

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



November 2018

THE CHRISTMAS FAIR

SUNDAY 2 DEC MT PENANG GARDENS 9AM-2PM

Celebrating 11 Years!

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OOSH UPDATE

Only 5 minutes off the M1

Our October vacation care program was very successful with lots of new experiences on offer for the children. We went up to The Hunter Valley wetlands and spent time meeting some reptiles, bushwalking, playing games and making damper. Everyone has a fantastic time and we will make sure we book this excursion again. We have commenced bookings for our January program and are looking forward to delivering an exciting array of incursions and excursions from the 7th January 2019.

Term 4 is upon us and it is now time to re-enrol your child for next year if you would like to continue care with the service. Please come and see us in the office for the enrolment document.

We have been busy getting creative at OOSH lately, making masks, practicing our singing skills on the microphones, crafting and collaborating.

We have begun collecting donations for our end of year raffle, if you have non-perishable items or goods to donate please bring them to the OOSH office. Your contributions will allow us to raise funds for new technology for the kids to use in our OOSH program.

As the weather warms up please be advised we are now a registered sunsafe service and require all children in our care to wear hats in line with regulations. We can't wait for the spring weather to begin!

Marina Bosworth

Nominated Supervisor

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



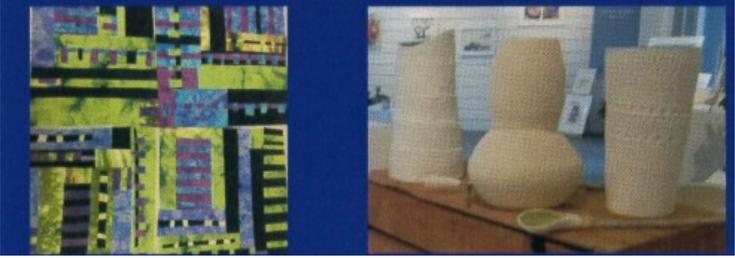
ETTALONG BEACH Arts & Crafts Centre Inc.



2018 ANNUAL EXHIBITION & SALE

Sat Nov 3rd 10am-4pm
Sun Nov 4th 10am-3pm

Peninsula Community Centre
93 McMasters Rd, Woy Woy



Kariong Neighbourhood Centre inc. *Little LIBRARY*



Open the door to KNC's tiny little library and you will find a range of children's picture books, novels and magazines. Feel free to take one to read and enjoy, then return it when you are finished for others to enjoy!

Where is the Little Library? Look for the red & yellow library box in the front carpark of the Centre!





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 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.

Website: www.ccfss.org.au

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



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

SPRING! 4 Seasons

Nature Night

Saturday 17/11/18, 6-9pm

Free family friendly night in the garden. BYO picnic, order Kariong Pizza or buy salad wraps, tea, coffee and cake. Bring your instrument and your bike for Pedal Power short films from local community gardens.

See our website and Facebook page for more info.



Like to visit the Eco Garden? Visitors, new volunteers and the curious are always welcome!

Drop by between 10.00am-12.00noon Mon or Fri. Enjoy a stroll around the garden, a cuppa with our regulars, get your hands dirty, or see us in the office upstairs in the Arts Barn to become a member (only \$5 per year).

We also hold regular activities every 2nd Sunday:
Sunday November 11th (Remembrance Day)

9.30am-12.30pm Boomerang Bags in Kariong Hall
- with 1 minute silence at 11am

Then

12-2pm Pedal Power System Maintenance workshop - join us to learn how pedal power works and help us trouble-shoot and Pedal!



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.



Hello friends and neighbours,

We have started another important chapter in our lives as well as another term. As you are aware, KidzXChange has come to an end. Barneys Church however will continue in its original format. Once again, we will be holding Barneys House Church.

Terms 2 & 4 will be held at 1 Banks Close from 11am. Terms 1 & 3 will be held at 4 Casey Crescent. We will be using a new format that will see us using all ages in all areas. Doors will open at 10:40am and hot drinks will be available until 10:55am. Lunch will be provided following church as always. We are looking forward to worshipping with you in our homes in the coming year.

Women's small group will continue to meet on Wednesday mornings at 10:00am and there will be a men's small group starting very soon. We are also looking forward to running a youth group, and prayer meetings. Please watch this page for further and more current news.

