



THE LINK

ISSUE 4- JANUARY 2017

HELLO 2017!

We are excited to be kicking off 2017 with a wide range of events, activities and services for community members to access and enjoy throughout the Gosford region. To find out more about what's on at Gosford Regional Community Services (GRCS), please give us a call on 4323 7483 or visit www.gosfordcommunity.org.au



JOIN OUR COMMUNITY GARDEN FRIENDS GROUP

GRCS has a proud record of installing Community gardens with the award winning North Gosford Wyoming Community Garden, Blueberry Park recreation space, the Wheelbarrow project in Kibble Park and a new garden starting soon in North Gosford.



We are very excited about being able to install a community garden at Point Clare Community Hall and are keen to establish a 'FRIENDS' group. If you are interested, please contact Kathy at Gosford Regional Community Service at eo@gosfordcommunity.org.au or phone 43237483.

UPGRADES ON THE WAY FOR POINT CLARE COMMUNITY HALL

GRCS was successful in a funding application under the NSW Community Builders Program to replace the white goods and AV equipment removed by the previous group at Point Clare Community Hall. We hope to have this all installed by the end of February and will also be putting up a new sign out the front of the Hall.



VACATION CARE IN FULL SWING AT WYOMING COMMUNITY OSHC

50 kids took part in the 2016-2017 School Holiday Vacation Care Program at Wyoming Community OSHC. The group had a blast undertaking an exciting range of activities and excursions, from Lego Day to a swim excursion at Peninsula Leisure Centre and of course, the ever-popular Water Day (where the kids enjoy a wild day of water bombs, water pistols and a water slide!).

Other highlights included an excursion to The Entrance Cinema, an Amazing Arts Day and an Ice Skating Day at Erina Ice Arena! To find out more about the vacation care and out of school hours care programs available at Wyoming Community OSCH in 2017, visit www.gosfordcommunity.org.au and visit the 'Families' tab or call Gosford Regional Community Services on 4323 7483.



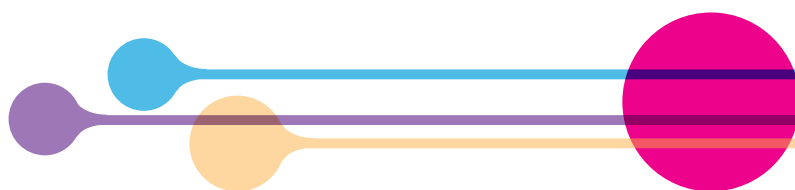


GALA PHOTOGRAPHIC ART SHOW - CAPTURE CENTRAL COAST

Gosford Regional Community Services was proud to partner with Koolewong and Point Clare - Tascott Progress Association Inc. to support the Capture Central Coast Gala Photographic Art Show, which was held at Point Clare Community Hall from 6 January to 15 January 2017.

Successful Opening Night, held on Friday 6 January, saw special guest Joy Parkes launch the exhibition and the lucky door prize go to Progress Association Member Neil Stanford.

This successful event has now been mooted for consideration as an Annual Event jointly for the Koolewong and Point Clare - Tascott Progress Association Inc. including West Gosford and Gosford Regional Community Services as the managers of Point Clare Community Hall.



DO YOU FOLLOW US ON FACEBOOK?



Gosford Regional Community Services is on Facebook! Follow us for regular news and updates about what's going on at Wyoming Community Centre, Point Clare Community Hall, Wyoming Out of School Hours Care and throughout your local community.

You can find our page at:

www.facebook.com/gosfordregionalcommunityservices

WHAT'S ON

POINT CLARE COMMUNITY HALL

Welcome back to our regular Hall Hirers, who will be running regular activities at Point Clare Community Hall in 2017:

TASCOTT PLAYGROUP

Tascott Playgroup has a new Coordinator – Kelly Metcalfe. Welcome Kelly! The playgroup meets each Tuesday morning at 10 am during school terms. If you have young children, or have just moved to the area and want to meet other parents, playgroup is a great option. It is an informal place where mums, dads, grandparents, caregivers, children and babies meet up in a relaxed and friendly environment. The adults stay to interact with other adults and to play with their children. All ages from newborn to preschool are welcome. For more information, contact Kelly on 0421 771 727.

DANCE CLASSES

BW Dance resumes in February with classes for a wide range of ages and abilities. R.A.D Classical Ballet, Jazz, Tap, Hi-Hop and more. For more information call Amanda on 0407 782 966 or visit their website at <http://ahu45361.wixsite.com/bwdance>



KOOLEWONG POINT CLARE TASCOTT PROGRESS ASSOCIATION

The Koolewong and Point Clare-Tascott Progress Association Inc. is a non-profit organisation dedicated to improving quality of life, sense of community and pride in our urban environment. The area covers from the start of Brisbane Water Drive from the Pacific Highway, West Gosford, south of the Central Coast Highway to the Woy Woy Bridge, incorporating areas including Point Clare, Tascott, Koolewong and Parks Bay. The Association aims to provide resources for special events and activities that promote community involvement, appreciation of heritage, diversity, education and safety, small business opportunities and effective communication. Contact Helen at kpctpa@bigpond.com.au or visit the website at <http://www.kpctpa.com/>

QUIRKY QUILTERS

This wonderful group of passionate quilters meets each month on the last Saturday of the month. Contact is Pat Egan on 0404 835 448 or pategan1938@gmail.com. New members are welcome. We are also pleased to announce that Point Clare Community Hall has been chosen by two local organisations to hold their monthly meetings:

FELLOWSHIP OF FIRST FLEETERS

The local chapter of the Fellowship of First Fleeters will hold their monthly meetings at the Hall. The Fellowship is an organisation comprised of descendants of those who arrived in Sydney Cove with the First Fleet on 26 January 1788. New members are welcome. Contact Secretary John Fearon on (02) 4323 1849 or email jkfearon@iinet.net.au for more information.

BRISBANE WATER CARAVAN CLUB

The Brisbane Water Caravan Club consists of 40 caravans and holds 11 rallies per year. The club is an opportunity for fellow caravaners to meet people with common interests and form new friendships.

Members share information on all aspects of owning and buying a caravan and discuss important topics such as vehicle safety.

For more information on joining, visit bwcaravanclub.wixsite.com and fill out the contact form.

WHAT'S ON AT WYOMING COMMUNITY CENTRE

HEALTHY LIVING FOR SENIORS

Healthy Living for Seniors offers activities and get-togethers for people 65 and over (or 50 and over for Aboriginal and Torres Strait Islander Elders).

The program boosts wellbeing and independence, with activities including excursions, exercise, interest groups, learning new skills and arts and crafts.

A small contribution fee is required to attend and payment support is available. The program runs each Wednesday. For more information, contact Uniting on 1800 486 484.

SIT AND SEW AT WYOMING COMMUNITY CENTRE

Do you want to master the ins and outs of quilting and sewing or complete an ambitious sewing project in a supportive environment?

This year, Wyoming Community Centre will be hosting "Sit & Sew" classes with Martha Pullen Pfaff Creative Licensed Heirloom Tutor and Quilt Designer, Alan R Tremain.

The classes will run from 10am until 4pm on the 4th Sunday of every month in 2017 for \$15 per class. Bookings are essential - secure your spot soon!

Please contact the tutor, Alan, prior to the class at ozquilt@bigpond.com or by calling 0418 273 940 during business hours.

EXERCISE YOUR MIND & PRACTICE MINDFULNESS

Wyoming Community Centre will host a Mindfulness Taster Session run by Openground Mindfulness Training on Monday 6 February 2017.

Gain insight into the practice of mindfulness and the mental, physical and psychological benefits that come with it. Tickets are just \$25.

Bookings to the Mindfulness Taster Session are essential and can be made via www.openground.com.au. Community members interested in finding out more about the program can contact Dean on 0423 579 404 or call Wyoming Community Centre at 4323 7483.

YOUNG PARENTS SUPPORT GROUPS

Catholic Care Young Parents Groups are free and offer support to parents under 22 years with babies aged 0-2 years.

Drop in every second Thursday during school term from 1.30pm - 3pm and have afternoon tea. A Registered Nurse or Mothercraft Nurse will be available to weigh and measure your baby and help with any questions or concerns. The group also provides an opportunity for young Mums to reconnect with friends and their babies from Antenatal groups or just meet other new young Mums.

Catholic Care also provides free Preparation for Birth/Parenthood courses for women 21 and under and pregnancy counselling for all women. For more information, phone 4356 2622.



WHAT'S ON AT WYOMING COMMUNITY CENTRE CONT.



