

# 4CS NEWS



Canterbury City  
Community Centre

Community Building Community

Canterbury City Community Centre Newsletter | April 2018 | Volume 17 | Issue 2 | [4cs.org.au](http://4cs.org.au)



Canterbury Bankstown Council

INTERNATIONAL WOMEN'S DAY AWARDS

Full story pg.2



Specsavers

Specsavers  
Roselands  
Pg 4



Out & About  
with Lakemba  
Ladies Lounge  
Pg 18



International  
Women's Day  
Awards  
Pg 2



## WORD FROM THE CEO



A significant three months at the 4cs with one long standing Program winding up, another with an uncertain future, funding cutbacks to another but still lots of new activities happening and the Organisation continuing to grow and meet the challenges.

### Canterbury Mens Shed farewells the 4cs

The 4cs established the Canterbury Mens Shed in 2007 when it commenced operations one day a week in the wood work room at Canterbury Boys High School. In 2010 the Shed moved to Council owned facilities at 109 Clissold Parade Campsie and had operated from there three days a week and been used by other Projects on another two days per week, until late last year.

Recently Members of the Canterbury Mens Shed have decided to become an independent Incorporated Association. Most Men's Sheds operate this way and we fully support their decision to become independent. It has been a tough couple of years for the Centre supporting the Shed without any funding so hopefully the change in auspice will also see a change in financial support.

The first few months of the year have been a transition phase, winding up the 4cs involvement in the Canterbury Men's Shed and the

new group getting on their feet and establishing as the Canterbury District Men's Shed Inc. During this time we installed a New Dust Extractor, tagged all the machines, and repaired the bandsaw ready to hand over all the tools and equipment for the new group to continue using as a Mens Shed from 1st March.

We have many fond memories of the Canterbury Mens Shed over the years it has been running as an activity of the 4cs ... in particular all the wonderful people who have been involved in getting it established and keeping it going as a welcoming and supportive environment for men within the community.

Canterbury City Community Centre has no official relationship with the new Canterbury District Mens Shed Inc, however we wish them and their members all the best in their future endeavours.

### Canterbury Bike Shed

The future of the Canterbury Bike Shed is uncertain as the Volunteer Mechanics continue to consider their options – as the 4cs no longer manages the Mens Shed space we can no longer offer ongoing support in that location. Discussions are continuing and we will support the Bike Shed members in whatever they decide. The Bike Shed mechanics have played a valuable role since 2011 in reducing the amount of

second hand bikes going to land fill and repairing them for the use of local residents. Most recently they have been repairing bicycles for sale at incredibly low prices at the Lakemba Markets ... much to the joy of local families and the Mechanics! It has been a pleasure to know the members of the Canterbury Bike Shed over the years and we hope they may be able to continue in some format moving forward.

### Harmony Day Markets and Movies in the Park

Thanks to a small grant from the NSW Government we were able to host an evening Market and Movie night on 17th March for Harmony Day. A large group of locals came together to enjoy a screening of the Disney movie Moana with everyone enjoying a picnic on the grass and some yummy market food. This was our first night market, and our first movie screening, and we hope to be able to offer it again.

The Lakemba Community Markets will be celebrating their third Birthday in April and there are lots of new activities planned for our fourth year.

### Lakemba Ladies Lounge Out and About

The Lakemba Ladies Lounge has been continuing to enjoy getting out and about with excursions held to Carss Park for a Picnic and Barbecue and also to Ten Pin Bowling. The Lakemba Ladies Lounge provides

an important social inclusion activity for local women, especially for those who are newly arrived in the area and may not have friends and family close by. The Excursions have been made possible through a small grant from Canterbury Bankstown Council and aim to open up a range of other possibilities outside the local area that women and their families can enjoy.

## Canterbury Bankstown Council International Women's Day Awards

We were thrilled to see 4cs Team member Romana Waseem recognised as a finalist and receive a Certificate of Achievement at the Canterbury Bankstown Council International Women's Day Awards on March 8th 2018. Romana has worked tirelessly for local women in our community and has played a pivotal role in the success of the Lakemba Ladies Lounge, the Lakemba Community Markets, our English classes and Mum2Mum Playgroup as well as supporting women attending various adult education courses. Thank you to Canterbury Bankstown Council for recognising the achievements of local women at the Awards. Congratulations to the Winner and all finalists and a very big Thank you and Congratulations to Romana!



## Listening@Lakemba Final Report Released

The final Listening@Lakemba Report is now available on our website. The Report summarises the results of the surveys conducted late last year with over 370 Lakemba householders ... as

well as the input from the Community Forum held in October 2017. A partnership between the 4cs, WESTIR and Bankstown College of TAFE the Report highlights what the locals like about Lakemba ... Cultural Diversity, the community, the shops, facilities and services, and transport.

It also highlights what people don't like ... parking, rubbish, cleanliness and traffic. There were a number of Organisations involved in the Survey and the report will become part of the ongoing conversation in community and service development, planning and advocacy. If you would like more information about the Report contact Kate at the 4cs on 9750 9344 or [capacitybuilding@4cs.org.au](mailto:capacitybuilding@4cs.org.au)

## Clean Up Australia Day

The enthusiastic environment@lakemba group were at it again ... cleaning up the streets around Lakemba Station for Clean Up Australia Day on 4th March. Rubbish and Cleanliness came up again as issues of concern at the 2017 Listening@Lakemba consultations and it's great to see this group attracting new members and keeping active to keep Lakemba beautiful. Thanks everyone!

