

YOUR OUTDOORS

Safe summer fun

With school holidays on and summer just around the corner, everyone's keen to head outdoors to enjoy the weather.

Please remember, Public Health Orders requiring social distancing and restricting public gatherings to under 20 people still apply outdoors.

Our beaches are among our most popular spots. A good way to remember to socially distance there is to keep a towel's length between you and anyone who doesn't live with you. If the beach looks crowded, consider coming back at another time or relaxing in a non-beach setting.

Here's a few ideas to help you enjoy other natural settings:

- go for a walk or run in your local park
- ride a bike along a cycleway
- take your dog for a walk around your neighbourhood
- kick a ball at a sportsground
- head bush to hike on a nature trail or to visit a scenic spot.

For more information, search 'recreation' on centralcoast.nsw.gov.au

YOUR WASTE

Bin the 5am waste dash!

Have you heard the rattle of the waste collection truck extra early recently and done a pyjama dash to the kerbside only to see the truck driving off into the distance?

Never miss a bin pick-up! Please ensure your waste and recycling bins are placed on the kerbside the night before their scheduled collection. Our waste collection now starts earlier than it did before the COVID-19 pandemic hit.

This ensures our waste contractor can be COVID Safe by staggering driver start times to reduce the number of people in the waste depot at any one time. This means that in the case of a COVID incident, the Coast's waste and recycling collection service won't be badly affected.

To help the truck drivers do their work quickly and efficiently, please position bins clear of parked cars, trees and poles.

Find out all you need to know about the waste management and recycling services provided to our Coasts residents visit 1coast.com.au and explore, interact, discover and learn.

YOUR WELLBEING

Reach out for support

Adapting to getting on with life in the new 'COVID normal' may be a challenge. Returning to a workplace after months of working from home, visiting a supermarket and seeing people not socially distancing or wearing masks, or simply attending any setting with lots of people around – all can trigger anxiety and distress.

It's important to acknowledge your feelings rather than trying to ignore them. If they are affecting your wellbeing, please seek help.

We've provided a comprehensive list of support services and resources on our website – as well as general mental health support, we've also included links for specific issues such as domestic violence, homelessness or practical help. For details, search 'COVID help' at centralcoast.nsw.gov.au

Exercise and movement is also an important aid to good mental health, helping you to 'de-stress' from troubling emotions. We've produced several videos to help you increase your physical and mental fitness through exercise and meditation. Search 'exercise' at centralcoast.nsw.gov.au/youtube

EXPRESSIONS OF
INTEREST NOTICECentral
Coast
Council

Peninsula Community Centre Available for Lease

Central Coast Council is calling for expressions of interest from eligible community organisations, groups or other parties to enter into a lease agreement for Peninsula Community Centre, Part of 93 McMasters Road, Woy Woy.

Expressions of Interest must be lodged in accordance with the requirements detailed in available documentation.

Submissions close 5pm, 21 October 2020.

Expression of Interest documentation and submission information available by contacting Council's Property Office, Cassie Field on 1300 463 954 or cassie.field@centralcoast.nsw.gov.au

Central Coast Council Offices 2 Hely St Wyong / 49 Mann St Gosford
8.30am - 5.00pm, Monday to Friday T 1300 463 954
Mayor Lisa Matthews | Chief Executive Officer Gary Murphy

Public Exhibition

Councillor Expenses and Facilities
PolicyCentral
Coast
Council

Central Coast Council at its Ordinary Meeting of 14 September 2020, amended its *Councillor Expenses and Facilities Policy* to provide access to Council's Employee Assistance Program; reimbursement for ad hoc events approved by the CEO; parking spaces and emergency provisions for the Mayor and Councillors.

As required by Section 253 of the Local Government Act 1993, the amended Facilities and Expenses Policy will be on exhibition for 28 days in order to seek public submissions.

A copy of the Policy and how to make submissions can be found at yourvoiceourcoast.com – currently on exhibition. Or submissions can be emailed to ask@centralcoast.nsw.gov.au

Submissions will be received up until 5pm **Friday 23 October 2020.**

Gary Murphy

Chief Executive Officer

Central Coast Council

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