

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 11 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



December 2018

- Kariong Community Baptist Church Presents -

KARIONG COMMUNITY CAROLS

Sunday December 23rd 6-8.15pm
Kariong Public School, Langford Dr, School Hall.

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

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

Dear Community,

Although Christmas is meant to be joyful, it can be a stressful and lonely time for many. Please reach out to neighbours and loved ones. A simple conversation could make someone's day! Consider inviting those that are celebrating alone around for a shared meal or a cuppa. Keep spending humble and focus on experiences, and doing simple things you enjoy.

*"A kind gesture can reach a wound
that only compassion can heal"*

S. Maraboli

Wishing you all a relaxed and safe Christmas from the team at Kariong Neighbourhood Centre!



THE CHRISTMAS FAIR

SUNDAY 2 DEC MT PENANG GARDENS 9AM-2PM

Celebrating 11 Years!

150+ STALLS LIVE MUSIC

CHRISTMAS FOOD,
SIX STRING BREWERY BAR,
JULIE GOODWIN BOOK SIGNING,
FACEPAINTING, KIDS CHILLOUT ZONE
& MUCH MORE!

FREE PARKING
+
GOLD COIN ENTRY

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OOSH UPDATE

Only 5 minutes off the M1

We have nearly finished the January Vacation Care program and will be releasing this shortly.

We are looking forward to some new adventures and experiences.

We were very kindly donated scooters and protective pads as well as helmets. These have been very well received and the children are enjoying using these immensely.

We've been busy this month enjoying Orbeez, Kinetic Sand and Loom Bands. The group have been hard at work making catapults using wood, nails and rubber bands. There has been lots of discussion surrounding trajectory and distance; hands on learning is so valuable to our children's development.

We have been enjoying hockey, soccer, gardening, construction, dress ups, and cooking experiences.

If anyone has any tinsel they are not using we would really appreciate if you brought this in to us for our Christmas crafts.

We have begun fundraising for the service selling Cadbury chocolates. Please see the OOSH staff if you would like to buy some chocolate.

Marina Bosworth

Nominated Supervisor

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



KARIONG CONNECTION

Change of Format in 2019



To our dear readers, community contributors and advertisers,

From 2019 onwards the Kariong Connection will be changing to a smaller and more compact format. We will also be considering transitioning to using drop-off points, rather than continuing with hand delivery to individual mailboxes.

These changes are driven by the need to reduce cost, as well as the environmental impact of printing. We will also be shifting our focus to online content. The Connection's new format will be a big change, but offer exciting new opportunities for advertisers and contributors.

KNC would greatly value your feedback as we transition towards this new smaller version of the Connection. Please get in touch with us if you have questions or comments.

Phone: 4340 1724

Email: admin@knc.net.au

Website: www.knc.net.au



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








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-  Safely shop online
-  And much more!



Book Now:

 4340 1724

@ admin@knc.net.au



Employment Assistance

We have been helping people with disability to find valued employment for over 25 years. We are part of the Disability Employment Services and we provide specialist services to support and seek out opportunities for people with disabilities. Our employees gain a lot from being employed with us including an income, new skills and valued efforts.

How will you find something for my specific needs?

We are experts at finding solutions. If you are reliable and want to work, we will search for opportunities to suit your specific needs. We are always looking to learn about the unique prospects in your areas. If you are not sure whether we can help you, call us to chat about your story, your needs and worries.

Building Skills for community participation

Participating in society through social roles can have a big impact on your quality of life. We can help you become an active citizen by building your skills and capacity to be involved in your community. We investigate what is happening in your area to see what it can offer you and what you can give in return. We can provide a range of training to build your skills so you are able to participate.

Building individual capacity

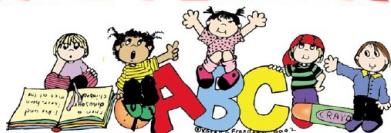
Before your family member is ready to participate in community activities, you may need help in assisting them to develop specific skills. This could be communication skills in the different group activities, managing their money or learning about public transport. A big part of learning and growing is being allowed to fail sometimes. Failing can give us important life lessons and recovering from them gives us new perspectives. We also believe in fading supports whenever possible by finding ways our clients can manage on their own.

We will be providing a fun and engaging group program at Kariong Neighbourhood Centre every 2nd Friday afternoon starting 1st Feb 2019, 12noon - 2:30pm. Join us for a Life Skills and Personal Development program FREE

Erina Office
Suite 4.26
Element Building
200 Central Coast HWY
Erina NSW 2250



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.

