

Central
Coast
Council

GOALL

Growing Older And Loving Life!



Autumn Edition | 2020

FREE

PRESENTED BY

Central
Coast
Council



FLAVOURS BY THE SEA

MEMORIAL PARK | 21 MARCH
THE ENTRANCE | 3.30PM - 8.30PM

LIVE MUSIC

ENTERTAINMENT

WORLD FOOD STALLS

FEATURING

MONSIEUR CAMEMBERT
BERIAS MASSEQUE
& THE AFRO FUSION BAND
YALALINYA DANCERS

FOR MORE INFORMATION VISIT
CENTRALCOAST.NSW.GOV.AU/FLAVOURSBYTHESEA

HARMONY WEEK

FREE
EVENT

From the Editor

Welcome to our autumn edition of GOALL.

In this edition we are introduced to the Deepwater Older Women's Network who meet monthly at the Diggers Club in Ettalong Beach and all the work they do in our community. We also hear about the RSPCA's rehoming program for pets and how they can help find that perfect home for your fur child when transitioning into aged care.

In March the rich history of Terrigal Surf Life Saving Club is showcased as they celebrate their 100th Anniversary, and we meet Beryl, who is a Life Member and volunteer at the Terrigal 50+ Leisure and Learning Centre.

Have a legal matter you want advice on? The University of Newcastle School of Law has opened a free clinic at Gosford. Check out their article on page 23 to find out more.

If you're thinking about volunteering, then check out the Central Coast Secondary Schools mentoring program or the Uniting 120 Countdown volunteer driving mentor program. These two programs help young people in our community through mentorship programs that help share experiences and build connections between volunteers and learners.

GOALL's next edition is in June 2020 and article submissions are due by 27 March. Have a story idea or activities to interest our readers? Email our editor at GOALL@centralcoast.nsw.gov.au or call 4304 7065.

Hope you enjoy our autumn edition of GOALL.

Glenn

Glenn Cannard

Unit Manager

Community Partnerships



Deepwater Older Women's Network

The Deepwater Older Women's Network advocates for the rights and dignity of older women living in our community.

Our group holds regular fundraisers to benefit the Kariong Women and Children's Refuge for victims of domestic violence. In 2020, we will be conducting a joint venture with the Peninsula Women's Health Centre to host a coffee and chat session for women of all ages in the local community. It is hoped that these regular monthly afternoon teas will blossom into well attended information, craft and fellowship events.

As well, we are hoping to forge another joint venture with a major local Retirement Village to provide visitors to lonely residents and social activities to enrich residents' lives.

Our group meets on the second Friday of the month at the Diggers Club in Ettalong Beach for coffee from 10:00am until 12:00 midday. We also have a regular monthly meeting at the Woy Woy Library in Blackwall Road on the fourth Friday of the month from 2:00pm to 4:00pm.

The meetings usually host a very interesting speaker who talks about issues which affect older women in the community such as the Senior Rights Service, Falls Prevention, Consumer Affairs, Brain Health and many other topics which are of importance to older women. The group also advocates for medical facilities, law and order issues in the local area, services and facilities for older women to name a few.

For further information or an invitation to our coffee mornings or our meetings at Deepwater Older Women's Network, please phone the Secretary Jennifer Brown on 0417 205 377.



Terrigal Surf Life Saving 100 Year Anniversary

Terrigal Surf Life Saving Club are celebrating their centenary season, from October 2019 to April 2020.

Partnering with Central Coast Council, Terrigal Surf Life Saving Club will showcase their history to the community and celebrate their members past and present.

The Club's story will be told through a historic timeline that explores the milestones, achievements and membership that have helped shape the Club over the past 100 years.

Come and check out the display which will be in the Terrigal town centre from 10 March on the green space adjacent to Terrigal Surf Club.



Getting to know our volunteers

Name:

Beryl Dobbell

Location:

Terrigal 50+ Leisure & Learning Centre

What is your volunteering role at Terrigal 50+?

I have been a Convenor of the Terrigal 50+ Craft Group Activity for 18 years. In 2019 we raised \$9,700 selling our craft that we made. All the proceeds go the Centre to make it better for all the members. I have also been a Tai Chi instructor for 8 years. In 2014 I was awarded a Life Membership and I have been a member at the centre for 20 years.

Can you tell us why you like volunteering at Terrigal 50+?

