



# ASHFORD CENTRAL SCHOOL NEWSLETTER

22  
Nov  
2024

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## AROUND THE SCHOOL



## UPCOMING EVENTS

### TUE NOV 26

STUDEC Water Fun Day

### FRI NOV 29

Principal's Assembly and community lunch

### FRI NOV 29

Community Seed Collection Workshop at Myall Creek Memorial

### MON DEC 2 - FRI DEC 13

Primary Intensive Swimming

### WED DEC 4

Secondary Girls League Tag Day - Glen Innes

### WED DEC 4

Presentation Night. Free community BBQ at 5:00pm followed by Presentation at 6:00pm in the school hall

### WED DEC 11

Secondary Lawn Bowls Challenge - Inverell Sporties

### WED DEC 11

Year 6 Graduation at the hall

### TUE DEC 17

Rewards excursion - Green Valley Farm

### WED DEC 18

Last day of Term 4 for all students

 02 6725 4101

 Ashford Central School

 51 Martyn Street, Ashford NSW 2361

 ashford-c.school@det.nsw.edu.au

 <https://ashford-c.schools.nsw.gov.au/>





## FROM THE PRINCIPAL

Week 5 began on 11th November with our school hosting our annual Remembrance Day Service. Our school leaders did a great job of conducting the service for our students, staff and community members. It was lovely to see some of our valued community members attend and then join us for morning tea with our student leaders afterwards. Thank you to Mrs Grabham for her organisation and preparation of the service.

On Tuesday 12th November our teachers stayed back for an extended staff meeting allowing time for us to collaborate on our School Plan. We looked at our successes of 2024 and discussed where we had room for improvement. Thank you to our staff for taking their time away from their families to strengthen our school.

On Wednesday our Year 9 and 10 students who participate in Work Ready - Trade Ready, travelled to Inverell Shire Council Depot to meet with the HR team and do a tour of the yard. This was a great opportunity for our students to learn the work ready skills they need to earn a job on the council. Thank you to Mrs Sargeant and Mr Hollands for their organisation of the excursion. Thank you to the Inverell Shire Council team for allowing our students to gain this invaluable experience.

Thursday was a chance for our outgoing Year 12 students to get a glimpse of the hospitality industry through the Hospitality Immersion Day held at the Inverell RSM Club and Inverell Sporties. The students got a behind the scenes look at the different roles and responsibilities on offer at these two establishments. Thank you to these two clubs for providing staff to allow this event to occur. Thank you to Mrs Luckett for the organisation of the excursion.

This was followed by the Year 12 students attending a First Aid Course at MacIntyre High School on Friday. Students gained the skills necessary to provide first aid in the workplace or as a first responder. Thank you to Mrs Sargeant and Mrs Luckett for supporting this learning opportunity.

On Tuesday this week a group of students went to Inverell Sporties to participate in Lawn Bowls for sport. They participated with other schools and learned team work and getting along skills while having fun. Thank you to Mr Luckett and Mr Hollands for their organisation of this great initiative.

Once again, Mrs Luckett and her amazing team held After School Sewing this week where they create incredible projects for people in need. It is always such a joy to hear Mrs Luckett and her team talk about the things they make and the people it helps.





On Thursday we held our annual DL Kniepp speech competition finals in the school hall. We were honoured to have Mr Chris Bice our Director of Educational Leadership in attendance to help judge the winners and runners up. Our winners will be lucky enough to present their speech at our presentation night and receive their prize.

Today we held our STUDEC speeches and voting for our 2025 Captains, Vice-Captains and Leaders. The results will be compiled over the next week and our leaders will be announced on presentation night. These leaders will then be inducted into their roles at a special assembly at the beginning of 2025. Good Luck to all of the students who were willing to put their hand up for a school leadership role.

In the last issue I provided an update of our school buses. This has since changed. We have now purchased the Bonshaw Public School bus and we will use this until the arrival of our 24 seater next year. We are going to remove the Bonshaw stickers as soon as possible and continue to provide cost effective excursions to all of our families. The brand new 12 seater should arrive by the end of this month.

As always, if you wish to discuss your child's learning at school, please feel free to contact the office to arrange an appointment. We value your contribution into your child's learning.

Mr Wrobel







## PRINCIPAL'S SPOTLIGHT

Each fortnight teachers have been asked to send students with great learning growth or an exceptional piece of learning to my office for positive reinforcement. When students arrive, we discuss what they were learning, why they think they were chosen by their teacher and how good it makes them feel to have this honour. I then offer them a sticker and call their parents to reinforce that they are doing a great job in the classroom.

This fortnights students are:

First Row from left to right - Leonard Irving, Bonnie Sara, Tyrus Charles, Emma Yang, Mahalia Lavender.



## AFTER SCHOOL SEWING

Week 6 was another busy week for our after school sewing group!! We made bags, heat packs of all sorts and Gentleman's comfort cushion's.







## YEAR 10 CHILD STUDIES STUDENTS

Virtual Babies



## CONGRATULATIONS LEXI MARTINEZ

Congratulations to Lexi Martinez for receiving a Merit Award in Biology – Positive Engagement in Learning from Southern Cross School of Distance Education.







