

INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

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www.kooloora.org



Looking back at the period behind us, we are now at a stage where the things are looking more optimistic with regards to the social distancing and other preventative measures. There is a feeling of relief in the community and that feeling is shared at Kooloora too.

The majority of our group activities and services are up and running. Our Playgroup is back in full force and our afterschool program Kids Zone is that great place full of fun and healthy food again. We are back to planning for our regular events and the first one coming up is our Volunteer Awards during the National Volunteer Week in May, followed by our NAIDOC at Kooloora event in July.

This year we have had a lot of fun in Playgroup, we have welcomed so many new families from the community which has been so lovely to have so many fresh new faces around. Miss Maddy has done an excellent job of continuing to create a space for families to come on a Monday and Wednesday to come have a catch up with the community. We have continued to incorporate group time doing lots of sing and dance and as of this year introduced doing some Aboriginal and Torres strait Islander children language and song such as "Taba Naba" a traditional song originating from the Eastern Islands in the Torres Strait. It is sung in the language of Meriam Mir and describes the everyday activity of going out to the reef to fish that the kids are really enjoying and having fun learning the dance!



Join us on Monday, 04 April and Wednesday, 06 April for our yearly Playgroup Easter Egg hunt! Let's see how many chocolate eggs you can find scattered all over our garden!



EARLY COMMUNICATION PARENT WORKSHOPS



- Typical development of speech, language, play & social communication for children (aged 0 – 5) learning one or more languages.
- Promoting communication skills through play & conversational based strategies.
- What to do if you have concerns about your child's communication.

Wednesday, 06 April - 10:30-12:30pm

Speech Pathologists from Sydney Children's Hospital, Randwick, have joined with local organisations to present a number of early communication workshops for 2022.

If you are interested to join, please send an email to koolooracomunity@outlook.com or call 0481 756 759

KOOLOORA VACATION CARE

Good news, Parents and Carers! Kooloora is now a registered provider of the Before and After School Care

Voucher program with Service NSW and Department of Education.

Families can claim a \$500 voucher per child to cover the cost of the parent gap fee for Vacation Care Sessions. Families can apply for the vouchers from 28 February 2022 via the Service NSW App, online or at a local Service NSW Centre.

For more information on how to use and apply for the voucher, please visit Service NSW website or go to your local Service NSW Centre.

For Vacation Care bookings, please send an email to koolooravacation@outlook.com

<p>MONDAY 11th</p> <p>CELEBRATE EASTER @ MALABAR PARK</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. Wear your swimmers, thongs / sandals and sunscreen.</p> <p>Please be at the centre by 9.00am.</p>	<p>TUESDAY 12th</p> <p>RED DAY</p> <p>Wear as much red as you can find to win a prize.</p>  <p>Make a strawberry milkshake and strawberry jam to take home.</p> <p>Be the winner of the red jelly eating competition and Jaffa suck !!!</p>	<p>WEDNESDAY 13th</p> <p>MEGA ART & CRAFT DAY</p>  <p>Painting, drawing or making beautiful artworks with paint, wooden blocks, pop sticks, fabrics, cardboard and recyclable materials. Plus, make your own ochre dot painting and picture frame with Aunty Maxine using things from the environment.</p> 	<p>THURSDAY 14th</p> <p>HIP HOP DANCE CLASS with the experts from CUBE SPORTS</p>  <p>Join us for a fun dance incursion full of new moves and fun dancing games.</p> <p>Show us your hip hop dance moves to win lots of prizes.</p>	<p>FRIDAY 15th</p> <p>GOOD FRIDAY</p>  <p>Good Friday</p> <p>Vacation Care is not open</p>
<p>MONDAY 18th</p> <p>PUBLIC HOLIDAY for EASTER MONDAY</p>  <p>HAPPY EASTER MONDAY</p> <p>Vacation Care is not open</p>	<p>TUESDAY 19th</p> <p>DONUT DAY.</p>  <p>Let's celebrate the wonderful donut by making and eating our very own healthy donuts.</p> <p>PLUS</p> <p>Have fun in our donut eating competition and a donut and spoon relay.</p> <p>Also, our fun inflatable donut races and relays and Roll the Donut.</p>	<p>WEDNESDAY 20th</p> <p>CHIFLEY PARK WHEELS DAY</p>  <p>Join us for a day of wheeling around CHIFLEY PARK on your bikes, skateboards, rollerblades and scooters.</p> <p>Dont forget your helmets and lots of water.</p> <p>Please be at the centre by 9.00am.</p>	<p>THURSDAY 21st</p> <p>DODGEBALL DRESS UP DAY</p>  <p>Come dressed in your favourite costume or outfit for a day of fun Dodgeball games.</p> <p>Duck, weave, dive as you dodge the ball and get out of the way before the ball hits you and you're out of the game.</p> <p>Loads of fun and loads of prizes.</p>	<p>FRIDAY 22nd</p> <p>SYMBIO WILDLIFE PARK</p>  <p>Enjoy a wonderful excursion to Symbio Wildlife Park at Helensburg. We will love seeing tigers, meerkats, crocodiles, tiny monkeys and snakes whilst also getting to hand feed the llamas and kangaroos.</p> <p>Bring lots of water, lunch and morning tea.</p> <p>Please be at the centre by 9.00am because it is a one hour drive.</p>

Kids Zone is back and we are having more fun than ever! This year we have welcomed so many new kids and families, we have been getting up to lots of amazing things, we have spent a lot of time outdoors and in the garden planting new plants & getting familiar with the process of growing our own produce. On the 2nd of February (Valentine's day) we made our own handmade V day cards & red velvet cupcakes for our loved ones it got messy in the kitchen but so worth it for the yummy cakes we created! At Kids Zone we have also kept focus on embedding the importance of Aboriginal culture in our community, we have listened to some dreamtime stories and done some rock painting that the kids got so creative with.

