

INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 56

NOVEMBER 2018

167 BILGA CRESCENT, MALABAR NSW 2036 ~ (02) 9661 9160 ~ koolooracommunity@outlook.com



Kooloorra News



Kooloorra Community Centre has recently been approved with the status of Public Benevolent Institution by the Australian Charities Commission. This will enable tax deductible donations as well as other concession to improve the financial position of the centre and the services provided to the community.

Kooloorra is expanding its space. We have received several state and federal government grants that will give us more floor space so that we can plan for new and better services next year.



Kids Zone is a weekly after-school activity program run at the Kooloora Community Centre for children aged 6-13 years in the local community. The program is funded by the Health Promotion Service, South Eastern Sydney Local Health District to run one day per week for 12 months (July 2018 – June 2019). The goal of Kids Zone is to improve the safety, health and well-being of children in the Kooloora community. The program aims to provide a safe and supportive environment for children and build life skills focusing on physical health and well-being.



Kids Zone has 18-20 children attending each week. The three-month activity report (July-Sept 2018), showcases an exciting program with positive and engaging activities for the children attending.

Each week children are provided with a nutritious afternoon snack upon arrival, engage in a range of physical activities and fun games followed by a hot dinner meal with supporting nutritional education. The children are involved in the cooking of the meal when appropriate. Kooloora also ensures there is no computer use during Kids Zone hours.

Kids Zone is run every Monday from 3:30-6:00pm during school terms. This program is free to the community. If you are interested, give us a call or check our website for more information

KOOLOORA VACATION CARE

October 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"



My favourite day was "Its My Birthday" because I got to play lots of fun games and eat birthday cake. **Brandon, 11**

My favourite day was 70's Disco because we danced a lot and played lots of cool games. **Will, 7**

My favourite day was Madame Tussaud's because it was fun in a creepy way because they looked really real. **Tara, 11**

My favourite day was Halloween because I played my first game of Dracula ever and it was really thrilling. **Jodie, 10**

My favourite day was Masterchef because we got to judge the food the older children made and we got to make and eat apple pies. **Harmony, 7**

My favourite day was Masterchef because there were lots of cool cooking challenges and it was really fun. **Ellie, 10** and **Joshua, 11**

My favourite day was Halloween because we got to play lots of games, go apple bobbing and we made slime. **Lily, 9**

****A reminder to everyone that Vacation Care enrolment is now open for January 2019 school holidays. Visit our website www.kooloora.org for more information or call Nicole Arathoon, Vacation Care Coordinator on 0410 405 464. Hurry! Slots are filling up fast. We have lots of fun activities lined up for your kids!**



KOOLOORA SUPPORTED PLAYGROUP

As summer season is here, please make sure your kids are protected when playing outside. Please bring hats, sunblock and bottled water. We also encourage moms to help their kids in washing their hands before and after eating morning tea to avoid diseases such as measles and hand-foot-mouth.

Our Playgroup Christmas Party is on the 5th of December from 10am to 12noon. Food and drinks will be provided but if your child has special dietary requirements, kindly bring food for your child. Please bring a wrapped gift/s for your child/children with their name on it. Santa will be the one to give the gifts to the kids. We also have face painting and lots of singing and dancing!

Thank you to our new volunteers, Grace Manolas, Sarah Quinn, Yeon Hong Kim, Christie Robson, Varunthorn Pornchokanantachai (Mickey), Georgina Russel, Mitra Abedini and Amber Golsby. Thank you to our resident volunteers, Maryam Jacobs, Felicita De Guzman, Christine Wainwright, Nicola Tustin. Our Playgroup continues to be enjoyed by moms and kids in our community because of all your effort. Thank you!

Thank you to everyone who continues to support our Playgroup. We enjoy seeing little kids grow with us and your constant support makes it possible for us to offer a free, safe and enjoyable place for your little ones.

Monday and Wednesday
10am-12pm
during school terms



If you are interested to join our Playgroup, call 02 9661 9160 or email koolooracommunity@outlook.com

VEGED OUT



Here are the faces behind our wonderful Veged Out program. Thank you Jenny Kelly, Pearl Smith, Lorraine McFarland, Keith McFarland, David Haugh and Nicola Tustin for your relentless effort in continuing this program. Your hard work and dedication does not go unnoticed.

Our Veged out program aims to bring fresh and affordable fruits and vegetables to the community. For \$12, you can get a bag of seasonal fruits and vegetables and a big loaf of fresh bread from Brasserie.

Dates for VEGED OUT for the rest of 2018: 30Nov and 14 Dec. Veged Out will resume after school holidays.

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.

Family Garden Circle

The return of our Family Garden Circle has turned out to be a huge success. Thanks to our usual Playgroup moms who now comes to our Tuesday Family Garden Circle as well.

Gardening promotes well-rounded development for your kids. It encourages them to eat healthier, increase their memory and focus, and build their sense of confidence helping your child to feel more capable and independent.



Thank you to our volunteers Nadia Sandona and Felicita De Guzman for leading our Tuesday group and for tirelessly working on our garden.

If you are looking for fun activity for your kids every Tuesday, come and join our Family Garden Circle. Free for all! Please bring hats, bottled water and wear closed shoes for protection. For more information, call 02 9661 9160. Check our Facebook for some photos from previous gardening days.

