



KINDLY CARING FOR ALL OUR COMMUNITY

Kingsgrove Community Aid Centre Inc.



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Facebook



Newsletter—Winter 2013

Dear Readers,

There are changes occurring with services for older I am informing you about some choices you can make if you ever need to use more support services to help you manage at home.

Recently the Australian Government approved changes to the aged care system so that older people are supported to stay at home for as long as is safely possible.

This means that aged care providers need to be sure they offer services that really make the difference to helping older people remain safe and independent in their own homes.

We know how much you enjoy attending the social activities with Kingsgrove Community Aid Centre. We understand it is very important to be part of your social network and to keep in contact with your friends.

As your care needs change, you may be referred to other services to assist you to manage at home. If you receive a Home Care Package, you may choose to continue to attend the KCAC activities as part of the way you spend the budget that is available to support you at home.

This new approach, where you or your carer can be more involved in choosing the services you want is called Consumer Directed Care. In other words, clients and their carers can have more input and control over the types of care services they receive and the ways that these services are delivered. This means that people who are receiving a Home Care Package can decide what supports and activities are most important to them and who they want to provide these services.

So, if you are assessed for a Home Care Package, you can talk with the service provider about continuing to attend the KCAC social activities or use our Podiatry service as part of the way you spend your care budget. You can keep contact with your friends and still access the familiar KCAC services.

If you would like to chat about this, you can call us on 91507823.

On another note, I am looking forward to the coming Mid Autumn Moon Festival we will be celebrating with our Chinese community. The celebrations this time will be held on Friday 25th of September 2013 at the Marana Auditorium at Hurstville Council. We expect about 500 people to attend and join with us as well as other Government dignitaries. We would like to thank Hurstville Council for their support in joining with KCAC and our Chinese Activity and Opera group to organise this activity, special thanks to Councillor Nancy Liu who will be the Master of Ceremony for the day.

Our free tax help is now in full swing for those people who are on low income and required to lodge a tax return. Please ring the centre if you need any assistance on 91507823. Appointments are necessary. Tax help will be offered till the end of September 2013.

Anne Farah-Hill CEO KCAC



TAX HELP

Tax help is available on Tuesdays in August and until the 24th of September 2013. Appointments are essential. Please call the centre on 91507823 for more information.



Kingsgrove Community Aid Centre
UP AND COMING EVENTS



September

18th Sep—RTA Walking Safely Workshop

23rd Sep—Centrelink Information Session (Mandarin speaking community)

23rd Sep—Vacation Care Commences

25th Sep—Mid Autumn Moon Festival

Week

October

4th October—Vacation Care Ends

National Nutrition Week

19th—27th Oct—Children's Week



November

3rd Nov— We celebrate Diwali

3rd Nov—We celebrate Lebanese
Independence Day

25th Nov—White Ribbon Day



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



ST GEORGE LOCAL BUSINESS AWARDS 2013



On Wednesday night 10th July Kingsgrove Community Aid Centre attended as a finalist at the St George Local Business Awards. Four of our KCAC Board members as well as 6 senior staff members attended the awards night. We would like to congratulate all of the winners on the night and especially Nova Employment who took out the Community Services Award for 2013. Though we didn't win the award this year we are already winners in the community. Thank you also to Precedent Productions, Hurstville Council, Kogarah Council and the Leader for organising this event. We all had a fantastic night bonding with our team.

Striving

We're on the Web!

www.kcac.org.au





“FALL PREVENTION” INFORMATION SESSION



On Wednesday 19th of June researchers from The “George Institute for Global Health” and the University of Sydney gave a presentation about strategies to prevent falls and improve mobility in older people.

The presentation covered the latest guidelines around physical activity and the current research about what the best type of activity is for healthy ageing.

Over 70 seniors attended on the day to hear the presentation and enjoyed a scrumptious morning tea together.

Kingsgrove Community Aid Centre would like to thank the “George Institute for Global Health” and the University of Sydney for coming out and informing our local seniors about this important topic.

