



# COMMUNITY CONNECTIONS

*"The time is always right to do what is right."*

- Martin Luther King, Jr

Hi everyone,

I don't know if you feel the same, but it seems as though this year is just flying past. We are already heading towards the end of winter and spring will soon be in the air.

A key highlight for CCC staff has been our recent move to new premises. We are now located in the Narellan Child, Family and Community Centre, just across the road from Narellan Town Centre. After the initial challenge of moving, we have now settled in to our lovely new offices and if you haven't already visited, why not pop in and say hello?

The past few months has seen a busy schedule of program and activities. The sketching program held during May and June was very successful and we have now scheduled another Connecting Women Art program to be held at Narellan, commencing in October. We also held another cooking workshop during June and we will be continuing to hold cooking workshops during the coming year, with the next one scheduled for 17th September at the Macarthur Centre for Sustainable Living.

Our program of bus tours for seniors continues to be very popular. In June we took a group of seniors to Gledswood and on 18th July twenty seniors visited Train Works at Thirlmere and had lunch at the Common Ground Café at Picton. The second of our shopping trips took place in June with a trip to Wetherill Park and we continue to offer a quarterly bus service to Leppington Cemetery. We have a few more bus tours scheduled for this year with dates yet to be confirmed.

During the school holidays we ran two Kids Club activities. In the first week we ran a martial arts skills workshop and in the second week we ran a cooking workshop. We will again be running Kids Club during the next school holidays.

workers.

For young people 12-18 years we have commenced a Winter Thursday Night Outreach program, and for further details about this program, you can speak to one of our youth Workers

We also held our second quarterly community BBQ during the school holidays. Our quarterly BBQs, held in front of the library, aim to promote our organisation to the community, and we were pleased to have almost 140 people in attendance. We will hold our next quarterly BBQ during the September school holidays, so come along and share in the community spirit while enjoying a free sausage sandwich. Also, don't forget our next quarterly networking event which is on Wednesday 27<sup>th</sup> August, starting at 4.30pm at the Macarthur Centre for Sustainable Living. This will be a special occasion as we will be showing our recently completed DVD, "Camden Anzacs- Our Story".

In other news, the Tax Help Program is now available. We are only able to offer this service on a Saturday and anyone interested in accessing this service should book quickly as appointments are filling quickly. CCC in conjunction with Macarthur Legal also offer access to free legal advice. The service is offered on the first Wednesday of every month, and bookings are essential.


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

**CULTURAL BUS TOURS**  
for Seniors



**JOADJA CREEK HERITAGE TOUR**  
Friday 23rd May  
Departing Narellan Library Car Park @ 9am

\$25 for CCC members    \$28 for non members  
Lunch and refreshments will be provided

Ph. 4647 1283  
info@camdenconnections.org.au  
www.camdenconnections.org.au

Camden Community Connections



**KIDS CLUB**  
JULY SCHOOL HOLIDAY ACTIVITIES  
Ages: 5 - 12 years

**WEEK 1**  
Kids Martial Arts Skills  
• Coordination drills  
• Basic Kick skills development  
• Simple easy to remember stranger danger skills and much more!

DATE: 2 July 2014  
TIME: 10-12pm  
VENUE: THE PITT 156 Hartley Rd, SMEATON GRANGE

**HURRY BOOK NOW!**  
4647 1283

\$12 first Child  
\$10 for second and subsequent children  
\$8 for CCC members

**WEEK 2**  
Cooking Workshop for Kids  
Pasta Making & Fruit Kebabs

DATE: 9 July 2014  
TIME: 10-12pm  
VENUE: 1 Mt Annan Drive, Mt Annan

**payment must be made at time of booking!**

Camden Community Connections  
Narellan Child, Family Community Centre  
15-24 Queen Street, Narellan  
info@camdenconnections.org.au

**CULTURAL BUS TOURS**  
for Seniors



**MYSTERY TOUR**  
Friday 30th May  
Departing Narellan Library Car Park @ 9am

\$18 for CCC members    \$20 for non members

Ph. 4647 1283  
info@camdenconnections.org.au  
www.camdenconnections.org.au

Camden Community Connections



Vaucluse House



## WHAT'S ON

### AUGUST

<b>Camden Anzacs DVD Launch</b>	Monday August 4th @ Camden Civic Centre - By Invitation only.
<b>Sessions 4 Seniors - Memory and Ageing presented by Alzheimer's Australia</b>	Tuesday August 12th . 10am - 12pm @ Narellan Child Family and Community Centre
<b>Cultural Bus Tour - PADDLEWHEELER</b>	Friday August 22nd, Departing Narellan Library at 10:30am <b>BOOKED OUT</b>
<b>Quarterly Networking Event. Camden Anzacs, The Story behind the DVD</b>	Wednesday August 27th, 4:30pm @ Macarthur Centre for Sustainable Living <b>BOOK NOW!</b>
<b>Spring Farm Mad Hatters High Tea</b>	Saturday August 21st, 1pm - 5pm contact CCC for more details

