

# 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 9 10 Langford Drive, Kariong, Phone: 4340 1724; [www.knc.net.au](http://www.knc.net.au)



October 2018

The Kariong Neighbourhood Centre and community—would like to publically thank 3 of our long standing Board members, who are retiring, from all of their hard work and dedication to this centre



Our Board are all volunteers and give themselves and their time to govern and lead the direction of the centre

**Thomas Wilson—9 years of service as ordinary member, Secretary and President**

**Iris Clay—10 years of service as Secretary and Treasurer**

**Jenny Palmer—3 years of service as ordinary member and Secretary**



*Thank you for all your support and local knowledge, we know this is not goodbye As we will still see you around town and in our groups!*



## Help your community to help you

### VOLUNTEERING CHANGES LIVES!

- Connect with your community
- Build friendships and a sense of belonging
- Develop new skills, share your life experience
- Receive the opportunity to give back to others

### GET INVOLVED

Kariong Neighbourhood Centre is looking for volunteers!

Current positions include helping with **childcare, administration, garden maintenance, helping in the OOSH Kitchen-Garden, and assisting with cooking for OOSH kids.**

Note, from 20th Sept 2018 the government is making changes to participation requirements for job seekers aged 30 to 49, and aged 55 to pension age, in relation to Working Age Payments. Volunteering can contribute to annual activity requirements of job seekers, whilst also helping transition into the workforce. KNC is registered with Centrelink as an approved Volunteer Work provider.



**Interested? Contact KNC Admin**

**Email:** [admin@knc.net.au](mailto:admin@knc.net.au)

**Ph:** 4340 1724





## OOSH UPDATE

Only 5 minutes off the M1

Looking back on September, we have had another interesting, challenging, informative, productive, surprising, and brilliant month at OOSH!

September has seen us say farewell to Chris, who is leaving us to pursue her career in aged care. We have thoroughly enjoyed having you as part of our team Chris, and wish you all the best from all the educators and children at OOSH - you will be missed. We would also like to extend a warm welcome to Jessie-Lee, who this month joined our OOSH team. Jessie-Lee has a Diploma in Children's Services and 6 years' experience. If you see her around, be sure to say hello!

With the rainy weather, OOSH kids have been busy creating friendship bracelets and French knitting using wool. Children have also been exploring lines while tracing images onto tracing paper, which is great for building their concentration and fine motor skills.

Towards the end of this month we moved the senior's space to the activities room. This has been a great success, with the older children being able to claim a space as their own while focusing on their own interests.

Outdoors, we have been weeding the garden area next to the walkway with the intention of sourcing some fruiting plants for us all to nurture and grow.

*Marina Bosworth*

**Nominated Supervisor**

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



## ACTIVE PLAYGROUP



**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**

**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**






**WISEBERRY**

# Wonderful Women's Group



Kariong Neighbourhood Centre would like to extend our sincere thanks to the Team at Wiseberry Kariong for their generous & on-going support of our Wonderful Women's Group! We are especially grateful.

## 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:** 9.45am -11.45am

**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.*

## 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](mailto:admin@knc.net.au)



## Wonderful Women's Group

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

**Mondays 9.45 - 11.45am**  
(during school term)

**Price: \$5**

**Place:**  
Kariong Neighbourhood Centre  
**Address:** 10 Langford Drive Kariong

**Free childcare onsite if needed**  
(must register if required)

**For further info. phone 43401724**  
or email [admin@knc.net.au](mailto:admin@knc.net.au)


**WISEBERRY**



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 4**

##### ***Circle of Security in KARIONG***

**Venue:** Central Coast Family Support Services

21 Old Mount Penang Rd, Kariong

**Dates:** Wednesday's, starting in October 2018

**Time:** 10am – 12pm

**Bookings Essential**

##### ***Stand Together in WYOMING***

This group is for women only.

