participating in arts and crafts activities in later life can have benefits on mental, physical and emotional health.

Arts and crafts is not only a wonderful hobby but the fact that there are therapeutic benefits is a bonus. Studies have shown that older people who participate in craft programs have fewer health problems and lower rates of depression.

Crafts like knitting can be relaxing and calm negative behaviour – its rhythm and the mathematics involved can keep the mind focused on the moment rather than letting anxiety take hold. The repetition involved is also soothing.

The American Academy of Neurology reports that craft can help protect the brain, stimulating new neurons to maintain cognitive health in middle and old age resulting in

improved memory. Knitting has also been recommended as a pain management technique by health practitioners, and crochet as a great way to keep hands moving and alleviate the symptoms of arthritis.

Creating a piece of craft is an act of self-expression and a powerful way of sharing our lives with others. It is a way of announcing "This is who I am. This is what I want to say." This relates to the sense of uniqueness of the person and their sense of identity and self-esteem and an important component in people's wellbeing.

Learning a new skill like a craft technique allows people to continue to grow and experience new things, which is important as people get older. It can also allow older people to pass on their expertise and knowledge to others giving people a sense of purpose as well as a boost to their self-esteem.

Probably one of the most important benefits of being involved in an arts and craft group is the effect on social wellness. Older people who

participate in the arts are less likely to experience feelings of loneliness and isolation. People are more likely to "come out of their shells" during shared experiences, and friendships can grow during cooperative projects or just from working side by side and discussing each other's creations.

Here at Canterbury City Community Centre we have a number of social groups for people over 65 – including two that involve arts and crafts activities.

Tuesday Social & Activities Group

Our Tuesday Social and Activities Group has a weekly arts and crafts activity. Our participants have made greeting cards, painted self-portraits, made painted glass candle holders, worked with clay, experimented with origami – and more!! The group gets so much out of these activities – learning new skills, creating beautiful objects, displaying and gifting their creations to family and friends, sharing their own skills with others and sharing information with each other and feeling proud of their achievements. While there can be a lot of focused energy on the task at hand there is also just as much chatting.

Friday Knitting Group

Our Friday Knitting Group enjoy working with wool and sharing ideas for new projects. They have produced blankets for women in a hospital in Ethiopia, scarves and beanies for people experiencing homelessness, red poppies for ANZAC Day as well dressing Barbie Dolls in very chic outfits for children living in refuges. Group members take part in making the donations to the various recipient organisations and go on outings to choose new wool. They share patterns with each other and teach each other new techniques. There are participants who are very skilled in the craft, others who are just learning and some who do not knit or crochet but attend for the social aspect – the chatting and laughter!

If you would like to join a social group and are over 65 years of age, or over 50 if you are of Aboriginal or Torres Strait background, please call Alison or Gillian on 9750 9344. We would be very happy to welcome you.

BECOMING a Home Visiting Social Support Volunteer

Canterbury City Community Centre has a program to support older people (65 +) to keep socially engaged and connected to the community.

For those people who prefer not to attend our groups and outings, we offer a home based one-to-one service.

This suits people who do not enjoy a large group scenario, or perhaps need more individualised support perhaps due to low mobility or another condition that might make being part of a larger group more difficult.

Consumers of this service are matched up with a volunteer who will visit them at an agreed time. Volunteers and consumers may be matched according to their interests, personality, cultural background or language.

For example, one lady, Mariana (not her real name) was a passionate art lover who used to regularly visit art galleries all around Sydney.

As she grew less mobile and no longer drove a car she was no longer able to attend galleries as she used to. Art brought much joy into her life and no longer being able to do this was quite distressful and made her feel like she no longer had a purpose.

Volunteer Peter was also an avid art lover and jumped at the opportunity to be able to visit Mariana and accompany her to art exhibitions and galleries both locally and a bit further afield.

This brought joy and satisfaction to both consumer and volunteer.

Others may enjoy a simple visit at home, with a chat over a cuppa and morning tea or a stroll in the garden or to the local café for a bite to eat.

We are currently looking for friendly, sociable volunteers to join our team and provide some social support to our consumers.

We will be holding an Information Session on Volunteer Home Visiting on Wednesday 16 October 2019 from 1:30 pm to 3:00 pm, here at Canterbury City Community Centre, 130 Railway Parade, Lakemba. Light refreshments will be provided.

For further information please call Alison on 9750 9344.

Social Inclusion and Wellness Program Open Day

On Thursday 26 November 4cs will be opening its doors to people over 65 who want to check out some of the programs that we offer to older people.

Visitors will join members of our 4cs Thursday Friendship Group for Morning Tea and Lunch, for an informative talk and some interactive entertainment.

The Social Inclusion and Wellness Program provides a calendar of activities for people over 65 to support them in keeping socially active, engaged in their community and living and enjoying life to the full! Activities include: Social Groups (including Arts & Crafts and Knitting), Outings, Exercise Groups, Choir, Salsa Dancing and Line Dancing.

Come along and hear Beatriz Occhiuzzi, Founder / Creative Director of Salsa4Seniors talk about 'Healthy Ageing with Music & Movement' - the importance of social connections and keeping active as people get older and how Salsa Dancing supports this.