Please bring a piece of fruit to share for morning tea

Inquiries: 4340 1724 | Coordinated by Miss Lyn

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



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

Support with issues affecting family life such as:

- Children with disabilities
- Families with mental health
- Families with Addiction
- Homelessness and risk of homelessness
- Domestic Violence
- Parenting

All of our programs aim to strengthen family relationships and increase the safety and wellbeing of children and young people.

- Support is provided and designed to help parents build the skills and confidence to be self-sufficient and manage family issues as they arise.
- We also provide structured parenting programs to support parents to further develop their parenting knowledge and understanding of managing children's behaviour.

Some of our Parenting programs:

Triple P 2-8 years Group Program

A program for all families with children 2-8 years that enhances parents and carers knowledge, skills and confidence in raising their children.

Circle of Security

A relationship based early intervention program designed to enhance attachment security between parents and their children.

123 Magic & Emotion Coaching

A three session program for parents and carers wishing to learn how to manage difficult behaviours in children aged 2-12 years.

Keep an eye on our website for groups starting in the New Year!

Our Office will be closed from

24th December 2018 – 4th January 2019

For Support or to Book into a Group

Call: 4340 1585, text 0434 426 709

Or email: ccfss@ccfss.com.au

Website: 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

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, or see us in the office upstairs in the Arts Barn to become a member (only \$5 per year).

Need veggie garden inspiration for December?



It's a great time to get your herb garden growing, so try your hand at planting basil, parsley, coriander, lemongrass, thyme and rosemary. Get your veggie patch thriving too and sow lettuce, silver beet, tatsoi, climbing beans, zucchini, pumpkin, carrot and beetroot. Remember there's still time to get your tomatoes in. It is also time to plant passionfruit, pawpaw, pineapples and bananas. Like more inspiration? Drop by the Eco Garden for more great sustainable-garden ideas!

Boomerang Bags - Sun 9/12/18 – 10.00 am-12.00 noon

Like to get involved with a fun group of locals helping to reduce single-use plastic, by making reusable Boomerang Bags? Men & women, young and young at heart all welcome. Tasks are varied so there is something to suit everyone, including screen-printing, cutting fabric to a pattern, sewing or serging bags together, pressing hems, problem-solving, and helping with morning tea to keep our volunteers cheerful! **Held at Kariong Community Hall, 2nd Sunday each month.**

Raw & Unearthed bush kindy - Wed 10.00 am-12.00noon.

For full details or to register interest for 2019, visit the Raw & Unearthed website at <https://rawandunearthed.com/>



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 it has been so exciting. We have started Barneys House Church in the home. It is fantastic.

Terms 2 & 4 are being held at 1 Banks Close from 11am. Terms 1 & 3 are to be held at 4 Casey Crescent. We are using a new format that will see us using all ages in all areas.

Doors open at 10:40am and hot drinks are available until 10:55am. Lunch is being provided following church as always.

We look forward to worshipping with you in our homes in the coming year.

We continue to run the Depression and Anxiety Recovery Series on Wednesday evening. They are going extremely well.

Womens small group continues to meet on Wednesday mornings at 10:00am and a mens small group has started up on Monday evenings at 6:00 pm. We are looking forward to running a youth group. Please continue to watch this page further for more current news.

A reminder that the XChange will take a break over Christmas and New Year. Our last Barneys will be held on 22nd of December with Carols. There will be our usual Holiday Barneys through January with regular Barneys commencing on 02 February 2019.

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

ADVERTISE WITH US

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ADVERTISING ANYWHERE !!**

Our newsletter

- is delivered to over 2000 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***



As we come up to the Christmas gift giving season, many parents will be thinking about electronic purchases for their students, so I thought that I would just like to share a few thoughts from my perspective as an educator of more than 30 years, a parent and grandparent within our community.

Using electronic devices when young

There are many great programs available to download/buy for young children. Your child's world will be increasingly digitised, so starting off with controlled access to good quality material is probably going to become the norm. Starting with clearly defined time limits and restrictions on internet access when children are young is most likely to make setting the boundaries when students get older easier, as well.

Healthy body, healthy mind

We know that having a positive attitude to physical activity as a lifelong habit is essential for good health. Ensuring the balance between using devices and physical play is important for parents to embed into the daily routine. There is nothing wrong with playing electronic games, as long as this is done in moderation and complemented by physical activity (which doesn't have to be organised games – just riding your bike or going for a walk makes a difference).

And finally... cyber safety trumps privacy

Our children seem knowledgeable, but many are still quite naïve to the dangers of identity theft, hackers and dealing with emotions in the virtual world. Distinguishing between playing a game offline and being on the internet is important for parents to track. The younger the student, the less they should be in the online environment and the more closely its use should be scrutinised. Again, when controls are in place, it can be a rich experience and therefore setting up your rules early in their lives will lessen the battles as they get older.

