

THE KARIONG CONNECTION

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

Vol 25; No 9

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



October 2017



Our first ever NDIS registered program



You are ALL invited to come along, join in and ask questions about our new

"Mindful Music & Wellbeing Program"

A FREE introductory workshop will be held on Tuesday 24th of October from 1pm—2pm.

You can also register to join the 7 week Music Therapy program with Judy Moase, Registered Music Therapist with AMTA. Week 1 starting Wednesday, 1st of November from 1pm – 2pm

Cost: NDIS participant \$25 per session

Community participant \$15 per session

- No previous musical experience or ability to obtain therapeutic benefits
- Strengthening social relationships while making connections
- Sessions may include playing instruments, singing, movement and musical improvisation

Be quick as spots are limited and are filling fast.

Must RSVP for the workshop and program by email: admin@knc.net.au or phone: 02 4340 1724.

Introductory workshop is limited to the first 20 people to register.



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.

Date: 27th October – 1st December 2017

Friday's (6 Week Program)

Time: 10.00am-12.00pm

Location: Kariong Neighbourhood Centre
10 Langford Drive, Kariong

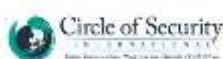
Limited childcare available - \$5 per child

Pay at the centre on the day

Morning tea provided

BOOKINGS ESSENTIAL

To register for this course, please phone 4340-1585 or
email 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





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

Our Wednesday morning playgroup welcomes all cultures and provides a great support network for parents, grandparents and carers.

Each week we set up a stimulating range of activities in a balance of structured and also free play choices. Lately there has been lots of excitement with our focus on the Bear Hunt storybook, the children loving the dramatic re-enactment of hunting for bears in our big outdoor area!! A visit from a librarian to read us some stories and talk about the wonders of visiting our local library was interesting for everybody too.

Our climbing equipment, slippery dips and large sandpit along with many arts and crafts, building activities and imaginative/dramatic play opportunities ensure the children are kept busy whilst parents, grandparents and carers enjoy some social time with each other.

Our structured group times are geared towards developing social skills, confidence and self esteem for the children and we explore numeracy and literacy concepts through music, dance and storytelling.

Feel free to come along to our supportive group to make friends and enjoy a shared morning tea.

**Cost: \$4 Members - \$4.50 non members
+ \$1 each additional child
Enquiries: Nerida 43404561**

WE NEED YOUR HELP

Kariong Neighbourhood Centre
is in need of a volunteer grounds person.

- 2 days a week from 8:00am —11:00am
- Sweeping • Using the blower vac • Cleaning
- General maintenance of the centre

No experience is required,
must be well organised and a
working with children's check
is required (We can help you
attain this).



If you would like to help, please contact Kariong
Neighbourhood Centre on 4340 1724 or email
admin@knc.net.au
We provide references.



OOSH UPDATE

Excitement abounds with our Sept/Oct Vacation Care Program promising great adventures especially at the Tobruk Sheep station and also Wannabees play centre. If families have any inspired ideas for our future Vacation Care Programs, please let Brandi or Nerida know.

A big focus on SAFETY at Kariong OOSH!!! Our kindy children have been loving wearing our new high visibility safety vests whilst walking to and from school. These have been such a success that we are purchasing more for the juniors and also senior children. We extend a warm welcome to Jake Thew, a new staff member to join our team. The children have been responding really well to Jake's energy and enthusiasm.

With Spring upon us, our garden has been a hive of activity with the children helping to plant herbs and vegetables, weed, water and tend to all the plants. We welcome any parents or families with some time to spare to join in with us working on our garden and would also love any donations of herbs or vegies if you have some to spare.

Another donation we would appreciate is a chicken coop so please keep your eyes and ears out for us as we plan to add to our sustainability program with some pet chickens!!

Please feel free to drop in and check out what we can offer for your children at our great centre.