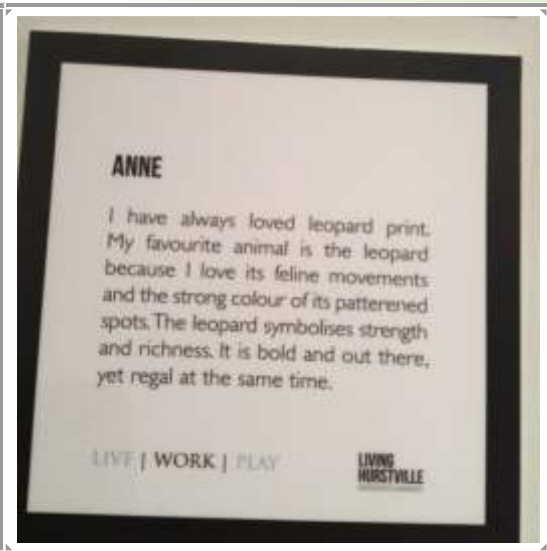
More information regarding Fall prevention and online courses can be found at:

www.georgeinstitute.org



Enabling

LIVING HURSTVILLE PORTRAITS OF A COMMUNITY



The official opening of the photo exhibition Living Hurstville: Portraits of a Community opened in in Hurstville on Friday 19th of July 2013 in the Hurstville City Museum and Gallery.

The photographic exhibition celebrates the passions and interests of over 40 people who live, work and play in the Hurstville local Government area.

Kingsgrove Community Aid Centre Manager Anne Farah-Hill was chosen to be featured in one of the life sized portraits.

These portraits will remain in the gallery till 20th October 2013.

Empowering



CLUB GRANTS 2013

Thank you to Club Central/Illawarra Catholic Club for their generous contribution to the Kingsgrove Community Aid Centre for the 2013 Clubs Grants programme.



KINGSGROVE OUT OF SCHOOL HOURS CARE

THIS SERVICE IS PROVIDED BY KINGSGROVE
COMMUNITY AID CENTRE INC.

FOR MORE INFORMATION PLEASE CONTACT
KATINA OR CHERYLL ON 91507823.

Kingsgrove OOSH & Vacation Care July 2013!

Vacation care started on the 1st of July and ran for two weeks. These two vacation care weeks consisted of lots of fun, laughter, adventures and excitement!



It was a great opportunity for children to meet new friends and come together to make the most of their school holidays!

The excursions included:

- Corner cubby house at five dock. The children enjoyed this excursion as they were able to play and run around freely. They had slide races and even got the carers to join!
- Bowling/laser skirmish is always a great day out. The children versed their friends in a friendly game of bowling. The older children versed each other in laser skirmish while the younger children played arcade games. We then played at the park and enjoyed lunch at darling harbour.
- Movie day, at fox studio: It was a rainy day which made it perfect to be eating some popcorn and watching a movie! The children chose either 'Monsters university' or 'despicable me 2' to watch.
- Excursion to the Kingsgrove Community Aid Centre: what a great way to spend the last day of vacation care! It was a nice sunny day and the children celebrated NAIDOC week. There were 2 jumping castles for them to play on and the kids made some beautiful coloured Aboriginal sand pictures. This was followed by a yummy pizza lunch.



The children also had fun at the OOSH centre on our 'in days' which consisted of going to Bexley North library where the children got to create oil pastel pictures, baked yummy banana bread, opened different stalls for mini market day and much more!

We hope to see everyone next vacation care for more fun.



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 6th September 2013.

Resourcing

VACATION CARE

The next Vacation Care period will commence on Monday the 23rd September and will run until Friday 4th October 2013.

FUN ACTIVITIES AND EXCURSIONS ORGANISED.

HURSTVILLE OUT OF SCHOOL HOURS CARE



Hurstville OOSH & Vacation Care July 2013!