Special Guest Musician, Pam the Mam will be entertaining everyone on her wonderful piano accordion. Pam is an accomplished entertainer, who used to play with The Bushwackers and had one of her songs recorded by John Williamson. Pam has a repertoire of songs that will have you tapping your toes and singing along, including such old favourites as Click Go the Shears, La Cucaracha, Que Sera Sera and Home Among the Gum Trees. There will be plenty of opportunity to join in!

If you have always wondered about the Social Support services we provide then this is your opportunity to find out - if you have friends or relatives who might be interested please let them know.

Numbers will be limited so bookings are essential.

The Open Day is a free event.

At Canterbury City Community Centre, 130 Railway Parade, Lakemba, Thursday 26 November from 10:30 to 2:00 pm.

Please contact Alison or Gillian on 9750 9344.



GET MOVING!! *Exercise Group for over 65s*

As we get older our heart works harder, muscles and bones become weaker and smaller, our brain structure changes and our metabolism slows down making us more susceptible to weight gain.

Although these might seem like changes we can't control, there is actually a great deal that we can do to slow the ageing process right down and that is to EXERCISE.

The great news is that our Get Moving Exercise Group for over 65s will continue at least until the end of the year. The even better news is that there will be 2 groups so that you may attend the group that better suits your needs and there will be more space to spread out and keep safe.

Our Exercise Physiologist Jacquie is renowned for making her exercise classes lots of fun and is a strong believer that exercising to great music makes it much more enjoyable. Her professional experience and qualifications ensure your exercise is suitable and that you are in safe hands.

The exercise routine includes a warm-up and a cool down, seated and standing exercises, stretching exercises as well as those to strengthen muscles.

Just as importantly there is an opportunity to have a cuppa and morning tea with the group, and get to know your fellow exercise group members!

You will also be provided with a copy of the Keeping Well for Seniors Exercise Program that will allow you to continue your exercise routine in the comfort of your home.

The Get Moving program is supported by funding from Canterbury Bankstown City Council through their Small Grants Funding.

If you are interested in joining the group please call Alison or Gillian on 9750 9344 - and Get Moving!!



Garden Care supports local residents to keep their gardens safe and enjoyable when they are no longer able to do this all on their own. However we also understand that many Garden Care consumers are still keenly interested in gardening and all things green! Spring is a great time to get out and see what's blooming – here are a couple of ideas.

Bowral Tulips

For many years now Corbett Gardens in Bowral has held their annual Tulip Festival and this year is no exception. If you have never been to see the tulips, then you have missed out as when in bloom they are a spectacular display of colour and beauty. This year the festival begins on Tuesday 24th September and runs through to Monday 7th October. Entry fees are Adults \$12pp, Concession/Pensioner/Seniors Cards \$7pp, Children 13-17yrs \$7pp, Children - 12yrs and under - Free (accompanied by an adult)

Location: Corbett Gardens,
Bendooley Street, Bowral
Ph 02 4871 2888 or 1300 657 559

The Royal Botanic Garden Sydney

The Spring Walk at the Botanical Garden runs from mid-August through to October and features many spring flowering plants such as Ranunculus (Buttercup), Viola (Pansy), Dianthus (Pinks) and Lobularia (Sweet Alyssum) and many floral shades of pink, white, yellow and blue. Entry is free

Location: Along the Macquarie Wall,
Royal Botanic Garden Sydney

Gardening Volunteers Needed

Like all volunteer-based community services we are always on the lookout for willing and able

volunteers. If you can spare as little as 5 hours a week or fortnight then please consider becoming a Garden Care volunteer. Our volunteers help our trained Garden support staff transform the gardens of our consumers so that they can enjoy their beauty and stay safe in the garden. Typically, our volunteers meet at our consumer's home at 9am and are assigned gardening tasks as required. At around 1030am the team will stop for a morning tea break before finishing up the service at 12pm. If you enjoy working outdoors and in a team environment that is supportive and nurturing then give us a call on 9750 9344 and ask for Ben in Garden Care.

Spring Jobs in Your Garden

Spring can be such a lovely time to be outside in the warmth, enjoying your garden and working on a few fun Spring jobs.

For many of your garden plants it will be a great opportunity to get stuck into pruning to remove dead wood, to keep plants at a good manageable size for your garden and needs, to open up access if a particular plant has taken over the driveway or steps and to encourage beautiful new growth and flowering.

If you are going to get stuck into pruning it is always a good idea to feed your plants to aid in their recovery at the same time. There are lots of products on the market and you will be sure to find one that is suitable for your plants and your needs.

Organic foods, manures and compost are great for your plants and particularly your soil's health but if you are unable to get out in the garden often maybe a type of slow release product will suit your needs. Read the instructions carefully when it comes to application rates and how to apply.

With water restrictions in place it may not be a good time for lots of new planting but if you are going to put a few things in the ground remember that even if the plants are promoted or labelled as drought tolerant they will generally still need some water in the first few weeks or so to help establish. It will also be much easier for you and your watering can if they are not water loving varieties and helpful to our Sydney water supply too.

Enjoy your springtime in the garden no matter what you enjoy doing and remember your sunscreen and hat!

Meet our new Garden Support Worker, Andrew Reefman.