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

The Hill Youth Centre

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



Monday

Gecko Sports Multi Sports Program

4.45pm to 5.45 pm 5 to 13 years

Enquire 0412688070 / natlee@geckosports.com.au

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 6.40pm Boxing 7.45 pm

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

Thursday

Alive Dance Academy - 3.30pm to 6.00pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

Beginner Guitar Lessons 3.30pm – 6.00pm

Learn to play guitar Ages 10 to 17

Cost: Free Bookings required

Phone: 4304 7039

Friday

Free 10 years and over from 4pm to 8pm

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

Elevate Youth Church

20th October, 10th and 17th November 5.30 -8.30pm

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 or go to <http://www.gosford.nsw.gov.au/community/services/youth-services>



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.

October 2017 groups

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

Venue: Woy Woy SACCS Blackwall Road Woy Woy

Dates: Wednesday's 1st, 8th, 15th, 22nd, and 29th
November 2017

Time: 10.00am to 12.00pm

Limited childcare available. Bookings essential.

Stand Together

A group for women who have survived domestic family violence.

Venue: Wyoming Women's Health Centre
 37 Maidens Brush Road Wyoming

Dates: Wednesday's 25 October, 1, 8, 15, 22, and 29
November 2017

Time: 10.00am to 12.00pm

Limited Childcare available; bookings essential

Participants will need to complete a pre-group interview

Circle of Security

A relationship based parenting program for caregivers, designed to enhance attachment and security between parents and their children.

Venue: Kariong Neighbourhood Centre
 10 Langford Drive Kariong

Dates: Friday's 27 October to 1 December 2017

Time: 10.00am to 12.00pm

Childcare available (\$5 per child per session)

Bookings essential

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

kariongpa@gmail.com



Email address

If you have something to say about anything regarding Kariong let us have your opinion on our new gmail address.

AGM on 13 September

This was an important meeting, as the President, Secretary and Treasurer all indicated they would be stepping down at that meeting. A poor attendance resulted in the important position of President not being filled, and one person taking on the positions of Secretary and Treasurer. The Vice-President will act up in the President position for the time being, but it does raise questions regarding the viability of the Association into the future.

Langford Drive and Woy Woy Road intersection

Lucy Wicks advises that preliminary work will start in October, with the main work to commence in January 2018

NBN for Kariong

Lucy Wicks has also provided feedback to the people who attended the recent public meeting. This information replied to some of the concerns raised about how effective the service would be in Kariong. Needless to say that according to NBN there will be no problems and we will have a great service. Not sure what else they could say, but they will work to ensure that all premises will be able to achieve minimum wholesale speeds of at least 25/5mbps. The February 2018 start-up will now be pushed back to June 2018!!

Mt Penang Parklands Development Application

An application has been made to Council for the development of a supermarket, service station, restaurants, gym, 100 bed nursing home, medical centre and a NASA deep space tracking station (although that last one may come later!) Hopefully Council will call for public comment.

Crime stats for August 2017

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
4	1	1	0	1	0

**The next meeting is the AGM scheduled for
Wednesday 11th October 2017 at 7.30pm
at the Neighbourhood Centre.**

Location:
Kariong Public School
Langford Dr,
Kariong,
NSW 2250

Doors open at
6.30pm for a 7pm
Start

For more information
contact: **Natasha**
Sinclair via email:
btash30@hotmail.com

TRIVIA NIGHT

2017

Parklands Community Preschool Annual Trivia Night Fundraiser

28th of October 2017

\$20 per person, make a table of 8-10 with friends and/or family, or join an existing table.

Pre-pay tickets available from preschool front office.

Pre-book Kariong Supreme Pizza for dinner. Large Pizza's priced from \$20. Orders to be in and paid for by Fri 27th October at preschool

- Raffles, games, prizes
- Prizes for best costume (Halloween theme)
- Silent Auction
- Pizza/Dessert

Remember to bring gold coins and small note denominations if you wish to participate in the variety of fun games with mystery prizes to be won.

BYO: Alcohol & Nibbles
Coffee and Dessert will also be available for purchase on the night.
\$5 Desserts (2 serves per plate)
\$5 Coffee and Dessert (1 serve)
\$3 Coffee

KARIONG MEDICAL CENTRE

"Caring for Kariong"

The last few months have seen many of us at Kariong Medical Centre down and out with flu and other viruses.

We understand that rescheduling your booked appointments can be a hassle and apologise for any inconvenience.

