

THE KARIONG CONNECTION

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

Vol 24; No 7

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



August 2016



Manager and editors note

I was disappointed in the number of community members that attended our Kariong Community Matters Forum on July 20th.

This event came about through consultations and conversations with the community. It became evident that many people don't feel safe because of youth on the streets at night and violent behaviours. I invited representatives from the Police Service, Domestic Violence Workers, Youth workers, Youth Mental Health, Free Legal Services and Drug and Alcohol Services as well as a youth representative, to discuss with the Community, strategies on how we can work together to create a safer more connected Community.

I would really like to know how I can engage with YOU and meet your needs and strengthen connections.



I am not sure if you are aware of what your Neighbourhood Centre does. We are here to provide opportunities for you to become a stronger connected community. Every month we create new opportunities for you to be involved and learn new skills. On average we have 2500 people each month utilising our groups, workshops and events, we are not just a Before and After school care Centre. We would like to invite you to ring or email us about what events you would like in the future. Fiona Phone: 43401724 admin@knc.net.au.

NOW OPEN

At your doorstep!

SOMERSBY
ANIMAL HOSPITAL

79 – b Howes Road, Somersby
Call us on: 4372 1799

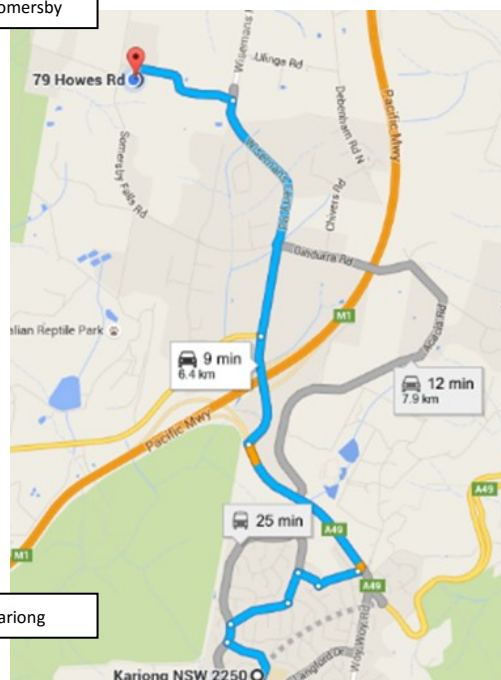
Opening hours:

Weekdays – 8am – 6pm
Saturdays – 8am – 1pm

Cat boarding available

www.sahvet.com.au

Somersby



Kariong

Kariong NSW 2250

The Hill Youth Centre –
98 Mitchell Dr Kariong
Phone: 4304 7039



Monday

Fitness - 6.40 pm Boxing - 7.45 pm
 \$10 per class, first class is free

Tuesday

Alive dance academy - 3.30pm to 7.15pm
 email: info@alivedanceacademy.com.au
Phone: 0407 259 001

Wednesday

All programs are FREE from 3pm to 6pm
 Ages 10 years and over. No bookings required.
 Health and Wellbeing 10 week Challenge
 Set some goals for the next 10 weeks and get active and healthy through sports and nutrition
3pm to 3.30pm Mixed sports
3.30pm to 4.30pm Bootcamp
4.30pm to 6pm Nutrition Program - Learn how to make some tasty and healthy meals.
Fitness 6.40 pm Boxing 7.45 pm
 \$10 per class, first class is free

Thursday

Alive Dance Academy - 3.30pm to 7.15pm
 email: info@alivedanceacademy.com.au
Phone: 0407 259 001

DIY Day - 3.30pm to 5.30pm Free
 Ages 10 years and over No bookings required
 Learn some new skills with this exciting new building, maintenance and repair program.

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.
 Open mic night 1st Friday of the month

Friday 26th August 6pm – 9pm
Free Women's Self Defence Seminar

Meiso Tora Martial Arts and Amy Cash fitness will be facilitating this free workshop for women aged 14 +. This is a social community evening with light food and drinks provided after the seminar.
 Main prizes to be won on the night - 1 lifetime membership, 1 Gi and 1months training with Meiso Tora Martial Arts and 5 classes with Amy Cash Fitness.



