

4CS NEWS



MULCH FOR GARDEN CARE

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WORD FROM THE CEO



HOME *Launch at Bankstown Arts Centre*

March was a distressing time in our community following the terrorist attack in New Zealand ... the ripples of hate speech and racism were felt around the world and experienced keenly by many in our community in Lakemba. We express our condolences to the people of Christchurch and our love and sympathy to Muslim communities here and elsewhere. We were pleased to be able to work with others to offer what support and solidarity we could and are committed to continue to work against racism and toward

community cohesion. None of us can afford to be indifferent.

Mulch Update – Thank You to CB Council

We are very grateful to the Mayor and Canterbury Bankstown Council for guaranteeing a donation of mulch for use in our Garden Care service for the next twelve months. Mulch is a key ingredient in the provision of our easy care gardening service ... without it our staff and volunteers could not provide this essential service which helps over

600 elderly residents in the LGA remain living safely at home. Mayor Khal Asfour recently visited the home of GC client Anthony and learnt first hand about how the service works and the benefits to residents. Thank you Council!

High demand for classes and activities at the 4cs

February is always a busy time with new courses starting ... we are very fortunate to have a number of partnerships with adult education providers and have been able to offer accredited units in Make Up & Beauty, English for Study & Work and Introduction to Community Services ... as well as our non accredited activities including Women's Swimming Classes and English classes. Some of the classes have been over subscribed and have resulted in two classes being offered. There are additional courses starting in Term II in Retail and possibly a Computers for Beginners.

New Equipment for the Centre

We have been fortunate to receive a grant from the Office of Infrastructure and through Tony Burke MP's office to replace all the Centre tables, chairs and kitchen equipment including the fridge, dishwasher and stove. Our new tables are a hit with staff and

COTTAGE Make over

During the Christmas/New Year school holiday period our Garden Care staff co ordinated a makeover of the Cottage – it has seen a lot of wear and tear since we first refurbished it in 2010 and really needed some repairs.

Thanks to a Community Building Grant from the NSW Government and the support of Jihad Dib MP we were able to paint the Cottage, install security lighting and to replace the carpet which had started to become unsafe.

All the work was finished in time for activities to go back in late January!





NEW Equipment

volunteers as they are more light weight and easy to move around ... we were also able to find a good home for the old tables and chairs with another local group supporting an emerging community.

HOME – Launch at Bankstown Arts Centre

Last year the Centre worked in partnership with Bankstown Arts Centre and Settlement Services International (SSI) to support the Arts project – Home. The project brought together a group of women from the

Lakemba Rohingya Community who now call south west Sydney their home to work with local artists Nicole Barakat and Melissa Wheeler.

The series of works explored the cultural and personal stories from their experiences living in a new land after leaving their own home behind. The 4cs Cottage provided a lovely space for the Project to develop and the final result was a credit to all the artists involved. The Launch of Home was a fitting way to celebrate International Women's Day ... congratulations to everyone involved.

Better Bladders – Continence Foundation Workshops

The 4cs often hosts workshops or information sessions on various topics of interest or which have health benefits for the local community. In February & March we were able to offer two workshops focussing on bladder health with thanks to a small grant from the Continence Foundation and the involvement of partners Leichhardt Women's Community Health Centre and Bright Sky. Close to 70 people attended the workshops which provided essential information and resources. Thanks to the Continence Foundation for this small grant which made it possible.

Remember to stay up to date with all the happenings at the 4cs by subscribing to our Newsletter or us on [facebook](#) ... there is always a lot on offer!



NATIONAL VOLUNTEER WEEK
Making a world of difference

20-26 May 2019

Making a World of Difference

An Invitation to all 4cs Volunteers and an opportunity to say...
Thank You!

Join us for Dinner on

Wednesday 15 May 2019
6:00 pm to 8:00 pm

At Pratten Bowling Club,
42 Arthur Street
Ashfield NSW 2131

RSVP's essential to
customerservice@4cs.org.au
By 6 May 2019

Limited Transport can be provided

This restaurant is operated by Metro Assist as a social enterprise that supports people from culturally diverse backgrounds gain qualifications and experience in the hospitality industry



Canterbury City
Community Centre
Community Building Community

GARDEN CARE



GARDEN CARE *Power Tools*

Our Garden Care staff tell us that one of the most enjoyable aspects of gardening can be working with the great range of power tools and other equipment that make the job so much easier to do!

We have Whipper Snippers for cleaning up the soft weeds, a Brush Cutter for tougher jobs and a High Pressure Cleaner for pathways and patios.