What a great holiday all the children had. We started Vacation Care with winter wool craft making lots of Pompoms, Cat's eyes, French Knitting and finger knitting. This was followed by a crafty Hamma bead creation in the afternoon. The second day of Vacation Care was our all time favourite "making cubby houses and playing electronic games" day. The children who did not bring an electronic game, could bring in a soft toy or board game from home to play with their friends. On Wednesday 3 July, we all went to the Circus which was in Miranda Park. Watching the clown, ponies, dancing dogs and the amazing acrobats. We finished the day with a ride on the Dixie Swing.

On Thursday 4th July, Claire Baldwin ran an art class where the children did beautiful nature Art work on 40 X 40cm canvases. The children got creative and made their own hamburgers for afternoon tea while waiting for their artwork to dry. The children also draw an oil pastel Clown face which are now beautifully displayed in the Centre on the walls of the corridor.



On Friday we all went to Darling Harbour where the children had a wonderful time playing in Tumberlong Park. This was followed by Lunch at our favourite restaurant "Pancakes on the Rocks" in Darling Harbour. The service was fantastic and we all had a great time.

Week two

On Monday 8 July, we went camping in HOOSH. The day began with hot chocolate and a biscuit for Morning tea. Everyone brought their sleeping bags, tents and torches and some children even came in their pyjamas. We told stories and played Chinese whispers. In the afternoon we toasted marshmallows and corn on the cob on our new "Fire Bowl" which we won from Modern Teaching Aid (MTA) at the Manly Network Conference. This was a new activity for the children(outcome area 4: children are confident and individual learners and children are effective communicators



On Tuesday, the children got creative and used their imagination with a clay modelling. On Wednesday 10 July, we had our always so popular excursion to the Movies at Hurstville. The movie choice was Monster University or Despicable Me 2.

On Thursday 11 July we celebrated Christmas in July. This gave the children the opportunity to experience a Christmas feast and party in winter. We spent the day making bonbons, playing games, eating a delicious Christmas feast receiving a gift and finishing the day fantastic disco dance party with flashing Christmas lights and groovy music.

On Friday 12 July, our program ended so successful with a big celebration at K.C.A.C. with the children from Kingsgrove Vacation Care for NAIDOC Day. There were two jumping castles, sand art with aboriginal prints and yummy gourmet pizza for lunch.

Term 3 began with educators preparing for book week, science week and fathers day. After school Sport activities are Soccer on Wednesdays and Tennis on Fridays.



Hurstville Out of School Hours is meeting all the outcome areas of the National Quality Framework.

By Katina Papadakis





COLOURING IN COMPETITION WINNER

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All the children in Hurstville Before and After School Care entered the Sids & Kids colouring in competition in June 2013.

The entries were sent to the Sids & Kids Research Centre in Melbourne along with many other entries from NSW & Victoria. The judges looked at the creativity of the children as well as their colouring skills.

Cynthia Zhu who attend the Hurstville Before, After School and Vacation Care was the WINNER of the 6 year old category and the prize was a 1 meter long plush lion.

All of the staff and kids were very excited when the large parcel arrived.

CONGRATULATIONS CYNTHIA!!!



VALE HELEN AND HIND



It is with great sadness that we farewell two of our loved clients, Mrs Hind Karam passed away on the 16th of June 2013 and Mrs Helen Abdullah passed away on the 1st of July 2013. Both Helen and Hind have been members of KCAC for many years and will be dearly missed by their friends in the Arabic Seniors Group. They were very caring, generous and thoughtful people who were loved by all who knew them. The staff at KCAC send their families warm heartfelt wishes and deepest condolences. They will always be remembered at the Kingsgrove Community Aid Centre.



HAPPY 80TH BIRTHDAY WEN HUA QIN



Congratulations to Mrs Qin who turned 80 in August. Mrs Qin is a member of our Mandarin speaking Monday Day Care group.



3 members of this fantastic group Mr Yuchun Zhao, Mr Xiuying Wang and Mrs Deyi Zhang prepared and cooked the abundant scrumptious feast, 26 dishes altogether to celebrate this wonderful occasion.

The 80th birthday is a very important milestone in the Chinese community. Kingsgrove Community Aid Centre wishes her all the best and a very long life.

