



COMMUNITY CONNECTIONS

"The most wasted of all days is one without laughter." E.E. Cummings

Happy New Year everyone! After a good rest over the Christmas period the CCC team have returned to work refreshed and looking forward to working with you and delivering a range of Innovative and exciting programs, activities and events.

Our regular programs including playgroups and Tai Chi classes will recommence in early February and we have already held our first community event for the year, a cultural dance workshop at Edmondson Park on 21st January. We have a really busy and exciting program planned for this year, continuing with programs that have proved to be popular in previous years as well as the introduction of some new initiatives. At the end of February the first of two 5 week Creative Writing programs will commence. This program is for anyone interested in exploring their creativity through writing in a fun and social environment and requires no prior experience. In May, we are starting a community social singing group that will meet on Monday afternoons and again there is no requirement for prior experience or for any particular singing ability. We just want to bring people together in our community that enjoy singing. We will also be launching a Family Fit program to encourage families to explore different fitness activities together and further details of this program will be coming soon.

At CCC we provide a range of support services for young people working closely with Camden Council, local high schools, NSW Police and other community services. We are very pleased that this year we have received a grant through the NSW government Youth Opportunities Program to provide a support program for young males in our community. This program, "Get Up, Stand Up", is a 16 week Early Intervention program that will target young disadvantaged males between the ages of 12-16 years, that are disengaged or at risk of disengaging from school and their community.

This early intervention program will involve community role models and aims to provide the young male participants with tools that will help them to identify their strengths and qualities; increase self-esteem and confidence and build positive relationships; and engage or re-engage with school and the community. This program will most definitely enhance our ability to ensure the availability of effective support services for our young people, although keeping up with the growing need for services in a rapidly expanding area remains an ongoing challenge.

Information on all of our upcoming activities and events as well as our regular programs can be found on the following page but if you would like further information on any of our services or programs, or would like to make a booking, please call to speak with one of our friendly and experienced staff.

We are here to provide effective support and services to members of our community. This is reliant on developing a good understanding of community needs, so please remember that we always value your constructive feedback.

Looking forward to working with you during 2016!

Cheers

Sue

PROJECT SNAPSHOT



Mental Health Awareness Breakfast
October 2015

WHAT'S ON

FEBRUARY

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| Ballroom Dancing for Seniors & anyone interested <i>Registration \$20 for CCC members \$25 non-members</i> | Tuesday 16th February - Tuesday 15th March 10:00am - 12:00pm @ Narellan Child, Family & Community Centre. |
| Creative Writing & Coffee Registration \$10 per person BOOK NOW! | Wednesday 24th February - Wednesday 23rd March 10:00am - 11:30am @ Narellan Child, Family & Community Centre |
| Sessions 4 Seniors <i>'Keep moving to stay steady'</i> \$3 per person, bookings essential | Wednesday 24th February 1:00pm - 3:30pm @ Narellan Child, Family & Community Centre |

MARCH

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| Quarterly Networking Event <i>South Western Sydney PHN (Formerly Medicare Local)</i> | Wednesday 9th March 4:30pm - 6pm @ the Macarthur Centre for Sustainable Living, 1 Mount Annan Drive FREE, bookings essential |
| Seniors Week '100 years of music & dance' <i>afternoon tea</i> \$15 per person BOOK NOW! | Monday 6th April 1:00pm - 3:00pm @ Narellan Child, Family & Community Centre. |
| Cooking Corner - Chocolate making \$10 per person, bookings essential | Tuesday 15th March 1:00pm - 3pm @ the Macarthur Centre for Sustainable Living, 1 Mount Annan Drive. |

APRIL

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| Cultural Bus Tour - Kiama & Wollongong BOOKED OUT | Friday 1st April, Departing Narellan Library Carpark @ 9:00am |
| 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 8years - 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 |
| Shopping trip - Miranda Fair \$10 per person, Places limited | Friday 29th April, Departing Narellan Library @ 9:00am |
| Family Fit 'Getting Healthy Together' Registration \$10 Adults \$5 Kids | Friday 29th April 27th - Friday 26th May 4:45pm - 5:45pm @ MDG Studios 25 Bellingham street, Narellan |

COMING SOON!

