



Only 5 minutes off the M1

OOSH UPDATE

We extend a heartfelt thank you to all our families for their fabulous support with our chocolate fundraiser and a special mention to the Kher family who went above and beyond with their sales!!! The money raised enabled the purchase of our new smart television.

Our learning this term has been focusing on teaching the children acting skills, in preparation for a very special filming project that will be taking place early next year. We are enjoying weekly drama classes facilitated by the staff from the Regional Youth Support Services and a trained therapist. We are lucky to have some former OOSH attendees (now in high school) attend to mentor our younger children. We thank Laura, Nick and Grace Schuman for their help.

The end result will be a film/DVD that will depict 3 different scenarios about bullying and discrimination, that our children may face. Each scenario will have a discussion about how they can change the outcome by altering their own response or behaviors through guidance and mentoring. Watch this space.

Check out our Vacation Care program on the back page.

Phone 4340 4561 Email OOSH@knc.net.au

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

ACTIVE PLAYGROUP



Wednesdays during school term

10.30am - 12.30pm for 0 - 6 year olds

Lots of new faces recently!!!

Our Wednesday morning playgroup offers such a supportive, welcoming and social atmosphere for parents, grandparents and children, lots of them from other cultures. It is great for everybody to get together, have a chat and let the children learn to make friends and play alongside and with each other.

Our many activities promote learning and development in all areas for the children with an emphasis on early literacy and numeracy activities to help foster school readiness skills. The opportunity to engage in lots of creative, messy and explorative play experiences always ensures the children thoroughly enjoy their two hours play time in our fantastic outdoor area.

We will be celebrating Christmas with our special playgroup party on the 13th December and hope to see everybody come to join in the fun.

Santa will be there. All welcome!!

\$4 Members - \$4.50 non members \$1 each additional child

Morning tea provided

Enquiries: Nerida 43404561

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 9th**

February, 2018 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 February members will be doing a bushwalk looking at and identifying plants.

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.

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 4365 5049

Women's Circle of Security

A FUN, CARING, FRIENDLY and SUPPORTIVE
Women's Network Group

Let us care
for your
children



While you
concentrate
on you

- Guest speakers about topics of interest
- Develop friendships and reduce feelings of isolation
 - Write poetry & share stories
- Embrace & connect with your creativity through the arts

Morning Tea is provided
\$10 per head

Specialised childcare is available for all children 1-3 years old with trained Child Educators @ \$10 per child or Little Big School 3-5 yrs.

Ring centre manager if you need to apply for a discount or any questions

Time: 9.30am - 11.30am

Place: Kariong Neighbourhood Centre

Starts: 5th February every Monday (school terms only)

To book in phone: 4340 1724

Any questions please call the Facilitator, Judy, on 0403 338 433

The XChange

Seventh-day Adventist Church



Hello friends and neighbours.

It is hard to believe that we are about to come to a close for 2017. Christmas is just around the corner, and we do have some great things planned.

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

On the first Saturday of each month there is a Community BBQ. This is a free event, and everyone is invited, no strings attached. Of course that will be on hold through the holidays as well. It will resume in March.

December is a fun month. We have a Family Christmas Program, a Christmas crafts day and a combined morning tea with lots of yummy Christmas treats.

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.

KidzXChange finishes for the year on December 16th with a Super Quiz.

Barneys will have a morning of Christmas Carols on December 23.

Remember, during the holidays Barneys meets at various places. Contact Lesley to find out where.

Ring Lesley on 4340 2872 Email: ariongxchange@me.com

We at the XChange want to wish you all a very Merry Christmas and a safe New Year.

See you all on the first Saturday in February for our big Birthday bash. We are turning 11.

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



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



Recommences Monday February 5, 2018

ADVERTISE WITH US

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*

The Hill Youth Centre

The Hill Youth Centre
98 Mitchell Drive Kariong
Phone: 4304 7039



We are currently planning our programs for 2018.
 If you have any suggestions please contact us.
 We would like to thank the community for their support
 in 2017 and hope you all have a safe and happy holiday.

