

INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 67

June 2021

www.kooloora.org



HEAL COUNTRY!

4-11 JULY 2021

Kooloora is planning a celebration of NAIDOC on Sunday 11 July. This is a partnership initiative between Kooloora Community Centre, La Perouse Land Council and the plan is to involve other local Aboriginal organisations as well.

We will have Welcome to Country, Aboriginal arts workshop, community BBQ and other activities are in the planning stage too. The event will be advertised on kooloora.org as soon as the activities and participating organisations are confirmed. This is a free open event and everyone is invited to join the celebration.

KOOLOORA SUPPORTED PLAYGROUP

Kooloora has welcomed a number of new and returning families. Welcome to Kooloora Supported Playgroup and we hope you enjoy your time with us.

We aim to provide a safe and comfortable surroundings and therefore we would like to thank everyone for their patience and understanding whilst repair and painting are being finalised in the Playgroup room.

With the colder weather setting in, we remind all parents to maintain proper hygiene and we ask that if your child is not feeling well that you delay bringing your child to that session until they have recovered. We encourage parents and children to wash hands before morning tea. Let's look after one another.

Our Supported Playgroup is run by volunteers who come and devote their time to make sure we provide the best Playgroup to families. We request that families treat our volunteers with utmost respect and make them feel valued.

Everyone is invited to our Wiggles Party on Monday and Wednesday, 21 & 23 June from 10:00—12:00pm. We'll sing and dance to Wiggles songs, Wiggles crafts and jump till we drop on our Jumping Castle! Wear your wiggles colors—Red, Yellow, Blue and Purple and let's all have a wiggly good time before we close for the term! Bring a piece of fruit to share and gold coin donation. See you all at the centre!



**READY, STEADY,
WIGGLE!**

Come and have a wiggly
good time for our last day
of term!

JUMPING CASTLE




MONDAY & WEDNESDAY	WEAR THE WIGGLE COLORS!
21 & 23 JUNE	YELLOW PURPLE
10:00-12:00PM	BLUE RED

Bring a piece of fruit to share and
gold coin donation



KOOLOORA VACATION CARE

Kooloora Vacation Care Program for July 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. Please make sure to book early to avoid missing out on excursions. For questions and inquiries, please call 0423 385 308 or email koolooravacation@outlook.com

<p>MONDAY 28th NAIDOC DAY CELEBRATION Part 1</p>  <p>Enjoy a wonderful CRAFTY DAY to celebrate NAIDOC.</p> <p>Learn all about our native animals by listening to traditional stories like The Rainbow Serpent.</p> <p>Dot paint snake and goanna timber templates and paint possum boxes.</p>	<p>TUESDAY 29th LASER TAG INCURSION</p>  <p>Join us for a fun incursion with the experts from Laser Warriors.</p> <p>We will have 2 hours of laser tag on our own site with laser guns and vests, just like the real thing.</p> <p>Who will be the winner??</p>	<p>WEDNESDAY 30th AUSTRALIAN MUSEUM</p>  <p>Please be at the centre by 9.00am</p> <p>We will be heading into the Australian Museum in the city for a super interesting excursion.</p> <p>We will see dinosaur bones, animal displays and learn lots of new facts.</p>	<p>THURSDAY 1st MOVIES AT MOORE PARK</p>  <p>Come along and enjoy watching a movie with your friends at vacation care.</p> <p>Movie to be advised.</p> <p>Please be at the centre by 9.00am.</p>	<p>FRIDAY 2nd MAROUBRA PARK</p>  <p>Please be at the centre by 9.00am.</p> <p>Enjoy a fun day at Maroubra Park playing on the equipment and in the Skate Bowl.</p> <p>Bring your skateboards and scooters.</p> <p>Don't forget your helmet and lots of water</p>
<p>MONDAY 5th BOWLING AT STRIKE, MOORE PARK</p>  <p>Please be at the centre by 9.00am.</p> <p>Join us for two games of bowling at Strike, Moore Park.</p> <p>Show us your bowling skills and be announced the winner.</p> <p>Will you get a strike ?</p>	<p>TUESDAY 6th INFLATABLE WORLD</p>  <p>Please be at the centre by 9.00am.</p> <p>We love Inflatable World..</p> <p>Jumping around on the inflatable maze, inflatable basketball court and the inflatable slide is great fun.</p> <p>Don't forget to wear socks and bring lots of water !</p>	<p>WEDNESDAY 7th CHIFLEY PARK</p>  <p>Please be at the centre by 9.00am.</p> <p>Join us for a fun day at Chifley Park..</p> <p>Enjoy playing on the equipment with your friends.</p> <p>Don't forget to bring lots of water!</p>	<p>THURSDAY 8th NAIDOC DAY CELEBRATION Part 2</p>  <p>Fun day with the colours RED, YELLOW, BLACK.</p> <p>Wear as much red, yellow, black as you can. Play lots of fun games - red jelly eating competition, egg and spoon relay and sort the jelly-beans.</p> <p>Make yummy foods using the same colours.</p>	<p>FRIDAY 9th GO KARTS INCURSION</p>  <p>Join us for a fun incursion with the experts from Kiddie Karts.</p> <p>We will have 2 hours of go karting on our own site just like the real thing.</p> <p>Who will be the fastest??</p>



