

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 5 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



June 2018



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 **Administration/Computers**,
Handy/Maintenance and Childcare/Cook.

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



Know your local Butcher - The Sausage Man

Best snags on the Coast in your own Backyard

National and State Champion | Proud sponsors of Kariong 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



!! On Special this Month !!

Lamb Loin Chops
\$13.99 Kilo

Chicken Breast fillets
\$9.99 Kilo

KARIONG QUALITY MEATS

Shop 1/Arunta Ave, Kariong Phone: 4340 1064



Jake with his display board listing his sausage varieties



OOSH UPDATE

Only 5 minutes off the M1

FAREWELL NERIDA

It is with great sadness that we say goodbye to our much loved staff member Nerida Stollery. Nerida has been part of the team here at Kariong Out of School Hours Care and has facilitated the Active Playgroup since 2013. She is very popular and well regarded with staff and community alike, and will be missed. We wish Nerida all the very best with her future pursuits. We are sure she will be an asset wherever she goes.



We would like to introduce and welcome some new staff members to our team.

Marina Bosworth and Jaqueline Pearson are working in the position of Nominated Supervisors and Shelly Robinson and Anita Beach have also joined our team. Say hello to them next time you are at the Centre.



Wednesdays during school term

10.30am - 12.30pm for 0 - 6 year old

Hello everyone,

The current spell of fantastic weather with lots of sunshine and blue skies has made our playgroup even more enjoyable, providing plenty of opportunity for the children to be active in our fantastic outdoor play area which includes great climbing equipment, and a giant sandpit. Here the children can learn to socialize, share and connect in a safe and friendly environment. Come along to our very popular playgroup on Wednesdays during school term. Join us for morning tea and an opportunity to make new, local friendships. Newcomers Welcome!

Our Active Playgroup will continue to run.

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

Morning tea is provided

Inquiries: 4340 1724



Wonderful Women's Group

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

Mondays 9.30 to 11.30
(during school term)

Price: \$5

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



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 a trained child educator

When: Mondays (During School Term)

Time: 9.30am -11.30am

Where: KNC 10 Langford Drive, Kariong

Cost: \$5 per child or one child free for mums/carers attending women's Social & Support group

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

Parents are welcome to stay if they choose.

Sensory Kidzspace

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



Help to create an inclusive and comfortable space for children who may be experiencing sensory needs. 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

Group Leader Maggie Keeble

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

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



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



little big
3 to 5 year olds

Mondays — School Terms Only From 9.30am - 11.30am

Kariong Neighbourhood Centre 10 Langford Drive, Kariong

Cost \$10 per child per session Bookings essential

Inquire with us to see if you are eligible for concession or discount consideration

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



Parklands Community Preschool

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 \$25 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



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

Term 2 2018 groups

123 Magic and Emotion Coaching in GREEN POINT

Venue: 96 Koolang Rd, Green Point

Dates: Wednesdays 6, 13 and 20 June

Time: 9:30am – 11:30am

Free Childcare available. Bookings essential.

123 Magic and Emotion Coaching in NARARA

Venue: 2-12 Pandala Rd, Narara

Dates: Thursdays 7, 14 and 21 June

Time: 9:30am-11:30am

Bookings essential.

Triple P Seminar Workshop in KARIONG

Venue: 21 Old Mount Penang Rd, Kariong

Dates: SATURDAYS 16 and 23 June

Time: 10.00am-12:30pm

Bookings essential.

Grandparents Raising Grandchildren Support Group

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

Venue: Erina Meeting Centre, Room 2, Erina Fair

Dates: Fridays, 11, 25 May, 8 and 29 June

Time: 9:30am – 11:30am

No need to book, just turn up!

For Support or to Book into a Group

Call: 4340 1585, text 0434 426 709

Email: ccfss@ccfss.com.

Website: www.ccfss.org.au

*for groups in other locations please see

www.ccfss.org.au



**Energy & Water
Ombudsman NSW**
Free, fair and independent

High energy bills?

The Energy & Water Ombudsman NSW (EWON) provides the following information to help people experiencing difficulties with their energy bills.

High energy bills are one of the most common issues that EWON investigates. There are many factors that can contribute to an energy bill being higher than usual. A high bill is something out of the ordinary, taking into account your previous bills, the variations in your usage over the year and what you consider the amount your bills are normally.

