



KINGSGROVE COMMUNITY
AID CENTRE INC.

*Serving the
Community
for 50 Years.*

ISSUE 28



KCAC VISION

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

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



WINTER NEWSLETTER 2018

A MESSAGE FROM THE CEO

Dear Readers,

I attended the St George Bayside Clubs presentation ceremony on Monday 27th August.

KCAC relies on this financial assistance from the Community Clubs Grants to continue serving the community, especially the aged and families with young children.

KCAC thanks the following clubs for their donations and assistance in the recent clubs grants distributions:

- Kingsgrove RSL Club
- Earwood Bardwell Park RSL Club
- Bexley RSL Club

Any assistance is appreciated.

With this support, we help 150 seniors on a weekly basis and 60 families with young children.

Continued page 2..



Pictured: Anne Farah-Hill CEO of KCAC receiving the cheque presentation at Earwood Bardwell Park RSL Club.

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



IN THIS ISSUE

- Pg1 CEO Message.
- Pg2 Up & Coming Events.
- Pg3 Dragon Boat Festival.
Kids & Seniors
Toy Stuffing Day.
- Pg4 Up & coming Moon Festival.
- Pg5 Christmas In July.
- Pg6 Volunteers
Appreciation Lunch.
NAIDOC Week.
- Pg7 Client Testimonials.
What's On at Kingsgrove RSL Club.
- Pg8 KOOSH News.
- Pg9 HOOSH News.
- Pg10 KOOSH Vacation Care Program - October 2018.
- Pg11 HOOSH Vacation Care Program - October 2018.
- Pg12 Fathers Day Stall.
St George Aged Care Expo.
- Pg 13 Up & Coming Events
Diwali & Lebanese Harmony Day
- Pg 14 Support Services.
- Pg 15 Community Announcements & Birthdays.
- Pg16 Advertising.

UP & COMING EVENTS & DATES

September	October	November
2nd: Father's Day	1st: Vacation Care starts.	21st: Lebanese Harmony Day.
21st: Chinese Mid Autumn Festival Opera.	12th: Vacation Care ends.	6th: Melbourne Cup Day at Kingsgrove RSL Club.
TBA: Information Session, Hearing Aid Test. Management.	TBA: Grandparents Day.	TBA: KCAC Annual General Meeting.
	TBA: Long Trip	TBA: International Day of People with Disability.
	31st: Diwali Festival of Lights.	

Chief Executive Officer of Network of Community Activities Robyn Monroe Miller, has announced her resignation from Network after 20 years of service. Robyn has been very active in her service advocating for child education and early learning.

Robyn has represented the school age care sector at a state and national level for the past 20 years as chair of the National Out of School Hours Services Association (NOSHA).

We have in recent months been working closely with Robyn on the lobbying strategies for a fairer OOSH tendering process for the NGO providers.

Robyn has been very instrumental with her guidance to assure that the sector is fairly represented. We thank Robyn for her support and farewell her with lots of good luck for her future endeavours.

Anne Farah-Hill
CEO



Pictured right: Anne Farah-Hill—CEO Kingsgrove Community Aid Centre Inc, Lance Richards—CEO Mortdale Community Services, Shelly Ross—Manager Kogarah Community Aid, Tina Warner 3Bridges, Kate Washington MP Member for Port Stephens, Robyn Munroe-Miller Network of Community Activities.

Allied Health Podiatry for Seniors

(Toenail Cutting and Foot Care in your own home, or at our clinic)

To see if you are eligible, please call the Kingsgrove Community Aid Centre for more information or to make a booking on 9150 7823. We are open Monday to Thursday 9am till 4pm. **Fees are applicable.** Alternatively call the **My Aged Care Hotline on 1800 200 422.**

This is a Commonwealth Home Support program subsidised by the Federal Government.



DRAGON BOAT FESTIVAL 2018



The KCAC Grandparents Support Group celebrated the annual Dragon Boat Festival on Friday 22 June.

The Dragon Boat Festival is a traditional holiday that commemorates the life and death of the famous Chinese scholar Qu Yuan.

Zongzi, a pyramid-shaped glutinous rice dumpling wrapped in reed leaves, is the special food eaten on the day.

The group shared these as well as many other dishes and a celebration cake.



KIDS & SENIORS CONNECT - TOY STUFFING DAY

Our Tuesday Seniors group was joined by our Hurstville Out Of School Hours Care, Vacation Care kids on the 10th July 2018. The children helped serve morning tea to the seniors and enjoyed connecting together before the seniors assisted the children with a toy stuffing activity which the children were able to take home with them. These sorts of activities are really beneficial for both the old and young generations involved, and it was lovely to see everyone working and bonding together.



