

COMMUNITY TRANSPORT MATTERS

The Fuel Crisis & What it Means for You

Community transport is a vital piece of social infrastructure that helps people stay connected to their communities. Like many organisations across Australia, we are currently feeling the impact of rising fuel costs, and this is creating real challenges for service delivery.

However, we remain committed to supporting our community by providing tailored transport solutions that play an important role in reducing social isolation and supporting wellbeing in our community.

We also recognise that older Australians have carried a significant burden through recent national hardships, including COVID-19 and ongoing aged care reforms, which has left some older people struggling with service eligibility, cost and navigation challenges. With this in mind, our approach is clear: **In the short term, we will do everything we can internally to manage rising costs before passing any impact on to you.**

What does this mean in practice?

We are actively looking for smarter, more efficient ways to operate.

We are carefully managing how many vehicles are on the road each day to reduce fuel usage without compromising access.

You may notice slightly longer travel times as we optimise routes and group trips where possible.

These small adjustments help us maintain services while keeping them affordable but also sustainable for the future.

We understand that your time is valuable, and we appreciate your patience and support as we navigate these challenges. Please know that every decision we make is guided by our commitment to keeping you connected, supported, and moving.

Watch this space for updates as we continue to explore solutions.

Tara Russell

GENERAL MANAGER, CENTRAL COAST & HORNSBY KU-RING-GAI COMMUNITY TRANSPORT



Meet the staff PETER Business Manager

I joined the team recently and have found everyone incredibly friendly and welcoming. Having spent three years working from home, I've appreciated the collaborative office environment.

We moved from Geelong in search of warmer weather and are loving the change. Our two beautiful daughters are 6 and 9. My eldest has Kabuki syndrome and was one of the faces of Jeans for Genes Day last year, so keep an eye out in August and please wear your jeans to support a great cause.

Outside of work, I enjoy camping with my family and squeezing in a game of disc golf whenever I can.



FRIDAY 1 MAY

Fort Scratchley



A fascinating historic coastal fort at the entrance to Newcastle Harbour. Enjoy a guided tunnel-tour to explore ammunition rooms (no walkers, wheelchairs for tour). For those unable to take the tour, you will find plenty to see in the museum and grounds.

Bring your own picnic lunch.



Home pickups: Wyong, Gosford, Peninsula

\$25 per person transport only

\$36 transport + tour included

MONDAY 4 MAY

Poppy's Home & Garden, Lunch



Delight in visiting this most marvellous of nurseries, it's heaven for those that appreciate gardening, nature and the gentle outdoors. Then it will be time for a **tasty lunch at Belmont Golf & Bowls**, the perfect place for a wonderful lunch and equally pleasing views (your choice and cost).



Home pickups: Wyong residents

\$25 per person

Transport only

TUESDAY 5 MAY

Avoca Bowling Club



Located right on the sand at one of our most loved spots: Avoca Beach. It offers level entry-access, where the atmosphere is friendly and unhurried. This is the ideal place to relax, chat and enjoy time together. **Bring your seniors card/ID for \$15 meal** (your choice and cost).



Home pickups: Wyong, Gosford, Peninsula

\$25 per person

Transport only

WEDNESDAY 6 MAY

Mystery Tour



Join us for a most delightful day out on the Central Coast where the destination is a surprise (*Hint: we'll swap salt air for shaded roads, wending their way towards an old village— with a beguiling calmness, where time is kind and meals are warm* (your choice and cost).



Home pickups: Gosford/Peninsula residents

\$25 per person

Transport only

THURSDAY 7 MAY

Palmdale Lawn Cemetery



As this weekend is **Mother's Day**, Palmdale offers a peaceful, beautifully maintained setting, providing you with a place to remember, reflect and celebrate cherished memories. **Please note:** cemetery does have some uneven ground. Our visit will be followed by a **scrumptious lunch at the Tall Timbers Hotel** at Ourimbah (own cost).



Home pickups: Wyong, Gosford, Peninsula

\$25 per person

Transport only

FRIDAY 8 MAY

Mother's Day Morning Tea, Gosford 50+ Leisure Centre



Sit back and enjoy a cup of tea, scone, sandwich and cupcake. This is the ideal chance to relax, socialise and feel appreciated— all within a comfortable indoor setting. And you can join in on some fun-packed activities, including trivia and bingo (participation is optional).



