

THE LINK

ISSUE 7 - AUGUST 2017



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 almost 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!

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-co-ordination.aspx or call **MS Connect** on **1800 042 138** for your Central Coast NDIS Support Co-ordinator, Sarah Stephens.



DO YOU LOVE YOGA?

WARM UP WITH SOME CLASSES THIS WINTER!

Our good friends at **Helsom Wellbeing** will have two new yoga classes running at Wyoming Community Centre and Point Clare Community Hall starting in mid-August.

A **Gentle Yoga Class** will be held at Wyoming Community Centre each Wednesday from 8:30am to 9:30am starting 16th August. The class is also available at Point Clare each Friday from 9:30am to 10:30am starting 1st September. This low-intensity class is suitable for beginners and is a great way to start off your morning.

An **Adaptive Yoga Class** will be held at Point Clare Community Hall each Friday from 10:30am to 11:30am starting 1st September. 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 or anything else call **Kristin** from **Helsom Wellbeing** on **0417 203 001**.

Note: No classes held during school holidays.

IT'S THAT TIME AGAIN ... GET HELP WITH YOUR TAX!

Do you need help lodging your tax return? You may be eligible for the Australian Tax Office's **Tax Help Program**.

Tax Help is a network of ATO trained and accredited volunteers who provide a free confidential service to assist people to complete their tax returns online using myTax.



Tax Help services will be available at Wyoming Community Centre every Tuesday from 9:30am to 2:30pm. Don't wait as this service is popular so bookings are essential!

Please contact Gosford Regional Community Services on **(02) 4323 7483** for eligibility information or to book an appointment.



AIMEE WELCH STAFF PROFILE

Now in her third year of a Primary Education degree at Newcastle University, Aimee has had quite an impact on our team in the year she has been an educator with us. Her calm, gentle manner has resonated with the children who love to be near her whether it's sitting at the craft table, shooting baskets on the court or playing a board game on the floor.

Her affinity for her chosen career is obvious and she is already displaying many of the skills of an excellent teacher. Aimee has so many great ideas for Vacation Care and they are always very popular with the children.

When not working or studying, Aimee plays touch football and organises youth groups for her local church.



VACATION CARE AT WYOMING COMMUNITY OSHC

The September school holidays are fast approaching and Vacation Care bookings are now open at Wyoming OSHC and filling quickly. We have another great program in store which is bound to keep the kids engaged and entertained during the upcoming school holiday period.

Bookings can be made by calling Gosford Regional Community Services on (02) 4323 7483 or visit www.gosfordcommunity.org.au. We look forward to seeing the children. **Book early or you might miss out!**

Vacation Care Program

Our exciting and popular Vacation Care program is ready for the September / October school holidays. One of the highlights is a trip to the Wyong Art House to see the musical *Chitty Chitty Bang Bang*. We love the opportunity to take the children to see live theatre. We have two incursions booked – Circus Day where we'll learn how to juggle and ride a unicycle, and a Boot Camp incursion. We love to keep fit! In addition to all this, will be the ever popular Wheels Day, a Puppet Mania Day and a Tennis Day, plus a whole lot more!

If you are keen for your child to participate in these fun and engaging activities you'll need to fill out a booking form which you can get by either going to our website, collecting one from the Wyoming Community Centre or from OSHC at OLR. Bookings open from 25th August. It's first-in-first-served so be quick getting your form in to us as we would not like for you to miss out.

To find out more about the Vacation Care and Before and After School Care programs offered by Wyoming OSHC visit www.gosfordcommunity.org.au/families or contact us on (02) 4323 7483 during business hours.



Thank you for your continued support of the Wyoming Out of School Hours Care and Vacation Care Programs. Due to the increased cost of hall hire and staff wages, it is necessary to raise fees so that our programs can remain viable and we are able maintain our high standards of care. From 31st July, 2017 our fee structure has changed, as reflected in the table below. We have worked hard to limit the increases and to minimise the impact to families. If you have any questions regarding the new fees please contact Amanda on (02) 4323 7483 during business hours.



CHANGES TO OSHC FEES FROM 31st JULY 2017

Fees	Charges if paid by Direct Debit (Ipay - see note*)
Before School Care	\$17.00 per day
After School Care	\$27.00 per day
Vacation Care	\$55.00 per day
Failure to Notify for After School Care	\$20.00 per occasion (see note*)
Casual Booking Surcharge	\$5.00 per child per week
Late Pickup	\$15.00 per 15 minutes or part thereof (see note*)
Overdue Account	\$10.00 per week per account more than 14 days in arrears
Equipment Levy	\$5.00 per child per term

- **Payment Fee** Payments other than by Direct Debit attract additional charges (request details when booking)
- **Fail to Notify Fee** This is charged for After School Care when an absence is not notified in time to the service
- **Late Collection Fee** This fee applies when a child is not collected until after our daily closing time of 6:30pm

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.