Monday

Fitness - 6.40 pm Boxing - 7.45 pm

\$10 per class, first class is free Phone: 0434 390 011

Tuesday

Alive dance academy - 3.30pm to 8.30pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

Wednesday

Martial Arts - 3.15pm to 4.15pm - Ages 10 to 18 years

Cost: Free Phone: 4304 7039

Fitness 6.40 pm Boxing 7.45 pm

\$10 per class, first class is free Phone: 0434 390 011

Thursday

Alive Dance Academy - 3.30pm to 6pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

Beginner Guitar Lessons 3.30pm – 6pm

Learn to play guitar Ages 10 to 17 Cost: Free

Bookings required

Phone: 4304 7039

Friday

Free 10 years and over from 4.00pm to 8.00pm

No bookings required. Dinner, games, events and each
 week we will cook a different meal together.

Elevate Youth Church

5.30 - 8.30pm

10th and 17th November

8th December

Youth workers are available for referral and support, by
 appointment. The hall is also available for hire.

For further details email:

michelle.tilden@centralcoast.nsw.gov.au



CENTRAL COAST



FAMILY SUPPORT SERVICES

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

Support with issues affecting family life such as:

- Children with disabilities
- Families with mental health
- Families with Addiction
- Homelessness and risk of homelessness
- Domestic Violence
- Parenting

All of our programs aim to strengthen family relationships
 and increase the safety and wellbeing of children and
 young people.

Support is provided and designed to help parents build the
 skills and confidence to be self-sufficient and manage family
 issues as they arise.

We also provide structured parenting programs to support
 parents to further develop their parenting knowledge and
 understanding of managing children's behaviour.

Some of our Parenting programs:

Triple P 2-8 years Group Program

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

Triple P Seminar Series

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

Circle of Security

The Circle of Security is a relationship based early
 intervention program designed to enhance attachment
 security between parents and their children.

1:1 Triple P Parenting group

1:1 Parenting groups are offered to families that require
 specific programs to meet the needs of their family. The
 family would need to meet a criteria, please discuss with
 our intake team for further information.

For Support or to Book into a Group

Call: 4340 1585, text 0434 426 709

Or email: ccfss@ccfss.com.

Website: www.ccfss.org.au

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

Kariong Progress Association



EMAIL: 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 email 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

On Monday 13 November a group of concerned Community groups met to discuss the proposal from Council that they would operate Community Halls its self. It seems that many other groups are in the same position as Kariong.

It was agreed that there would be a coordinated approach to the newly elected Councilors (including the Mayor) as the feeling was that many did not understand the implications of the Council proposal. To that end a document would be prepared setting out the history and philosophy of Council community-based facilities. Many Community Halls were built by local residents, Progress Associations (such as Kariong) for community use, sometimes on land donated by members of the community.

Over many years the groups have maintained and operated the Halls all on a voluntary basis. Ratepayers have a legitimate expectation that their Council will provide reasonable facilities as part of their rates. The proposed model means that all monies collected from rental will go to Council. A community-based model would see Council receive some funds, but primarily monies collected would be ploughed back into the local community, to provide extra or new local services and programs.

It may take a while to convey these principles for effective Community - Council interaction to all new Councilors (including the Mayor) Check the Facebook page for updates, and a full report will be provided in the next edition of the Kariong Connection out in February.

Kariong crime stats for October 2017

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
1	1	2	1	3	2

**The next meeting is scheduled for 7.00pm to 8.30pm
Wednesday 13 December 2017 in the Community Hall.
If the Hall is still not opened by then, the meeting will
be in the Arts Barn building, just behind the Hall**



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**

KARIONG MEDICAL CENTRE

"Caring for Kariong"

As we come to the end of another year we are reminded to take care of ourselves and our loved ones and show care and consideration to others this Christmas season.

Here at the Medical Centre we have recently upgraded our computer software so please bear with us! This has caused a slight interruption to the online booking system but we will return to business as usual as soon as possible

Did you know that Dr Gerard Theveranjan and Dr Antoine Louka and Dr Quang Le routinely BULK BILL all patients?

We would like to wish all of our patients and their families a Happy Christmas and safe and relaxing New Year.



Best wishes from the Team at Kariong Medical Centre!



WE HAVE CHANGED OUR NAME (again).

