

THE KARIONG CONNECTION

THE KARIONG NEIGHBOURHOOD CENTRE INC IS FUNDED BY DEPT. OF FAMILY
and COMMUNITY SERVICES & SUPPORTED BY THE GOSFORD CITY COUNCIL

Vol 25; No 3

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



Find us on:
facebook®

April 2017

What do we offer Families?

From the time you become a family, you can begin your relationship with the Kariong Neighbourhood Centre

Early Years Nurse, Helen, conducts free appointments for infant health checks on Tuesdays and Wednesdays each week. Appointments can be made by contacting Gosford Gateway clinic on 4328 7900



FREE IMMUNISATION CLINIC - 2nd & last Tuesdays of the month for 2 month to 4 year old children.

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

No appointments required

 **Timetable available at the Centre**

Mums & Bubs Groups

Run in blocks of five sessions, these groups provide new mums with support and information to help through the early days. Meet other new mums, enjoy a lovely morning tea and have those questions answered in a friendly and supportive environment. By invitation from your local Area Health Dept. Nurse
Enquiries 4328 7900



AUSTRALIAN BREASTFEEDING ASSOC

All mothers are welcome at our meeting, regardless of how their babies are fed. We are family friendly and your other children, partners, dads, grandparents, parents to be and friends are all welcome. A qualified breastfeeding counsellor is always available at the meetings and counselling is strictly confidential. Meetings are held **every second Friday from 10am to 12pm** and are **free**. Check the Kariong Connection for dates or ring KNC on **4340 1724**.

Transition to School Program

Mondays - 9.30am – 11.30am

For children preparing for School 3 - 5 year olds School Term Only

The program strives to equip children, with skills and practices to support the best possible start to School.

Activities include: Stories: to build literacy & listening skills

Games: to develop sharing & turn taking skills

Group Experiences: to learn to work with others and develop problem solving & investigative skills

Cost: \$10 per child per session. Discount of 10% is available, if you pay in full for the Term in advance. Bookings are essential
Phone: **4340 1724** or email: admin@knc.net.au

Come in or ring for a Welcome Pack (with Enrolment Form)



Active Playgroup for 0 to 6 year OLDS

Come along and have some fun meet new families and share ideas. This very popular playgroup is facilitated by a fully qualified Child Educator. Active Playgroup is an educational program developing social skills and school readiness in a safe, happy and stimulating environment. Incorporating Music & Dance Play Equipment, Sand Pit Play, Toys and crafts



Wednesdays 10:30am to 12:30pm.

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

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 of age.

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. We adhere to National Quality standards and have been rated Exceeding by the Department of Education. Child Care Benefit and Child Care Rebate are available if you are registered with the family assistance office.

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

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.

Transition to School Program



Mondays - During School Term

Time: 9.30am – 11.30am

This program has been developed in consultation with other educational service providers and strives to equip children with skills and practices to support them in the best possible way to be ready for School.

Activities include:

Stories: to build literacy & listening skills

Games: to develop sharing & turn taking skills

Group Experiences: to learn to work with others and develop problem solving and investigative skills.

For Term 1, parents are invited to stay for the session. This will give parents the opportunity to see the program in action, meet the teachers and help ease the children into the program.

Cost: \$10 per child per session.

A discount of 10% is available, if you pay in full for the Term and in advance.

Bookings are essential

Phone: **4340 1724** Or email: admin@knc.net.au

*Come in or ring for a Welcome Pack
(with Enrolment Form)*



OOSH UPDATE

Our OOSH children have been really enjoying our new sports resources this term that include a punching bag, skipping ropes and gym mats. Lots of physical activity has been promoted through these.



Another exciting activity our children have been motivated towards is our hammering and woodwork and we thank Gosford men's Shed for their kind donation of offcuts to enable our children's creativity.



We would really welcome donations from families of any wool so that we can provide the children with some winter craft learning too.



Our afternoon tea menu has encouraged the children to widen their taste buds especially with our beautiful pulled pork rolls!! Fine dining indeed!!

