



KINDLY CARING FOR ALL OUR COMMUNITY

Kingsgrove Community Aid Centre Inc.



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Newsletter – Summer 2014

Dear Readers,

I wish to welcome all back from a very well deserved break. We are now very much back in full swing in all facets of our community work. Our children's services has had a very productive and successful vacation care term and our aged care services and neighbourhood centre programs are very busy with the planned activities organised for the year ahead.

In early February we celebrated the Chinese New Year welcoming the Year of the horse where 150 people attended from the local community as well as members from local State and Federal Parliament. The Year of the horse represents peace, strength and resilience. Traits which I know we are going to need to face the challenges that are looming for community organisations such as ours, especially with the uncertainty of the continued commitment of Government Funding. I wish at this stage to express my appreciation to those that attended and organised the Chinese New Year activity especially to our Chinese members of the KCAC Activity and Opera group and also to the various distinguished guests who came and represented the various levels of Government. They include Mr Nicolas Varvaris, Federal Member for Barton and his electorate advisor Mr Jieke Zhou, Mr Mark Coure State Member for Oatley, Mr Chris Minns, standing Candidate for the seat of Kogarah (representing Cherie Burton), Deputy Mayor of Hurstville Council Councillor Nancy Liu, Councillor Vince Badalati, Brenda Eggleton and David Linden from Hurstville Council.

In the coming months we look forward to celebrating Neighbourhood Centre Week and Seniors Week. We will be busy highlighting in these events the major activities that will bring to light the importance of why locally based community organisations are vital to their local community. During Seniors Week, on the 19th of March, I'm excited to be announcing that we will be launching the Seniors Community Care DVD which highlights the work that we do with our senior community members and the care that we provide to them through our Centre Based Day Care programs and of the importance of these programs in assisting older people engage in the community to live a happy and healthier lifestyle.

Our work is measured by the number of people that attend our activities, I am proud to say that on any day of the week that at least 100 people are served through the various programs that we offer. I urge you to keep up your support, to keep us relevant, keep us local and keep us accessible, IN THE COMMUNITY, FOR THE COMMUNITY, WITH THE COMMUNITY.

Anne Farah-Hill CEO KCAC

**We're on the
Web!**

www.kcac.org.au





Kingsgrove Community Aid Centre UP AND COMING EVENTS

<u>March</u>	  
5th	Seniors Life Journey through Art Displayed at Kingsgrove RSL (runs till 29/3)
19th	Seniors Week Celebration at KCAC Launch of Seniors Community Care DVD.
21st	Harmony Day Celebration at KCAC
<u>April</u>	  
14th - 24th	Vacation Care
17th	Vacation care at KCAC Centre
30th	Guest speaker from Centrelink coming in to speak to seniors
<u>May</u>	  
5th—9th	Mothers Day Celebrations at KCAC
28th	Alzheimer's guest speaker
28th	Australia's Biggest Morning Tea
For more information on any of our wonderful events please call the Community Centre on 91507823 Monday to Friday 9am-4pm.	

Kingsgrove Community Aid Centre is a not for profit organisation. We rely on Government funding and the generosity of donations for our existence, to continue to be able to provide services to the community at a local level.

We accept donations and bequests from the community. Please remember us in your will if you support our work.

All donations over \$2 are tax deductible.

Keep us local, keep us relevant, keep us accessible.

In the Community. With the Community. For the Community.

Kingsgrove Community Aid Centre acknowledges the support provided by the Federal Department of Social Services and the State Department of Family and Community Services.

Seniors Christmas Party 2013



On the 18th December the seniors groups all combined to celebrate Christmas and the end of another exciting KCAC year at the Kingsgrove RSL.



There was singing by Nata Forte which was provided by Olsens Funerals, dancing and performances by the Mandarin Monday group and the Friday Cantonese group, as well as lots of fun and laughter. The groups enjoyed a scrumptious buffet of various foods and everyone left with a full tummy and a full heart after a great day out.





SENIORS CHRISTMAS PARTY CONTINUED....



Embracing

Chinese New Year Celebration at KCAC



Chinese New Year is the most observed and important feast day of the lunar calendar. It is a time for new growth and vibrant colours, of which red and gold are the most favoured colours. Dragon dance is the most popular way of celebrating the new year. 2014 is the year of the horse according to the Chinese zodiac. The horse is physically strong and mentally stable and gives service both in war and in peace. Chinese have centuries of traditions at new year time, one of which is the New Year's Eve family feast, where generations of the family get together for a huge banquet. Fish is a sign of abundance, and must be included in the menu. New Year's Day is spent visiting relatives and friends to present them with food and flowers and wishing them a prosperous new year.

