

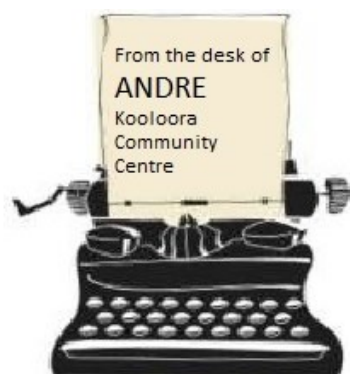
# INSIDE GOSSIP

Issue 48 A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

SPRING 2016

Kooloora Community Centre, 167 Bilga Crescent, Malabar NSW 2036 P hone: (02) 9661 9160

E: koolooracommunity@outlook.com



Again this year Kooloora received its much needed financial lifeline through the local Club Grants to be able to support our community. Grants were received to provide free places in Kooloora Vacation Care, to print this newsletter and to provide mental health information and referrals for the local community.

Another large project to redevelop Kooloora's playground is currently being planned with the support of the Social Housing Community Improvement Fund and the playground renovation is expected to take place early next year.

We are planning to extend and improve the playground for our youngest and most precious to be able to enjoy in our Supported Playgroup.

We acknowledge the ongoing support from Randwick City Council, the Department of Housing and the Department of Families and Communities.

A big thank you to UTS Shopfront for designing our new Kooloora logo.



## Defibrillator at Kooloora

Randwick City Council applied for a \$5,000 grant from the Stronger Communities Program through The Hon Matt Thistlethwaite's office for the defibrillators as well as matching the grant from Council funds.

The result of this joint initiative was a free modern defibrillator for Kooloora and few other community and sports organisations in the area.

The defibrillator was presented to Kooloora by the Mayor of Randwick Noel D'Souza together with The Hon Matt Thistlethwaite MP and it was received by our President Ms Nadia Sandona.

In addition to providing the defibrillators, Randwick Council also provided the training for Kooloora staff on how to use the defibrillators in the event of an emergency.



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## Annual General Meeting 2016

Kooloora's Annual General Meeting was held on the 19th September. Some fifty members of the community attended together with representatives from the local organisations and tenants action groups.

Matt Thistlethwaite, Federal member for Kingsford Smith again voiced his support for the communities serviced through Kooloora Community Centre.

Also present was Ms Mira Topic, representative of the Department of Families and Communities.



Kooloora got its new Management Committee elected at the meeting and the Committee Members are as follows:

Nadia Sandona-President, Christine Wainwright-Secretary, Jo Bowen-Treasurer; Gillian Collinson and Rohan Macdonald are the new Vice Presidents; Maryam Jacobs, Ron Harris, Noreen Carr—Committee members and Geoff Cook is the representative of the Woodturners Shed. Congratulations to the new Board members.



### **Kooloora's success with the Australian Hearing Bus providing free hearing checks for our community.**

Australian Hearing is a mobile hearing service which began operating in 2009, providing over 28,000 free hearing checks across Australia.

On Friday 16th September Australian Hearing parked at Kooloora Community Centre, receiving a positive response from local members who turned up for their free hearing check. If you have any questions regarding how you can receive advice and support about your hearing, call or drop into our community centre today!

## Smoke Alarm & Battery Replacement Program



The Smoke Alarm and Battery Replacement (SABRE) program assists seniors and people with a disability who are vulnerable in the case of a fire because they are not able to install and/or maintain their smoke alarms.

Firefighters can visit the residence at an arranged time

to install a battery-operated smoke alarm or replace existing smoke alarm batteries at no cost. The resident must supply the battery operated smoke alarm or batteries. Firefighters can provide home fire safety advice while visiting premises.

**Contact 1800 151 614 to speak with your local fire station & arrange your home visit.**

## KOOLOORA VACATION CARE

Kooloora Vacation Care provides children aged 5 – 14 year in the local community with childcare services during the school holidays which are enjoyable, fun and safe.

In the September / October Vacation Care program we welcomed 5 new families with 12 new children and a total of 46 children. We had twelve children in our targeted program who access free attendance with eleven children accessing our bus service to and from vacation care each day.

In our two week program we enjoyed five in-centre days, one incursion, three excursion days and one public holiday on the long weekend. Our excursions were to Putt Plane and Des Renford Aquatic Centre. Our in-centre days were Graffiti Art, My Healthy Kitchen Rules, Crazy Hair Disco and Pizza Pyjama Party and Bring Your Pet day which was a wonderful success with some children bringing in their pets to share time with us.

We also enjoyed one incursion by Bubble Soccer where we got to run around in big inflatable bubbles trying to stay upright and play soccer. Lots of fun.



