

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 2

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



Find us on:
facebook®

March 2017

INTERNATIONAL WOMEN'S DAY

Equality for women is progress for all

DOMESTIC VIOLENCE FOR FAMILY AND FRIENDS

10am – 12pm. 3-week group. **Thursday** 23rd and 30th March, and 6th April. Donation of \$5 per session. Places are limited. For more information or to book, please call 4324 2533. Childcare available if pre-booked (\$3 per session).

EMPOWERING WOMEN TOGETHER

*Start the new year brilliantly
with a fantastic new workshop*



- Find your natural Creative Self
- Learn Self Love
- Become less critical
- Develop your own toolkit for life
- Establish better boundaries

Join our group with Carol on **Friday 3rd March**

10.15am - 12.15pm for 4 weeks

Just \$15 per week

At Kariong Neighbourhood Centre

10 Langford Drive Kariong

Phone 4340 1724 to reserve your place

Celebrate with High Tea

at the following venues

These Events are Free



When: Wednesday 8th March 2017

Time: 10am to 12 noon

Where: Peninsula Women's Health Centre,
20a McMasters Road Woy Woy. Ring: 4342 5905

When: Tuesday 7th March 2017

Time: 10am to 12 noon

Where: CCCWHC 37 Maidens Brush Road, Wyoming
RSVP: 4337 22203 or email admin@ccwhc.com.au

When: Thursday 9th March 2017

Time: 10am to 12 noon

Where: Northern Women's Health Centre,
7 Rose Street, Wyong. **Ring: 4351 1152**



Transition to School



Held at **Kariong Neighbourhood Centre**, on **Mondays** for children preparing for School (3 to 5 year olds, School Term Only)

The program strives to equip children with skills and practices to support the best possible start to School.

Activities include:

Stories: to build literacy and listening skills

Games: to develop sharing & turn-taking skills

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

Start Date/Orientation Day:

Monday 6th March, 2017

Time: 9.30am - 11.30am

For Term 1, parents are invited to stay for the session. This will give parents the opportunity to see the program in action, meet the teachers and help ease the children into the program.

Cost : \$10 per child per session

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

Bookings are essential

Phone: 4340 1724,
or email admin@knc.net.au



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

10 Langford Drive, Kariong



OOSH UPDATE

We have had a fantastic start to the school year with all our children settling beautifully into our before and after school care routines. Our staff are really enjoying getting to know the families and the children and welcoming them to feel that they belong at our centre.

Our program this term has focused on developing relationships between the older and younger children as well as extending the children's individual's interests. We are also lucky enough to be having Aboriginal visitors coming in March and April after school to help our children learn about the Aboriginal culture through fun activities.

The need for care has increased this year, with some afternoons now being at capacity. This limits availability for casual bookings. We would like to be able to accommodate you if possible, so If you do require casual care, please call with as much notice as possible. Availability varies week to week, so unfortunately we cannot guarantee that there will be places on any given days. We still have vacancies for before school bookings.

We would like to give an enormous **THANK YOU** to our families and community members for their very generous donations to our Christmas Raffle.

We raised enough money to buy a clothes drier which enables us to quickly launder our vacation care shirts in between our busy excursions!!



Keep an eye out for our April Vacation Care Program to book in soon for our exciting activities.

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

OPEN ACCESS

Internet and computer use available

at Kariong Neighbourhood Centre

During office hours 9am - 3pm

For information ring 4340 1724

From \$1.50 per half hour

The Hill Youth Centre

The Hill Youth Centre
98 Mitchell Drive 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 3.00pm to 6.00pm

Ages 10 years and over. No bookings required.

3.00pm to 3.30pm Mixed sports

3.30pm to 4.30pm Bootcamp

4.30pm to 6.00pm 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.

Elevate Youth 2nd Friday of the month



In celebration of National Youth Week we will be holding the annual **Kariong Sessions Skate Scooter and BMX** - comp on Saturday 1st April. There are 3 age divisions and a sponsored riders category for each event. The winners of each division will be invited to compete at the Central Coast Series grand finale at Bato Yard on 29th April. If you would like to volunteer on the day please call Kariong Youth Centre.