This year the Kingsgrove Community Aid Centre held an exciting and colourful celebration together with the local community to bring in the Year of the Horse, where 150 people attended from both the Mandarin and Cantonese speaking community and special VIP guests, as well as others.

We would like to thank all who attended the event, but a special thank you to our special guests on the day: Mr Mark Coure MP State Member for Oatley, Mr Nick Varvaris Federal member for Barton and his electorate advisor Mr Jieke Zhou, Mr Chris Minns, standing Candidate for the seat of Kogarah (representing Cherie Burton), Deputy Mayor of Hurstville Council, councillor Nancy Liu, Councillor Vince Badalati, Brenda Eggleton and David Linden from Hurstville Council. Also a special acknowledgement to all the staff and volunteers who helped out on the day to make it a success. Happy New Year everyone, Gong Xi Fa Cai.





KINGSGROVE OUT OF SCHOOL HOURS CARE

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 28th March 2014. FEES NEED TO BE KEPT UP TO DATE. STATEMENTS WILL BE GIVEN OUT MONTHLY. PLEASE CHECK WEBSITE FOR ENROLMENT FORMS AND PROGRAMS. www.kcac.org.au

THE KINGSGROVE OOSH AND HURSTVILLE OOSH SERVICES ARE PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC.



Welcome to 2014!!

The year started off with a fun filled *vacation care program* that ran for three weeks. During this time the children went on a number of excursions such as a picnic at Blaxland Riverside Park at Homebush, Bowling and Laser Skirmish at Darling Harbour, the movies at Fox Studios, Corner Cubby House Play Center at Five Dock and many more exciting outings were encountered.



The *vacation care program* was based on the children's interests and suggestions which had been observed, documented and collected throughout the term leading up to vacation care. Our program provided opportunities for discovery, learning through self and peer directed experiences.

April Vacation care will be held from Monday 14th April till Friday 25th April. Please see our website to download programs and enrolment forms, go to www.kcac.org.au.

Tammy Gibara

Kingsgrove OOSH Coordinator

Resourcing



VACATION CARE

The next Vacation Care period will commence on Monday the 14th April and will run until Friday 24th April 2014.

FUN ACTIVITIES AND EXCURSIONS ORGANISED.

Public holidays during Vacation Care are 18th, 21st and 25th April.

School resumes Tuesday 29th April 2014.

HURSTVILLE OUT OF SCHOOL HOURS CARE



FOR MORE INFORMATION PLEASE CONTACT
KATINA OR TAMMY ON 91507823.

Welcome to HOOSH 2014.

This year began with a very exciting Vacation Care program.

The activities included craft, art, construction and cooking days plus our most popular day making cubby houses and playing with friends.

The incursions included water games day organised by BM Sports Clinic and a baby farm animal day we all had a chance to cuddle and feed baby bunnies, guinea pigs, ducklings and chicks. We were also entertained by three ducks and two hungry goats.

Everyone had fun with water relay games and trying to wet the busy bee. The weather was great for all the activities.

The excursions included a day out to the Big Blast play centre in Brookvale, sausage sizzle lunch and a play at Blaxland Riverside park, Movies at Hurstville, Footsteps disco dance at KCAC, making pizza at the Royal Botanic Gardens and ending with a great play at Wetworld at the Maritime Museum.

The second week of vacation care was a big adventure as we moved to the Bell Tower while the car park and outdoor playground was being finished.

Parents may access the car park between 7am to 8.30am and 3.30pm to 6pm during school term. If no parking is available, please park on the street and walk in from the Pedestrian gate.

Due to an increase in the need for care for school age children, the Hurstville OOSH funded places has increased from 55 places to 70 places with five Educators working each day.

We have twenty new Kindergarten children enrolled at our centre plus 10 new enrolment in other grades.

This term began with the children Celebrating Chinese New Year and dressing up in their beautiful costumes. Our activity program and afternoon tea menu is on display for children and parents to view at our information corner. All suggestions and ideas are welcome

Our next Vacation Care program will commence on Monday 14 April 2014. Enrolment forms will be available on Friday 7 March, and to be returned by Friday 28 March with the \$5.00 booking fee. Access to the Program and enrolment form is also available from our website (www.kcac.org.au).

Enjoy Term 1!