TAI CHI WITH THE FRIDAYCHINESE ACTIVITY GROUP

The Friday Chinese Activity and Opera group have been busy practising their Tai Chi and opera singing, preparing for the opera festival festival to be held on the 25th of September 2013.





NEW “STEPPING ON” PROGRAM FOR SENIORS

Free ‘Stepping On’ Program at Kingsgrove Community Aid Centre

‘Stepping On’ is an exciting, friendly and free community program. The program will provide you with information on how to reduce your risk of falling and maximise your independence at home. Local health professionals and invited guests present the program which includes proven and effective exercises to improve your strength and balance, information on medications, home hazards, moving out and about safely and nutrition.

This program runs for 2 hours each week for 7 weeks and a follow up session in two months after the completion of the program. .

Date: starting from 5 September 2013

Time: 10am to 12 noon

Venue: 30 Morgan St Kingsgrove, NSW.

This program is for a person who is

- over 65 years and older
- living at home, able to walk independently or on a stick fearful of falling or has fallen recently

Stepping On is not suitable for people with dementia or degenerative neuromuscular conditions.

You must obtain medical clearance from your doctor before participating. It is important to wear comfortable clothes and supportive shoes for exercising.

For more information please contact Ms Gurmeed Nelson on 02 9150 7823 or Bharat Nepal on 1800 823 002 (FREE CALL) for enrolment.

This program is brought to you by:

Kingsgrove Community Aid Centre Inc. in partnership with South Eastern Sydney Local Health District and Hurstville City Council.



Kingsgrove Community Aid Centre Inc.
Kindly Caring for All our Community



Health
South Eastern Sydney
Local Health District



NEW AGED CARE REFORMS—LIVING LONGER, LIVING BETTER

An update on services for older people living in their own homes

Recently the Australian Government approved changes to the aged care system as part of the Living Longer Living Better aged care reforms. These changes are responding to the strong preference of older people to stay living at home for as long as possible.

This means that community based aged care services need to ensure they are providing the services that really make the difference to helping older people remain safe and independent in their own homes.

One important part of the changes to community aged care is the introduction of Consumer Directed Care. This means that clients and their carers can have more input and control over the types of care services they receive and the ways that these services are delivered. At present, this relates to people who are receiving a Care Package – either a Community Aged Care Package (CACP) or an Extended Aged Care at Home (EACH) package.

Consumer (or self) directed care allows people to have greater control over their own lives by allowing them to make more choices (to the extent that they are able and wish so to do). The clients can choose the types of care services they receive and how those services will be delivered. This includes who will deliver the services and when.

<http://www.health.gov.au/internet/main/publishing.nsf/Content/ageing-cdc-packages-factsheet.htm>

What does this mean for clients of KCAC?

There are many different services available to help older people remain living at home. These include the centre-based day care at Kingsgrove Community Aid Centre; the regular social outings art classes, and the seniors exercise classes we provide; and our Podiatry service that many clients use.

If a client of KCAC starts receiving care as part of a Care Package, it is possible to negotiate with the packaged care provider to continue to use KCAC services. This means that you may use part of your care budget to still access the familiar KCAC services and keep your social contacts with KCAC.

If you would like to chat about this, call us on 91507823.

KCAC MID AUTUMN FESTIVAL CHINESE OPERA



This year the KCAC Mid Autumn Festival celebrations will take place on the 25th of September 2013 at Marana Auditorium Hurstville and will commence at 12pm. The KCAC Chinese Activity and Opera Group will be performing an Opera show for the community.

Everyone is welcome to attend!

SPONSORED BY HURSTVILLE COUNCIL & KINGSGROVE COMMUNITY AID CENTRE.