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

We are currently renewing registration for the Close the Gap program for Aboriginal & Torres Strait Islander Identified patients. Please contact us for an appointment you may be eligible for discounts on prescription medicines.

Free Tax Help Appointments



Please note that Tax Help appointments will cease during the school holidays. Appointments will resume as from Tuesday 10th October. To make an appointment, ring the Centre on 4340 1724 or email admin@knc.net.au



RESPONSIBLE GAMBLING AWARENESS WEEK falls on 23-29 October this year to bring it in line with Victoria, Tasmania, Western Australia and the ACT.

Responsible Gambling Awareness Week (RGAW) is an annual event that raises community awareness about the importance of gambling responsibly.

Gambling responsibly means being able to exercise control over your gambling activities and not letting it impact on other areas of your life. Remember these tips on Responsible Gambling Practices:

- Set strict limits on how much time you spend — it's easy to lose track of time when you're gambling. Set a time limit or alarm, and when time's up quit! Odds are that the more time you spend gambling, the more money you will lose.
- Set strict limits for how much money you spend on gambling — always remember you're putting your money at risk. Decide how much you can afford to lose before you go to play. When it's gone leave!
- Don't risk what you can't afford to lose — never gamble with money you need for other things. Gamble within your weekly entertainment budget, not with your phone bill, grocery or rent budget.
- Gambling should not be considered as an easy way of making money — the odds are not in your favour; in the long run the house always wins. Any gambling activity should be viewed as entertainment. Consider your losses as a cost of that entertainment.
- Don't ever chase your losses and try to recover them if you lose — chasing your losses will usually just lead to bigger and bigger losses.
- Don't gamble when you're depressed or upset — Decision-making can be more difficult when you're stressed or emotionally upset. Make sure you only gamble when you're feeling clear headed.

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

DO YOU HAVE A COPY OF OUR 'WHAT'S ON' BOOKLET ?

Pop into the Centre today and collect your copy of our handy booklet listing all the activities and workshops scheduled for Term 4. There's lots of opportunities to connect socially with members of your Community, have some fun, and meet your neighbours. We would love to see you. Call in between 9.00am and 4.00pm.



This time of the year sees another Year 12 cohort graduating from school, preparing for their final HSC exams and then getting ready to take on the world. For all HSC students, regardless of school, we wish you the very best and congratulate you on successfully completing 13 years of schooling. To parents and students alike, I would like to remind you that a HSC result, a lifetime destination does not make. It is the start of the journey and it will be the young person's choices throughout their life that determines where they go and what they do.

Social Media Information

Our students have to navigate the world of relationships and emotions in a far different way to years gone by. I learnt a new acronym just recently — "FOMO" — the fear of missing out. So much is posted on social media that apparently more of our youth are now subject to anxiety relating to opting out, missing an event and just taking some time for themselves. Sometimes, as a community, trying to support our children can be complicated because we aren't aware of the full range of pressures to which they are subjected.

Another online concern is, of course, the issue relating to fake accounts that are set up in the child's name for the purpose of mischief or harm. In schools, we teach students to be cyber safe, but our experience is that they can still be too trusting and allow others access to their online presence.

We have produced a guide to help individuals and families report impersonation on the social media platforms: snapchat, instagram and facebook. I hope you never have to use it, but here is the link to our website to view it, if required (just scroll down the newsletter to access it).

<http://www.kariongmountains-high.com.au/newsletter-2017-term-3-week-8/>

Anne Vine

BSc Dip Ed MEd MSc MACEL
Principal

DO YOU NEED ANY TYPING OR FORMATING OF DOCUMENTS?

My name is **Kristen Taylor**, I am currently volunteering at KNC and am looking for extra work. I charge **\$20 per hour**. I can create resumes, spreadsheets etc.

Please email me: kbtaylor013@gmail.com
or phone: **0424 688 841**





Hello friends and neighbours.

Welcome to spring. We are loving the warm days. If you have kids aged 4 -14, KidzXChange is the place to be. We have a fun, activity filled program every Saturday morning from 9:45am'til 11:15am. There are crafts, cooking, games, and various activities and morning tea, and best of all , THERE IS NO CHARGE. We would love to see you there.

