



KINDLY CARING FOR ALL OUR COMMUNITY
**Kingsgrove Community
Aid Centre Inc.**



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Newsletter—Spring 2012

Kingsgrove Community Aid Centre was nominated for the Annual St George Community Services Awards at a presentation ceremony held on the 4th October 2012. This year the awards were hosted by Mr Mark Coure State Member for Oatley.

It was a tremendously proud feeling when I was called up to accept the award for Kingsgrove Community Aid centre in the presence of almost four hundred community representatives and the NSW Police Commissioner Mr Andrew Scipione. My congratulations also goes to Ms Ruth Poulton who received an award for her services to volunteering in the community. Ruth has been a long standing member of the KCAC Board and is a hard working volunteer assisting on the front information desk and with other senior group activities. This is the second award we have received for our work this year.

Our Kingsgrove Before and After School Care program organised an eco sustainable project with Rockdale Council and set up the veggie patch in the gardens of the KOOSH centre at Bexley North. This was a strategy to encourage healthy eating practices among children. Our KOOSH Assistant Coordinator Stella Goudis was instrumental in this project which has proven to be popular with the children and parents. Please follow the Rockdale Council website to watch the video on this great initiative.

Well it looks like the Zebra Crossing we requested to be placed directly outside the KCAC venue will not go ahead. Unfortunately the bus stop would have had to have been moved further down the road to accommodate a crossing.

After much consultation with the residents and clients of the community centre it was decided that this was not a favorable alternative. Hurstville Council traffic committee has deferred the decision to go ahead with the crossing for the time being.

After extensive lobbying the public toilets in Smith Park have finally been built. The toilets are now fully functioning and are accessed by those who use the park grounds. We wish to thank Hurstville Council for this much needed amenity on behalf of the residents of Kingsgrove and those who use

This year KCAC was the recipient of some Club Grants which assist us to maintain and run much needed community projects. Our appreciation goes to Kingsgrove RSL Club, Club Central and Earlwood Bardwell Park RSL Club for their assistance.

Our centre will be closed for the Christmas and New Year break from the 21st December 2012 till **the 14th January 2013** however our children's services and vacation care program will be operating from the 7th to the 29th January 2013.

I wish to take this opportunity on behalf of all at KCAC to wish all our clients, supporters and community partners a very Merry Christmas and a Happy and safe New Year.

Anne Farah Hill

Chief Executive Officer

Pictured Above:

Anne Farah-Hill with Mr Mark Coure and Mr Andrew



KINGSGROVE EARLY CHILDHOOD CLINIC

Consolidation of the Child and Family Health Services over the Xmas period 22nd Dec 2012 till 27th Jan 2013 (incl).

For home visit bookings and enquiries please ring: 95221049 9am-4.30pm.

Clinic Appointments and Groups will be available at Hurstville Child and Family Health Centre.

Clinic appointments for newborns and urgent cases Ph: 95802150.

Breast Feeding Clinic by appointment only will be held at Possum Cottage Ph: 95407321

For essential Health Services please ring St George Hospital 91131111 or your GP.

MERRY CHRISTMAS AND A HAPPY NEW YEAR

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



Kingsgrove Community Aid Centre UP AND COMING EVENTS

December

- 19th December Seniors Combined Christmas Party
- 21st December CENTRE CLOSSES FOR HOLIDAY BREAK
- 25th CHRISTMAS DAY (Merry Christmas to all)

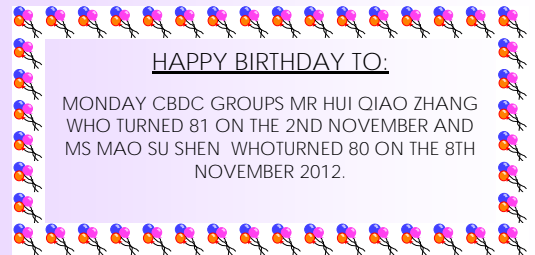
January

- 7th –25th January VACATION CARE PROGRAM
- 14th January CENTRE RE-OPENS FOR 2013
- 21st January AGED CARE PROGRAM RESUMES
- 26th January AUSTRALIA DAY

February

- 4th—8th February OOSH celebrates Chinese New Year.
- 4th Chinese CBDC Celebrates Chinese New Year
- 14th February VALENTINES DAY

For more information on any of our wonderful events please call the Community Centre on 91507823 Monday to Friday 9am-4pm.



A L L I E D H E A L T H P O D I A T R Y

We are currently taking more referrals for our Allied Health Podiatry Service. We offer home visits and Centre Based Podiatry for residents in the St George area who are over 65 or who are younger disabled. This service is only \$10 per visit. If you are interested, please call the centre on 91507823 for more information.