Andrew joined the Garden Care team a couple of months ago and has settled in very well. Andrew is currently completing a Certificate III in Horticulture and has completed a Graduate Certificate in Environmental Management. A keen musician with a passion for gardening, Andrew was asked what he likes most about working at 4cs... 'I particularly like hanging out with the great team of volunteers at Garden Care who help get all those previously loved gardens back into shape. I look forward to many happy days doing good things for the community and their plants.'



ENGLISH CLASSES *Interview with Marlina*

Marlina is one of our regular English class participants, attending both the Intermediate class on Wednesdays and the Mum 2 Mum group on Monday mornings at Hampden Park School. Marlina left Indonesia with her husband in April 2013 via boat when she was pregnant with her first child. They arrived in Darwin after a long journey and were placed in a Refugee Detention Camp. After a few months they were able to move to Adelaide, where Marlina's son was born in October of that year. They then moved across to Bankstown in Sydney.

Marlina first heard about Canterbury City Community Centre when a friend invited her to attend an Eid Celebration at Lakemba Ladies Lounge. She really liked the Cottage and felt very welcomed, she thought that it was great to meet other women and celebrate Eid, something she hadn't been able to do since arriving in Australia, as she has been very isolated with no other family, except for her husband. Marlina felt the environment at the cottage was very welcoming and safe, so she decided to return to other Lakemba Ladies Lounge activities. After a few months of attending the Cottage and with increased confidence, she decided to enroll in the beginner's English class and has been attending regularly since then. One of the main reasons she was able to enrol in the classes, is that childminding was provided, now that she had two children, this was a must, as there was no-one else to care for her children.

Since improving her English, Marlina has also completed other classes and courses at the Centre including: Customer Service, Community Service and the Women's Job Skill Course. Marlina states she now has the confidence to attend other organisations and services since building her confidence and English language skills at the Centre. A main drive for her to improve herself, has been her children as she wants the best for them and her family.

While there have been many positive changes since attending activities at the Centre, the biggest thing for Marlina has been making new friends, as she states 'When I first joined I didn't have any friends but now I have so many'.



Free English Classes for Women

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

Intermediate to Advanced

Enrolment Session
Tuesday
15 October 2019
12:30 pm to 2:00 pm

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

ENVIRONMENT @ Lakemba

Environment@Lakemba is a group of local residents supported by Canterbury Bankstown City Council and Canterbury City Community Centre with a focus on reducing litter and household dumping in Lakemba and surrounds.

Recently the group has been focusing on assisting Canterbury Bankstown Council to reduce household dumping by joining in with the Eyes On It Anti Dumping Campaign. Armed with a pack of posters, sign and tape, members have been taping dumped rubbish in their own street and surrounding streets during Phase 2 of the program. In total 1,682 dumps were identified and taped over the entire 6 week period and the great news is it appears to be working in terms of deterring dumpers. Overall during the 6 weeks there was a 36% reduction in dumping as well as an increase of 64% in illegal dumps reported and an increase of 12% in people booking a FREE household clean-up compared to last year in the Canterbury area. Environment@Lakemba praised the efforts of Council staff in producing multi-lingual brochures and taking an enforcement focus in the media by highlighting people caught dumping and the fines they received.

On another note Sundari and Annette have been assisting with the Road to River Project, installing 25 drain markers on 18 stormwater drains on The Boulevard and Railway Parade in Lakemba with Joanne from Canterbury Bankstown Councils Environment team. The drains were selected as the litter collected in the stormwater drains flow straight to the Cooks River. The Roads to River project is a reminder that all residents have a role to play in putting their litter in the bin and protecting our rivers and natural environment.

If you would like to join with others to improve the environment at Lakemba then come to one of our meetings held in the evening every second month from 5.30 - 7.00pm. We always start with a light dinner then discuss ways we can work together to reduce litter and dumping of household goods.

For more information call Kate on 9750 9344.

Next Enviroment@Lakemba Meeting

Date: Wednesday 23rd October 2019

Time: 5:30 pm – 7:00 pm

Venue: Canterbury City Community Centre, 130 Railway Pde, Lakemba



LAKEMBA Community Garden

Please give a big welcome to Joan, a member of our fabulous Garden Care team that will be taking over from Milo to work with the gardeners and oversee the Community Garden. Joan has been at the garden the last two working bees providing mulch, bags of manure and assisting people with their plots. If you haven't had a chance to meet Joan, please pop in and meet her at the next working bee.

Thank you to everyone that filled out a survey, they help us plan for the garden. With many people unable to come on a Saturday we will be rotating the working bees between the 1st Saturday of the month and 1st Thursday of the month. Please see the Working Bee Column for upcoming dates. We will also be sending text reminders the week before. As Joan only works limited hours, if you have any questions or issues you would like to raise, please contact Kate at the Centre on 9750 9344 or email capacitybuilding@4cs.org.au



WORKING BEES

Come along and meet other Gardeners

Work on common areas together!

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:

- Saturday
5 October 2019
8:30 am to 12:30 pm
- Thursday
7 November 2019
1:30 pm to 4:30 pm
- Saturday
7 December 2019
8:30 am to 12:30 pm

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

If you need assistance with your plot, please see Joan at the working bee or contact Kate at the Centre on 9750 9344 or email capacitybuilding@4cs.org.au

LINE DANCING FOR SENIORS

Beginners Line Dancing for People over 65



Join us for line dancing, tailored to people over 65. Great way to exercise while having fun!