## 9 HISTORY STUDENTS - SITE STUDY

Year 9 students have been engaged in the creation of a Memory Box as part of their assessment for the World War I unit. Each student selected a soldier from the conflict and curated a collection of sources that reflect their life and involvement in the war. As a component of this project, a site visit to the school hall was undertaken, where students examined the Ashford Honor Roll. Additionally, they were introduced to the Trove website as a means to uncover relevant primary sources for their Memory Boxes. Mr. Simpson and Miss MacKay graciously delivered as guest speakers, sharing invaluable local histories and personal narratives. We extend our sincere gratitude to them for their time and expertise.







## AFL GALA DAY

On Friday, 8th November, the Ashford Primary AFL team, the 'Roos' channelled all their recent training into the Sapphire AFL gala day. Playing in the heat against teams from Inverell & Glen Innes the Roos found themselves on a steep learning curve.

With miles of running, truckloads of chasing, some good tackles, handpasses, marks and a couple of true kicks Ashford walked away with 3 losses and a win!

Mr Hollands, Mrs Wright and Assistant Coach Duncan would like to commend all players for their commitment to training and their resilience on the day. We all look forward to sending some students to next year's Northwest trials and another Gala day.







## YEAR 12 HOSPITALITY IMMERSION DAY

On Friday 15th November, Year 12 participated in a Hospitality Immersion Excursion to the Inverell RSM and the Inverell Sporties. All students have recently gained their RSA and RCG certificates. The tour of both venues was an induction into the requirements of these qualifications. It was an amazing experience. All students were shown how to pour a beer, tap a keg, change the ticket papers in the pokie machines and were provided with valuable information on the skills, knowledge and requirements of working in this industry. ACS would like to extend our thanks and gratitude to Damon (RSM) and Damien (Sporties) for their informative and hands on tour of their venues.







## WORK READY TRADE READY - INVERELL SHIRE COUNCIL DEPOT

On November 13th, the Work Ready Trade Ready class had the opportunity to visit the Inverell Shire Council Works Depot. The students were given an in-depth tour of the facility, where they learned about the machinery used in local infrastructure projects, from roadworks to public maintenance. During the tour, students gained valuable insights into the types of jobs available at the council, including the qualifications and skills needed to succeed in these roles. The team discussed the various pathways into the industry, such as school-based apprenticeships, traineeships, and full-time apprenticeships. They also highlighted the certificates offered by the council, which are essential for those wishing to pursue careers in the trade sector.

The visit emphasised the importance of practical skills, teamwork, and a strong work ethic, encouraging students to develop the necessary attributes for a successful career. A big thank you to the Inverell Shire Council staff for generously sharing their time and expertise. This excursion was an invaluable experience for our students, providing them with the knowledge and inspiration to pursue future opportunities in employment.







## YEAR 9 & 10 CAKE DECORATING

Year 9 and 10 students have done an excellent job decorating cakes !! They all looked amazing, well done everyone!!!







## MANGO DAY !!!

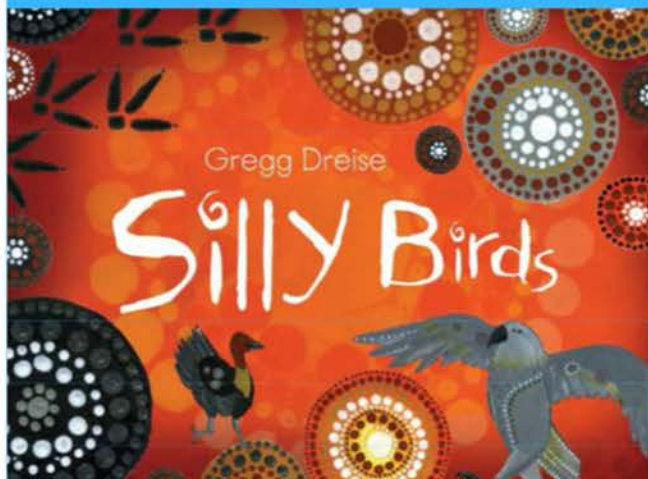
Ashford Central School students have enjoyed eating beautiful mangos and watermelon donated to us by a generous community member. Thank you for the kind, healthy and yummy donation !!