Now, thanks to a grant from Inner West Council, staff have been able to extend their reach when it comes to pruning with our fantastic extendable Power Pole Hedge Trimmers. This means staff are able to reach those higher leaves and branches and do a more thorough job, while staying safely on the ground. Garden Care Support Worker Jo is shown here with our brand new Trimmer.

If you have any small pruning work that need doing this might just be the right tool for the job! Call the Garden Care team on 9750 9344.

More than just weeding...

Our Garden Care Service employs qualified horticultural staff and volunteers to help maintain gardens, making them safe as well as enjoyable to use. Probably our most well-known service is our Easy Care Garden Conversion that involves lots of weeding and mulching and the support of a team of volunteers.

But did you know that apart from providing our clients with the Easy-Care Gardening program Garden Care can also do several other yard activities to help keep your house neat and tidy, and maintain your garden. These services are provided under the Garden Support Service.

Things we can help you with are:

- Front Yard Facelift - Cleaning Paths, cobwebs, windows and a general tidy up of the front yard
- Balcony care
- Trips to the Plant Nursery to buy gardening supplies (purchased with client's money)
- Kerbside Pick Up Preparation - We can move items to the front kerb ready for Council Collection
- Fertiliser Application

- Spraying for Pests - Organic Sprays for fruit trees, and roses, homemade remedies for common garden pests
- Vegie Support
- Additional Weed Spray - on top of the annual pre-spray prior to an easy-care visit
- Planting, re-potting, dividing or re-arranging plants in the garden
- Lawn aeration or top dressing

- Pressure hosing of footpaths and driveway.

The cost of this service is \$15 per hour for one staff member for a maximum of 3 hours. All materials such as fertiliser and top dressing are additional and will need to be planned in advance in order to get the job done in a timely manner.

If you need a job done outside the above list, please contact our office on 9750 9344 to see if we can help.



BE AMBITIOUS

BE EMPLOYED IN RETAIL



**GAIN REAL-WORLD SKILLS FOR THE JOB YOU WANT
WITH STATEMENT OF ATTAINMENT INTRODUCTION TO
RETAIL**

COURSE DESCRIPTION:

Take the first step in your Retail career with the Statement of Attainment Introduction to Retail. Learn entry level skills to work in the retail industry as a Sales Assistant or in customer service.

THIS COURSE ALSO PROVIDES:

You may also gain work experience with a major retailer and job opportunities.

Learning resources will be provided. Learner Support may be available to those students who require a little more help.

FOR MORE INFORMATION

 **131 601**

 **tafensw.edu.au/sales-and-retail**

YOU'LL LEARN TO:

- provide excellent customer service
- produce merchandise displays
- work effectively in a service environment

BE INVOLVED:

Class Enrolment:

Wednesday 1 May 2019
10:00 am to 11:30 am

Classes delivered:

Every Monday Term 2 beginning
Monday 13 May to 24 June 2019
9:30 am – 2:30 pm

CONTACT:

Romana, Canterbury City
Community Centre

☎ 0412 270 811

✉ cw1@4cs.org.au

ENROL TODAY

COURSE SNAPSHOT

Location: The Cottage
28 Croydon Street
Lakemba NSW 2195

Course: 900-80162 Statement of Attainment Introduction to retail skills

Cost: This course is FREE to eligible applicants. Our fees are calculated on an individual basis. Please contact our Customer Support Service team on 131 601 to calculate your fee.

This course delivered in partnership
with Canterbury City Community Centre

SOCIAL INCLUSION & WELLNESS



Group Activities and Outings

The 4cs offers a number of group activities which provide an opportunity for residents aged 65 and over to come together with their peers, make friends, share a meal or an interest, and go on outings locally or further afield.

The *Friday Knitting Group* certainly took advantage of the summery weather recently when they headed down south to Austinmer for an outing. It was the perfect day for the beach. Everyone enjoyed the scenic drive down which was quite spectacular along the Grand Pacific Drive and across the iconic Sea Cliff Bridge.

At Austinmer it was so tempting

that some of the group had a swim in the sea pool, while others paddled and walked along the beach. Everyone enjoyed the salty fresh air. For many this was the first time they had enjoyed the beach for many years.

Afterwards everyone enjoyed lunch at the Thirroul Bowling Club. It was certainly a memorable day and the photographs speak for themselves.

In February, the Knitting Group also ventured out closer to home to take part in a creative craft workshop using materials from Reverse Garbage. Reverse Garbage is a not for profit community organisation based at the Addison Road Community Centre in Marrickville.

Their mission is to save materials from going to waste in landfill and to renew their value by making them available for reuse by families, students, artists and community groups.

Every year they accept donations from businesses and individuals of around 35,000 cubic metres of items that would otherwise go to landfill – that's around 100 football fields worth of industrial off-cuts, art and craft materials and other odds and ends!! Reverse Garbage also supports other community groups by providing workshops on the creative use of their materials.

