

THE KARIONG



Vol 24; No 5 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au

June 2016

National Volunteer Week 9 – 15 May 2016

Volunteers play an integral part in keeping the wheels running in many community organisations, and we have a great team here at Kariong Neighbourhood Centre who support their local community by volunteering their skills and time, many of whom volunteer their time at multiple locations.



Pictured are some of our valued volunteers who have helped to make your local Neighbourhood Centre a strong and vibrant Centre that connects it's community

The Central Coast Regional Development Corporation publishes a media release each year during volunteer week to thank their dedicated 'Blue Thumb' volunteers who do a fantastic job at the Mt Penang Parklands "reinforcing Mt Penang as a beautiful place for people to meet, celebrate, play and enjoy". This year Dianne Greening was the recipient of the Don Crease Award. Dianne has been a 'Blue Thumb' since July 2014. Dianne volunteers in parkrun events, as tour guide and special event assistant as well as being actively involved as master gardener.



ANNE CHARLTON CANDIDATE FOR ROBERTSON



LABOR ENDS KARIONG FUNDING FIASCO

At a community meeting on Friday, Opposition Leader Bill Shorten was asked by Secretary of the Kariong Progress Association, Murray Scott about the intersection.

Mr Scott was happy to hear that the Labor Leader was familiar with the issue, and had already committed more than \$1 million to upgrade the notorious Langford Drive/Woy Woy Road intersection.

Labour candidate for Robertson, Anne Charlton, will be available for the community to hear your concerns and answer any questions on **June 23rd from 6.30pm – 8.00pm at the Kariong Neighbourhood Centre, 10 Langford Road Kariong. Everyone is invited to attend, light refreshments will be served.**

Please ring 43401724 to RSVP for catering purposes. Children are welcome.





Enquire now

Parklands Community Preschool

Parklands Community Preschool provides education and care for children aged 2-6 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.

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

Building 34 Mt Penang Parklands, Kariong

Ph. 43401342 Fax 43405742

email: parklandspreschool@bigpond.com.au

ACTIVE PLAYGROUP

Our Wednesday playgroup continues to offer a wide and stimulating variety of activities to local children as well as providing support and information for parenting. A favourite part of our routine is the gathering together of all our friends to sit down together and enjoy morning tea and a chat.

The children have been working on pre-reading and pre-writing activities and also enjoying a range of art and craft experiences. To help encourage school readiness in group situations, we have been having some really exciting story times with Lyn our volunteer, and also cooperating together with some simple songs and finger plays.

We look forward to welcoming and getting to know any new families so come along and join in the educational fun and games!!

Wednesdays 10.30am - 12.30pm

**at Kariong Neighbourhood Centre,
10 Langford Drive, Kariong.**

Cost: \$4 members, \$4.50 non members

\$1 per each additional child

- Morning tea is provided
- Enquiries: Nerida 43404561



OOSH UPDATE

Our Freaky Friday OOSH Disco was an enormous success with **98 children** attending and thoroughly enjoying the excitement of our games and activities. The children's fancy dress costumes for the spooky theme were fantastic and we thank parents for their efforts and support with this event. The competitions with prizes on the night were extremely popular as was the sausage sizzle for all the hungry dancers! We had to turn away families due to numbers. Make sure you book your place next time!!

This term at OOSH we are thrilled to offer our children the opportunity to participate in weekly Yoga lessons that will improve skills of coordination, stress relief and body awareness. Other benefits of Yoga include encouraging the children to be more focused and comfortable in their bodies and providing a much-needed physical outlet in a non competitive environment.

We are planning some woollen crafts for winter and would love to have any wool donations from families if they have bits and pieces to offer. Also we are in need of any wood offcuts to enable us to continue our construction creativity with the children.

Brandi and Nerida—Kariong Neighbourhood Centre

10 Langford Drive, Kariong Phone 4340 4561

Out of School Care is for all families



The Hill Youth Centre

What's Happening
at The Hill Youth Centre this month?

The Hill Youth Centre

98 Mitchell Drive Kariong

Phone: 4304 7039 Hours Open:

Tuesday-Thursday 3-6pm - Friday 4-8pm



At the centre, you can get access to sporting equipment, a cafe, and free Wi-Fi - accessible on our computers or your device. Youth Workers are available for referral and support 10am - 2pm by appointment. We can also offer school-based programs, including high school transition, and are available to run programs addressing specific issues with targeted students. Please contact us to find out more.

TUESDAY

BOXING AND FITNESS BOOT CAMP

Get fit from 4pm to 5pm.

HOMEWORK HELP

Need assistance with your homework or assignments? Bring it down and have a youth worker assist you from 3pm to 6pm.

NUTRITION PROGRAM

Learn how to make some tasty and healthy meals, from 3.30pm to 5.30pm.

