



KINDLY CARING FOR ALL OUR COMMUNITY

Kingsgrove Community Aid Centre Inc.

Winner



ST GEORGE



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Facebook Like



Newsletter—Winter 2012

What a fantastic achievement it has been winning the St George Leader Local Business Award in the Community Services Category.

It was truly a rewarding experience winning this award. The night of the presentation ceremony was an event in itself with approximately 500 people in attendance, and with so many businesses nominated from the St George area. The venue at the Entertainment Centre in Hurstville was transformed into a glittering showpiece outdoing the Logies event. Our table accommodated both staff and board members who were very nervous yet poised and ready for the stage should we be called out as the winners of this category. "Winners are grinners" I can remember stating in my introduction speech on the stage. This could not have been achieved without the strong community support we received. I wish to thank all those that voted for us. To those in the community who are our partners and those organizations who are many, representing the local community, in commerce, clubs, schools etc.

My heartfelt thanks goes to all the staff at Kingsgrove Community Aid Centre for their hard work and dedication for a job well done.

It was a pleasure to have had the State Member for Oatley Mr Mark Coure visit our community centre last week. Mr Coure was met by myself and other staff of the Kingsgrove Community Aid Centre where he had a tour of the new community centre facilities. A meeting was then followed to discuss with him, some of the issues facing our community. The "Mashman Pottery Development site" among many was one of the focal discussions regarding the impact this is

going to have on our community centre's resources when the families settle in to this new development. The meeting proved very successful and we hope that Mr Coure takes our concerns and issues on board and relays them to the relevant ministers of government on our behalf.

Our Tax help program has commenced for this financial year and is free to all those in the community who earn an income under \$55,000 per annum. More information on this is available on our website or call 91507823 to make a booking.

Please remember to like us on our facebook page and check for new posts weekly.

Anne Farah-Hill

CEO

Pictured Below: Mr Mark Coure with Anne Farah-Hill and KCAC Staff.



Allied Health Podiatry

We are currently taking more referrals for our **Allied Health Podiatry Service**. We offer home visits and Centre Based Podiatry for residents in the St George area who are over 65 or who are younger disabled. This service is only **\$10 per visit**. If you are interested, please call the centre on 91507823 for more information.

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



ACHEIVEMENTS

Congratulations!

Congratulations to Ms Gurmeed Nelson KCAC Aged Care Services Coordinator for receiving the Encouragement Award at the Southern Sydney Region Training Awards for her Front Line Management course. Ms Nelson worked very hard and has implemented all her training in her job. Gurmeed was also a finalist for the Trainee of the Year Award 2012. Well done Gurmeed, we are all proud of you.



Congratulations to the **Kingsgrove OOSH** and **Hurstville OOSH** Services for making it as Finalists for the most outstanding Childcare Service in the St George Local Business Awards. Well deserved for all your hard work. There were 10 other finalists in this category and we had some good competition. Great job for getting this far.



Pictured Above:
The Kingsgrove Out Of School Hours Care Team.

Finalists



Pictured Right:
The Hurstville Out Of School Hours Care Team.



Above: Anne Farah Hill CEO KCAC with Ms Gurmeed Nelson Age Care Coordinator KCAC at the CDSE ceremony.

Pictured Right: Merve Lynch, Director of the Board, Club Central with Anne Farah Hill.

Community Grants

On the 9th of August 2012 the CEO and Aged Care Coordinator of the Kingsgrove Community Aid Centre attended the Clubs Grants Function at Club Central in Hurstville. We would like to thank Club Central for the generous donation that they awarded to KCAC to support us in continuing to provide our services to the local community. Without these donations we would not be able to provide all of the very valuable extra services that the community needs. We would also like to thank the Kingsgrove RSL Club and the Earlwood/Bardwell Park RSL Club for their generous contributions and ongoing support to the Kingsgrove Community Aid Centre.



