

THE KARIONG CONNECTION

THE KARIONG NEIGHBOURHOOD CENTRE INC IS FUNDED BY DEPT. OF FAMILY and COMMUNITY SERVICES & SUPPORTED BY THE GOSFORD CITY COUNCIL

Vol 25; No 6 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



July 2017



FREE POSITIVE PARENTING PROGRAM

For families with children aged 2- 8 Years

Conducted by :



Venue: Kariong Neighbourhood Centre,
10 Langford Drive, Kariong 2250

When: 5 Friday Sessions in Term 3, 2017

From 28th July to 25th August

Time: 10.00am to 12.00pm

* Morning tea will be provided*

* Bookings are essential*

Limited childcare available - \$5 per child

To register and book childcare:

Phone: 4340 1585

Or email: ccfss@ccfss.com.au

www.triplep.net



KARIONG NEIGHBOURHOOD CENTRE PRESENTS

01/SEPT

BYO Drinks
and nibbles to place
on a share table
no table allocations



FRIDAY
7:30PM
TO 9:30

DINNER
DANCE
\$15

Register online at:
www.knc.net.au/swing-dance-dinner
or in person at the centre

ROMANTIC &
SWING DANCING

CONSERVATORIUM LITTLE BIG BAND

For more info call the centre on 4340 1724 or email us on admin@knc.net.au

JULY 2017 VACATION CARE PROGRAM

Available for ALL families in the school holidays—childcare rebates apply to prices below.....



Week 1	Monday 3.7.17 Plaster Fun \$55	Tuesday 4.7.17 Kids HQ \$60	Wednesday 5.7.17 "P" is for "PARTY!!" \$60	Thursday 6.7.17 Bunnings D.I.Y \$55	Friday 7.7.17 Maitland Gaol \$60
Week 2	Monday 10.7.17 Intencity \$60	Tuesday 11.7.17 Christmas In July \$55	Wednesday 12.7.17 Hoyts at Erina \$60	Thursday 13.7.17 Zorb Sports \$55	Friday 14.7.17 Laserblast \$60
Week 3	Monday 17.7.17 Warnies Cafe \$60	If for some reason e.g. The weather forces us to make a change to the Programme, the days alternate activity will be displayed in the lobby of the Neighbourhood Centre as soon as possible.			

Transition to School Program



Mondays - During School Term

Time: 9.30am – 11.30am - Leave your child in our care

This program has been developed in consultation with other educational service providers and strives to equip children with skills and practices to support them in the best possible way to be ready for School.

Activities include:

Cognitive Skills: cutting, drawing, pasting

Stories: to build literacy & listening skills

Games: to develop sharing & turn taking skills

Group Experiences: to learn to work with others and develop problem solving and investigative skills.

Each child will develop a portfolio of their work, 2 fully qualified educators giving children individualized care and attention, teaching your child social skills, to become more ready for school, to build confidence.

Bring along a hat, drink and morning tea

Cost: \$10 per child per session.

A discount of 10% is available, if you pay in full for the Term and in advance.

Bookings are essential

Phone: **4340 1724** Or email: admin@knc.net.au

Come in or ring for a Welcome Pack (with Enrolment Form)



OOSH UPDATE

It takes a village to raise a child—let our friendly and qualified staff take care of yours.....

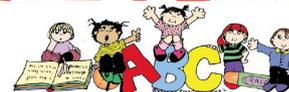
Lots of fun and learning at OOSH with our Term 2 activities really engaging the children and teaching them a range of new skills.

Our weekly fitness classes with Transcend Personal and Group Training have been promoting lots of physical stamina and confidence for the children. We have also been focusing on the importance of road safety through a range of activities and discussions. Our new high visibility vests for our younger children to wear when walking to and from school have proved to be a big success with everybody keen to keep safe in them!!

Check out for our fantastic July **Vacation Care Program** on the front page of the Connection. We will be having an educational tour of **Maitland Gaol**, visiting **Hoyts Movies** and **Intencity at Erina**, creating Plaster Masterpieces at our centre and sharpening our wits at **Laserblast**. A sure favourite excursion will be visiting **Warnies Café** to experience their famous Crazy Shakes - be sure to book in early !!

Brandi and Nerida — Kariong Neighbourhood Centre
10 Langford Drive, Kariong Phone 4340 4561

ACTIVE PLAYGROUP



Wednesdays during school term 10.30am - 12.30pm
for 0 - 6 year olds

Our Wednesday playgroup continues to offer parents and carers of children aged 0-6 years a stimulating and educational range of activities. The free play choices include our fabulous outdoor climbing equipment, slippery dips and large sandpit along with many arts and crafts, building activities and imaginative/dramatic play opportunities. We have some structured play for the children and explore numeracy and literacy concepts through music, dance and storytelling.

We have fully qualified facilitators that welcome all parents, carers and dads, from all cultures and ages. We create a friendly and inclusive environment for parents and children to meet new friends.