### SEPTEMBER

<b>Leppington Forest Lawn Bus Trip</b>	Monday September 1st, Departing Narellan Library @ 9am
<b>Quarterly Community BBQ</b>	Tuesday September 2nd @ Narellan Library Forecourt
<b>FOOD 4 THOUGHT Cooking Club</b>	Wednesday September 17th, 10am - 12noon @ the Macarthur Centre for Sustainable Living
<b>Bunnings Cake Stall Fundraiser</b>	Saturday September 27th, 10am - 3pm
<b>Sessions 4 Seniors - Safety 4 Seniors</b>	Monday September 22nd @ Narellan Child, Family and Community Centre
<b>Bowral Tulip Festival Bus Tour</b>	Friday September 19th Departing Narellan Library at 9am <b>BOOKED OUT</b>
<b>Spring Farm Meet and Greet</b>	Saturday September 20th (time TBA)

### OCTOBER

<b>Connecting Women by the Stroke of a Brush</b> Series of Art Therapy workshops for women	Each Wednesday from October 8th - 26th November. 10am - 12pm @ Narellan Child, Family and Community Centre.
<b>Take a Break 'Meditate ' Carers Week Event</b>	Wednesday October 15th - Time and Location TBA
<b>Mystery Tour</b>	Friday October 18th . Departing Narellan Library at 9am <b>BOOK NOW!</b>
<b>Narellan Rhythms Festival</b>	Saturday October 19th 3pm - 7pm, Elyard Street Narellan

### COMING SOON

<b>Spring Farm BOOT CAMP!</b>	Contact CCC for details
<b>Spring Farm Inseck Workshop</b>	Contact CCC for details
<b>Christmas Giving Tree Launch</b>	Early November
<b>Bunnings BBQ Fundraiser</b>	Saturday November 29th
<b>Annual General Meeting</b>	Wednesday November 26th, 5pm

### ONGOING

<b>Children</b>	<b>Bright Eyes Playgroup</b> every Monday @ Narellan Child, Family and Community Centre  <b>Playlinks Playgroup</b> every Wednesday @ Sedgwick Reserve, Currans Hill,  <b>Brightstars Playgroup</b> every Thursday @ Narellan Child, Family and Community Centre
<b>Youth</b>	<b>Thursday Night Winter Youth Central.</b> 4:30pm - 6:30pm from July 17th - September 18th @ Narellan Child, Family and Community Centre  <b>Case Management and Referral</b> available by appointment
<b>Seniors</b>	<b>Seniors Issues Group.</b> Meeting on the first Monday of every second month  <b>Leppington Forest Lawn Cemetery Bus Trip</b> - Departs Narellan Library Quarterly. Contact CCC for details.  <b>ACTIVE OVER 50's</b> <b>Tai Chi</b> Every Monday @ Narellan Family, Child and Community Centre from 12:30pm - 1:30pm <b>Tai Chi</b> Every Tuesday @ Harrington Park from 10-11am <b>YOGA</b> 8:30am every Mon @ Phoenix Health Club, Smeaton Grange
<b>Groups</b>	<b>Camden Just Walk It Walking Group.</b> Every Tuesday @ the Nepean Cycleway  <b>Mt Annan Wanderer's Walking for Pleasure Walking Group.</b> Every Friday @ Mt Annan Botanic Garden  <b>Macarthur Spinners and Weavers.</b> Every Friday @ Camden CWA Building  <b>Polymyalgia Rheumatica Support Group.</b> Every second Tuesday of the month
<b>Other Services</b>	<b>Sydney Water Payment Assistance Scheme (PAS),</b> by appointment only <b>TAX Help</b> (July to October), by appointment only <b>Macarthur Legal Centre</b> – Free Legal Advice Sessions, 1st Wednesday of every month, by appointment only

# Connecting Women

*By the stroke of a brush*

**8 expressive  
art therapy workshops**

**2014**

Explore Your creativity through  
**Drawing, painting and sculpture!**  
Connect with yourself and others



**10am - 12pm  
From Wednesday 8th of October  
till Wednesday 26th November  
2014**

Each Session will be from 10am -12pm at Narellan Child, Family and Community Centre  
There is a \$10 program registration fee + \$5 per class  
To Book phone : 46471283 or email us at [info@camdenconnections.org.au](mailto:info@camdenconnections.org.au)

**BOOK NOW!**



Camden  
Community  
Connections



Community  
Foundation

# SESSIONS 4 SENIORS

**FREE** & others interested

**The Black Dog Institute**

Breaking Down Depression and Building Resilience  
2pm - 3:30pm Tuesday 15th July