SENIORS FITNESS IS BACK IN 2017

Our seniors' interactive fitness class is back at Wyoming Community Centre in 2017 and will be running on Friday mornings at 9am from 10 February and a second class starting 14 February on Mondays at 1:45pm. This fun and friendly class leads participants through a range of great exercises designed to improve balance, prevent falls, improve posture and decrease pain, while improving overall fitness. Led by the team at Tribalee Fitness, these classes help seniors to boost their energy levels, make some friends and keep active. Ongoing casual charge is \$7 per class or book and pay for five classes for \$25.00. For more information, please contact Amber at Tribalee Fitness on 0409 349 891.

WILDLIFE ARC - VOLUNTEERS NEEDED

Wildlife ARC is a Central Coast based volunteer community service which is celebrating 25 years in 2017. Wildlife ARC runs ongoing training sessions throughout the year at Wyoming Community Centre and is currently seeking volunteers to

help them help injured and orphaned Australian native animals. Positions available include phonies, fruit cutters, couriers, rescuers and carers. To become a member, call 4325 0666, email arc@wildlife-arc.org.au or visit www.wildlife-arc.org.au.

ANXIETY GROUP

Are you living with an anxiety disorder or do you know someone who is? WayAhead Mental Health Association runs a free anxiety disorder support group, held at 9am on the third Saturday of each month at Wyoming Community Centre.

This free Support Group meeting is for people over the age of 18 living with an anxiety disorder and their family and friends. It meets in a friendly, caring and supportive environment to share experiences. Next session will be held at 9am on Saturday 18 February 2017.

For more information, call the WayAhead Disorders Info Line on 1300 794 992 or email supportgroups@wayahead.org.au.

ZUMBA FITNESS

Zumba Fitness Class is back at Wyoming Community Centre in February. Come along every Tuesday from 6pm to 7pm and have a blast dancing to the music, meeting new people and burning tonnes of calories without even realising!

Affordable classes, beginners are welcome and no bookings required (just be sure to dress in gym wear and bring lots of water and a towel). For more information, call 0402 731 922.

JOIN OUR COMMUNITY GARDEN

There are currently two plots available in our North Gosford Wyoming Community Garden (behind the Community Centre) if you'd like to get involved! Call us on 4323 7483 to find out more or express your interest.

COMMUNITY NEWS



FREE MATURE AGE GROUP SESSIONS

Central Coast Disability Network is hosting a series of free Group Sessions for community members over 65 years. Build friendships, gain useful tools for mindful living and learn more about the services near you that can improve your quality of life.

Date: Commencing in February
Time: Arrive 9am for 9:15am start concluding at 11:30am
Venue: Central Coast Disability Network, 29 Webb Street, East Gosford 2250
Bookings: Call 02 4349 3700 to reserve your spot



LITTLE LEARNERS LITERACY GROUP

Schools as Community Centres Woy Woy & Wyoming are hosting a free Little Learners Literacy Group with fun activities to help 3-5 year olds improve their reading skills. Starting Tuesday 14 February at Woy Woy Public School, the Group teaches phonology and phonemic awareness, develops children's understanding of how reading and writing works and develops social skills.

Date: Every Tuesday commencing February 14 2017
Time: 10am to 11am
Venue: Woy Woy Public School, Blackwall & Park Rds, Woy Woy NSW 2256
Bookings: Registrations Essential as spaces are limited. Call Philippa to find out your start date.
E: philippa.skipper@det.nsw.edu.au
M: 0477 317 862



SLEEP - WHO NEEDS IT?

Newborn babies find it easy. Toddlers find it daunting. Teenagers are convinced they don't need it. Adults want it but don't have the time for it. Seniors have time for it but often can't achieve it. Whatever your age, getting a good night's sleep is one of the best ways of staying happy and healthy. It's just as important as a good diet and regular exercise. That's why Philips and the Australian Centre for Education in Sleep (ACES) have developed a Sleep Module for its Simply Healthy@Schools program. The module's message couldn't be simpler: children who sleep well grow healthy.

For more information visit
www.sleephealthfoundation.org.au



COMMUNITY SUPPORT SERVICES AND RESOURCES

WE CAN ASSIST WITH:

- JP services & witnessing documents
- Activities for Centrelink volunteer hours
- Printing and copying from 10c per page
- Tax help
- Energy bill support
- Work Development Orders
- Referral & information for a range of services

Call us on 4323 7483 to book an appointment.



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