WEDNESDAY

FITNESS CIRCUIT

Get fit and have some fun at 4.30pm.

OZ TAG COMPETITION

From 3pm, join in, get fit and healthy, and set some fitness goals.

THURSDAY

BASKETBALL COMPETITION

Learn how to play basketball and compete in a team. Register your team to compete for free against other teams, from 3.30pm.

HOMEWORK HELP

Need assistance with your homework or assignments? Bring it down and have a youth worker assist you from 3pm to 6pm.

CAREER ASSISTANCE

From 3pm to 6pm, get some advice on the options available to you after you finish school.

FRIDAY

DINNER, GAMES, EVENTS

We have lots of fun on offer from 4pm to 8pm.

OPEN MIC NIGHT

We are looking for young people who are interested in performing at our next open mic night held on the 1st Friday of every month. If you sing, play an instrument or have formed a band contact us to register your interest.

Kariong Mountains High School proudly presents



TRIVIA NIGHT 2016

COLOUR YOUR WORLD

Theme your table with your favourite colour

When: Saturday June 18th, 6:30pm

Where: Kariong Mountains High School Hall

Colourful Host: Jamie Cartner

Price: \$15 each. Pay on the night. 8 - 10 per table
(or I can place you on a table)

Bring: Nibbles & Drinks and lots of cash
and gold coins for games

Also bring a \$2 wrapped gift for a gift exchange game

Lots of PRIZES to be won !!!!!

Bookings Essential: Call or text Sharon 0407 401 916
or email sharon.partridge@det.nsw.edu.au



Mt Penang Parklands

A place for people to meet, celebrate, play and enjoy



NEWS & EVENTS

BIDHAL Cultural Celebration 4 June
Give Me 5 for Kids 5 June
Central Coast Ks for Kids 26 June
The Food and Wine Show 11 & 12 September

For more information on these events or to find out what's happening at Mt Penang, visit our calendar of events at mtpenangeventpark.com.au

» **Film shoots and photography:** The Parklands allows personal photography and filming at no charge but fees do apply for commercial photography, filming and location hire. Email info@ccrdc.nsw.gov.au to make arrangements.

» **Share our barbeques:** Mt Penang Parklands has four free electric BBQs located on site for use by the general public. Please be advised that the BBQs cannot be booked prior to your visit.



Central Coast
Regional Development
Corporation



Mt Penang Gardens
Event Park & Parklands

Kariong Progress Association



STOP PRESS: we have received an ultimatum from Gosford Council to sign a new lease agreement by 16 June. As discussed in this column previously it is (amongst other unacceptable matters) a demand for half the income from the tennis courts, which will mean an increased fee structure at the Courts.

The Progress Association needs your support to rebuff these unreasonable demands, and we ask if you could show that support by attending our next meeting on Wednesday 1st June at 7.30pm.

MT PENANG HIGHWAY PRECINCT: Information from the Central Coast Regional Development Corporation that to date no decision has been made about public discussion on the building submissions received by them. We will continue to monitor the situation.

WOY WOY ROAD / LANGFORD DRIVE INTERSECTION: The NSW Department of Roads and Maritime Services has apparently agreed to fund the shortfall to augment the already received Federal Government grant (although no written confirmation has yet been received.)

The next decision to be made is exactly where to locate the pedestrian crossing. The RMS will not agree to it being at the intersection, as that will actually be the roundabout.

KARIONG SKATE PARK: The Progress Association has written to Council asking them to deal with the amount of rubbish around that area. As well, it has requested that the Council look at the possibility of repairing the skate park which is beginning to show signs of wear and tear.

COMMUNITY FUNDING: The Progress Association has applied to Council in their Community Funding program to revamp the Hall kitchen, obtain new long trestle tables, and provide airlock access to the interior toilet.

REMINDER.....that there is a book at the Neighbourhood Centre where you can comment on anything in the Kariong area that concerns you, and we will take up the issue for you with the appropriate bodies.

Assault	Break and Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
7	0	1	0	2	1

PROGRESS HALL: Available for bookings 7 days a week for parties, functions and ongoing activities.

TENNIS COURTS: Available for bookings 7 days a week. To make any booking you can contact Yvonne Hart on 4340 1068, between 8.30am and 6.30pm.

Next meeting:

Wednesday 1 June 2016 at 7.30pm, and the first Wednesday of each month



Kariong Eco Garden Incorporated
 Cnr Dandaloo Street and Woy Woy Road
 Kariong NSW 2250 (next to Tennis court 2)
 Phone: 0417 686 694
 Email: kariongecogarden@gmail.com
 Website: www.kariongecogarden.org.au
ABN: 13 852 216 759

Our office hours are:

Monday & Friday 10am 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).

