



GOSFORD REGIONAL
COMMUNITY SERVICES



THE LINK

ISSUE 01/2020- ~ January /February



Wishing everyone a fantastic New Year!

2020 has already been a hard start for many across the country. However, we have once again realised what wonderful community spirit exists. Through adversity we have seen what we are capable of, with the amazing generosity shown across the country to those affected by the fires. The resilience shown in so many communities, small and large, is incredible and makes you ask "*What can I do?*"

There are so many organisations that offer volunteer opportunities ~ why not make that call today?



GROWING WITH OUR
COMMUNITY TO DELIVER A
WIDE RANGE OF SUPPORT
SERVICES AND ACTIVITIES.

COME INTO YOUR CENTRE AND GET TO KNOW US BETTER

We are lucky to have not been directly affected by fires but many in our local community are struggling. We have been a supporting member of the local community for over 20 years and continue to identify ways in which we can help. Details of our Crisis Support Program are in this newsletter.

If you would like to know more about our complete range of services, activities and upcoming events, please ask one of our helpful staff for information. You can give us a call on 4323 7483, send an email to lizzy@gosfordcommunity.org.au, or just call in to say hello. We're open Monday to Friday from 8:30 am to 4:30 pm & would love to meet you!

What's On at Wyoming & Pt Clare

Wyoming Community Centre 147 Maidens Brush Rd | Pt Clare Hall 49 Brisbane Water Drive

PLEASE PHONE THE GROUP CONTACT PERSON FOR MORE INFORMATION



Yoga class –suitable for all abilities. NDIS approved.
Wyoming 6pm every Tuesday

Contact: Julie 0406 973 378



Heart centred **meditation class**.
Wyoming 6pm each Wednesday during Term Time.

Contact: Sarah Jane 0437 590 311



The Greater Gosford Ukulele Troop
Wyoming 6:30 pm every Thursday

Contact Michelle: 0414 725 165



Sewing and Quilting. A very welcoming sewing & quilting group.
Wyoming various dates each month
Contact: Alan 0418 273 940



Anxiety Support Group A friendly, welcoming support group.
Wyoming 9 am 3rd Saturday each month.
Contact: Maree 0448 318 882



Tascott Playgroup
Pt Clare 10 am every Tuesday morning during Term time

Contact: Michelle 0418 690 025



Koolewong, Point Clare, Tascott Progress Association.
Pt Clare 2nd Thursday each month

Contact Helen: 0427 207 745 4324



YOGA Class
Pt Clare 10:00 am each Thursday
Contact Wendy 0423 433 781



BW Dance
Pt Clare Classes Mon to Thurs
Contact Amanda 0407 782 966

Brisbane Water Older Womens Network, Make new friends, enjoy good conversation.

Wyoming: 10 am 3rd Friday each month
Contact: 4328 3443



Central Coast Poets.

Wyoming 1 pm 2nd Saturday each Month

Contact: Johnwright29@gmail.com



Volunteer group caring for our native animals.

Wyoming 10am 3rd Sunday of each Month

Contact: Lesley 4359 1615



A support group for people who may have a family member impacted by drug use. FREE.
Wyoming: 6pm 1st Monday each month. Contact: Julie 0400 113 422



Wyoming Bookclub.

Wyoming 2pm 4th Tuesday each month.

Contact: Margaret 4324 3631



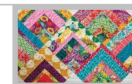
Australian Breastfeeding Support group.

Pt Clare 1st & 3rd Friday Term time
Contact Michelle 0418 690 025



Quirky Quilters.

New Members Welcome
Pt Clare 10 am Last Saturday each month
Contact Pat Egan 0404 835 448



Fellowship of First Fleeters

Pt Clare 10 am 2nd Sat each month

Contact Jon: 4311 6254



SOCIAL INCLUSION

Broadly speaking, Social Inclusion means that everyone, no matter what their abilities, age, gender, background, education, etc. have the opportunity to be involved and participate in their community.

It underpins everything we do. These are a few things that are in planning now and we are always open to new ideas.

**DATES
FOR
2020
will be
set at
this
meeting**

ARE YOU A NSW HOUSING
TENANT LIVING IN
WYOMING?

