

INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 58

AUTUMN 2019

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www.kooloorra.org



VOICE
TREATY
TRUTH 07 - 14
JULY 2019

Let's work together for a shared future.

Kooloorra Community Centre announces its Annual General Meeting to be held on Monday 19 August at 12:30PM. For more information call us or visit our website www.kooloorra.org

KOOLOORA NEWS

We are excited to announce that Kooloorra was approved a grant from Sport Australia to build a multi-sport court next to Kooloorra Community Centre. The modern playfield will help increase the access to local sporting facilities to the residents in the South Ward with all the benefits that come with increased physical activities. We believe that this is a great win for the community and an acknowledgement to the ongoing efforts of the Kooloorra Management Board in supporting the local community. Thank you to the NSW Land And Housing Corporation for their support with the grant application.



Join us as we celebrate the history, culture, achievements of Aboriginal and Torres Strait Islander peoples. We are celebrating NAIDOC Week with Kids Zone on the 29th of July. This year's theme—"VOICE. TREATY. TRUTH. Let's work together for a shared future". Join us for an afternoon of crafts, history and dance performance from Chifley Public School. This event is open for all kids ages 6-14 years old, parents are also invited to come.



Reminder to all that we still have 2 weeks of Kids Zone before school holidays. We will resume on the 22nd of July.



KOOLoORA SUPPORTED PLAYGROUP

Thank you to everyone who came to participate in the Parenting Workshop held on the 22nd of May led by Louise de Lorenzo from Parent Support Holdsworth Community. Watch this space and Facebook page for our next Parenting workshop.

Winter safety reminder to parents, many paediatric illness occur during winter not because of the cold weather but by being in close contact with others. This can be best avoided by encouraging your kids to wash their hands before and after meal and boosting their immune system.

Tips for keeping your kids healthy this winter:

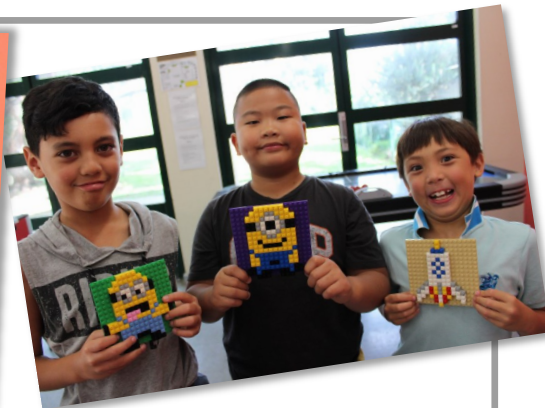
Limit Sugar Intake, change toothbrushes, keep kids hydrated, make sleep a priority, and remember to wash hands frequently.



KOOLOORA VACATION CARE

April 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 favourite day was Pizza Pyjama Party because we made lots of Pizza and played fun games. **Ashleigh, 8**

My favourite day was going to Cook and Philip Aquatic Centre because the wave pool was exciting and fun. **Jodie, 11**

My favourite day was Donut Day because we got to eat lots of donuts. **Brandon, 12**

My favourite day was Pizza Pyjama Party because we got to eat pizzas and play games. **Tyler, 9**

My favourite day was Let's Celebrate Easter because we did a big Easter egg hunt and it was really fun. **Jacob, 9**

My favourite day was Bricks 4 Kidz Lego Day because I got to make a working car. **Noah, 10**

My favourite day was Bowling because it was so much fun and I got to play lots of games. **Lilou, 5**



****Vacation Care is now open for enrolment for the July 2019 program. Parents please be informed that you only need to complete the permission slip. The full enrolment booklet needs to only be completed by new families and families where information has changed such as: contact details, CRN numbers, child behaviour diagnosis or medical conditions. Positions in the program are confirmed once payment is made.**

FAMILY GARDEN CIRCLE

Kooloora's Family Garden Circle is an informal program where parents, carers and their children meet in the community garden to participate in gardening activities.

The program aims to give those who attend an opportunity to learn about permaculture gardening practice in a fun and relaxed environment.



The garden loves the extra attention it is receiving from dedicated and enthusiastic participants and it is thriving! The children love watching and interacting with the butterflies and birds which visit. They also involve themselves with the worm farm, digging and mulching, seed collecting and generally enjoy just being out amongst the vege patches and running through the banana groves. Earlier in the year we gave the water-tank style garden beds a makeover by painting them adding lots of new colour to the garden.

We have been busy weeding, composting, harvesting seeds, mulching, pruning and planting. Winter is a great time to plan and prepare for spring planting by rejuvenating garden beds and making them more drought tolerant. Sharing recipes and talking about how certain plants are used in our cooking are part of the program and it's a great way to extend the learning experiencing into the home environment.

We recently visited Randwick City Permaculture Garden. In this large garden we saw how permaculture is practised very successfully. We also saw examples of native bee and insect hotels and will be making some for our garden and homes very soon in one of our Tuesday morning sessions.

We will also be investigating new composting opportunities incorporating used coffee grounds and horse manure to make beautiful rich soil conditioner! A visit to a new local nursery INDIGIGROW is also planned as we are also looking to include some indigenous bush food plants in our garden.



To participate in this program, please join us in the Kooloora Community Garden every Tuesday of school term between 9 and 12. Visit our Facebook page for more info and lots of photos!

