

# THE LINK

ISSUE 03 - June 2019

## COME INTO YOUR CENTRE 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 8:30am and 4:00pm. We look forward to meeting you today!



## CHECK OUT WHAT'S HAPPENING IN JUNE!

Our latest edition of *The Link* for 2019 offers an update to all the great projects and ventures that we are lucky enough to host at both Wyoming Community Centre and at Point Clare Community Hall. Your newsletter is packed full of information and activities; something for everyone! You can also sign up for our newsletter and get regular updates about events and activities.

[www.gosfordcommunity.org.au](http://www.gosfordcommunity.org.au)

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**.



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

# 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?
  - Need a JP?
  - Need to hire a space for a meeting or function?
- Need somewhere to host your next course or presentation?

To find out how we can help with all of this and more, call us on **(02)4323 7483** Monday to Friday



GOSFORD REGIONAL  
COMMUNITY SERVICES

# NEWS FROM OSHC

## OSHC TEAM UPDATE



A big welcome to Jessica Bacon who is our latest recruit to the Wyoming OSHC team. Jess comes with experience working with in the Early Childhood sector, and was keen to work with school aged children as she is about to commence a Bachelor in Education Early Childhood and Primary at Newcastle University. She is already very popular with the

children after only a term with us and we are thrilled to have her on the staff.

Renee is having some time away from OSHC as she has two internships to finalise her Special Education degree. She will return for the July Vacation Care before heading away again.

## DONATIONS PLEASE

Wyoming Community OSHC is asking for your help in giving some of your no longer required sports equipment a new purpose.

We have a blue bin which we will use to take donations of preloved sports equipment. In particular there is a need for basketballs, AFL footballs, soccer balls and football boots but Fair Game will accept a wide variety of sports equipment and sports shoes. All donated items must be clean and in functional condition.

These items will then be collected by Fair Game, which is a registered charity that collects preloved sports equipment and distributes it in response to specific requests from under-served communities around Australia including Aboriginal, Torres Strait Islander and CALD communities.

If you would like to learn more about Fair Game visit





## Your Children. Your Community.

**Gosford Regional Community Services offers high quality, affordable Out of School Hours Care for Primary School aged children and operates on the grounds of Our Lady of the Rosary Primary School, Glennie St Wyoming.**

## VACATION CARE



Are you looking for some engaging activities for your children to be involved in during the upcoming school holidays? Wyoming Community OSHC has an exciting and stimulating program for children from Kindergarten to Year 6.

Some of the activities for the July holidays include:

Bootcamp – the children will have fun while getting fit!

Space Lego.

An Excursion to Blackbutt Reserve.

With it being Naidoc Week the first week of the holidays we have invited some Aboriginal Elders to lead us and speak with us during the week.

One occasion will be on a walk through Girrakool which offers opportunities to view rock carvings and identify bush tucker.

We are privileged to have Oomera Edwards to accompany us on this day for an authentic experience.

On another day we are fortunate to have Auntie Di from

Mingaletta join us to tell us about her great grandfather who instigated Naidoc Week.

For more details contact the Community centre or visit the website. Remember to book in early as places fill quickly. Bookings open for Vacation Care on 11<sup>th</sup> June.





For immediate release

3rd June, 2019

**Program Launch - Cultural Directions**

Gosford Regional Community Services are launching Cultural Directions, an exciting program with an emphasis on promoting unity and understanding within our community. The focus is to develop pathways to resilience through cultural conversations and to oversee the benefits of our cultural diversity implemented in Educational Studies.

Formally the Central Coast Multicultural Resource Centre, Cultural Directions have stepped it up and created a specialised hub for educators and families to find cultural information which is rich in authenticity and meaning.

Kathy Sock, Chief Executive Officer of Gosford Regional Community Centre, says “we have a commitment to promoting diversity, understanding and tolerance in all areas of endeavour and any organisation delivering an educational program to children and/or families is eligible to become a member”.

“The primary objective is to provide for the diversity in Australian society, enabling each person to participate fully in our multicultural society, realise their personal aspirations, and benefit Australia”. Kathy explains, “Educators will be able to borrow quality and unique educational resources to support EYLF and curriculum outcomes”.

Our two exciting new programs are: Achieve School Success which is a four, 3-hour session parenting workshop developed to support parents from culturally and linguistically diverse backgrounds as they navigate the Australian system across the primary years, and the Cultural Experience Program which is an interactive & immersive program that allows children to learn about one of the many cultures represented in our community.

Cultural Directions will partner with pre-schools, long day care, primary schools and local cultural organisations to deliver these programs on the lower Central Coast with the intention of expanding the program in future years.

For more information call 4323 7483.

-ENDS-

**CULTURAL DIRECTIONS LAUNCH**

**Date:** Friday, 28<sup>th</sup> June 2019

**Time:** 3pm – 5pm

**Venue:** Wyoming Community Centre 147 Maidens Brush Rd, Wyoming NSW 2250

**Contact:** 4323 7483

# What's On Now?

## THE WYOMING COMMUNITY CENTRE

147 Maidens Brush Road, Wyoming



Revenue

*Are you at risk of losing your licence due to unpaid fines?*

*Do you have other unpaid debts with the NSW Government?*

### What is a Work and Development Order?

Work and Development Orders (WDO) assist eligible people to satisfy their fine debt through unpaid work with an approved organisation or by undertaking certain courses or treatment.