Enjoy your shopping! I look forward to sharing notes about education in 2019.



CHRISTMAS: It's a beautiful, silly, stressful time of year. Most of us have been guilty of overstretching our budget during the festive season. Our family, friends, partners and children often have huge expectations around the gifts they receive for Christmas, and of course we want to spoil the people we love.

Many people with gambling problems don't have the money to buy the expected presents. This then leads them into more gambling as they try to win money to buy gifts. Or they can go all out on their credit cards which leads to a crippling debt hangover in the New Year, and the temptation to risk everything to try and pay off these debts—which just keeps the gambling cycle going.

For anyone struggling financially this Christmas, remember this: great gifts don't need huge budgets. You could offer to babysit, mow someone's lawn, or make a handmade gift. Use your creativity to save your bank balance—you'll be surprised at how people respond to a gift that has taken personal energy rather than personal investment.

And besides, Christmas is not about how much you spend on gifts. The true meaning of Christmas is love. And love is the greatest gift of all.

The staff at Parramatta Mission Counselling Services wish you a joyous holiday season and a new year that brings you much love and many moments to cherish.

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.*

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.

Kariong and our surrounding areas have seen some significant rainfall over the last week or two. Although this has been much needed, now is not the time to become complacent with fire safety and the summer ahead. A few days of warm dry weather is all that is needed dry things out again. Please remain vigilant as conditions can change at anytime.

The RFS has just released their new campaign for the fire season titled 'How fireproof is your plan?' It is all well and good to have a plan in place, but will that plan work in the event of a fire? Residents can expect to see a new advertisement on TV and other media over the course of the fire season. For more information on fire plans and what you can do to prepare, act and survive in a fire situation, please visit: <http://www.myfireplan.com.au>.

As expected with the recent rain the brigade has attended a number of motor vehicle accidents over the last few weeks. Please remember to slow down and drive to the conditions, risky driving behaviour is just not worth the consequences.

The brigade has recently been participating in joint training with some of our neighbouring brigades and our local Fire and Rescue NSW colleagues. Joint training provides great opportunities to share knowledge, skills and laughs between brigades and services. Our last training night was held at Kariong Fire Control and was hosted by our friends at Fire and Rescue. The night was very successful and provided a lot of information on how the two services can better work together.

That's it for now; remember to Stay Safe and Be Firewise



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

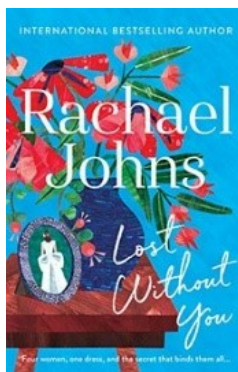
The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1pm – 2pm) and Saturday 9.30am until 2.30pm (closed for half an hour at 12 noon.) Tel: 4325 8155.

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.

Did you know the library catalogue is available online so that you can search for what you need before you visit or make your own reservation on popular titles. You can even search though new titles recently added to the shelves. The Virtual Library provides access to a range of online subscription databases, plus a selection of useful and authoritative web sites.

Are you a fast reader? There are some wonderful new titles available for borrowing on a **Fast Reads** 7 day loan period. Pick up *Captive* by Tony Park, *If wishes were horses* by Karly Lane or *Lost without you* by Rachael Johns, all available at Kariong now.



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.



There is no book club meeting in December due to Christmas. We will resume for our first meeting of 2019 at the end of January. We wish everyone a safe and happy Christmas and all the best for the New Year.

Kariong Progress Association



EMAIL: kariongpa@gmail.com

FACEBOOK: We are now on Facebook : Kariong Progress Association

We are lucky to live in such a beautiful area but have you been in Kariong during a major bush fire?

If you have moved here since 1994 (the BIG one!), 2003 or 2006, then you need to know what it is like and what to expect. Prepare, Act, Survive.

GUEST SPEAKERS AT NEXT MEETING: Ian Wells, President, Kariong Bush Fire Brigade; Steve Bradshaw, Community Engagement Officer

TOPIC: FIRE SAFETY in Kariong

Ian and Steve can answer all your questions like:

- How will we know when to evacuate?
- Where will we go?
- What should we know if we want to stay and defend our house from embers?
- Why should we put a garden hose inside our house?
- When will Santa visit our street this Christmas?
- Also meet long time locals, your neighbours, and hear what happened in 1994 and other major fires.

Also keep an eye out for the flyer "4 SIMPLE STEPS TO PREPARE FOR BUSH FIRE" in your letterbox or local shops.