Despite this rainy weather we have still continued to stay fit and healthy starting up our fitness challenge and doing some indoor games like dodgeball. This kids really enjoyed pumping the music getting the vibes going and getting competitive (especially when there's kids zone money involved)

As usual we always end Kids zone after school program with our beautiful home cooked meal at the dinner table together cooked by our amazing Felicity, this year she has been cooking up some unbelievably yummy meals like her famous fried rice, chicken noodle soup and Spaghetti Bolognese!

We are looking forward to lots more fun activities to enjoy this term, some of the things we have lined up over the next few weeks are science experiments, origami, obstacle courses, candle making, and Yoga planned for the rest of the term, we hope to see you all there!



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 class is every Tuesday during school term from 2:30-3:30pm. For interests, please call 02 9661 9160 or email koolooracomunity@outlook.com



After almost 2 years 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 & coordination , our 9:00-10:00am exercise is for you. Interested participants need to call AIM on 02 9382 8131 to register.

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 koolooracomunity@outlook.com or you may ring AIM directly on 02 9382 8131 or email SESLHD-AIMandWAVES@health.nsw.gov.au



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 Serving hands.

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.*

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.

FITNESS FOR SENIORS





CUDDLE BUNDLES

The beautiful women of Cuddle Bundles have been helping us provide for parents in need with new and gently used baby items. They also accept donations that are clean, unstained and in excellent condition. They support vulnerable mums through care, dignity, and respect by only giving them the same excellent quality items that you would be happy to give to a friend.

If you know any new or expecting mums in need of aby items, please refer them to us or you may send an email directly to cuddlebundlesoz@gmail.com .



SERVING HANDS

If you are wondering who cooked the delicious vegan pasta or the rice with buttered chicken that we give out every Wednesday, they are from our friends from Serving Hands. They are committed to reaching out to the homeless and the most vulnerable in the society. Their meals are lovingly cooked and packed by their volunteers and delivered to us every Wednesday afternoon. If you know someone who are struggling to put food on their table, please let them know about our cooked meals every Wednesday.



UPCOMING RECONCILIATION WEEK BBQ AT KOOLOORA

We have some really amazing things upcoming to look forward to at Kooloora. We are planning to hold a small BBQ alongside some music and open art circle in commemoration of Reconciliation Week. Two significant milestones in the reconciliation journey - the anniversaries of the successful referendum and the High Court Mabo decision.

The week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort. May 27 marks the anniversary of Australia's most successful referendum and a defining event in our nation's history.

Make sure to follow us on Facebook and Instagram for updates!





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 and one of Kooloora 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 koolooraenergy@outlook.com

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

A: You may bring your bill to Kooloora 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 koolooraenergy@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 Kooloora 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 Kooloora 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 koolooraenergy@outlook.com

NSW VOUCHERS TO BOOST YOUR 2022

DINE & DISCOVER

Additional two \$25 Dine & Discover vouchers are valid for use until 30 June 2022. You may receive the vouchers in paper format by calling 13 77 88. The voucher can be used 7 days a week including public holidays. Vouchers cannot be used for alcohol, tobacco and gambling.

ACTIVE KIDS

The Active Kids scheme allows two \$100 vouchers for parents, guardians and carers of school-enrolled children to use towards sport and active recreation costs each year. The vouchers may be used to cover membership/participation costs for sport, fitness and active recreation activities.

STAY NSW

Each eligible person in NSW can have access to \$50 voucher to be used towards the cost of accommodation bookings at participating NSW businesses that are registered to accept Stay NSW Vouchers until 09 October 2022.

CREATIVE KIDS

Parents, guardians and carers can claim a \$100 voucher per year to put towards the cost of lessons and fees. Vouchers can be used to contribute to registration, participation and tuition costs for performing arts, visual arts, coding, languages, literature, music and other creative and cultural activities.

PARENT NSW

From February 2022, one person from each eligible household can apply for 5 x \$50 vouchers, worth \$250 in total. The 5 x \$50 Parents NSW Vouchers can be used: 7 days a week, including public holidays, at Discover NSW businesses for entertainment and recreation activities, at Stay NSW businesses for accommodation bookings until 9 October 2022.

BEFORE AND AFTER SCHOOL CARE

Every family is eligible for one \$500 voucher per child, which will provide each child with approximately 60 sessions of free BASC. Vouchers can be redeemed with a before and after school care provider from 28 Feb to 31 Dec 2022. Voucher credit can be used for services until 30 June 2023.

FIRST LAP SWIMMING LESSONS

The First Lap voucher program provides a \$100 voucher for parents, guardians and carers of children aged 3-6 years who are not enrolled in school, towards the cost of swimming lessons. The program has also been made available for children in kindergarten in 2021 or who are starting kindergarten in 2022. First lap vouchers are valid until 30 June 2022.

SENIORS ENERGY REBATE

The NSW Seniors Energy Rebate is available for eligible independent self-funded retirees to help cover the cost of their electricity. Gas accounts are not included. To be eligible you need to hold a Commonwealth Seniors Health Card (CSHC). The rebate is \$200 per household, per financial year, and if your application is successful it will be paid directly into your nominated bank or credit union account.

If you need assistance in applying for any of the vouchers above, please come to Kooloora Community Centre and we would be happy to help you. More information can be found on Service NSW website.