



KINGSGROVE COMMUNITY
AID CENTRE INC.

*Serving the
Community
for 50 Years.*

ISSUE 38



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**

**WINTER NEWSLETTER
JUNE - AUGUST 2021**

A MESSAGE FROM THE CEO

*Dear participants, supporters and friends of KCAC,
Again, we find that we are in lockdown once more. The Delta strain has gone rampant and the State government has called for a total lockdown.*

We may have had to close our doors at the Community Centre and in all our other activity locations to comply with the State Health orders however we did not close our caring and our continued support reaching out to many of you who needed our help during these unprecedented times.

Our offices were still manned by a small team of staff to ensure that you can still communicate personally with someone in an emergency.

Other teams were strategized to work remotely still accessible to your needs if you needed someone to speak to.

We received many calls from some of our existing members of KCAC and from the general community looking for essential assistance as the lockdown restricted the movement of many who are seniors and who were not able to access shops for food and or essential items.

The added inconvenience for many seniors was the closure of Key banking institutions in Kingsgrove and in the surrounding suburbs which made it all the more difficult for those that are not familiar with technology or internet banking to access their money to purchase food etc.

Staff of KCAC embarked to provide daily phone calls to known members and to those that made contact with us and or were referred to us by other agencies and or from local politicians.

From the daily contact with our members and general community we were able to identify the needs requested

Continued page 2...

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



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UP & COMING EVENTS & DATES

<u>September</u>	<u>October</u>	<u>November</u>
TBA	TBA	TBA

and therefore set about supporting people with essential food and other necessities as far as our resources could stretch.

We contacted services NSW on a regular basis seeking assistance with food vouchers as well for those that needed the assistance.

As we learnt of the extended lockdown staff and I would continue to strategies to work technology to our favour and link with our members trough virtual means.

We mastered ZOOM, Weblink, Google Meet and Microsoft teams.

We learnt to be so creative delivering activities virtually and to keep our connection with our participant groups and with the community services sector.

It was an opportune time for myself to continuously represent the centre and our community at sector briefing meetings and those one-off meetings called by the varying government departments, at all times representing and advocating for the interest of our community's needs.

We connected with our family groups, mothers' groups, our seniors, our disability groups and our multicultural groups.

After lockdown we aim to embark on a project accessing our seniors and other vulnerable members of our community to learn to communicate with us via this technology.

I wish to thank the resilient staff of KCAC for their support and dedication and to the Board for their guidance and support during a difficult time.

We look forward with much optimism for the future of our organisation and for the community sector as a whole.

We learnt that locally based community organisations are the backbone of communities and those that governments can rely on when in a crisis.

I will end this with message to all our readers.

"Please support your local community centres and advocate for their existence to your local politicians on a regular basis.

Anne Farah-Hill,

OAM, CEO of KCAC



COVID-19 symptoms



Practise good hygiene



Practise social distancing



Stay home if you can

DISABILITY GROUP - BOLLYWOOD DAY



On Wednesday 2nd June 2021, our Disability Recreational Group enjoyed a Bollywood style, theme day. Beautiful Saris were donated to the centre for the group to dress up for the occasion. There was Bollywood music, Indian dancing, loads of laughter and some delicious butter chicken and naan bread for lunch. Sending a big thank you to Gurmeed Nelson and the Chand family for donating the beautiful Saris and jewellery.



COMMUNITY ENGAGEMENT EVENT - WALKABOUT REPTILES



KCAC held a community engagement event on Wednesday 9th June 2021, where we brought together families with young children and people with disabilities for an educational presentation with Walkabout Reptiles. The purpose of this event was fostering mutual respect for wildlife, the environment and each other while also celebrating the end of our successful MUSTER Program which comes to a close on 30 June 2021. The participants found the presentation educational and entertaining and they loved meeting all these interesting creatures. Thank you to Steve from Walkabout Reptiles for such a great day.

DISABILITY GROUP - MOVIE & POPCORN DAY



Wednesday 23rd June was movie and popcorn day at the centre for the disability recreational group. We had an Italian theme going for the day with the animated movie, 'Luca' on show and the participants enjoyed some delicious pesto pasta and garlic bread for lunch. Was the perfect activity on this cold winters day.



PARTICIPANT ZOOM CATCHUPS - DRESS UP DAY

What a fantastic time we had over zoom on Wednesday 25th August with the KCAC NDIS Participants, carers and staff. This day was dress up day where the theme was 'use your imagination' This made our weekly zoom catch up very entertaining. During the catch up we played some games together such as, guess the movie and charades. Our next dress up will be in September and the theme will be 1920s Great Gatsby.



During the covid lockdown we have made sure to keep in contact with the participants each week. Zoom has been a great way of staying connected but we are really looking forward to getting back into the centre for face to face activities.

If you would like to join our recreational activities group, please send an email to disabilityservices@kcac.org.au

HAMPERS FOR OUR DISABILITY PARTICIPANTS

KCAC mailed some activity packs to the disability recreational group participants to keep them occupied during lockdown. The pack contained a colouring book, crayons and pencils as well as some yummy treats. The packs were very appreciated by the group who love their colouring. We hope this keeps you all busy for a while until we can see you all face to face again in the future.



TOUCHING LETTER WRITTEN ON OUR FACEBOOK PAGE

To the team at Kingsgrove Community Centre, my name is Noeleen Lechner and my mother, Juliette Khoury is a regular client of the centre. She is part of the Wednesday Lebanese seniors group. I wanted to write this letter to you to praise and thank you for your continued amazing support of my mother during these very difficult times.