COMING UP IN SEPTEMBER 2018

Sun Sing Mid-Autumn Festival Cantonese Opera Show 2018

Sponsored by: Georges River Council & Kingsgrove Community Aid Centre



Anne Farah-Hill
(KCAC CEO)



Sandra Wong
(Organiser)



Nancy Liu Councilor
(Guest MC)



Josephine Ip



May Tse



David Chu



Lily Wong



Raymond Wong



Wendy Wu



Louis Wong



Winnie So



Sui Wah Leung



Emma Liao



Li Ben Huang



Yu Ting Huang



Anne Hughes



Tony Huang
(MC)

Programs:

1. Romance between butterflies and flowers (Song) Sandra Wong & Josephine Ip
-----12:30 Official Speeches Opening Ceremony-----
2. Memory of lovers at a distance (Song) David Chu & Lily Wong
3. Drowning of a heroic beauty (Song) Raymond Wong & Wendy Wu
4. Celebration of Queen's birthday (Drama) Louis Wong & Winnie So
5. The husband of a princess running for life (Song) Sui Wah Leung & Emma Liao
6. Saying farewell to Mum (Drama) Sandra Wong & May Tse
7. Phoenix hairpin for wife (song) Li Ben Huang & Yu Ting Huang
8. Restoration of fur coat (Drama) Anne Hughes & Winnie So

Date : 21-9-2018 (Friday)

Time : 12:00 noon

Venue: Hurstville Marana Auditorium

Ticket: Free Admission with Ticket

Stage Organiser: Simon Leung , Chanel Leung

Volunteers: Nancy Ho, Jack Tse, Simon Lau

Hosted By : Kingsgrove Community Aid Centre Cantonese Opera Group

Contact: KCAC 91507823 (9am-3pm)



CHRISTMAS IN JULY WITH THE KCAC SENIORS

What a great day it was for the at the KCAC Christmas in July function which was held at Kingsgrove RSL Club for over 100 seniors. Everyone had a wonderful time. We would like to thank Mr Brian Gillet for his singing and music, and also a big thank you to the staff of Kingsgrove RSL Club for decorating the tables so beautifully and for lending a helping hand on the day to serve and entertain our clients. Your efforts were greatly appreciated by all. Thank you also to our staff and volunteers for all their hard work in organising this event and to the St George Community Transport drivers for their help on the day. Everyone is welcome at the Kingsgrove Community Aid Centre, and we provide programs for all age groups. If you would like to join one of our groups, give us a call on 91507823 Mon-Fri and chat to one of our friendly staff, or email cbdc@kcac.org.au.



VOLUNTEERS APPRECIATION LUNCH



The volunteers of KCAC were treated to a delicious lunch at the St George Motor Boat Club on Friday the 3rd August 2018.

We have over 25 volunteers that assist us at KCAC. This lunch was to show them how much we appreciate them, their time, work and effort and what they contribute to the services of Kingsgrove Community Aid Centre making a difference in our local community.



Each volunteer was also presented with a certificate of appreciation and gift from the CEO of KCAC, Anne Farah-Hill, who spoke on the day about how important volunteers are in the work that we do.

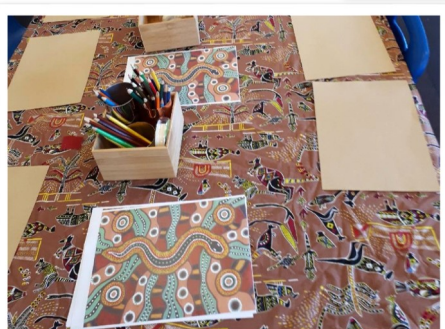
If you or anyone you know would like to be a volunteer at KCAC, give one of our friendly staff a call on 91507823.



NAIDOC WEEK 2018

This week the children at Kingsgrove & Hurstville OOSH had a great opportunity in a range of activities to support the Naidoc week celebrations.

In this week's meetings we talked about the history and culture of the Aboriginal and Torres Strait Islander people. The kids enjoyed creating Indigenous art and craft.



FEEDBACK & TESTIMONIALS

Pictured right is long time senior client Juliette, who attends the Arabic Seniors group on Wednesday's.

Below is a wonderful testimonial from her daughter, Rhonda.