It is great to once again be able to share with the community what is happening at your local high school in 2017. We finished the year with some great HSC results and, of the students surveyed so far, over 95% have been accepted into tertiary learning. This figure reflects the positive learning culture at the school, which has been growing each year since our first HSC in 2014. Our school offers a broad range of subjects, small class sizes in most HSC courses and mentoring programs to better support students and program for success.

We have had a calm and confident start to the 2017 school year. Year 7 students, in particular, enjoying the excitement of starting the next phase of their learning. Parents of students in Stage 3 will be thinking of what is the best educational experience for their child.

Your local high school provides high quality education in a supportive and learning focussed environment. Our staff is passionate, educated and life-long learners in their pursuit of improving learning outcomes. We foster the values of 'Unity Knowledge Respect' and our exit intentions are to develop students into confident, successful citizens, capable of navigating the changing workplace environment that characterises 21st century society.

You don't have to pay high school fees to provide a successful, supported learning experience for your child. Research continues to show that public school students thrive in post school learning institutions, demonstrating the capacity of our schools to deliver.

I am proud of the education that we provide at Kariong Mountains High School and will readily answer any questions that you may have. Please contact me on 43400246 if you would like more information about the school or, alternatively, check out our website.

Anne Vine
Principal

TRIVIA NIGHT 2017 - Hawaiian Luau



Wear your loudest Hawaiian shirt, lei, flip flop boardies, grass skirt, coconuts or bikini!!



Saturday April 1st, 6:30pm for 7pm start

Luau at: Kariong Mountains High School Hall

Cost: \$15 ea. 8 - 10 per table

Bring: Nibbles, Drinks & wrapped \$2 gift for gift exchange game

Bookings: Ring Sharon on 0407 401 916 or

Email: sharon.partridge@det.nsw.edu.au



Lots of games, raffles and auctions

Booking are essential so BOOK NOW! Pay at the Door

Kariong Progress Association



The Association met for the first time this year on 8 February and discussed future directions.

The Association has been operating in Kariong for over 40 years and has been instrumental in establishing many of the amenities we now take for granted in the area. It was agreed that the Association would continue to meet monthly, and to continue its various objectives to improve the lifestyle of residents by involvement with, and providing advice to, Local, State and Federal Government bodies.

Langford Drive and Woy Woy Road intersection

You may have seen the extensive report in the Express Advocate newspaper late January, brought about by Lucy Wicks, local Federal Member continuing to try to move the Central Coast Council into some sort of action. The latest report is that the Council has made a recommendation to Roads and Maritime Services regarding the final design of the intersection. More news when that decision comes to hand.

Tennis Courts

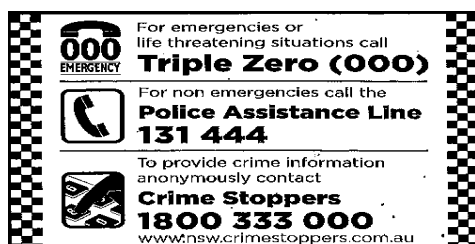
The International Soccer and Tennis School at Mt. Penang has taken a lease on the local Tennis Courts.

The Association will determine as soon as possible if the School will allow any form of local community access.

Contacting Police

Gosford Police have asked that you be reminded not to ring the Station other than for general enquiries.

