



KINGSGROVE COMMUNITY
AID CENTRE INC.

*Serving the
Community
for over 50
Years.*

ISSUE 46

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 - JULY 2023**

A MESSAGE FROM THE CEO

Dear Supporters and consumers of KCAC, especially our Seniors Community.

In this article I am endeavouring to provide you with the latest information to keep you all updated in relation to the services you are receiving in aged care from KCAC and of the imminent reforms we are going to be facing in the aged care space.

Therefore, the Australian Government is making changes to the aged care system in response to the recommendations of the Royal Commission into Aged Care Quality and Safety (Royal Commission).

These changes will introduce the new Support at Home Program which will replace the current CHSP program (Commonwealth Home Support Program)

The new Support at Home program will be implemented from 1 July 2025 to allow an extra 12 months for the Government to refine the program with input from experts across a range of design elements and further consultation with older people and in-home aged care providers.

What that means is that after such time if you are registered with My Aged Care and requiring assistance and you pass an assessment you will be granted a package of care under the new “Support at Home Program”

If you require social support from our service and Podiatry assistance in the home or at the centres Clinic you must ensure that you relay this to the assessor who will be assessing you from “My Aged Care”

It is very important that this is in you package and if

**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>
25th: Vacation Care Starts	4th: International Music Day 6th: Vacation Care Ends 11th: World Mental Health Day 25th: ACCPA Aged Care Conference	29th: International Day of People with Disability

you wish to return to us that you request that you wish to be provided these services from us at KCAC.

The revised timeframe will also allow the Aged Care Taskforce to provide advice on funding arrangements, including the service list for the new program.

What that means for you. Under the reforms, older people will benefit from a single assessment pathway, high quality and affordable care, and a flexible system that can quickly adapt to their changing aged care needs.

Developing fair and efficient prices for service providers, establishing an appropriate service list, trialling an assistive technology loan scheme and exploring options to provide higher levels of care at home – these priorities will shape the future of in-home aged care for generations to come.

Grant funding for CHSP will be extended for a further 12 months from 1 July 2024 to 30 June 2025 to allow for the commencement of the Support at Home program on 1 July 2025. An additional 9,500 Home Care Packages will be released throughout 2023–24 to meet the growing preference for older people to remain in their own home.

If you require further help with specific aged care reforms, contact the relevant team below: My Aged Care service provider and assessor helpline:

Kingsgrove Community Aid Centre on 91507823 Email Agedcare@kcaca.org.au

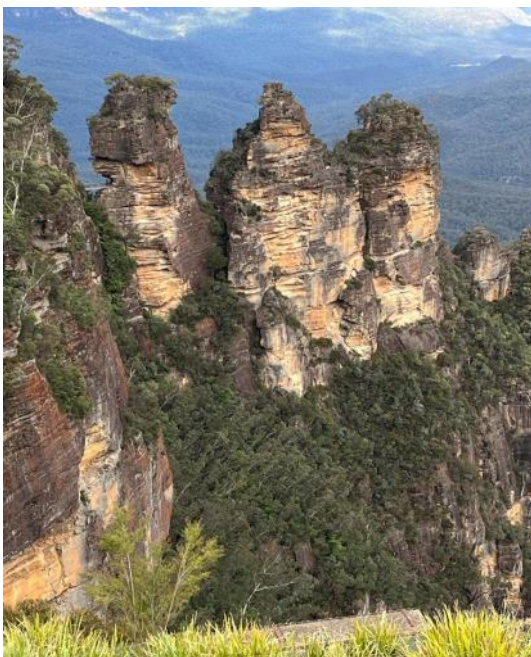
1800 836 799 Support at Home Implementation: sah.implementation@health.gov.au Australian

As always if you need assistance navigating the “My Aged Care gateway and require further information to please contact us on 91507823 and our friendly staff will be more than happy to assist you.

Anne Farah-Hill, OAM
CEO of KCAC

A SNAPSHOT OF JUNE 2023

The Tuesday social support group program enjoyed Morning Tea at Lane Cove National Park on 30 May. They did some gentle walking around the park and then had lunch at North Ryde RSL club.