To get the addresses of the above new meetings please contact Lesley on 4340 2872 or email kariongxchange@me.com for further information or questions.

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 **Friday 9th November 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 Greg Bourke and the topic will be *Scaevolas & Goodenias*.

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.



In times of adversity, communities come together and we have seen this in a very substantive way with the support given to drought affected farmers by many organisations across NSW, over the last few months. We sometimes forget, however, that our youth also have a social conscience and it is when this is backed up by actions and initiative that I am most proud to work in schools and observe this first hand. Our students (and their families) reached out to help and through bake stalls and mufti days, they raised funds to help those in need. We have donated that money to the Kariong Somersby Rotary Club to support their fund raising project for this cause. Thank you to our students, staff and families for once again putting our values into practice.

For the information of Year 12 students:

The UAC Educational Access Scheme (EAS) is open until 30th November. To apply for EAS you need to demonstrate that your Year 11 and/or Year 12 studies have been negatively affected for at least six months, as a result of circumstances beyond your control or choosing. If you are eligible, and your ATAR is below the required cut-off for a course, an institution can increase your selection rank (known as an 'equity adjustment') or reserve you a place in the course.

All KMHS Year 12 students have been emailed this information, in the event that they are eligible. Our careers advisor can be contacted to assist with information, if needed and information can be obtained from the UAC website.

We hope that all Year 12 students had a calm and confident HSC experience and that they are enjoying this 'gap period' before embarking on their next life experience.

Anne Vine | Principal

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POKER MACHINES: There's no strategy to beat them and no way to cheat them. They are totally random.

The winning or losing combination has nothing to do with what is on the screen, or what happened on the last press of the button. It is determined by a random number generator. Every spin is random.

This very randomness affects your brain by affecting your dopamine system. Dopamine is a neurotransmitter that affects the pleasure centres of the brain, influencing how we see the world and survive. Whenever we experience something pleasurable, such as eating a meal or winning some money, our dopamine neurons get excited. This helps the brain to learn about pleasure and rewards, and as pleasurable things often help us to survive, the brain attempts to predict when it will happen again.

While you play the pokies your brain is trying to predict the patterns, trying to anticipate future rewards. But here's the catch, poker machines are completely random. There are no patterns. So the more you play the more your brain is flooded with dopamine. Your brain is constantly stimulated, just like someone using cocaine.

The best way to beat the pokies is to be realistic. Every now and then you might come out ahead, but don't trust in luck. You have to expect to lose money, so only gamble what you can afford. Set a limit and stick to it. Don't try to win back what you've lost. Chasing losses leads to desperation and playing more, and playing more can create changes in your brain which can lead to addiction.

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.*

Standpipe



Hello to All,

The brigade executive met on 7th of November

Members present at the meeting were:

Captain Jeremy Morris, 3 Deputy Captains Joshua Sanders, Don Simpson and Rob Sterling, Brigade President Rob Sterling, Treasurer Nita Hughes, and Brigade Secretary Chris Tierny

Meetings Guests

FCO Frank Overton and Central Coast Group 9 Barry Myers

Items raised at this meeting were:

1. Communication between the brigade executive and the brigade. A discussion was held about how the executive can better explain and communicate decisions made at the executive level to the brigade.
2. Meetings will be run based on the NSW RFS "how to run my brigade meetings" that will be available for members to read if they so wish. This will allow meetings to run more smoothly and be better structured.
3. The process for the upcoming leave of the captain and the structure of command while he is away, i.e contact Paul in place of Jeremy for the duration of leave.
4. Tough Mudder - the brigade will be helping out on Sunday the 19th of November
5. A discussion took place about how voting is conducted and that members have expressed an interest in background information being given on the member that is being voted upon. An example would be how many training sessions they have attended etc.
6. Kariong Alpha is roadworthy from RFS engineering and can be used operationally. It was discussed that even with this being the case, it will be beneficial to take things gently so that we get do not cause further damage before the end of the fire season.

If anyone has any specific questions about what was discussed, feel free to come see me after this meeting or speak to one of the officers that were present at the Executive meeting.

As always if anyone has a concern or item that they feel needs to be brought to the attention of the Executive, please raise this with myself or if you are uncomfortable with speaking to me about the issue please use the chain of command who will raise your concern with the executive.

That's all from me.