After KidzXChange we have Barneys Church starting at 11:30am. We have a very special, relaxed and interactive Church service. You can sit back and listen, or you can speak up and participate in the discussion topic. Every week we have a lovely lunch provided. NO CHARGE.

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. We would just like to get to know you. Love to see you. Starts at 12:30pm. Come on out and have a snag or two, some yummy sweets and some great company. During school holidays we don't meet at the School.

In term three we had a beautiful Communion service. Adults and children participated and enjoyed and fabulous lunch afterwards.

www.kariongxchange.org.au

Ring Lesley on 4340 2872

Email: kariongxchange@me.com

KidzXChange – Saturday mornings during the school term. 9:45am – 11:15am for kids aged 4-13. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, and activities – this is the place for them. Free morning tea provided.

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

Small Group – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. Toddlers / babies welcome with Mum or Dad. Monday Evenings 7 pm - 8:15pm.

To keep informed check our face book page and you can find out what is happening at: https://www.facebook.com/Kariong-Local-Community-NSW-741202519274379/?hc_ref=ARSZGCZ8k292QPG393atA0FHEeA4eIdzLcDb6sml_q8jobBs9mkeHxMNGbM-U-Pg



Kariong Eco Garden Incorporated

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

Email: kariongecogarden@gmail.com

Website: www.kariongecogarden.org.au

Facebook: www.facebook.com/kariongecogarden/

Our KEG office hours are: Monday & Friday 10.00am to 12.30pm. Our office is upstairs in the Arts Barn building. Drop in and become a member or renew your membership (\$5 per year).

ECO Kids School Holiday Fun – “Going Bush” for 5-12 year olds with a grown up. \$15/child (adults free)

Thursday 5/10/17 10.00 am – 12.00 noon

Bookings essential on Eventbrite:

<https://goingbushspring2.eventbrite.com.au>



LOVE FOOD HATE WASTE

Last Kitchen Garden workshops for 2017

Saturday 7/10/17 10.00am – 12.00pm

and Saturday 21/10/17 10.00am – 12.00 pm,

Bookings \$4.99 per family (1 adult and 2 children)

Limit 10 families. Make a yummy lunch together!

<https://lovefoodworkshops.eventbrite.com.au>



Open Garden every 2nd Sunday of the month

We will be at the LETS mini conference at the Forest of Tranquility 10am – 2pm <http://centralcoastlets.org/>

Bush Kids Kindy – spaces available Wednesdays

Nature play for 2-5 year olds with a grown up, 9.30 – 11.00am. For info and bookings: <https://wednesdaybushkidskindy.eventbrite.com.au>

Bush Care every 4th Sunday of the month

Sunday 22/10/17, 9.30 – 11.30am in Oakes Road.

** this is also Garage Sale Trail weekend

Garden Volunteers are always welcome on Monday & Friday mornings 10.00am – 12.00noon.

All welcome.



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.

New Books Call into the Kariong Library and check out the **New Books**. There are 25+ new books in a variety of genres on display for your reading pleasure. Michael Connelly's **The Drop** (a Harry Bosch detective adventure), Duncan McNab's **Roger Rogerson** is an eye-opening account of Rogerson's life of crime (published 2016) and Ian Ross' 2017 **The Mask of Command**, a historical novel set in Emperor Constantine's Rome are among those awaiting you.

Children can get their superhero fix with the collection of junior graphic novels. The library has a comprehensive coverage of Young Adult books to tempt even the most reluctant readers. Ask the librarian to help find the book for you.



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

The Kariong Library Book Club members meet each month on the last Friday at 10am with morning tea provided. The October meeting will be on Friday 27th and will discuss the following two books.

The first is **The Harp in the South**, the [debut novel](#) by New Zealand born Australian author [Ruth Park](#). Published in 1948. It portrays the life of a [Catholic Irish Australian](#) family living in the [Sydney](#) suburb of [Surry Hills](#). The second book **Gould's Book of Fish** is a 2001 novel by Tasmanian author Richard Flanagan. This is a fictionalised account of convict [William B Gould](#) who in 1825 was condemned to serve 49 years on Sarah Island, off the coast of Van Diemen's Land.

Free movie in school holidays Friday 6th October 7.00pm

Join us for a night of fun as Kariong Library presents **The Boss Baby**.