**Venue:** CC Community Women's Health Centre

37 Maidens Brush Rd, Wyoming

**Dates:** Wednesday's, starting in October 2018

**Time:** 9:30am-11:30am

**Childcare available for a gold coin donation**

**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:** Friday's 26 October, 9, 30 November

**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](mailto:ccfss@ccfss.com).

**Website:** [www.ccfss.org.au](http://www.ccfss.org.au)

\*for groups in other locations please see [www.ccfss.org.au](http://www.ccfss.org.au)



A SUB CLUB OF MINGARA RECREATION CLUB LTD

PO BOX 8028, TUMBI UMBI, NSW 2261

***The Mingara Orchid Club meets in the Legends Function room at Mingara Recreation Club, Tumby 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



**Responsible Gambling Awareness Week** is held every year to raise awareness about the nature of gambling, the potential for harm, the importance of gambling responsibly, and where to get help if you run into a problem with gambling. This year it falls on 8–14 October.

Harm from gambling can cause significant damage to individuals, families, work places and communities. Some of the harms of problem gambling include financial stress, bankruptcy; relationship breakdown; mental and physical health problems such as depression, anxiety, ulcers, and high blood pressure; work absenteeism; social isolation; and suicidality.

People who gamble heavily are often stigmatised and feel great shame so unfortunately they don't seek help until they reach a crisis. The support of family and friends can make a major difference in helping people muster the strength to overcome their gambling problems. Talking about gambling helps make it okay for those affected to reach out and share the impact gambling may be having on their life.

We all need to look out for our mates who may be impacted by problem gambling. If you think someone may be struggling with gambling, either directly or as the result of their relationship with a person who gambles, take them aside for a chat and let them know that help is available.

Parramatta Mission Counselling Services provides **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](http://www.problemgambling.net.au/pm counselling.html).*

#### 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**

## Standpipe



Hi all,

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

Well the fire season has begun, all be it a month early. This season is shaping up to be a busy one for the Rural Fire Service across the state. With the current weather patterns and outlook for summer, fire danger and fire activity is likely to be high. With this said, now is the time to prepare your property and fire survival plans. For more information please visit <https://www.rfs.nsw.gov.au>.

You can also visit us at our station on a Saturday morning if you require guidance on preparing yourself and your property, one of our members will be happy to help.

Operationally the brigade has been very busy over the last month, attending a total of 44 incidents making it one of the busiest months in years. 21 of those calls were to bushfires, which is very unseasonable for this time of year. These statistics provide an outlook for the summer ahead. Please be very vigilant and remember to report any fires without a fire truck in attendance to 000.

As we approach summer, the brigade has been spending some time undertaking equipment checks and getting the trucks ready to respond to any fires in our area and surrounding areas. Fire fighting isn't always about attacking the hot stuff. Wednesday nights are often spent going over our equipment. If this sounds like something that interests you, please drop by our station on a Wednesday night or Saturday morning and have a chat about joining.

In other news, NSW had adopted a new road rule to help protect emergency service personnel while working on roadways. Please remember to slow down to 40KPH when passing an emergency vehicle displaying red and blue lights

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.

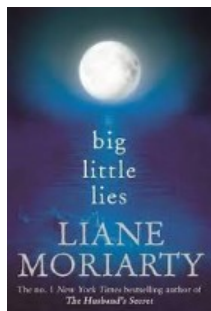
**Babytime** is a special program of songs, rhymes and simple stories for babies aged six to 24 months. Now at Kariong Library every Tuesday morning commencing at 9.45am. All welcome.

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

**New Books** - Call into the Kariong Library and check out the New Books. There are always new books in a variety of genres on display for your reading pleasure. The charming novel An Imperfect Delight by *Andrea DeCarlo*, family history drama The ghost tree by *Barbara Erskine* and biography Best Foot Forward by *Adam Hill* are among those awaiting you.

