



# INSIDE GOSSIP

Issue 53    *A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY*

SUMMER 2018

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[www.kooloora.org](http://www.kooloora.org)

## Kooloora news



We are excited to announce a new staff member at Kooloora! Last year we said goodbye to Sarah and this year we say hello to our new community worker Lynda. Lynda comes with a wealth of experience and will be a great asset to our community.

Kooloora staff has completed the Harwood Lab training to be able to better understand and support the local community. We are keen to start using the newly gained knowledge to build a better network around Kooloora.

## English Classes for people from non English speaking background at Kooloora

Kooloora Community Centre is calling for expression of interest from community members, friends and relatives who would like to learn basic or intermediate English. The program is planned to take place on Thursdays 10:00-11:30 in school terms.

Our experienced staff will help you improve your English conversational skills. If you or someone you know are interested to receive this



free language learning program, call us on 9661 9160 for more information.

## ***Fitness for Seniors***

**FITNESS FOR SENIORS.** A low impact aerobic class which improves strength, flexibility and coordination. This class is for men and women. Every Tuesday 9am-10am, excluding school holidays.

**GENTLE EXERCISES.** This class is for the very frail, those experiencing physical disability or are recovering from illness. This is a chair class with simple movement to music. 10am—11am followed with a light lunch. Every Tuesday and Friday, excluding school holidays. Transport through Kooloora can be arranged.



# Kooloora Vacation Care

January 2018 program

***"To provide 5 – 14 year olds in the local community with childcare services during the school holidays which are enjoyable, at their interest level and safe."***

During the three weeks we enjoyed five in-centre days and nine excursion days. Each week we had three excursions; Frenchman's Bay swim, Des Renford Aquatic Centre, a walk over The Sydney Harbour Bridge and a swim at North Sydney Pool, Inflatable World and movies at Fox Studios. Our in-centre days were; Summer Camping day, Big Competition Day, Commonwealth Games Day, "C" Day and Water Bomb Bonanza Day. We particularly loved our in centre days as they were full of fun activities.



The success of our program is largely due to our dedicated and committed staff headed by Nicole. Their support and care of the children is always appreciated and vital in the ongoing functionality of our service. Randwick Council and for their continued management of Vacation Care ensuring we provide our families in the community with necessary support and our children are provided with fun, safe and enjoyable activities each school holidays.

*My favourite day was The Sydney Harbour Bridge walk and swim in North Sydney pool because I liked the sights from the bridge. Sienna ( 8 ) and Chloe ( 11 )*

*My favourite day was Inflatable World because everything was inflatable and I also liked the pair fighting because you get to fight and defeat your friends. Faith ( 6 )*

*My favourite day was Big Competition Day because I liked playing dodgeball and I won lots of snakes with my team. Poppy ( 7 )*

**If you'd like to book your children for the April Vacation care program, go to [www.kooloora.org](http://www.kooloora.org) where you can download the be new program and the booking form, just look in the vacation care tab on the website.**

## Kooloora Supported Playgroup



Kooloora's playgroup is up and running again, now facilitated by our new community worker Lynda who brings a wealth of experience and skills which will be very well used at Kooloora.

We say thank you and goodbye to Sarah who was facilitating the playgroup in the last two years and left a great legacy to be followed.

Another exciting news in play-

group is the new playground. The play area has been fully renovated and ready to go. The sandpit area is larger, surrounded by a nice rubber padding for safer play and covered with a sail shade, making it a pleasant place to spend a couple of hours with your young ones. Thanks to the Department of Housing Social Housing Community Improvement Fund for the generous grant that made the playground renovation possible.

We are now inviting new and existing families to join us again this year. Our playgroup is supported by qualified and creative staff who provide a safe and fun learning environment, each school term on Mondays and Wednesdays 10am-12pm. Entry is by gold coin donation and a piece of fruit and everyone is welcome.

## My Time Playgroup

**Tuesday 10am-12pm**

My Time is a playgroup run by Playgroup NSW. It is a support group for parents where you can meet and have a coffee chat and morning tea. It runs for 8 weeks during the school term. It's a small relaxed friendly playgroup. We have about 6 mums and 10 children aged between 1-5.

The playgroup is on a Tuesday from 10am-12pm. The playgroup is free and we provide morning tea and activities for the kids. Everyone is welcome to attend.

Our last day for the term will be on Tuesday 27<sup>th</sup> March.  
We will start back on Tuesday 1<sup>st</sup> May.





# VEGED OUT

## Fruit & Vegetable co-op

*Are you after a convenient and affordable way to feed your family  
fresh fruit, vegetables and baked bread?*

Then maybe it is time to join our Fruit & Veg co-op VEGED OUT to receive a bag packed with seasonal fruits, vegetables and complimentary sourdough baked bread and buns.

This co-op has been running successfully from Kooloora for the past few years as a fully volunteer operated initiative where the cost per bag goes straight towards paying for the full cost of the fruit and vegetables. This is a great way to ensure you have fresh food in your home without the overhanging costs.

**If you are interested to join up or simply learn more call us on 9661 9160.**

**VEGED OUT runs every second Friday except during school holidays  
at \$12.00 per bag and is available to everyone.**

## SEEKERS DONATION SUPPORTING THE COMMUNITY BUS

The Seekers, our group of crafty seniors made a generous donation that towards the purchase of new tyres and a battery for our community bus. This donation helped Kooloora to maintain the safety and reliability of the bus. The community bus is used to transport our community groups as well as the children attending Vacation care.

A big thank you to the Seekers for helping Kooloora to continue to provide its services to the community in such a meaningful way.

Anyone who likes a good chat over a cuppa and a cake is welcome to join the group. Knitting is optional.



## Shopping Bus .. Bookings essential 9661 9160

A free shopping bus service by Kooloora Community centre running every Wednesday during school terms between 9.30am—2pm.

Starts from Kooloora 9.30am, then picks up passengers near the next two bus stops on the way to Anzac Pde. Next pick up bus stop near Mirabooka & Alkoo Ave 9.40am, near Namitjira & Nyan St 9.50am and the Soldiers Settlement 10am.

**Step 1:** call Kooloora prior to Wednesday to book a seat and confirm time.

**Step 2:** Once confirmed, wait at your nearest collection point

**Step 3:** Arrange with driver if you need a return lift after shopping



# Christmas Party 2017

Late last year we held our annual Christmas party! It was opened with a special acknowledgement of country, a surprise visit from Santa Clause for all the kids in playgroup, delicious food and the good company of around 70 locals and partnership services.

Kooloora would like to say a big **thank you** to everyone who attended this day and pitched in to help us celebrate another great year. Such events do run smoothly without people on the ground helping out.

We would especially like to acknowledge the support of Anna from Department of Housing and Randwick Council for their ongoing recognition of Kooloora, with special thanks to Michael Daley, Danny Said, Dylan Parker and Noel D'Souza.

We hope everyone has had a safe and happy holiday and wish you well for the year of 2018.





## FREE training program: Ipads, Tablets & Computers

Would you like to learn how to use your android mobile phone, tablet, ipad or home computer? This program is open to anyone interested in learning new skills and tips. You can bring your own device or use our training tablets.

**Contact Kooloora to book: (02) 9661 9160**



## SENIORS AFTERNOON

### FREE Creative Afternoon With Light refreshments

**Monday 2 April 2pm—3pm**

Come along and join us to celebrate Seniors Festival this year with a fun creative art afternoon. Facilitated by Lynda our new Community Worker, you will have an opportunity to socialise and create. You don't need to have any experience with art, just enjoy colour and socialising!

