

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 8 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au





September 2018

HOMEWORK HELP

ASSOCIATED WITH THE TURNING POINT FOUNDATION AND
SPONSORED BY THE CENTRAL COAST COUNCIL

FREE HOMEWORK HELP FOR
PRIMARY AND SECONDARY
SCHOOL STUDENTS
WEDNESDAYS 4PM-6:30PM
@ KARIONG YOUTH CENTRE
AFTERNOON TEA PROVIDED

  @ENGAGECENTRALCOAST ENGAGECENTRALCOAST@GMAIL.COM
CALL OR MESSAGE NATHAN ON 0427929574 FOR MORE INFO.



Have you had a look at our new
Website?

Check it out at knc.net.au

You can download information and forms required for
venue hire and OOSH services, and access information
on all that goes on at the Centre.

You might also like to -

**Follow, Share & Like us
on Facebook**

for daily updates on what is happening at the Centre
and in your Community



Kariong Neighbourhood Centre

BROADBAND FOR SENIORS

FREE TUTORIALS

Learn to master computer basics!

Are you a senior who would like to be confident with basic
computer, internet and social media use? Book a free
appointment with our Broadband
for Seniors tutor, and learn valuable
skills:



- Internet use & searches
- Setting up and sending email
- Downloading, saving and printing photos/images
- Basic word document skills
- Using social media such as Facebook & Instagram
- Shopping & banking safely online



Bookings essential
Phone: 4340 1724

Email: admin@knc.net.au



OOSH UPDATE

Only 5 minutes off the M1

Another fantastic month here at Kariong OOSH.

We have been busy establishing an area for small world play. The concept of small world encourages the use of imagination and story telling which are valuable skills for this age group. We have made a dinosaur world complete with soldiers and fences and this week we will be using the fairy garden pieces.

This week we have been constructing vehicles out of 'Mobilo' of the children's own design. We will be displaying them and voting for our favourite design. Everyone is encouraged to make a model; we have some very imaginative pieces on display in the foyer so far.

Our morning self help breakfast session has been a great success. We are encouraging children to further develop their self help skills and make their own breakfast when they choose to. A big thanks to the children who consistently assist staff to pack away the breakfast items and utensils.

Kariong OOSH is always on the lookout for donations of; wool, Lego, G rated children's movies and soccer balls. If you have any of these items you are thinking about donating, we would be very happy to take delivery of these items.

Marina Bosworth

Nominated Supervisor

Phone: 4340 4561 | **Email:** oosh@knc.net.au



Wednesdays during school term

10.30am - 12.30pm | for 0 - 6 year olds

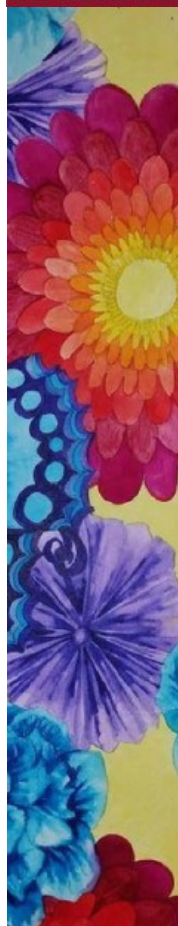
Have you checked out our great playgroup held on Wednesdays at the Centre? Why not bring your little ones along and meet some of your local community. The children will develop social skills while having fun in a safe and interesting play space with play equipment, sand pit and stimulating activities while you also get to socialise. All families and children welcome, and no need to register, just come along.

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

Morning tea is provided

Inquiries: 4340 1724 | Coordinated by Miss Lyn

WISEBERRY



Wonderful Women's Group

- FOR ALL WOMEN
- FUN CREATIVITY
- MAKE GREAT FRIENDS
- CREATE COMMUNITY
- BE EMPOWERED
- MORNING TEA PROVIDED

Mondays 9.30 to 11.30
(during school term)

Price: \$5

Kariong Neighbourhood Centre
Address: 10 Langford Drive Kariong

Free childcare onsite if needed
(must register if required)

Facilitated by: Shelly
(a trained Community Leader)

For further info. phone 43401724
or email admin@knc.net.au

Care 4 Kids 1-5 year olds



Let us care 4 the kids while you have a break.
The kids will have creative time, story time,
music and singing, activities and games
They will share morning tea together
Facilitated by two trained 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.

