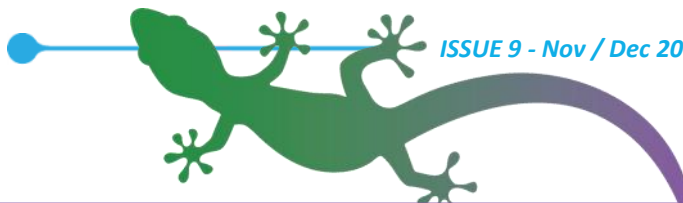




THE LINK

ISSUE 9 - Nov / Dec 2017



COME IN AND GET TO KNOW US BETTER!

Gosford Regional Community Services, with centres situated at Wyoming and Point Clare, has been a supporting member of the local community for over 20 years! However, there are some aspects of our organisation of which you might not be aware. We look forward to meeting you!

DID YOU KNOW...?

- We do not work for Central Coast Council or any other government agency
- Our social enterprise programs provide funds for those in need
- Our lease with Central Coast Council at the Wyoming and Point Clare locations requires us to pay for all cleaning, maintenance, furniture and fittings
- We are a registered charity with gift deductible status
- Both our centres are available to hire for meetings, social events and family functions
- You are welcome to join the GRCS Association for a low annual fee. You can follow us on Facebook by searching 'Gosford Regional Community Services'

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**

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

PROMO PACKS ARE NOW AVAILABLE! *

Would You Like to Spread the Word?

Get the news out about your 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 page (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. * Available to current hirers only.

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



DO YOU LOVE YOGA?



WARM UP THIS SUMMER!

Our good friends at **Helsom Wellbeing** have two yoga classes running at Point Clare Community Hall for interested folks.

A **Gentle Yoga Class** will be held each Friday from 9:30am to 10:30am. This low-intensity class is suitable for beginners and is a great way to start off your morning.

An **Adapted Yoga Class** will be held at Point Clare Community Hall each Friday from 10:30am to 11:30am. This class is suitable for people with limited mobility. Practices can be modified and the use of props such as chairs, bolsters, straps and blocks enables students to position comfortably and safely into many postures. Prior to booking enquire upon eligibility.

Classes start at \$10. If you are considering taking up yoga, why not come along and try out one of our classes! For more information on availability call Kristin from Helsom Wellbeing on 0417 203 001.

Note: No classes during school holidays.

PROSPERITYLIFE

“Yoga is much more to us than you touching your toes. However you interpret it, it is a pleasure to share what we love.”

Our unique style of teaching stems from the athletic background of Prosperity Life Founder and Director, Dan Ballard. After studying Yoga with Power Living Australia, Dan has combined over 10 years experience as a personal trainer with his extensive knowledge of the anatomy to create a program designed to challenge and empower beginners through to the more advanced.

It also invites both men and women to the mat as Property Life Yoga is rich in transformation. With both physical and mental challenges understood to us, the underlying philosophy of Prosperity Life flows through the program, uplifting and enriching both emotion and spirit for every participant.

‘We seek and challenge truth, as opposed to what looks appealing to the eye. We provide you with a connected experience, encouraging inner-peace and balance. Integrated with expansiveness, the powerful will to step outside of the barriers which are often imposed by our own self is unlocked.’

For more information on availability contact Dan on 0423 674 667 or email danprosperityfitness@gmail.com today.



Your Children - Your Community

Advise any changes to your bookings on (02) 4323 7483
Contact OSHC when your child is at the service on 0427 376 547
email amanda@gosfordcommunity.org.au
To update details and your child's medical records access your
account online at <https://wyomingoshc.hubworks.com.au>
Service Number SE-00013740

ELOISE MARTIN STAFF PROFILE

Over the four years she has been working as an Educator at OSHC, Eloise has been a constant positive presence, developing strong working relationships with the children in her care and their families, as well as with colleagues.

Eloise is halfway through completing study for her Diploma in Children's Services and we are thrilled to announce that she has now become a Certified Supervisor with our service. For those of you who have not had the opportunity yet, please take the time to say hello. Congratulations Eloise!



CAR PARK SAFETY REMINDER

As you all aware, we take the safety of the children in our care very seriously. After the car accident in the Glennie Street car park last Friday, and in light of the NSW Education Department's review of school car parks after the tragedy in Western Sydney last week, parents are asked to please refrain from using the car park until after 4.30pm at Our Lady of the Rosary School.

As there is such a lot of activity with cars and pedestrians in this car park, we request that all parents take extra care and drive with caution, awareness, consideration and patience in all instances.

