

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 4

10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



May 2017

Exciting announcement made at kariong Neighbourhood Centre!!



Pru Goward MP, Minister for Family and Community Services visited the Neighbourhood Centre on Friday 31st March to announce a \$6.9 million commitment to support the roll out of the Premier's Youth Initiative across the Central Coast and Hunter. Up to 130 young people across the Central Coast and Hunter who are at risk or experiencing homelessness will be better supported as part of the Initiative. Pru also announced that the Kariong Neighbourhood Centre, an invaluable support network for locals, will receive more than \$250 000 in funding over the next three years as part of the Community Builders Program.



WE HAVE MOVED

YOU CAN FIND US AT 3/3 MITCHELL DRIVE KARIONG

We are still offering great Sales and Rental Services to Kariong
and surrounding suburbs

Contact us on 4340 0777 or 0430 929 034

bianca@foreman1properties.com.au

We now offer JP Service on Tuesday and Thursday between 9.00am and 11.00am

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.

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

Our April Vacation Care Program offered so many fun and educational experiences for our OOSH children, highlights being our visit from “James, the Science Guy” with his range of fascinating experiments, as well as a puppet show incursion, and a wonderful visit from Kym, the reptile man.



Our learning during first term about the Aboriginal culture with a local Bara Barang lady taught the children how to tell stories through a range of symbols as well as participate in some dancing and craftwork. Our special visit in Vacation care also from Bara Barang, (a local Aboriginal Australian Cultural Education Centre) helped the children learn about important traditions, beliefs and ways of life and reinforced to the children the importance of respecting and learning from our indigenous locals.

We look forward to providing lots of educational as well as fun and interesting activities for the children again during Before and After School Care for term two and we welcome new families to drop in and see our fabulous centre. (We do have a waiting list for some days).

Before and After School Care -We look forward to providing lots of educational as well as fun and interesting activities for the children again this term and we welcome new families to drop in and see our fabulous centre. Some days are booked out with waiting lists—book in soon.

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

ACTIVE PLAYGROUP



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

What a fantastic first term we have had at our Wednesday gathering! Many new friendships have been forged and the children have been enjoying a wide range of structured activities as well as lots of free play choices in our wonderful outdoor area. We focus on exploring early literacy and numeracy concepts along with lots of listening, sharing and turn-taking opportunities to help the children develop school readiness skills. Self- esteem and social confidence are also promoted through participation in our games and activities. Arts, crafts, messy play, music and story times ensure the children are kept busy and stimulated. We have many families from various cultural backgrounds attend our weekly group. Please come along and join us for a shared morning tea and discover new local friendships! All welcome

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

Enquiries: Nerida 43404561

KARIONG MEDICAL CENTRE

“Caring for Karióng”

As we settle into Autumn Flu Vaccine clinics are well underway. We are still taking bookings please phone the surgery.

Hot Doc SMS reminders: These are intended as a courtesy reminder. You are not required to respond if you don't wish to. Your appointment will not be cancelled if you do not reply. You can however confirm or cancel by replying yes or no should you wish to do so.

The repairs on our roof are now complete, thank you for your patience with all the noise! The rest of the complex will be attended to next.

The Hill Youth Centre

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



Monday

Gecko Sports Multi Sports Program

3.30pm to 4.15pm ages 5 to 8 years

4.30pm to 5.15pm 9 to 13 years

Enquiries 0412688070 / natlee@geckosports.com.au

Fitness - 6.40 pm Boxing - 7.45 pm

\$10 per class, first class is free Ph: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 4pm - 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 6pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

Beginner Guitar Lessons 3.30pm – 6pm

Learn to play guitar Ages 10 to 17 Cost: Free

Friday

Free 10 years and over from 4pm to 8pm

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

Elevate Youth 2nd Friday of the month

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

Youth workers are available for referral and support, by appointment. The hall is also available for hire.