We look forward to sharing memorable times during the April school holidays with the children. Be sure to book in quickly to qualify for our special early bird discount.

Brandi and Nerida — Kariong Neighbourhood Centre
10 Langford Drive, Kariong Phone 4340 4561

APRIL VACATION CARE PROGRAM



Week 1	Monday 10.4.17 Aboriginal Culture Day \$60	Tuesday 11.4.17 Easter Goodies Day \$55	Wednesday 12.4.17 'James The Science Guy' \$60	Thursday 13.4.17 Puppet Show Incursion \$60	GOOD FRIDAY
Week 2	EASTER MONDAY	Tuesday 18.4.17 Ettalong Cinema \$60	Wednesday 19.4.17 Talent Quest Day \$55	Thursday 20.4.17 Reptile Man \$60	Friday 21.4.17 Pyjamas & Munchies Day \$55

If for some reason e.g. the weather forces us to make a change to the program, the days alternate activity will be displayed in the lobby of the Neighbourhood Centre as soon as possible.

The Hill Youth Centre

The Hill Youth Centre
98 Mitchell Drive Kariong
Phone: 4304 7039



Monday

Fitness - 6.40 pm Boxing - 7.45 pm

\$10 per class, first class is free

Tuesday

Alive dance academy - 3.30pm to 8.15pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

Wednesday

All programs are FREE from 3.00pm to 6.00pm

Ages 10 years and over. No bookings required.

3.00pm to 6.00pm Mixed sports

4.30pm to 6.00pm Nutrition Program - Learn how to make some tasty and healthy meals.

Fitness 6.40 pm Boxing 7.45 pm

\$10 per class, first class is free

Thursday

Alive Dance Academy - 3.30pm to 6pm

email: info@alivedanceacademy.com.au

Phone: 0407 259 001

DIY Day - 3.30pm to 5.30pm Free

Ages 10 years and over No bookings required

Learn some new skills with this exciting new building, maintenance and repair program.

Friday

Free 10 years and over from 4.00pm to 8.00pm

No bookings required. Dinner, games, events and each week we will cook a different meal together.

Elevate Youth 2nd Friday of the month

School holiday program.

This holidays we have a diverse range of programs on offer including Stand up paddle boarding, Learn to Surf, Skate, Scooter and BMX skills development workshops and Explore the science behind Jules Verne's tales of adventure with our library services.

For further details go to <http://www.gosford.nsw.gov.au/community/services/youth-services>

Youth workers are available for referral and support, by appointment. The hall is also available for hire.



Leadership and School Captains

One of the foundation tenets of Kariong Mountains High School is the responsibility of the school to grow student leadership potential. Leadership is not just defined by holding a formal position, such as School Captain, but by any moment in which a person steps up to a challenge and hence leads by example.

Our 'Passport to Leadership' program validates this definition by recognising leadership skills demonstrated through academic and sporting success, participation and persistence, volunteering, advocacy and mentoring of others. This broader definition allows more students, at any stage of their high school career, to gain recognition for their endeavours and hence more confidence to take on new challenges. Leadership opportunities are therefore, far broader than can just be accomplished by having only a 'senior school prefect model'. It also means that our School Captains come to their positions with a portfolio of experiences behind them and are not just elected by popular vote, thereby having the skills to make an amazing contribution to school life.

Over the past year, our captains have represented the student body at school functions and important events, led the student leadership team and coordinated the very successful Central Coast Student Voice Alliance held at the school during February. Congratulations and thank you, to our outgoing school captains, Ben and Tiarna, who have indeed exemplified this broader model of leadership and been role models to all students. Their leadership of the Student Leadership Team has seen it thrive. Their final role will be to mentor the incoming captains for a term, before then passing on the leadership mantle, in Term 3, to focus on their HSC studies.

