



ASHFORD CENTRAL SCHOOL NEWSLETTER

8
Nov
2024

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AROUND THE SCHOOL



UPCOMING EVENTS

MON NOV 11

Ashford Central School's Remembrance Day Ceremony, 10:10am at the school hall.

WED NOV 13

Year 9/10 students - Work Ready Trade Ready - Inverell Shire Council Depot

THU NOV 14

Year 12 Hospitality Immersion Day at the Sporties & RSM Inverell

FRI NOV 15

Year 12 First Aid Training at Macintyre High School

TUE NOV 19

After School Sewing

THU NOV 21

DL Kniepp Speech Finals

FRI NOV 22

School Captain Speeches

TUE NOV 26

STUDEC Water Fun Day

MON DEC 2 - FRI DEC 13

Primary Intensive Swimming

WED DEC 4

Presentation Night

 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

This term is flying by and we have reached the end of Week 4 already. This week marks the end of HSC exams for our Ashford Central School students. We hope that they have applied themselves to the best of their abilities and gain the marks they deserve for their efforts.

Last Wednesday we held Grand Parents Day and from all reports it was a fabulous day of sharing, story telling and laughter. We had the absolute honour of hosting local author Sandra Grogan to read her story to students and discuss the writing and story telling process. Sandra is based in Inverell and we were so pleased that she could join us on the day. Our Pre School friends joined us along with residents and staff from Sunhaven. It was great to host such a wholesome community event here in our school. Thank you to Mr Simpson for his organisation of the day.

Last Friday six of our students travelled to Tenterfield for the Tenterfield High School Horse Sports day. I have heard great stories from the families and students of how much they enjoyed the day. Some of our students achieved some great results on the day bringing home loads of ribbons for their efforts. Congratulations to all of the students, we hope you had a great day. Thank you to Mrs Grabham for her organisation and to Mrs Irwin for supporting our students and families on the day.

Last Friday was a busy day for exceptional learning experiences, as we also had the K-2 students on an excursion to the National Transport Museum and Pioneer Village in Inverell. After looking at some of the photos I can clearly see the joy that this put on our students faces as they engaged in hands on learning. For our Kindergarten students this was their first large excursion and they had a fabulous time. Thank you to all of the teachers and staff who put effort into the organisation of this excursion, it was fabulous.

On Tuesday our Year 8 students participated in an online Science assessment called VALID. VALID is a compulsory assessment similar to NAPLAN and is only held for Year 8 students each year. We look forward to seeing their results and these will also be distributed to parents when the marking is completed.

Tuesday also saw the running of the Melbourne Cup. Our teachers all brought a plate of food to share and held a Melbourne Cup luncheon. This was a great moment for our teachers to switch off in their lunch break, share some great food and have a laugh.



On Wednesday Mrs McIntyre and Ms Kippax took a group of Year 9 & 10 Art students into the Inverell Art Gallery to view the exhibition and participate in an art workshop. This was an amazing learning experience provided to these students as they worked with an artist to transfer their classroom skills into action. Thank you to Mrs McIntyre for her organisation of the day. I am sure that our students are appreciative of your efforts.

Today some of our primary students are heading to an AFL Gala Day in Inverell where they will play against students from across the region. Thank you to Mr Hollands for his persistence in coaching our students during his lunch breaks to prepare our students for the day. They have been extremely eager to prepare and some of them have shown some great promise. I hope they have had a great day.

Last week we had some unfortunate news. Our 25 seat school bus has had to be moved on. We have ordered a new one a couple of months ago, but it won't be ready for delivery until the end of next year.

In the mean time, we will continue to borrow the 12 seater from Bonshaw public school and we have a brand new 12 seater that should arrive by the end of this year that was ordered over 12 months ago.

These vehicles are essential to providing cost effective excursions to all of our families. We look forward to sharing news of their arrival.

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 - Letti Irving, Hunter Irwin, Bailey Foelz



Bailey and Hunter competed in the Mathematics competition earlier this year and to Ms Burton's delight these two boys placed in the top 10% in the state. This is a major achievement and we are very proud of their results. Congratulations boys!

