



COMMUNITY CONNECTIONS

"We need to reach that happy stage of our development when differences and diversity are not seen as sources of division and distrust, but of strength and inspiration."

Josefa Iloilo

Happy New Year everyone! With the first month of the year almost over, it is now time to put the holiday season behind us and really embrace the new year. The CCC team are ready for another busy year and we have planned an exciting calendar of programs, activities and events.

This year we will be continuing to focus on understanding the needs of people living in our community and in a seemingly increasing volatile world, we remain committed to building strong, cohesive and inclusive communities where people of all ages and backgrounds are valued and encouraged to participate.

We are excited to announce that in addition to programs delivered last year, in February we will commence delivery of the community development program at Edmondson Park. We are looking forward to this opportunity to extend our services beyond the Camden LGA and to link different communities in emerging and established localities across our region.

This year is an important year in our history with the upcoming 100 year centenary of the landing of our troops at Gallipoli and the first Anzac Day. In recognition of this, and with the view to encouraging as many people as possible to become involved, we are having an Anzac Family Picnic on Sunday 26th April at Curry Reserve in Camden and in conjunction with Camden RSL, are running a 100 year commemoration Poetry Competition open to school children in year three through to year 12.

Information on all of our upcoming activities and events as well as our regular programs can be found on the following page and if you have any enquires, or would like to make a booking, please give us a call.

We are looking forward to working with you during 2015!

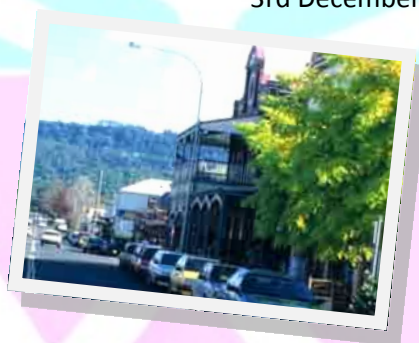
Cheers
Sue

PROJECT SNAPSHOT

Christmas Light tours
December 2014



Cultural Tour - BERRY
3rd December 2014



Christmas Giving Tree
December 2014



WHAT'S ON

FEBRUARY

East Village Spring Farm Valentines Day Meet & Greet	14th February 2015 at East Village Spring Farm
Sessions 4 Seniors - Travelling Safely	Tuesday 24th February 2pm – 3:30pm
Cultural Tour- Powerhouse Museum	Friday 20th February Departing Narellan library at 9am BOOK NOW!
Connecting Women - Colours of Life	Every Wednesday from February 25th - March 25th 10am-12pm
Quarterly Networking Event Tracing Your Family History	Wednesday 25th February 4:30 - 6pm at Macarthur Centre for Sustainable Living, Mount Annan

MARCH

Healthy Cooking for Families A five week Cooking Program for families	Thursday 5th March and finishing on Thursday 2nd April 10am– 12pm at Macarthur Centre for Sustainable Living, Mount Annan
Seniors Week (TBA)	Saturday 14th March - Sunday 22nd March
Shopping Trip - Liverpool	Friday 21st March Departing Narellan Library at 9am
Cooking Corner - Easter Treats	First workshop for 2015 is on 24th March
Connecting Women –Colours of Life	Every Wednesday from February 25th - March 25th 10am-12pm
ANZAC Poetry Competition	Entries close 31st March 2015

APRIL

ANZAC CENTENARY Community Picnic	Sunday April 2015 11am - 3pm 26th at Curry Reserve, Camden Valley Way
KIDS CLUB - Crafty Kids 'An Interactive Craft workshop'	Wednesday 8th April 10am - 12pm at Narellan Child, Family and Community Centre
Sessions for Teens - Drug & Alcohol	Wednesday 8th April 12pm -2pm at the Space, Narellan Library
Job Prep Workshop	Monday April 13th 10:30 - 3:30 at The Space, Narellan Library
Sessions for Teens - Cyber Safety	Tuesday 14th April at The Space, Narellan Library
Youth Week Mocktail Party	Wednesday 15th April 5:30pm - 7:30pm at Macarthur Centre for Sustainable Living, Mount Annan
KIDS CLUB - Circus Workshop	Wednesday 15th April 10am-12pm @ Narellan Child, Family and Community Centre
Quarterly Community BBQ	Wednesday 14th April 12pm - 1:30pm at Narellan Library forecourt
Sessions 4 Seniors – Keeping up with Technology	Tuesday 21st April at Narellan Child, Family and Community Centre
Ballroom Dancing for Seniors	Starting 21st April 2015 10am –12pm at Narellan Child, Family and Community Centre

