



KINDLY CARING FOR ALL OUR COMMUNITY

Kingsgrove Community Aid Centre Inc.



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Newsletter—Autumn 2013

Hello to all our readers,

Well what an eventful time this has been for us. During Seniors Week we launched the Seniors Art Project which was in the planning for some time now.

The Seniors Art Project is a therapy project which assists those clients who participated in the program to express their creative strengths through art.

The project is supported and steered by the very talented Ms Clair Baldwin who is an artist and who lives in the local area.

Through Clair's talents the participants learned how to draw and create exceptional art pieces. For some this was the first time they were able to draw or paint.

The program overall was very successful in its attendance by the seniors.

The final product produced wonderful pieces of art that have adorned the walls of the Community Centre and will also be on loan to other places of interest, such as the local library etc.

The official launch was conducted during Seniors Week, with officials from State and local government departments attending to award certificates to those who participated. I wish to thank Mr Mark Coure State Member for Oatley, Councilor Vince Badalati and Councilor Nancy Liu who represented Hurstville Council, for attending the launch and awarding the certificates to the seniors. Also to Mr David Linden, Manager of Community Services Hurstville Council and to Miss Brenda Eggleton Hurstville Council Aged Care worker, who also attended and worked with us on this project.

It was touching to hear some of the participants speak of their experience and of how the Art Therapy project has helped them.

This project will be ongoing for those seniors who wish to continue. Should anyone wish to find out any further information or attend the course, please contact the KCAC Aged Care staff on 91507823.

Our Biggest Morning Tea was a great success with tremendous support from the community of Kingsgrove and surrounding areas.

Almost 100 people attended to enjoy a delicious variety of treats and beverages. The event raised \$840.60 which has been donated to the Cancer Council of NSW.

Thanks goes to all those staff from KCAC who organised the event and assisted on the day as well as the students from Kingsgrove High School.

Kingsgrove Community Aid Centre played host organisation during this period to the "Can Do Conference" which was held in the KCAC Community Hall.

The conference brought together many sister organisations as well as others such as Sutherland Council, Hurstville Council and the Department of Ageing, Disability and Home Care, to discuss and hear about the changes to the current Aged Care reforms that will affect all of those organisations that provide Aged Care and Disability services.

I can only emphasise that the changes are imminent and will affect organisations and those clients who have been reliant on essential services.

We are now at a time where we are trying to connect all the pieces of the puzzle together to make sense of these imminent changes.

We are committed to continuing our quality of care to all our clients. During the course of the year we will be keeping you informed about how these reforms will affect you, as far as we are able to with the current information provided to us by the Government departments.

Until then keep safe and well.

Anne Farah-Hill

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 subsidised at \$10 per visit. If you are interested, please call the centre on 91507823 for more information.

This is a HACC program funded by the Department of Health and Ageing.



Kingsgrove Community Aid Centre UP AND COMING EVENTS



JUNE

10th June - Queens Birthday

World Abuse Awareness Week

19th June - Fall Prevention Information Session (CBDC)

28th June - Long Trip to Kiama(CBDC)

5th June - World Environment Day (OOSH)

28th June - Red Nose Day (OOSH)

Dragon Boat Festival (Chinese Groups) 12th June

JULY

8th till 23rd July - NAIDOC WEEK (All programs)

1st July till 12th July - Vacation Care (OOSH)

Fire Safety Week, Information Session (CBDC) *date to be advised.*

National Diabetes Week, Information Session (CBDC) *date to be advised.*

AUGUST

12th till 15th August - Science Week (OOSH)

19th till 23rd August - Book Week (OOSH)

23rd August - Daffodil Day (OOSH)

Walk in the park (Parkinson Information Session) (CBDC) *date to be advised.*

Hearing Awareness Week, Information Session (CBDC) *date to be advised.*

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



ADVERTISING IN KCAC 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, ½ PAGE: \$100, ¼ PAGE: \$50

ALLIED HEALTH PODIATRY SERVICE



***Are you an aged pensioner 65 and over?
Do you require urgent care for your feet?
Do you want a flexible podiatry service without
lengthy waiting periods?***

At Kingsgrove Community Aid Centre we provide a flexible podiatry service for SENIORS over the age of 65 and those who are younger with a disability, who live in the St George area or the following suburbs: Earlwood, Belfield, Campsie, Wiley Park, Roselands, Clempton Park, Riverwood, Belmore, Lakemba and Punchbowl.

