

INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 65

December 2020

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www.kooloorra.org



***Warmest wishes for a
happy Holiday season and
a wonderful New Year***

We are nearing the end of what most would agree has been an unusual year. But Kooloorra wouldn't be what it is if we didn't see an opportunity to tackle a good challenge. Most of Kooloorra's programs continued to run throughout the year. Our Vacation Care continued to operate. Our food security programs not only continued, but grew in quantity, quality and frequency through the year accompanied by our electricity and gas bill payments program. And Kids Zone doubled in size and Kooloorra got it's own sports court. Pretty neat for an unusual year we'd say.

KOOLOORA SUPPORTED PLAYGROUP



2020 has proven to be a very tough year for all of us. With the closure of Playgroup in March, we had to improvise and bring the learning via online platforms such as Facebook and Youtube. With Ms. Lee recording our routine of storytime, singing and

dancing from home, we were able to continue supporting parents and children in spite of the pandemic. When we re-opened, we struggled in keeping the numbers minimum indoors, asking parents to bring their own toys and making sure everyone adheres to the social distancing rules. Each time, parents would come with an understanding and supportive disposition and we couldn't thank everyone enough.

As we say goodbye to 2020 soon, we look forward to servicing more families in the local community and rebuilding our Supported Playgroup. To families that have moved on from Playgroup, we wish you all the best and we hope to see you around someday. To new families, welcome and we hope you enjoy your time with us. Thank you Ms. Rose

for stepping in and providing the children quality learning and fun time. To our volunteers who have been with us through thick and thin, you are the driving force of this community centre. We wish everyone a safe and happy Christmas! See you all in 2021!



1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

A 3-week Group to support parents/carers
(of children 2-12 years) to manage their child's behaviour and
build their child's resourcefulness

Learn:

- ✓ To increase your knowledge about what works in managing behavior and what doesn't
- ✓ To set clear expectations
- ✓ The skills to take action in difficult to manage parenting situations
- ✓ To lessen your feelings of frustration
- ✓ Some simple strategies to practise being a calm parent
- ✓ To get better results with less effort and stress when dealing with your child's behaviour

DATE: Friday 12, 19 and 26 March 2021 (3 weeks)

TIME: 11.30am-1.30pm

WHERE: Kooloora Community Centre
167 Bilga Crescent Malabar 2036

COST: FREE Group with limited childminding

BOOKINGS: Please contact us on 9667 4664 or
admin@thedeli.org.au

This Group is proudly supported by Randwick City Council and is a partnership between The Deli Women & Children's Centre and Kooloora Community Centre. This Group is proudly sponsored by The Juniors, Maroubra and Maroubra Seals and Sports Clubs.



1-2-3 Magic is back at Kooloora

This FREE program is a short parenting program designed for parents and carers of young children. An effective 3-week parent course that teaches parents of 2-12 year olds how to manage their child's difficult behaviour and build their child's resourcefulness.

For interests, please contact The Deli on 02 9667 4664 or email admin@thedeli.org.au FREE childminding available but limited spaces only. Please advise upon inquiry if you would be needing childminding.

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."

Kooloora Vacation Care Program for January 2021 is now open for enrolment. Existing families can now make their bookings via Smart Central. New families please send an email to koolooravacation@outlook.com to get the enrolment link. Due to COVID rules, we have very limited slots for excursions so please make sure you book early to avoid missing out. For questions and inquiries, please call 0423 385 308