Anne Vine

BSc Dip Ed MEd MSc MACEL

Principal

PLEASE NOTE:

Justice of the Peace service no longer available at Kariong Neighbourhood Centre

JPs available within Kariong area:

Derek Crawford **4340 1286**

John Bain **4340 2860**

Diane Merryfull **4309 0229**

Tracie Gosling **0412 486 678**

Pastor Jeff O'Derry **4340 5864 / 0448 814 511**

Foreman One Properties **4340 0777**

Kariong Progress Association



Langford Drive and Woy Woy Road intersection

The latest report is that the Council has made a recommendation to Roads and Maritime Services regarding the final design of the intersection. More news when that decision comes to hand.

Local Information on the Progress Association

The Association is currently checking to see if it can place a Notice Board to highlight local issues in both of the Kariong Shopping Centres. More next month. Don't forget that there is a book at the Kariong Neighbourhood Centre where you can list any concerns, or any information, you think should be brought to the notice of the Progress Association.

Tennis Courts

The International Soccer and Tennis School at Mt. Penang has taken a lease on the local Tennis Courts.

At our February meeting it was determined to check if they will allow any form of local community access. The Central Coast Council (4325 8222) indicate that interested parties can phone them and they will handle any booking enquiries.

Community Hall

After the Progress Association handed back the Hall to the Council last October no further action has happened in relation to a tender process that might have the Hall reopened to local community use.

It seems that the turnover of staff at Council has slowed a number of community projects.

Kariong crime stats February 2017

There are 2 separate sets of figures below for crime stats in February 2017. The first set is the total numbers for the month. However they are amplified by the fact that there was a Music Festival held at Mt Penang in February, and some of the larger number of incidents (in assault & stealing) came about on site during that event.

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
7	2	4	0	10	1

Removing the Music Festival incidents brings us back to the regular set of incidents for the month. In total 16 incidents, similar in number for the past 2 months.

Assault	Break & Enter	Malicious Damage	Robbery	Stealing	Stolen Vehicle
4	2	4	0	5	1

**The next meeting is scheduled for
Wednesday 12 April 2017 at 7.30pm
at the Kariong Neighbourhood Centre.**



Welcome back for the 2017 Season!

2017 COAST CUP

We have both our Men's & Women's DIV 1 teams participating in this years Coast Cup, and you can get out and support them during the pre-season. For the full draw of the 2017 Coast Cup and where to see your Cougars play, visit www.ccfootball.com.au

PLAYERS WANTED!

We currently have some spots left in the following age groups: U5 - U6 - U7 - U8 - U9 - U13 - W15
It's not too late to sign up - Contact our Registrar Doug White on 0455 400 224 or email registrar@kariongunited.com.au today!

SPONSORSHIPS AVAILABLE

We currently have a range of sponsorship packages available, starting at just \$99! Sponsorship is the perfect way for your business to help out in your community, and help to continue to grow our club.
For sponsorship information, please contact Carly Carmichael on 0421 567 631 or email sponsorship@kariongunited.com.au

SEASON KICKS OFF!

The 2017 Winter Season will officially kick off on the 1st & 2nd April – We will notify our players once the draws have been released on our Facebook page, so please give us a 'like' and keep up to date on all the latest news within the club.

Draw will be available at www.ccfootball.com.au

KEEP IN TOUCH

You can keep up to date with Kariong United online:

Web: www.kariongunited.com.au

Facebook: www.fb.com/kariongunitedfc

Twitter: @kariongunitedfc

Instagram: @kariongunitedfc

See you at The Hill in 2017 – GO COUGARS!

OPEN ACCESS

Internet and computer use available
at Kariong Neighbourhood Centre
During office hours 9am - 3pm
For information ring 4340 1724
From \$1.50 per half hour

KARIONG MEDICAL CENTRE

"Caring for Kariong"

NEW

Flu Vaccines Clinics:

Will be available early to mid-April. If this is all you are requiring when they become available, the clinic will be perfect for you. This will leave regular appointments available with Doctors for the sick and needy.

Date and times to be announced.

Carolyn:

Thank you Kariong community for the continued support that you are showing for one of our own, Carolyn, receptionist at Kariong Medical Centre. To date we have raised nearly \$3500. We still have plenty of support bracelets available, now at a gold coin donation only

Roof:

We have had a small injury to the surgery. The waiting room has had a leak and collapse in the internal roof. It will be addressed too as soon as possible. Great timing as the external roof will be replaced over the next month. Sorry for any inconvenience.

