



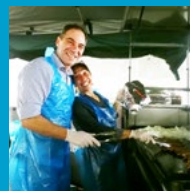
# 4CSNEWS

CANTERBURY CITY COMMUNITY CENTRE



Young Somali  
Women's Arts  
Project

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Bunnings BBQ  
Fundraiser

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January/March 2020

  @4ccccc | 4cs.org.au



Canterbury City  
Community Centre  
Community Building Community





Women, English Classes, Obtaining your Learners Permit, a Parenting program and a number of Wellness and Reablement activities for people over 65 – including Tai Chi, Yoga, Gentle exercise, Line Dancing and a choir.

## Bunnings Barbecue Fundraiser

Thank you to Greenacre Bunnings for supporting our Fund Raising Barbecue on 15th December 2019. During the day we raised an amazing \$1375.80 which will support our unfunded emergency relief program. Over the last two years we have seen the demand and cost of providing emergency food assistance double ... We rely on donations and fund raising to support this essential and very practical service.

A very big thanks to Lakemba MP Jihad Dib for his support in also organising a food drive on our behalf (and his great BBQ'ing skills on the day) and to Fettayleh Small Goods and Mouhamad Dib of Slice and Dice for their donations toward the event. And of course ...Thank You to our amazing Volunteer helpers on the day and to Greenacre Bunnings!

## Thank You Robyn

Long term Office Volunteer and Life Member Robyn O'Sullivan recently reached a milestone ... 20 years volunteering at the 4cs. Robyn retired from the paid workforce 20 years ago and chose to volunteer at the 4cs and Canterbury Hospital in her retirement. We recognised Robyn's contribution recently at the recent AGM. Thank you Robyn!

Liz Messih, CEO

## NEWS FROM THE CEO

The 2020 year has started with a heavy sense of sorrow for all those impacted by the bush fires in NSW, South Australia and Victoria and there is no doubt that the events of the last month have left our community deeply affected and anxious for the future.

Like everyone we are in awe of those on the front line in the Rural Fire Service, those caring for injured wild life, the emergency services and the ADF and thank them for their service. The contribution of the magnificent volunteers and the resilience of local communities in meeting these challenges is amazing.

In our local area a Committee has been established to co ordinate local support and we are appreciative for the leadership shown by our State MP's Jihad Dib and Sophie Cotsis and Federal MP Tony Burke. A great deal of activity has already been undertaken with Jihad and Clr Bilal El Hayek driving a van with food and donations to Cobargo last week. A website is currently being developed and further information will be circulated via our facebook page or through calling the Centre. The 4cs knitting group has already started work on a few projects!

At times like this it is also important to recognise that we can feel distressed or overwhelmed even when we are not directly impacted – the images we are seeing on the news and on social media are frightening and we are all breathing the smoke filled air.

There are excellent online resources available through [Beyond Blue](#) or the [Australian Red Cross](#) (Including resources in community languages) that it would be worth having a look at to help recognise and manage any concerns you may have with emotional well being for yourself or family members.

## 2020 Activities

There are a number of new activities starting this year with accredited training offered in Introduction to the Beauty Industry, English and Computer Skills, Community Services and Employability Skills and we thank our partners at TAFE SSWi and Sydney Community College for their ongoing support. There are also a range of non accredited activities including Swimming Classes for







## 47<sup>th</sup> AGM 2019

The 4cs held its 47th Annual General Meeting (AGM) and End of Year Celebration Dinner on the 20th November 2019. The AGM is a time when we present our Reports and celebrate the achievements of the previous year and elect the Board of Directors for the coming year. It is also an opportunity for us to thank our volunteers for their incredible contribution to the work of the 4cs!

It is an evening when we come together as the 4cs community – people who use our services, members, Board, staff, volunteers, partners and friends – share a meal and enjoy our fantastic community.

Special thanks to Aunty Ann Weldon from the Metropolitan Land Council for delivering an inspiring Welcome to Country; to Canterbury Bankstown Councillor Nadia Saleh, representing Mayor Khal Asfour, who presented certificates of appreciation to our volunteers; and to Maria Votano from Greenacre Area Community Centre for acting as Returning Officer.

We were entertained by Pam the Mam on her piano accordion and Beatriz and Michael from Salsa4Seniors who danced and had everyone participating in a seated Salsa exercise.

Our 2019/20 Board was elected and we thank Rhiannon Cook (President), Sousan Ghecham (Vice President), Jubaida Hossain (Secretary), Fady Girgis (Treasurer) and Directors Max Dixon, Aka Ranguira, Annette Bird, Rachael Gavarotto and Michael Stoddart for their commitment to serve the needs of the Organisation into the next year.

Thank you to everybody for joining us for a wonderful evening... it was a great celebration of our community and of what we can achieve together! You can read our Annual Report and Financial Reports on the 4cs website.



# Basic English & Computers

Learn how to use computers and other digital technology.

Study and practice English. Gain skills and confidence.

This short course will teach you how to use computers and other digital technologies for basic work and study tasks, while also improving your English-language skills.

The course covers units from the nationally-recognised Certificate I Access to Vocational Pathways (FSK10113) or Certificate II in Skills for Work and Vocational Pathways (FSK20113) qualification and will prepare you for further study or work.

