



KINGSGROVE COMMUNITY  
AID CENTRE INC.

*Serving the  
Community  
for over 50  
Years.*

**ISSUE 45**

**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**

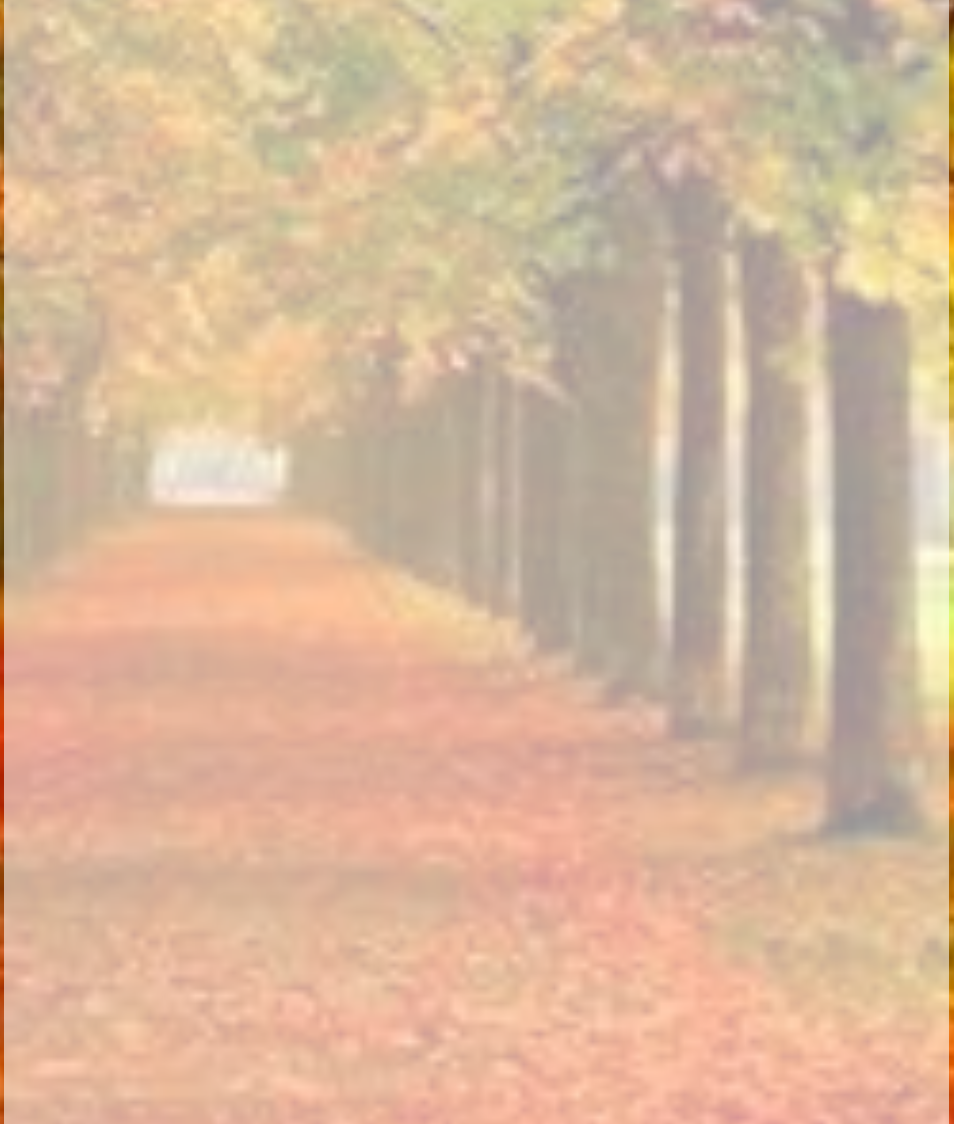
**AUTUMN NEWSLETTER  
MARCH - MAY 2023**

