

INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 68

September 2021

167 BILGA CRESCENT, MALABAR NSW 2036 | (02) 9661 9160 | koolooracommunity@outlook.com

www.kooloorra.org

Get your

COVID-19 vaccine at



Lockdown 2021:

Thanks to Randwick Council we were able to increase the free food hampers for the community during the lockdown. Contact us on 0481 756 759 if you are finding it difficult to access food.

Our electricity and gas assistance is still running via phone assessments.

Kirketon Road mobile clinic for Covid vaccination and testing is on every Thursday 2pm-3:30pm.

Kooloorra Vacation Care is open for enrollments now. Visit kooloorra.org for more information and how to book.

Kooloorra playgroup is happening online, please follow our FB page for the online link.

We can still help you with information, printing and phone use, with restricted public access to the indoors. Call 9661 9160 for any enquiries.

KOOLOORA SUPPORTED PLAYGROUP



Kooloora Supported Playgroup is now online! Every week we will upload new videos of Ms. Lee doing group time. We will have new book every week, simple crafts that you can do at home and music and movement to get those muscles moving! In a different circumstance,



we are all gathered in our Playgroup room, watching our bubs play with new friends while we catch up with other mums, dads and nans about anything under the sun. But until then, we can all still continue to be connected through our online Playgroup on Facebook.



Do you have any books you would like for Ms. Lee to read? Any dance you miss from our group time that you would love to see in our videos? Let us know and we are happy to include them for you!

Top 10 Parenting Podcasts

Mums and Dads, if you want to take a break from the screens but too tired to read a book, podcasts are the best option for you! There's a wealth of knowledge you can get and it is a great companion whenever you are doing those endless day-to-day parenting task- folding clothes, doing the laundry, cooking dinner. Give these top 10 parenting podcasts a try.

1. Parental as Anything

Presented by one of Australia's pre-eminent and much-loved parenting authors and educators, Maggie Dent, this podcast gives you tips and answers to your real-world parenting problems.

2. The Dad Kit

Sean Szeps hosts this weekly podcast speaking to well-known Australian Dads to unpack some of the knotty cultural ideas we have about fathers.

3. Too Peas in a Podcast

Mandy and Kate started this podcast for parents of multiples with disabilities and additional needs, parenting on the road less travelled.

4. Parentland

The BBC-produced podcast is for parents everywhere. Covering topics from raising babies through to teenagers, they focus on evidence-based answers, from all over the world.

5. Gotta Be Done – The Bluey Podcast

Two Melbourne mums obsessed with ABC TV's Bluey, deconstruct the episodes and how it relates to parenting in the real world.

6. Happy Families

Psychologist and author Dr Justin Coulson provides expert advice and simple strategies to help you make your family happier.

7. Dad in Progress

A five-part series aimed at men who are fresh to fatherhood about the challenges and life changes of new dad life.

8. Unruffled

From American author and Resources for Infant Educators (RIE) parenting expert, Janet Lansbury, this podcast is particularly helpful for parents in the throws of baby and toddlerhood.

9. TILT Parenting

Hosted by parenting activist and author Debbie Reber this podcast is aimed at inspiring, informing and supporting parents (and educators) raising differently wired kids (giftedness, ADHD, Asperger's, learning differences, anxiety and more).

10. Parenting in a Pandemic

Hosted by founder of the Triple P Parenting Program, this podcast helps you steer your household through these uncharted waters.

Source: <https://theparentswebsite.com.au/>











KOOLOORA VACATION CARE

Due to unpredictable circumstances, we are not offering excursions for now but rest assured that Kooloora will stay open to support families during school holidays. We came up with exciting in-centre programs instead for your children to enjoy.

NEW FAMILIES: If you are enrolling for the first time at Kooloora Vacation Care, please send an email to koolooravacation@outlook.com so we can send you the link and instructions to enroll.