Congratulations KCAC



A big Congratulations to the Kingsgrove Community Aid Centre who won an award for Community Group of the Year on the 4th October 2012 at the St George Community Awards, in the presence of 400 community representatives and the Police Commissioner Mr Andrew Scipione. This year the event was hosted by State Member for Oatley, Mr Mark Coure. Congratulations to Ruth Poulton who has been a volunteer at KCAC for the past 5 years who also won an award for Older Person of the Year. We nominated Ruth for her much valued help and support to our centre.



Ruth Poulton has been involved with the Kingsgrove Community Aid Centre and has been serving the local community for over 10 years. She is an outstanding citizen who has devoted much time and effort in helping wherever she can and whomever she can, not only in the community centre but also at her local church and with her family and friends who are senior citizens themselves. Ruth can always be counted upon whenever someone is in need. Whether it be manning the front desk at the centre and helping staff out with anything they might need to running her friends around in her car for doctor's appointments, Ruth is always there to happily assist. Ruth is also a member of the management committee for the Kingsgrove Community Aid Centre. She attends all the meetings and contributes her valued ideas as she is also a part of the Centre Based Day Care Aged Care program at KCAC. She is a big support for the management and staff, even making coffee and bringing morning tea for everyone to share. During her time here Ruth has developed many skills in the office, as an old school senior citizen and with all the new technology around these days Ruth found it overwhelming in the beginning however with time she is photocopying, faxing, laminating and googleing like a pro.

Ruth has been volunteering for KCAC and helping out by assisting on the front reception and answering phones on a Friday mornings and any other time where she is needed. Ruth also helps out with the multicultural Centre Based Day Care groups whenever it is required, assists on the bus excursions etc. Ruth helps the Aged Care Coordinator to create the monthly programs by contributing her ideas on what the seniors need. She helps people to sign in when they arrive for the Gentle Exercise program that we hold on Monday's. We can always count on the wonderful obliging Aunty Ruth (as we call her) or her nick name "Lady Cutler."

Ruth has lost many dear old friends recently as they have passed on. She was always there for them. She would always visit them when they were sick in hospital or at the nursing homes, run any errands that they needed and gave moral support to their families. Ruth is a very giving and generous person, always happy to give her time and smile to everyone.

We're on the Web!

www.kcac.org.au





EXCURSION TO BEAUTIFUL BOWRAL

What a fantastic day the Out and About group had at the Bowral Tulips display on the 26th of September this year.

The seniors were delighted to see the vast array of colours and different varieties of tulips that covered the grounds.

On the way to Bowral, the bus stopped in Prestons for morning tea and then continued on the road to the Sothern Highlands. The weather was perfect for such an outing and the seniors were all in high spirits during the excursion.

The group enjoyed a scrumptious lunch from the café at the tulip gardens and spent time together in the wonderful surroundings until it was time to head back to Kingsgrove.

The Out and About group consists of the seniors groups combined and is a mixture of many culturally diverse backgrounds including Arabic, Chinese, Greek and many more. These long trips are a great day out for the seniors and are an important part of helping them to get to know each other, share and laugh together, and live an independent and happy life.

**'HELPING TO
RESOURCE
COMMUNITIES'**



MELBOURNE CUP DAY



The Kingsgrove CBDC Seniors had an exciting Melbourne Cup Day at Kingsgrove RSL Club on Tuesday 6th November. The group enjoyed a scrumptious lunch together before the big race and then watched as Green Moon made it first to the finish line. All who attended were in high spirits and congratulations to Betty for winning the Best Hat prize, Gurmeed for winning the lucky door prize and to everyone who won a bottle of wine for various competitions throughout the day, congratulations to you all.

'HELPING WITH SELF INDEPENDANCE'



Many Thanks to the Kingsgrove RSL for networking with Kingsgrove Community Aid Centre and making this day such a fun and entertaining experience for all.



National Nutrition Week 2012 was celebrated at KCAC on the 17th of October. Sydney from CRAGS Calvary Hospital came to the centre to discuss healthy eating and lifestyle with all who attended on the day.

NATIONAL NUTRITION WEEK

A healthy lunch was provided for everyone who attended and the day was a great success and much positive feedback was given about the presentation.

A big thankyou to CRAGS for coming to the centre and giving these important presentations which are very informative and educational for all that attended. CRAGS also did a presentation for Incontinence Week Earlier in June and Falls Prevention Week in April this Year. We look forward to more in 2013.

'CREATING AN INFORMED COMMUNITY'





HURSTVILLE OUT OF SCHOOL HOURS CARE

REMINDERS

VACATION CARE ENROLMENT FORMS AND PROGRAMS ARE AVAILABLE ON THE WEBSITE 4 WEEKS PRIOR TO VACATION CARE. PLEASE RETURN YOUR FORM IN BY FRIDAY 30th NOVEMBER.