Free drink and popcorn for each child. Bookings essential. Ring library on 43258155.

Standpipe



G'day all,

Here's some more news from the Dandaloo Street fire station for this month.

Folks, I normally go into some monthly brigade stats as a lead-off into this column however, I feel it necessary to discuss other matters of greater importance with you. My intention is not to alarm anyone but it is my intention to prepare everyone that if things get nasty we'll at least be ready for it.

As I mentioned last issue that the dry spell continues and could possibly run well into October which is the start of the Bushfire Danger Period from October 1st. The NSWRFs and other agencies have upped the ante with hazard reduction burns targeted at reducing fuel loads in strategic areas before the real heat starts as we get into summer. I've said this to you many times before and I'm going to do it now and that is be prepared for this fire season. By being prepared I mean do all your "around the house" stuff like clearing gutters, decluttering the yard and trimming back over-hung branches. Checking your garden hose is in good order and at least is long enough to go half-way around the house. This is especially important for those of you living on the bushland interface in Kariong. Get your Bushfire Survival Plan sorted or review last year's one and know what to do and where to go if the worst happens. For those who don't know, Mt Penang Parklands is Kariong's refuge area in a large bushfire. This area is a refuge only and does not necessarily mean there will be food and water available and that's why you need to sort your action plan now. For further information go to your nearest fire station and get all the info you need for a safe summer.

In the first Total Fire Ban issued in September, crews from Kariong were sent to Wollombi as well as Cessnock to assist local crews in managing some serious fires in those districts.

During September Kariong RFB had their Get Ready Weekend down at Bunnings West Gosford. All reports from that indicate a very successful day with the guys & girls speaking to a lot of people and on top of that cooking up a storm with the sausage sizzle.

Finally, folks if you're in Food Works in Kariong and you see the "Big Red Extinguisher" money box, throw some loose change into it for our Santa Run lollies on Christmas Eve. It's for us to help everyone in Kariong have some Christmas cheer and put a smile on some kids faces.

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

Australian Plant Society

The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 13th October, 2017** at 7.00pm for a 7.30pm start.



There is a \$2 admission charge at the door which includes a raffle ticket. Visitors are always welcome to attend our meetings.

On Sunday morning 15th October members will be doing a bushwalk looking at and identifying plants.

There is a Specimen Table segment which is a presentation on growing information of plant specimens brought in by members from their gardens. Our speaker for October is Brian Roach and Brian will give a presentation on Native Plants for Pots, Courtyards and Small Gardens.

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

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

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

Ettalong Beach Arts & Craft Centre Inc.

Kitchener Park
Corner Picnic Parade & Maitland Bay Drive
ETTALONG BEACH

Classes resume for Term 4 2017
9th October 2017 – 8th December 2017

CLASSES HELD IN

- POTTERY
- PATCHWORK & QUILTING
- SILVERCRAFT
- PAINTING & DRAWING
- WATERCOLOURS

Check the website for full details of times
www.ebacc.com.au
or email to ebacc.email@gmail.com

DON'T MISS OUR CHRISTMAS EXHIBITION
and SALE — 4th & 5th November 2017
FULL DETAILS NEXT MONTH'S NEWSLETTER



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

www.kariongchurch.org.au

Pastor Jeff O'Derry 0448 814 511

Email: pastor@kariongchurch.org.au

What's on at KCBC?

Sunday Service @ 9.30am – Kariong Public School Hall

Join us for our Sunday Service as we sing and worship God, followed by a relevant message from our Pastor. The services usually lasts for around an hour, and is followed by tea and coffee. A crèche is provided for 0 – 5's during the church service.

Life Groups – various times & locations

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

JAM (Sunday School)– Sundays @ 9.30am

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

Playtime – Tuesdays @ 10.00am – 12.00pm

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

Thrive Kids – Wednesdays @ 4.30pm – 6.00pm

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

Friends Group

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

Other

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



WINNER of the Gosford/Erina & Coastal Chamber Awards 2017 for Excellence in Social Enterprise!

Vintage Fair Shopping Village has an op shop, upcycled giftware store, antiques, second hand book shop, used furniture shed, "RE-CReATE" custom made palette furniture, destash shed, delicious Fare Cravin' café and more! Pop in, take a browse, be inspired.