I love volunteering here because I love doing craft and I have met some wonderful friends over the years. I love socialising and meeting new people.

What would you say to other people who might be thinking about volunteering?

If you want to change your life and be involved with the community this is the place to be! Don't sit at home and be bored! Come and join our centre and enjoy your life!



Colongra Bay Community Cafe



Northern Lakes Neighbourhood Centre, 1 Colongra Bay Road, Lake Munmorah



Open from 12 noon to 1:30pm

Café open on Thursdays in 2020:

13th February

12th March

2nd April

14th May

11th June

9th July

13th August

10th September

8th October

12th November

10th December for Xmas

RSVP—To book

Please call 0432 580 059 and leave a message.

Open to the Whole Community - All Ages Welcome



Uniting



**MUNMORAH
BOWLO**



This cafe is a partnership with Job Centre Australia, Southlake Marketplace and Uniting - Northern Lakes Neighbourhood Centre and United Munmorah Bowling Club.

'OLD' just a three letter word

I love words. They roll around in my head and give special meaning to what I see and feel. They spring to my lips and scurry forth to describe the present and the past. But one word creeps into my brain and hovers on my lips and tries to corrupt my very being. Such a tiny word but its many connotations can rule me forever if I let it. So, the battle is on. That word will not define me, not now, and not ever. I refuse to be 'old'. There, I've said it, and do I feel better for it – not really, for it hovers in the background of me, forever trying to define me, growing stronger day by day, until it is the only word that is me.

Why does such a small word have such a big impact? Today, I had a check-up at the skin clinic – a necessary evil that tells you much about my youth. A time when the beach and the sea were the source of much of my leisure time; when zinc cream was liberally applied to nose and lips and wiped off nearly as quickly; when good waves and body-surfing filled hour after hour and day after day. When I queried some darker spots on my arm, the doctor brought me back to earth with the comment "Oh, no they're just old age spots".

So, with that word hanging around in the air just how does it impact on my day-to-day activities? Books are harder to read if I try to read them without using my glasses, so large print books are suddenly so much more attractive. If I can sit in a good light, then the glasses can still be dispensed with and I consider that I've won the battle for that particular moment. Where once I read anything I picked up at the library, now I choose with more discretion – after all, if I read (and I love the sensation) I want to savour it more fully now.

Rising each morning can be quite an adventure now. Just what part is going to ache or twinge today? Oh, good, the legs feel good enough for perhaps a short walk to the beach; or better still I'll drive to the beach and then walk along the shoreline with my feet in the water. Some mornings I feel 50 – yes, that's young for me – and the day spreads before me with all sorts of enticing ideas flooding forth as to how it can be spent. Other mornings I'm in the 150 category: definitely not the day for spring-cleaning, or any other sort of cleaning. If it's one of those days, I'll settle for sedentary activities that perhaps challenge the brain but certainly not the body. Now on to dressing; what's the weather going to be? Nice sunshine coming in the window, so something comfortable



like slacks, blouse and cardigan. Must remember to brace myself against the bed when I slip leg into slacks, or better still sit on the end of the bed and slip on slacks, stand up (with a bit of a grunt) and we're ready to make it to the kitchen for breakfast. Count out the pills for the day, a quick sluice of the face (warm water these days), brush the hair into place and we're off. What was it I heard on TV only last night about healthy eating? Breakfast is the most important meal of the day so is to be an egg, some cereal or toast and honey? Too early in the day for such portentous decisions. What's the quickest and easiest – and yes, you guessed it right.... cereal wins, with a cuppa' to follow, and have something healthier tomorrow.

My day for volunteering today, so have I got everything I need. I must admit that as I've matured (note the word!) I've developed a routine that ensures (mostly) that I get away, complete with everything I need for the day. It's not because I'm getting more mature, it's just that with my life experience I realise that life becomes easier if one has routines that become automatic over time. Today I have to finalise the organisation of a function for our volunteers, so the brain clicks into top gear. Suddenly, the body aches disappear, the legs feel much more

robust and the step becomes livelier and the walk quickens. It's going to be one of those "50's" days, I'm sure of it. I'm in my zone – that wonderful place where there are people to talk to, jobs to be done, phone calls to be made, mail to be written up and sent out and my computer to be set on fire with document after document to be composed, filed and/or e-mailed. A coffee break at a time to suit me is a time to socialise with the many members who have become friends over the years.