WYOMING TENANT MEETING

If so, please come and join us
for our next meeting &
morning tea. Let us also share
some information and
opportunities in the area!

10.30AM WEDNESDAY
29 JANUARY 2020
WYOMING COMMUNITY
CENTRE,
147 MAIDENS BRUSH
ROAD, WYOMING 2250

Supported by Mission Australia's
tenant participation and
community engagement program
for more information contact
Marjorie: 0436640233

**MISSION
AUSTRALIA** together
we stand

Coming Soon...



Community Garden Beds

Register your
interest by email or ask to
speak with Phil.

communitygreening@
gosfordcommunity.org.au



Food-Redi: Cooking Course



OUT OF SCHOOL HOURS CARE

WELCOME to all our new families and children who are just starting this year and welcome back to all our existing families. Starting school is such a big thing for our children and adding Before or After School Care to the day can seem daunting. Our caring and experienced staff are here to help you and your child/children make that transition go as smoothly as possible. If you have any questions about the OSHC service please call the office on 43237483 or email leigh-anne@gosfordcommunity.org.au



Well didn't those holidays just fly past!



Our Vacation Care program has been a huge success and a credit to all the staff who spend a lot of time planning activities to ensure children who attend Vacation Care don't miss out on that "Holiday" feel.

Once again GRCS has sponsored a number of activities for children including the annual **Surf Awareness Program at Toowoona Bay Surf Beach**. Children from our local area don't always have the opportunity to join "Nippers" and this annual outing is our way of contributing to their safety at the beach. We also sponsor excursions to the Movies and Peninsula Leisure Centre to keep the program affordable for as many as possible.



HELLO ~ GOODBYE

We bid farewell to the outgoing Principal at OLR, Frank Cohen, and wish him well in his new position. During his tenure at the school there have been some big changes, the most significant being the wonderful new school classrooms.

We welcome the **new OLR Principal, Bernard Cummings**. We look forward to working with him and the OLR team to ensure the wellbeing of your children, at school and at OSHC.

STAFFING

We also have some staff changes this year. Amanda Jefferys has taken up the position of Manager HR for GRCS and **Leigh-Anne Burkett** has been appointed as **Manager Children's Services/OSHC Coordinator**.

Leigh-Anne holds a Bachelor of Teaching and has been with our team since January 2013. She has been the Assistant Coordinator & Educational Leader, for the past three years.



Eloise Martin has been promoted to **Assistant Coordinator/Education Leader**. Eloise started with us as a casual staff member in 2013, transitioned to permanent employment, advanced to Supervisor and in 2019 completed her 2 year Diploma of Early Childhood Education and Care. It is always rewarding to see staff develop their professional skills.

We've said goodbye to Chayse & Renee who finished their Teaching degrees and have taken up permanent teaching positions. They will be missed by all but we know their schools have gained two wonderful teachers and we are pleased to have been part of their professional development.

Parents using the OSHC service are automatically included in the mailing list for our newsletter which is sent out via our "Hubworks" software program.

Gosford Regional Community Services offers high quality, affordable Out of School Hours Care for Primary School aged children and operates on the grounds of Our Lady of the Rosary Primary School, Glennie St Wyoming.

COMMUNITY GREENING PROGRAMS

WHAT A YEAR! With funding from a range of sources the team continued their work in building great community spaces.

- * Installed water tanks, paths, covered seating and a pergola for Point Clare Garden
- * Added to the new Community Garden at Dunbar Way
- * Refurbished all our Community Garden beds at Wyoming
- * Renovated the outdoor covered area at Wyoming & installed a Pizza Oven
- * Installed new paving at Wyoming
- * Put in new garden beds at Wyoming & Pt Clare
- * Extended the community compost bins

... and in doing so provided:

- * work experience opportunities for a wide range of people
- * skills training for students from Henry Kendall High School
- * assisted one of our local disability services in providing a garden in a supportive environment for their clients.

THANK YOU JOHN HOLLAND GROUP



"Over the past year the John Holland project team have slowly been raising money during events, BBQ's and morning teas so it can divide it up among some local charities. The team really love what you all do down at the Community Centre and want to provide you with a donation of \$345." Mitch Jones - John Holland Group.

Interested in community work experience?