Kind Regards,
Wyoming Community OSHC

2018 ENROLMENTS

We are currently confirming enrolments for children to attend Wyoming Out of School Care (OSHC) service for the 2018 school year. Demand for the service is very high with most days at capacity and we are working hard to ensure we can meet the needs of all families. We would ask that you be patient while we work through this very busy time. As an approved child care service we are legally obliged to comply with the Australian Government's 'Priority of Access Guidelines'. They are:

- Priority 1: A child at risk of serious abuse or neglect,
- Priority 2: A child of a single parent or parents who satisfy the work / training / study test under Section 14 of 'A New Tax System (Family Assistance) Act 1999', and
- Priority 3: Any other child.

GRCS requires information relating to your work or study arrangements to ensure we comply with those guidelines, we may contact you over the coming weeks to update your information. If we are unable to contact you to confirm your requirements we will assume that you do not require care for 2018. We are in the process of submitting an application for an increase in places to meet the increased demand but an outcome for that request may be delayed due to the building works being undertaken.

VACATION CARE

If you are looking for some fun activities for the children these summer school holidays you can't go past our Vacation Care Program. The dedicated OSHC team have once again developed an exciting and varied program designed to engage and stimulate children from 5 to 12 years of age, with many of the ideas coming from suggestions made by the children themselves.

The program consists of a combination of in-house days, excursion and incursions. The excursions and incursions these holidays are subsidised by GRCS and include:

- Two trips to the Peninsula Leisure Centre to enjoy their great pool and slide
- A day at Toowoomba Bay beach learning safety at the beach with the Surf Life Saving Team
- Ice Skating at Erina
- A day at the movies

With our incursions we will be re-visiting some favourites as well as trying something new. Incursions booked are:

- A photo workshop where children learn how to take the 'perfect photo'. This day also includes a take-home portrait to give as a Christmas gift to someone special.
- The Upside Down Artist is back to teach the children cartooning skills.
- Lego Day is often requested by the children and the Brick for Kidz team bring the latest Lego.
- The Video Van is returning and the children will have a fun time playing the latest games.

With the summer weather hotting up, Water Day is always a favourite so we have decided to have two of them these holidays! Other planned days include Steam Punk Day, Mini Fete Day, Star Wars Day, Head Dress Day plus many more!

The program will be up on our website from the 20th November and we take bookings on a first-in-first-served basis. Places fill quickly so get your booking form in promptly to avoid disappointment. Please note that children commencing school in 2018 are welcome from January this Vacation Care. Those Year 6 children going into high school in 2018 are also welcome for their last school holidays.

The New Child Care Package

From 2 July 2018 there will be a new child care package. The package includes a new Child Care Subsidy which replaces the current child care benefit and rebate. It will be paid directly to services and will make child care more affordable for most families.

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



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

COMMUNITY GREENING

Gosford Regional Community Services is very proud of our commitment to the Environment. We are passionate about protecting the natural environment and maximising learning opportunities for our community with workshops and open days, work experience, student placements and more. Our major projects include the North Gosford Wyoming Community Garden, the Wingello Creek Tributary Regeneration Project and the Gosford Community Sustainability Project.

GRCS had a great night at the Gosford District Garden Competition awards. Our fabulous garden took out Best Culinary Community Garden and Best Speciality Garden. Thanks go to Phil and his great team.

This follows on from our wins in 2015 and 2016 for Best Waterwise Garden and Best Specialty Garden in the City Garden Competition. Garden beds are made available to members of the public for a small annual fee and we provide assistance and support. GRCS runs a wide range of classes and workshops covering all aspects of natural gardening techniques.

If you would like to get involved with our Community Garden or to find out about upcoming workshops and events, please contact Gosford Regional Community Services on **(02) 4323 7483**.

For further information on the exciting **community greening program** with Gosford Regional Community Services please visit www.gosfordcommunity.org.au or contact us directly on **(02) 4323 7483**.

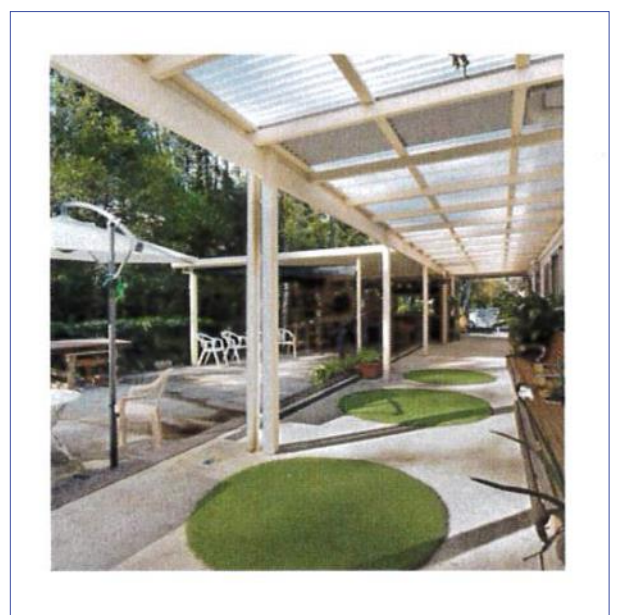


LOOKING FOR SPACE TO HOST YOUR EVENT, CLASS OR COMMUNITY GROUP AFFORDABLY?