The Allied Health Podiatry service is provided to you in the comfort of your own home or you can attend at our centre clinic rooms at 30 Morgan St Kingsgrove. The clinic is open every Wednesday from 12 – 3pm.

The service is subsidised by the HACC program. All visits whether at the clinic or at home is at a cost of only \$10 per visit.

Appointment is necessary and can be made Monday to Friday 9am-4pm.

We can usually accommodate you with minimum waiting time.



If you require this service please call our staff at Kingsgrove Community Aid Centre on 91507823 or email: admin@kcac.org.au

FIRST AID COURSES FOR PARENTS

Do you live in the St George Area?

Are you a parent or carer of a young child?

Are you interested in learning about safety measures for young children?



At the Kingsgrove Community Aid Centre we offer a First Aid Course provided by Medilife specifically designed towards caring for babies and toddlers.

This unique course is offered once a month and is heavily subsidised by the Kingsgrove Community Aid Centre. The Cost is \$60.

Your children are welcome to come along to our child friendly centre as child minding is available through the Friday playgroup.

Appointments are necessary to ensure a place.

For more information and bookings please contact Rachel Gamboa, Family and Children's Services Coordinator at Kingsgrove Community Aid Centre on 9150 7823 or 0449 556 138





SENIORS WEEK 2013

Enabling

Kingsgrove Community Aid Centre celebrated Seniors Week 2013 with the local community on Wednesday 20th March. A number of special guests attended on the day including Mr David Linden, Councillors Vince Badalati and Nancy Liu along with Brenda Eggleton from Hurstville Council, Mr Mark Coure (State member for Oatley), Tas Aronis from Guardian Funerals, Kathy Tambasco from Olsens Funerals who generously provided the great entertainment on the day and also our Members of the KCAC Board Mr Milton Hill, Mrs Pam Clapshaw and Mr Peter Byrne. It was a very special occasion with the launch of the wonderful artworks which the Seniors Art Group have been working on called "Seniors Life Journey through Art Therapy". Two members of this art group Betty Holman and Edna Abbot spoke on the day of how important this Arts program has been to them and how it helped them to just forget their worries for those 2 hours on Monday afternoons and express themselves in their artwork. The colourful artwork is now displayed on the walls of the Kingsgrove Community Aid Centre and will remain there permanently. Many thanks goes to the teacher of the group Ms Clair Baldwin who has done a remarkable job. Thanks also to Mr Bawden Principal of Kingsgrove High School and his students for helping out on the day.



Pictured above from left: Entertainer Nata Forte dancing with the seniors, Anne Farah-Hill sitting with Mr Mark Coure and Councillor Vince Badalati, Anne speaking with Mrs Edna Abbot about her Art Journey, Cutting the cake with Mr Mark Coure, Councillors Vince Badalati and Nancy Liu and Pam Clapshaw (president of Kingsgrove Community Aid Centre).

Pictured Right from Top: Anne Pictured with Clair Baldwin and Mark Coure, seniors enjoying their lunch, Anne with Brenda Eggleton and Mark Coure, Ruth Poulton Pictured with Kathy Tambasco, Nata Forte and an associate of Olsens Funerals, Councillor Badalati awarding certificates to the participants of the Art project.



Display of the wonderful artworks created by the seniors art group.

Come and join the exciting new arts programme for seniors, which will run at the Kingsgrove Community Aid Centre for those who want to express their life journey through different types of art eg (canvas painting, collages, watercolours etc.)