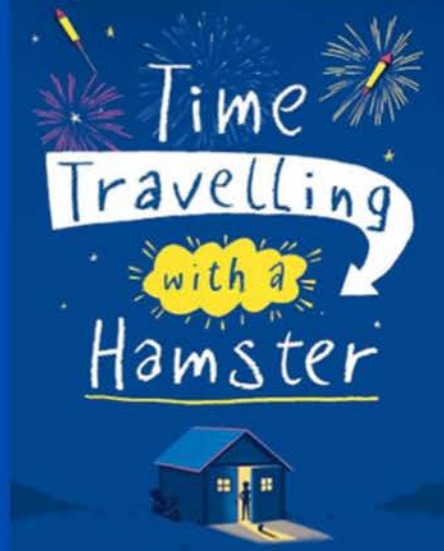
TERM 4 - WEEK 6

## PICTURE BOOK



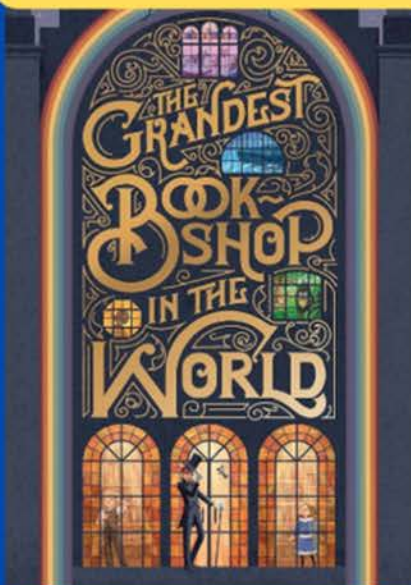
'Silly Birds'  
Gregg Dreise

## PRIMARY



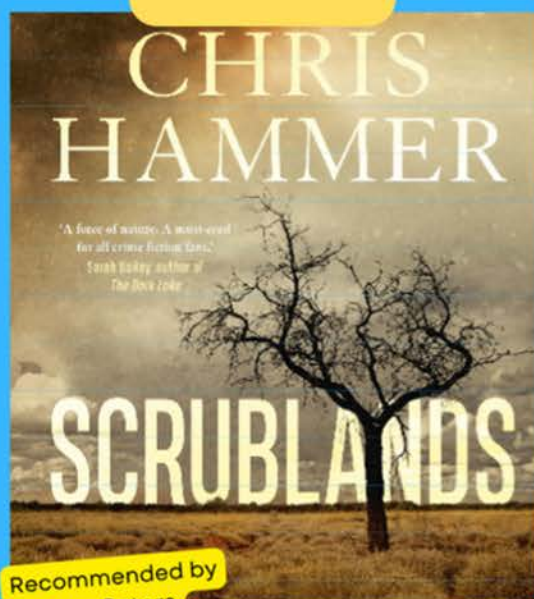
'Time Travelling with a Hamster'  
Ross Welford

## SECONDARY



'The Grandest Bookshop in the World'  
Amelia Mellor

## ADULT




Recommended by  
Mrs Peters

'Scrublands'  
Chris Hammer





## Adult Book Review




**CHRIS HAMMER**  
**SCRIBLANDS**

*Mrs Wright*  
★★★★★

A very Australian crime drama. Engaging word choice and depicts life in a remote town perfectly.

## Primary Book Review



Thomas Grabham

★★★★★

**Time Travelling with a Hamster**  
by Ross Welford

This book was a good read, interesting. It didn't make me want to travel with a hamster but the book was quite funny. It is a book that is good for ages 8yrs old and older.

Ashford Central School

# BOOK REVIEW

Want to submit your own review? Email us!



♡♡♡♡♡

— “ —

Contact Mrs Wright:  
Nadine.Wright4@det.nsw.edu.au

— ” —

## Picture Book Review



Kytiana Irving

★★★★★

**Silly Birds** by Gregg Dreise

A really funny book about a bird who crashes into things. It's crazy!

Ashford Central School





# *STUDEC Water Fun Day*



Water Fun Day will be held at the pool on the 26th of November



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**K-6: 11.00am-1.20pm**

**Secondary: 1.20-3.00pm**

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As secondary will be attending during sport time secondary students will not require a permission note







## TOP SCHOOL ATTENDERS

Congratulations to the following students for achieving above the state average of 92% attendance.

CONGRATULATIONS!

Alaynah ARCHER	Kytiana IRVING	
Sam BAKER	Leonard IRVING	
Theo BOYD	Hamish IRWIN	
Stuart BRADLEY	Jasper LAVENDER	
Jaxon CHARLES	Mahalia LAVENDER	
Michael COLLISON	Jack MACKAY	
Flynn COOK	Lucas MACKAY	
Duncan CRAFAR	Lexi MARTINEZ	
Gloria CRAFAR	Bonnie SARA	
Peter DEDULA	Narah WRIGHT	
Lillie-Anne DELL	Emma YANG	
Chloe DRYSDALE		
Ethan ELPHICK		
Bailey FOELZ		
Ellissa FOLEY		
Ella GRABHAM		
Thomas GRABHAM		
Arya GREEN		

## Your Wellbeing Nurse

### You can talk to your wellbeing nurse about:

- health and wellbeing concerns
- healthcare options
- finding health and community services.

Any student enrolled at a school with a wellbeing nurse and their family members can get support from a wellbeing nurse.

### Parents

- Contact the school to ask to see or speak to the wellbeing nurse
- Let a teacher or the school learning and support team know you would like to see the wellbeing nurse.

### Students 14 years and older

- Let a teacher or the school learning and support team know you would like to see the wellbeing nurse
- Approach the wellbeing nurse directly to speak with them privately.

Your wellbeing nurse is at the school on

14/12

Contact your wellbeing nurse  
Rebecca Collyer

0457681867

Your wellbeing nurse is a highly skilled registered nurse from NSW Health.

Your wellbeing nurse helps students and their family get health and wellbeing support.



Visit [www.health.nsw.gov.au/whinprogram](http://www.health.nsw.gov.au/whinprogram) or scan the QR code for further information about wellbeing nurses.