Feel free to come along to our supportive group to make friends and enjoy a shared morning tea together. New faces are very welcome!!

Cost: \$4 Members - \$4.50 non members+ \$1 each
additional child Enquiries: Nerida 43404561

The Biggest Morning Tea event that was to be held at Kariong Neighbourhood Centre on Thursday 29th June has been rescheduled to Thursday 20th July at 12.15pm.
ALL WELCOME, We would love to see you here.



The Hill Youth Centre

The Hill Youth Centre
98 Mitchell Drive Kariong
Phone: 4304 7039



Monday

Gecko Sports Multi Sports Program

Enquire 0412688070 / natlee@geckosports.com.au

Fitness - 6.40 pm Boxing - 7.45 pm

\$10 per class, first class is free Phone: 0434 390 011

Tuesday

Alive dance academy - 3.30pm to 8.15pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

Wednesday

Martial Arts - 3.15pm to 4.00pm - Ages 10 to 18 years

Cost: Free Phone: 4304 7039

Yoyful Youth Yoga 4.00pm to 5.00 pm

Ages 11 to 14 Cost \$10 per class or \$80 per term

Phone: 0402 792 013 e diana@yoyful.com

Fitness 6.40 pm Boxing 7.45 pm

\$10 per class, first class is free Phone: 0434 390 011

Thursday

Alive Dance Academy - 3.30pm to 6.00pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

Beginner Guitar Lessons 3.30pm – 6.00pm

Learn to play guitar Ages 10 to 17 Cost: Free

Friday

Free 10 years and over from 4.00pm to 8.00pm

No bookings required. Dinner, games, events and each week we will cook a different meal together.

School holiday program.

This holidays we have a diverse range of programs on offer including NAIDOC celebrations, Henna workshop, Intro to Warhammer, Self Defense, Beginner Guitar, Learn to Surf, Skate and Scooter skills development workshops, Slime Science and outback adventures with our library services.

For further details go to <http://www.gosford.nsw.gov.au/community/services/youth-services>

The XChange

Seventh-day Adventist Church



Wow, these months are just flying. Half way through another year. June saw some awesome changes. We have had new faces join our programs and have had another fabulous BBQ.

KidzXChange is continuing to learn about the Fruits of the Spirit in many creative ways. Our teens continue to write programs and take the leading roll for each Fruit of the Spirit. This is a wonderful learning and growing experience for them.

There are a few things happening each week, and we would love to have you join us. If anything catches your eye, please feel free to give us a call or an email for more information. Or, just come on and join us. You are always welcome.

During school holidays we don't meet at the School.

July 1 we are having a KidsXChange Karaoke at 9:45. This should be so much fun. Our BBQ will also be that day at 12:30pm.

For more information feel free to contact us:

www.kariongxchange.org.au

Ring Lesley on 4340 2872

Email: kariongxchange@me.com

KidzXChange – Saturday mornings during the school term. 9:45am – 11:15am for kids aged 4 -13. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, and activities – this is the place for them. Free morning tea provided. We meet at the Kariong Public School Hall. Entrance via Truscott Avenue.

Barney's House – Want to experience church in a simple, uncomplicated, informal way? Looking for a place where you really fit? Come visit us at a Barney's House Church - at the Kariong Public School Hall Saturday 11:30am - 12:30pm. You could even stay for a bit of lunch from 12:30 - 1:30pm. Entrance via Truscott Avenue.

Small Group – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. Toddlers / babies welcome with Mum or Dad. Monday Evenings 7.00 pm - 8:15pm.

More to come over the next few weeks. We will keep you informed.

Kariong Progress Association

kariongpa@gmail.com



Email address

If you have something to say about anything regarding Kariong let us have your opinion on our new email address.

Council Pop-Up stall on 26 May 2017

Last month we asked for opinions to provide to the Central Coast Council Administrator and Chief Executive Officer when they visited the Kariong Shops on 26 May. We only received a couple of replies, but it seemed that on the day people who were shopping did stop and chat.

One of the questions asked was what people thought about living in Kariong, and the response was very positive with the general view that it is, in fact, a good place to live. Also asked, was what people would like to see that is not there now in Kariong, and the bulk of that response was that a supermarket is needed.

We are endeavoring to have the actual comments recorded that day made available and will publish in the next 'Connection.'

Langford Drive and Woy Woy Road intersection

The latest report is that the Council has made a recommendation to Roads and Maritime Services regarding the final design of the intersection. The design is that of a roundabout, and the Council appears to have funds to add to the funds already available from the Federal Government. Advice about a commencement date when it comes to hand.

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
3	4	1	2	4	0

The next meeting is scheduled for **Wednesday 12th July 2017 at 7.30pm at the Kariong Neighbourhood Centre.**

PLEASE NOTE

Room Hire booking system is now on line
www.knc.net.au

Kariong Neighbourhood Centre would like to advise that our **on line room hire booking system** will be operating as of the 1st July 2017.

