



COMMUNITY CONNECTIONS

“When the old are not allowed to tell their story, the young grow up without history. If the young are not listened to, we have no future.”

Hi everyone,

With the recent warm weather, it is hard to believe we are approaching the middle of Autumn and already more than three months into the year!

Following the summer break, CCC staff returned to work and launched into a full program of events and activities. One of the main features of the first three months was Seniors Week 17th—23rd March. On March 18th CCC hosted a Tai Chi High Tea for over 65 seniors and on Friday 22 March we took a small group of seniors on a Mystery Bus Tour. Our destination was the Wollondilly Heritage Centre where there was a tour of the museum and exhibition, followed by morning tea and a trip to the scenic Burragorang Lookout.

Seniors Week in March is closely followed by Youth Week 5th—14th April when we are hosting a Youth Kitchen for young people with a disability at the Macarthur Centre for Sustainable Living. Together, youth and seniors, constitute 38% of people residing in the Camden LGA and at CCC we have recently been considering the value of bringing youth and seniors together. We know that age stereotypes prevail in our community and we believe that one effective way of overcoming these, and recognising and utilising the strengths of both young and older people, is to run intergenerational programs.

We have recently completed our first Food For Thought Program, a series of food security sessions funded with a grant from MDSI. We are scheduling a second Food for Thought Program and have decided to use this as an opportunity to promote intergenerational communication and cooperation. The program will focus on food security issues and will target youth and senior participants. There will be one session that will focus on a recipe exchange between generations and overall the program will provide an opportunity for both youth and seniors to work together in a supportive environment.

The period coming up is certainly busy and we are looking forward to meeting many of you at our first networking Community Connect event. This has now been rescheduled for 21st May at 4.30pm at the Camden Library. Our guest presentation will be about an issue that most Australians at some time in their life will come face-to-face with, either themselves or through a family member or friend. The Black Dog Institute will present “Breaking down Depression and Building Resilience”.

More details of our programs, events and activities follow and don't forget we welcome ideas and feedback from the community so drop in and see us! Cheers, Sue

PROJECT SNAPSHOT



Mystery Bus Tour

Food 4 Thought

Tai Chi High Tea

WHAT'S ON

APRIL

| | |
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| Project Art Connect: Mosaics | Commencing April till 28th May @ the Macarthur Centre for Sustainable Living |
| Kid's Club | Self Defence workshop Wednesday April 17 and Athletics workshop April 24 |

MAY

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| Bunning's BBQ Fundraiser | Saturday May 11 @ Bunnings Narellan |
| Mystery Bus Tour for Seniors | Friday May 17 |
| Quarterly Networking Event. Guest speaker: Black Dog Institute on Mental Health | Tuesday May 21 from 4.30-6.00pm @ Camden Library |
| High Tea, "Get Fascinated!" | Wednesday May 29 @ Camden Civic Centre |

JUNE

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| Sessions 4 Seniors: Internet Safety | Tuesday June 4 @ Camden Library |
| 'Food 4 Thought' Food Security Program (6 weeks duration) , round 2 | Commencing Wednesday June 19 |

UPCOMING

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| Sessions 4 Seniors | Mate to Mate: July 16@ Camden Library Storytelling Your History- August 6 Therapeutic Journal Writing- September 10 Wills, Power of Attorney and Guardianship- October 15 Discover your Creative Self- November 19 |
| "Brotherhood", program for Young People | Commencing July |
| School Holiday activities for Young People | Putt Putt Golf — July 4 Ten Pin Bowling- July 11 |
| Kid's Club, school holiday activities for Kids | July 3—activity TBA July 10— activity TBA |
| Financial Literacy Program (4 weeks) | Commencing July 23 |
| Cultural Bus Tours | Japanese Gardens- September 6 and 18 Mura Mittigar- November 1 |
| Free Shopping Trips | Wetherill Park Stocklands- July 5 Penrith Westfields- November 15 |
| Quarterly Networking Event | August 27 |

ONGOING

| | |
|-----------------|---|
| Children | Bright Eyes Playgroup every Monday @ Mount Annan Birriwa Reserve Leppington Playgroup every Tuesday @ Leppington Community House with craft group for parents Playlinks Playgroup every Wednesday @ Currans Hill Sedgwick Reserve Brightstars Playgroup every Thursday @ Harrington Park Community Centre |
| Youth | Thursday Night Outreach for young people @ the Narellan Library Forecourt (October to April) Case Management and Referral available by appointment |
| Seniors | Bus Service to Leppington Forest Lawn. The second Monday of every month Seniors Issues Group. Meeting on the first Monday of every second month Tai Chi Classes Every Monday @ Narellan from 12.30-1.30pm or every Tuesday @ Harrington Park from 10-11am |
| Groups | Camden Just Walk It Walking Group. Every Tuesday @ the Nepean Cycleway Mt Annan Wonderer's Walking for Pleasure Walking Group. Every Friday @ Mt Annan Botanic Garden Macarthur Spinners and Weavers. Every Friday @ Mt Annan Botanic Garden Polymyalgia Rheumatica Support Group. Every second Tuesday of the month |
| General | Sydney Water Payment Assistance Scheme (PAS), by appointment only TAX Help (July to October), by appointment only |
| NEW! | Macarthur Legal Centre— Free Legal Advice Sessions, 4th Wednesday of every month, by appointment only |

COOKERY CORNER

As requested at Tai Chi High Tea!

Peach Kuchen

Ingredients

1 x 470g packet butter cake mix
1/4 cup desiccated coconut, toasted
120g butter, chopped
2 eggs
1 x 400g sliced peaches
1 x 250ml carton sour cream
1 teaspoon cinnamon
1 teaspoon cinnamon sugar

Method

1. Pre-heat oven to 180 degrees Celsius
2. Process butter cake, cooled coconut, butter and 1 egg in food processor to form a soft dough
3. Spread dough evenly over a greased and lined slice tin. Bake for 25 minutes until golden. Cool slightly.
4. Spread drained peaches evenly over base
5. Mix sour cream, egg and cinnamon together and spread over peaches. Sprinkle with cinnamon sugar
6. Bake for approximately 30-35 minutes until top is set and knife comes out cleanly when inserted
7. Cool in tray and cut into pieces

Submit your favourite recipe for a chance to win a double pass to Dumaresq Street cinemas. The winning recipe will be featured in the Spring Issue of Community Connections. Email info@camdenconnections.org.au

CANDID CAMDEN

Narellan Community Hall,
under renovation, April 2013

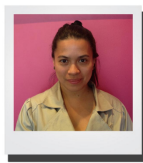


OUR TEAM

Contact us on 4647 1283 or info@camdenconnections.org.au
Community Office 1, 19 Queen Street, NARELLAN 2567



Sue Watt
Manager

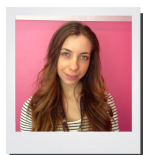


Catherine Gonzaga
Children's Worker

Kathy Key
Bookkeeper



Maria Esma
Youth Worker



Carmelina Nunnari
Community Development
Worker

**Launching our first networking event.
Come and be part of it!**



Camden
Community
Connections

COMMUNITY CONNECT

CCC's Quarterly Networking Event

TUESDAY 21st MAY, 2013

4.30-6.00pm

Camden Library, Multipurpose Room

40 John Street, Camden

Guest Speaker:

The Black Dog Institute presents-

**"Breaking Down Depression
and Building Resilience"**

Light refreshments will be provided

RSVP 7th May, 2013

P: 4647 1283

E: info@camdenconnections.org.au

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