

# INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

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## Kooloora News



Kooloora Community Centre would like to acknowledge the on-going support from Randwick Council and in particular through the recent award of a significant grant through the Community Partnerships Program. With this funding Kooloora will be able to continue to provide valuable services to the community.

We would also like to thank The Juniors and Maroubra Seals for supporting Kooloora Vacation Care and Kooloora's newsletter with their donations via Club Grants NSW.



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Kooloora Kids Zone is a one year pilot project that started in July 2018. It runs on Mondays from 3:30pm to 6pm during school term.

Our dedicated staff members Naomi and Charm helped by Kylie from NSW Health Planning have been supporting the program and the local children ages 6-13 to promote healthy lifestyle, eating and physical activities.

*We are planning to make some garden space available so that the children can have their own veggie patch to grow vegetables they can later cook! Vegetable and fruit patches can also teach connection between fresh produce and what are on their plates when eating.*

During the six Kids Zone sessions so far, it has been a delight to meet and see local children and families each week. In the short time Kids Zone has been running, the participating children, parents and caregivers have been open and we have seen that each child brings something special and unique to the group.

We are planning some Kids Zone parents and caregivers to be guest chefs, teaching the children to cook favourite recipes. Also, the children will have the opportunity to show and tell with their peers some of the cooking they have done with their family, friends at home.

As this is a pilot project, we at Kooloora are keen to continue to learn from all, exchange ideas about how we can make Kids Zone the best it can be.

We welcome all ideas that you would like to share with us, whether it's an activity, or a game or a great recipe for a healthy meal that we could try during one of our next sessions. Or even if you would like to get involved as a volunteer—don't hesitate to call us on 9661 9160 and we'll have you up and running in Kids Zone before you could say "would you like to try the dish that I cooked with my friends today".

Stay tuned!



# KOOLOORA VACATION CARE

## July 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.”**



My favourite day was Pink Day and Dodgeball Challenge Day because I loved dressing in pink and cooking and dodgeball was really fun too. *Jasmine, 12*



My favourite day was Bubble Soccer because I loved running around and knocking my friends over in the big bubble. *Sebastian, 12*

My favourite day was Ice skating because I liked chasing my friends on the ice as they chased me around the rink with the penguin. It was lots of fun. *Solly, 10*

My favourite day was Pizza Pyjama Party because I got to get up and come to the centre with my pyjamas on and eat lots of pizza and watch movies. *Lily, 8*

My favourite day was Ninja Warrior Day because it was fun doing all the obstacles, trying to be the fastest. *Margot, 11*

My favourite day was Putt Planet because I've never been before and I really liked all the cool rooms, they looked really good. I loved the shot into the toilet. *Reuben, 8* and *Leon, 6*

*\*\*A reminder to everyone that Vacation Care enrolment is now open for October school holidays. Visit our website [www.kooloora.org](http://www.kooloora.org) for more information or call Nicole Arathoon, Vacation Care Coordinator on 0410 405 464. We have lots of activities lined up for everyone –Superheroes and Villains Day, Kooloora's Master-chef and excursion to Inflatable World to name a few. Hurry! Slots are filling up fast.*

*\*\*Please note that there is a change to the enrolment form front page with consent granted for photography which now includes social media Facebook.*

## KOOLOORA SUPPORTED PLAYGROUP

Monday and Wednesday

10am-12pm

during school terms

We have seen an increase in the number of new families

joining us in playgroup and this is thanks to our regular moms who are spreading the word about the work that we do at Kooloora. Word of mouth truly is the most effective type of marketing.



Playgroups are an ideal setting to promote healthy eating habits to young children. That is why with the help of NSW Health, we are able to offer more healthy food choices to our playgroup kids other than the usual fruits and healthy pizza that we do. You may have noticed our community worker, Charm, introducing new food every week. These are simple and affordable recipes that parents can prepare to their kids at home. Let us know if you have some special recipes that you do for your kids at home. We would

love to share them with everyone in the playgroup!

Reminder to mums and dads that we have a free bus service every Wednesday run by our dear volunteer, Dave Mitchell. The bus has 11 passenger seats and 4 child seats. Courtesy pickup suburbs are: Maroubra, Malabar, Matraville, La Perouse, Chifley, Little Bay, and Hillsdale. Give us a call or email us so we can put your name on the list.

At Kooloora, we strive to improve our services to offer more for the community. Let us know if you have any questions, comments or suggestions on how we can make things better for you.



# What's On at Kooloora COMMUNITY CENTRE



Australian Hearing is coming on 27 September 2018 from 9am -12pm. No need to make an appointment, just come on the day. It will only take 10-15 minutes for a basic hearing check.



