



KINGSGROVE COMMUNITY  
AID CENTRE INC.

*Serving the  
Community  
for 50 Years.*

**ISSUE 30**



**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.



**IN THE COMMUNITY  
FOR THE COMMUNITY  
WITH THE COMMUNITY**

**SUMMER NEWSLETTER 18/19**

**A MESSAGE FROM THE CEO**

Dear Readers,

This year we will be embarking on new projects to serve you better.

“ONE CALL AWAY” is a service that we are starting this year to reach out to those that are elderly and that are housebound with little support. We hope to reach out to assist those seniors and to give them some reassurance that they are not on their own and alone.

We can help by listening , offering help and suggesting other referrals to services, with their approval, or just have a chat to someone about anything.

Our dedicated staff listen to you and help to guide you and resource you with the relevant information to ensure that your needs have been met.

We wish to thank the following clubs for supporting this program:

- Earlwood Bardwell Park RSL
- Kingsgrove RSL Club
- Bexley North RSL Club

We are just One Call Away! Call us on 9150 7823 (business hours) or 0402 443 763 (after hours).

Anne Farah-Hill

**CEO**



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



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# UP & COMING EVENTS & DATES

## March

- 8th: International Women's Day High Tea @ KCAC.
- 21st: Harmony Day 2019.
- TBA: Glaucoma Week.

## April

- 15th: Vacation Care starts.
- 21st: Easter 2019
- 25th: Anzac Day 2019.
- 26h: Vacation Care ends.

## May

- 8th: Mother's Day & Neighbourhood Centre Week Morning Tea.

# CHINESE NEW YEAR 2019

The Monday Mandarin speaking, social support group had a fantastic time celebrating Chinese New Year at the Canterbury Leagues Club on Monday 11th February.

Coming together each week helps the group feel more connected and living in their own homes longer gives them much joy. If you would like to join this group or any of our other social support groups, call us on 91507823.



# PLAYGROUP CHRISTMAS PARTY 2018



Everyone had a fantastic time at the Playgroup Christmas party to end a fun and exciting 2018.

There were some great activities to entertain the kids and their families such as music, singing and dancing, colouring in, photo booth as well as some yummy party food and healthy snacks too.

If you would like to join playgroup in 2019, give Rachel a call on 91507823 or just pop in on a Friday to have a chat.



# AUSTRALIA DAY 2019

The Australia Day BBQ event was a great success on Wednesday 23rd January. The combined groups as well as members from the local community came along to join in the festivities, yummy sausage sizzle and cake as well as the free hearing tests provided on the day. We made sure no one missed out on cake and celebrated each day leading up to Australia Day with all of our groups at the centre. It's always great to see the many smiling faces during these events.



# BOWEL CANCER AWARENESS WEEK

On Wednesday 20th February, KCAC held an information session for Bowel Cancer Awareness Week where attendees learned about what it is, how to prevent it, the risks, the signs, symptoms and treatment.

All those attending found it very informative and are now more aware of what they can do to help prevent this. Thank you to Bowel Cancer Australia for providing the guest speaker on this day.

**Kingsgrove Community Aid Centre Inc,**  
**FREE Information session**

**BOWEL CANCER AWARENESS WEEK**

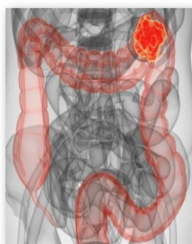
Wednesday 20th February 2019

Time: 11am - 12.00pm  
 Venue: 30 Morgan St, Kingsgrove  
 Tea & Coffee will be provided on the day.  
 For more information please call Ms Nelson on 9150 7823.