**A MESSAGE FROM THE CEO**

*Dear Readers and community Supporters.*

*Anne Farah-Hill, OAM*

*CEO of KCAC*



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

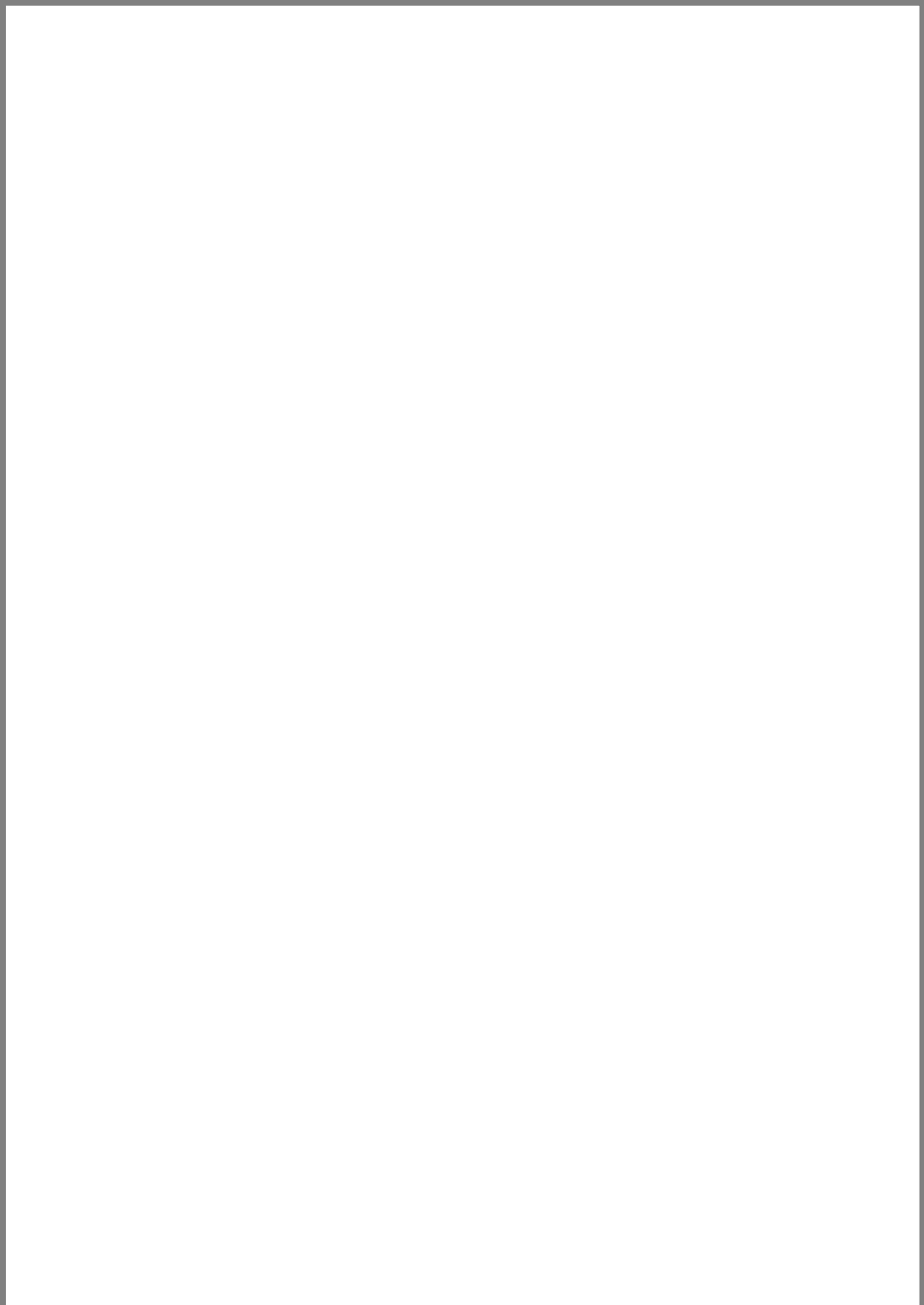


IN THIS ISSUE

- Pg1 CEO Message.
- Pg2 Up & Coming Events  
CEO Message Continued.
- Pg3 Visit from the Mayor  
POPPY Playgroup News  
Mid Autumn Festival
- Pg4 Spring Time Excursions
- Pg5 Spring Time Excursions  
Diwali at KCAC
- Pg6 Disability Activities
- Pg7 Disability Activities
- Pg8 Disability Activities
- Pg9 International Day of  
People with Disabilities &  
56th AGM
- Pg10 Able & Loving It  
Programme for 2023
- Pg 11 Healthy Recipes for  
Christmas.
- Pg12 Hurstville Vacation Care  
Programme
- Pg 13 Hurstville Vacation Care  
Programme
- Pg 14 Kingsgrove Community  
Coffee Club
- Pg 15 Olympia 100th Birthday  
Excursion to the Grounds
- Pg 16 Up & Coming Events
- Pg 17 Supported Playgroups at  
KCAC
- Pg 18 Able & Loving It Flyer
- Pg 19 Active Seniors Flyer
- Pg 20 KCAC Inc. Services
- Pg 21 Mental Health Support
- Pg 22 KCAC Announcements
- Pg 23-24 Advertising

UP & COMING EVENTS & DATES

<u>June</u>	<u>July</u>	<u>August</u>
8th:	7th:	14th:



# A SNAPSHOT OF MARCH 2023



CEO of KCAC at the inner Sydney Voice launch of the community services workers recognition campaign.

It was nice to see many colleagues from the sector getting together in recognition of the work of the many community Centre workers during the pandemic. **Pictured left:**

The Tuesday out and about group, enjoyed their time together and lunch at Harbord Diggers. **Pictured below and right:**



It was an eventful day . Ever more so in the fact that we were able to meet so many of our local people and have a banter about our services . We especially had a great turn out for the support of our busy bee craft stall and coffee and cake stall ,

Thank you so much to those that made spontaneous donations to our community stall with donations of money . It is very much appreciated . Also much appreciation goes to our many volunteers , our "Gems" who made cakes and cookies and volunteered on the day . And to those dedicated staff of KCAC who turned out and helped. **Pictured left:**

On the 2nd March, KCAC CEO Anne Farah-Hill attended the voice referendum campaign with the Hon Linda Burney MP member for Barton and other members of the community. **Pictured below and right:**



# A SNAPSHOT OF APRIL 2023

Tuesday 28th March excursion to Coogee for the combined disability and seniors. They had a yummy lunch at Coogee Bay Hotel and it was a wonderful day to be out and about.



On Tuesday 11th April, the combined disability and seniors excursion was a scenic drive to Wollongong. They enjoyed coffee at Stanwell Park and lunch at Thirroul.

Thank you to the Hon Linda Burney MP member for Barton, for visiting us at KCAC on the 11th April 2023. Linda presented us with the Fostering Integration Grant, which will make our multicultural community stronger and more vibrant.



Wednesday the 19th April, the Arabic seniors social support group, went to the Mount Lewis Club for lunch and had a great day out and about.

It was great to break bread with our colleagues and members of the Riverwood Community Centre for the Iftar dinner last night. It was wonderful to see Councillor Karl Saleh, Pauline Gallaher the lovely Erin Dib and Wally Mehanna among many other guests. Ramadan Kareem



# A SNAPSHOT OF MAY 2023



the Italian out and about seniors group, enjoyed the beautiful weather at Woronora Dam of KCAC who turned out and helped. **Pictured left:**

On Tuesday 9th April, the combined disability and seniors groups went on an excursion to Nurranginy Reserve. It was the perfect weather for this outing where they enjoyed a picnic lunch, a walk around the beautiful Chinese and African gardens followed by drinks and dessert at West HQ.



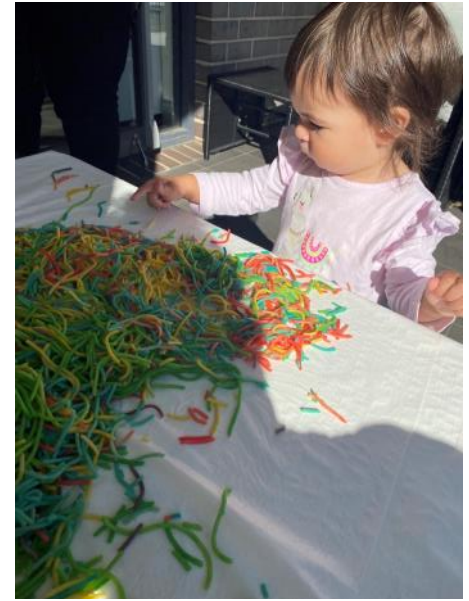
What a great week of celebrating it has been at KCAC. This week is Neighbourhood Centre Week, where we celebrate the contribution of neighbourhood centres and the important work that they do. The theme this year is, locals connecting locals. As well as this, the social support groups have been celebrating Mother's Day with various outings and special lunches at the centre. Here is a collection of photos from the week gone by, of all the very happy seniors.