SMS Reminders:

We have started using SMS reminders through the Hot Docs App. This means that now ALL appointments will be sent a reminder. If you have down loaded the App (Free on the App Store) you can confirm or cancel by the click of a button.

Australian Plant Society

The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Friday 14th April, 2017** at **7.00pm for a 7.30pm start**.

Take note this is Good Friday.

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

On Sunday members will be doing a bushwalk looking at and identifying plants.

Our monthly meetings include a speaker, and this month we have Kevin Stokes who will be giving a presentation on his trip to the south western region of W.A. and a Specimen Table segment which is a presentation on growing information of plant specimens brought in by members from their gardens.

On conclusion of the meeting supper is served with an opportunity to meet and mix with members.

A monthly newsletter which gives a graphic account of our meeting and activities held during the month is distributed to members either by email or post.

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



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.org.au

Pastor Jeff O'Derry 0448 814 511

Email: pastor@kariongchurch.org.au

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 6, 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 @ 10.00am – 12.00pm

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 @ 4.30pm – 6.00pm

Games, craft and activities for children in Kindergarten – Grade 6.

Friends Group

Open to all - Meets regularly for meals, and interesting and fun outings.

Other

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

uniting recovery
COUNSELLING SERVICES
counselling@unitingrecovery.org.au 0408 679 351

gambling HELP
PHONE • FACE TO FACE • ONLINE
1800 858 858



GAMBLING PROBLEMS don't just happen spontaneously; they build up over time as gambling behaviour changes from social, to regular, to compulsive or problem gambling. When financial, emotional and/or relationship problems arise people will come to a point where they want to stop or cut down their gambling. But when they try to stop they find it hard because they keep having cravings.

A craving, or urge, is a strong desire or impulse to do something. It can feel like a compulsion: you *have* to do it. The stress and excitement builds until you can't think of anything else and *have to* gamble to stop the growing agitation. But the urge *will* go away even if you don't gamble; your brain cannot maintain an urge to gamble indefinitely and most urges only last about 15 minutes.

You can accept that you are having an urge and mindfully ride it out which is called 'surfing the urge.' Each time the urge passes and you haven't gambled it reduces the power of the urge and the next time it will feel easier. Some other strategies include: keeping your cash and cards out of reach; distracting yourself by calling a friend or going for a walk or doing an activity you enjoy; have a bath or shower or meditate to relax. Write down how you are feeling and what worked to overcome the urge. Set some goals that you can achieve if you stop gambling or develop a list of reasons why you made the decision to not gamble. And if you need support talk to a counsellor.

If you are experiencing gambling problems please contact Uniting Recovery on 0408 679 351 or check us out at www.problemgambling.net.au/unitingrecoverycounselling

Are you handy with odd jobs and have a few hours to spare each week? We are in need of someone to help us with our small day to day maintenance jobs at the Kariong Neighbourhood Centre



If you think that you would be interested in lending a hand at the Centre, please ring us on 4340 1724 or email admin@knc.net.au

Kariong Eco Garden Incorporated



2 Dandaloo Street, Kariong NSW 2250
(next to Tennis court 2)

Email: kariongecogarden@gmail.com

Website: www.kariongecogarden.org.au

Our **KEG office hours** are:

Monday & Friday 10am to 12.30pm.

Our office is upstairs in the Arts Barn building.

Drop in and become a member or renew your membership (\$5 per year).

Open Garden every 2nd Sunday of the month

Visitors and volunteers welcome, 10am – 12noon.

March Talk was on BEES.

April 9th, 10.45am Wildlife ARC special furry guests and the Easter Bilby story.

Clean Up Australia Day:

Five mums and one dad came out with their kids to clean up rubbish despite not so nice weather. We collected 36 bags of rubbish, 9 car tyres and building rubbish illegally dumped. Thanks everyone and remember every day is Clean Up Australia day. We are looking forward to December 1 when empty bottles and cans are worth 10c refund!!!