Wellbeing and Health In-reach  
Nurse Coordinator program



## LIBRARY DAYS

Kindergarten- Thursday

1/2- Monday

3/4- Wednesday

5/6- Thursday

## ACS TOP BORROWERS

Adam Doney

Bonnie Sara

Jacob Hillhouse

Emma Yang

Amelia Murphy

Ella Grabham

Ayla Davis

Ethan Elphick

Samayha Lazar Brown

Lucas Mackay

Jason Whalley

Sophiee Whalley





## STAR TICKET CANTEEN VOUCHER WINNERS

### CONGRATULATIONS

<b>Kinder</b>	Jaxon Charles	Mia Stewart
<b>1/2</b>	Ella Grabham	Rubin Stewart
<b>3/4</b>	Thomas Grabham	Leighton Stevens
<b>5/6</b>	Kurt Charles	Sam Baker
<b>Secondary</b>	Brendon Schneider	Bailey Foelz

Star tickets are token rewards that are handed to students displaying positive behaviour in any setting to reinforce expectation. It is the students responsibility for placing the completed star ticket into their allocated star ticket box, which is located in the Ashford Central School Library. Tickets are drawn out of the star ticket box by the teacher at fortnightly assembly.

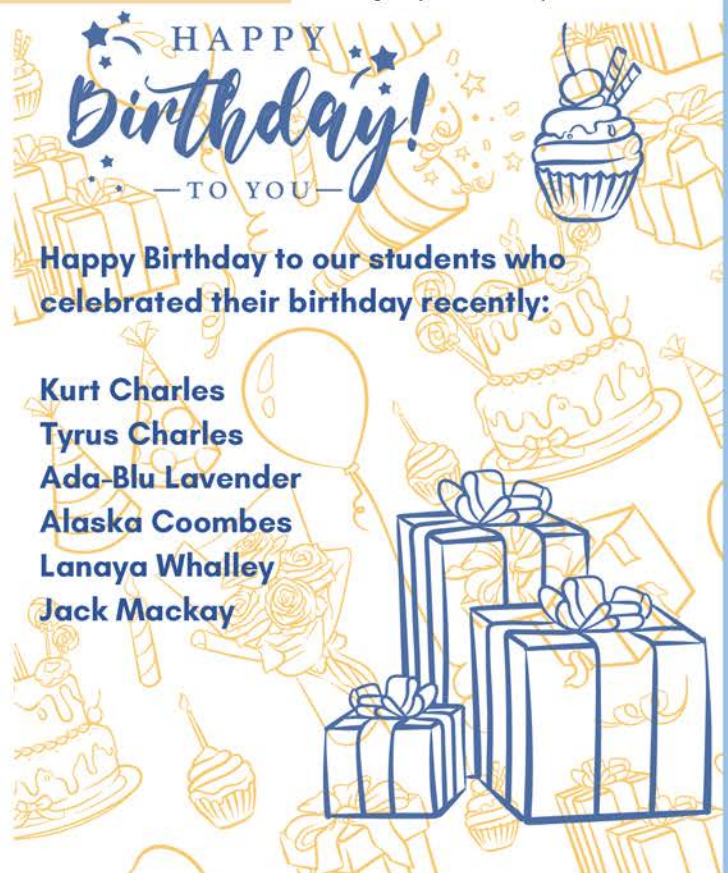
## TOP MERIT AWARD RECIPIENTS

### PRIMARY

Lucas Mackay  
Emma Yang  
Savarnah Batty  
Hunter Ryan  
Mahalia Lavender  
Joel Dehn  
Ayla Davis  
Emmily Morley  
Samayha Lazar-Brown  
Kytiana Irving  
Letti Irving  
Thomas Grabham  
Mae Doney  
Leighton Stevens  
Jacob Hillhouse

### SECONDARY

Aidan Ryan  
Narah Wright  
Charlee-Rae Johnson-Nguyen  
Lilly Taylor  
Emily Yang  
Joe Beveridge  
Sophiee Whalley  
Peter Dedula  
Lexi Martinez  
Stuart Bradley  
Duncan Crafar  
Chloe Drysdale  
Hunter Irwin  
Lillie-Anne Dell



Happy Birthday to our students who celebrated their birthday recently:

**Kurt Charles**  
**Tyrus Charles**  
**Ada-Blu Lavender**  
**Alaska Coombes**  
**Lanaya Whalley**  
**Jack Mackay**



# SBAT OPPORTUNITY

## INVERELL LEGACY

- Complete a traineeship whilst at school.
- Achieve an industry recognised qualification in Business or Accounts Administration as well as your HSC.
- Combines paid work, training and school.



INTERESTED - SPEAK TO YOUR CAREERS ADVISER

# SBAT OPPORTUNITY

## DEPT OF CUSTOMER SERVICE

- Available for Aboriginal and Torres Strait Islander students.
- Complete a traineeship whilst at school.
- Achieve an industry recognised qualification in Business as well as your HSC.
- Combines paid work, training and school.