# POPPY PLAYGROUP

POPPY playgroup on Monday created some beautiful Mother's Day cards.

If you would like to join this supported playgroup, give us a call on 91507823.



**Pictured above:** POPPY playgroup having a blast with colourful pasta on Monday 27th May 2023.

POPPY Playgroup is a supported playgroup for parents of children 0-5 years where the parent has a diagnosed mental illness. The Playgroup supports parents to play with their children, giving particular attention to children's development and play interests and also offers information sessions featuring guest speakers.

The sessions include information on child development and related behaviour issues, stress management, nutrition information, speech therapy, early literacy, child safety, mental health issues, toilet training, family budgeting, quit smoking, meditation and informal discussions on a variety of subjects initiated by the parents.



# POPPY PLAYGROUP & LEADER ARTICLE

20 ST GEORGE & SUTHERLAND SHIRE LEADER Wednesday May 24, 2023

ADVERTISING FEATURE

ST GEORGE & SUTHERLAND SHIRE  
**Leader**

theleader.com.au

## A safe space to share their experiences

### KINGSGROVE COMMUNITY AID

BEING the mother of a baby or a pre-school child can be a wonderful experience, but many mothers also find that they have to cope with feelings of depression, anxiety or distress.

At POPPY Playgroup (Parent's Opportunity to Participate in Play with their Young) those with mental health challenges who have children aged 0 to five can find a supportive space where they can relax, meet other mums, share experiences and have fun with their children in a safe environment.

The playgroup was established in May 2011 through the initiatives of the Kingsgrove Community Aid Centre (KCAC) and runs every Monday during school terms from 10am to noon.

The playgroup supports parents to play with their children, giving particular attention to children's development and play interests and also offers information sessions featuring guest speakers to support the mothers with their mental health challenges.

Sessions include information on child development and related behaviour issues, stress management, nutrition information, speech therapy, early literacy, child safety, mental health issues, toilet training, family budgeting, quitting smoking, meditation and informal dis-

cussions on a variety of subjects initiated by the parents. POPPY Playgroup is partially funded by the Department of Communities and Justice.

Many of the participants comment on how supportive other mothers are and start forming social networks

with each other outside of the group.

They like the fact that they can be open and honest and that there is always a facilitator they can talk to.

One mum said: "I've been loving coming to this group, it encouraged me to get out of the house a bit more

and focus on myself and my child".

Another said: "Thank you for all your support, without this playgroup I don't know what I'd be doing".

And a third mum's comments were: "In coming to this playgroup, I've met many people going through



Support and understanding is the key when the mums of POPPY Playgroup and their preschool children get together. Picture supplied

I've met many people going through similar things and it helps you realise that you're not alone

Playgroup mum

similar things and it helps you realise that you're not alone.

"Even just to talk about things that parents who don't have mental illness won't necessarily understand. Even ways that I wouldn't have anticipated like, my daughter's pretty shy and even though she goes to day-care she finds playgroup less confronting as it's a smaller group".

Mothers can be referred to the playgroup by their health professional or they can contact Kingsgrove Community Centre on 9150 7823 for more information or to self-refer.

**POPpy PlayGroup**

Parents Opportunity to Participate in Play with their Young

POPpy Playgroup is a free supported playgroup run by the Kingsgrove Community Aid Center in partnership with South Eastern Sydney Local Health District.

POPpy aims to specifically engage mothers who are experiencing emotional distress, mental health challenges, or have a diagnosed mental illness. The playgroup is open to all mothers from all areas, however, priority is given to those residing in the St George area.

When: Mondays from 10am till 12pm  
Where: Kingsgrove Community Aid Center, 30 Morgan St, Kingsgrove  
Email us: Poppyplaygroup@kcac.org.au

This program is partially funded by the Big Sister Foundation & Department of Communities Justice

## DISABILITY SUPPORT SERVICES

KCAC INC. SOCIAL & RECREATIONAL ACTIVITIES, EXCURSIONS & THERAPEUTIC SUPPORT (PODIATRY).

**I ♥ ndis**  
REGISTERED NDIS PROVIDER

Ask us about our Wednesday program of activities coming up in 2023!

We also have extra excursions once a month on Tuesdays where participants can experience places they may not usually go to. Coming up, we have lunch in the Blue Mountains, lunch in Berry, Apple Picking and lunch in Bilpin, lunch at Audley Weir and Visiting the Art Gallery of NSW.

Don't feel isolated Engage with your community Meet new people Learn new skills  
Receive a complimentary T-Shirt & sun safe hat when you register for our weekly program.

KCAC INC. provides weekly fun, interactive, educational, active and creative social activities in a fully accessible, modern facility, with plenty of parking and surrounded by beautiful parklands.

Come along and enjoy various art & craft, cooking lessons, computer classes, music & dancing, excursions to places of interest, community events, information sessions or home visit podiatry and physiotherapy services, in the comfort of your own home, provided by qualified professionals.

When: Wednesday's Weekly (Social Activities) 10.30am - 2.30pm  
Monday-Friday Weekly (In home Podiatry Services) by appointment only.  
Venue: Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove.  
NDIS Participants are welcome. (Participants must be 18yrs & over)  
For more information or to join, please contact 91507823 or email on: disabilityservices@kcac.org.au

"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."

[www.kcac.org.au](http://www.kcac.org.au)  
Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823

# ABLE & LOVING IT, DISABILITY ACTIVITIES



It was movie and popcorn day for the Able & loving it disability group, on the 1st March, where they watched The Adventures of Pinocchio. Lunch was pizza and salad.

April has been Easter month, and to celebrate, the Able and Loving it disability group has been getting creative and colourful. On Wednesday the 5th April, they decorated their egg shaped biscuits for Easter and enjoyed a healthy salad roll lunch.



On Wednesday the 12th of April, the disability participants, created some colourful origami and enjoyed a delicious penne pasta with tomato and Basil sauce, garlic bread and salad for their lunch.



Wednesday 19 April, the KCAC Able & loving it disability participants made their own Anzac cookies in honour of Anzac Day. Lunch was Aussie inspired with meat pies and sauce, chips and fruit. They also did some Anzac craft and created an Anzac garland that now hangs in reception at the centre. Well done everyone.