GRCS manages a range of community facilities including the Wyoming Community Centre (147 Maidens Brush Road, Wyoming) and Point Clare Community Hall (49 Brisbane Water Drive, Point Clare).

Our rooms and multi-purpose spaces are available to hire for meetings, functions, classes and other approved activities, as well as private events and celebrations such as birthday parties, engagements parties, anniversary celebrations and more.

We offer a range of facilities and services to make your experience as productive and enjoyable as possible. Want to find out more? Visit gosfordcommunity.org.au/places-spaces or call our friendly staff on **(02) 4323 7483**.





Attention 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.



Quilting & Sewing Classes 2017 at Wyoming Community Centre



Stimulating 'Sit & Sew' classes under the direction and guidance of Martha Pullen Pfaff Creative

Licensed Heirloom Tutor and Quilt Designer **Alan R Tremain**
Classes in 2017 twice a month - **2nd Monday & 4th Sunday.**

WYOMING COMMUNITY CENTRE
147 Maidens Brush Rd, Wyoming (opp. Henry Kendall)

The classes are for any sewing project you would like to make or finish off or plan and design a new project.

Prior consultation regarding your personal class content is encouraged by contacting the tutor via email ozquilt@bigpond.com or telephone 0418 273 940 during office hours.

These classes will be shared with Alan's 'New Direction Quilters' and the North Gosford Modern Quilt Guild.
All classes will run from 10am until 4pm and cost is \$15.

Bookings are essential

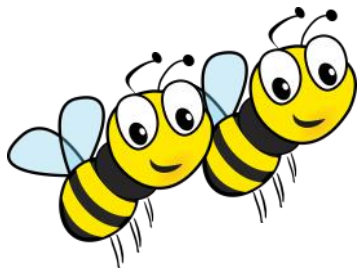
QUIRKY QUILTERS

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 wonderful group of passionate quilters which meets each month on the last Saturday of the month at the Point Clare Community Hall. Contact is Pat Egan on mobile 0404 835 448 or pategan1938@gmail.com.

New members are welcome.





— We Are Building —

BEE HOTELS!

Build It and They Will Buzz In



Did you know that by providing food and water in your garden you encourage native bees to visit. By providing a bee hotel, you can even encourage the little treasures to stay!

There are more than 1,500 species of native bees in Australia and they play an important environmental role in pollinating plants. To encourage native bees into your garden why not purchase your very own bee hotel! Come into The Wyoming Community centre and check them out.

Large	\$60
Medium	\$35
Small	\$15

BIRD FEEDER
All-New Design Available
Special \$25

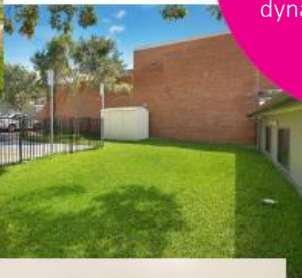
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FACILITIES MANAGEMENT

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



PT CLARE COMMUNITY HALL



WYOMING COMMUNITY CENTRE



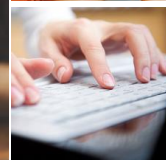
WORK DEVELOPMENT OPPORTUNITIES

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 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.



For further 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.



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.



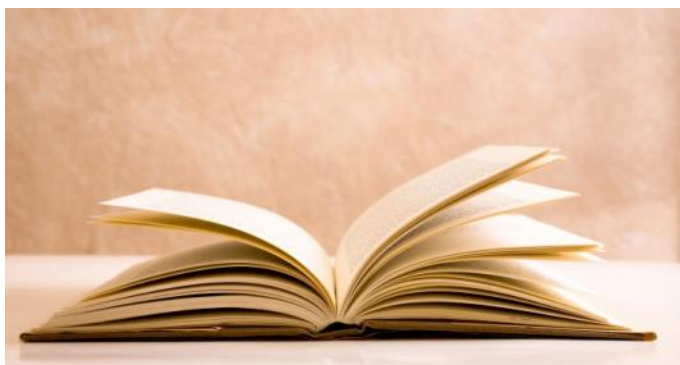
P (02) 4323 7483 | A 147 Maidens Brush Road Wyoming NSW 2250

W www.gosfordcommunity.org.au | M P.O. Box 673 Gosford NSW 2250



Central Coast Poets Do Us Proud

John Wright Pens an Ode to GRCS



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



CUSTODIANS

- to The Wyoming Community Centre

In Maiden's Brush beside Wingello Creek
Brush Turkey, Lizard, Parrot, Possum,
all those who care about trees, air, water,
earth, each other, have a meeting place.
Knowledge is wrapped in bundles taken
home with fruit, vegetables, flowers, ideas
grown in the garden. Peace blossoms here.