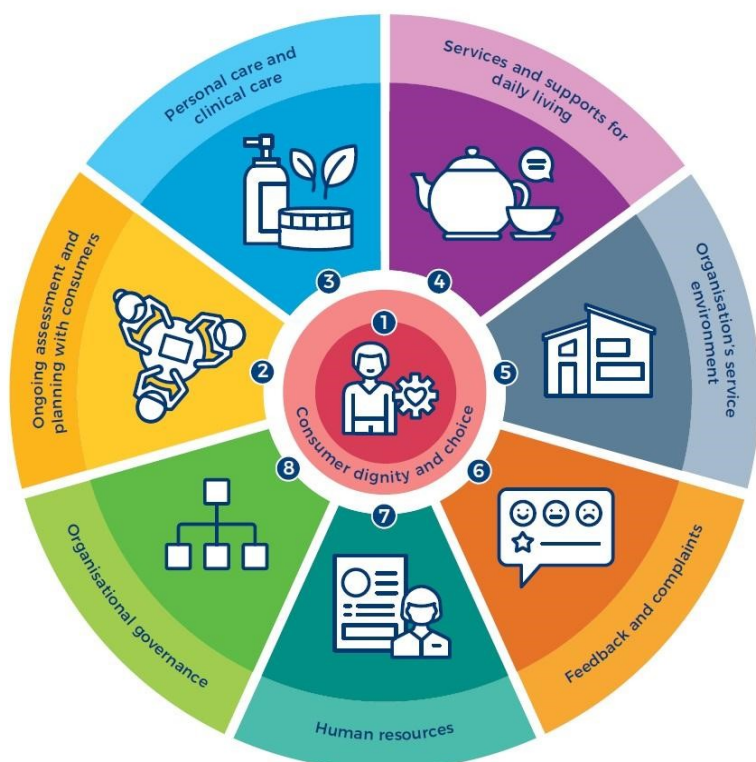
Special guest speaker from Bowel Cancer Australia will talk about:

- What bowel cancer is
- Prevention
- Risks
- Signs
- Symptoms
- Treatment

[www.kcac.org.au](http://www.kcac.org.au) Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2205, 9150 7823

# KCAC SENIORS SERVICES & PROGRAMS



At the Kingsgrove Community Aid Centre, we aim to provide the best quality of service to our clients and follow the Aged Care Quality Standards.

If you would like to give us feedback about any of our services or have some ideas on how we can improve our service to you, give us a call on 91507823 or send an email to [admin@kcac.org.au](mailto:admin@kcac.org.au). We also have feedback forms at our front reception.

## Would you like to volunteer?

**KCAC is always in need of volunteers to help in our day to day operations. We would love to have you on board! Call 91507823 for more information.**

## SENIORS WEEK 2019

For Seniors Week this year, KCAC held free Yoga and Gentle Exercise classes at the centre as well as a healthy morning tea on Thursday 21st February. The theme for Seniors Week 2019 was "Love Your Life" and what better way to do this than by getting active and healthy as well as making new friends to socialize with.



## VALENTINES DAY 2019



Leading up to Valentines Day on Thursday February 14, our senior clients are enjoying a yummy treat along with their healthy morning tea each day during the week! If you would like to join one of our social support groups, give us a call on 9150 7823 and one of our friendly staff will assist you.

## RECIPE OF THE MONTH - CHOC CARAMEL SLICE

*Thank you to Mrs Marjory Lotty for this fabulous recipe. If you have a recipe you'd like to share in our newsletter, please send it to [rose@kcac.org.au](mailto:rose@kcac.org.au) or give to Ms Nelson at the office.*

### Ingredients:

#### **Base:**

1 cup plain flour  
1/2 cup almond meal  
125 grams unsalted butter, melted

#### **Filling:**

1/3 cup golden syrup  
125 grams unsalted butter, melted  
2 cans sweetened condensed milk

#### **Topping:**

200 grams dark cooking chocolate  
2 tsp vegetable oil

### Method:

Preheat oven to 180°C

Place flour, almond meal, butter & sugar in a bowl & mix well to combine

Press mixture into a lined slice tin and bake for 15 mins, then allow to cool

For the filling, place golden syrup, butter and condensed milk into a saucepan over low heat and stir for 6 - 8 mins until thickened slightly.

Pour filling over base and bake for 20 mins or until golden. Refrigerate for 30 mins or until cooled completely. Place chocolate and oil into heatproof bowl over simmering water until melted and smooth. Spread over slice and refrigerate for 2 hours or until set. Slice to serve. Enjoy!



# UP & COMING EVENTS @ KCAC

## Kingsgrove Community Aid Centre Inc,

in honour of **International Women's Day**, will be hosting a High Tea Buffet!

### High Tea at K.C.A.C

The theme this year is "Balance for Better"

Join us to celebrate International Women's Day in honour of all women. KCAC will be serving a delicious high tea buffet followed by some inspiration from our special guest speaker.

Wednesday, 6th March 2019

Time: 11am - 2.00pm

Venue: 30 Morgan St, Kingsgrove

Cost: \$5 per person

Registration is essential. To register or for more information please call 9150 7823 by the 25th February 2019.

All money raised will go toward the continuing community work of the Kingsgrove Community Aid Centre Inc. All donations over \$2 are fully tax deductible.