Covid lockdowns has caused so much anxiety for not only the seniors at your centre but for their families who are unable to see them due to LGA movement restrictions. Our family has been so concerned about our mothers mental health as we are in LGAs that do not afford us the freedom to see her in person and we rely purely on phone calls for contact.

The care and love your team has shown my mother during this long lockdown, in particular Faten, Gurmeed and of course Anne has ensured my mothers spirits have been kept high and has given my siblings and I comfort that her mental and physical well being is a priority for you. The weekly phone calls in the past 3 months and the absolute surprise and delight she received when the driver delivered the very generous gift of 2 x large bags full of essential groceries has shown us that your centre and team are willing to go above and beyond to support the local community and the elderly citizens within it.

At a time when there is so much negativity, your team have brought positivity and hope and on behalf of my siblings and I (and of course our mother who looks forward to her weekly calls and will hopefully soon be able to resume to her weekly outings), we thank you for your kindness, love and support.

You truly are a team of superstars!

Noeleen Lechner

COVID LOCKDOWN ASSISTANCE FOR OUR SENIORS



KCAC Aged Care staff delivered some food hampers to our senior consumers during August in lockdown. The seniors were very grateful. We received many messages of thanks, here are some below:

Mr Natoli: "Thank you so much for the My Care package. Your thoughtfulness for me is a gift of treasure that someone is thinking of me and I really appreciate all the phone calls and support from the staff (Ms Nelson), during lockdown checking on my wellbeing. My heart is touched by the humble kindness from KCAC staff."

Mrs Briscas: "Thank you for the bags they are beautiful. You are very kind. Thank you so much".

Mrs Holman: "Thank you for the beautiful bags. What a wonderful surprise. Just what I needed. Thank you so much".

Mrs Dangers: "Thank you for my bags, I have already eaten the chocolate! Thank you so very much for thinking of me. very appreciative".

Mrs McDermott: "I am so grateful and very appreciative of the package and all the phone calls and support I am receiving during the COVID lockdown in the past three months. This is the best thing that has happened to me during this lockdown from anyone. I am so grateful that the staff have linked my calls together with my friends from the social support group."

Mrs Petrakis: "Hi Gurmeed, I would like to thank you for your very much for your kindness and for the beautiful stuff. Thank you again. Thank you very much."

Mrs Harris: "Thank you so much for the beautiful gift. That was so wonderful. A lot of people don't know about you and if they did they would all want to be with you. You are so wonderful. I tell everyone about you. In case you don't get a note, I want you to thank you for everything you do. Thanks Gurmeed. Love you"

Mrs Goodson: "I really appreciate all the stuff and I am going to try the Up and Go and see how it will help her with my appetite. Thank the staff so much for bringing the bags and appreciate everything that everyone does. Thank you Gurmeed for calling and checking on me and giving me advice.

Mrs Geha: "Thank the staff and the Management for sending her the care package. Thank all the staff for supporting her during this COVID and I will try doing some of the puzzles and colouring in to keep myself busy."

Mrs Holeman: "Now I want to thank everyone, Gurmeed, everyone from the Centre you are absolutely marvelous, it felt like Christmas, it was lovely. Thank you all so very very much. I love you all. It was absolutely lovely. I thought I would get a chocolate and it was fabulous and that book is absolutely marvelous."

HEALTHY RECIPES TO COOK AT HOME

Spinach Artichoke Pasta Bake

INGREDIENTS

- Onion.
- Garlic.
- Butter.
- Spinach. I used fresh but you can use frozen too. Just allow to thaw and squeeze out excess moisture.
- Cream. Heavy/whipping.
- Sour cream.
- Cornstarch mixed with milk.
- Artichokes.
- Parmesan cheese.
- Mozzarella.
- Lemon juice.
- Salt and pepper.
- Pasta. I used fusilli but any short pasta will work 300 g Arborio rice
- 1 radicchio or 2 red chicory
- 300 g cottage cheese
- 15 g Parmesan cheese



INSTRUCTIONS

- Make the sauce: Saute onions and garlic in butter over medium high heat until soft and translucent. Add chopped spinach then cook until wilted. Pour in the cream, sour cream and cornstarch mixed with milk. Allow to simmer for 5 minute then add the chopped artichokes, Parmesan cheese, lemon juice, salt and pepper.
- Cook the pasta and combine with the sauce: Cook pasta (fusilli, penne pasta, rigatoni or ziti) in a large pot of salted boiling water until al dente. Add cooked pasta to the sauce and stir to coat the pasta. Transfer the pasta to a baking dish and top with grated mozzarella cheese.
- Bake: Place in the oven and allow to bake until golden brown and bubbling. Remove from the oven and allow to stand for 5 minutes before serving.

HOW LONG TO BAKE PASTA

If using pre-cooked noodles, pasta bake needs to bake for approximately 20-25 minutes until golden brown and hot throughout. If using raw noodles or pasta, bake for 30-45 minutes until the pasta is cooked through.

CAN YOU FREEZE PASTA BAKE

Pasta bake freezes really well. Assemble pasta bake in foil containers (they freeze perfectly and can go from freezer to oven) then cover with a layer of parchment paper and wrap well with foil. Freeze for up to 4 months and bake directly from frozen until golden brown and bubbling.

