

THE KARIONG CONNECTION

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

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October 2015



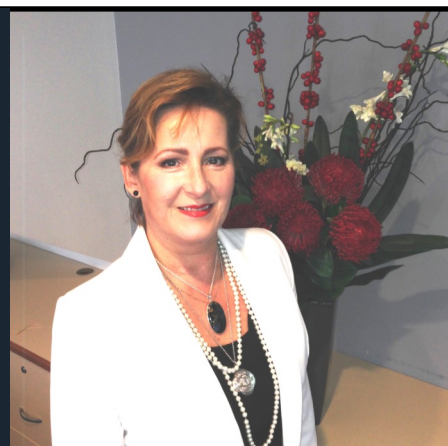
Kariong OOSH Vacation Care Program

Our service is not only for working parents needing child care but also for parents looking to provide their children with extra opportunities for social activities during the school term and holiday entertainment in the school breaks. Our qualified staff will help your child to settle in quickly and make new friends!!

Week 1	Monday 21 September	Tuesday 22 September	Wednesday 23 September	Thursday 24 September	Friday 25 September
	Australian Reptile Park \$60	Medieval Day \$60	Clay and Pizza Day \$50	Kids HQ \$60	Minecraft Day \$60
Week 2	Monday 28 September	Tuesday 29 September	Wednesday 30 September	Thursday 1 October	Friday 2 October
	Circus Workshop \$60	Wii & Play Station \$50	Bike and Scooter Day \$50	Mini golf \$60	Spring Fever Day \$50

Child Care Benefit and Child Care Rebate available.

CENTRAL COAST
SELECT
P R O P E R T I E S



Do you have questions about Real Estate? Come and meet me.

I have lived in and been a part of the Kariong community for over 25 years. You can meet me at Kariong Neighbourhood Centre and I can answer your questions. I can give you a more personalised, professional opinion as to the true value and potential of your property.

When: Every first Tuesday of every month (except school holiday)

Time: 10am - 11am

Call Hana: 0437 401 009

Shop 9, 482 Pacific Hwy,
North Gosford, 2250

hvolarik@ccselect.com.au
www.ccselect.com.au



www.facebook.com/hanavolarik



Parklands Community Preschool

is now taking enrolments for 2016

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 Kariong OOSH children have been revelling in the exciting renovations we have had to our outdoor environment!!

The new outdoor "Relaxation Room" with its beautiful cushions, curtains and furniture has delighted everybody and inspired lots of gathering together and social times between the children. The extensions to our sandpit with its big sandstone borders are a great success and also our new little log "meeting areas" are popular.

This term we have focused on intentionally teaching our children protective behaviours and stranger awareness as well as including them in a great deal of cooking activities in our big kitchen. These cooking activities have empowered our children to set up their own little fundraising stalls selling their goods!!

We thank parents very much for their support with the children's efforts in this. Another focus has been learning about Japan and exploring the culture through a variety of experiences. Table tennis coaching and also piano keyboard experiences have led us to discover some great hidden talents in our children!!

Our September Vacation Care Program is sure to appeal to all age groups so why not take a break and let us give your children some fabulous excursions and incursions?

Brandi and Nerida

Kariong Neighbourhood Centre

10 Langford Drive Kariong Phone 4340 4561



1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

Learn to manage difficult behavior in children 2-12 years old

A three-session program for parents and carers
to be held at Kariong Neighbourhood Centre
10 Langford Drive, Kariong

Thursday nights 8th, 15th and 22nd of October 7.00 – 9.00pm

Learn:

- * How to discipline without arguing, yelling or smacking
- * How to sort behaviour
- * How to handle challenging and testing behaviours
- * Choosing your strategy, the three choices
- * Using emotion coaching to encourage good behaviour
- * 7 tactics for encouraging good behaviour

Parents will receive:

A 1-2-3 Magic & Emotion Coaching Parent Workbook

The course costs \$60 for the full course this includes workbook and handouts.
Register By 30th September for this course by contacting
Kariong Neighbourhood Centre on 4340 1724

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au

ACTIVE PLAYGROUP



Our weekly Active Playgroup continues to welcome so many new faces each and every week and it is really wonderful to see the new friendships blossoming between not only the children but also the parents.