SERVICES at Kooloora COMMUNITY CENTRE

English Classes

Kooloora is offering FREE English classes for anyone interested improving their English skills. Meet up with others to exchange conversations in a relaxed and fun environment. Join us every Thursday mornings and make new friends!



Computer Classes

Come along and learn how to use your android tablet, ipad or personal computer. This program is open to anyone interested in learning a new skill. You can bring your own device or use our desktops for free at Kooloora. Please be advised that this program is run by our dear volunteers. If you have admin skills and looking for a volunteering opportunity, feel free to talk to us or call Kooloora.



Fitness for Senior

Are you looking for an exercise group for your parents or for yourself? Our seniors exercises are FREE. We can pick you up from your home as well. Classes are every Tuesdays 9am-10am and 10am-11am for the frail. The exercise class is open to everyone whether male or female. Call us for more information.

The Seekers

The Seekers is a social group for women over forty five years. They meet every Monday afternoon at Kooloora Community centre during school terms. The Seekers busy themselves with trips, outings, craft but mostly it is an opportunity to catch up with friends.

Tai Chi

Tai Chi is a type of exercise involving smooth, flowing movements. Even though this class is not specifically for seniors, it does help improve strength, balance and flexibility. Tai Chi class is every Thursday 10am-12nn, during school terms. Join us for morning tea after.



Woodturner's Shed

Are you looking for a new hobby or you just want to connect with people who share the same interest? Come and join Woodturner's Shed. With annual membership fee of \$45, members can enjoy free use of the facility, books, magazines and videos & DVDs covering a wide range of woodworking subjects. For more information, please contact Phil McCloud -0418 267 096.



Energy Accounts Payment Assistance

The Energy Accounts Payment Assistance (EAPA) Scheme helps people experiencing a short term financial crisis or emergency to pay their electricity or natural gas bill. The scheme helps people stay connected to essential energy services during a financial crisis. At Kooloora you will be seen privately with a trained EAPA volunteer. Your session time will vary depending on your personal situation so allow at least an hour in total. EAPA assistance is every Tuesday from 9am-12nn during school terms.

Kingsford Legal Centre

Kingsford legal Centre is a community legal centre that providing free legal advice, casework and community legal education to people who live, work or study in the Randwick and Botany Bay local government areas of New South Wales. Kingsford Legal Centre is at Kooloora every fortnight (same day as Veged Out), during school terms. Contact us to book your appointment.

Information and Referral Services

We aim to provide relevant information to the public at all times. This support is streamed through various means and includes face to face referral services. Access to the information and referral services is year round, except during school holidays.

FOR MORE INFORMATION, VISIT OUR WEBSITE www.kooloora.org

South Sydney Avicultural Society

South Sydney Avicultural Society has been in existence for sixty years and is now part of Kooloorra . They hold their regular monthly meetings on the fourth Tuesday each month, except in December.



They hold their meetings from 7.30 -10.30 pm and during this time bird fanciers who breed Budgerigars, Finches, Canaries or Parrots enjoy one another's company, viewing some lovely films and DVD presentations of aviculture from all around the world. Members can discuss any aspect of their breeding and feeding programs with other members during this time. As it is a social society, they always also enjoy having supper together during their meetings.



Anyone interested in aviculture is always welcome to join the monthly meetings. Contact Bruce Bradford at 02 9344 0779 or email bnbradford@tpg.com.au for more information.



OZ Harvest now at Kooloorra

OzHarvest is Australia's leading food rescue organisation, collecting quality excess food from commercial outlets and delivering it directly to more than 1300 charities supporting people in need across the country.

Kooloorra is happy to announce that we are in discussions with OzHarvest to start providing free food to our Kooloorra community in 2019. We need assistance with the packing of the deliveries and distributing them to the public. If you are looking for a volunteer work, please let us know. We will announce on our website or on our Facebook page once we start with the program.

Looking for Space?

Are you a community group with no government funding and looking for a space for your group activities, meetings or weekly catch-ups?

For the love of the community, we might have available space on some afternoons and evenings that your group could use for a very affordable fee or even free if your group is open to the members of the community!

We have a fully functional kitchen, computers, hall to fit up to 60 people, community garden and everything you might need for your group.

Call 02 9661 9160 email koolooracommunity@outlook.com or visit our centre for more information. Our address is 167 Bilga Crescent, Malabar 2036

Kooloora OPEN DAY

@Kooloora Community Centre, 167 Bilga Crescent, Malabar

..WHETHER YOU ARE A PENSIONER,
PARENT, LIVING ALONE, SCHOOL KID,
COME AND HAVE A
SAUSAGE SIZZLE WITH US!
GET TO KNOW YOUR COMMUNITY!



SUNDAY, 2ND DECEMBER @10AM-4PM



FREE SAUSAGE SIZZLE,
FACE PAINTING, JUMPING
CASTLE, GARAGE SALE
AND LOTS MORE!

BRING YOUR
UNWANTED ITEMS OR
ANYTHING YOU'D
WANT TO SELL.



CALL 02 9661 9160 FOR MORE INFORMATION OR JUST TURN UP ON THE DAY!