What a great day we had at Echo Point in the beautiful Blue Mountains on 6 June. The disability participants combined with the seniors social support group enjoyed a scenic drive to this beautiful part of the world and had lunch at Bar NSW and a short walk to see the 3 sisters.



On Monday 5/6 and Thursday 8/6 we had a guest speaker from Care Alert providing Information to the seniors groups. It was good for them to learn more about this important device, that could be very helpful for those living in their own homes and who want the added peace of mind that help can be quickly on the way if they have a fall or medical episode.



The Friday Chinese social support group enjoyed their centre based activities on Friday 2nd of June,

Some of the seniors have returned after a long time away, due to covid lockdowns.

They were happy to be back at the Centre and mingling with each other, for their weekly activities and sharing a meal and a catch up together.

SNAPSHOT OF JUNE CONTINUED...

The Tuesday out and about Italian seniors enjoyed a beautiful day at the Sydney Fish Markets on Tuesday 23 June.



On 30 June, the Friday Chinese social support group went to The Grounds of Alexandria for lunch and saw the colourful sweets display at the venue. It was the perfect winters day for an outing.

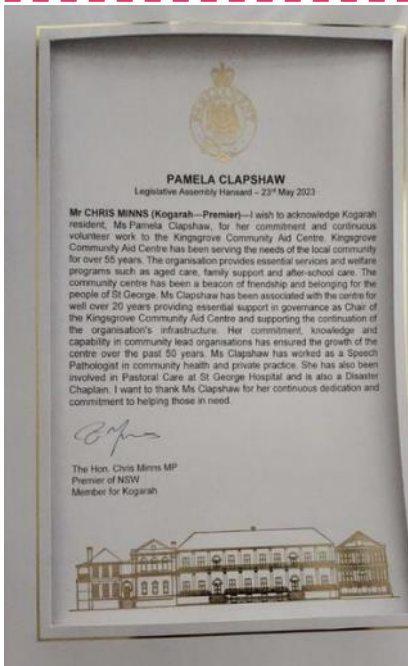
ITALIAN REPUBLIC DAY 2023

On 5 June 2023, the Italian social support group celebrated the Italian Republic Day. There was also a special guest speaker from Care Alert giving information on this safety device at 11am.

A delicious feast was prepared by our Connie and entertainment was provided by Julie and her piano accordion.



A SNAPSHOT OF JULY 2023



We congratulate Pam Clapshaw, chairperson of KCAC, on receiving the Premier's Volunteer award for services to the community. We thank you Pam, for all the work that you do, from all of us at KCAC.

Premier says thank you for your empathy

From Page 1
Community Recognition Statements are usually read out in Parliament and recorded in Hansard as a permanent record of the contribution of NSW's many volunteers.
But Mr Minns wanted to personally present each local volunteer with a copy of their Community Recognition Statement.
"People don't volunteer for the public acclaim or any other reason but to serve the community," he said.
"I know that with unprecedented economic conditions, a lot of people are coming through the door who would have never come to you for help. Thank you for bringing empathy to all the things you do."
The many organisations that Mr Minns presented Community Recognition Statements to included Bexley North Football Club, Connells Point Public School, St George Men's Shed, St George Girls' High, Probus Club, Wollli Creek Preservation Society and St George Family Support Service.
One volunteer singled out for praise was Pam Clapshaw, who has volunteered at the Kingsgrove Community Aid Centre for 37 years and is president of the centre's board.
"I was asked by a friend who worked here to come along and volunteer in 1986 and I stayed. Over the years I have seen the centre really develop with many new programs," Mrs Clapshaw said, recommending volunteering for everyone.
"It's stimulating. It's beneficial, not just to yourself but to the organisation and the community. It keeps you active and involved," she said.