Selective Class

Applications for Year 7 2018 open until June 2nd

Did you know that your local school has an established selective class that caters for students who are capable, motivated and 'ready to fly' in a challenging, but supportive learning environment?

Although our school has a focus on biosciences and STEM related subjects, the selective stream caters for students with strengths across the breadth of the curriculum. This focus, however, enables students to be accelerated in science and commence Year 11 (Preliminary) studies in a science course in Year 10. To date, 100% of students in this class have successfully completed this Preliminary course of study and hence are well placed to better manage their HSC program of learning.

As a new school, continually keeping up to date with research into improving student learning outcomes, we have incorporated a more structured program of project based learning across Years 7-10, but particularly so, in the selective stream. This type of learning is more authentic and hones collaborative and creative thinking skills.

And looking to the future, as we are not a large school, students are able to study highly academic subjects such as Extension Maths and Physics, for example, with small class sizes. That is, a student to teacher ratio that gives your child more teacher support time.

The selective class test is held on June 16th at the school. Please contact the office if you have any inquiries or would like to book a place for the test. If your child is in one of our partner primary schools then this can be organised through your primary school.

We are currently running the VET course "Music Industry" in Stage 6 and as part of their learning our students set up and manage live performances. Come along to the Waterfall Café, every 2nd Tuesday from about 12.30pm to enjoy dining and a 'show'. Our young performers appreciate the community support (and they are very talented!).

Anne Vine
Principal

Kariong Progress Association



Central Coast Council meet and greet program

On Friday 26 May 2017, from 10.00am to 12 noon, the Council CEO Rob Noble and Administrator Ian Reynolds will be having a 'pop-up' stall at the Langford Drive / Mitchell Drive Shopping Centre. They will be there as part of an overall program across the Coast to have local residents let staff know of any concerns.

We cannot let these two top Council officers visit without letting them know just what actions local residents would like to see Council address on their behalf. We appreciate that many of you will be at work, or otherwise engaged on that day, so the Progress Association has set up a gmail address where you can address any questions, and members of the Association will address those questions on your behalf.

The email address is — kariongpa@gmail.com

If you do not have internet access you can drop in any questions you have to the Neighbourhood Centre, next door to the Caltex Service Station.

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. More news when that decision comes to hand.

Local Information about the Progress Association

The Association is currently checking to see if it can place a Notice Board to highlight local issues in both of the Kariong Shopping Centre.

Trail Bikes again!

Reports of unregistered and unlicensed bikes have surfaced again near the Youth Centre, and travelling through the underpass into the Mt. Penang Parklands. Police are aware, and will monitor the situation, but they need to be kept up to date on the activity if you see it actually happening. (Police Assistance Line on 131444)

Kariong crime stats March 2017

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
5	2	3	0	2	1

**The next meeting is scheduled for
Wednesday 10 May 2017 at 7.30pm
at the Kariong Neighbourhood Centre.**



KICK OFF! The season is underway!

We are off to one of our best years yet, with almost 50 teams signed up with Kariong United for 2017.

Keen to play football this year? We still have limited positions in our U5-U9 teams – please contact Wayne Richards on 0418 412 361 or

noncompjuniors@kariongunited.com.au for more information.

A big thank you goes out to our sponsors – without their support we would be unable to run as a club, and we appreciate all they do for Kariong United and the Kariong community. We would like to thank the following:

Major Partner – George Brand Real Estate

Gold Sponsor – Foodworks Kariong

Silver Sponsor – The Times Café, Amy Cash Fitness, The Supreme Pizza Kariong, Kariong Quality Meats, Kariong Automotive, The Entertainment Grounds and Aquarius Water Tanks

Club Supporter – Uke4Fun, SIGNrite, Tag Mate NSW, Alive Dance Academy, Boost Juice Erina, McDonalds

SAVE THE DATE – Please mark the following dates in your diary for this season:

3rd June 2017 – Kariong Cougars Trivia Night

25th June 2017 – Kariong U12 Gala Day

13th October 2017 – Senior Presentation Night (*Note: Junior Presentation Date TBA*)

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!

