



**Kempsey  
respite  
services inc.**

2 YAELOWOOD ST KEMPSEY NSW 2440

# Gumbayn (News)

December  
January  
2014

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*Improving the Quality of Life for People with a Disability & their Carers through Tailored Respite Solutions*

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**Merry Christmas**

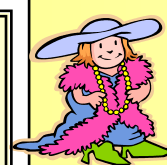
**Kempsey Respite Office  
will be closed from  
29<sup>th</sup> December & reopen  
Monday 5th January**

**Happy Holidays**



**3 December  
International Day of  
People with Disability**

International Day of People with Disability (IDPwD) is a United Nations sanctioned day that aims to promote an understanding of people with disability and encourage support for their dignity, rights and well-being.



## Youth Program Participants

## End of Year Disco



*To acknowledge International Day of People with a Disability we will be holding a DISCO to celebrate the achievements of ALL the participants from our after school Youth Programs from 2014*

*We encourage participants to bring their family & siblings along  
Includes: Informal Presentation & Light refreshments ..*

**WHEN:** Thursday 11th December 2014

**WHERE:** Kempsey Macleay RSL Club, 1 York Lane

**HOURS:** 5.30pm – 7.30pm



**DRESS:** DRESS UP PARTY - FREE CHOICE, you don't have to dress in a Christmas theme, you may have a Halloween costume you'd like to wear again! Be Creative & HAVE FUN!

**For Catering Purposes RSVP:** Monday 8th Dec. 65622505

**TRANSPORT:** Please provide own transport, KRS will NOT be collecting any children from schools. (Phone KRS to discuss 65 622 505)



**DJ Rhys will be playing the tunes, he'll be sure to play some favourites  
so keep up the Dance moves! See you there!!**

## What's On at Kempsey Ten Pin Bowling

The dates for the fortnightly (adults with disability) league are below.

*The cost is \$12 per week (two games only)*

*Trophies will be presented to 1st, 2nd & 3rd each season as well as weekly prizes for star bowlers. Doors open 10am STARTS 10.30AM FINISH 12PM Approx.*

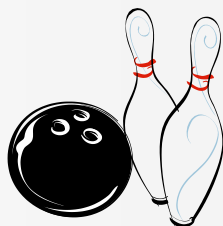
Week 10

- 2nd December 2014
- 9th December 2014
- 16th December 2014 - Presentation

Break for Christmas

- 2015 Tuesday comp begins Tues 13th January

⇒ *This competition will run weekly throughout 2015 each Tuesday*



*There is also a number of leagues (Bowling 3 games) Costs Vary.*

- Monday 9.30am and 6.30pm
- Wednesday 9.30am
- Thursday 6.30pm
- Friday 9.30am

## Prices & Specials at Kempsey Ten Pin

⇒ The school holiday price is \$6.50 per game

- ♦ Tuesday league NOW \$12 per week (two games)
- ♦ Normal social bowling rate \$8 per game,  
2 games: \$15, 3 games: \$19.50
- ♦ Troppo Thursdays 10am - 3pm \$6 per game
- ♦ Sunday all day \$7 per game.



**Please don't hesitate to contact me for more details - David 65 628 689**

## Changes to Adult Friday Night Ten Pin

Pizza is back at the regular Friday night Adult bowling!

*If participants would prefer Subway we are happy to collect a cold Sub on the way to bowling & they can pay the \$12 for bowling only*

Leisure Link will still go directly to Ten Pin after day trip drop offs

Bowling will still start at 5.30pm, everyone is expected to arrive by 5pm

**IF YOU WANT TO ATTEND THE NIGHT ACTIVITY ONLY** please arrive at Kempsey Respite's office before 4.45pm or let Kempsey Respite know you will be meeting at Ten Pin by calling 02 65 622 505 or 0447 292 274 (can txt)

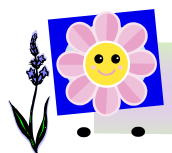
Please call/text before 4pm that day or your message may not be received

**TEN PINS KITCHEN  
HAS CLOSED**  
**There is now LIMITED  
TAKE AWAY FOOD  
AVAILABLE**  
*Such as Drinks,  
Hot Chips, Pies &  
Sausage Rolls*