Putting out the Welcome Mat for Wildlife

Our series of free family friendly workshops about insects, frogs, reptiles, birds and bats is continuing. Our Invertebrate workshop was fantastic!

Next event planned: Sunday 5/6/16, 3-5pm will be about FROGS. Celebrate World Environment Day with us and our final wildlife workshop for 2016 will be on Saturday 18 June, 2-4pm all about REPTILES.

See our facebook page for details and dates.

Funded by Greater Sydney Local Land Services.

Bush Kids Kindy

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

Bush Care

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

What to plant in JUNE?

Beans, Cabbage, Garlic, Chives, Kale, Lettuce, Mustard Greens, Onion, Peas, Radish, Shallots, Silverbeet, Snow Peas, Spinach, Strawberries plants/ seeds. Refer www.gardenate.com for more details.

Garden Volunteers are always welcome on Monday & Friday mornings 10am – 12.30pm. If you have a particular gardening talent or just like to potter please come and share with us.

All welcome.



Free Training in Dementia Care

Central Coast Community College will be hosting a free workshop for Aged Care Workers on dementia care skills, funded by the Commonwealth Department of Social Services in partnership with HammondCare's Dementia Centre as the registered training organization. The intensive three day course (one day a week over three weeks) has been designed to provide health professionals with the knowledge that will help them to understand dementia and to use their new skills in a practical way.

To complete the course a qualified and experienced trainer will also visit each student's workplace to perform a half-hour assessment. The course starts on the 18th of July and will run for the three consecutive Mondays. The College is excited to be able to provide free training that will further improve the skills available on the Coast.

Aged Care Coordinator, Pamella Hackett, said "We are delighted to be hosting this free workshop for health professionals in what is a growing area of concern amongst the ageing." To register, go to www.dementiacentre.com.au and click on 'Education'. You will be able to find the course under Dementia Care Essentials > DCE 3 Courses. Click on the orange 'Register' button and complete your details. Upon completion of the course students will receive a nationally recognized Statement of Attainment in unit CHCAGE005 Provide Support to people living with dementia.

Michelle Trimble
Marketing and Events Officer
E: mtrimble@cccc.nsw.edu.au or www.cccc.nsw.edu.au

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



The season is well underway, and we're already seeing some fantastic results for our Kariong United teams! Our Women's 15A and Women's All Age 5-1 teams are currently undefeated, and looking forward to seeing what the rest of the season will bring.



We are excited to announce that our popular **Cougar Cubs** program will be back in June 2016 – this is a Mini Roos Kick Off Program for kids aged 3 – 4. It's the perfect program to introduce your little one to soccer, and get them ready for the Under 5s. For more information on this program or to sign up, visit our Facebook page:

www.facebook.com/KariongUnitedFC

Our **Cougar Cup** is also returning on Sunday 26th June, and we welcome everyone to come down and cheer on the Under 12s as they take on other clubs from around the coast. The Cougar Cup will be held at Kariong Oval with more details to be announced shortly.



SAVE THE DATE: To all our Senior teams, the Senior Presentation night is locked in for Friday 14th October at The Entertainment Grounds, Gosford. More details to come.

Finally, a huge thank you to everyone who joined us for the **Family Night at the Hill**, and all the volunteers who helped make the night a success. We'd also like to thank Joe Moore (2015 Runner Up on The Voice) for performing for us, and thank you for being part of the Kariong United family.

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

Website: www.kariongunitied.com.au

Facebook: www.facebook.com/kariongunitiedfc

Twitter: @kariongunitiedfc

Instagram: @kariongunitiedfc

See you all at The Hill in 2016 - GO COUGARS!



EVOLVE is a one on one Intervention and Referral Service.

Is someone you care about in trouble? Or maybe it is you ...

Do drugs, alcohol or violence live with or around you?

If the answer is yes, then 'EVOLVE' may be able to help you.

At "EVOLVE" we are able to provide you with the support and direction, so that could make a difference in your life. We have confidential meeting times and places to talk over the things you would like to change, and a referral system to get you or the people you care about, back on track.

Where: 10 Langford Drive Kariong

When: Starting every Monday from July 25th
from 3pm-6pm

Bookings are essential phone 43401724

You **can** make a difference with just one call



FREE FAMILY LAW CLINIC

at Kariong Neighbourhood Centre

With Katie Smith



Appointments Available now

Mondays: 5pm - 7pm and Thursdays: 9am - 11am

(Availability subject to court appearances)

Bookings Essential

Please Phone Kariong Neighbourhood Centre

on 4340 1724 for an appointment

30 Years Experience in:

Family Dispute Resolution/Mediation • Child Welfare
Family Law Divorce • Property & Parenting • Criminal Law
Driving Matters • Wills & Probate • Neighbourhood Issues

Computer Basics (Mobile Technology) Workshop



Kariong Neighbourhood Centre is proud to present a new Mobile Technology workshop.

