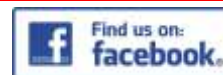


THE KARIONG & Beyond CONNECTION

COMMUNITY MAGAZINE

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

Vol 26; No 6 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



July 2018



Endeavour Early Education Kariong | 11 Evers Close Kariong NSW 2250
E: Kariong@endeavourearlyeducation.com.au
W: www.endeavourearlyeducation.com.au | Ph: (02) 4340 2211

**Find out why our parents rate our Child Care Centre 5 stars
and travel from afar to send their children to Endeavour Early
Education Kariong.**



Call us to find out about our "Whole Child Program"
which includes:

- Organic Meals
- Sports Program – Ready Steady Go Kids
- Music Therapy – CC Conservatorium of Music
- Language Lessons – LCF teaching Mandarin
- Endeavour Academy –School Readiness Program

"I am amazed on a daily basis at the level of care Endeavour Early Education provides to my son. His development since starting here has exceeded my expectations. The engagement with every single child is evident. I love the wholesome menu and the activities as well as the fantastic playground....I believe this centre sets the bar in Early Education". (Renee)



JOYFUL 悦HOUSE 軒

**New Yum Cha and Chinese Cuisine
in Westfield Hornsby!**

**Call to make a Booking or order Takeaway
Plan your Birthday or Christmas parties**

**Download menus
www.joyfulhouse.com.au**



Joyful House Hornsby
Shop R3, Hunter Street, Westfield Hornsby
Best parking via Burdett Street, Level 2 (Yellow)
Tel: (02) 9477 5945 Mobile: 0435 190 984
Email: info@joyfulhouse.com.au



OOSH UPDATE

Only 5 minutes off the M1

During the month of June, the children have celebrated Reconciliation week.

Educator Jake conducted a colouring competition and the winning artwork was produced by Samantha.



Our outdoor stage area has also had a makeover with the addition of curtains. This has encouraged many talent shows to be performed out on the stage.

We are looking forward to an action packed vacation care program during the July school holidays. We will be visiting the Kariong Eco Garden and having a bushcraft workshop with Jake Cassar, we will also be heading to the movies to see Hotel Transylvania 3, having a circus day, and holding a Spooktacular disco here at the centre. (See back page for Vacation Program summary).

The OOSH Team would like to introduce and welcome Deborah Bradshaw and Tayla Pearce to our team. Please say Hi next time you visit the centre.

For further information please contact the OOSH office.

Jacqui Pearson

Nominated Supervisor

Phone: 4340 4561 | **Email:** oosh@knc.net.au

ACTIVE PLAYGROUP



Wednesdays during school term

10.30am - 12.30pm for 0 - 6 year old

Have you checked out our great playgroup held on Wednesdays at the Centre? Why not bring your little ones along and meet some of your local community. The children will develop social skills while having fun in a safe and interesting play space with play equipment, sand pit and stimulating activities while you also get to socialise. All families and children welcome, and no need to register, just come along.

Cost: \$5 plus \$1 each additional child

Morning tea is provided

Inquiries: 4340 1724 | Coordinated by Miss Lyn

Care 4 Kids 1-5 year olds



Let us care 4 the kids while you have a break.

The kids will have creative time, story time, music and singing, activities and games

They will share morning tea together

Facilitated by two trained educators

When: Mondays (During School Term)

Time: 9.30am -11.30am

Where: KNC 10 Langford Drive, Kariong

Cost: \$5 per child or one child free for mums/carers attending women's Social & Support group

Bring: A hat, old shirt (for painting) and a piece of fruit to share.

Phone: KNC on 4340 1724

Parents are welcome to stay if they choose.

***WISEBERRY**

Wonderful Women's Group

- FOR ALL WOMEN
- FUN CREATIVITY
- MAKE GREAT FRIENDS
- CREATE COMMUNITY
- BE EMPOWERED
- MORNING TEA PROVIDED

Mondays 9.30 to 11.30
(during school term)

Price: \$5

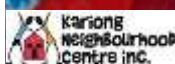
Kariong Neighbourhood Centre

Address: 10 Langford Drive Kariong

Free childcare onsite if needed
(must register if required)

Facilitated by: Shelly
(a trained Community Leader)

For further info. phone 43401724
or email admin@knc.net.au



Little Big School

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

Leave your child in our care

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

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

FACILITATED BY AN EARLY CHILDHOOD TEACHER
& CHILDHOOD EDUCATOR - MISS LYN



Mondays — School Terms Only From 9.30am - 11.30am

Kariong Neighbourhood Centre 10 Langford Drive, Kariong

Cost \$10 per child per session Bookings essential

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

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

familiesNSW
supporting families to raise children



Kariong
Neighbourhood
Centre

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will have a **change of venue for the next meeting** which will be held at

The Community Hall 9 Anzac Road Tuggerah on **Saturday 9th July, 2016** arrive at 1.30pm for a 2.00pm start.