ACHEIVEMENTS



St George Local Business Awards 2012 WINNER



On Wednesday the 18th July, Kingsgrove Community Aid Centre attended an awards night organised by Precedent Productions and the St George Leader at the Hurstville Entertainment Centre. The night was held to announce the winners of the St George Local Business awards for 2012. Kingsgrove Community Aid Centre won the award for the Most Outstanding Community Service category. It was a fantastic night for our centre full of excitement and elation for the staff who attended the event. Our CEO Anne Farah-Hill gave a heart felt speech about what an honour it is to be serving our community and thanked all of the staff and community partners that help make this centre so wonderful. As a not for profit organisation, everything we receive in funding goes right back to the community and helps us to continue serving our local residents.



These Pictures courtesy of SABO Media



Most Outstanding Community Services



KINGSGROVE SUPPORTED PLAYGROUP JOINS THE CBD SENIORS FOR A SPECIAL COMBINED DAY

The Kingsgrove supported playgroup invited our seniors groups to join them for a fun reptile day and some lunch at the Kingsgrove Community Aid Centre on the 3rd of August 2012. The purpose of this day was to combine the young and old for a slightly different experience and give the young ones (some of who don't have grandparents) to bond with the seniors. The day was a great success, full of laughter and a touch of fear when the snakes came out. The children were quite comfortable with all of the reptiles while some of the seniors felt a little uncomfortable, however still enjoyed the entertainment provided by Steve from Walkabout Reptiles. Steve did a fantastic job with everyone and was quite humorous during his scaly and slithery presentation of these remarkable creatures. After the reptile show the group gathered together for a scrumptious lunch.



FIRST AID FOR PARENTS AWARD CEREMONY



A CRUCIAL SKILL FOR ALL PARENTS

The First Aid program for parents of young children was initiated originally at the Kingsgrove Community Aid Centre way back in 2002. It was the first one of its kind until more recently where other organisations have used this initiative and now offer this type of course as well.

The importance of having parents trained in First Aid is becoming more and more obvious in society today. As anaphylaxis and asthma are just 2 of the many threats to children of today, First Aid Training is an essential skill to have and gives parents the confidence that they need to save the life of their child if such an emergency is to occur.

On Friday July 20 2012, the Kingsgrove Community Aid Centre held an official ceremony to award the First Aid Certificates to all the mums, dads, grandparents and carers who completed the course. Councillor Vince Badalati was there representing Ms Cherie Burton, member for Kogarah, to hand out the awards. On the day speeches were given by Anne Farah Hill the CEO, Councillor Badalati, Liz Mannes from Medilife, Rachel Gamboa Coordinator of Family and Childrens services at KCAC, Ms Pek Lim, Early Childhood Nurse and Ms Robyn Smith Nursing, Unit Manager, South East Sydney Area Health Services. Testimonies were given by some of the mums about how important having these skills as a parent is and also how some of them have already used their skills with confidence. Ms Gurmeed Nelson, spoke about how in her day there was nothing like this around and nothing to support parents coming from a multicultural background to skill people with this kind of training.

This course is run by Medilife, an accredited organisation and has been heavily subsidised by the Kingsgrove Community Aid Centre to make it affordable to as many local families as possible. Parents are also able to bring their young children with them to this course which helps to support them and enable them to participate in the course.

If you would like to attend a First Aid course or would like any further information, please contact the Kingsgrove Community Aid Centre on 91507823, Mon-Fri, 9am-4pm.



Pictured Top: The very happy parents who attained their First Aid Certificates.

Pictured Above: Councillor Vince Badalati Hurstville Council together with Anne Farah-Hill CEO KCAC, Liz Mannes Medilife Trainer, Rachel Gamboa Family & Children's Services Coordinator, Ms Pek Lim Early Childhood Nurse, and Ms Robyn Smith Num Early Childhood South East Sydney Area Health.



AUTISM SUPPORT GROUP HOLDS A PARTY DAY

Steve Drakoulis who conducts the Parents of children with Autism Support Group at the Kingsgrove Community Aid Centre held a party day for the group. There were different activities and games played on the day as well as a BBQ lunch in the Kingsgrove Community Centre Hall. All who attended had a great time.

Autism affects a number of families in the community today and being a parent can be overwhelming at times as it is. This group was formed to support the parents of children with Autism Spectrum Disorders and is a great support network for these parents. It helps them meet other parents experiencing similar situations and share different experiences with each other. If you are interested in coming along to this group it runs fortnightly on Thursday's from 10am to 12pm. For more information call the centre on 91507823.