# ABLE & LOVING IT, DISABILITY ACTIVITIES

On 3rd May, the Able & Loving It disability participants had a master chef experience and made their own calzones. They turned out delicious and the group enjoyed these for their lunch.



On Wednesday 10th May, the Able & loving it, disability participants created some beautiful soap decoupage as their Mother's Day craft activity. We also had some guest speakers who shared information about support coordination & employment opportunities. Thank you to Queenie, Elsie and Sharon from Catholic Care for your information session. The participants found it very informative and interesting.

The Able and loving it disability participants created some tie dye art on Wednesday. These turned out amazing! Well done to all.



It was a beautiful day for the KCAC Able & Loving it disability participants at The Grounds of Alexandria today, where they enjoyed coffee at the garden cafe and lunch at the Potting Shed as well as the beautiful Disney display.

Congratulations KCAC on passing the NDIS Audit with flying colours. We love providing quality NDIS services to our participants. This was evident to our auditors on the day when they saw the smiles on the faces of the participants, their carers and our staff. Well done to all!



#ndisready

**NDIS  
REGISTERED  
PROVIDER**

# ST GEORGE LEADER FEATURE

26 ST GEORGE & SUTHERLAND SHIRE LEADER Wednesday August 02, 2023  
**ADVERTISING FEATURE**

ST GEORGE & SUTHERLAND SHIRE  
**Leader**

theleader.com.au

## Helping to make a real difference in life

### KINGSGROVE COMMUNITY AID CENTRE

A GAP in the local community for support groups led to Peter looking to the Kingsgrove Community Aid Centre (KCAC) for help. Four years later, and Peter is encouraging others to take the same steps he did and reach out. "For the past four years, I've been going to support programs at KCAC.

"I joined because I found it hard to be part of society when there aren't enough inclusive support groups," he said. "I wanted to meet others who understand my experience."

The KCAC has long been a source of help, support and advice in the community, offering a range of services and programs to help a range of people including those with disabilities, the elderly, new parents, and people immigrating to Australia.

Peter said that his personal experience with the KCAC had been amazing, and that he recommended others to reach out to the group. "I truly feel understood and valued by everyone involved.



Peter is a strong and proud advocate of the staff and support services available at the Kingsgrove Community Aid Centre. Picture Supplied

"My advice I would give to someone who is considering joining a similar group for the first time is don't be afraid to join a group like this," he said. "It truly is such

a supportive and welcoming environment, and I have grown so much as a person in my confidence, skills and abilities."

There is a variety of support

groups and services available at the KCAC, and Peter said this was one of the reasons he valued the staff and support so much. "Being a part of a supportive and

understanding community has boosted my confidence in interacting with others.

"I have learned effective communication and active listening which has made it easier for me to express myself and understand others," he said. "I feel more accepted for who I am and less isolated than before because there are other people in the group who have gone through similar challenges and feelings that I have experienced."

Peter said that the KCAC was a great place where people could get actively involved in activities and programs already offered, but also allowed people make suggestions for activities and to tailor support to their own needs. "I enjoy the arts and crafts activities because it makes me think more creatively, and I am able to be in control of how I want to approach the activity."

"Prior to joining the community centre, my goal was to establish meaningful relationships and feel at ease in the community while actively participating in it," he said. "Thankfully, the centre organises outings to local

shops, arts and crafts days at the centre, cafes, and even trips to places like Berry.

"These opportunities have been fortunate for me as they have allowed me to make friends within the group and practiced my social skills while out in the community, and now I feel confident engaging with other people outside of the community centre."

Both Peter and the staff at the KCAC have noticed the changes in Peter's confidence, and Peter said if anyone else was struggling, that they should join in on the fun. "Attending this group has boosted my confidence in engaging with the community, and I have noticed significant improvements in my social skills."

"Recently the group went to the grounds of Alexandria for lunch and the grounds had a Disney display," he said. "It was overall such a good time and experience enjoying the company of the other people in the group who I have formed a connection with."

To find out more, visit [www.kcac.org.au](http://www.kcac.org.au).

### DISABILITY SUPPORT SERVICES

KCAC INC. SOCIAL & RECREATIONAL ACTIVITIES, EXCURSIONS & THERAPEUTIC SUPPORT (PODIATRY).



Don't feel isolated Engage with your community Meet new people Learn new skills

Are you looking for a warm, welcoming, and inclusive community for individuals with disabilities? Look no further!

At the Kingsgrove Community Aid Centre Inc. we are dedicated to creating an environment where everyone thrives.

Community Participation at KCAC

**Inclusive Activities:** Experience an array of engaging activities tailored to individual interests, ensuring everyone finds joy and fulfillment in our community, in a compassionate atmosphere where our warm and compassionate environment ensures everyone feels valued and appreciated.

**Empowering Voices:** We encourage open communication, empowering individuals to express their ideas, needs, and aspirations freely.

**Building Connections:** Forge lasting friendships in a supportive network of individuals who understand and embrace diversity.

**Skill Development:** Unlock new talents and enhance social skills through enriching workshops and group activities.

**Empowering Independence:** We promote self-reliance, helping individuals build confidence and achieve personal goals.

**Embracing Diversity:** Our community celebrates uniqueness, fostering a culture of respect, understanding, and acceptance.

When: Wednesday's Weekly, 10.00am - 2.00pm

Venue: Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove.

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

For more information or to join, please contact 91507823 or email on: [disabilityservices@kcac.org.au](mailto:disabilityservices@kcac.org.au)

Let's build a brighter future together, fostering an inclusive society where every individual's potential can flourish! Receive a complimentary T-Shirt & sun safe hat when you register for our weekly program.

Embrace a world where diversity thrives, dreams are nurtured, and possibilities are limitless. Connect with us at 91507823 to explore how you or your loved one can embark on a transformative journey of community participation and empowerment.



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

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



### THERAPEUTIC SUPPORTS

PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC.



Kingsgrove Community Aid Centre offers Therapeutic Supports such as Allied Health Podiatry (Toe nail cutting & foot care) & Physiotherapy services, to NDIS participants or to people who are Frail Aged over the age of 65, in the comfort of their own home.

The home visit service is available to eligible participants on Monday, Tuesday, Wednesday, Thursday & Friday between the hours of 9.30am - 4.00pm

Appointments are essential and can be made by phoning the Centre on (02) 9150 - 7823 Mon - Thurs 9am-4pm

For NDIS Participants, please call us for a service agreement.