I'm Juliette's daughter, and I currently live in Singapore so sadly I'm far away from my mum who has been widowed since late 2014. I speak to my mum weekly, and it's no exaggeration to say the most excited she gets in our phone calls is when she talks about what she's gotten up to with her KCAC group on Wednesday's. Anne Farah-Hill and her team are a lifeline for my mum and many other senior citizens in the area. They provide warmth, hospitality, a sense of community and friendships to these seniors who often lack the means or the confidence to otherwise socialise.

An incredible community service and one that should be nurtured and supported to help combat the increasing incidence of loneliness amongst senior citizens in our community. Thank you KCAC, Anne and her team.

Rhonda Khoury



POPPY PLAYGROUP
Parents Opportunity to Participate
in Play with their Young
A supported playgroup for
mothers and their children

POPPY is a supported playgroup specifically for mothers who have mental health concerns.

Meet other mothers • Share your experiences • Learn to have fun with your children • Safe and welcoming environment

Each week, friendly and experienced facilitators provide tips to help you with parenting and managing your mental health.

When: MONDAYS 10:30am - 12:30pm Venue: Kingsgrove Community Aid Centre, 30 Morgan St, Kingsgrove

TO MAKE A REFERRAL OR TO FIND OUT MORE:
t: 9150 7823
e: admin@kacac.org.au
or drop in to Kingsgrove Community Aid Centre at 30 Morgan St Kingsgrove (Monday-Friday 9am-4pm)

Health South Eastern Sydney Local Health District
sdn
Aftercare

Our POPPY Playgroup Clients were given a survey so that we could gain some feedback on the POPPY Playgroup program and how it has helped them. These are just some of the answers to the question below:

What are the main benefits you got from taking part in this program?

1. Less Isolated, my child is happy here too.
2. Connecting with other parents, learning tips and strategies for dealing with depression & anxiety. Learning about handling my children's emotions & difficulties.
3. Support, help & encouragement. Something to look forward to after the bad weekends. Supportive staff.
4. Staff are excellent. Well run playgroup for the kids. Connecting with other mums.

WHAT'S ON AT KINGSGROVE RSL CLUB

Melbourne CUP LUNCHEON 2018

TUESDAY 6TH NOVEMBER, 11AM-3PM

Come along and join in for a full day of entertainment at your club Ladies, all hats welcome.

**TICKETS \$40 EACH
INCLUDES: A LA CARTE 3 COURSE MEAL**

*Complimentary Champagne
Sweeps Plus Prizes and giveaways
throughout the day*

**TICKETS ON SALE
10TH SEPTEMBER 18**



For more information call the Kingsgrove RSL Club on 9336 1500 or pop into the club at 8 Brocklehurst Ln, Kingsgrove NSW 2208



KIDS CONNECTING AT KINGSGROVE KOOSH
 AN OUT OF SCHOOL HOURS CARE SERVICE
 OPERATED BY THE KINGSGROVE COMMUNITY AID CENTRE INC.

**AVOID LATE PICK UP FEES!
 PICK UP YOUR KIDS ON TIME.**

**PLEASE SEE OUR KCAC POLICY
 REGARDING LATE PICK UPS.**

**KINGSGROVE COMMUNITY
 AID CENTRE PROVIDES
 OUT OF SCHOOL HOURS
 CARE AND VACATION
 CARE FOR ALL SCHOOLS
 IN THE KINGSGROVE,
 BEXLEY NORTH,
 BARDWELL PARK &
 BEVERLY HILLS AREA
 FROM OUR CENTRE AT:**

69A Shaw St, Bexley North.

**OUR CENTRE IS FULLY
 ACREDITED.**

**CALL US TODAY!
 FOR MORE INFORMATION
 PLEASE CONTACT
 SANTINA ON 91507823 OR
 0407659766.**

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
 WEBSITE FOR
 ENROLMENT FORMS AND
 PROGRAMS.
 www.kcac.org.au
 Programs are located in
 MEDIA tab.**

**KINGSGROVE OUT OF SCHOOL
 HOURS CARE & VACATION CARE**

Providing exceptional Out of School Hours Care in line with the National Quality Framework for School Aged Care as outlined in "My Time Our Place".

Our programmes deliver key learning areas through the following:

- Caring and trained staff
- Children's Health, Safety and Wellbeing
- Diverse educational programmes and practices
- Relationships with the children
- over 50 years history of community services to the local community
- Commitment to local issues and quality affordable care
- Relevant and innovative activities.

