

TERM 4 2018

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

Service Groups, Workshops and MORE!

- Information & Referral
- Free Booklets
- Administration Services
- **Free** Early Childhood Clinic
- **Free** Immunisation Clinic
- Active Playgroup
- **Free** Tax Help 2018
- Out of School Hours Care (OOSH)
- Vacation Care
- Little Big School
- Wonderful Women's Group
- Care 4 Kids
- Be Connected
- **Free** Family Law
- Pilates for Seniors
- Tai Chi
- Indoor Bowls
- Craft & Chat Group
- The Over 50's Friendship Group
- Ukulele Lessons
- Venue Hire / Advertising

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

Information & Referral

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

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

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

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

We are here to support you !!

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

Drop into the Centre to pick up your copy



Administration Services



Nguyen and Debbie are happy to help you with all your admin needs

The following services are available during office hours

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

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

Discounts apply for KNC members

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

FREE EARLY CHILDHOOD CLINIC * Every Tuesday and Wednesday



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

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

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

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

Coast and Local Health District nurses conduct Free Immunisation Clinics 'Drop in clinics' for 2 month to 4 year old children.

Every second and last Tuesday of each month between 12pm and 1pm.

No appointments required just call in from 12.00pm

For more information ring Child & Family Health Service 4328 7900

Timetable available at the Centre or on our website: www.knc.net.au



PLAYGROUP Wednesdays 10.30am to 12.30pm

ALL WELCOME!

This very popular playgroup is facilitated by fully qualified Child Educator, Lyn who is assisted by volunteer child care workers.

Come along and have some fun, meet new families and share experiences. Active Playgroup is an educational program developing social skills and motor skills in a safe, happy and stimulating environment.

For more information contact the Centre on **4340 1724**
Or email admin@knc.net.au



KARIONG OUT OF SCHOOL CARE (OOSH) and VACATION CARE



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

During Vacation Care and on Staff Development Days (pupil free days) the Centre offers care from **6:30am to 6:30pm**.

We offer a varied child focused program following the 'My Time Our Place' curriculum.

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

LITTLE BIG SCHOOL * Mondays — School Terms Only From 9.30am - 11.30am

We provide fun activities that promote learning and development in a small pre-school like setting. Our endeavor is to support each child's successful pathway to school.

- *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

Cost \$10 per child per session. Bookings essential

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



WONDERFUL WOMEN'S GROUP * Mondays (during school term) 9.45am - 11.45am

FOR ALL WOMEN

• **Fun creativity** • **Make great friends** • **Create community**

• **Be empowered** • **Have some time out**

Mondays (during school term) 9.45am - 11.45am

Sponsored by

Price: \$5 - Childcare is free for 1- 5 year olds - Registration essential



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



CARE 4 KIDS 1-5 YEAR OLDS * Mondays (During School Term) 9.45am - 11.45am

Facilitated by two trained child Educators

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



Cost: **FREE** for Group Participants / Carers or **\$5** per child for Non-Participants / Carers

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

Registration is essential. Contact 4340 1724 or email admin@knc.net.au

Just Nurture — Reiki & Reflexology

Having a session at Just Nurture, either Reiki or Reflexology, or a combination of both will bring a level of such deep relaxation, well-being and nurturing. Whether you have specific physical or emotional issues you would like to address, or simply giving yourself some well-deserved time-out.

Time: Mondays (during school term) 9.45 am – 11.45 am, starting 15th Oct. 2018 for 6 weeks

Place: Kariong Neighbourhood Centre, 10 Langford Drive Kariong

Price: Free 20 minutes sessions to Wonderful Women's Group participants.

Registration essential. Phone: 4340 1724 or email admin@knc.net.au



INDOOR BOWLS Tuesdays 9.15am to 12 noon

Join us for a laugh and a stretch on **Tuesday mornings** during school term

For more information ring the Centre or just come along.

New players are always welcome. No experience necessary.

\$4 for members, \$4.50 for non members.

Morning Tea is provided.



BE CONNECTED By appointment



Be Connected
Every Australian online.



Visit our Be Connected kiosk which is focused on learning how to use simple computer programs, the internet & emails.

FREE computer lessons for seniors and people with disabilities Our team of local volunteers are here for you.
Bookings Essential 4340 1724

CRAFT & CHAT GROUP Thursdays 9.30am to 12.00 noon



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

Bring your own project to work on or learn new skills from others.

Newcomers welcome, no expertise required.

Thursdays 9:30am to 12.00pm.

\$4 for members, \$4.50 for non members. Morning tea is provided.

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



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

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

\$4 for members, \$4.50 for non members.

PILATES FOR SENIORS



Mondays 12:00pm to 1.00pm (During school term)

\$10 per class

Pilates strengthens core muscles, improves flexibility & builds bone density!!

Come along and have some fun in a class paced to your ability!

For information & bookings contact Sarah 0425 265 609 Or Sara@yourtemple.com.au

Also PILATES for FITNESS

8.15am - 9.15am

TAI CHI - Australian Academy of Tai Wednesdays 9am to 10am (during school term)



\$12 per class

Contact Helen on 0435121520

Be Proud of Your Community

Do you have your sticker yet?

Ask our Admin staff

Size: W27.9cm x H7cm



FREE FAMILY LAW CLINIC

With Katie Smith

Private 30min appointments available

Mondays: 5.30pm - 7pm (Availability subject to court appearances)

Bookings Essential

Please Phone 4340 1724 for an appointment: 30 Years Experience in: Family Dispute Resolution/
Mediation • Child Welfare Family • Law Divorce • Property & Parenting • Wills & Probate •
Neighbourhood Issues

Please note: Advice on mortgages, guarantees, bank loans, commercial leases, personal injury or workers compensation is **NOT** able to be given.

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

LEARN TO PLAY THE UKULELE

Ukulele Beginner Workshop Groups NOW at the Kariong Neighbourhood Centre

No Previous Experienced Required. Suit Ages 15-99

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

When: Saturday Mornings 9.00am - 11.00am

Bookings required: Phone (02) 4340 1311 (after hours 0419 217 006) or email debi29@bigpond.com

Cost: \$10.00 per lesson (handouts and song sheets provided)



Hold your child's party or function here!!

Kariong Neighbourhood Centre is the perfect venue for your event
We have fantastic facilities including fully equipped kitchen, outdoor playground and undercover area for wet weather option for parties. Call today to arrange your booking 4340 1724 or book online
<https://kariongneighbourhoodcentre.as.me/schedule.php>



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

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

Equipment Hire at KNC

Item	Standard Rate	Number available	Description
Chairs	\$3	70	Black stackable (with trolley)
Trestle Tables	\$10/ \$7.5	12/ 4	Folding legs plastic
Table cloths	\$10	14	White rectangular cloths
* Cutlery	35c each	50	Knives, forks, dessert spoons & teaspoons
* Crockery	\$0.55/ \$1	50	Side plate – \$0.55c, Dinner plate – \$1.00, Bowl – \$0.55, Mug \$0.55
* Water Jugs	\$3	6 Steel 2 glass	stainless steel and glass water jugs
BBQ	\$35		Gas outdoor BBQ, gas cylinder supplied

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

Advertise With Us in the Kariong Connection

Are you looking for somewhere to advertise at very reasonable rates?

Ask about advertising in our newsletter. Delivered to over 2500 local community members and local businesses, and emailed to over 600 more.

Many locals use the Kariong Connection and the Community Centre to find local trades and services.

Advertising prices start from just \$36 per month for a business sized ad

For more information on our very reasonable rates

Contact us on 4340 1724 or admin@knc.net.au