Volunteer Awards and Multicultural Lunch 2019



On May 20, with over 70 people in attendance, we celebrated National Volunteer Week to acknowledge the generous contribution of our volunteers. With this year's theme—"Making a world of difference", we highlighted the number of people we have helped in the community through our programs run by volunteers. With the initiative of our dear Seekers, we were able to raise prizes for our raffle which was won by David Haugh and Raymund Ng.

Thank you for coming Mayor Kathy Neilson, Michael Daley, Matt Thistlethwaite, Noel D'Souza, Dylan Parker, Kathleen Morgan from Dept. of Housing Maroubra, Tracy Gerges from Mission Australia, Leticia Campos from NSW Health.

Whether you are a new volunteer or you've been with Kooloorra for many years, your contributions doesn't go unnoticed. We thank you from the bottom of our hearts.

We are always in need of volunteers at Kooloorra. If you are looking for volunteering opportunity, I us on 02 9661 9160 or send us an email at koolooracommunity@outlook.com





Kooloora & Hepatitis NSW Community Day 2019

Kooloora and Hepatitis NSW joined forces and put on a fun and health promoting event together at Kooloora. About 150 members of the local and wider community had the chance to learn about Hepatitis while enjoying free food, fun games and face painting for the youngest. This event was welcoming everyone living in the area and in particular to our large Aboriginal community.

A special mention goes to Maxine Ryan, a prominent Elder in the local community. Thank you Maxine for doing the Welcome to the Country on the day.

As always, a big thank you to our volunteers who stepped up to ensure a successful event for everyone.

We would like to acknowledge our partners, The Woodturners, Australian Hearing, Go4Fun, Randwick Council, SESLHD, Hepatitis NSW, St. Vincent De Paul for sharing your time and resources with the community.

We also would like to acknowledge Sandy, Kerry and Stacey from SESLHD and Hepatitis NSW for spearheading this event.



Hepatitis Awareness Week 2019

In 2019, NSW Hepatitis Awareness Week (HAW) runs from Monday July 22nd until Sunday July 28th, which is World Hepatitis Day. World Hepatitis Day is held every year on July 28th and aims to increase awareness about hepatitis with events and activities taking place all over the world.

The objectives of HAW are to increase the number of SESLHD (South Eastern Sydney Local Health District) residents who:

- undertake viral hepatitis screening; and
- who are engaged in appropriate viral hepatitis management and treatment.



Screening for hepatitis is a necessary first step to increasing the number of SESLHD residents who are engaged in treatment for chronic hepatitis C infection; and/or appropriate care and management for chronic hepatitis B infection.

Kooloorra in partnership with Hepatitis NSW will be having a free Hepatitis screening on Friday, 23rd of August from 11:00 am –2:00pm. Testing is easy and confidential. For expressions of interest, email koolooracommunity@outlook.com or call 02 9661 9160.

Australian Government
Australian Taxation Office

Volunteering opportunity

Are you interested in helping people in your community to complete and lodge their tax return online? Do you have a few spare hours each week from July to 31st October?

To find out more, please contact:

Kooloorra Community centre

02 9661 9160

Tax Help
A volunteer service supported by the Australian Taxation Office
For more information, visit ato.gov.au/taxhelp

What's On at Kooloorra COMMUNITY CENTRE

8-19 July—Vacation Care

29 July—NAIDOC Celebration @ Kids Zone

19 August—Annual General Meeting 2019

23 August - Check Your Liver Health at Kooloorra

24 Sept—Australian Hearing

WATCH OUT OUR SOCIAL MEDIA PAGES FOR OUR OTHER EVENTS:

-Parenting workshops

-Cooking workshop with Mission Australia

-Free food program at Kooloorra



Tenant Participation and Community Engagement Program

The Tenant Participation & Community Engagement (TPCE) program aims to provide FACS Housing tenants with enhanced access to information, advice and opportunities to be more actively involved in processes and decisions related to improving social housing tenancies and communities.

For the purpose of the program, tenant participation and community engagement refers to the active involvement of tenants in processes and decisions that relate to their tenancy and engaging in their local and broader community.

If you are interested to join the Tenants Group at Kooloora, contact Tracy Gerges, TPCE Facilitator on 0491 148 198 /email gergest@missionaustralia.com.au or call Kooloora on 02 9661 9160.

Appliance Replacement Offer

Reducing your energy bills can be as simple as using appliances with high star ratings. The appliance replacement offer makes it easier for you to upgrade your old fridge or television to a new, more efficient model.

Who's eligible?

To replace your fridge, your current fridge must be at least 6 years old.

To replace your television, you must own a plasma or cathode ray tube (CRT) television.

To receive this offer you must be a NSW resident and hold one of the following:

- Pensioner Concession Card
- Health Care Card or Low Income Health Care Card from Centrelink
- Veterans' Affairs Gold Card
-

A Commonwealth Seniors Health Card is not sufficient eligibility for this offer. You will need to hold one of the above cards.

For more information, check

<https://energysaver.nsw.gov.au/households/rebates-and-discounts/appliance-replacement-offer>



Have you heard of MyHousing Online Services? There are simple and convenient ways for you to access your information and complete tasks online, anytime, anywhere.

There are a range of online services available to you. These include services such as eRepair where you can lodge non –urgent maintenance requests up to 5 different repairs at once , ePay, updating your delivery preferences, and the MyHousing Account and Information Portal, where you can update your contact details and check your balances at any time.

Online services are available 24 hours a day, 7 days a week. All you need is a computer, smartphone or tablet with an internet connection.

Source: <https://www.facs.nsw.gov.au/myhousing/services>