Don't miss this great opportunity — For new users and those wanting to know more

Topics: Tablets and PC'S, Ipads, Smartphones—(bring along your own technology if you have it)

- **How they work**
- **Advantages**
- **Current trends and the future.**
- **.Learn the differences between Google's Android, Apple's iOS, Nokia's Symbian, and**
- **Windows mobile operating systems**

Date: 28th June 2016

Time: 10am-12pm (Includes short break in middle)

Location: 10 Langford Drive, Kariong NSW

Cost: \$20 per person (includes tea/coffee and biscuit)

Places are filling fast—**bookings and payment must be made to guarantee your spot.**

Please call 43401724 or come into the centre.



The XChange

Seventh-day Adventist Church



May flew past with lots of stuff happening. We had a pancake and movie night with the Golden Oldie 'Snowball Express'. Lots of laughs could be heard coming from the scout hall. Pr Neil Watts has been with us again for Barney's and the kids at KidzXChange have been having fun learning about John the Baptist. Love to see you June 8 for our community light lunch at 1:30pm.

Let us tell you what is happening in and around The XChange, and if anything catches your fancy we would LOVE to see you. For more information feel free to contact us: www.kariongexchange.org.au Ring Lesley on 4340 2872 Email: kariongexchange@me.com

KidzXChange – Saturday mornings during the school term. 9:30am – 11.00am 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 Scout Hall.

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 Scout Hall Saturday 11:30am - 12:45pm. You could even stay for lunch!

Small Group – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. No meeting complete without morning tea. Toddlers / babies welcome with Mum or Dad. Monday Evenings 7.00pm - 8:15pm and Wednesday mornings 10.00am – 11:15am. Various locations.



KARIONG MEDICAL CENTRE

Health Assessments

Did you know that the Government encourages GP's to undertake medical assessments?

Health Assessments provide Doctors with the opportunity to identify risk factors and to talk to their patients about preventative measures to reduce chronic diseases.

The following are available and Bulk Billed to Medicare
Aboriginal & Torres Strait Islander Annual Health Assessment (Aged 0-75 years); 45-49 Year Health Checks (once only); 75+ Year Annual Health Assessment

If you are eligible for one of these Health Assessments please speak to your Doctor or phone and speak to our reception staff about booking in for one at your next visit.

Have you had your flu vaccine? Its not too late!
Phone 4340 444 or book online

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.

What's on at KCBC?

Sundays @ Kariong Public School Hall,

Truscott Avenue entrance

Sunday worship service @ 9.30am

Join us for great music, relevant messages and to meet a great bunch of people doing life together.

Kid's Club @ 11.30am – 1.00pm

A fun time for kids in Kindergarten to Grade 6 to get together and learn from the Bible, as well as participate in fun games and activities.

Other

Playtime – Tuesdays @ 10.00am – 12.00pm

Playtime is a great way to get to know other mums! Bring a hat, drink bottle and a snack for your child.

Girls Club – 1st & 3rd Wednesdays of the month @ 6.30pm – 8.00pm. Girls Club is for girls in Kinder to Grade 6, and meets fortnightly during school terms for craft and activities.

Thrive – 2nd & 4th Saturdays of the month @ 7.00pm
Thrive combines our youth and young adults ministries. Both groups meet fortnightly for bible study and activities.

Heart 'n' Home - 2nd & 4th Tuesdays of the month @ 7.00pm – 9.00pm. A night out for women to get together for craft or, if you are not "crafty", for a coffee and get together.

Lounge Lessons – Thursdays @ 9.00am – 10.00am and 7.30pm – 8.30pm. This Bible study/Life Group is the first point of call for those looking for a small group to "do life" with. Life groups are also held on other nights at various homes, please phone Pastor Jeff for more information.

Friends Group

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

Bloke's Business & Women's Coffee

Meeting bi-monthly on Saturday mornings (alternate months).

For more information phone Pastor Jeff on 0448 814 511.

www.kariongchurch.org.au

Facebook: Kariong Community Baptist Church

Office: Corner Woy Woy & Milyerra Roads,
Kariong NSW 2250



Community Matters Forum

A forum for our community to talk about Use, Abuse, Violence prevention, Education, Assistance and Protection



This Forum is an open-to-the-public meeting to hear and understand from our local community about the issues being faced locally by Drugs & Alcohol and Domestic Violence. We are looking to provide education, greater understanding and support for our young people, parents, residents and local businesses

We hope to see Community Members wanting and needing to facilitate change in our local community and at home. We will have guest speakers from Drugs & Alcohol, Area Health, Domestic Violence Services, Community Services, Police, Legal Services and Rehabilitation centers. There will be an extended time for Q & A at the end to ask the panel any questions.