This will bring with it some changes, including small changes to rates. We hope that this will simplify the booking process for you, but you will still be able to book through the Centre if unable to do so online.



Parklands Community Preschool

Parklands Community Preschool provides education and care for children aged 3-6 years.

We are located in the beautiful and peaceful community precinct of Mt Penang Parklands at Kariong.

Our commitment to the provision of quality education for children in the early years is our passion. Our educators embrace sustainable practices and our environment is a reflection of our philosophy towards play based learning in a natural environment.

Parklands Community Preschool is a not-for-profit, community-based organisation, which is partially funded by the NSW Department of Education.

We have been rated as EXCEEDING the National Quality Standards.

Our current daily fees are \$30 for 4-5 year olds and \$32 for 3 year olds.

Fee relief is available for ATSI families and families with a Low Income Health Care Card.

Parklands Community Preschool - a great choice for you and your child prior to starting school.

Building 34 Mt Penang Parklands, Kariong
Ph. 43401342 Email: parklandspreschool@bigpond.com

FREE TAX HELP

for 2016 / 2017 Financial Year returns will be available at

Kariong Neighbourhood Centre
On Tuesdays and Fridays beginning 18th July
between 9.30am and 2.00pm.
Bookings essential on 43401724

Conditions Apply



Ettalong Beach

Arts & Craft Centre Inc.

Corner Picnic Parade & Maitland Bay Drive,
Ettalong Beach in Kitchener Park

TERM 3

Commencing MONDAY 17th JULY 2017
For information to all classes check the EBACC Website

Web page: www.ebacc.com.au

Facebook.com/EBACCINC

Phone: 02 4341 8344



**Comedy
for a
Cause**

Featuring comedians
from Sydney & Melbourne
International Comedy Festival

In support of buying a bus
for use of each of the 

**Kariong Mountains Learning
Community Schools**



8pm - Saturday September 2, 2017
Kariong Mountains High School Hall
Festival Drive, Kariong NSW

**18+
Only** Tickets: \$30 at:
comedyforacause.net/KMLC 

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Saturday 8th July, 2017** at 1.30pm for a 2.00pm start.

There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings.

On Saturday morning prior to the meeting members will be doing a bushwalk looking at and identifying plants.

There is a Specimen Table segment which is a presentation on growing information of plant specimens brought in by members from their gardens.

On conclusion of the meeting afternoon tea is served with an opportunity to meet and mix with members.

A monthly newsletter which gives a graphic account of our meeting and activities held during the month is distributed to members either by email or post.

Inquiries contact Elsie at damael@hotmail.com.au
or telephone 43655 049



Although at the time of publication, Refugee Week has passed by for 2017, I wanted to share with you a newsletter article that I wrote for our parent community as it reinforces one of the values that are core to our school - UNITY.

Refugee Week and Shakespeare

The theme for the 2017 Refugee Week (June 18 - 24) celebration is "with courage let us all combine" taken from the second verse of our national anthem. In other words, UNITY, one of our three core values.

As cited on the refugeeweek.org.au website, this theme is about celebrating the courage of refugees and those that speak out about persecution and injustice and a call for all Australians to show unity and take positive action in welcoming refugees to our great country. We are a lucky country and have the capacity to be compassionate to those who do not have the quality of life that we enjoy. The strength and value of our public education system is that it welcomes all and embraces diversity. We are all the same under the skin and there is no place for put downs based on differences.

Which brings me to Shakespeare? At the time of his writing, there were concerns amongst the workers of London about jobs being lost due to the influx of 'refugees' and there were intolerances to those who were not of the Queen's faith (sound familiar?). Shakespeare's writing shows that he did not agree with these views and, in fact, tried to educate people with his words. I think that is one reason why Shakespeare still has relevance today, across all cultures.

In the words of Shylock:

"I am a Jew. Hath not a Jew eyes? Hath not a Jew hands, organs, dimensions, senses, affections, passions; fed with the same food, hurt with the same weapons, subject to the same diseases, heal'd by the same means, warm'd and cool'd by the same winter and summer, as a Christian is? If you prick us, do we not bleed? If you tickle us, do we not laugh? If you poison us, do we not die?"

And if you wrong us, do we not revenge? If we are like you in the rest, we will resemble you in that.

The Merchant Of Venice Act 3, scene 1, 58-68

His point? We are all human, with the same needs and wants. He wanted people to see that differences are a state of mind and that we are more alike than different. This message of tolerance and acceptance, written so long ago, is still the same message we want our students to understand and embrace today; let us truly accept the bounty that we get from being both a multicultural society and one that welcomes refugees to our shores.

uniting recovery
COUNSELLING SERVICES
counselling@unitingrecovery.org.au 0408 679 351

gambling HELP
PHONE • FACE TO FACE • ONLINE
1800 858 858

Uniting Recovery Counselling Services are committed to minimising gambling related harm in our community. We do this by offering free resources and information on problem gambling to any interested member of the community. Our counsellors can facilitate presentations; write articles for your newsletter or website; provide information stalls at events; and provide gambling help promotional materials.