If you think you will have trouble paying your bill, you should speak to your electricity or gas provider straight away. Your provider will work with you to offer an affordable payment plan or they may be able to invite you to participate in their financial assistance program. It's really important that you speak to your provider to avoid any missed payments that could lead to disconnection.

High bill factors:

- Does your bill include previous amounts you haven't paid?
- Has the price changed?
- Is your current bill estimated?
- Was your last bill under-estimated?

What contributes to a high bill?

- Seasonal factors – using heating and cooling appliances such as an electric heater or air conditioning.
- Over using household appliances like washing machines and clothes dryers.
- Running old or faulty large appliances such as a refrigerator.

Disputing a high bill

If you receive an unexpectedly high bill, contact your provider and talk to them about your concerns. You should ask your provider to explain the charges on your bill. If your provider can't explain the charges on the bill to you straight away, they may offer to do a full investigation. If you are not happy with your provider's response, contact EWON on 1800 246 545 or visit ewon.com.au.

You can find more information about high billing issues at www.ewon.com.au



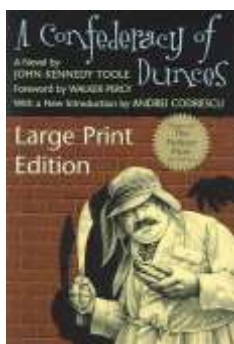
..WHAT'S ON ...AT KARIONG LIBRARY?

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) .

Phone: 4325 8155

New titles at Kariong - call into the Kariong Library and check out the wonderful new books on offer. Titles include the thriller/horror story **The Crow Garden** by Alison Littlewood and historical **Incendium** by A. D. Swanston, a fantastic tale of spies, deceit and murder in the Elizabethan age and now on display.

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.



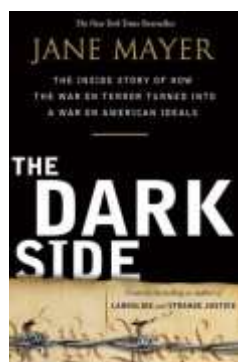
Books up for discussion next month are **Confederacy of Dunces** by John K Toole. This posthumous release became a modern American classic and introduced one of the most memorable characters in comic literature - antihero Ignatius J. Reilly "who may very well be the most disgusting lead character ever in a novel".

Our second non-fiction work is **The Dark Side** by Jane Mayer and is a dramatic, riveting and definitive narrative account of how the United States made self-destructive decisions in the pursuit of terrorists.

Pick up one of these books from Kariong library and come along to our book club meeting – you will be most welcome.

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.



Kariong Progress Association



EMAIL: kariongpa@gmail.com

FACEBOOK: We are now on Facebook : Kariong Progress Association

If you have something to say about anything regarding Kariong let us have your opinion on our email address or the Facebook page. If you don't have a computer there is a book at the Kariong Neighbourhood Centre where you can register any comments.

Community Hall

The Council has now advertised that the Hall has been upgraded, and is inviting casual bookings from community groups and residents. Call 43505538

communitybookings@centralcaost.nsw.gov.au

The Progress Association met in April and May in the Community Hall. Unfortunately there was not enough members to form a quorum on either occasion.

This does not bode well for the future of this group, unless we get more community support.

Tennis Courts

The tennis courts are unlocked at present, and for the foreseeable future. Anyone can use them free of charge, as long as they take a broom to sweep them first. The Council has indicated that they intend to put the courts out to tender, but when that will be is not known.

Tennis Courts Community Survey

We hope as many of you as possible completed the survey in the previous edition and dropped the form into the Kariong Neighbourhood Centre. Results next month

Kariong Crime Stats for March 2018

assault	break & enter	Malicious damage	robbery	stealing	steal vehicle
3	1	3	0	2	0

Residents are reminded the following Councilors were elected to represent the West Ward.

In order for them to do their job, and for us to believe they are doing their job, they need to hear from you with your problems. You are thus encouraged to contact them.

Tony Marquart : 0428 899 011

E: tmarquart@centralcoastcouncil.nse.gov.au

Richard Mehrtens: 0428 516 541

E: rmehrtens@centralcoastcouncil.nsw.gov.au

Chris Holstein: 4342 4122 / 0437 620 005

E: cholstein@centralcoastcouncil.nsw.gov.au

NEXT MEETING IN THE COMMUNITY HALL on a date to be advised on the KPA and Kariong Community Websites



Mindfulness is the most effective method for overcoming unhelpful habits or addictions. Mindfulness involves being acutely aware of our thoughts, emotions, and actions. It means being present in each moment and paying close attention to what is happening in the present.