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



September /October Vacation Care
All children had a great time in the School holidays.
The programmed vacation care activities were:

- Origami Craft and art work display.
- DS and cubby house day
- Mini Olympics sports day (Used our new Sports equipment)
- Clay modelling and painting day (all children made a masterpiece)
- Games day.

All children enjoyed their time socialising and playing with their friends
The programmed excursions were to

- Sydney Opera House and a picnic Lunch at the Royal Botanic gardens
- Lunch at Hungry Jacks Hurstville.
- Movies and Live show at Westfield Hurstville
- All children loved our combined excursion with Kingsgrove Vacation Care to the KCAC Disco Party with our Special guest TJ the DJ.

Due to Popular demand, our all time favourite AMF Bowling at Southgate is scheduled for the January School Holidays.

Hurstville Vacation Care January 2013

We will operate from 7th to 25th January at Hurstville public School. The Enrolment form and program is available on our Website. Excursion days are most popular. Some days are already full!

Excursions will be to:

- Picnic and play in Woodville Park
- Movies at Hurstville
- Happy Meal Lunch in Westfield
- Manly Sealife Sanctuary
- Madam Tussades at Darling Harbour
- Koala Park Sanctuary
- AMF Bowling
- KCAC Music Bus Party

**'HELPING TO
RESOURCE AND
EDUCATE
COMMUNITIES'**



Hurstville OOSH After School Care Sport Program
Term 3

The Kids had a great time playing Soccer on Wednesdays and Oz Tag on Thursdays
Term 4

Due to popular demand we booked Soccer in again on Tuesday. Neville Thorley from Basic Lifestyle and Defence, entertained the children with lots of fun games on the Friday afternoons.



VACATION CARE

The next Vacation Care period will commence on Monday the 7th January and will run until the 25th of January 2013.

FUN ACTIVITIES AND EXCURSIONS ORGANISED.



KINGSGROVE OUT OF SCHOOL HOURS CARE

The September/ October vacation care was a very busy and a fun filled program. The Children engaged in a number of different experiences both on excursions and at the centre. The places that we visited during the holiday program were:

- Putt Putt golf at Ermington
- A Picnic day at Homebush
- Golden Ridge Animal Farm at Dural
- Movies at Fox Studios and
- A combined party day at the KCAC centre with Hurstville Vacation Care.

At Putt Putt the children got into small groups and played two games of miniature golf. They all had loads of fun trying to get a hole in one. They all showed positive social skills and encouraged their peers to keep going.

At the picnic at Homebush the kids loved the new playground that they went to. It was our first time to visit this park. The children thoroughly enjoyed the various types of equipment that was there and loved their hotdog lunch treat.

Golden Ridge Animal Farm was a very fun and exciting excursion, although the bus ride was a bit long, once we got there the children absolutely loved feeding all the animals, holding them, milking the cow and learning about all the animals.

The movies are always popular and a favourite of the children. They got to pick the movie of their choice to watch while eating popcorn with their friends. They then got to have a play at Fox Studios.

Party Day at KCAC with Hurstville vacation care was amazing!! Oh how can we forget TJ the DJ..... The children loved all his tunes and most importantly they loved to bust a move. They also played heaps of musical games and shared many laughs with their peers.

Whilst on these outings not only are they for the children to have fun and get out, but they provide a number of opportunities for the children to further expand their skills and gain knowledge on a variety of different aspects of life. The Children responded in a positive manner to the 2 week program and made a number of new friends from other schools. During this period both the children and the educators maintained a happy and safe environment, which allowed us all to learn and most importantly have fun!

FOR MORE INFORMATION PLEASE CONTACT KATINA OR
CHERYLL ON 91507823.





CHINESE CBDC GROUP VISITS THE CALMSLEY HILL CITY FARM

The Chinese Centre Based Day Care group went on an outing to visit Calmsley Hill City Farm. The group had an educational and fun day out where they could touch and feed the animals such as the kangaroos, sheep and goats. The braver clients even had a turn of milking the cow. They saw the giant pigs and their piglets, had a ride on the tractor and all sat down and enjoyed a lovely picnic on the farm grounds. All of the clients enjoyed the day and the learning experience also. The group have had many good times at Kingsgrove Community Aid centre in 2012 and are looking forward to more fun activities and excursions planned for them in 2013.



'HELPING COMMUNITIES TO CONNECT AND PARTICIPATE'

ARABIC CBDC GROUP CELEBRATES LEBANESE INDEPENDENCE DAY

The Lebanese Independence Day, on November 22, 1943, is a national day celebrated in remembrance of the liberation from the French Mandate which was exercised over Lebanese soil for over 23 years. This year marks the 69th anniversary where Lebanon gained its independence from colonial power France after a 23 year rule.