2 Games  
Ten Pin with  
Pizza &  
Drink \$18  
Ten Pin  
Only \$12














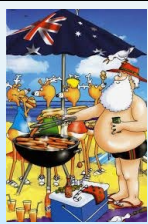











WHAT'S ON AT  
KEMPSEY RESPITE SERVICES INC



# December 2014

| Mon  | Tue | Wed   | Thu   | Fri  | Sat | Sun |
|--|-----|---|---|--|-----|-----|
| PCYC Youth Special Interest Programs   |     | Indoor Sport Centre Youth Sport.  |   | ADULT ACTIVITIES 9am - 4pm   |     |     |
| 1 Boxing or Dance Group<br>After School<br>until 4.30pm     | 2   | 3 After School Sport Group<br>After school until 4.30pm<br>T-BALL   | 4   | 5  9am - 4pm DAY ACTIVITY<br>Incl. Movies / Afternoon Tea<br>BRING OR BUY LUNCH<br>Night Ten Pin 5.00pm - 8.00pm <br>Incl. PIZZA \$18.00 (\$12 bowling only)  | 6   | 7   |
| 8 Boxing or Dance Group<br>After School<br>until 4.30pm      | 9   | 10 After School Sport Group<br>After school until 4.30pm<br>FLOORBALL                              | 11 End of Year Youth Xmas Disco / Dance concert<br> Macleay RSL <br>5.30pm - 7.30pm<br>(See front page) | 12 9am - 4pm (Coffs will return 4.30pm)<br><br>Christmas Shopping: Your Choice!<br>PMQ or Coffs Harbour - 4.30pm finish if Coffs<br>Incl. Lunch in Food Courts <br><i>We will split group &amp; use small buses on day</i>                       | 13  | 14  |
| 15 Boxing or Dance Group<br>After School<br>until 4.30pm  | 16  | 17 After School Sport Group<br>After school until 4.30pm<br>SKIPPING <br><u>School Term Ends</u> | 18  | 19 9am - 4pm<br><br>End of Year Christmas Lunch<br>SWR BIG 4 Poolside BBQ Lunch<br>Incl. Morn tea at Little Bay    | 20  | 21  |
| 22   | 23  | 24 Christmas Eve<br>   | 25 Christmas Day<br>   | 26 Boxing Day<br>   | 27  | 28  |
| 29 Office Closed<br>29th Dec -5th Jan  | 30  | 31 New Years Eve<br>   |   |  |     |     |
|  |     |   |   |   |     |     |
|  |     |   |   |   |     |     |





# January 2015

| Mon   | Tue                               | Wed   | Thu            | Fri   | Sat   | Sun  |
|---|-----------------------------------|---|----------------|---|---|--|
| KIDS STUFF  | KIDS STUFF                        | KIDS STUFF  | KIDS STUFF     | KIDS Holiday Activities<br>ADULT activity on 30th Jan   | ADULT   | ADULT  |
|   |                                   |   | 1<br>JANUARY 1 | 2<br>Office Closed<br>(29th Dec -5th Jan)   | 3   | 4  |
| 5<br><br>KRS Office Open  | 6                                 | 7   | 8              | 9<br>Primary School Vacation Care Program<br>Participants <b>must</b> Register for a place on these Activities<br>Forms have been sent to eligible families & are Due Dec 8th | 10 9am - 3pm<br>Leisure Link<br>Movie Day<br>Bring or Buy Lunch | 11<br>MUST RSVP BY<br>FRI 9TH JAN!!  |
| 12<br>Primary School Vacation Care Program<br>Participants must Register for a place on these Activities<br>If you have not received your letter ph. 65622505 | 13                                | 14  | 15             | 16<br>High School Age Holiday Program<br>Participants <b>must</b> Register for a place on these Activities<br>Forms have been sent to eligible families & are Due Dec 8th     | 17<br>MUST RSVP BY<br>FRI 16TH JAN!!                            | 18 9am - 2pm<br>Leisure Link<br>Gladstone Pool & Markets Incl.<br>Lunch: Fredo Pub |
| 19<br>High School Age Holiday Program<br>Participants must Register for a place on these Activities<br>If you have not received your letter ph. 65622505      | 20                                | 21<br>  | 22             | 23 9AM - 4PM<br>Annual KRS STAFF Training Day<br><u>All KRS Workers to attend</u><br>Bring or Buy Lunch, Morn tea Incl.   | 24  | 25   |
| 26<br><br>Happy Australia Day   | 27 TERM 1<br>School Returns Today | 28<br>Youth Programs<br><u>Start Next Week:</u><br>Dance/Box 2nd Feb<br>Youth Sport 4th Feb | 29             | 30 9am - 4pm<br>Day at Wauchope Pool<br>Incl. BBQ Lunch & Morning & Afternoon Tea   | 31  |  |