..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.

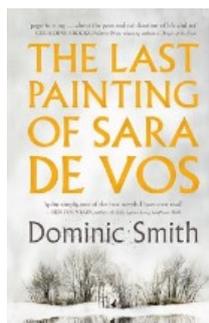
The library catalogue is available online so that you can search for what you need before you visit. The Virtual Library provides access to a range of online subscription databases, plus a selection of useful and authoritative web sites. Many are available from home, and you can use your library card number to log in. www.gosford.nsw.gov.au/libraries

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.

November will be our last book club meeting of the year. Books up for discussion will be: **The Last Painting of Sara De Vos** by *Dominic Smith* spans four hundred years across three continents and is a stunning tale of forgeries and deaths, deception and love to reveal the lasting legacy of a single painting and two women, their mistakes and love affairs, their devotion to art and their struggles to thrive in a male dominated profession.



The Forgetting Time by *Sharon Guskin* tells the story of Noah, aged four who wants to go home. The only trouble is he's already there. Janie's son is her world, and it breaks her heart that he has nightmares, is terrified of water and he sometimes pushes her away and screams that he wants his real mother. In desperation, she turns to someone who might have an answer - but it may not be one she's ready to hear.

Kariong Progress Association

EMAIL: kariongpa@gmail.com



FACEBOOK: We are now on Facebook : Kariong Progress

Join us for the monthly meeting of the KPA, we will **start with tea and coffee** and then have the formal part of our evening. Bring along your ideas for improvements to Kariong to share with the KPA.

ALL WELCOME

At the AGM on the 12th September the following positions were filled:

President: Tony Farina

Joint Secretary: Lisa Wriley and Gavin Plunkett

Treasurer: Geoff Mitchell

Negotiations with Council:

Negotiations are continuing and hopefully an agreement regarding the hall will be reached before Christmas.

The tennis courts:

Courts remain open to the general public to use free of charge, and this will likely continue until Council advertise for Expressions of Interest. Any Group keen to utilise the courts should watch for the advertisement.

Use of Council Facilities:

Council has requested staff to prepare a document on the use of Council facilities for submission no later than February 2019. Most Councillors supported the move, however our local councillor Troy Marquart voted against the motion.

The next meeting will be held on
Wednesday 14th November 2018
in Kariong Community Hall
commencing at 7.00.pm

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



Energy & Water
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Complaints to the Energy & Water Ombudsman NSW increase in the Central Coast area

According to the Energy & Water Ombudsman NSW's (EWON) recently released Annual Report, complaints increased from the Sydney Surrounds region of NSW (which includes the Central Coast) in 2017/2018, rising 14% from 2016/2017 to 1,944. This is above the overall increase for the state of 12%.

There were 41 complaints per 10,000 people – the sixth highest number of complaints from any region in NSW.

Billing complaints in the Sydney Surrounds region rose 16% in 2017/2018 and continue to be the most significant complaint issue raised with EWON, present in 60% of all complaints. Billing issues include high and estimated bills, billing errors and problems with opening and closing accounts.

The report also shows a 14% increase in complaints related to customer service, including poor service, failure to respond, incorrect advice or information, and failure to consult or inform customers. These issues are present in 48% of complaints from the Sydney Surrounds.

Complaints related to energy affordability, including payment difficulties, debt collection, credit default listing and disconnections, increased by 47% in Sydney Surrounds, and were present in 24% of all complaints during the period.

Electricity accounted for 88% of EWON's complaints in Sydney Surrounds in 2017/2018 and rose by 26% in 2017/2018. Gas complaints accounted for 9% of complaints, but fell by 32%, and water complaints also fell by 32% and make up three percent of all complaints.

If you have a problem that you cannot work out with your energy or water provider, contact EWON at Free-call 1800 246 545 or by or visit ewon.com.au



Life is not 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.

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



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

Visit 209 Brisbane Water Drive, Point Clare
 Phone 4349 5500 Email hello@fairhaven.org.au




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



TOWARDS ACHIEVING VOLUNTARY ASSISTED DYING IN NSW IN 2019
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NSW, CENTRAL COAST

10am 23 NOV. 2018, Meeting Room 3,
 opposite Gosford Library, Erina Fair
 Q and A Session | Refreshments

NON-MEMBERS WELCOME
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Brisbane Water Historical Society
 25-27 Henry Kendall St West Gosford

Presents

The Cottage Twilight Market

Saturday, November 3rd 4pm – 8pm.




