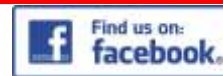


# THE KARIONG & BEYOND CONNECTION

## 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 4 10 Langford Drive, Kariong, Phone: 4340 1724; [www.knc.net.au](http://www.knc.net.au)



May 2018

## HAVE YOUR SAY

### Kariong Progress Association Community Survey - May 2018

Please indicate your preference and /or make a comment.

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

☐ NO

COMMENT \_\_\_\_\_

Keeping the Tennis Court 1/ multi-purpose court unlocked for shared use? (a courtesy system with 1 hour max use at a time encouraged)

☐ YES

☐ NO

COMMENT \_\_\_\_\_

Lights being available until 9pm on Court 1 (push button timer)

☐ YES

☐ NO

COMMENT \_\_\_\_\_

Making Tennis Court 2 a BOOKINGS ONLY court – with lights as needed?

(Next to the bush and Eco Garden)

(this would provide income for Kariong Progress Association for maintenance of courts and supporting community projects)

☐ YES (if yes, please answer question 5 as well)

☐ NO (if no, thanks for doing the survey!)

COMMENT \_\_\_\_\_

IF you support a booking system for Court 2 – do you prefer:

☐ Online booking system? (like Avoca)

☐ through a Local Business?

Other suggestion? \_\_\_\_\_ THANKS!

***Note: Local residents Yvonne and Doug Hart voluntarily managed the Kariong Hall + tennis courts for 47 years and we are forever grateful.***

Please Return completed surveys to Kariong Neighbourhood Centre, 10 Langford Drive

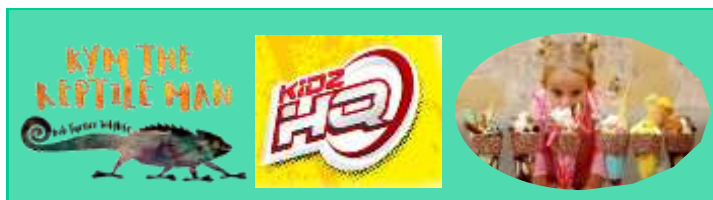
by Monday 21 May 2018 Thank you



## OOSH UPDATE

Only 5 minutes off the M1

Our April Vacation Care Program offered so many fun and educational experiences for our OOSH children, highlights being a wonderful visit from Kym, the reptile man and excursions to Niagara Park Sports Stadium, Kids HQ and Warnies Café.



Our learning during first term has included fun sewing and gardening activities and also important road and water safety lessons, empowering children with knowledge to be responsible for their own safety.

We look forward to providing lots of educational as well as fun and interesting activities for the children again during Before and After School Care for term 2 and we welcome new families to drop in and see our fabulous centre. (We do have a waiting list for some days), so be quick

**Nerida — Kariong Neighbourhood Centre**



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

What a fantastic first term we have had at our Wednesday gathering!

Many new friendships have been forged and the children have been enjoying a wide range of structured activities as well as lots of free play choices in our wonderful outdoor area. We focus on exploring early literacy and numeracy concepts along with lots of listening, sharing and turn-taking opportunities to help the children develop school readiness skills. Self esteem and social confidence are also promoted through participation in our games and activities.

Arts, crafts, messy play, music and story times ensure the children are kept busy and stimulated. We are so lucky to have such a supportive, inclusive and friendly group of parents and grandparents and have many families from various cultural backgrounds attend our weekly group.

Please feel welcome to come along and join us for a shared morning tea and discover new local friendships!

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

*Morning tea is provided*

**Inquiries: Nerida 43404561**

## Women's Social & Support Group

FUN, CARING, FRIENDLY



**For all women of any age or culture**

- Develop friendships
- Reduce feelings of isolation
- Embrace & connect with your creativity
  - Outings and social gatherings
  - Feel empowered & understood

**FREE CHILDCARE IF NEEDED**

Morning Tea is provided

**\$5 per head**

Mondays (during school term)