As we approach the final term of the year, our school readiness activities have been promoting a lot of social confidence amongst the children, helping equip them with skills in entering and negotiating play situations as well as developing their group cooperative skills vital for successful transitioning to school.

Come along and join in our stimulating art/craft, free play and musical group times with your children as well as a shared morning tea together.....We are always happy to see new faces!!!

Inquiries: Nerida 43404561

The Hill Youth Centre

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

The Hill Youth Centre

98 Mitchell Drive Kariong

Phone: 4304 7039 Hours Open:

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



The Hill Youth Centre provides a safe and fun place for young people to participate in recreational activities, music, dance, art, cooking, movie nights, youth health clinic and other programs. Information, advocacy, referral, career guidance and homework help is also available. Access to free wifi is also available.

Structured programs and holiday activities for young people aged 12 - 18yrs. Ages outside 12-18 dependant of program. Advocacy provided for local community issues.

Are you looking for a venue for sports training, workshops or community activities?

The Hill Youth Centre has venue hire available for community groups, sporting clubs and education providers at reasonable rates. All rooms are air conditioned and have access to free wi-fi and kitchen facilities.

To enquire about our booking rates please e-mail kariongyouthbookings@gosford.nsw.gov.au or phone 4304 7039.

Gosford City Youth Council Recruitment - Do you have an idea for social change in the community?

Gosford City Youth Council (GCYC) is looking for social innovators to bring their ideas and make innovative changes. GCYC connects young people with the local community to spark a passion for social change. The committee meets monthly for formal meetings at designated locations. Members are also required to attend a meeting bi-monthly at Gosford City Council main office, Mann Street Gosford with other members from all districts. Kariong meetings held the 1st Wednesday of the month at 3.30pm.

Bi monthly meeting 1st Wednesday of the month Gosford 4:30pm

To register your interest email –

michelle.tilden@gosford.nsw.gov.au or at Kariong Youth centre.



At the end of Term Three, we farewelled Year 12 who were the first cohort to go through Kariong Mountains High School from Years 7-12. Reflections on their journey are obviously linked to the journey that we have taken ourselves, as a school, and the indicators that we use for measuring success in both cases.

Results in key assessments such as NAPLAN and the HSC are obvious indicators. As well as looking at the absolute data e.g. how many Band 6 results, how many students above State expected growth, we have been working with our students and families in looking at the growth data. How much has a student grown in knowledge through being at our school? This is a true success indicator. For example, students in Year 9 showed significantly higher than the State average (approximately 25% above) in their growth in numeracy from their Year 7 results. This is a measure of our impact on learning and a better success measure for the individual as well as the school, as it charts each student's growth from where they started when they came to high school, to where they finish.

When we look at the HSC results for this year's Year 12 students we will be celebrating their growth in learning, because this is a better indicator of their potential to learn in any of their post school choices; having the commensurate skills in perseverance, commitment and a 'success mindset'.

Education, however, is not just about academic achievement. It is also about growth of character. Character building comes about from families, teachers, school culture and peer friendships working together to support our young people. I have no hesitation, in stating that our graduating Year 12, are at the top of the class in this respect. They are thoughtful, empathetic young people and I am confident that they will be a positive influence on our society as they go about their future lives. Good luck, Year 12 in your HSC and with all the choices that you make thereafter.

Anne Vine
Principal

Kariong Progress Association



A MEET AND GREET function with

Lucy Wicks, our local Federal MP, will be held at the Kariong Progress Hall on Saturday 24 October between mid-day and 2.00pm Everyone welcome, a sausage sizzle, and the opportunity to discuss local issues with Lucy.

CCTV cameras for Kariong: installation now under way, and should be finished soon.

At a recent meeting with the Police, members of the Progress Association discussed local issues.

The crime statistics for Kariong remain low but Police are concerned that now the warmer weather is coming in the incidents of stealing from cars and homes will increase. A lot of this is just opportunity crime... a situation where someone is walking past a car, or a home where the doors are left open.