ONGOING

Children	Bright Eyes Playgroup every Monday @ Narellan Child, Family and Community Centre Playlinks Playgroup every Wednesday @ Curry Reserve, Camden Valley Way Brightstars Playgroup every Thursday @ Narellan Child, Family and Community Centre
Youth	Thursday Night Outreach for young people @ the Narellan Library Forecourt (October to April) 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 8:30am 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. Every Tuesday @ the Nepean Cycleway Mt Annan Wanderer's Walking for Pleasure Walking Group. Every Friday @ Mt Annan Botanic Garden Macarthur Spinners and Weavers. Every Friday @ Country Women's Association, Camden Polymyalgia Rheumatic Support Group. Monthly
General	Leppington Forest Lawn Cemetery Bus Service - Dates Below (Bookings Essential) Monday 2nd March, Monday 1st June, Monday 7th September, Monday 7th December Sydney Water Payment Assistance Scheme (PAS), by appointment only Macarthur Legal Centre – Free Legal Advice Sessions, 1st Wednesday of every month, by appointment

Connecting Women

Colours of Life

Discover The Colours of Life
in 5 creative art workshops

Drawing Painting Collage

10am - 12pm

Wednesday 25th February till
Wednesday 25th March 2015

BOOK NOW

Each session will be held at Narellan Child, Family and Community Centre
There is a \$10 program registration fee + \$8 per class



Narellan Child Family and Community Centre
Phone 4647 1283
info@camdenconnections.org.au
www.camdenconnections.org.au
www.facebook.com/camdenconnections

Camden Community Connections and Camden Council
Proudly Present...

SESSIONS 4 SENIORS

and others interested

Travelling Locally & Overseas

2pm - 3:30pm

Tuesday 24th February

Narellan Child, Family and Community Centre

Keeping up with Technology

2pm - 3:30pm

Tuesday 21st April

Narellan Child, Family and Community Centre

\$3 registration per session. For all enquiries & bookings contact Mark at Camden
Community Connections on 4647 1283 or Syd at Camden Council on 4645 5020



Camden
Community
Connections

P. 4647 1283

E. info@camdenconnections.org.au

www.camdenconnections.org.au

Narellan Child, Family and Community Centre

Come and be part of our
Quarterly Networking Event



Camden
Community
Connections

COMMUNITY CONNECT

CCC's Quarterly Networking Event

WEDNESDAY 25th February 2015

4.30pm - 6.00pm

Macarthur Centre For Sustainable Living

1 Mount Annan Drive, Mount Annan

Guest Speaker: Ray Herbert

Tracing your
Family History

Light refreshments will be provided

BOOKINGS ESSENTIAL

P: 4647 1283

E: info@camdenconnections.org.au

Narellan Child, Family & Community Centre Queen Street, Narellan
facebook/camdenconnections.com.au | www.camdenconnections.org.au

Camden Community Connections and Camden R.S.L Club proudly present

ANZAC DAY 100 YEAR COMMEMORATION



POETRY COMPETITION

Year 3-6

Years 7-9

Years 10-12

Entries close
31st March
2015

1st Prize
\$200 voucher
+
\$200 voucher
for winner's school



Camden
Community
Connections



Contact Camden Community Connections for an entry form
4647 1283 or info@camdenconnections.org.au
Winners will be announced in April 2015

COOKERY CORNER

MANGO & BANANA CHI SMOOTHIE

Ingredients

- 1 medium banana
- 1 mango, peeled and cubed
- 1 cup non fat plain Greek yogurt
- $\frac{3}{4}$ cup unsweetened coconut milk
- 2 tbsp raw honey or sweetener of choice
- 1 tbsp chia seeds
- 1 cup of ice

Method

1. Soak Chia Seeds in 1/2 cup water for 30mins, place in fridge to cool.
2. Add ice, mango, banana, yoghurt, coconut milk, honey and chia into a blender and mix for 1-2 minutes until smooth
3. Garnish with some shredded coconut or banana and serve chilled.



Why not try serving in a Jar?

CANDID CAMDEN



Narellan Child, Family and Community Centre Queen Street, Narellan.

OUR TEAM

Contact us on 4647 1283 or info@camdenconnections.org.au
Narellan Child Family & Community Centre,



Sue Watt
Manager



Catherine Gonzaga
Children's Worker



Elleneta Hocking
Bookkeeper



Maria Esma
East Village Community
Facilitator
CCC Youth Worker



Mark Jackson
Community Development
Worker



Teeann Page
Youth Worker