We have supported a number of children with special needs at Kooloora Vacation Care, which would not be possible without the dedication and commitment of our valuable and experienced team who know our children and families well and provide them with a caring, fun and safe service. Kooloora Vacation care take a number of kids from financially disadvantaged families.

If you would like to enrol your 5-14 year old child in the January 2017 vacation Care at Kooloora, call 9661 9160.



## SENIORS AND ONLINE SCAMS

Online scams are targeted at many people and filter through our inbox often. Australia's seniors are one group who may be a victim to online scams from time to time and thus may benefit from reading our top tips. These tips have been provided from SCAM WATCH, an Australian Competition and Consumer Commission advice service:

### **FIVE TOP TIPS**

**Tip #1:** Scammers often try to create a sense of urgency through short deadlines, fake emergencies or threats of legal action. Be aware of an offer that may be pressuring you into making a decision fast.

**Tip #2:** Be suspicious of requests for money – even if they sound or look official. Government departments will **never** contact you asking for money upfront in order to claim a rebate

**Tip #3:** Before ANY commitment you make online, Verify the identity of the contact by calling the relevant organisation directly through the phone book or a Google search. Do not use the contact details provided in the message sent to you as these might be fake

**Tip #4:** Be wary of people you meet on social media or through online dating sites who request your private contact details.

**Tip #5:** Always do your own research before you invest money and check the company or scheme is licensed on ASIC's Money Smart website.

For reliable, safe information and support regarding an online scam you or your family member may have experienced, please call:

SCAMWATCH 1300 795 995



## Stepping On

Building Confidence and Reducing Falls

Stepping On is a new program for seniors at Kooloora, run in partnership with the NSW Health Promotion Services during the month of October. The program offered older people a way of reducing falls whilst increasing their self confidence in situations where they may have been at risk of falling.

Stepping On incorporates a group setting plus individualized follow-up. It covers a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and understanding how to initiate a medication review.

For more information please call 1800 823 002.



### A collection of Indigenous education projects.

The Aspiration Initiative aims to broaden the conversation about what is possible for Indigenous Australians in relation to academic achievement – from school attendance and minimum benchmarks to academic excellence in Australia and on the world stage. This includes links to Indigenous scholarships, International opportunities and how to become involved in the TAI academic enrichment program.

To connect with their community go online or call:

[www.theaspirationinitiative.com.au/](http://www.theaspirationinitiative.com.au/)

(02) 9310 8407

# YOUTH MENTAL HEALTH

**Do you know of a teenager going through**

**some tough times?** Growing up in today's age is reportedly more complicated and confusing than ever before. As a parent, grandparent or even as a neighbour, it can be hard to know the difference between what is normal or expected teenage behaviour and what might be an emerging mental health problem. Intense irritability, school refusal and bizarre sleep patterns is some of what you may expect during the tough teenage transition. The most important sign to recognise is if such feelings and behaviours persist for long periods of time or begin to interfere with their **daily** life.

If this is something you notice it can be an indication of a mental health concern. As a care-giver it is important to recognise that these are signs of a need for help which the young person may not be able to articulate.

Addressing your worries is a task which does not need to be taken on alone however. There are services in our area you can call who are there for support.



Shop 3/669 Anzac Parade, Maroubra  
**9305 4611**



20 Bronte Rd, Bondi Junction

**9366 8800**



63a Wairoa Avenue

Bondi

**9365 2500**

## ***New computers at Kooloora!***

Thanks to students from **THE UNIVERSITY OF NEW SOUTH WALES** for donating computers to Kooloora. These computers are up & running and have replaced some of our older systems. Anyone in the local area needing access to a computer is welcome to drop-in for web-browsing and typing, with our free access to the internet.

eReuse is a student start-up and not-for-profit organisation with the goal of supporting a sustainable e-waste management system.



## Getting rid of fines with a Work and Development Order



MR JOHN CITIZEN  
18 SAMPLE STREET  
MCMAHONS POINT NSW 2060

**PAY NOW**

Pay your fine now or lose your licence, possessions or money from your bank account.

**Unpaid Fine**

Reference Number:	123456789
You owe:	\$999.00
You must pay by:	29 MAY 2012
Payment Reference Number:	123456789
To pay now, call:	1300 130 112

For more information, go to: [www.sdro.nsw.gov.au](http://www.sdro.nsw.gov.au)

If you receive a fine or enforcement notice from the State Debt Recovery Office (SDRO) it is important not to ignore it.

If left unpaid the SDRO could cancel your licence and registration, take money from your pay or directly from your account, or take you to court.