The 3 numbers for contact on crime related matters are -



Kariong crime stats for December 2106 & January 2017

December 2016

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

January 2017

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
4	3	6	0	3	0

**The next meeting is scheduled for
Wednesday 8 March 2017 at 7.30pm
at the Kariong Neighbourhood Centre.**

PUBLIC MEETING REPORT

NATIONAL BROADBAND NETWORK (nbn)

Rollout in Kariong update

On Monday 19 December Lucy Wicks, local Federal Member, convened a public meeting at Kariong Mountains High School to explain the several delays to the rollout of nbn services, which has been frustrating local businesses and residents. Two representatives from nbn also attended the meeting.

nbn had advised Lucy Wicks of a significant issue preventing it from safely delivering the fibre into this area. It seems that to complete the rollout, nbn must make use of existing conduits that feed from the exchange in Gosford. However, the existing conduits run through private land and despite nbn's best efforts, a local landowner is refusing access to their land, meaning that nbn has been unable to survey existing underground conduits.

nbn submitted a case to the Telecommunications Industry Ombudsman to have the access refusal overturned. The TIO is in the process of preparing her final decision as at the time of going to press.

Lucy Wicks agreed to provide information when it came to hand from nbn, and suggested keeping up to date with her on Facebook / Twitter / lucywicks.com.au

BROADBAND FOR SENIORS

funded by the Australian Government

DO YOU HAVE ..

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

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

ACTIVE PLAYGROUP



We have been welcoming lots of new families into our weekly playgroup and helping them settle in to make new friends in our local community, both the children and their parents alike.

Our range of activities help the children develop their social confidence and independence and also promote their readiness for school. Every week the children are offered messy play experiences as well as art and craft activities.

Our group times focus on developing a love of reading and also foster the development of important concentration skills in small group situations.

Our lovely outdoor environment offers a great range of challenges to the children with our climbing equipment and the giant sandpit is always a favourite.

We welcome any newcomers to attend, join in with our activities and enjoy a shared morning tea together.

Wednesdays 10.30am — 12.30pm for 0 to 6 year olds

Cost: \$4 Members - \$4.50 non members

+ \$1 each additional child

Enquiries: Nerida 43404561

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 10th March, 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 members will be doing a bushwalk looking at and identifying plants.

Our monthly meetings include a speaker, 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. In March instead of a speaker some members will be presenting photos they have taken.

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

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

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



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

www.kariongchurch.org.au

Pastor Jeff O'Derry 0448 814 511

Email: pastor@kariongchurch.org.au

What's on at KCBC?

Sunday Service @ 9.30am – Kariong Public School Hall

Join us for our Sunday Service as we sing and worship God, followed by a relevant message from our Pastor.

The services usually lasts for around an hour, and is followed by tea and coffee. A crèche is provided for 0 – 5's during the church service.

Life Groups – various times & locations

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

JAM (Sunday School)– Sundays @ 9.30am

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

Playtime – Tuesdays @ 10.00am – 12.00pm

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

Thrive Kids – Wednesdays @ 4.30pm – 6.00pm

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

Friends Group

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

Other

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

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

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

GAMBLING HELP counsellors on the Central Coast assisted 373 people to overcome the harmful effects of gambling in the last financial year alone.

Gambling is a part of the Australian culture and a favourite pastime for many. While the majority of Australians don't have a problem with gambling, and never will, around 2% of the population experience problems. And the emotional and financial difficulties caused by excessive gambling often cause problems for family members and friends as well.

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

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

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

Ettalong Beach Arts & Craft Centre Inc

**Will be holding Crochet Workshops on
Saturdays 11th & 18th March 2017
with Tutor ANNETTE POOLE**

**12.00 NOON – 3PM Workshop Fee \$80.
Also \$20 Membership to the Ettalong Centre**

**All details are at www.ebacc.com.au
for requirements
or call 43 418344 to book your place**

Kariong Eco Garden Incorporated



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

Email: kariongecogarden@gmail.com

Website: www.kariongecogarden.org.au

Our **KEG office hours** are:

Monday & Friday 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).

Open Garden every 2nd Sunday of the month

Visitors and volunteers welcome, 10.00am – 12.00noon.

February Talk was on FROGS.

March 12/3, 11.00am Talk will be about BEES & BUTTERFLIES in the garden.

Clean Up Australia Day:

Sunday 5 March 9.00am – 11.00am, register at Eco Garden, collect rubbish bags and head out to pick up the litter that bugs you the most! 4 collection spots around Kariong. BYO water and hat – we have lots of gloves if you need to borrow some.

