

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 8 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



September 2017



20 Langford Drive, Kariong 2250 ph: 43405154

20th B'day Celebrations Open Day



Sat 23rd September 9am -12pm
20 Langford Drive, Kariong

- * Give-aways
- * Discounts
- * Demonstrations
- * Product Tasting
- * Birthday Cake!

*Information Stalls

- Chiropractic
- Massage
- BabyROO
- Baby Massage
- Acupuncture
- Naturopathy
- Thermomix
- Spiralz Fermented Foods



Discounts on Massage, new Chiropractic patients and BabyROO enrolments if booked on the day.



Come and celebrate 20 years of caring for the
Kariong Community.

SOMERSBY ANIMAL HOSPITAL

Want a chance to win a box of cupcakes
or a hamper full of prizes?
Somersby Animal Hospital* is supporting
the RSPCA by hosting our cupcake day
on Tuesday September 19th
Go to our facebook page to enter
our competition or show your support
by visiting us any time on Tuesday to
purchase a delicious treat...while they
last!

(02)4372 1799 *79-b Howes Road, Somersby

SomersbyAnimalHospital



Little Big School

Our endeavor is to support each child's successful pathway to school

Leave your child in our care

We provide fun activities that promote learning and development in a small pre-school like setting.

- *Group experiences are included to foster working with others.*
- *Activities that encourage problem solving, investigative skills and exploration are devised and planned for*

FACILITATED BY AN EARLY CHILDHOOD TEACHER & CHILDHOOD EDUCATOR



Mondays — School Term Only
From 9.30am - 11.30am

Kariong Neighbourhood Centre
10 Langford Drive, Kariong

Cost \$10 per child per session

Bookings essential

Call or Email for more information
4340 1724 or admin@knc.net.au

Inquire with us to see if you are eligible for concession or discount consideration

familiesnsw
supporting families to raise children



KARIONG NEIGHBOURHOOD CENTRE

AGM

20th October 10.00am—12.30pm

ALL WELCOME!

- **Come along and get involved in your local Community**
- **Become a member !!**
- **Join the KNC Board !!**
- **Find out how you can make a difference**



10 Langford Drive, Kariong
Phone: 4340 1724
Email admin@knc.net.au

***Please contact the office to register your attendance
By 13th October for catering purposes***



OOSH UPDATE

Such excitement lately at OOSH with treasure hunts in our outdoor area with the children searching and cooperating together in small groups to tick off items on their lists and win prizes!!

We have been having lots of music and motivation classes held by a new favourite group leader, William who has been really inspiring our children with his fun activities and games.

We are really looking forward to our Sept/Oct Vacation Care Program with some fantastic experiences planned such as visiting the sheep station, Tobruk and heading down to Hornsby to the brand new Wannabees Centre. See the full program on the back page of the Connection. Be quick to secure bookings for your children so they can join in with our adventures!!

Booking essential — some days booked!!

We are looking for donations of pebbles for our outdoor area. Fifty cent piece size would be perfect.

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



OOSH CHILD CARE SUPERVISOR

We are seeking an experienced, motivated and reliable qualified Supervisor to work varied shifts across the week in a permanent position. 12hrs minimum per week, there is potential for further opportunities to increase work hours within Kariong Neighbourhood Centre programs.

Please provide your resume, 3 referees and a cover letter addressing the criteria. Essential Criteria:

- * A Cert III in Children's Services/ Cert IV in OOSH/ Diploma Children's Services
- * Minimum 2 years experience in a supervisor role
- * Senior First /Asthma Management and Anaphylaxis Certificate
- * Child Protection Training
- * A sound Knowledge and understanding of My Time Our Place and National Quality Standards
- * Current working with children check through the RMS

Email your application to: Attention Brandi Heitman,
oosh@knc.net.au

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

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 8.30pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

Wednesday

Martial Arts - 3.15pm to 4.15pm - Ages 10 to 18 years

Cost: Free Phone: 4304 7039

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
Bookings required

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.

Elevate Youth 15th September 5.30 -8.30pm

Spring School Holiday Program.

This holidays we have a diverse range of programs on offer including Stand up paddle boarding, Learn to Surf, Skate, Scooter and BMX skills development workshops, art workshops and DJ skills.

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



ACTIVE PLAYGROUP



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

The gorgeous warm weather has been bringing friends together in droves at our Wednesday playgroup with the children really getting stuck into our games and activities.

