

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 3 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



April 2018

Kariong Community Day

Saturday 21st April 12:00 noon

Find us in the BBQ Area, Parklands, off The Avenue



All community members are welcome to join us for a sausage sizzle, to meet your representatives and have your say on developments in the Kariong/Somersby/Parklands locality.

Meet Liesl Tesch AM alongside other elected members for an open discussion on a number of important topics

- Changes to Langford Drive – Woy Woy Rd intersection
- Peak hour traffic crowding Kariong arterial roads
- NDIS rollout
- NBN rollout in Kariong
- Parkland commercial developments
- Wallarah 2 and what it means for our water supply

Enquiries - Alasdair 0418 264.115 or John on 0429 570.390



Only 5 minutes off the M1

Quality care - Kariong Neighbourhood Centre
oosh vacation care program - April 2018

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

Week 1	Monday 16.4.18 Treasure Hunt Day \$55	Tuesday 17.4.18 Niagara Park Sports \$60	Wednesday 18.4.18 Reptiles Show \$60	Thursday 19.4.18 Mexican Day \$55	Friday 20.4.18 Cinema Paradiso \$60
Week 2	Monday 23.4.18 Click & Create \$60	Tuesday 24.4.18 Aliens and Space \$55	Wednesday 25.4.18 PUBLIC HOLIDAY	Thursday 26.4.18 Kids HQ \$60	Friday 27.4.18 Rockpool Visit \$60
Week 3	Monday 30.4.18 Warnie's Café \$60	If for some reason e.g. the weather forces us to make a change to the Programme, the days alternate activity will be displayed in the lobby of the Neighbourhood Centre as soon as possible			

Please book online. 10% discount applies when bookings made and paid for ten days in advance



OOSH UPDATE

Only 5 minutes off the M1

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

Our OOSH children have been really excited by lots of woodwork during the past weeks, planning and designing their own creative ideas and practicing wielding hammers and nails to achieve their objectives. The older children have concentrated on extended projects incorporating woolen weaving onto their woodwork, resulting in some really great pieces of art in which a lot of pride is shown!

Our program has also included teaching children how to cultivate seeds in our garden and teaching mindfulness and relaxation activities. Some very important learning about the availability of the Kids Helpline is currently ongoing to help the children understand the purpose of this support service and share this with their friends and schoolmates.

We look forward to some fantastic experiences during the April school holidays with our Vacation Care program offering highlights such as Niagara Park Sports Stadium, Kids HQ, and a Reptile Show.

Please feel welcome to drop into our Centre to meet our friendly staff and see the fun and educational experiences we can offer your children. We welcome Marina Bosworth to our Service as the new Nominated Supervisor.

ACTIVE PLAYGROUP



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

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

Morning tea provided

Enquiries: Nerida 43404561

Our weekly playgroup has been welcoming lots of new faces from many cultures to its midst recently and has supported the growth of some wonderful friendships between families new to Kariong. Our relaxed and inclusive atmosphere makes it very easy to join in, chat with other locals and help the children develop many skills through our great range of activities.

Some lovely group craft experiences have helped our playgroup children learn about sharing and turn taking this term and everybody has also been developing lots of confidence and cooperative skills in our music group times with our singing and dancing.

Our fantastic outdoor play area includes challenging climbing equipment and a giant sandpit, promoting lots of physical play and exploration. Please join us for a shared morning tea and discover what else your local Neighbourhood Centre can offer you and your family.

Women's Social & Support Group

FUN, CARING, FRIENDLY

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
- Feel empowered & understood

Time out just for you!

\$5 per head Morning Tea is provided

Childcare is free - MUST register if required
Ring centre manager if you require assistance

Time: 9.30am-11.30am

Place: Kariong Neighbourhood Centre

Starts: 5th February, then Mondays (during school term)

Bookings essential, phone: 4340 1724

Or email admin@knc.net.au

For information on content please call the Facilitator, Judy,
on 0403 338 433

WISEBERRY

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.

The kids 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 or one child free for mums/carers attending women's Social & Support group

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

Parents are welcome to stay if they choose.

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.