KINGSGROVE COMMUNITY  
AID CENTRE INC.

[www.kcac.org.au](http://www.kcac.org.au)

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



st george  
community  
transport   
supporting our community

## 圣乔治班车



2019年2月4日星期一至2月22日星期五  
从上午8:30到下午4:00

巴士站:

好市围站, 奥蒙德大街 (Hurstville Station, Ormonde Parade)  
好市围韦斯特菲尔德站, 十字街 (Westfield Hurstville, Cross Street)  
圣乔治私立医院, 南方街 (St George Private Hospital, South Street)  
圣乔治公立医院, 肯辛顿街 (St George Public Hospital, Kensington Street)  
圣乔治公立医院, 格雷街 (St George Public Hospital, Gray Street)  
绿色圣帕特里克 (St Patrick's Green, Chapel Street)  
考格拉站, 铁路大街 (Kogarah Station, Railway Parade)

费用仅为1元或2元的捐赠

不能容纳婴儿车










支持者

请拨 95853000 了解更多资讯

st george  
community  
transport   
supporting our community

## Shuttle stops HERE

Monday to Friday  
8.30 am to 4.00 pm

-  Kogarah Station, Railway Parade, Stand C  
(to the right as you come down station stairs)
-  St George Private Hospital, South Street
-  St George Public Hospital, Kensington St carpark
-  St George Public Hospital, Gray Street
-  St Patrick's Green, Chapel Street
-  Rockdale Plaza
-  Westfield Hurstville, Cross Street

**\$2.00 per trip**  
All Welcome Aboard

Cannot accommodate prams

Supported by



Call 9585 3000  
to find out more



**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.

Dear parents,

caregivers and the students of the KOOSH community. Welcome to a brand-new year!

We hope you enjoyed your holidays and are well rested and ready for a big 2019.

The service has welcomed many new children and families. We hope these new additions to our OSHC community have settled in well by engaging in routines and forming new and valuable relationships.

Vacation Care Recap: The December/January 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 Beverly Hills Cinema, Glow Crazy, Carss Bush Park, Manhattan Super Bowl and Kingsgrove Community Centre Day.

Throughout these learning activities, the children displayed respect, success and creativity; whilst forming many positive relationships ready for their new year at OSHC

Goals/Vision: Despite the many changes that have occurred at OSHC, we are optimistic and have many exciting plans and goals in action. For example, we are aiming to create and display a variety of signs for the OSHC, to assist caregivers with finding the service.

Additionally, the OSHC policies and QUIP will be revised and adjusted with the necessary changes for 2019. Our vision for the OSHC room is to create a more interactive and dramatic play area, catering to both the children's needs but also interests. This will be a space where children can explore and enjoy free play in real-world contexts.

Staff Outlets employs staff with appropriate qualifications, skills and experience. These include Working with Children's Checks, Police Checks, Protecting Children- Mandatory reporting, Anaphylaxis, Asthma Training, CPR and First Aid certificates.

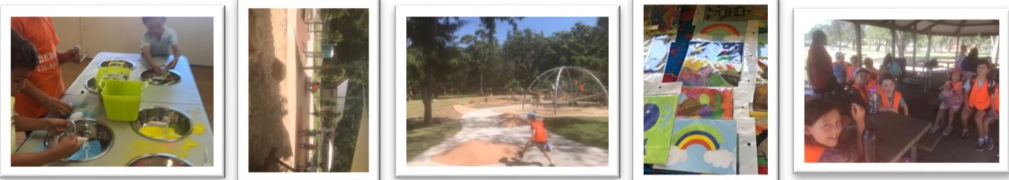
Parent / Child Suggestions and Feedback

KOOSH always strives to provide high quality care for our children that is responsive to the needs and wishes of the community. If you have any Suggestions / Comments or Feedback, we would love to hear them!! Please email these to KOOSH@kcac.org.au or complete a

suggestion form at our sign in / out desk.

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.

Dear Parents,

Term 4 2018 was very busy for Hurstville OOSH with our educators preparing a fun and creative program for the children. This included Halloween, Melbourne Cup and lots of fun Christmas craft. We also had a Christmas colouring in competition where we displayed the children's art work and made lots of fun creative craft including nature art. The term ended with an always popular end of year Christmas party and a farewell for the year six students. We wish them all the best for 2019 in their first year in High School. We met 15 new kindergarten children who attended orientation day with their parents in early November and enrolled in our OOSH service.