**Time: 9.30am-11.30am**

**Place: Kariong Neighbourhood Centre 10 Langford Drive Kariong**

**Bookings essential, phone: 4340 1724 Or email [admin@knc.net.au](mailto:admin@knc.net.au)**

sponsored by

**WISEBERRY**

## Care 4 Kids 1-5 year olds



### Let us care 4 the kids

**They will have creative time, story time, music and singing, activities and games**

**They will share morning tea together**  
**Facilitated by Two trained child educators**

**When: Mondays (During School Term)**

**Time: 9.30am -11.30am**

**Where: KNC 10 Langford Drive, Kariong**

**Cost: \$5 per child**

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

***Parents are welcome to stay if they choose.***



We have a new Website

Check it out at [knc.net.au](http://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

## Circle of Security



### A RELATIONSHIP BASED PARENTING PROGRAM FOR CAREGIVERS

*Topics Include: Exploring Your Children's Needs, Understanding How to Help Build a Solid Emotional Foundation With Your Child, How to Create a Secure Attachment With Your Child, How To Be a 'Bigger, Stronger, Wiser and Kind' Caregiver.*

**Fridays from 11th May - 22nd June**  
(6 Week Program)

**Please note: there is no session on the 1st June**

**Time: 9.30am-11.30pm**

**Location:** Kariong Neighbourhood Centre  
10 Langford Drive, Kariong

**FREE childcare available Morning tea provided**

**BOOKINGS ESSENTIAL**

To register for this course, please phone 4340 1585  
or email [ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.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



**little big**

3 to 5 year olds

**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](mailto:admin@knc.net.au)



### 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](mailto:parklandspreschool@bigpond.com)**





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

#### **Term 2 2018 groups**

##### ***Circle of Security Kariong***

**Venue:** Kariong Neighbourhood Centre, 10 Langford Drive

**Dates:** Fridays 11, 18, 25 May, 8, 15 and 22 June

**Time:** 9:30am - 11:30am

**Limited childcare available. Bookings essential.**

##### ***Stand Together Wyoming***

**Venue:** Wyoming Women's Health Centre, 37 Maidens Brush Rd, Wyoming

**Dates:** Wednesdays 9, 16, 23, 30 May, 6 and 13 June 2018

**Time:** 9:30am - 11:30am

**Limited childcare available. Bookings essential.**

##### ***Stepping Stones Triple P Seminar Workshop Kariong***

**Venue:** Phillip House, 21 Old Mount Penang Road, Kariong

**Dates:** SATURDAYS 12 and 19 May

**Time:** 10am-12:30pm

**Bookings essential.**

##### ***Triple P NIGHT Group Woy Woy***

**Venue:** St John the Baptist School, 21 Dulka Road, Woy Woy

**Dates:** 9, 16, 23 and 30 May

**Time:** 6.00pm - 8.00pm

**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, 11, 25 May, 8 and 29 June

**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](mailto:ccfss@ccfss.com).

**Website:** [www.ccfss.org.au](http://www.ccfss.org.au)

\*for groups in other locations please see [www.ccfss.org.au](http://www.ccfss.org.au)



#### **Difficulty paying bills?**

*The Energy & Water Ombudsman NSW (EWON) provides the following information to help people experiencing difficulties with their energy bills.*

Sometimes you may face financial hardship meaning you're unable to pay all of your bills on time. If you continue to miss your energy bill payments, you risk being disconnected by your provider.

Energy and water providers have programs that can help you stay connected. All electricity and gas providers in NSW are required to offer a minimum of two payments plans in any 12 month period. They are also required to have hardship programs in place for longer term help with paying energy bills.

If your bill is overdue or you receive a reminder notice, you should contact your provider straight away. If your provider is not able to work with you to offer an affordable payment plan, you can contact EWON for advice or to make a complaint.

#### **Your options**

If you're struggling to pay your energy bills you can:

- ask for extra time to pay
- ask for a formal payment plan or
- ask to be assessed for your provider's hardship program.

A payment plan is a formal payment arrangement between you and your provider. Your provider will work with you to create a suitable payment plan based on:

- your capacity to pay
- your energy usage
- the amount owing on your account.

#### **What other help is available?**

The NSW Government offers energy rebates to eligible customers. For more information contact your provider, call the Energy Info Line on 1300 136 888 or visit [resourcesandenergy.nsw.gov.au](http://resourcesandenergy.nsw.gov.au).