It's funny how none of us are 'old'. We all suffer from the odd twinge, can talk with a certain degree of expertise about a wide range of medications, and have some great yarns about family and grandkids in particular, but markedly never use the three letter word to define our generation. But we'll willingly add a letter to it.... yes we're the 'gold' generation, the generation that's won the right to set the pace for all the generations that follow us.

Betty Brown

Secretary, Long Jetty Over 50s Club

Signs that you're not eating enough

While overweight and obesity are common in older people, underweight is also a frequent problem. While many older people are keen to lose weight especially post-Christmas, weight loss can lead to muscle (protein) loss, functional decline and loss of independence.

There is now evidence to support that being overweight is not necessarily associated with higher mortality in people over 65 years of age. For people over 65 the latest research indicates that it's better to be on the heavier side than the skinnier side in old age. A little extra padding will provide you with the reserves you may need should there be a time where you are ill and cannot eat. If you are already underweight these reserves are missing increasing the risk for malnutrition.

If you are not eating enough, there are a number of signs to look for showing that you are losing weight, including:

- Trousers have become very loose or are falling down
- Clothes are much looser (going down one dress size indicates a weight loss of one stone)
- Belts have to be tightened an extra notch or more
- Finger and hand muscles have wasted and fingers appear bony

- Knee joints are prominent (very little 'fleshy' covering)
- Calf and thigh muscles have wasted
- Appetite is poor or never feel hungry
- Food tastes average or bad (don't really enjoy eating)
- Feel full after eating only half a meal
- Missing meals
- Eating less than three meals a day
- There is little or no food in the refrigerator or cupboard
- No longer able to prepare meals
- Loss of muscle strength. Weak muscles make it difficult to do things you once did e.g. hanging out the washing, open screw top jars, vacuuming, etc.
- Difficult to get out of a chair
- Fear of falling
- Walk slowly
- Feel cold even when it is not cold
- Frequently sick
- Cuts, wounds or sores take a long time to heal

If you have lost weight or are struggling to stay well nourished, contact the Nutrition Department at Gosford Hospital and we will send you out a 58 page booklet entitled "Eating Well. A Nutrition Resource For Older People And Their Carers". Tel 4320 2251

Rudi Bartl, CCLHA Nutrition Department



FREE COURSES

IT for Seniors

Central
Coast
Council

It's a digital world
Gain skills and be confident



Are you 50+ and would like to learn how to use a smartphone, tablet or a laptop?
Book into one of our free three-week courses at Gwandalan Community Hall starting Wednesday, 4 March or the Erina Centre starting Thursday, 21 May.

Course 1 - Apple iPads &/or iPhones - 9.30am to 10.30am

- 4 March – Getting started
- 11 March – Managing contacts
- 18 March – Taking photos

Course 2 - Windows laptops &/or tablets such as Surface Pro - 11.00am to 12.00pm

- 4 March – Getting started
- 11 March – Working with files & folders
- 18 March – Searching the internet

Course 3 - Androids (ie. Samsung, Nokia, Oppo, Sony, HTC, Huawei, Google Pixel, LG, OnePlus, Vivo, Blackberry, Asus, ZTE, Telstra & Optus brands etc) - 12.30pm to 1.30pm

- 4 March – Getting started
- 11 March – Managing contacts
- 18 March – Taking photos

Participants must bring their own device.

Bookings are essential. To book email **Hayley.OGrady@centralcoast.nsw.gov.au**
or call **4350 5308**



**ACCESSIBLE
EVENT**

Counting 120 hours: help someone learn to navigate more than just roads

Uniting's 120 Countdown is always on the lookout for experienced driver mentors keen to help people in their community and provide a 'safe space' for learner drivers. Young people in NSW must complete 120 hours of supervised driving with a full license holder before they can apply for their provisional license.

"Without a program like 120 Countdown, some members of our Central Coast community find it very hard to get their driver's licence. They may not have someone in their life who is able to teach them, have access to a car or are unable to afford driving lessons," Rachel Hayton, 120 Countdown Regional Coordinator for the Central Coast said.

Without the ability to drive, these individuals can find themselves without access to the services and job opportunities they need. In regional areas, where public transport options are limited, this is made even more difficult.

According to a Brotherhood of St Laurence report, 41 per cent of unemployed young Australians have no driver's license.

"Our program matches learner drivers with volunteers to oversee their driving hours and gives them a pathway to the independence that

a license can provide. We're always looking for experienced drivers from all walks of life who can provide a sense of mentorship," Rachel added.