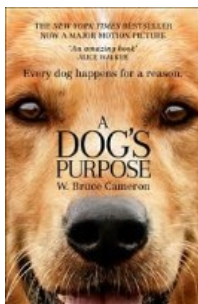
**Children** can get their superhero fix with the collection of junior graphic novels. The library has a comprehensive coverage of **Young Adult** books to tempt even the most reluctant readers. Ask the librarian to help find the book for you.

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 next month are Big Little Lies by *Liane Moriarty*. Pirriwee Public's annual school Trivia Night has ended in a shocking riot. A parent is dead. Was it murder, a tragic accident... or something else entirely?

The second title is A Dog's Purpose by *W Bruce Cameron*. This book chronicles a dog's journey through four lives via reincarnation and how he looks for his purpose through each of his lives.



## Kariong Progress Association

EMAIL: [kariongpa@gmail.com](mailto:kariongpa@gmail.com)



**FACEBOOK:** We are now on Facebook : Kariong Progress Association

### Community Hall

Negotiations of terms and conditions for the community hall are continuing with Council and we hope to report a satisfactory outcome soon.

The tennis courts remain open to the general public to use free of charge, and this will likely continue for some time because of an omission by council to prepare Plans of Management for community areas. Council are working to complete these but will possibly take up to a year.

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

We are still seeking expressions of interest from the general public to create a mural design, possibly made from mosaic tiles or a painted design. The mural will go onto the wall at the roundabout which used to have the name "kariong" on it. Unfortunately the letters have been misplaced by Council when they constructed the roundabout and we are hoping they will help pay for a new sign.

### Kariong Crime Statistics for Sept. 2018:

Month	Assault	Break & enter	Malicious damage	Robbery	Theft	Vehicle theft
Sept	4	1	1	0	5	0

**Kariong Progress Association is now meeting on**

**Wednesday 17 October 2018 at 7pm**

**IN KARIONG PROGRESS HALL**

*All welcome*





## COMMUNITY GARAGE SALE!

Kariong Eco Garden are hosting a community Garage Sale on Sunday 21/10/18, 9am-1pm in Dandaloo Street: limited outside spaces next to the Arts Barn and inside spaces in the Community Hall

**Sunday 21/10/18 | 9am-1pm**

\$10 donation to book, first in first served.  
BYO table/s, and gazebo if outside

**To book or volunteer  
call or text Lisa on  
0429 431 889**



*Are you a Fixer? Volunteer to help at the Repair Café...or bring in your repairs!  
Bike maintenance, broken chairs, small appliances, darning socks? We would love you to share your skills and help reduce waste.*

### Australian Plant Society

Inquiries contact Elsie at  
[damael@hotmail.com.au](mailto:damael@hotmail.com.au) or  
telephone 4365 5049



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 12<sup>th</sup> October 2018 at 7.00pm for a 7.30pm start**. There is a \$2 admission charge at the door which includes a Lucky Door ticket.

Speaker on the night will be Brian Roach and his topic will be "The Grevilleas are Laughing".

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 Sunday 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 supper 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.

Inquiries contact Elsie at [damael@hotmail.com.au](mailto:damael@hotmail.com.au) or telephone 0408 653140

EST 1987

## KARIONG COMMUNITY

BAPTIST CHURCH

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 abible study small group.

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

Christmas Carols - Sunday evening 23rd December Kariong Primary School - more details soon

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](mailto: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](mailto: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](http://www.fairhaven.org.au/community)

Visit 209 Brisbane Water Drive, Point Clare  
Phone 4349 5500 Email [hello@fairhaven.org.au](mailto:hello@fairhaven.org.au)



## 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](mailto:admin@knc.net.au)

**Op Shop**  
**Antiques and Collectables**  
**Thrifty Threads craft shed**  
**Upcycled furniture and gifts**  
**Second hand book shop**  
**Furniture barn**  
**Pet friendly café**

*Proceeds support people who live with disability.*

Fairhaven Shopping Village  
Visit 209 Brisbane Water Drive,  
Point Clare Phone 4349 5500  
Open Mon-Fri 9am-4pm. Sat 9am-2pm



## 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

**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**

**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](mailto: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](http://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](http://www.nsw.crimestoppers.com.au)

## Government Funded Training

### Business Taster Program

Preparing you for  
work in a variety  
of roles



Enrolling Now

Business Taster Program  
18 October 2018 | Gosford

Limited Places - Register Today!