Term 4 ended on 19 December and vacation care began. The first two days were the Thursday and Friday before Christmas. On Thursday, we stayed in the Centre and did lots of fun Christmas craft and cooking. On the Friday we walked the Children to Westfield and bought them lunch in the food court. After a play on the Westfield playground equipment, we watched the NSW Fire and Rescue band play Christmas carols to raise money for the Kids Burns Unit.

After a two week break, we returned to Vacation care on the 7 January 2019 to begin a new educational adventure. This included 8 excursion and seven in centre days.

The excursions included The Movies at Greater Union Hurstville, Pancakes on the Rocks at Beverly Hills, Zone Bowling at Southgate, The Australian Museum, Glow Crazy Party Centre in Carlton, Chipmunks indoor play Centre, Picnic lunch at Blaxland River Park and a fun laser tag incursion at KCAC .

In Term 1 2109, our Homework Help program will continue to be available on Mondays and Wednesdays between 4 and 5pm. This program is sponsored by Kingsgrove Community Aid Centre. Our educators are busy programming craft ideas for the children through their interests including themes such as Chinese New Year, Valentine's day, St Patrick's Day Harmony Day, Easter, indoor outdoor games and nature play. Indoor activities and games the children are interested in are puzzles, board games such as scrabble, connect 4, monopoly and chess. Our educational activities include crosswords, word search, colouring by numbers, counting blocks and much more. Our children's choice recreational activities include playing schools, playing shops, musical chairs, musical statues, playing guitar, playing families, playing with train set, Lego and mobile construction. On Friday afternoons, we encourage children to make something from items in our recycle container to encourage sustainability we are also encouraging children to play outside and be involved in the HOOSH garden project. This term we will grow herbs such as parsley, mint and coriander. The children enjoy adding slices of fruit or fresh mint leaves from the garden to our water jugs to give it a nicer taste. This encourages children to drink more water. 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. Families may also follow us on Instagram to view images posted of these activities.

Please make sure your information is correct on your myGov account so you can receive your childcare subsidy.

The last day of school for Term 1 will be Friday 12 April 2019. We will open for Vacation care on Monday 15 April 2019. The program will run for 2 weeks which will include 3 Public Holidays which are 19,22 and 25 April. Monday 29 April is Pupil Free day and we will run vacation care on that day. Before and After School Care will resume as normal on Tuesday 30 April 2019.

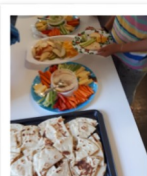
Please look at our vacation care program to view the scheduled activities for the April school holidays. Please complete a feedback form and add your email address to receive our quarterly newsletters.

**Katina Papadakis, Hurstville OOSH Coordinator**

**Follow us on Instagram and Facebook.**

**Instagram search for: hurstville\_oosh**

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



**KIDS CONNECTING AT HURSTVILLE HOOSH**  
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 IN THE HURSTVILLE AREA AT:**

**Hurstville Public School,  
Forest Rd Hurstville**

**OUR CENTRE IS FULLY ACREDITED.**

**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 Monday the 7th January 2019 and will run until Friday 25th January 2019. Extra care for Pupil Free days available at Hurstville OOSH ONLY. FUN ACTIVITIES AND EXCURSIONS ORGANISED. School resumes Monday 30th January 2019**

# HURSTVILLE VACATION CARE PROGRAM

ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP FOR APRIL 2019. SEE BELOW SOME OF THE EXCITING ACTIVITIES PLANNED THIS SCHOOL HOLIDAY SEASON IN THE KINGSGROVE & HURSTVILLE AREAS!



**HURSTVILLE OUT OF SCHOOL HOURS CARE VACATION CARE PROGRAMME**  
 Hurstville Public school, Forest Rd Hurstville  
**WEEK 1: 15th to 19th April 2019**