On Wednesday 21st November, the Arabic Centre Based Day Care seniors group celebrated the Lebanese Independence Day at the Kingsgrove Community Aid Centre. On the day the group displayed traditional Lebanese costumes, antique memorabilia from Lebanon including the Arguelie a smoking device, vases and scarves, Belly Dancing (Dabkey) costumes to name a few.

A variety of different dishes full of traditional Lebanese food was shared and enjoyed by the group followed by dancing to joyful Lebanese music.



CHILDRENS DAY WITH THE PLAYGROUPS OF KCAC



The Family and Children's Services of the Kingsgrove Community Aid Centre held a special Children's Day for the Playgroups of KCAC. The activities that were planned for the children on the day included an animal farm, pony rides, train rides and lots of yummy food.

The children were able to touch and feed the animals and had a fabulous time doing it.



The event was organised by the Family and Children's services Coordinator, Rachel Gamboa.

The animal farm was provided by Kidz Zoo, Trackless Train, Pony Rides by Bonza and all the balloons by Party Biz. Many thanks to them for helping us to provide so much fun for the kids and their parents.



Playgroups run from Monday to Friday at Kingsgrove Community Aid Centre. For information please contact Rachel Gamboa on 91507823.



**'HELPING
COMMUNITY
TRUST,
RESPECT'**





POPPY PARTY POST NATAL DEPRESSION DAY



On Monday 19th of November, the POPPY Playgroup got together for Postnatal Depression Day. The activities were organised by the POPPY Playgroup coordinating committee who meet every Monday at the Kingsgrove Community Aid Centre. The day was fun filled with a BBQ lunch, jumping castle, balloons, face painting and bubble blowing. All of the children and parents who attended this fun day had a great time and enjoyed eating and socialising with one other while playing with their children and having lots of fun.

The POPPY Supported Playgroup was formed to support mothers who have a mental health issue, and their young children. The overall aim is to develop social connections, relationships between mothers and children and confidence in parenting. If you would like more information about this playgroup please contact Rachel on 91507823 on Friday's.



'A TRUSTING COMMUNITY'

KINGSGROVE ANNUAL GENERAL MEETING

On Wednesday the 7th of November Kingsgrove Community Aid Centre held their 2012 Annual General Meeting. Approximately 50 people attended this meeting where KCAC highlighted the achievements and activities that took place over the past year.



MID AUTUMN MOON FESTIVAL

7TH SEPTEMBER 2012



It was another colourful Opera extravaganza at the Kingsgrove Community Aid Centre on the 7th September to mark the Annual Chinese Mid Autumn Moon Festival. Our talented Chinese Activity and Opera Group rehearsed every Friday when they'd meet at the centre, and put together a fantastic show. Approximately 150 people from the local community of St George came to watch the performance.



Much time and effort was put into the makeup and costumes for the show. Moon cakes were given out to all who attended which is a traditional Chinese custom to mark the occasion.



Many thanks goes to all who were involved in organising the event and we look forward to another entertaining opera in 2013.



If you would like to join this group, please contact the centre on 91507823 Monday to Friday, 9am—4pm



'HELPING COMMUNITIES TO BE RESOURCEFUL'





IN MEMORY OF THE LATE GEORGE EL-ROWEIHEB A POEM BY RAMONA FOR HER FATHER

It was a sad moment for our Arabic CBDC group Coordinator Ramona earlier this year when sadly her father passed away. We give her our condolences from all the staff at Kingsgrove Community Aid Centre. The following poem was written by Ramona as a tribute to her late father.

*The Poem is for my dad, who passed away 40 days ago.
My dad who lives a million miles away,
And could not get to him in time to say goodbye.
Dad now you never say I'm leaving, you never say goodbye,
You were gone before I knew it,
The shock, the pain, the guilt that I feel inside.
A million times I'll miss you, A million times I'll cry.
It broke my heart to lose you, Without saying goodbye.
You didn't go alone for part of me went with you,
Things will never be the same and although it hurts so bad,
I will always be proud, because you were my dad.*



*The late George Nassim
El-Roweiheb*



Ramona Khoury

In memory of my dad who entered life June 3 1922 Lebanon
Entered eternal life 21 October 2012 Amaheine California
Resting Place Lebanon
Always in my heart. Ramona Khoury

RECIPE: SWEET POTATO BALLS WITH RED BEAN PASTE



This recipe was provided by Mrs Gui Zhen Xie and Mrs De Yi Zhang from our Chinese CBDC group.