NEW ENGLAND SINGS! - PRIMARY

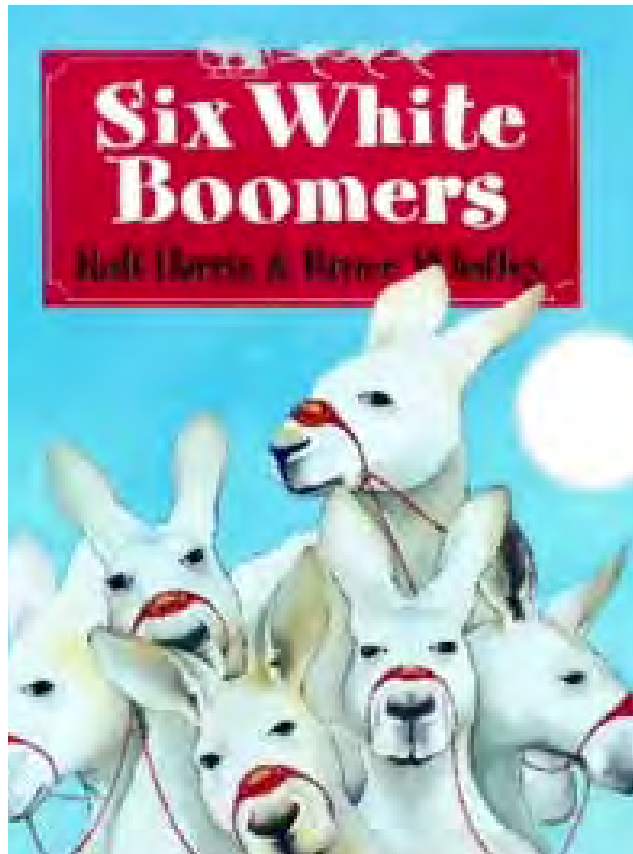
Ashford Central School was lucky enough to host composer Ian Jefferson on Friday 25th October. Ian is the Student Music Programs Officer (K-8) for The Arts Unit - NSW Department of Education. He is a qualified primary school teacher and also a composer and arranger. Ian coordinates and conducts the massed schools choirs for performances at the Sydney Opera House, the Sydney Town Hall, as well as the Qudos Bank Arena for the Schools Spectacular. Mr Simpson organised for Ian and Warwick Dunham to work with our primary choir as part of the New England Sings outreach program.





CAPA - KINDERGARTEN TO YEAR 2

Primary CAPA students are currently working on creating artworks to serve as the backdrop for their mini performance of "Six White Boomers" at presentation night. They will be practicing throughout the term to prepare for the event.





9/10 VISUAL ARTS - FREE CHOICE ARTWORKS

During Term 4, Art students are encouraged to begin, develop, and finalise a piece of artwork of their choosing, allowing them the freedom to express their individual creativity and artistic vision. This project will enable them to explore their personal interests and techniques while showcasing their unique style.



9/10 VISUAL ARTS - INVERELL ART GALLERY EXCURSION

A group of our art students recently visited the Inverell Art Gallery to explore the 2024 Art Prize Exhibition. It was an exciting opportunity for the students, as several of their own works were showcased in the exhibition. The talented students whose pieces were entered included Bailey Foelz, Elizabeth Ngatamariki, Esther Wright, Tiarnie Batty, and Tayla Stevens. Afterward, the group headed to the Inverell Tourist Information Centre, where they enjoyed a relaxing and creative session in the beautiful gardens. Surrounded by nature, the students engaged in a mini art drawing session, capturing the essence of their surroundings on paper. It was a wonderful day filled with inspiration, creativity, and the chance to connect with art.





GRANDPARENTS DAY

Ashford Central School had a wonderful Grandparents' Day on Wednesday, 30th October. Thanks to all the families and friends who came to our picnic lunch to relax, enjoy the delicious grazing packs made by our canteen, and read books together.

Love of books and reading begins in the home and we were so very lucky to have Inverell Shire library donate hundreds of beautiful books which students could choose to read to their family and friends at the lunch and then get to take home to keep. It was so good to see several students reading to our Sunhaven residents who came to visit.