Term 2 2018 groups**Stand Together Wyoming**

Assisting Mothers in Parenting Post Domestic Violence Relationships

Stand Together is a 6 week group work program for mothers who have left a domestic family violence relationship. This group will assist to build skills and knowledge to assist mothers in their parenting and repair relationships with their children post-DV.

Venue: Wyoming Women's Health Centre

37 Maidens Brush Rd, Wyoming

Dates: Wednesday's 9, 16, 23, 30 May, 6 and 13 June 2018

Time: 9:30am-11:30am

Limited childcare available. Bookings essential.

Grandparents Raising Grandchildren Support Group

Our grandparent peer support groups are a great way for grandparents who are raising their grandchildren to meet and get some support over a cuppa. Peer support groups meet regularly at venues across the Central Coast during school terms.

Venue: Erina Meeting Centre, Room 2

Erina Fair

Dates: Friday's, April 13

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

Or email: ccfss@ccfss.com.

Website: www.ccfss.org.au

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

**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

The Hill Youth Centre

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



Monday

Amy Cash Fitness - 6.40 pm
 \$10 per class, first class is free Phone: 0434 390 011

Tuesday

Alive dance academy - 3.30pm to 9.15pm
 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: 0408 353 891

Wednesday

Alive Dance Academy - 3.30pm to 6.00pm
 email: info@alivedanceacademy.com.au
 Phone: 0407 259 001

Engage Youth - 3.30pm to 6.00pm
 Homework help for students in years 5 – 8
 Email: engagecentralcoast@gmail.com

Amy Cash Fitness 6.40 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

Friday

Sport, games, food and events - 4.00pm to 7.00pm
 No bookings required, Ages 10 + Ph:4304 7039

Elevate Youth Church - 5.30 - 8.30pm
 6th April
 Phone: 0427 929 574

Saturday

Amy Cash Fitness 8.00am
 \$10 per class, first class is free Phone: 0434 390 011

Kariong Community Baptist Youth Group
 10th March - 7.00pm

Youth workers are available for referral and support, by appointment. The hall is also available for hire.
michelle.tilden@centralcoast.nsw.gov.au



**Energy & Water
 Ombudsman NSW**
 Free, fair and independent

Autumn is here – get your homes ready for winter!

During the cooler months, power consumption can increase as we try to stay warm inside our homes. Quarterly billing means that many households won't see their charges adding up so it's important to start preparing now. Below are some top tips on saving energy around the home.

Keep the heat in by locating draughts and blocking them with door snakes, curtains and other seals.

Put on an extra layer of clothing or put another blanket on your bed to help keep you warmer in the cooler months.

Use your appliances efficiently by getting into good habits like turning them off at the wall when they're not in use. Standby power can account for more than 10% of your household energy use.

Hot or warm cycles on your washing machine use a lot of energy. Make significant savings by switching to cold water for laundry. And why not use nature's own dryer – the great outdoors? If the weather doesn't permit this, try drying your clothes in already heated rooms indoors.

The change of season is the perfect time to clean filters in your air conditioners to ensure they operate efficiently.

If you use an air conditioner for heating set the temperature to 18-21°C. Every degree outside this range can add up to 10% to your heating costs.

Want more information? Download our saving energy and water around the home factsheet <https://www.ewon.com.au/factsheets>

If you have difficulty paying an energy or water bill, talk to your provider to see if they can give you time to pay it off. If they are unable to assist you or you'd like free advice and assistance, call us on 1800 246 545 or visit ewon.com.au.

The Energy & Water Ombudsman NSW is holding a free Bring Your Bills Day on 3 May 2018 at Peninsula Community Centre Woy Woy from 9am-2.30pm. Get advice on energy billing issues you may be experiencing or talk to someone about any outstanding fines, legal issues, tenancy rights and much more. To book an appointment, call Peninsula Community Centre on 4341 9333 or pop in on the day. All are welcome!



..WHAT'S ON ...AT KARIONG LIBRARY?

