



COMMUNITY CONNECTIONS

***“Autumn is a second spring when every leaf is a flower”
- Albert Camus***

Hi everyone,

The unseasonal warm weather we have been experiencing belies the fact that autumn has arrived. The year is going so quickly with Easter already come and gone and school holidays almost upon us.

The first three months of the year have been very busy for everyone at CCC. All of our regular programs for children, families and young people have recommenced and we have a busy program of activities and events planned for the year. In February our Sessions for Seniors program recommenced with an excellent presentation by Dr Matthew Liston on exercise and falls prevention. Our first networking event was also a success with an informative presentation by Matthew Palmer from South West Sydney PHN who spoke about local health services. Our first ballroom dancing program for the year was enjoyed by all participants as was our first creative writing program which ran over 5 weeks during February and March. We will be running another two creative writing programs in coming months so if you feel you would like to explore your creative skills in a relaxed and social environment, register for the next program due to start on the 18th May. We have an exciting Cultural Bus tour program planned for seniors and this program got underway on Friday 1st April with a trip to Wollongong and Kiama.

Seniors Week is the first week of April this year and we have planned an afternoon tea celebrating 100 years of music and dance. We would like to take this opportunity to acknowledge the enormously important role that seniors play in our community. Youth Week commences on the 8th April and, with funding from Camden Council, we have organised a day camp at Wombaroo for young people. We also have a busy schedule of activities planned for the school holidays including a Lego workshop; a circus workshop; a challenge course; and a lunch time community BBQ outside the Narellan library with a special guest appearance by Mickey Mouse.

CCC has recently become involved with the Australian Government Pacific Seasonal Workers program. We have been engaged to provide pastoral care services for up to 21 workers from Samoa who are working on local farms. This is an exciting opportunity for us to engage with the workers and to support them to integrate into our community during the six months they are working here.

On a final note, as Anzac Day approaches, the CCC team would like to acknowledge and thank all those people that have served, or are currently serving in our defence forces, to ensure the continued sovereignty of our great nation.

Cheers

Sue

PROJECT SNAPSHOT



Ballroom Dancers - March 2016



**Bardia Neighbour Day and Easter Celebration
- March 2016**

WHAT'S ON

APRIL

Seniors Week '100 years of music & dance' afternoon tea	Thursday 7th April 1:00pm - 3:00pm @ Narellan Child, Family & Community Centre. \$15 per person BOOK NOW!
Youth Week - Wamboeroo activity Camp	Tuesday 12th April. Departing Narellan Library at 9am BOOKED OUT
Kids Club - Little Builders LEGO workshop \$15 per child, places limited BOOK NOW!	Wednesday 13th April @ Narellan Child, Family & Community Centre. WORKSHOP 1: 10:00am - 12:00pm 5years - 8years WORKSHOP 2 1:00pm - 3:00pm 7years - 12years
Kids Club - Obstacle Course FREE!	Thursday 14th April 10:00am - 12pm @ Brigade Park, Bardia Av, Bardia
Kids Club - Circus Workshop \$12 members \$15 non-members	Wednesday 20th April 10:00am - 12:00pm @ Narellan Child, Family & Community Centre.
FREE Quarterly Community BBQ	Tuesday 19th April 12:00pm - 1:30pm @ Narellan Library forecourt
Sessions 4 Seniors 'Exploring Social Media' \$3 per person, bookings essential	Wednesday 20th April 1:00pm - 3:30pm @ Narellan Child, Family & Community Centre
Cultural Bus Tour - Elizabeth Bay House BOOKED OUT	Friday 22nd April Departing Narellan Library @ 9:30am
Shopping trip - Miranda Fair BOOKED OUT	Friday 29th April, Departing Narellan Library @ 9:00am

MAY

Mothers Day Luncheon \$ 27 pp	Thursday 5th May 12:00pm—2:30pm @ the Royal Hotel Camden
Social Singers - Singing group \$2 Donation per workshop	Commencing Monday 9th May 1:00pm - 2:30pm @ Narellan Child, Family & Community Centre.
Ballroom Dancing for Seniors Registration \$20 for CCC members \$25 non-members	Tuesday 10th May - Tuesday 21st June 11:00am - 1:00pm @ Narellan Child, Family & Community Centre.
Creative Writing & Coffee Registration \$10 per person BOOK NOW!	Wednesday 18th May - Wednesday 15th June 10:00am - 11:30am @ Narellan Child, Family & Community Centre
Restaurant Macarthur Lunch \$27 CCC members \$30 non members	Thursday 19th May Departing Narellan Library @ 11:30am Non refundable - Limited Seats BOOK NOW!
Mystery Bus Tour \$42 CCC members \$45 non members	Friday 27th May Departing Narellan Library @ 9:00am Non refundable - Limited Seats BOOK NOW!