Energy Accounts Payment Assistance (EAPA) vouchers are available to help pay a current electricity or gas bill. These provide assistance in a crisis or emergency situation and are distributed by community organisations.

Visit [ewon.com.au](http://ewon.com.au) to find organisations that distribute these vouchers.



## ..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.

The library catalogue is available online so that you can search for what you need before you visit. The Virtual Library provides access to a range of online subscription databases, plus a selection of useful and authoritative web sites. Many are available from home, and you can use your library card number to log in.

[www.gosford.nsw.gov.au/libraries](http://www.gosford.nsw.gov.au/libraries)

**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. All welcome.

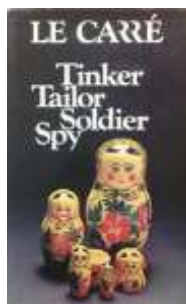
**Storytime** is held every Tuesday morning at 10.30am. Spend a fun, creative morning with your pre-school aged children. All welcome.

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. Pick up one of these books from Kariong library and come along – you will be most welcome.



Books up for discussion next month are **Sweet Smoke** by David Fuller. *The American Civil War is in full flame, and tobacco plantation slave Cassius Howard finds he must risk everything to learn the brutal truth concerning the murder of Emoline Justice, the freed black woman who secretly taught him to read and who once saved his life.*

The second book is **Tinker Tailor Soldier Spy** by John le Carre. *The man he knew as "Control" is dead, and the young Turks who forced him out now run the Circus. But George Smiley isn't quite ready for retirement—especially when a pretty, would-be defector surfaces with a shocking accusation: a Soviet mole has penetrated the highest level of British Intelligence. Relying only on his wits and a small, loyal cadre, Smiley recognizes the hand of Karla—his Moscow Centre nemesis—and sets a trap to catch the*



## Kariong Progress Association



EMAIL: [kariongpa@gmail.com](mailto:kariongpa@gmail.com)

FACEBOOK: We are now on Facebook : Kariong Progress Association

If you have something to say about anything regarding Kariong let us have your opinion on our gmail address or the Facebook page. If you don't have a computer there is a book at the Kariong Neighbourhood Centre where you can register any comments.

### Community Hall

The Council has now advertised that the Hall has been upgraded, and is inviting casual bookings from community groups and residents. Call 43505538

[communitybookings@centralcaost.nsw.gov.au](mailto:communitybookings@centralcaost.nsw.gov.au)

The Progress Association met on 11 April in the Community Hall. Still not clear if we pay or have it for free!

### Tennis Courts

The tennis courts are unlocked at present, and for the foreseeable future. Anyone can use them free of charge, as long as they take a broom to sweep them first. The Council has indicated that they intend to put the courts out to tender, but when that will be is not known.

### Tennis Courts Community Survey

We hope as many of you as possible complete the survey in this edition of the 'Connection', and drop the form into the Kariong Neighbourhood Centre.

### Kariong crime stats March 2018

assault	break & enter	Malicious damage	robbery	stealing	steal vehicle
2	1	3	0	3	1

Residents are reminded the following Councillors were elected to represent the West Ward.

In order for them to do their job, and for us to believe they are doing their job, they need to hear from you with your problems. You are thus encouraged to contact them as often as you wish.

Tony Marquart : 0428 899 011

E: [tmarquart@centralcoastcouncil.nsw.gov.au](mailto:tmarquart@centralcoastcouncil.nsw.gov.au)

Richard Mehrtens: 0428 516 541

E: [rmehrtens@centralcoastcouncil.nsw.gov.au](mailto:rmehrtens@centralcoastcouncil.nsw.gov.au)

Chris Holstein: 4342 4122 / 0437 620 005

E: [cholstein@centralcoastcouncil.nsw.gov.au](mailto:cholstein@centralcoastcouncil.nsw.gov.au)

### NEXT MEETING

**WILL BE HELD IN THE COMMUNITY HALL**

**Wednesday 9 May 2018 at 7.00pm**



Poker machines are deeply etched into the fabric of life in NSW as they've been around for almost 60 years. After a hard day's work people gravitate to their local to unwind and socialise with their mates, and inevitably wander off to the machines to have a slap or a punt.

Australia is unusual among other countries in that we allow poker machines in non-gaming venues like pubs and clubs, instead of limiting them to casinos, race tracks, gambling halls, and the like.

