

INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 62

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www.kooloora.org



Kooloora is slowly emerging from the Covid 19 related shutdown. Many of our essential programs were running with increased outputs during this time. With the support of Second Bite, Harris Farm, Colombo Social and Randwick Council we kept a steady food supply line to our community. Our volunteers and staff worked selflessly through weekends and public holidays to keep the food on the tables.

Kooloora Vacation Care remained open during the April and July school holidays to provide free vacation care for our essential workers as well as for the most vulnerable families during the shutdown.

Our electricity and gas assistance continued in person and via dedicated phone line and our playgroup briefly moved on Facebook, but is now coming back to the centre. For up to date information on all our programs visit www.kooloora.org or our Kooloora Facebook page.



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Important Advisory regarding Energy Accounts Payment Assistance (EAPA)

Kooloora Community Centre can now provide assistance with electricity and gas bills over the phone on Tuesdays between 9:30am-3:30pm. This is a temporary measure for the duration of the COVID-19 emergency.

Please note that due to the limited resources at our disposal, electricity and gas assistance program, the priority will be given to the residents living in postcodes 2035 and 2036. We will do our best to assist residents from adjacent postcodes where possible.

To help us assist you with your bill over the phone, please email us a copy (photo on your mobile phone) of your most recent bill, a copy of your photo ID and provide a phone number that we can call you on. Please email this to koolooraenergy@outlook.com and one of Kooloora team members will contact you to organise the phone assessment. For any questions call Kooloora on 0481 756 759.

Below is an outline of the steps involved in the phone assessment process for energy assistance payments:

1. Email koolooraenergy@outlook.com with a copy of your photo ID and a copy of your current energy bill
2. We will call you to assess your eligibility for electricity and/or gas vouchers
3. We call your energy provider in a three-way call with yourself.

Phone assessments are conducted on Tuesdays between 9:30am and 3:30pm.

If you are finding it difficult to put food on your table, we got some donated fruits and vegies and cooked meals throughout the week.

During this time of uncertainty, we would like to give priority to vulnerable members of the community who are having a hard time getting access to basic food supply. If you know someone who might need food and could not go to the grocery, please let us know.

If you are interested to receive a text reminder from us, please call us or come to the centre and give your name and mobile number.

You may reach Kooloora on 0481 756 759 or email koolooracommunity@outlook.com



KOOLOORA VACATION CARE

July 2020 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."



The July Vacation Care program operated from the 6th - 17th July, 2020. The Covid 19 Pandemic had less of any impact on our program this time with our enrolment numbers and staffing returning to normal. We were still unable to run excursions during the program but we made up for it with some fantastic incursions.



The ten day program included 6 in centre days and 4 incursion days. The in centre days were: B Day, Olympics Day, Community Day, Its My Birth Day, Carnival Day and NAIDOC Day. The incursions were Indigenous Sports Day, balloon show with Buster the Balloonatic and a magic show with Benny the Magician. The children particularly loved the balloon show which was a lot of lively fun.



During this program on the 9th July we had our **Assessment and Rating** visit scheduled by Karen Murray from the Department of Education. We also implemented the new enrolment process through the **Smart Central** system. Thank you to old and new families for our continuous support with our program.

KOOLOORA VEGED OUT PROGRAM

Order a bag of fresh produce for only \$15 per bag. Every Friday fortnight at Kooloora Community Centre, you can get a big bag of fresh fruits and vegetables and bread.



Call 02 9661 9160 to order a bag.

**KOOLOORA
COMMUNITY CENTRE**

Veged Out dates for 2020:

07,21 AUGUST

04,18 SEPTEMBER

16, 30 OCTOBER

13, 27 NOVEMBER

04 DECEMBER



VEGED OUT

Fresh produce for only \$15 per bag



After a few difficult months that we have had to endure, Kooloora Community Centre welcomes back one of the popular programs for children aged 6-14 years.



Our returning program started again Jun 1, we said goodbye some of the kids who have grown up and moved onto High School and we have welcomed our new participants and their families as well as our new volunteers, Hannah and Jason who have joined the team here at the Centre.

