

INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 57

SUMMER 2019

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Welcome to the first edition of the newsletter in 2019. Kooloora is happily chugging along, with all our services well supported by our staff. The number of people visiting the centre have been consistently high during the past couple of months. Thank you to all our volunteers and paid workers for going over and beyond to deliver an exceptional service. Thanks to the Department of Health Planning, we got a new bike track for our youngest participants to show off their bike riding skills (photo above).



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KIDS ZONE



Trying to get the kids to eat well can be a very big challenge. Children could be food-phobic insisting only to eat junk foods and pick vegetables out of their dinners. Our general rule for the kids is to try the food we serve at least once. If they don't like it, they don't have to eat it and by introducing new recipes every week and exposing them to new food, children are less likely to reject what we cook for them.



We welcome our new sports coach, Sarah El-Adib, who will be facilitating our physical activities to encourage your kids to learn new sports, develop positive thinking, teamwork and resilience. Sarah has 10 years' experience as a sports coach for kids. Here at Kids Zone, we aim not only to provide healthy food to your kids but also introduce them the benefits of being active. With the technology age, children and teens are spending more hours per day in front of the television, computer, mobile phones and other electronic devices for entertainment resulting to obesity and poor eating habits. With the addition of Sarah to our Kids Zone team, we are sure to provide an enjoyable after school program for your kids!

Aside from healthy eating and active play, we also prepare arts and crafts for the kids to help them exercise their creativity. Slime making, play dough making, tie-dye t-shirts, pottery to name a few and the kids get to bring home their art pieces at the end of the day.

Kids Zone is free to all children ages 6-14 years old. Program is every Monday from 3:30-6:00pm during school terms. Join the fun at Kids Zone!

KOOLOORA VACATION CARE

January 2019 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 favorite day was the swimming at the pool because it's really fun and we stayed there for really long time. Solly, 11

I like the Symbio Wildlife Park because we got to see all the animals and we also got to play at the water-park. Poppy, 9

My favorite day was the pool day because the slides were so much fun. Pamela 5



My favorite day the pool day because we did all the challenges and the movies because I like the movie we watched. Jai, 12

My favorite day was the movie day when we watched Wreck it Ralph and the pool day because I had lots of fun with my friends. Leon, 7



***** Vacation Care is now open for enrolment for April 2019 program. Please be advised of our fee increase as of April Vacation Care 2019. We have not increased our fees for three years since July 2016, however, due to rising costs for running our fun, safe and educational program we are needing to increase our daily rate by \$5 per child per day.**



KOOLOORA SUPPORTED PLAYGROUP

We have updated our welcome brochure to remind that parents and carers are responsible for the welfare and safety of the child/dren they bring to Kooloora Playgroup. Reminder also about the food prepared in playgroup may contain or come into contact with wheat, eggs, peanuts, tree nuts and milk. Children who are sensitive even to very small amounts of allergens are advised to take extra precaution.

Kooloora is hosting a Parenting workshop on the 22nd of May 2019 from 11:30-12:30. Some of the topics to be discussed are emotional connection, emotional needs of children and looking after yourself. If you have any topics that you would like our facilitator to discuss, please let us know and we will try our best to address them. Limited child-minding will be available on the day. Please send us an email if you are interested to join the workshop.



Moms and Dads, are Mondays and Wednesdays a busy time for you? Come and join our Tuesday group—Family Garden Circle from 9am-12noon during school terms.

Nowadays, it is very hard to keep children away from computer screens or mobile phones. We sometimes find ourselves reaching for the mobile phone to keep them entertained or to learn something new. But our little ones are constantly evolving and growing everyday and gardening is one of the best ways to keep them engaged and at the same time spend quality time with them.

With Family Garden Circle, we aim to share our knowledge about gardening thru fun play and giving them responsibilities such as watering the flowers and planting seedlings.

Is your kid a fussy eater? Watching food grow and harvesting changes their view of food to a positive experience. It gives them a sense of pride as well to see their own planting grow . The benefits are endless!

Come and join Kooloora Family Garden Circle every Tuesday 9am-12nn. Check out our Facebook page for some photos of our little gardeners.



Ageing Well Expo

The Ageing Well Expo is Randwick City Council's signature Seniors Festival event and aims to promote support services and opportunities for older people and their family members to get involved in their local community.

The EXPO showcased a variety of support services that support older people to remain living independently in their own home and connected to their local community.

Held at Prince Henry Museum and Medical Museum in Little Bay on 23 February 2019 attended by Andre Naumovski and Geoff Cook.