Ingredients:

- White Sweet Potato
- Glutinous Rice Flour
- Red Bean Paste
- Coconut Flakes

Method:

1. Mix sweet potato with glutinous flour and knead gently until smooth. Add water if required.
2. Make small balls, scoop into a ball shape, and fill with 1 tbsp red bean paste. Wrap the dough into ball shape.
3. Cook in boiling water till they float up.
4. Toss the balls into the coconut flakes and roll around. The balls are now ready to serve.
5. Enjoy.

Community Information



TUESDAY

Wrapped in Angels

Wrapped in Angels is a therapeutic process that protects, nurtures and heals matters of both mind and spirit. Women acknowledge the love within themselves, reflecting the greatest light of all.

Time: 10:30am—12.30pm
Date: 16th, 23rd, 30th of October & 6th, 13th, 20th, 27th of November & 4th of December
Program runs for 8 weeks

Contact: Magda

Free child minding is available



TUESDAY

Splash Time with Mum

Swimming is a skill for life!

This program focuses on teaching your children the importance of safety in an aquatic environment, providing them with the skills they need to be safe in and around water, as well as enhancing social, emotional and physical health.

For Children 2 to 5 yrs old

Time: 11am—11.30am
Dates: 16th, 23rd, 30th of October & 6th, 13th, 20th, 27th of November & 4th, 11th, 18th of December
Program runs for 10 weeks

Where: Birrong Leisure Centre

Contact: Cassie



FRIDAY

Basic Car Maintenance

Learn Basic & Preventative Car Maintenance in a friendly and supportive environment.

A 6 week program including both theory and practical sessions to help you learn how to keep your car in safe working condition.

Time: 10.30am—12.30pm
Date: 19th, 26th of October & 2nd, 9th, 23rd, 30th of November

TERM 4 2012 PROGRAM

October—December

1 West Terrace, Bankstown

WEDNESDAY

Rent It Keep It



A training package developed by Housing NSW to equip people to obtain and sustain a private rental property.

Time: 10.30am—12.30pm
Date: 31st of October & 7th, 14th, 21st, 28th of November & 5th, 12th, 19th of December
Program runs for 8 weeks

Contact: ChristyPh: (02) 9709 2469

Free child minding is available

THURSDAY

Creativity Workshop



Learn different art and craft techniques with Suz, our Art Therapist.

Time: 11am—12:30pm
Dates: 18th, 25th of October & 1st, 8th, 15th, 22nd, 29th of November & 6th, 13th, 20th of December
Program runs every week

Contact: Liliane

FRIDAY

Swim Club



Swimming is a skill for life!

This program focuses on teaching your children the importance of safety in an aquatic environment, providing them with the skills they need to be safe in and around water, as well as enhancing social, emotional and physical health.

For Children 5 to 8yrs old

Time: 3.30pm—4pm
Dates: 19th, 26th of October & 2nd, 9th, 16th, 23rd, 30th of November & 7th, 14th, 21st of December
Program runs for 10 weeks

Where: Birrong Leisure Centre

Contact: Cassie



HOME POWER SAVINGS PROGRAM

SPRING INTO ACTION



With the weather warming up our energy habits change. Keep comfortable this Spring and save power and \$\$\$.

Here are some energy-saving tips to reduce your power bills and still keep you cool during Spring:

- use a fan instead of an air conditioner – they use considerably less power
- block out the sun using curtains, blinds or awnings where possible
- take advantage of the sun by hanging washing on the clothes line instead of using a dryer
- use door snakes and window seals to stop hot air coming in and cool air getting out
- use a thermometer to monitor your indoor temperature and adjust your fridge and air conditioner accordingly.

Door snakes, window seals and a thermometer are provided **FREE** in the Home Power Savings Program Power Savings Kit.

Check out more free and low cost energy efficiency tips at savepower.nsw.gov.au



Energy experts like Jim are trained to advise you on how to save power and \$\$\$

FREE HELP TO SAVE POWER AND \$\$\$



The NSW Government's Home Power Savings Program offers lower income households **FREE** help to reduce their power use and save money on their power bills.



Eligible lower income households get:

- a **FREE** In-home Power Assessment by an energy expert,
- a **FREE** Power Savings Kit, plus
- a **FREE** Power Savings Action Plan.

Call 1300 662 416 now to book a **FREE** In-home Power Assessment.

Eligible households =

| | | |
|--|---|---|
| | | |
| Centrelink Pensioner Concession Card | Centrelink Low Income Health Care Card | Department of Veterans' Affairs (Gold) Repatriation Health Card |
| | | |
| Department of Veterans' Affairs (White) Repatriation Health Card | Department of Veterans' Affairs Pensioner Concession Card | |

OR Be on a hardship assistance plan with your energy retailer
 Government or community housing tenant



HOME POWER SAVINGS PROGRAM
savepower.nsw.gov.au

Office of Environment and Heritage, Department of Premier and Cabinet.
59–61 Goulburn St, Sydney. Phone +61 2 9995 5000 (switch)
Fax +61 2 9995 5999 TTY +61 2 9211 4723
Email powersavings@environment.nsw.gov.au
Website www.environment.nsw.gov.au
OEH 2012/0747



Out Of School Hours Care

Provided by Kingsgrove Community Aid Centre Inc.