# LEISURE LINK ADULT ACTIVITIES for December 2014

*All activities are subject to change - due to unforeseeable circumstances*

Please contact office - to confirm attendance &/or activity

| DATE                    | Friday 5th December   | Friday 'Night' 5th December    | Friday 12th December  | Friday 19th December   |
|-------------------------|---|---|---|--|
| ACTIVITY                | Movies & Boardwalk  | Night Ten Pin Bowling<br>PIZZA IS BACK!   | Christmas Shopping  | End Of Year Leisure Link Christmas Party<br>  |
| VENUE                   | <br>Port Macquarie   | Kempsey Ten Pin Bowling Centre<br>   | Port Macquarie OR Coffs Harbour<br>  | South West Rocks<br>BIG4 Holiday Park  |
| TIME                    | 9.00am - 4.00pm   | 5.00pm - 8.00pm   | 9.00am - 4pm OR 4.30pm (Coffs)  | 9.00am - 4.00pm  |
| COST                    | <b>\$25.00</b>  | <b>\$18.00</b>  | <b>\$25.00</b>  | <b>\$25.00</b>   |
| EXTRAS YOU NEED TO KNOW | <p><b>Meet at KRS before 9am</b></p> <p><b>Don't Forget:</b><br/>-Hat &amp; Drink<br/>-Sunscreen<br/>- Comfortable walking shoes</p> <p>Please Remember Lunch &amp;/or Money Incl. Snacks for day<br/></p> | <p><b>Meet at KRS by 4.45pm for bus - or meet at Bowling by 5pm</b></p> <p>If eating Pizza:<br/>Pay <b>\$18</b> to Ten Pin<br/>This covers 2 games of Ten Pin, Pizza &amp; Drink</p> <p><b>If not eating Pizza</b><br/>Pay \$12.00 to Ten Pin<br/>this covers 2 games only</p> <p>If you'd still like Subway we can collect cold subs on the way to Ten Pin, prices can vary so you will need to make sure you have enough money (Call Subway 65625989 to clarify prices)</p> | <p><b>Meet at KRS before 9am</b></p> <p><b>PLEASE NOTE:</b> The group who choose Coffs will return at 4.30pm, we will be asking the participants so please discuss first!!</p> <p><b>Don't Forget:</b><br/>• Hat &amp; Drink<br/>• Sunscreen<br/>• Comfortable shoes<br/>• Shopping List<br/>• Money<br/>• Reusable shopping bags</p> | <p><b>Meet at KRS before 9am</b></p> <p><b>Don't Forget:</b><br/>-Hat &amp; Drink<br/>-Sunscreen<br/><br/><b>If Swimming:</b><br/>-Swimmers<br/>-Towel<br/>- Wet Clothes bag</p> <p><b>Optional:</b><br/>- Camera</p> <p><b>Wear Christmas Gear:</b><br/>T-Shirts, Santa hats, Red &amp; Green!!</p> |



# LEISURE LINK ADULT ACTIVITIES for January 2015

*All activities are subject to change without notice - due to unforeseeable circumstances*

| DATE                                | SATURDAY 10th<br>January  | SUNDAY 18th<br>January  | Friday 30th<br>January  |
|-------------------------------------|---|---|---|
| ACTIVITY                            | Movies<br><br><b><u>Must RSVP Fri 9th<br/>January 2015</u></b>  | Local Markets<br>Swim at Pool & Lunch<br><b><u>Must RSVP Fri 9th<br/>January 2015</u></b>   | BBQ Lunch &<br>Day at the Pool  |
| VENUE                               | <br>Nambucca or PMQ<br>Port Macquarie  | Gladstone Markets & Pool<br>Macleay River Hotel<br>Better known as "Fredo Pub"  | Wauchope Pool<br>  |
| TIME                                | 9.00am -<br>3.00pm  | 9.00am -<br>2.00pm  | 9.00am -<br>4.00pm  |
| COST                                | <b>\$20.00</b>  | <b>\$20.00</b>  | <b>\$25.00</b>  |
| EXTRAS<br>YOU<br>NEED<br>TO<br>KNOW | <b><i>Meet at KRS<br/>before 9am</i></b><br><br>Need:<br><ul style="list-style-type: none"> <li>• Hat,</li> <li>• Sunscreen,</li> <li>• Water</li> <li>• Comfortable Covered Shoes</li> </ul><br>Please Remember<br>Lunch &/or Money<br>Incl. Snacks for day<br><br> | <b><i>Meet at KRS<br/>before 9am</i></b><br><br><b><i>Don't Forget:</i></b><br><ul style="list-style-type: none"> <li>-Hat &amp; Drink</li> <li>-Sunscreen</li> </ul> <i>Comfortable walking shoes suitable for Pub</i><br><br><b><i>If Swimming:</i></b><br><ul style="list-style-type: none"> <li>-Swimmers</li> <li>-Towel</li> <li>- Wet Clothes bag</li> </ul><br><b><i>Optional:</i></b><br><ul style="list-style-type: none"> <li>- Camera</li> </ul> <i>(bring at own risk)</i> | <b><i>Meet at KRS<br/>before 9am</i></b><br><br><b><i>Don't Forget:</i></b><br><ul style="list-style-type: none"> <li>-Hat &amp; Drink</li> <li>-Sunscreen</li> </ul><br><b><i>If Swimming:</i></b><br><ul style="list-style-type: none"> <li>-Swimmers</li> <li>-Towel</li> <li>- Wet Clothes bag</li> </ul><br><b><i>Optional:</i></b><br><ul style="list-style-type: none"> <li>- Camera</li> </ul> <i>(bring at own risk)</i> |

## ATTENTION LEISURE LINK



We have put on some weekend activities for Leisure Link in the Holidays with RSVP dates.

PLEASE NOTE: If we don't have enough people RSVP, the trip will not go ahead.

Please RSVP if you'd like to attend one of these weekend outings

This is also important if you need a pickup on the day.

Kind regards  
Hayley - Group Programs  
65 622 505