For Aged Care packages, please call us for more information.

For those over the age of 65, registration through My Aged Care is essential. We can help you with this.

FEES: Fees are applicable. Please call the Kingsgrove Community Aid Centre on 91507823 for fees and charges.

For More Information please don't hesitate to contact us on the above number or Email us on: [admin@kcac.org.au](mailto:admin@kcac.org.au)



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

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



# ABLE & LOVING IT DISABILITY PROGRAMME 2023

## 2023 NDIS Planning Calendar

### January

HAPPY NEW YEAR!!	
CENTRE CLOSED	
18	Welcome Back for 2023 NEW YEAR CELEBRATION
25	AUSTRALIA DAY CELEBRATION Australia Day art lamingtons morning tea, meat pies for lunch
25	Steering Committee Meeting Disability Group @ 2pm

### April

AMAZING APRIL	
EASTER & ANZAC MONTH	
5	Decorating Arrowroot biscuits with Easter icing.
12	Easter Origami Craft Day Making animals
19	Anzac Craft, Making Poppy's & Make Anzac cookie dough biscuits
26	Excursion Ashfield RSL Buffet Lunch

### July

NAIDOC WEEK MONTH	
5	Aboriginal Dance classes Aboriginal scratch board art
12	Art Activity Stained glass art and craft Steering Committee Meeting
19	Excursion to Bankstown Sports Club for lunch
26	Christmas in July Baked veggies & roast lunch Dress Christmassy

### October

OUTGOING OCTOBER	
4	International Music Day Combined groups - Special guest
11	World Mental Health Day Make a bath bomb therapy activity
18	Cooking Day Pie making activity - apple pies
25	Excursion St George Motor Boat Club for lunch

### February

FEBRUARY FUN MONTH	
1	Chinese New Year Paper craft, make a Chinese paper lantern.
8	Excursion Picnic at Carss Park
15	Valentine's Day, make paper flowers with tissue paper and pipe cleaners.
22	National Pancake Day Pancakes for lunch

### May

MAGIC MAY	
3	Cooking Day Calzone Making
10	Mother's Day craft with Georgia Information day on support coordination - guest speaker.
17	May Movie Day at the Centre At the Centre - Zootopia
24	Tie Dye Day Bring a white T-shirt or Canvas bag to dye
31	Excursion Visit the grounds of Alexandria for lunch

### August

ACTIVE AUGUST	
2	Boxing & Stretching day with Nikki plus information session
9	Music Therapy Day with Belinda
16	Excursion - 10 Pin Bowling Zone Bowling Sylvania
23	Healthy Cooking Day Making Rice paper rolls
30	Father's Day Craft Make 3D Father's Day cards

### November

NATURE NOVEMBER	
1	Art & Craft Day Sand art & Sausage Sizzle
8	Make your own nature wreath Collect hardy dry items to use
15	November for mens mental health- Make your own Mo
22	Excursion 12pm late start, Sydney Lyric Theatre to see Wicked
29	International Day of People with Disability - Animal Farm

### March

1	March Movie Day New Pinocchio
8	International Women's Day Big combined celebration
15	St Patrick's Day art and dress up
22	Harmony Day Multicultural food and dress day Bring a plate and dress traditional
29	Excursion Oatley Park Picnic

### June

JAM PACKED JUNE	
7	King's Birthday High Tea Dress up & beading craft Sandwiches and finger food
14	Festival of the Italian Republic Italian food and craft Colour some tricky patterns
21	Footy Jersey & Game Day - Play giant Jenga, Bocce or footy passing
28	Excursion Lunch at Canterbury Leagues Club
21	Steering Committee Meeting Disability Group @ 2pm

### September

SPRING SEPTEMBER	
6	Sushi Making Day Eat own Sushi For lunch
13	Spring Garden Day Plant herbs into outside garden beds Fish and chips for lunch
20	Excursion to St George 16-foot sailing club for lunch
27	Octoberfest Activity Making your own pretzel

### December

DELIGHTFUL DECEMBER	
6	Christmas Movie Day - Home Alone Make chocolate pudding in a mug
6	Steering Committee Meeting Disability Group @ 2pm
13	Combined Christmas Party Day
20	NO GROUP TILL JAN 2024

# INTERNATIONAL WOMEN'S DAY 2023

On the 8th March, we celebrated International Women's Day for 2023! There were special guest speakers, music and entertainment and a delicious high tea buffet. We would like to thank Councillor Colleen Symington, from George's River Council, for her inspirational speech, Councillor Nancy Liu, for joining us today, Lisa Budin, for her great entertainment, and all of our volunteers, students and staff, who worked so hard to make the day a great success! Our volunteers were also awarded certificates of appreciation for their efforts each week at KCAC. So many wonderful women on our team and we wish everyone a very happy International Women's Day! #internationalwomensday23 #EmbraceEquity



# YOON CHEON LIM CELEBRATES CENTENARY BIRTHDAY AT KCAC

ST GEORGE & SUTHERLAND SHIRE  
**Leader**

By Jim Gainsford - published March 18 2023



Yoon Cheon Lim gave up playing table tennis only several months ago at the age of 99. It wasn't lack of energy that forced him to give up his favourite sport, but failing eyesight.

But table tennis is the only thing he has given up in what is an active and independent life. Mr Lim celebrated his 100th birthday on Friday, February 17 with a party at his second home, the Kingsgrove Community Aid Centre surrounded by his family and many friends.

This included his four children, ten grandchildren and two great-grandchildren.

The celebrations even included a visit and congratulations from NSW Labor leader and Kogarah MP Chris Minns.

Mr Lim was born in Malaysia in 1923 and worked hard as a fitter and turner to support his family. He came to Australia in 1988 for a family reunion and liked it so much he decided to stay. He particularly liked the clean air and good lifestyle.

Mr Lim has always been very active, still lives independently, goes for a daily walk and still catches public transport.

Every Friday he travels to the Kingsgrove Community Aid Centre to meet friends and socialise with the Chinese seniors group of which is the oldest member. Mr Lim first came to Kingsgrove Community Aid Centre almost 30 years ago to learn English and has formed many long-term friendships. At the centre he loves to sing Cantonese opera which he says is good for his memory.

And he loves to sing 'I Am Australian' in English, the song by Bruce Woodley of The Seekers and made famous in the Qantas ad. He is an expert at Mahjong and teaches his friends at the Kingsgrove Community Aid Centre how to play.