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

HAVING AN EVENT?

Consider VENUE HIRE

AT KARIONG NEIGHBOURHOOD CENTRE

Now available all day Sundays!



UNLOCK POTENTIAL
AS A MENTOR WITH
Youth Frontiers
RECRUITING NOW!



**MENTORS REQUIRED NOW
ON THE CENTRAL COAST**

Youth Frontiers is aimed at students in years 8 and 9, who have the capacity to benefit from youth mentoring that focuses on leadership and civic engagement. Just 2-3 hours per week over 6 months, no experience necessary, full training provided.

www.youthfrontiers.com.au

Call Peter Lyall: 0411 805 283
For more information

proudly supported by



Australian Plant Society

The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on Saturday **13th May, 2017 at 1.30pm for a 2.00pm start.** Admission \$2 and visitors welcome.

The following week Saturday 20th May the Central Coast Group will host the State AGM and Quarterly Gathering at Phillip House. Admission \$5 which goes to the State body and includes a lucky door ticket.

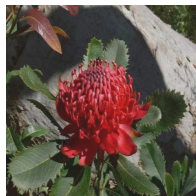
The public is welcome to attend from 1pm for lunch and to hear Central Coast horticulturist and landscaper, Olga Blacha's talk on 'Attracting Birds with Native Plants'.

There will be native plants & orchids for sale as well as sausage sandwiches and home-made soup.

The meeting will close at 3.30pm with a sumptuous afternoon tea

Inquiries contact Elsie at damael@hotmail.com.au

or telephone 43655 049



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.

GENTLE EFFECTIVE BODYWORK THERAPY
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www.ortho-bionomy.org.au

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counselling@unitingrecovery.org.au 0408 679 351

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



SPORTS BETTING ADVERTISING is plastered on buses and around sporting grounds; it's all over the internet, on websites and social media; and according to the Sydney Morning Herald more than one in every six ads broadcast during AFL matches last year were gambling ads.

A spokesman for betting giant Tabcorp said: "Total marketing spend in the wagering industry has increased almost three-fold from approximately \$119m in the 2011 financial year to approximately \$328 million in 2015."

Professional sportspeople have become outspoken about their concerns about gambling advertising. Western Bulldogs AFL star Easton Wood said "Gambling advertising is out of control and it needs to change."

Senator Xenophon agrees that the saturation of gambling advertising is a major community issue and he is in negotiation with the government to slash gambling ads during sporting broadcasts.

The next time you see a gambling ad, take the opportunity to talk to your kids about the reality and risks of gambling, including how gambling works and how to avoid the harm it causes. And seek help if you need it.

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

Kariong Eco Garden Incorporated



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

Email: kariongecogarden@gmail.com

Website: www.kariongecogarden.org.au

Our KEG 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).

Open Garden every 2nd Sunday of the month

Visitors and volunteers welcome, 10am – 12noon.

April Talk: In conjunction with the 30th Anniversary of Wildlife ARC, Ms Jacky Hunt, the deputy head carer of the micropods presented a talk about Australian marsupials and we enjoyed The Easter Bilby story.

May Open Garden is 14th May. The garden is holding a special Mothers' Day gathering for mothers on their own. Come and celebrate Mother Earth with us. Enjoy a morning of celebration with music and light food. Every mother will receive a free pot plant.

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. Fridays and Wednesdays, 9.30am – 11am. Bookings essential.

Bush Care & Brunch

Our regular Bush Care day is the 4th Sunday of each month 9.30 – 11.30am. Come and join in on 28th May we will be in Oakes Street, Kariong.

Boomerang Bags

Fortnightly Mondays 11am – 2pm on 1st May, 15th May and 29th May. 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.

