



KINGSGROVE COMMUNITY
AID CENTRE INC.

IN THE COMMUNITY
FOR THE COMMUNITY
WITH THE COMMUNITY

50th
Anniversary

AUTUMN NEWSLETTER 2016

ISSUE 20

KCAC Vision

“A sustainable society that is welcoming, harmonious & inclusive and where people are healthy & feel happy & safe”



*Join us at Kingsgrove
Community Aid Centre*

to

Celebrate our

50th Anniversary

Friday 7th October 2016

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



KINGSGROVE COMMUNITY AID CENTRE INC.
30 MORGAN ST KINGSGROVE PH:91507823
WWW.KCAC.ORG.AU



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Up and Coming Events

September

October

November

2nd:	Mid Autumn Moon Festival Opera.	7th:	50th Anniversary Fun Day.	9th:	AGM 2016
26th:	First day Vacation Care	7th:	Last day Vacation Care.	TBA:	OOSH Kindy Orientation.
TBA:	Guest Speaker Hearing Aids.	8th:	Bunnings BBQ	TBA:	Lebanese Harmony Day.
30th:	Bunnings BBQ	24th:	POPPY Mental Health Week.	TBA:	Cooking emo & Guest Speaker, Chinese group.
		30th:	Grandparents Week.		

A Message from the CEO

What a monumental time it is for Kingsgrove Community Aid Centre!

50 years is a milestone achievement serving the local community of the Kingsgrove St George area.

This is all attributed to the vision and to the hard work and tenacity behind all these people that began the seed that has flourished today.

Kingsgrove Community Aid Centre (KCAC) is now recognised amongst many community organisations and government departments as well as the private sector in NSW for its work promoting the empowerment of vulnerable people and providing essential services to families and the Seniors.

Over the years it has withstood many government reforms in funding yet it remains today more financially viable than ever to continue with its core work and mission.

The challenges ahead however will be more demanding yet we envisage a positive future no matter what lays ahead because of our commitment and resilience and our passion for working in this sector. This is where your support will come in handy. Any Bequests and donations are accepted graciously.

My journey with KCA began almost 15 years ago. I took on the challenge to make this organisation expand on its existing valuable work in the community.

With support from the local community, Board of Management, staff and the local council KCAC today is a thriving organisation. Our venue has been built purposely to meet our needs and has become an example for other community services buildings.

We worked hard to ensure that clients who use community care services deserve to be in first class venues and why not. Our vision has always been that the community deserves better.

That our services are local relevant and accessible and that our motto remains. In the Community with the Community and for the Community.

Happy 50th anniversary one and all!

Anne Farah-Hill
Chief Executive Officer



Are you over 65?
Would you like to belong to one of our seniors social support groups?
Give us a call and speak to one of our friendly staff on 9150 7823, or simply just drop in for a chat!
We are open Mon to Fri 9am to 4pm at 30 Morgan St Kingsgrove.
Hope to see you here!

KCAC 50th Anniversary

FUN DAY

**FRIDAY 7th
OCTOBER 2016
10am till 3pm**



Kingsgrove Community Aid Centre has been serving the local community for the last 50 years!

To celebrate we will be holding an Open Fun Day.

Bring your friends and family along with a picnic rug and join in the fun. All are welcome to attend.



VENUE: 30 MORGAN ST KINGSGROVE PH: 9150 7823



- **Sausage Sizzle (supporting our local Community Centre)**
- **Information stalls**
- **Walangari Aboriginal Performance**
- **Carnival Rides & Giant Slide**
- **Great Raffle Prizes**
- **Performance by Local Dance School (Dance Theatre Network)**
- **Multicultural Performances**
- **Australian Hearing Bus**
- **Face Painting—Free with every meal deal or unlimited rides pass.**

Thank you to all of our supporters.



MILTON HILL - TREASURER OF KCAC

A BRIEF HISTORY ON THE KINGSGROVE COMMUNITY AID CENTRE INC

The Kingsgrove Community Aid Centre was launched at a public meeting held on the 16th April 1967.

This meeting was convened by participants in the Church & Life Movement Study Groups held in early 1966. Members & Leaders of these groups in our area met together on 24th July 1966 and appointed a working group with the following

aims; " To investigate the establishment of a community aid service as an expression of Christian concern for the community and that it be established on as wide a basis as possible –not denominational in form."