GENERAL NEWS

Each term we practice certain procedures from our Emergency Management plan including fire evacuation, lockdowns, etc. We do this to make sure that all the children and staff are familiar with what to do in the event of an emergency. This can be a little alarming for the younger children. Of course we discuss the why and what's of these drills and would appreciate if families could also continue to have these discussions with their children.

PROGRAM

In Term 3 2018 in KOOSH service we have Homework Help on Tuesday and Thursday with Miss Maryanne. Every afternoon we have Sports games, growing our garden, craft, dance and Drama. Every afternoon we have outdoor sports games and free play including soccer, skipping, ball games, balancing etc. Every day we use sustainably practices with the children by using recycled materials for arts and craft, watering our garden and preserve electricity and water. Our daily program and daily Journal are in the parent information area for you to see!! SO take a look at what your children have been learning.

VACATION CARE RECAP

The July Vacation Care Period was a very busy time; jam packed with many exciting activities and experiences which the children absolutely loved. A variety of hands-on and interactive experiences were conducted throughout the Vacation Care period, where the children attended various excursions, such as the Cinema, Glow Crazy, Stardust Circus, Power House Museum and KCAC. Throughout these learning activities, the children displayed respect, success and creativity; whilst forming many positive relationships. Parents if you have any questions fill free to call Santina on 0407 659 766.

NEW CHANGES TO THE AUSTRALIAN GOVERNMENT CHILD CARE FEE ASSISTANCE

Child care fee assistance has changed from 2 July 2018, the Australian Government introduced a new child care pack. The new child care package includes a Child Care Subsidy which will replace the current child care Benefit and Child Care Rebate. Please ensure you update your information on the MYGOV website so that you can receive the fee reductions.

FEES

*OSHC HOURS & FEES- (All fees before Child Care subsidy CCS Before School Care 7.00am – 9.00am, \$19 After School Care 3pm – 6pm, \$27 Vacation Care Days 7am – 6pm, \$50 plus Excursions.

Santina Pacicca, Kingsgrove OOSH Coordinator

Follow us on Instagram and Facebook.

Instagram search for: kingsgrove_oosh

**Facebook search for: Kingsgrove
 Community Aid Centre Inc**



HURSTVILLE OUT OF SCHOOL HOURS CARE & VACATION CARE

Providing exceptional Out of School Hours Care in line with the National Quality Framework for School Aged Care as outlined in "My Time Our Place". Our programmes deliver key learning areas through the following:

- Caring and trained staff
- Children's Health, Safety and Wellbeing
- Diverse educational programmes and practices
- Relationships with the children
- over 50 years history of community services to the local community
- Commitment to local issues and quality affordable care
- Relevant and innovative activities.

Our winter vacation care was held from the 9th to 20th July. Our six fantastic excursions were to Kingsgrove Community Aid Centre where the children joined the seniors social group making beautiful teddys for Teddy Bear picnic day. They also enjoyed a great day out at an indoor play Centre in Menai called Fun time 4 kids which included laser tag. We had an amazing time celebrating Friday the 13th with lots of fun activities such as making a haunted house, getting a spider tattoo and spraying our hair in lots of colours then going to Glow Crazy indoor party centre and playing X box, play station, air hockey plus a Karaoke and dance off competition. To celebrate NAIDOC Week, we did lots of fun arts and craft activities and we had an incursion with the famous Matthew Doyle who taught the children about aboriginal music, dance and storytelling.

The second week we went to events Cinemas to watch one of the latest Movies Hotel Transylvania 3 or The Incredibles 2. All the children received yummy snacks to munch on while watching the movie of their choice with their friends. We also went to Pancakes on the Rocks in George Street and had a little tour of Sydney's History. The children had the opportunity to watch the staff from the Sticky shop make candy and got to sample it too. Our last excursion is a combined excursion with Kingsgrove Vacation Care to Kingsgrove Community Aid Centre where the children had a great time playing laser tag and had a delicious pasta meal for lunch.

Due to requests from many parents, we run vacation care on Monday 23 July which is a pupil free day. This day was very successful. The children enjoyed a lunch time excursion to KFC.

Our next vacation care will be in October and we will be going to The Movies, AMF Bowling, The Powerhouse Museum, Glow crazy and KCAC. Please make sure enrolment forms are sent in time so you don't miss out. Also check your information is correct on your myGov account so you can receive your childcare subsidy.

Homework help will continue to be available Mondays and Wednesdays between 4 and 5pm. This program is sponsored by Kingsgrove Community Aid Centre.