When

Mondays
2:00 pm to 3:00 pm

Where

Canterbury City Community Centre
130 Railway Parade, Lakemba 2195

Facilitator: Helen Gerrard

Cost: Free with light refreshments provided.

For more information call **Alison** on **9750 9344**

Lakemba

Ladies Lounge

Children are Welcome
All activities
are FREE
Morning Tea Provided

A PLACE TO TRY
AN ACTIVITY, LEARN
SOMETHING NEW,
MEET OTHER WOMEN
AND RELAX

EVERY THURSDAY 9.30AM - 12.30PM, THE COTTAGE, 28 CROYDON ST, LAKEMBA

OCTOBER

Lakemba Ladies Lounge is closed 3rd and 10th October due to School Holidays and will re-open Thursday 17th October 2019

.....
Pedestrian Safety for you and your kids -
with Councils Road Safety Officer
Thursday 17 October 2019

.....
Flower Arrangement
- *with Harlina*
Thursday 24 October 2019

.....
Flower Arrangement
- *with Harlina*
Thursday 31 October 2019

NOVEMBER

Cervical Screening Health Information Session - *with Mousumi Martin, project Leader Cancer Screening project*
Thursday 7 November 2019

.....
Sewing - *with Alveena*
Thursday 14 November 2019

.....
Sewing - *with Alveena*
Thursday 21 November 2019

.....
Sewing - *with Alveena*
Thursday 28 November 2019

DECEMBER

Diabetes - Diet & Exercise, Health info -
with Katie Allison from Diabetes NSW & Act
Thursday 5 December 2019

.....
End of the Year Party -
bring a plate to share
Thursday 12 December 2019

.....
Lakemba Ladies Lounge is closed 19th & 26th December due to the School Holidays.

For more information call **Romana** or **Kate** on **9750 9344**

LAKEMBA LADIES LOUNGE *by women for women*

Beginning in February 2012, the Lakemba Ladies Lounge was started as a result of the 2011 Listening@Lakemba survey which highlighted a need from local women for a place to meet other women and socialise in a relaxed and friendly environment, as many women had arrived from overseas, with limited family and other supports. Responding to this, local women worked with the Centre to create the Lakemba Ladies Lounge - a place where women can try a new activity, learn something new, meet other women and relax.

Women are encouraged to share a skill with other women and each month there is a new activity, with women volunteering their time to teach others, while the Centre covers the cost of materials for the activity, morning tea and child minding.

Apart from the above activities there are also several guest speakers each term from local health, welfare and other government organisations providing information on a range of different services and topics.

The Lounge is currently attended by 15 – 40 women and their children aged 0 – 5 years each Thursday. For many women it is the first program they attend at the Centre, then from this will often join in the English classes, TAFE courses, parenting groups or volunteer.

On the 8th August this year, Rachel Sharples a researcher with University of Western Sydney conducted a group discussion and consultation with 35 women at the Lounge to find out directly from them what it is about Lakemba Ladies Lounge that they like, how it helps them connect to the local community and what has changed for them since attending Lakemba Ladies Lounge. Below is a summary of their responses on the day.

Why do you come to the Lakemba Ladies Lounge?

The most common reason that people said they came to Lakemba Ladies Lounge was that they feel very comfortable and safe in the space knowing that it is open to

women only. The 'cottage' also feels welcoming and like a second home, enabling women to feel relaxed and talk with others.

As one woman stated, 'if we don't come here then we are only at home with our husbands, some of us don't have big families or lots of friends here, so it's good to get out and meet other people, talk about relationships, or other concerns we have or the challenges we're having. Here we get to talk with someone outside of the family unit, otherwise we're just sitting at home talking with our husbands.'

What do you like about it?

The fact the venue is walking distance from home and close to the station were important factors, enabling women to attend easily. Secondly women like the fact they get to meet and mix with women not just from their own culture, but from other cultures and religions as well.

Many women stated it was also a place where they could get advice and share information. As one woman stated, *'if women have say a domestic violence problem, it's a really good place to discuss these kind of issues and share our experiences, and Romana has good knowledge to connect people to services.'*

Has anything changed in you since you started coming to the Lakemba Ladies Lounge?

Many women stated they had met someone new, formed new friendships and felt more connected to local community.

Others pointed out that it was a like a gateway to settling in Australia, where after attending for a few months or weeks, they had gone on to enrol in a course or volunteer. As one woman stated; *'I now feel like I fit in, before I didn't feel like there was community for me, I also had children and was a stay at home mum, I didn't have friends or a community here, so I felt really isolated - finding this place was a godsend.'*



Women's Swimming Lessons Terms IV & I

4cs is offering women's 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
Starting 16 October 2019

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

Includes transport to and from the venue

For more information or to register interest call
4cs on 9750 9344



Canterbury City
Community Centre
Community Building Community

STARS *Training Workshops*

October to December 2019



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.