When: Wednesday 20th July - 7.00pm to 9.00pm

Where: Kariong Neighbourhood Centre, 10 Langford Drive Kariong

Cost: Gold coin donation on the night

Refreshments will be available

Following the Forum, a new service called Evolve will be opened in our Neighbourhood Centre on Monday 25th July from 3pm-6pm. This will operate as an intervention and referral program facilitated by Lisa Isaako for Drug, Alcohol and Violence issues

Standpipe



G'day everyone.

Here's some more news from Kariong Rural Fire Brigade for this month.

Well, the weather is certainly cooling down but staying dry enough for the RFS to conduct hazard reduction burns around the coast. As I mentioned last issue, windows of opportunity to do burns such as these don't come around often so when the weather is right strategic burns are put in. As always folks, if you see an unattended fire ring 000.

Also, with the cooler weather comes home heating and again I need to stress to you about being vigilant when it comes to this issue. This also includes your smoke detector and making sure that it's working. I've said before, don't leave things to chance. Check your appliances, supervise your kids around them and test your smoke alarm.

I mentioned in a previous issue that Kariong Rural Fire Brigade will be turning seventy years old this year. Many of you may be surprised to know that Kariong is the oldest brigade in the district starting from humble beginnings back in 1946 when it was known as Kendall Heights volunteer bushfire brigade. The equipment was none too flash either with a water trailer carted around on the hitch of a ute with some rake hoes and a few knapsacks.

Everything else was supplied by the members down to the overalls & boots. No air conditioning and creature comforts of the modern tankers we have now.

Back then the "Bushies" did the hard yards mostly under trying circumstances and over time we've become the modern, well equipped and motivated brigade you see today.

The one thing that hasn't changed in our seventy year history though is the essence of being a volunteer fire fighter. That's still as strong as ever and we're always looking for more locals to join the ranks and to be part of a worthwhile community based organisation.

So, if you're keen to be a part of it call the district office on 43402911 during office hours or come up and see us, we're in Dandaloo St. next to the Progress Hall.



WHAT'S ON

... AT KARIONG LIBRARY

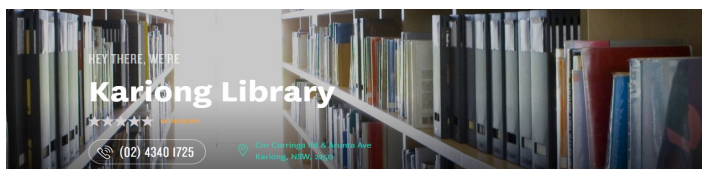
The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1.00pm – 2.00pm) and Saturday 9.30am until 2.30 pm (closed for 1/2 an hour at 12 noon.)

Our library catalogue is available online so that you can search for what you need and have your selected books delivered free to Kariong Library. Using your library card number to log in you can access the Member Services area – here, you can find out what you have on loan or on reserve. It also provides you with access to newspaper and journal articles. Gosford City Council's libraries provide online access to a whole host of eBooks for your enjoyment. Again use your library card number to access or ring the Kariong Library on 43401725 and the librarian will be pleased to help you.

Tuesdays at 10.30 am for Storytime. The purpose of Storytime is to encourage a love of reading. This great programme is for children 3- 5 years, their parents, grandparents and carers – all are welcome. Singing and craft are important features of the programme.

Join the **Kariong Library book club** and discuss a wide range of books. The group meets on the last Friday of the month at 10am. Morning Tea is provided and new members are always welcome. The books for review on Friday 24 June are **The Shiralee** by Australian writer D'arcy Niland (1955) and **Miss Peregrine's Home for Peculiar Children** (2011) by American writer Ransom Riggs.

The **Shiralee** tells the story of an itinerant rural worker, a 'swagman' or 'swaggie'. He takes responsibility for his child who he has removed from his wife. The child is the 'shiralee', an Aboriginal word meaning 'burden'. **Miss Peregrine's Home for Peculiar Children**, is a novel that mixes fiction and photography; an abandoned orphanage, and a strange collection of very curious photographs. It all waits to be discovered by Jacob journeying to a remote island off the coast of Wales.



contact Action Group at: klaq2013@yahoo.com.au



CCFSS Groups Term 2 2016

CIRCLE OF SECURITY



A Relationship Based Parenting Program for Caregivers

Circle of Security Kariong, Monday's July 25 – August 29, 10.00am to 12.00pm - Phillip House, 21 Old Mt Penang Road Kariong.