After about 8 meetings & extensive investigations with Social Service Agencies , Professionals, and close personal contact with leaders of all local Church Groups and Service Clubs, a Public Meeting was called for the 19th February 1967. At the meeting there was a representative attendance of 80 people who voted to

establish a provisional body to investigate the establishment of the Centre. The first year was spent in preparing a Constitution, training volunteers & visiting other Community Aid Centres. Permission was granted by the Health Department for KCAC to set up in one room at the Baby Health Centre in Smith Park.

Financial Membership in the first year was over 150 people. The Centre office opened for business Monday 19th February 1968 staffed total by volunteers. It was not until 1970 that we employed our first paid Director.

Although the KCAC was there to provide general information, sub-committees were formed to cover transport ,visiting, publicity and general household help for the elderly. Regular transporting of clients to day clinics at Broughton Hall Psychiatric Hospital at Gladesville, and St. George & Canterbury Hospitals as well as shopping trips made up a large part of the transport workload. More than forty elderly people were visited on a regular basis.

During the first few years, we helped establish several new Community Aid Centres in Sydney, while at the same time working to expand our own services.

Important Milestones:

November 1970:

The establishment of an occupational therapy group with a paid Occupational Therapist in charge. Clients were brought to the Centre for several hours each fortnight. This group was the forerunner of our current Respite Groups.

For a short period we acted as a distribution centre for emergency food parcels supplied by Lifeline.

October 1971

The Board meeting discussed a report tabled on the condition of Aboriginals living on the Ookepilla Mission Station since the opening of a liquor store to serve a mining camp in the area. After a lengthy discussion it was resolved that our members should be informed of as many facts as possible of both side of the case. It was moved that letters be written to the Minister for Aboriginal affairs & the Aboriginal Advancement League for their comments.

Around this time we joined with other Community Aid Centres in the area to lobby Hurstville Municipal Council to appoint a Social Worker to the Municipality.

During 1971 an Adolescent Information Group and Advisory Service was established.

This service closed after one year from lack of interest.

October 1972

Establishment of first Playgroup.

Milton Hill.

TREASURER



GURMEED NELSON - STAFF OF KCAC SINCE 1999

I started working at Kingsgrove Community Aid Centre in June 1999 as a part time welfare worker for 8 hours a week. When I first started the centre had very minimal funding to provide a respite day care service for 1 day a week. I started with 2 elderly clients and within 6 months we had over 30 clients from networking with the seniors and word of mouth. After 12 months we started a second day providing respite care with over 40 clients. Over the years the groups grew bigger and bigger and became more popular for the elderly community. The numbers grew continued to grow and the demand for an Arabic seniors group was great. We then employed Arabic seniors staff to run this specific group. The numbers increased to over 100 clients so we then increased to more days for respite care to keep up with the demand for these groups.

My experience in the field of Aged Care in my previous role served to help me build a strong bond with the elderly community and I had many networks and contacts in the industry who referred many clients to the KCAC service that I coordinated. As the program flourished so did my education and I was able to complete my Southern Sydney Region Training front line management course and won the Peter Brice Encouragement Award out of 800 students. I also completed my Case Management course in 2014 and became a qualified case manager.

At present the Kingsgrove Community Aid Centre has Social Support Group Programs on every day of the week. Monday is a Chinese Mandarin speaking group, Tuesday is a General Community Group, Wednesday has 2 groups running, an Arabic Speaking seniors group and also a General seniors group, Thursday is a High need seniors group and Friday there is a Chinese Cantonese speaking group. As well as these groups there are other activities that run daily such as the Exercise classes, Line Dancing classes, Art As Therapy Class, Computer Class and a drop in service on Fridays for anyone just wanting to come in for a chat. There are long trips organised each quarter to destinations of interest and information / educational sessions on topics relevant to seniors.

I am very passionate about my job and about the Aged Care project at our community Centre. With my vision and understanding the needs of the community I believe I have made a difference in the lives of many clients and their families. I'd like to thank all of the staff and volunteers that have supported this program and have helped make it such a success. Most of all I'd like to thank the CEO of this organisation, Anne Farah-Hill, who has been my mentor over the years.

