

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 7 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



August 2018



We had a fabulous day on Friday 13th with Mars Volunteer Program

Above are some pics of the day with happy faces all around.

They did lots of work around the Centre, including working in our community garden, prepared a wonderful lunch for everyone to enjoy, and generously donated a barbeque to the Centre.

We would like to thank Volunteer Central Coast and the Mars Volunteer Program for their generosity.

“I LOVE KARIONG” STICKERS !!!

Be loud and proud of your community



Available at the Centre reception only for \$5 each.

For your car, your bedroom, your fridge, your school folders.

Size: W27.9cm x H7cm



OOSH UPDATE

Only 5 minutes off the M1

We've had a fabulous month here at Kariong OOSH.

We enjoyed a visit from Mars food group, who ran a soccer workshop with the group as well putting a delicious sausage sizzle on for us. It was a great day, we hope to be involved with this program next year. Please see front page.

We would like to welcome Rachel to the team. Rachel is a casual educator and has already begun building friendships with the children. Please give her a warm welcome when you see her around.

Our vacation care program is over for another term and we were lucky enough to go to on several new adventures with the group. We have already begun booking our next program. As always your feedback is welcome. We would like to thank the children for their terrific behaviour whilst out on excursions. Our team received some lovely feedback about our well behaved, attentive listeners.



Here at OOSH we are always striving to improve the service we offer the children and families in our care and one of the ways we are doing this, is by revamping our menu. Anita joined our team recently and brings with her years of cooking experience, and we can't wait to see what new and interesting meals Anita comes up with.

Finally we would like to farewell Jake as he embarks on his teaching career. We recognise the valuable contributions he has made to our team and the friendships he has made with the whole group. We will miss you Jake!

Thanks for your patience while we continue to sort out accounts relating to the CCS Transition. We are mindful that this has been a tricky and tiresome process and would like to thank you for your patience. We hope to have everything sorted for all families within the week.

That's it from us. See you here for before and after school care term 3.

If you have any questions or comments please come and see us in the office.

Marina Bosworth

Nominated Supervisor

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

WISEBERRY

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

Kariong Neighbourhood Centre
Address: 10 Langford Drive Kariong

Free childcare onsite if needed
(must register if required)

Facilitated by: Shelly
(a trained Community Leader)

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 two trained educators

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.

Phone: KNC on 4340 1724

Parents are welcome to stay if they choose.

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



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

Australian Plant Society

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



The Central Coast Group of the **Australian Plants Society** will next meet at Phillip House on **Saturday, 11th August 2018 at 1.30pm for a 2.00pm start**. There is a \$2 admission charge at the door which includes a Lucky Door ticket.

Speaker for the meeting will be Noel Jupp and Noel will be speaking about native bees.

There will also be a Specimen Table segment which is a presentation on growing information of plant specimens brought in by members from their gardens and there will be Australian native plants for sale.

On Saturday morning members will be enjoying an organised bushwalk in the local area.

Visitors are always welcome to attend our meetings.

On conclusion of the meeting 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.

FAREWELL FROM DR DIANA TREECE

Dear Kariong Community,

It is with great sadness that I say goodbye to Kariong Medical Centre. My last day is July 27th.

It has been an absolute Privilege and an honour serving you and your families here over the last 6 years.

You have supported me while I had my own family too, who have been so welcomed into the community.

I will continue to practice as a GP on the coast and my husband will continue to work at the high school in Kariong.

I thank you for your kindness throughout my time here. and I wish you all the very best in your and your family's future.

Diana Treece





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

Parenting Groups in Term 3

Circle of Security for WOMEN ONLY

Venue: Wyoming Women's Health Centre
37 Maidens Brush Road, Wyoming

Dates: Wednesday Mornings in August – September 2018

Time: 9:30am – 11:30am

Childcare available; Bookings Essential

Circle of Security for YOUNG PARENTS

Venue: Wyoming Youth Skills Centre
9 Warrawilla Rd, Wyoming

Dates: Thursday Mornings in August – September 2018

Time: 10am – 12pm

Child-minding available; Bookings Essential

Triple P Group in WOY WOY

Venue: St John the Baptist Catholic Primary School
21 Dulkara Rd, Woy Woy

Dates: Thursday Mornings in September 2018

Time: 9am – 11am

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, 10, 31 August,
14 and 28 September 2018

Time: 10am – 12pm

No need to book, just turn up!

For Support or to Book into a Group

Call: 4340 1585, text 0434 426 709

Email: ccfss@ccfss.com.