We provide counselling to people who want to cut down or stop gambling, and to the friends and family members affected by someone's problem gambling.

We aim to empower our clients to find their inner strength to move away from problem gambling and towards a happier life. A part of doing this work requires educating people on the hidden dangers and misconceptions around gambling and providing them with resources and strategies to make positive, responsible choices.

If you are experiencing gambling problems please contact us on 0408 679 351 or check us out at www.problemgambling.net.au/unitingrecoverycounselling

ADVERTISEMENT



LUCY WICKS MP

Federal Member for **Robertson**

Kariong Community Forum

I'd love you to join me and representatives from nbn co to discuss the latest on the rollout in Kariong

Monday, 31 July at 6:00pm

Kariong Mountains High School Hall

For more information or to RSVP
email lucy.wicks.mp@aph.gov.au

🏠 Level 3, 69 Central Coast Highway, West Gosford NSW 2250 ☎️ 4322 2400

📧 lucy.wicks.mp@aph.gov.au 🌐 lucywicks.com.au 📘 LucyWicksMP

Authorised by Lucy Wicks MP, Level 3, 69 Central Coast Highway, West Gosford NSW 2250.



Kariong Eco Garden Incorporated

2 Dandaloo Street, Kariong NSW 2250
(next to Tennis court 2)

Email: kariongecogarden@gmail.com

Website: www.kariongecogarden.org.au

Facebook: www.facebook.com/kariongecogarden/

Our KEG office hours are:

Monday & Friday 10.00am to 12.30pm.

Our office is upstairs in the Arts Barn building.

Drop in and become a member or renew your membership (\$5 per year).

“Sewing Boomerang Bags – for Beginners”

FREE workshop Saturday 1 July 10.00am – 12.00noon.

Bookings essential by phone to Lisa 0429 431 889 or KEG email (see above).

SCHOOL HOLIDAYS: “Going Bush” with Jake Cassar, for 5-12 year olds with a grown up, \$15/child (adult is free). Monday 3 July, 10.00am-12.00noon.

Bookings on www.Eventbrite.com.au

Open Garden every 2nd Sunday of the month

Visitors and volunteers welcome, 10.00am – 12.00noon.

Sunday 9 July – harvest lemons and enjoy lemon pancakes cooked by Mery-Anne. Yum!

Bush Kids Kindy – Book NOW for Term 3

Nature play for 2-5 year olds with a grown up. For info and bookings: <http://www.eventbrite.com.au> and search for Central Coast Bush Kids. Fridays and Wednesdays, 9.30am – 11am.

10th Birthday Brunch in the Bush

Our regular Bush Care day is the 4th Sunday of each month 9.30 – 11.30am.

Come and join in on 23 July bring brunch to share in a bush picnic.

10th Birthday Long Lunch in the Garden

Friday 28 July, 12noon-3pm, \$10/head

RSVP ESSENTIAL BY 21/7/17 phone 0429 431 889



Boomerang Bags celebrate Plastic Free July

Mondays 11am – 2pm. Help the Central Coast transition to be Plastic Bag Free. No sewing skills required. Help make up kits for volunteers to sew cloth bags using donated fabric. Collect a kit to sew at home. BYO bag when you shop.

What to plant in July?

Refer. www.gardenate.com for more details.

Garden Volunteers are always welcome on Monday and Friday mornings 10.00am – 12.30pm. **All welcome.**

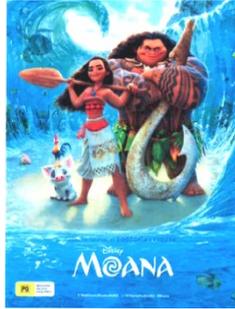


WHAT'S ON ...AT KARIONG LIBRARY

The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1pm – 2pm) and Saturday 9.30am until 2.30 pm (closed for 1/2 an hour at 12 noon.) Tel: 4325 8155.

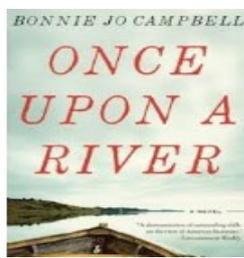
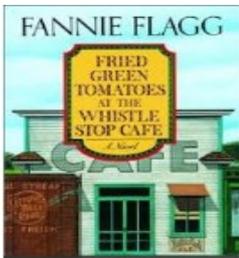
A recent release from the Central Coast Council announced a one week borrowing time for magazines and fast reads and three weeks for other items. Fast reads are selected popular titles made available for one week only.

The July school holiday movie is MOANA, a Disney 2016 release (run time 1 hour and 53 mins).



Please join us for a free screening, popcorn and drink at Kariong Library on Friday 7 July at the usual time of 7pm. Bookings essential. See staff for details, or contact 4325 8155. Bring a cushion to sit on.