**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**

**PLEASE CONTACT KATINA on 0418 481 358 OR HEAD OFFICE ON 91507823**

Monday 15 April 2019		<b>In Centre Day— Craft day</b> Make creative Easter cards, Decorate your own Easter basket Design and create your own Easter mobile Enter our Easter colouring in competition. The most creative entries win a prize!		<b>WHAT TO BRING</b> Bring water bottle, hat, morning tea and lunch
Tuesday 16 April 2019		<b>Excursion to Gymea for an Easter Pizza Party</b> Make your own pizza organised by lifestyle catering. Everyone will make their own pizza to have for lunch then join in a Easter egg hunt and There will be fun games and activities organised by the Centre. <b>Travelling by private bus, Depart 9am return by 3pm</b>		Bring water bottle, hat, Morning tea Cost \$20 <b>Lunch is included</b>
Wednesday 17 April 2019		<b>Excursion –Greater Union Hurstville</b> Enjoy a nice nature walk to the Movies at Hurstville Cinema Snacks will be provided Return through Woodville Park to collect craft items. <b>Depart 9:00am Return 3:00pm</b> <b>Afternoon activity make a nature collage</b>		Bring water bottle, hat, morning tea and lunch. <b>Cost: \$15</b>
Thursday 18 April 2017		<b>Excursion Easter Mini carnival day in Woodville Park</b> Craft— make your own Easter craft activity to take home. Make Easter biscuits for afternoon tea and join us in traditional Easter activities and games such as Egg and spoon race & sack race Face painting & an Easter Egg Hunt to be held in Woodville Park. <b>Walk to Woodville Park. Depart 11am returning by 3pm.</b>		Bring water bottle, hat, morning tea and lunch <b>Cost \$5</b>
Friday 19 April 2017		<b>Centre closed Good Friday Public Holiday</b>		
Monday 22 April 2019		<b>Easter Monday Public Holiday</b>		<b>WHAT TO BRING</b>
Tuesday 23 April 2019		<b>Excursion to Glow Crazy Party Centre</b> 305 Princes Highway Carlton Includes air hockey, arcade games, Xbox., play station, table tennis, karaoke and disco! <b>Travelling by private bus, Depart 9am return by 3pm</b>		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes <b>EXTRA COST \$20</b>
Wednesday 24 April 2019		<b>Excursion to Oz Fun land—Leumeah</b> This wonderful excursion includes putt putt golf, a ball drone, a play maze, a jumping castle, karaoke a disco and much more! <b>Travelling by private bus, Depart 9am return by 3pm</b>		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes <b>EXTRA COST \$25</b>
Thursday 25 April 2019		<b>ANZAC Day Public Holiday</b>		
Friday 26 April 2019		<b>Incurtion at KCAC Activity: Drumming</b> Enjoy a fun day out with your friends including a 1 hour drumming session with Tom Hardy followed by lunch. Location: KCAC - 30 Morgan Street, Kingsgrove <b>Depart Centre at 9:00am and return by 3:30pm</b>		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes <b>EXTRA COST \$15</b>
Monday 29 April 2019		<b>In centre day—Cubby house and movie day</b> Come along and get comfy making a nice and cosy cubby house with your friends. Morning activity: cooking popcorn and pancakes You can bring your own sleeping bag and tent or use the centres. Sit back, relax and watch a DVD movie of your choice		<b>WHAT TO BRING</b> Bring water bottle, hat, morning tea and lunch.

# UP & COMING EVENTS @ KCAC

## Kingsgrove Community Aid Centre Inc, ANZAC DAY SENIORS & FRIENDS MORNING TEA



Invite a friend along and join us for a delicious morning tea at KCAC on

**Wednesday 24th April 2019**

in honour of Anzac Day.

**Time:** 10.30am - 11.30am

**Venue:** 30 Morgan St, Kingsgrove.

Anzac biscuits, an assortment of refreshments as well as Tea & Coffee will be provided.

All are welcome who are 65 and over.

Ask us about the other services we can offer you.

**For more information please call**

**Ms Nelson on 9150 7823.**



[www.kcac.org.au](http://www.kcac.org.au)

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



## Kingsgrove Community Aid Centre Inc, MOTHER'S DAY & NEIGHBOURHOOD CENTRE WEEK OPEN DAY

Invite your friends, family and neighbours along and join us for a delicious morning tea & lunch at KCAC in honour of Mother's Day and Neighbourhood Centre Week on

**Wednesday 8th May 2019**

*"Bringing People Together" - What Neighbourhood Centre's Do Best.*

We will be holding a Mother's Day morning tea and a sausage sizzle lunch to celebrate. Everyone is welcome to this open day.

We will also have an information stall where you can find out more about our community programs and services.

