

# 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 27; No 6 10 Langford Drive, Kariong, Phone: 4340 1724; www.knc.net.au



July 2019



### July 2019 VACATION CARE PROGRAM

<p>Monday 8th INHOUSE <b>MEXICAN DAY</b></p>  <p><b>\$60</b></p>	<p>Tuesday 9th EXCURSION <b>CINEMA PARADISO</b></p>  <p><b>\$60</b></p>	<p>Wednesday 10th EXCURSION <b>KINCUMBER MOUNTAIN</b></p>  <p><b>\$60</b></p>	<p>Thursday 11th INHOUSE <b>OUTBACK ADVENTURES &amp; INDIGENOUS ART</b></p>  <p><b>\$60</b></p>	<p>Friday 12th INHOUSE <b>SLUMBER PARTY, BYO SCOOTERS &amp; BYO TECHNOLOGY</b></p>  <p><b>\$60</b></p>
<p>Monday 15th EXCURSION <b>MARINE DISCOVERY CENTRE @TERRIGAL</b></p>  <p><b>\$60</b></p>	<p>Tuesday 16th EXCURSION <b>THE BOWL CHALLENGE DAY</b></p>  <p><b>\$55</b></p>	<p>Wednesday 17th INHOUSE <b>MEGA CRAFT DAY &amp; HUGE LEGO COMPETITION</b></p>  <p><b>\$55</b></p>	<p>Thursday 18th INCURSION <b>ROCK N ROLL WORKSHOP</b></p>  <p><b>\$60</b></p>	<p>Friday 19th EXCURSION <b>ECO GARDEN PARK, TENNIS COMP, SAUSAGE SIZZLE</b></p>  <p><b>\$60</b></p>
<p>Monday 22nd INHOUSE <b>KARIONG'S GOT TALENT DAY</b></p> <p><b>\$55</b></p>	<p>All bookings to be received prior to <b>June 28th</b> to allow time to sufficiently roster staff. Bookings will not be accepted over the phone. Please book via Book Me, which is accessed via your Hubworks account.</p> <p><b>Bookings will not be accepted if you are currently in arrears.</b></p> <p>Any extra days requested need to be paid for at time of booking as per fee policy.</p>			

Kariong Out Of School Hours Care | 10 Langford Drive Kariong | oosh@knc.net.au | 4340 4561

### FREE Creative Communities Aboriginal Art Painting Workshops

Discover the art of Aboriginal Painting in these **FREE** workshops.  
Each program runs for 3 sessions (materials included).

Wednesday 31 July, 7 & 14 August, 6.30pm to 9.30pm  
OR

Wednesday 4, 11 & 18 September, 6.30pm to 9.30pm  
Bookings essential. Reserve your spot now.

4340 1724 or admin@knc.net.au

This program is proudly supported by Central Coast Council. Connecting Communities through Creative Industries.