The Kariong Library Book Club members meet on the last Friday of the month at 10am with morning tea provided. *July 28 is the date to put in your diary.*



Each month **Kariong Library Book Club** discusses two books. The July selections are **Fried Green Tomatoes at the Whistle Stop Cafe** by Fannie Flagg who weaves the past and the present together and **Once upon a River** by Bonnie Jo Campbell which is the story of 16 year old Margo, who chooses to make her life on the river. This is a coming of age in the wild.



Storytime is held every Tuesday morning at 10.30am for pre-school children and their parents or guardians. Storytime is an exciting programme to encourage a love of reading and to foster development of new skills. Listening, singing and craft work are all part of a fun morning.

Standpipe



Hi all,
Here's a bit more news from the Dandaloo Street fire station for this month.

A little while ago, I was discussing with you about what an exciting time it is to join the NSWRFs. Things are really moving with the Service locally with Gosford fire district now amalgamated with Wyong and The Lakes to form a new zone now called Central Coast District. You'll still be able to access all your face to face information through the district office on Woy Woy Road or any RFS fire station as usual but the Service locally will be more centralised and consolidated. So, if you've ever entertained thoughts of joining the NSWRFs then here's the tip; come up and see us. That's right! We're open Saturday mornings from 8am and Wednesday evenings from 7.30pm. So just pop up to the Station in Dandaloo Street Kariong and the guys there will be more than happy to see you.

Operationally speaking, Kariong had 28 incidents ranging from smoke sightings, automatic fire alarms and motor vehicle accidents or MVA's. Once again MVA's topped the list particularly when the wet weather hit. Folks, the message hasn't changed and that is, drive to the conditions and slowdown in the wet.

Currently, the fire services are talking up the issue of being vigilant around the home when it comes to cooking and heating. I can't say it any more clearer about when cooking meals and that is pay attention to what you're doing and by that, I mean don't leave things on the stove while you're checking your status updates on the internet. And keep an eye on your other heating gear such as electric blankets and wood heaters. Make sure they are up to the task and supervise kids around these devices.

Lastly, there has been an issue of parking around the fire station. If you are in Dandaloo Street for any reason please don't park your car on the station's driveway especially where it says, "No Parking" It's a bit of a no-brainer really but you'd be surprized what happens.

Ok folks, that's it for this month. Remember, stay safe and be Firewise.



We are halfway through the season already, and it's been busy here with Kariong United!

With some great results on the pitch, we've also kicked some goals off the pitch too. Our **Trivia Night** was run on the 3rd June at Kariong Youth Centre and it was a huge success! Thank you to everyone who came along and took part – we hope you had as much fun as we did! We'd also like to thank the following for their support by providing prizes for the night:

The Times Café

The Supreme Pizza Kariong

Kariong Quality Meats

The Entertainment Grounds

Max Brenner Tuggerah

Central Coast Mariners

Flight Centre Gosford

Mangrove Mountain Memorial Club

Nathan Seacomb

Uke4Fun

HEAD

We would also like to thank Shaun Mielekamp who was our MC for the evening, and the volunteers on our committee who put the night together.

INSTAGRAM – Have you snapped a photo at a Cougars game this season? Share it online and tag us @kariongunitedfc and you could be featured on our page! Get the group together for a team shot, post a pic of a goal celebration – we want to see it!

DRAW CHANGES – Make sure to keep an eye on the draw at www.ccfootball.com.au for any draw changes. While we've been lucky with the good weather, things can still change.

To make sure you don't miss out on any of our events or news, you can follow us online:

Website: www.kariongunited.com.au

Facebook: www.facebook.com/kariongunitedfc

Twitter: @kariongunitedfc

Instagram: @kariongunitedfc

See you all at The Hill in 2017 - GO COUGARS!

ENERGY & WATER OMBUDSMAN NSW



Free community expo and Bring Your Bills Day
Gosford



Bookings

All welcome. If you would like a personal interview phone 8218 5241

For more info visit
ewon.com.au/events

Where

Erina Centre
Erina Fair
Terrigal Drive
Erina

When

Friday 21 July
9.00am to 3.00pm

Collect information, talk to staff for help with energy and water bills, fines, legal problems and tenancy issues.

Who will be there?

Centrelink, Legal Aid, NSW Fair Trading and more.



Free community expo and Bring Your Bills Day
Woy Woy



Bookings

All welcome. If you would like a personal interview phone 4341 9333

For more info visit
ewon.com.au/events

Where

Peninsula Community Centre
93 McMasters Rd
Woy Woy

When

Thursday 27 July
9.00am to 3.00pm

Collect information, talk to staff for help with energy and water bills, fines, legal problems and tenancy issues.

Who will be there?

Centrelink, Legal Aid, NSW Fair Trading and more.



Need help with the NDIS?