OLDER PERSONS MENTAL HEALTH FIRST AID (OPMHFA)

Thursdays 3 and 10 October 2019
(both days must be attended)

9:30 am to 4:00 pm Marrickville

Facilitators Danni Meredith - VAST Program Facilitator Accredited OPMHFA & SMHFA trainer, RN & accredited adult educator & trainer Jane Massa - Coordinator, Suicide & Depression Prevention, Older Persons Mental Health, SLHD BA Hon (Psych) & OPMHFA trainer

Cost Free

SUICIDE PREVENTION

Monday 28 October 2019

10:00 am to 2:30 pm Campsie

October is Mental Health Month - due to the high interest and a wait list from the training on 26 August 2019 STARS have organised a second Suicide Prevention workshop for community members, staff and volunteers.

Facilitator Wesley Lifeforce

Cost Free

VOLUNTEER COORDINATOR FORUM: *Building your Story*

Tuesday 29 October 2019

9:30 am to 1:00 pm Marrickville

Attracting passionate volunteers requires a great story. In this Forum, we'll engage in a series of fun, creative activities to help us think about our organisations from a new perspective and workshop how to tell our stories in interesting and fresh ways.

Facilitator Craig New, Story Factory.

Cost Free, includes networking lunch

EASY MOVES FOR ACTIVE AGEING LEVEL 1 *accredited training is back!*

Wednesday 30 October 2019

9:00 am to 4:30 pm, Marrickville

EMAA® Leader, Level 1 is a competency based course which equips participants with the skills to plan and lead safe, fun and evidence based group exercise classes for older adults. Easy Moves was developed by physiotherapists to develop understanding about basic anatomy, physiology, exercise prescription, falls prevention, and conditions related to ageing (including joint replacement, arthritis, and dementia).

Topics include the role of physical activity in healthy ageing, flexibility, strength and balance, catering for special needs, class design, effective leadership, communication and practical teaching skills.

Facilitator Active Ageing Australia

Cost 2 day EMAA \$500 CHSP, \$550 non CHSP NFP, \$600 others

EASY MOVES FOR ACTIVE AGEING LEVEL 2 *first time offered*

Friday 1 November 2019

9:00 am to 4:30 pm, Marrickville

The prerequisite for this one day training is the Leader Level 1. Leader Level 2 is available to all EMAA® Leaders who want to build on their skills and knowledge. New ideas, new exercises, new online learning. More affordable and accessible! EMAA® Leader, Level 2 is conducted in an interactive 1 day training format

Facilitator Active Ageing Australia

Cost 1 day EMAA \$280 CHSP, \$330 non CHSP NFP & \$380 others

ONSITE TRAINING

STARS have accredited trainers that can facilitate onsite training for your team. Please contact Deb Helmrich on starstraining@4cs.org.au or call 9750 9344 if you are interested in training contextualized to meet your teams needs.

MENTAL HEALTH MONTH *October*

October is Mental Health Month - STARS have organised a second Suicide Prevention workshop for community members, staff and volunteers, following on from the success of the first workshop in August. The new training will be

Monday 28th October 10 am - 2:30 pm at Campsie. There is no charge to attend the workshop. The program helps participants recognise when a person may be having thoughts of suicide, and provides strategies to intervene and assist them. If you know of any individuals or groups who may be interested in attending this workshop please ask them to register using this link:

<https://www.eventbrite.com.au/e/wesley-lifeforce-suicide-prevention-half-day-workshop-campsie-nsw-tickets-71463891423>

The training is open to community members aged over 18 years. We would appreciate it if you could please forward this information on to others who you feel may also be interested in attending the workshop. Each participant will receive a certificate of attendance as well as support materials. Light Lunch will be provided by City of Canterbury Bankstown.

Thank you for your support.

Please ensure that you only book if you genuinely intend to attend as catering is costly and seating is limited. Non-attendance in the past has reduced the opportunities for others to attend.

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





2019 MID WESTERN SYDNEY *Volunteer of the Year Awards*

Organised by the NSW Centre for Volunteering and supported by STARS and Volunteer Network, this year's ceremony for our area was held at Burwood RSL on Monday 9th September.

Federal and State VIPS were on hand to present awards including; Ms Jo Haylen MP, Shadow Minister for Volunteering, State Member for Summer Hill; Ms Jenny Leong MP, State Member for Newtown and Ms Jodi Mckay MP, Leader of the opposition and State Member for Strathfield.

All our 4cs volunteers were nominated in both individual and group categories, with Aniceta, Debbie, Colin, Maureen and Bruce attending the Ceremony to receive their certificates.

Deborah Helmrich our STARS Training Officer also gave a short speech to thank the many volunteers that do so much great work across the Mid Western Region.

It was also wonderful to see other Lakemba locals receiving Awards including Abba Tohamy Kadous who helped set up the Islamic Women's Welfare Association 35 years ago and at aged 70 continues to give her time to help her members.

Congratulations to all the volunteers and STARS looks forward to assisting with the awards in Canterbury next year!

Volunteer Handbooks to help you find local volunteer opportunities

Looking for a volunteer position in the Inner West or Canterbury Bankstown ? - then check out our Canterbury Bankstown and Inner West Volunteer Handbooks for a range of organisations looking for volunteers.

Updated annually the handbooks include a brief description about the organisation, type of volunteer roles on offer and the details of the contact person to enquire further.

The handbooks are both available in electronic and hard copy by contacting the Centre on 02 9750 9344 or emailing angela.gallard@4cs.org.au

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 volunteer co-ordinators 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 2019 is Change the Tune and is a chance for us to think differently about how volunteer leadership is positioned and valued.

