Karlong Neighbourhood Centre inc.

What's On?

TERM 1 2018

Find us on Facebook

Get in contact with us via Ph: 4340 1724 Email: admin@knc.net.au Web: www.knc.net.au

Service Groups, Workshops and MORE!

- Information & Referral
- Free Booklets
- Administration Services
- **Free** Early Childhood Clinic
- **Free** Immunisation Clinic
- The Australian Breastfeeding Assoc.
- Upcoming NDIS Services
- Active Playgroup
- Out of School Hours Care (OOSH)
- Vacation Care
- Little Big School
- Women's Social & Support Group
- Care 4 Kids
- Broadband for Seniors
- **Free** Family Law
- Yoga
- Pilates for Seniors
- Tai Chi
- Indoor Bowls
- Craft & Chat Group
- The Over 50's Friendship Group
- Ukulele Lessons
- Venue Hire / Advertising

PLEASE NOTE: All Groups & Activities are held during School Term only

Information & Referral

We have extensive knowledge of the community services on the Central Coast & work in collaboration to achieve best results for our community:

- **We have Volunteering opportunities to gain new skills in Administration, Gardening Maintenance, Marketing, Computers, Childcare and Artistic endeavors.**
- **We have Information about your local community, Aboriginal Cultural Sites and History documents.**
- **We are client focused and will assist you in all areas.**

3 Information Booklets On services available to you on the Central Coast

- **Children & Family Services Directory**
- **Drugs & Alcohol Information**
- **Seniors & People with a disability**

We are here to support you !!

We have researched and compiled 3 comprehensive up to date guides to local services, to help you through the maze of where to find services for your particular need.
These booklets provide contact details and a brief overview of services provided.

Drop into the Centre to pick up your copy

Administration Services

The following services are available during office hours

9:00am to 4:00pm Monday to Friday

- Internet & computer access: $2.00 for 30 minutes
- Printing, photocopying: 30c, colour 65c, Double sided 40c - all prices per A4 page
- Laminating: $1.10 per A4 page & Fax: 50c

Discounts apply for KNC members

During busy periods you may be asked to leave your required task and collect at a later time

FREE EARLY CHILDHOOD CLINIC * Every Tuesday and Wednesday

For your infant health checks (0 to 5 years) by an Area Health Nurse. Weight, height, development and general health check up. Opportunity to discuss your child's progress.

In the clinic at Kariong Neighbourhood Centre on Tuesdays and Wednesday. Appointments essential

For appointments, call Gosford Gateway Clinic on **4328 7900 (NSCC Area Health)**

FREE IMMUNISATION CLINIC • 2nd & last Tuesdays of the month

Coast and Local Health District nurses conduct Free Immunisation Clinics **'Drop in clinics'** for 2 month to 4 year old children.
Every second and last Tuesday of each month between 12pm and 1pm.
No appointments required just call in from 12.00pm
For more information ring Child & Family Health Service 4328 7900
Timetable available at the Centre

FREE The Australian Breastfeeding Association Every 2nd Friday 10am to 12noon

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.

PLAYGROUP Wednesdays 10.30am to 12.30pm

Active PlayGroup

ALL WELCOME!

This very popular playgroup is facilitated by fully qualified Child Educators, Nerida and Lyn. Come along and have some fun, meet new families and share experiences. Active Playgroup is an educational program developing social skills and motor skills in a safe, happy and stimulating environment.

Parents & Children of ages 0-6 year olds
Wednesdays 10:30am to 12:30pm. $5 per child plus $1 each for additional child
Morning tea is provided.
For more information contact the Centre on 4340 1724 Or email admin@knc.net.au

Little Big School

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

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

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

FACILITATED BY AN EARLY CHILDHOOD TEACHER & CHILDHOOD EDUCATOR

Mondays — School Terms Only From 9.30am - 11.30am

little big Pre-School 3 to 5 year olds

Cost $10 per child per session Bookings essential

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

KARIONG OUT OF SCHOOL CARE (OOSH) and VACATION CARE

Kariong Out of School Hours Care

We provide quality affordable child care, catering for children from 4 years to 14 years. Before school care operates from **6:30am to the commencement of school and After School from 2:30pm to 6:30pm** on each school day.

During Vacation Care and on Staff Development Days (pupil free days) the Centre offers care from **6:30am to 6:30pm.**
We offer a varied child focused program following the 'My Time Our Place' curriculum.
We adhere to National Quality standards and have been rated Exceeding by the Department of Education. Child Care Benefit and Child Care Rebate are available if you are registered with the family assistance office.

For more information please call us on **4340 4561**
or email oosh@knc.net.au

Care 4 Kids 1-5 year olds

Let us care 4 the kids while you have a break or join our Women's Social and Support Group.

The kids will have heaps of fun including creative time, story time, music & singing, activities and games.