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, 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: Kariong Neighbourhood Centre

10 Langford Drive Kariong

When: Every Monday Starting July 25th 2016
 from 3pm-6pm

Cost: \$20

For a short time!!
Make the most of this opportunity
Bookings are essential phone 43401724

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 item to have. Drop into the Centre to pick up your copy



10 Langford Drive, Kariong



ACTIVE PLAYGROUP



Every Wednesday we gather together, Mums, Dads, grandparents and beautiful children, to enjoy each other's company, discuss childrearing issues and help the children join in with our large range of educational and fun activities.

It is so great to meet new families to Kariong and have them settle into our group and make new friends, both parents and children alike. Our beautiful outdoor area offers fun exploratory challenges to the children and our gathering together for morning tea and story and music times always offers lots of social interaction as well as educational opportunities for the children. We welcome any interested families to come and join in our weekly group and give their children school readiness learning and social fun with us.

Wednesdays 10.30am - 12.30pm

Kariong Neighbourhood Centre, 10 Langford Drive

Cost: \$4 members, \$4.50 month

\$1 per each additional child

Morning tea is provided • Enquiries: Nerida 43404561



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



OOSH UPDATE

Our Vacation Care Program offered everybody fantastic experiences with visits to Inflatable World, Lazerblast, Intensity and also a dining experience with 70 children at the Dragons Door at Erina Fair where we were so proud to have our service represented so beautifully by this group of children.

An enormous THANK YOU to Amanda Arentz for giving up her time to visit to our Vacation Care children in the July school holidays in her role as a paramedic to help everyone learn about our real life local superheroes.

This term our staff are going to be working hard to establish a special sensory and calming corner for the children's relaxation at our centre as well as a focus on creating a large multicultural artwork display with amazing postage stamp donations given to us by the community.

A new music group will be offered at OOSH this term focusing on teaching the children our "Harmony In Kariong" song to help them develop their sense of pride in living in such a great community together as well as start preparing for an end of year Christmas event.

Feel free to drop in to our centre and have a look at the many activities we can offer your child.

Brandi and Nerida — Kariong Neighbourhood Centre

10 Langford Drive, Kariong Phone 4340 4561



Lunch at The Dragons Door Erina during Vacation Care



We are creeping up to the finals series, and with plenty of teams sitting in or close to the top 4, now is the time to get to a game and cheer the Cougars on as we strive towards the Grand Final weekends!

WET WEATHER - Rain, rain, go away – let us play football today! We've had quite a few wash outs around the Central Coast this season, so we ask all teams to keep an eye on the Central Coast Football website for re-scheduled dates and venues. (www.ccfootball.com.au)

A date has been set for our Junior Presentation Day – mark **Saturday 17th September** in your calendar and keep an eye on our website for more details as they are announced.

Our senior players are encouraged to mark **Friday 14th October 2016** in their diary for our Senior Presentation Night. This is to be held at The Entertainment Grounds in Gosford – a proud sponsor of the Kariong United Cougars this year!

The club would also like to thank everyone who attended and donated prizes to our Cougars Care Trivia Night on the 23rd July at The Hill – All money raised from the evening will go direct to families in Kariong who are in need. The night was a great success, and hope we can make this an annual event!

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 2016 - 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



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*

Kariong Progress Association



CLOSURE OF KARIONG TENNIS COURTS

As discussed in last months column we received an ultimatum from Council to sign a new lease Agreement by 16 June. It is (amongst other unacceptable matters) a demand for half the income from the tennis courts, which would mean an increased fee structure.

On 14 June, the Council gave the Association a further 14 days to sign the new lease Agreement. Then on 1 July a final extension of 14 days to sign a new and slightly modified, but still unacceptable document, which the Association still felt unable to agree to. Legal advice has confirmed the Association's view that the Agreement was not in a form that could be accepted.