A Big Welcome to Angela Gallard New Volunteer Promotions Officer

It is with much pleasure that we welcome Angela Gallard to the role of Volunteer Promotions Officer in our STARS team. While Jacinta is still with us in Customer Service, Angela will be taking over this role 2 days per week.

The focus of this role will be to work with organisations funded under the Commonwealth Home Support Program in the Inner West and Canterbury Bankstown areas to assist them recruit, manage and train their volunteers. In addition Angela will be promoting volunteering and helping people connect to volunteer positions.

Angela has extensive experience, knowledge and skills working with volunteers over the past fourteen years in her previous Social Work/ Social Welfare positions, as well as having past volunteering experience, both directly with clients and as a board member of a professional organisation.



Angela can be contacted on 9750 9344 or email Angela on angela.gallard@4cs.org.au, please give Angela a warm welcome when you see her!

THE HUMAN JOURNEY



Understanding change,
loss and grief



This workshop for community based aged care volunteers and staff will:

- Explore the changes and losses that occur in life
- Examine the meaning of grief
- Reflect on the links between change, loss, grief and behaviours
- Explore bereavement and grief theories
- Identify types of grief and common grief reactions
- Our personal journey - caring for self & others.

When:

Monday
4 November 2019
10:00 am to 1:00 pm

Where:

The Carrington Centre
2 Carrington Square (off Anglo Rd)
Campsie NSW 2194

Facilitator: *Understanding change, loss and grief* will be presented by Louise Hall, Good Grief. The workshop supports aged care workers with the losses they experience in their work.

Cost: Free for CHSP volunteers and \$50 for staff.
Priority of access to CHSP.



CHANGE & LOSS EDUCATION PROGRAMS



Funded by the Australian Government Department of Health

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



OUTREACH *Services at Lakemba*

Need Help ? Based at the Centre maybe one of the 5 services below could help you! Call our Centre on 9750 9344 to make a FREE and CONFIDENTIAL appointment.

Assistance with Filling Forms & Online Government Websites

Do you need help completing forms or registering for online government sites such as My Gov. Every Tuesday from 9.30am – 3.30pm there are volunteers to help you fill out forms including; Centrelink, Medicare, Housing applications and other general forms. We can assist you to understand and complete the form, but do not give advice.

Emergency Relief – Metro Assist

Metro Assist will be working from the Centre fortnightly on Thursdays to provide emergency financial help with utility and phone bills. These payments are made by vouchers, not in cash. They can also provide limited emergency assistance for people experiencing other types of financial hardship, or can refer you to other emergency relief providers in the area. Strict guidelines apply on the level and frequency of support and you may be asked to provide proof of bills.

Counselling for Refugees and Asylum Seekers - STARTTS

Suvangi Koirala, a counsellor from the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS), is at our Centre every Friday to provide FREE support and counselling for people who have experienced trauma and are having difficulties as a result. Dealing with being in a new country while coping with terrible memories in the past can impact on people's everyday living. The counsellor can help people:

- Talking about their worries or difficulties
- Assisting the person find ways of coping with their feelings
- Connecting them with relevant services and support
- Helping the person understand how Australia works.

JP Service

A Justice of the Peace is available at the Centre by appointment only on Mondays and Fridays between 10am and 12pm.

LAKEMBA *Women's Health Clinic*

The Lakemba Women's Health Clinic is a partnership between Canterbury City Community Centre and Leichhardt Women's Community Health Centre to improve access for women to health services in Lakemba.

Staffed by a Women's Health Nurse, the clinic operates on Wednesdays from the Centre's offices at 130 Railway Parade Lakemba. Now operating for over 6 years, the clinic has been a run-away success, providing a range of preventative health screenings for local women. The nurse can see women by appointment for a range of concerns including cervical screenings, breast health, contraception and menopause advice, and emotional health and well-being. General health screenings on offer include cardiovascular risk assessments, blood pressure, Vitamin D, cholesterol and glucose checks.

The service is free and confidential. Appointments can be made for the Lakemba Women's Health Clinic by phoning the 4cs on 9750 9344.

Womens' Health Seminar - Keep healthy & happy after the birth of your baby

This workshop will focus on helping mothers understand and manage their feelings after the birth of their baby with information on ways to keep both mum and baby healthy and happy. Childminding and morning tea provided

Date: Friday 1st November 2019

Time: 10:00 am – 12:00 pm

Venue: The Centre, 130 Railway Parade, Lakemba

Facilitators: Lisa Sing, Nurse, Leichhardt Womens' Community Health Ctr

To Book: Call Romana at the Centre on 9750 9344 or 0412 270 811,



YEASMIN *Student placement*

We are lucky to have another student on placement with us, Yeasmin Mitu is studying her Masters of Social Work at the Australian College of Applied Psychology and will be working with us full-time till mid December. Since starting with us only 2 weeks ago she has already proved herself a great asset to the organisation by using her Bangla language skills to assist women complete forms and find out about our different programs. Originally from Bangladesh Yeasmin holds a Bachelor degree in Psychology and has experience working in the disability field. A main motivation for doing social work is that she has seen how many people are oppressed, experience discrimination and feel isolated, especially women who come from different cultural backgrounds. Her aim is to work with individuals, families, groups and communities to assist them maximise their potential and live rewarding lives. She wants to engage with and mobilise people to help them address their challenges and improve their overall well-being. Please take a moment to say hi and welcome Yeasmin to the Centre.