Police spend a lot of time and energy with matters like this that could be prevented if individuals had locked things before leaving them unattended. Garage theft is a concern where the garage door is left open while the occupant has gone back inside the house or "just popped up to the shops for a minute!"

At that Police meeting the subject of the drug ICE was discussed. Having a family member or friend who uses ICE places families under enormous strain. So far the problems on the Coast have not reached serious levels, and in fact alcohol plays a more destructive role in peoples lives. If you would like to know more about ICE, a booklet is available at the Neighbourhood Centre.

And don't forget a book is held at the Kariong Neighbourhood Centre, where any local resident can document any particular issue that concerns them in relation to Kariong. That way the Progress Association can take up the matter with the relevant people, and hopefully resolve problems before they become major concerns within the community.

Police patrols of the Kariong Estate continue with Highway Patrol cars and bikes are on their way to and from their M1 duties

Progress Hall: You can book the Hall 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 will be held in the Progress Hall on Wednesday 7 October at 7.30pm.

AND the first Wednesday of each month.

Crime stats for August

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
4	3	8	0	4	0

Corner Dandaloo Street
and Woy Woy Road
Kariong NSW 2250
Phone: 0417 686 694.
Email: kariongecgaren@gmail.com
Website:
www.kariongecgarden.org.au
ABN: 13 852 216 759



Events October/ November 2015

Volunteers & visitors welcome
every Monday 10.00am-12.00noon.

Monday 5 October 10am-12noon

OPEN DAY to celebrate Organics Week. 10.00am
Recycled Paper making; 10.30am
No Dig gardening, growing food in small spaces.
Visit chooks, worms and look for tadpoles. All welcome.

Term 4: BUSH KIDS KINDY

Starts on Monday and Friday mornings 9.30 - 11.00am
Nature Play program for 2 to 5 year olds.
Bookings essential:

<http://www.eventbrite.com.au/kariong-eco-garden-inc-8389675492?s=43714932>

Friday 16th October. Kariong Eco Garden-9.30am: AGM.

All Welcome ,all positions declared vacant, come along and get involved in garden activities.

Friday 23rd October. 10.00am to midday.

Guest Speaker- Peter Rutherford
(Kimbriki Eco Garden) will speak on the urgent need to get food waste out of landfill. (\$5.00 donation; free for members)

Saturday 7th November 6.00pm – 9.00pm.

4 Seasons Art and Film Night.
Conservatorium Students, Choir, Nature Play,
Documentaries and great food. Showing adventure film:
Last Paradise

Planting: The following vegetables/herbs can be planted in **October:**

Artichokes, Amaranth, Asparagus, Basil,
Beans, Beetroot, Cabbage, Capsicum,
Celery, Carrot, Cucumber, Leeks,
Lettuce ,Marrow, Mint Parsnip, Potato, '
Sage, Silverbeet, Tomato, Turnip, Watermelon.
Refer www.gardenate.com for full list.

Kariong Eco Garden is available for events, tours & workshops.

Membership is \$5.00 pa, download a membership form from the website.

See also our Kariong Eco Garden Facebook page for news & photos.

ADVERTISE IN THE KARIONG CONNECTION

A well respected newsletter published by Kariong Neighbourhood Centre since 1999. Community supporting business and business supporting

The most affordable advertising on the Central Coast!

Advertise with us for as little as \$36 a month.

Our reach...

Delivered to 2,500 homes and businesses in the Kariong and Mountains area of the Central Coast. Emailed to over 500 businesses and contacts each month.

"We've had a really good response to our ad (in The Kariong Connection). It has exceeded all our expectations and we will continue advertising."
Dr Kyle Mervin, Riverside

"I find the Kariong Connection to be cost effective and productive marketing for my business. It also keeps money in the local community." *Peter Landow, ABLEANT*

"I have only the nicest thing to say about KNC. I utilise the centre for family and business events and also advertise with them. The staff are always very nice, friendly and helpful and I will continue to use them for years to come."
Hana Volarik, Select Properties

Affordable Specialised Training in Facebook

- How to set-up your account
- Security
- Time line and news feeds
- How to attach photos and images
- Add friends and likes
- How to comment

When: Tuesday 17th of November
Time: 10.00am - 12.00pm

Where: Kariong Neighbourhood Centre
10 Langford drive Kariong

Cost: \$10.00 per person for 2 hrs

To be paid in advance no later than Tuesday 10th November.