Kindly Caring for All our Community

SCHOOLS WE SERVICE

1. Hurstville Public School Forest Road Hurstville 2220
2. Kingsgrove Public School
 - Infants School- Caroline Street, Kingsgrove 2208
 - Primary School- Kingsgrove Road, Kingsgrove 2208
3. Our Lady of Fatima 51 Caroline Street, Kingsgrove 2208

We cater for Kindergarten to Year 6.

BEFORE AND AFTER SCHOOL CARE HOURS OF OPERATION:

BEFORE SCHOOL CARE

7am to 9am

AFTER SCHOOL CARE

3pm to 6pm

VACATION CARE HOURS OF OPERATION:

SCHOOL HOLIDAYS

7am to 6pm

A variety of craft, cooking, fun games and excursions are just a small part of the activities offered at Vacation Care.

Enrolment forms and event programs will be available 3 to 4 weeks prior to commencement of school holidays at the Before and After School Care Centre.

VACATION CARE TRANSPORT:

Private Bus or Walk to nearby/ local venues.

OOSH



BEFORE AND AFTER SCHOOL CARE AND VACATION CARE

WHERE: Bexley North Community Centre
54a Shaw Street, Bexley North and
Kingsgrove Public School, Kingsgrove Rd,
Kingsgrove (Primary School Site)

FEES AND CHARGES:

For Fees and Charges please contact the Kingsgrove Community Aid Centre on 91507823 or call Cheryl on 0407659766 for Kingsgrove OOSH or call Katina on 0418481358 or 95883960 for Hurstville

CHILDCARE BENEFIT IS AVAILABLE THROUGH CENTRELINK

Email Kingsgrove OOSH: koosh@kcac.org.au

P Playgroups at Kingsgrove Community Aid are fun and popular with the local parents.

L The St George **POPPY** Supported Playgroup is held on **Monday's 10am to 12pm.**

A This is a free group run at Kingsgrove Community Aid Centre. Morning tea is provided and transport is available for St George residents. There is also a pick up service from Hurstville station available for anyone coming from Sutherland.

Y The **KOORI** Playgroup operates on **Tuesday's.** This playgroup runs from 10am to 12pm.

G Every Wednesday General Public Playgroup. This group meets from 10am to 12pm and have lots of fun together.

R On **Thursday's** there is a playgroup at the centre run by Playgroup Association. 1pm to 3.30pm.

O The very successful Supported Playgroup for parents of children under 2 years old, runs every Friday 10am to 12pm.

U These families have a fabulous time singing, playing and doing art and craft. It's a wonderful environment for the parents and children to get together, have morning tea and bond with their children and other parents. If you would like more information on any of these groups, please call Rachel on 91507823 or email familyandchildrenservices@kcac.org.au





COMMUNITY CONTACT NUMBERS AND INFORMATION GUIDES

Emergency Services can be contacted on 000 for Police, Fire and Ambulance services.

NSW Police Force

POLICE ASSISTANCE LINE **131 444**
CRIMESTOPPERS **1800 333 000**

ST GEORGE POLICE

13 Montgomery St, Kogarah 2217
Phone: **8566 7499**

HURSTVILLE POLICE

36-38 Ormonde Pde, Hurstville 2220
Phone: **9375 8599**

CAMPSIE POLICE

58 Campsie St, Campsie 2194
Phone: **9784 9399**

Fire & Rescue Services

SES **132 500**

Local Councils

KOGARAH CITY COUNCIL

2 Belgrave St (Locked Bag 8),
Kogarah 2217
Phone: **9330 9400**

ROCKDALE CITY COUNCIL

2 Bryant St (PO Box 21),
Rockdale 2216
Phone: **9562 1666**

CANTERBURY CITY COUNCIL

Administration Centre, 137 Beamish St
(PO Box 77), Campsie 2194
Phone: **9789 9300**

HURSTVILLE CITY COUNCIL

Civic Centre, MacMahon St
(PO Box 205), Hurstville 2220
Phone: **9330 6222**

Department of Veterans' Affairs

The Department of Veterans' Affairs delivers government programs for war veterans, members of the Australian Defence Force, members of the Australian Federal Police and their dependents.