POST NATAL CARE FOR MUMS

Free information session



To help you with your experience as a new mum, this workshop will cover:

- Changes to your body in the postnatal period
- Self care and mental wellbeing for mums
- How to look after your pelvic floor and safely return to exercise.

When

Friday
1 November 2019
10:00 am to 12:00 pm

Where

Canterbury City Community Centre
130 Railway Parade
Lakemba NSW 2195

Facilitators: Tusanee Jierasak, Physiotherapist, Leichhardt Womens' Community Health Centre and Lisa Sing, RN, Leichhardt Womens' Community Health Centre

Cost: Free, with morning tea provided. Childminding available.

This workshop is a partnership between Leichhardt Women's Community Health Centre and Canterbury City Community Centre

To book and for more information call 4cs on 9750 9344

MUM 2 MUM *Practice English with other Mums*

Do you have a child/children under 5 years old and want to learn and practice your English? Mum 2 Mum is set up with mothers in mind, to provide an English class in a relaxing and child friendly environment. With an English teacher, volunteers who you can practice with and childcare workers to look after the children, it is the ideal place to learn English. All classes run during school term and they are FREE.

With extra funding from the Australian Government (under the Fostering Integration Grants Program) and the support from our Community Partners at the Punchbowl Schools as a Community Centre, Lakemba Schools as Community Centre and Greenacre Community Centre, Mum 2 Mum has been expanded in 2019.

There are currently 4 x Mum 2 Mum Groups in the Canterbury Bankstown area. For times and contact numbers for groups, see below.

Mum 2 Mum - *Punchbowl*

Date: Mondays starting 21st October 2019
Time: 9:30 am – 11:30 am
Venue: Punchbowl Schools as Community Centre,
Rossmore Ave, Punchbowl
Contact: Asenta on 0449 195 181

Mum 2 Mum - *Greenacre*

Date: Fridays starting 18th October 2019
Time: 9:30 am – 11:30 am
Venue: Greenacre Community Centre, 87 Waterloo Road, Greenacre
Contact: Call 9750 7982

Mum 2 Mum - *Lakemba/Wiley Park*

Date: Thursdays starting 17th October 2019
Time: 12:30 pm – 2:30 pm
Venue: School as Community Centre, Lakemba Public School,
Alice Street, Wiley Park
Contact: Madeleine on 9759 4061

Mum 2 Mum - *Lakemba*

Date: Mondays starting 14th October 2019
Time: 9:30 am – 11:30 am
Venue: School Hall, Hampden Public School, Hampden Road, Lakemba
Contact: Romana on 0412 270 811



MUM 2 MUM *Volunteers*

Volunteers needed to help other Mums practice English

Can you speak fluent English?
Would you like to help other
Mums learn and practice
speaking English?

Then why not come and
volunteer your time at one of
four groups operating across
Canterbury Bankstown.

It will require a commitment
of one morning or afternoon
per week for 2.5 hours for 10
weeks during 4th Term 2019.

You will be guided by the
English teacher to assist
women practice their English
conversation in small groups.
Volunteers with preschool
aged children welcome.

For more information about
volunteering at a Mum 2
Mum group please contact:

Kate Maclean at Canterbury
City Community Centre
on 9750 9344 or email
capacitybuilding@4cs.org.au



Canterbury City
Community Centre
Community Building Community



INFORMATION FOR SENIORS *Planning Ahead*

We all make plans. Plans for our retirement; plans for holidays; even planning our gardens or for home improvements. It is also a good thing to make plans ahead so that we might receive the care and support we need in later life.

There are a number of ways that we can plan for the future – to have decisions made for us, if we are unable to do so ourselves, that reflect our wishes.

Preparing a Will

A Will is a legal document that sets out who you want to receive your assets when you die. By making a Will you help to ensure your assets will be distributed according to your wishes. Even if you do not have much to leave it is still recommended that you leave a Will.

If you already have a Will it will need to be updated if your circumstances change. For example:

- If grandchildren or great grandchildren are born into the family
- If you divorce or separate
- If you sell your house / buy a house
- If a beneficiary or executor of the Will has died

You will need to name an Executor of your Will. An Executor carries out the wishes of the person when they have died. They manage the estate within the terms of the Will, carry out

the administrative tasks and protect the assets of the estate.

Being an Executor can be a demanding role and should be fulfilled by someone you can trust. You might consider a solicitor, an accountant or NSW Trustee and Guardian as Executor if you do not want to burden family or friends at a time of grief.

Making a Power of Attorney

This is a legal document appointing a person or trustee organisation to manage your legal and financial affairs while you are alive. It is beneficial to have a Power of Attorney (known as your attorney) if you become unwell and are no longer able to manage your financial affairs. It does not mean that you will lose control over your financial affairs. It simply gives your attorney formal authority according to your instructions. Your Power of Attorney can be cancelled (revoked) at any time providing you have the mental capacity to do so.

Enduring Power of Attorney (as opposed to ordinary Power of Attorney) continues to be in effect after you lose capacity so you should consider this in case of future incapacity as you age.