THESE 2 RECIPES ARE BROUGHT TO YOU FROM SIMPLY DELICIOUS WWW.SIMPLY-DELICIOUS-FOOD.COM

Easy Blueberry Muffins

INGREDIENTS

- Oat flour. I make my own oat flour by blending rolled oats in my blender but you can use store-bought too.
- Eggs.
- Blueberries. I used frozen but you can use fresh blueberries too.
- Oil. Canola (preferred) / Coconut / Vegetable.
- Bananas.
- Brown sugar. I used unrefined brown sugar but coconut sugar or Xylitol can also be used. Honey and maple syrup will result in the muffins being sticky and chewy.
- Baking powder.
- Salt.
- Vanilla extract.

INSTRUCTIONS

Make the batter: Place oat flour, baking powder, salt and unrefined sugar into a large mixing bowl. With a fork, mash bananas and add to the bowl along with eggs, oil, vanilla extract and blueberries. Gently fold the wet ingredients into the dry ingredients until just combined.

Bake: Spoon the muffin batter into a lined muffin pan then top each with a few fresh blueberries (optional). Place in the oven and allow to bake for 20-25 minutes until the muffins have risen, are golden brown and a toothpick inserted comes out with moist crumbs. Remove from the oven and allow to cool for at least 10 minutes before serving.

CAN YOU USE FROZEN BLUEBERRIES IN MUFFINS?

Yes, frozen blueberries work very well in muffins. In fact, I prefer using frozen blueberries as I feel they are more consistent in flavor and I know they work well every time.

HOW TO STOP FRUIT FROM SINKING IN MUFFIN BATTER

Coating fruit in a few teaspoons of flour before folding into muffin batter will prevent them from sinking when baking. This batter is a little denser due to the oat flour so I didn't feel the need to coat the blueberries in flour but you certainly can if you prefer.





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.**

**FEEES NEED TO BE KEPT UP
 TO DATE.**

**PLEASE CHECK OUR
 WEBSITE FOR ENROLMENT
 FORMS AND PROGRAMS.
 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 winter vacation care program was so much fun and full of educational and creative activities. Our themes for the June/July Holidays were Christmas in July for the first week and in the second week we celebrated NAIDOC week with lots of aboriginal themed arts and craft activities. We made these holiday activities extra special for the children by programming lots of special in centre day activities and games. The vacation care program included a mini market day, cooking day, arts and crafts day, Xmas in July, Karaoke disco and Talent show, cubby house day, scavenger hunt and sports day, construction day and nature walks and nature craft. Everyone had lots of fun and the children had the opportunity to develop their social skills, maths skills, team work, gross motor skills and hand eye coordination.

In Term three the children were involved in special programmed activities including, science week, book week, Mini Olympics day, Father's day craft and RUOK day. The small group of children attending our service during the term three lockdown period have developed a close friendship and formed a wonderful and caring relationship with the each other and the Hurstville OOSH Educators.

We are all looking forward to our Spring vacation care program which will be held from Monday 20 September to Friday 1 October.

I hope you are all keeping well and staying safe

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 VACATION CARE PROGRAM

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



HURSTVILLE OUT OF SCHOOL HOURS CARE - VACATION CARE
 PROGRAMME LOCATION: Hurstville Public school, Forest Rd Hurstville
 OPENING HOURS: Monday to Friday - 7am to 6pm

ON EXCURSIONS AND IN CENTRE DAYS PLEASE BRING SUN HAT, COMFY SHOES, PACKED LUNCH UNLESS OTHERWISE STATED ON THE PROGRAM.
VACATION CARE FEE IS \$50 PER DAY
 Excursions & Incursions are an extra cost. (NO EXCURSIONS DURING LOCKDOWN)

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

Please bring morning tea, lunch, water bottle and hat each day. Must wear closed shoes.

WEEK ONE	20 September to 24 September	2021	WEEK TWO	27 September to 1 October	2021
MON 20 Sept	IN CENTRE DAY—GARDENING AND CRAFT DAY Begin the day with a nature walk, followed by nature art using Recycled material and materials collected from the environment. Craft includes sock puppets, painting pet rocks, grass head monsters and planting & gardening.	\$50 Bring lunch	MON 27 Sept	IN CENTRE DAY—ELECTRONICS AND PYJAMA DAY Make your own popcorn, bring your pajamas, comfy pillow and blankets and watch your favorite movie or bring in your favorite boardgame or electronic games to play. Please make sure any personal items brought in to the Centre for the program are clearly labelled with your child's name	\$50 Bring lunch
TUE 21 Sept	IN CENTRE DAY DAY—CLAY MODELLING CRAFT DAY Make a masterpiece using air drying modelling clay. The children will have the opportunity to show their artistic talent and develop their fine motor skills. Afternoon activity: Beading or board game challenge.	\$50 Bring lunch	TUE 28 Sept	IN CENTRE DAY - MINI MASTERCHEF DAY Come and join us and learn how to make a delicious lunch and afternoon tea. The children will learn team work and basic cooking and food preparation skills. Afternoon activity: Music and Lyrics	\$50 Lunch provided
WED 22 Sept	IN CENTRE DAY—PAINTING DAY Lets get creative and Paint a portrait on canvas. The children can relax, use their imagination and have fun. Afternoon Activity : Bingo Challenge	\$50 Bring lunch	WED 29 Sept	IN CENTRE DAY — SPORTS DAY AND SCAVENGER HUNT Join us in some fun sport activities including sack races, relay races and a scavenger hunt! Prizes for the winners. Afternoon Activity :Chalk art	\$50 Bring Lunch
THU 23 Sept	IN CENTRE DAY—PICNIC AND GAMES DAY Enjoy the outdoors with a picnic and fun outdoor games including Parachute games, water games, bubble blowing activity, Kite making and more. Please bring picnic food for this day. Afternoon Activity: Free choice	\$50 Bring lunch	THU 30 Sept	IN CENTRE DAY-MINI MARKET DAY Set up stalls to buy & sell items using special vacation care money. The children will have the opportunity to develop their social skills & math skills. Morning tea is included. Afternoon Activity: Scrap booking	\$50 Bring lunch
FRI 24 Sept	IN CENTRE DAY—ARTS & CRAFT AND UPCYCLING DAY Construction day using materials collected from the environment, and recycling material. Children will have the opportunity to learn about the 3 Rs (Reuse, Recycle, Reduce).	\$50 Bring lunch	FRI 1 Oct	IN CENTRE DAY—PARTY DAY Come and join in the fun with a Karaoke Dance Party. Dress up in your favorite costume and Join the Talent show. Best performance and costume wins a prize! Followed by party games	\$50 Lunch provided
Please Note : For art days smocks are provided but children may bring their own. Children are not to share their own food.					



