

# INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

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[www.kooloora.org](http://www.kooloora.org)



## From rags to riches

Kooloora Community Centre Management has finalised the construction of our new multisport court. The court features soccer goals, basketball boards and removable tennis and volleyball nets. A facility of this kind was long overdue for the local children.

Thank you to Sport Australia, NSW Land and Housing Corporation and Randwick Council for making this possible.

# KOOLOORA SUPPORTED PLAYGROUP

Kooloora Playgroup reopened in August and we are now back every school term on Monday and Wednesday 10am-12pm.

Attendance is free and no booking is required.

Ms. Rose will be leading our group time with our usual story, singing and dancing time.

Everyone is welcome to attend Kooloora Playgroup. We welcome all families, regardless of colour, culture, age, gender or language.

Joining the playgroup is a good opportunity to learn through play and connecting with other children. There is also the benefit of developing essential skills to establish a strong foundation for children to learn and transition easily to school.

Playgroup is a place where parents and caregivers can come together and share advice, ideas and encouragement for each other. We understand that the importance of a strong parenting network is invaluable that's why we encourage active community participation from parents living in the local area and in the wider community.

Kooloora Supported Playgroup is facilitated by an experienced and caring team to deliver a happy and safe place to families. This includes an outdoor area with sandpit and age appropriate toys and games. For further enquiries, contact Kooloora Community Centre on 02 9661 9160 or [koolooracommunity@outlook.com](mailto:koolooracommunity@outlook.com)



## KOOLOORA VACATION CARE

**"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 September to October Vacation Care program operated from 28th September - 9th October 2020. The COVID-19 pandemic continued to be a concern for our program. Excursions were replaced by incursions but the enrolment numbers were positive and staffing returned to normal. Overall, we had 70 children on the roll with Tuesday 6th October being the biggest day of attendance with 30 children on the roll.



It was a nine day program with a public holiday in the second week. We had four incursions and five in-centre days. The in-centre days were: Pizza Pyjama Party, 80s Disco, Disney Day, Ninja Day and Halloween. The incursions were Indigenous weaving with Kadoo Tours, Indigenous painting and storytelling and Indigenous shell art with Aunty Maxine.

We also invited volunteers, Charlie, Geoff and Mario

from Eastern Region Woodturners Guild to make possum boxes with the children on the last day. All in all, the days were a lot of fun for the children as demonstrated by the attendance.





The kids are enjoying playing different sports in our newly finished basketball court! The court give us a bigger space to play, run around and is adaptable to various sports.

We have been exploring new activities such as wood-work, netball and other ways to develop children's creativity and to promote a healthy lifestyle. These have all been well-received.

We welcome the latest addition to our Kids Zone family, Pamela Brown, who will be our netball coach and Lolita Summons who will be helping us out in the kitchen.

Kids Zone is now every Monday and Wednesday during school terms. Summer schedule is 3:30-5:30pm. The program is free and open to all children living in the local community aged 6-14 years old. Food is also provided to children attending the program.

Now that the program is running twice a week, we need help from volunteers more than ever. Are you looking for volunteer work? Do you enjoy playing and interacting with children? Then please come on down and join our Kids Zone team! We need volunteers mainly on Wednesdays. The usual duties include supervising the children, playing with them, packing up the toys and crafts at the end of the day.

If you are interested, please submit a copy of your Working With Children Check to [koolooracommunity@outlook.com](mailto:koolooracommunity@outlook.com) or call 02 9661 9160 for more information.





Kooloora aims to support families and individuals experiencing food insecurity by providing food parcels, cooked meals, access to the community garden and affordable fruit and vegetable bags.