**Alzheimer's Australia - Memory & Ageing**

2pm - 3:30pm Tuesday 12th August

**Safety For Seniors**

Tuesday 22nd September 10am - 12pm

**Christmas Craft**

2pm - 3:30pm Tuesday 2nd December

All Sessions will be held at Narellan, Child Family & Community Centre  
16 - 24 Queen Street Narellan (Next to Narellan Scout Hall)

Phone CCC on 4647 1283  
[info@camdenconnections.org.au](mailto:info@camdenconnections.org.au)  
[www.camdenconnections.org.au](http://www.camdenconnections.org.au)

**PLACES LIMITED  
BOOK NOW**



Camden  
Community  
Connections



Camden  
Council



NSW Police Force



BARNES  
DRIVE CENTRE



Alzheimer's  
Australia NSW  
Living with dementia

# WINTER Youth Central

**Thursday Nights**

**4:30pm-6:30pm**

**Narellan Child, family and Community Centre,**

16-24 Queen Street, Narellan NSW 2567

**FOOD**

**SPORT**

**ACTIVITIES**

**STARTING  
JULY  
17TH**

Safe, Friendly environment for young people



Camden  
Community  
Connections

For more information contact  
Camden Community Connections  
02 46471283  
[info@camdenconnections.org.au](mailto:info@camdenconnections.org.au)



Camden  
Community  
Connections

# GET THE JOB!

**WHAT?** Job Preparation Workshop

During school Holidays

**OUTCOMES**

- Set career goals
- Resume writing
- Cover letter writing
- Job applications
- Interview skills & Practice

**WHO?** Young people aged between 14-21 years of age

**WHEN?** Wednesday 24th September & Wednesday 1st October  
11am-3pm (must attend both days)

**WHERE?** Narellan Library - Corner Queen & Elyard Street,  
Narellan NSW, 2567

Light lunch provided.



Camden  
Council



Camden  
Community  
Connections

**BOOK NOW!** (Limited spaces)

**Address** 16-24 Queen street, Narellan NSW 2567

**Phone** (02) 46471283

**Email** [info@camdenconnections.org.au](mailto:info@camdenconnections.org.au)



## COOKERY CORNER

### Ingredients

6 Granny Smith apples  
1/2 cup caster sugar  
2 tablespoons water  
2 eggs, at room temperature  
1 teaspoon vanilla essence  
1/2 cup self-raising flour  
Ice-cream and whipped cream,  
to serve



### Method

Preheat oven to 180°C. Lightly grease a 5-cup capacity ovenproof dish.

Peel, core and chop apples. Place in a saucepan with 1/4 cup sugar and water. Cook, partially covered, over medium heat for 5 to 8 minutes or until apple is tender. Drain excess liquid. Spoon apple into prepared dish. Cover to keep warm.

Using an electric mixer, beat eggs until light and fluffy. Add remaining 1/4 cup sugar, 1 tablespoon at a time, beating until thick and creamy. Stir in vanilla.

Sift flour over batter. Using a metal spoon, fold through batter. Pour over hot stewed apple.

Bake for 30 minutes or until a skewer inserted into the sponge comes out clean.

## CANDID CAMDEN



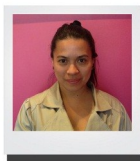
**Studley Park House**

## OUR TEAM

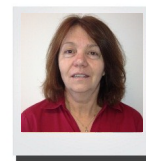
Contact us on 4647 1283 or [info@camdenconnections.org.au](mailto:info@camdenconnections.org.au)  
Narellan Child, Family and Community Centre , Narellan



**Sue Watt**  
Manager



**Catherine Gonzaga**  
Family Worker



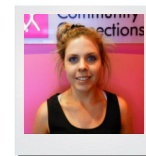
**Elleneta Hocking**  
Bookkeeper



**Maria Esma**  
East Village Community  
Facilitator  
CCC Youth Worker



**Mark Jackson**  
Community Development  
Worker



**Teeam Page**  
Youth Worker

**Come and be part of our  
Quarterly Networking Event**



# COMMUNITY CONNECT

CCC's Quarterly Networking Event

**WEDNESDAY 27th August 2014**

**4.30pm - 6.00pm**

**Macarthur Centre For Sustainable Living**

1 Mount Annan Drive, Mount Annan

## CAMDEN ANZACS 'OUR STORY'

Watch the movie then hear the story  
behind the stories...

**Light refreshments will be provided**

**BOOKINGS ESSENTIAL**

**P: 4647 1283**

**E: [info@camdenconnections.org.au](mailto:info@camdenconnections.org.au)**

Narellan Child, Family & Community Centre Queen Street, Narellan

[facebook/camdenconnections.com.au](https://facebook.com/camdenconnections.com.au) | [www.camdenconnections.org.au](http://www.camdenconnections.org.au)