Sydney Children's Hospital Randwick will be having the next Speech & Language Information Session on 28 November from 11am– 1pm. This is an informative and FREE information session on speech and language development for children 0-3 years old. Limited child minding is available, please let us know in advance so we can put you on the list.

## KOOLOORA VACATION CARE

Kooloora Vacation Care will be from 01-12 October. Just a reminder to everyone that the centre will be closed during these dates and services will resume on the 15th of October.



We are having a Kooloora Open Day with Sausage Sizzles and lots of other exciting stuff for the community! Watch out for further advertisement regarding event. If you are a member of the community with a local business that you would like to bring in, talk to us. Date is to be announced but we are looking to have it on the first Sunday of November.



Our VEGED OUT program is continuously growing and we are happy to see new people signing up for this program.

We would like to thank our volunteers who make this program possible. From packing the bags, to driving the bus, to accounting the money —we owe this all to our dear volunteers.

If you are interested in being a part of our Vaged Out Volunteer Team, come to talk to us. We would love to have you on the team!

Dates for VEGED OUT for the rest of 2018: 07 Sep, 21 Sep, 19 Oct, 02 Nov, 16 Nov, 30 Nov, 14 Dec.

**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.**

# Annual General Meeting 2018



We would like to congratulate the new board members of Kooloora. The elections were held at our Annual General Meeting on 20<sup>th</sup> of August at Kooloora Community Centre.

Congratulations to our re-elected board members Gillian Collinson, Noreen Carr, Geoff Cook, Paul Compton, Nicola Tustin, Maryam Jacobs, Ron Harris, Christine Wainwright and our newly elected President, Jo Bowen. We would like to welcome our newly elected members of the board, Boo Khan and Jenny Kelly.

We are grateful and excited to have a diverse group of individuals on the board and bring their perspectives to the work of the centre in order to further our mission to promoting a safer, connected and healthier neighbourhood.

We would also like to thank the departing member of the board, Nadia Sandona, for your support and dedication over the years. It has been a fruitful 3 years under your leadership that Kooloora has achieved great success.

Thank you to Cecily Currie from FACS, Gary Ella and Dave Mitchell from Randwick City Council, Kylie Jessop from NSW Health and Kingsford Legal Centre and to all our dear volunteers and community members who took the time to come to the meeting.

Many thanks to our dear Seekers who as always, initiated the raising of raffle prizes for our annual meeting. Your generosity is greatly appreciated. Our lucky loyal volunteer, Felicita De Guzman bagged away the prize for this year. Thank you to our Woodturners for doing the barbecue.





## Woodturner's Shed

If you are a woodworker, someone who and would like to talk to people who understand woodworking, looking for a new hobby or you just want to connect with people who share the same interest as you then come and join Woodturner's Shed.

Membership is open to any person, regardless of skill, experience or gender. Annual Membership fee is \$45 and junior membership to kids under 16 year old are also available.

Our Woodturners take pride on every masterpiece as not only that each piece of wood is unique but every piece also has its own character. Check out our Facebook page for more pictures of our Woodturners' finish product.



## 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. Why pay for English school when you can get it for free at Kooloora!

Join us every Thursday mornings and make new friends! Give us a call for more information.



## 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



## Fitness for Seniors

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.



**NAR-ANON or *Narcotics Anonymous*** is a self-help support groups for families and friends of compulsive drug users. Members meet anonymously to gain an understanding of the user's behaviour and how to cope with it. Sharing in the experiences of others can provide guidance in coping with day to day crises. You will be among friends who understand and who offer their support. We share our courage, strength and hope to aid our recovery from our distress. This can lead to a degree of serenity and peace of mind

The purpose of Nar-Anon is for the comfort and care of families and friends whose lives have been affected through the use of mind altering substances by a loved one.

The primary aim of Nar-Anon is for the recovery of the families and friends of users whose lives have been subjected to the completely unacceptable behaviour of the user. To come to terms with this trauma and distress helps us in regaining a degree of serenity and happiness.

The further aim of Nar-Anon is to encourage understanding, caring support and changed attitudes towards the user in an endeavour to improve the family situation. The user may see this as a positive support and it may possibly contribute towards his or her recovery. Some of the benefits of the group include: Practical guidance in coping with the user, collective support of the group, recovery of our own lives.

The only requirement to join is that your life has been affected by the drug use of another person. Meetings are completely anonymous as only first names are used. Meetings last for an hour and a half, during which time members can share their problems and worries with others without being interrupted. After the meeting, we enjoy a cup of tea or coffee together. This is a valuable opportunity to discuss your problem with somebody you can relate to.

There are no registration or membership fee. This service is completely free. We meet every Monday at Kooloora Community Centre from 7:30-9:00pm. For inquiries, call Jan on 04252 88654.

## 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](mailto:koolooracommunity@outlook.com) or visit our centre for more information. Our address is 167 Bilga Crescent, Malabar 2036