

# INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

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We started 2021 with a successful vacation care program in January. In February Kooloora opened its doors for our regular activities to recommence. All of our programs are now running at capacity similar as the period before the Covid related closures in 2020.

All of the services run by Kooloora and our partners are back with face to face service provision. We are hoping that this year will be more predictable than last year for everyone. In any case, we now know that Kooloora is well prepared for better or worse and that we are well positioned to rise up to any challenges.

# KOOLOOORA SUPPORTED PLAYGROUP



Welcome to 2021! A new year filled with hope and new goals. We welcome new families to our Playgroup family and we hope you enjoy your time with us. Welcome back to our old families and thank you for your continued support.

This is the first time since last year that we can relax a little bit being around other families and friends but still observing safe social distancing and proper hygiene. We saw an increase in numbers around November last year. Thanks to our regular families who helped us spread the word to other families.

This year poses new opportunity with the incline of families endeavouring into a new realm of a fun and practical leaning environment. The multifaceted learning experience allows for an interactive venture into activities to assist your child's potential and early learning. Playgroup is a place that nurtures your child in developing skills that will assist them in their everyday learning.

Playgroups provides a refreshing morning tea that consist of seasonal sandwiches and fruit prepared from the gracious and enthusiastic volunteers and team members of the Kooloora community. Play group is ever growing and is an exciting way to interact with your child and members of your local community.



Play groups is a fun and interactive community based groups that provides extensive range of indoor and outdoor activities run by a dedicated team to ensure you child blooms into an active member of the community. So please feel free to attend on Monday or Wednesday between 10 am and 12 pm at the Kooloora Community centre.



# KOOLOOORA VACATION CARE

Kooloora Vacation Care Program for April 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](mailto: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](mailto:koolooravacation@outlook.com)

<p><b>MONDAY 5th</b> <b>PUBLIC HOLIDAY</b> for <b>EASTER MONDAY</b></p> <p><b>Vacation Care is not open</b></p>	<p><b>TUESDAY 6th</b> <b>CELEBRATE EASTER @ MALABAR PARK</b></p>  <p>Let's celebrate Easter together with a big Easter egg hunt and Easter bunny sand castle building competition at Malabar Bay. If you would like to swim in the bay ... bring your towel, change of clothes and lots of water to drink. <b>Wear your swimmers, thongs / sandals and sunscreen.</b></p> <p><b>Please be at the centre by 9.00am.</b></p>	<p><b>WEDNESDAY 7th</b> <b>"A" DAY</b></p>  <p>Lets celebrate all things starting with the letter "A". Dress up as something starting with the letter A, like an <b>angel, acrobat, animal</b>. Have fun painting your very own <b>Artwork on a canvas</b> and show us your <b>Athletics</b> skills as we run races, jump the long jump, throw the vortex and run the cross country. We will also enjoy making and eating yummy <b>Apple pies</b>.</p>	<p><b>THURSDAY 8th</b> <b>MOVIES @ EASTGARDENS</b></p>  <p>Come along and enjoy watching a movie with your friends at vacation care.</p> <p>Movie to be advised.</p> <p><b>Please be at the centre by 9.00am.</b></p>	<p><b>FRIDAY 9th</b> <b>WHEELS WHEELS WHEELS DAY</b></p>  <p>Join us for a day of wheeling around our centre on your bikes, skateboards, roller-blades and scooters.</p> <p><b>Don't forget your helmets and lots of water</b></p>
<p><b>MONDAY 12th</b> <b>LA PEROUSE BUSH WALK AND BBQ</b></p>  <p>Join us for a bush walk through Botany Bay National Park <b>led by the experts from Shared Knowledge</b> up to Henry Head, a beautiful lookout over Botany Bay. We will return to the Frenchmans Bay Park for a 'BBQ and play in the park. Be sure to wear sunscreen, comfortable walking shoes and clothing. Bring lots of water.</p> <p><b>Please be at the centre by 9.00am.</b></p>	<p><b>TUESDAY 13th</b> <b>BE A SUPERHERO AND SUPER STAR !!</b></p>  <p>Dress up as your favourite movie star or movie character and walk the red carpet as your favourite Hollywood actor, actress or film character. Win awards for best red carpet walk, best fake cry, best acceptance speech and best angry loser. Make your very own Hollywood Star with your name on it and play our very funny Hollywood costume relay and musical stars game.</p>	<p><b>WEDNESDAY 14th</b> <b>INDIGENOUS BUSH FOODS AND CULTURE</b></p>  <p>Join us for an incursion learning all about Indigenous culture from <b>the experts at Shared Knowledge</b>. Walk through the Kooloora Community garden to learn about bush foods and use of the plants for hygiene, medicine and food.</p> <p>Pick plants to cook with.</p>	<p><b>THURSDAY 15th</b> <b>LASER TAG @ MOORE PARK</b></p>  <p>Have fun with your friends running around the laser tag course trying not be laserred in two games.</p> <p>Be sure to wear comfortable clothes and shoes to run in and bring lots of water.</p> <p><b>Please be at the centre by 9.00am.</b></p>	<p><b>FRIDAY 16th</b> <b>BRING YOUR PET DAY</b></p>  <p>Today is the day to bring you pet into the centre for show and tell. Parents need to bring the pet in and stay with the pet. Book in the time you will bring your pet in so no pets will be around another pet. We want all pets to be safe</p> <p>ALSO ... dress up as your favourite animal learn how to draw animal portraits.</p>



Our Kids Zone Christmas Party was made possible through the generous donation of The Seekers. We were able to hire an instructor and the kids enjoyed a Glow in the Dark Pound Party. Thank you Seekers for always thinking of the children of Kids Zone.