Website: www.ccfss.org.au

*for groups in other locations please see

www.ccfss.org.au



Charge up your energy savings!

The Energy & Water Ombudsman NSW (EWON) provides the following information to help people discover ways to reduce their energy use.

By making small changes at home you can reduce your energy and water use, save money on your next bill and be kind to the environment.

Refrigerator – fridges and freezers work 24/7! They are most efficient if they are regularly cleaned, are frost free and tightly sealed. Old fridges use much more energy than newer models.

If you have a concession card you may be eligible for a 40% discount on a new fridge, find out more at <https://powertosave.nsw.gov.au/households/appliance-replacement-offer>

Lighting – if you change 20 halogen downlights to LED downlights, you can save up to \$210 a year on energy costs.

Find information on the NSW Government program to help you replace old lights for energy efficient ones at <https://powertosave.nsw.gov.au/households/discounted-energy-efficient-lighting-households>

Cooking – Use lids on your pots and pans while cooking, as this will help to heat water faster and prevent evaporation.

Washing and drying – By switching to cold washes, you can save up to \$124 a year but make sure you're washing full loads too! When the sun is shining, why not use nature's dryer? Fresh air! If you do use a dryer, spin dry your load in the washing machine first to remove as much water as possible.

Little changes will make big savings!

Remember that energy and water retailers are required by law to offer payment plans and have hardship programs in place for customers facing financial difficulties. If you think you will struggle to pay your bill, speak to your retailer first.

Etalong Beach Arts & Craft Centre

Corner Picnic Parade & Maitland Bay Drive
ETTALONG BEACH

We are delighted to be able to offer a
one day Watercolour Workshop

'EXPLORING SPECIAL EFFECTS IN WATERCOLOUR'

led by **Judith Hoste**

Date: Saturday 18th August 2018

Time: 9.30am – 3.30pm

Cost: \$80

Register now by phone on 0412 155 391
Or email ebacc.email@gmail.com

Registrations for this workshop close on
WEDNESDAY 8th AUGUST 2018

KARIONG PROBUS CLUB Inc.

Probus Club of Kariong Inc. celebrated its
"coming of age" with a 21st Birthday luncheon
held at its usual meeting place of Gosford Golf Club
with a great two course luncheon.

At the conclusion of the
luncheon in lieu of dessert the
cutting of the birthday cake
was performed by our first and
only Life Member, Mrs Judy
Carroll, who has held a variety
of positions within the Club
most notably as Secretary,
Outings and Activities Officer,
Secretary and Membership Officer over many years.

Judy was unanimously inducted as a Life member at our
AGM for the 2018-19 year by the membership. Our Club
is a vibrant amalgam of diverse personalities that enjoy the
interaction of Fun, Fellowship and Friendship. The
photograph show Judy cutting the Birthday cake that was
superbly made by Kariong Kakes Pies & Bread Bakery
which they have been doing for our Club for many years.



Murray Scott
President 2018-2019 "

Standpipe



Hi all

Its time for this month's news from Kariong Rural Fire
Brigade

The weather has become very cold over the last few
weeks. As per last months issue, please remain vigilant
when using heating equipment such as heaters and electric
blankets. These devices can very easily cause house fires if
left unattended or not maintained.

Kariong held its Annual General Meeting in July. New
officers and Admin position holders were sworn in for the
either the next 12 months or 2 years, depending on the
position they took. Congratulations to the incoming officers
and good luck for the coming year. At this meeting one of
our members received a very special award, life
membership, an award given to members who have gone
above and beyond with their service to the brigade. A well
deserved congratulations to Michael Hughes and thankyou
for your service to Kariong Rural Fire Brigade.

The Brigade has attended a number of incidents over the
past month. These incidents have ranged from bushfires
to motor vehicle accidents. This is a friendly reminder to
drive to the conditions, slow down and stay safe. The
brigade has also attended a number of fires this month.
Please remain vigilant with campfires and pile burns;
landowners are reminded to visit the RFS website to check
their obligations when conducting pile burns. Remember to
dial 000 to report any suspicious fire activity.

On another note, you may notice the brigade out and
about in the local area over the next few weeks. Brigade
members will be increasing their knowledge of the local
area and important assets by conducting area
familiarisation. You may see our trucks on the fire trails or
driving around the streets of Kariong. If you see us come
say hello and have a chat, our members are always happy
to answer any questions or concerns.

As always, the brigade welcomes any new members. If you
have ever thought about joining the Rural Fire Service or
want to give back to your community, now is a great time
to inquire. We train every Wednesday night from 7.30pm
and the 1st and 2nd Saturday of the month from 8 am. Our
station is located in Dandaloo Street.