After a picnic morning tea on the lawns at Addison Rd Community Centre and taking advantage of the pleasant weather, it was time for the workshop.

They all really enjoyed making bright and colourful hanging streamers and working together on a collaborative project. They then had the opportunity to explore the treasure trove that is Reverse Garbage and make a few interesting purchases.

Lunch was at the Petersham RSL Club and all in all the day was a lot of fun, as well as being an educational and creative experience for our group and it goes without saying that there was great conversation and lots of laughter.

The Friday Knitting Group is part of 4cs Social Inclusion and Wellness Program that brings people over 65 together to enjoy social interaction.



OUTING *Austinmer*

This includes activities, outings, guest speakers and information sessions.

If you are interested in more information on this program or any of our social groups please call Alison on 9750 9344.

Individual Social Support – Home Visiting: A Two Way St

One of the services that the 4cs provides to older clients is a Home Visiting Program – we can do this under the Commonwealth Home Support Program and also the Community Visitors Scheme (different eligibility requirements apply).

Clients are matched with a volunteer who will visit them at home for a catch up – maybe a chat and a cuppa; they might go out to see a film or have a drive; or they might go out to lunch, or a myriad of other options depending on the interests of the client.

Some of the activities our clients and volunteers have enjoyed together include visiting an Art Exhibition; going for a drive to the beach; going to an exercise class; and completing a Fan Album during the Soccer World Cup!

Our Home Visiting service is very much enjoyed by our clients, who are better connected to the community as a result, feel less socially isolated and have something to look forward to. However our volunteers report just as much enjoyment and satisfaction as our clients.

Alison Matthews, our Social Inclusion and Wellness Coordinator, caught up with client Barbara and her volunteer Bernadette recently, and asked them about their experience of the Home Visiting Service.

CLIENT *Barbara*

I became interested in the idea of Home Visiting at a time in my life when I was feeling isolated and disconnected from the outside world. Age and a decrease in mobility had led me to be spending more and more time at home and on my own. I hoped that a volunteer would help me feel more connected to people outside of my home and family.

The service has made a big difference



to me. I feel connected with the outside world again. To have someone to talk to about what is happening in the world and in our own lives, is wonderful.

During our visits we talk a lot! About anything and everything! We have a cuppa and a biscuit or a piece of cake and enjoy each other's company and conversation. I think the best thing about it is having those casual conversations and exchanging life experiences. It gives me something to look forward to in my week and I have someone in my life other than my family to chat with.

I regard social connection as the most important thing in life, second only to family. I highly recommend social home visiting to other people who find themselves at home by themselves a lot.

VOLUNTEER *Bernadette*

I was at a stage in my life when I needed to do something for others. I had time as my family had grown up and I felt I needed to connect with people outside of my family. I think I was attracted to Home Visiting in particular due to my own personal circumstances. Living alone can be extremely isolating and lonely. I was happy to visit those in similar circumstances. Time is the greatest gift of all.

Volunteering has been fabulous. What started out as a community service has become so much more. I have learnt

so much local history from Barbara and I really enjoy our conversations.

Volunteering has been more rewarding than I anticipated. I was focusing on how my volunteering would help others and I didn't realise I would get so much out of it myself. I am surprised at how many people I have met and become friendly with through my volunteering – other volunteers, and family and neighbours of the client I visit. I think volunteering is better than travelling! My world is so much broader now, from meeting people from all over the world and from all walks of life.

I would recommend volunteering to others. It has been a wonderful experience for me. I enjoy talking with people, I love listening to the history of their lives and discussing how life has changed. Also it has opened up many doors and I find myself involved in other worthwhile community projects. I highly recommend volunteering to others. You don't know the joy that can come from volunteering until you try it for yourself. Volunteering is a pleasure, it gives my life meaning. As a volunteer I am sure that I get as much as I give.

We are currently looking for new volunteers to join our Home Visiting team. If you think that you would be interested please call Alison on 9750 9344.



Step Into Volunteering

Volunteer Home Visitor Information Session

For people interested in volunteering with people in their own homes or in a residential aged care facility.

Volunteering can be so rewarding as well as a lot of fun. It's a great opportunity to expand your horizons and meet other people.

Volunteer Home Visitors visit older people who are socially isolated for conversation over a cup of tea, or local outings. You need to be friendly, positive and to enjoy a chat!

When : Monday
29 April 2019
1:00 pm to 3:00 pm

Where : Canterbury City Community Centre
130 Railway Parade
Lakemba

Cost: Free
light refreshments will be provided

To book please call Alison or Gillian on 9750 9344

LAUNCH of the Keeping Well for Seniors Exercise Program

We hope that everyone enjoyed the 2019 Seniors Festival. There was so much on locally and further afield – including the NSW Premiers Gala Concert held at the Convention Centre in Darling Harbour, and headlining Marina Prior and Casey Donovan.