Love Food Hate Waste Project

LFHW Project has launched on Central Coast. Our first event was at Erina Fair with cooking demonstrations and educational flyers on promoting how to reduce food waste. Eco Garden has also held two workshops introducing families to minimizing food waste and also eating healthy. The next LFHW Workshop will be on 13th May and 28th May. Please check our Facebook page for event details and bookings on Eventbrite.

Vandalism

Sadly we have had some visitors who have damaged our roller door. The garden is a community space and we all need to take care of it.

Garden Volunteers are always welcome on Monday & Friday mornings 10am – 12pm. If you have a particular gardening talent or just like to potter please come and share with us.

BROADBAND FOR SENIORS

funded by the Australian Government

DO YOU HAVE ..

- A COUPLE OF SPARE HOURS EACH WEEK?
- COMPUTER SKILLS ?
- A DESIRE TO HELP OTHERS?

At Kariong Neighbourhood Centre, we offer free Broadband tuition for Seniors and those with a disability. In order to continue these services, we need your help. We are looking for volunteers who have a couple of spare hours each week would like to share their skills.

If you think that you might be interested, we would love to hear from you.

Please ring KNC on 4340 1724 or email admin@knc.net.au



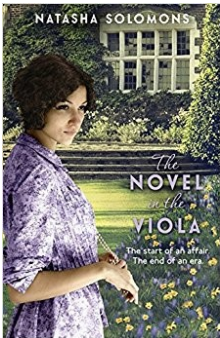
WHAT'S ON ...AT KARIONG LIBRARY

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.

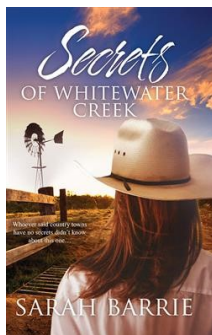
Welcome to Kariong Library. The library catalogue is available online so that you can search for what you need before you visit. The **Virtual Library** provides access to a range of online subscription databases, plus a selection of useful and authoritative web sites. Many are available from home, and you can use your library card number to log in from home. www.gosford.nsw.gov.au/libraries

Each month **Kariong Library Book Club** members meet on the last Friday of the month at 10 am with morning tea provided. The May meeting will be on Friday 25th and both books to be discussed explore the lives of independent strong women and their romantic interests.



The Novel in the Viola by Natasha Solomons is narrated by Elise Landau, a teenage Jewish refugee from Vienna. How Elise copes with life in 1938 Dorset, the onset of war and matures into a responsible woman is a fascinating read.

Secrets of Whitewater Creek is set in rural Australia and introduces Jordan Windcroft, who has been running the family farm on her own since the tragic death of her parents.



STORYTIME is held every Tuesday morning at 10.30am for pre-school children and their parents or guardians. Come along and enjoy a story, some singing and craft. This great programme to foster development of new skills is for children 3—5 years.

Standpipe



G'day folks.

I'm back with some more news from the Dandaloo Street fire station.

The bushfire danger period has well and truly finished however everyone still needs to be on their toes in terms of home fire safety as well as burning off issues. I mentioned in my last chat with you that making sure your home heating appliances are up to the task and that means your heaters, electric blankets, fire places are all up to scratch because it will get cold. The other matter is burning off. If you are a rural land owner or manager regulations still apply to burning off bona fide agricultural material. But, if you live in Kariong and dumping your household rubbish in the "old 44-gallon drum" in the back yard and lighting it up, that's a definite NO NO. Just lately I've been smelling the classic aroma of fire places being started as well as the acrid smell of someone burning rubbish and, before anyone asks, yes, I can tell the difference. Don't be tempted to burn your household stuff in the back yard or fire place because you will be in hot water if detected. Not only will that irritate your local fires it may cause a visit from the Council.

Crews from Kariong along with other local brigades were deployed to the Lismore area to assist our cousins up north in flood clean up. From what I've seen and heard it was a messy job and the guys coming back were saying that it was a pitiful sight to see but we all hoped that our efforts went a little way to restoring some sort of "normality" for the locals up there in their efforts to reorganise and rebuild.