Deadline of enrolments for Sept-Oct 2021 school holidays is on the 15th of September 2021

For questions, please call 0423 385 308 or email koolooravacation@outlook.com

<p>MONDAY 20th AROUND THE WORLD SPORTS DAY</p> <p>Lets play lots of different sports and games to represent the 7 continents of the world.</p>  <p>Lets play</p> <ul style="list-style-type: none"> North America - Baseball South America - Soccer Europe - Bullrush Africa - Running races Asia - safe Sumo Wrestling Australia - Cricket Antarctica - Whale and Penguins 	<p>TUESDAY 21st CLOWNING AROUND</p>  <p>Dress up as a clown</p> <p>Join us for a fun Carnival Day.</p> <p>Lots of games to play - Ping Pong Prize, Ring Toss, Balloon Bust and The Chocolate Game. Show us your juggling skills and be the winner of the Jellybean Guessing Competition.</p> <p>Plus, MAKE-A-BEAR to take home.</p>	<p>WEDNESDAY 22nd ARE YOU A BLOCKHEAD ??</p>  <p>In a team, paint and decorate your own house.</p> <p>Decide on a colour scheme and theme for your house as you work together as a team to paint your house and be declared the winners of The Block.</p> <p>The winners WIN THEIR HOUSE !!!</p>	<p>THURSDAY 23rd YOU CAN'T STOP US PLAYING</p>  <p>Join us for a big day of fun playing ...</p> <p>Kinetic Sand, Play Dough, Hama Beading, and a fun, fun, fun, Blind Obstacle Course with your trusted friend..</p> <p>Plus, our favourite DODGEBALL CHALLENGE.</p>	<p>FRIDAY 24th THE GREAT OUTDOORS</p>  <p>Enjoy and appreciate the great outdoors as we camp out in tents for the day. We will go on a nature walk with Aunty Maxine and learn the art of rock painting, flower printing and planting seedlings in your own pot . Help us make our very own canvas design of the Acknowledgment of Country as we appreciate the great land we live on.</p>
<p>MONDAY 27th "BE AN ARTIST " MOSAIC ART DAY</p>  <p>Enjoy the art of making your very own mosaic creation.</p> <p>Learn how to glue the colourful tiles into place to make a beautiful design you can take home.</p> <p>Your don't have to be arty, we can help you.</p>	<p>TUESDAY 28th KIDCHELLA DANCE PARTY</p>  <p>Dress up as a hippie</p> <p>We will dance the day away to some great flower power tunes and make flower crowns as we play our fun games of : Limbo, Musical chairs, Musical bumps and can you keep dancing the longest in our fun Dance off ???</p> <p>Peace Out !!</p>	<p>WEDNESDAY 29th BLAST OFF !!!</p>  <p>Step into outer space as we build a rocket to blast to the moon, help us Find The Alien and be the winner of the fastest Spacecraft. Try doing the space walk with only glow sticks to help you see where you're going</p> <p>Bring a recyclable plastic water bottle</p>	<p>THURSDAY 30th SPOOKS AND SPELLS</p>  <p>Dress Up in your spookiest outfit</p> <p>Join us for a spooky day full of spooky fun ... our version of trick or treat, make a spooky tote bag, slime making, snake on a rope and a BIG hide and seek game of Dracula !!</p>	<p>FRIDAY 1st ONESIE PIZZA PYJAMA PARTY</p>  <p>Wearing your onesie</p> <p>jump straight out of bed and head to Kooloora for a day of movies, hide and seek, blanket rescue, slipper throw and we will make homemade healthy pizza for lunch.</p> <p>Bring your pillow and doona</p>



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.

Please note that the **Veged Out program is currently postponed until further notice. We will send out a text message to our regular clients to let you know when we will resume.*

In partnership with Randwick City Council and Addison Road, we are also providing food parcels during the lockdown. Staple foods such as long life milk, pasta, chocolates etc, fruits and vegetables are included in the box. We are prioritising people living in Bilga Crescent especially those with children, people with disability who are socially isolated and cannot go to the shops and seniors.



If you have not registered yet, come down to the centre and fill out a registration form so we can get your details.

Please wait for a text message before coming to the centre. This is to ensure that we distribute the food to everyone.

For questions, please call 0481 765 759 or 02 9661 9160.



With the current stay at home orders, proper storage of food will come in handy in extending our grocery's shelf life. Here are some tips in storing fresh food:

- Lemon and limes last about a week at room temperature but can be stored in the fridge for up to four weeks.
- Avocados will ripen slower if they are stored in the fridge.
- Bananas can last in the cupboard for seven days if green or between two-four if ripe. It's best not to refrigerate bananas but they can be peeled and stored in the freezer for smoothies or a frozen snack.
- Pumpkins will last weeks in a cool dry place if they're kept whole or you can store cut pumpkin in the fridge with the seeds removed to increase shelf life.
- Tomatoes will ripen at room temperature. It's best to store tomatoes in the fridge once ripe.
- Potatoes and onions can last for several months stored separately in the cupboard. Try to store them separately so they last longer.
- If you store veggies in the fridge in plastic, put holes in the bag for oxygen and make sure they are dry.