Gardening Day



Afternoon Tea



Birthday Celebration



Mini Olympics



After School Fun



Art & Craft Day

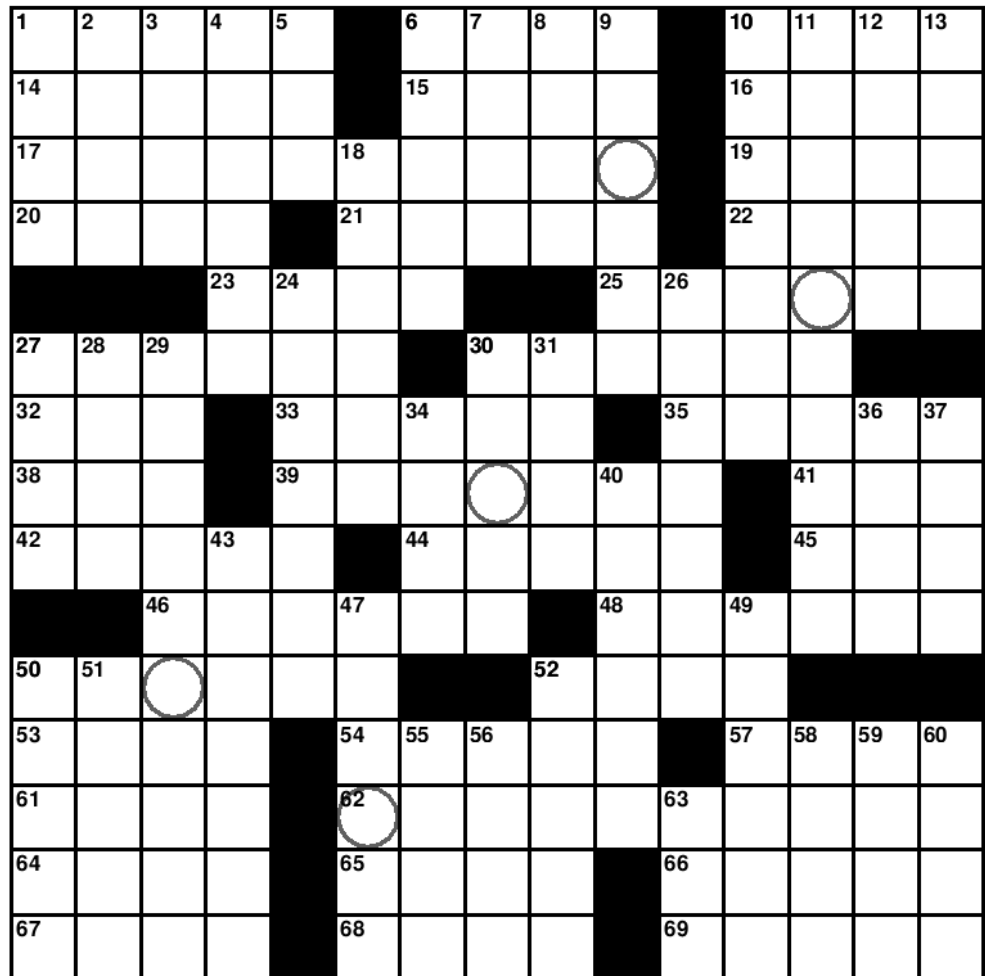
KEEP YOUR MIND ACTIVE - TRY THIS CROSSWORD

Gather Round

Robert Stockton

ACROSS

1. Like this clue
6. 1080i or 720p format
10. Road in a Brit's headline
14. Somewhat
15. "... ____ saw Elba"
16. "Alas!"
17. Part of BART
19. Mangal monarch
20. A team that might pull for you
21. DIY network tip
22. Recipe directive
23. Singer Campbell
25. Applies a salve
27. Big band boss Jimmy
30. Early front-wheel drive VW
32. Quiet end?
33. Podium groupings, perhaps
35. Erstwhile candidate Perot
38. Et ____ (footnote abbr.)
39. Make more aware
41. PATRIOT act attorney John
42. A heavy lepton
44. Broadcast again
45. Down's partner
46. Pressed
48. Wall-mounted models?
50. Show reluctance
52. Radius neighbor
53. Lena or Ken of film
54. Loon
57. Adam and Eve's diner destination
61. Trudge
62. Gather for story time, and the theme of this puzzle
64. One of four on a fork
65. Fleecy females
66. Ballot box bundle
67. Cong. gathering
68. A king's downfall, perhaps
69. Word with sock or shop