INTERESTED - SPEAK TO YOUR CAREERS ADVISER

# SBAT OPPORTUNITY

## NEW ENGLAND TOYOTA

- Complete a traineeship whilst at school.
- Achieve an industry recognised qualification in Automotive Servicing Technology as well as your HSC.
- Combines paid work, training and school.



INTERESTED - SPEAK TO YOUR CAREERS ADVISER

# SBAT OPPORTUNITY

## EFX ACCOUNTANTS AND ADVISORS

- Complete a traineeship whilst at school.
- Achieve an industry recognised qualification in Business or Accounts Administration as well as your HSC.
- Combines paid work, training and school.



INTERESTED - SPEAK TO YOUR CAREERS ADVISER

# SBAT OPPORTUNITY

## PRINT ANYTHING

- Complete a traineeship whilst at school.
- Achieve an industry recognised qualification in Business or Retail as well as your HSC.
- Combines paid work, training and school.



INTERESTED - SPEAK TO YOUR CAREERS ADVISER

# SBAT OPPORTUNITY

## LAWRENCE & HANSON AND MRAEL

- Complete a traineeship whilst at school.
- Achieve an industry recognised qualification in Business, Retail or Supply Chain Operations as well as your HSC.
- Combines paid work, training and school.



INTERESTED - SPEAK TO YOUR CAREERS ADVISER





## Mr Brendan Moylan, MP for the Northern Tablelands visit to Ashford



Mr Brendan Moylan, MP will be holding a Mobile Office at the Ashford RTC.

**Wednesday, 27th November**

**1:00pm - 2:00pm**

Community members are welcome to come in for a chat.

### RIDDLE

### *Of the Week*

What has many rings but no fingers?

Answer on the back page

## UPCOMING COMMUNITY EVENTS

### SAT NOV 23

2024 Diggers Cup Race Day  
Inverell Picnic Race Club Marquee, fashions on the field, entertainment TAB and bookmakers.

### SAT NOV 23

Glen Innes Men's Shed Car Boot & Markets

### MON NOV 25

March to End Violence 2024  
Departing from Victoria Park Inverell, at 12 noon.

### WED NOV 27

Brendan Moylan, Member for the Northern Tablelands, will have a mobile office at the Ashford RTC from 1pm-2pm.

### FRI NOV 29

Glen Innes Christmas in the Highlands including, markets, entertainment, Food, and Christmas lights.  
5:00pm-8:00pm .

### SAT NOV 30

Ashford Carols in the COLA , hosted by the Ashford Community Church/Life Inverell/Foodbank.  
6:30pm start at the Ashford School COLA.


### SAT DEC 7

Texas Jockey Club Cup at the Texas Racecourse

### SAT DEC 14

Inverell Carols in the Park starting 6:30pm.  
Campbell Park Inverell.

To have your community event or news listed on this page, please contact the school.

 02 6725 4101

 [ashford-c.school@det.nsw.edu.au](mailto:ashford-c.school@det.nsw.edu.au)





YOU ARE INVITED TO

# CAROLS IN THE COLA

BROUGHT TO YOU BY  
ASHFORD COMMUNITY CHURCH | LIFE INVERELL | FOODBANK

SANTA  
WILL BE  
BRINGING  
GIFTS!



SATURDAY

30

NOVEMBER  
AT 06:30PM



SAUSAGE  
SANGERS \$3  
CAROLS @7PM

ASHFORD CENTRAL  
SCHOOL COLA  
(OUTDOOR AREA)

51 MARTYN STREET ASHFORD





Position Vacant  
**REGISTERED NURSE**

Sunhaven Hostel

We are looking for a person with a passion for caring for the clinical needs of our residents.

**ESSENTIAL CRITERIA**

- Current AHPRA registration
- Empathy and compassion for older people
- Commitment, punctuality, politeness and a great work ethic
- Current police check or willingness to obtain
- First Aid Certificate or willingness to obtain
- Up to date COVID19 vaccinations - not mandatory but recommended.

**DESIRABLE**

- Previous experience in an aged care environment
- IPC Lead Certification

If you require more information, please phone the Manager on 0267254223.

To apply, please send a cover letter and resume to:

The Manager  
Sunhaven Hostel  
10 Kneipp St  
ASHFORD 2361

Or email: [manager@sunhavenhostel.com.au](mailto:manager@sunhavenhostel.com.au)

**Expression of Interest  
CONTRACT CLEANER  
Kwiambal National Park**

A Part Time Contract Cleaner for the Visitor Accommodation at Kwiambal National Park.