The Association has advised Council of that decision, via the Solicitor, and as the deadline has now passed the Kariong Progress Association is no longer responsible for the tennis courts. It is most probable that the Council will call for "Expressions of Interest" for anyone else interested in taking over the Courts.

The Association had previously written to the Council Administrator expressing its concern about the proposed Agreement, but no reply was received by the deadline date.

LANGFORD DRIVE / WOY WOY ROAD INTERSECTION

Lucy Wicks, local Member for Robertson has had \$675 thousand pledged, and has advised the Association that she has had confirmed to her, by the Central Coast Council Administrator, that he has allocated the balance of funds to have work commence on the intersection, at a date to be advised.

The Association had obtained a copy of the proposed work, and it was discussed at the July meeting. We did ask in the previous 'Connection' if anyone would like to join us at the July meeting to discuss this, and the Tennis Courts matter, but other than the usual attendees, no one appeared.

Kariong Crime stats for June 2016

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

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

To make a booking you can contact Yvonne Hart on 4340 1068, between 8.30am and 6.30pm.

Next meeting: Wednesday 3 August 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)
Postal address: c/o KNC 10 Langford Drive,
Kariong NSW 2250

Phone: 0417 686 694

Email: kariongecogarden@gmail.com

Website: www.kariongecogarden.org.au



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).

Family TRIVIA NIGHT (our winter event)

Saturday 20 August 5-8pm

Prizes to win and yummy food and drink to buy: home-made soups and sour-dough bread, local pizza can be ordered on your arrival (or before) from The Supreme Pizza (Kariong phone 4340 4225); tea, coffee, ginger beer and hot chocolate and cakes.

You can book directly through Eventbrite: <https://www.eventbrite.com.au/e/kariong-eco-garden-trivia-night-tickets-26632967924>

Or pop into our office on Monday or Fridays 10.00am - 12.30pm to book and pay for your ticket/s: \$10/person - make up a team of 6-10 people or join a team on the night.

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 & Brunch

Our regular Bush Care day is the 4th Sunday of each month 9.30 – 11.30am. Come and join in. We have been working in Oakes Drive and this month we will be in Wakefield Close.

What to plant in AUGUST?

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.



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.)
Tele: 4325 8155

Storytime Tuesdays at 10.30 am The purpose of Storytime is to encourage a love of reading. This great programme to foster development of new skills is for children 3- 5 years.

Thanks to Gosford City Library for the free poppers and popcorn at our school holiday movie night and to Liana, a member of Gosford Council's library staff, for her enthusiastic running of the event and making it such a fun evening for all.

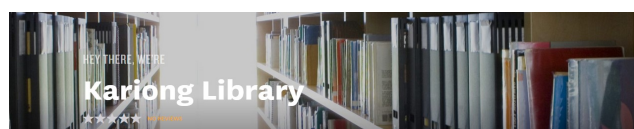
Join the **Kariong Library Book Club** and discuss a wide range of books. The group meets on the last Friday of the month at 10am. Morning Tea is provided.

On **Friday 26th August** the books for review are **Elegance of the Hedgehog** and **Everything is Illuminated**. (Both books have been adapted to film).

Muriel Barbery attained fame with her second novel **Elegance of the Hedgehog**. This tender, funny book topped the French best-seller lists for 30 weeks and has been a bestseller in many other countries. The novel concerns the inhabitants of a small upper-class Paris apartment block.

Our second book for review is **Everything Is Illuminated**. It is the [first novel](#) by American writer [Jonathan Safran Foer](#). The novel tells of a journey to Ukraine by a young American Jewish boy (Jonathan) and Alex who lives in the Ukraine. Both boys learn more of their own history than they expected to.

Our guests for the August Book Club are local historians and authors **John Lewis and Pamela Williams** who have recently launched their new reference book: *Mann Street in the Age of Steam 1881-1960*. This important work details the history of individual blocks of land in Gosford. Come along and hear what they have to tell.