If you are not able to pay the fine straight away there are a few things you can do:

- Make a part payment (min \$20) to pay the fine off, so long as the fine is fully paid before the due date on the reminder notice.
- Ask for a review of the fine (for special circumstances) at the SDRO.
- Decide to have the matter heard in Local Court.
- Agree to pay instalments out of your Centrelink benefit.
- If the fine is for a traffic offence and you were not driving the car, submit a declaration to SDRO telling them who was driving the car. Do not give wrong information though; giving false information is a criminal offence and can result in a fine of up to \$11,000.
- Apply for a Work and Development Order. A Work and Development Order (WDO) involves working, or receiving counselling for drug or alcohol addiction to pay off the fine.

You can apply for a WDO if you have a mental illness, intellectual disability or cognitive impairment, if you are homeless, if you are experiencing acute economic hardship, or have a serious addiction to drugs, alcohol, or other volatile substances.

If you are eligible you can apply for a WDO with the help of an approved organisation in your local area. There is a list of some organisations on the SDRO website. Alternately, you can also call the SDRO WDO info line on 1300 478 879 and they can help you locate an organisation in your area.

If you want to ask for the fine or apply for a WDO it is best to get legal advice. You can contact Kingsford Legal Centre on 9385 9566 to book an appointment to receive advice.



## P&C FUNDRAISER: CHIFLEY PUBLIC SCHOOL

Chifley Public School is extending an invitation to past and present families and members of the community who may wish to leave a lasting memory from their time at Chifley Public School by buying an engraved paver. Please contact Chifley Public School on 9661 3014 for further details!

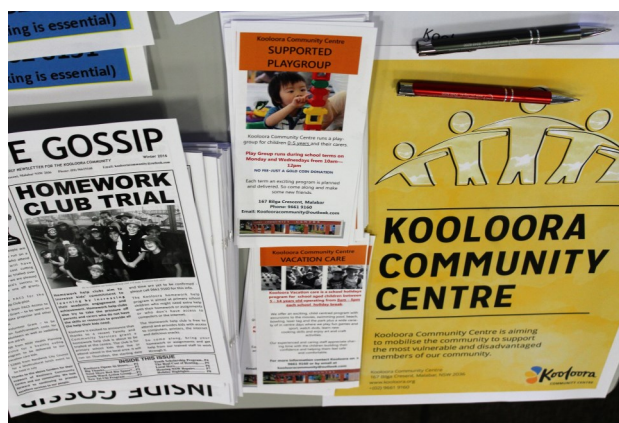


# GRANDPARENTS RAISING CHILDREN EVENT



The Grandparents Raising Children event was held on Thursday 27th October at The Bowen Library. The event was aimed at supporting local grandparents who are either full time carers, or often caring for their grandchildren on a weekly basis. Kooloora was fortunate to be a part of the working committee and also ran a stall on the day.

It was fantastic to see so many services who are here to really meet the needs of our grandparents. At Kooloora we acknowledge the important role that all our grandparents play in caring for their grandchildren. We also want to ensure that grandparents feel that their own physical, financial and emotional wellbeing needs are met. To help grandparents with their own health, a service directory was created and distributed to local services in the Eastern Suburbs. Please contact us if you would like more information on how you can be supported as a grandparent.



## SERVICES OF OFFER AT KOOLOORA COMMUNITY CENTRE

COMMUNITY HALL  
FREE LEGAL ADVICE  
INFORMATION &  
REFERRAL  
PLAYGROUP  
SOCIAL GROUPS  
TAI CHI



GENTLE EXERCISE  
FITNESS FOR  
SENIORS  
VEGED OUT  
VACATION CARE  
EAPA BILLS ASSIST



# Supported Playgroup

Kooloora has been running supported playgroup for many years. The team consists of a playgroup co-ordinator, dedicated volunteers and helpful staff from Randwick City Council.

The aim of the playgroup is to support a variety of parents and carers by providing their children a space to learn, interact and play with other kids. It also acts as a place where carers get to connect to each other, receive advice and information in relation to parenting and find moments to engage in play with their own children. Parents say they feel welcomed and well taken care of at Kooloora Playgroup, yet most of all that they appreciate their children having the opportunity to run around outdoors, read books, play in the sand and grow their social and emotional skills. Kooloora supported playgroup is an amazing mix of parents, single mothers, grandfathers, aunties, baby sitters and every thing in between! We aim to create a safe and accepting space, where you can drop in, have a cup of tea and engage with your children whilst connecting to community.

**Playgroup runs every MONDAY & WEDNESDAY from 10-12pm, during school term. Gold coin donation & a piece of fruit for morning tea.**  
Hope to see you there!



 **VEGED OUT**   
Local fresh fruit & vegetable program at  
KOOLOORA COMMUNITY CENTRE



**fortnightly on  
FRIDAY 9-230pm**