Pictured Left: Steve Drakoulis together with the parents and kids who attended the party day.





Kingsgrove Community Aid Centre Out Of School Hours Care

REMINDERS

- RE ENROLMENTS for 2013 WILL COMMENCE IN SEPTEMBER.
- VACATION CARE ENROLMENT FORMS AND PROGRAMS ARE AVAILABLE ON THE WEBSITE 4 WEEKS PRIOR TO VACATION CARE. PLEASE RETURN YOUR FORM IN BY FRIDAY 7TH SEPTEMBER.
- FEES NEED TO BE KEPT UP TO DATE. STATEMENTS WILL BE GIVEN OUT MONTHLY.



HOOSH

Pictured:

The Hurstville OOSH kids visited the Powerhouse Museum where they had lots of fun at the Wiggles Exhibition. They played in the Little Red Boat, visited Dorothy's House and played on the playground.



Kingsgrove Community Aid Centre Out Of School Hours Care



Vacation Care

Vacation Care had a special day at the Kingsgrove Community Aid Centre on Friday the 6th of July. All of the OOSH centres, being Hurstville and Kingsgrove were combined on the day and they enjoyed a very entertaining presentation of reptiles which was presented by Matt from Walk About Reptiles.

All of the children had an absolute ball while Matt sang about his scaly friends and interacted with the children by allowing them to feel the different reptiles. It was a great day for all

VACATION CARE

The next Vacation Care period will commence on Monday the 24th September and will run until the 5th of October.

FUN ACTIVITIES AND EXCURSIONS ORGANISED INCLUDING, MOVIES, PUTT PUTT GOLF, SPORT DAYS, PICNIC DAY AND A COMBINED DISCO PARTY DAY.

FOR MORE INFORMATION PLEASE CONTACT KATINA OR CHERYLL ON 91507823.



KOOSH

Pictured:
The Kingsgrove OOSH kids had a great time bouncing around on the jumping castle.





KOOSH NEWS

Important notices for parents:

Please ensure that when your children are absent that you call the centre or sms our mobile phone (0401 321 193). If you know your child will be absent in advance please write a short letter or a note in the communication diary found next to the sign in/out table. When the educators have to search for children in the afternoon at the school it causes delay for the rest of the children.

We now have a lost property blue bin that is found underneath the sign in/out table. Please ensure all items are labelled.

Hot Chocolates are for sale at afterschool care during the cooler months. They cost \$1 and all proceeds go towards resources for the children.

Please ensure children who attend before school that if breakfast is needed that you arrive before 8 a.m. Breakfast table gets packed away after this time as it causes delay with the program.

Just a reminder to parents!

We value your input to the program. Please feel free to pass on information to staff about your child's interests so that we can better plan to their interests. You can do this by writing in out daily diary or speaking to one of the educators!

What's new at KOOSH at Shaw Street?

Over the past few months staff have observed children's interests in the natural environment. We have recently been in contact with Rockdale City Council and they have funded the purchase and installation of 2 planter boxes, strawberry seedlings, herbs and vegetable variety seedlings. Children were very excited to plant and look forward to caring for our vegies and fruit.

As the Olympics are being held in London at the moment the educators thought it might be fun to organise a mini Olympics competition on Tuesday afternoons. Children not only have been extending their physical wellbeing with this type of play, however they are building on the social skills through team building activities.

Children who attend our OOSH service on Wednesday's will be invited to go on an excursion to the Cricket Gala Day at Jubilee Oval in Kogarah. This event is organised with Active Sport Australia on Wednesday 28th August, 2012. Children will have the opportunity to meet other children from the local area to participate in a cricket sports clinic.



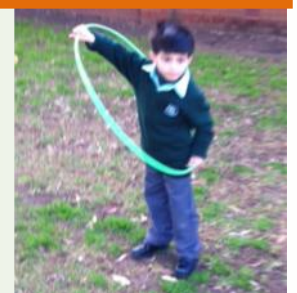
Yes! We are in kindy and year one and we CAN serve ourselves!