## STARS Funding Changes

One of the significant challenges that we face as an Organisation has been the shift in Government Policy and funding direction in recent years. The transition of the former Home and Community Care Program to become the Commonwealth Home Support Program, and the loss of NSW Disability Service funding component within that, will impact our STARS Program with a 32% loss of funding from July 1st 2018.

STARS has been an important 4cs activity since 2001, providing sector support through learning and development activities, and support in Volunteer Recruitment, for local Organisations in the Inner West and Canterbury Bankstown Council areas. The STARS staff have accumulated a knowledge and understanding of not only volunteering and the training needs of local Volunteers and workers, but also a deep appreciation for our community and the strategies that work to support local Organisations. At this stage it is looking like the Commonwealth will not pick up the loss of State

funding and we have some difficult decisions ahead.

## Thank You

To finish on a positive note, it's important to acknowledge that Organisations like ours rely on the support from many quarters to remain active and engaged in our community.

In this edition of the Newsletter we are pleased to acknowledge the ongoing support from Specsavers Roselands who have been quietly supporting our work since 2013 through the Specsavers Community Program. More details are in the Newsletter but a huge thank you to owners Ann and Pacome for their interest and support. We really appreciate it.

A large number of Programs and activities at the 4cs are offered in partnership with other Organisations. In this way we are able to extend the range of support, counselling, adult education and groups we are able to offer. In Term I this year we have had partnerships with Macquarie Community College and Sydney Community College which has resulted in three partially accredited courses being offered in Child Care, Community Services and Job Seeker Skill Up.

Next month we celebrate National Volunteer Week where we acknowledge and treat the 4cs Volunteers for their ongoing support of the Centre, its programs and our clients and community. We are incredibly fortunate to have a large and dedicated, skilled and enthusiastic, volunteer team who make such a difference in the lives of people in our community. Keep reading for details of National Volunteer Week activities that have been planned for May 21 - 28 2018 so you can save the date.

## Stay in Touch

Don't forget to like us on facebook or subscribe to this newsletter to stay in touch. Sometimes events and activities are organised at short notice and facebook is our quick means of communication.

We also manage a couple of email communication lists so talk to Jacinta at Customer Service (9750 9344 or [customerservice@4cs.org.au](mailto:customerservice@4cs.org.au)) if you would like to receive the Lakemba Activities or STARS MailChimp emails.





## Specsavers Roselands

The Specsavers Roselands store has supported the Canterbury City Community Centre since 2013, as part of an initiative called the Specsavers Community Program.

As part of the program, a portion of every pair of glasses sold is donated to the Centre and national charity partner The Fred Hollows Foundation. To date, the Roselands store has donated **\$4094** to the Canterbury City Community Centre.

Centre CEO Liz Messih recently visited the Roselands store to say thank you with a gift of our beautiful 'I Love Lakemba Mugs'.

The donation from Specsavers Roselands supports different community projects at the Centre each year which may need the extra funding.

In 2017/18 the Specsavers donation has been allocated to supporting the work of our volunteers ... over 140 locals who work with us to deliver services.

The 4cs has used the funds to purchase tools, reimburse volunteers for out of pocket expenses and also to celebrate and recognise Volunteer Achievements.

Thank you **Specsavers Roselands** and Business Owners **Ann Faragalla** and **Pacome Bautier**. We really appreciate the support!



## Free English Classes for Women

The 4cs has two English classes for Women starting in Term 2 – 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  
2 May 2018  
12:30 pm to 2:30 pm

### Intermediate to Advanced

Enrolment Session Tuesday  
8 May 2018  
12:30 pm to 2:30 pm

To find out more call  
9750 9344/[4cs.org.au](http://4cs.org.au)





## 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.

New nurse Lisa Panton said "I look forward to working with the women of Lakemba to improve their health and well-being. A lot of people in the area have come from overseas and countries that don't have access to screening services, so they only see a doctor when they are actually sick, not for preventative health checks. This service does not intend to compete with GP's but to work alongside them and complement the services they provide."

For more information about Leichhardt Women's Community Health Centre visit their website [www.lwchc.org.au](http://www.lwchc.org.au) or call **9560 3011**. The service is free and confidential. Appointments can be made for the Lakemba Women's Health Clinic by phoning the 4cs on **9750 9344**.

## Metro Assist Family Counselling

### NEW Outreach Family Support Worker with Metro Assist

Working in partnership with Metro Assist we are very pleased to welcome Moncia Andersson, a family caseworker to provide outreach from our Centre at Railway Pde, Lakemba on a fortnightly basis.

Monica can work with families with children 0 – 18 years old to;

- Provide general information and advice
- Refer families to specialist child and family services such as Housing, health, court support, disability and employment.
- Connect families to playgroups or other parent support groups
- Support children make the transition to pre-school and kindergarden
- Help families complete relevant forms, ie Centrelink and Housing
- Visit families in their home to provide support.
- Provide tips on parenting and programs such as Tuning into Kids and understanding your teenager.