Phone: KNC on 4340 1724

Parents are welcome to stay if they choose.

ETTALONG BEACH ARTS & CRAFTS CENTRE BEADING WORKSHOP

This workshop will be held on
Saturday 8th September 10.00 – 12noon
Saturday 29th September 12noon – 16.00
with TUTOR Diane Cheetham

Workshop Fee: \$80, plus \$20 if not an EBACC Member

If you are interested please call 0412 155 391

Email: ebacc.email@gmail.com or leave a message at
www.ebacc.com.au/contact/

Week 1: Tutor will supply a kit to make a pair
of earrings and an angel charm @ \$5 charge.

Week 2: Tutor will supply a kit to make a bracelet
@\$10 charge plus necklace kit @\$15 charge.

**PLACES ARE STRICTLY LIMITED, SO BOOK NOW
TO AVOID DISAPPOINTMENT**

Australian Plant Society

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



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Saturday 8th September 2018**, at **1.30pm for a 2.00pm start**. There is a \$2 admission charge at the door which includes a Lucky Door ticket.

There will also be a Specimen Table segment, which is a presentation on growing information of plant specimens brought in by members from their gardens, and there will be Australian native plants for sale.

On Saturday morning members will be enjoying an organised bushwalk in the local area.

Visitors are always welcome to attend our meetings.

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.

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 - MISS LYN



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 ANNUAL TRIVIA NIGHT FUNDRAISER

Games / Silent
Auction / Lucky
Door Prizes /
Raffle & LOADS
more...

BYO Drinks &
Nibbles

Sorry kids!

This is an adult
only event

SPRING
FLING

**SATURDAY
8TH SEPTEMBER**

DOORS OPEN 6:30PM
GAMES START AT 7PM

**\$20 per
person-
Tables of 8-10**

Bring your own
team
Invite family,
neighbours or
friends or join a
table and make
new friends

**"A DAY AT THE RACES" THEME FANCY DRESS!
PRIZES FOR BEST DRESSED**

(Florals, pretty dresses, fascinators, big hats,
big hats, bow ties, suits, jackets etc)

Location:

**Kariong Public School,
Langford Drive,
Kariong, NSW 2250**

Pre-book Kariong
Supreme Pizza for
dinner. Orders to
be in and paid for
by Fri 7th
September at
preschool.

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.

Book your table at
the office with
Heather or
contact Natasha
Sinclair on
0424555888 to
reserve your seat.



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

Parenting Groups in Term 3

Triple P NIGHT GROUP in Wyoming

Venue: Our Lady of the Rosary Catholic Primary School, 92 Glennie Street, Wyoming

Dates: Wednesday evenings in September 2018

Time: 6pm – 8pm

Bookings Essential

Triple P Group in WOY WOY

Venue: St John the Baptist Catholic Primary School, 21 Dulkara Rd, Woy Woy

Dates: Thursday Mornings in September 2018

Time: 9am – 11am

Bookings Essential

Grandparents Raising Grandchildren Support Group

For Grandparents Raising their Grandchildren. Peer support groups meet regularly at venues across the Central Coast during school terms.

Venue: Erina Meeting Centre, Room 2, Erina Fair

Dates: Fridays, 14 and 28 September 2018

Time: 10am – 12pm

No need to book, just turn up!

For Support or to Book into a Group

Call: 4340 1585, text 0434 426 709

Email: ccfss@ccfss.com.

Website: www.ccfss.org.au

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



Energy & Water
Ombudsman NSW
Free, fair and independent

Estimated versus actual bills

The Energy & Water Ombudsman NSW (EWON) provides the following information to help people discover ways to reduce their energy use.

Estimated bills are issued when actual meter readings cannot be taken from your meter. They are usually based on the amount of electricity or gas used in the past so this means that you may have used more or less energy in the period that you are being billed for. Once the meter is read, the bill will be adjusted for any usage above or below the estimate.