### WHERE

**4Cs Cottage**  
28 Croydon Street  
Lakemba

### WHEN

**Mondays, 9:30am – 2:30pm**  
24 February 2020 until 29 June 2020  
14 sessions (*no classes during school holidays*)

**THIS  COURSE IS  
GOVERNMENT FUNDED AND  
ONLY FOR PEOPLE WHO:**

- receive eligible Centrelink payments or have other difficulties accessing training
- are 15 years or older and have left school
- live and work in NSW
- are an Australian or New Zealand citizen; permanent resident; humanitarian visa or bridging visa holder
- have (or are willing to get) a Unique Student Identifier



## TO APPLY PLEASE COME TO THE INFORMATION SESSION

**Monday 10 February 2020**  
**(Please be there at 10am sharp)**

**4Cs Cottage – 28 Croydon Street, Lakemba**

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

### To enrol, please bring:

- Australian passport or citizenship document or foreign passport and visa documents or travel document or Immicard
- Details about government benefits received (eg, Health Care Card, Centrelink Payment/Income Summary Statement)
- NSW Driver's License or NSW Photo ID
- USI number (Unique Student Identifier)



### FOR MORE INFORMATION PLEASE CALL...

**Tonya Cook-Pedersen** – Sydney Community College  
EMAIL [tonya.cook-pedersen@sydneycommunitycollege.edu.au](mailto:tonya.cook-pedersen@sydneycommunitycollege.edu.au)  
PHONE 0412 247 656

**Jacinta Buhck** – Canterbury City Community Centre  
EMAIL [customerservice@4cs.org.au](mailto:customerservice@4cs.org.au) PHONE 9750 9344

**Romana Waseem** – Canterbury City Community Centre  
EMAIL [cw1@4cs.org.au](mailto:cw1@4cs.org.au) PHONE 0412 270 811

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

**SYDNEY  
COMMUNITY  
COLLEGE**

Sydney Community College Ltd | RTO # 90054



THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT



## ASSISTANCE WITH FILLING OUT FORMS

2019 was a busy year for the 4cs form filling service, with the recruitment of more volunteers and the expansion of the service from a few hours each Tuesday morning to now being available 9:00 am to 2:30 pm every Tuesday!

Available by appointment only, the form filling service is often fully booked out with a waitlist - a reflection of the growing need within our community.

Between the February - December period, our friendly pool of volunteers assisted over 140 people complete 167 forms, with Centrelink and Housing applications the most common.

Other applications and forms included online passport applications, Tax File Number applications and even birth registrations!

Aside from assisting members of the community with technology, literacy and language barriers complete application forms, our volunteers have also provided information about other services such as mobile food pantries, Welfare Rights Centre, Tenants Advice & Advocacy Service and the Asylum Seekers Centre.

For many of the appointments we have needed to use the Telephone Interpreter Service which provides essential access and support for those with English as a second language ... as well as ensuring that information recorded is accurate.

Recently, the 4cs was fortunate to receive a grant from the Stronger Communities Grants Program, through the Office of Tony Burke MP, to purchase 3 new iPads.

The iPads have already made a huge difference in helping volunteers use online services and complete and submit forms in real time.

The iPads will also be used to help students of 4cs courses obtain their USI numbers when course enrolments start in January.

The form filling service will recommence on Tuesday 21<sup>st</sup> January 2020.

For more information or to make an appointment, call Jacinta on 9750 9344.



## Study for your Learner Driver Knowledge Test

### Get Your Ls

This course is the perfect opportunity to learn what you need to know so you can get your Learner Licence and be a safe driver.

On the last day of the course we will go to the Bankstown Service Centre to sit the Learner drivers exam on the computer.

Thursday  
13 February 2020  
12:30 pm to 2:30 pm

The Cottage  
28 Croydon Street  
Lakemba

Facilitator, Carol Debs  
Road Safety Officer  
Canterbury Bankstown  
Council

FREE to attend the course.  
Fee cost \$47:00 to sit  
Learners Driver  
Knowledge Test

Childminding Provided

For more information  
call the Centre on  
9750 9344 or Romana  
on 0412 270 811



Canterbury City  
Community Centre  
Community Building Community





## YOUNG SOMALIAN WOMEN'S CREATIVE ARTS PROJECT

Working together with Sincerity Alliance, Bankstown Arts Space and community artist Melissa Wheeler, a group of young women aged 8 -11 years from Somalia and North Africa have been involved in a creative arts program to explore issues of home, family and identity.

The 8 week program commenced during the October School Holidays 2019, with an introductory session at Bankstown Arts Space, followed by a weekly Thursday afternoon session at the Centre.

Melissa, a community artist with extensive experience in working with young people, and Safaa from Sincerity Alliance have been assisting the girls explore and express their feelings and thoughts on their identity using art including constructing life size figures and collages of words of many languages.

The girls have been very involved in creating and designing joint artworks, with lots of laughter and talking.

Another series of workshops for slightly older girls aged 12 to 14 years will commence in the January School Holidays and continue for 7 weeks during first Term 2020.

At the culmination of both series of workshops an exhibition of the girl's artworks will be held at Bankstown Arts Space for International Women's Day. It will highlight and acknowledge the identity and creativity of these young women. The exhibition will be open to the public with a special opening night for family, friends and members of their communities.

Exhibition dates are the March 3 – 10 April with an opening celebration on Saturday 7 March. Keep an eye on our facebook page for more details.



**TAFE<sup>NSW</sup>****COURSES**

## Employability Skills

TAFE Statement of Attainment in Education and Employment Pathways  
CSO5555-VO1

The course will provide you with employability skills, including interview techniques, creating a resume, and how to apply for employment opportunities. Students will also learn about vocational training options and pathways into further study.