Gurmeed Nelson

Aged Care Coordinator/Case Manager



JOSEPHINE OEN - VOLUNTEER AT KCAC SINCE 1992

Sometime in 1992 Paddy Butler, the KCAC manager asked my niece Poh Lin Boon, the then Baby Health Clinic Sister and now a board member, if she could find a temporary replacement for the person who was teaching a small group of Chinese seniors. They would be learning conversational English about one and a half hours each week. A new teacher was expected to be appointed within weeks.

At the time, my youngest son had just finished his studies and had started in a fulltime position, giving me plenty of free time. I was actually contemplating returning part-time to my profession as an occupational therapist. The idea of spending "a few weeks" with people who could revive my native language vocabulary while I taught them English was quite appealing and so I accepted the temporary position.

The Kingsgrove Community Aid Centre in those days occupied a small 100-year old cottage on a large piece of land. Somehow this run-down little cottage managed to accommodate the many divisions from ethnic based groups to podiatry in perfect harmony.

The group that I had consisted of 6 women and one brave man. They were friendly and genuinely caring people, almost like a family. We spent our time alternating between serious learning and hilarious fun. I thoroughly enjoyed myself and in some ways am glad that after 25 years my replacement still has not yet arrived.

Our group has evolved into what is now known as the Chinese Activity Group with about 30 regular members and taking part in a wide range of activities. In the year 2000 we moved house from Kingsgrove to Concord to be near our children and grandchildren. I had to decide whether the distance involved was enough for me to discontinue my visits to KCAC. My decision was made when I realised that one of our longstanding lady members who had moved to the north shore with her family was more often than not the first one to arrive for our weekly meetings.

Josephine Oen,



KATINA PAPADAKIS - STAFF OF KCAC SINCE 1994

MY JOURNEY AT KINGSGROVE COMMUNITY AID CENTRE

In 1994 I graduated from University and began my career as the Kingsgrove Community Aid Centre Respite Care Coordinator.

I worked every Tuesday with a small group of elderly people who lived in the local area. Although I enjoyed going on outings with this group and listening to the stories my clients would tell me, my passion was with working with the children.

Later that year I was given the position as Assistant Coordinator of the Kingsgrove Out of School Hours Care. I worked five afternoons a week picking up children from Our Lady of Fatima School and walking them down to the Bexley Nth Community Hall in Shaw St. I worked with a beautiful group of dedicated staff who loved working with children.

In 1999 I resigned as the Respite Care Coordinator to focus working full time for the Out of School Hours Care. This included being the Administrator for the OOSH Centres and working in vacation care during the school holidays.

In February 2006 I became the Coordinator of the Hurstville Out of School Hours Care. Over the years I have watched the children grow up from kindergarten and moving on to high school.

Kingsgrove Community Aid Centre has continuously supported me with training to update my skills and enabled me to receive my Advanced Diploma of Management.

I have worked with a lovely group of educators who strive to do their best in their work place. The position as Coordinator has given me the opportunity to achieve a wonderful relationship with the educators, families, the school and local community.

Katina Papadakis



STEPHANIE CARIO - CLIENT OF KCAC SINCE 2003

Kingsgrove Community Aid Centre. Yesterday & Today.....

The 1950's saw Smith Park as a Baby Health Centre, nothing else. Today it houses the hub of all activity featuring aged care activities, pre school, after school, computer classes, line dancing, painting & so it goes on.

This organisation is being run by a remarkable group of people, namely Anne Farrah Hill (CEO), Gurmeed Nelson, (the go to and the go between for us all). Our group is the aged care division. The people on our bus are mainly aged in their 80's and 90's.

Our program ranges from guest speakers, scenic drives ending in sumptuous lunches at far flung places. Occasionally we start with morning tea at "the centre", Gurmeed knows us well". Put tempting food before them and they will come." She uses such inducements as fresh fruit, healthy sandwiches, lovely pastries, scones and cream, and donuts, (aaah those donuts they're my favourite) then we embark on our scenic drives. Could be Botany National Park, Oatley, Cronulla, maybe the QE11 is in the harbour or the Xmas lights are blazing in the city, then off to lunch at a club, where Gurmeed has bargained hard for us to get a discounted deal.