Contact Michelle Today:

☎ 4323 1233

✉ training@etaustralia.com

🌐 www.etaustralia.com

📘 @ETAustralia



This training is subsidised by the NSW Government. Eligibility criteria applies. RTO ID 90084



*"Caring for  
your fur babies  
is our priority"*

0400 403 411

### 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**

**0400 403 411**

## Know your local Butcher The Sausage Man

Best snags on the Coast in your own Backyard

National and State Champion

Proud sponsors of Karlong Soccer and Rugby clubs



- Over 100 varieties of sausages to choose from
- Every one will have a favourite!!
- Open 7 days
- Spit hire
- Quality pet food

Find us on  
**Facebook**

Shop 1/Arunta Ave, Karlong Phone: 4340 1064

**KARLONG QUALITY MEATS**



Medicare Child Dental Benefits Schedule Bulk Billed

**4340 2022**

**OPEN LATE NIGHT  
THURSDAYS**

**30 YEARS LOCAL**

Dental Practice



**ACCREDITED**

Emergency dental care  
Preventative care  
Teeth whitening  
Cosmetic dentistry  
Dental implants  
Facial cosmetic injections  
Sleep dentistry (IV sedation)  
Oral surgery  
Wisdom teeth removal  
Orthodontics and Invisalign  
3D CT scanning

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](mailto:enquiries@kariongscoutgroup.com.au)

Maggie Keeble Group Leader

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

**\$25 p/h**



**Too busy to clean ?**

Get back your weekends doing what you love

- Residential & Commercial Cleaning
- Rental Cleaning – Inbound / Outbound Cleans
- Builders Clean
- Regular weekly / fortnightly cleaning available

[reception@fibern.com.au](mailto:reception@fibern.com.au) <https://www.fibern.com.au>

02 4340 0800 or 0405 189 042

## By George Window Cleaning Services

Professional residential & commercial window cleaning

Free quotes—reasonable prices

Give George a call **0410 332354**

## KARIONG NOW HAS A LOCAL TRAVEL AGENT



## I am your Local Travel Agent

*Up to 12 months Interest Free Terms*

**Phone: 0420 536 366**

**Email: [danielle@thesmarttraveller.com.au](mailto:danielle@thesmarttraveller.com.au)**

**Website: [www.thesmarttraveller.com.au](http://www.thesmarttraveller.com.au)**



Tax agent  
24794808

## TAX RETURNS

Level 3 Imperial Shopping Centre  
171 Mann Street Gosford

**Website: [www.aplustax.com.au](http://www.aplustax.com.au)**

**E-mail: [info@aplustax.com.au](mailto:info@aplustax.com.au)**

**Phone: 4339 9936**



## FREE TV RECEPTION TEST

**We will Test & Diagnose any problems you are having with your TV Reception for FREE!!**

Digital TV Antenna Services TV & Speaker Mounting

**0419 409 180**

## We R Electrical

*For all your electrical needs*

**Ben Stephenson**  
Director

Mobile: 0417 047 235

Email: [werelectrical@aapt.net.au](mailto:werelectrical@aapt.net.au)

ABN: 72 147 825 910

Licence No: 233442C



20 LANGFORD DRIVE, KARIONG  
4340 5154

[www.betterhealthpractices.com.au](http://www.betterhealthpractices.com.au)