There is a \$2 admission charge at the door which includes a Lucky Door ticket. Visitors are always welcome to attend our meetings. On **Saturday morning 9th July** members will be enjoying a bushwalk looking at and identifying plants. Our speaker for July will be Maree McCarthy and the topic 'Designing the Small Native Garden'. There will also be plant sales.

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 4365 5049.



Parklands Community Preschool

Parklands Community Preschool provides education and care for children aged 3-6 years.

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

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

Parklands Community Preschool is a not-for-profit, community-based organisation, which is partially funded by the NSW Department of Education.

We have been rated as EXCEEDING the National Quality Standards.

Our current daily fees are \$25 for 4-5 year olds and \$32 for 3 year olds.

Fee relief is available for ATSI families and families with a Low Income Health Care Card.

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

Building 34 Mt Penang Parklands, Kariong

Ph. 43401342 Email: parklandspreschool@bigpond.com

ABILITY LINKS NEW SOUTH WALES



Linkers
can assist
you to

Look at ways
you can
participate in
and be part
of your
community

Develop
your existing
support
networks and
create new
networks

Build your
confidence
to achieve
your goals

Set goals
and plan
your
future

ABILITY LINKS
is a **FREE**
state funded
service linking
people with
disability aged
0-64 to their local
communities

Gosford 4905-0749 Wyong 4905-0750
www.abilitylinksNSW.org.au



Central Coast Family Support Service's main focus is for Early Intervention with a strong focus on better outcomes for children.

Triple P in Term 3

Evening Group in Wyoming

Venue: Our Lady of the Rosary Catholic Primary School,
92 Glennie Street, Wyoming

Dates: Wednesday Nights in September 2018

Time: 6pm – 8pm

Bookings Essential

Morning Group in Woy Woy

Venue: St John the Baptist Catholic Primary School
21 Dulkara Rd, Woy Woy

Dates: Thursday Mornings in September 2018

Time: 9am – 11am

Bookings Essential

Grandparents Raising Grandchildren Support Group

For Grandparents Raising their Grandchildren. Peer support groups meet regularly at venues across the Central Coast during school terms.

Venue: Erina Meeting Centre, Room 2

Erina Fair

Dates: Fridays, 27 July, 10, 31 August, 14 and 28
September 2018

Time: 9:30am – 11:30am

No need to book, just turn up!

For Support or to Book into a Group

Call: 4340 1585, text 0434 426 709

Email: ccfss@ccfss.com.

Website: www.ccfss.org.au

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



Charge up your energy savings!

The Energy & Water Ombudsman NSW (EWON) provides the following information to help people discover ways to reduce their energy use.

The NSW government has a number of energy saving initiatives on offer for households and small business, featured on their new *Power to Save* website. This resource also has information on rebates, energy savings tips, webinars and more.

Families will be able to reduce their power bills by more than \$200 a year under a new NSW government initiative that allows people to change to new LED energy saving lights at discounted prices.

The NSW government's appliance replacement offer continues to help eligible concession cardholders upgrade their old fridge or plasma or cathode ray TV to a new energy efficient model. When you replace an old and inefficient model you can receive 40% off the cost of a fridge and 50% off the cost of a television. The offer applies to selected models. The amount you can save may vary as follows:

- Replacing an old, inefficient fridge can save between \$100 and \$200 per year
- Replacing a plasma or cathode ray tube (CRT) television with an LCD television can save between \$50 and \$125 per year

See powertosave.nsw.gov.au for eligibility criteria and more information.

Are you getting a discount on your energy bills? You can find the best energy offer for your home or small business by using the government's Energy Made Easy website at energymadeeasy.gov.au

Hint – Before switching see if your current retailer will match the best offer.

And if you are a concession cardholder let your retailer know so they can check you are receiving the Low Income Household rebate and offer you the best energy contract.



Do you know about your local Neighbourhood Centre

- * We have on average 3,000 people through our doors every month.
- * We provide many & varied services and support groups for all of the Community from birth to retirement.
- * We are able to assist all people with current and information and referrals within our Communities
- * We have 75 children a day in our Out of School hours care
- * We employ 22 staff and are assessed by 3 peak bodies annually.
- * We are open to new ideas for programs, events and services that meet your needs

We are here for you. Pop in and say hello

Have you had a look at our new Website?

Check it out at knc.net.au

You can download information and forms required for venue hire and OOSH services, and access information on all that goes on at the Centre.