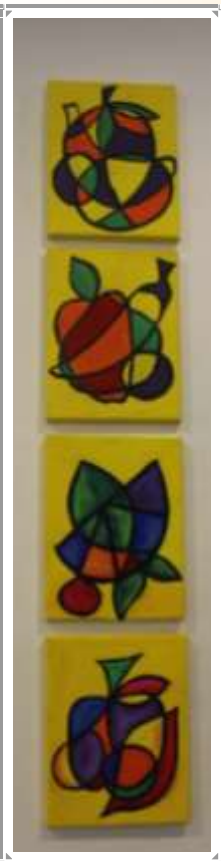
Dates: Monday's, starting on the 6th May till 25th November 2013

Time: 2pm to 4pm

Venue: 30 Morgan St Kingsgrove 2208

Registration is Essential. Please register before 3rd May 2013

To register please contact the Aged Care Coordinator Ms Nelson on 91507823 or email cbdc@kcac.org.au



Pictured above is the Art group and their awards together with Coucillors Vince Badalati and Nancy Liu, Brenda Eggleton from Hurstville Council, and Mr Mark Couré State Member for Oatley.



HURSTVILLE OUT OF SCHOOL HOURS CARE

THIS SERVICE IS PROVIDED BY KINGSGROVE
COMMUNITY AID CENTRE INC.

REMINDERS

VACATION CARE ENROLMENT FORMS AND PROGRAMS ARE AVAILABLE ON THE WEBSITE 4 WEEKS PRIOR TO VACATION CARE. PLEASE RETURN YOUR FORM IN BY FRIDAY 14th JUNE 2013.

FEES NEED TO BE KEPT UP TO DATE.
STATEMENTS WILL BE GIVEN OUT MONTHLY.

NEW VACATION CARE FEES WILL
COMENCE 1ST JULY 2013.

The new fee will be \$45 per day, per child. This price includes activities, afternoon tea and excursions.

All children enjoyed our exiting vacation Care program in the April School holidays. The excursions included going to the movies, AMF bowling, Club kids Play Centre Roselands and Disco Party at Kingsgrove Community Centre. We had a visit from "Animals on the Move" with cute little bab bunnies, chicks and guinnie pigs .

At the Centre' the children did some cooking, learnt about recycling and upcycling for Earth day, enjoyed a scavenger hunt, became creative and imaginative on the dress up and talent quest day. Most of all, the children really enjoy building cubby and playing with their friends..

Term 2 Before and After School care began with the children busily making mother's day craft and getting very creative. The ASC Educators organised a guessing completion for Mother's day were the children had to guess



how many pasta pieces are in the jar.

The Active sport activities are keeping the children busy outside doing martial art on Wednesdays and playing Soccer on Thursdays. A fee increase for before and After School Care commenced at the beginning of this term plus a new fee increase for Vacation will commence in the coming July 2013.



Katina Papadakis

Hurstville OOSH
Coordinator.

HONEY BISCUITS

Ingredients

- 1/2 cup of smooth yellow butter
- 2/3 cup of sugar
- 1 large tablespoon of honey
- 1 egg yolk
- 1 level tablespoon of cinnamon
- 1 and 3/4 cup of self raising flour

Procedure

1. Turn on the oven to 180 degrees.
2. Beat the butter and sugar together in a bowl until they are creamy.
3. Beat in the honey, then the egg yolk.
4. Add the cinnamon and flour and mix into a soft dough.
5. Roll a teaspoon of dough into a ball with your hands.
6. Roll the ball in a little bit of sugar and cinnamon.
7. Put balls on the greased tray.
8. Place the tray in the oven and cook for 12 to 15 minutes. The biscuits are ready when they are golden brown.
9. Take the biscuits out of the oven. Let them settle for a few minutes and then put them onto a rack to cool.



THE RECIPE ON THE RIGHT WAS KINDLY DONATED TO THE KINGSGROVE
COMMUNITY AID CENTRE BY RICHARD BAI, YEAR 1 HPS,
A PARTICIPANT OF HURSTVILLE OOSH.