Not just a license

Shared experiences and personal connections built between volunteers and learners have demonstrated the program benefits extend far beyond simply the driving skills learned.

"It's wonderful to see the strong bonds that form between our learner drivers and volunteers. Volunteers can make a crucial impact on a young person at what is often a crucial crossroads for their transition to adulthood," Rachel said.

The benefits of the program extend to all members of the 120 Countdown community. Volunteering has been found to help people find purpose, improve self-esteem and confidence and connection to their communities.

Why not give us a call?

Uniting provides the car, insurance and training needed for lessons; all we need from potential volunteers is their time, openness and driving skills. We welcome all questions. If you are interested in volunteering, please contact Uniting on 1800 864 846.



Being Involved



Have a driving passion to volunteer?

Become a 120 Countdown volunteer driving mentor

At Uniting we believe in taking real steps to make the world a better place.

We work to inspire people, enliven communities and confront injustice.

We're looking for volunteer mentors to supervise learner drivers who face challenges completing their 120 practice hours to get their P-plates. Mentoring makes a life-changing difference, giving young people independence and access to more opportunities.

All you need is a full licence and a couple of hours a week.

If you're interested in sharing your skills and giving back to your community, we'd love to hear from you.

Get in touch.

1800 864 846
ask@uniting.org
uniting.org

Uniting

Seniors on the Coast - *What's On*

Ettalong 50+ Leisure and Learning Centre

5-7 Broken Bay Rd, Ettalong Beach,
4304 7222

Darts

Every Tuesday, 12pm-2:30pm

Come on in and join our friendly darts group where you can make new connections and have lots of fun. Cost: Free

Indoor Bowls

Everyday, 9am-12pm, Bowls Clinic –
Fridays, 11am-12pm

Do you love a good game of indoor bowls? Then come on in and join our friendly social group for a game or two. Not sure how to play? We have a bowls clinic every Friday to get you started. Cost: Free

Terrigal 50+ Leisure and Learning Centre

Cnr Terrigal Drive & Duffys Avenue,
Terrigal, 4384 5152

Neil Diamond Tribute Concert

Thursday, 19 March, 10am-12pm

The Solitary Man Tour, A Tribute to Neil Diamond performed by David Lang. Includes morning tea. Costs: \$5

Rock & Roll Show

Thursday, 30 April, 10am-12pm

Performance by Aaron Mansfield. Includes morning tea. Cost: \$10

Gosford 50+ Leisure and Learning Centre

217 Albany Street North, Gosford,
4304 7065

Handicraft

Every Monday, 9am-12pm

Come on in and join our friendly handicraft group where you can relax, make new connections and have fun. Cost: Free

Card & Board Games

Every Tuesday, 1pm-3:30

Want to play cards or board games and have no one to play with you? Come on in for a game or two with likeminded people where the fun never stops. Cost: Free



Being Involved

Toukley 50+ Leisure and Learning Centre

1 Hargraves Street, Toukley, 4396 5075

It's BBQ Time

7 March, 12pm for 12:30pm

Come along and enjoy a tasty BBQ and entertainment by John Nobel in the Club Auditorium. Cost: \$10

Lake Munmorah 50+ Leisure and Learning Centre

1 Acacia Ave, Lake Munmorah, 4358 8390

Social Dance

Every Monday, 10am

Come along and join us for our weekly social dance. Cost: \$4

Computer Class

Every Tuesday, 9am

Come along and join in our weekly computer class. Cost: \$5

Remembering Mums

Join us for a special Mother's Day Service and morning tea

Noraville Cemetery

Oleander St, Noraville NSW 2263

Saturday 9 May 2020

11am

Mother's Day is a day to recognise and thank our mothers for the innumerable contributions they have made to our lives.

For many of us it is a day of remembrance, as families come together to pay tribute to the women in their lives whom they have lost.

Please bring along a framed photo of your mother or loved one to add to a photo display during the service.

An RSVP for catering purposes would be most appreciated. Visit centralcoast.nsw.gov.au/events and search Mother's Day to register.

If you need further information contact Council's Cemeteries team on 4350 5108.