Fairhaven is your local NDIS provider, we offer personalised support tailored to meet your specific needs, including:

- ✓ Independent living
- ✓ Supported accommodation
- ✓ Supported employment
- ✓ Community participation
- ✓ Development of daily living and life skills.

Have you tried our new weekly activities? They are designed to help people of all ability get active, develop skill, build friendships and have fun! Classes start from just \$5.

- ✓ Craft Club
- ✓ Friendship Club
- ✓ Slow-calling Bingo
- ✓ Tai Chi
- ✓ Language, Literacy, Numeracy
- ✓ Drumming
- ✓ Make-up and Self-Esteem
- ✓ Fishing Club ... and more.

Live your life your way!
Call (02) 4349 5500.

FAIRHAVEN SERVICES
discover | belong | celebrate

209 Brisbane Water Drive, Point Clare
OFFICE HOURS Mon-Fri 8am-4pm
www.fairhavenservices.com.au EMAIL enquiries@fairhaven.org.au



ABILITY LINKS

NEW SOUTH WALES



Linkers can assist you to

Look at ways you can participate in and be part of your community

Develop your existing support networks and create new networks

Build your confidence to achieve your goals

Set goals and plan your future

ABILITY LINKS is a FREE state funded service linking people with disability aged 0-64 to their local communities

Gosford 4905-0749 **Wyong** 4905-0750

www.abilitylinksNSW.org.au



RE-CReATE

Made-to-order timber furniture,
made locally from upcycled pallets

View the catalogue online: fairhavenservices.com.au/recreate
See the range at Vintage Fair, 209 Brisbane Water Drive, Pt Clare
Mon-Fri 9am-4pm, Sat 9am-2pm. Phone 4349 5500



Australian Breastfeeding Association

Breastfeeding Helpline
1800 mum 2 mum
1800 686 268

Come along and meet other mums in the area!

ABA is here to encourage and support mothers to breastfeed their babies and to create an awareness of the importance of human milk in the community. ABA runs group discussions, Breastfeeding Education Classes, social events and breast pump hire.

We are a family friendly group. All mothers are welcome regardless of how their babies are fed. We also welcome other children, partners, grandparents, parents to be and friends. A qualified breastfeeding counsellor is available if you require individual support.

Meetings are held on the first and third Fridays of the month (excluding public and school holidays) from 10- 12pm. Latecomers always welcome. For more info contact us at kariongabagroup@gmail.com or ring KNC on 43401724.

CENTRAL COAST

**FAMILY SUPPORT SERVICES**

Central Coast Family Support Service's main focus is for Early Intervention with a strong focus on better outcomes for children.

Support with issues affecting family life such as:

- Children with disabilities
- Families with mental health
- Families with Addiction
- Homelessness and risk of homelessness
- Domestic Violence
- Parenting

All of our programs aim to strengthen family relationships and increase the safety and wellbeing of children and young people.

Support is provided and designed to help parents build the skills and confidence to be self-sufficient and manage family issues as they arise.

We also provide structured parenting programs to support parents to further develop their parenting knowledge and understanding of managing children's behaviour.

Some of our Parenting programs:

Triple P 2-8 years Group Program

FREE Triple P Group Program for parents with children 2-8 years. Come along and learn from the program and each other

Triple P Seminar Series

FREE Triple P Seminar Series is a parenting program for all families that provides practical answers to everyday concerns

Circle of Security

The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and their children.

For Support or to Book into a Group

Call: 4340 1585, text 0434 426 709

Or email: ccfss@ccfss.com.

Website: www.ccfss.org.au

*for groups in other locations please see
www.ccfss.org.au

EST 1987
KARIONG COMMUNITY
BAPTIST CHURCH



If you've tried church before and didn't like it, if you think church is all about ceremonies and rituals, if you're wondering if God has a plan for you, if you are looking for a church to call home, we would love for you to come and check us out, and discover the difference at KCBC.

www.kariongchurch.org.au

Pastor Jeff O'Derry 0448 814 511

Email: pastor@kariongchurch.org.au

What's on at KCBC?**Sunday Service @ 9.30am – Kariong Public School Hall**

Join us for our Sunday Service as we sing and worship God, followed by a relevant message from our Pastor. The services usually lasts for around an hour, and is followed by tea and coffee. A crèche is provided for 0 – 5's during the church service.

Life Groups – various times & locations

Interested in learning what the Bible has to say? Come along to a life group.

JAM (Sunday School)– Sundays @ 9.30am

JAM is our Sunday School for children in Kinder – Grade 6, and it is held at the same time as our Sunday Service. Children learn about the Bible in an age appropriate environment, through stories, games and craft.

Playtime – Tuesdays @ 10.00am – 12.00pm

A great way to get to know other parents, while the children engage in free play. Bring a hat, and drink bottle for your child, and a plate of food to share.

Thrive Kids – Wednesdays @ 4.30pm – 6.00pm

Games, craft and activities for children in Kindergarten – Grade 6.