We were also very fortunate to be treated to a visit from Inverell Author Mrs Sandra Grogan-Bailey who worked with different class groups throughout the day to inspire budding young authors and explain what was involved with becoming an author for those students looking to write as a career. Sandie treated families and friends to a reading of her book at the picnic lunch which was enjoyed by the preschool who also visited

Mr Simpson would like to thank everyone who helped make the day so great.



K-2 END OF YEAR EXCURSION

On Friday the 1st November, Kindergarten, Years 1 and 2 had their excursion to the Inverell Transport Museum and the Pioneer Village. Students took a trip down memory lane where Mr Cowley showed his passion for cars and passed on his knowledge to all of us. Student's used their hawk eyes to pick out details on a car quiz as they explored the museum to win some prizes kindly donated by the Transport Museum. Our winners were: Kindy - Jaxon Charles, Year 1 - Ella Grabham and Year 2 - Samantha Yang. Congratulations to our winners! After a quick snack break we headed to the Pioneer Village. We learnt about mining in our local area and discovered some old treasures. Thank you to Shano and Vettie for organising lunch. Thank you also to Eliza for supporting our students today. The children were so well behaved and we had a wonderful day.







TENTERFIELD PONY CLUB - SCHOOL HORSE SPORTS DAY

On Friday 1st November, 6 students attended Tenterfield High School horse sports day. Joy Doney, Hamish Irwin, Zarleah Gleeson, Mae Doney, Thomas Grabham and Bryce Irwin participated in the day.

Results:

Hack

Thomas Grabham 3rd
Bryce Irwin 5th
Hamish Irwin 5th

Rider Class

Bryce Irwin- 5th

Pleasure Hack

Bryce Irwin 2nd

Lead Class

Bryce Irwin 4th
Thomas Grabham 5th

Sporting Events

Straight Barrel

Bryce Irwin 5th
Zarleah Gleeson 5th

Flag Race

Bryce Irwin 2nd
Zarleah Gleeson 4th
Thomas Grabham 5th

Keyhole

Bryce Irwin 2nd
Thomas Grabham 4th
Zarleah Gleeson 5th

Cloverleaf

Bryce Irwin 3rd

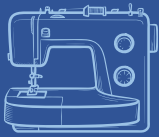
Running Tee

Thomas Grabham 5th
Bryce Irwin 5th

Western Pole Bend

Bryce Irwin 1st
Hamish Irwin 2nd
Joy Doney 5th
Thomas Grabham 5th





AFTER SCHOOL SEWING

Week 4 ACS Sewing for charity worked as a production line to make fabric shapes for the Ashford Preschool.



YEAR 7 PILLOW MAKING

Year 7 Technology have designed, decorated and made pillowcases as part of their Textile unit.





TOP SCHOOL ATTENDERS

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

CONGRATULATIONS!

Alaynah Archer	Jack Mackay		
Sam Baker	Lucas Mackay		
Savannah Batty	Lexi Martinez		
Theo Boyd	Amelia Murphy		
Stuart Bradley	Hailee-Mae Murphy		
Michael Collison	Xavier Rollinson		
Flynn Cook	Bonnie Sara		
Gloria Crafar	Michayla Schneider		
Lillie-Anne Dell	Narah Wright		
Ethan Elphick	Emma Yang		
Bailey Foelz			
Ellie Foley			
Ella Grabham			
Thomas Grabham			
Kytiana Irving			
Leonard Irving			
Hamish Irwin			
Mahalia Lavender			

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
13/11, 20/11, 4/12

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 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

Kinder	Mia Stewart	
1/2	Ella Grabham	Xavier Rollinson
3/4	Lucas Mackay	Savarnah Batty
5/6	Lanaya Whalley	Lachlan Batty
Secondary	Claye Lavender	Zane Charles

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.