Bookings essential (Sorry no childcare available)

Triple P Parenting Group



Be the best parent you can be with Triple P- Positive Parenting Program. Triple P provides practical answers to everyday concerns. Wednesday's August 3 – August 31, 10.00am to 12.00pm

Phillip House, 21 Old Mt Penang Road Kariong.

Bookings essential (Sorry no childcare available)

Grandparents Raising Grandchildren Support Group



Any grandparents raising their grandchildren from across the Coast are welcome to attend the group.

Gosford group, July 28, August 25, 9.30am to 11.30am
Phillip House, 21 Old Mt Penang Road Kariong

To Book into a Group

Call 4340 1585 to book your spot in one of the groups

Central Coast Family Support Services

Email: ccfss@ccfss.com.au

Website: www.ccfss.org.au

PLEASE NOTE:

Justice of the Peace service no longer available at Kariong Neighbourhood Centre

JPs available within Kariong area:

Derek Crawford 4340 1286

John Bain 4340 2860

Diane Merryfull 4309 0229

Tracie Gosling 0412 486 678

Pastor Jeff O'Derry 4340 5864 / 0448 814 511



Most people think that gambling problems only apply to adults, but in fact the rate of problem gambling in adolescents is three times as high as it is for adults.

Most gambling by young people involves scratchies, lotto or friendly card games. However, around one in five are participating in sports betting, racing and even pokies. Simulated gambling is also a growing concern. These games look and sound just like real gambling, but because no real money is wagered or won and the player is playing with points or virtual coins, simulated gambling is not classified as real gambling. The problem is that these games groom young people for actual gambling by normalising the activity and fostering false expectations by paying out at a faster rate than genuine gambling sites.

Gambling addiction can be devastating to the person who gambles and their family. While most people under 18 don't have access to enough money to cause serious financial hardship through gambling, bad habits developed as teenagers can spill into adult life. Impacts include: increased delinquency and crime, including theft to cover debts; disruption of family relationships; decreased academic performance with consequences on tertiary study and developing careers; poor mental health: higher rates of depression, suicidal ideation and suicide attempts

Research shows that parents, educators and others who work with young people have the power to make a difference – if only they ask. The next time you see a news report about a lottery ticket winner or see a gambling ad, take the opportunity to talk to your youths about the reality and risks of gambling; deliver responsible gambling messages, including knowledge of how gambling works and how to avoid the harm it causes; and empower young people to seek help if they need it.

UCMH Counselling Services provides **free Gambling Help counselling** for **anyone** affected by problem gambling. We are at Kariong Neighbourhood Centre on Wednesday evenings from 4.00-8.00 and Saturday mornings from 9.00-1.00. For more information or to book an appointment please contact Caroline on 0408 679 351 or email ucmh.cs@ucmh.org.au

HOMESTAY PROGRAM



NAISDA Dance College is looking

for families to participate

in the NAISDA Homestay Program for 2016.

NAISDA Dance College is a national Aboriginal and Torres Strait Islander dance college, a Registered Training Organisation, and a member of the Commonwealth Roundtable for Excellence in Arts Training; providing ground-breaking delivery in a Careers in Dance curriculum to Diploma level.

NAISDA students are known as 'Developing Artists' and they come from Communities throughout Australia.

We currently seek families to accommodate some of our Under 18 year old Developing Artists during their study here at NAISDA Dance College.

We want to be able to offer our Developing Artists family support in a safe and comfortable home, which promotes successful outcomes for our DAs as they study towards a career in Dance.

- Cultural and lifestyle exchange
- Provide a room / board in a safe home environment
- Working with Children Check undertaken
- Financial assistance provided

For more information contact: Sue Gosson

Human Resource Coordinator

(02) 4340 3100

s.gosson@naisda.com.au

Lifeline shop

Quality second-hand clothing/furniture
books & now craft mornings

2/11 Brooks Ave Wyoming, 4324 4555
Store Hours Mon-Fri: 9am - 5pm Sat: 9am - 12pm

**Breastfeeding Support
Come along and join
us 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 fortnightly on Fridays at KNC from 10am to 12pm. Latecomers always welcome.

For more info ring KNC on 4340 1724 or contact us at kariongabagroup@gmail.com



"Leading provider of quality childcare since 1994"

Looking for quality childcare in Kariong?

Our smaller boutique family owned centre is a place where your child will feel safe, secure and supported as they learn and grow in confidence. They will develop long lasting friendships in a nurturing environment with our highly qualified educators.

**Offering education and care for children
6 weeks to 6 years.**

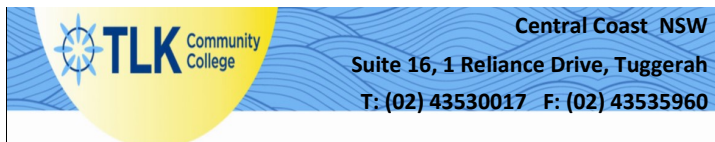
**Please phone Karan or Debbie on 4340 4351
to arrange an orientation visit.**

**1 Milyerra Road, Kariong
(corner Woy Woy Rd)**

www.littleangels.com.au

We would love to meet you and your family!