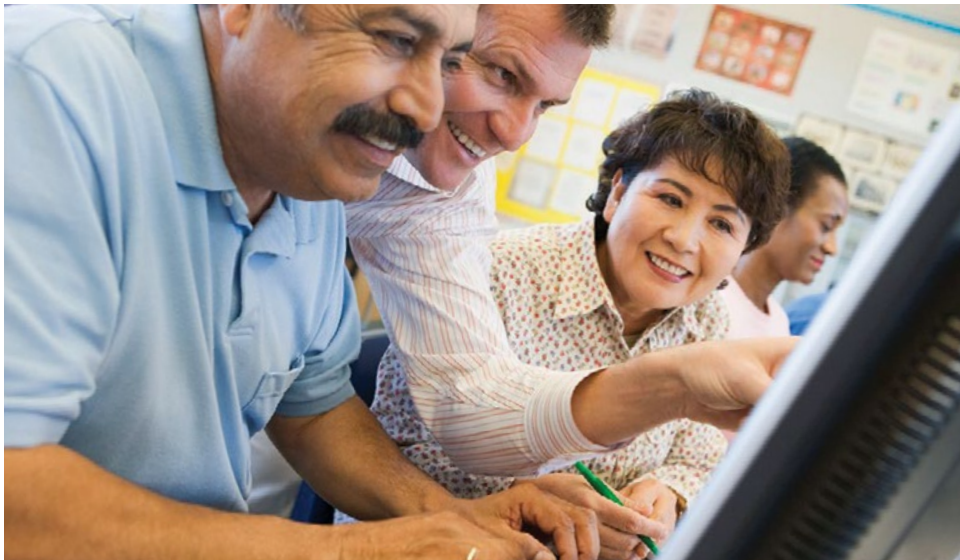
- Enrolment:** 9:30 am to 11:00 am on Monday 3 February 2020
- When:** Every Monday for 9 weeks starting on 10 February 2020 and finishing on 6 April 2020
- Time:** Classes are held between 9.30 am and 2.30 pm
- Where:** The Cottage, 28 Croydon St Lakemba
- Cost:** FREE and fully Government Subsidised Student Training Programs
- Note:** Please bring your current VISA documents (if applicable) and USI Number on the enrolment day.
- Information:** Call Romana on 0412 270 811 or [romana.waseem@4cs.org.au](mailto:romana.waseem@4cs.org.au).

## Introduction to the Beauty Industry

Presented by the TAFE NSW Bankstown Hair and Beauty Team and designed for women as a pathway into the Beauty Industry. CSO5555 -VO1

The training will provide you with an awareness of the Beauty Industry and employability skills. The opportunity to learn about make up and skin care as well as filing and application of nail polish will be included.

- Enrolment:** 9:30 am to 11:00 am on Friday 31 January 2020
- When:** Every Friday for 9 weeks starting on 7 February 2020 and finishing on 3 April 2020
- Time:** Classes are held between 9.30 am and 2.30 pm
- Where:** The Cottage, 28 Croydon St Lakemba
- Cost:** FREE and fully Government Subsidised Student Training Programs
- Note:** Please bring your current VISA documents (if applicable) and USI Number on the enrolment day.
- Information:** Call Romana on 0412 270 811 or [romana.waseem@4cs.org.au](mailto:romana.waseem@4cs.org.au)



## Free English Classes for Women

The 4cs has two English classes for women in Term 1 - at both Beginner/Intermediate and Intermediate/Advanced 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  
5 February 2020  
12:30 pm to 2:00 pm

### Intermediate to Advanced

Enrolment Session  
Wednesday  
5 February 2020  
10:00 am to 12:00 pm

For more information call the Centre on 9750 9344 or visit [www.4cs.org.au](http://www.4cs.org.au)



Canterbury City  
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Community Building Community



## STARS TRAINING AWARD 2019

Since 2014 the STARS Training Award has been presented in recognition of the person who has attended the most training sessions in the year.

Nirmala Ram Devi is the winner of the 2019 STARS Training Award. As a relatively new volunteer (20 months) at Canterbury City Community Centre Devi has embraced the learning and development opportunities available to support her in her social support group volunteer role.

Congratulations Devi!

## STARS

STARS continues to deliver high quality learning and development opportunities for local not for profit Organisations in the Canterbury Bankstown and Inner West LGA's in 2020. With a particular expertise in supporting Volunteers in local CHSP funded Organisations, STARS is working toward building the skill and capacity of Volunteers and the Organisations they work in ... resulting in better services for consumers!

### Annual Consultation

In collaboration with our sector support partners, STARS held a Learning & Development Consultation at the end of 2019 to hear directly from Managers and staff of the issues affecting them and the Learning and Development needs of their teams.

The Consultation was very well attended with representatives from 18 different organisations participating in facilitated table discussions around topics such as: mental health, volunteers, inclusion, wellness and reablement, thinking outside the box, safety and standards, governance and soft skills and dementia.

Results from the Consultation will inform STARS Training in 2020. Thank you everyone for your contribution!

### Capacity Building

STARS training materials can be contextualized to meet the needs of volunteers in individual CHSP services. If you are a Volunteer Co ordinator and would like to ensure training materials suit the roles and needs of your volunteers then STARS is happy to work with you to customize our

existing training materials. We will do this by meeting with you to identify specific requirements and these will be contextualized for your Organisation in the Power Point, training clips used, lesson plan and handouts. The Training can be co-delivered on site and all training materials can be kept by you to use with other volunteers who join your service at a later date.

Training topics from 2019 include Wellness and Reablement for Social Support Volunteers, New Aged Care Quality Standards for CHSP Volunteers and Safer Home Visiting. Please call Deb on 9750 9344 to discuss further.

### What's Coming up

In 2020 as a result of requests from CHSP services our comprehensive Volunteer Essentials training package is being translated into Vietnamese to assist understanding of the material for Vietnamese speaking volunteers. This package will be checked by CCI, Riverwood CC and ANHF for cultural meanings and understanding and be translated by March 2020.

Call STARS on 9750 9344 if you are a CHSP service with Vietnamese speaking volunteers interested to attend.

### Engaging Volunteers in Training

All experienced volunteers play a role in supporting and welcoming new volunteers to the team. This includes encouraging new volunteers to come to training with STARS. Anna and Aniceta have volunteered with the 4Cs for over five years and currently volunteer in the Social Support programs for older people. As well as updating their own skills

and knowledge, Anna and Aniceta encourage others by bringing to attention of new volunteers the training available and talking about their experiences with training.

Both Anna and Aniceta agree having a supportive training environment and feeling comfortable to attend training, supports them in their volunteer role, as well as gaining valuable skills and knowledge they can use in their lives outside 4cs.

### Thinking of Volunteering in 2020?

If you are interested in volunteering, the next STARS Step Into Volunteering Information session will provide an opportunity to learn about Volunteering, what opportunities currently exist and how to become a Volunteer.