Meter reads

An authorized meter reader can enter your property to read your meter without prior consent. A meter reader will attempt to do a read once every three months. However, if the meter reader is unable to access the meter, the account will be billed on an estimated meter read.

Why wasn't my meter read?

It is your responsibility to provide safe and unhindered access to the meter. Reasons why a meter reader may not be able to access the meter on the scheduled read date could be: locked or closed gates; dog/s preventing access; having the meter placed in an inaccessible place for the meter reader such as inside a property; adverse weather conditions.

If the estimated bill is below actual usage, a catch-up bill, also known as a backbill, will be issued. Similarly, if the estimated bill is above actual usage, the next bill may be less than expected.

If your meter reading has been estimated this must be clearly stated on your bill. There may be a statement on the front of your bill advising the bill is 'Estimated' and the word 'Estimated' or the letter 'E' may appear next to the meter readings.



Sport is a big part of Australian life and plays a huge part in our national identity. We're avid followers of 'footy', which covers everything from rugby union to AFL. We turn out in our thousands to watch the Grand Final, the State of Origin, the World Cup, the cricket at the MCG, the Grand Slam tennis and the Australian Masters... We are fiercely proud of Australia's reputation as a nation of sporting achievers. And so we should be.

Watching and playing sport is a great way for families and communities to come together. But thanks to the rise of sports betting, professional sport is now saturated with gambling ads. Promotions for gambling appear in stadiums and during broadcasts of matches on electronic banners; in commercials before and after matches, during breaks in play; and as team sponsorship on Guernseys and team banners. It's now impossible to watch a major sporting event without being urged to bet.

Gambling is also a part of Australian culture and many Australians enjoy a punt. But gambling has a dangerous side. Problem gambling destroys lives and it is on the rise. The saturation of advertising normalises gambling and people are coming to associate gambling as integral part of sport. Rather than talking about their favourite team, people are now talking about the odds of that team winning. Young men in particular are being primed to start their gambling careers early.

If you or someone you know falls into difficulty with gambling you can call PM Counselling services. We provide **free Gambling Help counselling** for **anyone** affected by problem gambling. *Please contact PM Counselling West Gosford on 0408 679 351 or check us out at www.problemgambling.net.au/pm counselling.html*

KARIONG NEIGHBOURHOOD CENTRE'S AGM

is on:

19th October 11am—12.30pm

ALL WELCOME!

- Come along and get involved in your local Community
- See what your local KNC are doing
- Find out how you can make a difference



10 Langford Drive, Kariong

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

Please contact us to register your attendance for catering purposes

Standpipe



Hi all,

It's time for more news from the Kariong Rural Fire Brigade.

The bush fire danger period is just around the corner, making now the perfect time to prepare. Fire has a plan, do you? If you have not done so already now is the best time to fill out your bushfire survival plan and have the discussion of what you will do in the event of a bushfire. Survival plans can be obtained through the Kariong Fire Control Centre.

Operationally the brigade has once again attended a number of bushfires and illegal pile burns. Some of these pile burns have contained building materials; this is a reminder that it is never ok to burn building waste. For more information on what you can and can't burn please visit the RFS website. As we are getting into the warmer months please remain vigilant and if you see a fire without a fire truck in attendance dial 000.

The brigade has attended numerous hazard reduction burns over the last few weeks and will continue to do so over the following weeks. Hazard reduction burns are an important part of reducing the fire hazard for the upcoming fire season.

In other news we have our brigade open day/ get ready weekend coming up. This year we will be holding a BBQ; display and fire safety talks at Bunning's West Gosford. The day will take place on the 22nd of September from 9 AM till 3PM. Come along and have a chat with your local fireies and get some tips for the fire season. We hope to see you there.

As always if you have had thoughts about joining the RFS don't hesitate to come up to the station and have a chat. We are located in Dandaloo Street and can be found every Saturday morning and Wednesday night.

That's it for now. Remember to Stay Safe and Be Firewise.



