

Volume 1 Issue 3

December 2011 -
February 2012



KINDLY CARING FOR ALL OUR COMMUNITY

Kingsgrove Community Aid Centre Inc.



Newsletter—Summer 2012

What an amazing year we had last year at KCAC. I'd like to welcome everybody back to commence the New Year which we have organised to be filled with more exciting and innovative programs for the Community.

The Highlight for us has been passing the Quality Review Process that was conducted on our HACC services last December. KCAC passed with attaining outcome 1 with all Community Care Standards. This is a great outcome as it recognizes that we passed with high results and met all 3 standards and all 18 expected outcomes of the review. A lot of hard work went into the preparation and planning on all levels to ensure that we passed. At this stage I would like to thank everybody that was part of this process, from staff to Board members to clients and volunteers, it was wonderful to see the level of collaboration and comradery taking place for this wonderful result. Without a doubt we at KCAC provide one of the best Centre Based Day Care Programs and Allied Health Podiatry Services for the Seniors in our Local Area.

Once again we are faced with challenges in our quest for the installation of public toilets in Smith Park Morgan Street, for the use of the General Public. We have held numerous meetings with stake holders and have drawn up hundreds of petitions. The toilet block is an essential requirement for

the park as the park is utilised by many groups and the general community. We have been notified by Council that approval for the toilets were approved at a Council meeting, however we have not heard definitely of when the toilets would be constructed. None the less we will continue to keep the pressure on council to fulfill its promise. We have had many individual and community groups come to us with their concerns about this matter. We are hoping that some resolution will be finalised by the end of June 2012.

Kingsgrove Community Aid Centre looks forward to celebrating Seniors Week 2012 for our senior community in Kingsgrove and the surrounding areas. This year we celebrate Cultural Diversity in Ageing. Our hard working staff will be organising this event on the 21st March 2012 with entertainment and a lunch. We look forward to seeing all our seniors groups as I'm sure the day will be entertaining for all.

Anne Farah-Hill

Chief Executive Officer



Pictured: Community members and KCAC Staff campaigning for public toilets in Smith Park Morgan St.



Find us on  Like
Facebook



KINGSGROVE COMMUNITY AID CENTRE CBDC PROGRAM SENIORS CHRISTMAS FUNCTION 2011



It was a bright and colourful day full of joy and laughter at the 2011 Seniors Christmas Function last year. Everyone enjoyed the delicious buffet served by the Kingsgrove RSL Club, as well as the wonderful entertainment provided by the Chinese Activity Group, the Chinese Centre Based Day Care Singers and English classes group and the colourful dancing done by Grace (who is one of our clients) and her dancers and also Mackie's Island Dancing. Our Arabic Seniors group also entertained us with some joyful Arabic Music and Dancing.



Santa Clause made an appearance to delight everyone with some candy and special awards were given out to all of our volunteers, bus drivers and others who make it possible for us to run this wonderful program.



More photos of our lovely clients and guests on the next page.....





SENIORS CHRISTMAS FUNCTION 2011 PHOTOS

TO VIEW MORE PHOTOS AND SEE ALL OF OUR ALBUMS PLEASE VISIT OUR FACEBOOK PAGE





Above: Pictures from our KCAC Staff Christmas Dinner 2011.

Important Dates

March 17th—St Patricks Day

6th-9th April—Easter Weekend

Sunday May 13th— Mothers Day

Vacation Care

Please return April Vacation Care Enrolment Forms by **23rd March**

KINGSGROVE AND HURSTVILLE VACATION CARE FOR THE EASTER HOLIDAYS WILL RUN FROM 6TH APRIL TILL 20TH APRIL 2012

COST IS \$30 PER DAY AND EXCURSIONS ARE EXTRA RANGING FROM \$10—\$25

CHILD CARE BENEFIT AND CHILD CARE REBATE ARE AVAILABLE

CENTRE ACTIVITIES INCLUDE:

- **COOKING**
- **CREATIVE CRAFT**
- **OUTDOOR GAMES**
- **DRAMATIC PLAY**
- **MOVIE/PIZZA DAYS**
- **MUSICAL MOVEMENTS**

EXCURSIONS INCLUDE:

- **MOVIES**
- **BOWLING**
- **LAZER SKIRMISH**
- **INDOOR PLAY CENTRE**
- **PARK VISITS**
- **MUSEUMS**
- **PARK ANIMALS**
- **DARLING HARBOUR**
-

FOR MORE INFORMATION CALL CHERYLL OR KATINA ON 91507823.

