



# THE LINK

ISSUE 5 – JUNE 2017

## BUILDING OUR COMMUNITY

Much of the work we do in our local community is supported through funding received under the NSW Community Builders Program. This Program has been through a significant review and we are very excited to announce that our funding is secure for a further three years.

The review is continuing with more work to be done but this news means that all our existing partnerships and activities are able to continue without interruption.

## WYOMING COMMUNITY CENTRE GETS A FACELIFT

If you been in recently you'll notice our lovely new floor. We've replaced the old blue (yes, it was originally blue!) carpet and vinyl in the main room and reception area with floating timber look floor. So much easier to clean and it has really given the place a lift.

Funding for this was provided by Central Coast Council under the Council's Infrastructure funding program. Thank you!



## COMMUNITY GREENING PROJECTS

Work is well underway at the Pt Clare Community Garden with an ever growing team of fantastic volunteers.

Wyoming Community Garden has a couple of beds coming up for annual hire and we are redeveloping part of the existing garden to provide a communal garden space.

Work on Dunbar Way Community Garden will be starting soon and we'll be contacting local residents to see how they'd like to see that garden work for them.

Blueberry Park is going to have a much-needed path added to the existing site thanks to funding received under the NSW Community Builders Infrastructure Grants Program.

If you'd like to get involved in any of our Community Greening Projects, or if you are a business and you are interested in having a garden bed at your office please contact us on 4323 7483.

## COMMUNITY MOVIE NIGHT

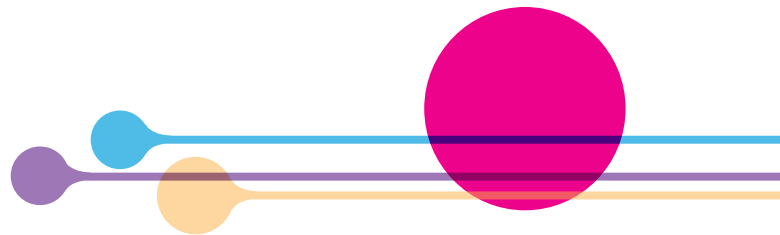
We're excited to announce that we will be holding a community movie night at Wyoming Community Centre on Friday 23 June. Members from the local community are invited to join us to watch the wonderful family flick, The BFG.

Bookings are essential for this free family-friendly event. For more information or to reserve your spot, call Gosford Regional Community Services on 02 4323 7483 or email [lizzy@gosfordcommunity.com.au](mailto:lizzy@gosfordcommunity.com.au)

## HALL HIRE

Do you have a family function you need to organise? Or are you part of an organisation that needs a regular meeting space? We have great facilities both at Wyoming and Point Clare and we'd love to be able to assist. Our fees are very reasonable and we assist small not for profit groups if we can.

"It was a great night, fantastic venue, everything you need or a fund relaxed event. Plenty of space, fully equipped kitchen and easy to set up. Thank you for your help!" – Kate, 30th Birthday, 2017.



## ACNC CHARITY TICK

The ACNC (Australian Charities and Not for Profit Commission) Tick of Charity Recognition aims to give reassurance to the public that a charity is transparent and accountable by highlighting its presence on the ACNC Charity Register.



As a registered charity, we encourage the community to check the Register to find out more details about the charities they wish to support..and yes – we have the Tick!

## CALLING LOCAL BUILDERS!

Gosford Regional Community Services is looking for a reliable and qualified Central Coast builder to complete small jobs around our venues at Wyoming and Point Clare.

The sorts of jobs we are currently seeking quotes for include:

- Moving an internal door
- Installing a small fixed glass panel
- Installing an external door and small entry deck
- Installing a bulk head to a (divided) room

If you are interested in joining Gosford Regional Community Services as a casual employee or contractor, please contact us on 02 4323 7483 or email [lizzy@gosfordcommunity.org.au](mailto:lizzy@gosfordcommunity.org.au) for more information.



## CONSIDERING A CAREER IN COMMUNITY SERVICES?

A career in Community Services can be an extremely rewarding path to take. Earning your Certificate III in Community Services can set you up for a career in childcare, education support, community services support, aged care support, disability work and community centre management.

Wyang TAFE is now accepting mid-year enrolment for this full-time course at Wyong Campus.

If you wish to enrol in this course, you must attend the compulsory Information/Enrolment Session on Tuesday 13 June 2017 at Wyong Campus, commencing at 10am. For more information about this course, please contact Wyong TAFE on 131 225.



## RECONCILIATION WEEK: 27 MAY – 3 JUNE

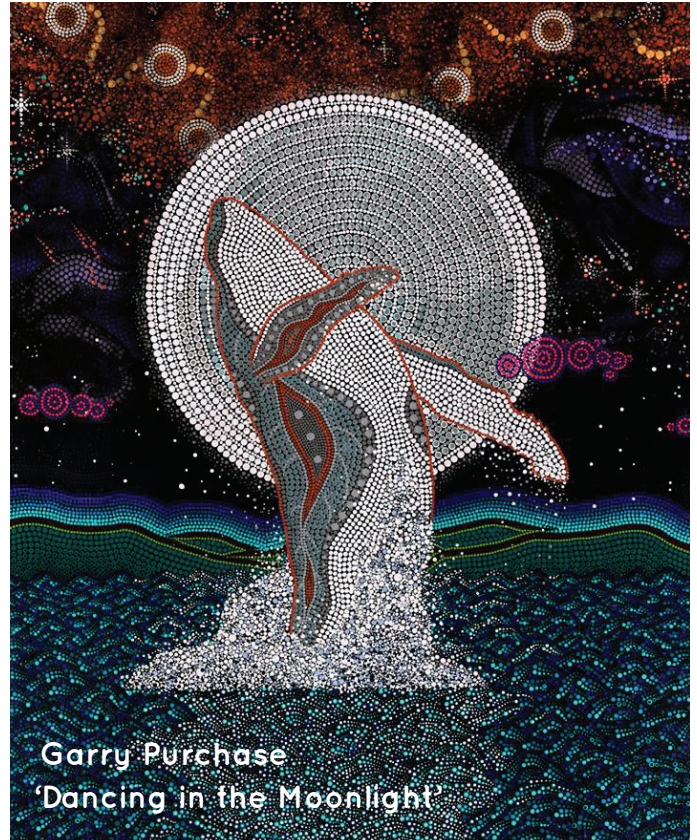
In recognition of Reconciliation Week, Gosford Regional Community Services was proud to sponsor the cultural entertainment at Central Coast Council's Cultural Market Day at Gosford Regional Gallery on Sunday 28 May.

The Cultural Market Day was part of Colours of Country, an Indigenous art exhibition that is running at Gosford Regional Gallery until 16 July.

The event honoured the memory of Sean Lonergan, who is the former Chair of Gosford Regional Community Services when the organisation was trading as Wyoming Community Centre.

Gosford Regional Community Services is proud to celebrate the talented Aboriginal artists who performed at the event and acknowledge the contribution Sean Lonergan made to the Aboriginal Community and to Wyoming Community Centre.

Sean Lonergan was Chair of our organisation during a period of major restructuring and his leadership saw the organisation regain its position as a respected player in the community service space. The Cultural Market Day was held in Sean's memory and we were honoured to support this annual event.



## VACATION CARE AT WYOMING OSHC

Wyoming Community OSHC's April Vacation Care program was jam-packed with fun and learning. Our children and staff participated in a range of unique and exciting activities throughout the two-week program, including:

### SURF SAFETY AT TOOWOON BAY

The children and staff got out into the elements for an excursion to the Toowoon Bay SLSC. The children were provided with the opportunity to learn the vital skills of keeping safe when around the beach.



The surf club staff planned a hands-on, informative, fun day where the kids learnt about how to identify a rip and what to do if you're caught in one, where the safest place to swim at the beach is and even learnt some skills on a surf board.

To ensure that all families had access to this important information, Gosford Regional Community Services generously subsidised the excursion. This is definitely one we'll be doing again when the weather gets warmer!

## BUSHWALKING AT KINCUMBER MOUNTAIN



In keeping with our philosophy to help children learn to regulate emotions and wellbeing, we had a beautiful day walking around Kincumber Mountain.

Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases

pleasant feelings. Exposure to nature not only makes you feel better emotionally but contributes to your physical wellbeing, reducing blood pressure, heartrate, muscle tension, and the production of stress hormones.

The Kanning Walk includes a huge cave for exploration and our picnic lunch at the Colin Watters lookout was a favourite with the children. For the last hour of the excursion, the children scrambled over the rock platform, made rock paint and were slightly disappointed to leave when the bus arrived to return us to the centre.

## JOIN OUR JULY VACATION CARE PROGRAM

After another successful round of excursions in April, we're thrilled to announce some exciting activities lined up for the July school holidays, which run from 1 to 17 July!

We'll be planning a range of exciting days out, as well as incursions from our base at Lady of the Rosary Primary School, Glennie St Wyoming.

- Games through the Ages
- Music Day
- Soccer 5s excursion
- Amazing Maze
- Kit Day
- Wheels Day
- Mad Hatter Day
- Lab Rats

To book your child or children into our next Vacation Care program, please call us on 4323 7483 or visit [www.gosfordcommunity.org.au/families/vacation-care](http://www.gosfordcommunity.org.au/families/vacation-care)

## WEEKLY AND FORTNIGHTLY ACTIVITIES

TIME	ACTIVITY	INFO	VENUE
Fridays from 8.45am	Seniors Zumba	Perfect for active older adults who are looking for a modified Zumba Fitness class that recreates the original moves you love at a lower-intensity	Wyoming CC
Tuesdays 6pm to 7pm	Zumba with Haruko	Fitness and Fun? What's not to love about that! Drop in or call Haruko 0402 731 922	Wyoming CC
Tuesdays from 10am during school terms	Tascott Playgroup	An informal place where mums, dads, grandparents, caregivers, children and babies meet up in a relaxed and friendly environment	Point Clare CH
Wednesdays 10am to 2pm	Healthy Living for Seniors	Lunch and Activities. Call 4355 9600 to book.	Wyoming CC
Wednesdays 5.45pm to 6.45pm	Ukulele - Beginners (all ages)	Beginners ukulele class open all ages including adults	Wyoming CC
Wednesdays 6.50pm to 8pm	Djembe Drum Class	Learn how to play drum rhythms, rudiments, timing and distinguishing different drums feels to different songs	Wyoming CC
Thursdays 9.30am to 12.30pm	Young Parents Ante Natal Group (runs in 6 week blocks)	Support for young parents-to-be. Ring Julie to book 4356 2622	Wyoming CC
Thursdays 1.30pm to 3pm	Young Parents Support Group (fortnightly in term time)	Parent group for parents under 22 with babies aged 0-2 years. Dads very welcome	Wyoming CC
Wednesdays 8.30am to 9.30am Starting 16 August	Gentle Yoga Class	Beginners welcome. Classes are just \$10. If you are interested or have any questions please call Kristin at Helsom Wellbeing on 0417 203 001	Wyoming CC
TBC Starting Mid August	Gentle Yoga Class	Beginners welcome. Classes are just \$10. If you are interested or have any questions please call Kristin at Helsom Wellbeing on 0417 203 001	Point Clare CH
Fridays 6pm to 7pm	Yoga	Yoga class at Point Clare Community Hall run by Prosperity Life. Contact Dan Ballard on 0423 674 667 for more information	Point Clare CH





## MONTHLY ACTIVITIES

TIME	ACTIVITY	INFO	VENUE
2nd Saturday 10.30am - 12pm	Commuters Book Club (FREE)	Commute? Love books? Can't get to a book club during the week? This one is for you. Call Ellen 0434185898 for info	Wyoming CC
2nd Saturday each month	Central Coast Poets	Always happy to have new members. Call John 0449 741 397	Wyoming CC
3rd Saturday from 9 am	Anxiety Support Group (FREE)	You aren't alone. This free and friendly support group is there for you. Call 9339 6013 for info	Wyoming CC
3rd Sunday each month	Wildlife ARC	Dedicated group looking after our wildlife. Call Jan 4325 0666	Wyoming CC
4th Tuesday each month 2pm-4pm	Book Club (FREE)	Supported by Gosford Library. Call 4323 7483	Wyoming CC
4th Sunday each month 10am-4pm	Sit & Sew	Master the ins and outs of quilting and sewing or complete an ambitious sewing project in a supportive environment	Wyoming CC
Last Saturday of each month	Quirky Quilters	A wonderful group of passionate quilters. Contact Pat on 0404 835 448 for info	Point Clare CH

## FIND US ON FACEBOOK!

You can now follow all news, events and information from Gosford Regional Community Services under one Facebook page. Make sure you like 'Gosford Regional Community Services' on Facebook to receive updates about Wyoming Community Centre, Point Clare Community Hall, Wyoming Out of School Hours Care and everything happening in your local community!



## BOWEL CANCER AWARENESS MONTH

Did you know that bowel cancer is Australia's second biggest cancer killer?

June marks Bowel Cancer Awareness Month, an annual initiative of Bowel Cancer Australia to raise public awareness of a disease that claims the lives of 80 Australians every week.

The purpose of Bowel Cancer Awareness Month is to help save lives through early detection – as bowel cancer is one of the most treatable types of cancer if found early.

The risk of bowel cancer increases with age, and screening every two years from age 50 could save your life.

To find out more, we encourage you to visit:  
[bowelcancerawarenessmonth.org](http://bowelcancerawarenessmonth.org)  
or talk to your GP.

**BOWEL SYMPTOMS?  
SEE YOUR GP**

BLOOD IN THE  
BOWEL MOVEMENT

UNEXPLAINED  
WEIGHT LOSS

PERSISTENT CHANGE  
IN BOWEL HABIT

SEVERE ABDOMINAL PAIN