Source: <https://www.healthyliving.nsw.gov.au/making-your-food-go-further>

FOGO Tips & Tricks

Your FOGO bins must be filling up faster than usual since we are all staying at home and cooking more. Here are some tips and tricks to keep your FOGO bin odour-free.

Caddy

- Keep your caddy or container close to kitchen work area for convenience – e.g. on benchtop, in a cupboard or under the sink
- Close the kitchen caddy lid
- Wrap food in newspaper or paper towels
- Store your caddy out of direct sunlight
- Empty every 2-3 days, or as needed
- Take your caddy out to your bin to prevent any spills when emptying it
- Line the bottom of your caddy with shredded paper or paper towel to absorb liquids or odours
- Sprinkle bicarbonate soda in the bottom of your caddy
- Clean your caddy regularly with warm soapy water
- Place shredded paper or paper towel on top of the food scraps

Bin

- Place food waste in a compostable liner and tie up the bag before placing into the bin
- Store your FOGO bin out of direct sunlight
- Store meat or fish scraps in the freezer and adding these to the bin the night before collection wrapped in paper.
- Line the bottom of your bin with garden clippings or shredded paper to prevent loose food waste getting stuck to bottom
- Layer garden clippings or shredded paper on top of food waste
- Place your FOGO bin out for collection every week, even if there is only a small amount inside

Clean your bin regularly with warm soapy water

Liners

- To make the liners compostable, they are made from corn starch and therefore softer than normal plastic
- To open, gently tear liners off the roll and rub the top between dry hands
- Store in a cool, dry place so they don't begin to break down
- Dog bags provided by council in our open spaces are certified compostable and can go in the FOGO bin.
- A roll of 52 liners will be delivered to residents every 3 months – this will last the 3 months if you use 2-3 liners per week
- Liners begin to break down when in contact with liquids, so empty more frequently if your liners begin to split
- If you need more liners between deliveries, you can collect more from the Customer Service Centre, Recycling depot and all Randwick libraries
- You don't have to use the compostable liners – you can use a paper bag, put loose food in your caddy and bin or wrap food in newspaper or paper towel. If you would like to purchase your own bags, please make sure they have the compostability certification and are green

Source: Randwick City Council website
<https://www.randwick.nsw.gov.au/services/rubbish-and-recycling/food-organics-and-garden-organics-fogo/fogo-tips-and-tricks>

Tax return for Individuals 2021

If you do not have access to computer during this lockdown, you may come to Kooloora and we can print out a paper tax return form for you that you can return by mail. Most returns are processed within 50 days. Other ways to file your tax return is online via myTax or with a registered tax agent.

**Please note we do not have staff to help you with your tax return.*

If you got a Coronavirus (COVID-19) payment, here's what you need to know for your tax:

What payments you need to declare:

If you got the temporary Coronavirus Supplement or another COVID-19 payment last financial year, you need to declare them in your 2020–21 tax return.

You need to declare if you got any of these COVID-19 payments:

- Coronavirus Supplement
- Consumer Travel Support Program (rounds 1 or 2)
- Pandemic Leave Disaster Payment.

Why you need to declare:

Some COVID-19 payments are considered taxable income. So you need to declare them, along with any other income you earned during the financial year. You need to do this even if you asked us to make tax deductions from your taxable Centrelink payments.

The Coronavirus Supplement will be included on your [Centrelink payment summary](#). However, the other 3 COVID-19 payments aren't. These are reported to the Australian Taxation Office (ATO) separately.

For more information, refer to ato.gov.au and serviceaustralia.gov.au

Source: <https://www.servicesaustralia.gov.au/individuals/news/you-must-declare-any-covid-19-payments-your-tax-return>

The Temporary Financial Hardship Subsidy

For Parents that have lost working hours or their job during the lockdown, you might be eligible for the temporary financial hardship subsidy.