Bush Kids Kindy

Nature play for 2-5 year olds with a grown up. For info and bookings: <http://www.eventbrite.com.au> and search for Central Coast Bush Kids. Fridays and Wednesdays, 9.30am – 11am. Bookings essential.

Bush Care & Brunch

Our regular Bush Care day is the 4th Sunday of each month 9.30 – 11.30am. Come and join in on 23 April we will be planting trees behind the eco garden.

Boomerang Bags

Fortnightly Mondays 11.00am – 2.00pm on 3/4 & 17/4. Help the Central Coast transition to be Plastic Bag Free. No sewing skills required. Help make up kits for volunteers to sew cloth bags using donated fabric. Collect a kit to sew at home.

What to plant in April?

Beans, Beetroot, Brussel Sprouts, Burdock, Carrots, Cabbage, Cauliflower, Celery, Chives, Cucumber, Endive, Kale, Leeks, Lettuce, Mustard Greens, Onion, Oregano, Parsley, Radish, Rocket, Silverbeet, Snow Peas, Spinach, Turnip.

Refer. www.gardenate.com for more details.

Garden Volunteers are always welcome on Monday & Friday mornings 10am – 12.30pm. If you have a particular gardening talent or just like to potter please come and share with us.

All welcome.



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 2.30 pm (closed for 1/2 an hour at 12 noon.) Tel: 4325 8155. Kariong Library will be closed Friday 14th, Saturday 15th and Monday 17th for the Easter Holiday.

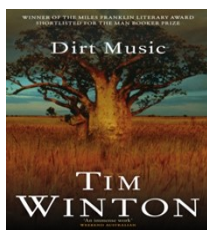
Welcome to Kariong Library. The library catalogue is available online so that you can search for what you need before you visit. The Virtual Library provides access to a range of online subscription databases, plus a selection of useful and authoritative web sites. Many are available from home, and you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

Each month **Kariong Library Book Club** discusses two books. The Book Club members meet on the last Friday of the month at 10am with morning tea provided. The April meeting will be on Friday 28th April. Both April books are written by well loved Australian authors who have received awards for their books.. **Dirt Music** by Tim Winton and **Oscar and Lucinda** by Peter Carey.



This historical novel is set in NSW. Oscar and Lucinda meet on a ship to Australia and discover both are gamblers. (One is obsessive, the other compulsive.) A bet changes both their lives forever.

Set in Western Australia, this is a tale of three characters' perilous journey into the Australian wilderness. A novel about the odds of breaking with the past and the lure of music.



School Holiday Movie Night at Kariong Library on **Friday 21 April at 7 pm** **The Secret Life of Pets**

Free popcorn and drink for every child. Bookings essential



Storytime is held every Tuesday morning at 10.30am for pre-school children and their parents or guardians. Come along and enjoy a story, some singing and craft.

Standpipe



G'Day Everyone.

I'm back with a bit more news from the Dandaloo Street fire station.

Well, since we last spoke old Mother Nature has made quite a bold statement in turning off the heat and giving us a bit of rain to think about. Looking at Kariong's monthly stats, the brigade attended 28 calls of which 18 were motor vehicle accidents or MVA's. Yes, I know I've banged on about it before but do your poor humble emergency workers a favour and drive to the conditions. Time and time again I see inattentive, aggressive and sloppy driving on our roads and it only gets worse in the rain. The message is, **SLOW DOWN IN THE WET.**

Now, here's another matter that I need to talk to you about. Your heating arrangements for winter. When I say that Kariong can get cold I'm not joking. The fire services will be drilling the message into everyone to do their house keeping in terms of heating appliance maintenance, vigilance and safety so please, heed the advice. Check all your gear such as heaters, fire places and electric blankets for serviceability and if you're not sure get a qualified technician to inspect. It's better to be safe than sorry as they say. Whilst I'm on the subject of home safety, your friend in high places is in need of some love & care as well. I'm talking about your smoke detector - time to treat it to a new battery.