Places limited to **5 people ONLY**

Bring your own laptop, I pad, tablet or utilise ours (let us know before hand)

Book in to reserve your place
email; computereasy@knc.net.au
or phone 02 4340 1724

Morning tea provided
2 tutors available

Learn to Play the Ukulele

Ukulele Beginner Workshop Groups NOW at the Kariong Neighbourhood Centre



Learn the history of the Ukulele, what are the parts on a Ukulele, the notes that the strings tune to, how to tune a ukulele, what strings to play and what fingers to use- Most importantly, how to play a song in one lesson while having fun playing in a group .

No Previous Experienced Required. Suit Ages 15-99

Don't own a Ukulele? – No problems – We will supply you a Ukulele for you to use **free** for the first 3 lessons.

Where: Kariong Neighbourhood Centre – 10 Langford Drive Kariong

When: Thursday Nights 7.00pm – 8.00pm Starting 22nd October 2015 (8 week Program)

Enquire about our Saturday Morning Program (TBA) and future Kids classes.

Cost: \$5.00 per lesson

(handouts and song sheets provided)

Bookings required: Phone (02) 4340 1311 (after hours 0419 217 006) or email debi29@bigpond.com

Call (or email) NOW to reserve your booking, Places filling up fast.

Kariong Library Action Group

Who says only young adults enjoy reading young adult fiction? The Anne McCaffrey series of fantasy fiction appeals to many mature readers. Garth Nix and Stephenie Myers are also great story tellers of this genre. The proof of this statement is, of course, the Harry Potter series - loved by young and old.

For readers aged 8 - 14 **One Minute's Silence** by David Metzenthen and illustrated by Michael Camilleri is a must. It is a moving and powerful reflection on the meaning of Remembrance Day.

Tuesdays at 10.30 for Storytime. This programme is for children 3- 5 years, their parents, grandparents and carers. Storytime aims to introduce children to the pleasure of literature and language and to the joy of creative work as they engage in learning a simple craft.

Kariong Library Book Club is held on the last Friday of the month. The date for October is Friday 30th at 10 am. If you enjoy reading and good company please come along, join in the discussions and stay for morning tea.

The selections for October are **My Enemy's Cradle** by Sara Young and **A Pointed House** by John Grisham. Both these authors move away from their usual genre.

Well known children's writer Sara Young's book is her first historical fiction, set in Nazi-occupied Holland and is a glimpse inside the walls of Lebensobrn, a Nazi-run maternity home.

John Gresham takes a break from his legal thrillers with **A Painted House**. This small town mystery makes good use of his own Arkansas childhood. A farm boy named Luke Chandler, age seven, lives in the cotton fields with his parents and grandparents in a little house that's never been painted.

Movie Fun at Kariong Library on Friday 2nd October at 7 pm. Join us for a free screening of **Tale of Despereaux**. We have three unlikely heroes - a misfit mouse, an unhappy rat and a bumbling servant girl. Please book on 43258155 and bring a cushion to sit on. Free popcorn and poppers will be available for every child.

PLEASE NOTE: Justice of the Peace no longer available at Kariong Neighbourhood Centre

JPs available within Kariong area:

Derek Crawford **4340 1286**

John Bain **4340 2860**

Tracie Gosling **0412 486 678** - (Tuesday PM only)

Standpipe



G'Day folks.

As I mentioned last issue, I'd run through the Administrative Team elected at our last AGM in August. They are, President: Gail Simpson. Secretary: Chris Tierney. Treasurer: Nita Hughes. This group of members along with the field officers form the core of the brigade and as such guide the brigade forward in all matters of business and operational needs. So you see folks, it's not just the fire fighters that keeps the brigade ticking along, it's also the administrative heart keeps the brigade alive and viable.