We are picked up from our homes in the morning and delivered back in the afternoon. No easy task this, Libby (our care staff) and Carol (volunteer) put us inside the house, not just a wave goodbye for us, it's the royal treatment from start to finish. No stone is left unturned to make our outing memorable. To say we are spoilt is an understatement!

A great camaraderie exists on the bus. Everyone is concerned about and watches out for the other. HOW DOES THIS HAPPEN?? Caring people are running the show, and set the example! you have a problem? It's private? Go to Gurmeed who is never too busy to help you.

To us "oldies" it's more than a day out it's a day where you get out of the house, mix with people other than family, and with similar problems to your own. To you it may seem like the end of the world, discuss it with others on the bus and you find it's quite common for your age.

Our independence is paramount at this stage of our life, this is something the people at KCAC understand and foster.

Stephanie Cario



PAM CLAPSHAW—PRESIDENT OF KCAC

When I first became involved with the Board at KCAC we were located at the current site but in a small very old building. We had only a few paid staff and limited programs. Our accommodation was uncomfortable especially the chairs!

Under the leadership of Anne Farah Hill we moved into the modern world with new accommodation, expanded programming, additional staff and renewed practices.

Our current staff are professional, well qualified and a credit to the organisation.

Pam Clapshaw



EFFIE KYPRIOS - CLIENT OF KCAC SINCE 2005

I joined the Kingsgrove Community Aid Centre on the 27th June 2005 as part of the Tuesday group. I was attracted to the fact that the Community bus would pick me up and bring me safely home and that I would be in the company of like-minded older people in similar situations as myself.

In the past 11 years I have met many new and interesting people and made wonderful friends along the way. Sadly some are no longer with us, but I treasure the memories of the times we spent together. We have travelled across Sydney and I have seen many places that I had never seen before and many that have changed significantly over the years.

Volunteering for 12 months with the Thursday group was a highlight for me and I treasure those days and the memories of the lovely older people that I spent time with.

Special celebrations and events at the Kingsgrove Community Aid Centre are always well catered for and well planned and are fun events for all who attend. The staff are all very kind and friendly. Speakers and presentations are informative and cater well to the needs of older members of the community. I am a very proud and happy member of the Kingsgrove Community Aid Centre and I look forward to future outings and events.

Effie Kyrios



IRENE GREER - BABY CLINIC NURSE & KCAC BOARD MEMBER

Kingsgrove Baby Health Centre.. The clinic was regarded as one of the most "up market" clinics in the area. It was a brick building surrounded by beautiful gardens - mostly rose gardens. These gardens were tended to frequently by a council gardener who took great pride in his work and the garden always looked good and full of flowers of various kinds and colours. There was a wide path leading up to the front door so that the mothers could access the clinic easily ; where they could put their prams on the veranda and walk in with their baby.

The clinic had been built in the 1950's to cope with the post war baby population increase. Now known as baby boomers - the biggest population on the earth at that time and still is I think.

Inside the clinic there were 2 offices, 2 feeding rooms, a waiting room and a staff room that contained a bathroom and a small kitchen (I think at one stage staff occasionally lived there). It was quite clinical with a clinic room that was reserved for sterilising feeding equipment and the like. All kinds of paraphernalia were kept and used there.

The clinic was always full, there was no such things as appointments. It was open house from 9am till 1pm and then 2pm until 5pm. Monday through to Friday. The clinic was staffed by 2 and sometimes 3 registered nurses, who were mostly midwives and also Tresillian trained. They were very busy, sometimes seeing up to 100 or more mothers and their babies per day.

I first started working there many years ago , it was a great place to work - always busy , but happy and at the end of the day one really felt that they had done a good days work and was happy about it.

It was a good meeting place where mothers met, shared and chatted about all and sundry and babies slept, cried, fed and played.

Irene Greer



KCAC MEMORIES FROM OVER THE YEARS



DRAGON BOAT FESTIVAL DUMPLINGS (Zongzi)



The Dragon Boat Festival falls on the 5th day of the 5th Month in the Lunar calendar. It is one of the important and traditional feast days in China, especially in the Southern Cantonese provinces, to commemorate the life and death of the national hero Qu Yuan, an ancient poet who lost his life by drowning.