My last bit of news is of a rather sad nature. Long-time local, founding member, former Captain and Life Member of Kariong Rural Fire Brigade Eddie Mccutcheon sadly passed away during March. Eddie was what you'd call "old school" when it came to the brigade. He was a "no frills" type of bloke, a hard taskmaster and he sure knew his firefighting. He taught me a lot about being "a good bushy". He was a great yarn spinner and mentor to many a young fire fighter, me included. He will be sadly missed by his family and his extended firefighting family as well.

That's it for now folks. Stay safe and be Firewise.



Parklands Community Preschool

Parklands Community Preschool provides education and care for children aged 2-6 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. Our current fees are \$40 for 4-5 year olds; \$42 for 2-3 year olds; with fee relief available for families that have a current Low Income Health Care Card.

We have been rated as **EXCEEDING** the National Quality Standards.

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

Building 34 Mt Penang Parklands, Kariong
Ph. 43401342 Fax 43405742
parklandspreschool@bigpond.com.au

The XChange

Seventh-day Adventist Church



We LOVE our new digs at Kariong Public School and we would love for you to visit us. This month we have been looking at the fruits of the spirit especially love and joy. We have had lots of fun with crafts and games.

Pastor Daron the Balloon man was good value and made Cecil the sheep out of balloons. We had a yummy time with our community BBQ.



Dates to remember: Saturday 1st April is our family church - Easter. We are going to have an *Eggcellent* time You can too if you join us at 10am in the hall. Saturday 8th April Agape - in the school library



Let us tell you what is happening in and around The XChange, and anything catches your fancy we would LOVE to see you. For more information feel free to contact us:

www.kariongxchange.org.au

Ring Lesley on 4340 2872

Email: kariongxchange@me.com

KidzXChange – Saturday mornings during the school term. 9:45am – 11:15am for kids aged 4–13. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, and activities then this is the place for them. Free morning tea provided. We meet at the Kariong Public School Hall. Entrance via Truscott Avenue.

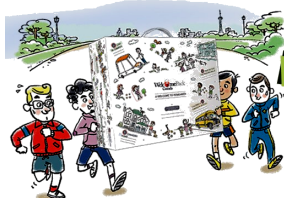
Barney's House – Want to experience church in a simple, uncomplicated, informal way? Looking for a place where you really fit? Come visit us at a Barney's House Church at the Kariong Public School Hall Saturday 11:30am - 12:30pm. You could even stay for a bit of lunch from 12:30 - 1:30pm. Entrance via Truscott Avenue.

Small Group – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. Toddlers / babies welcome with Mum or Dad. Monday Evenings 7 pm - 8:15pm.

More to come over the next few weeks. We will keep you informed.

New to Kariong?

Or perhaps you just haven't visited your Neighbourhood Centre recently - There have been many changes and additions in recent times, and we would love to see you either way. We have recently received funding from FACS for the next three years and there will be more changes and additions to come. Why not pop in and say hello, and find out what might be of interest to you. You will be surprised at just how much we have to offer. Our Welcome Packs are a great introduction to the Centre and your local area.



NEWCOMERS,
PICK UP YOUR FREE WELCOME PACK
TODAY!



Look what's new at Point Clare!

The Community Building at Fairhaven Point Clare now hosts weekly sessions of Tai Chi, Bingo and Zumba! It's open to everyone in the community. Class times:

Tai Chi – Tuesdays, 5.00pm-6.00pm \$10

Bingo – Fridays, 1.30pm-3.00pm \$5

Zumba – Fridays, 5.00pm-6.00pm \$10

Get active, have fun, support a local charity!

All proceeds benefit our worthy cause.

Drop in at 209 Brisbane Water Drive, Point Clare.

To book a class
call (02) 4323 3566.

FAIRHAVEN SERVICES
discover | belong | celebrate

WEB www.fairhavenservices.com.au

EMAIL enquiries@fairhaven.org.au

Fairhaven is a registered charity and not for profit organisation.



Do you need help with the NDIS?

Fairhaven is a local NDIS provider that offers person centred assistance tailored to meet your specific needs, including:

- ✓ preparing for your NDIS First Plan
- ✓ independent living
- ✓ supported accommodation
- ✓ community participation
- ✓ development of daily living and life skills.