Our educators have been very busy preparing a fun and creative program for the children in term 3. This includes science experiments for science week, craft and displaying new books for book week and making lots of things for the dads for Father's day. Outdoor activities include playing twister, creating an obstacle course using the balance beams in the playground and playing ballgames and interacting with friends. Parents are welcome to view images of these activities in our programming and reflection journal located next to the sign out book. Images of activities are also posted on Instagram. You can voice your suggestions and ideas through our parents/children's surveys or email hoosh@kcac.org.au

Katina Papadakis, Hurstville OOSH Coordinator

Follow us on Instagram and Facebook.

Instagram search for: [hurstville_oosh](#)

Facebook search for: [Kingsgrove Community Aid Centre Inc](#)



AVOID LATE PICK UP FEES! PICK UP YOUR KIDS ON TIME.

PLEASE SEE OUR KCAC POLICY REGARDING LATE PICK UPS.

KINGSGROVE COMMUNITY AID CENTRE PROVIDES OUT OF SCHOOL HOURS CARE AND VACATION CARE IN THE HURSTVILLE AREA AT:

**Hurstville Public School,
Forest Rd Hurstville**

OUR CENTRE IS FULLY ACCREDITED.

CALL US TODAY!

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

VACATION CARE

The next Vacation Care period will commence on Tuesday the 2nd October 2018 and will run until Friday 12th October 2018.

FUN ACTIVITIES AND EXCURSIONS ORGANISED.

School resumes Monday 15th October 2018

KINGSGROVE VACATION CARE PROGRAM

ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP FOR SEP-OCT 2018. SEE BELOW SOME OF THE EXCITING ACTIVITIES PLANNED THIS SCHOOL HOLIDAY SEASON IN THE KINGSGROVE & HURSTVILLE AREAS!









KINGSGROVE COMMUNITY AID CENTRE INC.

**KINGSGROVE OUT OF SCHOOL HOURS CARE
OCTOBER VACATION CARE PROGRAMME**
Shaw St Bexley North
WEEK 1: October 2nd 2018

ON EXCURSIONS AND IN CENTRE DAYS PLEASE BRING SUN HAT, COMFY SHOES, PACKED LUNCH UNLESS OTHERWISE STATED ON THE PROGRAM.
PARENTS PLEASE TAKE NOTE OF EXCURSION TIMES!
VACATION CARE FEE IS \$50 PER DAY.

**PLEASE CONTACT
SANTINA on 0407 659 766
OR 9502 3212 OR
HEAD OFFICE ON 91507823**

Monday 1st October 2018	CENTRE CLOSED PUBLIC HOLIDAY –Labour day		WHAT TO BRING	LUNCH	Extra COST	
Tuesday 2nd October 2018		Excursion To Glow Crazy Join Kingsgrove vacation care for an exciting day out at the new indoor party centre ! Included in the cost is arcade games, air hockey, table tennis ,disco ,X-box and play station games. Depart Centre 9am Return to centre 3pm		Water bottle, Hat, comfortable closed shoes, and lunch	Pack lunch	\$68
Wednesday 3rd October 2018		Excursion To Tempe Park Come along on a bus trip to Tempe park for a sausage sizzle lunch and Play on the park equipment. This playground is fenced, has a Modern theme, and has the following special equipment "Flying fox Rope Pyramid" Depart Centre 9am Return to centre 4pm		Water bottle, Hat, Morning Tea & Closed Shoes	Sausage Sizzle for lunch Provided	\$65
Thursday 4th October 2018		James Craig Sydney Heritage Fleet Experience first-hand what life was like for the officers and sailors of a Tall Ship by participating in a range of age-relevant activities such as setting sails, simple navigation, swabbing decks and handling lines . Children will have lunch in Darling Harbour Depart Centre 9am Return to Centre 4pm		Water bottle, Hat & Morning Tea.	Pack lunch	\$70
Friday 5th October 2018		Centre day –Dress up as your favourite character or super hero A day packed with food ,fun and laughter. Come dressed as your favourite book character or super hero. Miss Maryanne our dance teacher will join us to teach the children. Drama and dance skills on the day.		Water bottle, Hat & Morning Tea	Pack lunch	\$50

**KINGSGROVE OUT OF SCHOOL HOURS CARE
OCTOBER VACATION CARE PROGRAMME**
Shaw St Bexley North
WEEK 2: October 8th 2018

ON EXCURSIONS AND IN CENTRE DAYS PLEASE BRING SUN HAT, COMFY SHOES, PACKED LUNCH UNLESS OTHERWISE STATED ON THE PROGRAM.
PARENTS PLEASE TAKE NOTE OF EXCURSION TIMES!
VACATION CARE FEE IS \$50 PER DAY.