Katina Papadakis, Hurstville OOSH Coordinator



What does our community say about

In January and February this year, Kingsgrove Community Aid Centre decided it would be nice to hear from our clients about why they love the centre, what it means to them and what they think of our services. We put out a survey to get feedback from our clients in the community and their answers are below.

VERONICA BOTTOS – FRIDAY PLAYGROUP

Veronica and her daughter have been coming to the Friday Playgroup for the past 3 years.

Why do you like coming to KCAC?

I love coming to KCAC because it is a very fun place to be. I love talking to other mums in regards to child development. I also love that my daughter Sienna gets to play with all the other children. She has learned to share and take turns with toys. Craft time with Rachel is the best part of the day.

How has it helped you and what difference has it made in your life?

I have made lots of great friends and love coming every Friday.

What is your highlight moment or experience since being a part of KCAC?

One of my great experiences was to be able to do my First Aid Course with my baby. It is very hard to find the time or someone to look after your child when you need to do a course. It was great to know that I could bring her and be able to cater to her needs when she was a newborn.



Natalie Russo – FRIDAY PLAYGROUP

Natalie and her daughter have been coming to the Friday Playgroup for the past 3 years.

Why do you like coming to KCAC?

It's a great environment. The mums are friendly and the facilitator Rachel is very welcoming. It is lots of fun for the kids and a very relaxed environment for the mums. The kids like coming here a lot.

How has it helped you and what difference has it made in your life?

I've met many mums from the local area and the kids have made friends.

What is your highlight moment or experience since being a part of KCAC?

The Christmas party every year is fun and a great family day. Its great for the kids.



Kingsgrove Community Aid Centre

and our great services?

Fiona Donnelly – Hurstville Out of school Hours care

Fiona's Children Seamus and Olivia have been attending Hurstville Out of School Hours Care since 2010.

Why do you like coming to KCAC/Hurstville OOSH?

The staff conduct themselves in a very professional manner. The programmes are well structured and boundaries are set which results in a centre where children are not only in a safe environment, but also benefitting from an educational and pro-social setting.

How has it helped you and what difference has it made in your life?

Hurstville OOSH has enabled me to pursue my university studies and work because I know that my children are being well cared for. My children love attending Hurstville OOSH.

What is your highlight moment or experience since being a part of KCAC?

Fantastic programmes during vacation care and the sport programme during After School Care.



JinPing Lin – Hurstville Out of school Hours care

Jinping's son Jason has been attending Hurstville Out of School Hours Care since 2012.

Why do you like coming to KCAC/Hurstville OOSH?

I like the nice staff and the good management.

How has it helped you and what difference has it made in your life?

As we are working full time, KCAC Hurstville OOSH programme is really helping us to look after our son.

What is your highlight moment or experience since being a part of KCAC?

My son loves going to Hurstville OOSH. He makes new friends and is learning new activities all the time. The highlight is the excellent programme that they provide.



Client feedback

DAVINA RAWHITI– KINGSGROVE Out of school Hours care

Davina's granddaughter Alivvia has been attending Kingsgrove Out of School Hours Care for the past 4 1/2 years.

Why do you like coming to KCAC/Kingsgrove OOSH?

Alivvia loves coming to KCAC KOOSH because she enjoys playing with her friends which she has met over the years. Also without the help of Tammy & Ramona (who work there) I don't think she would have wanted to continue attending daily.

How has it helped you and what difference has it made in your life?

When Alivvia started at Kingsgrove OOSH she was shy and over the years she has blossomed into a lovely girl and this is thanks to all of the KOOSH staff helping her along the way.

What is your highlight moment or experience since being a part of KCAC?

My highlight as a grandmother is having the pleasure of seeing Alivvia grow and having met all the staff, especially Tammy and Ramona. God bless to all of the staff to have the patience and time for all these



Hel en Mardoyan– KINGSGROVE Out of school Hours care

Helen's son Nicholas has been attending Kingsgrove Out of School Hours Care for 5 years and 1 month.

Why do you like coming to KCAC/Kingsgrove OOSH?

As a full time working mum I had no other option but to place him in before and after school care, and over the years KOOSH became almost a second home for Nicholas. He has made some good friends at Kingsgrove OOSH and the bond between him and the carers have become very strong. He often likes to ask for their advise and values it. Nicholas enjoys coming to KOOSH to socialise with peers and for him it is very important as he is an only child. He also enjoys the variety of activities that are provided throughout the year.

How has it helped you and what difference has it made in your life?