**When:** Monday 17<sup>th</sup> February 2020.

**Time:** 10:30 am - 12:30 pm.

**Where:** The Carrington Centre, 2 Carrington Sq. (off Anglo Rd) Campsie

Contact Angela 9750 9344 or email [angela.gallard@4cs.org.au](mailto:angela.gallard@4cs.org.au) for more information





# STARS TRAINING WORKSHOPS

January to March 2020



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

## STEP INTO VOLUNTEERING

Monday 17 February 2020  
9:30 am to 1:00 pm, Campsie

Come and learn about volunteering, what opportunities are available and how to become a volunteer.

**Facilitator** Different agency representatives

**Cost** Free, includes networking lunch

## SUICIDE PREVENTION

Monday 24 February 2020  
10:00 am to 2:30 pm, Campsie

This is for community members, staff and volunteers. Informed by the latest research in suicide prevention this training equips participants with a variety of skills.

**Facilitator** Wesley Lifeforce

**Cost** Free

**Registrations** are via [Eventbrite](#)

## GOVERNANCE TRAINING FOR BOARD MEMBERS

Thursdays 5, 12 & 19 March 2020  
5:30 pm to 8:30 pm, Hurlstone Park

These free workshops cover essentials of being a board member, covering topics such as Understanding Governance, being an effective Board member and Understanding financial reports.

**Facilitator** Grace Leotta and Kirsten Forrester

**Cost** Free

## CHSP CONFERENCE - *You Ain't Seen Nothin Yet!*

Tuesday 10 March 2020  
9:00 am to 4:30 pm, Surry Hills

The CHSP Conference themes are Connection, The Future and Quality

and will feature showcasing of CHSP giving older people choice, control and dignity.

**Facilitator** Guest speakers from the sector

**Cost** Free for consumers and volunteers, staff cost TBA

## WORKING WITHIN BOUNDARIES

Monday 16 March 2020  
9:30 am to 1:00 pm, Campsie

This workshop will assist you to set up and maintain professional boundaries in your role. Includes case studies to workshop issues and strategies.

**Facilitator** Deb Helmrigh -STARS

**Cost** Free

## MANUAL HANDLING

Monday 23 March 2020  
10:00 am to 3:00 pm, Campsie

This is for workers supporting people in the community and includes risk management, back care and practical application to relevant task. Practical training includes: on and off the bus, chair and car transfers, assist

people to stand, walk and manage steps, lifting and carrying shopping bags and pushing a shopping trolley.

**Cost** Free for CHSP staff & volunteers

## SAVE THE DATE! *Surviving and Thriving – supporting and managing volunteers so they stay with your organisation*

Volunteer Coordinator Forum  
26 March 2020, Venue TBA.

Following from previous forums, this be a fantastic opportunity to network with other volunteer coordinators, share resources and discuss what works.

## ONSITE TRAINING

STARS have accredited trainers that can facilitate onsite training for your team.

Please contact Deb Helmrigh on [starstraining@4cs.org.au](mailto:starstraining@4cs.org.au) or call 9750 9344 if you are interested in training contextualized to meet your teams needs.

## THE BALANCING ACT - *Caring for others & yourself*

Monday 30 March 2020, 1:00 pm to 4:00 pm, Campsie  
Free for CHSP volunteers, \$ 50:00 staff

Facilitated by Danni Meredith from VAST this workshop will help you learn how to invest in your own health & well-being so you can continue to deliver excellence in caring. The challenge is recognising when you are running on empty or low in reserves, then giving yourself permission to & knowing how to give back to yourself using an energising practise.

What's covered:

- The signs of compassion fatigue
- Becoming aware of your own levels of well-being
- Learning strategies that can help you to replenish & refuel your energy and regain your sense of balance / equilibrium
- Adopt an energising practice: putting the strategies into a self-care action plan



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

## JANUARY

Lakemba Ladies  
Lounge is closed  
over the January  
holiday break.

Re-opens Thursday  
6<sup>th</sup> February 2020

## FEBRUARY

Welcome Morning tea

Thursday 6 February 2020

Chinese Cuisine - Learn  
to cook Fried Rice from  
left overs - *with Saira*

Thursday 13 February 2020

Chinese Cuisine - Learn  
to cook simple Chicken  
Chow Mein - *with Uzma*

Thursday 20 February 2020

Chinese Cuisine - Learn  
to cook easy and quick  
Chicken Corn Soup -  
*with Farzana*

Thursday 27 February 2020

## MARCH

Health Information  
for women - *with*  
*Moushumi Martin from*  
*Metro Assist*

Thursday 5 March 2020

Henna - Learn how to do  
simple Henna design on  
Paper - *with Uzma*

Thursday 12 March 2020

Henna - Learn how to do  
simple Henna on your  
Hand - *with Uzma*

Thursday 19 March 2020

Henna - Try simple  
Henna on your friend's  
Hand - *with Uzma*

Thursday 26 March 2020

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



Canterbury City  
Community Centre  
Community Building Community



## OUTREACH SERVICES

### 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 8 years, the clinic has proved very popular, providing a range of preventative health screenings for local women. Lisa Sing 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.

As Lisa the women's health nurse stated, "With many people in Lakemba coming from overseas, they haven't had access to screening services, so they only see a doctor when they are actually sick, not for preventative health checks, however, the above checks are vital if women want to stay well." Apart from screening services, the nurse also offers advice and information, as well as communicating with people's GPs and pointing them in the right direction to other services.

Appointments at the clinic are 45 minutes and are FREE and Confidential. If you would like to book in, please call the Centre on 9750 9344.

#### Womens' Health Seminar - *Diabetes and Keeping Healthy in Bangla*

Please join us for this FREE seminar where you can find more information about diabetes, healthy eating and exercise. Childminding and morning tea provided.

**Date:** Friday 7<sup>th</sup> February 2020  
**Time:** 10:00 am – 12:00 pm  
**Venue:** The Centre, 130 Railway Parade, Lakemba  
**Facilitators:** Diabetes NSW & ACT  
**To Book:** Call Romana at the Centre on 9750 9344 or 0412 270 811,

#### Womens' Health Seminar - *Looking after your Mental Health*

This workshop will focus on helping women look after and improve their mental health by being able to recognise when we are not feeling well mentally, what we can do to improve our mental health and services that can help. Childminding and morning tea provided.