You might also like to -

Follow, Share & Like us
on Facebook

for daily updates on what is happening at the Centre and in your Community



Kariong Neighbourhood Centre

Standpipe

G'Day everyone,



Here's some more news from Kariong Rural Fire Brigade for this month.

Well, as promised the weather has gotten colder so I'm hoping that you've done your homework and looked at all your heating appliances. Remember that winter, not just in Kariong but everywhere, is notorious for house fires due to faulty heating appliances. So, do yourself a favour and make your poor old humble fiery happier, do a check of all your gear and if in doubt, fix it.

Operationally speaking, Kariong RFB will be having their AGM this month and details will follow in the next edition. Just as a side note, I had a look at the number of calls the brigade did during a twelve month period and it has totalled a whopping 365. That's on average, one call per day and it puts Kariong RFB into one of the top busiest brigades. So, if you've ever entertained thoughts of joining the Service now is a good time to make those enquiries. Just pop up to the Dandaloo St fire station any Wednesday night from 7.30pm or Saturday morning from 8am and have a chat with the guys there. They'll be more than happy to talk with you and point you in the right direction. It's a great time to start your basic training due to the cooler months. There's time to get into all the technicalities of the job and by the time summer rolls around, you'll be ready to have a go. Hope to see you there some time.

Folks, one last thing. Even though we're in winter, that doesn't preclude the fact that we can still suffer bushfires. As always, be vigilant particularly if you go bush walking because Kariong has some wonderful walks, and everyone has a responsibility to protect that environment. If you see suspicious activity, please report it to the Police. As always, if you see an unattended fire ring 000.



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



..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 2.30pm (closed for half an hour at 12 noon.)

Tel: 4325 8155.

Babytime is a special program of songs, rhymes and simple stories for babies aged six to 24 months. Now at Kariong Library every Tuesday morning commencing at 9.45am and then followed at 10.30am by **Storytime**, a fun, creative time with your preschool aged children. All welcome.

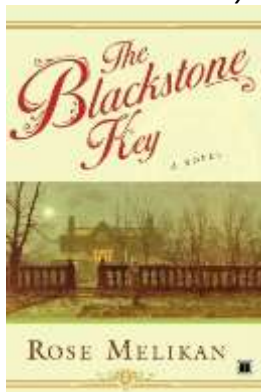
Did you know Kariong library has a great selection of DVDs and CDs for you to borrow? From movie classics to recent releases you are sure to find something to your liking amongst their collection.

Have you considered joining the **Kariong Library Book Club**? The group meets on the last Friday of the month at 10am to discuss a wide range of books. Morning Tea is provided.

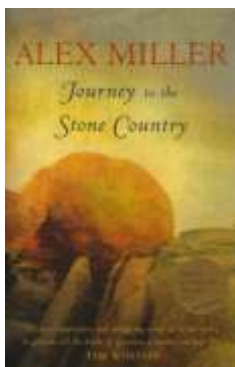
Books up for discussion next month are *Journey to the Stone Country* by Alex Miller, a superbly compelling tale of love, redemption, betrayals, compassion, secrets and reconciliation and

The Blackstone Key by Rose Melikan,

a gripping, historical drama, full of mystery and intrigue.



Pick up one of these books from Kariong library and come along to our book club meeting – you will be most welcome.



PLEASE NOTE:

JP service no longer available at the Centre
Justices of the Peace available within Kariong area:

Derek Crawford **4340 1286**

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

Tracie Gosling **0412 486 678**

Foreman One Properties **4340 0777**
(Tuesdays & Thursdays 9am – 11am)

Kariong Progress Association



Kariong Progress Association 'HAVE YOUR SAY' Community Survey Results

In the May edition we asked a number of questions relating to the Tennis Courts:

1. Do you support modifying Tennis Court 1 (next to Woy Woy Road) to make it a multi- purpose court, making it a half court basketball court + tennis court.
Yes: 57% No: 43%
2. Keeping Tennis Court 1 a multipurpose court unlocked for shared use? (using a courtesy system with 1 hour maximum use at a time encouraged)
Yes: 80% No: 20%
3. Lights being available until 9pm on court 1 (push button timer)
Yes: 100%
4. Making Tennis Court 2 a bookings only court with lights as needed.
Yes: 80% No: 20%
5. If you prefer a booking system for Court , do you prefer: an online booking system; through a local business; other.

Online: 63% Local Business: 23% Other: 14%

The overall comments were many and varied. The general feeling was along the lines that the proposals were a good idea, but concerns expressed on whether a voluntary code of conduct would actually work. Lack of supervision, vandalism and graffiti were other concerns. But the overall request was that the majority-voted proposals proceed. The Association will put the proposals to Council for their views.