www.knc.net.au



### Bunnings BBQ FUNDRAISER

Enjoy a sausage sizzle with the family & support your local OOSH



At Bunnings West Gosford, Sunday 14th July 2019

# KNC ACTIVITIES

## What's Happening at Kariong Neighbourhood Centre

MON	<p><b>NEW Wonderful Women's Group*</b></p> <p>9:30 to 11:30am   Cost: \$5</p> <p><b>Starting Monday 29th July</b></p> <p>A welcoming social and creative group with free childcare (1-5yr)</p> <p>Bookings essential: 4340 1724</p>	<p><b>Pilates for Seniors*</b></p> <p>12pm to 1pm</p> <p>Phone 0425 265 609 or email sarah@yourtemple.com.au \$10.00 each class</p>	<p><b>NEW Kariong Community Choir, Monday 7-8.30pm</b></p> <p><b>Starting Monday 22nd July.</b></p> <p>Bookings essential, by July 5th.</p> <p>Contact Charmain on ph: 0416 019 844 or email: charmainmusic@icloud.com</p>	
TUES	<p><b>Immunisation Clinic for children - NSCC Area Health</b></p> <p>Free service, no booking required. The 2nd and last Tues each month</p> <p>For more detail call Gosford Gateway Clinic - 4328 7900</p>	<p><b>Indoor Bowls*</b></p> <p>9.15am sharp to 12noon</p> <p>Beginners welcome. Morning tea included. Join us for a fun morning with lots of laughs</p> <p>Cost \$4 for members, \$4.50 for non-members</p>	<p><b>Early Childhood Clinic - NSCC Area Health - FREE</b></p> <p>Child Health appointments with Helen from Area Health</p> <p>For appointments call Gosford Gateway Clinic - 4328 7900</p>	<p><b>Yoga with Corina*</b></p> <p>7pm - 8pm</p> <p><b>Taking expressions of interest</b>, please contact Corina on 0409 242 153</p>
WED	<p><b>Early Childhood Clinic - NSCC Area Health</b></p> <p>Child Health appointments with Helen from Area Health</p> <p>For appointments call Gosford Gateway Clinic -4328 7900</p>	<p><b>Tai Chi for Health &amp; Relaxation*</b></p> <p>9:00am —10:00am</p> <p>For information contact Helen on 0435 121 520</p> <p>\$12 per lesson</p>	<p><b>Active Playgroup for 0 to 6 year olds*</b></p> <p>10:30am to 12:30pm</p> <p>Music, dance, exercise, toys, craft &amp; school readiness. All welcome</p> <p>Cost: \$5 per child plus \$1.00 each additional child</p>	<p><b>Provide First Aid Course—HLTAID003</b></p> <p>Nationally accredited First Aid, CPR &amp; HLTAID004 courses</p> <p>To enrol contact Directions Health 9486 3120 or <a href="http://www.firstaid.net.au">www.firstaid.net.au</a></p>
THURS	<p><b>Grace Church*</b></p> <p>9.15am to 11.45am</p>	<p><b>Kariong Craft &amp; Chat Group*</b></p> <p>9.30am to 12 noon</p> <p>A social group for people who enjoy doing arts and crafts</p> <p>Bring your own project or learn new skills. Morning Tea provided</p> <p>Cost: \$4 for members, \$4.50 for non-members</p>	<p><b>The Over Fifty Friendship (TOFF's) group*</b></p> <p>12:15pm to 2.00pm</p> <p>Specifically for those needing company. Bring a plate to share. Monthly outings on the last Thursday of the month.</p> <p>Cost: \$4 members, \$4.50 for non-members</p>	
FRI	<p><b>FREE Creative Communities Art &amp; Craft Workshops (for adults)*</b></p> <p>9:30am - 12noon</p> <p>Fridays - please contact for us dates and to rsvp. All materials included. FREE childcare for kids of participants (1-5 year olds)</p> <p>Bookings ph: 4340 1724 or email <a href="mailto:admin@knc.net.au">admin@knc.net.au</a></p>		<p><b>Little Big School*</b></p> <p>9.30am—11.30am</p> <p>Preparing 3-5 year olds for big school. Includes art, music, stories, games &amp; group time</p> <p>\$12 per child per session + \$12 enrolment fee. Bookings essential, ph: 4340 1724 or email <a href="mailto:admin@knc.net.au">admin@knc.net.au</a></p>	
SAT	<p><b>Pilates</b></p> <p>8.15am - 9.15am</p> <p>A great way to get your body back into shape. Book with Sarah on 0425 265 609 or <a href="mailto:sarah@yourtemple.com.au">sarah@yourtemple.com.au</a></p>	<p><b>Ukulele Group Lessons</b></p> <p>9.00am —11.00am</p> <p>Don't own a Ukulele—no problems we supply what you need to start</p> <p>\$10.00 per lesson. Contact Garry on 0419 217 006</p>	<p><b>Available for PARTY hire!</b></p> <p>The Centre is available for hire for events and children's birthday</p> <p>Book online at <a href="http://www.knc.net.au">www.knc.net.au</a> or ph: 4340 1724</p>	
SUN	<p><b>Available for PARTY hire!</b></p> <p>The Centre is available for hire for events and children's birthday. Book online at <a href="http://www.knc.net.au">www.knc.net.au</a> or ph: 4340 1724</p>			