The 4cs was lucky enough to secure a small Seniors Festival Grant to develop an Exercise Program that older people can practice at home. We launched this during Seniors Festival and invited participants to join us for lunch.

In partnership with Central and Eastern Sydney Primary Health Network (PHN) and with support from Campsie RSL, the 4cs provides two weekly exercise classes for people over 65. The Keeping Well for Seniors Exercise Program was developed so that participants can exercise any day of the week, and do not have to wait for their class to come round. The program, in booklet form, provides clear instructions, with photos, on how to safely and effectively exercise all the main muscles in the body, including warm ups and cool downs.

At the launch, Jacquie Sekulovski, Managing Director of Exercise Science and Physiology, talked about the importance of exercise for people over 65 and the positive effect of maintaining an active and healthy lifestyle. She demonstrated the exercises in the program

Kerrie Garrahy from Highlow Fitness spoke about the connection between a healthy body and a healthy mind.

The group enjoyed a nutritious lunch together and asked many questions of our fitness professionals. Everyone took the booklet home and this can be used for the years ahead.

Our thanks to the NSW government for their support through the Seniors Festival Funding.

If you would like a copy of the Exercise Program please call Alison or Gillian on 9750 9344.

Stay Active Stay Well Classes

Our Stay Active Stay Well Free Exercise Class for people over 65 runs every Monday at the Centre (130 Railway Parade, Lakemba) from 11:30 am to 12:30 pm. Please wear comfy clothes and footwear. Light refreshments are provided. Supported by Campsie RSL through the Club Grants Scheme.

Our Active Living Free Fitness Class is held every Wednesday at the Centre (13 Railway Parade, Lakemba) from 12:30 pm to 1:30 pm. Participants can join any time and will need to wear comfortable clothing and footwear and bring a bottle of water. Run in partnership with Central and Eastern Sydney Primary Health Network.

Please call Alison or Gillian on 9750 9344 if you are interested.



Mum 2 Mum

Practice English together with other Mums



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

When:

Mondays
6 May 2019
9:30 am to 11:30 am

Where:

The Hall, Hampden Park Public School
Hampden Rd,
Lakemba NSW 2195

Cost: Free



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





4CS VOLUNTEERS *Making a World of Difference*

At the start of this year, 4cs started a new service helping members of the community with filling out forms.

Six months in, we can see the positive impact this popular volunteer run service is having on the community and are looking to extend the service hours to meet the demand.

We would like to recognise the fantastic contribution of our two form filling volunteers *Hardip* and *Mahmunda*.

Both volunteers have become an integral part of the 4cs volunteer team and are a great example of how donating a few hours of time each week can make the world of difference in the lives of others.

Hardip was motivated to volunteer as a way of bringing fun and fulfillment back into her life after an accident two years ago which left her with a broken hip...

'After my injury, I was afraid to do a lot of the things I used to enjoy in case I fell and hurt myself again. It took some time to regain my

physical and mental health. At the end of last year, I was at a stage where I felt ready to take on more. When I saw the 4cs advertisement for volunteers on Seek Volunteers, I thought this would be a good way to get out of the house, build my confidence and use my time to help others. Since starting volunteering, I have learnt a lot and am now looking for more ways to volunteer... It's true what they say - the more you give, the happier you feel!'

Mahmunda is an active volunteer in her community, helping with 4cs Form Filling Program, as President of Wiley Park Public School P&C, an ambassador for Metro Assists breast and cervical cancer awareness program and the founder of the Wiley Park Ladies Club.

'When I first came to Australia, I knew no one and no one helped me. Volunteering was a way to build my confidence, meet new people and learn more about Australia... I now volunteer as a way

of giving back to the community. I like to spread the word that you are not alone, there is always someone to help you.'

Mahmunda's volunteer efforts and outstanding contribution to her local community were recognised last year, when she received an Award from Mark Coure MP for Community Services and was nominated for an Australia Day Community Award for Volunteering in 2019.

'Helping people out gives me happiness in my heart- happiness that cannot compare to money or awards. Volunteering and seeing the smile on other people's faces when I help them makes my heart big.'

National Volunteer Week 2019

National Volunteer Week is a chance to acknowledge and say thank you for the fantastic contribution all our volunteers make to their local community.

National Volunteer Week takes place between May 20th and 26th and this year's theme is Making a World of Difference.

STARS and Canterbury City Community Centre appreciates and celebrates volunteering in all its diversity.