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

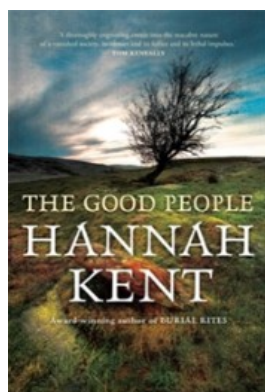
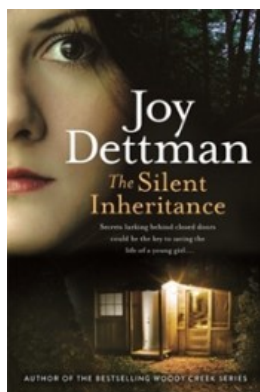
The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1pm – 2pm) and Saturday 9.30am until 2.30pm (closed for half an hour at 12 noon.) Tel: 4325 8155.

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

Books up for discussion in September include **The Silent Inheritance** by Joy Dettman. *Sarah Carter, single mother of 12 year old Marni, lives in a small granny flat in suburban Melbourne. A serial killer, dubbed 'The Freeway Killer', is headline news and when Marni's classmate is abducted from the mall where Sarah and Marni shop, their city no longer feels safe ...*



The second book is **The Good People** by Hannah Kent. *In the year 1825, in a remote valley of south-west Ireland, three women are brought together by strange and troubling events. Nóra Leahy has lost her daughter and her husband in the same year, and is now burdened with the care of her four-year-old grandson: a boy who suffers from a mysterious malady and can*

neither walk nor speak. Unable to care for the child alone, Nóra hires a servant girl, Mary, who soon hears whispers in the valley about the child causing grief to fall on the widow's house. It is said that Nance Roche has the knowledge. That she consorts with Them, the Good People. And that only she can return those whom they have taken ...

Kariong Progress Association

EMAIL: kariongpa@gmail.com



FACEBOOK: We are now on Facebook : Kariong Progress Association

A **Web Page** will be set up to take details of individual bookings for the Community Hall . All applications and terms must first be approved by the Committee.

Community Hall

Lease terms and conditions are presently being negotiated with Council and hope to be finalised shortly.

Grants will also be sought to install solar panels, security cameras, security lights, and digital locks to the Hall.

At this stage, the tennis courts remain open for the general public to use free of charge.

Signage on Langford Drive Entry Wall - Calling all creative people out there!

Our committee is keen to hold a **competition** for a design/ sketch of a proposed sign on the bare brick wall to deter any defacement on it. So far there has been a suggested mural design, possibly made from mosaic tiles.

Retired

We sadly announce the resignation of Tom Wilson, a stalwart member and editor of our column in the Kariong Connection. Thank you Tom for wearing so many "hats" and being such a proactive voice in our community over the years.

KARIONG CRIME STATS for June and July

Month	Assault	Break & enter	Malicious damage	Robbery	Theft	Vehicle theft
June	4	0	1	0	0	0
July	3	2	5	0	3	0

The next meeting of the Association will be the

Annual General Meeting

to be held at 7pm on Wednesday 12th September 2018

at the Community Hall

All are welcome



Hello friends and neighbours,

We are bringing another term to an end. And with it will come some important changes.

KidzXChange has been 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.

With the end of term brings the end of our stories from the book of Acts.

Also, it brings to an end KidsXChange. As of September 22, 2018, we will no longer run the KidsXChange program. It has been a wonderful ten and half years serving the children of Kariong, and it is with saddened hearts we shut its doors. We pray that we have made an impact on the children and that they will remember the stories and lessons they have learned.

Barneys Church will hold its last Worship in the school hall on September 29th, 2018.

Barneys House Church will continue, but not in the Kariong Public School Hall. We will be going back to the original Home church model. We will be meeting in a home each Saturday morning from 11:00 am to 12:30 pm, followed by a yummy lunch.

We look forward to continuing to worship with you in our original format.

Please contact Lesley or the XChange at the contacts below for addresses. Barneys will resume following the School holidays.

Ring Lesley on 4340 2872 | Email: kariongxchange@me.com for further information or questions.