WHAT'S ON this Month:

Point Clare Car Boot Market Drop in to sell or shop! Saturday 14 October, 9am-2pm

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

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
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state funded
service linking
people with
disability aged
0-64 to their local
communities

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



**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



**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.



Energy & Water Ombudsman NSW (EWON) – Busting Energy Myths

As well handling complaints from energy and water customers, EWON provides free advice and information, including how to safely save energy and water around the home.

Here are just a few of the energy saving myths we've busted for consumers.

MYTH: "Bring the BBQ inside for cooking and a bit of extra warmth".

BUSTED: It is really dangerous to use a gas or coal BBQ indoors for heating and cooking. Hot BBQs release carbon monoxide into the air and when this gas can't escape it becomes poisonous and could be deadly for you and your family.

MYTH: "A gas heater or even an oil column heater is cheaper than firing up the reverse cycle air con."

BUSTED: Not true. Reverse cycle air conditioning is the most efficient method of heating if you have it installed. Remember to seal drafts, only heat the rooms you're using and keep the temperature on your thermostat between 18-21°C in winter. Every degree outside of this range can add an extra 10% to your heating costs.

MYTH: "Using energy at night is always cheaper."

BUSTED: Using energy at night is only cheaper if you're on a time of use tariff. A time of use tariff means the price you'll be charged for electricity will vary depending on the time of day you use it. Your electricity bill should clearly state the type of tariff you're being charged. To find a tariff that's right for you see these tips from Energy Made Easy www.energymadeeasy.gov.au

MYTH: "I still have my 40-year-old Hallstrom refrigerator – what a great fridge!"

BUSTED: Unfortunately just because something was built to last doesn't mean it's energy efficient. Advances in technology mean that new appliances are likely to save you money in the long run.

See EWON's Winter Warmers for tools you can use to compare the running costs of appliances and to check if you're eligible for programs that can help you purchase energy efficient appliances and white goods. <https://www.ewon.com.au/page/customer-resources/winter-warmers>

For more information about EWON's services visit ewon.com.au



LITTLE LIBRARY

This is your own community library to enjoy and share. Everyone can borrow a book, enjoy, then return or pass on to a friend.

FREE FAMILY LAW CLINIC

at Kariong Neighbourhood Centre With Katie Smith



Appointments Available

Mondays: 5pm - 7pm and Thursdays: 9am - 11am

(Availability subject to court appearances)

Bookings Essential

Please Phone Kariong Neighbourhood Centre on 4340 1724 for an appointment

30 Years Experience in:

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** 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



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



5am Mon-Fri

6am Sat/7am Sundays

We now sell iced coffees, fruit smoothies, milkshakes and thick shakes. As well as our great Di Lorenzo coffee and homemade cakes.

Kirsty and Cameron

Orders: 43405427

Shop 4/10 Curringa Rd, Kariong.

By George
Window Cleaning Services

Professional residential & commercial window cleaning

Free quotes—reasonable prices

Give George a call **0410 332354**

Kariong Branch – Labor

Next Meeting

October 24, 2017 - 7:00pm

Kariong Neighbourhood Centre

Visitors and New Members welcome

Enquiries: Alasdair 0418 264115

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



- Expert Care with timely, friendly, service
- Sports Injuries
- Necks & Backs
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- Enhanced Primary Care (EPC)
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- Late Appointments available

PH 4340 1643

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www.kariongphysio.com.au



KARIONG
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Centre



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

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Owned and Operated by Local Kariong Residents

**Clean up in time for summer.
Get your yard entertaining ready!**

* Spring Special* Rid your lawn of Bindyi and Clover from \$59

* All Lawn and Garden Services *Yard Makeovers

* Rubbish Removals * Garden Clean Ups

*Mulching, Turfing, Hedging etc *Pre-sale cleanups

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0429 729 417 or 0406 482 146

enquiry@outoftimeservices.com.au

Out of Time Services - Saving you time, everytime!