PM Counselling Services is based in West Gosford and provides free Gambling Help counselling to anyone affected by problem gambling. Originally we were called UCMH counselling services, part of Uniting Care Mental Health, but due to confusion with other unrelated Uniting Care services we changed our name to Uniting Recovery. However with an ongoing evolution within our organisation it was decided to streamline all our services under the name of our parent organisation which has always been Parramatta Mission, a part of Uniting Church. Parramatta Mission has been providing community outreach and support services to people across Western Sydney since the early 1970's.

Parramatta Mission now offers various community - managed programs and services such as HASI, Lifeline, Headspace, and Family and Carers in metropolitan Sydney, the Central Coast and Hunter New England. PM Counselling provides Gambling Help Counselling and Financial Counselling in Parramatta, Fairfield, Bankstown, Manly Vale and Gosford.

The staff of PM Counselling Services would like to wish you a merry Christmas and peaceful and safe holidays. Our office will be closed from 21st December and will open again on 15th January 2018.

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

LITTLE LIBRARY



Have you seen our 'little library' box at the front of the parking area at the Centre?

This is your own community library to enjoy and share at any time.

Perhaps you have some spare books that you are looking to find a new home for. You can leave them at the 'Little Library' for others to enjoy



November 25th was White Ribbon Day which has the goal of raising awareness of how to prevent violence against women and raise funds for support programs.

I am very proud of the students at Kariong Mountains High School for making this their charity of choice and undertaking a number of activities throughout the year to raise funds for this worthwhile cause. Our school values – Unity Knowledge Respect are embodied in this whole school initiative and once again, debunk the myths that teenagers only think of themselves and that students from public schools have no values. I, of course, find the last myth particularly offensive, both as a product of the public school system myself (as are my children) and having the privilege to work with such amazing young people in public schools, for over 30 years, knowing full well that values thrive in an inclusive system like ours.

Equality for women is one step in preventing gender based violence. Women being seen and treated as equals leads to greater respect and violence rarely occurs against those who are respected. Education is the great equaliser and it is important that we use education to foster ambition and then avidly encourage women to take up leadership roles.

Our "Girls' Aspirant Program" allows girls to speak with women who are successful in their careers and then to explore post school options based on a broader understanding of what is possible, rather than just what is traditional. Having more women visible in leadership roles, encourages greater respect and hence equality.

Our school's values, determined and developed by the local community, are embedded in all our practices. Our goal is to have boys and girls leave us – united, knowledgeable and respectful of what each can offer.

With those values sitting at the core, we would not need a White Ribbon Day.

We wish everyone a merry Christmas and a happy and safe holiday.

Anne Vine
BSc Dip Ed MEd MSc MACEL
Principal

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



PRESS RELEASE

OUR MARY MAC'S PLACE RENO IS COMPLETE

THANKS TO HELP FROM OUR AMAZING COMMUNITY

We've just had the fit-out completed for our interview room at Mary Mac's Place

Mary Mac's Place Woy Woy is a Not-For-Profit Community Kitchen where volunteers provide a hot lunch, washing and shower facilities and referrals to other services for the homeless and disadvantaged people on the Coast.

The renovation was a wonderful collaboration between Umina Rotary, Umina Bunnings, Umina Beach Men's Shed and Ettalong Carpets. We'd also like to thank our volunteers who painted the room. A few finishing touches are yet to come, but a heartfelt thank you goes to all involved

Christine Burge

Coordinator, Mary Mac's Place
100 Blackwall Road, Woy Woy
Phone: 4341 0584 Mobile: 0417 671 973
Email: Christine.burge@catholiccaredbb.org.au



*Meeting in the Kariong Public School Hall
Sundays @ 9.30am*

**Join us for our Christmas Eve Service
Sunday, 24th December @ 9.30am**

The Greatest Gift of All

What do you think of the Christmas season? Do you look forward to it with the eager anticipation of a child? Do you count down the days in excitement or anxiety? Are you thinking about the gifts you want, or the gifts you need to buy? Are you busy planning Christmas lunch for the extended family? Are you wondering where you are going to find the time to do the shopping you need to do, while working right up until Christmas Eve? Are you secretly dreading the Christmas season, and all of its associated busyness?

For many, Christmas has become just another event on the calendar of life – an event to be celebrated, a day to be observed, without giving much thought to what it is actually all about. Ask the average person what makes Christmas special, and the response is likely to be "Santa".