We also had our "Get Ready" weekend recently with a few locals coming up to the station to have a look around, get some info and let the kids look around inside the trucks. Whilst I'm on the subject of being Firewise, I want to run through some advice with you in relation to agricultural burning off. We've attended a couple of calls where the land owner has decided to burn off for agricultural reasons but failed to advise the local district office. Please remember that you must advise the local office if you are going to burn off and that is for agricultural purposes only. No building waste or rubbish, plastics or old tyres so if you're unsure as to what you need to do, call the District Office on 43402911 for advice.

Now that brings me to Bushfire Danger Period or "Fire Season" It runs from the 1st of October to the 31st March the following year is Bushfire Danger Period for this region. Kariong is nestled on the edge of National Park which contains some of the Coasts most beautiful and rugged landscapes which is there for all to enjoy. This comes at a price folks in terms of vigilance and common sense. The vigilance is being aware that a bushfire threat is only an arsonists match away so keeping your eye out for suspicious activity is a handy tool to have to keep that seasonal pest "The Fire Bug" at bay. The common sense is being prepared around the home with your hoses, tidy yards clear of loose combustibles and appropriate clothing if you are required to defend your property. The latest RFS & FRNSW TV advertisement asks..." Fire Has a Plan...Do You?" If you're not sure of what to do then pop up to the District Office on Woy Woy road and ask for a Bushfire Survival Plan. It'll give you all the tips.

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



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?

At the Church house, Cnr Woy Woy & Milyerra Roads, Kariong

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.

Heart 'n' Home - 2nd & 4th Wednesdays 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 – 10.30am 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.

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.

AWANA @ 11.30am – 1.00pm

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

Other

Friends Group

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

Men's Business

Meeting bi-monthly on Saturday mornings.

Women's Coffee

Meeting bi-monthly on Saturday mornings for coffee.

For more information phone Pastor Jeff on 0448 814 511, or visit our website: www.kariongchurch.org.au

***** Please note that activities break during school holidays *****

The XChange

Seventh-day Adventist Church



We had Pr Watts tell his testimony of how he survived a plane crash in the ocean in the middle of the night last month and how his brush with death has led him closer to God. Noel from the Bible Society also came and told us of the exciting things the Bible Society is doing to get bibles out to all the world.

Holidays are coming up which means community time and outdoor church. KidzXChange has been busy learning about Naaman and this month Jonah and the big fish. Our community afternoon tea was yummy and fantastic – we would love to see you at our next one though.

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:

The Kariong XChange
www.kariongexchange.org.au
 Ring Lesley on 4340 2872
 Email: kariongexchange@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, experiments 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 a bit of 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 7:15pm - 8:15pm and Wednesday mornings 10am – 11:15am. Various locations.

The Sling Shot - Every Alternate Monday Afternoon during the school term 3:30pm - 4:30pm Ring for location. For Kids who want to know more while having fun. We are learning how to implement what we learn at KidzXChange on a Saturday morning into our everyday lives. Craft, games, challenges and more.

Etalong Beach Arts & Craft Centre Inc.

TERM 4 6th October - 4th December 2015

MONDAYS

10am - 12noon Adult Pottery
10am - 12noon Patchwork & Quilting
4 pm- 5.30pm Pottery for Children
6pm – 9.00pm Silver craft

TUESDAYS

7pm - 9.00pm Adult Pottery

WEDNESDAYS

9am - 11.00am Oils & Acrylics
11.30am – 1.30pm Pastels & Drawing

THURSDAYS

9am – 12Noon Silvercraft
12.30pm – 3.00pm Social Stitchery
4pm – 5.30pm Children's Art

FRIDAYS

9.30am – 11.30am Watercolour Painting Class 1
12 noon – 2pm Watercolour Painting Class 2

For enrolments & enquiries please phone:
4341 8344 or visit www.ebacc.com.au and
follow the map for our location.

Breastfeeding Support Come along and join us and meet other mums in the area!