To the home visitors and social group helpers, the shopping and bus assistants, the Board members, administration assistants, the English tutors, the gardeners, the mentors and many more we extend a heartfelt THANK YOU.

INTERESTED IN VOLUNTEERING?

Contact Jacinta on 9750 9344 to book into our next Step Into Volunteering Information Session.

STARS Training Workshops

April to June 2019



It has been a busy start to the year with 13 workshops and over 250 attendances at training!

OLDER PERSONS MENTAL HEALTH FIRST AID

This 2 day training is FREE for community members, volunteers and staff. Facilitated by Wesley Training & Jane Massa Sydney Local Health District.

Please register through the Eventbrite links below.

- **Marrickville - 4 and 11 April 2019**
eventbrite.com.au/e/older-person-mental-health-first-aid-marrickville-tickets-57961470318
- **Campsie - 6 and 13 May 2019**
eventbrite.com.au/e/older-person-mental-health-first-aid-campsie-tickets-57961744137
- **Balmain - 6 and 13 June 2019**
eventbrite.com.au/e/older-person-mental-health-first-aid-balmain-tickets-57961612744

SAFER HOME VISITING

Training to help workers to be more safety conscious

Thursday 11 April 2019

10:00 am to 1:00 pm Marrickville

Topics include:

- assessment of risk situations
- safety behaviours for home visits
- Work, Health & Safety responsibilities
- risk identification, assessment, control, monitor and review practices.

Free for CHSP volunteers, \$ 20.00 other volunteers, \$ 50.00 for staff.

STEP INTO VOLUNTEERING

Free Volunteer Home Visitor Information Session

Monday 29 April 2019

1:00 pm to 3:00 pm Lakemba

For people interested in volunteering with people in their own homes or in a residential aged care facility.

HOARDING & SQUALOR

Training in Effective Service Responses

Wednesday 1 May 2019

9:30 am to 4:30 pm, Belmore

This workshop explores the nature of hoarding and squalor. It outlines case management (engagement) strategies to effectively support people to address issues associated with hoarding and/or squalor. This will include group activities and discussions.

DEMENTIA ESSENTIALS

(CHCAGE005) Provide support to people living with dementia

3 Day Program Thursdays

30 May, 6 and 13 June 2019

9:00 am to 3:30 pm Marrickville.

This accredited training is free and suitable for all staff working or caring with someone with dementia. FREE and facilitated by Dementia Australia.

Registrations to : nsw.education@dementia.org.au or call 8875 4651

ONSITE TRAINING

STARS have accredited trainers that can facilitate onsite training for your team. Or if a consultant is needed STARS can assist with the cost of onsite training. Please email starstraining@4cs.org.au if you are interested in training contextualized to meet your teams needs.

2019 SERVICE PROVIDERS BEST PRACTICE FORUM: *Implementing Independence, Wellness & Reablement Models in CHSP and HCP*

Don't miss out on hearing from a range of service providers showcasing examples of wellness and reablement programs in the home care sector.

The sessions will provide opportunities for service providers to:

- Learn about innovative approaches to wellness and reablement
- Explore different models and strategies to increase the wellbeing, independence, social connection and functional ability of older people
- Identify strategies to measure the impact of programs and strategies
- Develop collaborative approaches to wellness & reablement
- Link to networks of wellness and reablement providers

9:30 am to 3:30 pm, **Thursday 2 May 2019** at Bankstown Library and Knowledge Centre

Free – RSVP by 18 April 2019. Book in now so you don't miss out!

RSVP to either Beatriz Cardona SWS SSDO swshaccdo@tmn.net.au or Marina Antonas Inner West SSDO Marina.Antonas@burwood.nsw.gov.au

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

Learn how to cook
Murthaba - *South Indian
dish with Ashma, Asmin & Jarina*

Thursday 4 April 2019

Learn the secrets of
Eye Brow Threading
- *with Uzma*

Thursday 11 April 2019

*Lakemba Ladies
Lounge is closed
due to School
Holidays and will
re-open Thursday
2 May 2019*

MAY

Pre Ramadan Party
Bring a plate to share

Thursday 2 May 2019

Come and learn some
new Snack Recipes for
Ramadan - *Lasagna Roll
with Alveena*

Thursday 9 May 2019

Come and learn some
new Snack Recipes
for Ramadan - *Variety of
Pakora with Mukta & Momana*

Thursday 16 May 2019

Come and learn some
new Snack Recipes for
Ramadan - *Chana Chaat
with Saira*

Thursday 23 May 2019

Come and learn some
new Snack Recipes
for Ramadan - *Delicious
Donuts with Uzma*

Thursday 30 May 2019

JUNE

6 June - Closed for Eid

Eid Party Dress up &
bring a plate to share

Thursday 13 June 2019

Light exercise
- *with Marina*

Thursday 20 June 2019

Light exercise
- *with Marina*

Thursday 27 June 2019

WOMEN'S HEALTH *Information Seminars*

This year in partnership with other health and community based organisations we are delivering a range of health information sessions for women from culturally and linguistically diverse backgrounds. In February in partnership with Family Planning and Refugee Health NSW we held the very successful information session for women from Rohingya background on Cervical Screening which saw 18 women attend. The majority then booked in for an individual appointment with Women's Health Nurse to complete their cervical screening test. We look forward to partnering with Refugee Health NSW to deliver more health sessions for this community later in the year.