Dragon boat racing started 2000 years ago in China. Today people all over the world take part in this activity. Zongzi dumplings are served during the dragon boat festival in the same way that Chinese New Year Moon Cakes are served during respective festivals.

Zongzi is a pyramid shaped dumpling made of glutinous rice, filled with pork meat and also salted egg yolk, as well as nuts and beans, wrapped in bamboo leaves. It is boiled and then steamed before serving.



KCAC CHINESE ACTIVITY GROUP, BINGO & MARKET DAY

Among the many activities of the Chinese Activity Group is the well-known game of Bingo, which actually has many lesser known benefits for people in all age groups.

As well as being an enjoyable social activity, researchers have shown that it improves memory and hand-eye coordination, particularly in the elderly. It is no surprise that we never fail to attract a good number of our members every Bingo Day.

On Friday 26 August the CAG held a combined Bingo/Market Day which was attended by 30 of our members who thoroughly enjoyed themselves judging by the amount of laughter in the room. Naturally, all the bingo prizes were healthy food items like fruit and vegetables, which should increase the known benefits of the bingo game.



KINGSGROVE OOSH IS A FULLY ACCREDITED SERVICE PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC.

MAKE YOUR LIFE EASIER!

EZY DEBIT IS STARTING IN TERM 4.

REGISTER NOW!

FOR MORE INFORMATION PLEASE CONTACT SANTINA ON 91507823 OR 0407 659 766

REMINDERS

VACATION CARE ENROLMENT FORMS AND PROGRAMS ARE AVAILABLE ON THE WEBSITE 4 WEEKS PRIOR TO VACATION CARE. PLEASE RETURN YOUR FORM IN ASAP.

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

PLEASE CHECK OUR FACEBOOK PAGE or WEBSITE FOR ENROLMENT FORMS AND PROGRAMS. www.kcac.org.au Programs are located in NEWS, EVENTS & PHOTOS TAB.

KINGSGROVE OUT OF SCHOOL HOURS CARE & VACATION CARE



Kingsgrove Autumn Vacation care was full of exciting and fun Incursions and excursions that all the children enjoyed. The children had the opportunity to see Webers Circus at Miranda, have a day of dancing, singing and playing games at the Local Party Centre Glow Crazy, watch the latest movie at Beverly Hills Cinema, had a day at Monkey Mania and Bowling at Southgate. The children enjoyed the day trips to places in the local community where they gained new friendships.

Children experience new interactive incursion with a visit from my Pet Dinosaur, which children learnt interesting facts. This was a big hit and the feedback form this incursion form both parents and children was very positive.



Our Local Excursion to the Kingsgrove Community Aid Centre had the children and educators laughing and engaging in new experiences with the drumming to learn new skills.

The Kingsgrove Vacation care program is a great experience for your children to gain new skills and build beautiful friendships.

Vacation Care starts Monday 26th September through to Friday 7th October 2016. Queen's Birthday on Monday 3 October.



Holidays are almost here - book now to guarantee your vacation care place.

This holiday our experienced team are creating a Vacation Care program to suit children's tastes and is designed based on current trends, our experience, your feedback and the many suggestions we receive. Kingsgrove OOSH holiday programs are designed for school children aged 5 to 12 years.



All children are welcome to come for a day or join us for the whole vacation period. Conveniently run from 69a Shaw street, Bexley North 2209, our programs include a mix of exciting activities and excursions. This Sep-Oct vacation care has many exciting excursion and incursions including path of the dancing Warrior workshop, a Magic and Circus show, excursion to Glow Crazy and The Power House Museum and so much more. We offer a mix of in-house and themed activity days, special events and excursions in the local area.

We look forward to seeing you at our next Vacation care, Hurry book fast as places are limited.

Santina Pacicca
Kingsgrove OOSH Coordinator

HURSTVILLE OUT OF SCHOOL HOURS CARE & VACATION CARE

What a fantastic two weeks of winter school holidays the children had during the July school break. We started Vacation Care with NAIDOC week activities plus an excursion to the Art Gallery of NSW. where the children had an opportunity to see Aboriginal artworks. After a tour of the gallery, the children had fun creating their own masterpiece to take home. This was followed by a picnic lunch in the Royal Botanic Gardens. Our second excursion was AMF Bowling in Southgate. The children enjoyed playing a game of bowling with their friends and 5 arcade tokens to play the arcade games. We also went to Shrimps indoor play centre which included nuggets and chips for lunch.