Tower B, 280 Elizabeth St, Surry Hills
Mail: GPO Box 9998, Sydney, NSW 2001
Phone: 9213 7777 Fax: 9213 7853

Veterans and Seniors Contact Numbers

| | |
|-----------------------------|---------------------|
| Carers NSW | 1800 242 636 |
| Seniors Information Service | 13 1244 |
| Alzheimer's Australia | 9805 0100 |
| Arthritis Foundation of NSW | 9857 3300 |
| Report a scam to Scamwatch | 1300 795 995 |
| Centrelink Seniors Services | 132 300 |
| St George Community Service | 8558 4000 |

Immigration

The Department of Immigration processes visa applications for people coming to Australia to visit or live temporarily, as well as those who want to apply for permanent residency and citizenship.

Phone: **131 881**
www.immi.gov.au

SYDNEY OFFICE:

Ground Floor, 26 Lee St, Sydney

MIGRATION HELP AND ADVICE

St George Migrant Resource Centre
552 Princes Highway, Rockdale
Phone: **9597 5455**

Immigration Advice and Rights
Centre

Phone: **9279 4300**
www.iarc.asn.au

Travel

TRAVELLING OVERSEAS

The government offers an online hub of information for people travelling overseas called Smartraveller.

Before going overseas, register your travel plans and subscribe to travel advice updates to receive the best support from the Australian Government when abroad.

www.smartraveller.gov.au

AUSTRALIAN PASSPORTS OFFICE

Phone: **131 232**
www.passports.gov.au
Sydney Office: Level 7,
26 Lee St, Sydney

Centrelink

Centrelink delivers a range of payments and services for retirees, the unemployed, families, carers, parents, people with disabilities, Indigenous Australians, and people from diverse cultural and linguistic backgrounds, providing services at times of major change.

Phone Self Service: 136 240

ONLINE www.centrelink.gov.au

ROCKDALE 75 Railway St, Rockdale

HURSTVILLE 430 Forest Rd, Hurstville

Australian Taxation Office

The Australian Taxation Office is the Government's principal revenue collection agency. It manages and shapes tax, excise and superannuation systems that fund services for Australians.

Business tax self-help: 13 72 26

Personal tax self-help: 13 28 65

In person: Centrelink Service Centre, 75 Railway St, Rockdale

Child Support Agency

The Child Support Agency provides financial and emotional support for separated parents necessary for their children's wellbeing.

Phone: 131 272

ONLINE www.csa.gov.au

SYDNEY: Building C, Level 1,

300 Elizabeth St, Sydney

PARRAMATTA: Level 3,
130 George St, Parramatta

Education

Learning Links

Learning Links is an Australian charity and non-profit organisation. Their purpose is to enable children with disabilities and learning support needs, and their families and communities, to realise their individual potential.

www.learninglinks.org.au

or Phone: 8568 8200

My School

The Federal Government's My School website provides access to school financial information, with comparable details for all government and non-

government schools as well as results for the National Assessment Program allowing users to follow trends in school performance over time.

www.myschool.edu.au

or Phone: 1300 895 563

Local TAFEs

St George College
TAFE NSW – Sydney Institute
Cnr Princes Highway & President Avenue, Kogarah

Phone: 9598 6200

My University www.myuniversity
Study Assist www.studyassist.gov.au

Children and Infant Services

Karitane

Phone: 1300 CARING (1300 227 464)

Mail: PO Box 241, Villawood, NSW 2163

Kid Spot

www.kidspot.com.au

Helplines

BREASTFEEDING HELPLINE

1800 686 268

PREGNANCY BIRTH & BABY HELPLINE

1800 882 436

KIDS HELPLINE

1800 55 1800

Public Health Contact Numbers

| | |
|-------------------------------|---------------|
| Poison Information Line | 131 126 |
| Life Line | 131 114 |
| Beyond Blue | 1300 22 4636 |
| Gambling Help (G-Line NSW) | 1800 858 858 |
| Australian Diabetes Council | 1300 342 238 |
| Heart Foundation | 1300 36 27 87 |
| Alcoholics Anonymous Helpline | 1300 22 22 22 |
| Cancer Council Helpline | 131 120 |
| Domestic Violence Helpline | 1800 656 463 |
| After Hours GP Helpline | 1800 022 222 |

Local Public Hospitals

St George Hospital

30 Gray St, Kogarah

Phone: 9113 1111

Calvary Hospital

91-101 Rocky Point Rd,
Kogarah

Phone: 9553 3111

Canterbury Hospital

575 Canterbury Rd,
Campsie

Phone: 9787 0000

Medicare

Medicare looks after the health of Australians through the efficient delivery of programs such as the Pharmaceutical Benefits Scheme, the Australian Childhood Immunisation Register and the Australian Organ Donor Register.