All pictures in the KCAC Newsletter have been used with permission.

Out Of School Hours Care

Provided by Kingsgrove Community Aid Centre Inc.



Kindly Caring for All our Community

SCHOOLS WE SERVICE

1. Hurstville Public School Forest Road Hurstville 2220
2. Kingsgrove Public School
 - Infants School- Caroline Street, Kingsgrove 2208
 - Primary School- Kingsgrove Road, Kingsgrove 2208
3. Our Lady of Fatima 51 Caroline Street, Kingsgrove 2208

We cater for Kindergarten to Year 6.

BEFORE AND AFTER SCHOOL CARE HOURS OF OPERATION:

BEFORE SCHOOL CARE

7am to 9am

AFTER SCHOOL CARE

3pm to 6pm

VACATION CARE HOURS OF OPERATION:

SCHOOL HOLIDAYS

7am to 6pm

A variety of craft, cooking, fun games and excursions are just a small part of the activities offered at Vacation Care.

Enrolment forms and event programs will be available 3 to 4 weeks prior to commencement of school holidays at the Before and After School Care Centre.

VACATION CARE TRANSPORT:

Private Bus or Walk to nearby/ local venues.

WHERE

BEFORE AND AFTER SCHOOL CARE AND

VACATION CARE

Bexley North Community Centre

54a Shaw Street, Bexley North and

Kingsgrove Public School, Kingsgrove Rd,

Kingsgrove (Primary School Site)

FEES AND CHARGES:

For Fees and Charges please contact the Kingsgrove Community Aid Centre on 91507823 or call Cheryl on 0407659766 for kingsgrove OOSH or call Katina on 0418481358 or 95883960 for Hurstville

CHILDCARE BENEFIT IS AVAILABLE THROUGH

CENTRELINK

Email Kingsgrove OOSH: koosh@kcac.org.au

Email Hurstville OOSH: hoosh@kcac.org.au

O



O



S



H





Kingsgrove Community Aid Centre Out Of School Hours Care

Pictured Right: The Children having fun at Hurstville After School Care Afternoon Activities



After School Care

Pictured Left: Chocolate Spiders made by the kids at Hurstville After School Care for Halloween Afternoon Tea.



Halloween Fun

Pictured Right: Party Day at Hurstville Vacation care.

Vacation Care





Sydney Aquarium

Kingsgrove Community Aid Centre Out Of School Hours Care

Kingsgrove Vacation Care

All the children enjoyed visiting the Sydney Aquarium Darling Harbour on their Vacation Care excursion. The kids had opportunities to explore and experience a variety of hands on activities organized by the Aquarium staff.



The Kingsgrove OOSH kids played dress up with Stella who was due to get married last month, and had lots of fun wrapping her in white paper. Congratulations to Stella from all of us here at Kingsgrove Community Aid Centre and Kingsgrove OOSH. Please have a great time in Hawaii on your Honeymoon and we will see you soon.

Congratulations Stella





**AUSTRALIA DAY 2012
AT KINGSGROVE COMMUNITY AID CENTRE**



The Centre Based Day Care clients had a great time celebrating Australia day at the Centre. It was also an information day to promote the CBDC Program. Some of our local neighbourhood residents came to the community centre and joined us. They enjoyed a lovely morning tea and a yummy sausage sizzle for lunch.

The local residents were very happy to see what a wonderful service the Kingsgrove Community Aid Centre provides and they are looking forward to becoming members of the CBDC Program.

Some of our clients spoke about their heritage and their migration experience and how they struggled in the community working as cane farmers in trying to build a new life in their new community. The story's told touched all of our hearts and it was great to hear about the life experiences of our wonderful clients.



ARABIC CENTRE BASED DAY CARE SENIORS SOCIAL GROUP



This group meets every Wednesday for their CBDC Program which is run by Kingsgrove Community Aid Centre and funded by Department of Ageing Disability and Home Care.

This social group has been developed to support these seniors who live in their own homes and enables them to form close friendships and encourage independent living.

KCAC provides the CBDC groups with information sessions to keep them informed on topics such as Health, Wellbeing, Financial, Safety and much more.

For more information on this group please call us on 91507823.