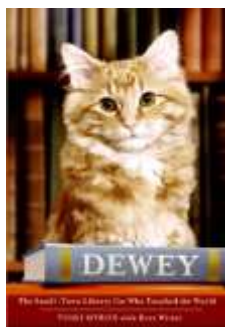
The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1pm – 2pm) and Saturday 9.30am until 2.30pm (closed for half an hour at 12 noon.) Tel: 4325 8155.

Babytime is a special program of songs, rhymes and simple stories for babies aged six to 24 months. Now at Kariong Library every Tuesday morning commencing at 9.45am. All welcome.



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

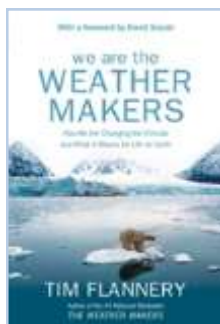
Have you considered joining the **Kariong Library Book Club**? The group meets on the last Friday of the month at 10am to discuss a wide range of books. Morning Tea is provided.



Books up for discussion next month are **Dewey: the small town cat that touched the world** by Vicki Myron. How much of an impact can an animal have? How many lives can one **cat touch**? How is it possible for an abandoned kitten to transform a **small** library, save a classic

American **town**, and eventually become famous around the **world**? You can't even begin to answer those questions until you hear this charming story.

The second book is **The Weather Makers** by Tim Flannery is both an urgent warning and a call to arms, outlining the history of climate change, how it will unfold over the next century, and what we can do to prevent a cataclysmic future.



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



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

www.kariongchurch.com

Pastor Jeff O'Derry 0448 814 511

Email: pastor@kariongchurch.com

What's on at KCBC?

Sunday Service @ 9.30am – Kariong Public School Hall

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

Life Groups – various times & locations

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

JAM (Sunday School)– Sundays @ 9.30am

JAM is our Sunday School for children in Kinder – Grade 8, and it is held at the same time as our Sunday Service. Children learn about the Bible in an age appropriate environment, through stories, games and craft.

Playtime – Tuesdays @ 10am – 12pm

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

Thrive Kids – Wednesdays, fortnightly @ 4.30pm – 6pm

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

Youth Group – Saturday evenings, fortnightly

Fun activities – Grades 7 - 12.

Friends Group

All ages - Meets regularly for interesting and fun outings.

Other

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

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 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 4350 5538 or communitybookings@centralcaost.nsw.gov.au

The Progress Association met on 14 March, and was informed by the Executive, that the Council had still not come forth with the many assurances it had given that a decisions was imminent on the Association's request that the Council allocate 20 hours free time in the Hall each month. The original decision was 'guaranteed' before last Christmas.

The meeting agreed that this was now a lost cause, and decided that the Association would book (and pay) for the Hall commencing in April.

As well, it was decided that the Hall would be booked each month from 5.00pm until 9.00pm. The intention would be to have a group, or individual speakers, each month available to residents who could call in between 5.00pm and 7.00pm to discuss current or relevant topics. Or simply drop in to see the Association's Executive to discuss any topic they feel relevant to Kariong. (prior to the formal monthly meeting at 7.00pm)

Kariong crime stats November 2017 - February 2018

	assault	break & enter	Malicious damage	robbery	stealing	steal vehicle
Nov. 17	2	0	4	0	4	1
Dec. 17	4	2	2	0	4	0
Jan. 18	2	0	2	0	0	0
Feb. 18	1	1	2	0	2	1

**The next meeting is scheduled in the Community Hall
Wednesday 11 April 2018 at 5.00pm to 7.00pm
SPECIAL SPEAKER/S to be advised on the KPA and the
Kariong Community Facebook pages**

KARIONG MEDICAL CENTRE

"Caring for Kariong"

As we say farewell to summer and prepare for Easter we farewell a dear member of our team and prepare for Flu season.

Flu vaccines will be available from the state government for children from 6 months to 5 years of age for free.

Please phone the surgery to arrange an appointment in one of our designated flu clinics.

Change is often difficult and it is with mixed emotions that we say goodbye to Dr Lucia Mandile. We wish her every success in her new endeavour. She has served this community for the last 8 years. Below is a letter to all of you from Dr Mandile.

Dear Kariong Community

It is with a heavy heart that I announce my departure from Kariong Medical Centre.