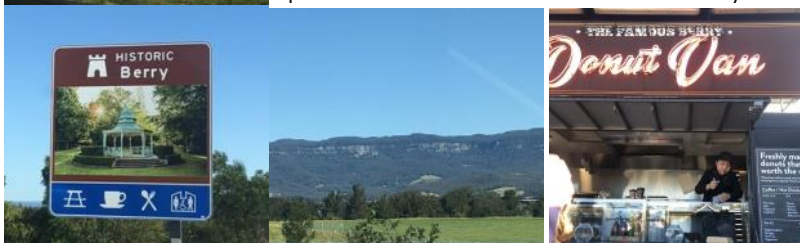


The Arabic Seniors Social Support group at Bankstown RSL Club on 19 July and celebrated the birthday of Faten.



NSW Premier Chris Minns thanks St George volunteers. Picture: John Veago

On 11 July, the combined Disability and seniors groups, went for a scenic drive to historic Berry NSW. They enjoyed lunch at the Southern Hotel followed by some shopping. The weather was spectacular and so was the scenery.



NAIDOC WEEK 2023

This year for NAIDOC Week, KCAC celebrated on Wednesday 5 July, with an Indigenous morning tea of Johnny cakes and bush jams such as Lilly pilly, rosella, finger lime, quondong and rainforest plum, as well as wattle seed cream and lemon Myrtle biscuits. There was the Historical Indigenous Hall of Fame as well as some creative scratch art and Dreamtime paint and sip, with our special guest Karina Brien, a local Tafe student who spoke about her country, her tribe and the story of Tiddalick the frog, which was told to her by her grandfather and was the basis for their artwork on the day. Karina spoke about this years theme "for our elders" and what this means to her as part of the Kamillaroi people, which is her indigenous family heritage. Keep an eye out for the next issue of the St George Leader to hear more about Karina. Thank you to Jim Gainsford, from the Leader, for coming out on the day, and thank you to all who attended as well as all the staff and volunteers who helped make it a successful event. Happy NAIDOC Week everyone.



NAIDOC WEEK 2023 - ST GEORGE LEADER

New horizons for many in NAIDOC Week celebrations at Kingsgrove Community Aid Centre

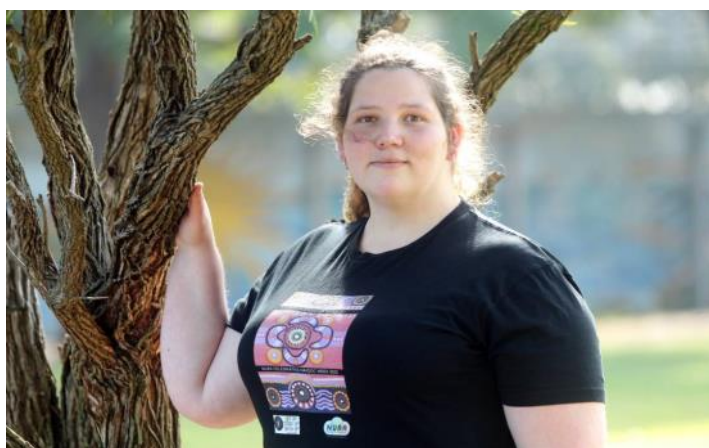
By Jim Gainsford 6 July 2023

ST GEORGE & SUTHERLAND SHIRE
Leader

A traditional story was given voice to a new audience by young Indigenous woman Karina Brien as part of NAIDOC Week celebrations at the Kingsgrove Community Centre on Wednesday.

A Gamilaraay woman, Karina is studying a Diploma of Community Services and is on work placement at the centre.

She was asked by the centre's management if she would like to take part in their NAIDOC Week celebrations by presenting a talk on her culture.



"When the centre asked me what I wanted to do for NAIDOC Week my suggestions were heard," Karina said.

"I decided to tell a stick story which is usually done with children sitting in a circle on the ground. As we tell the story you draw it with a stick in the dirt as we tell it."

But instead of children, Karina found a different audience at Kingsgrove Community Aid Centre.

She told her story to members of the centre's seniors groups, which was in keeping with this year's NAIDOC Week theme, 'For Our Elders.'