To make a confidential appointment to see Monica, please call the Centre on 9750 9344.

## Financial Counselling Services

### Need assistance to improve your financial situation?

Neena our Financial Counsellor can suggest ways to improve your financial situation, negotiate repayment arrangements with creditors and assist with rental concerns. Find out if you are eligible for government assistance and other services such as emergency relief and No Interest Loan Scheme.

It's free and confidential.

Canterbury City Community Centre ,  
130 Railway Parade,  
Lakemba 2195

To find out more call  
**9750 9344/4cs.org.au**



Canterbury City  
Community Centre  
Community Building Community





This year marks the 60th anniversary of the NSW Seniors Festival. It is the largest festival for seniors in the southern hemisphere, reaching up to 500,000 seniors each year.

The festival celebrates the role seniors play and the contributions they make to the community. Each year during NSW Seniors Festival, government, community and commercial organisations hold hundreds of events across the state, encompassing art, sport, music, entertainment, technology, recreation, health, good nutrition and much more!

Canterbury City Community Centre is organising a number of Festival events this year.

## TIPS & TRICKS FOR SHOPPING AND COOKING FOR ONE

**Wednesday 4th April 2018 from 10:45 am**

Cooking for one presents its challenges and while it may be tempting to live on beans on toast or frozen meals, this is not necessarily the healthiest option! Come along to this session to get some ideas for how you can still eat a balanced and nutritious diet while cooking for yourself. A light lunch will be provided.

Canterbury City Community Centre, 130 Railway Pde, Lakemba.

## PLANNING YOUR GARDEN FOR YOUR RETIREMENT

**Tuesday 10th April 2018 9.00 am to 12.00 pm**

Learn about low maintenance gardening techniques including mulching, plant selection, weed identification, garden design and using the right tool for the job. Ideas and tips for making your garden safe and enjoyable. Discussions on biodiversity, native vs exotic plants, garden bed edging, lawns and lots more. Enjoy a fun hands on activity at the end of the presentation. This activity is free with light refreshments provided.

The Cottage, 28 Croydon St, Lakemba.

## MUSIC AT THE CENTRE

**Thursday 12th April 2018 10.30 am to 1.30 pm**

Come along for a morning of song and music, as well as the opportunity to socialise in a relaxed setting. A fee of \$4 will be charged on the day and a light lunch will be provided.

Canterbury City Community Centre, 130 Railway Pde, Lakemba.

## BOOKINGS ESSENTIAL

For further information or to make a booking call 9750 9344 or email [customerservice@4cs.org.au](mailto:customerservice@4cs.org.au).



# LAKEMBA COMMUNITY GARDEN



## COMMUNITY GARDEN VISITS ACROSS CANTERBURY BANKSTOWN

It is always important and exciting to see what other community gardens are doing in our area to share ideas and solutions, so it was an absolute pleasure to visit Riverwood Community Garden as part of an ongoing Gardener Swap organised by Chester Hill Neighbourhood Centre.

Sundari, Pakinee and I had a lovely time being shown around the gardens by the people working in them. We talked about the challenges for places like ours, and are looking forward to collaborating a lot more in the future.

## NEXT UP

Next up in the tour will be our very own garden in Jubilee Reserve, Lakemba on Tuesday the 3rd of April, 10:30 – 12:30 pm. "If you are curious about our garden, this will be a perfect time to come down and say hello!"

Following this it's off to Chester Hill Neighbourhood Centre Community Garden to explore their garden and enjoy a delicious morning tea on the 1st May 2018, 10:30 am – 12:30 pm.

Free bus shuttle available, will pick up and return you to Lakemba Community Garden. Please book in with Milo or at the Centre on 9750 9344

## COMPOSTING WORKSHOP

Want to find out all about composting, then come to this hands on practical workshop to find out what you need to get started and how to create healthy compost for your garden.

**Date and Time:** Saturday 5th May 11 am – 12:30 pm and again at 1 pm – 3:30 pm

**Venue:** Lakemba Community Garden

Presented by Canterbury Bankstown City Council

It's free and light refreshments are provided.

To make a booking call 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 April 8:30 to 10:30 am

5th May 8:30 to 10:30 am

2nd June 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 Milo is available every second Thursday to assist in the Community Garden.

Contact Milo on 9750 9344 or [gc7@4cs.org.au](mailto:gc7@4cs.org.au)





## SOCIAL INCLUSION & WELLNESS



### BLOKES DAY OUT

The Blokes Day Out is held on the 3rd Wednesday of every month and is an opportunity for men over 65 to get together and enjoy each other's company.

This is what the men have been up to for the last couple of months.

#### THE SYDNEY BUS MUSEUM Wednesday, 21 January 2018.

What a great day of fun and adventure at the Sydney Bus Museum. The museum is an amazing experience as we returned to be amongst the actual working

buses that we once travelled on in our childhood and younger years. A real pleasure with a nostalgic step back into our own memories and history.

The museum is located at the Leichhardt Bus Depot and tells the story of the history of bus transportation. It has Australia's largest collection of historic buses, bus memorabilia and information.