This Christmas I urge you to rediscover the true reason for the season – the birth of Jesus Christ, the son of God. The Bible tells us, in the book of John: *"For God so loved the world that **He gave** His only begotten Son, that whoever believes in Him should not perish but have everlasting life"*. Jesus was the gift that God gave to us – the first, and greatest - Christmas gift! A gift that assures us of a place in Heaven one day. But, like any gift, it has to be accepted, or received, in order that it becomes ours. Have you received Jesus?

www.kariongchurch.com

Pastor Jeff O'Derry 0448 814 511

Email: pastor@kariongchurch.com

BROADBAND FOR SENIORS

funded by the Australian Government

DO YOU HAVE ..

- **A COUPLE OF SPARE HOURS EACH WEEK?**
- **COMPUTER SKILLS?**
- **A DESIRE TO HELP OTHERS?**

At Kariong Neighbourhood Centre, we offer free Broadband tuition for Seniors and those with a disability. Unfortunately, due to lack of tutors, it looks as if we are not going to be able to continue to offer this service in the new year.

In order to continue these services, we need your help. We are looking for volunteers who have a couple of spare hours each week would like to share their skills.

If you think that you might be interested, we would love to hear from you.

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



WHAT'S ON ...AT KARIONG LIBRARY

The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1pm – 2pm) and Saturday 9.30am until 2.30 pm (closed for 1/2 an hour at 12 noon.) Tel: 4325 8155. The library will be closed for the Christmas holidays 23rd December until 2nd January 2018

The system upgrade was very successful and residents now have access to the resources of the new Central Coast Library Service. With the merging of the Wyong and Gosford catalogues members are able to access the collection of 13 libraries on the Central Coast.

The end of the year is fast approaching and this is my last column and our new Book Club President Jane will be continuing the tradition in 2018. We would like to thank our loyal library supporters and the Kariong Neighbourhood Centre for publishing our monthly library column in the Kariong Connection.

Central Coast Libraries, in partnership with Coast Shelter, are bringing books into the lives of families and those spending time in temporary accommodation on the Central Coast. If you'd like to be part of this Christmas initiative your gift of a new book will be welcomed at any branch until 11th December.



Storytime Spend a fun, creative morning with your pre-school children. **Storytime** is held every Tuesday morning at 10.30am and is an exciting programme to encourage a love of reading. Father Christmas will be visiting on Tuesday 5th December.

Kariong Library Book Club. There will be no Book Club meeting this month, the next one will be in January on Friday 19th as the last Friday of the month the 26th is a public holiday. The starting time is still 10 am and we have a choice of two books for you to select from. **Eucalyptus** (1998) by Australian Miles Franklin Award recipient Murray Bail and a Australian detective novel **The Dry** (2016) by Jane Harper.

January School Holiday Children's Movie. The title of the movie scheduled for the January school holidays will be announced in the December **School Holiday Program**. Pick up your copy up from the Library or online at "What's On" at the Library.

Wishing you a healthy Christmas break with lots of books to relax with.

Standpipe



G'Day everyone.

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

Well, Christmas is almost upon us and that means many of you will be travelling over the festive season. When you do get on the road, travel safely, drive to the conditions and take regular breaks if going long distances. It's been a tough year for many so when winding down go about it sensibly and have some fun.

Just a reminder that the brigade will be taking Santa around on Christmas Eve for our annual "Lolly Run" through the streets of Kariong. As I've mentioned before, there's "a big red extinguisher" money box located at Food Works in the Mitchel Drive shops for residents to drop in a coin or two to help us with the purchase of lollys for the kids. When you're in there for your groceries and you see it, drop in a few coins as it's going to a very worthwhile cause because it can't be any more worthwhile than doing something nice for the kids of Kariong.

Operationally speaking, Kariong has been busy again with calls from all over the district. With the RFS's relatively new "Central Dispatch" system now in full operation, Kariong brigade's activity has been ramped up with calls to many types of incidents. This is where the issue of joining the NSW RFS comes into play.