And he gets up in the early hours before every visit and makes his favourite Chinese dessert to share with everyone at the centre "He says Australia has been good for him and he's very grateful. He's had a good life here. He's been very blessed," Mr Lim said speaking through one of the volunteers at the centre, Theresa Wu. "He wishes people younger than him to have a longer life than him," Theresa said.

"He hopes the centre will flourish for years to come so everyone there can turn 100 and celebrate."



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

**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 AND  
 RECEIVED 'MEETING' IN  
 ALL 7 QUALITY AREAS  
 OF THE NATIONAL  
 QUALITY FRAMEWORK  
 ASSESSMENT & RATING.**

**CALL US TODAY!**

**FOR MORE  
 INFORMATION PLEASE  
 CONTACT US ON  
 9150 7823  
 OR 0418 481 358**

## **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.**

**PLEASE CHECK OUR  
 WEBSITE FOR ENROLMENT  
 FORMS AND PROGRAMS.  
[www.kcac.org.au](http://www.kcac.org.au)  
 Programs are located in  
 MEDIA tab.**

## **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 and Friends,*

*Our April Vacation Care program was so much fun and full of educational and creative activities.*

*Our April Holiday program had activities that were extra special for the children by programming lots of special in centre days, activities and game plus two excursions.*

*Our two weeks of programmed activities included art and craft, a mini market day, a science day, a cooking day, a Talent show day, a cubby house day, scavenger hunt and sports day, construction day and Nature walks and nature craft, an African drumming incursion and a magic show.*

*Our two excursions were to Glow Crazy and Monkey Mania.*

*Our Term 2 Before and After School Care program began with Mother's Day craft and activities the Autumn craft. We also provided a healthy and nutritious afternoon tea for the children.*

*We had a lot of new children enrolled in After School Care and in our April Vacation Care program.*

*Everyone had lots of fun and the children had the opportunity to develop their maths skills, team work, gross motor skills, hand eye coordination and social skills. They also had the time to meet new children and make some new friends.*

*Our July Vacation Care program will begin on Monday 3 July 2023 and enrolment forms will be available from 2 June 2023. Our themes that we will be celebrating for the next vacation care will be NAIDOC week and Xmas in July*

***Katina Papadakis***  
***Hurstville OOSH Coordinator***

**Follow us on Instagram and Facebook.**

**Instagram search for:  
 hurstville\_oosh**

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





**HURSTVILLE OUT OF SCHOOL HOURS CARE VACATION CARE PROGRAMME:**  
Hurstville Public school, Forest Rd Hurstville  
Opening hours: Monday to Friday 7am to 6pm

FOR EXCURSIONS AND IN CENTRE DAYS, PLEASE BRING SUN HAT, COMFY SHOES & A PACKED LUNCH UNLESS OTHERWISE STATED ON THE PROGRAM.

**VACATION CARE FEE IS \$50 PER DAY**

**PLEASE CONTACT KATINA**  
on 0418 481 358 OR  
**HEAD OFFICE ON**  
9150 7823

Date	Week One 10 - 14 April 2023	Extra cost
Monday 10 April	<b>Closed Easter Monday Public Holiday</b>	
Tuesday 11 April	<b>Cooking and Science Day</b> Decorating cupcakes and biscuits with Miss Connie and Miss Eva Make slime, playdough and more!	
Wednesday 12 April	<b>Excursion Day – Monkey Mania – Bankstown</b> Facility includes an inflatable jumping castle, a gun/cannon foam ball arena, climbing structure, slides and arcade hall. <i>Travelling by private bus - Departing 9am returning to Centre by 3pm</i>	\$30
Thursday 13 April	<b>Incursion – Mr Bamboozle's Magic Show</b> Learn to be a magician with Mr Bamboozle Learn to make sock bunnies with Miss Georgia	\$15
Friday 14 April	<b>Sports day and Treasure hunt</b> Join us with some relay games, an obstacle challenge and followed by a treasure hunt	
Date	Week Two 17 - 21 April 2023	Extra cost
Monday 17 April	<b>In Centre Day - Talent show</b> Use your imagination and creative skills to show your talent. <i>Afternoon Activity: Coloring in Competition</i>	
Tuesday 18 April	<b>In Centre Day - Mini Market Day</b> Make bookmarks, chatter box, cards, frames, finger puppets and more. Set up stalls & buy and sell your stall items using special vacation care money. The children have the opportunity to develop their social skills & math skills	\$5
Wednesday 19 April	<b>Incursion-Jungle Beats African Drumming Performance</b> All children will have a turn on the drum taught by a master drummer from Africa. This fun cultural performance also includes rhythm games, stories, singing, dancing and learning to use other African instruments.	\$15
Thursday 20 April	<b>In Centre Day – Art and Craft Day</b> Let's get creative and paint your own masterpiece on canvas, wood or plaster <i>Afternoon activity – out door games</i>	
Friday 21 April	<b>Excursion day - to Glow Crazy Indoor Play Centre -Carlton</b> Karaoke, musical games, arcade games, air hockey, table tennis and a slushy Includes transport by private bus. Depart 9am return by 3pm	\$30



# COMMUNITY INFORMATION: CHANGES TO CCS



Dear parent or carer,

**RE: Important information for families using care but not registered for Child Care Subsidy**

From July 2023, the Australian Government is increasing the Child Care Subsidy (CCS) for most families using early childhood education and care, which includes Outside School Hours Care. This also means some families previously not eligible for CCS will now get it.

This change will provide more support for more families across Australia.

Around 96 per cent of Australian families currently using child care – more than 1.2 million families – will be better off under these changes. No families will be worse off.

Changes from 10 July include:

- The family income limit to be eligible for CCS is increasing from \$356,756 to \$530,000 per annum.
- The maximum amount of CCS is increasing from 85% to 90% for families earning \$80,000 or less.
- Families earning between \$80,000 and \$530,000 will receive an increased CCS rate.
- Aboriginal and/or Torres Strait Islander children can get at least 36 subsidised hours of early childhood education and care per fortnight, regardless of their family's activity level.

Families earning below \$362,408 with more than one child aged 5 or under in care can still get a higher rate for their second and subsequent children.

If you are **already using care but not currently registered for CCS** and your family earns below \$530,000, you may be entitled to CCS from 10 July.