**Time:** 10.30am - 1.30pm

**Venue:** 30 Morgan St, Kingsgrove

**Cost:** \$7.00 for morning tea & lunch

**For more information please call Ms Nelson on 9150 7823. Registration is Essential.**

*All money raised will go toward the continuing community work of the Kingsgrove Community Aid Centre Inc. All donations over \$2 are fully tax deductible.*



[www.kcac.org.au](http://www.kcac.org.au)

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



# SERVICES @ KCAC

## ONE CALL AWAY, FROM SUNRISE TO SUNSET

**A telephone support service for housebound seniors who feel isolated, provided by the Kingsgrove Community Aid Centre Inc.**

*This project is supported by Kingsgrove RSL, EBP RSL & Bexley RSL through the CDSE Clubs Grants program.*

**Are you lonely?**

**Do you need someone to talk to?**

**You are not alone, we are here to listen.**

**Call the Kingsgrove Community Aid Centre from 6am sunrise to 6pm sunset.**

**We are just one call away!**

**9150 7823 or 0402 443 763 after hours**



[www.kcac.org.au](http://www.kcac.org.au)

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



## FIRST AID COURSE

**FOR PARENTS AT KINGSGROVE COMMUNITY AID CENTRE**

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](http://www.kcac.org.au)

Kingsgrove Community Aid Centre Inc  
30 Morgan St Kingsgrove 2208, ph: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](mailto:admin@kcac.org.au)

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



# 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](http://www.kcac.org.au)

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



myagedcare - [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

## PODIATRY SERVICES FOR SENIORS

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

To see if you are eligible or to make a booking, please call the Kingsgrove Community Aid Centre on 9150 7823, between Monday & Thursday 9am till 4pm.

This service is available to those in the St George & Sutherland Shire area.

**Subsidised Service. Fees are applicable.**

Alternatively call the My Aged Care Hotline on 1800 200 422.

**We can assist you with registering for My Aged Care.**

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

**PH: 9150 7823**



[www.kcac.org.au](http://www.kcac.org.au)

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



# WHAT'S ON AT KINGSGROVE RSL CLUB

## Clothing Drive

1ST - 25TH MARCH

We are supporting

## International Women's Day

by donating to Dress for Success Sydney  
"Empowering women to achieve economic independence."

Please drop off your pre-loved and/or new clothing & accessories at Club Reception

### GUIDELINES FOR CLOTHING DONATIONS ARE:

- Freshly dry-cleaned/laundered and ironed
- Not more than 5 years old
- Suitable for wearing to a job interview

## RESPECT THE DAY

# ANZAC DAY

THURSDAY 25TH APRIL 2019

### SUB-BRANCH PROGRAMME:

6.45am Assembly - Shaw Street Carpark  
7.00am March to Kingsgrove R.S.L. Club followed by Service in Memorial Park  
Band: Sutherland Shire Silver Band  
J.A. GRAHAM JP, Hon. Secretary

### CLUB PROGRAMME:

8.00am Club opens for breakfast: Ex-Service Personnel participating in the march will be provided with breakfast, priority given to Band, Bus Drivers, Cadets, and persons going to city march. Children's breakfast marquee in the park.  
8.30am Buses leave for city march  
9.00am Club open for Members and Ex-Service Personnel only  
12 Noon Rations Dining open all day and Jade Palace open for lunch  
12 Noon Two Up commences  
1.00pm Club opens to visitors  
4.00pm LIVE Music by Just Jammin' Duo till 8pm  
5.30pm Jade Palace open for dinner  
I.R. TODD, General Manager

Remember their Sacrifice #RESPECTTHEDAY

## CELEBRATE ST PATRICK'S DAY

SUNDAY 17TH MARCH

Enjoy a Homemade

## GUINNESS & BEEF Pot Pie

with your choice of sides  
\$18.50



SEE CLUB RECEPTION TO MAKE A RESERVATION

## GIANT Easter Raffle

FRIDAY 5TH  
APRIL 2019

TICKETS ON SALE FROM 4.30PM

EASTER EGGS AND HAMPERS  
WILL BE ON DISPLAY FROM THE 25TH  
MARCH 2018 AT RECEPTION

# KCAC COMMUNITY ANNOUNCEMENTS



**Kingsgrove Community Aid Centre would like to wish all those clients, born in December, January & February 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 CEO Anne Farah-Hill who celebrated her birthday in December and staff members Kim and Santina who celebrated their birthdays' in February.**

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



*Anne*



*Kim*



*Santina*



# 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](http://guardianfunerals.com.au)

 [facebook.com/GuardianFunerals](https://facebook.com/GuardianFunerals)

Proudly Australian | 24 Hours | All Areas | Prepaid Funerals

**PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE**