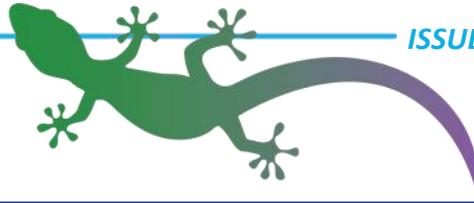




THE LINK

ISSUE 01 - Feb / Mch 2018



COME INTO YOUR CENTRES AND GET TO KNOW US BETTER

Gosford Regional Community Services has been a supporting member of the local community for over 20 years. However, there may be aspects of our organisation you are not fully aware of. Come in and visit us between 8:00am and 4:00pm. We look forward to meeting you today!

CHECK OUT OUR BRAND NEW LINK!

Our first edition of *The Link* for the year offers a packed and informative newsletter with something of interest for everyone in the local community. There are some exciting changes already happening in these pages with even more to come! Stay tuned!

We also welcome the OSHC Newsletter into *The Link* this year for everyone's convenience. There is now one amazing bi-monthly periodical for you to enjoy!

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For information on community work experience program opportunities with Gosford Regional Community Services please speak with your Job Service Provider or contact GRCS directly on **(02) 4323 7483**.

If you would like to know more about our complete range of services, activities and upcoming events, please ask one of our helpful staff members for information or call us on **(02) 4323 7483**. You can also visit our website which you will find at gosfordcommunity.org.au to keep up to date with current events.

We will be more than happy to answer any questions you may have about GRCS services.



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

FACILITIES MANAGEMENT



POINT CLARE COMMUNITY HALL



“People coming together in one place. That’s what makes a dynamic community.”

SOCIAL ENTERPRISE

Here at Gosford Regional Community Services we manage the social enterprise of community facilities with profits returned to the program for upkeep and maintenance, and to provide low-cost access to community organisations.

Our strong fiscal management of the properties has allowed us to support a range of organisations utilising the facilities.

WYOMING COMMUNITY CENTRE



What's On Now?

THE WYOMING COMMUNITY CENTRE
147 Maidens Brush Road, Wyoming



ZUMBA Fitness *with Haruko* Get Active with Great People

Community spirit is alive and kicking in Wyoming!

Classes Start JANUARY 30th

Classes are designed for everyone to get active at the dance party workout that moves at your own pace. Classes are run for the whole community and beginners or visitors are most welcome to come along and join in.

WHERE: THE WYOMING COMMUNITY CENTRE
147 MAIDENS BRUSH ROAD, WYOMING

WHEN: Tuesday *each week* 6:00pm – 7:00pm

COST: \$10.00 *per class*

No class booking is required
Wear gym clothes and your
enclosed comfortable shoes
Bring a towel and water.

Contact Haruko

0402 731 922



with Haruko

**SHRINK
EVERYTHING
BUT YOUR SMILE**

LET THE MUSIC FREE YOUR BODY.
THE ULTIMATE DANCE FITNESS
PARTY WILL GROOVE YOU INTO SHAPE.



WORK DEVELOPMENT OPPORTUNITIES

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

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

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

Whether you are required to complete community work experience as part of the WFD 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 become involved.



Central Coast
CDAT

We're stronger together

Community Drug Action Team Program

Community Drug Action Teams (CDATs) are made up of passionate and dedicated volunteers who love their local area and want the best for their community.

Since 1999, CDATs have led thousands of activities to engage at-risk youth and educate parents and the wider community through community activities and campaigns to curb alcohol-fuelled violence and drug use.

The Alcohol and Drug Foundation (ADF) supports the CDATs through the Community Engagement and Action Program (CEAP) funded by NSW Health. Gosford Regional Community Services is proud to be involved with this important community initiative and program.



WE CAN HELP!

Do you have unpaid fines? Can't afford to pay your electricity bill? Need a student placement or work experience? Required to perform a Work for the Dole placement? Gosford Regional Community Services can assist with all of this and more. To find out how we can help call us on **(02) 4323 7483** Monday to Friday.

NIAMH KENNY STAFF PROFILE

Niamh Kenny starts 2018 as a permanent part-time member of the OSHC Care team. Being a student of Applied Psychology at the University of Newcastle, Niamh is aiming to work with children as a school councillor when she graduates. Since March last year when she joined as a quiet and somewhat uncertain educator, she has grown into her role and embraced professional development opportunities offered to the team. Niamh has proved particularly astute, has a strong eye for detail, and has very swiftly gotten to know all the children well. Her gentle manner is calming for the children and staff alike.



PROFESSIONAL DEVELOPMENT

We make professional development a priority for all the staff at Wyoming Community OSHC as we believe that empowering and extending our educators will have positive results for the children in our care, our staff members and the service in general. Alex, Leigh-Anne, Amanda, Niamh and Renee took the opportunity in 2017 and between them received training in Managing Behaviour, Digital Documentation and Empowering Children's Participation in Out of School Hours Care.

Our staff are all either currently training or fully qualified in child related industries. They are committed to getting to know you and your child/ren, so please take the time to approach them to speak about your child/ren or anything to do with their care.

VACATION CARE

This summer, 88 families enrolled in our action-packed holiday program. We listened to the feedback provided by parents this time last year and doubled our activities around the water. We had two visits to the Peninsula Leisure Centre, this time taking children starting school in 2018. It's always a fun time and I'm sure the children sleep well that night! Water Day, held at the OSHC service, is another popular day where we hire a waterslide and play games involving 'getting wet'. The Surf Lifesaving Association taught us all about water safety at the beach on our visit to Toowoona Bay, and each child had the opportunity for a one-on-one surfboard lesson. I would like to acknowledge our hard working staff, who provided a fun, entertaining and engaging program again these holidays.



The Wyoming Out of School Hours Care (OSHC) uses the software program called Hubworks to manage bookings and process fees each week.

All OSHC fees are collected by the Direct Debit system as a method of reducing processing costs to the service and parents alike.

All parents are encouraged to access Hubworks directly to view personal statements, review booking schedules for their child/ren, and update any changes to details such as contact telephone numbers, emails addresses and place of employment.

Upon a child's enrolment each parent is issued with a **login** and **password** which is automatically sent to your elected email. If you can no longer access this detail, please contact Amanda or Alex on **4323 7483** to assist with your login credentials.

Visit hubworks.com.au today for all your OSHC self-service needs.



Your Children - Your Community

NEW FAMILIES

The new school term is now here and we welcome each of the new families bringing their children to Wyoming Community OSHC in 2018. **Your Children. Your Community.**

The Wyoming Community Out of School Hours Care service:

1. Endeavours to provide an environment in which children feel safe, secure and respected in order to support the development of their confidence and self-esteem. Our educators foster independence and initiative, which will nurture children's leadership skills and resilience,
2. Encourages qualities of humour, fairness, empathy and understanding to build respectful and trusting relationships,
3. Fosters strong relationships with local schools, particularly our host school and value each other's contributions to the roles in our children's lives. We aim to provide a community-based, accessible and affordable service for local families,
4. Nurtures children's optimism, happiness and sense of fun and actively promote the inclusion and participation of all children,
5. Embraces diversity and endeavours to understand the cultures, traditions and lifestyle choices of families, so we can better support all of the children in our care,
6. Continually seeks ways to improve and develop a learning environment of reflective practice through collaboration with children, families and community members, and
7. Is committed to developing and nurturing an awareness and respect for the preservation of our natural environment.

To ensure accounts and schedules are accurate, all bookings or changes to bookings must be made via the office located at the Wyoming Community Centre. Notification can be by telephone on **4323 7483** between the hours of 8:00am and 4:00pm or by email to amanda@gosfordcommunity.org.au anytime. Changes cannot be made by staff members at the OLR service location as they do not have access to the records database to adjust the information for parents, guardians or carers.

Permanent bookings are made by school term and, unless a change is notified, will roll over into the new education term. Two weeks notice is required for changes to permanent bookings. Fees are paid for absences and CCB / CCR is paid for up to 42 absences per annum. Additional days may be approved in special circumstances. If children do not attend

The New Child Care Package

From 2 July, 2018 there will be a new child care package. The package will include a new Child Care Subsidy (CCS) to replace the current child care benefit (CCB) and rebate (CCR). This will be paid directly to services and will make child care more affordable for most families in the service.

For more information go to the website <https://www.education.gov.au/childcaresources>

Child care fee assistance is changing

From July 2018, three things will determine how much subsidy the Government will contribute to your child care fees.

- 1 Combined family income – how much your family earns
- 2 Activity level of parents – how much you work, train or volunteer
- 3 Type of child care service you access

To find out more, and to estimate what your new subsidy might be, visit education.gov.au/childcare

Australian Government
Department of Education and Training

during the notice period, and do not return to the service, full fees will be charged as CCB is not payable under these circumstances.

If a parent or guardian does not notify the OSHC service that a child is not attending when booked in a 'No Show' fee, in addition to the service fee, will be charged in all cases. Repeated failure to officially notify will result in the child's enrolment being regrettably cancelled. The stress caused to staff, parents and children alike by a failure to properly notify of an absence is significant and parents are asked to be mindful of this and provide said notice when a child is not attending the service. Please advise friends not to offer to take your child home when they are scheduled to be attending After School Care (ASC).

The New Child Care Package

Starts 2 July 2018



How Can You Prepare as a Parent?

Step 1: Parents can use the Government Child Care Subsidy estimator to find their expected entitlements. Just go to the website link provided at <https://www.education.gov.au/sites/education/files/chcare/est/index.html>

Step 2: As parents make sure you have a MyGov Account as this will be important in the authorisation of your child to be enrolled and will then allow the Child Care Subsidy to activate properly.

Step 3: As parents be sure to check the government information website to help you understand and get ready for the changes. Visit the website link at <https://www.education.gov.au/ChildCarePackage>

YOU WILL NO LONGER BE LIMITED BY AN ANNUAL CAP (CURRENTLY AROUND \$7,600 PER YEAR)



Family Child Care Subsidy Estimator

Estimate your child care subsidy

WHAT IS YOUR FAMILY INCOME BEFORE TAX, EACH YEAR?

\$0 \$100K \$200K \$300K \$0

BASED ON YOUR FAMILY INCOME, YOU ARE ENTITLED TO



Working or studying?
Need school age care?



Providing affordable, quality child care to families, allowing them to meet work, study and family obligations and other responsibilities

Phone 4323 7483

Office & Service Addresses
147 Maidens Brush Road, Wyoming NSW
Glennie Street, Wyoming NSW
Postal Address & Phone Contacts
PO Box 673, Gosford NSW 2250
P 02 4323 7483 M 0427 376 547
Service Hours of Operation
Before School 6:30am - 8:30pm
After School 2:30pm - 6:30pm
Vacation Care 6:30am - 6:30pm



www.gosfordcommunity.org.au

Find us on Facebook [gosfordregionalcommunityservices](https://www.facebook.com/gosfordregionalcommunityservices)





A U S T R A L I A

Multiple Sclerosis Carers

Caring for someone with a chronic illness or disability can be deeply satisfying ... and deeply exhausting. Spouses and partners, family and friends can be drawn together more closely by their shared concerns and collaborative efforts. But caring for somebody can also be physically and emotionally debilitating. When one person in a family is affected by a chronic illness or disability, the other people live with it also. To keep your relationships healthy and balanced, it's important to make sure that - despite whatever changes the illness or disability may bring - you learn how to communicate and stay connected.

MS Australia can help.

Does the person you are caring for have support co-ordination in their NDIS plan? The MS Society helps everyone, not just those with Multiple Sclerosis. We support all levels of disability and have a social worker who supports individuals with high and complex needs. For more info visit ms.org.au/support-services/ms-support-coordination.aspx or call **MS Connect** on **1800 042 138** for your Central Coast NDIS Support Co-ordinator, Sarah Stephens.



Could \$500 help with your child's start at school?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- uniforms & shoes
- books & supplies
- sports fees & gear
- lessons & activities
- camps & excursions
- laptops & tablets

To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Contact
Meredith Lawson
your local Saver Plus
Coordinator

Phone
0428 282 900
1300 610 355

Email
meredith.lawson@thesmithfamily.com.au

Web
www.saverplus.org.au



PROMO PACKS ARE NOW AVAILABLE!

— Available to Current Hirers —

Would You Like to Spread the Word?

Get the news out about your local club, class or upcoming event to a wider community audience.

Did you know that Gosford Regional Community Services offers a promotional package which can be specifically designed for your class or club?

The package includes advertising space in *The Link* newsletter, exposure on the GRCS website and an advertisement on our popular Facebook pages (not just a 'share' on the timeline).

A professionally designed and affordable campaign can make all the difference when it comes to attracting new participants or clients to your event or business venture.

To discuss design and pricing options enquire on (02) 4323 7483 or gosfordcommunity.org.au



FAMILY DRUG SUPPORT

A SUPPORT GROUP FOR THE FAMILIES AND FRIENDS OF PEOPLE WHO HAVE PROBLEMS WITH DRUG OR ALCOHOL USE

**Are you concerned about the drug or alcohol use of someone close to you?
Are you fearful, angry and desperate or worrying about how you will cope?**

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, come and join us at **Family Drug Support** meetings in **WYOMING**. There is no cost for attending the meetings.

- *Learn coping skills*
- *Understand more about drug and alcohol dependence*
- *Learn how best to support someone experiencing problems with drugs or alcohol*
- *Gain support for yourself and other family members*

The group provides a free, confidential and safe place for anyone supporting someone with a drug or alcohol issue. Family Drug Support has provided specialist support and care for over 18 years to families coping with isolation, helplessness, shame and stigma.

WHERE: WYOMING COMMUNITY CENTRE
147 MAIDENS BRUSH ROAD, WYOMING

WHEN: 2nd Thursday of each month

TIME: 6pm – 8pm

FOR INFORMATION: Contact Julie on 0400 113 422



The Wyoming Community Center is on the left-hand side of the road past the shops. The car park is beside the building before you go up a small hill.

Family Drug Support (FDS) is a government funded, not-for-profit organisation with support groups around Australia which offers a **24 hour / 7 day Support Line 1300 368 186**

QUIRKY QUILTERS

A quilt is a multi-layered textile, most often composed of three layers of fiber. The first is a woven cloth top, the second is a layer of batting or wadding, followed by a woven back. These layers are then combined using the technique of quilting, the process of sewing the three layers together. With that, you can create your own designs!

Quirky Quilters is a wonderful group of passionate quilters which meets on the last Saturday of the month at the Point Clare Community Hall. Contact is Pat Egan on mobile **0404 835 448** or on email at pategan1938@gmail.com. New members are very welcome.



NEW DIRECTION QUILTERS

Quilting & Sewing Classes

Community spirit is alive and kicking in Wyoming!

Classes are designed for any sewing project you would like to make or even finish—or plan and design a new project. Classes are run for the whole community and visitors are most welcome to come along and join in.

WHERE:	THE WYOMING COMMUNITY CENTRE	FEB 11 & 25	AUG 12 & 26
	147 MAIDENS BRUSH ROAD, WYOMING	MCH 11 & 25	SEP 9 & 23
WHEN:	2nd & 4th Sunday of each month	APR 22 only	OCT 14 & 28
TIME:	10 am – 4 pm	MAY 13 & 27	NOV 11 & 25
COST:	\$15.00 (inc. morning & afternoon tea)	JUN 10 & 24	DEC 2 & 9
		JUL 8 & 22	

Prior consultation regarding your personal class content is encouraged by contacting Alan Tremain on **0418 273 940** during office hours or email ozquilt@bigpond.com anytime. Enquiries are very welcome.

‘We are lucky to have a purpose built venue like the Wyoming Community Centre,’ Alan said. ‘It is located in a leafy glade opposite Henry Kendall Village and there is always something new happening. The Community Garden is stunning and visitors are always greatly surprised when they discover this.’



STAY CONNECTED

Do you use our OSCH Service? Take a few moments to provide some feedback here: <https://www.surveymonkey.com/r/OSCH>

What is important to you in your community? We'd love to hear from you, so why not take a few minutes to complete our survey at <https://www.surveymonkey.com/r/InYourNeighbourhood>

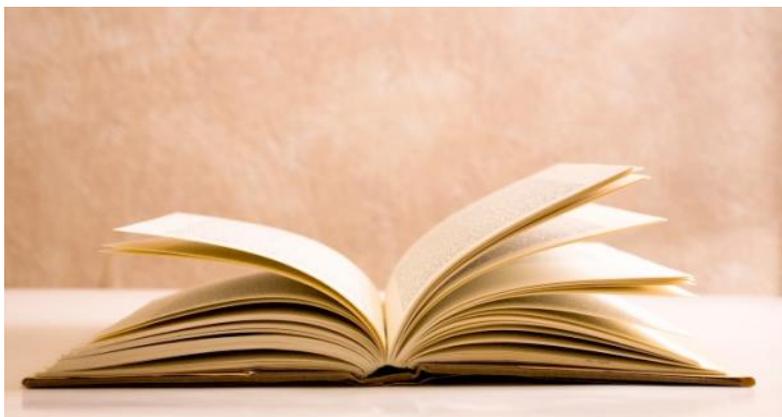
Follow us on our Facebook Pages:

For Wyoming Community Centre

<https://www.facebook.com/gosfordcommunity>

For Point Clare Community Hall

<https://www.facebook.com/PointClareCommunityHall>



Central Coast Poets Inc. is a local group of practicing poets who meet together monthly to workshop poems with a view to improving their craft through positive critical input from peers. CCPi meets in the afternoon of the 2nd Saturday of each month from 1:00pm to 4:30pm, at The Wyoming Community Centre.