As mentioned above, I work full time and it is vital for me to have safe and reliable care. I can leave my child at Kingsgrove OOSH and I know that the carers will take good care of Nicholas. I appreciate all the help I am getting from the staff. Tammy and Ramona are very approachable and we can discuss and resolve any issues that may arise.

What is your highlight moment or experience since being a part of KCAC?

Every day that I drop Nicholas at Kingsgrove OOSH Care, I know that I am leaving my child in an atmosphere where he well enjoy the environment. Its always in the back of my mind that he is safe and well cared for. I also enjoy the relationship I've established with the staff, I know that they often go above and beyond their duties to make OOSH an enjoyable place and the kids are always willing to come back.





Teresa Sakaluk — Autism Support Group & Cooking Club

Teresa Sakaluk and her two boys have been attending Autism related activities at the Kingsgrove Community Centre for the past two years.

Why do you like coming to KCAC/Hurstville OOSH?

KCAC is a great venue with friendly staff. The Autism related activities are relevant for my two sons (aged 15 and 13 years old).

How has it helped you and what difference has it made in your life?

Every interaction with the ACN helps to enhance my children's social skills and coping skills to be in an environment other than home or school. Also, it's an opportunity for friendships to be made and developed. As a parent of children with Autism, it has given me an opportunity to network with other parents and share skills to raise my family.

What is your highlight moment or experience since being a part of KCAC?

I really enjoyed the Drama Class performance that all the children participated in. It was a great effort by all the performers. (An Autism Drama class was previously run at KCAC in conjunction with the ACN, however is no longer available).

The Cooking Club is also fantastic and very interactive. My younger son (13 years old) is particularly motivated to attend this class.



Michael Parkes & Barbara Yates – KCAC Centre Based Podiatry Service.

Michael has been a client of the KCAC Podiatry service for 2 years and Barbara for 6 years.

Why do you like coming to KCAC?

Michael: It's a convenient and wonderful service. I am able to use the service by the easy access to the centre as I have limited mobility and use a motor scooter. I can go straight from my door to the centre by scooter.

Barbara: The friendly staff always welcome you with a smile. It is convenient and the service is always efficient and caring.

How has it helped you and what difference has it made in your life?

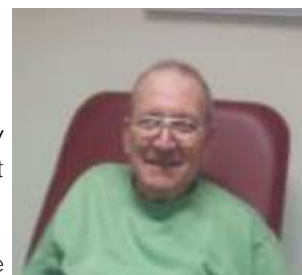
Michael: It has helped with my health issues, I can get here independently. It saves on assisted travel.

Barbara: Podiatry is a valued service and very helpful for me as I have back issues and I am unable to do it myself.

What is your highlight moment or experience since being a part of KCAC?

Michael: The friendliness and professionalism of the staff in assisting me to be able to maintain my independence despite my immobility.

Barbara: Knowing that the service is available and that KCAC will accommodate me at all times.





Autism Related Activities.



AUTISM SUPPORT GROUP

The Autism Support Group has been running at the Kingsgrove Community Aid Centre since August 2011. It runs on the first and third Thursday of each month, during the school term between 10am and 12pm. The group is facilitated by the Founder of the Autism Community Network (ACN), Steve Drakoulis. Steve himself is a father of a child with Autism.

The aim of the Autism Support Group is to provide:

- A safe environment for attendees to share experiences;
- An opportunity to meet others in a similar situation;
- A forum to seek other's advice;
- An opportunity for the ACN to highlight upcoming events;
- A forum for the ACN to provide information.

AUTISM COOKING CLUB

In September 2013, the Kingsgrove Community Aid Centre again joined up with the Autism Community Network (ACN) to conduct a Cooking Club for children with Autism aged 8 and above (and their siblings). This program runs every second Tuesday of the month from 4pm to 6pm.

This program is sponsored by the Earlwood/Bardwell Park RSL Club.

Engaging

Empowering



Pictured right, is one of our long time clients Mr Allan Kier. He is holding up a framed jersey which was presented to his son when he retired as a police officer.

Allan gave this photo to our KCAC Manager Anne Farah-Hill when she went to visit him one day and was very excited to show and tell Anne about how this was given to his son.

We decided to place this photo of Alan into our KCAC Newsletter as a tribute to him.

Allan has been battling with a terminal illness for a long time and when he is not in the hospital he loves attending the Tuesday seniors group at KCAC and mingling with all of his friends as it brings him much joy. Allan is a very kind and caring member of our senior community and we wish him lots of love and strength through all of his treatments.