For NAIDOC Week the centre also acknowledged the contribution of Indigenous elders by installing an Indigenous Historical Figures Hall of Fame including Nevil Bonner, Eddie Mabo, Evonne Goolagong Cawley, Archie Roach and Adam Goodes.

Following the Acknowledgement of Country, participants enjoyed hearing the story by Karina and a talk on Animal Track Symbols and Dreamtime painting.

They also enjoyed a lunch of Indigenous recipes including Johnny cakes or bush scones.

Karina told the story of Tiddalick the Frog who was greedy and gobbled up all the water, almost making the world dry out.

"I wanted to show the good side of our cultures and what we are proud to celebrate," Karina said.

"Any questions have been respectful. It was good to be given creative freedom when I wanted to express what I wanted to do.

"These people don't have experiences with Indigenous culture, whether Aboriginal or Torres Strait Islander.

"Portrayal of Aboriginal people has not always been positive so what we are doing with introducing people to culture is breaking down barriers.

"It has been good to talk about Indigenous people and our culture.

"Many people here don't have that interaction with this. It breaks down the stereotypes. Older people are trying new experiences and enjoying something they would not have had the opportunity otherwise.

"It has broadened people's horizons."

ABLE & LOVING IT, DISABILITY ACTIVITY HIGHLIGHTS



On Wednesday 7 June, the Able & Loving it disability group celebrated the Kings Birthday with a royal high tea and with jewellery making and colouring as their craft choices on the day. It was a royal delight for the group and the participants really enjoyed engaging with each other as well as the scrumptious array of food.



If you or someone you know are looking to get out and about, make new friends and be a part of your community, give us a call on 91507823. The lunch is included as part of your day with us at the centre except on excursion days, where lunch is at your own cost. Come along for a free trial day.

On Wednesday 15 June, the KCAC Able and loving it disability group, celebrated the cultural festival of the Italian Republic Day. Their craft activity was creating mini mosaic on terracotta pots, while they listened to relaxing Italian background music. The participants enjoyed the activity while learning this new skill. Lunch was a feast of egg-plant, tomato and Basil pasta, home made focaccia, an Italian mixed garden salad as well as tiramisu and fruit salad for dessert. Some of the participants brought in some Italian goodies to share, such as chinotto, grissini and mini panacotta. Great job everyone!



On Wednesday 28 June, the KCAC Able & Loving it disability group went to the Canterbury Leagues Club for coffee and lunch. The food and service was great and the atmosphere was too. With so many Bulldogs supporters in the group, they were all very happy.

On Wednesday 12 July, the disability participants finished off their Indigenous artwork and painted their didgeridoo's before enjoying falafel wraps for lunch. This therapeutic art session was accompanied by some relaxing music which they all enjoyed



ABLE & LOVING IT, DISABILITY ACTIVITY HIGHLIGHTS



On 26 July, the KCAC Able & Loving It, disability participants, celebrated Christmas in July. They enjoyed some Christmasy art and craft, where they created Christmas ornaments, followed by a delicious roast lunch of lamb, chicken, potatoes, pumpkin and carrots, as well as a healthy Greek salad. And for our vegan participant, it was baked, marinated tofu. Then it was time for dessert, with fruit cake, custard and fresh berries.

We love providing delicious and nutritious meals for our participants, and during days at the centre, it's all included at no extra cost! If you would like to join this amazing group of people, make new friends and participate in your community, give us a call today on 91507823.

The month was active August for the Able & Loving it, disability programme. On Wednesday 2 August, we had special guest visitor, Nikki, who is a kick boxer and trainer. Nikki did some shadow boxing with the group, followed by stretching techniques. The session was informative and got the participants moving! Thank you Nikki for your informative and inspirational session! Lunch was a healthy home cooked butter chicken and rice!



Another great day for the Able & loving it participants, at KCAC. The activity on 23c August, was all about food! A combination of cooking and art! First up was a cooking activity, where the participants learned how to roll their own Vietnamese rice paper rolls. They filled them with either chicken or tofu, coriander, spring onion, rice noodles, cucumber, carrot and lettuce. there was also a yummy dipping sauce for extra flavour. This was their lunch for the day! Following this, it was set time, where the participants stick coloured pasta and rice to various templates and created beautiful pictures! Well done everyone! You all did amazingly well and all tried something new!!