Our Blokes group was escorted on a well organised and entertaining guided tour. We were then allowed to wander freely within the museum to observe, touch and climb into buses, and exhibits that most interested us. Some great photo opportunities.

After the museum tour we were treated to an excellent ride on a vintage double decker bus. We travelled through Leichhardt, up Victoria road, over the Gladesville Bridge and stopped briefly at Huntley Point, before returning to the bus depot.

We then enjoyed a lovely lunch at the Wests Ashfield - The Garden restaurant.

A fantastic day out and highly recommended.

#### CARSS COTTAGE MUSEUM Wednesday, 21 February 2018

Our Blokes Day Out group went to the Carss Cottage Museum. As we arrived we were greeted by two museum volunteers. We were then entertained with stories and a history of the Carss Cottage. After the talk we wandered through the museum and witnessed their unique collection.

The Carss Cottage is a sandstone cottage built in 1865 for William Carss and his family. It is the oldest building still standing in the Kogarah area. The Kogarah Historical Society runs the Museum concentrating on local history.

Unfortunately, the weather did not permit us to wander through the historical grounds and cemetery section. Something we can try on a future visit.

Afterwards our group travelled over the bridge to the Crest Hotel at Sylvania for an excellent and generous lunch. Perfect for hungry blokes!

If you, or someone you know, would enjoy coming along to the Blokes Day Out, please call the Centre on 9750 9344 for more information.





## 4CS AND THE CONSERVATORIUM OF MUSIC

The Canterbury City Community Centre has partnered with the Sydney Conservatorium of Music to bring live music performances to our seniors' social groups, and other programs.

This is a great opportunity for both our clients and the students. The students get valuable performance practice and our clients get the benefits of hearing some beautiful live music performed by accomplished classically trained musicians.

The benefits of listening to music are well documented, and studies on music and its effect on older people have demonstrated remarkable psychological benefits, such as: a happier outlook on life; bettered social interaction; increased positive emotions; increased communication in dementia and Alzheimer's patients; increased relaxation; increased self-esteem, and reduced tension and anxiety.

In fact music also promotes positive overall health including better night's sleep, increased cognitive abilities and improved recovery time. So even more reasons for introducing music into our Social Inclusion activities!

So far, we have had Maria performing a range of tunes including *Some Enchanted Evening* (from *South Pacific*) and *As Time Goes By* on piano, and Caitlin on the

oboe performing classical pieces for our social groups. We have also had a number of expressions of interest from other current and alumni students of the Conservatorium including vocalists and musicians playing a range of instruments.

The musical performances have been well received by staff, volunteers and clients and all have enjoyed sharing morning tea and lunch with the performers.

The Conservatorium of Music also hold lunch time concerts every Wednesday and Thursday during Semester in their concert hall. These concerts go for 45 minutes, for the cost of a gold coin donation.

As part of Seniors Festival this year, the Social Inclusion and Wellness Program will be inviting local over 65s to a special social gathering that will include a program of musical entertainment. If you would like to be part of this or for more information please call Alison on 9750 9344.

[WOULD YOU LIKE TO JOIN A SOCIAL GROUP \(or know someone who does?\)](#)

Are you 65 or over and wanting to meet new people, get out and about more and enjoy life?

Then the 4cs Friendship Group could be just what you are looking for.

The Group meets at Canterbury City Community Centre each Thursday for a morning of conversation, activities and food.

Once a month the group heads off to explore places of interest and enjoy lunch out. We have visited Woronora and lunched at the Boat Shed café, as well as the Camelia Gardens to enjoy the spectacular floral displays.

Why sit at home every day when there are people to meet and places to go!! We have available places in the Thursday Friendship Group and would love to hear from you.

Please call Alison or Gillian on 9750 9344 or My Aged Care on 1800 200 422 and ask to be referred to Canterbury City Community Centre's Social Groups.



## Monday Shoppers

Due to popular demand, this February we are launching our Monday Shopper Trips.

This is for clients over 65 who would like to do some light shopping. This is not meant to be for people doing their large weekly shop – but rather picking up a few items or to do some specialty shopping; perhaps some clothes shopping; to pay some bills at the Post Office; to buy a special gift for someone or just to have a leisurely browse of the sales!

Having a sit down and a cuppa together at one of the local cafes will also be a feature of this service – the opportunity to get to know each other and enjoy each other's company.

We will be alternating this service between Roselands Shopping Centre and Marrickville Metro. Both centres include large supermarkets, variety stores as well as an interesting range of food, clothing and other specialty shops.

We will be using our own small bus and supporting shoppers with staff and volunteers to lend a hand. If you are interested in being part of the Monday Shoppers or would like more information please call Alison on 9750 9344.





## VOLUNTEERING

**National Volunteer Week (NVW)** is an annual celebration to acknowledge the generous contribution of our nation's volunteers.

This year, Volunteering Australia is pleased to announce the new theme .... Give a little. Change a lot.

This theme acknowledges the millions of volunteers who make a significant impact in their communities and on society, by giving a little of their time.

### CELEBRATING NATIONAL VOLUNTEER WEEK

#### A Trip to the Movies

STARS have organised a trip to the movies to see the classic British Comedy FINDING YOUR FEET at the Leichhardt Palace Cinema.

