

INSIDE GOSSIP

Issue 50 A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

AUTUMN 2017

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You can also view Insight Gossip online at www.kooloora.org/newsletter/



Kooloora editorial

In this edition we'd like to give a special mention and a big thank you to Randwick City Council staff in recognition to the ongoing support provided to Kooloora. Recently the Council funded our Volunteer Awards event to help us celebrate Volunteer week and to say thank you to all Kooloora volunteers who make the wheels turn around here.

In the last few months we have been exploring new opportunities to open up Kooloora to the wider community and services in the area. The result is a few new programs available at Kooloora such as carers support, mental health talks, housing forums, My Time playgroup, Nar Anon Support Group (relatives of people affected by drug use) and Youth of The Streets access to Kooloora space.

We like to think of this as the beginning of the things to come and are looking forward to new collaborations.

Easter at Playgroup

The Easter bunny made a special visit to Kooloora leaving eggs all over the garden and centre! The Easter egg hunt was a lovely way to complete our first Term for the year and see kids and parents playing together. In playgroup we often celebrate major calendar events from a diversity of cultures. Please feel free to contact us for more information on our playgroup.

Playgroup runs every Monday & Wednesday from 10am-12pm, call Sarah on (02) 9661 9160 for information.



OZ HARVEST MARKET HAS ARRIVED!!

The OzHarvest

Market is Australia's first ever rescued food supermarket. It is operating as a pop up marketplace in Kensington where you can take what groceries you need and give what you can. Volunteers help you pack your bags on your way out.

Details are:

147 Anzac Parade,
Kensington

Opening Hours:

10am-2pm
Mon-Fri

For more info contact:
sdney.info@ozharvest.org



Join our casual carers group

We have held two Carer Talks in May which aimed to provide a safe space to chat, share insights and find out information about local services.

Carers Talks will continue to be held once per fortnight. We meet in the community garden behind Kooloora, catch-up and learn over light snacks & a cup of tea. It aims to support those caring for someone else, whether it be your child, your partner or even your neighbour. The group has occasional visits from experts in the field so you can stay up to date with information and resources for your own well being.

These run every second Wednesday
from 1-2pm at Kooloora Community Centre

New bilingual books are coming to Playgroup!

Thanks to the *Let's Read* health promotion initiative by NSW Health, we have been able to receive bilingual books for children 0-5, plus children's books based on Aboriginal culture. We expect books in Arabic, Mandarin and Polish which can be used during playgroup as part of our commitment to improving literacy through reading in young children. If this is of interest to you please contact us directly or drop in to check out our new resources.

Volunteers awards & multicultural lunch

On 15th May we said thank you to our dedicated volunteers for all their hard work, support and compassion. Kooloora is able to operate because of the ongoing dedication from each and every volunteer and we are very grateful for their effort and commitment. The multicultural lunch was a great way to celebrate together. Special thankyou to Randwick City Council for helping the day happen.





Public housing forums in Namatjira, Bilga and Mirabooka



The Tenants Participation Resource Service (TPRS) in collaboration with Kooloora Community Centre are putting on three community information events, one at Namatjira, one at Mirabooka and one at Kooloora.

The events are free for everyone to attend, to get updates and share information on matters regarding public housing.

Some of the topics covered:

General housing information, your expectation from FACS and from your local community services, any changes you would like to see in future, any difficulties or challenges that you are facing, your experience with the changes in public housing, work together with agencies and tenants etc.

Dates and times:

Namatjira Tenants consultation meeting - Wednesday 7 June 11am-1pm, 1 Chifley Place, Namatjira community room, Morning Tea provided;

Bilga Crescent Tenants consultation meeting - Wednesday 21 June 12.30-2.30pm, at Kooloora Community Centre, food provided;

Mirrabooka Crescent Tenants meeting consultation meeting - Wednesday 12 July 11-1pm, backyard of 51 Mirrabooka Cres. Little Bay, BBQ will be provided weather permitting.



Youth Off The Streets at Kooloora Park

Youth Off The Streets are coming to Kooloora park to support the local youth every Wednesday 4-7pm. Everyone is welcome to join in for some food and drinks, sport and recreational activities with the added convenience of individual support and assistance with referrals to other services and other important information.

The activities will take place behind Kooloora Community Centre-167 Bilga Cres, Malabar, or inside Kooloora during wet weather.

For more information contact SES Outreach on 0477 388 709 or

AndreaG@youthoffthestreets.com.au



5 Free podiatry visits through Medicare !

Did you know patients with complex and chronic medical conditions managed by their GP are eligible for subsidised visits to private Allied Health practitioners?

These subsidised visits are a Government incentive via a **Medicare based scheme** called a Chronic Disease Management Plan (CDMP), formerly known as an Enhanced Primary Care (EPC) Program.

These plans can include visits to a range of Allied Health providers.

If you required Podiatry for example you would need to visit your GP and receive a CDMP. From here you would be eligible to **5 free podiatry sessions** with a Allied health professional per calendar year.

New playgroup at Kooloora

MY TIME

In partnership with Playgroup NSW, Kooloora has opened its doors to a new playgroup called My Time.

My Time is a relaxed, supportive playgroup for families facing challenges with children.

While you attend, a play helper engages your child.



My Time runs during school terms on Tuesdays 10am-1pm at Kooloora Community Centre.

Attendance is free and everyone is welcome!

**Worried about someone's mental health or your own?
Call this FREE number
24/7 and connect with local, trained mental health professionals**

Mental Health Line
1800 011 511 



In May we started our very first Garden Circle; an interactive garden program for parents and kids 0-5 years of age. The program runs from the community garden next to Kooloora. It provides children & parents/grandparents the opportunity to get outdoors, learn about nature and connect.

*This runs all year round and is open to new parents/carers at any time.
Contact Circles of Learning on: (02) 9327 7750*



Kids getting active in our community garden! With Women's Sport NSW on International Women's Day earlier this year

Woodturners Shed at Kooloora

We have a winner!



Catherine Ritter from the Eastern Region Woodturners Shed located at Kooloora Community Centre has won all three first prizes at the Sydney Royal Easter Show!

And it was almost a missed opportunity. In Catherine's own words: "I have never considered myself to be a great woodturner.

Although I make all types of items from jewellery to vases, platters and lidded boxes I simply quietly work at improving my craftsmanship with each piece.

As a result I almost did not enter anything into the Royal Easter Show. I did not consider my items to be of a high enough standard. However the results speak for themselves." Congratulations to Catherine and to the Woodturners Shed for the big success.

/photo/ SEGMENTED VASE—FIRST PRIZE AND AWARD OF EXCELLENCE

CADRE: Lets talk about mental health

Outdoors was the perfect setting under the gum trees for our CADRE talks in May!

The purpose of CADRE is to create ordinary champions and leaders who in their own community can create positive influence. The program provided a clearer perspective on mental health, helping participants feel empowered and inspired to raise awareness and decrease stigma.

We aim to hold CADRE again so that more people have the chance to take part in change from the ground up. For further info visit: <https://cosnp.info>