ABLE & LOVING IT, DISABILITY ACTIVITY HIGHLIGHTS



The participants had an incredible day on 11 August, at the Kingsgrove Community Aid Centre with the Able & Loving It disability programme! They enjoyed a fantastic music therapy session on Wednesday, August 9th, led by the amazing Belinda, our talented music therapist. They played along with various musical instruments, creating melodies and rhythms that filled the air with joy and positivity. And to top it off, they indulged in a delicious lunch of satay chicken and rice! It's truly heartwarming to see how music can bring us all together, fostering a sense of unity and happiness. Looking forward to more wonderful moments like these in the future!



The disability recreational group, enjoyed an excursion to Zone bowling Southgate on 16 August. They loved every minute and had so much fun competing with each other. After lunch they played Timezone games.



It was all about Father's Day for the disability participants on the 30 August. They created some beautiful art pieces using paddle pop sticks, diamantés and recycled water bottles. Every one of them enjoyed this activity. Lunch was home made Italian lasagna (a beef one, a vegetarian and a vegan one to cater for all in our group). This was served with garlic bread and salad. The feedback about the food was that it was awesome!! Great job to all participants and to the hard working team of staff, volunteers and students that make this program the success that it is!



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



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
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 July Vacation Care program was so much fun and full of educational and creative activities. The themes for the July school holidays were NAIDOC week in week 1 where we did lots of aboriginal themed arts and craft activities. The second week we celebrated Christmas in July. We made these holiday activities extra special for the children by doing one excursion per week which included Glow Crazy play centre in Carlton in week 1 and Manhattan Super Bowl in Mascot in week 2.

This included three support unit children who attended the excursions and had a wonderful time. It was great to see them be included and participate in the activities on the excursion days.

Some fun activities and games during the in-centre days 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 3 the children were involved in special programmed activities including, science week, book week, Father's Day craft and RUOK day. The children attending our service have developed a close friendship and formed a positive relationship with the Hurstville OOSH Educators.

The OSHC educators also enjoyed a day volunteering at the Father's Day stall run by the Hurstville Public School P&C.

We are all looking forward to our Spring vacation care program which will be held from Monday 25 September to Friday 6 October.

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
SEPTEMBER/OCTOBER 2023 VACATION CARE PROGRAMME
 Located at Hurstville Public School, Forest Rd Hurstville
 OPENING HOURS: Monday to Friday from 7am to 6pm



Monday 25 September	Tuesday 26 September	Wednesday 27 September	Thursday 28 September	Friday 29 September
<p>Art & Craft Day</p> <p>Butterfly prints Sun catcher keyrings collage Sand art Paintings</p> <p>Bring your morning tea, water bottle, hat and lunch</p> <p>Cost \$58</p>	<p>Excursion to Glow Crazy Party Centre.</p> <p>Includes arcade games, Xbox, Air hockey, Karaoke and dance challenge</p> <p>Travelling by private bus. Depart 9am return 2pm</p> <p>Bring your morning tea, water bottle, hat and lunch</p> <p>Cost \$88</p>	<p>Nature Day</p> <p>Enjoy the outdoor and learn about gardening, search for bugs and butterflies followed by a nature walk. learn about the lifecycle of a bird. Plant your own little garden to take home.</p> <p>Bring your morning tea, water bottle, hat and lunch</p> <p>Cost \$58</p>	<p>Excursion to The Movies at Moore Park</p> <p>Plus, a play on the playground equipment</p> <p>Snacks will be provided for the Movie</p> <p>Travelling by private bus. Depart 9am return 3pm</p> <p>Bring your morning tea, water bottle, hat and lunch</p> <p>Cost \$88</p>	<p>Construction Day</p> <p>Make a masterpiece using recycled and natural material. Learn about sustainability Reuse, reduce & recycle</p> <p>Afternoon activity Scavenger hunt</p> <p>Bring your morning tea, water bottle, hat and lunch</p> <p>Cost \$58</p>

2 October	Tuesday 3 October	Wednesday 4 October	Thursday 5 October	Friday 6 October
<p>Centre closed</p> <p>Labour Day Public Holiday</p>	<p>Cooking day</p> <p>Learn how to make your own Nachos using fresh products from our OOSH garden plus make your own pancakes, fruit salad and ice-cream for dessert</p> <p>Bring your morning tea, water bottle and hat Lunch is provided</p> <p>Cost \$58</p>	<p>Excursion to KCAC for International Music Day</p> <p>Bring your instruments, talent and singing voices and dress up in your favourite Disco outfits. Plus, special guest performance by Spinderella, Queen of Disco</p> <p>Travelling by private bus. Depart 9am return 3pm Lunch will be provided</p> <p>Bring morning tea, water bottle and hat</p> <p>Cost \$88</p>	<p>Laser warriors Incursion</p> <p>A great time for children to get outdoors and active and have fun with their friends. Laser tag games are great for skills development for children of all ages.</p> <p>Bring your morning tea, water bottle, hat and lunch</p> <p>Cost \$73</p>	<p>Excursion to Joshy's Café and Play Centre</p> <p>Includes playing on the 3-tier play equipment and ball-pit and giant slides</p> <p>Travelling by private bus. Depart 9am return 3pm</p> <p>Bring your morning tea, water bottle and hat. Must wear socks. Lunch and a drink is provided</p> <p>Cost \$88</p>

PLEASE CONTACT KATINA ON 0418481358 OR HEAD OFFICE ON 9150 7823
CHILDREN MUST WEAR CLOSED SHOES, BRING A SUN HAT, MORNING TEA, LUNCH AND WATER BOTTLE UNLESS OTHERWISE STATED ON THE PROGRAMME.



A SNAPSHOT OF AUGUST 2023

Our KCAC Out and About Seniors had an amazing time on Tuesday, 8th August. This time, they had a delicious adventure at Krispy Kreme, indulging in those mouthwatering donuts that just melt in your mouth! The smiles on their faces were as sweet as the treats they enjoyed! After satisfying their sweet cravings, they headed over to Mary Mackillop Place Museum to immerse themselves in the rich history and stories it holds. The Tuesday group created memories, shared laughter, and had an insightful experience exploring the museum.



It was another beautiful day for our out and about seniors on the 15 August. This time, they went to visit the historic town of Windsor. Coffee at Simons cafe, shopping in George street near the famous waterwheel, lunch at the Macquarie Park Boathouse Cafe and then a drive to Ebenezer Church, the oldest church in Australia.

The seniors outing on the 22 August was at Wiseman's Ferry with the out and about seniors was a beautiful adventure and lunch at the Wiseman's Inn.



The Friday Chinese social support group enjoyed a beautiful, warm day at George's River National Park on Friday 25th August 2023. A delicious picnic lunch was shared by all in this great little spot.

A SNAPSHOT OF AUGUST 2023

We had the pleasure of hosting our esteemed Federal Member, Mr. David Coleman - Member for Banks, on 24th August 2023. Mr Coleman visited the Centre staff and Board members who were able to speak with him regarding the community's needs and thank him for his support in the past. The center's CEO Anne Farah-Hill was able to speak about the emerging needs in the community, that are currently affecting the community centre, and the possibility of gaining some financial support from the Federal Government to support newly arrived migrants coming to live in the area as well as people with disabilities. We thank him for his visit and for his time and we look forward to our ongoing partnership.



On Tuesday 29 August, our board member, Sherridan and staff member Kim, attended the EBP RSL CLUB (Earlwood Bardwell Park RSL Club) to receive a cheque from the Bayside Clubs Grants towards one of our important disability projects.

We would like to thank EBP RSL Club, for always supporting the Kingsgrove Community Aid Centre with our initiatives and programs in supporting our local community.

On 28th August, the Monday Italian Social support group, celebrated Father's Day. The group enjoyed a delicious lunch prepared by the wonderful KCAC chef, Connie, and some of the group members brought in some delectable desserts for all to share.



The seniors out and about group, spent the beautiful, sunny day at a Bobin Head on 29th August. Perfect day for a picnic near the water.

On 30th August, our CEO Anne Farah-Hill was attending the LCSA conference



KCAC CHINESE MID AUTUMN MOON FESTIVAL OPERA



"A Spectacular Celebration: The Success of the Chinese Mid-Autumn Moon Festival in Hurstville" The Chinese Mid-Autumn Moon Festival in Hurstville was painted with splashes of vibrant colours and resounded with melodious tunes as the Chinese Mid-Autumn Moon Festival took centre stage at the Marana Auditorium, Hurstville. With 500 attendees, this celebration was nothing short of a resounding success, uniting the community in a joyous cultural extravaganza. The heart of the festival pulsated with traditional Chinese opera performances that transported attendees to the mystical world of ancient China in the Mid-Autumn times. The drama presentations captivated the audience, weaving tales of heritage and history, adding a rich layer of cultural depth to the day. The event was graced by esteemed guests who added a touch of prestige to the festivities. Mayor Nick Katris, with his eloquent speech, paid tribute to the Kingsgrove Community Aid Centre and its remarkable contributions. CEO Anne Farah Hill, a dedicated advocate for the George's River precinct, was acknowledged for her tireless community efforts. The festival also had the privilege of welcoming The Hon Mark Coure, Member for Oatley and Shadow Minister for Multiculturalism. Mr. Jason Yat sen-Li, Member for Strathfield, represented the NSW Premier, The Hon Chris Minns. Their presence highlighted the significance of cultural diversity and unity in our community. Councillor Benjamin Wang was also in attendance as with Councillor Nancy Liu who played a pivotal role serving as the master of ceremonies, seamlessly guiding the event's proceedings. The success of this festival would not have been possible without the unwavering dedication of our Chinese partner, Sun Sing Choir. Ms. Sandra Wong, their curator, deserves special mention for her tireless efforts in organising the mesmerising performances that left the audience in awe. We are immensely grateful to Meditech for their generous sponsorship, which allowed us to bring this celebration to life. Their support exemplifies the community's commitment to preserving and sharing cultural traditions. The Chinese Mid-Autumn Moon Festival in Hurstville was more than a cultural event; it was a testament to the power of unity, diversity, and community spirit. This festival through the efforts of the Kingsgrove Community Aid Centre had not only strengthened cultural bonds but had also enriched the tapestry of our community.



HEALTHY RECIPES TO COOK AT HOME

Easy Chicken Stew by Laura Fuentes

INGREDIENTS

- 2 tablespoons Olive Oil
- 1 ½ pounds Chicken Thighs (boneless, skinless, cut into 1-inch pieces)
- 1 Small Onion (diced)
- 3 Carrots (cut into 1/2-inch rounds)
- 3 stalks Celery (diced)
- ½ teaspoon Thyme
- ½ teaspoon Rosemary
- 2 Bay leaves
- 1 teaspoon Salt, ½ teaspoon Black Pepper
- 5 Medium Golden Potatoes (quartered)
- 4 cups Chicken Broth and 1 cup Water
- 1 cup Green Peas
- ½ cup Half And Half



INSTRUCTIONS

1. Heat oil: In a large Dutch oven or soup pot heat olive oil over medium-high heat.
2. Add the Chicken: For this recipe, we're using boneless, skinless chicken thighs. The dark meat gives much more flavour and stays tender, but you can swap it for chicken breasts. Once the chicken pieces are browned, remove them from the pot and set aside in a separate dish.
If you are starting with frozen, follow these instructions to defrost the chicken before you begin.
3. Sauté the Veggie: Heat a little more oil and add the onions, carrots, and celery. Sauté until softened before stirring in the seasonings, potatoes, broth, and chicken pieces.
4. Simmer: Bring the stew to a boil before reducing the heat and simmer for 20 to 30 minutes or until the potatoes are tender and chicken cooked through.
5. Add the peas: Stir in the green peas...
6. Pour in the Cream: Add enough cream or half & half until the stew reaches a soft, golden color, about ½ cup. Simmer for another 10 minutes or until thickened.
7. Soups On!