A WDO can only be made if an application is supported by an approved organisation, such as Gosford Regional Community Services, or in the case of medical/mental health treatment, a health practitioner qualified to provide that treatment. Fines are satisfied (paid off) at a rate that is dependent on the activity. The rate that will apply will be dependent on individual.

This free service is by appointment only.

Phone 4323 7483 to discuss your circumstances.

### Eligibility

can include homelessness, acute economic hardship, mental illness or disability or serious addiction to drugs/ alcohol.

### Activities

The types of activity can include one or more of the following:

- unpaid voluntary work for, or on behalf of, an approved organisation
- medical or mental health treatment or drug or alcohol treatment in accordance with a health practitioner's treatment plan
- educational, vocational or life skills course; financial or other counselling
- a mentoring program (only if you are under 25 years of age).

# 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: 1st MONDAY OF EVERY MONTH**

**TIME: 6pm - 8pm**

**FOR MORE INFORMATION:** Contact Julie 0400 113 422

The 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**



# What's On Now?



## FREE HEALTH EDUCATION SESSION

### OSTEOPOROSIS AWARENESS

This topic will be delivered in partnership with [Arthritis & Osteoporosis Australia NSW](#).

During the session the speaker will cover the following information:

What is osteoporosis?

Who gets osteoporosis?

Diagnosing osteoporosis

Preventing osteoporosis

The importance of calcium and Vitamin D in preventing osteoporosis

Preventing a fall and fracture

WHEN: Wednesday 12<sup>th</sup> June, 2019

TIME: 10am – 11am

WHERE: Wyoming Community Centre. 147 Maidens Brush Road, WYOMING

CONTACT: To book your place at this session, please call **(02) 4323 7483**





# HEART-CENTERED MEDITATION WITH SARAH-JANE

WEDNESDAYS 7:30—8:30PM

Wyoming Community Centre, 147 Maidens Brush Rd, WYOMING

sarahjanegray.reiki@gmail.com

## This week at Wyoming...

We had a great turnout for Friday's Tea & Technology seminar.

Adssi In-Home Support and YourLink's "Be Connected" workshop was a full house!

Their crew taught us everything from phone apps to connecting to Wifi. Can't wait till we get to host the next one.





# MULTIPLE SCLEROSIS AUSTRALIA

## Multiple Sclerosis Carers

Caring for someone with a chronic illness or disability can be rewarding ... and physically and emotionally exhausting. Family and friends can be drawn together more closely by their shared concerns and collaborative

### A U S T R A L I A

efforts. 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](http://ms.org.au) or call **MS Connect** on **1800 042 138** or [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

## JUSTICE OF THE PEACE



The services of a NSW Justice of the Peace are available at the

**The Wyoming Community Centre**  
(Gosford Regional Community Services)

**147 Maidens Brush Road, Wyoming**

**Phone 4323 7483**

**APPOINTMENTS ARE PREFERRED**

A JP is usually available between  
**2:00pm-3:30pm Monday-Friday**



This is a free service for the local community proudly provided by Gosford Regional Community Services, Inc.



## Could \$500 help you with school costs?

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

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

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.



**Contact**  
Meagan Parry  
your local Saver Plus  
Coordinator  
**Phone**  
0438 518 603  
1300 610 355  
**Email**  
[meagan.parry@thesmithfamily.com.au](mailto:meagan.parry@thesmithfamily.com.au)  
**Web**  
[www.saverplus.org.au](http://www.saverplus.org.au)



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Brotherhood 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.saverplus.org.au](http://www.saverplus.org.au) for more information.

# QUIRKY QUILTERS

A quilt is a multi-layered textile, most often composed of three layers of fibre. 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 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.



**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 2<sup>nd</sup> 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](mailto:info@centralcoastpoets.com.au)





# NEW DIRECTION QUILTERS Quilting & Sewing Classes

*Community spirit is alive and kicking in Wyoming!*

**BOOKINGS ARE ESSENTIAL**

Stimulating 'Sit & Sew' classes under the direction and guidance of Licensed Heirloom Tutor and Quilt Designer Alan R Tremain. Classes in 2019 held as below.

The classes are for any sewing project you would like to make or finish off or plan and design a new project. All classes run from 10am until 4pm.

Cost is \$15 per class. Workshop days \$25 fee.

View Alan's recent inspiring and dramatic exhibitions 'Shibori Boro Art' indigo dyed textiles and 'Out of Africa' wax cloth quilts on YouTube: search Alan R Tremain or go to [www.ozquilt.com](http://www.ozquilt.com)

**WHERE:** THE WYOMING COMMUNITY CENTRE  
147 MAIDENS BRUSH ROAD, WYOMING  
**WHEN:** 2nd & 4th Sunday of each month  
**TIME:** 10 am – 4 pm  
**COST:** \$15.00 (inc. morning & afternoon tea)

P.O. BOX 9235 WYOMING 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](mailto:supportgroups@wayahead.org.au)