In the second week we went to Glow Crazy which is an indoor party centre in Carlton. The children enjoyed playing X box, play station, air hocky plus a Karaoke and dancing competition. This was followed by an excursion to. The other excursion days included a Movie and snacks at Hurstville Cinema where the children had a choice to watch "ice Age collision course" or "Fining Dory". There was also a combined excursion with Kingsgrove Vacation Care to Kingsgrove Community Aid Centre. The children had a lovely time learning to drum which is a new experience for most of us. We all enjoyed eating pizza for lunch and then joining in the boot camp and drama activities.



The in-centre days included lots of creative craft, making cubby houses and playing games with friends. Cultural days celebrations include NAIDOC week activities, American independence day and French craft and cooking for Bastille day.



The next vacation care will be Monday 26 September to Friday 7 October. Monday 3 October is our Labour public holiday and the centre will be closed. Our new excursion in the next school holidays will be to Moore Park to watch the "DJ Jazzy get Whacky "hip hop show. other excursion will be to AMF Bowling, The Power House Museum, Glow Crazy, Events Cinema and Kingsgrove Community Aid Centre were we will be celebrating 50 years of serving our local community. this celebration will include carnival rides, sausage sizzle, multicultural dancing, stalls, face painting and much more.



Term 3 began with educators preparing a fun and creative program for the children such as. This includes craft, games and a self defence program which is held every Thursday afternoon between 4pm and 5 pm and is sponsored by Kingsgrove Community Aid Centre as part of our anti-bullying campaign.

I hope all families, children and educators are enjoying term 3 2016.

Katina Papadakis

Hurstville OOSH Coordinator

**HURSTVILLE OOSH IS
A FULLY ACCREDITED
SERVICE PROVIDED
BY THE KINGSGROVE
COMMUNITY AID
CENTRE INC.**

**MAKE YOUR LIFE
EASIER!**

**EZY DEBIT IS
STARTING IN
TERM 4.**

REGISTER NOW!

FOR MORE
INFORMATION PLEASE
CONTACT KATINA ON
91507823 OR
0418 481 358

VACATION CARE

The next Vacation Care period will commence on Monday the 26th September 2016 and will run until Friday 7th October 2016.

**FUN ACTIVITIES
AND
EXCURSIONS
ORGANISED.**

**School resumes
Monday 10th
October 2016.**

KCAC CHINESE OPERA SINGERS GO INTERNATIONAL



Earlier in June 5 Members of our Chinese activity and opera group travelled to China to perform in the Seventh International Cantonese Opera Festival in Guangzhou. This is a big international event which is held in China and Kingsgrove Community Aid Centre would like to congratulate Sandra Wong, Milky Wong, May Wong, Lapond Wong and Raymond Wong for their achievement in being able to participate and represent the Kingsgrove Community Centre in this event. It was a huge success

and a full house made up of 17 countries and 135 groups performing at this event and a total of 49 shows were performed.



Looking After Your Local Community. Help us remain local, accessible & relevant.

Please donate on our website at www.kcac.org.au Just click on the Donate button.

Dear Community Member,

Kingsgrove Community Aid Centre is a not for profit community organisation in the St George LGA helping those in the community stay connected, engaged, and informed in their local setting. Helping those who are isolated and those suffering from economic hardship.

Our registered charity supports those who are elderly and vulnerable and families who require early years support with specific supported programs and playgroups. We provide support for working families providing Before and After School Care & Vacation Care in a safe and affordable environment. Our organisation relies on government funding, donations & bequests.

Our organisation has been supporting you as residents and neighbours for the last 50 years, keeping our doors open, offering drop in services, information sharing and at times advocating on your behalf to the various Government Departments.

We have lobbied to affect change and influenced Government decisions where it concerns peoples livelihood in housing, education etc.

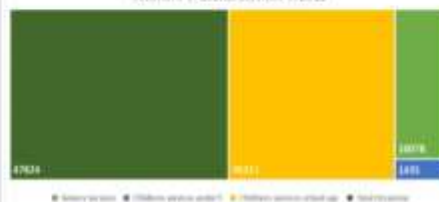


Today our services face the challenges of the decreasing funding threat from Government. Our self sustaining projects rely on your support and financial assistance to keep our doors open.