Taking enrolments now for 2016



Are you looking to kick start your career?

Take advantage of the Subsidised Pathway Programs

Information Technology - Children's Services

The delivery mode creates a relaxed, flexible environment for students and caters to people who have not studied or worked for a long time, people with a disability or people who may struggle with literacy and numeracy.



Study Locally in School Hours

Eligibility

If you answer "YES" to all four questions below then you are encouraged to apply:

- Are you 15 years old or over
- Living or working in NSW
- Have barriers to access assessment e.g. financial hardship, disability, struggle with literacy and numeracy, at risk of not making a successful transition from school to higher education, training or work.
- An Australian citizen, Australian permanent resident, Australian permanent humanitarian visa holder or New Zealand citizen?

Course Fee: \$0.00 if eligible for Fee Exemption
\$80 if eligible for Concession

Further Information Contact the College
on 02 4353 0017 or email info@tlkcc.com.au



THE ONLY LOCAL AGENTS IN KARIONG!

- Bianca Foreman and her team are all Kariong based and carry a wealth of local knowledge
- We can assist with all your real estate needs – Sales & Rentals
- Conveniently located in Kariong's main shopping centre next to the General store

7/4 Mitchell Drive, Kariong

Phone: 4340 0777 Mob: 0430 929 034

bianca@foreman1properties.com.au

**DO YOU HAVE ANY SMALL BIKES
FOR ONE TO FOUR YEAR OLDS
THAT YOU ARE NOT USING?**



**WE ARE LOOKING FOR
DONATIONS FOR OUR PLAYGROUPS.
If you can help, please call the Centre on 4340 1724
or email admin@knc.net.au**



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 We will Test & Diagnose any problems you are having with your TV Reception for FREE!!
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Local owners with over 20 years experience.
Thinking of selling or buying?
 If you're thinking of selling, buying or renting, or simply would like some advice or a FREE no obligation market appraisal, call us today on **4322 7233**.

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Supporting your Local Community
 Citigate Business Centre, Shop 9/451 Pacific Highway, North Gosford
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PH 4340 1643
 3 Mitchell Drive, Kariong



Better Health Practices



Kariong Chiropractic & Wellness Centre

20 LANGFORD DRIVE, KARIONG
4340 5154
www.betterhealthpractices.com.au

- Chiropractic • Massage • Acupuncture
- Pilates/P • Calmbirth Classes

Health fund accredited
Medicare plans accepted

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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KARIONG
ALSO AT EAST GOSFORD



11 Mitchell Drive,
Langford Dr,
Kariong

4340 2022 - vcdental.com.au

**OPEN 7 DAYS
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- dental implants
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- one hour tooth whitening
- HICAPS claims accepted



Now open until 8pm Thursdays

Medicare Child Dental Benefits Schedule bulk billed



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- * Lawns
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- * Rubbish Removals
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- * Turfing
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- * Fully Insured
- * Servicing Kariong & Surrounds
- * Local Kariong Residents with over 15yrs experience
- * SAME Day Quote

Daniel Smith 0429 729 417 or 0406 482 146
enquiry@outoftimeservices.com.au

Don't let yourself run "Out of Time" call us for reliable, fast service.

Dance School in Kariong
for 3 - 18 years of age

Qualified, professional teachers, teaching Musical Theatre, Hip Hop, Lyrical, Jazz, Acro, Tap and Little ones Ballet at Mt Penang Parklands



Ph **0407 259 001** email info@alivedanceacademy.com.au
www.alivedanceacademy.com.au

Advertise with us

Our newsletter is delivered to over 2500 local community members and local businesses, and is emailed to many more.

Many locals use the Kariong Connection and the Community Centre,

to find local trades and services.

For more information on our very reasonable rates

Contact us on 4340 1724 or admin@knc.net.au

Australian Academy of Tai Chi
"Health & Relaxation"

TERM 2 CLASSES:

Wednesdays 9:00 – 10:00am

at Kariong Neighbourhood Centre

Contact Helen or Daniel on 0435 121 520

Suitable for all ages and abilities



BOVIS ROOF REPAIRS

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***All Roof Leaks & Repairs**

- *Re-bed & Point-up Loose Ridge Capping in FlexiPoint
 - * Pressure clean roof tiles, clean and point (2 coats)
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 - * Work Guaranteed * Free Quotes
- Worked and lived in Kariong 22 years
No Job Too Big or Small
Phone Grant on 0412437175
Or 43401825