Juliette's Story

27/2/2012

My name is Juliette Khoury and I would like to talk about the social group I attend every Wednesday at Kingsgrove Community Aid Centre.

Not long after I retired I joined the community group at the Centre and have never looked back. It has provided so much happiness to all who attend with a very positive atmosphere and a family environment.

We joke, we play cards, we share a meal for lunch and the whole group is so appreciative of the opportunity we have been given every week. It is the highlight of our week and we look forward to it each week.

We are a very close knit group and we respect, trust and care for one another.

So many of us in the group do not drive or are too fragile or afraid to go out alone. This group outing gives us a sense of freedom that we would not get if it didn't exist.

For me personally, my Wednesday group is my life-line. My husband became very ill about 4 years ago and was diagnosed with total kidney failure requiring dialysis three days a week. Not long after the dialysis began he suffered a severe heart attack requiring open heart surgery. As a result I accompany him to Royal Price Alfred Hospital three times a week from 6am – 2pm as his carer.

Some days it feels like the hospital is our second home. I help out with other dialysis patients while there each week, making them coffee, talking to them in order to relieve the nursing staff.

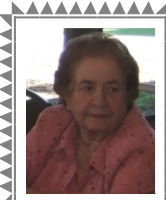
It is a heavy burden that can be very stressful while trying to still maintain a home and spend time with children and grandchildren.

My day out every Wednesday with the group is my only opportunity to spend away from the stresses of the hospital and an ill husband. It has been great for my mental health and gives me the boost and strength I need to keep going each week.

I must send out a very big thanks to Anne for her hard work and her wonderful staff who make this amazing day each week possible. A huge thanks also goes out to Ramona, who I believe gets so much joy out of seeing our group so happy.

We cannot thank enough the volunteers, sponsors and our weekly driver James for their hard work and dedication.

This weekly group is the life-line to a group of ladies who have raised their families and now look forward to our Wednesday outings as a break from sometimes difficult daily lives.



We hope the centre and its activities continue well into the future as I cannot imagine my life without this group and the wonderful people who make it happen each week. May God bless you all for your dedication and hard work.

Juliette Khoury





CHINESE CENTRE BASED DAY CARE SENIORS SOCIAL GROUP



Our Chinese Centre Based Day Care seniors group was invited to attend the Premieres Christmas Gala concert 2012. The clients were very happy; it was their first time to attend such an event. They felt they have been involved in the community and they have been treated very well. They all said that they would love to attend the concert again next year as it was very enjoyable. This is made possible through the Department of Ageing, Disability and Homecare **(ADHC)** and the Premieres Department of NSW.

Chinese Centre Based Day Care program operates Monday's between 9am-4pm. For more information please contact Cindy Ma on 91507823 Monday and Thursday.



Pictured Top: The Chinese Centre Based Day Care Group with their English Teacher Sheila who is part of our CBDC Wednesday Group.

Pictured Middle: The Gentle Exercise Classes in full swing. These seniors really enjoy the classes and have a great time once a week, as well as keeping fit and



Pictured Bottom: Our Chinese CBDC Group out and about on an outing. The group love going for long walks and enjoy the scenery and the outdoors. This is a very happy and sociable group of people that have made new life long friends by joining this excellent program for seniors.



Legal Aid NSW provides one-off free legal advice to people about a range of legal issues.



Legal advice

1. What is legal advice?

A lawyer will give you one-off free legal advice about your issue. They will also tell you whether you may be eligible for further assistance or a grant of legal aid for a lawyer to represent you in your case. They might be able to provide help with simple documents if you do not have a lawyer. They will not be able to help you with complex legal documents.

The advice session is generally about 15 to 20 minutes. This amount of time does not allow our lawyers to give you detailed legal advice about complex matters.

If Legal Aid NSW is not able to help you further they may be able to give you information about where you can go for more help.

2. Who can get legal advice?

Anyone can use our advice services.

However, there are some situations where we might not be able to give you legal advice. For example, if we have already given legal advice to the party you are in dispute with we may not be able to give you legal advice. This is because lawyers are not allowed to advise both parties to a dispute and we will have a 'conflict of interest'. If this happens we will refer you to another legal service for help. Even if there is a conflict of interest you might still be eligible to get a grant of legal aid for a private lawyer to be paid by Legal Aid NSW to represent you

1. What can I get advice about?

We provide free and confidential face-to-face legal advice on most legal issues, including:

- Criminal law – people facing criminal charges.
- Family law – issues arising from family breakdown (especially matters involving children), domestic violence and child support.
- Civil law – we specialise in housing law, consumer law including credit, debt and mortgage matters, discrimination, social security, immigration (only at Central Sydney office), mental health and guardianship law.