30 Minutes from Ashford. Flexible hours to suit operational requirements. Must have an ABN and insurance.

Please contact National Parks for more details and expression of interest:

Phone number - 02 6739 0700

Email -

[minyon.landerson@environment.nsw.gov.au](mailto:minyon.landerson@environment.nsw.gov.au)

**DOORS OPEN @ 11:30am**

**2 Kids Christmas Movies**

**Saturday 7th December**  
Delungra Memorial  
Bowling & Recreation Club

- \* **The Polar Express @ 12 noon (G)**
- \* **The Santa Clause @ 2:00 pm (G)**

**FREE Christmas Nibbles**

Call Leah on 0413 668 459 for more details

**This FREE event is hosted by Muster Up Delungra Inc**

**Bundarra Anglican Church  
Bundarra Fundarra  
Community Markets**

**Sat Nov 30th**  
**9am-12 noon**

**Christmas Ham & Meat Trays TO BE WON**

Our Christmas market has:

- \* CHRISTMAS GIFT SPECIALS
- \* Stalls from our local country folk
- \* Cake stall, local produce
- \* BBQ, Tea/Coffee and Cake
- \* Live music
- \* Raffle

**Bundarra Community Carols**  
Bundarra Sport & Recreation Club

**Sat Dec 7th**

Sausage Sizzle from 6pm  
Carols from 6.30pm  
Finish 8.30pm  
Music provided by:  
Patersons Curse Band - Armidale

**Cost: Gold Coin Donation**

For more info contact:  
Penny Harvey - 0428 527 399





Commercial Hotel,  
Warialda

## Secret Santa Christmas Raffle

December 8th 2024  
Tickets on sale NOW  
Raffle Drawn at 1pm

Over 75 Prizes To Be Won  
Including  
Toys, Kitchenwear, Tools, &  
Camping + Much More

**\$2.00**  
Each

#O-#O-#O!



THE SAPPHIRE CITY  
CONCERT BAND  
PRESENTS

## CAROLS IN THE PARK

SATURDAY 14TH DECEMBER, 2024  
FROM 6:30PM  
AT CAMPBELL PARK AUDITORIUM  
WITH SPECIAL GUESTS

THE INVERELL PIPE BAND | THE INVERELL SINGERS  
THE NORTHERN CHORALE & MC PETER CADDEY

FREE FAMILY EVENT  
BATTERY CANDLES FOR SALE \$5 (CASH ONLY)  
FRUITALICIOUS FOOD TRUCKS FROM 6PM



## Atholwood CWA Twilight Christmas Markets

Saturday 14th Dec  
from 3pm  
Goat Rock

Market Stalls  
Christmas Carols  
Dinner/Snacks  
Santa Claus  
DJ Curly

Book your site - \$10/site  
Ph: 0437 713 488  
Email: atholwoodcwa@gmail.com



INVERELL  
JOCKEY CLUB

PRESENTS THE


## 2024 DIGGERS CUP RACE DAY

Racing Saturday, November 23

- Six-race TAB program
- 1800m Diggers Cup
- 1400m Bush Battlers Cup
- Inverell Picnic Race Club Marquee
- Fashions on the Field
- Entertainment
- TAB and bookmakers




# TEXAS Cup



Saturday, 7th Dec 2024


Texas Racecourse  
Flemming Street Texas

Gates open and Racing from 10am  
Local Racing from 1pm

Adults - \$25  
Pensioners - \$15

Don't miss out on the biggest  
social event of the year!

Stipos & Cash at the gate





SATURDAY 19TH - SUNDAY 20TH APRIL 2025 (EASTER)

# BACK TO ASHFORD REUNION

Organised by The Ashford Business Council



## PLANNING IS WELL UNDERWAY FOR OUR BACK TO ASHFORD REUNION

The Ashford Business Council have been working hard to organise our Back to Ashford Reunion next Easter.

At this early stage the program will include an Easter Hat Parade, street stalls, memory lane in the school hall, morning tea, golf and bowls games, kids activities including a scavenger hunt on bikes, trivia night with dinner, a raffle, and many more activities to be confirmed.

The Ashford Central School, P&C, Bowling Club, Golf Club, Aboriginal Land Council and the Lions Club, are all on board to make this event the best it can be.

Gather up your Ashford memorabilia for the display in the hall!!!

**We set up and 'Event' on the Ashford NSW Facebook page, please register 'Going' if attending**

IDEAS AND  
INPUT ARE  
WELCOME

Please Contact:

Rosemary Gordon  
0493094837

OR

Leeanne Vickers  
0428254058

Or Email  
ashfordcelebrations@gmail.com



**FREE**

# Surviving Your Adolescents

For more information or to REGISTER ring FACILITATOR on **6738 7200**

Learn how to manage and let go of your 11-22 year old!

## The Surviving Your Adolescents course covers:

- What is normal adolescent behaviour, what is not
- How to manage teen risk-taking
- The Four Things Not To Do
- The Four Ways to improve your relationship
- Taking on a new role with your teen
- How to keep the communication channels open
- Helping your teen learn to manage their emotions
- How to help prevent behaviour problems in your teen



**WHEN:** Thursday 28th November 2024

**TIME:** 9.30am - 2.30pm

**WHERE:** Glen Innes West Infants School Library - 37 Coronation Ave, Glen Innes

**COST:** FREE



**Registration is essential. This course is subject to registration numbers.**



Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.

## Mental Health Services and Support

### Beyond Blue

24/7 mental health support service

**1300 22 4636**  
beyondblue.org.au

### headspace

Online support and counselling to young people aged 12 to 25

**1800 650 890**  
(9am to 1am daily)

For wechat, visit:  
headspace.org.au/  
ehespace

### Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

**1800 55 1800**  
kidshelpline.com.au

### 1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

**1800 737 732**  
1800respect.org.au

### QLife

LGBTI peer support and referral

**1800 184 527**  
(3pm to midnight daily)

qlife.org.au  
(online chat 3pm to midnight local time, including over holidays.)