\*During school term only

# COMMUNITY CALENDAR

## What's On Locally | July 2019

<b>Mon 1</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 2</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library
<b>Wed 3</b>	<b><u>CWA Woy Woy Craft &amp; Chat</u></b> 9am, 30 The Boulevard, Woy Woy
<b>Mon 8</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 9</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library
<b>Wed 10</b>	<b><u>CWA Woy Woy Craft &amp; Chat</u></b> 9am, 30 The Boulevard, Woy Woy <b>Kariong Progress Association Meeting</b> , 6.45-8pm. Kariong Progress Hall, Dandaloo St, Kariong
<b>Sat 13</b>	<b>Central Coast Group of the Australian Plants Society Meeting</b> , 1.30pm for a 2.00pm start, Phillip House, ph: 0408 653 140
<b>Sun 14</b>	<b><u>Boomerang Bags Making-Bee</u></b> 9:30am-12.30pm. Kariong Progress Hall, ph: 0429 431 889
<b>Mon 15</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 16</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library <b>Kariong Probus Club</b> 3rd Tuesday each month, Everglades Country Club. Contact ph: 4344 6867

<b>Wed 17</b>	<b><u>CWA Woy Woy Craft &amp; Chat</u></b> 9am, 30 The Boulevard, Woy Woy
<b>Mon 22</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Wed 24</b>	<b><u>CWA Woy Woy Craft &amp; Chat</u></b> 9am, 30 The Boulevard, Woy Woy <b><u>Black Box Parenting (women only)</u></b> , 9:30 - 11:30am Wednesdays starting July 24th. Contact Emily, ph: 4340 1585
<b>Fri 26</b>	<b>Book Club</b> 10am, Kariong Library. Ph: 4325 8155 <b><u>MetroFest mini music festival</u></b> 6-10pm, Youth Arts Warehouse, Gosford. <a href="http://www.youthartswarehouse.com.au">www.youthartswarehouse.com.au</a>
<b>Mon 29</b>	<b><u>Volunteer Morning in the Garden</u></b> 10am-12noon. Kariong Eco Garden. Ph: 0429 431 889
<b>Tues 30</b>	<b><u>Babytime</u></b> 9:45am & <b><u>Storytime</u></b> 10.30am, at Kariong Library
<b>Wed 31</b>	<b><u>CWA Woy Woy Craft &amp; Chat</u></b> 9am, 30 The Boulevard, Woy Woy
<b>NEXT MONTH August</b>	<b><u>Circle of Security – Young Parents</u></b> , 10am-12noon, 4 Fridays starting 2/8/19 <b><u>Circle of Security (Women only)</u></b> , 9:30-11:30am, 6 Wednesdays starting 7/8/19 <b><u>Triple P Group in Green Point</u></b> , 1-3pm, 54 Wednesdays starting 7/8/19 <i>For the above 3 groups, please contact Emily on ph: 4340 1585</i>
<b>SAVE THE DATE</b>	<b>14th Sept</b> - Kariong Mountains High School 10 <sup>th</sup> ANNIVERSARY P&C TRIVIA NIGHT

### Like to publish in the Connection?

**ADVERTISING CLOSING DATE**  
*for NEXT ISSUE*

**Tuesday 16th July 2019**

Please email [admin@knc.net.au](mailto:admin@knc.net.au) or phone 4340 1724

**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. 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.

THE YOUTH ARTS WAREHOUSE PRESENTS  
AN ALL AGES, DRUG & ALCOHOL FREE EVENT

# METRO Fest

**GOLD MEMBER**  
**THE MOVING STILLS**  
WITH SUPPORT FROM **LOOSE LEECHES**  
**TURTLE CUSTARD & AW HECK**

**FRIDAY 26TH JULY**  
**6PM – 10PM**

YAW RYSS NSW MUSICNSW FAIRPLAY STAR104.5

**Tickets \$10 online or \$12 at the door**  
**Book now: [www.youthartswarehouse.com.au](http://www.youthartswarehouse.com.au)**



# Recipe of the month



This delicious & easy date loaf recipe was provided by the wonderful ladies of CWA Woy Woy. This cake is great served on its own or toasted with lashings of butter.

CWA Woy Woy welcome new members and visitors, drop by and see them at 9am Wednesdays at 30 The Boulevard, Woy Woy or find them on Facebook at [www.facebook.com/CWAWoyWoy/](http://www.facebook.com/CWAWoyWoy/)

## Date Loaf

- 1 ½ cup chopped dates
- ¾ cup sugar
- 115g butter, at room temperature
- ½ tsp bicarbonate of soda
- 1 cup boiling water
- 1 egg
- 1 ¾ cup self-raising flour
- 1 tsp ground cinnamon



## Method

Heat oven 160°C. Grease a loaf tin and line the base with baking paper.