**Date:** Thursday 5<sup>th</sup> March 2020  
**Time:** 10:00 am – 12:00 pm  
**Venue:** The Centre, 130 Railway Parade, Lakemba  
**To Book:** Call Romana at the Centre on 9750 9344 or 0412 270 811,

#### Womens' Health Seminar - *Diabetes and Keeping Healthy in Indonesian*

Please join us for this FREE seminar where you can find more information about diabetes, healthy eating and exercise. Childminding and morning tea provided.

**Date:** Tuesday 11<sup>th</sup> February 2020  
**Time:** 10:00 am – 12:00 pm  
**Venue:** The Centre, 130 Railway Parade, Lakemba  
**Facilitators:** Diabetes NSW & ACT  
**To Book:** Call Romana at the Centre on 9750 9344 or 0412 270 811,



## Tuning Into Kids

For parents who speak Bangla

Want to share ideas to help your kids understand and control their emotions? Do you want your family life to be more enjoyable?

Then come along to this free program for Bangladesh parents living in Lakemba.

Tuesdays for 6 weeks  
Starting 3 March to  
7 April 2020  
12:30 pm to 2:30 pm

The Cottage  
28 Croydon Street  
Lakemba 2195

Facilitator,  
Rojalin Sharin Kanta

FREE with  
Childminding Provided

To book your place  
please call Romana at the  
Centre on 9750 9344 or  
Rojalin on 0437 651 180

This program is funded  
through a small grant from  
Strengthening Families  
Resourcing Parents



Canterbury City  
Community Centre  
Community Building Community





## HOME CARE PACKAGES

Home Care Packages provide services for clients over 65 who have higher care needs. Services are flexible and delivered according to the needs of the client and the Package level funds that are available.

Clients are assessed according to their needs from Level 1 to 4 and are allocated a budget that allows them to purchase services as required. Clients choose a Provider who supports them with their choice of care.

Clients can be supported with a range of services including: Personal Care, Cleaning and Household Tasks, Light Gardening, Nursing & Allied Health, Social Support and In-Home Respite.

4cs was very pleased that the Federal Government recently announced funding for 10,000 extra Home Care Packages. These packages will be strongly weighted towards Level 3 and Level 4, which provide a higher level of care and will start with 5,500 places rolled out from December 1.

The new packages are part of measures announced in response to the Aged Care Royal Commission interim report.

4cs are currently providing service for 62 Home Care Package clients and expect to expand the service in the new year.

We will be recruiting new care staff in early 2020 in anticipation of the increase in requests for the packages. Our Home Care Package workers support clients out in the field in a range of areas – including

transporting them to appointments, assisting with personal care, providing light domestic assistance and social support. Our workers are professional, qualified and caring.

If you would like more information visit our website or call Gina or Gillian on 9750 9344.

### Meet Bakhit

New staff member, Bakhit, joined our team in May 2019 after completing his Certificate in Individual Support. He was motivated and inspired by the professionals who he worked with during his placement and decided to follow a career in the community sector.

He supports his clients to live as independently as possible in their homes by accompanying them to do shopping, attend medical appointments, by helping them to shower and dress as well as providing social support. "I have been to the Art Gallery, the local library and to the cinema to see an historical movie ... it really depends on the client and what they like and want to do."

Bakhit enjoys seeing a change in his clients that comes with them having appropriate support through an illness or to do the things they are no longer able to do, and encouragement to keep as active and engaged as possible. This makes the work very rewarding.

His clients have also been able to teach him a lot. 'Each client is an expert and an individual ... each with

their own talents.' One of his clients used to be a professional pianist and has played the organ for Bakhit on his visits which he really enjoyed. He thinks that it is very important to communicate well, listen effectively, respect confidentiality, privacy and dignity. He understands that this is crucial to build trust with clients to enable us to provide the best service to suit their needs.

Bakhit thinks that Home Care Packages are invaluable as they allow clients to continue to live as independently as possible – they make a big difference in people's lives.

When he is not working for the 4cs, Bakhit is continuing with his studies; he also loves playing soccer and follows Liverpool in the English Premier League! He also likes to draw and read.

Welcome to the team Bakhit!



## ENVIRONMENT@LAKEMBA

Environment@Lakemba is a group of local residents keen to reduce littering and household dumping of goods in Lakemba and surrounds. This year the group has been actively involved in Council's Eyes on it Campaign to reduce dumping. The group has also applied for a Community Environment Grant to reduce waste and improve recycling. Hopefully we will be successful and able to run a range of workshops next year, including composting, worm farms, preserving fruit, recycling garments and furnishings into new items, etc.

If you would like to learn about other activities of Environment@Lakemba come to a meeting where we share a meal and plan activities.  
For more information call Kate on 9750 9344.

### Next Environment@Lakemba Meeting

Date: Wednesday 12<sup>th</sup> February 2020

Time: 5:30 pm – 7:00 pm

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

### Clean Up Australia Day 2020

In 2020 Clean Up Australia Day is on Sunday 1st March. This year Environment@Lakemba will be running its clean up activities on Saturday 29th February 2020, starting from the Plaza next to Lakemba Train Station on the corner of the Boulevard and Haldon Streets, Lakemba.

Bags & gloves will be supplied, so come on down and help keep Lakemba Clean

Date: Saturday 29<sup>th</sup> February 2020

Time: 10:00 am – 12:00 pm

Venue: Plaza next to Lakemba Train Station on The Boulevard, Lakemba

Information: Call Kate on 9750 9344



## LAKEMBA COMMUNITY GARDENS

Community gardeners have been very busy in the garden looking after their individual plots and taking care of the communal areas on working bees. Unfortunately there has been an increase in theft of produce from the garden, with many gardeners upset at losing their cherished vegetables after growing them from seed and months of care. Gardeners are keen to let the community know they are welcome in the garden, but not to pick anything from the garden while they are enjoying the space.