If you are not currently receiving CCS, you should check your eligibility now. **You will need to get a Centrelink online account through myGov or the Express Plus Centrelink mobile app.**

For more information on the CCS increases commencing 10 July, or to find out how much you could save, visit [www.childcaresubsidy.gov.au](http://www.childcaresubsidy.gov.au)

Yours sincerely

Michele Arcaro  
Australian Government Department of Education

20 / 06 / 2023



## HEALTHY RECIPES TO COOK AT HOME

# Parmesan Garlic

### INGREDIENTS

- 2 Firm White Fish Fillets (about 5 oz/150g each, skin off, at room temperature)
- 2 tablespoons Dijon Mustard (sub mayo)
- add Olive Oil Spray
- add Salt And Pepper
- ½ cup Panko Breadcrumbs
- 1 tablespoon Parsley (finely chopped)
- ⅓ cup Parmesan (finely grated)
- 1 Garlic Clove (minced)
- 1 tablespoon Olive Oil
- add pinch Salt



### INSTRUCTIONS

- Parmesan Crumb – Shove a couple of garlic cloves through a garlic crusher, mix with store bought grated parmesan (the sandy type), breadcrumbs, salt, pepper and swish of oil. Parsley is totally optional here!
- Mustard “glue” – Spread mustard on the fish, just like buttering toast! The mustard is our glue for the crumb (avoid messy dredging in egg) as well as adding some flavour;
- Press fish into crumb mixture;
- Marvel at how it sticks on perfectly!
- Lay into PREHEATED skillet and pop under broiler/grill OR bake it- preheating the skillet cooks the fish on the underside while the heat elements cook it from the top and makes the crumb beautifully golden;
- 5 minutes later, marvel (again!) at how beautifully golden the crumb is and how perfectly the fish is cooked!

THESE RECIPES ARE FROM [HTTPS://WWW.RECIPETINEATS.COM](https://www.recipetineats.com)

# Healthy Banana Pancakes

### INGREDIENTS

- 2 Ripe Bananas
- 2 Eggs
- 1 teaspoon Vanilla Extract
- ½ cup Quick-Cook Oats
- 1 teaspoon Cinnamon



### INSTRUCTIONS

Mash bananas in a large bowl until smooth. Mix in eggs and vanilla until well combined, then mix in oats and cinnamon.

Heat a skillet to medium and add in a scoop\* of the pancake batter. Smooth out to form an even layer. Cook for about 2-3 minutes until you start to see bubbles releasing from the top of the batter. Flip and cook until the other side is golden brown, about 1-2 minutes.

Garnish your pancakes with your favorite toppings! We used banana slices, chopped walnuts & maple syrup.

\*Note: Use ½ cup (65) for scooping the batter to yield 4 thicker pancakes; Use ⅓ cup (40 g) to yield 6 smaller pancakes.

## ST GEORGE MULTICULTURAL COMMUNITIES BENEFIT FROM FEDERAL GOVERNMENT GRANTS - IN ST GEORGE LEADER APRIL 12 2023

ST GEORGE & SUTHERLAND SHIRE  
**Leader**

Kingsgrove Community Aid Centre and the Shopfront Arts Co-op have been supported in the latest round of the Federal Government's Fostering Integration Grants program.

Federal Member for Barton, Linda Burney announced the funding during a visit to the Kingsgrove Community Aid Centre yesterday (April 11).

Kingsgrove Community Aid Centre will receive \$80,000 to support the Kingsgrove Community Coffee Club under the program which brings together Australians from all different backgrounds to socialise.

Meanwhile, The Shopfront Arts Co-op will also receive \$100,000 to develop collaborative creative programs for young people.

The latest round of Fostering Integration Grants represents a \$5.6 million investment in 83 projects across Australia.

This funding will empower grassroots local organisations to continue their vital work supporting migrant and multicultural communities.

"I congratulate Shopfront Arts Co-op and Kingsgrove Community Aid Centre for securing these grants in recognition of their hard work," Ms Burney said.

"Both organisations work tirelessly to make a positive impact in the lives of migrants and multicultural Australians.

Kingsgrove Community Aid Centre chief executive, Anne Farah-Hill said, "The celebration of food from many cultures unites us as a community generating a respectful informed and harmonious gathering.

"We are grateful to the Hon Linda Burney Federal Member for Barton for this support as we look forward to working on this opportunity creating a sustainable mechanism for the Kingsgrove Community Aid Centre."

Shopfront Arts Co-op spokesperson Daniel Potter said, "Shopfront Arts Co-op is proud and excited to receive funding through the Fostering Integration Grant.

"Since its inception in 1976, it has been Shopfront's mission to create a safe space for collaboration, creativity, and celebration of our diverse and multicultural community of Young People.

"This funding will allow us to further develop our multi-faceted programs and provide opportunities for Young People and their families."



# SOCIAL SUPPORT GROUPS

FOR SENIORS FROM CULTURALLY DIVERSE BACKGROUNDS  
PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC



Join one of our Culturally Diverse Social Support Groups for seniors.

We currently run an Italian speaking group, Chinese (mandarin) speaking group & an Arabic speaking group. Enjoy morning tea with friends, bus outings & excursions to places of interest and much more.

When: Monday's Italian, Wednesday's Arabic, Friday Chinese  
(Mandarin)

Where: Pick up from & returned to your home

Registration through My Aged Care is essential.  
Call them on 1800 200 422. We can help you with this.

For more information please contact Ms Nelson for on 91507823  
or Email us on: [cbdc@kcac.org.au](mailto:cbdc@kcac.org.au)

This program is provided under the Commonwealth Home Support Program (CHSP) funding. Kingsgrove Community Aid Centre Inc is a My Aged Care Verified Specialised Service Provider for Culturally Diverse Communities.



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



# TAFE RECOGNITION FOR STUDENT PLACEMENT



Congratulations on embracing the value of

## Collaboration

Thank you

*Anne Farah-Hill, OAM*

Chief Executive Officer

Kingsgrove Community Aid Centre

**Sally McFadzean** has nominated you for your exceptional work and support to TAFE Work placement students, which clearly demonstrates the TAFE NSW value of Collaboration.

We appreciate your efforts and would like to thank you.

Thank you again and keep up the great work.