Our Kids Zone kids have been busy with crafts, cooking and lots of other fun activities. We are very lucky to be a recipient of the Woodturners Shed's amazing woodcraft pieces which the kids enjoyed building and decorating. It's amazing to see children develop interests with woodwork and crafts. We also have cooking days where we group the children and ask them to follow simple recipes. This encourages teamwork, improves their reading skills, increases their focus and attention and not to mention the winning team always get a reward!

Amongst all these activities, free play and outdoor/indoor sports are still our main activity during our after school program. After a long day at school, it is nice to just let them run around, connect to new friends who are not from the same school and stay active. A healthy dinner awaits them after a tiring play cooked by our loving volunteer, Fely.

We recently had to say goodbye to most of our kids as some of them had to move to another location or move on to high school. As we say goodbye to them, we welcome new families to our after school program. We are always happy to see kids grow and develop with us.

We are still looking for enthusiastic volunteers to help us with our after school care. Do you enjoy playing and interacting with children? Then please come on down and join our Kids Zone team! We need volunteers on Mondays and 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 or call 02 9661 9160 for more information.



Volunteer Awards 2021



Volunteers are the unsung heroes in all our communities – although they don't seek recognition for all they do, they certainly deserve it!

Research reveals that volunteering also benefits volunteers themselves. It reduces symptoms of depression, improves self-reported health and lowers mortality. Volunteering expands people's social networks, and gives people new skills which can lead to employment.

After last year becoming the year of COVID-19 and wide-spread closures across the country, Kooloora was pleased to once again be able to host our annual Volunteer Awards and celebrate the amazing work that so many people in our community do.

We were lucky to have Matt Thistlethwaite, Mayor Danny Said and Michael from DCJ to join us in handing out awards and recognising our volunteers' continued efforts in providing excellent support to the community centre and enjoying a fantastic lunch with food leftover for days.

Every year, almost six million Australians volunteer, dedicating over 600 million hours to helping others. If you are looking for volunteering opportunities, we would love to have you as part of Kooloora! Send us an email or have a chat with us.



Raising awareness about the Covid19 vaccine of the Aboriginal and Torres Strait Island people

In collaboration with the NSW Aboriginal Health Unit, Kooloora hosted an information session for all Aboriginal and Torres Strait Islander People to provide information about the Covid 19 vaccination. 35 members of the community attended the information workshop where health staff answered questions regarding the Covid 19 vaccine. It was an informal talking session with a lot to be learned. All accompanied by the inevitable BBQ.



Our food program is available to everyone who are struggling to put food on their table.

We give priority to the vulnerable members of the community and families with children. Kooloora has different food program for free or given for a minimum fee to the community.

1. **Second Bite** - every Monday, Wednesday, Friday
Donated fruits, vegetables and bread. Please wait for a text message before coming to the centre to get a bag.