Given the dry weather and Sydney moving to Level 2 Water restrictions from the 10<sup>th</sup> December, gardeners can only use watering cans before 10:00 am and after 4:00 pm. Please note that extra watering cans have been purchased and are kept behind the Tool Box.



## Working Bees

Come along  
and meet other  
Gardeners

Work on common areas  
together!

Come share company, ideas  
and seeds.

It is always a lovely morning

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

We have a number of  
Saturday Working Bees  
Coming up:

- Saturday  
1 February 2020  
8:30 am to 12:30 pm
- Saturday  
7 March 2020  
8:30 am to 12:30 pm

### Harvest Share

The end of our working bees  
are a time to share harvest,  
seeds, food, company and  
conversation. Come along  
and meet your  
fellow gardeners!

### Plot Holder Support

If you need assistance with  
your plot, please see Joan at  
the working bee or contact  
Kate at the Centre on  
9750 9344 or email  
[kate.maclean@4cs.org.au](mailto:kate.maclean@4cs.org.au)





## SOCIAL INCLUSION

Keeping active and socially connected is absolutely the best thing that people over 65 can do to keep happy and well as they get older.

Whether this is meeting up with friends for a coffee, participating in a social group, learning something new – how to dance, a language or a craft skill – the important thing is to get out and participate in life!

At Canterbury City Community Centre our Social Inclusion and Wellness Program is full of activities to keep people engaged and interested in life!

We have 3 regular Social Groups where people over 65 can come and meet other people of a similar age and join in whatever activities are happening on the day.

### Tuesday Social & Activities Group

Our Tuesday Social and Activities Group has an art and craft focus and have tried their hand at painting, card making, ceramics, origami and much more.

### Thursday Friendship Group

Our Thursday Friendship Group can try a range of games, quizzes and activities or sit and enjoy conversation with new friends.

### Friday Knitting Group

Our Friday Knitting and Crochet Group is very creative and they have made some beautiful items for charity, including warm beanies and scarves and tiny outfits for newborn babies. They also laugh – a lot!

All groups enjoy morning tea and a nutritious lunch together. Lunches include a variety of cuisines that reflect the diverse backgrounds of those attending. Some favourites include Lebanese food; fish, chips and salad; Mexican wraps; Lasagne; and mixed sandwiches. There is plenty of fresh fruit on offer for dessert and sometimes an ice cream to keep everyone cool!

Once a month the groups head out of the Centre and go to a club or a café for lunch, do a bit of sight seeing and visit places of interest.

We have 2 smaller Outings Groups on Wednesdays.

### The Evergreen Garden Lovers Group

The Evergreen Garden Lovers group is for people with an interest in gardening and the great outdoors. Popular spots to visit are nurseries, gardens and parks – and there is

always time for lunch and morning tea.

### The Wednesday Wanderers

The Wednesday Wanderers as the name suggests – can go anywhere, including the beach or down the coast to explore new places. Wanderers by name ...

We also have a program of other activities that will help you keep not only socially active but physically active as well.

### Monday Exercise Classes

On Mondays we have 2 Exercise Classes – Active Ageing and Gentle Exercise. These classes are run by a qualified Exercise Physiologist who has designed the program to exercise all muscle groups and support older people to keep strong, toned and balanced. Although as we age there are some changes we can't control, there is actually a great deal we can do to slow the ageing process right down – and that is to EXERCISE.

Our Exercise Teacher also has the best sense of humour and keeps everyone laughing and enjoying the class, while they tone up to some lively music.



## Line Dancing

Our Line Dancing (also known as Boot Scootin') Class is on Monday afternoon and is a terrific way to get fit, learn some new dance moves, listen to some great music and meet new people who like to get out and enjoy life too. The group stops to have afternoon tea together and have a catch up.

## Tai Chi in the Park

On Wednesdays we start the morning early with Tai Chi in the Park. The gentle movements of regular Tai Chi practice can improve strength, flexibility and range of motion as well as decrease the effects of common degenerative diseases such as arthritis.

The mental discipline required to practice Tai Chi properly can also decrease stress and can improve cognitive function. Tai Chi practice can assist with mental clarity, improve logical thinking and the ability to do things in a logical way.

## Lakemba Community Choir

The Lakemba Community Choir meets on Wednesdays at the Centre and they are always looking for new voices. The group is all about having fun and people of all musical abilities are welcomed with open arms. Songs are chosen from a range of cultures and choir leader Linda has extensive experience working with

choirs as well as being a performer.

## Gentle Yoga

Our Gentle Yoga class is an excellent way to improve balance and help prevent falls. Yoga can also have a calming therapeutic effect on the mind and help with de-stressing. The exercises are slow and measured and can be done while seated.

## Tea and Talk for over 65s

In 2020 we are introducing Tea and Talk for over 65s. This will be a monthly Information and Afternoon Tea to hear about a range of topics, and to have the opportunity for a discussion as well as a cuppa and afternoon tea. Topics will include: Arthritis, Falls Prevention, Medication Management, Oral Health, Osteoporosis Awareness and Diabetes Awareness. You might have a topic that you would like to hear about – why not let us know?

All our groups, outings and activities are to support people over 65 to keep active, well, happy and to live a full and rich life. If you, or someone you know, would like to join the program the process is simple. Call My Aged Care on 1800 200 422 and let them know that you would like to participate in Canterbury City Community Centre's Social Support Groups. Alternatively, call the Centre on 9750 9344 and we can support you with this process



## TEA TALK Group for over 65s

This will be a monthly Wednesday Information and Afternoon Tea session to hear about a range of topics, and to have the opportunity for a discussion as well as a cuppa and afternoon tea.

Monthly Topics will include:

- Arthritis  
12 February 2020
- Falls Injury Prevention  
11 March 2020
- Medication Management  
8 April 2020
- Healthy Brain Ageing  
13 May 2020
- Oral Health  
10 June 2020
- Osteoporosis Awareness  
8 July 2020
- Diabetes Awareness  
12 August 2020.