Friends Group: Open to all - Meets regularly for meals, and interesting and fun outings.

Other: We also have various men's, women's and family events throughout the year.

OPEN ACCESS

Internet and computer use available
at Kariong Neighbourhood Centre During
office hours 9am - 3pm

For information ring 4340 1724. From
\$1.50 per half hour

SUPPORT

Central Coast Community**Handy Contacts**

- * Aged & Disability Support Services 4334 2633
- * Central Coast Mental Health Service 4320 3170
- * Central Coast disability Network 4324 2355
- * Central Coast community Legal Centre 4353 4988
- * Coast Shelter Gosford 4325 3510
- * Domestic Violence Help Line 1800 656 463
- * DOCS Helpline 1321 11
- * Family Referral Service 1300 006 480
- * NSW Rape Crisis Centre 1800 424 017
- * Homeless Persons Information Centre 1800 234 566
- * Suicide Help Line 1800 191 919

Call into the Centre for your copy of the full brochure

AL-ANON

If someone in your family has a drinking problem, you can see what it's doing to them. But can you see what it's doing to you?

For information and help contact: AL-ANON

Saturday 2pm Woy Woy Hospital

Group Therapy Room (near kiosk)

To find locations near you

Phone 49693889

Check the white pages of the directory or go to Web site <http://www.al-anon.alateen.org>



Lifeline is a free 24-hour Telephone Crisis Support service in Australia and New Zealand. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Calls to this number from mobiles are free.

CLUBS

Rotary

'Fun - Friendship – Fellowship' in your Community?

Work, Leisure & Travel ?

Then join your local Rotary Club

contact Kerry Bayliss on 43 404 529

KARIONG PROBUS CLUB Inc.**MEETS AT GOSFORD GOLF CLUB**

We are a combined club and would welcome new members, male & female, retired or semi retired to join us for Friendship, Fellowship & Fun. Our Club meets at Gosford Golf Club on the 3rd Tuesday of each month. You are welcome to come along as a visitor (no obligation) to see if you would care to be a Member. For more information contact: Judy on **4344 6867**

VOLUNTEERING

St Vincent De Paul

Volunteers required for Community work.

Make a difference to those in need.

If you need any assistance with phone bills, electricity, food etc., please call

4323 6080 or email

gosford.region@vinnies.org.au

**Volunteers needed****for social inclusion programs**

Visit isolated individuals for social support ie: chats, walks, coffee, assistance with shopping.

Enquiries: Red Cross Gosford 4324 3411

www.redcross.org.au



Australian Red Cross
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For emergencies or life threatening situations call

Triple Zero (000)



For non emergencies call the

Police Assistance Line

131 444



To provide crime information anonymously contact

Crime Stoppers

1800 333 000

www.nsw.crimestoppers.com.au

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5am Mon-Fri
6am Sat/7am Sundays

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Kariong Branch – Labor

Next Meeting

July 19, 2017 - 7:30pm

Kariong Neighbourhood Centre

Visitors and New Members welcome

Enquiries: Alasdair 0418 264115

HOUSE SHARE OPPORTUNITY IN KARIONG

Female 40+ looking to share 3 bedroom home with another female. Must like cats.

Conveniently located, off street parking.

•Includes utilities • Must provide own food.

\$150 per week Phone: 4340 4550



1st KARIONG SCOUT GROUP

LOOKING FOR OUTDOOR ACTIVITIES?

TRY SCOUTING – OPEN TO BOYS AND GIRLS

Cubs 8 to 10 y/o - Meet Tuesday 6:30pm to 8:00pm

Scouts 11 to 14 y/o - Meet Monday 7:00pm to 8:45pm

Also looking for Adults to assist as Leaders

Contact **Teresa 0408 606 154** for details

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Kariong Neighbourhood Centre
Wednesdays 9:00am



Certified Instructor Helen
0435 121 520



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Twice a week on Mondays and Thursdays

Orders for Monday Delivery - in by 3pm Sunday

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Call Bernie 4340 0974 / 0410 434 845

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Kariong Neighbourhood Centre is home to a number of activities and services for the general community.

Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre.

MONDAYS

Pilates for Seniors - sarah@yourtemple.com.au

9.30am to 10.30am **During school term.**

A great way to get your body back into shape with gentle exercise. Contact Sarah to make a booking 0425 265 609 \$10.00 each class

Transition to School—Leave your child with us

Program for 3—5 year olds to prepare them for big school. Includes art & craft, music, stories, games and group time experiences

9.30am—11.30am **During School Term.**

\$10 per child per session. Bookings essential Ring 4340 1724 or email admin@knc.net.au to book Call into the Centre for an information / registration pack. Parents invited to stay for first Term sessions. Bring morning tea, a hat and a drink.