Live your life your way!

Call (02) 4323 3566

FAIRHAVEN SERVICES
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Save The Date!

Central Coast Community Market Buy or sell at one of our car boot sales. 2nd Saturday of the Month: 8 April, 13 May. 9am-1pm

Autumn Fayre Charity fundraising market. Sat 6 May, 9am-2pm

209 Brisbane Water Drive, Point Clare

OFFICE HOURS Mon-Fri 8am-4pm TEL (02) 4323 3566

www.fairhavenservices.com.au EMAIL enquiries@fairhaven.org.au



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 **Wyong**
4905-0749 **4905-0750**
www.abilitylinksNSW.org.au



**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

10- 12pm. Latecomers always welcome. For more info contact us at kariongabagroup@gmail.com or ring KNC on 43401724.

ACTIVE PLAYGROUP



**Wednesdays during school term 10.30am - 12.30pm
for 0 - 6 year olds**

Wet weather has not dampened our playgroup spirits at all with our fun and games continuing through the rainy days each Wednesday morning.

The children and parents have been enjoying the social gathering, and there has been lots of involvement with our art and craft choices and group time songs and stories.

Activities that promote group work such as papier mache projects have helped the children develop an awareness of working with and alongside each other. Lots of pre-writing, literacy and numeracy activities have been helping the children with important school readiness learning.

We welcome all to come along and join in our weekly gatherings and enjoy a shared morning tea together.

**Cost: \$4 Members - \$4.50 non members
+ \$1 each additional child**

Enquiries: Nerida 43404561

FREE FAMILY LAW CLINIC

at Kariong Neighbourhood Centre

With Katie Smith



Appointments Available now

Mondays: 5pm - 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
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Driving Matters • 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/>

CENTRAL COAST



FAMILY SUPPORT SERVICES

CCFSS Kariong Groups April 2017

Grandparents Raising Grandchildren Support Group

Any grandparents raising their grandchildren from across the Coast are welcome to attend the group, **children welcome also.**

The next meeting, Gosford group,
27 April 2017, 9.30am to 11.30am – Phillip House, 21 Old Mt Penang Road Kariong

Triple P 2-8 years Seminar Series

FREE Triple P Seminar Series is a parenting program for all families that provides practical answers to everyday concerns.



Venue: Central Coast Family Support Services
21 Old Mt Penang Road, Kariong

Dates: 3 Saturday sessions; 6, 13, 20 May 2017
10.00am to 12.00pm

Sorry No childcare. Bookings essential.

**Expressions of Interest
Circle of Security
Parenting Group**



**Circle of Security
INTERNATIONAL**
Early Intervention Program for Parents & Children

The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and their children.

Venue: Central Coast Family Support Services Inc.

Address: 21 Old Mt Penang Road Kariong

Dates: To be advised - 6 sessions in term 2

To Book into a Group

Call: 4340 1585, text 0434 426 709

Or email: ccfss@ccfss.com.

Website: www.ccfss.org.au

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

SUPPORT

Central Coast *Community* Handy Contacts

- * Aged & Disability Support Services 4334 2633
- * Central Coast Mental Health Service 4320 3170
- * Central Coast disability Network 4324 2355
- * 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

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

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



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 listening, comprehension, eating and drinking?
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- Stretching
- Coordination
- Balance
- Strength
- Mindful Meditation
- Mixed All-Ability Class

Kariong Neighbourhood Centre
Wednesdays 9:00am

Certified Instructor Helen

0435 121 520

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
ALSO AT EAST GOSFORD

4340 2022 - vcdental.com.au

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30 YEARS LOCAL

- dental implants
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HAVING AN EVENT? Consider VENUE HIRE
AT KARIONG NEIGHBOURHOOD CENTRE

We have fantastic facilities including fully equipped kitchen, outdoor playground and undercover area for wet weather option for parties.
From only \$29 per hour for members

Tables and chairs are included with your hire, and we have a BBQ available for hire.