Appointing an Enduring Guardian

An Enduring Guardian can make health and lifestyle decisions for you if you lose the capacity to do

so at some time in the future. It is important to have both an Enduring Guardian and an Enduring Power of Attorney.

Your attorney cannot make decisions about where you should live, what treatment you should have or what services you should receive. Your Enduring Guardian can make these decisions. The appointment of your Enduring Guardian takes effect only if you lose the capacity to make your own health and lifestyle decisions.

An Enduring Guardian can make decisions about:

- Accommodation
- Health care
- Medical/Dental consent
- Services

When deciding who to appoint as your Enduring Guardian you should consider who would best understand your values and wishes, and who would have the skills to make good decisions for you.

Advance Care Directive

None of us know what might happen in the future or can predict what might happen with our health. By making such plans we can be sure that family and friends know our wishes when it comes to healthcare and medical treatment.

This is called making an Advance Care Directive and will be vital if you are seriously ill or injured and unable to make decisions. An Advance Care

Directive can only be made by you as an adult with decision making capacity. If it is valid it must be followed. Health professionals and family members have no authority to override a valid Advance Care Directive.

When planning to make an Advance Care Directive you need to think about your values, beliefs and wishes in relation to the type of health care you would like to have if you cannot make your own decisions. You may want to talk with your family, friends and health professionals while you are making these decisions.

Some of the issues you might like to consider could include:

- Thinking about what kind of care you would like to receive or refuse
- Whether you would prefer to be cared for at home if possible or would prefer to be in a residential care facility
- Where you would like to be cared for if you were dying
- Who you would like to make healthcare decisions for you if you can no longer do so. This may be your Enduring Guardian or a family member or friend. This is your Person Responsible.

It is a good idea to keep your Advance Care Directive in a place that is easy for you or someone else to find. You can also keep a card in your wallet that lets people know that you have an Advance Care Directive.

You should also keep a copy with your Person Responsible.

You will need professional help to get started on your planning ahead documents.

Please contact:

- NSW Trustee and Guardian 1300 364 103 or tag.nsw.gov.au
- The Law Society of New South Wales to find a solicitor (02) 9926 0300 (Sydney) or 1800 422 713 (outside Sydney)
- Your GP can help you with your Advance Care Directive, especially if they know you well and you feel comfortable with them.

For further information about planning ahead documents visit: planningaheadtools.com.au

YOUR HOSPITAL BAG

No-one wants to think about being suddenly rushed to hospital, but it could happen to anyone at any time.

Hopefully it will never be needed – but if it is, having a pre-packed Hospital Bag ready to go with you could save worries for yourself and your loved ones later on.

Even if you are not at home when you have to go into hospital, being able to direct a family member or friend to collect your bag – rather than a collection of items – is easy and efficient.

So what to put into your bag? Here are a few essentials ...

- Night dress or pyjamas – whatever you think is more comfortable to wear in bed.
- A dressing gown, cardigan or bed jacket to put over your shoulders when you are sitting up or need to move around.
- Slippers
- Wash kit, including soap, wash cloth, toothbrush and toothpaste, hairbrush, comb and shaving kit.
- Reading material if required
- Some money is always useful as sometimes you may need to pay for television in hospital or any items from the trolley.
- A list of family and friends contact numbers is both useful for yourself and hospital staff if needed.
- A full list of current medications and doses.
- A copy of your ID or Drivers Licence

Of course you will want to have your mobile phone and original Drivers Licence or ID, but you will probably have those with you.

There also may be some other small personal items you might want to include that would be important to you while you are away from home.

Remember to let your family and friends know where you keep your Hospital Bag so that they may grab it for you if necessary.

Having a Hospital Bag at the ready may just make any unscheduled hospital visit a bit easier and a bit more comfortable for you.



How can we help?

At Canterbury City Community Centre we are committed to helping you live independently in your own home for as long as you are able. We do this through providing entry level services under the Commonwealth Home Support Program (including Garden Care and Social Inclusion and Wellness Services) and providing support for people with more complex needs through the Home Care Packages Program.

How do I access Services?

To access any Canterbury City Community Centre Aged Care Service you will need to be referred to us by My Aged Care. My Aged Care can be contacted on 1800 200 422. There is also a website for further information www.myagedcare.gov.au.

BRINGING UP GREAT KIDS

Free 6 week program for parents



This 6 week program highlights the importance of parent's relationship with their children for their child's healthy brain and emotional development.

The program also reflects upon the 'messages from the past' and how we were parented as a child and how this may affect our current parenting. Other topics covered are; communication within families, self-care for parents and teaching children self-care, looking at how we cope with stress and how we can have fun as a family and pass these messages on to our children.

When:

Every Wednesday for 6 weeks
Commencing 23 October 2019
9:30 am to 12:00 pm

Where:

The Cottage
28 Croydon Street
Lakemba NSW 2195

Facilitators: Kathleen Gleeson, Child and Family Development Worker - Canterbury Earwood Caring Association Limited and Kim Dunlop, Clinical Nurse Educator - Croydon Child and Family Health Nursing

Free onsite childminding: You must book a place before the course commences.

This program is run in partnership with Canterbury Earwood Caring Association and Child and Family Health Nursing.



Health
Sydney
Local Health District

For information and bookings call Romana on 0412 270 811