Contact Library Action Group at: klag2013@yahoo.com.au

Standpipe



G' Day all.

I'm back with some more news from the fire shed at Kariong Rural Fire Brigade.

Well, first cab-off-the-rank is the weather and as previously mentioned, it's getting rather chilly so as another reminder, keep safe with all your heating appliances and supervise your kids around them.

Another item of interest will be the "Get Ready Weekend" set for the 10th & 11th of September this year. What this event is all about is for local brigades to start their preparation for the forthcoming fire season or Bushfire Danger Period starting on October 1st. This is also an opportunity for the locals to come up to the station and ask all those questions about bushfire safety & survival.

Folks, we here in Kariong sit next to some of the most idyllic and picturesque bushland that you'll ever see however, that comes at a price. That price is being aware of our responsibilities in the bush and keeping up to date on your bushfire survival plans, escape strategies and so on. It'll also give you a chance to have a look around the station and to check out the gear and appliances. Keep an ear out for more exact times as we get closer and set aside an hour or so to make the trip up to see us because it will be worthwhile.

As you all know, Kariong RFB is a community organisation made up of locals who want to give back to the community. That in itself is an admirable commitment however it's even more notable when local businesses support the brigade and I'm not talking about financial support either. Just recently, The Times Café here in Kariong went above and beyond by helping the brigade with a substantial donation of bottled drinking water. During a bushfire campaign that could last up to a week or more, fire fighters will consume many bottles of water so it's heartening to see local businesses supporting the local Rural Fire Brigade. If you are a business and would like to contribute in your own unique way, then give the District Office a call on 43402911 or simply pop up to the station in Dandaloo Street any Saturday morning or Wednesday night.

That's it for now folks. Remember, stay safe and rugged up and above all, Be Firewise.



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

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/>

The XChange

Seventh-day Adventist Church



We hope you enjoyed your school holidays. We certainly did.

For us at The XChange it is a time when we can gear down a little and focus on community and friendships. We have had fun together playing board games and going to the Watagan mountains for time outdoors. Next term we have Pr Daron the balloon man. The kids at Kariong Public school really had lots of fun when he came for a scripture assembly. The kids in KidzXChange will be looking at the life at Jesus this term.

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.kariongxchange.org.au

Ring Lesley on 4340 2872

Email: kariongxchange@me.com

KidzXChange – Saturday mornings during the school term. 9:30am – 11am 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 pm - 8:15pm and Wednesday mornings 10am – 11:15am. Various locations.

Mt Penang Parklands

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



NEWS & EVENTS

Northern Mariners Regatta Race..... 7 & 13 August
The Food & Wine Show..... 10-11 September
Zombie Dash 15 October
The Wedding Festival 13 November

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

Did you know!

- » Town water isn't used to maintain Mt Penang Gardens. All water is recycled. It is collected on site and stored in the lower dam for use in all water features and to water the plants.
- » Native fish live in the upper dam. Murray cod, catfish, yellow belly and silver perch are part of the Gardens' family. Fishing is prohibited.



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

BROADBAND FOR SENIORS

funded by the Australian Government

DO YOU HAVE ..

- A COUPLE OF SPARE HOURS EACH WEEK?
- COMPUTER SKILLS ?

DO YOU WANT TO HELP OTHERS ?

Then we need you!!

At Kariong Neighbourhood Centre we offer Broadband for Seniors lessons, and we are looking for volunteers who have a couple of spare hours each week, and would love to share their skills to enable our Senior Citizens and those with a disability to become skilled in using technology and help to keep them connected with family and friends.

If you think that you might be interested, or would like more information please ring KNC on 4340 1724 or email admin@knc.net.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

Have you heard about our fabulous facilities that are available for Party Hire?

Hold your event at the Centre and have full access to a large kitchen for food preparation, loads of room for seating including tables and chairs, plus a fantastic playground for the little ones to enjoy. We also have an all weather covered area outside. You can have all this for just \$29 per hour for members!