If you are currently volunteering with a Community Organisation in the Inner West don't miss out. Ask your Volunteer Coordinator to book you a place soon!

### 4cs National Volunteer Week Celebration

Canterbury City Community Centre will be thanking our amazing Volunteer team with a Lunch at Rowers on the Cooks River on Wednesday 23rd May 2018 between 12.30pm and 2.30pm. Invitations to all current Volunteers will be sent by mid April ... so save the date.

#### Volunteer Information Stall

To finish off the week STARS will be holding a volunteer information stall at Bankstown TAFE in the canteen on Thursday 24 May 10.30am-2.30pm in partnership with Chester Hill Neighbourhood Centre.

#### Inner West Council Volunteer of the Year Awards

STARS will also be assisting the Inner West Council with the Amy Large Volunteer of the Year Awards. Amy was widely known for her long years of service supporting Birchgrove Public School committees, the Birchgrove Scorpions Junior Rugby League team, the Balmain Town Hall and the Back to Balmain Day Committees, as well as volunteering for the Red Cross and the Salvation Army. Nominations for these awards will be opening soon.

### VOLUNTEERING IN AUSTRALIA: Barriers, Facilitators and Impact

#### ACAP Research Project

The STARS team are delighted to be working in partnership with ACAP students to research the barriers that individuals face when attempting to volunteer in the community sector and the impact volunteer training has on individual volunteers, host organisations and clients.

Volunteers attending Volunteer Essentials and other training will be asked if they would like to participate in the research by completing a questionnaire before, directly after and 12 months post the training.

Volunteer Coordinators/Managers will also participate in a short interview led by the research students.

STARS looks forward to hearing more about the outcomes of the research over the next few months.

If you are interested in finding out more about volunteering please contact Donna, STARS Volunteer Recruitment and Training Officer on 9750 9344 or visit our website [4cs.org.au/stars-volunteer-opportunities](http://4cs.org.au/stars-volunteer-opportunities).



### STEP INTO VOLUNTEERING: OUT AND ABOUT IN THE COMMUNITY

Step into Volunteering Information Sessions are scheduled periodically to provide members of the community with information about how to become a volunteer, the recruitment process and types of volunteering opportunities available.

Recently there were 3 information sessions held at Bankstown, Ashfield and Glebe through our partnership with other Volunteer Resource Centres, Volunteer Network (Burwood) and VAST (Eastern Suburbs and City of Sydney). A Big Thank You to Anicieta and Robert (4cs volunteers) who assisted at the Bankstown Session.



# Come to the Movies with STARS



Celebrating National  
Volunteer Week 2018



## FINDING YOUR FEET



As a way of saying Thank You to local volunteers we are taking you to the movies.  
What better way to celebrate the Volunteer Week Theme... *Give a Little. Change a Lot...*  
than going to see a great British Comedy!

### When:

Monday 21 May at 9.45 am  
(it's important you arrive on time)

### Where:

The Palace Cinema  
99 Norton Street, Leichhardt

**Lucky Door Prizes! Free Connoisseur Icecream!**

**To Register:** You must be currently volunteering in the Inner West, Canterbury/Bankstown areas. Please ask your Volunteer Coordinator/Manager to register your attendance.

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

Enquires call 9750 9344 or [customerservice@4cs.org.au](mailto:customerservice@4cs.org.au)





## STARS TRAINING



### Diversity in Community Aged Care: FORUM 7 March 2018

Eighty people engaged in the full day dynamic, fast paced, FORUM where we heard from the people who could speak with authority about the Aged Care Diversity Framework as well as the barriers and resources to support increased awareness and sensitivity for LGBTI, Aboriginal & Torres Strait islander, Forgotten Australians, Former Child Migrants & Stolen Generations and Culturally and Linguistically Diverse people.

A big thank you to the organising committee (Sector Support and Development positions and projects of the Inner West Region), speakers and panel members;

- **Samantha Edmonds** Aged Care Sector Committee Diversity Sub-Group Chair & Silver Rainbow National Project Manager, National LGBTI Health Alliance:
- **Hermine Partamian** Executive Officer Health Grants & Network NSW/ACT Department of Health
- **Fiona McLean** and **Gai Marheine** Aboriginal Sector Support Development Officers
- **Julie Shelly** Stolen Generations survivor, contributor to Caring for Forgotten Australians, Former Child Migrants & Stolen Generations package and **Sally Fitzpatrick** University of Western Sydney

- **Cecilia Milani** Manager Partners in Culturally Appropriate Care NSW/ACT
- **Shane Campbell** Coordinator Home Based Care ACON

### TRAINING

April to May 2018

For more information about the sessions below, contact STARS on 9750 9344 or email [starstraining@4cs.org.au](mailto:starstraining@4cs.org.au)

- **Managing Risks for Workers** 9:30am - 4:30pm, Wednesday 4 April Croydon
- **Manual Handling** 10 am - 3 pm, Monday 9 April Campsie
- **Cultural Diversity** 10 am - 1 pm, Thursday 3 May Marrickville

- **Volunteer Coordinator's Forum** 1 - 4 pm Monday 7 May Campsie
- **NDIS at the frontline: key resources and information for workers** 10 am - 12:30 pm Monday 28 May, Croydon.