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.

26 March we will be in Oakes Street, Kariong.

Boomerang Bags

Fortnightly Mondays 11.00am – 2.00pm on 6/3 & 20/3.

Help the Central Coast transition to be Plastic Bag Free. No sewing skills required. Help make up kits for volunteers to sew cloth bags using donated fabric. Collect a kit to sew at home.

What to plant in March?

Asparagus, Beans, Beetroot, Burdock, Carrots, Cabbage, Capsicum, Cauliflower, Celery, Chives, Cucumber, Dill, Endive, Eggplant, Horseradish, Kale, Lettuce, Marrow, Mustard Greens, Oregano, Parsley, Potato, Radish, Rocket, Rockmelon, Silverbeet, Sweet corn, Spinach, Spring Onion, Sweet potato, Tomato, Turnip.

Refer. www.gardenate.com for more details.

Garden Volunteers are always welcome on Monday & Friday mornings 10.00am – 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 5.00pm 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.

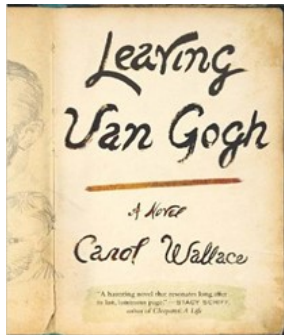
Welcome to Kariong Library. Call in, join up, explore what's on offer and also grow our borrowing stats. Computers are available for your use and the daily newspaper to read in air conditioned comfort. Friendly librarians are always available to help you decide on which books to borrow from the shelves and help with on-line borrowing. **The library catalogue is available online so that you can search for what you need before you visit** www.gosford.nsw.gov.au/libraries

Seniors Week in Kariong starts on Tuesday 7th March at 10.30am with a special **Grandparents' Storytime and morning tea**. Come along and listen to a story, join in the singing and have fun in creating something with your young friends or family. Everyone is welcome.

On **Thursday 9th March at 10.00 am** Seniors Week at the Library is offering a special "one-on-one" **Introduction to Find My Past** (a family research website). Bookings are essential. Phone: 4325 8155

Each month **Kariong Library Book Club** discusses two books. The Book Club members meet on the last Friday of the month at 10am with morning tea provided. The March meeting will be on Friday 31st March. The first book is

Leaving Van Gogh by Carol Wallace.



In 2006 Carol Wallace received her M.A. in art history from Columbia Uni. The research for her M.A. thesis provided the foundation for "**Leaving Van Gogh**". This historical novel is written from the perspective of Van Gogh's physician in the months before Van Gogh's death.

The second selection is a John Grisham young adult novel **Theodore Boone**. This is the first in a series of 6 stories about 13 year old Theo.



Standpipe



G'Day All.

I'm back with some more news from the Dandaloo Street Fire Station.

Well, for the last 3 months' fire activity has been slowly building up to what we saw on February 12th when conditions in parts of the state were at severe to catastrophic levels. Some describe it as like standing in front of a blast furnace with a raging hot nor-wester blowing in your face; The results from that were horrific. Houses destroyed, stock & equipment losses but thankfully no lives lost. At the time of writing, inspections were still being carried out so the damage bill will run into the millions. Unfortunately, folks it's a fact of life on the land and it's a stark reminder that events such as this can strike and the effects can be devastating. But in true Australian spirit there are those who put everything aside to help those in desperate need from the emergency service members both paid and volunteer to the welfare agencies and even down to Mr & Mrs Joe Citizen all putting their hand up to help in those communities.

Folks, how these fires started is up to the investigators so it's best not to speculate however, it should serve as a timely reminder to all of us who live next to some of the most picturesque bushland in the state that vigilance and preparedness is the price we must pay to live here. You can never discount the fact that it could have Kariong in the firing line so again I must say to you all, be prepared. Have your **Bushfire Survival Plan** organised. Ask questions.... you can go to ANY fire station and ask to your hearts content. What I'm trying to say folks that it's better to be part of the solution rather than being part of the problem.