To make a booking or for more information contact Kariong Neighbourhood Centre on **4340 1724** or email admin@knc.net.au



CCFSS Groups August 2016

Grandparents Raising Grandchildren Support Group

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

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



Triple P 2-8 years Group Programs

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

Venue: Phillip House, 21 Old Mt Penang Road Kariong.

Date: Starting Wednesday 3 August 2016 10.00am to 12.00pm (5 week program)

Venue: Gumnuts Playgroup, Gosford Uniting Church Hall
129 Donnison St. Gosford (Opposite Kibble Park)

Date: Starting Friday 26 August 2016 10.00am to 12.00pm (5 week program)

Venue: Green Point Community Centre, 96 Koolang Road
Green Point

Date: Starting Wednesday 3 August 2016 10.00am to 12.00pm (5 week program)

Stepping Stones Triple P One to One Programs – Expressions of Interest

FREE Triple P Parenting program for parents of children with a disability 2-12 years Phillip House, 21 Old Mt Penang Road Kariong

Please call for enquires and dates

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

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

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**



A Safe Home for Life Family and Community Services and the Broader Community

Every child deserves a permanent and stable home for life, but here on the Central Coast, many children and young people are living in unsafe households. In order to reduce the number of kids at risk FACS identified that a collaborative response from a range of agencies was required.

One response is the establishment of the Central Coast Multi Agency Response Centre (CC MARC), a collaborative approach to managing child protection reports. By calling the state-wide Child Protection Helpline on 132 111 and selecting option 4, calls for the Central Coast are diverted to CC MARC where local caseworkers from FACS, Health, Education and the Family Referral Service can assess a matter quickly and effectively to provide the most appropriate response. This will help ensure the right kids get the right support at the right time, reducing the number of children slipping through the cracks.

Another response is the establishment of a new mobile service called 'The BUS'.

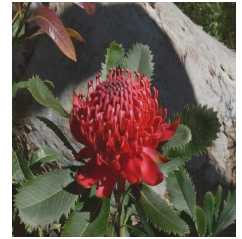
The BUS - **T**ogether **H**elping **E**veryone **B**etter **U**talise **S**ervices, is an innovative and exciting outreach youth centre - on wheels! Operated by Regional Youth Support Services, it will reach out to communities that don't easily connect with agencies or services due to geographical barriers and other risk factors.

The BUS will focus on isolated and under-resourced areas, connecting families, children and young people to information and advocacy, creative workshops, training and entertainment. The BUS will be operational in 2017.



If you would like more information on any of these initiatives contact Jo Hamilton at FACS on Ph 4352 6553.

Australian Plant Society



The Central Coast Group of the Australian Plants Society will next meet at Phillip House on Saturday 13th August, 2016 at 1.30pm for a 2.00pm start.

There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings. On Saturday morning 13th August members will be enjoying a bushwalk looking at and identifying plants.

Our speaker for this month will be Kevin Stokes, and Kevin will be speaking about his wildflower tour of WA. Our monthly meetings also include a Plant of the Month and Book of the Month Presentation as well as a Specimen Table segment which is a presentation on growing information of plant specimens brought in by members from their gardens.

On conclusion of the meeting afternoon tea 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



YOGA CLASSES

with
CORINA

TUESDAY NIGHTS FROM 7PM TO 8PM

STARTING 16 AUGUST 2016 FOR 6 WEEKS

KARIONG NEIGHBORHOOD CENTRE
10 LANGFORD DRIVE
KARIONG NSW 2250

\$10 if paid in Advance \$12 for Casuals
Yoga Nidra (Meditation) followed by Gentle Stretches (Asana's)
Bring along Yoga Mat, Blanket & Water Bottle.
Wear Loose Comfortable Clothing.