We enjoy the mini Olympics on Tuesdays! We CAN hula hoop on our own.



We love our new garden! We CAN look after it on our own.



HAPPY 100TH BIRTHDAY MRS HO



One of our long time clients Mrs Yipwan Ho celebrated her 100th birthday at Kingsgrove Community Aid Centre on the 2nd of July 2012. In China they call it 101st birthday. More than 80 people attended the celebration including a special visit from Councillor Vince Badalati of Hurstville Council. Mrs Ho has been a member of the centre for 16 years and still enjoys her Friday group activities immensely .

Pictured Right: Mrs Ho with her daughter Nancy Ho together with the CEO Anne Farah-Hill.



CHINESE ACTIVITY GROUP VISIT THE GUIDE DOGS CENTRE

The Chinese Activity Group enjoyed an informative outing to the Guide Dogs Centre.

The group had a lovely time walking around the centre and learning about the Guide Dogs. The group got to meet some of the very well trained animals that help many visually impaired people to live a more normal life.

The Guide Dogs Centre is a very large venue which is used to train the dogs before uniting them with their owners. It's no walk in the park teaching puppies to become Guide Dogs. It requires boundless energy, care and experience - not to mention a lot of space. That's where the Guide Dogs Centre comes in. The centre is located at Glossodia, near Windsor in Sydney's west.



FLOWER MAKING WITH THE CHINESE ACTIVITY GROUP

The Chinese Activity group had a flower making day one Friday as part of their activities. They used tissues and pipe cleaners and many different colours to create the delicate carnations. It was a great way for them to interact with each other and they gave some of the flowers that were made to the office staff and to their friends.



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





FRUIT AND VEGETABLE CARVING DEMONSTRATION



Mrs Maude Chin came to the Kingsgrove Community Aid Centre on Friday 20th of July 2012. She demonstrated a range of different vegetable and fruit carving techniques to our Chinese Activity Group. The group found it fascinating and interesting.



Mrs Chin is an expert on this amazing art form in Sydney and her skills were quite fascinating for all who were watching. She carved many different vegetables into various objects. The pictures shown are just some of the lovely art work demonstrated by Mrs Chin. It was a pleasure to have Mrs Chin here and we thank her for the lovely art demonstration.



AUSTRALIA'S BIGGEST MORNING TEA

On the 30th of May 2012 the KCAC Centre Based Day Care programme held an Australia's Biggest Morning Tea to help raise funds for the Cancer Council. The day was a great success and a total of \$658 was raised for this very worthy cause.

We would like to thank everybody that attended and contributed on the day. To all our senior clients and members of the community, it was a fantastic morning and great to see the local community coming together for a great cause.

Hope to see you all again next year for another cuppa!



FIRE SAFETY WEEK



Kingsgrove Community Aid Centre had a special visit from the Fire Brigade of Lakemba Fire Station on Wednesday the 25th of July. The fire fighters came to give the Seniors a talk about fire safety in their own homes. All of the seniors found the day very informative and enjoyed talking to the fire men. The talk was followed by a scrumptious lunch.



World Continence Week was held in June 2012. Bladder and bowel health is an essential component in preventing incontinence. It's a health issue that impacts an estimated four million Australians, including men, women, children, carers, families and the community. CRAGS Calvary Hospital staff came to the Kingsgrove Community Aid centre on Friday 29th of June to give our seniors an informative talk about incontinence. The group received information and education about this topic and were given tips about how they can make their lives more comfortable when living with this condition.

WORLD CONTINENCE WEEK



KCAC STAFF TEAM BONDING



The KCAC staff went on a team bonding excursion to the Hunter Valley on Saturday 18th August 2012. The day started nice and early at 7am where the tour bus departed the centre. After stopping for morning tea the bus continued to the Hunter to start the wine tasting tour. McGuigan Wines was first on the list followed by cheese tasting at the Cheese Company. We then moved on to champagne tasting at Petersons Champagne House, lunch at the Blue Tongue Café, more wine at Swish Wines and finally the best tasting had arrived at the Hunter Chocolate Shop. Then it was time to head back to Sydney. The day was filled with fun and laughter and lots of bonding. We all went home exhausted but refreshed and with big smiles on our faces. A big thank you to Kim for organising the whole trip and to our CEO Anne for allowing us to have these great team bonding experiences.