Just turn up

Facilitated by two trained child Educators

When: Mondays (During School Term) **Time:** 9.30am-11.30am
Where: KNC - 10 Langford Drive, Kariong
Cost: FREE for Group Participants/Carers or $5 per child for Non-Participants/ Carers
Bring: A hat, old shirt (for painting) and a piece of fruit to share for morning tea

Contact 4340 1724 or email admin@knc.net.au for more information

BROADBAND FOR SENIORS By appointment

Visit our Broadband for Seniors kiosk which is focused on learning how to use simple computer programs, the internet & emails.
10 FREE computer lessons for seniors and people with disabilities Our team of local volunteers are here for you.
Bookings Essential 4340 1724

Yoga classes with Corina

TUESDAY 7PM TO 8PM

$10 if paid in Advance, $12 for Casuals

Bring Along a Yoga Mat, Blanket & Water Bottle.
Wear Loose Comfortable Clothing.

PILATES FOR SENIORS

Mondays 9.30am to 10.30am
For information and bookings
contact Sarah 0425 265 609
$10 per class.
Sara@yourtemple.com.au

TAI CHI - Australian Academy of Tai Chi

Wednesdays 9:00am at KNC, Cost $12 per class
For more information Contact Helen 0435 121 520

FREE FAMILY LAW CLINIC

With Katie Smith

Private 30min appointments available

Mondays: 5pm - 7pm and

Thursdays: 9am - 11am

(Availability subject to court appearances)

Bookings Essential

Please Phone 4340 1724 for an appointment

30 Years Experience in:

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

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/

Women's Social & Support Group

FUN, CARING & FRIENDLY

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

ALL WELCOME

Why stay at home when you can meet others & make great new friendships

$5 per head Childcare is free for 1-5 year olds

Mondays (during school term)
9.30am - 11.30am at Kariong Neighbourhood Centre - 10 Langford Drive, Kariong

Phone: 4340 1724 or email admin@knc.net.au to register

WISEBERRY

INDOOR BOWLS Tuesdays 9.15am to 12noon

Join us for a laugh and a stretch on **Tuesday mornings.**

For more information ring the Centre or just come along. New players are always welcome. No experience necessary.

$4 for members, $4.50 for non members. Morning Tea is provided.

CRAFT & CHAT GROUP Thursdays 9.30am to 12.00 noon

A social group for people who enjoy doing craft activities and would like to have some company.

Bring your own project to work on or learn new skills from others.
Newcomers welcome, no expertise required.
Thursdays 9:30am to 12.00pm.

$4 for members, $4.50 for non members.

Morning tea is provided.

THE OVER 50's FRIENDSHIP GROUP Thursdays 12.15pm to 2pm

Say hello and connect with your community, have a chat and share a laugh. Expand your mind and enhance your memory. Become involved. We're relaxed and friendly, and we enjoy monthly excursions. Men welcome!

Come along, we'd love to meet you. Bring a plate to share, join in the fun and most of all, establish some rewarding friendships! $4 for members, $4.50 for non members.

LEARN TO PLAY THE UKULELE

Ukulele Beginner Workshop Groups NOW at the Kariong Neighbourhood Centre

No Previous Experienced Required. Suit Ages 15-99

Don't own a Ukulele? – No problems – We will supply you a Ukulele for you to use **free** for the first 3 lessons.

When: Saturday Mornings 9.00am - 11.00am
(8 week Program)

Cost: $10.00 per lesson (handouts and song sheets provided)
Bookings required: Phone (02) **4340 1311** (after hours **0419 217 006**) or email **debi29@bigpond.com**

Hold your child's party or function here!!

Kariong Neighbourhood Centre is the perfect venue for your event
We have fantastic facilities including fully equipped kitchen, outdoor playground and undercover area for wet weather option for parties. Call today to arrange your booking 4340 1724

Venue Hire Costs (Rates per hour, inclusive of GST)

Note: All bookings outside of working hours require a $300 Bonds. All day time mon to Fri bookings are only in school term.	Day Hire	Night/Weekend Hire
Meeting Room (3x2m, Comfort seating x 4)	$11	
Interview Room ((3x2m, Waiting room, 1 new desk)	$10	
Board Room (3x2m, Seats up to 8, Technology access)	$12	$15
Craft Room (7x7m, Sink included)	$15	$22
Conference Room (7x14m, Dividable room)	$18	$28
Whole Centre (Only on weekends)	$35	$35

Equipment Hire at KNC

Item	Member Rate	Standard Rate	Number available	Description
Chairs	$2	$3	60	Black stackable (with trolley)
Trestle Tables	$4	$5	12	Folding legs plastic
Table cloths	$5	$8	12	White rectangular cloths
* Cutlery	10c each	20c each	20	Knives, Forks, Dessert spoons & teaspoons
* Crockery	20c each	30c each	20	Cups, saucers, side plates, dinner plates, glasses,
* Water Jugs	$1	$2	7 Steel 3 glass	Steel and Glass Water Jugs

Please note: **** indicates available on site only .*** • ***All rates are per day*** • ***Security Deposit required on all items***

Advertise With Us in the Kariong Connection

Are you looking for somewhere to advertise at very reasonable rates?
Ask about advertising in our newsletter. Delivered to over 2500 local community members and local businesses, and emailed to over 600 more. Many locals use the Kariong Connection and the Community Centre to find local trades and services.

Advertising prices start from just $36 per month for a business sized ad
For more information on our very reasonable rates
Contact us on 4340 1724 or admin@knc.net.au