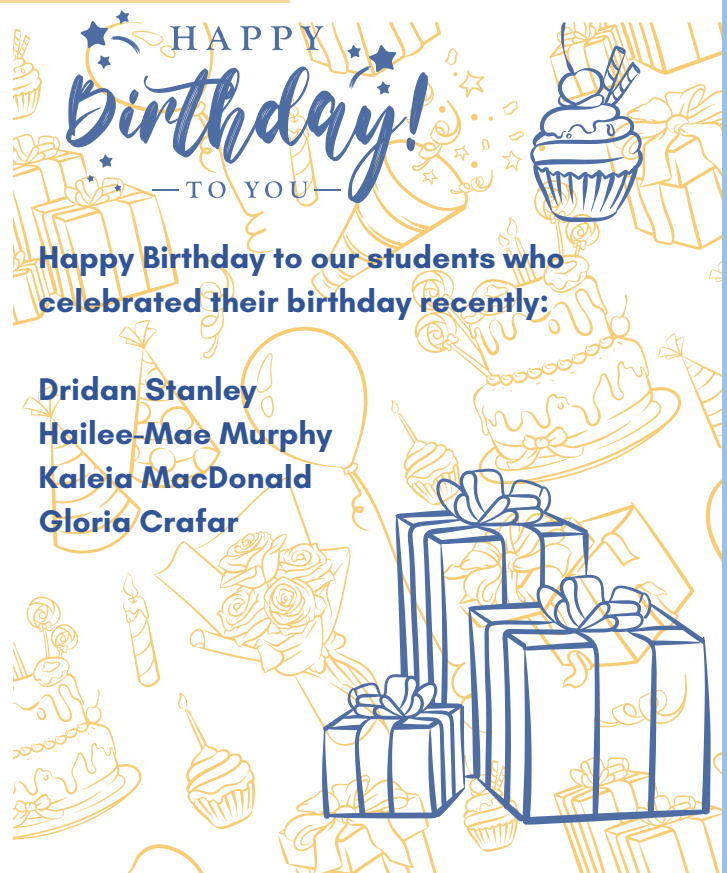
TOP MERIT AWARD RECIPIENTS

PRIMARY

Hunter Irwin
Jaxon Charles
Hailee-Mae Murphy
Allakae-Jet Hillhouse
Mia Stewart
Alaska Coombes
Theo Boyd
Amelia Murphy
Jack Mackay
Ryley Ryan
Jason Whalley
Johnathan Hillhouse
Sam Baker
Mikayla Lazar-Brown
Leonard Irving

SECONDARY

Ester Wright
Tiarnie Batty
Narah Wright
Charlee-Rae Johnson-Nguyen
Mackenna Ozanne-Sharwood
Chloe Drysdale
George Rogers
Makeely Hancock
Lillie-Anne Dell
Bailey Foelz
Ellie Foley
Duke Beveridge
Hunter Irwin



Happy Birthday to our students who celebrated their birthday recently:

Dridan Stanley
Hailee-Mae Murphy
Kaleia MacDonald
Gloria Crafar



Ashford Central School Remembrance Day Ceremony

Ashford Central School Hall
10:10am Monday 11th November

Community members are welcome to attend. Morning tea will be provided for community members following the ceremony



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

NEW ENGLAND MITSUBISHI

- 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

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



ASHFORD
LIONS CLUB

BINGO

ASHFORD
BOWLING CLUB

THURSDAY, 21ST NOVEMBER
6.00PM



FOR EYES DOWN AT
6.30PM

UPCOMING COMMUNITY EVENTS

SAT NOV 9

Texas Spring Markets
Ice cream van, kids drawing station, markets stalls,
fruit and veg and much more.

SAT NOV 9 - SUN NOV 10

Bundarra Garden Festival

SUN NOV 17

Sapphire City Markets, Inverell

THU NOV 21

Bingo at the Ashford Bowling Club, 6:00pm for eyes
down at 6:30pm.

SAT NOV 23

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

MON NOV 25

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

WED NOV 27

Inverell RSM Club Christmas Toy Raffle.

SUN DEC 1

Sapphire City Markets, Inverell

TUE DEC 3

Sporties Inverell First Ever Toy Raffle. Tickets on sale
from 5:00pm.

SAT DEC 7

Texas Cup at the Texas Racecourse

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



MOVEMBER.COM

SIGN UP OR DONATE

RIDDLE

Of the Week

I have branches, but no fruit, trunk
or leaves. What am I?

