

NORTH AVOCA NEWS

03/04/2020

Over the years, varying Supporters of our Surf Club have enabled us to do what we do. Whether it has been helping fund our patrolling of the beach, our Nippers, our Youth program, our Seniors and Master's competition or more general support for our Club etc.

These Supporters include our FONA's, our sponsors, other commercial organisations, grants from various organisations plus our donors.

In our current climate, it's time for us all to consider what we might be able to do to support our Supporters. I urge you all as members of our club to review the list of our current Supporters listed to the right and where you can, support them.



**North Avoca SLSC is
proudly supported by:**

**Kim Jackson/Scott
Farquhar & Family
The Estate of Juleen High
The Carusi Family
The Clitheroe Foundation
The Freedman Foundation
The Petre Foundation
The Redman Family
The Webb Family**

365 Assist

**Accom Property
Beachview Bookkeeping Services
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BlueToro Mobile Mechanics
Breakers Country Club
Central Coast Luxury Homes
Central Coast Council
Crowne Plaza Terrigal
Fortunity
Gosford Private Hospital
Hollydene Wines
Hotel Gosford
Reline-A-Pipe Plumbing
The Essential Detail
SLSCC, SLSNSW, SLSA
NSW and Federal Governments.**



President's Message

Flags are Down

On behalf of the club management committee I want to thank all our members for a fantastic season and the support given to our club and surf lifesaving over the 2019/20 season.

With the shortened season, our call out team and branch rescue and support services will be on standby over the Easter and School Holiday period. I do want to emphasise our message to beach goers that no one is watching you and we encourage you to stay out of the water.

Our club is now locked up and our committee will be working to complete all our end of season tasks and ensure that we are ready to go when the next season kicks off.

The office remains operational, however is closed to face to face. Please direct all enquiries to office@northavocaslc.com.au

Education

While all face to face training has been put on hold, online training is still available via your members portal. Now may be a good time to refresh your knowledge or complete the theory components of new courses such as coaching, officials, age management and other lifesaving courses. If you need assistance with your members portal, please email Sharon in the office.

Surf Sports



All club-based training has now ceased, and club equipment is locked up dry and safe, including our newest addition, our rowboat. We encourage all our members to maintain a regular exercise routine within the guidelines specified by the government.

We would love to hear what our members are doing to keep fit and healthy, please share to our FB pages or email the office.

Senior and Junior Presentations

We want to assure our members we will celebrate your achievements and recognise your contributions from the 2019/20 season. All going to plan, we hold our presentations in September

We also have many members who will be celebrating major milestones with their volunteer patrol service to North Avoca, from 10 years to 50 years. We look forward to recognising and celebrating these enormous contributions.

Members Wellbeing

As we move further into hibernation, as a lifesaving community it is important that we remain connected with our fellow club members and families. While we might not be able to visit in person, there are many digital platforms available to help us make connections in new ways. Many patrol teams and nipper groups already connect through What's App and Teams App.

We would love to feature your stories, past and present. This may be what you are doing to keep active or it may be a throwback story. Please email them to the office, along with photos. I'm sure some of members who have been around the club for a long time have some great yarns.

Lifeline also has some good support available at www.lifeline.org.au

Thank you all for all your support, time and understanding. We have a great community within the club and local area. Look out for each other. We will get through the COVID-19 crisis and I look forward to getting back on the beach together.

Matt Slattery

President

Rohan Kicks Cancer's BUTT!

In November 2019 a member of our under 7 nippers (in 2018) and Patrol 9 Rohan Lord, was admitted to Westmead Children's Hospital where over the past 5 months has undergone treatment for an aggressive form of lymphoma that had engulfed his appendix and attached itself to his bowel.

During this time Rohan and his family stayed at the Ronald McDonald House so they were close to where Rohan continued his treatment and be able to stay together as a family.

Through the support of his amazing parents Kate and Mike along with family, Friends, Patrol 9 and the extended NA Surf Club community Rohan showed tremendous courage, spirit and so much cheekiness throughout what has been without a doubt the toughest 5 months he or any child his age should have to go through.

After 5 rounds of chemotherapy, numerous lumbar punctures and tests Rohan has

KICKED CANCER'S BUTT!

On the 4th of March 2020 Rohan was able to ring the Bell at Westmead's children's hospital before he returned home to the Central Coast where, he has since been able to go for his first swim of the season at North Avoca and visit Patrol 9.

CONGRATULATIONS ROHAN!

We look forward to seeing you back on the beach next season.



With the current COVID-19 crisis affecting businesses, families & communications all over Australia, [WE'RE HERE TO HELP WITH 2 NEW BULKBILLING PSYCHOLOGISTS.](#)

Our practitioners can observe the 1.5m social distancing rule and can deliver psychology services remotely via Telehealth.

ARE YOU OK?

Do you have a feeling that someone you know or care about isn't behaving as they normally would or are just not themselves?

Anxiety, depression, bullying, grief, stress, trauma, relationships, learning difficulties?

It might be useful to link in with someone who can help you, your friend or family.

START A CONVERSATION TODAY

ASK. LISTEN. ENCOURAGE. ACTION.

Tom Ford | [Clinical Psychologist](#)

Tom's has had a strong focus on facilitating behavioural changes that promote health and wellbeing.

His areas of expertise include assessing and treating anxiety disorders, depressive disorders, chronic pain, and other health conditions.

Tom also has experience conducting neurocognitive assessments for a range of presentations across all ages.



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BULK BILLING AVAILABLE