VACATION CARE

The next Vacation Care period will commence
on
Monday the 1st July and will run until the
Friday 12th July 2013.

FUN ACTIVITIES AND EXCURSIONS ORGANISED.

KINGSGROVE OUT OF SCHOOL HOURS CARE



The Autumn vacation care was a busy, exciting and fun period for all the staff and children involved! Many of the days became favourites for the children, especially our excursion to Symbio Wildlife Park. Children got to feed animals by hand, see a reptile show and even view the Sumatran Tiger and Alligators!

Our excursion to Blaxland Park at Homebush provided relief from the hot sun as the children enjoyed the water play section of the park, while staff cooked a delicious BBQ lunch and joined in the fun. There were giant slides, swings, flying foxes, climbing structures and more!

Another favourite of the children was our excursion to Luna Park. We spent the day at Coney Island on slides, rides and more. We also spent the day celebrating the upcoming Earth Day by making cool crafts from recyclable materials, as well as making other great crafts and cooking items over the course of the holidays, these including funny face biscuits, gingerbread cookies, slime, shrink dinks and origami, amongst many others.

Children additionally enjoyed our PSP day, getting to play collaboratively with their electronic games, and our crazy hair

and fair day where children used hairspray and face paint and had lunch under the big top.

Most of the kids have already started suggesting more activities for next vacation care and it is great to see the enthusiasm growing and growing with each holiday period.

Cheryll Williamson

Kingsgrove OOSH Coordinator



FOR MORE INFORMATION
PLEASE CONTACT KATINA OR
CHERYLL ON 91507823.

Resourcing



AUSTRALIA'S BIGGEST MORNING TEA



What a fantastic outcome we had at the fundraising event "Australia's Biggest Morning Tea" on Wednesday the 29th May. Thanks to the generosity of our local community, clients and special guests, we raised a total of \$840.60 for the Cancer Council. Kingsgrove Community Aid Centre would like to thank everybody who attended and donated to this worthy cause. A big Thankyou also to Hurstville Council who provided the fabulous entertainment by Susan Penno on the day. Brenda Eggleton and Councillor Nancy Liu from Hurstville Council were our special guests along with members of Greenwood Cottage. All had a wonderful time and enjoyed the



Harmony



HAPPY 90TH BIRTHDAY MR AND MRS LIM



Mr and Mrs Lim have been married for 50 years and celebrated their Golden Anniversary in March earlier this year. On the 5th of April 2013 the couple celebrated yet another milestone with their 90th birthday together as they were born in the same month of the same year. They have been members of the Kingsgrove Community Aid Centre's Chinese Activity Group for 18 years. Kingsgrove Community Aid Centre would like to congratulate them both and wish them the very best of luck and many more years of happiness together.



Kingsgrove Community Aid Centre celebrated the 90th birthday of long term CBDC member Dorothy Row. Dorothy was given a surprise birthday party last week which was organised by the staff and volunteers of KCAC. Dorothy was delighted with her surprise and was overwhelmed with emotion at the gesture. Kingsgrove Community Aid Centre would like to wish Dorothy warm wishes and much happiness.

HAPPY 90TH BIRTHDAY DOROTHY





AUSTRALIAN DIABETES FORUM



On the 23rd of April 2013, Mr Mark Coure (State Member for Oatley) held a Diabetes forum for the community with the Australian Diabetes Council, at Mortdale RSL. Ms Gurmeed Nelson (Aged Care coordinator), Rose Caltabiano (Publicity Officer) and Ruth Poulton (Volunteer) at Kingsgrove Community Aid Centre attended this event. It was a very informative and interesting presentation, with some very important information about this wide spread condition. We would like to thank Mr Mark Coure for inviting us to attend the forum, it is so important for the community to be informed about this condition and how it can be controlled or even prevented.



What is Diabetes?

Diabetes is a condition where there is too much glucose (sugar) in the blood.