You must:

- be eligible for [Child Care Subsidy](#)
- have experienced temporary financial hardship due to an event that happened in the last 6 months, including COVID-19
- have a substantially reduced ability to pay child care fees.

Temporary financial hardship may occur if you or your partner have:

- lost your job, other than if you resigned or retired
- suffered a loss of income or a business failure due to circumstances outside of your control, such as serious illness
- been adversely affected by a major disaster event
- had your home destroyed or severely damaged.

You may also be experiencing temporary financial hardship from:

- the death of a partner or child
- loss of child support due to the death of a paying parent
- having to leave your home and not being able to return because of an extreme circumstance such as from being affected by family and domestic violence
- being affected by [family and domestic violence](#), and the family member responsible leaves, or is removed from the home.

You can nominate more than 1 event if they have occurred within the last 6 months.

We don't consider any of the following events for this subsidy:

- expenses such as routine home repairs or maintenance
- non-essential expenses
- increases in child care fees.

Call Services Australia to apply.

Source: <https://www.servicesaustralia.gov.au/individuals/services/centrelink/additional-child-care-subsidy/who-can-get-it/temporary-financial-hardship-subsidy>

Get your COVID Vaccine at Kooloora!

Luckily enough, people of Bilga Crescent and nearby suburbs doesn't have to wait in queue for hours to get tested or to get a jab. In partnership with Kirketon Road Centre, testing and getting a vaccine is very easy.

No booking required. KRC is focused on vulnerable and homeless communities who will be prioritised if testing capacity is reached.

Children under the age of 12 years will not be tested at this clinic and should attend their nearest Emergency Department or local GP so a full medical assessment can be undertaken.

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

In line with the Sydney lockdown, Kingsford Legal Centre still continues to provide free legal advice via telephone to ensure that the community are still looked after in the safest way possible. With the current COVID-19 outbreak, KLC has seen an increase request for legal advice due to the changing public health orders that changes regularly which in turn creates confusion in the community about the legal requirements. There's also people seeking advice on face mask mandates, vaccinations, debts and bills owing due to the financial impact of the lockdown. KLC is providing help to people experiencing COVID related legal issues. Contact Kingsford Legal Centre on 02 9385 9566 or send email to legal@unsw.edu.au to make an appointment.

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

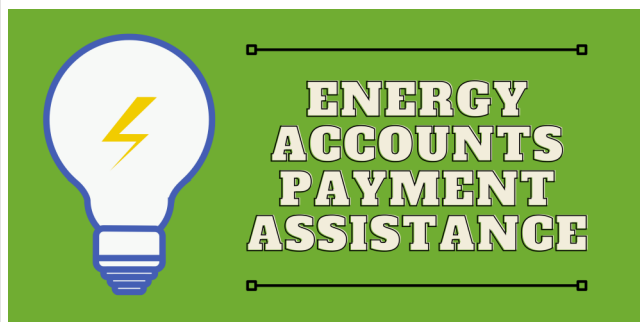
- Domestic Violence
- Credit and Debt
- Victim's Compensation
- Criminal Law
- Employment Law
- Discrimination Law (anywhere within NSW)
- Centrelink Problems
- Motor Vehicle Accidents
- Consumer Matters
- Neighbourhood Disputes
- Fines
- Tenancy
- Limited advice on Family law matters

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.**



With the whole family staying at home 24/7, you have probably seen an increase in your energy bill. We continue to provide assistance to those who need help with their electricity and gas bills. To ensure everyone's safety, our EAPA volunteer team is working from home and assisting over the phone instead. This is a temporary measure for the duration of the COVID-19 emergency.

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 koolooraaenergy@outlook.com and one of Koolooraa team members will contact you to organize the phone assessment.

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.

FAQs

How many vouchers per year am I entitled to?

A: An eligible client is entitled twice in a financial year up to \$300 each time. This has been temporarily increased to \$400 during the COVID-19 lockdown.

What information is required to apply for assistance?

A: We require a copy of your most recent bill, photo ID and contact phone number sent to our email koolooraaenergy@outlook.com

What can I do if I do not use the internet?

A: You may bring your bill to Koolooraa and we will help you scan your bill.

What can I do if I have lost my bill or don't have my original bill only my overdue bill?

A: You may call your energy provider and request a copy of your bill. You may request to have it sent to your email directly or to koolooraaenergy@outlook.com

How much of a discount will I receive?