PLEASE NOTE:

JP service no longer operates at the Centre
Justices of the Peace available within Kariong area:

Derek Crawford **4340 1286**

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

Tracie Gosling **0412 486 678**

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



Kariong Eco Garden Incorporated
2 Dandaloo Street, Kariong NSW 2250
Phone: 0429 431 889
Email: kariongecogarden@gmail.com
Website: www.kariongecogarden.org.au

A big thankyou to all our volunteers, local business sponsors, and the Kariong community for making our **annual fundraising trivia night a great success!** Ron challenged us with fun & clever questions & had everyone laughing too. The funds raised will help us complete our Cycle of Life project, and to begin works to install a 'puddle patch' for the bush kindy kids, and fire pit for community gatherings!



Our August Boomerang Bags session was a wonderful collaboration with Parklands Community Preschool, making bees wax wraps as well as our regular reusable totes. Join us again in Sept. for a lovely volunteer morning making Boomerang Bags in good company, for a great cause (see dates below). With the warming weather & lots of love from volunteers the Eco Garden has been growing lushly. It's a welcoming space to volunteer in, if you have some spare time & enjoy good company.

What's Happening in Sept?

- **Volunteer Eco-Gardening** – weekly 10am-12noon Mon and Fri, visitors & volunteers welcome
- **Boomerang Bags** - Sun 9th Sept – 10am-12noon at Kariong Community Hall
- **Raw & Unearthed bush kindy** – Wednesdays at the Eco Garden - 9:30-11:30am. For bookings visit <https://rawandunearthed.com/>
- **Bushcare** – Sun 23rd Sept - 9.30am-11.30am in the Oakes Street reserve, tools provided, all welcome
- **Troubadours folk music in the Eco Garden** – Sun 16th Sept – entry by gold coin donation

We hope to see you at one of these events soon!

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.



A SUB CLUB OF MINGARA RECREATION CLUB LTD
PO BOX 8028, TUMBI UMBI, NSW 2261
ABN 96 189 570 048

The Mingara Orchid Club meets in the Legends Function room at Mingara Recreation Club, Tumbi Umbi, every second Monday of the month at 7.30pm.

All visitors are welcome to attend, there is no cost and tea and coffee are provided. Come along at 6.45pm each month before the meeting starts to enjoy to one of our more experienced members give a demonstration on orchid growing., eg potting, dividing your plants, housing etc. followed by the general meeting at 7.30pm

Meetings are provided with a guest speaker, who will give an informative talk and answer questions on a particular aspect of orchid culture. Orchid competitions are organised each month with up to 100 plants being 'benched'.

The Club has been in operation for 10 years and is supported with assistance from Mingara Recreation Club and has successfully staged each year the Mingara Orchid Fair & Show, in June this year we had over 3000 visitors attend the show. The Club is also It is also affiliated with the Orchid Society of NSW and the Australia Orchid Council.

If you have a interest in orchids or just like growing them for pleasure, join us at our meetings for:

- Potting demonstrations
- Lectures
- Culture of general type of orchids
- Viewing members plants
- Sharing your passion with other growers
- Meeting members and joining in discussions
- Discussing your particular problem or sick orchid

If you decide to join the club, for a small fee, you will receive a monthly newsletter containing lots of information regarding cultivation of orchids and future events and the ability to join various organised activities such as trips to orchid nursery's, shows and visits to orchid growers' homes.

Contact Secretary Dellas Johnston on phone 0407 939 738 or email at secretarymoc08@gmail.com



www.kariongchurch.com

Life isn't meant to be lived alone. Connect with other families and individuals in our Community through our Sunday Service, small groups, ministries, events, and more.

Sunday Service @ 9.30am – Kariong Public School Hall - entry via Truscott Ave

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, coffee and fellowship.

During the church service a crèche is provided for 0 – 5's as well as JAM (Jesus and Me), our Sunday morning kids & pre teens program for Kindergarten to Year 8

Children learn about the Bible in an age appropriate environment, through stories, games and craft.

Playtime playgroup– Tuesdays @ 10am – 12pm

Playtime is for parents and their children aged 0-5 years, to come together for fun and friendship.

WAVES Youth Group – Fun activities – Grades 7 - 12.

Second and fourth Saturdays of the month

Bible Study small groups – various ages and stages of life, times & locations

Interested in learning what the Bible has to say and how it affects our lives? Come along to a bible study small group.

Friends Group - All ages - Meets regularly for interesting and fun outings.