The next meeting will be held on
Wed 12 December 2018
in Kariong Progress Hall, Dandaloo St. Kariong
6:30pm - 8pm

Crime Statistics for Kariong for Sept-Oct:

Month	Assault	Break & enter	Malicious damage	Robbery	Theft	Vehicle theft
Sept	1	1	1	0	4	0
Oct	2	2	0	0	1	1

Protect our Community Managrove Mountain & Districts Public Meeting

To oppose the proposed expansion of this massive dump site on Mangrove Mountain

Please come and have your say at the meeting
Wednesday 28 November 2018, 7-9pm
Mangrove Mountain Hall

Wisemans Ferry Rd., Mangrove Mountain
Inquiries: 0408 442 062



Parklands Community Preschool

Parklands Community Preschool provides education and care for children aged 3-6 years.

We are located in the beautiful and peaceful community precinct of Mt Penang Parklands at Kariong.

Our commitment to the provision of quality education for children in the early years is our passion. Our educators embrace sustainable practices and our environment is a reflection of our philosophy towards play based learning in a natural environment.

Parklands Community Preschool is a not-for-profit, community-based organisation, which is partially funded by the NSW Department of Education.

We have been rated as EXCEEDING the National Quality Standards.

Our current daily fees are \$30 for 4-5 year olds and \$32 for 3 year olds.

Fee relief is available for ATSI families and families with a Low Income Health Care Card.

Parklands Community Preschool - a great choice for you and your child prior to starting school.

Building 34 Mt Penang Parklands,

Kariong

Ph. 43401342

Email: parklandspreschool@bigpond.com



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!



KARIONG COMMUNITY

BAPTIST CHURCH

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 & preteens 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.

KIDS COVE - Fun Activities - Year 1 - 6. This is a new ministry for Primary school aged kids and is on once a month on a Saturday night.

WAVES Youth Group – Fun activities – Year 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.

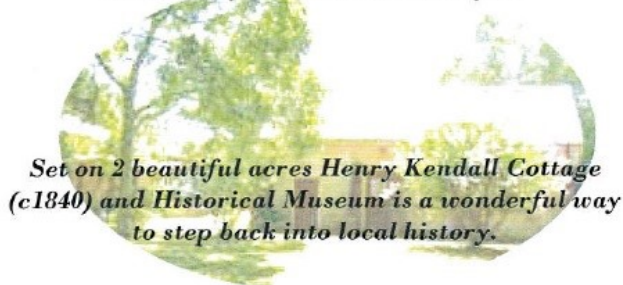
Gingerbread Houses - Come together with family and friends at Kariong Primary School Hall at 2pm on Sunday 9th December 2018. Cost is \$15 per house, and this will include the kit plus extra lollies for decoration. Feel free to bring your own items for decorating! Contact Sabine on 0417 495 091.

Christmas Carols - Kariong Community Baptist Church are hosting a Carols night at the Kariong Primary School on Sunday 23rd December 2018. The evening will start from 6pm with a free sausage sizzle, cold drinks and barista style coffee and tea, face painting, live animals in a nativity scene as well as games for the kids. There will also be dessert available for sale. The carols will be in the school hall from 7pm to around 8.15pm. Contact John on 0427 731 277.

For more information about our Community events go to our Facebook page. 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

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

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

fairhaven
shopping

KARIONG NOW HAS A LOCAL TRAVEL AGENT



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Up to 12 months Interest Free Terms

Phone: 0420 536 366

Email: danielle@thesmartraveller.com.au

Website: www.thesmartraveller.com.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

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

fairhaven

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

FREE FAMILY LAW CLINIC



at Kariong Neighbourhood Centre With Katie Smith

Appointments Available

Mondays: 5.30pm - 7pm

(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/>



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Microdermabrasion
& Facials

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FOR HAIR AND
BEAUTY NOW
AVAILABLE**

ALL HAIR AND
BEAUTY
PRODUCTS USED
IN SALON AND
TAKE HOME
PRODUCTS ARE
ALL AUSTRALIAN
OWNED AND
MADE



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

Kariong 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, Kariong

Located in the Kariong Shopping Centre near the
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shannon @fetchgrooming.com.au
0400 403 411



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1st KARIONG SCOUT GROUP

Hall for Hire



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

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 contact:

Sandra McIntosh —Secretary

Ph: 0490 128 259

hallhire@kariongscoutgroup.com.au

\$25 p/h



Have you had a look at our new Website?

Check it out at 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

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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Kariong Neighbourhood Centre
Wednesdays 9:00am



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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

Wednesday 16th January 2019

Please submit advertising and community announcements
to admin@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.