Help at court

We have lawyers at all local courts and at many other courts and tribunals across NSW. These 'duty lawyers' help people who have a matter at court that day who do not have their own lawyer. Duty lawyers either work for Legal Aid NSW or are private lawyers paid by Legal Aid NSW to help you.

Other types of help are also available at court. Women's Domestic Violence Court Advocacy Services assist women and children experiencing domestic violence at many local courts around NSW. Youth workers from the Children's Court Assistance Scheme assist young people appearing in the Children's Court.

It is best to get legal advice **before** you go to court. Call the free legal help line LawAccess NSW on **1300 888 529** to find an advice service or search for a Legal Aid NSW service near you.

COMMUNITY INFORMATION

NEW GOVERNMENT WEBSITE



The Department of Human Services is responsible for the development of service delivery policy and provides access to social, health and other payments and services. It was created on 26 October 2004 as part of the Finance and Administration portfolio. The *Human Services Legislation Amendment Act 2011* integrated the services of Medicare Australia, Centrelink and CRS Australia on 1 July 2011 into the Department of Human Services.

The payments and services we deliver

The department offers a range of health, social and welfare payments and services through the:

Medicare program which looks after the health of Australians through the efficient delivery of programs such as the Pharmaceutical Benefits Scheme, the Australian Childhood Immunisation Register and the Australian Organ Donor Register.

Centrelink program which delivers a range of payments and services for retirees, the unemployed, families, carers, parents, people with disabilities, Indigenous Australians, and people from diverse cultural and linguistic backgrounds, and provides services at times of major change.

Child Support program which provides support to separated parents to provide the financial and emotional support necessary for their children's wellbeing.

CRS Australia which provides disability employment services to help people with a disability, injury or health condition to get or keep a job, and help their employers to keep their workplaces safe.

For more information visit www.crsaustralia.gov.au

To find an office visit www.crsaustralia.gov.au/find_an_office.htm

Australian Hearing is one of the largest hearing service providers in the world and is dedicated to helping people manage their hearing impairment so they have a better quality of life. Australian Hearing provides a full range of hearing services for children and young people up to the age of 26, eligible adults and aged pensioners, and most war veterans. For more information visit www.hearing.com.au



ST GEORGE POPPY SUPPORTED PLAYGROUP



Alison's Story

First time my daughter and I came to Poppy Playgroup was 16 May 2011, was meant to be the first week 9 May but Charlotte was sick so we couldn't come.

It was suggested by my counsellor that it would be beneficial to both Charlotte and I to go, as it would help us bond and play more, and be a supportive environment to help with the Postnatal Depression. I thought I would give it a go, as I was having trouble just playing with Charlotte, tended to just go through the motions of looking after her rather than doing both looking after and playing. I didn't have the confidence to know the best way to play with Charlotte through those early stages.

I felt it was a safe and understanding environment, where I could be myself and not having to pretend that all was bright and cheery. If I was having an off morning, I had the facilitators to chat with. Charlotte got to play with new and interesting things and I also got to engage in play with her. It has given me alternative ideas on how to play and what to do during play, which I had no idea about during her different stages of development. It helped knowing I wasn't the only one experiencing difficulties and being able to talk openly without being judged was great. It's a great social network as well, where some of the mums can chat and meet up outside of the playgroup. The guest speakers have always been interesting and full of information that is very helpful. Overall the group has empowered me and given me confidence to realise that I am doing a great job at being a mum'

Alison, mum of an 19 months old Charlotte

POPPY St George supported playgroup is a group for mothers with mental health issues and their children from 0 to 5 years. Being the mother of a baby or a pre-school child can be a wonderful experience, but many mothers also find that they have to cope with feelings of depression, anxiety or distress. POPPY is a space where mothers can relax, meet other mums, share experiences and have fun with their children in a safe environment.

The playgroup runs at Kingsgrove Community Aid Centre every Monday during the school term between 10am-12pm. Mothers can be referred to the playgroup, contact Kingsgrove Community Centre to self-refer. Free transport is provided if needed.