### Lifeline

24/7 crisis support and suicide prevention services

**13 11 14**  
lifeline.org.au

### Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

**1300 659 467**  
suicidecallbackservice.org.au

### Mensline

24/7 counselling service for men

**1300 78 99 78**  
mensline.org.au

### 13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

**13 92 76**  
13yarn.org.au



If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.







# Ashford TENNIS CLUB



## MEMBERSHIP

\$50 Adults - \$20 School Children

## SOCIAL TENNIS

\$5 Key Deposit  
(Refundable on Key Return)

\$5 Adults - \$3 Kids

Social tennis starting soon

## HIRE OF COURTS

Contact Maree for arrangements.

President:	Gilbert Fitzhannim	0428 195 501
Vice President:	Mark Thorn	
Secretary:	Maree Akhurst	0438 294 646
Treasurer:	Leza Lockett	0458 404 765

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## ASHFORD SHOWGROUND STATUTORY LAND MANAGERS

**Anyone wishing to book Ashford Showgrounds for an event or simply wanting to contact The Showground Land Managers Trust, please contact the Secretary.**

Secretary/Treasurer: Trevor Tindall  
Ashford Show Grounds Statutory Land Manager  
1276 Wallangra Road, Ashford NSW 2361  
Email: rusty-tin@bigpond.com  
Mobile: 0448 811 813

If the secretary can not be reached , please try David Thompson (President) on 0488 507 824.



# Ashford Servo

**OPEN 7.00AM - 7.00PM  
7 DAYS**

Hot Food ~ Coffee ~ Groceries  
Meat & Veges ~ Lotto ~ Bait  
Phone Credit ~ Bottle Shop

## NUMEROUS SPECIALS ON SNACKS AND DRINKS

CALL 02 6725 4070  
FOR FOOD ORDERS OR ENQUIRIES

26 DUFF STREET, ASHFORD



## Matthew & Sons Drilling Services

Matt has been drilling water bores since he was 10 years old. With 40 years experience and a NSW class 6 licence, he can handle most water bore drilling jobs.

We have 3 drill rigs and are experienced in rotary air, rotary mud, casing advance, cable tool (percussion) for gravels and artesian.

Located in Graman and Inverell

**Call or text Matt 0418 362 968**

**Email:**  
matt@matthewandsons.com.au

**Website:**  
matthewandsons.com.au

ABN: 28 157 677 391





*Campbell & Freebairn*  
**PHARMACY**

ALBURY STREET, ASHFORD  
PHONE 02 6725 4013

ALL HEALTH CARE NEEDS  
DISTANCE DISPENSING SERVICE  
BABY CARE & NUTRITION  
WOUND CARE SUNGLASSES  
HEALTH AND BEAUTY PRODUCTS

**ASHFORD  
COMMUNITY  
CHURCH**



Presbyterian Parish Office 02 6721 0511  
Anglican Office Inverell 02 6722 3179

**CHURCH SERVICES:**

ALTERNATE SUNDAYS AT 9AM AT THE  
PRESBYTERIAN OR ANGLICAN CHURCH

Service held bi-monthly in the Sunhaven  
Activity Room



*Jesus is moving. Jesus is present. Jesus is Lord.*

**ST PATRICKS CATHOLIC CHURCH**

**MASS TIMES:**

EVERY 3RD SATURDAY 3:30PM

**CHRISTMAS EVE MASS:**

5:00PM TUESDAY DECEMBER 24

ENQUIRIES:

SACRED HEART PARISH

INVERELL 6722 1103

FR PAUL CHANDLER ADM

LOCAL CONTACT:

CATHY FOELZ 0427 879 595



**ASHFORD POLICE**

ASHFORD POLICE STATION PH 6721 8320  
INVERELL POLICE STATION (24 HRS) PH 67220599  
EMERGENCY 000 POLICE ASSISTANCE LINE 131 444

**ACCESSING MEDICAL SERVICES IN ASHFORD**

**ASHFORD DOCTOR**  
Dr Abbas Hussein

Saturday Only  
8.00AM : Blood Tests  
8.30am - 3.00pm :  
Appointments  
Phone (SAT): 02 6726 2000

To make appointments please  
phone Campbell and Freebairn  
Ashford on 02 6725 4013.

**CHEMIST**  
Campbell & Freebairn  
Ashford

Open Monday to Friday  
9am - 5pm

Closed for lunch between  
12.30pm and 1.00pm daily.

Drop prescriptions in by  
11.30am for afternoon  
collection after 2.30pm.