For more information or to make a booking ring **4340 1724** or email admin@knc.net.au

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Please call Michelle Smith
for an appointment
0401 509 498



5am Mon-Fri

6am Sat/7am Sundays

We now sell iced coffees, fruit smoothies, milkshakes and thick shakes. As well as our great Di Lorenzo coffee and homemade cakes.

Kirsty and Cameron

Orders: 43405427

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Email: dave.developingleaders@gmail.com

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DO YOU HAVE ..

- A COUPLE OF SPARE HOURS EACH WEEK?
- COMPUTER SKILLS ?
- A DESIRE TO HELP OTHERS?

At Kariong Neighbourhood Centre, we offer free Broadband tuition for Seniors and those with a disability. In order to continue these services, we need your help. We are looking for volunteers who have a couple of spare hours each week would like to share their skills.

If you think that you might be interested, we would love to hear from you.

Please ring KNC on 4340 1724 or email
admin@knc.net.au

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QUALITY FRUIT

Telephone: 0400 292 220

We are no longer operating from our shop front but you can still enjoy locally grown fruit and vegies.

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Twice a week on Mondays and Thursdays

Orders for Monday Delivery - in by 3pm Sunday

Orders for Thursday Delivery - in by 3pm Wednesday



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Call Bernie 4340 0974 / 0410 434 845

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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

MONDAYS

Pilates for Seniors - Classes are currently on a break. Expected return date is the start of the second term. Please watch this space for further notices or email sarah@yourtemple.com.au for any information.

Transition to School

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. Parents invited to stay for first Term sessions.

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: \$10 if paid in advance, \$12 for casuals
For more information contact Corina Jones 0409 242 153

WEDNESDAYS

Tai Chi for Health & Relaxation

9:00am—10:00am during school term, \$10 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: \$4 per child, (member) \$4.50 per child (non-members) \$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

Provide First Aid Course—HLTAID003

Nationally accredited First Aid, CPR & HLTAID004 courses. To enrol contact Directions Health 9486 3120 or www.firstaid.net.au

Weight Watchers from 6.30pm to 8:00pm
www.weightwatchers.com.au Phone: 131 997

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. Morning Tea provided.
Cost: \$4 for members, \$4.50 for non-members.

THURSDAYS cont..

The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday, 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 **During school term**

FRIDAYS

Australian Breastfeeding Association Meeting

All welcome! Fortnightly 10.00am to 12 noon **During school term**
Contact kariongabagroup@gmail.com or phone 1800 686 268

Empowering Women Together—Find your natural creative self, learn self love, develop your own toolkit for life, establish new boundaries
Friday 3rd March for four weeks only 10.15am—12.15 with Carol from Feather Touch Massage. \$15 per session.
Phone 4340 1724 or email admin@knc.net.au to reserve your place

SATURDAYS

Pilates & Boxing for fitness Classes are currently on a break. Expected return date is the start of the second term. Please watch this space for further notices or email sarah@yourtemple.com.au for any information.

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 Greg 0419 217 006

Rooms are available for hire for events and children's birthday parties on Saturdays and on Sundays from 1.00pm
For bookings please Phone KNC 4340 1724 .

SUNDAYS

River Christian Church - From 9:00am, to 1.00pm

Contact Shaun: 0402 857 467 or Nerida: 0411 032 645

ADVERTISING CLOSING DATE for NEXT ISSUE

Wednesday 19th April 2017

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.

Advertise with us

We have had very positive feedback from our advertisers regarding the business generated from advertising in the Kariong Connection.

Our newsletter is delivered to over 2500 local community members and local businesses, and is emailed to over 600 more.

For more information on our very reasonable rates

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

Information Booklets

on services available to you on the Central Coast
available at Kariong Neighbourhood Centre

We are here to support you !!

We have researched and compiled a comprehensive up to date guide 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.

These directories are a very valuable resource to have.

Drop into the Centre to pick up your copy



10 Langford Drive, Kariong



SOMERSBY ANIMAL HOSPITAL

79 – b Howes Road, Somersby

Call us on: 4372 1799

Opening hours:

Weekdays – 8am – 6pm

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After hours available

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