We are the world's biggest gamblers, losing more money per capita than anyone in the world. We have more poker machines per person than any country on earth.

For example figures released by the Department of Liquor and Gaming's: *Gaming Machine Report by Local Government Area (LGA)* for the Period 1 June 2017 to 30 November 2017 showed a profit of \$108,751,381.24 (one hundred eight million, seven hundred fifty-one thousand, three hundred eighty-one and twenty-four cents) from 4,033 gaming machines in 40 clubs on the Central Coast as well as \$26.5 million in profits from 626 poker machines in 29 hotels on the Central Coast.

In an effort to reduce growing problem gambling hot spots across the state, the NSW government will cap the number of machines in pubs and clubs in areas with the highest levels of problem gambling. Some of the current local government area hotspots for gaming machines in hotels and clubs include Blacktown, Canterbury-Bankstown, Cumberland, Fairfield, Sydney's inner west, Sydney City and the Central Coast.

*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](http://www.problemgambling.net.au/pm counselling.html).*



### 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



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](http://www.kariongchurch.com)

Pastor Jeff O'Derry 0448 814 511

Email: [pastor@kariongchurch.com](mailto: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.



Kariong Eco Garden Incorporated  
 2 Dandaloo Street, Kariong NSW 2250  
 (next to Tennis court 2 – which is OPEN!)  
 Phone: 0429 431 889  
 Email: [kariongecogarden@gmail.com](mailto:kariongecogarden@gmail.com)  
 Website: [www.kariongecogarden.org.au](http://www.kariongecogarden.org.au)

**Kariong Eco Garden is open Mon & Fri 10.00am - 12.00pm every week, volunteers and visitors welcome!**

Find us in our office, upstairs in the Arts Barn, or join us in our beautiful sustainable garden space. Become a member for only \$5/year.

**4 SEASONS NATURE NIGHT - Saturday May 19 - 5 - 8pm**

All welcome! Come along for a lovely night around the campfire, sharing food & good conversation in the Eco Garden. BBQ food and veggie soup for sale, or BYO picnic. Open mic for musicians. Gentle family-friendly twilight walk in the bush. FREE EVENT – donations of \$5 + receive an entry in our lucky door prize.

**Boomerang Bags - Saturday May 19 – 3 - 5pm**

(NB: regular day/time altered due to Mother's Day). Our productive Boomerang Bag team are now operating out of Kariong Community Hall. A big thanks to Kariong Progress Association for sponsoring our use of this new venue for the next 6 months! **Be part of a fun group helping to reduce single-use plastic, volunteers & visitors always welcome!**

**Bushcare - 4<sup>th</sup> Sunday each month - 9.30am - 11.30am**

No experience needed, tools and gloves provided, all welcome. Meet us in the Oakes Street reserve, May Bushcare will run on Sunday 27<sup>th</sup>.

**Raw & Unearthed bush kindy - Wed 10am-12noon**

**\*FULLY BOOKED\*** Now taking expressions of interest for Term 3 -- <https://rawandunearthed.com/>

**What to sow & plant in your May garden?**

Try beans, Brussels sprouts, cabbage, carrot, cauliflower, chives, garlic, kale, leeks, lettuce, onion, oregano, parsley, peas, radish, rocket, shallots, silverbeet, snow peas, spinach and turnip

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.

Can you believe we have finished a term already? It certainly went by quickly.

The Discover Hope seminars will continue after the break. They will be held at Barneys from 11:30am in the School auditorium. These will be followed by a delightful lunch.

KidzXChange will be back in full swing and will continue learning the stories from the book of Acts in the Bible. We will have more drama, stories, craft, games object lessons, and food to name a few ways we will be learning.

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

We had a lovely Family Easter program complete with crafts, food and exciting stories.

Term 2 will have some great events for the whole family.

May 12: combined Family Church for Mothers Day.

May 19: Family Fun Night

June 7: Community Morning Tea

June 16: Communion at 11:00 am. No KidzXChange as it is a combined church.

July 7: KidzXChange Karaoke

**KidzXChange** – Saturday mornings during the school term. 9:45am – 11:15am for kids aged 4-13. Free 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](mailto:kariongxchange@me.com)

for further information or questions.