Let's say stress is a trigger that leads to behaviour such as eating chocolate. You eat it, it tastes good and you get a sugar rush. So the brain lays down a memory, 'Eating chocolate feels pretty good.' You learn to associate positive mood states with chocolate. If you are feeling stressed your brain says, "just eat chocolate and you'll feel better." And so you form a habit of eating chocolate.

But eating chocolate isn't going to fix whatever is causing your stress. You might feel better in the short term, but in the long term eating chocolate can lead to obesity. Even knowing the negative consequences we get caught up in craving. We crave for pleasant feelings. We crave for unpleasant feelings to go away. The craving becomes intense and uncomfortable and you feel compelled to eat chocolate to make the discomfort go away.

But what if you sat with the craving; broke it down and saw it for what it really is. Try this Mindfulness exercise:

Relax and recognize that you're caught up in a craving.

Acknowledge, allow and accept that the craving is there.

Investigate 'what's happening in my body and mind right now?' Get really curious.

Notice non-judgmentally whatever body sensations and feelings are present in any one moment.

If you follow the R.A.I.N. process you'll see that the thoughts and sensations are bearable. They come and go. They're not going to last forever. They're not permanent. You don't have to get sucked into them. The spell is broken and with practice you are freed from habit.

If you are experiencing gambling problems please contact PM Counselling West Gosford on 0408 679 351 or check us out at www.problemgambling.net.au/pm counselling.html.



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



If you've tried church before and didn't like it, if you think church is all about ceremonies and rituals, if you're wondering if God has a plan for you, if you are looking for a church to call home, we would love for you to come and check us out, and discover the difference at KCBC.

www.kariongchurch.com

Pastor Jeff O'Derry 0448 814 511

Email: pastor@kariongchurch.com

What's on at KCBC?

Sunday Service @ 9.30am – Kariong Public School Hall

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 and coffee. A crèche is provided for 0 – 5's during the church service.

Life Groups – various times & locations

Interested in learning what the Bible has to say? Come along to a life group.

JAM (Sunday School)– Sundays @ 9.30am

JAM is our Sunday School for children in Kinder – Grade 8, and it is held at the same time as our Sunday Service. Children learn about the Bible in an age appropriate environment, through stories, games and craft.

Playtime – Tuesdays @ 10am – 12pm

A great way to get to know other parents, while the children engage in free play. Bring a hat, and drink bottle for your child, and a plate of food to share.

Thrive Kids – Wednesdays, fortnightly @ 4.30pm – 6pm

Games, craft and activities for children in K – 6.

Youth Group – Saturday evenings, fortnightly

Fun activities – Grades 7 - 12.

Friends Group

All ages - Meets regularly for interesting and fun outings.

Other

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



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 June? Try your hand at sowing: beans, cabbage, garlic cloves, chives, kale, lettuce, mustard greens, onion, peas, radish, shallots, silverbeet, snow peas, spinach, and strawberry plants or seeds.

Boomerang Bags - Sun 10/6/18 – 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 kindly - Wed 10.00 am-12.00noon
FULLY BOOKED for Term 2. For waitlist details or to express interest for Term 3, visit the Raw & Unearthed website at <https://rawandunearthed.com/>

Bushcare - 4th Sunday each month - 9.30am-11.30am
 Join a lovely group of environmentally-minded locals & help restore bushland in and around Kariong. Tools and gloves are provided, and enthusiasm is all that is needed. Find us in the Oakes Street reserve, our next Bushcare will run on Sunday 24th June.

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,

KidzXChange is back in full swing and we continue learning the stories from the book of Acts in the Bible.

We have more drama, stories, craft, games object lessons, and food to name a few ways we will be learning.

We still meet at the Kariong Primary School Hall. Entrance via Truscott Avenue. We would love to see you there.

We had a lovely Family Mothers Day Church program, complete with crafts, food and exciting stories.

Next month we will have some great events for the whole family.

June 7: Community Morning Tea

June 16: Communion at 11:00am. No KidzXChange as it is a combined church.

July 7: KidzXChange Karaoke

KidzXChange – Saturday mornings during the school term. 9:45am – 11:15am for kids aged 4-13. Free morning tea provided.

Barney's House – Experience church in a simple, uncomplicated, informal way. Saturdays 11:30am - 12:30pm. Stay for a yummy lunch from 12:30 - 1:30pm.