KARIONG CRIME STATS FOR APRIL 2018

assault	break & enter	Malicious damage	robbery	stealing	steal vehicle
3	1	3	0	1	0

KARIONG CRIME STATS FOR MAY 2018

assault	break & enter	Malicious damage	robbery	stealing	steal vehicle
10	0	3	0	3	0

THERE WILL BE NO MEETING IN JULY

The next meeting will be held at **7.00pm**
on **Wednesday 8 August 2018**, in the Community Hall.



Lottery, Instant scratch tickets, Pokies, Horse and dog racing, Sports betting, Keno, Casino table games, Poker, and Bingo... Gambling is one of those activities where people can get something for almost nothing.

It's human nature to feel excited when taking risks. "Will my numbers come up?" "Will my team win?" The sense of anticipation creates a natural high, an adrenaline rush, a feeling of fun and entertainment.

The media and advertising agencies often portray a stylish, sexy, fashionable image of gambling. Indeed gambling can provide an escape from everyday life. Whether it be the glitzy casino environment, a loud and exciting day at the races, or a night at the club, for a time we can be surrounded by different people, different sounds and emotions, all of which stimulate and arouse our senses.

Most people think gambling is a low-risk, high-yield proposition. In reality, it's the opposite: a high-risk, low-yield situation. The odds always favour the house. Despite that, the thought and excitement of hitting a jackpot are often too alluring - regardless of its probability.

Eight per cent of the Australian adult population – or 1.4 million people – experience some degree of gambling problem. Of these almost half are moderate or high risk gamblers, with poker machines the most harmful form of gambling in Australia.

People love to win; they get a rush of excitement and like to brag about beating the odds or the system. But people don't like to lose and so will continue to bet their hard earned money in the hopes of winning or recouping losses. This is how people run into trouble while gambling.

If you are experiencing gambling problems please contact PM Counselling West Gosford on 0408 679 351 or check us out at www.problemgambling.net.au/pm counselling.html.

Are you handy with odd jobs and have a few hours to spare each week? If so, we would love to hear from you.

We really need some help with keeping the Centre tidy by blow vac-ing the grounds and a small amount of garden maintenance. We have small repair jobs that don't require a tradesman etc., but need someone who knows what they are doing. We can provide equipment needed and references, and we cover any expenses.

If you think that you would be interested in lending a hand at the Centre, we would love to hear from you.

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



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.com

Pastor Jeff O'Derry 0448 814 511

Email: pastor@kariongchurch.com

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 8, 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 @ 10am – 12pm

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, fortnightly @ 4.30pm – 6pm

Games, craft and activities for children in K – 6.

Youth Group – Saturday evenings, fortnightly

Fun activities – Grades 7 - 12.

Friends Group

All ages - Meets regularly for interesting and fun outings.

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



1st KARIONG SCOUT GROUP

LOOKING FOR OUTDOOR ACTIVITIES?

TRY SCOUTING – OPEN TO BOYS AND GIRLS

Cubs 8 to 10 y/o - Meet Tuesday 6:30pm to 8:00pm

Scouts 11 to 14 y/o - Meet Monday 7:00pm to 8:45pm

Also looking for Adults to assist as Leaders

Contact Teresa 0408 606 154 for details



Kariong Eco Garden Incorporated
2 Dandaloo Street, Kariong NSW 2250
Phone: 0429 431 889
Email: kariongecogarden@gmail.com
Website: www.kariongecogarden.org.au

Kariong Eco Garden openly welcomes new visitors and volunteers. Through us you can learn more about sustainable living, seasonal veggie gardening, composting, join in on Boomerang Bags, Bush Kindy or Kariong Bushcare, and become part of a wonderful local community. Membership only \$5/year.

What's Happening this month?

- Eco Garden working bees Mon & Fri 10am-12noon. All welcome. Just drop by.
- Raw & Unearthed bush kindy - Wed 10am-12noon, now taking Term 3 bookings (<https://rawandunearthed.com>)
- Boomerang Bags – Sun 8th July 10am-12noon at Kariong Community Hall
- Bushcare – Sun 22nd July 9:30-11:30am, meet us in the Oakes Street reserve, tools provided.

KARIONG ECO GARDEN -TRIVIA NIGHT Sat 18th Aug 2018 | 5-8pm

Kariong Community Hall, 2 Dandaloo St, Kariong

Join us for a great night of fun, laughs & trivia, in support of the Eco Garden. Tickets \$10pp available through Kariong Neighbourhood Centre or Eventbrite. Tables of 6, taking orders for Kariong Pizza on the night. BYO nibbles. Tea, coffee & cakes for sale also.

***Donations welcome for our silent auction
& lucky door prizes.***

Boomerang Bags was a whirr of productivity this month.