Membership vacancies do currently exist. Meeting attendances by non-members needs to be pre-arranged by you contacting the Central Coast Poets.

For general enquiries about Central Coast Poets or for more information, contact them today on info@centralcoastpoets.com.au



P (02) 4323 7483 | A 147 Maidens Brush Road Wyoming NSW 2250
W www.gosfordcommunity.org.au | M P.O. Box 673 Gosford NSW 2250



FREE ANXIETY DISORDERS SUPPORT GROUP

On the 3rd Saturday of each month at 9:00am in The Wyoming Community Centre
147 Maidens Brush Road, Wyoming

A free Support Group meeting is held in Wyoming for people living with anxiety disorder and their family and friends.

We meet in a friendly, caring and supportive environment to share experiences. Groups are for ages 18 and over.

Anxiety disorders include Generalised Anxiety Disorder, Panic Attacks, Agoraphobia, Obsessive Compulsive Disorder, Social Anxiety and Specific Phobias.

**For more information call the
WayAhead Anxiety Disorder Info Line
1300 794 992
or email
supportgroups@wayahead.org.au**

WHAT'S ON THIS MONTH?

Gosford Regional Community Services is a busy place. We have many activities in both our Wyoming and Point Clare locations. Take a look at What's On and join us! Everyone is welcome.

	POINT CLARE COMMUNITY HALL WEEKLY SCHEDULE	Plus ...
MONDAY	9:00am—10:00am Brisbane Water Dance Class* 3:30pm—8:00pm Brisbane Water Dance Class*	
TUESDAY	9:30am—12:00pm Point Clare / Tascott Playgroup 4:00pm—6:30pm Brisbane Water Dance Class*	
WEDNESDAY	4:00pm—9:00pm Brisbane Water Dance Class*	3 rd Wednesday 10:30am-12:30pm Ageing Carers Action Group
THURSDAY	3:30pm—6:00pm Brisbane Water Dance Class*	2 nd Thursday 7:30pm-9:30pm Koolewong Pt Clare Tascott Progress Assn
FRIDAY	9:30am—10:30am Helsom Wellbeing Gentle Yoga Class* 10:30am—11:30am Helsom Wellbeing Adaptive Yoga Class*	
SATURDAY	Available for bookings and private functions	2 nd Saturday 10:00am-12:00pm Fellowship of First Fleeters 4 th Saturday 11:00am-3:00pm Quirky Quilters
SUNDAY	5:45Pm—7:00pm Prosperity Life Yoga Class	
	WYOMING COMMUNITY CENTRE WEEKLY SCHEDULE	Plus ...
MONDAY	9:00am—2:00pm Hospitality / Carpentry Tradestart Class*	
TUESDAY	9:00am—2:00pm Tradestart Class* 6:00pm—7:00pm Zumba Fitness with Haruko	4 th Tuesday 2:00pm-4:00pm Wyoming Library Book Club
WEDNESDAY	9:00am—2:00pm Tradestart Class*	1 st Wednesday 2:00pm-4:00pm Central Coast Domestic Violence Comm
THURSDAY	9:00am—3:00pm Pacific Link Social Enterprise Program*	1 st Thursday 6:00pm-8:00pm Family Drug Support 3 rd Thursday 4:00pm-6:00pm GRCS Board Meeting
FRIDAY	Available for bookings and private functions	3 rd Friday 10:00am-12:00pm Brisbane Water Older Women's Network
SATURDAY	Available for bookings and private functions	2 nd Saturday 1:00pm-4:30pm Central Coast Poets 3 rd Saturday 9:00am-11:30am WayAhead Anxiety Support
SUNDAY	Available for bookings and private functions	3 rd Sunday 10:00am-3:00pm Wildlife A.R.C. 4 th Sunday 10:00am-4:00pm New Direction Quilters

For further information on these activities or community program opportunities with Gosford Regional Community Services check out our website at gosfordcommunity.org.au or contact GRCS directly on (02) 4323 7483 to speak with one of our friendly staff members. * School Terms only