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

Australian Plant Society



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Saturday, 9th June 2018 at 1.30pm for a 2.00pm start.**

There is a \$2 admission charge at the door which includes a Lucky Door ticket. Visitors are always welcome to attend our meetings.

On Sunday members will be enjoying an organised bushwalk in Popran National Park. There will be a speaker and a Specimen Table segment which is a presentation on growing information of plant specimens brought in by members from their gardens. There will also be Australian native plants for sale. On conclusion of the meeting afternoon tea will be served with an opportunity to meet and mix with members.

A monthly newsletter which gives an account of our meeting and activities held during the month and future activities is distributed to members by email.

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



Kariong United FC would like to invite your Under 12 & Under 13 teams to take part in our **“Cougars Cup” Gala Day on Sunday June 24th 2018 at Kariong Oval, Mitchell Drive, Kariong.**

The day will cater for teams fielding any players eligible for U12 & U13 in a nine (9) a side round robin competition (Maximum 14 players per team). The cost per team will be \$150.

The day will commence at 8am and finish at approximately 4.00pm, with canteen and barbeque facilities available.

To nominate your team in the Kariong United FC Gala Day complete the online nomination form <https://www.cognitoforms.com/KariongUnitedFootballClub1/KariongUnitedFootballClubGalaDay2018>

Nominations close on Friday June 8 unless all spots are filled earlier.

All enquiries should be emailed to Wayne Richards at juniors@kariongunited.com.au or Phone: 0418 412 361 We look forward to seeing your teams there for a fun filled day!

A reminder that there is to be **no consumption of alcohol and no glass** at any junior event and **NO SMOKING** around the playing fields or in and around the youth/sports centre. There will be designated smoking areas away from these areas. (We appreciate your co-operation for the safety and wellbeing of children)

Kariong United FC would like to thank our sponsors:

George Brand Real Estate, Foodworks Kariong, The Entertainment Grounds, Kariong Pizza, Kariong Quality Meats, The Times Cafe, Amy Cash Fitness, Yogurtland, Eastcoast Beverages, UKE4Fun, Alive Dance Academy, Tagmate Safety Services, SIGNrite, Party Bus Central Coast, KARiong Automotive, Kariong Physiotherapy Centre, NCS Pool Heating Systems, Stevo's Services, Impact Timber Flooring, Datacom Security, Steelscapes Landscaping and Bartos Bakery for their kind and loyal support.

Standpipe



G'Day all.

Here's some more chatter from Kariong Rural Fire Brigade. Well, as promised the cold weather really hit with temperatures dropping into the mid to low 'teens and I'm pretty sure I could smell the smoke from a few fire places being lit up for the first time this year. Folks, this is just the tip of the iceberg (so to speak) for Kariong as the weather services are predicting a cold winter and the fire services across the state are pushing the same message. That is to be prepared by checking your heaters, fire places, electric blankets and what ever else keeps you warm **AND YOUR SMOKE DETECTOR** for serviceability and operation. **DO NOT** leave it to chance because winter is notorious for house fires where faulty heating appliances fail or malfunction and blocked or badly cleaned fireplace flues catch fire. Whilst we're on the subject of fireplaces, don't be tempted to burn rubbish as an easy way of disposing of it. Rubbish smoke has a very distinctive smell and if you're caught you can expect a bit of hot water from the EPA or Council so be warned.

You'll probably notice a bit of smoke about too as the NSWRFs along with Fire Rescue NSW and National Parks conduct hazard reduction burns when the weather permits in strategic areas. As always, if you see an unattended fire without any appliances nearby, give Triple Zero a buzz and report it.

Work on the stations training room refurb is coming along with members getting into the task lead by our own **Mick Hughes** and **Don Simpson**. Mick putting in extra hours on top of his regular job being a carpenter/ joiner during the week. Flooring for the training room was organised by **Rebecca Ball** a brigade member. Flooring was generously supplied by **Shaw Contracting Group** and installed by **Peter Gowans**, Becs Father, of **Midtown Commercial Flooring Contractors**.

During May, Kariong was invited to participate at a Family Fun night at Bunnings West Gosford. Along with Fire Rescue NSW Umina Station, we pushed the winter fire safety message as well as looking after your smoke detector. There were quite a few people attending and by all accounts it was a successful night.