Glucose is the main source of energy for the body and comes from carbohydrate foods we eat. Carbohydrate foods include bread, pasta, rice, cereals, fruits, starchy vegetables and milk and yoghurt. The body, breaks carbohydrates down to glucose which then enters the blood stream. For glucose to enter the cells and be used for energy, a hormone called insulin must be available. Diabetes occurs when the body does not make insulin or when the insulin that is made is not working properly. This leads to increased blood glucose levels and diabetes.

Types of diabetes are: type 1 diabetes, type 2 diabetes and gestational diabetes.

HIGH RISK CATEGORIES

People are at risk of developing diabetes if they are:

- Over 45 years of age and have high blood pressure or high blood fats (cholesterol and/or triglycerides)
- Over 45 years of age and overweight
- Over 45 years of age and one of more members of the family has/had diabetes (People with a family history of diabetes have 2 to 6 times the risk of developing type 2)
- Over 55 years of age
- Have heart disease or had a heart attack
- Have/had high blood glucose levels during pregnancy (gestational diabetes)
- Have pre-diabetes: Impaired Fasting Glucose (IFG) or Impaired Glucose Tolerance (IGT)
- Have Polycystic Ovarian Syndrome
- Over 35 years of age and are an Aboriginal or Torres Strait Islander (Indigenous Australians are 10 times as likely to have diabetes than other Australians (3). In 2000-01, death rates from diabetes among Indigenous Australians were almost 15 times as higher than other Australians (2))
- Over 35 years of age and from Pacific Islands, Indian subcontinent or Chinese background (Certain overseas born Australians have a higher prevalence of diabetes than people born in Australia (2))

I nforming

CHINESE CBDC LONG TRIPS AND EXCURSIONS



During the school holiday period, the Chinese Centre Based Day Care group went on long day trips to Kuring-gai Chase National Park and Parsley Bay Reserve. The group enjoyed the picnic days in the outdoors and had a wonderful time sight-seeing together.



The group also went on an excursion to Bronte Beach where they enjoyed a delicious BBQ lunch and had lots of fun in the sun.



Cindy Ma



Chinese CBDC Coordinator.

Embracing



ARABIC SENIORS GROUP



The Arabic seniors group have had some great outings so far this year.

Pictured here, the group enjoyed a Mothers Day BBQ which was held at Woronora Dam on Wednesday the 8th of May.

The group feasted on a delicious lunch after visiting the Dam where they enjoyed the magnificent view.

22 seniors attended the excursion on the day. This group love their outings and spending time together.

Ramona Koury

Arabic CBDC Coordinator





A LETTER FROM THE MAYOR



Hurstville City Council
Office of the Mayor



Cr Jack Jacovou

Hurstville City Council
Civic Centre
MacMahon Street
Hurstville NSW 2220

Telephone:
9330 6256

Facsimile:
9330 6248

Postal Address:
PO Box 205
Hurstville BC NSW 1481

E-mail:
hccmail@hurstville.nsw.gov.au

Website:
www.hurstville.nsw.gov.au

Our Ref: D13/36242: 12/15

15 April 2013

Ms Anne Farah-Hill
CEO
Kingsgrove Community Aid Centre
30 Morgan Street
KINGSGROVE NSW 2208

Dear Ms Farah-Hill,

I would like to take this opportunity to congratulate you on the recent Seniors Event; the Art Program *Life Journey through Art*.

During the last Council Meeting held on 3 April 2013, Councillor Vince Badalati advised that he had attended this event and informed us that the program had produced some exciting work.

Again, I would like to congratulate you and the Kingsgrove Community Aid Centre team on this initiative and the successful event.

Yours sincerely,

Councillor Jack Jacovou
Mayor of Hurstville

We're on the Web!

www.kcac.org.au





NSW FIRE BRIGADES



FACT SHEET

No. 38 – Winter Fire Safety Checklist

Version 04

Issued: 2 December 2010

FACT

Each year, the NSW Fire Brigades attends approximately 4,500 residential fires in NSW with approximately 30% of them occurring in winter months.