We have been focusing on developing persistence and concentration with challenging fine motor activities such as threading, painting and playdough. Our family day care educators have found our playgroup really successful in offering their children new experiences and also great for networking and socialising with other day care mums instead of being isolated in their homes.

Our 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. Our structured group times are geared towards developing social skills, confidence and self esteem for the children and we explore numeracy and literacy concepts through music, dance and storytelling.

Feel free to come along to our supportive group to make friends and enjoy a shared morning tea.

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

WE NEED YOUR HELP

Kariong Neighbourhood Centre
is in need of a volunteer grounds person.

- 2 days a week from 8:00am —11:00am
- Sweeping • Using the blower vac • Cleaning
- General maintenance of the centre



No experience is required, must be well organised and a working with children's check is required.

If you would like to help, please contact Kariong Neighbourhood Centre on 4340 1724 or email admin@knc.net.au

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.

Langford Drive and Woy Woy Road intersection

At the recent public meeting, held by Lucy Wicks at the High School, information from Council is that construction will begin within the next couple of months. It will be finished by mid-next year.

We understand the design consists of a single lane roundabout and pedestrian facilities on all four legs of the roundabout. The provision of these pedestrian refuges will supposedly provide for improved pedestrian crossings of Woy Woy Road, Langford Drive and Dandaloo Street. The meeting was not altogether convinced that this is going to be the solution to our problems at the intersection.

Appropriate street lighting of these refuge islands will supposedly be considered as part of the project.

NBN for Kariong

At the same meeting Lucy Wicks announced that the NBN is now scheduled for startup in February 2018.

As you would be aware there has been a sudden burst of activity around the underground cables in Kariong.

The meeting was concerned that the current copper wire circuits were not capable of providing a suitable service.

AGM on 13 September

This will be an important meeting, as the President, Secretary and Treasurer have all indicated they will be stepping down at that meeting. If you want to see the Progress Association continue to work for the benefit of Kariong we need a good attendance that night.

It will also be an important meeting to define the way forward for the Association.

Kariong crime stats for July 2017

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

The next meeting is the AGM scheduled for Wednesday 13 September 2017 at 7.30pm at the Neighbourhood Centre.



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

**Available at
Kariong Neighbourhood Centre
On Tuesdays and Fridays
between 9.30am and 1.45pm
Bookings essential on 43401724
Conditions Apply**



**Get free help with
your tax return from
a Tax Help volunteer**

> Are your tax affairs simple?

> Do you earn around \$60,000 or less?

To find out more, contact the ATO on **13 28 61**.

myTax



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

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



FAMILY MEMBERS AND FRIENDS OF PEOPLE WHO GAMBLE

are often caught between a rock and a hard place, concerned about enabling the gambler, while also feeling anguished about standing back and seeing them go without.

It is true that giving money to a compulsive gambler is like trying to extinguish a fire by dousing it with petrol. It just makes things worse. This is not to say that the person who gambles does not need financial help; however assistance from family members should never be in the form of cash.

If the person who gambles needs: **food** - you can buy a Coles or Woolworths gift card up to the value of \$500 online or instore; **petrol** - go to the petrol station with your loved one and fill the tank, or you can purchase a Woolworths or Coles gift card that covers petrol at Caltex or Shell stations; **rent and bills** - rather than giving cash for rent or bills get the banking details of the creditor and pay directly into the account.

Another strategy is to urge the person who gambles to deposit their pay into an account controlled by a spouse or trusted family member. An agreed upon budget should be calculated and a small amount of spending money given to the gambler until sound recovery is established and trust is rebuilt. Always consult a financial counsellor who is knowledgeable about gambling addictions prior to refinancing or consolidating debt.

If you are bankrupting yourself to help a person who gambles, or if you are sacrificing your own health and wellbeing, seek support from a counsellor who can help you to asset your boundaries and look after yourself.

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 MOUNTAINS
HIGH SCHOOL

Website: www.kariongmountainshigh.com.au

The NSW Education Standards Authority (NESA) has communicated that students who receive Band 8 or above in literacy and numeracy in Year 9 NAPLAN are early achievers of the HSC minimum standards and that there is no expectation that students need to reach the standard before Year 12. It is important that our conversations with students reflect this stand, as not yet achieving the HSC minimum standard, does not mean that they are less, or will not go on to do well in the HSC or do great things with their lives.