Arc Volunteering Expo 2019

Arc—UNSW held their very first Volunteer Expo on 26th of February at the UNSW Roundhouse. There were 30 not-for-profits organisations and the event was attended by 500 students. Kooloora had a lot of volunteer interests from the students of UNSW. Some of them have even started helping us at Playgroup and Kids Zone. We welcome our new volunteers and we hope you enjoy your time with Kooloora.



Mandala Mindfulness Workshop

Join us for a 2-hour Mandala Mindfulness Workshop led by our guest Nadia Sandona.

Learn the easy and simple way to learn mindfulness through Mandala artwork.

Open to all ages. Light snacks and tea will be provided. Free entry for all.

Free your mind of stress and anxiety and add a little calm to your busy life.

See you on 25th of March, Monday from 1:00– 3:00pm at Kooloora Community Centre.

Questions, comments or suggestions, please call 02 9661 9160 or email koolooracommunity@outlook.com.

Be Connected

Every Australian online.

Be Connected is an Australian government initiative committed to increasing the confidence, skills and online safety of older Australians. Be Connected aims to empower everyone to use the internet and everyday technology to thrive in our digital world.

Through the Be Connected online resources, Australians will be able to learn the basics of using digital devices and engaging with the internet, including:

- being safer while online
- talking to or seeing family and friends who live far away
- finding new friends who share interests and hobbies
- connecting with old friends
- keeping up to date with what's happening in communities and around the world
- shopping and selling online, safely and securely.

Be Connected is not just a website; it is a national movement working across Australia, within communities, to help people with their digital skills. Our Network Partners are the local arm of Be Connected, and offer in-person help and support to older Australians who are disengaged with digital technology.

Australians with low internet skills can often feel isolated from their community and family at a time in their lives when feeling connected is increasingly important. Be Connected aims to change this through a family and community centred approach by supporting community organisations that are committed to digital inclusion and supporting older Australians bridge the digital divide. Be Connected also supports families to mentor a relative or friend to help them be more connected online.

Contact Kooloora at 02 9661 9160 for more information

Source: <https://beconnected.esafety.gov.au/about-beconnected>



BreastScreen provides **free** screening mammograms for women 50 – 74 years of age. Women 40 – 49, and over 74 years, are also welcome and eligible.

Screening mammograms help to find breast cancer early, and early detection is vital.

1 in 8 women in NSW will develop breast cancer in their lifetime. Nine out of 10 women diagnosed with breast cancer have no known family history.

BreastScreen NSW recommend women 50 – 74 years of age, have a mammogram every 2 years. 20 minutes could save your life.

For more information please visit breast-screen.nsw.gov.au. An appointment is free, and no GP referral is required.

The BreastScreen Mobile Van is coming to La Perouse Aboriginal Community Health Centre, 1 Elaroo Avenue, La Perouse from Monday 1st April to Friday 5th April, 2019



When to get a hearing check:

- Do you have trouble understanding people unless they are facing you?
- Do friends complain that your TV is too loud?
- Do you find it hard to hear on the telephone?
- Do you have difficulty following conversations in noisy environments?

To help hear your best, Australian Hearing is coming to Kooloora Community Centre on the 5th of April from 9am-2pm.

Hearing Test is FREE and will only take 5 minutes. No need for appointment, just come in on the day.

Call us at 02 96619160 for more information.



The NSW Government is helping kids get creative with the new Creative Kids program.

Parents, guardians and carers can apply for a voucher with a value of up to \$100 per calendar year for each student aged 4.5 to 18 years old enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and tuition costs for creative arts, speech, drama, dance, digital design, coding, and music lessons and activities.

The voucher can be used at any time during the calendar year it was issued.

The program runs year-round, so kids can get creative at any time. Call 13 77 88 for more information

Source: <https://www.service.nsw.gov.au/campaign/creative-kids>



Starting 21 February, Big W is currently offering free books to all children for the next 12 weeks. A new book will be released weekly in store for the next 12 weeks at no cost to families. For more information visit:

<https://www.bigw.com.au/free-books-for-kids>

This provides a great opportunity to start conversations with parents and carers accessing your services as a way of encouraging reading each day.

Publishers of the 12-book titles, Scholastic Australia, also revealed in its 2015 Australian Kids & Family Reading Report* that 86% of Aussie kids enjoy being read books aloud at home, with the main reason being because it is a special time shared with parents.

Collect all 12 books in store, no purchase necessary. Available nationally. While stocks last.

Source: <https://www.bigw.com.au/free-books-for-kids>

Looking for Space?

Are you a community group with no government funding or 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 for 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 or email koolooracomunity@outlook.com or visit our centre for more information. Our address is 167 Bilga Crescent, Malabar 2036.

SERVICES AT KOOLOORA

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

Follow us on Facebook and Instagram @koolooracomunitycentre