**Australian
Breastfeeding
Association**

ABA is here to encourage and support mothers to breastfeed their babies and to create an awareness of the importance of human milk in the community. ABA runs group discussions, Breastfeeding Education Classes, social events and breast pump hire.

We are a family friendly group. All mothers are welcome regardless of how their babies are fed. We also welcome other children, partners, grandparents, parents to be and friends.

A qualified breastfeeding counsellor is available if you require individual support.

Meetings are held fortnightly on Fridays at KNC from 10am to 12pm. Latecomers always welcome.

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

Do you have a washing machine that you don't want that is still in working order? We looking for one to use at the Centre. We are also in need of a community minded plumber who would love to offer their services to help with this project. If you can assist with any of these requests, we would love to hear from you. Please contact Fiona on 4340 1724 or email us at admin@knc.net.au



NUNGARA Children's Culturally Inspired Dance Group

Term 4 Bookings now open!

Boys & Girls all abilities welcome.

Male & Female teachers. \$8 per class.

Mondays 6.45 -7.45pm.

Kariong Neighbourhood Centre Phone 4340 1724

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 9th October, 2015** 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 11th October** members will be enjoying a bushwalk looking at and identifying plants.

Our monthly meetings include a Speaker, 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 material brought in by members from their gardens.

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**

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One on One support

- ♦ The Internet explained, easy friendly teaching at your pace
- ♦ Beginners or those with some experience welcome
- ♦ Connect to the world ; Talk to Family and Friends

BOOKINGS ESSENTIAL -

0243401724 ask for Charles
or email computereasy@knc.net.au



Mental Health
UCMH Counselling Services

Free Gambling & Financial Counselling

Phone: 0408 679 351
Email: umch.cs@ucmh.org.au
Web: www.problemgambling.net.au

Gambling can have severe impacts on an individual. The financial impact alone can be devastating with the loss of assets, the pressure of mounting bills, and possible bankruptcy. The psychological impacts are

also considerable--the person who gambles can feel out of control, worried about their future, guilty about their behaviour, and stressed, trapped, and depressed.

The **family and loved ones of gamblers** can also experience significant distress as a result of gambling. Trust is eroded when family members find out that money has been lost, secrets have been kept or promises have been broken. Conflict can arise and family and friends can be bewildered about how to help, and may feel powerless in the face of gambling.

UCMH Counselling Services are here to help you to understand the problem and gradually master it so that you can lead a more fulfilling lifestyle, feel better about yourself, share better relationships, and enjoy financial stability. We offer a friendly, professional service that supports clients to choose and develop their own unique recovery journey, based on strength, hope and holistic wellbeing

We provide **free Gambling Help counselling** for anyone affected by problem gambling at various locations across Gosford. We also counsel at Kincumber Neighbourhood Centre on Saturday mornings from 9.00 -1.00.

For more information or to book an appointment please contact Caroline on 0408 679 351 or email caroline.mcnally@ucmh.org.au



**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



Central Coast NSW
Suite 16, 1 Reliance Drive, Tuggerah T: (02) 43530017 F: (02) 43535960

Are you looking to kick start your career?

Take advantage of the Subsidised Pathway Programs



Information Technology

Children's Services



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

Study Locally in School Hours

Eligibility

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

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

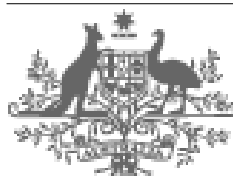
Course Fee: \$0.00 if eligible for Fee Exemption
\$80 if eligible for Concession

Fees are applied in accordance with Smart and Skilled and The Department of Education and Communities. The College will confirm fees on application.

Training Venue: Kariong Neighbourhood Centre, Tuggerah, and others.

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

***Childcare care is available onsite at some training**



Australian Government

Australian Taxation Office

TAX HELP IS HERE!!

WE ARE OFFERING TAX HELP FROM
KARIONG NEIGHBOURHOOD CENTRE AND
WE ARE CURRENTLY TAKING
APPOINTMENTS.