**PLEASE CONTACT
SANTINA on 0407 659 766
OR 9502 3212 OR
HEAD OFFICE ON 91507823**

Monday 8th October 2018		Make your own pizza Day at the Centre Come along and be an Italian pizza maker for a day. You get to build your own pizza, pick your toppings and then enjoy eating your pizza for lunch! In the afternoon children will have free play outdoors and enjoy craft activities.		Water bottle, Hat, Morning Tea & Apron	Lunch provided	COST \$50
Tuesday 9th October 2018		BENNY O Incursion Master entertainer Benny-O shows children how to master the skills of juggling, balancing and performing in this 2 hour circus workshop. His engaging and inspiring style lifts children to try things they never thought possible while building confidence and dexterity. It's fun, it's wild and the kids love it!		Water Bottle , Hat, Morning Tea, and Lunch	Bring Lunch	\$65
Wednesday 10th October 2018		Centre day Electronics and craft day Come along and bring electronic games to KOOSH. Bring your thinking caps and get crafty. We will make things out of origami, paddle pop sticks, paint, paper, boxes and much more.		Water Bottle, hat, Morning tea , Lunch and Electronic games.	Bring Lunch	\$50
Thursday 11th October 2018		Excursion to Beverly Hills Cinema We will travel by bus to the Cinema to watch the latest and exciting movie and then have lunch in the park. Children will be provided with a Ticket and a Combo deal. Depart Centre 9am Return to Centre 4pm		Water bottle, Hat, Morning Tea & Lunch	Bring Lunch	\$70
Friday 12th October 2018		Kingsgrove Community Aid Centre Multicultural dance from around the world workshop. Children will love this interactive Incursion !!!!! Lunch provided Wraps with different fillings , fruit and juice. Location: KCAC 30 Morgan Street, Kingsgrove Depart Centre at 9.00am and return by 3.30pm		Water Bottle, Hat, Morning tea	Lunch provided	\$65

HURSTVILLE VACATION CARE PROGRAM

ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP FOR SEP-OCT 2018. SEE BELOW SOME OF THE EXCITING ACTIVITIES PLANNED THIS SCHOOL HOLIDAY SEASON IN THE KINGSGROVE & HURSTVILLE AREAS!









KINGSGROVE COMMUNITY
AID CENTRE INC.

**HURSTVILLE OUT OF SCHOOL HOURS CARE
VACATION CARE PROGRAMME**
Hurstville Public school, Forest Rd Hurstville
WEEK 1: 1 TO 5 OCTOBER 2018

ON EXCURSIONS AND INCENTRE DAYS PLEASE BRING SUN HAT,
COMFY SHOES, PACKED LUNCH UNLESS OTHERWISE STATED ON
THE PROGRAM. PARENTS PLEASE TAKE NOTE OF
EXCURSION TIMES


PLEASE CONTACT
KATINA on 0418 481 358
OR 0403 123 880 OR
HEAD OFFICE ON 91507823

Monday 1 OCTOBER 2018	Labour Day Public Holiday		WHAT TO BRING
Tuesday 2 OCTOBER 2018	 <p>Welcome to Hurstville Vacation Care's Spring school holidays program In centre day—Green and Groovy day Let's get creative and construct a city using recycled material Learn about the three R's reduce, reuse and recycle Plant some herbs to start your very own garden</p>		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes
Wednesday 3 OCTOBER 2018	 <p>Excursion—Greater Union Hurstville Enjoy a nice walk to the Movies at Hurstville Cinema Located in Westfield Hurstville. Snacks will be provided. Please inform Educators in advance if extra snacks are to be purchased Depart 9:00am Return 3:00pm Travelling by foot (short walk to Cinema)</p>		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes EXTRA COST \$15 (SNACKS PROVIDED)
Thursday 4 OCTOBER 2018	<p>Wheels and Sports day Come along with your bikes and scooters and enjoy a fun day out and about in Hurstville Public School. You may also choose to play basketball or soccer or just hang out in the nature play area with your friends. A delicious sausage sizzle will be provided for lunch. Vegetarian and Halal options will be available on the day. Please make sure you have a helmet and protective gear if you are bringing your scooter or bike</p>		Please bring morning tea, water bottle and hat. Must wear closed shoes Lunch will be provided EXTRA COST \$5
Friday 5 OCTOBER 2018	 <p>Excursion to The Power House Museum Enjoy a fun day out at the Power House Museum Come and see the exhibitions and lots of fun hands on activities Travelling by private bus, Depart 9am return by 3pm</p>		Please bring morning tea, Lunch, water bottle and hat. Must wear closed shoes EXTRA COST \$10