Place dates, sugar, butter and bicarb in a bowl and add the cup of boiling water.

Set aside to cool to just warm. Add the egg, lightly beaten, sifted flour and cinnamon, and stir into the wet ingredients until fully combined.

Pour into the cake tin and smooth the top. Bake for 50 to 60 minutes or until the cake feels firm to a gentle touch in the centre. Cool for 10 minutes in tin before turning out onto a tea towel covered cake rack.

# Wonderful Womens Group

For all women | Make great friends | Be empowered

9.30 - 11.30am  
Mondays\*

Cost: \$5

FREE Childcare  
(1-5 years)  
Bookings  
essential



Contact: 4340 1724 | [admin@knc.net.au](mailto:admin@knc.net.au)

\*(during school term)



## OOSH UPDATE

Only 5 minutes off the M1

We have had a wet start to winter and this has seen us utilising the bus from Kariong Mountains High School to transport the children to and from school in the inclement weather. On behalf of the Staff, Children and Families of Kariong Out of School Hours Care, we thank Kariong Mountains High School for the use of this bus.

On July 14<sup>th</sup> Kariong Out of School Hours Care will be holding a BBQ at Bunnings at West Gosford. If you are visiting Bunnings on that day, please pop in and say hi and buy a sausage sandwich.



*Kariong OOSH*

Phone: 4340 4561 | Email: [oosh@knc.net.au](mailto:oosh@knc.net.au)



Kariong Eco Garden Incorporated  
2 Dandaloo Street, Kariong NSW 2250  
Phone: 0429 431 889

Email: [kariongecogarden@gmail.com](mailto:kariongecogarden@gmail.com)  
Website: [www.kariongecogarden.org.au](http://www.kariongecogarden.org.au)

**GARDEN NEWS** – We have had a tough month with rubbish left by visitors, damage to our shed and fires. Thanks to the Kariong Bush Fire Brigade and other locals including business DOORCRAFT who have helped us. Please report anti-social behaviour to the Police Assistance Line 131 444.

**Book into a free council Workshop to have your say about WASTE (on 1/7/19 at Umina; 3/7/19 at Erina):**

<https://www.yourvoiceourcoast.com/our-coast-our-waste> Want food waste collection, large scale composting and a Tip Shop or two?

**BOOMERANG BAGS** – Sunday 14/7/19, 9.30am – 12.30pm in Kariong Hall. Help make shopping bags from donated fabric, to stock box at Foodworks.

**Seed Saving & Plant Propagation workshop** on Friday 28/6/19, 10am – 11am. Free for KEG members or \$5 (includes KEG membership!). Just turn up.

**Thank you to Rotary Club of Kariong-Somersby for their donation to our garden. Save the date for our Annual Trivia night, Saturday 17/8/19, 6-9pm. Donations of prizes and silent auction items sought.**



Located in Kitchener Park, Ettalong Beach  
Cnr. Picnic Parade & Maitland Bay Drive

## CLASSES COMMENCE TERM 3 ON MONDAY 22ND JULY 2019 AND RUN UNTIL FRIDAY 20TH SEPTEMBER 2019

### Classes are held in:

- \* Patchworking & quilting
- \* Drawing & painting
- \* Silvercraft
- \* Pottery
- \* Watercolour
- \* Jewellery design & techniques

A Social Stitchery group meets on Thursdays.

Check the website [www.ebacc.com.au](http://www.ebacc.com.au) for all class information on hours and fees.

**FOR ANY ENQUIRIES PLEASE CALL  
PH: 0412 155 391**



4340 0246 | [kariongmtn-h.school@det.nsw.edu.au](mailto:kariongmtn-h.school@det.nsw.edu.au)

Current best practice teaching in our classrooms is only a part of the recipe for success. Wellbeing/health has to also be at the front and centre of success and it is in this space, that although school plays an important role, it is parents who lead the way. Two important aspects of good health that parents can monitor/influence to help improve success at school are:

- Nutrition - healthy bodies, healthy minds (we have a healthy canteen strategy, but a number of students come to school with soft drinks and snacks from stopping off at the shops in the morning).
- Sleep - teenagers should get about 9 hours of sleep a night (i.e. asleep, not just in their bedroom).

Naturally, being active is also a key aspect and again we can both facilitate this. For example, through organising play and sport programs at school and at home, or through scheduling time away from electronic devices. Educating students at school goes hand in hand with educating children in families. They are not two discrete parts of a child's life and the best outcomes are achieved with working together. Thank you to all the families with whom we have this great connection.