Our Community Garden was the Winner of the Best Waterwise Garden award in the 2015 Gosford City Garden Competition and hosts regular workshops and open days for members of the community. Garden beds are made available to members of the public for a small annual fee and we provide assistance and support. We run a wide range of classes and workshops covering all aspects of natural gardening techniques.

Our Sustainability Project kicked off in 2016 with workshops and a drop-in centre. This project is all about reusing existing materials and reducing the amount of waste that goes to landfill.

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?

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**.



Musicians Making a Difference (MMAD) Inc is an Australian charity that exists to change young lives through music.

MMAD uses the power of music, dance & mentoring to inspire young people to make their lives remarkable.

The organisation provides creative support to young people, (especially those who have suffered emotional abuse, neglect and disadvantage) in overcoming challenges such as homelessness, destructive patterns of behaviour, exclusion from school, family breakdown, drug and alcohol dependency, unemployment and reoffending. Their goal is not only to break negative cycles, we empower our young people to go on and make their own difference within the community.



CERTIFICATE OF ACCREDITATION

Congratulations to our Gosford Regional Community Services staff members Lyn and Amanda who recently completed the Standard Mental Health First Aider course.



The accredited course is provided by Mental Health First Aid Australia and teaches knowledge and skills for providing initial assistance to people experiencing depressive, anxiety, psychotic, substance use, disorders and associated crises.

Introducing a GRCS Staff Member

Gosford Regional Community Services would like to welcome a new member to its team. Sean joins GRCS as the Finance & Administration Manager with Special Projects responsibilities.



Sean comes with many years of experience in administration and project management with major corporations and smaller organisations. He joins the community sector after returning to the Central Coast where he was from originally. He resides locally with his wife and works in our 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 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.



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



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.

	POINT CLARE COMMUNITY HALL WEEKLY SCHEDULE	Plus ...
MONDAY	3:30pm—6:00pm Brisbane Water Dance Class (School Terms Only)	
TUESDAY	9:30am—12:00pm Point Clare / Tascott Playgroup (School Terms Only) 4:00pm—8:00pm Brisbane Water Dance Class (School Terms Only)	
WEDNESDAY	9:15am—10:15am Brisbane Water Dance Class (School Terms Only) 4:00pm—8:30pm Brisbane Water Dance Class (School Terms Only)	16 th 10:30am-12:30pm Ageing Carers Action Group
THURSDAY	3:30pm—6:00pm Brisbane Water Dance Class (School Terms Only)	10 th 7:30pm-9:30pm Koolewong Point Clare Tascott Progress Association
FRIDAY	9:30am—10:30am Helsom Wellbeing Gentle Yoga Class 10:30am—11:30am Helsom Wellbeing Adaptive Yoga Class 5:45pm—7:00pm Prosperity Life Yoga Class	
SATURDAY	Is available to book for private functions depending on availability	12 th 10:00am-12:00pm Central Coast Fellowship of First Fleeters 26 th 11:00am-3:00pm Quirky Quilters
SUNDAY	Is available to book for private functions depending on availability	27 th 10:00am-2:00pm Brisbane Water Caravan Club

	WYOMING COMMUNITY CENTRE WEEKLY SCHEDULE	Plus ...
MONDAY	9:00am—2:00pm Hospitality and Carpentry Class Tradestart (School Terms Only)	
TUESDAY	9:00am—2:00pm Tradestart Class (School Terms Only) 9:00am—2:30pm Tax Help (from July 18) 6:00pm—7:00pm Zumba with Haruko	22 nd 2:00pm-4:00pm Wyoming Library Book Club
WEDNESDAY	8:30am—9:30am Helsom Wellbeing Gentle Yoga Class 9:00am—2:00pm Tradestart Class (School Terms Only) 10:00am—2:00pm Uniting Care's Healthy Living for Seniors 5:30pm—8:00pm Ukulele and Djembe Class	2 nd 2:00pm-4:00pm Central Coast Domestic Violence Committee
THURSDAY	9:00am—3:00pm High School Work Experience Group (School Terms Only) 9:00am—2:30pm Tax Help (from 18 July)	17 th 4:00pm-6:00pm GRCS Board Meeting
FRIDAY	8:45am—9:45am Zumba Gold with Haruko 9:00am—3:00pm High School Work Experience Group (School Terms Only)	18 th 10:00am-12:00pm Brisbane Water Older Women's Network
SATURDAY	Is available to book for private functions depending on availability	12 th 1:00pm-4:30pm Central Coast Poets 19 th 9:00am-11:30am Anxiety Support
SUNDAY	Is available to book for private functions depending on availability	20 th 10:00am-4:00pm Wildlife ARC 27 th 10:00am-4:00pm New Dir Quilter



For further information on these activities or community program opportunities with 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.

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