### SAVE THE DATE

The 3 R's in HR: Retention, Refuel & Reflection

**Facilitator: Carol Lewis,**

9:30 am - 1 pm

Wednesday 16 May, Ashbury.

This half day workshop has been designed to support managers and coordinators to better engage and manage staff and volunteers and avoid burnout using methods such as reflection, debriefing, reviews, mentoring and coaching.





VAST AND STARS TRAINING PRESENTS:

# THE THREE R'S IN HR

- CAROL LEWIS

## TWO DATES ONLY:

**TUESDAY 8 MAY FROM 9.30 - 1.00PM AT AUSTRALIAN UNITY, MAROUBRA**  
**BOOK ONLINE TODAY: [JNC.EVENTBRITE.COM.AU](http://JNC.EVENTBRITE.COM.AU)**

**WEDNESDAY 16 MAY FROM 9.30M-1.00PM AT ASHBURY SENIOR CITIZENS CENTRE**  
**66 PRINCESS STREET ASHBURY.**  
**REGISTRATIONS TO STARS 9750 9344 EMAIL [CUSTOMERSERVICE@4CS.ORG.AU](mailto:CUSTOMERSERVICE@4CS.ORG.AU)**

**How well are you managing your staff and supporting a culture of retention while also looking after your well-being and encouraging theirs?**

During a time of ongoing funding reforms, restructures, bench-marking and upgrades to systems and processes within organisations, your staff often feel the effects of change. For managers and coordinators there is often extra pressure to be able to deliver effectively on your role as a leader of others. This dynamic half day workshop has been designed to support you to better:

- Ensure Employee Engagement
- Manage Staff/Volunteer Turnover
- Avoid burnout
- Supervise and manage staff capitalising on other methods e.g. processes of reflection, debriefing, reviewing needs and wants, mentoring/coaching

### ABOUT THE FACILITATOR:

Carol Lewis is a senior human resources practitioner, facilitator and consultant with extensive experience across the private, public and non-for-profit sectors. Her strength lies in her solutions-oriented approach to supporting organisational development and her extensive track record of successfully assisting people, teams and organisations. Since founding The Human Equation, Carol's consulting career has been focused on identifying appropriate human resource or organisational development interventions and working with organisations to optimise their people talent. Recognised for her pragmatic hands-on approach, realistic achievable solutions, she has the ability to consistently delivery quality outcomes for her clients and educate others further.



### ABOUT THE PROFESSIONAL DEVELOPMENT SERIES

The Southern Sydney Connection partnership launched the "Professional Development Series" for managers, leaders and coordinators of Commonwealth Home Support and Disability funded service providers in 2017.

VAST: 9349 8200  
STARS: 9750 9344  
3Bridges: 1300 327 434

# Working with the Rohingya Community in Lakemba

Over the past 3 years Canterbury City Community Centre has seen an increasing number of women from Rohingya background and their families accessing our English classes, Lakemba Ladies Lounge and other programs. To better meet their needs we have worked extensively with the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) to provide more intensive individual and group support to members of this community.

Given the ongoing trauma with the current events in Myanmar and the displacement to Bangladesh of many people's immediate family members, it is important to work together with other agencies to provide counselling and other support.

From a consultation with the Rohingya community undertaken by STARTTS in December 2017, 4Cs and other local agencies including Schools as Community Centres at Lakemba Public School, Primary Health Network, Settlement Services International, Metro Assist and Life Without Barriers, are working together to respond to the issues raised by this community.

Hopefully by collaborating and pulling together our resources we will be able to respond effectively to meet the needs of this resilient but traumatised community.

## Stress Less, Stretching and Breathing Group for Rohingya Women

From the Rohingya Women's Support Group in Term 3 and Term 4 2017 the women identified they would like a gentle exercise group. With Soraya Kassim the Clinical Group Counsellor from STARTTS having recently returned from India as an accredited Yoga teacher, it was decided that a gentle yoga/stretching class would be run during first term 2018. The aim of the program was to help women deal with the stresses of their lives.

The group ran every Tuesday at the Uniting Church Hall, Lakemba from 10:00 am – 12:00 pm with an average of 8-10 women attending every week. Childcare and light refreshments were also provided.

## Families in Cultural Transition Group (FICT)

This program is a nine week series of workshops designed to help newly arrived refugees learn about Australia and settle successfully in their new country. In addition to finding out about Australian culture and systems, participants can talk about how their torture and trauma experiences may affect them and their families.

The program provides comfort and support to refugees, allowing them to discuss issues they are facing now that may be the result of past experiences in their birth country, their journey to Australia and making the transition to life in Australia.

In partnership with STARTTS we have delivered this program to a group of women from a Rohingya background at the Cottage on Wednesday mornings and have started a men's group on Wednesday evenings, from 4pm – 6pm at the Centre. STARTTS have trained local people from the community to deliver the program alongside a trained counsellor.

Local facilitators are important to the running of these groups as they have a good understanding of both the participants' culture and Australian culture.

If you would like more information about the FICT groups, please call STARTTS on 9794 1900 or Canterbury City Community Centre on 9750 9344.