That's it for now, 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.

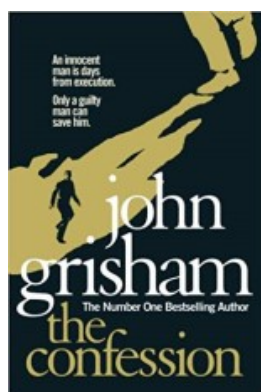
Babytime is a special program of songs, rhymes and simple stories for babies aged six to 24 months. Now at Kariong Library every Tuesday morning commencing at 9.45am. All welcome.

Storytime is held every Tuesday morning at 10.30am. Spend a fun, creative morning with your pre-school aged children. All welcome.

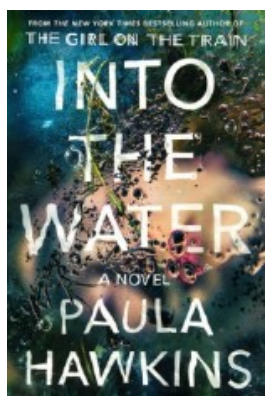
Did you know the library catalogue is available online so that you can search for what you need before you visit or make your own reservation on popular titles. You can even search though new titles recently added to the shelves. The Virtual Library provides access to a range of online subscription databases,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

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 legal thriller The Confession by John Grisham concerning the murder of a high school cheerleader and how an innocent man is arrested for it.



Our second work is Into the water by Paula Hawkins. When a single mother and a teenaged girl are found murdered at the bottom of a river in a small town weeks apart, an ensuing investigation dredges up a complicated local history.



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

But wait there's more!

The Executive met with Council officers recently who advised that Community groups would be given back their Halls to manage on behalf of their local communities! A complete about face after the past 2 years of the opposite policy, and the damage, not to mention the angst, done to many groups. More information next month on the Progress Association's decision on this matter.

If you would like to be involved in how we go forward with this please come to our next meeting.

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.

KARIONG CRIME STATS for June & July
available in next edition.

The next meeting will be held at **7.00pm**
Wednesday 8th August 2018 At the Community Hall



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



Hello friends and Neighbours.

Here we are beginning another term. Hope everyone has had a great holiday.

KidzXChange is been back in full swing and we are having a great time learning the stories from the book of Acts in the Bible. We have had drama, stories, craft, games object lessons, and food to name a few ways we have been learning. We would love to see you on Saturday mornings.

We meet at the Kariong Primary School Hall. Entrance via Truscott Avenue.

Wow, on July 14th we had our Wilderness Worship at the Watagan Mountain. We had a fire, roast potatoes, damper, marshmallows, sausages and lots of yummy food. We had a lovely worship in the bush. We fellowshiped with God in His surroundings.

On July 21st, we had movie and popcorn.

Now with our new term, we would really like to invite you to come and enjoy some fun and games while learning about Jesus if you are between 4 and 12.

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

We would love to have you come and worship with us. Make some new friends, enjoy time with God and have a delicious lunch.

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.

PLEASE NOTE:

JP service no longer available 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**

Foreman One Properties **4340 0777**

(Tuesdays & Thursdays 9am – 11am)

Kariong Eco Garden TRIVIA NIGHT

Sat 18th August 2018

• 5-8pm •

*Join us for a great night of fun,
laughs & trivia, in support of
Kariong Eco Garden!*

- Tickets \$10 per person, available through KNC or Eventbrite
- Tables of 6 ☺ (join a table or form a team)
- Taking orders for Kariong Pizza on the night
- BYO nibblys, plus tea, coffee & cakes for sale also
- Win great prizes! (please contact us via Facebook if you'd like to donate)

KEG Trivia Night will be held at Kariong Community Hall, 2 Dandaloo St, Kariong

FAREWELL SUE!



Sadly our AMAZING Sue Williams will be leaving us in late July to move into a very well earned retirement.

Sue has worked closely alongside both Manager, Staff & Volunteers for the past 6 years. Although she started as a volunteer, we quickly realised her skills and potential and brought her on board with our Administration team.

Sue has always been 100% professional and reliable, helping to positively shape the Centre into what it is today. Sue will be dearly missed by all.

Sue has started up her own business in eco-dying. She runs a successful Etsy store, as well as the occasional market stall. Follow Sue on Instagram @suewi648 and find her on Etsy (www.Etsy.com.au) under NaturallyDyedbySue.