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| SOCIAL SINGERS - Starting May | MOTHERS DAY LUNCHEON | CULTURAL TOURS & SHOPPING TRIPS |
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ONGOING

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|-------------------------|---|
| Children | Bright Eyes Playgroup every Monday @ Narellan Child, Family and Community Centre <i>Recommencing Monday 8th February 2016</i> Playlinks Playgroup every Wednesday @ Sedgwick Reserve, Currans Hill <i>Recommencing Wednesday 10th February 2016</i> Brightstars Playgroup every Thursday @ Narellan Child, Family and Community Centre <i>Recommencing Thursday 4th February 2016</i> |
| 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 (Bookings Essential) 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

GREEK SALAD

Ingredients

- 6 firm ripe tomatoes, coarsely chopped
- 3 Lebanese cucumbers, coarsely chopped
- 1 red onion, sliced into rings
- 1 red capsicum, halved, deseeded, coarsely chopped
- 200g marinated Greek olives
- 220g marinated feta, coarsely chopped
- 1 teaspoon dried Greek oregano
- 1 teaspoon salt
- 125ml (1/2 cup) olive oil
- 60ml (1/4 cup) white vinegar

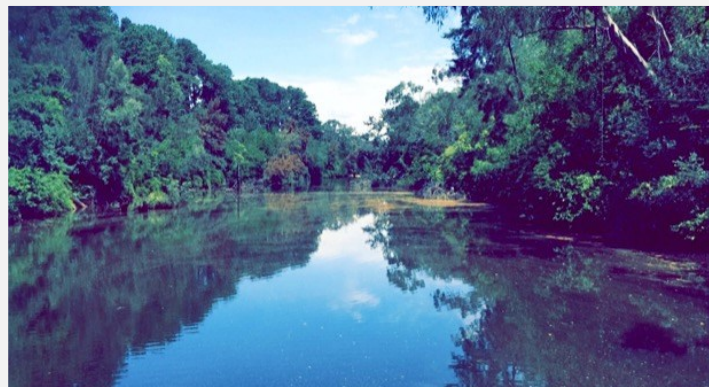
Method

Step 1: Combine tomato, cucumber, onion, capsicum, olives and feta in a salad bowl. Sprinkle with oregano and salt.

Step 2: Whisk together the oil and vinegar in a jug. Drizzle the salad with dressing and toss to combine.



CANDID CAMDEN



Summertime along the Nepean River, Camden

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 Frydmann
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

CREATIVE WRITING & Coffee

10:00am - 11:30am

Wednesday 24th February
to Wednesday 23rd March
Narellan Child Family and
Community Centre

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

SESSIONS 4 SENIORS & anyone interested

**Keep moving to Stay Steady -
How Exercise can prevent falls**

Presented by Dr Matthew Liston from Western Sydney University

Wednesday 24th February 2016

2:00pm - 3:30pm

Narellan Child, Family and Community Centre

Exploring Social Media

Presented by Trent Slater from Simplicity IT

Wednesday 20th April 2016

2:00pm - 3:30pm

Narellan Child, Family and Community Centre

\$3 registration per session. For all enquiries & bookings contact
Camden Community Connections on 4647 1283

*Come and be part of our
Quarterly Networking Event*

COMMUNITY CONNECT

CCC's Quarterly Networking Event

Wednesday 9th of March 2016

5.00pm - 6.30pm

Macarthur Centre For Sustainable Living
1 Mount Annan Drive, Mount Annan

Matthew Palmer
South Western Sydney PHN
(Formerly Medicare Local)

Delivering Your Health Services

"Come and listen to some great initiatives"

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