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| <p>Monday, 4 January</p>  <p>ROCK PAINTING INCURSION</p> <p>Come along and enjoy a day of painting, drawing and learning all about Indigenous art from real artists</p> <p>Have a go yourself drawing and painting on a canvas or paper.</p> | <p>Tuesday, 5 January</p>  <p>ICE SKATING @ ICE ZOO</p> <p>Show us your ice skating skills at the Ice Zoo ice skating rink at Alexandria.</p> <p>Spaces are limited to 2 groups of ten for the excursions</p> <p>Be sure to wear socks and something warm. Bring lots of water, lunch and morning tea.</p> <p>Please be at the centre by 9.30am.</p> | <p>Wed, 6 January</p>  <p>HAPPY NEW YEAR PARTY</p> <p>Welcome in the new year with a party...</p> <p>Lets play limbo, musical chairs, musical bumps, musical statues and our favourite hide and seek. Of course a party wouldn't be complete without party pies, sausage rolls and a big 2021 celebration cake</p> | <p>Thursday, 7 January</p>  <p>DAY @ FRENCHMAN'S BAY</p> <p>Bring your towel, change of clothes and lots of water to drink. Wear your swimmers, thongs / sandals and sunscreen.</p> <p>Spaces are limited to 2 groups of ten for the excursions</p> <p>Please be at the centre by 9.30am</p> | <p>Friday, 8 January</p>  <p>WATER BOMB BONANZA</p> <p>Bring your own filled water bombs and water guns ready for a day of fun obstacle courses and awesome games. Bring your towel, change of clothes and lots of water to drink.</p> <p>Wear your swimmers, thongs / sandals and sunscreen. ' Be prepared to get wet !!</p> |
| <p>Monday, 11 January</p>  <p>RUBENS' CRAZY SOCK DAY</p> <p>Wear your odd, crazy socks. Play "Sort the Socks", make funny sock puppets and laugh as you Sock Wrestle the socks off your team mate.</p> | <p>Tuesday, 12 January</p>  <p>DAY @ FRENCHMAN'S BAY</p> <p>Bring your towel, change of clothes and lots of water to drink. Wear your swimmers, thongs / sandals and sunscreen.</p> <p>Spaces are limited to 2 groups of ten for the excursions</p> <p>Please be at the centre by 9.30am</p> | <p>Wed, 13 January</p>  <p>DODGEBALL CHALLENGE</p> <p>Be a dodgeball champion as you run, throw, jump and dodge the balls as they fly across the room from one team to the other.</p> <p>Bring lots of water as you will get thirsty and tired.</p> | <p>Thursday, 14 January</p>  <p>BOWLING @ MANHATTAN SUPERBOWL</p> <p>Show us your bowling skills at Manhattan Superbowl.</p> <p>Spaces are limited to 2 groups of ten for the excursions</p> <p>Be sure to wear socks and something warm. Bring lots of water, lunch and morning tea.</p> <p>Please be at the centre by 9.00am.</p> | <p>Friday, 15 January</p>  <p>INDIGENOUS ART DAY INCURSION</p> <p>Come along and enjoy a day of painting, drawing and learning all about Indigenous art from real artists. Have a go yourself drawing and painting on a canvas or paper.</p> |
| <p>Monday, 18 January</p>  <p>SUMMER PIZZ PYJAMA PARTY</p> <p>Come to Vacation Care in your summer pyjamas ... bring your pillow and doona. We will make healthy pizza, play our favourite games of Hide and Seek, Tug Of War and the Screaming Game. We will end the day with a movie you can relax and watch in your pyjamas</p> | <p>Tuesday, 19 January</p>  <p>CENTENNIAL PARKLANDS</p> <p>Enjoy a fun day in the park learning all about the wildlife, playing games and having fun with the experts at the park.. Bring lots of water, lunch and morning tea.</p> <p>Please be at the centre by 9.30am.</p> | <p>Wed, 20 January</p>  <p>MINUTE TO WIN IT CHALLENGE DAY</p> <p>Be challenged by a day of events to achieve in only a minute.. How many sit ups or push ups can you do in a minute? How far can you run in the beep test? How about Beer Ping Pong challenge ?</p> <p>Who will be the champion ??</p> | <p>Thursday, 21 January</p>  <p>DAY @ FRENCHMAN'S BAY</p> <p>Bring your towel, change of clothes and lots of water to drink. Wear your swimmers, thongs / sandals and sunscreen.</p> <p>Spaces are limited to 2 groups of ten for the excursions</p> <p>Please be at the centre by 9.30am</p> | <p>Friday, 22 January</p>  <p>AUSSIE AUSSIE AUSSIE</p> <p>Join us to celebrate all things Australian with a game of football, lots of Aussie trivia and even an Aussie barbeque.</p> |



During the height of COVID, we had to think of other ways to continue the service but keeping each other safe at the same time. We continued serving food to the children but all activities were moved outside to give everyone more space to social distance. We saw this as an opportunity to teach the children proper hygiene and how a simple hand washing can save lives.



As soon as we were allowed indoors again, we focused more on reducing screen time by only letting the children use the computers after dinner while they wait to be picked up. We planned more crafts and games for them to enjoy. We also based our dinner menu according to what the children like but still making sure they get their fruits and vegies. The children have gotten around the routine of sitting down during dinner time and enjoying their meals.



Thank you to our volunteers and staff, Lolita, Emerald, Hannah Dunn, Hannah Lee and Jason for sharing with us your invaluable time. This program would not be the same without the care and thoughtfulness you show to the kids. Thank you Fely for your love that shows in every healthy cooked meal you prepare for the kids every week. Thank you to The Seekers for always coming to our aid. We never had to ask for you always know what the children need. This program is a joint effort of people who cares for the well being of the children of our community. We thank you from the bottom of our hearts.



We look forward to having more kids at the centre next year. We aim to provide a safe and fun place for children living in the local community. If you have talents or skills and time to share, please consider volunteering with Kids Zone. We need volunteers on Wednesdays from 3:30-5:30.

We wish you all a safe and happy Christmas and a prosperous New Year!





Veged Out dates for 2021:

February— 5, 19

March— 5, 19

April— 30

May— 14, 28

June— 11, 25

July— 23

August— 6, 20

September—3, 17

October—15, 29

November—12, 26

December- 10

Thank you to everyone who continuously support Kooloorra's Food Program. Thank you to all our volunteers who work tirelessly to provide quality and affordable food to the community.

If you are interested to purchase a bag, please send an email to koolooracommunity@outlook.com or call 02 9661 9160.