Have you ever thought about it? Does the idea of being a part of a community based organisation focused on helping to protect the community from the threat of fire and other calamity appeal to you? Do you have some time to spare to do this work? If you've answered "yes" to those questions, then you need to come up to the station and have a chat with us. We're in Dandaloo Street between the Arts Barn and the Amateur Radio shed and we're open Wednesday nights from 7.30pm and Saturday mornings from 8.00am or call 0450 169948 for enquiries and details. We'd love to see you for a chat.

That's it folks for now. On behalf of Kariong Rural Fire Brigade, have a safe and wonderful Christmas and a prosperous new year and we'll catch up in January.

Until then, stay safe and be Firewise.



**NOW
HIRING**

Supported employees get to work at Fairhaven!

Fairhaven is the largest provider of supported employment on the NSW Central Coast. When you work with Fairhaven you'll learn new skills, receive workplace training, and best of all – enjoy being part of a great team!

Our two social enterprises, Pacific CoPack and RE-CReATE provide meaningful employment and real life work experience opportunities for over 130 people who live with disability.

If you are looking for supported employment, contact us to arrange a site tour of our Tuggerah or Point Clare facility.

Call Lynne or
Julie on 4349 5500

FAIRHAVEN SERVICES
discover | belong | celebrate

209 Brisbane Water Drive, Point Clare
OFFICE HOURS Mon-Fri 8am-4pm TEL (02) 4349 5500
www.fairhavenservices.com.au EMAIL enquiries@fairhaven.org.au



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www.abilitylinksNSW.org.au



f VintageFairShoppingVillage



Do your Christmas shopping at Vintage Fair! Discover the op shop, antiques, second hand book store, used furniture shed, RE-CReATE upcycled wares plus custom made timber furniture, destash shed, delicious Fare Cravin' café and more! Pop in, take a browse, be inspired.

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

Donate! Drop off your good quality gently used items.

209 Brisbane Water Drive, Point Clare. TEL (02) 4349 5500
SHOP HOURS Mon-Fri 9am-4pm, Sat 9am-2pm.
www.fairhavenservices.com.au EMAIL enquiries@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 10-12pm. Latecomers always welcome. For more info contact us at kariongabagroup@gmail.com or ring KNC on 43401724.



www.kariongnetballclub.com

Play NETBALL in 2018 with Kariong Netball Club

Kariong Netball club is seeking expressions of interest from players of all age groups, all levels of talent and even players who have never played before, to play in the 2018 Saturday Competition.

Ages start from 6 year olds to seniors. Meet new friends and enjoy being part of a team.

If you are interested in playing - Email Sandra, Club Secretary: secretary@kariongnetballclub.com your name, age and previous playing history or simply if you would like any further information. Tell your friends, spread the word.

Kariong Netball Club Open Day is on **Saturday 3rd Feb 2018** at Kariong Public School Hall from 10am – 12noon. Come along and meet the Executive Team, try on and order uniforms, register and pay fees.



Online Registrations
open on 1st Jan 2018,
but please contact us
now to express your
interest



Music & Friendship Group

*"Discover Your Voice &
Make Connections"*

**Join our Music and Friendship program with Judy Moase, Registered Music Therapist with AMTA.
Wednesdays (during school term) 1pm – 2.30pm**

