



# COMMUNITY CONNECTIONS

*"One kind word can warm three winter months"*

## *Japanese Proverb*

Hi everyone,

It was really exciting to meet many of you at our first networking event on 21st May at Camden library. The presentation on depression by Nick Valentine from the Black Dog Institute was very informative and a reminder that depression can affect anyone. Our next networking event is on the 27th August when our guest speaker Sue Gordon will present on a very important topic, "FOOD, making choices for a sustainable future". We hope to see you there!

## *Intergenerational Programs*

We recently completed our Community Mosaic Project at the Macarthur Centre for Sustainable Living. The project involved the participants completing unique mosaic designs on four tables that will remain at the Centre and will be used by visitors. This project arose out of a desire to bring people of all ages together to work on a community project and at the same time provide an opportunity for the participants to connect with each other.

Community projects or programs often target a particular age group in the community but we wanted this project to be intergenerational. Students from Elderslie High worked along side other members of the community and the oldest participant was over 80 years old! Next time you visit the Macarthur Centre for Sustainable Living make sure you have a look at the bright and colourful tables that are a reminder about the power of community to break down barriers and achieve goals together.

Another great example of a program bridging the generations was the High Tea held at Camden Civic Centre on 29th May. CCC's youth worker, Maria Esma, has been working with a group of girls from Mt Annan High School and after undertaking an event management workshop, the girls held a High Tea for the Camden community. The Deputy of Mt Annan High school attended and was very impressed with the success of this project in engaging the girls and in building self-esteem and pride. The afternoon was a great success and enjoyed by all!

## *CCC & IMB*

CCC have received funding from IMB for a women's art program. The project, "Connecting Women Through the Stroke of a Brush" commences at the end of July. and will provide a program of art therapy workshops & information sessions for women. The program is designed to better connect women with themselves, each other, and their family and friends through a combination of art and information.

## *Welcome to East Village, Spring Farm*

In other news, CCC have been engaged by Landcom to provide community development activities and programs in East Village Spring Farm. Beginning 1st July 2013, CCC will be welcoming new residents and supporting social sustainability in this developing area.

Maria Esma will soon be a familiar face in and around East Village as she takes on her new role as the Community Development Facilitator.

## *Membership*

CCC is a member based organisation, and once again it is time for membership renewals. These are being sent out to members but if you are not already a member and would like to join, it only costs \$5 per year. Being a member of CCC gives you the opportunity to actively participate in your local community organisation and will keep you updated about our programs and activities. As well, there are special member rates for some of our activities!

If you would like to become a member or would like any further information about any of our upcoming programs or events, please give us a call or drop in and see us.

Cheers

Sue



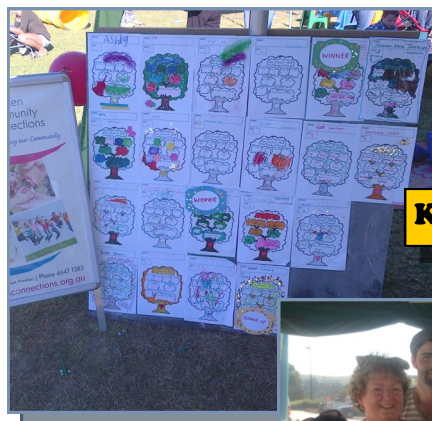
# PROJECT SNAPSHOT



**FOOD 4 THOUGHT**



**MOUNT ANNAN GIRLS GROUP**



**KIDS PLAY DAY**



**BUNNINGS BBQ**



**PROJECT CONNECT MOSAICS**



## WHAT'S ON

### JULY

<b>TAX Help</b>	Saturdays @ Narellan only, Contact CCC for appointments,
<b>Connecting Women by the Stroke of a Brush</b>	Series of Art Therapy workshops for Women.- July 31 @ Currans Hill Hall
<b>Camden Area Parents Support Group</b>	July 23 & July 30 @ Leppington Primary School
<b>FOOD 4 THOUGHT - Round 2</b>	Series of Sustainable Cooking workshops, Each Wed from June 19 - July 24

### AUGUST

<b>Sessions 4 Seniors</b>	Storytelling Your History-- August 6 Location TBA
<b>Connecting Women by the stroke of a brush</b>	Series of Art Therapy workshops for women, Each Wednesday from August 7 to September 18 @ Currans Hill Hall
<b>Quarterly Networking Event. Guest speaker: Sue Gordon from MDSI</b>	"FOOD, Making choices for a sustainable future. Tuesday August 27 from 4.30-6.00pm @ Camden Library <b>BOOK NOW!</b>
<b>Sessions 4 Seniors</b>	Storytelling "your history"- August 6 Location TBA
<b>Camden Area Parents Support Group</b>	Each Tuesday from August 6 - 27 @ Leppington Primary School
<b>NRMA 'Give Way the Right Way'</b>	Tuesday August 20 @ Broughton Anglican School
<b>East Village Spring farm Christmas in July</b>	6pm - 8pm Friday August 16 @ Spring Farm Sales Office, Eastern Avenue