2. **Cooked Meals** - every Wednesday
Delicious cooked meals donated by Plate It Forward.

3. **Veged Out**—every Friday fortnight during school terms

Kooloora's own vegetable co-op. \$15 for a bag of fresh fruits and vegetables and bread. Please call Kooloora to reserve a bag.

If you have not registered yet, come down to the centre and fill out a registration form so we can get your details. And we can send you a text message when we have food available.

Hearing Australia at Kooloora

Hearing Australia will be at Kooloora Community Centre on Tuesday, 13 July from 9:30am—1:25pm for a free hearing test.



No need to book an appointment, just come in on the day to have your hearing checked.

Get your COVID Vaccine at Kooloora!

No need to book for appointment, just come in on the day and get your vaccine! Flu vaccine also available.

Call Kooloora on 02 9661 9160 for questions.

AstraZeneca COVID 19 Vaccinations Available

Do you want to get protected from COVID-19?



Anyone over 50 years can now have a free COVID-19 AstraZeneca vaccine

COVID Vaccines are available at:

KOOLOORA COMMUNITY CENTRE

167 Bilga Crescent, Malabar

02 9661 9160

koolooracommunity@outlook.com

Thursday 2:00 – 3:30pm



Kingsford Legal Centre Free Advice Clinic at Kooloora

KLC is a community legal centre that gives free legal advice to our local community. We can help you with most of your legal problems like, debt, housing, repairs, Centrelink and fines. We will be at Kooloora from 2pm - 4pm every Tuesday Fortnight during school terms.

Kingsford Legal Centre **can** advise on matters such as:

- Domestic Violence
- Credit and Debt
- Victim's Compensation
- Criminal Law
- Employment Law
- Discrimination Law (anywhere within NSW)
- Centrelink Problems
- Motor Vehicle Accidents
- Consumer Matters
- Neighbourhood Disputes
- Fines
- Tenancy
- Limited advice on Family law matters

Kingsford Legal Centre does **not** provide advice in the following areas of law:

- Making a will;
- Mortgages or conveyancing;
- Workers compensation;
- Personal injury (except victims compensation);
- Medical negligence;
- Commercial matters or business law;
- Taxation; and
- Immigration

Kingsford Legal Centre does **not** provide advice :

- to **employers** in employment matters;
- to **landlords** in tenancy matters; and **against the University of New South Wales.**

For legal advice, call 02 9385 9566 or send email to legal@unsw.edu.au to make an appointment.

KLC dates for Term 3: 13 & 27 July, 10 & 24 August, 7 September.

Apply for the Seniors Energy Rebate

The Seniors Energy Rebate is available for eligible independent retirees to help cover the cost of their electricity. To be eligible you need to hold a Commonwealth Seniors Health Card (CSHC). The Seniors Energy Rebate is \$200 per household, per financial year.

Eligibility:

- be a NSW resident
 - have a valid CSHC from Centrelink or the DVA
 - be the primary account holder named on the electricity bill
- be applying for the rebate for your primary place of residence.

What you need:

- a MyServiceNSW Account
 - your valid CSHC from Centrelink or the DVA
 - the most recent electricity bill for your current primary place of residence
 - your contact details
- your bank or Credit Union account details.

More Information:

The name on the application must match the details of both the:

- CSHC holder, and
- electricity account holder.
- The primary residential address of the CSHC holder and the address where the electricity is being supplied must be the same.
- A household can only receive one Seniors Energy Rebate each financial year (even if more than one eligible retiree lives at the same address).
- Rebates are paid directly into the nominated bank/credit union account.
- The application and rebate is processed by Service NSW, not your electricity supplier.
- Your Centrelink Customer Reference Number (CRN) is on your CSHC. If you can't find your CRN, contact Centrelink on 1300 169 468.
- If you've already applied for the rebate for the current financial year, the system will advise you that your CRN has already been used. If you believe there's an error, please call Service NSW on [13 77 88](tel:137788).
- Your National Metering Identifier (NMI) number is on your electricity bill. It's a unique 10 or 11 digit number and usually starts with a '4'.