**HURSTVILLE OUT OF SCHOOL HOURS CARE
VACATION CARE PROGRAMME**
Hurstville Public school, Forest Rd Hurstville
WEEK 2: 8 TO 12 OCTOBER 2018

ON EXCURSIONS AND IN CENTRE DAYS PLEASE BRING SUN HAT,
COMFY SHOES, PACKED LUNCH UNLESS OTHERWISE STATED
ON THE PROGRAM. PARENTS PLEASE TAKE NOTE OF
EXCURSION TIMES
VACATION CARE FEE IS \$50 PER DAY

PLEASE CONTACT
KATINA on 0418 481 358
OR 0403 123 880 OR
HEAD OFFICE ON
9150 7823

Monday 8 OCTOBER 2018	In Centre - Cubby house and movie day		WHAT TO BRING
Tuesday 9 OCTOBER 2018	 <p>Come along and get comfy and make a nice cubby house with your friends. Morning activity: cooking popcorn and hot chocolate and toast some marshmallows. You can bring your own sleeping bag and tent or use the centres. Sit back, relax and watch a DVD movie of your choice or bring your own game or electronics to play.</p>		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes
Wednesday 10 OCTOBER 2018	 <p>Excursion: to Glow crazy Includes air hockey, arcade games, Xbox, play station, table tennis, karaoke and disco! Travelling by private bus, Depart 9am and return by 3pm Afternoon activity: out door ball games</p>		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes EXTRA COST \$18
Thursday 11 OCTOBER 2018	 <p>Excursion: to AMF Bowling Southgate Enjoy a fun day of bowling; Plus 5 arcade tokens to use on games of your choice Travelling by private bus, Depart 9am return by 3pm Afternoon activity: clay art</p>		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes EXTRA COST \$18
Friday 12 OCTOBER 2018	 <p>In centre day : Mini Master Chef and cooking day Make a delicious meal for lunch and afternoon tea. Learn about fresh food which is healthy and how to make the food tasty and yummy to eat. Afternoon Activity: outdoor games</p>		Please bring morning tea, water bottle and hat. Must wear closed shoes Lunch : provided
Friday 12 OCTOBER 2018	 <p>Excursion to Kingsgrove Community Aid Centre (KCAC) Come and learn how festivals from around the world bring communities and friends together, using everything from light, colour, music and food to stories, masks and costumes. This performance will be by Catrina Hylton and will be followed by a delicious lunch. Location: KCAC - 30 Morgan Street, Kingsgrove Depart Centre at 9am and return by 3pm</p>		Please bring morning tea, water bottle and hat. Must wear closed shoes EXTRA COST \$15 (LUNCH PROVIDED)

FATHER'S DAY STALL @ HURSTVILLE PUBLIC

The staff of KCAC Hurstville OOSH, helped out at Hurstville Public School for the P&C Fathers Day Stall on Thursday 30th August. They did a fantastic job selling items to the children to make their dad's day special. Well done HOOSH team.

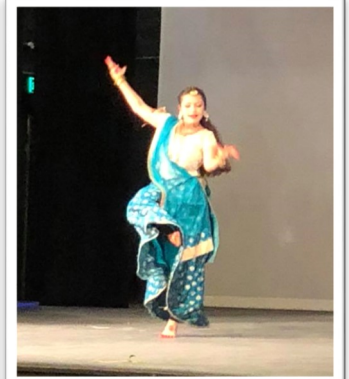


ST GEORGE AGED CARE EXPO

KCAC held a stall at the St George Aged Care Expo on Thursday 30th August at Rockdale Town Hall. We provided over 1000 pieces of information about our seniors services and programs to members of the local community as well as promotional items such as pens, stress balls, shopping bags and more. There was entertainment at the event as well as lucky door prizes and KCAC held a free raffle giving away 2 hampers to the lucky winners who are pictured below. Congratulations Mrs Robinson and Mrs Belford on being drawn. It is great for KCAC staff to attend these events and meet new people as well as network with other service providers in the aged care sector.



Thank you to Maryana Nasour from Sydney Community Forum for coordinating this event.



UP AND COMING EVENTS & FESTIVALS

Kingsgrove Community Aid Centre Inc, in partnership

with *Resourceful Australian Indian Network & Georges River Council* present,

DIWALI, FESTIVAL OF LIGHT 2018

All are welcome to this free event! Come and celebrate with your local Community Centre.