For more information about the group or to make a referral please contact **Kingsgrove Community Aid Centre on 9150 7823.**

Enquiries from mothers, carers and family members are welcome.





Regular Services

PODIATRY

Kingsgrove Community Aid Centre Offers a subsidised Podiatry Service to people who are over the age of 65 or younger disabled, living in the St George area.

- The Domiciliary Podiatry is available on Monday, Tuesday, Wednesday, Thursday & Friday between the hours of 9.30am - 4.00pm
- The Centre Based Clinic is offered fortnightly on Wednesday between 12.30pm and 2.45pm at the Kingsgrove Community Aid Centre, 30 Morgan Street, Kingsgrove.

Appointments are essential and can be made by phoning the Centre on (02) 91507823

Monday – Thursday 9am-4pm

FEES: Domiciliary Podiatry - \$10 Centre Based Clinic - \$10



PLAYGROUPS AND SUPPORT GROUPS

Come and join one of our playgroups here at the Kingsgrove Community Aid Centre, 30 Morgan Street Kingsgrove.

Monday: St George **POPPY** Supported Playgroup, 10am to 12pm

This is a free group run at Kingsgrove Community Aid Centre. Morning tea provided. Transport is available for St George residents or pick up from Hurstville station available for anyone coming from Sutherland.

Please contact Rachel Gamba on 91507823.

Tuesday: Indigenous Australians Playgroup, run by the Early Childhood Services at our Kingsgrove venue, 30 Morgan St Kingsgrove, 10am to 12pm.

Wednesday: General Public Playgroup at the Kingsgrove Community Aid Centre, 10am to 12pm

Friday: Supported Playgroup for parents of children under 2 years old, 10am to 12pm.

SUPPORT GROUP FOR PARENTS AND CARERS OF CHILDREN WITH AUTISM SPECTRUM DISORDERS: Wednesdays 12.30—2.30pm at 30 Morgan St Kingsgrove.

For more information on any of our groups, please call us here at the Centre on 91507823. Mon – Fri 9am-4pm



KNITTING GROUP

Kingsgrove **Caring and Sharing Knitting Group**, meets every Friday, 10am to 2pm.

Come and join our knitting group, who are knitting garments to send to third world countries in association with **WRAP WITH LOVE INC.** Charity.

Attendance is open to all residence of Kingsgrove, Bexley North, Hurstville and surrounding suburbs.

Please contact us at the Centre for more information on 91507823.

Mon – Fri 9am-4pm



CENTRE BASED DAY CARE

Kingsgrove Community Aid Centre provides Centre Based Day Care for seniors over the age of 65 living in the St George Area.

Monday: A social group for Chinese speaking seniors.

Tuesday, Wednesday and Thursday: General Senior's social outings and networking groups.

Wednesday: Arabic speaking senior's social and networking group.

Friday: An out and about group gets together for outings including long bus trips and shopping days. Several information sessions are held throughout the year on specific Fridays. Talks on issues like Senior's health, wellbeing and safety are provided by guest speakers.

Referrals are accepted from GPs, Aged Care Assessment Team, family and self referral.

A Senior's Newsletter is distributed on a quarterly basis. For more information please call the centre on 91507823.



FRIDAY CHINESE ACTIVITY/OPERA GROUP



Come and join our Chinese Activity Group. This group meets at 30 Morgan St Kingsgrove every Friday from 9.30am to 1pm

Activities involve playing mah-jong, opera singing and cooking. Open to all age groups.

For more information call the centre on 91507823

Mon – Fri 9am-4pm

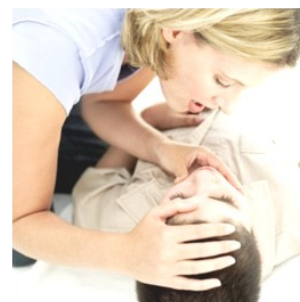
FIRST AID COURSES

Kingsgrove Community Aid Centre runs First Aid courses for parents and/or carers of young children, once a month over two Fridays.

10am to 2pm, Lunch is included and babies are welcome to attend.

Subsidised course cost \$60, Bookings are essential. Participants will receive an accredited First Aid Certificate.

For more information please contact the centre on 91507823 Mon – Fri 9am-4pm.