Answer on the back page

Rotary Club of Uralla presents

Bundarra Garden Festival

Nov 9th & 10th 2024



\$20 entry to all gardens
or **\$5** per garden
(per person, children under 16 free)

Event includes:
6 gardens (paid entry)

9.30am till 4.30pm both days

Open Gardens in and out of town

- * Fairview - Amy & Ben Layton, 16 Bakers Creek Rd, Bundarra
- * Box Moor - Margie & Bill Doak, 1936 Gwydir River Rd, Camerons Creek
- * Abingdale - Tania & Darren Swan, 1202 Bakers Creek Rd, Bundarra
- * LongEvity - Chris & Peter Crago, 55 Bendemeer St, Bundarra
- * Bundarra Preschool - 9 Court St, Bundarra
- * Among the Willows - Angela Iskov, 41-43 Dawkins St, Bundarra (Saturday only)

Seekers Garden & Nursery Open * CWA Cafe with Devonshire Teas & Sandwiches

Garden Lunches at the Bundarra Commercial Hotel
Rotary BBQ lunch at Box Moor * Cafe open at LongEvity Country Kitchen
Light Refreshments at Fairview * Hot & Cold Refreshments at Abingdale

Court House & Bottle Museums Open
Entry Fee for both \$5 pp 10am-3pm both days

Many thanks to our sponsors:
McGregor Gourlay Bundarra * Commercial Hotel Bundarra * House to Home Inverell
Black Mountain Nursery Guyra * Seekers Garden & Nursery Bundarra.

For more info contact: Tania Swan 0407 054 527

Charity Event
Money raised from garden entries will go to Inverell Branch Cancer Support Group

PRIZE DRAW

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!

Estpos & Cash at the gate



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

WWW.INVERELLJC.COM.AU

ALL AGES WELCOME

JOIN US AT THE TEXAS AND DISTRICT BOWLS CLUB

FREE ENTRY

9TH OF NOVEMBER

SPRING MARKETS

8 AM - 1PM

SAVE THE DATE

ICE CREAM VAN, KIDS DRAWING STATION, HOME MADE/CRAFTED GOODIES, FRUIT AND VEG, NURSERY, MACAROONS AND MUCH MORE

ATTENTION ALL MARKET STALLS!!! JOIN US IN A FUN DAY

CONTACT 0412356820 OR 0411330932 TO HAVE A MARKET STALL



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

PEER WORKERS AND CLINICIAN ON SITE

The Safe Havens are a safe, non-clinical drop-in centre for people who may be experiencing suicidal ideation or who have been impacted by suicide.

These Safe Havens provide an alternative to presenting to an emergency department where individuals can seek assistance to link into additional community supports, undertake safety planning if required, or simply sit with others during a tough time. No referral is required and all ages are welcomed.

Currently the Safe Havens are open Friday, Saturday and Sunday from 4-9pm. These times have been chosen to provide support when there are often few alternative services.

The Safe Havens are staffed by peer workers with a lived experience of suicide and mental health clinicians. If an individual requires more acute support, staff will undertake a warm handover with the associated Emergency Department or Mental Health team to ensure continuity of care.

People with lived experience of suicide have been involved in a co-design process to ensure both Safe Havens are tailored to their communities, are welcoming and meet the needs of those accessing the service.

MENTAL HEALTH

Safe Haven

Safe Haven is a NSW Health Translational Care Services initiative

Open: FRIDAY-SATURDAY-SUNDAY from 4pm-9pm

214 BRIDGE STREET TAMWORTH



headspace Armidale

headspace Armidale is currently accepting referrals!

headspace Armidale is a free Mental Health service for young people between the ages of 12 and 25.

We currently do not have a waitlist!

headspace Armidale offers free services from the 4 core streams: mental health, physical health, alcohol and other drugs and work and study support.