I have been blessed to be a part of the wonderful Kariong Community for over 8 years. I have worked with such beautiful people who have inspired and definitely entertained me!

I have been honoured to be invited into the lives of so many wonderfully brave and lovely patients who have been kind enough to put their faith in me and my work. I thank you all.

As I move forward in my career as a GP, I will take all that I have learnt from you patients, friends and colleagues; not just about medicine, but about life, strength, determination and dignity.

I wish you the best of health.

Lucia Mandile

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



Gambling and drinking often go together as people socialise. Research shows that there is a definite relationship between problem gambling and drinking alcohol.

Some people find that alcohol triggers them to gamble more than they can afford to lose. They take bigger risks and find it more difficult to stop gambling as inhibitions are lowered and decision making skills are impaired.

Some people also find that they drink more when they gamble as they are in the zone and not paying attention to how much they drink, and they celebrate wins or commiserate over losses.

If you think you are gambling and drinking too much first of all keep an accurate record of how much you are drinking and gambling, what venue you go to most, what time of day you go and what mood you are in when you chose to drink and gamble. Next set your limits – limit the amount of time you spend at the venue, limit how much money you take with you and limit the number of alcoholic drinks you consume.

If you feel you can't stick to these limits, consider taking a break from drinking and gambling for 2-6 weeks. If the idea of a break horrifies you, it may be a sign that you need professional support to develop deeper, more personalised strategies to overcome these habits.

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

PLEASE NOTE:

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

JPs available within Kariong area:

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)**



For full details of events planned for the 2018 Seniors Festival go to www.seniorsfestival.nsw.gov.au

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Saturday, 9th April, 2018 at 1.30pm for a 2.00pm start.**

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

Our activity for April will be a forum on Banksia species. There is a Specimen Table segment which is a presentation on growing information of plant specimens brought in by members from their gardens. On conclusion of the meeting afternoon tea will be served with an opportunity to meet and mix with members.

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

Inquiries contact Elsie at damael@hotmail.com.au or 4365 5049 telephone

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
Website: www.kariongecogarden.org.au



Come by the Kariong Eco Garden & say hello! Find us on Mon & Fri 10am-12noon. Our office is upstairs in the Arts Barn. Annual membership is just \$5. Helpers in the garden are very welcome.

March has been a wonderfully busy month for us. Thanks to KEG volunteers collecting bottles & cans at **Girrakool Blues Festival**, we helped reduce waste & had a great time **fundraising for the Eco Garden** also! **Clean Up Australia Day in Kariong** was a great success too, with over 30 bags of rubbish collected. A big thanks goes to local Scouts and an enthusiastic team of community members, helping to keep Kariong beautiful.

Our Open Garden & Boomerang Bags working bee runs every 2nd Sun each month, 10am-12noon. This March our Boomerang Bag team grew to nine! What a lovely bunch of men & women to spend a morning chatting and crafting with, for a good cause. **New volunteers & visitors welcome.**

Bushcare is held on the 4th Sunday each month, 9.30am-11.30am. Bushcare volunteers are steadily tackling weed management in the Oakes Street reserve. To join, meet us there on 25th March, no experience needed, all welcome.

Raw & Unearthed will host bush kindy at KEG in April, Wed 10am-12noon. *FULLY BOOKED* For waitlist or Term 2 details go to: <https://rawandunearthed.com/>

Need planting ideas for your April garden? Try sowing beans, beetroot, brassicas, carrots, celery, chives, cucumber, lettuce, onion, parsley, radish, rocket, snow peas and spinach

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.



KEG volunteers fundraising at Girrakool Blues Festival



Hello friends and Neighbours.

We have had a wonderful time with our Discover Hope seminars. I hope those attending have been feeling the benefits as well.

The good news is that the seminars are not over. They have now moved into the school hall on Saturday mornings. We will have the first seminar from 11:30 - 12:15 then lunch followed by the second seminar from 1:00 until 1:45. Hope to see you there.

KidzXChange is back in full swing and we are having a great time learning the stories from the book of Acts in the Bible. We have had drama, stories, craft, games object lessons, and food to name a few ways we have been learning.

