



## INTRODUCING STUDIO SALVAGE

We're excited to introduce Studio Salvage, the social enterprise arm that supports our Community Greening initiatives at Gosford Regional Community Services.

In the spirit of '*reduce, reuse, recycle*', Studio Salvage makes and sells sustainable, repurposed goods and homewares which have been handcrafted from recycled materials.

Come in to Wyoming Community Centre to view our selection of homemade products ranging from bee hotels and chalk boards, to garden beds and boomerang bags!

All funds raised through the sale of our Studio Salvage goods will be invested back in to our various Community Greening programs, including Wyoming and Point Clare Community Gardens, the Wingello Creek Regeneration project and more!



The Studio Salvage group meets every second Friday from 9.45am to 3pm, as well as every Tuesday afternoon from 12.30pm to 3pm. If you want to find out more, or to get involved, please give us a call on **4323 7483**.



## LIVING GREEN

Following the successful workshops which took place at Point Clare Community Hall this month, Wyoming Community Centre will play host to two free Green Living Workshops on Saturday 1 April, brought to you by Central Coast Council.



### ***Compost and Worm Farming (9am-11.30am)***

This workshop covers all the tips and tricks for successful composting and worm farming and demonstrates how easy and fun both are to do. A free compost bin or worm farm will be given to each attending household upon completion of the workshop.

### ***Chemical Free Cleaning (12pm-2.30pm)***

How many different sprays and poisons do you use in your house? This workshop will cover natural chemical free and effective alternatives to commercial cleaning products. A small Chemical Free Cleaning Kit will be given to all participants.

Bookings are essential. For bookings and more information, please visit [gosford.nsw.gov.au/greenliving](http://gosford.nsw.gov.au/greenliving) or contact Council's Environmental Education Officer on **4325 8222**.

## DO YOU LOVE TO READ?

So do we! Wyoming Community Centre hosts two fantastic monthly book clubs open to community members.

'4th Tuesday Book Club' takes place on the 4th Tuesday of the month from 2pm to 4pm.

Books are ordered from Gosford Library and explore a wide range of titles and themes each month. If you're interested in joining, contact Gosford Regional Community Services on **4323 7483**.

Can't make it during the week? 'Commuters Book Club' is on the 3rd Saturday of each month from 10am to 2pm.

This group is keen to grow its members, so if you love to read, please get in touch! If you're interested in joining, please contact Ellen Hingston on **0434 185 898**.

Our successful Little Free Library at Wyoming, "Take a book – leave a book" is a great way to share a love of reading and we are planning to install one at Point Clare.

Wyoming also has a return box for books borrowed from Gosford Library and the Bookmobile which is at the Centre every Monday afternoon from 3pm to 4pm.





## LEARN TO UKULELE!

From Wednesday 22 March 2017, the Central Coast Ukulele Club will be running weekly classes at Wyoming Community Centre. Come along to learn how to play ukulele, join local ukulele players, learn new tunes, enjoy jam sessions and have a good laugh!

From 3.30pm – 4.30pm is ukulele lessons for primary school students – a fun interactive learning class where students learn basics like tuning their instrument, chord progressions and chord structure, strumming and picking and how to read easy song arrangements.

From 4.30pm – 5.30pm is lessons for high school students, incorporating learning beginner guitar



and ukulele and discovering the similarities between these string instruments.

From 5.45pm – 6.45pm is a beginner's ukulele class, open to all ages including adults. This includes the basic introductory techniques taught in the primary school level classes, including learning basic chords and strumming.

Lastly, from 6.50pm – 8pm is a Djembe drum class, which is open all ages. This involves learning how to play drum rhythms, learning rudiments, timing and distinguishing different drums feels to different songs.

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All classes are just \$15. For more information, please contact Liz on **0412 837 008**.

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## FREE ANXIETY FORUM

WayAhead - Mental Health Association NSW is holding a free Anxiety Forum at Central Coast Leagues Club on Friday, 17 March 2017 from 8.30am to 12.00pm.

Anxiety Disorders are a serious mental health issue. They are the most commonly experienced mental illness, affecting 14% of the population.

WayAhead, in conjunction with Partners in Recovery Central Coast, will be presenting the latest information on Anxiety Disorders including Generalised Anxiety Disorder, Social Anxiety, Panic

Attacks and Agoraphobia, Obsessive Compulsive Disorder and Post Traumatic Stress Disorder.

The presentation will feature experts in the field, those who have or are experiencing anxiety, and their carers. This presentation will suit people with an Anxiety Disorder, their carers and health professionals.

**Bookings are essential via [www.eventbrite.com.au](http://www.eventbrite.com.au). For more information call Julie 9339 6003 or Rachel 9339 6013 from WayAhead or email [julie.leitch@wayahead.org.au](mailto:julie.leitch@wayahead.org.au).**

## WORK DEVELOPMENT OPPORTUNITIES

Do you need to complete community work experience or volunteer work to meet Centrelink requirements?

Gosford Regional Community Services runs a range of Work for the Dole and volunteer projects to help community members gain skills and experience in areas including horticulture, land management, bush care, basic building and landscaping.

We've seen many of our participants go on to paid positions following their volunteer work with us and can provide great references that attest to their reliability, ability to work as part of a team and the new skills they have developed.



Whether you're required to complete community work experience as part of the Work for the Dole program, looking to learn new skills and meet new people or you simply want to give back to the local community, we encourage you to contact us to find out how you can get involved.

For more info on community work experience opportunities at Gosford Regional Community Services, please speak with your job service provider or contact Gosford Regional Community Services directly on 4323 7483.

## VACATION CARE AT WYOMING OSHC

The April school holidays are fast approaching and Vacation Care bookings are now open at Wyoming OSHC. We have another great program in store, which is bound to keep the kids

engaged and entertained during the school holidays.

Bookings can be made by visiting [www.gosfordcommunity.org.au](http://www.gosfordcommunity.org.au) or by calling Gosford Regional Community Services on **4323 7483** – Book early or miss out!