Speakers provided by CPSA  
Health Promotion Service

Wednesdays Monthly  
Starts 12 February 2020  
1:00 pm to 2:30 pm

130 Railway Parade  
Lakemba NSW 2195

For more information call  
Alison on 9750 9344







## VOLUNTEERS NEEDED

Are you looking for a fun way to give back to your community?

We are looking for reliable and motivated people to join our gardening and social support volunteer teams. Come along to the Information Session to find out more.

Time : 9:30 am to 10:30 am

When : Tuesday 11 February 2020

Where : Landsowne Room  
1, Bankstown Library and Knowledge Centre  
Cnr Rickard and Chapel Rd Bankstown.

For Bookings and Enquiries call Alison 9750 9344

Light Refreshments provided

## GARDEN CARE

For over 20 years Garden Care has been providing eligible consumers with assistance in maintaining their gardens and therefore their independence. One of the core services we provide is our Easy Care Gardening service.

This service is delivered by a Garden Care Support Worker, who is qualified in Horticulture, and supported by an able team of volunteers.

One of the principles of Garden Care's Easy Care Gardening service is making gardens sustainable and low maintenance for our consumers.

This includes: using newspaper and mulch on garden beds which has the effect of slowing down weed growth and helping the ground to retain water; planting pot plants in the ground where they use less water; where possible planting local native species that are adapted to the Australian climate, are hardy and require little or no water once established.

The idea behind this is twofold – one it is better for the environment that plants use less of our precious water and are adapted to the type of climate they are growing in; native plants also attract wildlife – birds and insects to our gardens which is vitally important. Secondly it makes it easier to manage the gardens if clients are not having to water every day and weed constantly. Instead the garden can be enjoyed and is less of a burden.

Having gardens that are low maintenance is as important as ever at the moment. Due to climate change, our seasons are erratic and our summers are getting hotter and longer. As of December 10<sup>th</sup> 2019 Sydney Water have introduced Level 2 Water Restrictions to conserve water. Having a garden that is sustainable will be much better equipped to handle limited watering than one that is high maintenance.

### Just what do the new water restrictions mean for gardeners?

- You are ONLY allowed to water your lawns and gardens before 10:00 am and after 4:00 pm.
- You CAN use a watering can or bucket.
- If you have a drip irrigation system you can use this for 15 mins in each watering zone.
- If you have a 'smart watering system' you can use this for 15 minutes per day in each watering zone.

### What you are NOT allowed to do

- Use a sprinkler.
- Water your garden with a hose – even if it has a trigger nozzle.
- Allow water to run off onto hard surfaces such as pathways and roads

### Exemptions

If you have a medical condition or some other special circumstance that means you can't carry a watering can

or bucket, or if you only have a carer who can help you at certain times of the day, you can call Sydney Water on 13 20 92 or email [exemptions@sydneywater.com.au](mailto:exemptions@sydneywater.com.au) Fines of \$220 apply to individuals who are in breach of the water restrictions.

### Other Ways You Can Save and Collect Water and Drought Proof Your Garden

- Try to collect water wherever you can and by redirecting grey water (recycled water) from your washing machines, showers or bath to your garden.
- Use a bucket in the shower to collect excess flow and in the sink to collect the cold water your run while waiting for hot water to come through, or from washing vegetables.
- Don't cut your lawn too short – a 2-3 cm cover will protect the roots and keep soil moist.
- Prioritise your watering. Only water what you really need to (this will save precious water and your back!!) There may be sections of your garden you can sacrifice or that will survive better on less water. Early morning is the best time to water as it allows plants to use the water during the day
- Mulch, mulch, mulch!!! This is exactly why GC advocates the use of mulch on garden beds. Any extra organic matter in the soil will help it to retain moisture.

## BEAT THE HEAT

Now that the warmer weather is upon us, with even warmer weather expected, it is a good time for a reminder on how to keep safe in the heat.

During hot weather it is easy to become dehydrated or for your body to overheat. If this happens you may develop heat cramps, heat exhaustion or even heatstroke – which can be very serious. Extreme heat can also make existing medical conditions worse.

People over 65, especially those living alone, and people with a medical condition (for example, diabetes, kidney disease or mental illness) are especially vulnerable during this time of year.

Taking medications may also affect the way the body reacts to heat (for example, allergy medicines, blood pressure and heart medicines, diuretics and anti-depressants).

A little bit of forward planning and following these simple tips can help you to manage much better during heatwaves. Watch or listen to news reports to find information on upcoming weather conditions.

You can prepare for the hot weather by stocking up on food, water and medicines, so that you don't have to go out in the heat. Your doctor can advise you if changes need to be made to your medications during extreme heat.

Drink water, even if you don't feel thirsty. Take a bottle with you always. Keep cool. Seek out air-conditioned buildings (eg shopping centres,

libraries or go to the movies). Use a fan. Take showers and wear loose clothing made of natural fabrics.

Schedule activities in the coolest part of the day and avoid exercising in the heat. If you need to go out, wear a hat and use sunscreen and take a bottle of water with you.

Look at things you can do to make your home cooler like installing window coverings, shade cloths or external blinds.

Prepare for a power failure which can sometimes happen in extremely hot weather – keep a torch handy (and some spare batteries!), stock up on food items that do not need refrigeration like tinned fruit, vegetables and tuna and long-life milk, bread and fruit. Consider buying a small hand-held battery-operated fan.

### Looking Out for Friends and Family

If you have older friends and family members, make sure you keep in touch with them during periods of extreme heat. You can remind them about keeping hydrated; drop in some items of food so they don't have to go to the shops; or run errands for them. You may consider taking them out somewhere cool for the day.

Keep your Doctor's phone number on hand in case you, or someone you know is suffering from a heat-related illness

### Where to get help?

In an emergency, call 000



## MUM 2 MUM

### English Conversation Classes for Mums

Do you have a child/ children under 5 years old and want to learn and practice your English?

Mum 2 Mum is set up with mothers in mind, to provide an English class in a relaxing and child friendly environment. With an English teacher, volunteers who you can practice with and childcare workers to look after the children, it is the ideal place to learn English.