© 2008

DOWN

1. Baccarat alternative
2. Format for big movie releases
3. Post-green and pre-brown, perhaps
4. Narc's ops
5. Ex-senator Stevens of Alaska
6. Bittern kin
7. Shootout shout
8. Word with oxygen or pup
9. Underpopulated stadium section, often
10. Almond/nougat/caramel treat
11. "Yeah, and so?!?"
12. OB test
13. Pine
18. "____ Playing Our Song"
24. Reply to "Shall we?"
26. Herald
27. Word with pixie or angel
28. Ancient theaters
29. Purchasing department forms
30. Hypothesized
31. Korea's continent
34. Memo starter
36. "Du jour" item
37. Booze brothers?
40. Sealed sandwich bag brand
43. Sunkist fruits
47. "Times" tidbit
49. Like a bigot's mind
50. They may be heavenly
51. J.R.'s mom in "Dallas"
52. Tsar's edict
55. Sanyo competitor
56. Technology web site acquired by CBS in 2008
58. Entr' ____
59. Word with collar or circus
60. Beta release, e.g.
63. ER drips

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)

KEEP YOUR MIND ACTIVE - TRY THIS WORD SEARCH

Australian Cuisine



Anzac Biscuits

Banana Puffs

Bandicoot Soup

Chile Beer Damper

Coconut Ice

Curried Mussels

Damper

Date Pudding

Dinkum Chili

Emu Fillet

Fruity Seafood

Jolly Jumbuck

Kangaroo Kebabs

Kangaroo Escalopes

Kangaroo Tail

Marshmallow Snowball:

Meat Pie

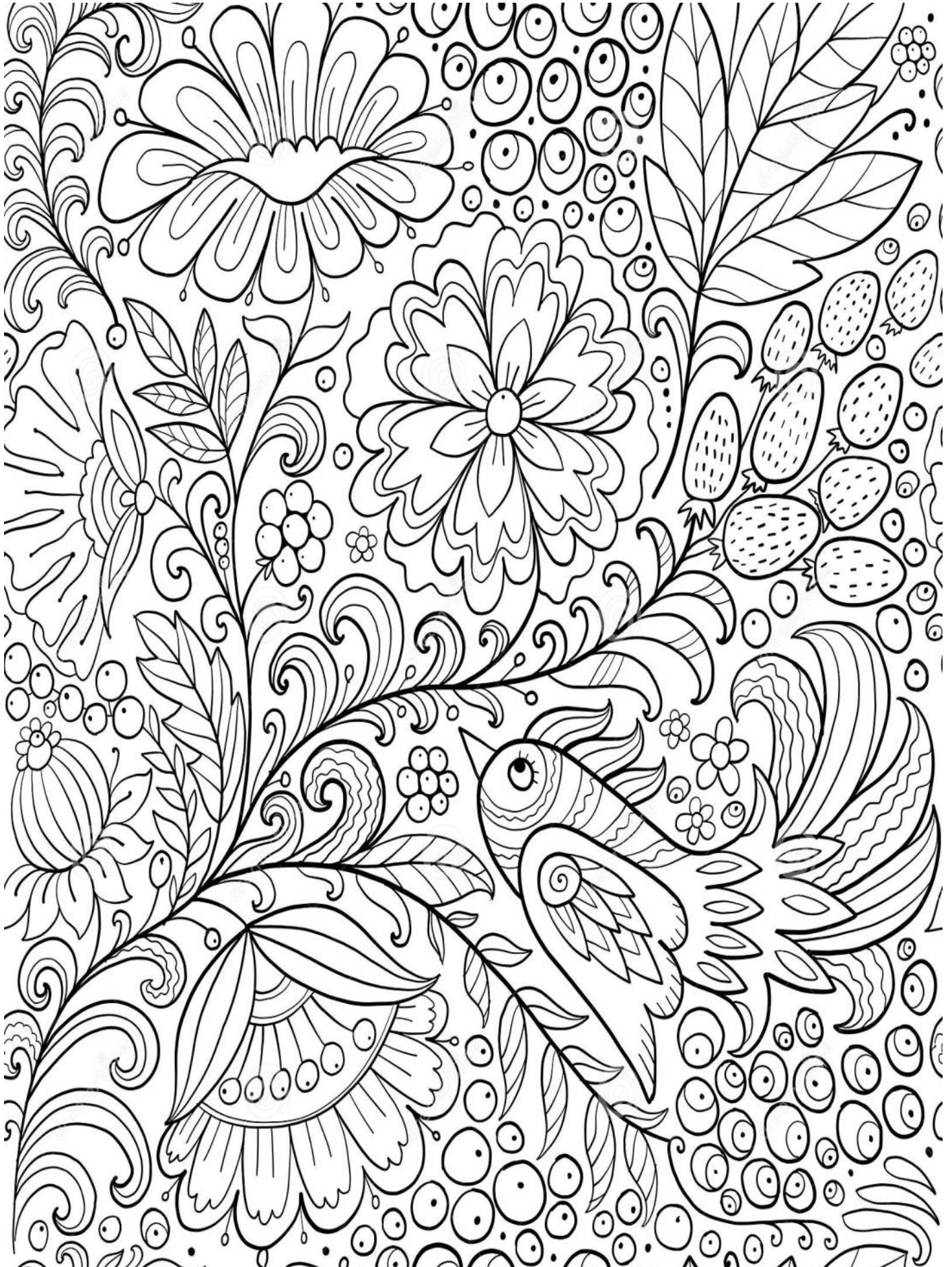
Mice

Octopus Salad

Poached Rabbit

Pavlova

COLOURING ACTIVITY



INFORMATION ON ACCESSING FINANCIAL ASSISTANCE

Whilst lockdowns, due to Covid-19, are difficult... information on the financial support available is often confusing. This information is evolving all the time, so checking the www.servicesaustralia.com.au is the best idea. If you require assistance navigating the site, contact Kim in the KCAC office and leave your number... she'll give your contact details with me and I'll try to answer your questions.

When you logon to the site, select your state. There is a Covid-19 Disaster Payment available to financially assist you with two options:-

If you don't get a Centrelink payment (Who can get it, what locations are in lockdown, how much you can get, how to claim and how to advise of any changes to your circumstances. All these options will appear when you choose this option.

If you do get a Centrelink payment (Who can get it, how much you can get and how to claim) Remember, eligibility is important. If you claim a payment and you aren't eligible, you will be required to repay those funds.

One off support payments are also available depending on your situation and the eligibility rules vary for each payment. There is a section on the website entitled, If you need a payment. Here, it gives you the rules which apply to each circumstance. There are Disaster payments, crisis payments and special circumstances payments to help you through this financially challenging time.

It is confusing and it will take time to understand, but if you need help contact Kim in the office and she'll give me your details so I can contact you and help.

Michelle

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

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



WELFARE DIRECTORY PRODUCED BY KCAC



Helpful numbers to call during Covid-19

Emergency police and ambulance: 000
National Coronavirus Helpline: 1800 020 080 for help seeking information on coronavirus, operates 24/7
Health Direct Hotline: 1800 022 222
Lifeline: 13 11 14 for crisis support
Kingsgrove community Aid Centre: 9150 7823 OR After hours number: 0402 443 763

Local hospitals

St George Hospital: (02) 9113 1111, open 24/7
Canterbury Hospital: (02) 9787 0000, open 24/7

Local Medical centres

Blue Cross Medical Centre: (02) 9554 4070, open 7am-10pm
Hurstville Medical Centre: (02) 9580 7233 open, 8am-6pm

Additional support

Services NSW

Phone: 13 77 88

Website: <https://disasterassistance.service.nsw.gov.au/covid>

Details: Can complete questions to find out what services you may be eligible for.

Askizzy

Website: <https://askizzy.org.au/>

Details: Service finder to find out services available in local area. Need to type in suburb or post code and the site will search for services.

Kingsgrove Community Aid Centre - One Call Away Program

Website: <http://www.kcac.org.au/wp-content/uploads/2020/02/2020-One-Call-Away-Seniors-program-L.pdf>

Phone: 9150 7823 OR 0402 443 763

Details: Telephone support for housebound seniors who feel isolated

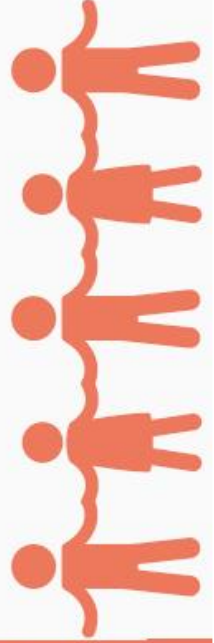


KINGSGROVE COMMUNITY AID CENTRE INC.



Welfare directory

Kingsgrove Community Aid Centre acknowledges the additional challenges many are facing due to the Covid-19 pandemic. A list of organisations have been provided that are offering support to community members.



WELFARE DIRECTORY PRODUCED BY KCAC

The Kogarah Storehouse

Address: 16-18 Gray St, Kogarah, NSW 221
Phone: (02)9587 5761

Website: www.kogarahstorehouse.org.au

Details: Provides Emergency Food Parcels (by appointment only). To book =, text 0476868283 full name, address, contact number, and Centrelink Reference number. Confirmation message will be sent with pickup date and time.

Foodbank

Phone: Ph: (02) 9756 3099

Website: <https://www.foodbank.org.au/?state=nsw-act>
Email: office@foodbanknsw.org.au

Details: Offering crisis hampers for people who have tested positive or are in isolation due to public health orders. Elderly can be assessed based on situation. Need to call or email with name, address, phone number and situation.

Woolworths

Phone: 1800 000 610 (customer service)

Website: <https://www.woolworths.com.au/shop/discover/priorityassistance>

Details: Offering priority assistance (delicate delivery windows). Need to create Woolworths account and fill in form including supporting information via website (link above). After the 1st step is done, one of the team members will contact the customer within 24hrs to confirm the request. Depending on the items ordered delivery charges are applied.