Thanks to many passionate volunteers & the lovely Team at Foodworks Kariong, Boomerang Bags are **now live & local**. We **launched our BB stand at Kariong Foodworks in early June**, and local support has been great. Everyone is welcome to help themselves to a free Boomerang Bag, to use and re-use, just look out for the stand at Foodworks. KEG is run by a volunteer management committee.

We are registered with Centrelink as an approved Volunteer Work provider and are a registered Charity. All welcome.



Hello friends and neighbours,

Wow, another term coming to an end soon. Where has this year gone?

KidzXChange has been back in full swing and we are having a great time learning the stories from the book of Acts in the Bible. We have had drama, stories, craft, games object lessons, and food to name a few ways we have been learning. It would be wonderful to see you on Saturday mornings.

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

With the end of term fast approaching we have been excitedly planning what we will be doing for Barneys. As you may remember, we do not have KidsXChange during the holidays.

So, July 14th is our Wilderness Worship at the Watagan Mountain. We have a fire, roast potatoes, cook damper, roast marshmallows, cook sausages and have lots of yummy food. We have a lovely worship in the bush. We fellowship with God in His surroundings.

On July 21st, we will have movie and popcorn. The movie is Case for Christ for the adults and older children. A surprise movie for the younger children.

Stay tuned for times and instructions.

KidzXChange – Saturday mornings during the school term. 9:45am – 11:15am for kids aged 4-13. Morning tea provided.

Barney's House – Experience church in a simple, uncomplicated, informal way. Saturdays 11:30am - 12:30pm. Stay for a yummy lunch from 12:30 - 1:30pm.

Ring Lesley on 4340 2872 Email: kariongxchange@me.com for further information or questions.



Kariong Mountains High School, as of last year, has started delivering a Certificate III in Music Industry to its Stage 6 students. This course was created by Music Teacher Kane Burns to provide students with the skills necessary to have a career in the music industry. The units covered in this course address copyright issues, WHS practices, live sound, performing, electronic music creation, improvisation, song writing and recording. KMHS is the only school in the Macquarie park region offering this course and it is proving to be a success.



The school has recently partnered up with The Grove Studios located in Somersby, providing a range of opportunities for our students both in school and as a future pathway after school. The Grove Studios is a state-of-the-art studio. It was built by INXS bass player Garry Beers and is famous for its creation of many of Australia favourite musical endeavours from Silverchair to Eskimo Joe.

This partnership has allowed the schools Music department to give the students many opportunities at the Grove Studios including annual recordings of a junior school album, that will be available on all music streaming services such as iTunes and Spotify, frequent tours and workshops for students studying the Music Industry Certificate III course, along with a scholarship offered to a student at the completion of the Certificate III course to study a Diploma in Music Industry - creating a direct pathway from school into a career.

This partnership has already been incredibly successful with a student album titled 'Archie' being recorded and released on all music streaming platforms with another album on the way and due for release in mid July. We are also pleased to announce that two of our students have been accepted into studying at The Grove Studios from 2019 onwards as a direct result of this partnership.

Anne Vine
Principal

Ettalong Beach Arts & Craft Centre

Corner Picnic Parade & Maitland Bay Drive

TERM 3 - 23rd July - 21st September 2018
Monday through Friday

Classes held in • Patchwork & Quilting • Pottery
Silvercraft • Watercolour Painting • Drawing
• Painting - Oils, Acrylics, Pastel

For enrolments & enquiries please phone:
0412 155 391 or visit www.ebacc.com.au

Solstice

A group of local Central Coast artisans will come together to showcase their works for 3 days only. Artworks include painting, ceramics, photography, woodwork and glass art. All items are handmade and inspired by the beautiful surrounds, right here on the coast and reflects the unique talent of each artist.

Exhibition Dates: 6th -8th 07 July,

Venue: East Gosford Regional Gallery

Official Opening: 7th July 2.00pm - 5.00pm

Daily Hours: 10.00am - 4.00pm.

Contact: Annette: 0406 727 104

Participating artists: Annette Heidrich, Fran Melrose, Jenny Knibb, Karen McPhee, Sandy Robinson, Meg McDonald, Sue Sullivan, Judy Barrett, John Chapman, Robyn Lowe, Murray Lowe, Thel Brown.



1st KARIONG SCOUT GROUP

Hall for Hire

We have a large hall available for Play Groups, Dance Groups, Fitness Classes, Group Meetings, Fundraising Events, Celebrations or Classes.

Very flexible availability, located just off the M1.

We have a fully functional kitchen, tables and chairs, two bathrooms and wheelchair access. If you would like more information about our hall please email:

enquiries@kariongscoutgroup.com.au

Group Leader Maggie Keeble

<http://www.nsw.scouts.com.au/>



Get to work at Fairhaven!