Ok, that's it for now folks. Stay warm. Stay safe and be Firewise 'till next time.



New community activities at Fairhaven!

Our new community activities have been designed to help you get active, develop skill, build friendships and have fun! Sessions are led by experienced facilitators in a friendly, supportive environment. All ages and abilities welcome. Sessions start from just \$5. Choose from:

- Cooking • Computer/Device usage • Learning Club
- Friendship Club • Tai Chi • Zumba • Fun Boxing • Squash
- Craft/Painting/Drawing • Gardening • Drumming
- Make-up, Skincare and Self Esteem • Cartooning
- Art Therapy - **NDIS funded** • and more...

View the full activity schedule at www.fairhaven.org.au/community

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

fairhaven

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 to achieve your goals

Set goals and plan your future

ABILITY LINKS is a FREE state funded service linking people with disability aged 0-64 to their local communities

Gosford 4905-0749
Wyong 4905-0750

www.abilitylinksNSW.org.au

Drop in to see the new look Fairhaven Shopping Village!



Browse the op shop, antiques, second hand book store, used furniture shed, ReCreate upcycled wares, thrifty threads, delicious Fare Cravin' café and more! Pop in, be inspired.

Volunteer! Seeking people from all walks of life to help in retail, sorting room, office or maintenance team.

Point Clare Car Boot Market: 9am-2pm.
2nd Saturday of the month. Discover treasures and trinkets, or book a space and sell your wares \$20 per site.

fairhaven shopping

Visit 209 Brisbane Water Drive, Point Clare. Phone 4349 5500
OPEN Mon-Fri 9am-4pm, Sat 9am-2pm. www.fairhaven.org.au

Gosford/Erina & Coastal Chamber Awards 2017 WINNER



Australian Breastfeeding Association

Breastfeeding Helpline

1800 mum 2 mum
1800 686 268

Come along and meet other mums in the area!

ABA is here to encourage and support mothers to breastfeed their babies and to create an awareness of the importance of human milk in the community. ABA runs group discussions, Breastfeeding Education Classes, social events and breast pump hire.

We are a family friendly group. All mothers are welcome regardless of how their babies are fed. We also welcome other children, partners, grandparents, parents to be and friends. A qualified breastfeeding counsellor is available if you require individual support.

Meetings are held on the first and third Fridays of the month (excluding public and school holidays) from 10am - 12pm at Kariong Neighbourhood Centre, 10 Langford Drive, Kariong. Latecomers always welcome. For more info contact us at kariongabagroup@gmail.com or ring KNC on 43401724.

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



✓ We refer potential volunteers to organisations and provide ongoing support to volunteers and community involving organisations on the Central Coast.

✓ Join one of our member organisations and access our free training for a range of volunteer related skills.

Call 4329 7122

email recruit@volcc.org.au or visit www.volunteeringcentralcoast.org.au

FREE FAMILY LAW CLINIC



at Kariong Neighbourhood Centre With Katie Smith

Appointments Available

Mondays: 5.30pm - 7pm and Thursdays: 9am - 11am

(Availability subject to court appearances)

Bookings Essential

Please Phone Kariong Neighbourhood Centre on 4340 1724 for an appointment

30 Years Experience in:

Family Dispute Resolution/Mediation • Child Welfare
Family Law Divorce • Property & Parenting • Wills & Probate

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

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

We are lucky to have this amazing woman giving probono.
You must book and turn up.



**"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 Times Cafe (behind the Shell service station)

fetchgrooming.com.au

shannon@fetchgrooming.com.au

0400 403 411

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



SUPPORT

Central Coast Community**Handy Contacts**

- * Aged & Disability Support Services 4334 2633
- * Central Coast Mental Health Service 4320 3170
- * Central Coast Disability Network 4349 3700
- * Central Coast community Legal Centre 4353 4988
- * Coast Shelter Gosford 4325 3510
- * Domestic Violence Help Line 1800 656 463
- * DOCS Helpline 1321 11
- * Family Referral Service 1300 006 480
- * NSW Rape Crisis Centre 1800 424 017
- * Homeless Persons Information Centre 1800 234 566
- * Suicide Help Line 1800 191 919

Call into the Centre for your copy of the full brochure

AL-ANON

**If someone in your family has a drinking problem,
you can see what it's doing to them. But can you
see what it's doing to you?**

For information and help contact: AL-ANON

Saturday 2pm Woy Woy Hospital

Group Therapy Room (near kiosk)

To find locations near you

Phone 49693889

**Check the white pages of the directory or go to Web
site <http://www.al-anon.alateen.org>**



Lifeline is a free 24-hour Telephone Crisis Support service in Australia and New Zealand. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Calls to this number from mobiles are free.