NAPLAN was originally meant to be used as a diagnostic tool to assist teachers. It now appears to be a test that holds their future. We must not give it this level of importance in our children's lives, but remind ourselves that is still on test in a moment of time and that what our children can do and who they are is so much more. Yes, we are very proud of achieving above State average results in all areas tested (excluding only selective schools) and we will congratulate those students, but not think less of those who are not there yet.

What other skills might they have that weren't tested? Are they our creators, innovators, performers? Are they anxious about exams, but entirely capable of engaging in knowledgeable debate? Are their home lives difficult and just getting to school is a milestone? Will they shine in the future?

We must provide our students with the skills to successfully navigate their future lives. This must be tempered, however, with an understanding that we cannot entirely be sure what those requisite skills will be. The most important message we can communicate is to do your best, persevere, ask questions and then measure yourself against your own personal standard and lift yourself up from there. In an uncertain future, it is these types of skills that will help students adapt and thrive.

Meanwhile, well done to all students who sat for NAPLAN, did their best and are now ready to grow in understanding by recognising where they have been successful and using this knowledge to fill in gaps. Your teachers are your guides on this educational journey.



Hello friends and neighbours.

With August finished and the good weather coming, it is a great time for you and the kids to go out and have fun. KidzXChange is the place to be. For kids 4-14, we run a fun, activity filled program every Saturday morning from 9:45 'til 11:15. There are crafts, cooking, games, and various activities.

We would love to see you there.

Then after KidzXChange we have Barneys Church starting at 11:30. We have a very special, relaxed and interactive Church service. Followed by a yummy lunch.

We meet at the Kariong Public School Hall. Entrance via Truscott Avenue.

On the first Saturday of each month we have a Community BBQ. This is a free event, and everyone is invited. No strings attached. We would just like to get to know you. Love to see you. Starts at 12:30pm.

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

We had a Family Fun Night on August 5th. The theme was Mexican Fiesta. It started with a very yummy dinner, then some Mexican games, and lots of great company. Once again our Community morning tea was enjoyed by many. Great food, company and time out.

For more information feel free to contact us:

www.karionxchange.org.au

Ring Lesley on 4340 2872

Email: karionxchange@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.

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.



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).

ECO Kids School Holiday Fun – “Going Bush” for 5 -12 year olds with a grown up. \$15/child (adults free)
Monday 25/9/17 10am – 12noon & Thursday 5/10/17 10am – 12noon Bookings essential on Eventbrite:
<https://goingbushspring.eventbrite.com.au>

Open Garden every 2nd Sunday of the month

Visitors and volunteers welcome, 10am – 12noon.

Sunday 10/9/17 Screen printing Boomerang Bags

Bush Kids Kindy – spaces available Wednesdays

Nature play for 2-5 year olds with a grown up, 9.30 – 11am.

For info and bookings: [https://](https://wednesdaybushkidskindy.eventbrite.com.au)

wednesdaybushkidskindy.eventbrite.com.au

Bush Care every 4th Sunday of the month

Sunday 24th September '17 9.30 – 11.30am in Oakes Road.

Garden Volunteers are always welcome on Monday & Friday mornings 10am – 12noon. **All welcome.**

A big thank you to all the local businesses who supported our Trivia Night – The Fake Italian Deli (Point Clare), Kariong Quality Fruit, Treetops Adventure Park, Walkabout Wildlife Park, David's Tyre & Auto and individual artwork donations from Kim Hewitt and John Wiggin. We raised nearly \$600.





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.)
Tel: 4325 8155.

Welcome to Kariong Library and welcome also to our new librarian Hannah who has 5 years experience working on the Central Coast and is available to help you decide on which books to borrow from the shelves and help with on-line borrowing. **The library catalogue is available online so that you can search for what you need before you visit.** Visit the website at www.gosford.nsw.gov.au/libraries



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.

The Kariong Library Book Club members meet each month on the last Friday at 10.00am with morning tea provided. The September meeting will be on Friday 29th and will discuss the following two books.

The first is the classic play by **Tennessee Williams - The Glass Menagerie**. It premiered in 1944 and catapulted the author from obscurity to fame. This play reveals the story of family members struggling with lives of quiet desperation.