## Mum2Mum

### Practice English together with other Mums

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

It's free and held during school hours commencing:

Monday  
7 May 2018  
9:30 am to 11:30 am

The Hall, Hampden  
Park Public School  
Hampden Road  
Lakemba.

To find out more call  
Romana on  
9750 9344 or go to  
[4cs.org.au](http://4cs.org.au)



Canterbury City  
Community Centre  
Community Building Community



## GARDEN CARE



### NEW EMPLOYEE PAM CAMPBELL

I worked with Garden Care as a casual for almost a year and then took on the part time position as Garden Care Support Worker in December 2017. Now I work Monday and Thursdays.

I completed a Certificate III in Conservation and Land Management in 2016 and I am currently studying a Certificate III Horticulture at Padstow TAFE. The course covers the care of exotic plants, pruning and soil management.

I enjoy making a difference and working with people. My current role enables me to garden and liaise with older residents in Canterbury and the Inner West.

Although my gardening career is relatively new, I have been maintaining the garden where I live for the last 10 years and have found some special plants from the Royal

Botanic Gardens and local native nurseries. My favourite plant is the grevillea because it flowers ten months of the year and needs little looking after once established.

I currently participate in conservation campaigns and have been a bushwalker for 30 years and undertake and lead walks with Sydney Bushwalkers. I recently went to Victoria and walked parts of the Great Ocean Walk and did day trips around Apollo Bay. My overseas walks include the Annapurna Circuit in Nepal and Nanda Devi basecamp in Northern India.

As I get older my body has given me some challenges. For example, I get a little arthritis in my hands. I have developed gardening techniques to manage this - I utilise manual handling skills and different tools to make the job easier. I also practice yoga and stretching. I look forward to sharing this knowledge with volunteers.

### IMAGINE THIS..

You have been a keen gardener all your life but now your knees don't bend as easily and your back gets sore and you just can't get to all the places you used to. You are 65 years old (maybe a lot older) and you want to keep living in your own home for as long as you can. Enter Garden Care. Our teams work very hard to transform local gardens into places our clients feel safe in and proud of. Our teams are made up of wonderful volunteers, led by a 4cs staff member (who is a trained gardener and Aged Care expert).

### FILM PROJECT

We have been working on a film to promote volunteering with Garden Care. The film is due to be released for National Volunteer Week (21- 27 May). A huge thank you to Maggie and Tahsin our Garden Care Volunteers who are also script writers extraordinaire. Thank you to everyone who has put their hand up to be a part of the filming and has engaged with interviews for the project. What a talented group!

Keep your eyes peeled for National Volunteer Week events celebrating the release of our film.

### GET IN TOUCH

All of our clients come to us through My Aged Care (MAC). If you are over 65 and are interested in receiving the service, please call MAC on 1800 200 422 and ask for a referral to Garden Care at the Canterbury City Community Centre.

Garden Care is always looking for new volunteers. All you need is a heart of gold and 3 hours once a week. We will provide the tools, the good company and the training! If you are interested in becoming a Garden Care volunteer please call the Centre on 9750 9344 and ask for Yul or Donna.



### BEFORE AND AFTER...

This Garden Care transformation happened in just one morning with four people.

It's amazing what can be done working as a team.



# HOME CARE PACKAGES



## Making a difference

Canterbury City Community Centre's Home Care Packages program has been providing services to the aged community of the Inner West local area since June 2016. Since the service began almost two years ago, our client base has grown to 28. Over half our referrals came from clients who had heard that we provided a great service and had an excellent reputation, others found our information on the My Aged Care website, read a poster or picked up a brochure.

We are really pleased to have seen a steady increase in the number of clients since the service commenced. This is a testament to the high quality services, resulting in satisfied clients. We have received really positive feedback from clients about the service, and in particular about the workers. "I don't know how I would have managed without my workers, they are wonderful" (Mrs F)

Home Care Packages are delivered on a Consumer Directed Care (CDC) basis. This gives clients a greater choice and flexibility over the care and services they receive. Clients are involved in decision

making around developing a care plan based on their individual needs. The client is respected, listened to and involved.

Our Home Care workers go through a careful selection and screening process to make sure they are experienced, qualified, have patience and the ability to relate and work with our elderly clients.

Canterbury City Community Centre run training programs through STARS to ensure that professional development is ongoing and accessible. First Aid, Manual Handling, Boundaries, Understanding Dementia, Diversity in Aged Care are a few examples and "need to know" essentials our workers are encouraged to attend.

Workers are also provided with outside training opportunities to refresh and increase their skills, including in being more respectful and inclusive to elderly clients.

An example of how we can assist and make a difference in people's lives is Respite Care. Recently we provided a client's family members with five hours daily respite care which meant that the family members were able to have a much-needed weekend away and at the same time have peace of

mind that their loved ones were being well cared for.

The client, Coordinator and the workers collaborated to design and plan outings and activities for the clients to make the time enjoyable and enriching.

During the summer holidays some of our clients were taken to such activities as having a coffee, sightseeing, going to the movies, social shopping, lunch, trips to the beach, museum and to the city. Care workers also took clients to activities in small groups, allowing them to enjoy each other's company and socialize.