Laycock Street Community Theatre

5 Laycock Street, Wyoming, 4323 3233

Morning Melodies -

Carole King's Tapestry the Concert

Wednesday, 11 March, 11am

Cost: \$20.00

Tapestry is the second album recorded by American singer-songwriter Carole King. It was released in 1971 and is one of the best-selling albums of all time, with over 25 million copies sold worldwide; it received four Grammy Awards in 1972, including 'Album of the Year'. Carole King's Tapestry the Concert performs this quintessential Carole King album LIVE in a sophisticated, "true to the original sound" format.



Snow White - Victorian State Ballet

Saturday, 2 May, 7pm

Cost: Adult \$ 40, Concession \$36, Child \$25

Snow White is an exciting and enchanting full length ballet spectacular of this traditional fairy tale. The Victorian State Ballet presents their enchanting take on the Disney masterpiece with a cast of internationally recognised artists and exciting choreography. Directed by Michelle Sierra, this classical ballet rendition of Snow White will delight audiences with a Grand pas de Deux by Snow White and her Prince.



The Gospel According to Paul

Tuesday, 19 May, 7pm

Cost: \$45

One of Australia's favourite performers, Jonathan Biggins, is Paul Keating - visionary, reformer and rabble-rouser - in the return of the 2019 smash hit comedy, The Gospel According to Paul. Full of intelligence and wit, The Gospel According to Paul is a funny, insightful and occasionally poignant portrait of Paul Keating.



Being Involved



Your life experience can make a difference:
Volunteer, or become a Mentor

You need a couple of hours a week, an interest in helping young people and a positive attitude.

Why mentor?

- RETIREES, GRANDPARENTS, ELDERS – meet new friends, contribute and use your life experiences.
- JOBSEEKERS, UNIVERSITY STUDENTS – develop confidence, job skills and new networks.
- BUSINESS PEOPLE and EMPLOYEES from all sectors – make a positive contribution and bring current work experience into conversations with young people and volunteers.
- COMMUNITY MEMBERS, PARENTS, RELATIVES, FRIENDS, and NEIGHBOURS – mix with young people and meet new people, use your life experience.

Mentors come from all walks of life and don't need previous experience with schools or young people. Central Coast Secondary Schools Mentors are a welcoming and diverse group of people.

Central Coast Schools participating include: TLSC Berkeley Vale Campus, Brisbane Water Woy Woy Campus, Erina High School, Kincumber High School, Narara Valley High School, TLSC Tumby Umbi Campus, Terrigal High School.

FREE Training Provided. Enquire now!

Call Berkeley Vale Campus on 4388 1899, email berkeleyva-h.school@det.nsw.edu.au or go to website <https://www.ccsm.org.au>



Road Safety – On the Road 65Plus

We are hosting a presentation for older drivers that provides great tips for staying safe on our roads.

The session will include:

- **Your health and driving**
- **Tips for safer driving**
- **Driver licensing at 75 and 85 years**
- **Pedestrian safety**
- **Retiring from driving**

MINGARA RECREATION CLUB

Tuesday 24 March, 10.15am

12-14 Mingara Drive, Tumby Umbi

Cost: Free

Morning tea will be provided from 9.30am, prior to the session commencing.

Bookings are essential as spaces are limited.

Phone **4350 5387** to book your seat or for more information.



Australian Government



myagedcare



Find the help you need with myagedcare

If you're finding it harder to do the things you used to, you might need a bit of support at home. The Australian Government's myagedcare phone line and website can help you to:

Access services to support you with:

- **Transport**
(e.g. appointments and activities)
- **Household jobs**
(e.g. vacuuming and preparing meals)
- **Modifications to your home**
(e.g. hand rails, ramps)
- **Nursing and personal care**
(e.g. help getting dressed, help shaving)

Find information in one spot on:

- **Different types of services**
(in home support, short-term care, aged care homes)
- **Your eligibility**
- **Your contribution to the cost**
- **Organisations that provide aged care**

Connect with myagedcare on
www.myagedcare.gov.au or **call 1800 200 422**

*1800 calls are free from land lines; calls from mobile phones might be charged.

Bonnie and Chloe



Transition and Support

Home ever after – The RSPCA rehoming program for pets

RSPCA'S rehoming program gives peace of mind to worried pet parents.

For Susan Koleda and her husband, their West Highland Terriers are more than dogs. They consider the two of them, Bonnie and Chloe, their "fur children".

But they're reaching a time in life where they need to think about the future, about all those uncertainties that tend to accompany getting older. What will happen to their home? Their belongings? Their dogs?