CHINESE CBDC GROUP BISCUIT MAKING

The Chinese CBDC group enjoyed a biscuit making session at KCAC. They have provided the recipe for our newsletter readers to enjoy.

BUTERFLY BISCUITS

Ingredients:

Puff Pastry

Desiccated Coconut

One egg

Raw sugar



Method:

Preheat oven to 220°

Whisk egg and brush onto thawed pastry sheets.

Sprinkle the brushed pastry with the sugar and coconut. Roll from 1 side to the middle and then the other side to meet it. Cut into 1cm size pieces and place on baking tray lined with baking paper and then bake for 15 mins or until golden brown.



FRUIT SLICE RECIPE

This recipe provided by Ms Gurmeed Nelson Aged Care Coordinator KCAC.



125g butter or margarine

1 cup of brown sugar

Melt these ingredients together.

Then add:

1 egg

1 cup self raising flour

1 cup of sultanas or fruit mix

1 teaspoon of vanilla

Mix it all together and bake in a greased tray 11' by 7' (28cm x 18cm) in a moderate oven for approximately 25—30 minutes . Turn out onto a cooling rack. When cooled cut into squares and serve.

Community Information

MEDIA RELEASE



ANDREW CONSTANCE MP
Minister for Ageing
Minister for Disability Services



RAISING THE ALARM: SMOKE ALARM SUBSIDY SCHEME FOR PEOPLE WHO ARE DEAF OR HARD OF HEARING

NSW Minister for Disability Services, Andrew Constance, today announced the Smoke Alarm Subsidy Scheme (SASS) to protect the lives of people who are deaf, deaf blind or hard of hearing. The NSW Government has invested \$2 million for the scheme, which aims to give people who are deaf, deaf blind or hard of hearing the same protections as smoke alarms do for others. "The average smoke alarm costs around \$50 but those with flashing lights and vibrating

under-pillow pads to supplement the sound of the alarms can rise to as much as \$500," Mr Constance said.

"That is why the subsidy scheme has been introduced."

"Cost will no longer be a reason people cannot access home safety equipment that warns of a house-fire".

Fire & Rescue NSW Commissioner Greg Mullins said this was an important step towards saving lives.

"It is mandatory to have a smoke alarm in every household where people sleep, but those who are deaf or hard of hearing cannot hear a standard smoke alarm.

This lifesaving program will see 3500 high-tech smoke alarms go to people in our community who are deaf, deaf blind or hard of hearing," Commissioner Mullins said.

"For those eligible, fire-fighters from your local fire station can come out and help install them."

The NSW Smoke Alarm Subsidy Scheme, launched today at City of Sydney Fire Station, is a joint initiative between the Deaf Society of NSW and Fire & Rescue NSW, with funding from Ageing, Disability and Home Care (ADHC). "If the average person is twice as likely to die in a fire at home where a smoke alarm is not installed, the risk factor increases for anyone who cannot hear a standard smoke alarm," said Sharon Everson, Chief Executive Officer of the Deaf Society of NSW.

"The subsidy gives deaf, deaf blind and hard of hearing people in NSW the right to make the same choices as everyone else about their home fire safety."

Applications for the subsidy can be made to the Deaf Society of NSW, which provides information and services to people who are deaf, deaf blind or hard of hearing and their families. For information and application forms visit this website:

www.deafsocietynsw.org.au/smokealarms

The launch of the scheme also coincides with FRNSW's winter fire safety campaign. The fire service, in collaboration with its Principal Partner GIO, is encouraging householders to complete an online Home Fire Safety Audit as part of the campaign

at: www.homefiresafetyaudit.com.au



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.

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BEFORE AND AFTER SCHOOL CARE AND VACATION CARE

WHERE: 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

Playgroups at Kingsgrove Community Aid are fun and popular with the local parents.