Just give us a call on 4323 7483 or drop in for a chat.

We acknowledge the support of our funding partners in providing funding under their Community Grants Programs.

Federal Department of
Infrastructure
NSW Communities & Justice
Central Coast Council

We thank our local Federal and State representatives for their continued support of our programs.

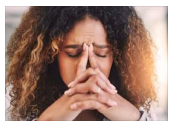
Emma McBride MP for Dobell
Lucy Wicks MP for Robertson
David Meehan Member for the
Entrance
Leisl Tesch Member for Gosford

CRISIS SUPPORT PROGRAM

If you find yourself in crisis we may be able to help with your immediate needs and we will work with you to try and get things sorted out. Please call for an appointment on 4323 7483. Our support services are here to help you.



FINANCIAL STRESS can affect anyone, anywhere, at any time. If you have unpaid bills your ability to pay your rent, buy food, or even be able to get to your job, can be overwhelming. We offer a limited amount of financial relief via food, fuel, transport vouchers or assistance with gas/electricity and Telstra bills. Unpaid fines can be paid off via a Work Development Order. We can also accept NILS (No Interest Loans Scheme) applications or refer you to a Financial Counsellor.



ANXIETY SUPPORT GROUP. Our free monthly Anxiety Support Group, run by Way Ahead, offers support and solutions in a friendly welcoming space. This small group meet and share personal experiences and information in a safe, friendly and supportive environment. Participants often form a bond based on the commonality of their day-to-day experiences. They learn from each other, experience relief, have fun, and become inspired by each other's journeys.



FAMILY DRUG SUPPORT Anyone in any family unit can develop a problem with drugs or alcohol, and those people closest to them are often seriously impacted. If this is you, our Family Drug Support meetings may be able to assist. This is a free service and aims to help people by, learning coping skills, gaining an understanding about drug and alcohol dependence, learning how best to support someone experiencing problems with drugs or alcohol, and to gain support for yourself and other family members.



FAMILY SUPPORT Sometimes life just gets hard and it's difficult to know where to turn. We have links with a range of organisations who are there to help you. Just ask for an appointment and we will try to assist.

~ Crisis Support ~

... because sometimes we just need a helping hand.

Energy Accounts Payment Assistance (EAPA)

is a NSW

Government scheme designed to assist customers who are experiencing a financial crisis or emergency and need help to pay their home electricity and/or natural gas (energy) bills.

We can assist customers stay connected to essential energy services in an crisis situation. Maximum amounts apply for each Financial Year.

Supported by the



The Telstra Bill Assistance

Program is to assist people

who are experiencing financial difficulty and are having a problem paying their Telstra bill. If you're experiencing a financial crisis and are unable to pay your Telstra bill, we may be able to help.



Can't pay your fines?

Ask about a Work and Development Order



We can sponsor a Work Development Order for you to help deal with unpaid fines.



globalcare
mates helping mates

The Wyoming Food Care outlet is located at Shop 4/127 Maidens Brush Rd Wyoming and is open on Wednesdays and Fridays from 9:30 am to 1:30 pm.

They stock a wide range of items at very reduced prices which will help you stretch your budget further. Why not call in and meet the very friendly team of volunteers today.

Please phone 4323-7483 to make an appointment for Crisis Support.

We make appointments to ensure we have enough time to discuss your circumstances properly and provide the assistance you need.



We can provide forms & accept applications for NILS but we do not assess in house. Applications are forwarded to the assessment team.

THINK LOCAL ACT PERSONAL

In 2019 we trialled our “**Think Local Act Personal**” course which has a focus on Networking for people with “different” abilities. The course ran over 12 weeks at the Community Centre and included outings, organised by the participants, at local venues and the outcomes for participants were amazing.

Ellen was the course assistant and very capably supported the course convenor, organising IT, arranging sign on and then she led the group chat on many occasions.

Luke was deliberating his future when the course commenced, and during the course gained enough confidence to enrol in TAFE. He loves helping people and, following in his Mum’s footsteps, is working towards completing an Assistant In Nursing (AIN) course.

Kade started out volunteering in our OSHC Service and he has now embarked on a Childcare course at TAFE while continuing his role as a volunteer. The feedback from parents, staff and children is that he is destined to become a great child care worker.