In March we delivered the Strengthening Your Pelvic Floor workshop for women aged 25 – 45, with Leichhardt Women's Health Centre. The workshop was extremely popular with 35 women attending. Later in March we also held two diabetes education seminars in partnership with Diabetes NSW and ACT for women from an Urdu speaking background, which saw over 80 people attend, and a smaller workshop at the Cottage on the 19th March for women.



Diabetes Information Seminars for Women from Bangladesh

In partnership with Diabetes NSW and ACT we will be delivering two sessions for the Bangla speaking community to provide more information about diabetes, healthy eating and exercise.

Dates: Thursday 2nd and 9th May 2019
Time: 1:00 pm – 2:30 pm
Venue: The Cottage, 28 Croydon St Lakemba
Cost: Free. Childminding and afternoon tea provided
To Book: Call Feroza on 0451 403 428 or Romana at the Centre on 9750 9344 or 0412 270 811

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.



Free English Classes for Women

The 4cs has two English classes for women in Term 1 - at both Beginner/Intermediate (Wednesdays) and Intermediate/Advanced (Tuesdays) levels.

The classes are free and held during school hours at The Cottage, 28 Croydon St Lakemba.

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

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

Beginners to Intermediate

Enrolment Session
Wednesday
1 May 2019
12:30 pm to 2:00 pm

Intermediate to Advanced

Enrolment Session Tuesday
30 April 2019
12:30 pm to 2:00 pm

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

ENVIRONMENT @ Lakemba

A big **THANK YOU** to everyone that came along to help clean up along the Boulevard at Lakemba for Clean Up Australia Day on Saturday 2nd March 2019. There were 13 of us this year, a little bit of a smaller group than in previous years, but we still managed to collect 10 large sacks of litter.



At our last meeting in February, Brodie Smith, Canterbury Bankstown Council's Resource Recovery Project Officer shared some of the statistics on Household Dumping in Lakemba, and the great news for the group is that there has been a clear reduction in the average volume per month of items dumped.

Since 2016 it has decreased from an average 316m³ per month to 158m³ per month. This is a significant decrease and while Environment@Lakemba can't take the whole credit, the group has certainly played a part through the Cleanest St Lakemba Competition and other educational programs.

Next Enviroment@Lakemba Meeting

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 to 7:00 pm. 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.

Date: Thursday 11th April 2019

Time: 5:30 pm – 7:00 pm

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

LAKEMBA Community Garden

FREE Compost 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: Saturday 6th July 2019

Time: 11:00 am – 12:30 pm

Venue: Lakemba Community Garden

Cost: Free

To Book: Call the Centre on 9750 9344



WORKING BEES

Come along and meet other Gardeners!

Work on common areas together!

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

Come share company, ideas and seeds.

It is always a lovely morning.

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

We have a number of Saturday

Working Bees coming up:

6th April 9:00 to 11:00am

4th May 9:00 to 11:00am

1st June 9:00 to 11:00am

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

HOME CARE PACKAGES

Home Care Package Pricing Reforms – Making Your Services More Transparent

Over the last several years the Aged Care sector has been transitioning to one where clients have more choice and control over their services. To that end, it is important that organisations provide information that is transparent and easy to understand.

From July 2019 the Australian Government is introducing a new standardised home care package pricing schedule on the My Aged Care Service Finder.

The Schedule will provide information on the common services and costs under a home care package, which will enable older people to understand and compare home care pricing information and make a more informed decision about which provider is best placed to deliver their care.

Recent feedback from older people and their families indicates that there is a lack of transparency, and it is difficult making accurate comparisons between services.

Canterbury City Community Centre supports a client's right to be provided with information about services that is clear and accurate. Our Home Care Package Fee Schedule is published on the My Aged Care website.

After July 2019, the Schedule will need to include the following information:

- A single price (the most common) for each specific type of service provided
- Definitions for each type of service provided
- Any other costs charged by a Provider
- A clear definition of care or case management and what is included.

While Providers will be able to continue to include genuine administrative costs charged in the Schedule (for example the costs of preparing the monthly statement and managing package funds) they will not be able to include ordinary "business" costs (for example insurance and office rent).