## Kariong Medical Centre



### 45-49 Year Old Health Checks

As we get older, many of us become more vulnerable to illness. To reduce this, we would like to invite you to make an appointment to come into the Kariong Medical Centre for a health check. It is for everyone aged between 45 and 49 who may be at risk of developing a health complaint, like diabetes or heart problems.

The aim of the health check is to help find, prevent or lessen the effect of disease. After all, it is better to avoid disease than treat it. This health check will give us the opportunity to look at your lifestyle and medical/family history to find out if you are at risk.

Risk factors may include high blood pressure, lack of physical activity, extra weight, unbalanced diet, high cholesterol, family history of disease (e.g. cancer, heart diseases or diabetes) and smoking. There is no cost for this service as it is covered by Medicare.

When booking your appointment, please advise the reception staff that it is for a 45-49 Year Old Health Check so they can allocate enough time for the nurse and doctor to see you.

## Standpipe



*Hi All,*

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

Have you ever thought about joining the Rural Fire Service? Winter is the perfect time to start your application and training. As a member of Kariong Fire Brigade you will be able to fulfil both firefighting and administration roles. There are many courses and specialisations for you to follow, each with their own experiences.

As a member you will also experience the social and family aspect of brigade life, your fellow members will become your second family.

We are located at 4 Dandaloo St Kariong and the station is open for training on Wednesday nights from 7pm and Saturday mornings from 8am. Feel free to come along and have a chat about becoming a member.

*That's it for now, Stay Safe and be Firewise*



Parramatta Mission Counselling Services at West Gosford is committed to minimising gambling related harm in our community. We do this by offering free counselling and information to anyone affected by problem gambling. Our counsellors can also facilitate presentations; write articles for your newsletter or website; provide information stalls at events; and provide gambling help promotional materials.

We aim to empower our clients to find their inner strength to move away from problem gambling and towards a happier life. A part of doing this work requires educating people on the hidden dangers and misconceptions around gambling and providing them with resources and strategies to make positive, responsible choices. Please contact PM Counselling West Gosford on 0408 679 351 or check us out at [www.problemgambling.net.au/pm counselling.html](http://www.problemgambling.net.au/pm counselling.html)

## Kariong Community Choir



### Charmain Heaney Music

Charmain has been teaching piano, vocals and groups for the past 12 years. She is trained in all aspects of the voice, and this is her true passion!!

Charmain uses the medium of music to connect people at a soul level, and just loves it when people light up from the inside and find their freedom.

You do not need to be able to sing, just to have a go and to have lots of fun, be a little open to your life blossoming.

Come along to choir where there is no expectation. It is a way to learn to express yourself in a safe fun caring environment.

Starting Monday 22nd of January 7-8.30 pm at Kariong Neighbourhood Centre

*Come along, be daring!! Be free!! Be you!!!!*

**Contact Charmain on:**

**0416 019 844 or [charmainsmusic@icloud.com](mailto:charmainsmusic@icloud.com)**



## The XChange

Seventh-day Adventist Church

**Contact: [kariongxchange@me.com](mailto:kariongxchange@me.com)**

The XChange is happy to announce that we still provide bread and other baked goods to several families in our area. If you or anyone you know may benefit from a bakery parcel please contact Lesley on the number below. Womens small group continues to meet on Wednesday mornings at 10:00am and a mens small group has started up on Monday evenings at 7:00 pm at 17 Benkari Ave. We have started a youth group this year. If you are in high school, this may be something for you. Call Lesley on the number below to get the address.

With holidays coming up we will be having our holiday Barneys once again. The first week will be at the Wattagans with our usual fire with baked potatoes, damper, marshmallows and songs. It is something you don't want to miss. For more information call the number below.

Please continue to watch this page further for more current news.

To get the addresses of the above new meetings please contact Lesley on 0488709999 or email [kariongxchange@me.com](mailto:kariongxchange@me.com) for further information or questions.

## What's on at Kariong library?

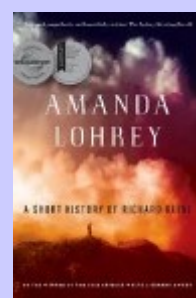


*The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed 1 to 2pm) Phone: 4325 8155.*

**Babytime** (9.45am for 6 to 24 months) and then **Storytime** (10.30am for pre-schoolers) is held every Tuesday morning. Come and spend a fun, creative morning with your children. All welcome.