We would also like to extend our gratitude to Cuddle Bundles who gave us toys that we gave to the kids as a gift from Santa and pamper packs for parents.



2020 has been a very challenging year for us as we struggled to keep to program running while following safety COVID protocols. We pushed through with the help of our volunteers and staff who dedicated their time to look after the children.

We are making a few changes to our after school program this year. We would still continue to deliver the same program to children living in the local area and provide nutritious food however, we are now requiring families to register before they can join the program. This is to make sure that we have the right information especially regarding the children's medical health and emergency contacts in case of unforeseen circumstances. This helps us provide a safer environment for the children. Registration and attendance is still free. Wednesdays are also now only for children 6-10 years but children 6-12 are still welcome on Mondays.



We also now offer homework assistance in Kids Zone. Our staff and volunteers can help your children with their homework.

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.





### 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

If you are interested to purchase a bag, please send an email to [kooloaracommunity@outlook.com](mailto:kooloaracommunity@outlook.com) or call 02 9661 9160.



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.

We continue to operate the food program on Mondays, Wednesdays and Fridays including school holidays. Please register your name and mobile so you can get a text message from us when the bags are ready for pickup. Friendly reminder to only come if you receive a text message.

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 [kooloaracommunity@outlook.com](mailto:kooloaracommunity@outlook.com)

After almost a year of hiatus, Fitness for Seniors is back at Kooloora! If you know anyone who is under 65 years old looking for a low impact aerobics class to improve their strength, flexibility & co-ordination , our 9:00-10:00am exercise is for you. Interested participants need to call AIM on 02 9382 8131 to register. This class is \$65 per term and is paid directly to AIM.

## FITNESS FOR SENIORS



If you are looking for a class for those 65 and over, for the very frail and for those experiencing physical disability or recovering from illness then our 10:00am –11:00am class is more suitable for you. This class is a chair class with simple movement to music. This class is free.

For more information, please ring Kooloora on 02 9661 9160 or email [kooloaracommunity@outlook.com](mailto:kooloaracommunity@outlook.com) or you may ring AIM directly on 02 9382 8131 or email [SESLHD-AIMandWAVES@health.nsw.gov.au](mailto:SESLHD-AIMandWAVES@health.nsw.gov.au)



### Computer Class at Kooloora

This program is for people interested to learn more about using a computer, laptop, Ipad or tablet. It is open to the public and run weekly by a volunteer at Kooloora Community Centre. You are welcome to use our computers, tablets or devices to train on during the workshop or you can bring your own. It is a weekly open class where you can drop-in and simply absorb the information from the day, learn skills and improve your confidence around computers and phones. Our computer class is facilitated by our lovely volunteer, Lilian Shuttleworth.

Computer classes run every Tuesday during school term from 2-3pm. For interests, please call 02 9661 9160 or email [koolooracomunity@outlook.com](mailto:koolooracomunity@outlook.com)



### English Classes at Kooloora

English Classes at Kooloora is open to the community and free of registration. Build your confidence in English and small informal group with a friendly trained English teacher. Build confidence in reading and writing in a small supportive group. Learn at your own pace. Thank you to our patient English volunteer teacher, Jackie Sevcik, for your time in teaching the students not only the English language but the confidence to practice the language.

English Classes are available at Kooloora every Friday 12:00– 1:00pm during school term. Registration is FREE. For interests, please call Kooloora on 02 9661 9160 or email [koolooracomunity@outlook.com](mailto:koolooracomunity@outlook.com)



## 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 - 3:30pm every Tuesday Fortnight during school terms. For legal advice, call 02 9385 9566 or send email to [legal@unsw.edu.au](mailto:legal@unsw.edu.au) to make an appointment.

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**.

## AGM 2020

On 07 Dec 2020, we had our Annual General Meeting. Aunty Allie Golding opened the event with her inspiring Welcome to Country speech.

The essential support for the community delivered by Kooloora during this unusual year were acknowledged by Jodi Tweed and Dylan Parker from Randwick Council, Michael Daley MP and Michael West from the Department of Communities and Justice. Kooloora welcomed Pearl Smith as a new member on the Management Board.



## FOGO at Kooloora

On 05 Feb, Randwick Council held a free BBQ information event at Kooloora Community Centre to disseminate information regarding the rollout of the new organic waste bin coming in March 2021



For those who weren't able to attend, you can find more information on Randwick City Council's website regarding Food organic & garden organics (FOGO) at

[www.randwick.nsw.gov.au/services/rubbish-and-recycling/food-organics-and-garden-organics-fogo](http://www.randwick.nsw.gov.au/services/rubbish-and-recycling/food-organics-and-garden-organics-fogo)

## 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 state wide 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.
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### How do I apply for the vouchers?

To participate in Dine & Discover NSW, you must have a [MyServiceNSW](#) account.

- You can download the [Service NSW app](#) now and register for a [MyServiceNSW](#) account ahead of the vouchers becoming available.

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

# Small Change Big Difference

**FOGO is coming to Randwick City  
From March 2021**



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 sports fields.

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!

## Won't the bin smell or attract pests?

Council will collect the FOGO bin weekly to help eliminate any possible smell. Putting your food waste into compostable bags or newspaper first will also help reduce odours.

## What if I already compost?

The new FOGO service will be provided to all households. Some items that are unsuitable for home composts, like meat, fish, bones and shells and kitty litter can be included in your FOGO bin. You can still continue to compost at home.

## Where do I put nappies?

Nappies will still go in your red bin preferably in a sealed bag.

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