**HELPFUL PHONE NUMBERS**  
Community Health Centre Ashford  
02 6726 2030

**Texas Doctor: Dr Abbas Hussein**  
07 4653 1363

**HACC - Ashford Home & Community Care**  
02 6725 4479

**BLOOD TESTS**

Blood tests are conducted every 2nd  
Thursday at Community Health.  
Phone 02 6726 2030



*Duncan Coole*  
**PAINTER & DECORATOR**  
**BUILDING MAINTENANCE**



*Repaint Specialist*

- Wall Papering
- Renovations
- Commercial
- Residential
- Insurance

**Ph: 0428 437 848**

Lic No: 158982C NSW Lic No 1104272 QLD  
ABN: 69 041 866 798



**ASHFORD  
MEMORIAL  
BOWLING CLUB**

CATERING ON THURSDAY,  
FRIDAY AND SATURDAY NIGHTS

**FRIDAY NIGHTS | DINNER**

5.30PM - 8.00PM

**SATURDAY | LUNCH & DINNER**

12.00PM - 2.00PM AND 5.00PM - 8.00PM

**SUNDAY | LUNCH**

12.00PM - 2.00PM

**EFTPOS AVAILABLE**  
BOOKINGS FOR LARGE GROUPS DESIRABLE

**PHONE**  
**6725 4441 OR 6725 4202**

WWW.ASHFORDBOWLING.CLUB  
OFFICE@ASHFORDBOWLINGCLUB



**JCS**  
**RURAL CONTRACTING**



**SERVICES INCLUDE:**

- Direct Drill Planting
- Slashing
- Boom and Spot Spraying
- Offset Disc Ploughing
- Earthmoving
- Stock and General Freight
- Contract Fencing



**CONTACT JASON**

📞 0429 184 730

✉️ [jasnic988@bigpond.com](mailto:jasnic988@bigpond.com)

ABN: 42 843 421 019

**ALANA'S TRASH  
& TREASURE  
ASHFORD**



All money raised will be distributed  
back into the community.

Donations of household and various  
items welcomed.

**OPEN TUESDAY & THURSDAY**

10.30AM - 3.30PM

**SATURDAY**

10.30AM - 1.00PM

Enquiries: 0423 348 419

Looking forward to your support in the future!





## GREEK STYLE STUFFED CAPSICUMS

### Ingredient List:

- 4 large red capsicums
- 1/4 cup extra virgin olive oil
- 1 large brown onion, finely chopped
- 2 garlic cloves, crushed
- 300g Coles 5 Star Extra Lean Beef Mince
- 1 tbsp oregano leaves
- 1/2 cup fresh flat-leaf parsley leaves, roughly chopped
- 1/2 cup fresh mint leaves, roughly chopped
- A 400g can of Finely Chopped Tomatoes
- 1/2 cup white long-grain rice
- 1/2 cup cold water
- Salad leaves, to serve

### Method:

- Preheat oven 180C/160C fan-forced. Slice tops from each capsicum. Reserve tops. Scoop out seeds and membrane. Discard. Stand capsicums in a baking paper-lined roasting pan.
- Heat 1 tablespoon oil in a large non-stick frying pan over medium-high heat. Add onion. Cook, stirring, for 5 minutes or until softened. Add garlic. Cook for 1 minute or until fragrant. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 minutes or until browned. Add oregano, parsley, mint, tomato, rice and water. Season with salt and pepper. Bring to a simmer. Reduce heat to low. Simmer for 5 minutes or until sauce starts to thicken. Remove from heat.
- Divide mince mixture evenly between capsicums. Place 1 reserved top on each stuffed capsicum. Drizzle with remaining oil. Bake for 45 minutes or until capsicums have softened and skins start to darken.
- Serve capsicums with salad leaves.





If you or someone else needs immediate help – call 000

**Additional Support Services**

- Life Line** – 13 11 14  
24/7 confidential crisis support
- NSW Mental Health Line** – 1800 011 511  
24/7 telephone assessment & referral
- Beyond Blue** 1300 224 636  
24/7 mental health counselling, support and referral
- Alcohol & Drug Information Service**  
1800 250 015 (24/7)  
Information, support referral & counselling on drugs and alcohol
- Kids Helpline** (24hrs)  
Young people 5-25 years old
- Suicide Call Back Service** 1300 659 467  
24/7 telephone support & counselling for anyone affected by suicide
- Men's Helpline** 1300 789 978  
24/7 information & referral service for men with family and relationship concerns



**Health**  
Hunter New England  
Local Health District

**Referral**

**It's Easy....**

**You just phone or email yourself**

(If you are phoning for someone else, just check it is O.K first)

**0477 322 851**

Monday to Friday 8.00am – 4.30pm

(After hour calls welcomed – just leave a message and Farmgate staff will return your call the **next working day**)

**Email**

[HNELHD-FarmgateSupport@health.nsw.gov.au](mailto:HNELHD-FarmgateSupport@health.nsw.gov.au)

Your local Farmgate support worker:



**Farmgate Support Program**



**Free**  
**We Travel To You**  
**Confidential**

**Who Can Get Help**



Anyone experiencing stress from drought, fires, floods, COVID or other hardships

Farmers and farming families

Front line service/business providers

Local Businesses

Contract/seasonal workers

The Farmgate Support Program provides **free** emotional and mental health support to people living and working in rural & remote communities



The Farmgate team offer short term conversation or formal counselling

Practical help in finding alternative support for your current needs and circumstances

**We Will Travel To You**



Visits can be arranged on your farm, home or place of business OR any other place of convenience like your favourite coffee shop