As always folks, Kariong Rural Fire Brigade is in Dandaloo Street Kariong, next to the tennis courts. We're open Wednesday nights from 7.30pm and Saturday mornings from 8.00am. You're welcome to come up and have a yarn with us.

That's it. Remember folks ... Stay Safe and be Firewise.



Parklands Community Preschool

Now taking enrolments for 2017

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

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

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

Parklands Community Preschool is a not-for-profit, community-based organisation which is partially funded by the NSW Department of Education. Our current fees are \$40 for 4-5 year olds; \$42 for 2-3 year olds; with fee relief available for families that have a current Low Income Health Care Card.

We have been rated as **EXCEEDING** the National Quality Standards.

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

Building 34 Mt Penang Parklands, Kariong



**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.

The XChange

Seventh-day Adventist Church



Can you believe that we turned 10 years old the beginning of February. We had a carnival theme complete with fairy floss, snow cones and popcorn. We played sideshow alley games and had a wonderful time. We had a visit from a fantastic magician. He was amazing. The kids enjoyed their gift bags.

We are now back to normal programming at our new venue, Kariong Public School complete with our new hours. KidzXChange now starts at 9:45 am and Barney's House Church at usual time, 11:30. Love for you to join us for lunch at 12:30.

This year the kids will be learning about the Fruits of the Spirit. Our teen leaders are helping to prepare activities to consolidate the children's learning. There will lots of fun activities so would LOVE to see your kids! It is always great to have Pastor Neil with us. We are looking forward to when he can come again.

NEWS FLASH: The Balloon man, Pastor Daron, will be at The XChange on March 11. The KidzXChange kids and Kariong Public School Scripture kids know just how great he is. Send them along. Pastor Daron will show us how to make a balloon animal and teach us something about Jesus at the same time.

Let us tell you what is happening in and around The XChange, and 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. 9:45am – 11:15am for kids aged 4–13 teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, and activities – this is the place for them. Free morning tea provided. We meet at the Kariong Public School Hall. Entrance via Truscott Avenue.

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

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

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



Have you discovered Vintage Fair at Point Clare?

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

WHAT'S ON this Month:

Kids Story & Craft Time Thursdays, from 10am
Central Coast Community Market Car boot sale.
 Drop in to sell or shop! Sat 11 March 9am-1pm



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



New community activities at Point Clare!

Our new weekly program of activities has been designed to help you get active, develop skill, build friendships and have fun! Activity classes are led by experienced facilitators in a friendly, supportive environment. **Classes from just \$5!**

- ✓ Badminton ✓ Perform-ability ✓ Dancercise
- ✓ Craft/Scrapbooking ✓ Friendship Club ✓ Tai Chi
- ✓ Painting/Drawing ✓ Bike/Scooter ride ✓ Drumming
- ✓ Make-up, Skincare and Self Esteem ✓ and more...

Ask us about
the NDIS!

FAIRHAVEN SERVICES
discover | belong | celebrate

209 Brisbane Water Drive, Point Clare
 OFFICE HOURS Mon-Fri 8am-4pm TEL (02) 4323 3566
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 **Wyang**
4905-0749 **4905-0750**

www.abilitylinksNSW.org.au



Healthy Relationships

Talking with your partner about sexual health and contraception may seem difficult, but it's an important part of forming a healthy relationship.

It's important to discuss if either of you has had a sexually transmissible infection (STI) in the past (your sexual history) and it's a good idea for you **both** to have a sexual health check-up.

Approximately 1 in 20 young Australians has an STI at any one time. You can get a sexual check-up from your GP. BUT you need to ASK for it clearly, for example, "Can I get a full STI screen today". It's free from your bulk billing. If you are 14 years or over you can give permission for the GP to test you for these infections. Remember, that if an STI's isn't treated it could cause damage to the body and lead to health problems.