In this place, poets listen for the ripple of a poem yet to arrive, or recite into air story-songs from dreams. Others would do well to build a place like this beside a creek so those who hear ripples of *Cooee!* may come together to share their skills, hopes, plans, ideals, experiences of life.

This is a place where those without a voice are allowed to speak and be heard; where the Isolated, Invisible, Unwell may assist each other; where those who had neither chance nor choice, may choose the life they know as theirs; where those who feel down-trodden may rise above adversity and show sweet fruit of souls that grow.

So in the Wyoming Welcome we discover what 'Community' means: we're all part of each other. Just by being who we are, we do our bit for Nature, Culture keeping ancient creeks running pristine and clean for earth, air, fellow creatures everywhere, saving our planet for future generations.

JFWright 2/16

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:

<https://www.facebook.com/gosfordcommunity> for Wyoming, and

<https://www.facebook.com/PointClareCommunityHall/> for Point Clare Hall



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

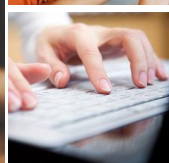
A free Support Group meeting is held in Wyoming for people living with anxiety disorder and their family and friends.

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

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



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



WHAT'S ON THIS MONTH

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

We are planning many new and exciting activities for 2018.

WATCH THIS SPACE FOR UPCOMING EVENTS

No Christmas is Complete Without a Christmas Pudding

Christmas pudding is best made in advance to allow it to mature. Don't be put off by the number of ingredients in this recipe. Although it may seem daunting, just assemble all your ingredients and the rest is easy. All that is left then is to make a wish for Christmas Day.

How to Make Your Pudding

Lightly butter a 2½ pint (1.4 litre) pudding basin. Place the dried fruits, candied peel, apple, orange and lemon juice into a large mixing bowl. Add the brandy and stir well. Cover the bowl with a tea towel and leave to marinate for a couple of hours or overnight. Stir the flour, mixed spice and cinnamon together in a large

mixing bowl. Add the suet, sugar, lemon and orange zest, bread crumbs, nuts and stir again until all the ingredients are well mixed. Finally, add the marinated dried fruits and stir again. Beat the eggs lightly in a small bowl then stir quickly into the dry ingredients. Spoon the mixture into the greased basin, gently pressing the mixture down with the back of the spoon. Cover with a double layer of greaseproof paper then a layer of aluminum foil and tie securely with string around the bowl. This will form a handle which will be useful when later removing the pudding from the steamer.



Ingredients

- 1 lb (450g) mixed dried fruit
- 1 oz (25g) candied peel (mixed varieties, finely chopped)
- 1 small apple (cooking apple, peeled, cored and finely chopped)
- 1 tablespoon orange zest
- 1/2 tablespoon lemon zest
- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- 4 tablespoon brandy (plus a little extra for soaking at the end)
- 2 oz (55g) flour (self-raising, sifted)
- 1 teaspoon mixed spice (level, ground)
- 1 1/2 teaspoons cinnamon (ground)
- 4 oz (110g) suet (beef or vegetarian, shredded)
- 14 oz (110g) brown sugar (dark, soft)
- 4 oz (110g) bread crumbs (white, fresh)
- 1 oz (25g) almonds (whole, shelled, roughly chopped)
- 2 large eggs (fresh)

Place the pudding in a steamer over a saucepan of simmering water and steam for 7 hours. Check the water level frequently so it never boils dry. The pudding should be a dark brown color when properly cooked. The pudding is not a light cake but instead is a dark, sticky and dense sponge. Remove the pudding from the steamer and cool. Remove the paper, prick the pudding with a skewer and pour in a little extra brandy. Cover with greaseproof paper and re-tie with string. Store in a cool, dry place.

Reheat the pudding by steaming for one hour. Serve with brandy or rum sauce, brandy butter or custard and ice cream.

For information on Gosford Regional Community Services check out our website gosfordcommunity.org.au or contact GRCS directly on (02) 4323 7483 to speak with one of our friendly staff members.

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