On behalf of the Manager and Staff, we would like to thank you Sue for a wonderful and dedicated 6 years. You have been a heart of our Centre, keeping our Staff happy, and with your beautiful persona always shining through. We wish you the very best.

Fiona Simpson

Manager | Kariong Neighbourhood Centre



Shaping students as leaders at Kariong Mountains High School

There is a multitude of quotes on the Internet about leadership. I would like to reference two that underpin the development of student leaders at KMHS:

'Leaders aren't born, they are made. And they are made just like anything else, through hard work. And that's the price we'll pay to achieve that goal or any goal.' (Vince Lombardi) and *'Leadership is lifting a person's vision to higher sights, the raising of a person's performance to a higher standard, the building of a personality beyond its normal limitations.'* (Peter F Drucker)

Fundamental to the leadership structure at KMHS is the belief that all students have the capacity to develop and demonstrate qualities of leadership. We believe, just like Lombardi, that leaders can be made. We believe, like Drucker, that leadership enables the growth and performance of an individual through aspiration to a 'higher standard'. As such, the school has a 'Passport to Leadership' program, developed by students for students, that embraces diversity of leadership skills and diversity of leadership paths.

All students are eligible for the program. There is recognition that leadership can be demonstrated across a range of areas, both within and outside the school. The passport to student leadership allows students to chronicle their achievements over a range of focus areas, including:

- academic achievement
- character (e.g. evidence of helping with a charity event; coaching sporting teams)
- applied research competency (eg participation in school or community based research project)
- volunteering (eg peer support leader)
- service learning (eg Duke of Edinburgh; surf lifesaving)
- school leadership activity (eg school representation; leadership team)
- school representation (eg debating)
- leadership activity (eg participation in student voice conferences; public speaking).
- creation of a leadership 'product' (eg initiate an activity or create a product that raises awareness of an issue)

Continued

The 'Passport to Leadership' program has a number of stages, enabling students from Year 7 on to participate. Students can choose a number of pathways and options, including: choice of leadership skills and leadership track; the level of award to which they aspire; the type of recognition they want; how long it takes for them to get to the end of their leadership journey; what activities to include in the leadership portfolio; and new activities which can be added to the program

Meeting formally twice a term, the leadership team represents an active student voice on relevant issues. The team is also critical in planning house meetings and organising assemblies.

The ideas in the quotes from Lombardi and Drucker were clearly evident in a student leadership planning day held this term, where I witnessed the students from Years 7-12 engrossed in collaborative activities and decision making processes related to issues relevant to the student body and the school. This is leaders in the making; this is aspirational student voice in action.

Ms Lidia Jeffrey BA, Dip Ed, MEd

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

Maggie Keeble Group Leader

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

\$25 p/h

ADVERTISE WITH US

**YOU WON'T FIND CHEAPER & more EFFECTIVE
ADVERTISING ANYWHERE !!**

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.

*For more information on our very reasonable rates
Contact us on 4340 1724 or admin@knc.net.au*



Furniture, giftware, jewellery – beautiful and unique pieces made using reclaimed and recycled materials. Hand crafted by local charity Fairhaven's team of supported employees with disabilities, in partnership with volunteers and staff. Made to order pieces and furniture refurbishing also available.

Phone 4349 5500
Visit 209 Brisbane Water Drive, Point Clare
Visit Imperial Centre Gosford, next to EB Games

fairhaven
recreate



Australian Government
Australian Taxation Office



Get free help with your tax return from a Tax Help volunteer

- > Are your tax affairs simple?
- > Do you earn around \$60,000 or less?

To find out more, contact the ATO on **13 28 61**.

myTax

To make a booking for your free tax help appointment at Kariong Neighbourhood Centre ring 4340 1724 or email admin@knc.net.au



Get to work at Fairhaven!

Fairhaven is the largest employer of people with disability on the NSW Central Coast. When you work at Fairhaven you'll learn new skills, receive workplace training, enjoy variety and best of all – be part of a great team!

If you don't already have NDIS Plan funding for employment, such as **SLES** (School Leaver Employment Support) or **Finding and Keeping a Job**, our support coordinators can help get you started.

Come and visit our Fairhaven CoPack and ReCreate social enterprises, arrange a site tour at the Point Clare or Tuggerah work sites.

Call Lynne or Julie on 4349 5500

Visit 209 Brisbane Water Drive, Point Clare
Web fairhaven.org.au **Email** hello@fairhaven.org.au

fairhaven

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/>

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

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



"Caring for your fur babies is our priority"

Karlong 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

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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 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 Wonderful Women's 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 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 - 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

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 15th August 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.