JUNE

Quarterly Networking Event Matt Liston - Western Sydney University "Understanding Pain where it resides; In the brain"	Wednesday 1st June 4:30pm - 6pm @ the Macarthur Centre for Sustainable Living, 1 Mount Annan Drive FREE, bookings essential
Shopping Trip - Parramatta Westfield's \$10 pp BOOK NOW!	Friday 17th June Departing Narellan Library at 9:00am

ONGOING

Children	Bright Eyes Playgroup every Monday @ Narellan Child, Family and Community Centre Playlinks Playgroup every Wednesday @ Sedgwick Reserve, Currans Hill Brightstars Playgroup every Thursday @ Narellan Child, Family and Community Centre
Youth	Thursday Night Outreach during daylight savings 5pm - 7:30pm @ Narellan Library Forecourt Case Management and Referral available by appointment
Seniors	ACTIVE OVER 50's Tai Chi 12:30pm - 1:30pm Every Monday @ Narellan Child, Family and Community Centre Tai Chi 10-11am every Tuesday @ Harrington Park YOGA 10:30am every Mon @ Phoenix Health Club, Smeaton Grange FITNESS 8:30am every Wed & Fri @ Phoenix Health Club, Smeaton Grange
Groups	Camden Just Walk It Walking Group. Tuesday's @ the Nepean Cycleway Mt Annan Wanderer's Walking for Pleasure Walking Group. Friday's @ Mt Annan Botanic Garden Macarthur Spinners and Weavers. Friday's @ Country Women's Association, Camden Polymyalgia Rheumatic Support Group. Monthly in the CCC meeting room
Support Services	Leppington Forest Lawn Cemetery Bus Service - Dates Below Monday 2nd March, Monday 1st June, Monday 7th September, Monday 7th December Sydney Water Payment Assistance Scheme (PAS) , by appointment only Energy Accounts Payment Assistance Scheme (EAPA) by appointment only Macarthur Legal Centre – Free Legal Advice, 1st Wednesday of every month, by appointment Tax Help Program - Free Tax Help Program at Narellan Library (July - October) Camden Council Subsidised Cat Desexing Program - Contact CCC for an Application form

COOKERY CORNER

Wagon Wheel Slice

Ingredients

- 235g butter, softened
- 1/3 cup caster sugar
- 1 1/2 cups plain flour
- 1/3 cup self-raising flour
- 1/2 cup raspberry jam
- 145g white marshmallows, halved
- 185g dark chocolate, broken into pieces



Method

1. Preheat oven to 180°C/160°C . minutes. Remove from oven. Grease a 3cm-deep, 16cm x 26cm slice pan. Line base and sides with baking paper.
2. Using an electric mixer, beat 185g butter and sugar until light and fluffy. Sift flours over butter mixture. Stir until dough comes together. Press mixture into prepared pan. Bake for 20 minutes until golden.
3. Spread warm base with jam. Cover with marshmallows, cut-side down. Bake for 2
4. Combine chocolate and remaining butter in small saucepan over low heat. Cook, stirring, for 2 to 3 minutes or until melted. Pour over marshmallows. Tap pan to level surface. Refrigerate for 2 hours or until set. Stand at room temperature for 5 minutes before cutting into pieces and serving

CANDID CAMDEN



Samoan workers employed by local farmers as part of the Australian Government Pacific Seasonal Workers program.

OUR TEAM



Camden
Community
Connections



Sue Robinson
Manager



Maria Esma
Team Leader



Camden
Community
Connections



Firaol Tujuba
Community/Family



Mark Jackson
Community Worker



Kayla Cornish
Youth Worker



Aaron Frydman
Program Assistant



Jo Fawbert
Bookkeeper

SOCIAL SINGERS

1:00PM - 2:30PM
STARTING MONDAY 9TH MAY

NARELLAN CHILD FAMILY & COMMUNITY CENTRE

ALL AGES \$2 DONATION
ALL ABILITIES

CULTURAL BUS TOURS



Mystery Tour

Friday 27th May 2016

Departing Narellan Library Car Park @ 9:00am

\$42 for CCC members

\$45 for non members

Non-Refundable

Limited Seats

Book now!

CREATIVE WRITING & Coffee

10:00am - 11:30am

Wednesday 18th May
to Wednesday 15th June
Narellan Child Family and
Community Centre

5 WEEKS GET CREATIVE
EDIT - EXPAND - EMPOWER \$10 Rego
Book Now!

2015-2016 Family Energy Rebate

Apply before 11pm
16 June 2016



\$150*
TOWARDS
ENERGY
BILLS

TWO MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>
* eligibility criteria apply

WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps NSW households with dependent children to cover the costs of their energy bills. In 2015-16 the rebate gives:

- up to \$150 credit on energy bills for eligible applicants who hold an account with an electricity retailer
- up to \$165 direct payment to nominated bank accounts for eligible applicants who live in an on-supplied residential community, retirement village or strata scheme and receive electricity from the on-supplied operator.

AM I ELIGIBLE FOR THE REBATE?

To be eligible you MUST:

- be a resident of New South Wales; and
- be an account holder of an electricity retailer, or a long term resident of an on-supplied residential community, or a resident of an on-supplied retirement village, or a resident of an on-supplied strata scheme; and whose name appears on the electricity account for supply to her or his principal place of residence; and
- have been assessed by the Federal Department of Human Services as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2014-15 financial year, and have received a payment in respect of that eligibility.

WHAT DO I NEED TO DO BEFORE I APPLY?

You'll need to have:

- lodged your tax return for 2014-15 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you're not required to lodge a tax return; and
- received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2014-15.

HOW TO APPLY

- **ONLINE** - it takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** - download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the on-supplied residential community, retirement village or strata scheme where you live.

FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au
WEB www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

APPLY
ONLINE
NOW!