The second book is **The Passage** by **Justin Cronin** and was published in 2010. The novel is set in the USA and the characters embark on an epic journey beginning in 2016 and spanning more than 90 years.

Free movie in school holidays - Friday 6th October 7pm

Join us for a night of fun as Kariong Library presents **The Boss Baby**. A suit-wearing baby pairs up with his 7 year old brother to stop the plot of Puppy Co. Free drink and popcorn for each child.



Bookings essential. Ring library on 43258155.

Standpipe



G'Day all,

Here's more news from the Dandaloo St Fire Station. Right, I've got a bit to get through with you so let's get started. Operationally speaking Kariong RFB had 26 calls for the month with 12 MVA's (motor vehicle accidents) 4 auto fire alarms, 2 structure fires, 3 car fires, 1 truck fire, 1 pile burn, 1 grass fire, 2 bush alight. So, it was a relatively busy month for the guys and gals.

Onto other matters, disappointingly I must tell you that a syringe was found near the fire station. In the first instance, there are some irresponsible characters floating around Kariong who would have the mind-set to do this. In the second instance, little kids and their parents frequent the area due to a park close by and a kid's centre across the road. I'm not here to judge, but if you have the need to use syringes for any reason then dispose of them properly!

Weatherwise you would have noticed how dry it has been. July '17 has been one of the driest months in many years flowing through into August and maybe further; who knows. The fact is there is a bit you need to be aware of and by that, I mean Bushfire Survival Plans (BSP), hazard reductions, home preparedness and bush fires.

Folks, there's been a bit of talk as to what the fire season will bring because of the lower than average rainfall and it's only about eight weeks to the start of Bushfire Danger Period (October 1st) Take some good advice and get into your BSP's or review your existing ones. Do your homework by preparing your property. Be aware that hazard reductions are taking place and if you see an unattended fire with no appliances close by, ring Triple Zero and report it. Be vigilant on suspicious activity around our beautiful Kariong bushland.

Lastly and on a happier note, we'll be placing our "Fire Extinguisher" money box into Food Works at the Mitchel Drive shops. This is to help us save up some money to go towards our Christmas Lolly Run. This is almost an institution around Kariong with the Brigade taking out Santa on Christmas Eve spreading some good cheer so, if you have some loose change, chuck it into the money box and help make Christmas great for everyone. Conversely, if you'd like to donate more than just change then come up to the fire station on any Wednesday night after 7.30pm or Saturday morning after 8am.

OK, that's it for now. Remember, stay safe and be Firewise

Ettalong Beach Arts & Craft Centre Inc.

CLASSES :

Term 3 will be finishing on 15th September 2017

Term 4 will commence on 9th October 2017

Check the website for class details

www.ebacc.com.au

WATCH THIS SPACE NEXT MONTH WITH DETAILS OF

OUR 'CHRISTMAS EXHIBITION & SALE'

TAKING PLACE IN EARLY NOVEMBER 2017

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 8th September, 2017** at 7.00pm for a 7.30pm start.

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

On Sunday morning 10th September 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. Our speaker for September is Linda Roberts and Linda will give a presentation on The Plants of our Wetlands & Estuarine Environments.

On conclusion of the meeting supper will be 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

The No Interest Loan Scheme (NILS) provides interest free loans for individuals or families on low income. It's a community-based program that enables people to access fair, safe and equitable credit for the purchase of goods and services.



For more information Phone: 4329 4477
Email: nils@gnnc.com.au

Phone: 1800 509 994 for your nearest NILS provider if you are living outside the local Gosford area

1st KARIONG SCOUT GROUP



Cub News

1st Kariong Cubs recently enjoyed a weekend at the Camden Air Base to experience a flight in Scouts Australia's own fleet of Cessna 172 Aircraft. This was followed up by a night of making hot air balloons, kites, parachutes and communicating via Walkie Talkies using the phonetic alphabet. This was a great learning experience for the Cubs, and they were all able to earn their flight badges.

In September, 1st Kariong Scout Group is hosting a fundraising BBQ at **The Plant Lover's Festival** 23rd-24th of September at Kariong Mountains High school.

This year our BBQ is proudly sponsored by **Cleaver's Meats**, so please come and enjoy an Organic Sausage, support your local Scout



Group, and get your garden ready for Spring!!