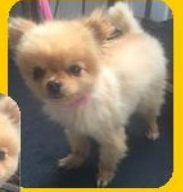


Bizzar Pet Grooming

Caring for your pets at Kariong NSW 2250

Qualified vet nurse / Groomer / Boxer breeder
Spruce up your pet! Call our salon today

* **Bathing all size dogs \$25**



All dog grooming starts from \$50

Grooming includes

- * Clip nails
- * Clean ears
- * Bath
- * Blow dry
- * Clip in your style

Please call Michelle Smith for an appointment 0401 509 498



5am Mon-Fri

6am Sat/7am Sundays

We now sell iced coffees, fruit smoothies, milkshakes and thick shakes. As well as our great Di Lorenzo coffee and homemade cakes.

Kirsty and Cameron

Orders: 43405427

Shop 4/10 Currunga Rd, Kariong.

ONE AGENCY

KYLEE JONES PROPERTIES

Proud to be supporting the Kariong community with property sales and rentals. With over 38 years combined sales experience and a passion for real estate, we can get you sold and moving in the quickest amount of time.



Call Jenny today for your confidential discussion.

- A. Shop 6/470 Pacific Hwy Wyoming 2250
- M. 0428 497 160
- E. jenny.vile@oneagency.com.au
- F. jennyvileoneagency

"Always Fresh"

KARIONG

"Always Fresh"

QUALITY FRUIT

Telephone: 0400 292 220

We are no longer operating from our shop front but you can still enjoy locally grown fruit and vegies.

Now offering home deliveries!!

Twice a week on Mondays and Thursdays

Orders for Monday Delivery - in by 3pm Sunday

Orders for Thursday Delivery - in by 3pm Wednesday



KARIONG QUALITY MEATS

Prize winning sausages & burgers available in Kariong
Take something special home for dinner today

- NSW STATE WINNER Poultry & Australian Lamb sausages
- Delicious ready made meals



Shop 1/Arunta Ave, Kariong Phone: 4340 1064

MATURE HANDYMAN SERVICES

Your Local Kariong "Mr Fixits"

Experience in Interior and exterior repairs & maintenance on those smaller jobs from fixing doors to mowing your lawns and lots more

Call Bernie 43401166 / 0410434845 - Keven 0413208450

-----fully insured-----

SUPPORT

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.

RESOURCES

CHECK OUT OUR RESOURCE LIBRARY

Have you seen our newly updated resource shelves at the Kariong Neighbourhood Centre? We have some great information on a variety of topics including:

- Families - Seniors - Youth
- Health and Disability
- Mental Health
- Aboriginal & Torres Straight Islander resources.

Only \$2 a week per DVD for members, \$3 for non-members. Just drop into the Centre Monday to Friday, between 9am - 4pm to browse the library, collect a DVD or make a booking

COURT HIRE

KARIONG TENNIS COURTS

If you would like to hire the courts please call Yvonne on 4340 1068 between 8.30am and 6.30pm.

CLUBS



'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



SCOUTS

KARIONG SCOUTS

LOOKING FOR SOME OUTDOOR ACTIVITIES
TRY SCOUTING OPEN TO BOYS AND GIRLS

Joey's..... 6 to 7 y/o..... Meet Monday 4:00pm to 5:00pm
Cubs..... 8 to 10 y/o Meet Tuesday 6.30pm to 8pm
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



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

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

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

Multiple Birth Playgroup

10:30am to 12:30pm **During School Term.** If you are a parent of twins, triplets or more, you might like to join this playgroup and get to know some more local families with multiples.

Cost: \$4 per family. Bring a piece of fruit to share for morning tea.

For information ring 4340 1724

TUESDAYS

Immunisation Clinic for children - NSCCA

Free service provided by Area Health. No bookings required. The 2nd and last Tuesday of each month. 12.00pm — 1.00pm

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.**

Cost \$4 for members, \$4.50 for non-members. Morning tea included.

Join us for a fun morning with lots of laughs. Beginners welcome

Early Childhood Clinic — NSCC Area Health — Free

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic - 4328 7900.

WEDNESDAYS

Tai Chi with Helen from the Australian Academy of Tai Chi 9.00am-10.00am All welcome. Cost \$10 per session For bookings please 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 Arts and Crafts 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

All welcome! **Fortnightly** 10.00am to 12 noon **During school term**

Contact kariongabagroup@gmail.com or phone 1800 686 268

SATURDAYS

Rooms are available for hire for events and children's birthday parties

For bookings please Phone the Centre on 4340 1724

SUNDAYS

River Christian Church - From 9:00am, to 2.00pm

Contact Shaun: 0402 857 467 or Nerida: 0411 032 645

ADVERTISING CLOSING DATE

for NEXT ISSUE

Wednesday 20th July 2016

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.