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The St George **POPPY** Supported Playgroup is held on **Monday's 10am to 12pm.**

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

The **KOORI** Playgroup operates on **Tuesday's. This** playgroup runs from **10am to 12pm.**

Every **Wednesday** General Public Playgroup. This group meets from **10am to 12pm** and have lots of fun together.

On **Thursday's** there is a playgroup at the centre run by Playgroup Association. 1pm to 3.30pm.

The very successful Supported Playgroup for parents of children under 2 years old, runs every **Friday 10am to 12pm.**

These families have a fabulous time singing, playing and doing art and craft. It's a wonderful environment for the parents and children to get together, have morning tea and bond with their children and other parents. If you would like more information on any of these groups, please call Rachel on 91507823 or email familyandchildrenservices@kcac.org.au



Kingsgrove Community Aid Centre UP AND COMING EVENTS



SEPTEMBER

- 2nd September Fathers Day
- 19th Australian Citizenship Day
- 21st—28th National Dementia Awareness Week
- 7th September Mid Autumn Moon Festival
- 7th September New OOSH enrolments due for 2013



OCTOBER

- Children's Week (Wednesday 24th October: open day for families at Hurstville OOSH centre, includes children's artwork and photo displays, multicultural afternoon tea).
- Children's Week (Thursday 25th open day for Kingsgrove Shaw St OOSH Centre, includes activities and afternoon tea).
- Children's Week (Wednesday 24th open day for Kingsgrove Public School OOSH Centre, includes activities and afternoon tea)
- National Nutrition Week (CBDC) Guest speaker from CRAGS Calvary Hospital. 17th October
- 5th October Mystery long day trip for seniors groups.

NOVEMBER

- 21st November Daffodil Day
- 6th November Melbourne Cup Day
- 7th November Diwali Celebration at KCAC
- Diabetes Awareness Week



DECEMBER

- 19th December Combined Christmas Party (Seniors Group)

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

SPECIAL ANNOUNCEMENT: CBDC IS STARTING AN ART AND CRAFT GROUP AT THE END OF SEPTEMBER WHICH WILL RUN UNTIL THE END OF DECEMBER. IF YOU ARE INTERESTED IN JOINING THIS GROUP PLEASE CONTACT MS GURMEED NELSON THE AGED CARE COORDINATOR ON 91507823.



COMMUNITY CONTACT NUMBERS AND INFORMATION GUIDES

Emergency Services can be contacted on 000 for Police, Fire and Ambulance services.

NSW Police Force

POLICE ASSISTANCE LINE **131 444**
CRIMESTOPPERS **1800 333 000**

ST GEORGE POLICE

13 Montgomery St, Kogarah 2217
Phone: **8566 7499**

HURSTVILLE POLICE

36-38 Ormonde Pde, Hurstville 2220
Phone: **9375 8599**

CAMPSIE POLICE

58 Campsie St, Campsie 2194
Phone: **9784 9399**

Fire & Rescue Services

SES **132 500**

Local Councils

KOGARAH CITY COUNCIL

2 Belgrave St (Locked Bag 8),
Kogarah 2217
Phone: **9330 9400**

ROCKDALE CITY COUNCIL

2 Bryant St (PO Box 21),
Rockdale 2216
Phone: **9562 1666**

CANTERBURY CITY COUNCIL

Administration Centre, 137 Beamish St
(PO Box 77), Campsie 2194
Phone: **9789 9300**

HURSTVILLE CITY COUNCIL

Civic Centre, MacMahon St
(PO Box 205), Hurstville 2220
Phone: **9330 6222**

Department of Veterans' Affairs

The Department of Veterans' Affairs delivers government programs for war veterans, members of the Australian Defence Force, members of the Australian Federal Police and their dependents.

Tower B, 280 Elizabeth St, Surry Hills
Mail: GPO Box 9998, Sydney, NSW 2001
Phone: 9213 7777 Fax: 9213 7853

Veterans and Seniors Contact Numbers

Carers NSW	1800 242 636
Seniors Information Service	13 1244
Alzheimer's Australia	9805 0100
Arthritis Foundation of NSW	9857 3300
Report a scam to Scamwatch	1300 795 995
Centrelink Seniors Services	132 300
St George Community Service	8558 4000

Immigration

The Department of Immigration processes visa applications for people coming to Australia to visit or live temporarily, as well as those who want to apply for permanent residency and citizenship.