*Celebrating 20 years of Caring for Kariong*

- Chiropractic • Massage • Acupuncture
- Naturopathy • BabyROO Classes

*Health fund & Medicare accredited*



## FREE QUOTES

Kariong local, Fully insured  
over 20 years experience



[www.facebook.com/oootservices](http://www.facebook.com/oootservices)



open early 7 days

Quality Coffee \* Gourmet Burgers & Wraps  
Breakfast \* Shakes \* Smoothies

Shop 4, 10 Currunga Rd, Kariong NSW 2250 Tel: 4340 5427

## MATURE HANDYMAN SERVICES

**Your Local Kariong "Mr Fix it"**

Experience in Interior and exterior repairs &  
maintenance on those smaller jobs from fixing  
doors to mowing your lawns and lots more

Call Bernie 4340 0974 / 0410 434 845

-----fully insured-----



## ALL PAINTING SOLUTIONS

INTERIOR/EXTERIOR

DOMESTIC/COMMERCIAL

ALL REPAIRS & SPECIAL EFFECTS

**FREE QUOTATION**

**WORK GUARANTEED**

Call 0408 917774 or 43400420

Lic. No. 129863C

# 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,  
set goals  
and plan  
your  
future

ABILITY LINKS is  
a FREE,  
State

Government-  
funded service  
linking people  
with disability  
aged 7-64 to their  
local communities

Gosford  
4905-0749

Wyong  
4905-0750

[www.abilitylinksNSW.org.au](http://www.abilitylinksNSW.org.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



**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](mailto: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.  
9.45am to 11.45am 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.  
9.45am to 11.45am 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](mailto:admin@knc.net.au) to book  
Call into the Centre for an information / registration pack.

### Pilates for Seniors - [sarah@yourtemple.com.au](mailto: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](http://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](mailto:sarah@yourtemple.com.au)

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

## SUNDAYS—Available for PARTY hire!

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

### ADVERTISING CLOSING DATE

for NEXT ISSUE

**Wednesday 17th October 2018**

Please submit advertising to [admin@knc.net.au](mailto:admin@knc.net.au)

and Community Announcements to

[coordinator@knc.net.au](mailto: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](http://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.



# HOLIDAY ACTIVITIES FOR KIDS AT KARIONG NEIGHBOURHOOD CENTRE










Ph: 4340 4561 | Email: oosh@knc.net.au | Web: www.knc.net.au

Only 5 minutes off the Highway!

Before, after and vacation care: 6:30am - 6:30pm

Ages: 4 to 14 years



Monday 1st Oct	Tuesday 2nd Oct	Wednesday 3rd Oct	Thursday 4th Oct	Friday 5th Oct
 <p><b>Public holiday</b></p>	 <p><b>\$60 — EXCURSION INTENSITY</b></p>	 <p><b>\$60 — EXCURSION WEBERS CIRCUS BATEAU BAY</b></p>	 <p><b>\$55 — INHOUSE WELCOME TO SPRING</b></p>	 <p><b>\$60 — INCURSION ROBOT RIOT</b></p>
Monday 8th Oct	Tuesday 9th Oct	Wednesday 10th Oct	Thursday 11th Oct	Friday 12th Oct
 <p><b>\$60 — INCURSION EL CIRCO GRANDE CIRCUS PERFORMANCE</b></p>	 <p><b>\$60 — EXCURSION TO CINEMA PARADISO</b></p>	 <p><b>\$60 — INCURSION 9D MOBILE CINEMA</b></p>	 <p><b>\$70 — EXCURSION HUNTER WETLANDS</b></p>	 <p><b>\$55 — INHOUSE GAMES DAY</b></p>

For full details on all of our exciting excursions and incursions, please go to our website, pick up a program from the Centre or check in with our Facebook page for daily updates on the following day's events. You can also book online!

If for some reason e.g. the weather forces us to make a change to the Programme, an alternate activity will be displayed in the lobby of the Neighbourhood asap

We are a Nationally  
Recognised Inclusive Service



Have you had a look at our new  
Website?

Check it out at [www.knc.net.au](http://www.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**

## CONNECTING UP

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 Connecting Up 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](mailto:admin@knc.net.au)