All classes run during school term and they are FREE.

The Hall  
Hampden Park  
Public School

Mondays  
Starts 3 February 2020  
9:30 am to 11:30 pm

For more information call  
Kate on 9750 9344 or  
[capacitybuilding@4cs.org.au](mailto:capacitybuilding@4cs.org.au)



Canterbury City  
Community Centre  
Community Building Community





## INTRODUCTION TO

# Community Services

**This short course will help you begin to get the skills and knowledge needed to work in aged care, childcare, classroom support, or other community services roles.**

You will learn about important aspects of community services work while building your English language skills. The part qualification includes units from the Certificate II in Community Services (CHC22015).

After this course, you can go on to complete the Certificate II or move on to higher level study in more specialised fields like Individual Support, Education Support, and Early Childhood Education and Care.

As part of this course we will discuss pathways to further study and work in community services.

### WHERE

**4Cs Cottage**  
28 Croydon Street, Lakemba

### WHEN

**Fridays, 9:30am – 2:30pm**  
28 February 2020 until 12 June 2020  
12 sessions  
(no classes during school holidays)

**THIS  COURSE IS GOVERNMENT FUNDED AND ONLY FOR PEOPLE WHO:**

- Receive eligible Centrelink payments or have other difficulties accessing training
- are 15 years or older and have left school
- live and work in NSW
- are an Australian or New Zealand citizen; permanent resident; humanitarian visa or bridging visa holder
- have (or are willing to get) a Unique Student Identifier



## TO APPLY PLEASE COME TO THE INFORMATION SESSION

**Friday 14 February 2020**  
**(Please be there at 10am sharp)**

**4Cs Cottage – 28 Croydon Street, Lakemba**

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

### To enrol, please bring:

- Australian passport or citizenship document or foreign passport and visa documents or travel document or ImmiCard
- Details about government benefits received (eg, Health Care Card, Centrelink Payment/Income Summary Statement)
- NSW Driver's License or NSW Photo ID
- USI number (Unique Student Identifier)



### FOR MORE INFORMATION PLEASE CALL...

**Tonya Cook-Pedersen** – Sydney Community College  
EMAIL [tonya.cook-pedersen@sydneycommunitycollege.edu.au](mailto:tonya.cook-pedersen@sydneycommunitycollege.edu.au)  
PHONE 0412 247 656

**Jacinta Buhck** – Canterbury City Community Centre  
EMAIL [customerservice@4cs.org.au](mailto:customerservice@4cs.org.au) PHONE 9750 9344

**Romana Waseem** – Canterbury City Community Centre  
EMAIL [cw1@4cs.org.au](mailto:cw1@4cs.org.au) PHONE 0412 270 811

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

**SYDNEY  
COMMUNITY  
COLLEGE**  
Sydney Community College Ltd | RTO # 90054



THIS TRAINING IS SUBSIDISED BY THE NSW GOVERNMENT



## Our Administration & Support Staff

The direct care and service delivery activities offered by Canterbury City Community Centre are supported by an incredible (but small) team of part-time staff who work in Customer Service and Reception, Administration, Accounts and Book Keeping, Scheduling and Data Entry, and Marketing and Promotions.

Our back office staff keep us efficient and running smoothly ... we couldn't do our work without them. Meet Jacinta (Customer Service and Administration), April (Bookkeeping and Customer Service/Administration), Jian (Bookkeeper), Yvonne (Data Entry and Administration), Adrian (Scheduling) and Trish (Communications). Our Back Office staff include Admin Volunteers Robyn and Van!

## New Garden Care Utes

Our Garden Care Program is supported in it's work by three Toyota Hi Lux Utes that have been modified to transport mulch, tools and equipment as well as move small teams of people to job sites across Canterbury Bankstown and the Inner West area. At the end of the year we traded in two of our existing vehicles that were well past their best days for two new Hi Lux Utes. We are very excited to have the new vehicles which are such reliable work horses .... plus they are air conditioned! Thanks Canterbury Toyota for looking after us once again.



## BE SCAM SMART AROUND YOUR HOME

We usually like to think the best of people and trust that people are genuine and honest. However, we also need to be aware that there are people out there who are ready to take advantage, and to protect ourselves by taking precautions.

A recent local scam we heard of involved a team of gardeners with a truck, turning up at an elderly residents' home and offering to do some tree pruning and work in the garden. The workers had no identification and provided no paperwork. When they had finished their work, they charged a very large amount of money and accompanied the lady to the ATM while she withdrew the cash.

It is generally wise not to allow trades people who turn up unsolicited at your door to do any work for you or to come into your home. If you want some work done an honest tradesperson will give you information and allow you time to investigate whether the business is genuine and to discuss with family if necessary. You can simply ask for a business card and a written quote and tell them that you will contact them if you want to go ahead with the work. You should never feel pressured to have work done. Don't feel like you are being rude by refusing – it is your home and your right to say who comes into it! If you are concerned for your safety when someone comes to the door you can call a family member or the police for assistance.

When our Garden Care workers come to your home to do your garden work, it will always be by prior arrangement. Our Scheduler, Adrian, will have called you and given you a date and time for your service. When the Team arrive, they will introduce themselves and show you identification to say they are from Canterbury City Community Centre.

They will also be wearing blue or green shirts with the Centre logo on the pocket. If you are at all unsure whether it is a Garden Care worker, please call the Centre on 9750 9344 and we can confirm for you.



# MOVIE AND MARKETS IN THE PARK

Saturday 21 March 2020



Celebrate Harmony Day with a family movie night. It will be a great night for the whole family, with market stalls and a FREE outdoor screening of the movie The Lion King. (Rated PG)

## When

Saturday 21 March 2020  
Markets from 4:00 pm  
Movie starts at 7:15 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 event is supported by a grant from Multicultural NSW



**Multicultural  
NSW**

For information call 9750 9344 or visit [www.4cs.org.au](http://www.4cs.org.au)