Greenacre Area Community Centre

Address: 87 Waterloo Rd, Greenacre NSW 2190
Hours: Friday from 10.30am-12.20pm

Phone: (02) 9750 7982

Website: https://www.gacc.org.au/programs_and_services/food-hamper-drive-thru/

Details: Offering a food share drive thru. Need to call to make an appointment and will be provided with a registration form to assess when eligible.

Metro assist

Phone: (02) 8709 0200 or 8789 3744

Website: <https://www.metroassist.org.au/our-services/financial-inclusion/relief-assistance.htm>

Details: Offering food vouchers based on the individual's situation. An appointment needs to be made via phone to access eligibility. Need to provide ID, bank statements, Centrelink or other payment statements. Address must match on all documents.

Salvation Army

Phone: (02) 9570 2617 or 1300 371 288

Website: <https://www.salvationarmy.org.au/contact-us/>

Details: Offering financial assistance, food vouchers or gift cards based on the individual's situation. Need to call organisation to conduct assessment, providing name, address and situation.

The Staples Bag

Address: 449 Canterbury Rd, Campsie NSW 2194

Hours: Open 9am-5pm Mon- Fri 9am-2pm Sat-Sun

Phone: (02) 9787 6832

Website: <http://www.thestaplesbag.org.au>

Details: Provide affordable groceries with no strict eligibility. Offers three different bags: standard bag \$20, family bag \$30 or vegetarian bag \$15. Wear face mask and check in.

One Meal Kingsgrove

Address: Clune Centre, 89 Shaw St, Kingsgrove NSW 2208

Hours: Weekly on Wednesday, From 5:00pm - 5:45pm

Website: <https://www.onemeal.org.au/kingsgrove/>

Details: Offering pre-made takeaway meals. No eligibility criteria. Obliging to Covid-19 restrictions, no gathering and face masks.

Organisation: Oz Harvest

Address: Lakemba Senior Citizens Centre, Cnr The Boulevard & Croydon Street, Lakemba NSW 2195.

Hours: Open every Tuesday (11am-2pm), closed public holidays.

Phone: (02) 9516 3877

Website: <https://www.ozharvest.org.au/hampers-hub-lakemba/>

Details: Offering food relief hampers, including pantry items and fresh produce. Temporarily have a hamper Hub in Lakemba which will be open until the end of September (may be extended). No requirements needed to access service. However, required to wear face mask and to check in (bring photo ID). Queue to be expected.

Bill Crews foundation – Exodus foundation

Phone: (02) 8752 4600

Website: <https://www.billcrews.org/>

Details: offering food vouchers and sometimes food parcels for community members struggling to access or afford food. Required to ring up and organise an appointment to assess if eligible to received voucher of parcel.

Settlement Services International

Phone: (02) 8799 6700

Website: <https://www.ssi.org.au/>

Details: Offering food packages for people who have lost their jobs, income or having a difficult time because of Covid-19. Required to call service and provide name, date of birth, phone number and address to access food package.

Addison Road Community Organisation

Address: Addison Road Community Centre, 142 Addison Road, Marrickville, Hut 1

Hours: Monday-Friday 12-4pm

Phone: (02) 9569 7633

Website: <https://addiroad.org.au/the-food-pantry/>

Details: Offering food relief hampers for people who live within the area. No referral process. However, required to wear face mask and sign in to centre.

KCAC MENTAL HEALTH SUPPORT FOR STRUGGLING MUMS

CURRENTLY RUNNING VIA ZOOM & WHAT'SAPP.

Please contact us to join in by emailing poppyplaygroup@kcac.org.au

POPPY PLAYGROUP

PARENTS OPPORTUNITY TO PARTICIPATE IN PLAY WITH THEIR YOUNG
A FREE SUPPORTED PLAYGROUP FOR MOTHERS AND THEIR CHILDREN



POPPY is a FREE supported playgroup run by the Kingsgrove Community Aid Centre in partnership with Stride and supported by South Eastern Sydney Local Health District. It is led by qualified facilitators and specifically for mothers who are experiencing emotional distress or mental health challenges. The playgroup is open to mothers from all areas, however priority is given to those residing in the St George area.

Meet other mums, share your experiences, learn to have fun with your children in a safe and welcoming environment.
A healthy morning tea is provided.

Mondays, 10.30am till 12.30 pm

Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove.

For more information contact 9150 7823 or drop into the centre.

Mon – Fri 9am-4pm or Email us on: admin@kcac.org.au

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

If you feel you are not coping with the world you are
welcome here • 欢迎 • dobrodošli • أهلا بك

STRIDE For better mental health



KINGSGROVE COMMUNITY
AID CENTRE INC.



Health
South Eastern Sydney
Local Health District

UP & COMING EVENTS

Kingsgrove Community Aid Centre Inc.

is hosting a
special guest visit by

Kris's Feathered Friends

Wednesday 1st December 2021

Time: 10.30am
Venue: 30 Morgan St, Kingsgrove
Cost: FREE

Come along and meet Krissy and her beautiful feathered friends at the Kingsgrove Community Aid Centre.

Registration is essential. Limited places available for Covid Safety.
To register or for more information please call
9150 7823 by the 1st July 2021.



**Kris's
Feathered Friends**

Krissy and her display of spectacular birds is sponsored by Southern Cross Funeral Directors.

**Southern Cross
Funeral Directors**



www.kcac.org.au

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



KCAC INC. DISABILITY SERVICES

KCAC INC. DISABILITY SERVICES

Giving you Life skills to help you stay engaged and independent.