All such "business" costs should be factored into the unit cost for each service so that clients can see a cost that is all-inclusive. All such costs are to be kept to a minimum.

It is envisaged that these changes will make it easier for older people to compare the prices advertised by different service providers and be sure there are no "hidden extras" that they had not taken into account.

If you are interested in finding out more about Home Care Packages please call Gina or Gillian on 9750 9344 or go to the My Aged Care website: www.myagedcare.gov.au

New Charter of Aged Care Rights

As of July 2019 the Australian government will introduce a single, strengthened Charter of Aged Care Rights for all aged care recipients. This will include clients in receipt of Commonwealth Home Support Program services and Home Care Packages, as well as those in residential care.

The new Charter covers 14 fundamental protections – from safe, quality care, to independence, information, personal privacy, fairness and choice.

All service providers will have to provide a signed copy of the Charter to all their clients and give them the opportunity to co-sign the document.

The Charter underpins the new

Aged Care Quality Standards that will also come into effect from July 2019 that requires aged services to demonstrate that their services are safe, effective and client focussed.

Some examples from the new Standards include that clients are treated with dignity and respect; that clients are partners in their assessment and the planning of their services; that clients feel that they belong and feel comfortable when receiving services; and that clients feel safe, encouraged and supported to give feedback and complaints.

Both the Standards and the Charter will further empower the new Aged Care Quality and Safety Commission, the body that works with the aged care sector to protect older people.

The Charter is both concise and easy to read and focuses on high-level consumer rights. It provides the same rights to all aged care recipients, regardless of the type of care and services they receive. It will be available in a wide variety of community languages.

The Charter was developed through broad consultation in 2018 with aged care recipients and their families and carers, as well as service providers and peak organisations.

4cs clients receiving services through the Commonwealth Home Support Program and Home Care Packages will be hearing from us soon about the roll out of the new Charter.



TUNING INTO KIDS *For Parents From Bangladesh*

In Term 4 of 2018 in partnership with Can Get Health in Canterbury we ran the parenting program called Tuning in to Kids for parents from Bangladesh.

Tuning in to Kids is an evidence based parenting program that aims to give parents helpful ways of teaching their child to understand and regulate their emotions.

The program has been particularly effective with children facing emotional and behavioural difficulties, as they learn a range of skills to improve their emotional intelligence.

These skills consist of:

- understanding one's own emotions and being able to communicate with others about how one feels
- understanding other people's emotions and being able to identify and interact with others when one or both parties are emotional
- regulating one's own emotions (including controlling, expressing and modulating emotion) in a culturally and situationally appropriate manner.

Why was the program offered in Canterbury?

Whilst parenting programs should be provided in all regions, the

Canterbury area has been identified as a high need area and is one of the most socio-economically disadvantaged regions in NSW, with the highest density of 0 to 4 year olds. It also has the highest proportion of developmentally vulnerable children and low pre-school attendance.

According to the 2016 census 41% of people in the LGA were born in countries where English was not their first language and 60% speak a language other than English at home.

With such a high proportion of families with English as a second language it has been recognized that there is a lack of appropriately trained bilingual child and family workers in Canterbury who can offer parenting programs in language.

In October 2018, the Canterbury Child and Family Interagency offered Tuning in to Kids facilitator training to bilingual child and family workers in the Canterbury area.

With the newly trained bilingual workers the Tuning in to Kids program was offered in the Bangla language at the Cottage with Feroza Yasmin.

This was the second time in 2018 that the Can Get Health in Canterbury project had offered the Tuning in to Kids parenting course in the Bangla language in Lakemba.

What did Participants Say about the Program

Sixteen women attended the course, with the average number of participants per session 11 to 16.

Women were able to bring their young children aged 0 to 5 years as childminding was provided.

Women commented they learnt the following specific skills to use with their children:

- Regular allocation of time to talk specifically with children about their emotions
- Understanding their child's emotions by acknowledging and valuing the child's emotions
- Respecting the child's decision
- Talking with the child in a physically closer way
- Limiting the amount of words used in some situations
- Giving praise to the child.

As one mother stated, *'I learnt how to cope [with] my kid's emotions without getting angry.'*

We would like to say a big Thank You to Feroza Yasmin and Can Get Health Canterbury for delivering this project with us and we look forward to delivering more parenting sessions in different languages in the future.

Come to the Movies with STARS



Celebrating National Volunteer Week 2019



This year's National Volunteers Week theme is **Making a World of Difference**. As a way of saying thank you to local volunteers and acknowledging the difference each one of you make, we are taking you to the movies to see **Top End Wedding!** This romantic comedy tells the story of successful Sydney lawyer Lauren played by Miranda Tapsell (*The Sapphires*, *Love Child*) and her fiancée Ned, played by Gwilym Less (*Bohemian Rhapsody*).