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For more Information
 Phone Sue on 0422565097
 Email info@henrykendallcottage.org.au

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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>

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



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.



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

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.

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at Kariong Neighbourhood Centre With Katie Smith

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(Availability subject to court appearances)

Bookings Essential

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commercial leases, personal injury or workers compensation is **NOT**
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- Monday \$25 Doggy Wash Day incl nails, no appointment needed 9-4pm
- Tidy-ups and hygiene Services from \$35
- Full Grooming Services from \$55

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shannon @fetchgrooming.com.au
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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/>

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02 4340 0800 or 0405 189 042

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.



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Mobile: 0417 047 235

Email: werelectrical@aapt.net.au

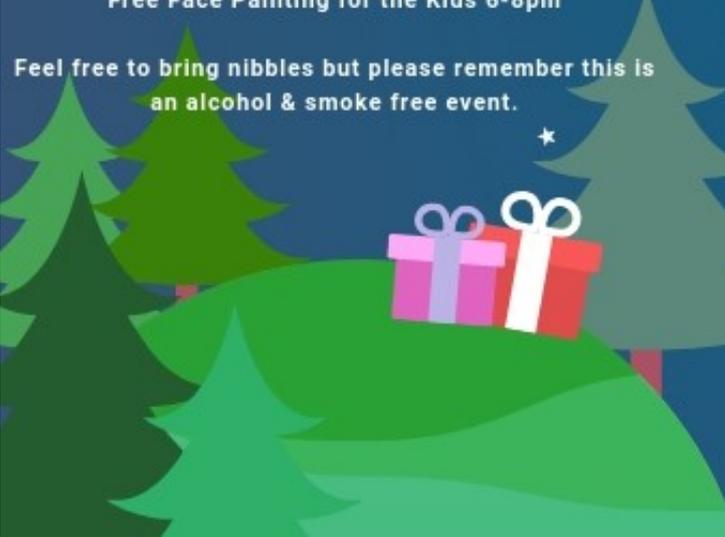
ABN: 72 147 825 910

Licence No: 233442C

★ KARIONG COMMUNITY CAROLS

Cafe Style 'Carols by Candlelight' From 7-8.15pm
 Free Sausage Sizzle, Cold Drinks, Barista Coffee +
 Tea 6-7pm
 Nativity Scene with Live Animals + Games for
 Children 6-7pm
 Free Face Painting for the Kids 6-8pm

Feel free to bring nibbles but please remember this is
 an alcohol & smoke free event.




FREE QUOTES
 Kariong local, Fully insured
 over 20 years experience

 www.facebook.com/ooservices

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 917 774
 Lic. No. 129863C

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 

ABILITY LINKS

NEW SOUTH WALES

Develop your existing support networks and create new networks

Build your confidence, set goals and plan your future

Linkers can assist you to

Look at ways you can participate in and be part of your community

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

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.
9.45am 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 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 - NSCC Area Health

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

Friday 16th November 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.



**LIESL TESCH MP
MEMBER FOR GOSFORD**

COMMUNITY RECOGNITION STATEMENT

15 MAY 2018

KARIONG NEIGHBOURHOOD CENTRE

Wowee! There are just not enough minutes in the day for all the great work that Fiona and her team of staff and volunteers at Kariong Neighbourhood Centre need to do. They are amazing contributors to the community, providing a full, wraparound service to many families who are stretched to the limit. From the moment people walk through the doors, they are welcomed into a safe and friendly environment that promotes a sense of connected belonging. I was thrilled to see the very detailed 3D map of the whole community in the foyer. The team at Kariong Neighbourhood Centre provides an active playgroup, craft and chat group, Pilates for seniors, an over-50s friendship group, tai chi, yoga—the list goes on—as well as massively successful out-of-school-hours care, supporting many Kariong families who spend long days commuting to jobs in Sydney. It would be even better if community organisations could provide still more services to support people in Kariong that the community centre identifies have needs beyond its abilities. I thank those at the Kariong Neighbourhood Centre for all the love and positive energy they deliver to the community.

A handwritten signature in blue ink, appearing to read 'Liesl'.

Liesl Tesch MP