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

For further information contact Jon Houston on 0427 731 277 or email jonathanhouston748@gmail.com

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*



Shared living with all the creature comforts

Design your own independent lifestyle with personalised support from Fairhaven. A new supported accommodation vacancy is now available:

- ✓ Ettalong location
- ✓ Best for ages 40-60 years
- ✓ You will need to be eligible for the NDIS
- ✓ Suited for low level support needs
- ✓ Must love dogs!

Register now
Phone 4349 5500 or visit
www.fairhaven.org.au/ettalong



fairhaven








Get free help with your tax return from a Tax Help volunteer

- > Are your tax affairs simple?
- > Do you earn around \$60,000 or less?

To find out more, contact the ATO on **13 28 61**.

myTax

To make a booking for your free tax help appointment at Kariong Neighbourhood Centre ring 4340 1724 or email admin@knc.net.au




Get involved with community activities at Fairhaven!

Our new activities program has been designed to help you get active, develop skill, build friendships and have fun! Suited for people with disability, including if you have an NDIS Plan. **Activities start from just \$5.** Choose from:

- Cooking • Computer/Device usage • Learning Club
- Squash • Craft • Weaving • Painting/Drawing • Fun Boxing
- Gardening • Drumming • Cartooning • Singing • Tai Chi
- Hair, Skin and Self-Care • Travel training • Fishing
- Slow-calling Bingo • Jake's Rock 'n' Jam • Beginner's Ukelele
- Art Therapy (NDIS funded) ... **and more!**

Check out the full activity schedule
www.fairhaven.org.au/community



fairhaven

Visit 209 Brisbane Water Drive, Point Clare
Phone 4349 5500 **Email** hello@fairhaven.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/>

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

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



"Caring for your fur babies is our priority"

Karlong Dog Grooming Salon

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 (*Conditions apply)

- Monday \$25 Doggy Wash Day incl nails, no appointment needed 9-4pm
- Tidy-ups and hygiene Services from \$35
- Full Grooming Services from \$55

8/10 Currunga Road, Karlong

Located in the Karlong Shopping Centre near the Times Cafe (behind the Shell service station)

fetchgrooming.com.au

shannon @fetchgrooming.com.au

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KARLONG QUALITY MEATS



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www.vcdental.com.au

11 Mitchell Drive, Karlong 2250 | also at East Gosford

Sensory Kidzspace

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



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.



1st KARIONG SCOUT GROUP Hall for Hire



We have a large hall available for Play Groups, Dance Groups, Fitness Classes, Group Meetings, Fundraising Events, Celebrations or Classes.

Very flexible availability, located just off the M1.

We have a fully functional kitchen, tables and chairs, two bathrooms and wheelchair access. If you would like more information about our hall please email:

enquiries@kariongscoutgroup.com.au

Maggie Keeble Group Leader

<http://www.nsw.scouts.com.au/>

\$25 p/h



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

If so, we would love to hear from you.

We really need some help with keeping the Centre tidy by blow vac-ing the grounds and a small amount of garden maintenance. We have small repair jobs that don't require a tradesman etc., but need someone who knows what they are doing. We can provide equipment needed and references, and we cover any expenses.



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



out of time

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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

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Kariong Neighbourhood Centre
Wednesdays 9:00am



Certified Instructor Helen
0435 121 520



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

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

Wonderful Women's Group

A Fun, Caring and Friendly Program for Women.
Guest speakers, develop friendships, embrace and connect with your creativity through the arts.
\$5 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 Wonderful Women's Group.
9.30am to 11.30am on Mondays. **During school term** at Kariong Neighbourhood Centre.
\$5 per child or one child free for all mums/carers attending the Wonderful Women's 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

Expressions of interest to 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

WEDNESDAYS continued...

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. (**during school term**).
Morning Tea provided.
Cost: \$4 for members, \$4.50 for non-members.

The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday (**During school term**) Specifically for those that are needing some company. The group leader is caring and eager to show you all a great time! Bring a plate to share. Monthly outings on the last Thursday of the month.
Cost: \$4.00members, \$4.50 for non members.
12:15pm to 2.00pm.

EV Church

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

SATURDAYS—Available for PARTY hire!

Pilates 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 19th September 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.