Home pickups: Wyong, Gosford, Peninsula

\$37 per person

Transport + meal included

Key: To choose outings best suited for you, please look for these icons:



Some stairs



Some walking



Considerable walking



Uneven ground



Longer day



Suitable for wheelchairs



Suitable for walkers



Unsuitable for wheelchairs



Unsuitable for walkers

MONDAY 11 MAY

Brew Ha Ha



Start your day the most delicious way with a breakfast at one of Gosford's favourite spots: **Top Point Café**. Indulge in a freshly prepared breakfast (9.30—11am) menu, all served with expertly brewed coffee or tea (your choice and cost).



Home pickups: Gosford/Peninsular residents

\$25 per person

Transport only

TUESDAY 12 MAY

Pippis at The Point Hotel



Enjoy a relaxed scenic drive around the beautiful Lake Macquarie, taking in its sparkling water views and peaceful surroundings. Then enjoy a delightful lunch at Pippis at the Point, located right across from the waterfront, you won't find a better setting (your choice and cost).



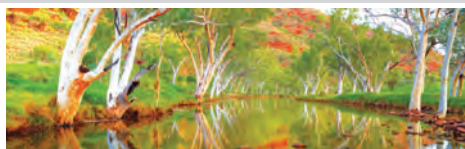
Home pickups: Gosford/Peninsula residents

\$25 per person

Transport only

WEDNESDAY 13 MAY

Ken Duncan Gallery



Here's something uniquely Australian: join us in visiting the Ken Duncan Gallery. You will delight in his breathtaking photography of our landscapes and coastlines. Afterwards, we will enjoy lunch at **The Sanctuary Café**, with its tasty bites, arty surroundings and 'no-rush' atmosphere (your choice and cost).



Home pickups: Wyong residents

\$25 per person

Transport only

THURSDAY 14 MAY

Poppy's Home & Garden, Lunch



Delight in visiting this most marvellous of nurseries, it's heaven for those that appreciate gardening, nature and the gentle outdoors. Then it will be time for a **tasty lunch at Belmont Golf & Bowls**, the perfect place for a wonderful lunch and equally pleasing views (your choice and cost).



Home pickups: Gosford/Peninsula residents

\$25 per person

Transport only

FRIDAY 15 MAY

Blokes On Board Fighter World



Calling all aviation fans and blokes looking for a great day out! Jump on board for our Blokes on Board bus trip to Fighter World, home to legendary fighter jets and two hangars full of hands-on aviation displays. There is even an observation deck to see in-service aircraft coming and going. Afterwards, we will refuel at **My Three Beans Café** (your choice and cost) and sit down for a chat with the boys.



Home pickups: Wyong, Gosford, Peninsula

\$40 per person

Transport + tour included



Blokes On Board: relaxed, group outings that focus on men keeping in touch with mates or making new ones



Young at Heart: these outings suit clients who enjoy longer days and being active—even a bit adventurous

MONDAY 18 MAY

Brew Ha Ha



Ease into your Monday with breakfast by the beach at the ever-popular **Bateau Bay Beach Café**. Think great coffee and super tasty breakfasts (9.30—11 am), (your choice and cost). Start the day right: fully caffeinated and smiling.



Home pickups: Wyong residents

\$25 per person

Transport only

TUESDAY 19 MAY

Pippis at The Point Hotel



Enjoy a relaxed scenic drive around the beautiful Lake Macquarie, taking in its sparkling water views and peaceful surroundings. Then enjoy a delightful lunch at Pippis at the Point, located right across from the waterfront, you won't find a better setting (your choice and cost).



Home pickups: Wyong residents

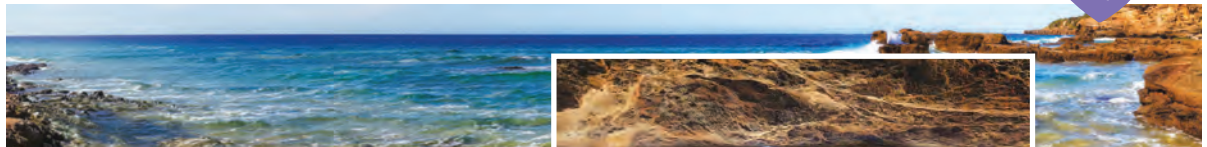
\$25 per person

Transport only

WEDNESDAY 20 MAY



Young at Heart Caves Beach



Get ready to kick off your shoes, feel the sand between your toes and embrace your adventurous side. We'll wander along the shore, explore the famous sea caves and soak up the ocean air. Participants must feel confident walking on the sand to fully enjoy this experience. After working up an appetite, we'll head to Caves Coastal Bar for lunch where you can relax, refuel and enjoy good food (your choice and cost).