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 and new members are welcome. Our book for July is A Short history of Richard Kline by Amanda Lohrey, a novel that explores masculinity, the mystical and our very human yearning for something more. Please grab your copy at the library and join in.





## Kariong Progress Association

EMAIL: [kariongpa@gmail.com](mailto:kariongpa@gmail.com)

FACEBOOK: Kariong Progress Association



Please report anti-social behaviour to the Police using the Police Assistance Line 131 444 (or 000 if an emergency).

**Expressions of Interest sought for Wednesday social activities in the Hall** - games, chess, cards, bridge and investment club are all possibilities. Email us or fill out an EOI at Kariong Neighbourhood Centre.

**Wanted:** Volunteer Bookkeeper

**You are very welcome at our next meeting:**

**Wednesday 10th July 2019**

6.45pm – 8pm

KARIONG PROGRESS HALL

Dandaloo St, Kariong

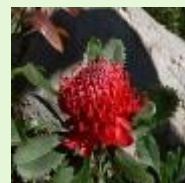
Meet long time locals, new neighbours, and discuss any issues of concern for you in our neighbourhood.

**HALL BOOKINGS: PLEASE EMAIL US**

([kariongpa@gmail.com](mailto:kariongpa@gmail.com))

Prices vary for permanent and casual bookings, for private hire and not for profit organisations.

**Australian Plants**  
SOCIETY NSW  
CENTRAL COAST GROUP



Central Coast Group of the Australian Plants Society will next meet at Phillip House on Saturday 13<sup>th</sup> July 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 at our meetings.

The speaker on the day will be Margaret & Graeme Ingall and the subject will be plants of the Cocos & Keeling Islands.

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 events is distributed to members by email.

**Inquiries contact Elsie at** [damael@hotmail.com.au](mailto:damael@hotmail.com.au) **or phone 0408 653140.**



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

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

Support is provided and designed to help parents build the skills and confidence to be self-sufficient and manage family issues as they arise.

We provide structured parenting programs to support parents to further develop their parenting knowledge and understanding of managing children's behaviour.

We also provide support groups for Grandparents Raising Grandchildren, and Young Parents.

**Phone:** (02) 4340 1585

**Email:** [ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.au)

**Website:** [www.ccfss.org.au](http://www.ccfss.org.au)

## CLUBS & GROUPS

### 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**



### Survivors of Domestic Violence Group



**Are you interested in joining a support group for survivors of domestic violence?**

Join us for a cuppa and a round table discussion (which will be helpful for all).

No need to take part in the discussion, just listen, and down the track perhaps we can help others who are going through domestic violence.

**Phone: 4340 1724 or 0423 357 096**

**You are a hero to come this far,  
take another good step forward!**

## CLUBS &amp; GROUPS continued

## Hall for Hire

1st KARIONG SCOUT GROUP

\$25 p/h



We have a large hall available for Play Groups, Dance Groups, Fitness Classes, Group Meetings, Fundraising Events, Classes or Celebrations. Very flexible availability, located just off the M1. We have a fully functional kitchen, tables and chairs, two bathrooms and wheelchair access. If you would like more information about our hall please contact:

Sandra McIntosh — Secretary

0490 128 259 | hallhire@kariongscoutgroup.com.au



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- NO contracts or referrals
- NO minimum order

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coastcuisine.com.au



@coastcuisine  
Proudly supporting



Book early to avoid disappointment!  
(Theatre style seating is limited).

# Comedy for a Cause

SATURDAY 7 SEPTEMBER 2019  
Doors: 7pm / Show: 8pm / 18+

Silent Auctions! Food & beverages available for purchase. No BYO.

Featuring comedians from  
Sydney & Melbourne  
International  
Comedy Festivals

comedyforacause.net/PCP

Kariong Public School  
Entrance via Truscott Ave  
Kariong



In Support of:



Parklands  
Community  
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For further info:  
Natasha Sinclair  
0424555888



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Schools \$2 per student with 1 teacher free per 20 students.

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Email [info@henrykendallcottage.org.au](mailto:info@henrykendallcottage.org.au)Web [www.henrykendallcottage.org.au](http://www.henrykendallcottage.org.au)

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