TUESDAYS

Immunisation Clinic for children - NSCCA

Free service provided by Area Health. No bookings required. The 2nd and last Tuesday of each month. Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

Indoor Bowls

From 9.15am sharp to 12.00 noon. **During school term.** Beginners welcome Cost \$4 for members, \$4.50 for non-members. Morning tea included. Join us for a fun morning with lots of laughs

Early Childhood Clinic — NSCC Area Health — Free

Child Health appointments with Helen from Area Health. For appointments call Gosford Gateway Clinic - 4328 7900.

Yoga with Corina—7.00pm-8.00pm

Cost: \$10 if paid in advance, \$12 for casuals For more information contact Corina Jones 0409 242 153

WEDNESDAYS

Tai Chi for Health & Relaxation

9:00am—10:00am during school term, \$10 per lesson For information contact Helen on 0435 121 520

Active Playgroup for 0 to 6 year olds.

Music, dance, exercise, toys, craft & School readiness 10:30am to 12:30pm **During School Term** Cost: \$4 per child, (member) \$4.50 per child (non-members) \$1.00 each additional child. Morning tea provided. All welcome

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health. For appointments call Gosford Gateway Clinic—4328 7900

Provide First Aid Course—HLTAID003

Nationally accredited First Aid, CPR & HLTAID004 courses. To enrol contact Directions Health 9486 3120 or www.firstaid.net.au

Weight Watchers from 6.30pm to 8:00pm www.weighwatchers.com.au Phone: 131 997

THURSDAYS

Kariong Crafts & Chat Group

A social group for people who enjoy doing arts and crafts. Bring your own project or learn new skills. All welcome, Thursdays, 9.30am to 12 noon weekly. Morning Tea provided. Cost: \$4 for members, \$4.50 for non-members.

The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday, Specifically for those that are needing some company. The group leader is caring and eager to show you all a great time! Bring a plate to share. Monthly outings on the last Thursday of the month. Cost: \$4.00members, \$4.50 for non members. 12:15pm to 2.00pm **During school term**

FRIDAYS

Australian Breastfeeding Association Meeting

During school term

All welcome! Fortnightly 10.00am to 12.00pm Contact kariongabagroup@gmail.com or phone 1800 686 268

SATURDAYS

Pilates & Boxing for Fitness 8.15am - 9.15am Pilates

9.15am - 10.15am Boxing.

A great way to get your body back into shape. Contact Sarah to make a booking 0425 265 609 sarah@yourtemple.com.au

Ukulele Group Lessons \$10.00 per lesson. 9.00am —11.00am Don't own a Ukulele—no problems we supply what you need to start. Contact Garry 0419 217 006

SUNDAYS—Available for PARTY hire!

Rooms are available for hire for events and children's birthday parties on Saturdays and Sundays. For bookings please Phone KNC 4340 1724 .

ADVERTISING CLOSING DATE

for NEXT ISSUE

Wednesday 19th July 2017

Please submit advertising to admin@knc.net.au

and Community Announcements to

coordinator@knc.net.au or Phone: 4340 1724

Sorry — No Late Entries will be accepted

Applications for Advertising can be downloaded from

www.knc.net.au

PLEASE NOTE: Kariong Neighbourhood Centre Inc publish news, articles & advertising for local sporting, community groups & businesses as members of KNC. Contributions are also welcome from non-profit organisations & are published free of charge to organisations if they become Members of KNC. All possible care has been taken in the preparation of information contained in this newsletter. However, KNC Inc. expressly disclaims any liability for the accuracy of the information and under no circumstances should be liable in negligence or otherwise in and arising out of the preparation or supply of any of the information. The views expressed in this newsletter are not necessarily those of KNC Inc.

HENRY KENDALL COTTAGE & HISTORICAL MUSEUM

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Set on 2 beautiful acres Henry Kendall Cottage (c1840) and Historical Museum is a wonderful way to step back into local history.

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Public Holidays – 10.00am to 3.00pm

(with the exception of Christmas Eve, Christmas Day and Good Friday)

Adult – \$5 Concession – \$4 Child – \$3

Child under 5yrs – Free

Family (2 adults and up to 3 children) – \$10

Schools - Student – \$2

Accompanying Adult – 1 free per 20 students

Please note: Group tours can be booked for any day of the week by pre-booking

For more information please phone 43252270 or go to henrykendallcottage.org.au

KARIONG NOW HAS A LOCAL TRAVEL AGENT



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Vale Graeme Johnston



It is with great sadness that we announce the passing of our great friend, Graeme Johnston.

Graeme was a stalwart of our group, an original member for the past four years, Graeme was integral to our group's success. He was incredibly generous to our group and its members, nothing was ever a problem, he was very important in our discussions, so knowledgeable, and his culinary talents were amazing.

We will miss him terribly, he was loved and will never be forgotten. We were proud to call him our friend.

Janelle Graham Coordinator, on behalf of The Over 50's Friendship Group (TOFFS) Kariong Neighbourhood Centre



FREE FAMILY LAW CLINIC

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Appointments Available now

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