FOR MORE INFORMATION CONTACT:
CORINA JONES @ 0409242153

Tax Help Locations Central Coast

Please contact relevant Centre to arrange appointment time

50+ Leisure and Learning Centre Gosford	4304 7065	Mondays
Bateau Bay Neighbourhood Centre	4332 7450	Wednesdays
Gosford Narara Community Centre	4329 4477	Tuesday and Friday morning
Green Point Community Centre	4367 7591	No Tax Help
Kariong Neighbourhood Centre	4340 1724	Tuesday and Friday 10.00am — 1.00pm
Kincumber & District Neighbourhood Centre	4363 1044	Wednesday 9.00am — Midday Thursday 1.00pm — 4.00pm
Peninsula Community Centre	4341 9333	Thursday 9.30am — 4.00pm and some Fridays 1.00pm—4.00pm when required
The Entrance Neighbourhood Centre	4332 4545	No Tax Help
Wyong Neighbourhood Centre	4353 1750	No Tax Help

Ettalong Beach

Arts & Craft Centre Inc.

Corner Picnic Parade & Maitland Bay Drive,
Ettalong Beach.

The ETTALONG BEACH ARTS & CRAFT CENTRE

will be holding a 'GELATINE' Workshop on

22nd & 29th October from 10am – 12 noon

Tutor will be KAREN Mc PHEE

Workshop Cost \$60 for members

\$80 for non members

Tutor will supply all the required materials for
a modest cost

Call 4341 8344 to book or make enquiries or
go to our website at www.ebacc.com.au or



Ettalong beach Art & Craft Centre



TLK Community College

Central Coast NSW
Suite 16, 1 Reliance Drive, Tuggerah
T: (02) 43530017 F: (02) 43535960
Email: info@tlkcc.com.au Web: www.tlkcc.com.au
National RTO No: 90381

Are you looking to kick start your career?

Take advantage of the Subsidised Pathway Programs -



**Business Skills
Community Services
Children's Services
Information Technology**

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?

For further Information and to check if you are eligible for a subsidy, contact the College on 02 4353 0017 or email info@tlkcc.com.au

*This training is subsidised by the NSW Government
www.smartandskilled.nsw.gov.au | 1300 772 104*



**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.

HAVING AN EVENT? Consider EQUIPMENT HIRE AT KARIONG NEIGHBOURHOOD CENTRE

Did you know that here at the Centre we have equipment for hire at very reasonable rates?

They include items such as;

- Tressle tables - \$4 per day
- Chairs - \$2 each per day
- Table cloths — \$5 each per day

For a full list of items for hire and prices, contact the Centre on 4340 1724 or email admin@knc.net.au

*Please note: The prices quoted above are Member rates, non member prices are slightly higher. **Pick up only** applies to all items. It is very easy to become a member of Kariong Neighbourhood Centre*



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 We will Test & Diagnose any problems you
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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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Citigate Business Centre, Shop 9/451 Pacific Highway, North Gosford
Ph: 4322 7233 www.hinterlandre.com.au

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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

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





Music Lessons



Ukulele & Guitar -Group or Private Lessons at Kariong

Learn to Play an Instrument - Beginners 13 – 99

Bookings required: Phone **0419 217 006**

(after hours **4340 1311**)

Email debi29@bigpond.com



FOR SALE

Beautiful Pure Bred Cocker Spaniel puppies

Both parents on show.

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Need to setup a domain

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Call Greg on 0408 968 599

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



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- sleep dentistry
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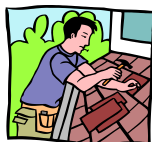
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- * Worked in Kariong 26 years

No Job Too Big or Small

Phone Grant on 0412437175



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](http://jennyvileoneagency.com)

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



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Spruce up your pet! Call our salon today

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Grooming includes

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- * Bath
- * Blow dry
- * Clip in your style

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for an appointment
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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



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-----

CLUBS

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

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.

PROGRESS HALL

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

To make a booking you can contact Yvonne Hart on 4340 1068, between 8.30am and 6.30pm.

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

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

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.

12:15pm to 2.00pm **During school term**

Cost: \$4.00members, \$4.50 for non members.

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 17th August 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.