Morning tea & lunch is included with our program!

Group Based Recreational Activities

- Art & Craft
- Cooking
- Music
- Dancing
- Exercise classes
- Bingo
- Gardening
- Excursions
- Podiatry
- Information Sessions



It's up to you how you would like to get involved or what you would like to learn.

Learn daily living skills, meet new people, feel more connected to your community & have fun in a safe, accessible environment!

Call us today on 9150 7823



KINGSGROVE COMMUNITY
AID CENTRE INC.

kcac.org.au



KCAC INC. SERVICES

GENTLE EXERCISE CLASSES

FOR SENIORS OVER 65 PROVIDED BY KCAC INC.



Provided over 2 sessions due to Covid restrictions on Thursday
starting 11th February - 15th April 2021

Session 1: 9.30am till 10.30 - payments needed in advance

Session 2: 10.30am till 11.30am - flexible payment option

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

Booking is Essential. A small fee 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: cbdc@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.



KINGSGROVE COMMUNITY
AID CENTRE INC.

www.kcac.org.au

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



KCAC INC. MUSTER PROGRAM

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

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

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



KCAC INC. SERVICES

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

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.



KINGSGROVE COMMUNITY
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www.kcac.org.au

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



KCAC INC. MUSTER PROGRAM

FIRST AID COURSE

FOR PARENTS AT KINGSGROVE COMMUNITY AID CENTRE INC

+medilife



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.



KINGSGROVE COMMUNITY
AID CENTRE INC.

www.kcac.org.au

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



NOW ENROLLING AT HURSTILLE OSHC

HURSTVILLE OUT OF SCHOOL HOURS CARE PROVIDED BY KCAC INC.

CALL US TODAY! 9150 7823 OR 0418 481 358



Out Of School Hours Care provided at:
Hurstville Public School Forest Road
Hurstville 2220 (on School site)

We cater for children Kindergarten to Year 6.

Before & After School Care Hours:

- BEFORE SCHOOL CARE – 7am to 9am
- AFTER SCHOOL CARE—3pm to 6pm

Vacation Care Hours:

- 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.

Vacation Care enrolment forms and event programs will be available 3 to 4 weeks prior to commencement of school holidays at the Care Centre and on our website. (kcac.org.au)

Hurstville OOSH provides a Homework Help program each week as well as a program for children with special needs.

Vacation Care Transport:

Private Bus or Walk to nearby/ local venues.

Fees & Charges:

For Fees and Charges please contact the Kingsgrove Community Aid Centre on 91507823 or call Katina on 0418481358

Email: hoosh@kcac.org.au

The Before, After School & Vacation Care program at Hurstville Public School is provided & run by the Kingsgrove Community Aid Centre Inc.

As we are a registered and accredited service, Childcare Subsidy is available through Centrelink.

NATIONAL QUALITY FRAMEWORK (NQF) RATING - MEETING IN ALL 7 QUALITY AREAS



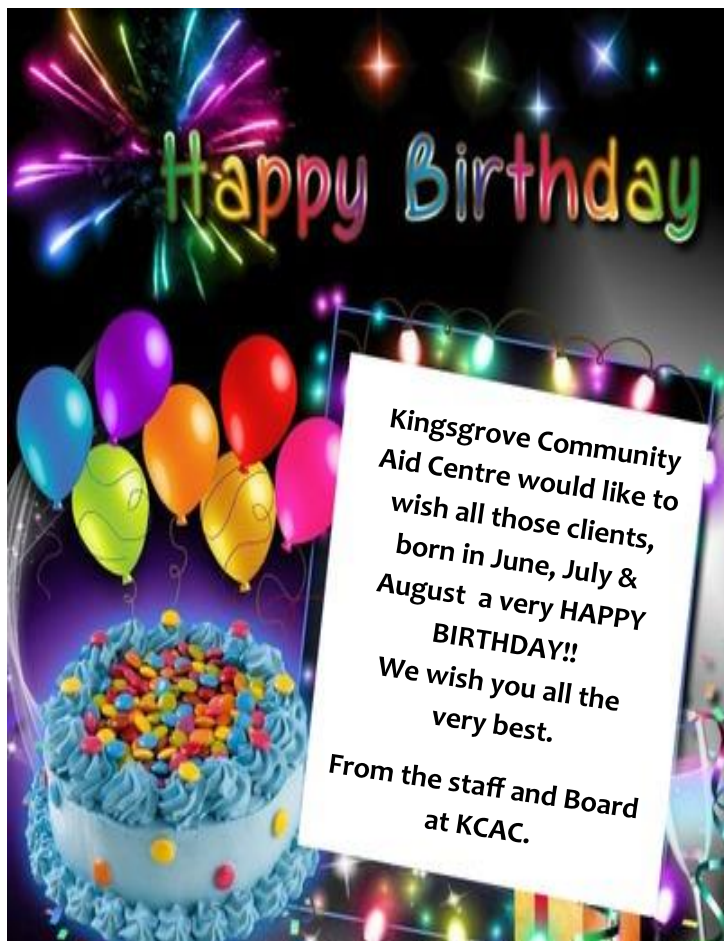
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www.kcac.org.au

Kingsgrove Community Aid Centre Inc 30 Morgan St Kingsgrove 2208



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.



Would you like to donate to us and the community work

It's easy, just go to 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.

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.

388 Forest Rd, Hurstville 2220 - 9580 1554



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