We would also like to thank the Kariong Community for assisting us with a recent security issue at the Scout Hall. We greatly appreciate your support.

'Coco' - Cub Scout Leader Teresa Read - 0408606154

Room and Equipment Hire At Kariong Neighbourhood Centre

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

Cost from \$9 to \$35 per hour

Our rooms book out fast so don't miss out!

Central Coast Community Council "Fantastic space to have large meetings — the staff at KNC are so hospitable, we feel welcomed. We hire the tables, chairs, projector and highly recommend these rooms."

Mrs Grey "This is the best place to have a kids party, my family and friends loved the playground for the kids, large kitchen, BBQ and plenty of room for the adults to relax."





Do you need help with the NDIS?

Fairhaven Services is a local charity that has been working with families, carers and people living with disability on the Central Coast since 1962. We provide supports and services to help you achieve your goals and aspirations, to enable you to live as independently as possible.

An approved NDIS provider, we offer person centred assistance tailored to meet your specific needs. Including:

- ✓ preparing for your NDIS First Plan,
- ✓ coordination of supports,
- ✓ development of daily living and life skills.

Fairhaven can help you 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 TEL (02) 4349 5500
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



WINNER of the Gosford/Erina & Coastal Chamber Awards 2017 for Excellence in Social Enterprise!

Vintage Fair Shopping Village has an op shop, upcycled giftware store, antiques, second hand book shop, used furniture shed, "RE-CReATE" custom made palette furniture, destash shed, delicious Fare Cravin' café and more! Pop in, take a browse, be inspired.



WHAT'S ON this Month:

Point Clare Car Boot Market Drop in to sell or shop! Saturday 9 September, 9am-2pm

209 Brisbane Water Drive, Point Clare. TEL (02) 4349 5500
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 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.

Parenting Groups

Triple P 2-8 years Group Program Woy Woy (Expressions of Interest) starting 1 November 2017

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.

Domestic Violence group

Stand Together – Wyoming (Expressions of Interest)

A group for Women who have survived family domestic violence.

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

FREE FAMILY LAW CLINIC

at Kariong Neighbourhood Centre

With Katie Smith



Appointments Available

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
- Wills & Probate

*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/>

Kariong Medical Centre

Good Bye and Good Luck

It is with some sadness that we announce Dr Amir Esmaeili is no longer practicing here at Kariong medical centre.

Dr Esmaeili's last Day will be August 31st. He has decided to continue his practice closer to home. We wish him well in his new chapter, he will be missed!

Welcome Back!

Dr Sarah Gunn has returned after 12mths maternity leave. Her days are Monday, Wednesday and Friday, please call us for her working hours. Dr Gunn bulk bills all children under 16 and private bills all others.

FUNDRAISING

We are still raising funds for our beloved staff member Carolyn. Currently she is a bit under the weather with the last couple of months of chemo treatment knocking her around.

Pop in and write to her in her get well book and don't forget to get your rainbow bracelets for \$3.00 at the surgery to show support for Carolyn and to fight ovarian cancer.

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
THE POWER OF HUMANITY



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

Alison Downey
 B.app.sc MSPA CPSP
Speech Pathologist



Speech Therapy for Children
 Do you have a concern about your child's talking, listening, comprehension, eating and drinking?
Phone: 0400 145835 **Email:** adow8044@bigpond.net.au



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 Curringa Rd, Kariong.

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 Window Cleaning Services

Professional residential & commercial window cleaning
 Free quotes—reasonable prices
 Give George a call **0410 332354**

Kariong Tavern Bistro
Under New Management



Quality Pub Food
\$13 lunches available daily
Open Wednesday to Sunday
for Lunch & Dinner

DO YOU HAVE A COPY OF OUR 'WHAT'S ON BOOKLET' ?

Pop into the Centre today and collect your copy of our handy booklet listing all the activities and workshops scheduled for Term 3. There's lots of opportunities to connect socially with members of your Community, have some fun, and meet your neighbours. We would love to see you. Call in between 9.00am and 4.00pm.

- Expert Care with timely, friendly, service
- Sports Injuries
- Necks & Backs
- Workers Compensation
- Enhanced Primary Care (EPC)
- Hand Therapy
- **Late Appointments available**



KARIONG
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 Centre

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www.kariongphysio.com.au



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 We will Test & Diagnose any problems you are having with your TV Reception for **FREE!!**

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Owned and Operated by Local Kariong Residents

Clean up in time for summer. Get your yard entertaining ready!