Lastly, I wanted to mention to you about joining the NSWRFs. It's an exciting time to join the Service and you'll be kitted and trained to do your part in helping to protect not only your neighbours but further afield as we've discussed. We're in Dandaloo Street Kariong and we're open for training Wednesday nights from 7.30pm and Saturday mornings from 8am. Come up for a chat to see what it's all about; we'd love to see you.

That's it for now folks. Stay safe and be Firewise.



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. Our current fees are \$40 for 4-5 year olds; \$42 for 2-3 year olds; with fee relief available for families that have a current Low Income Health Care Card.

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
parklandspreschool@bigpond.com.au

Information Booklets

on services available to you on the Central Coast available at Kariong Neighbourhood Centre

We are here to support you !!

We have researched and compiled a comprehensive up to date guide to local services, to help you through the maze of where to find services for your particular need.

These booklets provide contact details and a brief overview of services provided.

These directories are a very valuable resource to have.

Drop into the Centre to pick up your copy



10 Langford Drive, Kariong



The XChange

Seventh-day Adventist Church



Kariong Public School is proving to be an excellent venue for us. We have continued to learn about the Fruits of the Spirit. Through stories, craft, and discussion we learned about Peace.

Saturday 1st April we had our Easter family church. We had an amazingly great time. We heard how other countries celebrated Easter. We had crafts and activities to give us an upfront knowledge of how those countries celebrated.

Saturday 8th April we had our Agape, in the school library. The elections were on and the school was kind enough to offer us a substitute venue. Celebrating the Lords Supper is a highlight for everyone who attends.

We shut down for two Sabbaths, 15, & 22 April 2017. During this time many of us will be attending Big Camp at Stuarts Point. Every year many people from across North New South Wales pack their tent and supplies and head up to camp. While at camp we attend great meetings, sing lovely songs and fellowship with others.

We return to KidsXChange and Barneys Church on the 29th of April 2017. We look forward to seeing you when we return.

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 years. 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 pm - 8:15pm.

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



FAIRHAVEN SERVICES presents

2017 Autumn Fayre

SATURDAY 6 MAY
9AM-2PM

A FUNDRAISER IN SUPPORT OF PEOPLE LIVING WITH DISABILITY

Discover a selection of the traditional, homemade, the unusual and regular favourites at our annual autumn fundraising event in support of a truly local charity!

40+ STALLS	UPCYCLED TREASURES	KIDS ZONE	ANTIQUES & COLLECTABLES
NEW & EXCITING FOOD	BOOK SPILL	RAFFLES, PRIZES	
OP SHOP	MUSIC & ENTERTAINMENT	... AND MORE!	f

209 Brisbane Water Drive, Point Clare
www.fairhavenservices.com.au
TEL (02) 4349 5500 EMAIL enquiries@fairhaven.org.au

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discover | belong | celebrate

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



f Instagram VintageFairTheCollective

Have you discovered Vintage Fair at Point Clare?

The flourishing community hub & retail space, Vintage Fair is the perfect destination for people who love to eat, shop, play local! Discover the **op shop**, amazing **upcycled store**, **Antiques** room, Old School House 2nd hand **book shop**, **used furniture** shed, "RE-CReATE" **palette furniture**, **destash** shed and more... then refuel at Fare Cravin' café!

WHAT'S ON this Month:

Kids Story & Craft Time Thursdays, from 10am
Central Coast Community Market Car boot sale.
Drop in to sell or shop! Sat 13 May : 9am-1pm



209 Brisbane Water Drive, Point Clare. TEL (02) 4323 3566
SHOP HOURS Mon-Fri 9am-4pm, Sat 9am-2pm.
www.fairhavenservices.com.au EMAIL enquiries@fairhaven.org.au



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****CCFSS Kariong Groups May****Grandparents Raising Grandchildren Support Group**