Kooloora Community Centre has recognised that the kids here at Bilga deserve to have fun and be active, and now this is possible with the new basketball court just at the back of the Centre. We know all the children will take pride in their sports court and help us look after it.

We know that with what is happening now, it is so important to look after our mental health, so why not take some time outside together with family and friends and enjoy the court, play a little basketball, work out or just come outside and enjoy the surroundings, the court is for everyone of all ages.

Whilst everyone needs to be active and enjoy playing basketball, please be mindful of the residents around the court and limit the noise especially at night.



Hand Sanitiser Safety and Children

NSW Health is reminding parents that alcohol-based hand sanitiser is dangerous if ingested, particularly for children.

NSW Poisons Information Centre said while hand sanitiser is an important tool in stopping the spread of COVID-19, it has seen a spike in the number of calls due to hand sanitiser exposure incidents, mostly by babies and young children ingesting it at home.

Genevieve Adamo, Senior Poisons Specialist from the NSW Poisons Information Centre said even a small amount can be harmful for young children and babies.

"Hand sanitiser products should be stored safely and out of reach of children. When they are used by young children it should be under the supervision of an adult. Washing hands with soap and water for at least 20 seconds is also a safe and effective option to help combat COVID-19," Ms Adamo said.

Consumers are reminded to be aware of imported products which may not be clearly labelled and may contain more toxic alcohols such as methanol that make the product more dangerous. Products may also be packaged in a range of container types, including beverage containers, which can increase the risk of accidental ingestion and poisoning.

Additionally, there have been reports of people making their own hand sanitiser, which may increase the risk of potential poisoning.

Most minor ingestions can be safely managed at home but telephone assessment is still important.

"Regardless of the quantity, people should always call the Poisons Information Centre for first aid and monitoring advice and should ensure they have the container of the ingested product with them," Ms Adamo said.

"Calling the Poisons Information Centre first to see if you or your child needs to go to hospital may prevent unnecessary visits to the Emergency Department and will help to keep Emergency Departments free for emergencies. In the current climate, it also prevents people increasing their risk of exposure to COVID-19."

Everyone can help prevent the spread of COVID-19 by practising social distancing, thorough hand washing, cough etiquette and staying home if they're unwell. For advice on possible poisoning, please contact the 24 hour **Poisons Information Centre on 13 11 26**.

COLES AND WOOLWORTHS PRIORITY ASSISTANCE

To ensure vulnerable customers in the community have access to delivery services at this time, Coles and Woolworths are providing Priority Assistance service with dedicated delivery windows. Eligible customers include seniors, people with a disability and those with compromised immunity or who are required to self isolate.

If you are an elderly who do not have access to computers and needing assistance in applying for the priority service, please visit us at the centre and we can help you complete the online registration form.



CUDDLE BUNDLE PACKAGES FOR NEW PARENTS

We would like to thank our friends from Cuddle Bundles for helping some of our Playgroup mums by gifting them with new-born packages.

CUDDLE BUNDLES provide gifts of babywear to mums in any accessible community who have new babies and limited means.

If you know anyone who is about to give birth, has just given birth, or any mums who are needing clothing assistance.



HEARING AUSTRALIA

Hearing Australia Mobile Van is back on the road and are providing much needed assistance to those who have hearing need.

Although they are still not allowed to do screening, Hearing Australia are doing a contactless YES TEST at the moment in response to COVID-19.

For inquiries, please call Hearing Australia on 0 2 834 78400 or 0437 830 761 or email minette.daylusan@hearing.com.au



EXTRA CLEAN-UP SERVICES



Randwick City households have been given an additional two free clean-up services this year to help get through the COVID-19 pandemic. With more people staying home, there has been an increase in the amount of material put out for kerbside clean-ups as well as an increase in dumped rubbish.

Booked clean-ups increased from 400 tonnes in April 2019 to over 500 tonnes in April 2020, while reports of illegally dumped rubbish increased by 20 per cent

to 5,450 reports for the first four months of 2020.