EXERCISE CLASSES FOR SENIORS

Exercise Classes run At Kingsgrove Community Aid Centre for Seniors In the Hurstville, Beverly Hills, Bexley and Kingsgrove area.

11am – 12 noon On Mondays at 30 Morgan St Kingsgrove

Come along And join the fun exercise classes that are provided by trainers from the S.H.A.R.E organisation.

A Gold Coin Donation Is appreciated.

For more information please call the Centre on 91507823 Mon – Fri 9am-4pm





FIRST AID COURSES AT KCAC

The First Aid program has been running at the Kingsgrove Community Aid since June 2011 and is the only one of its kind to run in NSW. The course has been tailored to suit parents and carers of young children and parents are more than welcome to bring their children along with them to the course.

This course has been heavily subsidised by the Kingsgrove Community Aid Centre to make it affordable to as many local families as possible.

There have been over 80 participants who have completed the course and all have attained their Apply First Aid Certificate. The feedback from the participants has been overwhelmingly positive, all have been extremely happy with the course, the course content, the instructor, the venue and the lunch provided. 90% of participants would have been unable to attend if they weren't able to bring their children with them to the course.

The First Aid Program is ongoing and is being advertised through Early childhood centres, the local newspaper, General Practitioners and hospitals. First Aid is an invaluable skill for all parents and carers, and gives great confidence when looking after young children and babies.

Kingsgrove Community Aid Centre is more than pleased to be able to assist local families with the skills and knowledge to keep their children safe and well.

Rachel Gamboa
Family and Childrens services

Pictured: First Aid Course in Action



Kingsgrove Community Aid Centre Inc.

Kindly Caring for All our Community



First Aid Course

Kingsgrove Community Aid Centre is running a fully accredited First Aid Course for the Parents and Carers of babies and young children.

The course runs every month over two days from 10:00am – 2:00pm, lunch is provided and babies are welcome to attend with their carer.

Course costs \$60 and has been heavily subsidised by Kingsgrove Community Aid Centre

*Venue
Kingsgrove Community Aid Centre
30 Morgan St, Kingsgrove*

*For information and bookings please contact
Rachel Ph: 9150 7823 or 0449 556 138*

www.kcac.org.au

Kingsgrove Community Aid Centre Inc 30 Morgan St Kingsgrove 2208

EMERGENCY OR CRISIS NUMBERS

Emergency Services

Ambulance, Fire Brigade, Police	000
Crime Stoppers	1800 333 000
Energy Australia	13 13 88
Integral Energy	13 10 03
Sydney Water	13 20 90
AGL (gas leaks, etc)	13 19 09
State Emergency Service Hurstville office	9533 2122

Hospitals

St George Public Hospital	9350 1111
St George Private Hospital	9113 1111
Hurstville Community Hospital (Gloucester Rd)	9579 7777

Police Stations

Hurstville Police Station	9375 8599
Riverwood Police Station	9584 1899
Kingsgrove Police Station	9150 0441

Crisis Services

Child Abuse Prevention Service	9716 8000 or 1800 688 009
Kids Help Line	1800 551 800
Kidsnet-helpline	9845 2432

Karitane Care Line	1300 227 464 or TTY (02) 9794 2300
Parent Line	13 20 55
Tresillian Parent Help Line	9787 0855

Counselling and Support Services

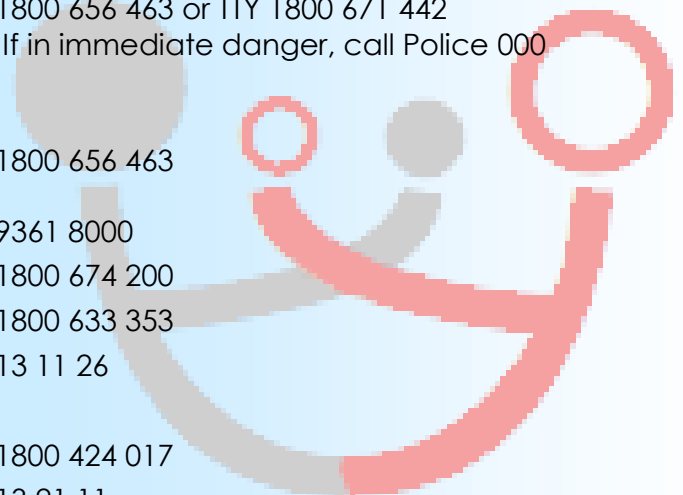
Alcoholics Anonymous	9599 8866
Lifeline	13 11 14
Gamblers Anonymous	9628 5065
G-Line (problem gambling)	1800 633 635 or TTY 1800 633 649
Salvo Care Line	1300 36 36 22
Domestic Violence Line	1800 656 463 or TTY 1800 671 442 If in immediate danger, call Police 000