Cost: NDIS participant \$25 per session
Community participant \$15 per session

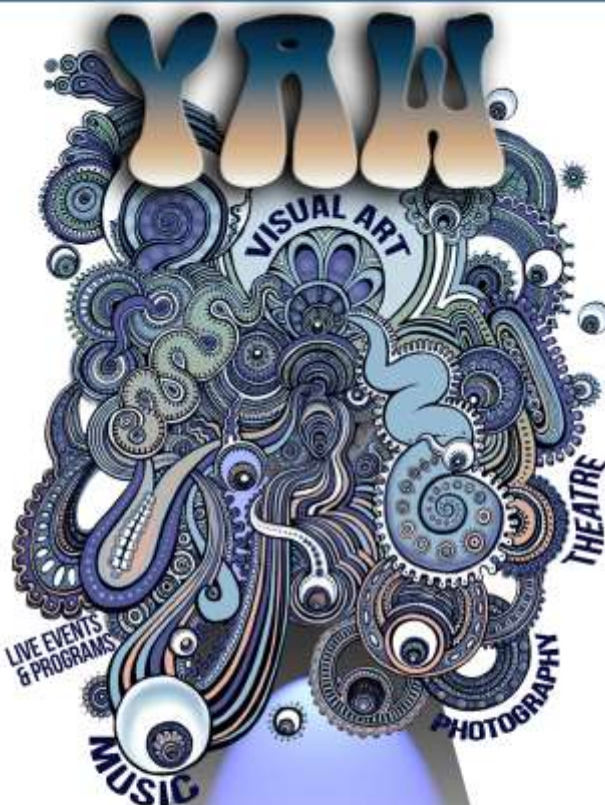
Where: 10 Langford Drive Kariong



- Bring your own instrument or song idea
- Perform and Create songs and lyrics in a group environment
- Make connections socially and musically
- No previous musical experience or ability to obtain therapeutic benefits

RSVP email: admin@knc.net.au or phone: 02 4340 1724

THE YOUTH ARTS WAREHOUSE



Explore the Arts and Create
something Magical



Contact Sharon Aldrick
p: 02 4323 2374 e: arts@ryss.com.au
123 Donnison St, Gosford
www.youthartswarehouse.com.au



••• 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 712

email recruit@volcc.org.au or visit

www.volunteeringcentralcoast.org.au

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

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



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131 444



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Contact **Teresa 0408 606 154** for details



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- Enhanced Primary Care (EPC) / NDIS / DVA / Workers Comp

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

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.

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, \$10 per lesson

For information contact Helen on 0435 121 520

Active Playgroup for 0 to 6 year olds.

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

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

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

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

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic—4328 7900

Provide First Aid Course—HLTAID003

Nationally accredited First Aid, CPR & HLTAID004 courses. To

enrol contact Directions Health 9486 3120 or

www.firstaid.net.au

NDIS Program: “Music & Friendship Group 25 to 55 years old”

7 week Music Therapy program. Week 1 starting Wednesday 1 November from 1:00pm to 2:30pm

Cost: NDIS participant \$25 per session, community participant \$15 per session

Must RSVP by email: admin@knc.net.au, phone: 0243401724

THURSDAYS

Kariong Crafts & Chat Group

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

Bring your own project or learn new skills. All welcome,

Thursdays, 9.30am to 12 noon weekly. Morning Tea provided.

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

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

During school term

All welcome! Fortnightly 10.00am to 12.00pm

Contact kariongabagroup@gmail.com or phone 1800 686 268

SATURDAYS—Available for PARTY hire!

Pilates & Boxing for Fitness 8.15am - 9.15am Pilates

9.15am - 10.15am Boxing.

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

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

Don't own a Ukulele—no problems we supply what you need to start. Contact 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 17th January 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.

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SomersbyAnimalHospital



December / January vacation care program

Places filling fast - must book Phone: 4340 4595 Email OOSH@knc.net.au

6.30am - 6.30 pm



Week 1	Monday 18.12.17 In house Splash 'n' Dash \$55	Tuesday 19.12.17 Movie Incursion \$60	Wednesday 20.12.17 In house Christmas Craft \$55	Thursday 21.12.17 Excursion Cinema & Park \$60	Friday 22.12.17 In house Christmas Party \$55
Week 2	Monday 8.1.18 Excursion Hunter Ice skating \$60	Tuesday 9.1.18 Excursion Amazement \$60	Wednesday 10.1.18 In house Cooking up A Storm \$60	Thursday 11.1.18 In house Lego Spectacular \$60	Friday 12.1.18 Excursion Mingara Activity \$60
Week 3	Monday 15.1.18 Incursion Click & Create \$60	Tuesday 16.1.18 In house Whacky Science Day \$55	Wednesday 17.1.18 Excursion Bondi Big Kitchen \$60	Thursday 18.1.18 In house Plaster Workshop \$60	Friday 19.1.18 Incursion Kindifarm \$60
Week 4	Monday 22.1.18 Excursion Eco Park & Chinese \$60	Tuesday 23.1.18 In house Emergency Day \$55	Wednesday 24.1.18 Excursion Reptiles & Disco \$60	Thursday 25.1.18 In house Arcade Games \$60	Monday 29.1.18 In house Tie Dye Creativity \$60