Fairhaven is the largest employer of people with disability on the NSW Central Coast. When you work at Fairhaven you'll learn new skills, receive workplace training, enjoy variety and best of all – be part of a great team!

If you don't already have NDIS Plan funding for employment, such as SLES (School Leaver Employment Support) or **Finding and Keeping a Job**, our support coordinators can help get you started.

Come and visit our Fairhaven CoPack and ReCreate social enterprises, arrange a site tour at the Point Clare or Tuggerah work sites.

Call Lynne or Julie on 4349 5500



Visit 209 Brisbane Water Drive, Point Clare
Web fairhaven.org.au Email hello@fairhaven.org.au



Get involved with community activities at Fairhaven!

Our new activities program has been designed to help you get active, develop skill, build friendships and have fun! Sessions are led by experienced facilitators in a friendly, supportive environment. All ages and abilities welcome.

Sessions start from just \$5. Choose from:

- Cooking • Computer/Device usage • Learning Club
- Friendship Club • Tai Chi • Zumba • Fun Boxing • Squash
- Craft/Painting/Drawing • Gardening • Drumming
- Make-up, Skincare and Self Esteem • Cartooning • Singing
- Art Therapy - **NDIS funded** • and more...

View the full activity schedule at
www.fairhaven.org.au/community



Visit 209 Brisbane Water Drive, Point Clare
Phone 4349 5500 Email hello@fairhaven.org.au

Sensory Kidzspace

Our portable "Sensory Kidzspace" Kit is available to any community organisation or agencies working on the Central Coast to use at their next indoor or outdoor event!



Help to create an inclusive and comfortable space for children who may be experiencing sensory needs. The kit includes a pop up tent, soft blankets, ear defenders, toys, books and more!

For more information on how to book the "Sensory Kidzspace" kit please phone Bronwyn, at Toukley Neighbourhood Centre on 4396 1555 or Fiona at Kariong Neighbourhood Centre on 43401724.



The No Interest Loan Scheme (NILS) provides interest free loans for individuals or families

on low income. It's a community based program that enables people to access fair, safe and equitable credit for the purchase of goods and services.



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

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

"I LOVE KARIONG" STICKERS !!!

Be loud and proud of your community



Available at the Centre reception only for \$5 each.

For your car, your bedroom, your fridge, your school folders.

Size: W27.9cm x H7cm

HENRY KENDALL COTTAGE & HISTORICAL MUSEUM

25-27 Henry Kendall St, West Gosford



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

Open

Wednesday, Saturday, Sunday – 10.00am to 3.00pm

Public Holidays – 10.00am to 3.00pm

(with the exception of Christmas Eve, Christmas Day and Good Friday)

Adult – \$5 Concession – \$4 Child – \$3

Child under 5yrs – Free

Family (2 adults and up to 3 children) – \$10

Schools - Student – \$2

Accompanying Adult – 1 free per 20 students

Please note: Group tours can be booked for any day of the week by pre-booking

For more information please phone 43252270 or go to henrykendallcottage.org.au



Volunteering
Central Coast



✓ We refer potential volunteers to organisations and provide ongoing support to volunteers and community involving organisations on the Central Coast.

✓ Join one of our member organisations and access our free training for a range of volunteer related skills.

Call 4329 7122

email recruit@volcc.org.au or visit www.volunteeringcentralcoast.org.au

FREE FAMILY LAW CLINIC



at Kariong Neighbourhood Centre With Katie Smith

Appointments Available

Mondays: 5.30pm - 7pm and Thursdays: 9am - 11am

(Availability subject to court appearances)

Bookings Essential

Please Phone Kariong Neighbourhood Centre on 4340 1724 for an appointment

30 Years Experience in:

Family Dispute Resolution/Mediation • Child Welfare
Family Law Divorce • Property & Parenting • Wills & Probate

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

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

We are lucky to have this amazing woman giving probono.
You must book and turn up.