Seniors Exercises and Gentle Exercises will be back to Kooloorra next year. First day back will be on Tuesday, 02 February 2021 from 09:00 –11:00am

Regular exercise helps you to:

- Stay fit and independent
- Improves your balance
- Reduces your risk of a falling
- Keeps your heart and lungs healthy
- Makes you feel good
- Helps you control diabetes
- Helps keep your bones strong.

If you would like to join the Seniors Exercises, please call AIM on 02 9382 8131



If you are finding it difficult to put food on your table, we have 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 Kooloorra on 0481 756 759 or email koolooracommunity@outlook.com



KOOLOORA COMMUNITY OPEN DAY 2020

The celebration of NAIDOC and Youth Week NSW was a great opportunity for Kooloora to open its doors to the community again. After a long and somewhat socially awkward year for everyone, finally we were able to come back together as a community and have some food and fun.

Thank you to Aunty Maxine who opened the event with a Welcome to Country and for entertaining our youngest with her amazing table full of Aboriginal shell art. Matt Thistlethwaite MP Kingsford and Danny Said Mayor of Randwick addressed the visitors and presented to the public Kooloora's newly constructed multi-sport court.

We had a sporting competition for our youth along side the unavoidable community BBQ, courtesy of our Woodturners. The event was supported by Jodi Tweed from Randwick Council and her Community Development team, Michael West from the Department of Communities and Justice, our local Aboriginal artist Ali Golding with her beautiful Aboriginal paintings, our faithful Kooloora volunteers and the people from the local community who helped us make sure this event is safe and enjoyable for everyone.




Randwick City
Council
a sense of community

 NATIONAL
YOUTH
WEEK



FOGO is coming to Randwick City

Did you know that almost 40% of the waste that's currently thrown out in red-lid bins is food? When food is sent to landfill, greenhouse gases are released into the environment. Starting in March 2021 Council will introduce a new way for residents to recycle food scraps with their garden waste, which will allow us to divert food waste from landfill, reduce greenhouse gas emissions and use the waste to create compost that can be used in farms, parks and sportsfields.

It's called FOGO, which stands for food organics and garden organics.

As part of this new waste collection service, households will receive a new lime green-lid FOGO bin, into which they can throw their garden and food waste. It's important to note that unlike

home compost systems, all food waste can be disposed of in a FOGO bin – citrus foods, bones, dairy, cooked food, paper towels, takeaway food and more.



What will I receive?

- A new recycling (yellow) bin, waste (red) bin and FOGO (lime green) bin.
- A small kitchen caddy will be provided to hold your food waste.
- A pack of compostable caddy liners.

When do I put the bin out?

Your green-lid FOGO bin will be collected weekly. You will be provided with a new collection schedule before the new service begins.

What can I put in my FOGO bin?

- Garden waste
- Tissues and paper towel
- Soiled pizza boxes
- Food waste - leftovers, bread, vegetable scraps, bones, milk, cheese, etc.
- Plus more!

For more information: <https://www.randwick.nsw.gov.au/about-council/news/news-items/2020/october/fogo-is-coming-to-randwick-city>

Centrelink public holiday closures, reporting and payment arrangements

Centrelink is closed during the following dates:

Wednesday 25 December 2020.
Monday 28 December 2020.
Tuesday 29 December 2020.
Friday 1 January 2021.

You can use your Centrelink online account through myGov to:

- Report your income.
- View your reporting dates for the next 12 weeks.
- Change some of your appointments.
- Apply for an advance payment.
- Request a document.

You can also use our Express Plus mobile apps and phone self-service.

You can still report your income to Centrelink, even when they are closed. However, if you do this on a public holiday Centrelink will pay you after the public holiday.

You can view your reporting dates 12 weeks in advance online. You can do this in your Centrelink online account through myGov or the Express Plus Centrelink app.

If you don't have one, you can create a myGov account. You can still report your income to Centrelink, even when they are closed.

See also: <https://www.servicesaustralia.gov.au/individuals/public-holiday-reporting>

DECEMBER EVENTS IN MY LOCAL COMMUNITY

Christmas and New Years Eve in Randwick City 2020

The iconic Coogee Carols and Coogee Sparkles NYE fireworks events will not proceed this year after Randwick Council made the tough decision to cancel the events to protect the health and wellbeing of the community.

Instead, this year Council will deliver an expanded program of Christmas activities designed to bring joy, festive cheer and hope in a COVID-safe way for the whole community.

Throughout the month of December Christmas will be popping up in town centres and beaches around our City. There will be a Christmas light trail, roving elves, carol singers and buskers, chalk art, window displays and more

Check out Randwick City Council's website for more information.

Source: <https://www.randwick.nsw.gov.au/community/whats-on/christmas-and-new-years-eve>

Kooloor's Christmas Closure



The last day of office will be on 18th of December 2020.

Programs and services will resume on Monday, 01 February 2021 except Playgroup which will be back on Wednesday, 03 February 2021.

Vacation Care will be from 04-22 January 2021.

Please check our website for any changes in schedule during the holidays.