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# The CommUNITY connector

CANTERBURY  BANKSTOWN

## Welcome to The CommUNITY Connector

Canterbury-Bankstown is the second largest city in NSW, home to over 385,000 people and proud to be one of the most culturally diverse cities in Australia.

The CommUNITY Connector is your way to stay up to date with some of the amazing programs and events in our City that can help unite us. When we unite and are connected, we can truly celebrate diversity, foster inclusion and create social cohesion in Canterbury-Bankstown.

Check out the programs and events we have coming up, along with some of the upcoming cultural and religious celebrations.

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### What's coming up in our diverse and inclusive City this month

#### NAIDOC Week 5-12 July

NAIDOC Week is a national celebration of the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. It's a time for communities across Australia to come together, learn, reflect and honour the strength and resilience of First Nations peoples.

Head to [cb.city/NAIDOC](https://cb.city/NAIDOC) and check our upcoming NAIDOC events and programs.



### NAIDOC Film Screening

Join us for a film screening of *The Last Daughter* followed by questions and answers in a group setting with Barbara Grant, CBCity's First Nations Community Development Officer.

**When:** Wednesday 8 July, 10am-12:30pm

**Where:** Campsie Library and Knowledge Centre, 14/28 Amy St, Campsie

**Cost:** Free. Morning tea will be provided.

To register, visit [cb.city/NAIDOC](http://cb.city/NAIDOC)



### Active Hearts – Extra classes

Join our health and fitness classes designed to help you stay active and maintain a healthy body as you age. These sessions focus on building strength and improving balance – key elements for overall wellbeing.

**When:** Every Tuesday during Term 3, 3:30-4:30pm

**Where:** Campsie Library and Knowledge Centre, 14 Amy Street, Campsie

To register, please visit [cb.city/ActiveSeniors](https://www.cb.city/ActiveSeniors). For more information, call Michael on 0438 823 882.

**Keep a look out for our Term 3 Active Seniors booklet at our libraries, customer service centres and sporting venues.**



### Community Safety Outreach Sessions

Meet Council's Community Safety and Crime Prevention Officers and local Police at our upcoming community safety outreach sessions.

Stop by and chat with us to learn more about community safety, crime prevention initiatives and support services available in your local area.

**When:** Wednesday 8 July, 10am-12:30pm

**Where:** HomeCo Roselands Shopping Centre (lower ground floor, near lifts), 24 Roselands Ave, Roselands

**When:** Wednesday 12 August, 10am-12:30pm

**Where:** Bass Hill Plaza (near the travelator), 753 Hume Hwy, Bass Hill

## What else is happening in the City

### Bankstown Dementia Carer's Group drop-in

Come along to our dementia carer's drop-in centre. Take part in fun and engaging activities, meet other carers and connect in a supportive and welcoming environment.



**Where:** Bryan Brown Theatre and Function Centre, Community Room 1, 80 Rickard Rd, Bankstown

To register, visit [cb.city/DementiaCarersGroup](https://cb.city/DementiaCarersGroup). For more information call **9707 3886**.



### **School holidays in July!**

From brisk outdoor adventures to inspiring creative arts, our program is filled with laughter, learning and memorable moments.

There are plenty of free and low cost activities to enjoy during the school holidays, from Monday 6-Monday 20 July.

Check out our [CBCity School Holiday Program](#) for more information.

## **CBCity Winter School Holiday Program**



### **Anti Racism Bystander Intervention Workshop for Canterbury-Bankstown community members**

Have you seen or experienced racism and wondered what to do?

racist behaviour.

**Outcomes:**

- Understand how racism, privilege and bias can affect people in different ways
- Learn simple and practical ways to respond to or speak up against racism
- Build skills to safely support others using the 5Ds approach
- Learn how to respond safely and respectfully to racism in the community

**When:** Tuesday 25 August, 10am-12:30pm

**Where:** Bryan Brown Theatre Function Centre, 80 Rickard Rd, Bankstown

[Register here](#)

## Reminders and safety tips

END OF FINANCIAL YEAR SCAM AWARENESS

# How to protect yourself from tax scams

**How to spot a tax time scam**

Tax time scams are often impersonation scams, where criminals pretend to be from the ATO, myGov or even your accountant.

Here's what to look out for:

- Unexpected messages with links. The ATO will not send you an email or SMS with a link to log in to myGov. Always access your account by typing the official website directly into your browser.
- Threatening calls or pre-recorded messages. Scammers use urgency to create panic. They might threaten legal action if you do not make an immediate payment. The ATO will not contact you in this way.
- Businesses must be extra cautious if they receive emails asking to update bank account details for payroll or invoices. Always verify these requests verbally using a trusted phone number.
- Your myGov and accounting software accounts have login histories. If you see activity you do not recognise, someone may have access to your account.

You can **[report a scam to ScamWatch](#)**.



### **Be Connected: Free digital skills for over 50s**

*Be Connected* is a free Australian Government program helping people aged 50+ build confidence using digital technology.

It offers easy, step-by-step online learning and free face-to-face classes through community organisations, covering everyday skills like using devices, staying safe online and accessing services.