### SEPTEMBER

<b>Sessions 4 Seniors</b>	Therapeutic Journal Writing-- September 10 Location TBA
<b>Connecting Women by the Stroke of a Brush</b>	Series of Art Therapy workshops for women, Each Wednesday from Sep 9 - Nov 4
<b>Leppington Forest Lawn Cemetery bus trip</b>	September 9 & Quarterly every 2nd Tuesday @ Narellan Library
<b>Bowral Tulip Time Tours</b>	Friday September 27th <b>BOOKED OUT</b> & Friday October 4 9:30 - 3pm

### UPCOMING

<b>Sessions 4 Seniors</b>	Wills, Power of Attorney and Guardianship- October 15 Discover your Creative Self-- November 19 Locations TBA
<b>Cultural Bus Tours</b>	Mura Mittaggar-- Friday November 1 <b>BOOKED OUT</b> Mura Mittaggar-- Friday November 22, Departing from Narellan Library at 9:30am
<b>Narellan Rhythms Festival</b>	3pm - 7pm Saturday 19th of October, Elyard Street Narellan
<b>Camden Anzacs 'Our Story'</b>	Youth Production of a DVD telling the story of Camden Anzacs Commemorating the Centenary of World War One in 2014

### ONGOING

<b>Children</b>	<b>Bright Eyes Playgroup</b> every Monday @ Mount Annan Birriwa Reserve <b>Playlinks Playgroup</b> every Wednesday @ Currans Hill Sedgwick Reserve <b>Brightstars Playgroup</b> every Thursday @ Harrington Park Community Centre
<b>Youth</b>	<b>Thursday Night Outreach</b> for young people @ the Narellan Library Forecourt (October to April) <b>Case Management and Referral</b> available by appointment
<b>Seniors</b>	<b>Bus Service to Leppington Forest Lawn.</b> The second Monday of every quarter, Ring CCC for Dates <b>Seniors Issues Group.</b> Meeting on the first Monday of every second month <b>Tai Chi Classes</b> <b>Every Tuesday @ Harrington Park</b> from 10-11am
<b>Groups</b>	<b>Camden Just Walk It Walking Group.</b> Every Tuesday @ the Nepean Cycleway <b>Mt Annan Wonderer's Walking for Pleasure Walking Group.</b> Every Friday @ Mt Annan Botanic Garden <b>Macarthur Spinners and Weavers.</b> Every Friday @ Narellan Library <b>Polymyalgia Rheumatica Support Group.</b> Every second Tuesday of the month
<b>General</b>	<b>Sydney Water Payment Assistance Scheme (PAS),</b> by appointment only <b>TAX Help</b> (July to October), by appointment only
<b>NEW!</b>	<b>Macarthur Legal Centre</b> – Free Legal Advice Sessions, 4th Wednesday of every month, by appointment only <b>Macarthur Nils</b> - Every Thursday @ CCC Office, Call to make an appointment

# Connecting Women EVENING

*By the stroke of a brush*

**ALL AGES**

Explore Your creativity through Drawing, painting and sculpture!

No Experience or expertise required

Connect with Yourself and others through 8 expressive art therapy workshops and 4 relevant information sessions.

**ART WORKSHOP 1: Monday 9th September**  
Guest Presenter: IMB 'Managing Personal & Family Finance'

**ART WORKSHOP 2: Monday 16th September**

**ART WORKSHOP 3: Monday 23rd September**  
Guest speaker: NCHC 'Women's Health Care'

**ART WORKSHOP 4: Monday 30th September**

**ART WORKSHOP 5: Monday 14th October**  
Guest Presenter: MDSI 'A Better Way to Cook and Eat'

**ART WORKSHOP 6: Monday 21st October**

**ART WORKSHOP 7: Monday 28th October**  
Guest Presenter: IMB + Local Artisans 'Setting up an Artisan Business'

**ART WORKSHOP 8: Monday 4th November**

At the end of the project there will be a public Art Exhibition of the works  
And a 2014 calendar will be produced.

Each Session will be from 6:30pm - 8:30pm in the Iron Bark Room at Narellan Library  
There is a \$10 program registration fee + each session costs \$5  
To Book phone: 4647 1283 or email us at [info@camdenconnections.org.au](mailto:info@camdenconnections.org.au)

**BOOK NOW!**



Camden  
Community  
Connections



Community  
Foundation

Macarthur Legal Centre  
*Free Legal Advice*



**4th Wednesday of Every Month**

**9:30 – 11:30am**

**Camden Community Connections (CCC)**

**19 Queen Street NARELLAN (outside Narellan Library)**

**Phone: (02) 4647 1283**

## FREE LEGAL ADVICE SESSION

We can help you find solutions to:

- Centrelink Issues
- Consumer Complaints
- Child Support including DNA Testing
- Traffic Offence/Fine Disputes
- Neighbourhood Disputes
- Debt/Credit Problems
- Domestic Violence
- Youth Issues
- Discrimination Issues
- Employment Law Issues
- Administrative Law Issues
- Family Law – Divorce and Children's issues
- Victims of Crime
- Minor Criminal Matters
- Wills and Power of Attorney



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Connections

Please telephone CCC on (02) 4647 1283 to make an appointment.