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

With Easter just around the corner we are preparing to have a fabulous celebration. We will be inviting the children's parents, grandparents, aunts, uncles, cousins, neighbours and anyone else who would like to come along and celebrate learning the Easter story in fun and inventive way.

This will be a combined church with the KidzXChange and Barneys House celebrating together.

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 for further information or questions.

Kariong Neighbourhood Centre 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.



Welcome back for the 2018 Season!

SEASON KICKS OFF!

The 2017 Winter Season will officially kick off on the Saturday 7 and Sunday 8 April – We will notify our players once the draws have been released on our Facebook page, so please give us a 'like' and keep up to date on all the latest news within the club. Draw will be available at <http://www.ccfootball.com.au/>

KEEP IN TOUCH

You can keep up to date with Kariong United online:

Web: www.kariongunited.com.au

Facebook: www.fb.com/kariongunitedfc

Twitter: @kariongunitedfc

Instagram: @kariongunitedfc

See you at The Hill in 2018 – GO COUGARS!

Ettalong Beach Arts & Craft Centre

ETTALONG BEACH ARTS & CRAFTS CENTRE

Corner Picnic Parade & Maitland Bay Drive

ETTALONG BEACH

Phone M.0412 155 391 email.. ebacc.email@gmail.com

TERM 2 COMMENCES ON 30TH APRIL 2018

Classes will be held in:

- Patchwork & Quilting • Silver craft
- Drawing & Painting • Pottery • Water colours

Check out our website for more details
www.ebacc.com.au

Standpipe



G'Day folks.

Here's some more news from the Dandaloo St Fire Station. Well summer is having its last hurrah because as I sit & write, today is predicted to be a hot & blustery 38 degrees with a Total Fire Ban in place. As we move towards April, the Bushfire Danger Period will finish on March 31 however, I still need to tell you that it's not the time to let your guard down even though the weather is cooler.

Bushfires can happen anytime and that's something you need to be aware of. Another thing you need to be aware of and that's how cold it can get in Kariong and surrounding districts particularly if you're new to the area. Home heating whether it be electric blankets, heaters or even the humble fire place is an issue the fire services take very seriously and in the coming months you will notice a strong campaign to make the public aware of the dangers of badly maintained heating appliances and the need to keep an eye on these things particularly around kids.

Operationally, Kariong RFB has had a quite busy month with again motor vehicle accidents high on the list of occurrences. Folks, the message is clear & simple. Drive to the conditions and pay attention to what you're doing and your surroundings. The brigade will also be undertaking some renovations of our training area with some repainting and new flooring which should spruce the place up a bit.

Lastly, I want to raise the matter of joining the NSWRFs. Kariong RFB is always on the lookout for new members and the criteria for becoming a member couldn't be easier. Firstly, you need to live in the Kariong area. Secondly, have a need to do something for the local community. Thirdly, have the need to challenge yourself to learn a job that is both challenging and worthwhile. Once you join, you are provided with personal protective gear, training and potential to learn other new skills that will enhance you as a member of Kariong and the NSWRFs. Have a think about it.

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



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



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



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 **Wyang**
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!

Call (02) 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 10am - 12pm at Kariong Neighbourhood Centre, 10 Langford Drive, Kariong. Latecomers always welcome. For more info contact us at kariongabagroup@gmail.com or ring KNC on 43401724.

Sensory Kidzspace

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



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

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



ADVERTISE WITH US

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

Our newsletter

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

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



- ✓ We refer potential volunteers to organisations and provide ongoing support to volunteers and community involving organisations on the Central Coast.
- ✓ Join one of our member organisations and access our free training for a range of volunteer related skills.

Call 4329 7122

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

FREE FAMILY LAW CLINIC



at Kariong Neighbourhood Centre With Katie Smith

Appointments Available

Mondays: 5.30pm - 7pm and Thursdays: 9am - 11am
(Availability subject to court appearances)

Bookings Essential

Please Phone Kariong Neighbourhood Centre on 4340 1724 for an appointment

30 Years Experience in:

Family Dispute Resolution/Mediation • Child Welfare
Family Law Divorce • Property & Parenting • Wills & Probate
Please note Advice on mortgages, guarantees, bank loans, commercial leases, personal injury or workers compensation is **NOT** able to be given.