CLUBS



'Fun - Friendship - Fellowship' in your Community?

Work, Leisure & Travel ?

Then join your local Rotary Club

contact Kerry Bayliss on 43 404 529

KARIONG PROBUS CLUB Inc.**MEETS AT GOSFORD GOLF CLUB**

We are a combined club and would welcome new members, male & female, retired or semi retired to join us for Friendship, Fellowship & Fun. Our Club meets at Gosford Golf Club on the 3rd Tuesday of each month. You are welcome to come along as a visitor (no obligation) to see if you would care to be a Member. For more information contact: Judy on **4344 6867**

VOLUNTEERING



St Vincent de Paul Society
good works

Volunteers required for Community work.

Make a difference to those in need.

If you need any assistance with phone bills, electricity, food etc., please call

4323 6080 or email gosford.region@vinnies.org.au.

Volunteers needed

for social inclusion programs

Visit isolated individuals for social support ie:
chats, walks, coffee, assistance with shopping.

Enquiries: Red Cross Gosford 4324 3411

www.redcross.org.au



Australian Red Cross
THE POWER OF HUMANITY

	For emergencies or life threatening situations call Triple Zero (000)
	For non emergencies call the Police Assistance Line 131 444
	To provide crime information anonymously contact Crime Stoppers 1800 333 000 www.nsw.crimestoppers.com.au

Alison Downey

B.app.sc MSPA CPSP

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adow8044@bigpond.net.au



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Shauna Maloney Counselling Service Somersby

Phone: 0438 434 018

Email: Shauna.socialwork@gmail.com

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02 4340 0800 or 0405 189 042

Room and Equipment Hire



At Kariong Neighbourhood Centre

Cost from \$10 to \$35 per hour

A perfect venue for your event

We have fantastic facilities including fully equipped kitchen, outdoor playground and undercover area for wet weather option for parties. Equipment hire is available at the centre such as chairs, tables, projector etc.

To enquire or book ring 4340 1724 or

You can now book online at
www.knc.net.au

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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.

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E-mail: info@aplustax.com.au

Phone: 4339 9936



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over 20 years experience

 www.facebook.com/oootservices

Kariong Neighbourhood Centre is home to a number of activities and services for the general community.

Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre.

MONDAYS

Wonderful Women's Group

A Fun, Caring and Friendly Program for Women.
Guest speakers, develop friendships, embrace and connect with your creativity through the arts.
\$5 per head. Morning tea provided. Free Childcare, must register if required.
9.30am to 11.30am on Mondays. **During school term** at Kariong Neighbourhood Centre.

Care 4 Kids 1-5 year olds

Let us care 4 the kids while you meet others and have fun in the Women's Social and Support Group.
9.30am to 11.30am on Mondays. **During school term** at Kariong Neighbourhood Centre.
\$5 per child or one child free for all mums/carers attending the Women's Social & Support Group at the same time.

Little Big School—Leave your child with us

Program for 3—5 year olds to prepare them for big school. Includes art & craft, music, stories, games and group time experiences.
9.30am—11.30am **During School Term**.
\$10 per child per session. Bookings essential
Ring 4340 1724 or email admin@knc.net.au to book
Call into the Centre for an information / registration pack.

Pilates for Seniors - sarah@yourtemple.com.au

12pm to 1pm. **During school term**.
A great way to get your body back into shape with gentle exercise. Contact Sarah to make a booking 0425 265 609 \$10.00 each class.

TUESDAYS

Immunisation Clinic for children - NSCCAH

Free service provided by Area Health. No bookings required.
The 2nd and last Tuesday of each month.
Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

Indoor Bowls

From 9.15am sharp to 12.00 noon. **During school term**.
Beginners welcome Cost \$4 for members, \$4.50 for non-members. Morning tea included. Join us for a fun morning with lots of laughs

Early Childhood Clinic — NSCC Area Health — Free

Child Health appointments with Helen from Area Health.
For appointments call Gosford Gateway Clinic - 4328 7900.

Yoga with Corina—7.00pm-8.00pm

Cost: \$15 if paid in advance, \$17 for casuals
For more information contact 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 20th June 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.