**PLEASE NOTE:**

**Justice of the Peace service no longer available at Kariong Neighbourhood Centre**

**JPs available within Kariong area:**

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

Tracie Gosling **0412 486 678**

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



## Ettalong Beach Arts & Craft Centre

Corner Picnic Parade & Maitland Bay Drive  
ETTALONG BEACH

**TERM 2** Commences 30th APRIL - 29th JUNE 2018

### MONDAY

9.00am – 11.00am	Patchwork & Quilting
11.00am – 1.00pm	Social Patchwork & Quilting
10.00am – 12.00pm	Pottery
6.00pm – 9.00pm	Silvercraft

### TUESDAY

9.30am – 12.30pm	Silvercraft
2.00pm - 5.00pm	Silvercraft
7.00pm – 9.00pm	Pottery

### WEDNESDAY

9.00am – 11.00am	Painting & Drawing
11.30am – 1.30pm	Painting & Drawing

### THURSDAY

9.00am - 12.00pm	Silvercraft
12.30pm - 3.00pm	Social Stitchery

### FRIDAY

9.30am - 11.30am	Watercolour Painting
12.00pm - 2.00pm	Watercolour Painting

**For enrolments & enquiries please phone:**

**0412 155 391 or visit [www.ebacc.com.au](http://www.ebacc.com.au)**

## St andpi pe



G'Day folks.

I'm back with some more news from Kariong Rural Fire Brigade for this month.

Well, at the time of writing, Mother Nature in her infinite wisdom has made Autumn a very fickle time indeed. The "official" fire season finished on the 31<sup>st</sup> of March and now we're into April a massive fire has taken hold south-west of Sydney around the Holdsworthy area burning out many hectares of bushland as well as threatening homes. Kariong brigade along with several local Coast brigades were sent to the area as part of a strike team to assist in operations there. And there-in lies the lesson folks. That is, never be complacent with bushfire safety because fire knows no boundaries between seasons and always be aware of what's going on around you and if you see suspicious activity around bushland, report it.

Operationally speaking, Kariong had 34 calls for the month of March. Topping the list once again was 18 motor vehicle accidents so the message is still the same folks and that's take care, drive to the conditions, don't drink & drive, don't be under the influence of drugs & drive and stay off the mobile. As the Police say ... "You can stop it or cop it"

At this point I'd like to acknowledge the efforts of two Kariong members who, over the past four months have done a tremendous amount of work both on paper and pounding the pavement in preparing and processing the Brigades constitution. Both Chris Tierney (Secretary) and Nita Hughes (Treasurer) have made an outstanding contribution to getting this monumental process completed. This is not a small job by any means and both these members have gone to great lengths to have all the I's dotted and T's crossed and on behalf of the membership, THANK YOU.

Finally folks, the station is open Wednesday nights from 7.30 pm and Saturday mornings from 8.00 am. We're in Dandaloo Street and if you've ever thought about joining the service come up and have a chat with us. We'd be more than happy to see you.

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



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](mailto:nils@gnnc.com.au)

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





## Drop in to see the new look Fairhaven Shopping Village!



Browse the op shop, antiques, second hand book store, used furniture shed, ReCreate upcycled wares, thrifty threads, delicious Fare Cravin' café and more! Pop in, be inspired.

**Volunteer!** Seeking people from all walks of life to help in retail, sorting room, office or maintenance team.

### WHAT'S ON:

**Point Clare Car Boot Market** 9am-2pm.  
2nd Saturday of the month.

**Autumn Fayre** Saturday 12 May.

**fairhaven**  
shopping

Visit 209 Brisbane Water Drive, Point Clare Call 4349 5500  
www.fairhaven.org.au Email hello@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** **Wyong**  
**4905-0749** **4905-0750**  
www.abilitylinksNSW.org.au

### NEW VACANCIES

### SUPPORTED ACCOMMODATION



**Get the support you need to live an independent life.**

Two new shared living vacancies are now available with Fairhaven for people who live with disability.

Our residences at Kincumber and Ettalong are suited for people with standard or complex needs who require drop-in support and/or sleep over support.

Available to those with eligible NDIS funding, you can:

- be supported with daily living tasks, personal care, meal planning cooking, budgeting
- choose your own daily routine and activities
- choose your support team.