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

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

Room and Equipment Hire

At Kariong Neighbourhood Centre

Cost from \$10 to \$35 per hour

A perfect venue for your event

We have fantastic facilities including fully equipped kitchen, outdoor playground and undercover area for wet weather option for parties. Equipment hire is available at the centre such as chairs, tables, projector etc. To enquire or book ring 4340 1724 or

You can now book online at KNC.net.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 Society
good works

Volunteers required for Community work.

Make a difference to those in need.

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

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

Volunteers needed for social inclusion programs

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

Enquiries: Red Cross Gosford 4324 3411

www.redcross.org.au



Australian Red Cross
THE POWER OF HUMANITY

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

Alison Downey

B.app.sc MSPA CPSP

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

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Kariong Dog Grooming Salon. Located in the Kariong Shopping Centre, near The Times Café.

- Professional grooming
- Appointments or stay & play*
- Early & late Drops & Pickup*
- Pickup & delivery*
- Loyalty card program*
- Competitive prices
- Dog walking locally*
- Pet supplies, treats and oral care
- **Monday \$25 Doggy Wash Day incl. nails, no appointment needed 9-4pm**
- Tidy-ups and Hygiene Services from \$35
- Full Grooming Services from \$55

*Conditions apply

Fetch Grooming is an insured and certified family owned and run business with 18+ years' experience.

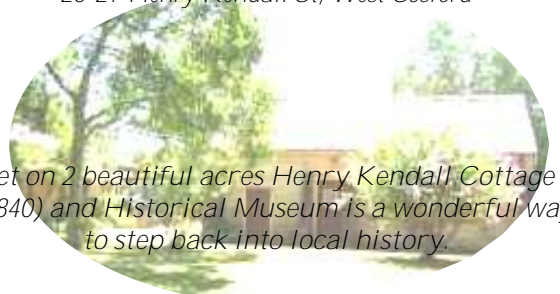
Caring for your fur babies is our priority.

8/10 Currunga Road, Kariong
Behind the Shell Service Station
fetchgrooming.com.au
shannon@fetchgrooming.com.au

0400 403 411

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

Are you handy with odd jobs and have a few hours to spare each week?

We are in need of someone to help us with our small day to day maintenance jobs at the Kariong Neighbourhood Centre

Some of the jobs that we would be looking for help with are; Blow vac the grounds of the Centre, small amount of garden maintenance, small repair jobs that don't require a tradesman etc. We can provide equipment needed and references.



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

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

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



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Website: www.aplustax.com.au

E-mail: info@aplustax.com.au

Phone: 0413 034 649 (Shinji)

"I LOVE KARIONG" STICKERS !!!

Be loud and proud of your community



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

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

Size: W27.9cm x H7cm

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Affordable Local Counselling

- Anxiety, depression, relationships problems, or addictions?
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Shauna Maloney Counselling Service Somersby
Phone: 0438 434 018

Email: Shauna.socialwork@gmail.com



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over 20 years experience

 www.facebook.com/oootservices

Kariong Neighbourhood Centre is home to a number of activities and services for the general community.

Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre.

MONDAYS

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. \$10 per head. Morning tea provided. Free Childcare, must register if required. 9.30am to 11.30am on Mondays (**during school term**) at Kariong Neighbourhood Centre.

Care 4 Kids 1-5 year olds

Let us care 4 the kids while you meet others and have fun in the Women's Social and Support Group. 9.30am to 11.30am on Mondays (**during school term**) at Kariong Neighbourhood Centre. \$10 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 to book Call into the Centre for an information / registration pack.

Pilates for Seniors - sarah@yourtemple.com.au

12pm to 1pm. **During school term**. A great way to get your body back into shape with gentle exercise. Contact Sarah to make a booking 0425 265 609 \$10.00 each class.

TUESDAYS

Immunisation Clinic for children - 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

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**

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 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

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

SUNDAYS—Available for PARTY hire!

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

ADVERTISING CLOSING DATE

for NEXT ISSUE

Wednesday 18th April 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.