The celebrations will include:

- The lighting of the Diya
- Indian Refreshments
- Decoration of Rangoli Art
- Dress up in Indian costume (optional)
- Henna / Mehndi
- Indian Entertainment by Varun Tiwari



When: Wednesday, 31st October 2018

Where: 30 Morgan St, Kingsgrove

Time: 11am - 2.30pm

RSVP: Ms Nelson on 9150 7823 by 1st October to reserve your place.



www.kcac.org.au

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823



Kingsgrove Community Aid Centre Inc.
celebrates

LEBANESE HARMONY DAY 2018

When: Wednesday, 21st November 2018

Where: 30 Morgan St, Kingsgrove

Time: 11am - 2.30pm

RSVP: Ms Nelson on 9150 7823 by 1st November to reserve your place.



All are welcome to this free event! Come and celebrate with your local Community Centre.



www.kcac.org.au

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823

SUPPORT SERVICES @ KCAC

SUPPORT SERVICES PROVIDED TO PEOPLE WITH DISABILITIES

• JOIN US FOR FUN, INTERACTIVE & CREATIVE ACTIVITIES • ENGAGE WITH YOUR COMMUNITY •

• Enjoy Various art & craft, cooking, music & dancing • Excursions to places of interest •

• Meet new people • Have a cuppa & a chat •

When: Every Wednesday for 4 Hours/p.w
(expanded due to demand) **10.30am till 2.30pm**

How to join: Please call us to register as
places are limited (9150 7823)

Venue: Kingsgrove Community Aid Centre,
30 Morgan St Kingsgrove

NDIS Applicants are welcome. (Participants must be 18yrs & over)

For more information please contact 91507823 or
email on: admin@kcac.org.au



www.kcac.org.au

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823



POPPY PLAYGROUP

Parents Opportunity to Participate
in Play with their Young

A supported playgroup for
mothers and their children

POPPY is a supported playgroup
specifically for mothers who have
mental health concerns.

- Meet other mothers • Share your experiences • Learn to have fun with your children • Safe and welcoming environment •

Each week, friendly and experienced facilitators provide tips to help you with parenting and managing your mental health.

When: MONDAYS 10:30am - 12:30pm **Venue:** Kingsgrove Community Aid Centre, 30 Morgan St, Kingsgrove

TO MAKE A REFERRAL OR TO FIND OUT MORE:

t: 9150 7823

e: admin@kcac.org.au

or drop in to Kingsgrove Community Aid Centre at
30 Morgan St Kingsgrove (Monday-Friday 9am-4pm)



First Aid Course for Parents

Kingsgrove Community Aid Centre is running a fully accredited First Aid Course for the Parents and Carers of babies and young children.

The course runs every month over two days from 10:00am – 2:00pm, lunch is provided and babies are welcome to attend with their carer.

Course costs \$60 and has been heavily subsidised by Kingsgrove Community Aid Centre

Venue

Kingsgrove Community Aid Centre, 30 Morgan St, Kingsgrove

For information and bookings please contact Rachel Ph: 9150 7823

www.kcac.org.au

Kingsgrove Community Aid Centre Inc 30 Morgan St Kingsgrove 2208

KCAC COMMUNITY ANNOUNCEMENTS



Kingsgrove Community Aid Centre would like to wish all those clients, born in September, October & November a very HAPPY BIRTHDAY!!

We wish you all the very best.

From the staff and Board at KCAC.



The Beatles, The Rolling Stones, Elvis Presley, Jimmy Barnes, Elton John, ABBA, Dusty Springfield, Billy Joel



All the hits from the 60's & 70's

PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE INC.

A Big Happy Birthday to our staff members Katina, Fatten & Libby celebrated their birthdays in June, July & August.

Lots of happy wishes to you from all of us at KCAC xoxo.



Katina



Fatten



Libby



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.

Whatever your needs, our funeral home will help you make a service that is heartfelt, memorable and tailored to the life of your loved one.

With more than 20 funeral homes across Sydney, Guardian Funeral providers are local to you.

Every funeral is different, because every goodbye is different.

39 Meredith Street, **Bankstown 9709 5044**



GUARDIAN FUNERALS

INCORPORATING J&C HARDY FUNERALS

EVERY GOODBYE IS DIFFERENT

guardianfunerals.com.au

 facebook.com/GuardianFunerals

Proudly Australian | 24 Hours | All Areas | Prepaid Funerals

PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE