



# THE LINK

ISSUE 2 – NOVEMBER 2016

WELCOME TO ISSUE 2 OF GOSFORD REGIONAL COMMUNITY SERVICE'S NEW LOOK NEWSLETTER – THE LINK. WE'RE COMMITTED TO KEEPING YOU IN THE LOOP ABOUT WHAT'S HAPPENING IN YOUR LOCAL COMMUNITY!

## AGM WRAP-UP

Gosford Regional Community Services held its Annual General Meeting on Thursday 13 October 2016, where we elected our new Board, comprising of Chair Vicki Scott, Vice Chair Michael Daly, Treasurer Susan Cleary, Secretary Mary Pritchard and Board Members Jason Van Ritten, Rebecca Wild and Melissa Garland.

GRCS has a voluntary Board of Management, which is made up of local residents and people who are committed to supporting our programs and activities. Board members are elected for a two-year period at the Annual General Meeting.



## GET CRAFTY WITH MOSAICS

Do you want to learn new skills and channel your creativity? We will be hosting an Introduction to Mosaics Workshop next year, giving participants the chance to learn the direct method of mosaic creation and how to use mosaic tools to create their very own mosaic masterpiece. If you are interested in this event, contact Gosford Regional Community Services on 4323 7483 for more information.

## IMPORTANT EVENTS COMING UP

**3 December 2016:** Introduction to Raw Food Workshop at Point Clare Community Hall

**20 December 2016** - Christmas by the Creek at Wyoming Community Centre

**6 January 2017:** Gala Photographic Exhibition Opening Night at Point Clare Community Hall

## INTRODUCING SENIORS' FITNESS

We are excited to be trialling a new seniors' interactive fitness class, which will be open to members of the community every Tuesday at 9:30am at Wyoming Community Centre. 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 passionate team at Tribalee Fitness, these classes are a great way for seniors to boost their energy levels, make some friends and keep active. Come and try your first class for just \$3! Ongoing casual charge is \$6 per class, with an option to stay and have a morning tea afterwards for just \$2 per person.

For more information, please contact Amber at Tribalee Fitness on 0409 349 891.

We will also be launching classes from Point Clare Community Hall in 2017. Watch this space!



## WATCHING OUR WATERWAYS

We are proud to be running a Waterwatch program in association with the Community Environment Network. Waterwatch is a national program involving schools and community groups in monitoring water quality of their local waterways.

As part of our commitment to the local environment, Gosford Regional Community Services operates a Waterwatch program

monitoring the water quality of Wingello Creek behind Wyoming Community Centre. The data that is collected is then relayed back to the University of Newcastle's Central Coast Campus for monitoring so we can keep an eye on the health of our waterways.

If you are interested in finding out more about our Waterwatch program, or if you would like to join our Waterwatch team, please contact us on 4323 7483.



## CHRISTMAS BY THE CREEK

As a gift to our local community, we are excited to be hosting a free community movie night to get you in the festive spirit! Families are invited to come along to Wyoming Community Centre on Tuesday 20 December to watch the classic Christmas film Polar Express.

We'll be providing Hot Dogs and Hot Popcorn while you chill out watching the movie. BYO non-alcoholic drinks. Of course we will have a visit from a VIP guest – the big man in red himself, Santa Claus! For more information, please give us a call on 4323 7483.

## COME GET YOUR FRESH FRUIT AND VEG

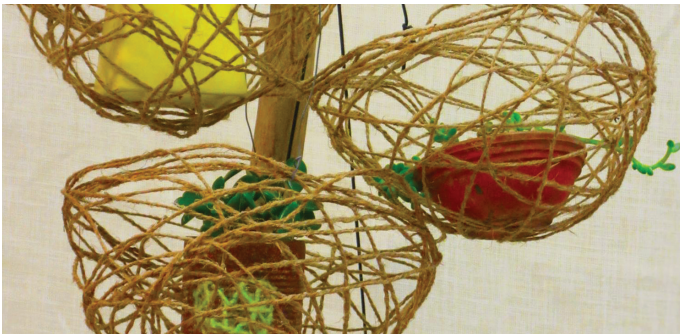
The Entrance Food Hub Inc. provides delicious fruit and vegetable bags. Order a bag and collect it from the Wyoming Community Centre every Friday. Fruit and Vegetable bags are just \$13 each, or \$16 with a dozen eggs. Order before 11am each Thursday by calling 0434 936 111 or 4323 7483.