- * Spring Special* Rid your lawn of Bindyi and Clover from \$59
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- * Rubbish Removals * Garden Clean Ups
- *Mulching, Turfing, Hedging etc *Pre-sale cleanups

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enquiry@outoftimeservices.com.au

Out of Time Services - Saving you time, everytime!

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**

Tracie Gosling **0412 486 678**

Foreman One Properties **4340 0777**

(Tuesdays & Thursdays 9am – 11am)

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Supply & Lay Timber Flooring-Sanding & Polishing

Gavin Bridge

ABN 79 610 786 701

Mobile: 0414 568 736 Email: gbridge81@gmail.com

www.baysfloorsanding.com.au

7 Camelia Circle, Woy Woy NSW 2256

Seleisa Duddy Podiatry **3 Mitchell Drive, Kariong**
PH: 4340-4444 or at Kariong Medical Centre
(Available Monday and Tuesday only)

- Nail Cutting / Corns / Ingrown Nails / Heel pain / Orthotics / Footwear advice
- Retrain to WALK with correct ALIGNMENT / Balance Retraining / Movement Classes
- Enhanced Primary Care (EPC) / NDIS / DVA / Workers Comp



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

ADVERTISE WITH US

YOU WON'T FIND CHEAPER ADVERTISING ANYWHERE

Our newsletter

- is delivered to over 2500 local community members and local businesses,
- is emailed in full colour to over 600 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*

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**



A PLUS TAX AID

Registered Tax Agent

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

Website: www.aplustax.com.au

E-mail: info@aplustax.com.au

Phone: **0413 034 649 (Shinji)**



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Lic. No. 129863C

Australian Academy of Tai Chi

- Stretching • Coordination • Balance • Strength
- Mindful Meditation • Mixed All-Ability Class

Kariong Neighbourhood Centre
Wednesdays 9:00am



Certified Instructor Helen

0435 121 520



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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)

* All Types of metal roofing, flashing and guttering

* Work Guaranteed * Free Quotes

* Worked in Kariong 26 years

No Job Too Big or Small

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Emergency dental care
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Teeth whitening
Cosmetic dentistry
Dental implants
Facial cosmetic injections
Sleep dentistry (IV sedation)
Oral surgery
Wisdom teeth removal
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11 Mitchell Drive, Kariong 2250 | also at East Gosford



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SICK OF ATTEMPTING TO 'GET ORGANISED'?

MAKE SURE YOUR SOCKS STAY TOGETHER...

GIVE US A CALL TODAY!



Professional Organising and Space Optimisation
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"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.

Home Deliveries & Wholesale

Twice a week on Mondays and Thursdays

Orders for Monday Delivery - in by 3pm Sunday

Orders for Thursday Delivery - in by 3pm Wednesday



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4340 5154

www.betterhealthpractices.com.au

Celebrating 20 years of Caring for Kariong

- Chiropractic • Massage • Acupuncture
- Naturopathy • BabyROO Classes

Health fund & Medicare accredited

MATURE HANDYMAN SERVICES

Your Local Kariong "Mr Fix it"

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

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 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

Little Big 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.

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—Available for PARTY hire!

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 20th September 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

25-27 Henry Kendall St, West Gosford



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

Open

Wednesday, Saturday, Sunday – 10.00am to 3.00pm

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



If you are looking for a personal travel manager and would like to discuss your next vacation please give me a call, my name is Danielle Stanton and I am your Local Travel Agent

Phone: 0420 536 366

Email: danielle@thesmarttraveller.com.au

Website: www.thesmarttraveller.com.au

SEPTEMBER 2017 VACATION CARE PROGRAM



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

Week 1	Monday 25.9.17	Tuesday 26.9.17	Wednesday 27.9.17	Thursday 28.9.17	Friday 29.9.17
	Zorb Ball & Fitness \$60	Hoyts Erina Fair \$60	Jumping Castle Day \$55	Mt Penang BBQ \$60	Junior Chef Incursion \$60
Week 2	PUBLIC HOLIDAY	Tuesday 3.10.17	Wednesday 4.10.17	Thursday 5.10.17	Friday 6.10.17
		Photography Incursion \$60	Tobruk \$60	Gaming Bus \$55	Wannabees \$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.