To access our services: you can refer yourself, be referred by a GP, family member or friend.



scan the QR code to access the headspace referral form



Mental Health Services and Support

<p>Beyond Blue</p> <p>24/7 mental health support service</p> <p>1300 22 4636 beyondblue.org.au</p>	<p>headspace</p> <p>Online support and counselling to young people aged 12 to 25</p> <p>1800 650 890 (9am to 1am daily)</p> <p>For webchat, visit: headspace.org.au/ehespace</p>	<p>Kids Helpline</p> <p>24/7 crisis support and suicide prevention services for children and young people aged 5 to 25</p> <p>1800 55 1800 kidshelpline.com.au</p>	<p>1800 RESPECT</p> <p>24/7 support for people impacted by sexual assault, domestic violence and abuse</p> <p>1800 737 732 1800respect.org.au</p>	<p>QLife</p> <p>LGBTI peer support and referral</p> <p>1800 184 527 (3pm to midnight daily)</p> <p>qlife.org.au (online chat 3pm to midnight local time, including over holidays.)</p>
<p>Lifeline</p> <p>24/7 crisis support and suicide prevention services</p> <p>13 11 14 lifeline.org.au</p>	<p>Suicide Call Back</p> <p>24/7 crisis support and counselling service for people affected by suicide</p> <p>1300 659 467 suicidecallbackservice.org.au</p>	<p>Mensline</p> <p>24/7 counselling service for men</p> <p>1300 78 99 78 mensline.org.au</p>	<p>13YARN</p> <p>24/7 crisis support for Aboriginal and Torres Strait Islander people</p> <p>13 92 76 13yarn.org.au</p>	

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:

FROM OCTOBER ONWARDS
EVERY 3RD SATURDAY

3:30PM

ENQUIRIES:

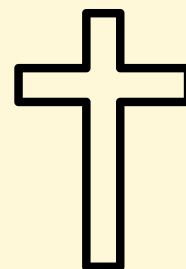
SACRED HEART PARISH

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

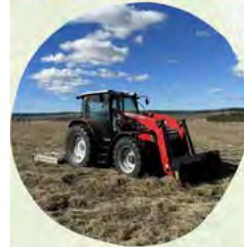
6725 4441 OR 6725 4202

WWW.ASHFORDBOWLING.CLUB
OFFICE@ASHFORDBOWLINGCLUB



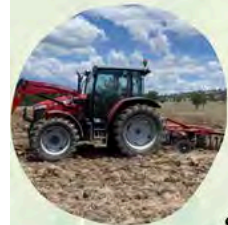
JCS

RURAL CONTRACTING



SERVICES INCLUDE:
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- 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

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!



CHEESY HAMBURGER RICE CASSEROLE

Ingredient List:

- 1 pound ground beef
- 1 (1.075 ounce) can cream of mushroom soup
- 1 (14.5 ounce) can diced tomatoes with juice
- 1/2 cup long grain white rice
- 3/4 cup shredded mozzarella cheese
- salt and pepper to taste



Method:

- Crumble the ground beef into a skillet over medium-high heat. Cook and stir until evenly browned. Drain off grease, and stir in the cream of mushroom soup, tomatoes, and uncooked rice. Cover, and simmer over low heat, stirring occasionally, until rice is cooked, about 15 minutes.
- Preheat the oven's broiler. When the rice is done cooking, transfer the contents of the skillet to a casserole dish. Cover with a layer of cheese.
- Broil until the cheese is melted and toasty. Season with salt and pepper to taste, and enjoy!

<https://www.allrecipes.com/recipe/83196/hamburger-jazz/>

BANANA AND PEANUT BUTTER MUFFINS

Ingredient List:

- 4 large over-ripe bananas, mashed, plus extra sliced banana to serve
- 1 tsp bicarbonate of soda
- 4 eggs
- 1 1/3 cups smooth peanut butter, plus extra to serve
- 2 tsp vanilla extract



Method:

- Preheat oven to 200C/180C fan-forced. Line a 12-hole (1/3-cup capacity) muffin pan with paper cases.
- Place all ingredients in a food processor. Process until just combined (don't over process or muffins will be tough).
- Divide mixture evenly among prepared holes. Bake for 15 to 20 minutes or until firm to touch. Stand in pan for 5 minutes. Transfer to a wire rack to cool completely.
- Top each muffin with extra peanut butter and a slice of extra banana. Serve.

<https://www.taste.com.au/recipes/5-ingredient-banana-peanut-butter-muffins-recipe/fhr8r8hc>

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

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