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



 **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

Room and Equipment Hire At Kariong Neighbourhood Centre

Room Hire booking system is now on line

www.knc.net.au/room-booking-system

Cost from \$9 to \$35 per hour

We have equipment for hire: chairs,
trestle tables, BBQ, sound system,
projector, portable projector screen,
cutlery and crockery, glasses, water
jugs, coffee plungers etc



ADVERTISE WITH US

YOU WON'T FIND CHEAPER 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*

 **3 Mitchell Drive, Kariong**
PH: 4340 4444 or at Kariong Medical Centre
(Available Monday and Tuesday only)

- Nail Cutting / Corns / Ingrown Nails / Heel pain / Orthotics / Footwear advice
- Retrain to WALK with correct ALIGNMENT / Balance Retraining / Movement Classes
- Enhanced Primary Care (EPC) / NDIS / DVA / Workers Comp

 **ALL PAINTING SOLUTIONS**

INTERIOR/EXTERIOR
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Call **0408 917774 or 43400420**
Lic. No. 129863C

 **Registered Tax Agent**
will visit you within Kariong for \$110
(Standard Individual Tax Return, includes GST)

Website: www.aplustax.com.au
E-mail: info@aplustax.com.au
Phone: **0413 034 649 (Shinji)**

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.

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**

BOVIS ROOF REPAIRS

(Lic. No 10805)

*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

No Job Too Big or Small

Phone Grant on 0412437175



ABLEANT

Audio Visual Cabling & Antenna Installations

✓ Digital TV Antennas

✓ Wall Mounted TVs

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✓ Surround Sound

FREE TV RECEPTION TESTS AND QUOTES

Call Peter on 0431 777 447

Australian Government
Approved Antenna Installer



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Medicare Child Dental Benefits Schedule Bulk Billed

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THURSDAYS

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Emergency dental care
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Dental implants
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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

LACK OF SPACE? MOVING SOON?
SICK OF ATTEMPTING TO 'GET ORGANISED'?

MAKE SURE YOUR
SOCKS STAY TOGETHER...

GIVE US A CALL TODAY!

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Professional Organising and Space Optimisation
Phone: 042 725 8089
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Celebrating 20 years of Caring for Kariong

- Chiropractic • Massage • Acupuncture
- Naturopathy • BabyROO Classes

Health fund & Medicare accredited

PLEASE NOTE:

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

JPs available within Kariong area:

Derek Crawford 4340 1286

John Bain 4340 2860

Diane Merryfull 4309 0229

Pastor Jeff O'Derry 4340 5864 / 0448 814 511

Tracie Gosling 0412 486 678

Foreman One Properties 4340 0777

(Tuesdays & Thursdays 9am – 11am)

MATURE HANDYMAN SERVICES

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-----

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: \$10 if paid in advance, \$12 for casuals

For more information contact Corina Jones 0409 242 153

WEDNESDAYS

Tai Chi for Health & Relaxation

9:00am—10:00am during school term, \$10 per lesson

For information contact Helen on 0435 121 520

Active Playgroup for 0 to 6 year olds.

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

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

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

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

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.

For appointments call Gosford Gateway Clinic—4328 7900

Provide First Aid Course—HLTAID003

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

Weight Watchers from 6.30pm to 8:00pm

www.weightwatchers.com.au Phone: 131 997

NDIS Program: “Mindful Music & Wellbeing Program”

Introductory Workshop on 25th October 2017 from 1:00pm to 2:00pm

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

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

Circle of Security from 10:00am to 12:00pm

Date: from 27 Oct to 1 Dec 2017

Morning tea provided; childcare available

To register, please phone 43401585 or email ccfss@ccfss.com.au

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 20th October 2017

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.

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

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

Website: www.thesmarttraveller.com.au

KARIONG NEIGHBOURHOOD CENTRE AGM

20th October 10.00am—12.30pm

Come along and get involved in your local Community

- Become a member !!
- Join the KNC Board !!
- Find out how you can make a difference

ALL WELCOME!

***Please contact the office to register your attendance for catering purposes**



10 Langford Drive, Kariong

Phone: 4340 1724 Email: admin@knc.net.au

NEW “I LOVE KARIONG” STICKERS !!!



Size: W27.9cm x H7cm

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

AVAILABLE SOON at the Centre reception only for \$5 each.