But the star, of the course, has to be **Lauren**. Lauren is part of the Options Theatre Company and has the unique ability to be able to recite a specific passage from William Shakespeare’s Richard the Third. Lauren recently starred as a prospective date on the ABC series Love on the Spectrum. If you’d like to catch up on the series go to ABC Iview.



Group dinner at Mad Mex Erina

New Course starting February

Our next course will start in mid February and **enrolments are open NOW!**

If you, or someone you know, is interested in attending, please call us on 4323 7483 and ask to speak to Jill.

We acknowledge the support of Central Coast Council in providing funding under their Community Grants Program.



Over the past twelve months our organisation has been working towards NDIS accreditation and we are thrilled to be able to announce that this has now been approved.

We have applied for registration for a limited number of areas and will not be providing any clinical care.

The service will mainly be focussed on Coordination of Supports and Innovative Community Participation. However, we will be proceeding slowly with the roll out of these services as there is still quite a bit of preparation before we can begin taking on participants.

Over the next few months we will update you to let you know how we are progressing and how you can connect with our services but if you are interested in connecting with us please email Jill specialprojects@gosfordcommunity.org.au



NDIS Quality
and Safeguards
Commission

Certificate of Registration

Issued pursuant to subsection 73E(4) of the *National Disability Insurance Scheme Act 2013* (NDIS Act)

As of 23 December 2019, GOSFORD REGIONAL COMMUNITY SERVICES INC. (ABN 40 184 425 260) of 147 Maidens Brush Road, WYOMING, NSW 2250 is registered as a **NDIS provider**

Registration ID:	4-D6VO80Z
Legal name:	GOSFORD REGIONAL COMMUNITY SERVICES INC.
Business/trading name:	Gosford Regional Community Services
ABN:	40 184 425 260
ACN:	Not applicable
Primary address / head office:	147 Maidens Brush Road, WYOMING, NSW 2250
Registered provider in relation to:	The provision of the following classes of supports under participants' plans.
Registration Classes:	
0101	Accommodation/Tenancy
0106	Assist-Life Stage, Transition
0116	Innov Community Participation
0120	Household Tasks
Period for which registration is in force:	From 23 December 2019 until 23 December 2022
Periodic audit due:	23 December 2020

Note: If your organisation submits an application for renewal of its registration before the date identified above as the end of the period for which registration is in force, then by operation of section 73K of the NDIS Act, the registration will continue in force until the NDIS Commission makes a decision on the application under subsection 73E(1) of the NDIS Act.

Conditions of Registration

The registration of your organisation as a registered NDIS provider is subject to the conditions set out at the attachment to this Certificate of Registration.

Graeme Head
NDIS Quality and Safeguards Commission
NDISCommission.gov.au

1800 035 544
registration@ndiscommission.gov.au
PO Box 210
PENRITH NSW 2750



CULTURAL DIRECTIONS PROGRAM

The Cultural Directions Program is one of our newer program areas and supports children in early learning environments.

Early childhood is the time when children first become aware of differences among people and start to form opinions and attitudes about these differences.

Awareness of differences also means young children are sensitive to experiences of racism and prejudice. This can impact on their social and emotional wellbeing, their learning and their social relationships. Their ideas about, and responses to, diversity are influenced by what they see and hear around them.

Helping all children and young people understand difference encourages them to feel good about who they are, where they fit in the world and appreciate diversity in others. It helps to build strong, inclusive communities where everyone enjoys a sense of being valued and belonging, which supports positive mental health.

MEMBERSHIP: All Central Coast preschools, long day care centres, schools and other related community organisations are eligible for membership. The Library is not open for public borrowing but visitors are very welcome.

All previous members of the CCMRC were automatically rolled over to membership of the Cultural Directions Program and that membership was extended to 30 September 2020, at no extra charge, while we reconfigured the program.

If you haven't updated your details, and received your new log-in to the KOHA Library, please contact us to set up your account.

We hope you will join our Cultural Conversations!

CULTURAL DIRECTIONS LIBRARY

Our team has spent a considerable amount of time reconfiguring the library to make it more user friendly for our members. There are cultural and regional "theme" boxes containing a great mix of items already selected for members to use in their programming.