The extra services mean each household is now entitled to seven free on-call clean-ups and one free scheduled collection. Clean-ups can be booked online at randwick.nsw.gov.au/bookmycleanup or by calling 1300 722 542.

Source: <https://www.randwick.nsw.gov.au/about-council/news/news-items/2020/may/what-happened-in-the-may-2020-council-meeting>

Possum Houses at Kooloora Kids Zone

While everyone else seemed to be running scared by the coronavirus, the youngsters at Kooloora Kids Zone had a blast building and painting possum houses.

The possum houses were prepared by the members of the Woodturners' Shed at Kooloora. The children were supervised and instructed on how to put the houses together, so some technical skills were developed too. And the painting part was the cherry on top of the cake, enjoyed by everyone.

The end result of this fun activity is beautiful houses for our local possums.

If you'd like to join the Kids Zone every Monday at 3:15pm at Kooloora, please contact us on 9661 9160 or 0481 756 759. It's free and full of fun!



Kooloora Playgroup is back!

Kooloora is excited to announce the return of our Playgroup!

We will initially reopen Playgroup on Wednesdays 10am-12pm. We have put in place COVID-19 safety distancing measures. One of the measures is limited number of places in Playgroup as well as limited number of toys available. But don't worry there will still be lots of dancing, singing and story time for your little bubs!

Please send your expression of interest to join Playgroup as soon as possible. Please let us know by sending an SMS to 0481 756 759 or call Kooloora on 02 9661 9160.



Please note that if any parent or children has experienced any symptoms such as runny nose, high temp, fever or cough, you will be advised to return at a later day. Looking forward to welcoming you all to Kooloora!

Kooloora during Covid

Due to the COVID-19 related closures, Kooloora had to temporarily close some of its services. Fortunately, we were able to continue and even increase the most important services some of them online and many in-centre based.

Stay tuned into www.kooloora.org and our Kooloora Facebook page for the latest updates about our services.





During these trying times, there is a golden opportunity to get into the garden and crack on with some much-needed plant therapy.

The community garden is open for anyone to come in and pick some herbs and to help make sure that the garden is well maintained and looked after. If you are looking for volunteering opportunities or simply just want to get out of the house and get close to nature, you are welcome to our community garden.

Any enthusiastic gardeners or if you have some spare time to assist with the maintenance and care of the garden, please let us know.



Randwick City Council Garden Awards— Nominations are now open!

Randwick City Council's annual Garden Awards encourages local residents and organisations to showcase their garden and be involved in community gardens and environmentally sustainable initiatives. Although it has been a difficult time for the community this year, Randwick City Council still wants to celebrate and recognise the work of residents and community groups and their contribution to beautifying Randwick City.

The competition is open to:

- Residents
- community groups
- schools
- commercial enterprises

in all suburbs of the City of Randwick including Chifley, Clovelly, Coogee, Kensington, Kingsford, La Perouse, Phillip Bay, Little Bay, Malabar, Maroubra, Matraville, Randwick and South Coogee.

Judging

The Judging criteria for each category is based on garden layout, plant selection, landscaping and maintenance. We will be judging this year's event online and require all nominees to submit five photos and a short description of their garden in their nomination form.

Prizes

We have fantastic community support from businesses who have offered prizes for category winners. Certificates will be presented to 1st, 2nd and 3rd place in each category.

Conditions of entry

All gardens must be located within the City of Randwick. You may enter more than one category however the judges reserve the right to change the category of entry at their discretion. Judging will be carried out by professional garden judges. All prizes are awarded at the discretion of the judges, whose decision will be final and no correspondence shall be entered into. Entrants agree to allow their gardens to be photographed by a nominated person from Randwick City Council. Photographs may be reproduced in Randwick City Council's promotional material and published in the local media. The photographs remain the property of Randwick City Council. Nominations Close - Monday 7th September 2020

For more info head to <https://www.randwick.nsw.gov.au/community/grants-and-awards/garden-awards>