Home pickups: Wyong, Gosford, Peninsula

\$25 per person

Transport only

THURSDAY 21 MAY

Gosford 50+ Variety Social



Come along with us for a relaxed morning of music, laughter and great company among like-minded people. Entry is just \$10 (own cost) and that covers you for a absolutely delicious morning tea and entertainment by 'Wild Honey'.



Home pickups: Wyong, Gosford, Peninsula

\$25 per person

Transport only

FRIDAY 22 MAY

Opportunity Knocks



Who doesn't love a good Op-shop adventure? We will explore two great ones during our hunt for hidden treasures, don't miss the bargain-spotting fun. After working up an appetite we will head to **Gosford RSL** for a relaxed lunch (your choice and cost), it'll be a great chance to show off your finds and refuel.



Home pickups: Gosford/Peninsula residents

\$25 per person

Transport only

Key: To choose outings best suited for you, please look for these icons:



Some stairs



Some walking



Considerable walking



Uneven ground



Longer day



Suitable for wheelchairs



Suitable for walkers



Unsuitable for wheelchairs



Unsuitable for walkers

MONDAY 25 MAY

Opportunity Knocks



Who doesn't love a good Op-shop adventure? We will explore two great ones during our hunt for hidden treasures, don't miss the bargain-spotting fun. After working up an appetite we will head to **Wyong Golf Club** for a relaxed lunch (your choice and cost), it'll be a great chance to show off your finds and refuel.



Home pickups: Wyong residents

\$25 per person

Transport only

TUESDAY 26 MAY

Palm Beach



Travel in comfort to this iconic beach, the famous filming location of Home & Away. We'll visit the surf club and Alfs Bait Shop — and there may be some filming in action so keep your eyes peeled. After soaking up the sights we'll relax with fish and chips at **Club Palm Beach**, enjoying good food, coastal views and great company.



Home pickups: Wyong, Gosford, Peninsula

\$80 per person • Transport + lunch

\$125 per person • Support at Home

WEDNESDAY 27 MAY

Mystery Tour



Join us for a most delightful day out on the Central Coast where the destination is a surprise (*Hint: we'll swap salt air for shaded roads, winding their way towards an old village — with a beguiling calmness, where time is kind and meals are warm (your choice and cost).*)



Home pickups: Wyong residents

\$25 per person

Transport only

THURSDAY 28 MAY

Ken Duncan Gallery



Here's something uniquely Australian: join us in visiting the Ken Duncan Gallery. You will delight in his breathtaking photography of our landscapes and coastlines. Afterwards, we will enjoy lunch at **The Sanctuary Café**, with its tasty bites, arty surroundings and 'no-rush' atmosphere (your choice and cost).



Home pickups: Gosford/Peninsula residents

\$25 per person

Transport only

NEW PROGRAM

Young at Heart

Looking for outings that go longer, further?

Young At Heart is our new social program designed for people who are a little more active (adventurous even), and want to go farther afield.

It is tailored for those who are: keen for longer days out; happy to use centralised pickups; comfortable with uneven surfaces and enthusiastic about gentle outdoor activities.

Join this month's Young At Heart outing to **Caves Beach** or call us to find out more.



NEW PROGRAM

Blokes On Board

The relaxed way to meet up with or make new mates

Retirement, loss of a partner, health changes and reduced driving can quietly shrink a man's world.

Recognising that many men bond side-by-side (not face-to-face) through shared activities, Blokes On Board (BOB) offers outings designed around men's interests. BOB provides older men with meaningful ways to stay socially connected and maintain well-being.

Join our BOB outing to **Fighter World** or call for details.



CCCT Shopping

Door-to-door return for just \$15

Erina Fair *For residents of:* Karing, Gosford, Wyoming, Springfield, Green Pt, Erina, Saratoga, Davistown, Kincumber, Avoca, Wamberal, Springfield and Pt Fredrick Mondays weekly • Drop off 10:00 / Pickup 12:00

Erina *For residents of:* Spencer and Gundeman
Every second Tuesday • Drop off 11:00 / Pickup 1:00

Lake Haven Shopping Centre *For residents of:* Lake Munmorah, Gwandalan, Summerland Point, Mannering Park, Chain Valley Bay and Doyalson North
Wednesdays weekly • Drop off 9:00 / Pickup 11:30

Lake Haven Shopping Centre *For residents of:* San Remo, Blue Haven, Buff Point, Norah Head, Budgewoi, Toukley, Gorokan, Charmhaven, Hamlyn Terrace and Canton Beach
Wednesdays weekly • Drop off 11:00 / New Pickup 2:00