#### **Get involved**

- Residents can explore courses or find a local class online
- Community groups can join the network to deliver training and access support and funding

For more information, visit the **[Be Connected website](#)**.

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## **What's been happening in our City**





## **Seniors Safety and Wellbeing Seminar – World Elder Abuse Awareness Day**

On 15 June, we delivered the Seniors Safety and Wellbeing Seminar, in recognition of World Elder Abuse Awareness Day. With over 300 seniors in attendance, the event was a great success. The seminar raised awareness about elder abuse, promoted healthy ageing and connected older people with important local services and support.

Attendees heard from a range of expert speakers, including representatives from the Ageing and Disability Commission, NSW Police Force, NSW Ambulance, Fire and Rescue NSW and Seniors Rights Service. The presentations focused on topics such as personal safety, scam awareness, emergency preparedness, healthy ageing and the rights of older people.

We also celebrated cultural diversity and wellbeing through a variety of engaging activities, including Chinese and Vietnamese cultural performances and a relaxing chair yoga session. The seminar highlighted the importance of community connection, awareness and support in helping older people live safely, independently and with dignity.

This event was delivered in partnership with Canterbury League Club, Inclusive and

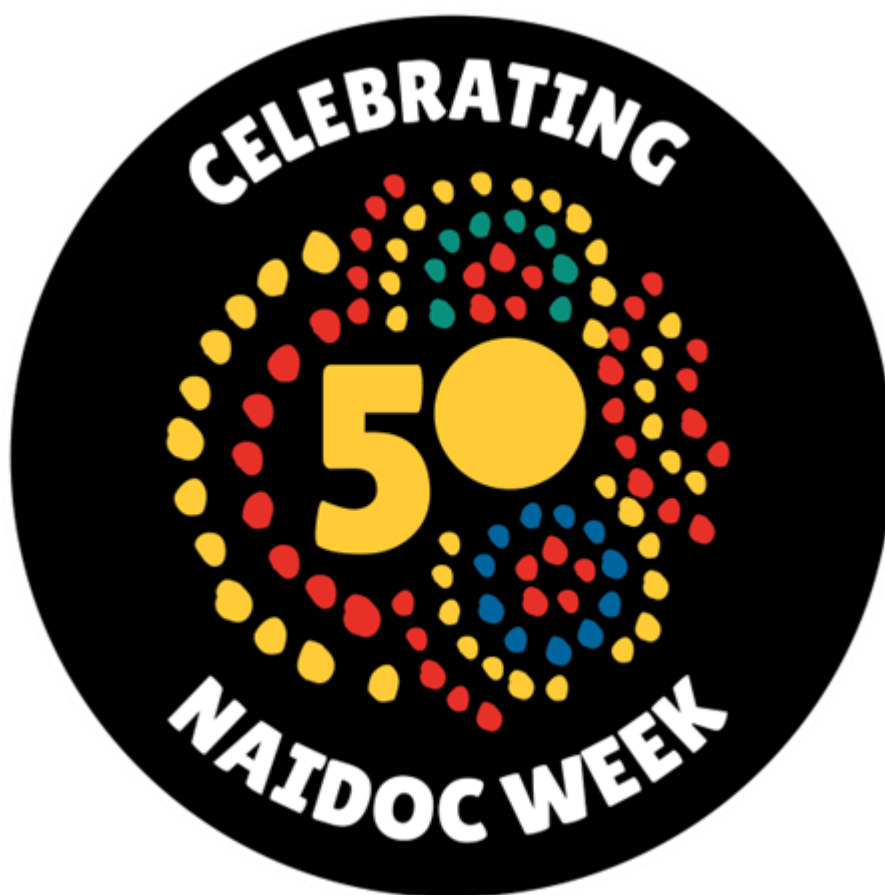
It's an important message for our community: everyone has the right to live free from abuse. Elder abuse is everyone's business and by working together we can help create safer and more inclusive communities for older people.

For more information, download the [\*\*NSW Elder Abuse Toolkit\*\*](#). If you're experiencing abuse or know someone who is, you can [\*\*report it online\*\*](#).

You can also check out the NSW Ageing and Disability Commission and Australian Banking Association's [\*\*Safe and Savvy guide\*\*](#) to help older people avoid abuse, scams and fraud.

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## Upcoming Religious, Cultural or Inclusion celebration



### NAIDOC Week 5-12 July

This year's theme, *50 Years of Deadly*, marks five decades of NAIDOC Week and celebrates the leaders, activists, artists and communities who have carried this movement forward and ensured culture and community remain at its heart.

Last Saturday, we held our NAIDOC Family Fun Day with hundreds in attendance.

NAIDOC events are held all over the country to find out what else is happening you can [\*\*visit the official NAIDOC website\*\*](#).





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## Local community directories and services

Check out some of the community directories below for local services and programs.

**CBCity Community Directory**

**Canterbury-Bankstown Domestic Violence Service Directory**

**Local Mental Health Support Services**

**CBCity Disability Agencies & Organisations**

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[@canberracity](#)

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