FOR MONDAYS AND WEDNESDAYS
BETWEEN 10AM AND 12PM
PLEASE RING THE CENTRE ON 4340 1724
TO SECURE AN APPOINTMENT TIME



FREE TV RECEPTION TEST
 We will Test & Diagnose any problems you
 are having with your TV Reception for FREE!!
 Digital TV Antenna Services TV & Speaker Mounting
0419 409 180

By George
 Window Cleaning Services

Professional residential & commercial window cleaning
 Free quotes—reasonable prices
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Visit isolated individuals for social support ie:
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Enquiries: Red Cross Gosford 4324 3411

www.redcross.org.au





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(Entry via Grieve Close)



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- We can assist with all your real estate needs – Sales & Rentals
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**Worked and lived in
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**5am Mon-Fri
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We now sell iced coffees, fruit smoothies, milkshakes and thick shakes. As well as our great Di Lorenzo coffee and homemade cakes.

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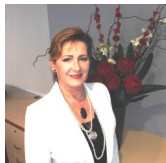
Ask Hana 0437 401 009

Come and talk to me at the Kariong Neighbourhood Centre

Time: 10am - 11am

When: 1st Tuesday of every month

Suite 9, 482 Pacific Highway, North Gosford 2250
P: 4324 8486 F: 4337 6166
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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 Strait 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.

COURT HIRE

KARIONG TENNIS COURTS

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

CLUBS

Rotary



'Fun - Friendship - Fellowship' in your Community?

Work, Leisure & Travel ?

Then join your local Rotary Club
contact Kerry Bayliss on 43 404 529

or kersuebay@philliphouse.com.au

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**

SCOUTS



KARIONG SCOUTS

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

Joeys..... 6 to 7 y/o.....Meet Monday 4:00pm to 5:00pm
Cubs.....8 to 10 y/o Meet Tuesday 6.30pm to 8pm
Scouts.....11 to 14 y/oMeet Monday 7:00pm to 8.45pm

Also looking for Adults to assist as Leaders

Contact **Teresa 0408 606 154** for details
Hall hire available

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

gospord.region@vinnies.org.au



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 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

Parent Run Playgroup

Music, dance, exercise, toys, and craft All welcome.

10:30am to 12:30pm **During School Term**

Cost: Gold coin donation. Bring a piece of fruit to share for morning tea. For information ring 4340 1724

Nungara—Children's Culturally Inspired Contemporary Dance Group 6.45pm—7.45pm

Cost: \$8 per child—**term and family discounts available**

E: nungara2250@gmail.com for more information

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.

ZUMBA fitness

7.30pm to 8.30pm. \$10 p/class.

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zumbawithkim@live.com.au

WEDNESDAYS**Tai Chi with Helen from the Australian Academy of Tai Chi**

9.00am- 10.00am All welcome. Cost \$10 per session For bookings please contact Helen on 0435 121 520.

Active Playgroup for 0 to 6 year olds.

Music, dance, exercise, toys, craft & School readiness

10:30am to 12:30pm **During School Term**

Cost: \$4 per child, (member) \$4.50 per child (non-members)

\$1.00 each additional child. Morning tea provided. All welcome

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic—4328 7900

Provide First Aid Course—HLTAID003

Nationally accredited First Aid, CPR & HLTAID004 courses. To

enrol contact Directions Health 9486 3120 or

www.firstaid.net.au

Weight Watchers from 6.30pm to 8:00pm

www.weighwatchers.com.au Phone: 131 997

THURSDAYS**Kariong Arts and Crafts Group**

A social group for people who enjoy doing arts and crafts.

Bring your own project or learn new skills. All welcome, Thursdays, 9.30am to 12 noon weekly. Morning Tea provided.

Cost: \$4 for members, \$4.50 for non-members.

The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday,

Specifically for those that are needing some company.

The group leader is caring and eager to show you all a great

time! Bring a plate to share. Monthly outings on the last

Thursday of the month.

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

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

FRIDAYS**Australian Breastfeeding Association Meeting**

All welcome! Fortnightly 10.00am to 12 noon

During school term Contact kariongabagroup@gmail.com or phone 1800 686 268

SATURDAYS

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

For bookings please Phone KNC 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 21st October 2015

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.