**"Caring for
your fur babies
is our priority"**

Kariong Dog Grooming Salon

Professional grooming • Appointments or stay & play* • Early & late Drops & Pickup* • Pickup & delivery* • Loyalty card program* • Competitive prices • Dog walking locally* • Pet supplies, treats and oral care (*Conditions apply)

- Monday \$25 Doggy Wash Day incl nails, no appointment needed 9-4pm
- Tidy-ups and hygiene Services from \$35
- Full Grooming Services from \$55

8/10 Currunga Road, Kariong

Located in the Kariong Shopping Centre near the Times Cafe (behind the Shell service station)

fetchgrooming.com.au

shannon@fetchgrooming.com.au

0400 403 411

Australian Academy of Tai Chi

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

Kariong Neighbourhood Centre
Wednesdays 9:00am



Certified Instructor Helen
0435 121 520



SUPPORT

Central Coast Community**Handy Contacts**

- * Aged & Disability Support Services 4334 2633
- * Central Coast Mental Health Service 4320 3170
- * Central Coast Disability Network 4349 3700
- * Central Coast community Legal Centre 4353 4988
- * Coast Shelter Gosford 4325 3510
- * Domestic Violence Help Line 1800 656 463
- * DOCS Helpline 1321 11
- * Family Referral Service 1300 006 480
- * NSW Rape Crisis Centre 1800 424 017
- * Homeless Persons Information Centre 1800 234 566
- * Suicide Help Line 1800 191 919

Call into the Centre for your copy of the full brochure

AL-ANON

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

For information and help contact: AL-ANON

Saturday 2pm Woy Woy Hospital

Group Therapy Room (near kiosk)

To find locations near you

Phone 49693889

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



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

Calls to this number from mobiles are free.

CLUBS



'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 Society
good works

Volunteers required for Community work.

Make a difference to those in need.

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

4323 6080 or email gosford.region@vinnies.org.au.

Volunteers needed for social inclusion programs

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

Enquiries: Red Cross Gosford 4324 3411

www.redcross.org.au



Australian Red Cross
THE POWER OF HUMANITY

	For emergencies or life threatening situations call Triple Zero (000)
	For non emergencies call the Police Assistance Line 131 444
	To provide crime information anonymously contact Crime Stoppers 1800 333 000 www.nsw.crimestoppers.com.au

Alison Downey

B.app.sc MSPA CPSP

Speech Pathologist



Speech Therapy for Children

Do you have a concern about your child's talking, listening, comprehension, eating and drinking?

Phone: 0400 145835 **Email:**

adow8044@bigpond.net.au



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Quality Coffee * Gourmet Burgers & Wraps
Breakfast * Shakes * Smoothies

Shop 4, 10 Currunga Rd, Kariong NSW 2250 Tel: 4340 5427

Affordable Local Counselling

- Anxiety, depression, relationships problems, or addictions?
- Perhaps another mental health or social issue?
- Professional and confidential.



Shauna Maloney Counselling Service Somersby

Phone: 0438 434 018

Email: Shauna.socialwork@gmail.com



Too busy to clean ?

Get back your weekends doing what you love

- Residential & Commercial Cleaning
- Rental Cleaning – Inbound / Outbound Cleans
- Builders Clean
- Regular weekly / fortnightly cleaning available

reception@fibern.com.au <https://www.fibern.com.au>

02 4340 0800 or 0405 189 042

KARIONG NOW HAS A LOCAL TRAVEL AGENT



I am your Local Travel Agent

Phone: 0420 536 366

Email: danielle@thesmarttraveller.com.au

We R Electrical
For all your electrical needs

Ben Stephenson
Director

Mobile: 0417 047 235

Email: werelectrical@aapt.net.au

ABN: 72 147 825 910

Licence No: 233442C

APEX
INSTALLATIONS

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



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Tax agent
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171 Mann Street Gosford

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E-mail: info@aplustax.com.au

Phone: 4339 9936

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Window Cleaning Services

Professional residential & commercial window cleaning

Free quotes—reasonable prices

Give George a call **0410 332354**

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*All Roof Leaks & Repairs

*Re-bed & Point-up Loose Ridge Capping in FlexiPoint

* Pressure clean roof tiles, clean and point (2 coats)

* All Types of metal roofing, flashing and guttering

* Work Guaranteed * Free Quotes

* Worked in Kariong 26 years

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Phone Grant on 0412437175




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Your Local Kariong "Mr Fix it"

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

Call Bernie 4340 0974 / 0410 434 845

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

ADVERTISE WITH US

YOU WON'T FIND CHEAPER & more EFFECTIVE
ADVERTISING ANYWHERE !!

Our newsletter

- is delivered to over 2500 local community members and local businesses,
- is emailed in full colour to over 600 more within and outside the community.