Phone: **131 881**
www.immi.gov.au

SYDNEY OFFICE:

Ground Floor, 26 Lee St, Sydney

MIGRATION HELP AND ADVICE

St George Migrant Resource Centre
552 Princes Highway, Rockdale
Phone: **9597 5455**

Immigration Advice and Rights
Centre

Phone: **9279 4300**
www.iarc.asn.au

Travel

TRAVELLING OVERSEAS

The government offers an online hub of information for people travelling overseas called Smartraveller.

Before going overseas, register your travel plans and subscribe to travel advice updates to receive the best support from the Australian Government when abroad.

www.smartraveller.gov.au

AUSTRALIAN PASSPORTS OFFICE

Phone: **131 232**
www.passports.gov.au
Sydney Office: Level 7,
26 Lee St, Sydney

Centrelink

Centrelink 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, providing services at times of major change.

Phone Self Service: 136 240

ONLINE www.centrelink.gov.au

ROCKDALE 75 Railway St, Rockdale

HURSTVILLE 430 Forest Rd, Hurstville

Australian Taxation Office

The Australian Taxation Office is the Government's principal revenue collection agency. It manages and shapes tax, excise and superannuation systems that fund services for Australians.

Business tax self-help: 13 72 26

Personal tax self-help: 13 28 65

In person: Centrelink Service Centre, 75 Railway St, Rockdale

Child Support Agency

The Child Support Agency provides financial and emotional support for separated parents necessary for their children's wellbeing.

Phone: 131 272

ONLINE www.csa.gov.au

SYDNEY: Building C, Level 1, 300 Elizabeth St, Sydney

PARRAMATTA: Level 3, 130 George St, Parramatta

Education

Learning Links

Learning Links is an Australian charity and non-profit organisation. Their purpose is to enable children with disabilities and learning support needs, and their families and communities, to realise their individual potential.

www.learninglinks.org.au

or Phone: 8568 8200

My School

The Federal Government's My School website provides access to school financial information, with comparable details for all government and non-

government schools as well as results for the National Assessment Program allowing users to follow trends in school performance over time.

www.myschool.edu.au

or Phone: 1300 895 563

Local TAFEs

St George College
TAFE NSW – Sydney Institute
Cnr Princes Highway & President Avenue, Kogarah

Phone: 9598 6200

My University **www.myuniversity**
Study Assist **www.studyassist.gov.au**

Children and Infant Services

Karitane

Phone: 1300 CARING (1300 227 464)

Mail: PO Box 241, Villawood, NSW 2163

Kid Spot

www.kidspot.com.au

Helplines

BREASTFEEDING HELPLINE

1800 686 268

PREGNANCY BIRTH & BABY HELPLINE

1800 882 436

KIDS HELPLINE

1800 55 1800

Public Health Contact Numbers

Poison Information Line	131 126
Life Line	131 114
Beyond Blue	1300 22 4636
Gambling Help (G-Line NSW)	1800 858 858
Australian Diabetes Council	1300 342 238
Heart Foundation	1300 36 27 87
Alcoholics Anonymous Helpline	1300 22 22 22
Cancer Council Helpline	131 120
Domestic Violence Helpline	1800 656 463
After Hours GP Helpline	1800 022 222

Local Public Hospitals

St George Hospital

30 Gray St, Kogarah

Phone: 9113 1111

Calvary Hospital

91-101 Rocky Point Rd,
Kogarah

Phone: 9553 3111

Canterbury Hospital

575 Canterbury Rd,
Campsie

Phone: 9787 0000

Medicare

Medicare 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.

Phone: 132 011

NEAREST OFFICE

Suite 218B, Level 1,
Westfield Hurstville,
Cnr Cross St and Park Rd,
Hurstville



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

Thursday: Run by Playgroup Association. 1pm to 3.30pm.

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: Thursday's on a fortnightly basis 10am—12pm 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

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Two Offices One Team

PROUD SUPPORTER OF THE
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