Phone: 132 011

NEAREST OFFICE

Suite 218B, Level 1,
Westfield Hurstville,
Cnr Cross St and Park Rd,
Hurstville



Regular Services

PODIATRY

Kingsgrove Community Aid Centre Offers a subsidised Podiatry Service to people who are over the age of 65 or younger disabled, living in the St George area.

- The Domiciliary Podiatry is available on Monday, Tuesday, Wednesday, Thursday & Friday between the hours of 9.30am - 4.00pm
- The Centre Based Clinic is offered fortnightly on Wednesday between 12.30pm and 2.45pm at the Kingsgrove Community Aid Centre, 30 Morgan Street, Kingsgrove.

Appointments are essential and can be made by phoning the Centre on (02) 91507823

Monday – Thursday 9am-4pm

FEES: Domiciliary Podiatry - \$10 Centre Based Clinic - \$10



PLAYGROUPS AND SUPPORT GROUPS

Come and join one of our playgroups here at the Kingsgrove Community Aid Centre, 30 Morgan Street Kingsgrove.

Monday: St George **POPPY** Supported Playgroup, 10am to 12pm

This is a free group run at Kingsgrove Community Aid Centre. Morning tea provided. Transport is available for St George residents or pick up from Hurstville station available for anyone coming from Sutherland.

Please contact Rachel Gamboa on 91507823.

Tuesday: Indigenous Australians Playgroup, run by the Early Childhood Services at our Kingsgrove venue, 30 Morgan St Kingsgrove, 10am to 12pm.

Wednesday: General Public Playgroup at the Kingsgrove Community Aid Centre, 10am to 12pm

Thursday: Run by Playgroup Association. 1pm to 3.30pm.

Friday: Supported Playgroup for parents of children under 2 years old, 10am to 12pm.

SUPPORT GROUP FOR PARENTS AND CARERS OF CHILDREN WITH AUTISM SPECTRUM DISORDERS: Thursday's on a fortnightly basis 10am—12pm at 30 Morgan St Kingsgrove.

For more information on any of our groups, please call us here at the Centre on 91507823. Mon – Fri 9am-4pm



KNITTING GROUP

Kingsgrove Caring and Sharing Knitting Group, meets every Friday, 10am to 2pm.

Come and join our knitting group, who are knitting garments to send to third world countries in association with WRAP WITH LOVE INC. Charity.

Attendance is open to all residence of Kingsgrove, Bexley North, Hurstville and surrounding suburbs.

Please contact us at the Centre for more information on 91507823.

Mon – Fri 9am-4pm



CENTRE BASED DAY CARE

Kingsgrove Community Aid Centre provides Centre Based Day Care for seniors over the age of 65 living in the St George Area.

Monday: A social group for Chinese speaking seniors.

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

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

Friday: An out and about group gets together for outings including long bus trips and shopping days. Several information sessions are held throughout the year on specific Fridays. Talks on issues like Senior's health, wellbeing and safety are provided by guest speakers.

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

A Senior's Newsletter is distributed on a quarterly basis. For more information please call the centre on 91507823.



FRIDAY CHINESE ACTIVITY/OPERA GROUP



Come and join our Chinese Activity Group. This group meets at 30 Morgan St Kingsgrove every Friday from 9.30am to 1pm

Activities involve playing mah-jong, opera singing and cooking. Open to all age groups.

For more information call the centre on 91507823

Mon – Fri 9am-4pm

FIRST AID COURSES

Kingsgrove Community Aid Centre runs First Aid courses for parents and/or carers of young children, once a month over two Fridays.

10am to 2pm, Lunch is included and babies are welcome to attend.

Subsidised course cost \$60, Bookings are essential. Participants will receive an accredited First Aid Certificate.

For more information please contact the centre on 91507823 Mon – Fri 9am-4pm.



EXERCISE CLASSES FOR SENIORS

Exercise Classes run At Kingsgrove Community Aid Centre for Seniors In the Hurstville, Beverly Hills, Bexley and Kingsgrove area.



11am – 12 noon On Mondays at 30 Morgan St Kingsgrove

Come along And join the fun exercise classes that are provided by trainers from the S.H.A.R.E organisation.

A Gold Coin Donation Is appreciated.

For more information please call the Centre on 91507823 Mon – Fri 9am-4pm

PRD

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PRD

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REAL ESTATE SPECIALISTS - SERVICING THE ST GEORGE DISTRICT



Ramsgate Beach

Ph: 9529 4666

207 Ramsgate Road Ramsgate Beach 2217

www.prdrb.com.au

Bexley North

Ph: 9502 2066

7 Shaw Street, Bexley North 2207

www.prdbn.com.au

Two Offices One Team

PROUD SUPPORTER OF THE
KINGSGROVE COMMUNITY AID CENTRE