新聲曲藝賀中秋

Sun Sing 2013 Mid-Autumn Festival Chinese Opera Show
 Sponsored by : Hurstville City Council & Kingsgrove Community Aid Centre
 贊助：好市圍市政府及京士高社區中心

鄧慧賢—導師



Anne Farah (中心經理)

演出節目

1. 探娘記(折子戲)
2. 血濺海棠宮
3. 沈園題壁尚斷腸
4. 別是天涯淪落人
5. 錦江詩侶(折子戲)
6. 刁蠻戀恨天
7. 風聞惡仇未了情
8. 楊柳情香簪(折子戲)

策劃統籌 (Organiser):
Anne Farah
 行政：鄧慧賢、李麗璋
 化妝：黃嘉琪、伍潔蓮
 舞台監督：何雪晴



趙雪梅



梁瑞華



董玉英



何乃衡



劉娜心議員-嘉賓司儀



謝惠玲



高愛玲



黃紹基



梁珊珊



朱光明



何慧玲



羅賢



胡思聰



鄧慧賢



司徒瑛



馮偉強-司儀

Free Admission with ticket
門票免費領取 (憑票入座)
 領票地址：富仕高 康樓街 30號
 京士高社區中心
 查詢電話：0452-188315 何先生
 0415-271485 黃文
 節目如有更改，恕不另行通知

Hosted by : Kingsgrove Community Aid Centre 主辦：京士高社區中心
 演出地址：好市圍瑪麗娜大劇院 (Hurstville Marana Auditorium)
 演出日期：2013年9月25日(星期三)
 演出時間：中午十二時正 (12:00 noon)



Community Information

The Pottery

BELOW IS SOME INFORMATION ABOUT THE BIG NEW DEVELOPMENT BEING CONSTRUCTED AT KINGSGROVE.

This new development although needed will impact on the services of KCAC. It is expected that the services for our OOSH program, Aged Care program and Family Support will increase as a result of the 96 residential apartments to house over 1000 people and their families.



KANNFINCH was responsible for both the master planning and architecture of The Pottery development in Kingsgrove, South Sydney.

The site is a disused pottery factory previously zoned for industrial use. KANNFINCH's approved design on the 7500sqm site comprises approximately 15,000sqm of gross floor area, including 96 residential apartments, car parking, a 3000sqm supermarket, 980sqm of retail outlets and 150sqm of commercial space. A key innovation was placing the supermarket in the basement in order to create a new urban plaza at street level linking Mashman Avenue to Kingsgrove shops and railway station.





Better Start for Children with Disability

Registration and Information Service



The Better Start for Children with Disability initiative provides funding for early intervention services.

Children may be eligible for Better Start if diagnosed with one or more of the following disabilities*:

- Cerebral palsy
- Deafblindness
- Down syndrome, including mosaic Down syndrome
- Fragile X syndrome with full mutation
- Hearing impairment
- Vision impairment
- Cri du Chat syndrome
- Prader-Willi syndrome
- Williams syndrome
- Smith-Magenis syndrome
- Angelman syndrome
- Kabuki syndrome
- CHARGE syndrome
- Cornelia de Lange syndrome
- Microcephaly

To access Better Start children with an eligible diagnosis must be registered before they turn 6 years old. Families will have until the child turns 7 to access funding.



To find out more call
1800 242 636
or go to www.betterstart.net.au



*Thresholds apply
Better Start is funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs.



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 SERVICES

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.



AGED 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.

Talks on issues like Senior's health, wellbeing and safety are provided by guest speakers.

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

For more information please call the centre on 91507823.

GENTLR 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.

STEPPING ON PROGRAM FOR SENIORS

EXCITING NEW PROGRAM for seniors.

This program focuses on teaching the participating seniors strength and balancing exercises to help them learn ways of moving safely, building confidence and reducing fall hazards in everyday life.

If you would like to join or for more information please call the Aged Care Coordinator 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.



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

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

PLAYGROUPS HELD AT KINGSGROVE COMMUNITY AID CENTRE

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: General Playgroup. 1pm to 3.30pm.

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



FOR MORE INFORMATION ON ANY OF THE PLAYGROUPS PLEASE CONTACT THE CENTRE ON 91507823

Or email familyandchildrenservices@kcac.org.au



Out of School Hours Care

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.
- Kingsgrove Public School, Kingsgrove Rd.
Kingsgrove (Primary School Site).
- Hurstville Public School, Forest Rd Hurstville.

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



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Tas Aronis JP
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