The rebate is not automatically applied each financial year. You need to reapply if you want to receive it the following year.

Source: <https://www.service.nsw.gov.au/transaction/apply-seniors-energy-rebate>

Reporting local issues just got easier!

You can now report issues that need addressing in the local community through the Snap Send Solve App!

Report abandoned trolleys, graffiti & vandalism, rubbish & bins, noise pollution, water & sewer, fallen tree etc.

Simply download the app on your mobile phone, confirm your location, take a photo of the issue and fill out additional information and send the report.



Source: <https://www.randwick.nsw.gov.au/>

Dine & Discover NSW

The NSW Government is launching Dine & Discover NSW to encourage the community to get out and about, supporting dining, arts and tourism businesses and stimulating spending in the economy.

Initially the scheme will invite customers to use their vouchers with participating COVID Safe businesses, as part of a testing period, in The Rocks and Broken Hill in early February. Dine & Discover NSW will then be piloted with a larger group in Sydney CBD, Northern Beaches and Bega Valley from late February. The statewide rollout will commence in March.

How does Dine & Discover NSW work?

Every NSW resident aged 18 and over will be eligible for 4 \$25 vouchers worth \$100 in total. The vouchers can be used at participating NSW businesses who are registered as [COVID safe](#).

The Dine & Discover NSW vouchers will be divided into two categories:

- 2 x \$25 vouchers to be used for eating in at restaurants, cafes, bars, pubs and clubs from Monday to Thursday, excluding public holidays.
- 2 x \$25 vouchers to be used for entertainment and recreation, including cultural institutions, live music, and arts venues, available 7 days a week, excluding public holidays.

Reminder that the Dine & Discover NSW Vouchers are only valid until 30 June 2021. All unused vouchers will be forfeited.

For more info, visit <https://www.nsw.gov.au/covid-19/dine-and-discover-nsw>

Transport for NSW has developed an integrated transport network which will affect public transport in all suburbs. The main aim is to replace or modify existing bus routes.

The bus services in this area that will be *modified* are: 392, 397, 399, 418, 420, 420N

The bus services in this area that will be *withdrawn* with alternative services are: 391, 393, 394, 395, 400, 400N, L94, X93, X99

Kooloorra will be organizing a meeting for the local community to discuss and assist in completing the survey feedback online. Join us on Thursday, 17 June 11.30 -1pm, which will include a BBQ.

For any additional information go to www.mysydney.nsw.gov.au


**COME FOR A BBQ AND
HAVE YOUR SAY ABOUT
THE CHANGES WITH THE
BUS ROUTES IN THE
SOUTH EAST AREA.**



NAIDOC DAY

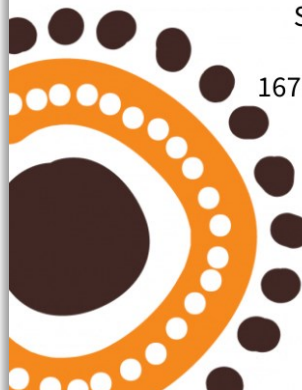
at  **Kooloorra**
COMMUNITY CENTRE

A DAY TO CELEBRATE ABORIGINAL AND
ISLANDERS ARTS AND CULTURE



Sunday, 11 June 2021
11:00-2:00pm
167 Bilga Crescent, Malabar

Welcome to Country
Aboriginal Arts Workshop
Jumping Castle for Kids
Didgeridoo
BBQ



This year's theme—*Heal Country!*—calls for all of us to continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction.

NAIDOC 2021 invites the nation to embrace First Nations' cultural knowledge and understanding of Country as part of Australia's national heritage and equally respect the culture and values of Aboriginal peoples and Torres Strait Islanders as they do the cultures and values of all Australians.

Join us at Kooloorra as we celebrate NAIDOC week on Sunday, 11 June from 11:00—2:00pm at Kooloorra Community Centre. Free BBQ for everyone, jumping castles for kids and Cultural arts and workshops on the day.

For inquiries, please call Kooloorra on 02 9661 9160.