For more information on our very reasonable rates
Contact us on 4340 1724 or admin@knc.net.au



Medicare Child Dental Benefits Schedule Bulk Billed

4340 2022

OPEN LATE NIGHT
THURSDAYS

30 YEARS LOCAL

Dental Practice



ACCREDITED

Emergency dental care
Preventative care
Teeth whitening
Cosmetic dentistry
Dental implants
Facial cosmetic injections
Sleep dentistry (IV sedation)
Oral surgery
Wisdom teeth removal
Orthodontics and Invisalign
3D CT scanning

www.vcdental.com.au

11 Mitchell Drive, Kariong 2250 | also at East Gosford

Better Health Practices



Kariong Chiropractic & Wellness Centre

20 LANGFORD DRIVE, KARIONG

4340 5154

www.betterhealthpractices.com.au

Celebrating 20 years of Caring for Kariong

- Chiropractic • Massage • Acupuncture
- Naturopathy • BabyROO Classes

Health fund & Medicare accredited



0429 729 417

FREE QUOTES

Kariong local, Fully insured
over 20 years experience



www.facebook.com/oootservices

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

Wonderful Women's Group

A Fun, Caring and Friendly Program for Women.
Guest speakers, develop friendships, embrace and connect with your creativity through the arts.
\$5 per head. Morning tea provided. Free Childcare, must register if required.
9.30am to 11.30am on Mondays. **During school term** at Kariong Neighbourhood Centre.

Care 4 Kids 1-5 year olds

Let us care 4 the kids while you meet others and have fun in the Wonderful Women's Group.
9.30am to 11.30am on Mondays. **During school term** at Kariong Neighbourhood Centre.
\$5 per child or one child free for all mums/carers attending the Wonderful Women's Group at the same time.

Little Big School—Leave your child with us

Program for 3—5 year olds to prepare them for big school. Includes art & craft, music, stories, games and group time experiences.
9.30am—11.30am **During School Term**.
\$10 per child per session. Bookings essential
Ring 4340 1724 or email admin@knc.net.au to book
Call into the Centre for an information / registration pack.

Pilates for Seniors - sarah@yourtemple.com.au

12pm to 1pm. **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.
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: \$15 if paid in advance, \$17 for casuals
For more information contact Corina Jones 0409 242 153

WEDNESDAYS

Tai Chi for Health & Relaxation

9:00am —10:00am (**during school term**), \$12 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: \$5 per child plus \$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

WEDNESDAYS continued...

Provide First Aid Course—HLTAID003

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

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. (**during school term**)
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 (**During school term**) 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.

EV Church

Thursdays, 9.15am to 11.45am. **During school term**.

SATURDAYS—Available for PARTY hire!

Pilates 8.15am - 9.15am

A great way to get your body back into shape. Contact Sarah to make a booking 0425 265 609 sarah@yourtemple.com.au

Ukulele Group Lessons \$10.00 per lesson. 9.00am —11.00am
Don't own a Ukulele—no problems we supply what you need to start. Contact Garry 0419 217 006

SUNDAYS—Available for PARTY hire!

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

ADVERTISING CLOSING DATE

for NEXT ISSUE

Wednesday 18th July 2018

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.

HOLIDAY ACTIVITIES FOR KIDS AT KARIONG NEIGHBOURHOOD CENTRE

Phone: 4340 4561 Email: oosh@knc.net.au Website: www.knc.net.au

Quality care at
KNC

Only 5 minutes off the Highway!

Before, after and vacation care: 6:30am - 6:30pm

Ages: 4 to 14 years

Monday 9th July

Tuesday 10th July

Wednesday 11th July

Thursday 12th July

Friday 13th July

JAKE CASSAR
BUSHCRAFT PRESENTATION



\$60

NAIDOC WEEK
CELEBRATION



\$55

CIRCUS DAY



\$60

INTENCITY ERINA



\$60

SPOOKTACULAR



\$60

Monday 16 July

Tuesday 17 July

Wednesday 18 July

Thursday 19 July

Friday 20 July

CINEMA PARADISO



\$60

SCOOTER DAY



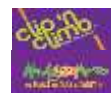
\$55

ARTS EXTRAVAGANZA



\$55

MONKEY MANIA
CLIP & CLIMB



\$60

WALKABOUT
WILDLIFE PARK



\$60

Monday 23rd July

ENTRANCE FORESHORE



\$60

For full details on all of our exciting excursions and incursions, please go to our website, pick up a program from the Centre or check in with our Facebook page for daily updates on the following day's events. You can also book online!!

If for some reason e.g. the weather forces us to make a change to the Programme, the days alternate activity will be displayed in the lobby of the Neighbourhood Centre as soon as possible

Know your local Butcher - The Sausage Man

Best snags on the Coast in your own Backyard

National and State Champion

Proud sponsors of Kariong Soccer and Rugby clubs

- Over 100 varieties of sausages to choose from
- Every one will have a favourite!!
- Open 7 days
- Spit hire
- Quality pet food



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Facebook

!! On Special this Month !!

Lamb Loin Chops

\$13.99 Kilo

Chicken Breast fillets

\$9.99 Kilo

KARIONG QUALITY MEATS

Shop 1/Arunta Ave, Kariong Phone: 4340 1064



Jake with his display board listing his sausage varieties