A: The discount you will receive depends on your personal circumstances. This will be established during the assessment conducted by one of Koolooraa Energy team on the phone.

Can a family member apply for assistance on my behalf?

A: Yes, provided they have the authority on your energy account. You can nominate a relative or a friend by calling your energy provider.

Can I get assistance from my previous address/bill?

A: EAPA is provided based on the current and most recent bill only.

How long will the assessment/process take?

A: It's a three-way phone call between Koolooraa EAPA team, the energy provider and the customer. It depends on the call waiting times. On average it takes about 30 minutes.

For other inquiries, please call us on 02 9661 9160 or email koolooraaenergy@outlook.com

Taking care of your mental health

Lockdown fatigue, social isolation, loss of jobs, routine activities, missing our loved ones —everyone's mental health has taken its toll during this pandemic. And while we all try to remain positive, there are just really some days when we need help.

Help is always available if you need support. The following services are here to help you:

General support services:

[Lifeline](#) on [13 11 14](#). Lifeline is a 24 hour crisis support and suicide prevention service for all Australians.

[Beyond Blue's COVID-19 Mental Wellbeing Support Service](#). You can also call them on [1300 22 46 36](#), or chat online on their site. Beyond Blue provides advice and support for managing your mental wellbeing.

[NSW Mental Health Line](#) on [1800 011 511](#). The NSW Mental Health Line provides professional help and advice for your mental health.

[MensLine Australia](#) on [1300 789 978](#). MensLine Australia is a support, information and referral service for men specialising in family and relationship concerns.

Support for children and young people:

Specialised mental health and wellbeing support services are available for children and young people.

[Headspace](#) on [1800 650 890](#). Headspace helps young Australians with mental health, physical health, and managing work and study.

[Kids Helpline](#) on [1800 551 800](#). Kids Helpline is Australia's only free private and confidential 24/7 phone and online counselling service for young people aged five to 25.

[ReachOut](#) is an online service for young people aged 25 and below that provides information, support and resources about mental health issues.

Support for parents and guardians:

While parenting can be challenging at times, COVID-19 may bring extra stresses and pressures for parents and families. Specialist support services are available to assist you.

[Parent Line NSW](#) on [1300 1300 52](#). Parent Line is a telephone counselling, information and referral service for parents of children aged 0 to 18 years who live in NSW.

[PANDA](#) on 1300 726 306 is the National Parental Anxiety & Depression Helpline. It is Australia's only free national helpline service for women, men and their families affected by perinatal anxiety and depression.

[ReachOut Parents](#) provides online free personalised assistance to help you support your teenagers through a tough time.

Support for people caring for people with mental health issues:

[Mental Health Carers NSW](#) provides advocacy and support for families, relatives and friends of people who experience mental health issues in NSW. They are funded by the NSW Mental Health Commission.

[Carer Gateway](#) is a new service that provides free counselling, peer support, emergency respite and other services for all carers.

[Carer Hangout](#) is an online video chat drop-in centre for carers across NSW run by Carer Peer Connect. Sessions are available Mondays 2-4pm and Fridays 10am to 12 noon. It is a safe space for carers to come together and chat to others during COVID-19.

Support for members of the LGBTIQ+ community:

[QLife](#) provides anonymous and free LGBTIQ+ peer support and referral for people who want to talk about sexuality, identity, gender, bodies, feelings or relationships. QLife web chat runs from 3pm till midnight daily.

Online resources

[NSW Mental Health Commission](#) offers mental health tips and community resources to support people affected by disaster and COVID-19.

[Being](#) is a mental wellbeing and consumer advisory group that advocates for people with lived experience of mental health issues and provided mental health training. They are funded by the NSW Mental Health Commission.

[Black Dog Institute](#) has a dedicated page for managing anxiety, stress and wellbeing during COVID-19.

[Head to Health](#) is a Federal Government site dedicated to providing trusted information and digital supports to help your mental health and wellbeing during this pandemic.

[MindSpot](#) provides practical psychological skills for coping with COVID-19. They are funded by the Federal Government.

[Griefline](#) listens, cares and supports people experiencing loss and grief, at any stage in life.

Source: [Communities and Justice Website](#)

<https://www.dcj.nsw.gov.au/>