Any grandparents raising their grandchildren from across the Coast are welcome to attend the group, **children welcome also**. The next meeting, Gosford group, Tuesday 9 & Thursday 25 May 2017, 9.30am to 11.30am Erina Centre, Meeting Space 2, Erina Fair Shopping Centre

Triple P 2-8 years Seminar Series

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

Venue: Central Coast Family Support Services
21 Old Mt Penang Road, Kariong

Dates: 3 Saturday sessions; 6, 13, 20 May 2017
10.00am to 12.00pm

Sorry No childcare. Bookings essential

Stand Together

A group for women who have survived domestic family violence

Venue:

Peninsular Women's Health Centre
20A McMasters Road, Woy Woy

Dates: Tuesday's 16, 23, 30 May, 6, 13 and 20 June 2017

Limited Childcare available; bookings essential

Participants will need to complete a pre-group interview

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

**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
Driving Matters • Wills & Probate • Neighbourhood Issues

Please note Advice on mortgages, guarantees, bank loans, commercial leases, personal injury or workers compensation is **NOT** able to be given.

Website: <http://www.katiesmithsolicitor.com.au/>

Ettalong Beach**Arts & Craft Centre Inc****Term 2 on 1st May 2017 for 9 weeks**

MONDAY	9.00am – 11.00am	Patchwork & Quilting
	11.00am – 1.00pm	Social Patchwork & Quilting
	10.00am – 12.00pm	Pottery
	6.00pm – 9.00pm	Silvercraft
TUESDAY	9.30am – 11.30am	Patchwork & Quilting
	2.00pm - 5pm	Silvercraft
	7.00pm - 9.00pm	Pottery
WEDNESDAY	9.00am - 11.00am	Painting & Drawing
	11.30am – 1.30pm	Painting & Drawing
THURSDAY	9.00am – 12 pm	Silvercraft
	12.30pm – 3pm	Social Stitchery
FRIDAY	9.30am - 11.30am	Watercolour Painting
	12 .00 – 2.00pm	Watercolour Painting

All details are at www.ebacc.com.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**

Pastor Jeff O'Derry **4340 5864 / 0448 814 511**

Foreman One Properties **4340 0777**

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

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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Kirsty and Cameron **Orders: 43405427**
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Time: Tuesday and Thursday at 6am
 Every 2nd Saturday at 7am

For only \$15 per week you have access to all these boot camp classes plus our classes in Umina and Woy Woy.

Classes coming soon to Point Clare

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www.fcfumina.com.au



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Get your servicing and repairs done during the months of winter for a 10% discount on labour.

*Discount does not include price of parts
 **Valid for June July August

New Boat?

Book in for a run through of how to use and maintain your new boat to keep it running smoothly.
 Looking at a new boat? Ring for a pre-purchase inspection so you know what you're buying.

Kariong Branch - Labor

Next meeting
 May 16, 2017 7.30pm

Kariong Neighbourhood Centre
 Visitors and New Members welcome

Enquiries: Alasdair 0418 264 115




Registered Tax Agent
 will visit you within Kariong for \$110
 (Standard Individual Tax Return, includes GST)

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E-mail: info@aplustax.com.au
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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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- * Clip in your style



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 for an appointment
 0401 509 498

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Call Bernie 4340 0974 / 0410 434 845

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

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

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.

TUESDAYS

Immunisation Clinic for children - NSCCAH

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.weightwatchers.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

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

term

Contact kariongabagroup@gmail.com or phone 1800 686 268

SATURDAYS

Pilates & Boxing for Fitness 8.15am - 9.15am Pilates

9.15am - 10.15am Boxing. ***Beginning 13th May 2017***

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 Greg 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 17th May 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.



Local Kariong Family Needing Your Help!!

We have a staff member from a local family experiencing a lot of difficulty after an accident and are seeking support from our community. If you would like to contribute please see GoFundMe.com and go to "help Jozza and his family" or go to our Facebook page and follow the link.
<https://www.facebook.com/KariongNeighbourhoodCentre>



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