If English is not your first language, please let us know that you need an interpreter.

# LET'S PLAY



## Playgroups by Camden Community Connections

	Monday	Wednesday	Thursday
<b>Playgroup</b>	Bright Eyes Playgroup	Playlinks Playgroup	Bright Stars Playgroup
<b>Time</b>	10:00 am - 12:00 pm	9:30 am to 11:00 am	10:00 am to 12:00 pm
<b>Location</b>	Birriwa Community Hall Fitzpatrick Road MOUNT ANNAN	Sedgwick Reserve CURRANS HILL	Harrington Park Community Centre 33 A Fairwater Drive, HARRINGTON PARK
<b>Cost</b>	\$2.00 Donation per child Bring a piece of fruit	\$2.00 Donation Morning tea included	\$3.00 Donation per child or \$2.50 Donation per child for CCC members Bring a piece of fruit
<b>Details</b>	A supported playgroup during school terms for children from 0 to school age and their parents/carers in partnership with Benevolent Society. Qualified children's workers facilitate a planned developmental program that promotes age appropriate growth and development.	An outdoor supported playgroup which provides a developmental program during school terms for children from 0 to school age and their parents/carers in partnership with Northcott Disability Services and Benevolent Society.	A community playgroup run by parents which operates on Thursday mornings for children aged 0-5 years old during school terms.



Camden  
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Community Office 1, 19 Queen Street, Narellan  
PO BOX 11, NARELLAN 2567/ 46471283  
E: [info@camdenconnections.org.au](mailto:info@camdenconnections.org.au)

## sessions 4 SENIORS FREE!



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### INTERNET SAFETY, Tuesday 4th June

Safety and security when surfing the web, presented by COTA  
4.00-5.30pm | Camden Library, Multipurpose Room

### MATE to MATE, Tuesday 16th July **MEN only!**

Connecting older men and HACC services, presented by COTA  
4.00-5.30pm | Camden Library, Multipurpose Room

### STORYTELLING - "your history", Tuesday 6th August

Bob Mitchell shares his storytelling skills  
3.00-4.30pm | Location TBA

### THERAPEUTIC JOURNAL WRITING, Tuesday 10th September

A taste of journal writing  
2.00-3.30pm | Location TBA

### WILLS, POWER OF ATTORNEY & GUARDIANSHIP, Tuesday 15th October

Presented by Macarthur Legal Centre  
2.00-3.30pm | Location TBA

### DISCOVER YOUR CREATIVE SELF, Tuesday 19th November

Exploring your creative side  
2.00-3.30pm | Location TBA

**Bookings Essential. All sessions are free. Refreshments provided.**  
**Contact CCC on 4647 1283 or [info@camdenconnections.org.au](mailto:info@camdenconnections.org.au)**

Community Office 1, 19 Queen Street, Narellan 2567  
P: 4647 1283 | F: 4647 3496 |  
E: [info@camdenconnections.org.au](mailto:info@camdenconnections.org.au)



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## COOKERY CORNER



### Auntie Flo's Date Loaf

#### Method

#### Ingredients

225g pitted dates  
250ml Boiling water  
1 level teaspoon bicarbonate of soda  
115g butter  
115g caster sugar  
225g plain flour, sifted  
1 level teaspoon baking powder

1. Preheat the oven to 180C
2. Line the sides and base of a 500g loaf tin with baking paper.
3. Combine the dates, water and bicarbonate of soda and leave to sit for a minute or two.
4. Put in a food processor to make a purée, or mash with a potato masher. Set to one side.
5. Beat the butter and sugar together until pale and increased in volume.
6. Stir in the date purée, then fold in the flour and baking powder. Spoon into the tin and smooth the surface.
7. Bake for approximately one hour – the cake is ready when golden brown risen, and it has some resistance when pressed with a finger. You may need to turn the oven down to prevent the surface becoming too brown. Leave to cool in the tin.

## CANDID CAMDEN



Macarthur Centre for Sustainable Living, Mount Annan

### OUR TEAM



Sue Watt  
Manager



Catherine Gonzaga  
Children's Worker

Elleneta  
Bookkeeper



Maria Esma  
Youth Worker



Mark Jackson  
Community Development  
Worker

**Come and be part of our  
Quarterly networking event.**



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Connections

# **COMMUNITY CONNECT**

## CCC's Quarterly Networking Event

**TUESDAY 27th Aug 2013**

**4.30-6.00pm**

**Camden Library , Multipurpose Room**

**40 John Street, Camden**

**Guest Speaker:**

**Sue Gordon from MDSI**

**"FOOD, Making choices  
for a sustainable future"**

**Light refreshments will be provided**

**BOOKINGS ESSENTIAL**

**P: 4647 1283**

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