Our Chinese New Year Boxes were snapped up very quickly and we look forward to feedback from those members. The book collection has had an extensive review with more information added to descriptions so that educators can see at a glance whether it is suitable for their organisation.

We have expanded the Educators Reference Library with more resources to provide quality information for organisations when planning their programs.

COMMUNITY EDUCATION PROGRAMS

In addition to the Library, the Cultural Directions Program will also be delivering a series of workshops and associated training opportunities which will start in mid-late February 2020.

These workshops will be directed to the early learning and community support sectors and we hope to cover such topics as:

- ◆ Using Bi-Cultural Support Workers and Interpreters.
- ◆ Building Collaborative Partnerships with Culturally Diverse Children and Families
- ◆ Inclusive Practice: Developing and Implementing a Multicultural Policy

We will be contacting members about the workshops so please make sure your contact details are up to date in KOHA.



Library enquiries:

Deb Allen Mon to Wed
deb@gosfordcommunity.org.au
4323 7483

Cultural Education enquiries:

Chantal Moncelet Wed to Fri.
shanti@gosfordcommunity.org.au
4323 7483

FACILITY MANAGEMENT

GRCS manages both the Wyoming Community Centre and Point Clare Community Hall, under a lease arrangement with Central Coast Council.

Under that arrangement we pay all utility costs, internal building repairs and maintenance, Council rates, water usage and rubbish removal.

As well we are responsible for internal furniture and fittings, including air-conditioning, kitchen appliances and supplies.

Funds from hiring the venues pay for these costs.



Point Clare Kitchen and Main Hall



Wyoming Main Room and Kitchen

Bookings for both venues are handled at the Wyoming Office. The online booking form is on our website together with conditions of hire and current hire rates.

As a community organisation we support small community groups with subsidised fees and, where usage aligns with our purpose, can waive fees altogether.

Please call Jules or Lyn at Wyoming, 4323 7483 for more information.

OTHER SERVICES

Office Services

Printing or Copying?

We can do small quantities, in either B&W or Colour, at very affordable rates.



Need a JP to witness documents? Tues/Wed by appointment.



RECYCLING

We have drop off bins for used household batteries and old mobile phones. These are located near the front door of the Centre.

THE WYOMING COMMUNITY CENTRE

147 Maidens Brush Road, Wyoming

Mon ~ Fri 8:30 ~ 4:30

DONATIONS

From time to time we act as a drop off point for other services. At present we are taking donations for WE CARE CONNECT.

"We Care Connect" works closely with community based organisations and family support agencies to assist families in need. They accept community donations of pre-loved children's clothing and good quality baby items and give them to families in need. Their volunteers prepare support packages tailored to the family's needs. Support can include clothes, nappies, bedding, cots, prams, car seats, toys, books and other essential items that families of young children need. For more information about this organisation please visit their website <https://www.wecareconnect.org.au/>

Please call before dropping items in so that we can make sure we have someone on hand to assist. Thank you.

Getting Involved

If you are interested in becoming an Association Member or in sponsoring any of our programs please contact Kathy on 43237483 or email kathy@gosfordcommunity.org.au

Your Local Representatives

Who's Who in the Zoo?

If only there was a simple answer to that question!

We're an Independent Association which means we don't work for any Government Agency. However, we do work with many Government Departments, and we have strong links with local representatives. We encourage people to raise issues with their local members but sometimes that can be confusing.

We work across the Gosford CBD and adjoining suburbs including Point Clare, West Gosford, East Gosford/Springfield, North Gosford/Wyoming, parts of Narara, Mt Elliot. However, as with most of the Community/Neighbourhood Centres on the Central Coast, we aren't restricted by geographical boundaries and our doors are open to all so finding out the answer to "**Who is my Local member?**" can be a challenge at times.

The Central Coast is covered by three Federal and four State Electorates and has five Local Council Wards. For "our" areas:

- *Gosford CBD, Nth. Gosford and E. Gosford, and through to the Peninsula, including Point Clare, are mainly in the Federal electorate of Robertson and the State electorate of Gosford*
- *Wyoming, Narara, Mt Elliot are mainly in the Federal electorate of Dobell and the State electorate of The Entrance.*

BUT Parts of North Gosford, Wyoming, Narara, Springfield & East Gosford may be located in either of these two State or Federal Electorates and, in the east, in Terrigal State electorate.