Health

Association of Relatives & Friends of the Mentally Ill (ARAFMI)	1800 656 463
Alcohol and Drug Information Service	9361 8000
Mental Health Information Centre	1800 674 200
Needle Clean-Up Hotline	1800 633 353
Poisons Information Line	13 11 26

Sexual Assault/Rape

Rape Crisis Centre 24 Hours	1800 424 017
Child Sexual Assault, advice and information	13 21 11





Kingsgrove Community Aid Centre

UP AND COMING EVENTS

MARCH

- **16th Guide Dogs Presentation** (all donations collected on this day will be given to the Guide Dogs Association NSW)
- **21st SENIORS WEEK**
Featuring Krissy the Bird Lady
- **23rd Chinese Activity Group Information Session**
Featuring Guest speaker From Guide Dogs
- **30th World Health Week**
Featuring special guest speaker Dr Gregory Cario.

APRIL

- **27th Falls Prevention Week**
Featuring special guest speaker from CRAGS Calvary Hospital.

MAY

- **30th Australias Biggest Morning Tea at KCAC**
(Special Guest Appearances)
- **Neighbourhood Week**
Information Session

JUNE

- **22nd DRAGON BOAT, CHINESE OPERA CONCERT**
- **29th Word Continnence Week**
Featuring special guest speaker from CRAGS Calvary Hospital.

For more information on any of our wonderful events please call the Community Centre on 91507823 Monday to Friday 9am-4pm.



COMMUNITY INFORMATION



Schizophrenia Awareness Week

Schizophrenia Awareness Week is an annual event held in May. It provides an opportunity to raise community awareness of schizophrenia and mental illness in general. We do this through a range of activities, including information displays and events across NSW, a Symposium, and media coverage.

We have organised a range of activities for Schizophrenia Awareness Week designed to engage different sections of the community. These include our Annual Symposium and Annual Poetry Competition.

Schizophrenia Awareness Week 2012 will be held from 14 to 20 May

Please access the menus on the left for further information

Please click here to join our mailing list for 2012 to receive an Information Kit for Schizophrenia Awareness Week including a poster for you to display.

Schizophrenia Awareness Week 2012 Symposium will be held on Saturday 19th May 8:30am - 4pm



Symposium Theme: "National Focus on Mental Health"
Guest Speakers: Professor Vaughan Carr and Robyn Kruk (CEO National Mental Health Commission)

Price includes, Morning Tea, Lunch, Drinks & Nibbles - Early Bird applies until 30/04/2012 (price includes GST)

	Earlybird (before 30 April 2012)	After 30 April 2012
Concession	\$35	\$40
General	\$60	\$65
Professional	\$85	\$90

We're on the Web!
www.kcac.org.au



ADVERTISING IN OUR NEWSLETTER

IF YOU ARE A LOCAL BUSINESS, A COMMUNITY ORGANISATION OR A COMMUNITY GROUP AND WOULD LIKE TO ADVERTISE IN OUR KCAC NEWSLETTER, WE ARE HAPPY TO ADVERTISE YOUR ADS OR EVENTS AT A GREAT PRICE.

THE NEWSLETTER IS GIVEN OUT TO ALL OF OUR CLIENTS AND REACHES MANY PEOPLE FROM THE KINGSGROVE AND SURROUNDING SUBBURBS.

IF YOU ARE INTERESTED PLEASE GIVE THE CENTRE A CALL ON 91507823 OR EMAIL THE EDITOR ROSE ON: rose@kcac.org.au AND LEAVE YOUR DETAILS, AND WE WILL GET BACK TO YOU.

PRICING FOR ADVERTISING IN NEWSLETTER

FULL PAGE: \$200, 1/2 PAGE: \$100, 1/4 PAGE: \$50

**KINGSGROVE COMMUNITY AID CENTRE
ACKNOWLEDGES THE SUPPORT OF HURSTVILLE CITY
COUNCIL FOR THE VENUE AT 30 MORGAN ST
KINGSGROVE**