The couple have just ten days to find Lauren's mother, who has gone AWOL somewhere in the Northern Territory, and reunite her parents to pull off their dream wedding.

When:

Wednesday, 22 May 2019

10:00 am arrival (its important to arrive on time)

Where:

HOYTS Bankstown

63 The Mall, Bankstown 2200

To Register:

You must be currently volunteering in the Canterbury Bankstown areas. Please ask your Volunteer Supervisor to register your attendance.



This event is supported by Canterbury Bankstown Council ClubGRANTS Program.

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



MUM 2 MUM

3 New Groups Start

Thanks to a Fostering Integration Grant from the Australian Government, Mum 2 Mum will operate from another three venues in Canterbury Bankstown from Term 2 to Term 4 2019.

Mum 2 Mum started in April 2016 to provide a program where women with young children aged 0 – 5 years could begin to learn and practice English. With our Beginners and Intermediate Women's English classes that provide limited childcare full, we decided to look at alternative models of learning English where women could also involve their young children, as lack of free childcare was the biggest barrier to women wanting to learn English.

With this main need in mind, the main aims of the Mum 2 Mum project are to:

- Support newly arrived CALD women (refugees, asylum seekers and migrants) to improve their English speaking skills
- Increase CALD women's social networks and community connections
- Provide support and assistance to these women and their children by helping them connect to other services

- Help the settlement process by welcoming women and their children from overseas.

In collaboration with Mums 4 Refugees and our great volunteer English language teacher Sandi Joelson we started a small mum 2 mum group in the park at Jubilee Reserve, Lakemba. The group grew quickly as word caught on, however, mothers felt that the space was not the easiest to learn in while looking after little children, as they would often dash off across the park or need help on the play equipment.

In June 2016 the group received a small grant from a private foundation. This enabled the 4cs to move Mum 2 Mum to a much more suitable indoor/outdoor location, employ Sandi as a casual English teacher as well as employ a childcare worker and casual community workers from different communities, including Burma and Syria to help promote the program and engage women from a refugee background.

In addition to the funding, working in partnership with the advocacy group Mums 4 Refugees, has meant several volunteers from this group attend Mum 2 Mum each week to assist the women practice their English one to one and help new mums settle into Australia.

The group currently operates from the school hall of Hampden Public

School Lakemba every Monday from 9:30 am – 11:30 am, with mothers often continuing to meet in the small pocket park across the road, once the official group has finished.

Apart from providing a way for women with young children to learn and practice their English, the group has undertaken some excursions to the local library, Botanical Gardens, cinema and MCA Art Gallery. For several women it was their first visit to the gardens and the harbour foreshore.

Roll out of New Groups

Thanks to this new funding grant we are able to establish 3 new groups across the Canterbury Bankstown Local Government Area. Given the high need in Lakemba we are starting another group from Term 2, 2019 with Lakemba Schools as Community Centre, Alice St Wiley Park on Thursdays from 12:30 pm – 2:30 pm, with two other venues yet to be confirmed.

Currently Seeking Volunteers

If you would like to be involved with Mum 2 Mum to assist women improve their English, we are currently looking for volunteers. Training and support will be provided and women with young children themselves are welcome to volunteer.

For more information about Mum 2 Mum or volunteering on this project please call Kate at the Centre on 9750 9344.



MUM 2 MUM Expands

DEMENTIA ESSENTIALS

CHCAGE005 Provide support to people living with dementia



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

Available at various locations or at your workplace

3 DAY PROGRAM

Topics include:

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

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

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

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

VENUE: Ethnic Community Services Cooperative Building 3,
The Addison Road Community Centre,
142 Addison Rd, Marrickville

START DATE: Thursday 30 May 2019
Thursday 6 June 2019
Thursday 13 June 2019

DURATION: 9.00am – 3.30pm each day

COST: Fully funded

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

Note: Participation at all three sessions is essential

Please register your interest

To register your interest in attending this 3 day program:

Email: nsw.education@dementia.org.au

Call: 8875 4651



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



visit dementia.org.au for alternative dates and locations

Movie & Markets in the Park

Saturday 13 April 2019



ZOOTOPIA

Come and enjoy the Markets and a Family Movie these School Holidays. It will be a great evening for the whole family, with market stalls and food from around the world and a FREE outdoor screening of the movie Zootopia. (Rated PG)

When

Saturday 13 April 2019
Markets from 2:00 pm
Movie starts at 5:30 pm

Where

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

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

This project received funding from Canterbury Leagues Club under ClubGRANTS 2018.

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