Fairhaven can help you  
live your life your way!

**fairhaven**

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



**Australian  
Breastfeeding  
Association**

**Breastfeeding Helpline**  
**1800 mum 2 mum**  
**1800 686 268**

### Come along and meet other mums in the area!

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

We are a family friendly group. All mothers are welcome regardless of how their babies are fed. We also welcome other children, partners, grandparents, parents to be and friends. A qualified breastfeeding counsellor is available if you require individual support.

Meetings are held on the first and third Fridays of the month (excluding public and school holidays) from 10am - 12pm at Kariong Neighbourhood Centre, 10 Langford Drive, Kariong. Latecomers always welcome. For more info contact us at [kariongabagroup@gmail.com](mailto:kariongabagroup@gmail.com) or ring KNC on 43401724.

## 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](http://henrykendallcottage.org.au)

## Australian Plant Society



The Central Coast Group of the **Australian Plants Society**

will next meet at Phillip House on **Saturday, 12<sup>th</sup> May 2018 at 1.30pm or 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.

There will be a speaker and a Specimen Table segment which is a presentation on growing information of plant specimens brought in by members from their gardens.

There will also be Australian native plants for sale.

On conclusion of the meeting afternoon tea will be served with an opportunity to meet and mix with members.

A monthly newsletter which gives an account of our meeting and activities held during the month and future activities is distributed to members by email.

Inquiries contact Elsie at [damael@hotmail.com.au](mailto:damael@hotmail.com.au) or telephone 4365 5049



✓ 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](mailto:recruit@volcc.org.au) or visit [www.volunteeringcentralcoast.org.au](http://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:**

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## 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](mailto: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](http://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](http://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?

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[adow8044@bigpond.net.au](mailto:adow8044@bigpond.net.au)



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**Affordable Local Counselling**

- Anxiety, depression, relationships problems, or addictions?
- Perhaps another mental health or social issue?
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Shauna Maloney Counselling Service Somersby

Phone: 0438 434 018

Email: [Shauna.socialwork@gmail.com](mailto:Shauna.socialwork@gmail.com)

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02 4340 0800 or 0405 189 042

**KARIONG NOW HAS A LOCAL TRAVEL AGENT**

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

**Phone: 0420 536 366**

**Email: [danielle@thesmarttraveller.com.au](mailto:danielle@thesmarttraveller.com.au)**

**Website: [www.thesmarttraveller.com.au](http://www.thesmarttraveller.com.au)**

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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](mailto:admin@knc.net.au)

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## Registered Tax Agent

Level 3 Imperial Shopping Centre  
171 Mann Street Gosford

Website: [www.aplustax.com.au](http://www.aplustax.com.au)

E-mail: [info@aplustax.com.au](mailto:info@aplustax.com.au)

Phone: 4339 9936



Tax agent  
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## VC DENTAL

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**Better Health Practices**  
Kariong Chiropractic & Wellness Centre

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## out of time

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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

### Women's Social & Support Group

A Fun, Caring and Friendly Program for Women.  
Guest speakers, develop friendships, embrace and connect with your creativity through the arts.  
\$5per 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 Women's Social and Support 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 Women's Social & Support 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](mailto:admin@knc.net.au) to book  
Call into the Centre for an information / registration pack.

### Pilates for Seniors - [sarah@yourtemple.com.au](mailto: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 - 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: \$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

### Provide First Aid Course—HLTAID003

Nationally accredited First Aid, CPR & HLTAID004 courses.  
To enrol contact Directions Health 9486 3120 or [www.firstaid.net.au](http://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. **During school term**

### EV Church

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

## FRIDAYS

### Australian Breastfeeding Association Meeting

#### During school term

All welcome! Fortnightly 10.00am to 12.00pm  
Contact [kariongabagroup@gmail.com](mailto:kariongabagroup@gmail.com) or phone 1800 686 268

## SATURDAYS—Available for PARTY hire!

### Pilates & Boxing for Fitness 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](mailto: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 16th May 2018**

Please submit advertising to [admin@knc.net.au](mailto:admin@knc.net.au)

and Community Announcements to

[coordinator@knc.net.au](mailto: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](http://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.