Central Coast Council has five wards. Wyoming is mainly in Wyong Ward, but Nth Gosford is in West Gosford Ward along with Pt Clare. Most of East Gosford is in West Gosford Ward. Springfield can be in East or West Gosford ward.

AND We also have a locally based Federal Senator who represents NSW – Ms Deb O'Neil— and a State Parliamentary Secretary for the Central Coast – Mr Adam Crouch – who is also the member for Terrigal.

Confused? Hardly surprising. However if you aren't sure where you sit there are maps on the Council, State and Federal Electorate Commission websites. Alternatively, call in and we will look it up for you.

Federal MP DOBELL

Ms Emma McBride MP

Suite 204, Level 2 Mariners Centre of Excellence,
1 Bryant Drive TUGGERAH NSW 2259

P: 02 4353 0127 E: Emma.Mcbride.MP@aph.gov.au



Federal MP ROBERTSON

Ms Lucy Wicks MP

Level 3, 69 Central Coast Highway,
WEST GOSFORD NSW 2250

P: 02 4322 2400 E: Lucy.Wicks.MP@aph.gov.au



State MP THE ENTRANCE

Mr David Meehan MP

24 The Entrance Rd
THE ENTRANCE 2261

P: 02 4334 1012 E: TheEntrance@parliament.nsw.gov.au



State MP for GOSFORD

Ms Liesl Tesch, AM, MP

20 Blackwall Rd,
WOY WOY 2256

P: 02 4342 4122 E: Gosford@parliament.nsw.gov



State MP for TERRIGAL

Mr Adam Crouch

Shop 3 Fountain Plaza, 148-158 The Entrance Road
ERINA NSW 2250

P: 4365 1906 E: terrigal@parliament.nsw.gov.au



CENTRAL COAST COUNCIL WARDS

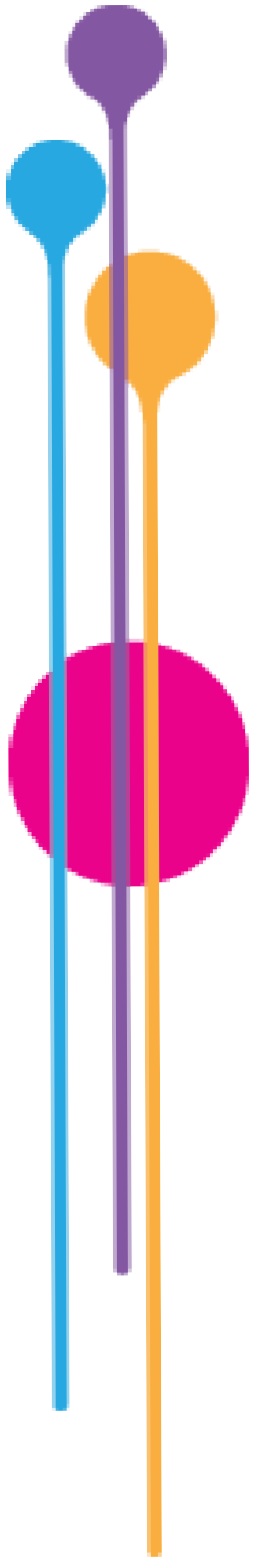
Wyong: Kyle MacGregor, Louise Greenaway & Chris Burke

Gosford West: Richard Mehrtens, Troy Marquart, & Chris Holstein

Gosford East: Jane Smith (Deputy Mayor), Rebecca Gale & Jeff Sundstrom

The Entrance: Lisa Matthews (Mayor), Jilly Pilon & Bruce McLachlan

Budgewoi : Jillian Hogan, Greg Best, & Doug Vincent



*Building a community rich in social capital,
supporting and responding to family and
individual needs*

147 Maidens Brush Rd, Wyoming

PO Box 673, Gosford NSW 2250

[Www.gosfordcommunity.org.au](http://www.gosfordcommunity.org.au)

E: lizzy@gosfordcommunity.org.au | Phone: 43237483 |

ABN 40 184 425 260