Most STI's have no symptoms and you won't know that you have one until you have a test. Most are treated simply with antibiotics. STI's are passed from one person to another during sexual activities that involve direct skin to skin contact and/or exchange of bodily fluids.

Look after our health and the health of our partner by having regular sexual health checks. See your GP.

KARIONG MEDICAL CENTRE

"Caring for Kariong"

What's happening @ KMC

My Health Record – go online
(www.myhealthrecord.gov.au and select the "register or access a My Health Record") or see the girls @ reception for more information. Once registered please inform your Doctor so that they can now do the necessary arrangements for access.

If you need your repeats scripts done quickly, Dr Le is able to accommodate this with a quick appointment and he bulk bills ALL patients. Same day appointments can usually be accommodated.

Keep an eye and ear out for Dr Sarah Gunn's return to Kariong Medical Centre after being on maternity leave, returning mid-June.

Staff Member – Carolyn is doing well. Had her operation end of December to remove the cancer, which was successful and has now started her second lot of chemo treatments. She thanks everyone for their kind words of support.

Get your rainbow bracelets for \$3.00 at the surgery to show support for Carolyn and ovarian cancer.

NEW

Lolly Jar Winner

Mrs L McCoy with a correct guess of 236 !!!!!
All lollies were thoroughly enjoyed and have now disappeared. Thanks to everyone who entered.

Art Competition

Art Competition has closed, has been judged, with the winners as follows:

- 1st Prize Max Roberts of St Philips Christian College
- 2nd Prize Declan Hamilton previously of Kariong High School
- 3rd Prize Hannah Bolton of Narara Valley High School

Congratulations to the above winners, hope you put the winnings to further your interests in the arts.

Honourable mentions and participants -
Charlie Teal, Femke Hamill, Gabriel Ainsworth, Mollie Anderson, Chelsea Ellis, Sitiveni Moceivi, Nicole Majsak, Acacia Vajnger, Montanna Godbee.

Thanks again for participating and your enthusiasm for your artwork.



CCFSS Kariong Groups March 2017

Grandparents Raising Grandchildren Support Group

Any grandparents raising their grandchildren from across the Coast are welcome to attend the group, **children welcome also**. The next meeting, Gosford group, 23 March, 9.30am to 11.30am – Phillip House, 21 Old Mt Penang Road Kariong

Triple P 2-8 years Seminar Series for Grandparents Raising Grandchildren



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

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

Dates: 3 Friday sessions; 24, 31 March and 7 April 2017
10.00am to 12.00pm

To Book into a Group

Call: 4340 1585, text 0434 426 709

Or email: ccfss@ccfss.com.

Website: www.ccfss.org.au

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



FREE FAMILY LAW CLINIC

at Kariong Neighbourhood Centre

With Katie Smith



Appointments Available now

Mondays: 5pm - 7pm and Thursdays: 9am - 11am
(Availability subject to court appearances)

Bookings Essential

Please Phone Kariong Neighbourhood Centre
on 4340 1724 for an appointment

30 Years Experience in:

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Kariong Neighbourhood Centre
Wednesdays 9:00am



Certified Instructor Helen
0435 121 520



1st KARIONG SCOUT GROUP

LOOKING FOR OUTDOOR ACTIVITIES?
TRY SCOUTING — OPEN TO BOYS AND GIRLS

- Joey's 6 to 7 y/o - Meet Monday 4:00pm to 5:00pm
- Cubs 8 to 10 y/o - Meet Tuesday 6:30pm to 8:00pm
- Scouts 11 to 14 y/o - Meet Monday 7:00pm to 8:45pm

Also looking for Adults to assist as Leaders
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HAVING AN EVENT? Consider VENUE HIRE
AT KARIONG NEIGHBOURHOOD CENTRE



We have fantastic facilities including fully equipped kitchen, outdoor playground and undercover area for wet weather option for parties. From only \$29 per hour for members

Tables and chairs are included with your hire, and we have a BBQ available for hire.