IS YOUR HOME WINTER FIRE SAFE?

We recommend this simple safety checklist to help keep homes fire safe this winter. Make sure you and everyone in your household follows the following safety advice:

- Most importantly, have an adequate number of suitable smoke alarms installed throughout your home and make sure that you test them regularly.
- Make sure you and all your family know two safe ways out of every room in your home.
- Have a written home escape plan in case of fire and practice it regularly.
- Never ever leave cooking unattended.
- If you have a fireplace in your home make sure the chimney is clean.
- If you have a fireplace always place a screen in front of it when in use.
- Check electric blankets for damage or frayed cords before placing on the bed.
- Take care to keep curtains, tablecloths and bedding away from portable heaters.
- Keep wet clothing at least 1 metre from heaters or fireplaces and never leave unattended.
- If you use a clothes dryer make sure you clean the lint filter each and every time you use it.
- Only use one appliance per power point and switch off when not in use.
- Always extinguish candles or any other open flames before going to bed.
- Always handle candles or any other open flame with care.
- Store matches or lighters in a secure place not accessible to young children.

FIRE SAFETY TIPS

- To test an electric blanket lay it flat on top of the bed, then switch it on for five minutes before putting it on the bed for use to confirm it is okay.
- Use only authorised installers of fixed heating appliances.
- Oil, gas or wood heating units may require a yearly maintenance check.
- Only use fuses of recommended rating and install an electrical safety switch.
- If possible, in the kitchen keep a fire extinguisher and fire blanket placed near the exit.
- Never leave burning candles or any open flame unattended.



For more information contact your local fire station or visit:
www.fire.nsw.gov.au or www.rfs.nsw.gov.au or www.esa.act.gov.au



IN AN EMERGENCY CALL TRIPLE ZERO (000)
PREVENT PREPARE PROTECT





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 and Programs

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 (home visit) is available on Monday, Tuesday, Wednesday, Thursday & Friday between the hours of 9.30am - 4.00pm
- The Centre Based Clinic is offered weekly 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 (home visit) Podiatry - \$10 per visit per client, Centre Based Clinic - \$10 per client.

This is a HACC service funded by the Federal Department of health and Ageing.



PLAYGROUPS

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 from Hurstville station. Please contact Rachel Gamboa on 91507823.

Tuesday: Narrangy-Booris Playgroup, for Aboriginal families at Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove, 10am to 12pm. Please contact the Menai Early Childhood Health Services on 95431111.

Tuesday: Afternoon Playgroup at the Kingsgrove Community Aid Centre, 1pm-3pm for ages 0-1.

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

Thursday: Playgroup. 1pm to 3.30pm.

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

AUTISM SUPPORT GROUP

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 PROGRAM

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

SENIORS ART PROGRAM

Kingsgrove Community Aid Centre is running art classes for Seniors, every Monday from 2pm till 4pm except School and Public Holidays.

If you would like to join or for more information please call the Centre on 91507823 Mon – Fri 9am-4pm.





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, for mothers experiencing emotional distress or mental health problems. Transport if needed in St George is available from Hurstville station.

Tuesday: Narrangy-Booris Playgroup, for Aboriginal families at Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove, 10am to 12pm. Please contact the Menai Early Childhood Health Services on 95431111.

Tuesday: Afternoon Playgroup at the Kingsgrove Community Aid Centre, 1pm-3pm for ages 0-1.

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

Thursday: General Playgroup at the Kingsgrove Community Aid Centre, 1pm-3pm for ages 0-4

Friday: 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



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.

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

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What sort of person calls a funeral "great"? One of our customers.

“ This is to say thank you for conducting such a great funeral. It all went like clockwork due to your fabulous coordination behind the scenes. I have watched the video with friends who did not attend on a couple of occasions (I am so glad to have it) and all have been impressed with the service. It could not have been more perfect. I am glad we didn't rush into it all as it gave us the time to do everything properly.”

- Many thanks for everything, Jenny



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