Please help us to continue working with families of young children, those that are elderly, frail and have no other form of support, those that are affected by domestic violence and mental health challenges and those that are new settlers to the country from various backgrounds and require support and assistance.

Our POPPY Supported Playgroup helps many in our community who are vulnerable and who require assistance. Our work with the families of children with

Occasions of Clients Served in 2015



autism helps those families stay connected and attend activities in their local community and those who are young with physical disability engaged in the art as therapy group.



We are coming into an era of change that is compromising our mere existence. Please help us to remain to help you.

Help us remain Local, Accessible and Relevant to your needs.

It does not matter who you are or where you come from. The friendship of others and being part of a community is tonic to the soul and health, to the bones.

Anne Farah-Hill

CEO of KCAC

Every donation over \$2 is fully tax deductible and tax deductible receipts are given.



**BUNNINGS WAREHOUSE
KINGSGROVE WILL BE OPENING ON
THE 26TH SEPTEMBER 2016**

**KINGSGROVE COMMUNITY AID CENTRE WILL
BE HOLDING A FUNDRAISER BBQ AT THE NEW
BUNNINGS WAREHOUSE LOCATED ON
KINGSGROVE RD KINGSGROVE.**

**COME ALONG, SHARE A SAUSAGE SANDWICH
WITH US AND SUPPORT YOUR LOCAL
COMMUNITY CENTRE.**

DATES:

FRIDAY 30 SEPTEMBER 2016

9AM TILL 9PM

SATURDAY 8 OCTOBER 2016

9AM TILL 4PM



**BUNNINGS
warehouse**

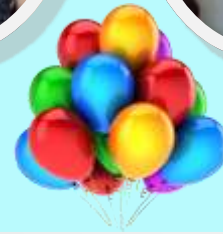
BIRTHDAY WISHES

Kingsgrove Community Aid Centre would like to wish all those, born in June, July & August a very HAPPY BIRTHDAY!! We wish you all the very best.

All of the staff and Board at KCAC.



A Big Happy Birthday to our OOSH Coordinator Katina who celebrated her birthday in June, and to our Aged Care worker Libby who Celebrated her 60th birthday in August 2016!! Lots of happy wishes for you from all of us at KCAC xoxo.



BANANA CAKE WITH LEMON ICING RECIPE

ingredients

125g unsalted butter, softened
 1 cup caster sugar
 ½ cup brown sugar
 2 eggs
 1 cup mashed banana (2 large bananas)
 ½ teaspoon vanilla extract
 2 cups plain flour
 2 teaspoons baking powder
 ½ cup milk
 Lemon icing
 1 cup icing sugar
 2-3 tablespoons lemon juice

Use up leftover bananas to make this banana cake that's great for lunch boxes or as an after school treat. Then top with a delicious citrus icing. Yum!



method

Preheat oven to 180°C. Butter a 20cm square cake tin and line with baking paper.

Cream butter and sugar until light and fluffy. Beat in one egg at a time, then bananas and vanilla. Sift dry ingredients into mixture, alternating with milk and beat until combined. Pour into prepared tin and bake for 45 minutes or until a skewer inserted into the centre of the cake comes out clean.

Allow cake to cool for 5 minutes in the tin and then turn out onto a wire rack to cool.

To make the icing, combine icing sugar and enough lemon juice to make a smooth paste. Spread icing onto cold cake.



VALE HO Yip Wan

It is with deepest sympathy that we say Vale to Mrs Ho. Mrs Ho was one of our long term clients from the Chinese Activity group. She passed away peacefully in June at the age of 105. K C A C would like to send our condolences to the family. The funeral was held on the 1st of July 2016 and was attended by the CEO of K C A C Anne Farah Hill.



Vale Ali Sadek

It is with deepest sympathy that we send our condolences to our staff member Grace Youseff, who's husband sadly passed away on Friday 5th August 2016.

The staff and management at K C A C send you and your family hugs and prayers for comfort at this difficult time.



> Beatles
 > Rollingstones
 > Elvis
 > Madonna
 > Jimmy Barnes
 > Elton John
 > ABBA
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Tas Aronis JP
Funeral Director

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