## GIVE CREATIVELY THIS CHRISTMAS!

Christmas is just around the corner, which means it's time to start thinking of gift ideas for your family and friends. If you're looking for a unique, one-of-a-kind present, be sure to check out the range of beautiful, repurposed items for sale from Wyoming Community Centre's repurpose workshop!

These sustainable, hand-crafted items will make the perfect addition to your loved one's homes. Visit Wyoming Community Centre to discover our selection of kitchen chalkboards, recycled timber planters and even bee hotels, which have been created from reclaimed timber and other recycled materials.



## INTRODUCTION TO RAW FOOD WORKSHOP

Did you know that raw food in your diet can supercharge your health, eliminate cravings, increase energy and help you maintain a healthy body weight?

Gosford Regional Community Services is hosting a raw food workshop on Saturday 3 December, giving community members an opportunity to find out more about cooking with raw foods and learn simple take home recipes. This will be run by Clare Buckingham, a Raw Food Chef who has a passion for clean eating and promoting a health-centric lifestyle.

As part of the workshop, which will take place at Point Clare Community Hall, aspiring chefs will learn healthy new recipes, enjoy samples, study the ingredients and discover the benefits of introducing raw food into their diet.

Get in quick to reserve your spot! Tickets are \$40 and can be booked via [www.eventbrite.com.au](http://www.eventbrite.com.au)



## NEW GARDENS ON THE WAY!

We are thrilled to announce that Gosford Regional Community Services will be overseeing the creation of two new community gardens, as part of the Work for the Dole program.

Work for the Dole places job seekers in activities where they can gain skills and experience that give back to the community and can help them find a job. As part of the program, a new community garden will be installed at Point Clare Community Hall over the coming months, as well as a second garden at Dunbar Way in North Gosford.

With our community garden at Wyoming Community Centre winning this year's Central Coast Council Garden Competition for best commercial theme or specialty garden, we cannot wait to see some more marvellous creations bloom to life in the near future!

## COMMUNITY SUPPORT – ENERGY BILL SUPPORT

Are you experiencing a short term financial crisis or emergency and need help to pay your electricity or gas bill? You may be eligible to access the Energy Accounts Payment (EAPA) Scheme. This scheme helps people stay connected to essential energy services during a financial crisis.

To book an appointment with an EAPA representative, please contact Gosford Regional Community Services on 4323 7483.

## WHAT'S ON AT GRCS

### WYOMING COMMUNITY CENTRE

#### WEEKLY

<b>Zumba</b>	Tuesdays 6pm	Haruko on 0402 731 922
<b>Uniting Healthy Living for Seniors, Home and Community Care</b>	Wednesdays 10-2pm	Call 1800 486 484
<b>Central Coast Ukulele Club Student Class</b>	Wednesdays	Liz on 0412 837 008
<b>Young Parents Antenatal Class</b>		Julie on 4365 2622
<b>Young Parents Group</b>	Thursdays (fortnightly)	Julie on 4365 2622
<b>\$5 Friday Handy Home &amp; Garden Demonstrations</b>	Fridays	Call 4323 7483 to book
<b>Senior's Fitness</b>	Tuesdays 9.30am	Call Tribalee Fitness on 0409 349 891

#### MONTHLY

<b>Commuter Book Club</b>	2nd Saturday of each month	Ellen on 0434 185 898
<b>Central Coast Poets</b>	2nd Saturday of each month	John on 0449 741 397
<b>Brisbane Water Older Women's Network</b>	3rd Friday of each month	Jenny on 4369 3228
<b>Anxiety Support</b>	3rd Saturday of each month	Call 9339 6013 or 4323 7483
<b>Wildlife Arc</b>	3rd Sunday of each month	Jan on 4325 0666
<b>Library Book Club</b>	4th Tuesday of each month	Call 4323 7483

### POINT CLARE COMMUNITY HALL

<b>BWDance School</b>	Mon-Thurs afternoons during term time	Call 0407 782 966
<b>Tascott Point Clare Playgroup</b>	Tuesday mornings during term time	Frances on 0427 773 317 or franceshanna@yahoo.com
<b>Koolewong and Point Clare and Tascott Progress Association</b>	Bimonthly	Helen - kpctpa@bigpond.com

## 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

**Call us today on 4323 7483 to book an appointment.**



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