---

Sally McFadzean

Team Leader Community Services, Sydney Region

**TAFE NSW**

#loveyourwork



## STUDENT PLACEMENT TESTAMONIES



Completing my university placement at KCAC has been a great pleasure. I have been given so many opportunities to work and grow on my Social Work skills within KCAC; from working in the POPPY playgroup and the Able and Loving it disability group, to running an 8 week tech skills program. As well as the learning experiences achieved through these programs, I have built many relationships with all the participants and staff at KCAC that I will revere forever.

Anne and the whole team have been nothing but supportive and have demonstrated what passion and hard work looks like. I will truly miss everyone at KCAC, and look forward to seeing what this extraordinary centre will continue to do for the community.

Kingsgrove Community Aid Centre Inc.  
is celebrating

# NAIDOC WEEK

Wednesday 5th July 2023

Time: 10.00am - 2.00pm  
Venue: 30 Morgan St, Kingsgrove

*Come together and celebrate NAIDOC Week with us!  
There will be an Indigenous guest speaker, Dreamtime paint & sip  
as well as food provided on the day.*

Registration is essential. Limited places available.

To register or for more information please call  
9150 7823 by the 25th June 2023.

## For Our Elders

Places are limited, so book your place by calling Rose on 91507823 or email [rose@kcac.org.au](mailto:rose@kcac.org.au)



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

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



# KCAC INC. SERVICES

## FIRST AID COURSE

FOR PARENTS AT KINGSGROVE COMMUNITY AID CENTRE INC



Kingsgrove Community Aid Centre runs 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, refreshments are provided & babies are welcome to attend with their carer.

Course costs \$75 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

This program is funded by the Department of Family & Community Services TEIP program.



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

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



## FRIDAY PLAYGROUP

SUPPORTED BY THE KINGSGROVE COMMUNITY AID CENTRE



Come and join our Friday Supported Playgroup here at the Kingsgrove Community Aid Centre.

Learn to play, do craft, sing, meet new people and have fun in a friendly and safe environment.

This playgroup is for children under 2 years old.

**When:** Friday's 10.30am to 12pm.

**Where:** 30 Morgan St Kingsgrove.

For more information please contact Rachel on 9150 7823.

This program is funded by the Department of Family & Community Services TEIP program.



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

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



## SOCIAL SUPPORT GROUPS

FOR SENIORS 65 & OVER  
PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC



Join one of our Seniors Social Support Groups for people 65 & over. Enjoy morning tea with friends, bus outings & excursions to places of interest and much more.

**When:** Tuesday's, Wednesday's & Thursday's between 9am & 4pm.

**Where:** Pick up from & returned to your home

Registration through My Aged Care is essential.

Call them on 1800 200 422. We can help you with this.

For more information please contact Ms Nelson for on 91507823  
or Email us on: [cbdc@kcac.org.au](mailto:cbdc@kcac.org.au)

This program is provided under the Commonwealth Home Support Program (CHSP) funding. Kingsgrove Community Aid Centre Inc applies person centred care and the wellness and reablement approach in the delivery of care to older people.



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

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



## ALLIED HEALTH PODIATRY

TOENAIL CUTTING SERVICES FOR SENIORS



Kingsgrove Community Aid Centre offers a subsidised Podiatry Service to people who are Frail Aged over the age of 65 or younger disabled living in the St George area and parts of the Canterbury area.

The Domiciliary Podiatry is available on Monday, Tuesday, Wednesday, Thursday & Friday between the hours of 9.30am - 4.00pm

The Centre Based Clinic is offered on Wednesday's between 12.30pm and 2.45pm at the Kingsgrove Community Aid Centre, 30 Morgan Street, Kingsgrove.

Appointments are essential and can be made by phoning the Centre on (02) 9150 – 7823 Mon – Thurs 9am-4pm

Registration through My Aged Care is essential. We can help you with this.

**FEES:** Fees are applicable. Please call the Kingsgrove Community Aid Centre on 91507823 for fees and charges.

For More Information please don't hesitate to contact us on the above number or Email us on: [admin@kcac.org.au](mailto:admin@kcac.org.au)

This program is provided under the Commonwealth Home Support Program (CHSP) funding. Kingsgrove Community Aid Centre Inc. uses person centred care as well as wellness and reablement approaches to deliver support to older people.



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

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



# KCAC MENTAL HEALTH SUPPORT FOR STRUGGLING MUMS

# POPPY

# PlayGroup



A FREE SUPPORTED PLAYGROUP FOR  
MOTHERS AND THEIR CHILDREN



POPPY Playgroup is a playgroup run by the Kingsgrove Community Aid Center.

POPPY aims to specifically engage mothers who are experiencing emotional distress, mental health challenges, or have a diagnosed mental illness. The playgroup is open to all mothers from all areas, however, priority is given to those residing in the St George area.

When: Mondays from 10am till 12pm  
Where: Kingsgrove Community Aid Center,  
30 Morgan St, Kingsgrove  
Email us: [Poppyplaygroup@kcac.org.au](mailto:Poppyplaygroup@kcac.org.au)



Kingsgrove Community Aid Centre  
ph: 9150 7823  
web: [www.kcac.org.au](http://www.kcac.org.au)



KINGSGROVE COMMUNITY  
AID CENTRE INC.

# KCAC COMMUNITY ANNOUNCEMENTS



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 Connie who celebrated in March, and Gurmeed who celebrated in April 2023.*

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



Would you like to donate to us and the community work we do?

It's easy, just go to [kcac.org.au](http://kcac.org.au) and click on the donate button.

All donations over \$2 are tax deductible.

Thank you for supporting the Kingsgrove Community Aid Centre Inc.





# GENTLE EXERCISE CLASSES

FOR SENIORS OVER 65 PROVIDED BY KCAC INC.



**Great News!**

**We have a new  
instructor!**

**Come and meet Nikki,  
who will be guiding you  
in these classes starting  
21st April 2022.**



**Come along and meet our new instructor, Nikki starting 21st April 2022.**

Provided over 2 sessions every Thursday.

Session 1: 9.30am till 10.30am

Session 2: 10.30am till 11.30am

Place: Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove.

**Booking is Essential. Subsidised contribution is applicable.**

**Please bring your own water bottle and face towel.**

For more information please contact Ms Nelson for on 91507823 or  
Email us on: [agedcare@kcac.org.au](mailto:agedcare@kcac.org.au)

This program is provided under the Commonwealth Home Support Program (CHSP). KCAC Inc applies person centred care and the wellness and reablement approach in the delivery of care to older people.



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Tas Aronis JP  
Funeral Director

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