1. **Second Bite** - Every Monday, Wednesday and Friday, we receive regular food donations from Coles. This program is run by volunteers who collects food from Coles in Maroubra. These food donations are then brought to the community centre where the rest of the volunteers sort and pack the food to be distributed to the community. We deliver to people living close by who are physically not able to collect a bag from the centre.
2. **Colombo Social** - Every Wednesday afternoon, our volunteer driver collects cooked meals from Colombo Social in Redfern. Colombo Social is a social enterprise committed to tackling hunger and job insecurity in Australia. In partnership with Kooloora, we are able to distribute cooked meals to families, people with disability and seniors living around the local community.
3. **Veged Out**— Kooloora's own vegetable co-op where you can get quality fresh fruits, vegetables and bread for as low as \$15 per bag. Veged Out is run by volunteers every Friday fortnight (during school terms).
4. **Kooloora Community Garden** -We grow organic herbs and vegetables in our community garden. Also run by our dedicated volunteers who dedicate their time and effort in taking care and looking after the garden. Community members are welcome to grow plants and/or vegetables and fruits. A good and cost effective way in acquiring fresh food for your family.
5. **Kids Zone**—Kooloora's after school program open to all the local children aged 6-14 yrs. old living in the local community. Each child is provided a nutritious warm meal every Monday and Wednesday. Snack are also provided.

For more information regarding our food programs, please call Kooloora on 02 9661 9160 or email [koolooracommunity@outlook.com](mailto:koolooracommunity@outlook.com)

## Energy Accounts Payment Assistance (EAPA)

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](mailto:koolooraenergy@outlook.com) and one of Kooloora team members will contact you to organise the phone assessment. For any questions call Kooloora on 0482 039 053.

1. Email [koolooraenergy@outlook.com](mailto: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. 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.

# Kooloora Community Open Day

## Sunday 22 November 2020

Due to the covid related shutdown, it has been a while since we've had a community event. We even had to postpone our Volunteer Awards that was due in May this year.

The good news is that the restrictions are slowly lifting and we are looking forward to getting out and about again.

Kooloora will celebrate the returning of the centre based programs with an Open Day on Sunday 22 November 11am-2pm.



We will have a BBQ and children's activities.

We will also take this opportunity to celebrate the Aboriginal culture through Aboriginal arts. Local Aboriginal artists will be invited to display their art and to talk about the Aboriginal culture and the legacy of the land that Kooloora was built on.

This is also a great chance to formally open the new multi-sport court that Kooloora has built with the support of Sport Australia.



This is a free event, open to the whole of the community.

Everyone is invited to come along, share the free BBQ and talk to the neighbours.

At 1.5 metre distance of course.

The main event will be outdoors and the arts displays will

be inside with limited number of people inside at one time.

## Harris Farm and Viral Kindness Fresh Food Donation Program



For those members of the community who were affected by the covid related shutdown, the wonderful volunteers from Viral Kindness came to the rescue.

The volunteers from Viral Kindness team led by Alasdair and Linda worked hard to pack the fresh food donated by Harris Farm using Randwick Council facilities.

The food hampers were then delivered by Kooloora for free to the members of our community who felt the pinch during the covid shutdown.

Over the course of three months people were able to get a free bag full of fresh produce to put food on their table.

This program provided a great relief and food security to over 50 households who needed the help the most.

Kooloora and communities wish to thank Viral Kindness, Harris farm and Randwick City Council for this important food relief program that couldn't have come at a better time.

## Seniors Exercises returning to Kooloora



Seniors Exercises together with Gentle Exercises are one of our longest running programs. The program is a collaboration between Kooloora and the healthy Ageing Program at the Prince of Wales Hospital.

The program had to be closed due to the high risk to the participants during the peak of the Covid-19.

We are glad to inform that the exercises are planned to restart in February 2021 on Tuesdays morning as usual. For any enquiries call Prince of Wales healthy Ageing Team on 02 9382 8131.

# Kingsford Legal Centre back at Kooloora Community Centre

Kooloora's long running collaboration with the Kingsford Legal Centre is back on Tuesdays. The free legal service is coordinated through Kooloora and provided by qualified legal personnel from Kingsford legal Centre.

The legal service is provided to families and individuals on low-moderate incomes for free. It is delivered at Kooloora over the phone with assistance of our staff every second Tuesday afternoon.

Kingsford legal Centre give free legal advice on problems with fines, credit and debt, social security, housing, car accidents, discrimination, unfair dismissal, underpayments, bullying and harassment, parental leave, returning to work etc.

If you'd like to make an appointment through Kooloora, call us on 02 9661 9160, or alternatively you can enquire for more information directly with Kingsford Legal Centre on 02 9385 9566.



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 Ac-count and Information Portal, where you can up-date 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>