For more information or to make a booking ring 4340 1724 or email admin@knc.net.au



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SUPPORT

Central Coast *Community* Handy Contacts

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

AL-ANON

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

For information and help contact: AL-ANON

Saturday 2pm Woy Woy Hospital

Group Therapy Room (near kiosk)

To find locations near you

Phone 49693889

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



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

Calls to this number from mobiles are free.

CLUBS



'Fun - Friendship – Fellowship' in your Community?

Work, Leisure & Travel ?

Then join your local Rotary Club

contact Kerry Bayliss on 43 404 529

KARIONG PROBUS CLUB Inc.

MEETS AT GOSFORD GOLF CLUB

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

VOLUNTEERING

St Vincent De Paul

Volunteers required for Community work.

Make a difference to those in need.

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

4323 6080 or email

gosford.region@vinnies.org.au.



Volunteers needed for social inclusion programs

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

Enquiries: Red Cross Gosford 4324 3411

www.redcross.org.au



Australian Red Cross
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For emergencies or
life threatening situations call

Triple Zero (000)



For non emergencies call the
Police Assistance Line
131 444



To provide crime information
anonymously contact

Crime Stoppers
1800 333 000

www.nsw.crimestoppers.com.au

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

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

MONDAYS

Pilates for Seniors - sarah@yourtemple.com.au

9.30am to 10.30am **During school term.** A great way to get your body back into shape with gentle exercise. Contact Sarah to make a booking 0425 265 609 \$10.00 each class

Transition to School

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 Orientation day 6th March
\$10 per child per session. Bookings essential
Ring 4340 1724 or email admin@knc.net.au to book

TUESDAYS

Immunisation Clinic for children - NSCCAH

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

Indoor Bowls

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

Early Childhood Clinic — NSCC Area Health — Free

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

Yoga with Corina—7.00pm-8.00pm

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

WEDNESDAYS

Tai Chi for Health & Relaxation

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

Active Playgroup for 0 to 6 year olds.

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

Early Childhood Clinic—NSCC Area Health

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

Provide First Aid Course—HLTAID003

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

Weight Watchers from 6.30pm to 8:00pm

www.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.

THURSDAYS cont..

The Over Fifty Friendship (TOFF's) group

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

FRIDAYS

Australian Breastfeeding Association Meeting

All welcome! Fortnightly 10.00am to 12 noon **During school term**
Contact kariongabagroup@gmail.com or phone 1800 686 268

Empowering Women Together—Find your natural creative self, learn self love, develop your own toolkit for life, establish new boundaries
Friday 3rd March for four weeks only 10.15am—12.15 with Carol from Feather Touch Massage. \$15 per session.
Phone 4340 1724 or email admin@knc.net.au to reserve your place

SATURDAYS

Pilates & Boxing for fitness 8.15am—9.15am Pilates. 9.15am-10.15am Boxing. A great way to get your body back into shape. Contact Sarah to make a booking 0425 265 609 sarah@yourtemple.com.au

Ukulele Group Lessons \$10.00 per lesson. 9.00am—11.00am

Don't own a Ukulele—no problems we supply what you need to start.
Contact Greg 0419 217 006

Rooms are available for hire for events and children's birthday parties on Saturdays and on Sundays from 1.00pm
For bookings please Phone KNC 4340 1724 .

SUNDAYS

River Christian Church - From 9:00am, to 1.00pm

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

ADVERTISING CLOSING DATE for NEXT ISSUE

Wednesday 15th March 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.

Advertise with us

We have had very positive feedback from our advertisers regarding the business generated from advertising in the Kariong Connection.

Our newsletter is delivered to over 2500 local community members and local businesses, and is emailed to over 600 more.

For more information on our very reasonable rates

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

Information Booklets

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

We are here to support you !!

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

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

These directories are a very valuable resource to have.

Drop into the Centre to pick up your copy



10 Langford Drive, Kariong



SOMERSBY ANIMAL HOSPITAL

79 – b Howes Road, Somersby

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Opening hours:

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