"My biggest fear is that if something happens to us, they won't be looked after in the way that they are used to," Susan told RSPCA NSW.

So, in order to dispel that worry, Susan signed up for the RSPCA NSW Home Ever After program.

The program serves to rehome the pets of people who have passed away or become permanently incapacitated, ensuring they're looked after and cared for well into the future.

The Home Ever After process begins with a preliminary interview with the owner to create a pet profile. Our team endeavours to learn everything there is to know – which toys are their favourite, preferred treats, sleeping habits, whether they like to be scratched behind the ear – all the things only a doting parent would know after years of love and care.

Then, in the event that the owner is no longer able to care for their pets, the Home Ever After team springs into action. They collect the pets and take them into the care of RSPCA NSW. They are then rehomed with an appropriate family using all the information provided by the owner, ensuring the pets retain all the things they are accustomed to. The Home Ever After team also keeps in touch with the adoptive family to make sure everything is running smoothly.

"When pet owners enrol in the program, they are safeguarding their pet's future by creating their next forever home with the knowledge of the person who knows them best," Home Ever After Coordinator Lisa Gledhill said. "The program may never be needed but it's so important to be prepared just in case it ever is."

"You know their vet history and their special personalities," Susan said. "It just gives me great peace of mind knowing that I now have a plan in place, and my girls will be placed in a loving home if I am no longer able to look after them."

If you've ever asked yourself the question, "If something happens to me, what will happen to my pet?", Home Ever After is able to provide an answer.

For more information on the program, see www.rspcansw.org/hea

New older persons legal clinic on Central Coast

A new free community legal service for people aged over 60, their family and their carers, is being offered by the University of Newcastle Law School in Gosford. The Older Persons Legal Clinic provide free legal advice and information on a range of matters including:

- Wills, powers of attorney, enduring guardianship
- Family law
- Tenancy issues
- Disputes with Government departments
- Neighbour disputes
- Elderly abuse and care issues
- Social security

Common issues older people face include consumer matters, financial abuse, planning ahead for the future (enduring guardianship appointment, enduring power of attorney, wills, advanced care directive) and accommodation matters and driver's licensing. The free clinic will also provide community legal education to older people.

Director of the University of Newcastle Legal Centre, Mr Shaun McCarthy, said although the Central Coast is

currently serviced by two free legal services, they are unable to meet the growing demand for assistance from the community.

"The Central Coast has a significantly higher proportion of older people, with 21 per cent of the population aged over 65 compared to 16.3 per cent of the State's population and 15.7 per cent of Australia's total population."

"Older people have particular legal needs and the Older Persons Legal Clinic will offer legal advice, representation and community education," Mr McCarthy said.

"Many older people live in retirement villages and care facilities where there can be complex legal issues and the need for advocacy to ensure their rights are upheld. Service providers and disputes with management of self-care units and interpretation of retirement village contracts are increasing legal issues for this demographic," Mr McCarthy said.

The service extends the highly successful and renowned work of the University of Newcastle Legal Centre, which has been providing free legal services locally and nationally since 1993.



OPENING TIMES:

The clinic will operate every Thursday by appointment only.

LOCATION:

The clinic will run out the ground floor office located within the Australian Taxation Office located at 99 Georgiana Terrace, Gosford (in the CBD).

FOR ALL INQUIRIES AND APPOINTMENTS:

Telephone: 1800 314 792 (toll free number) or email: legalcentre@newcastle.edu.au.

Find out more at:

www.newcastle.edu.au/older-persons-legal-clinic



Get your activities published or share your inspiring stories in the next Central Coast GOALL magazine.

Thinking of contributing to future editions of GOALL? Here are our submission dates for the next 12 months:

2020 Winter Edition – 27 March 2020

2020 Spring Edition – 26 June 2020

2020 Summer Edition – 25 September 2020

2021 Autumn Edition – 31 December 2020

Email: GOALL@centralcoast.nsw.gov.au or call 4304 7065.

We look forward to receiving your news, information and ideas.



Central Coast Council

W. centralcoast.nsw.gov.au
yourvoiceourcoast.com

E. ask@centralcoast.nsw.gov.au

P. 1300 463 954

Wyang Office

2 Hely Street Wyong NSW 2259
PO Box 20, Wyong NSW 2259

Gosford Office

49 Mann Street
Gosford NSW 2250
8.30am to 5.00pm

Connecting & Informing the over 50's