Anne and the KCAC Team



Alzheimer's Australia's **Your Brain Matters** program guides you on how to look after your brain health. To live a brain healthy life, you need to look after your brain, body AND your heart. This program will show you how.

This session is presented in collaboration with Sutherland St George Dementia Advisory Service, Kingsgrove Community Aid Centre and Club Rivers.

Date: Wednesday 28th May 2014
Time: 11.00am - 2.00pm
Venue: Kingsgrove Community Aid Centre
30 Morgan Street
Kingsgrove

FREE REFRESHMENTS WILL BE AVAILABLE, BUT BOOKINGS ARE ESSENTIAL.

Please call Gurmeed Kuar Nelson at the Centre on 9150 7823 for further information or to register. RSVP date: 18th May



KINGSGROVE COMMUNITY AID CENTRE INC.

"CHANGES IN THE BRAIN MAY START DECADES BEFORE SYMPTOMS APPEAR. IT IS NEVER TOO EARLY TO ADOPT BRAIN-HEALTHY HABITS."
ASSOCIATE PROF MARC BUDGE

Are you:

- Worried about your memory?
- Interested in exercise and keeping your brain healthy?
- Wanting to learn more about reducing the risk of developing dementia?

This session is **Free** and we would like to extend an invitation to the Culturally & Linguistically Diverse Community to attend.

YOUR BRAIN MATTERS:
A GUIDE TO HEALTHY HEARTS AND MINDS

Alzheimer's Australia's brain health program



This program is supported by funding from the Australian Government under the Chronic Disease Prevention and Service Improvement Fund

yourbrainmatters.org.au

NATIONAL DEMENTIA HELPLINE
1800 100 500

Funded jointly by the Federal Government, the Sutherland St George Dementia Advisory Service and Club Rivers



An Australian Government Initiative





Letters



Pictured Above: Mr Peter Byrne
Secretary of Kingsgrove Community Aid Centre



THE BYRNES
17 Warraroong St
Beverly Hills NSW2209
Tel 9150 8256
Email petenpat@optusnet.com.au
December 16 2013

Dear Anne

As we come to the close of another year it is good to be able to look back and think of what has happened over the past twelve months.

You must be well satisfied with the progress achieved at KCAC during 2013. What with introduction of new services and expansion of existing ones, it has been a busy time for you and all your staff.

And coupled with the changes in operation through government initiatives (??) have certainly added pressure on you. But you have continued your drive to obtain additional funding, not just from the government but also outside sources - such as EBP RSL - to ensure the growth of KCAC.

I know you have faced some frustrations over the time, but you have certainly risen to the challenges.

Anne congratulations to you particularly and your staff on your achievements, not just during 2013, but in planning to meet the difficult times facing KCAC over the next few years.

Thank you for your dedication and leadership of KCAC

Please extend my best wishes to all at KCAC and to you and your family for a happy and healthy Christmas.

Kindest regards

Peter Byrne

Empowering

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

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



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 - \$20 per visit per client, Centre Based Clinic - \$15 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 the Chinese (Mandarin) speaking senior community.

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

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

Various information sessions are held throughout the **year. Talks on issues like Senior's health, wellbeing and safety** are provided by guest speakers.

Friday: An out and about group gets together for long excursions a few times a year.

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

For more information please call the centre on 91507823.

GENTLE 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.

Registration is essential. 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.

This program is supported by Club Central.

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 FOR PARENTS

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



ASD COOKING CLUB

Cooking Club for children with Autism aged 8 and above (and their siblings). This program runs every second Tuesday of the month from 4pm to 6pm.



Please contact us at the Centre for more information on 91507823. Mon – Fri 9am-4pm

This program is sponsored by the Earlwood/Bardwell Park RSL Club.

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.

Monday Afternoon: Playgroup for babies 0-1 years 1.30 till 3.30.

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.

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



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 Cheryll 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



Guardian understands every goodbye is different.



Tas Aronis JP
Funeral Director

Saying goodbye to a loved one can be a daunting and emotional time and no-one understands this better than Guardian Funerals.

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388 Forest Road, **Hurstville 9580 1554**



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Bexley North

Ph: 9502 2066

7 Shaw Street
Bexley North 2207

Ramsgate Beach

Ph: 9529 4666

207 Ramsgate Road
Ramsgate Beach 2217

Kingsgrove

Ph: 9502 2111

6/215-231 Kingsgrove Rd
Kingsgrove 2208

3 Offices One Team - Servicing the St George District

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