Winter Fruit Salad with Maple-Lime Dressing

INGREDIENTS

- 2 Red Apples (cored and diced)
- 2 Pears (cored and diced)
- 4 Clementine Oranges (peeled and separated into segments)
- 3 Kiwi Fruit (peeled and sliced into thin rounds and then silce rounds into quarters)
- ½ cup Dried Cranberries
- 1 cup Pomegranate Seeds
- 2 tablespoons Maple Syrup
- 1 tablespoon Lime Juice (freshly squeezed)



INSTRUCTIONS

1. Combine all salad ingredients (except the dressing ingredients) in a large bowl.
2. In a separate small bowl, whisk together the dressing ingredients (maple syrup and lime juice).
3. Pour the dressing over the salad and gently toss to coat.
4. Serve immediately

KCAC INC. SERVICES

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.



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.



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Kingsgrove Community Aid Centre Inc
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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



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.



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30 Morgan St Kingsgrove 2208 ph: 9150 7823



KCAC MENTAL HEALTH SUPPORT FOR STRUGGLING MUMS

POPPY

PlayGroup

"A Path to Healing"

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

Kingsgrove Community Aid Centre
ph: 9150 7823
web: www.kcac.org.au

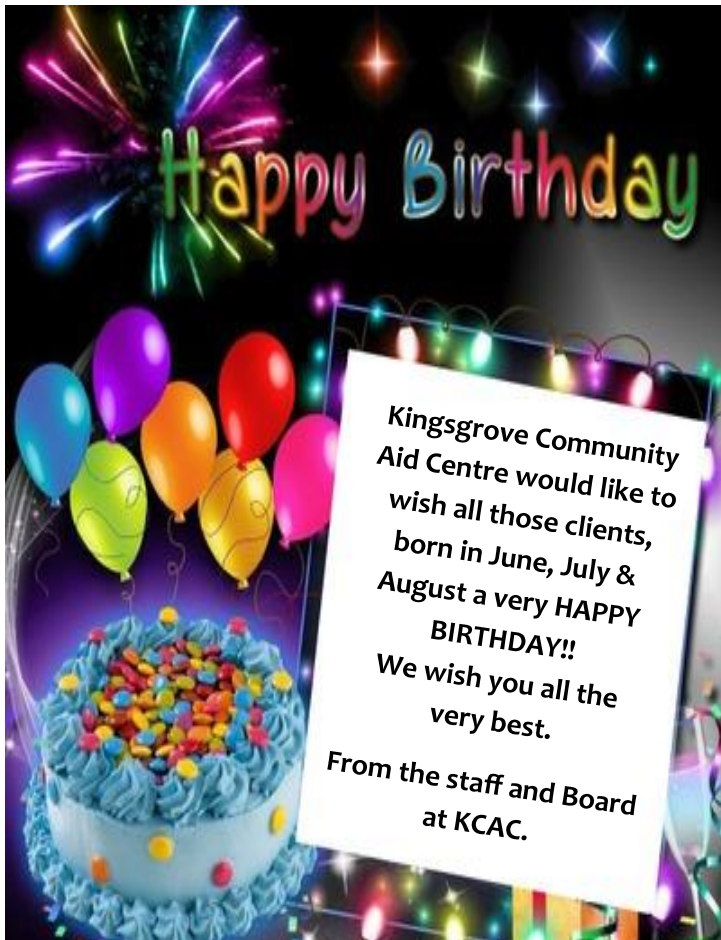


KINGSGROVE COMMUNITY
AID CENTRE INC.



Health
South Eastern Sydney
Local Health District

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 Katina, Faten and Libby, who celebrated their birthdays this season.

Wishing you all the best and many happy returns of the day 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 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

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

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30 Morgan St Kingsgrove 2208, 9150 7823



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Tas Aronis JP
Funeral Director

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