One client is really enjoying her up to date brand new fridge which was able to be purchased using funds from her package, while another recently had his carpets steam cleaned and is delighted with the difference it makes.

The Home Care Packages are all about enhancing independence and quality of life for clients and working collaboratively towards positive outcomes for the clients.

For more information about our Home Care Packages please call the Coordinator, Gina Gericke on 9750 9344.



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.

## Markets 3rd Birthday

**Saturday 7th April** - Come and celebrate the Markets THIRD BIRTHDAY, with lots of special activities including; FREE jumping castle for the kids and Suara Indonesian Dance Group.

## Happy Mothers Day

**Saturday 5th May** - Celebrate with free chai and sweet for mum, plus card making activities. Join in a Free workshop and come and enjoy the stalls. Free craft activities for the kids.

## World Environment Day

**Saturday 2nd June** - Celebrate World Environment Day with a performance by the King and Queen of Green, as well as lots of extra second hand stalls, where you can come & find that recycled treasure you've been looking for.



## 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](http://www.4cs.org.au)

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

or email [markets@4cs.org.au](mailto: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







## OUT AND ABOUT

Thanks to a grant from Canterbury Bankstown Council's 2017 Community Grant's Program, participants at the Lakemba Ladies Lounge have been discovering different parts of Sydney and trying new activities.

Established in February 2012 the aim of the Lakemba Ladies Lounge was to support newly arrived migrants and refugees from overseas settle in Australia.

For many women moving to a new country and leaving family and friends behind can result in feeling very isolated.

At this friendly space women are encouraged to relax, meet other women, try an activity, as well as build their confidence and skills.

### Carss Park

In February 2018 the group went to Carss Park where they enjoyed a picnic and games by the water. For many of the women it was their first time to that park and they couldn't believe how beautiful it was.

*"It's amazing how many beautiful places there are so close to home, I'm going to bring my family back here in the future."* said Sadia Ahmad.

One of the highlights for several

of the women was trying in-door bowling for the first time. Having only seen it on TV, very few women had actually tried it. While many women were nervous at first, everyone joined in and had a great time.

The women have lots of ideas for future activities with trips to Cockatoo Island and the Georges River planned next.

If you would like more information about Lakemba Ladies Lounge, whether it's their regular activities or 'Out and About', please call Romana at Canterbury City Community Centre on 9750 9344 or visit our website [4cs.org.au](http://4cs.org.au).

## Bankstown Cinema

In December 2017 over 70 women attended the first outing to Bankstown Cinemas to see the movie Tumhari Salu, an Indian comedy-drama film starring Vidya Balan. The movie follows the story of an ambitious housewife who becomes a radio jockey for a late-night relationship advice show. With over 70 women attending the film, there was lots of laughter, joy and singing! Following the movie women enjoyed a picnic lunch in Paul Keating Park and explored the nearby shops.





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

## April

Ladoo Making (Indian  
Sweets) with Uzma

Thursday 5 April 2018

.....

Out and About

Excursion to Auburn  
Botanic Gardens

Thursday 12 April 2018

.....

Closed during  
School Holidays  
and Re-opens  
Thursday  
3 May 2018

## May

Manage your Money,  
fines and debts  
with Neena

Thursday 3 May 2018

.....

Pre Ramadan Party

Bring a plate to share

Thursday 10 May 2018

.....

Story time

Share stories about Family

Thursday 17 May 2018

.....

Story time

Share stories of Celebrations

Thursday 24 May 2018

.....

Story time

Share stories of Migration

Thursday 31 May 2018

## June

Story time

Share stories of Holidays  
and Travel

Thursday 7 June 2018

.....

Story time

Share recipes for Eid

Thursday 14 June 2018

.....

Eid Party

Dress up and bring a plate  
to share

Thursday 21 June 2018

.....

Out and About

Visit to the Movies

Thursday 28 June 2018



Canterbury City  
Community Centre  
Community Building Community

If you would like more information on the Lakemba  
Ladies Lounge please call Kate or Romana on 9750 9344.

**LAKEMBA COMMUNITY**



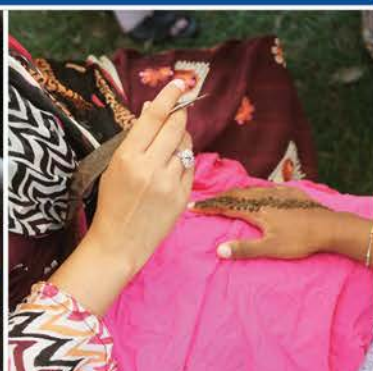
# MARKET

**Shop around the World at Lakemba**



Delicious Food,  
Clothing, Accessories,  
Second Hand Stalls &  
so much more...

Free Jumping Castle  
for the kids &  
Suara Indonesian  
Dance Workshop



**CELEBRATING THE MARKETS THIRD BIRTHDAY**  
**SATURDAY 7<sup>TH</sup> APRIL 10AM – 4PM**

**JUBILEE RESERVE LAKEMBA**  
CNR OF RAILWAY PARADE AND BELLEVUE

INFORMATION & STALL HOLDERS CALL 9750 9344 OR 0412 270 811