

# INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 70

June 2022

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[www.kooloora.org](http://www.kooloora.org)



**GET UP!  
STAND UP!  
SHOW UP!**

Now that the worst of Covid seems to be behind us, we are looking forward with cautious optimism, hoping that life can be back to what we used to know as normal.

With the increased vegetable prices, now more than ever our free food program is coming to the front of the picture. Currently we have free food 2-3 times each week which is generously donated through our partner Second Bite.

Our Kids Zone program is up and running with some familiar faces but also with many new participants enjoying our new games. Kids Zone is free for children ages 6-11 and we encourage new children to join in.



Our supported playgroup has been having a lovely time despite the occasional interruption of rain and waves of cold weather. At the playgroup our craft activities have been focused on events such as ANZAC day - decorating poppies, and Mother's Day cards for our marvellous and hard working mothers. The children have loved focusing on sticking on different materials such as crepe paper, stickers and glitter. One of the students has been making fresh playdough for the children to explore using simple materials such as paddle pop sticks and pipe cleaners. Play dough provides the opportunity for children to develop hand strength, hand eye coordination, sensory exploration and an opportunity to socialise with other children.

Join us each Monday and Wednesday between 10am -12pm for a play session and group time. Bring a piece of fruit and gold coin donation

## 5 Benefits to Singing in Group Time

At Kooloora, we love to encourage children and families to sing along during our group. We know there are numerous benefits to a child's development. Here is a list we came up with!

**1. Routine** – During the Kooloora Playgroup, we like to establish a consistent routine for the children. This assists with children's ability to predict what is happening when they visit and makes them feel safe.

**2. Bonding** – This is a great opportunity to bond with your child and others within the group. For new families who haven't been before, we love to encourage singing as this helps to feel closer as a group.

**3. Language and new words** – Music and singing assists with children's language development, comprehension of words and actions including developing new vocabulary.

**4. Listening skills** – Here at Kooloora, we encourage children to listen to the words by role modelling through actions.

**5. Movement** – singing and dancing assists a child's spatial awareness in the world and how to move themselves. A child can learn to balance on one leg, jump with two feet, and recognize the different parts of their body.



# KOOLOOORA VACATION CARE

Kooloora is 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](mailto:koolooravacation@outlook.com)

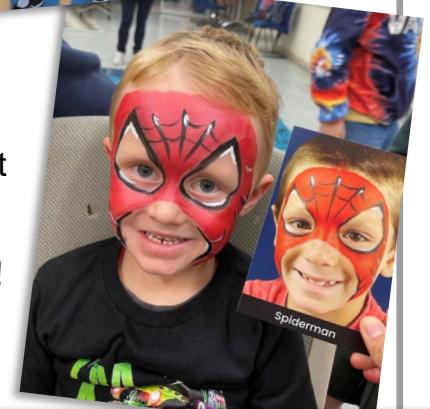
<p>MONDAY 4th <b>MINUTE TO WIN IT CHALLENGE DAY</b></p>  <p>How many push ups can you do in a minute? How many star jumps can you do in a minute? Work in pairs to be declared the Minute to Win It Champion</p>	<p>TUESDAY 5th <b>ONESIE PYJAMA PARTY</b></p>  <p>Jump straight out of bed in your onesie and join us for lots of party games - safe pillow fight, blanket rescue, slipper throw. Plus yummy popcorn while we relax and watch a movie. Bring your doona and pillows too.</p>	<p>WEDNESDAY 6th <b>BOWLING @ STRIKE BOWLING</b></p>  <p><b>Please be at the centre by 9.00am.</b> Come along and show us your bowling skills as you play two games with your friends.</p>	<p>THURSDAY 7th <b>INFLATABLE WORLD</b></p>  <p><b>Please be at the centre by 9.00am</b> Have fun bouncing around the different inflatables at this indoors course. <b>Be sure to wear socks and bring lots of water</b></p>	<p>FRIDAY 8th <b>NAIDOC DAY</b></p>  <p>Join us as we celebrate our First Nations People with a fun red, black yellow craft and cooking activity. Plus, Aunty Maxine will join us to teach us more about First Nations Culture with family trees.</p>
<p>MONDAY 11th <b>80s DISCO</b></p>  <p>Dress up in your best 80s outfit.. Think big hair and lots of bling. Get ready to dance the day away with our favourite games of limbo, musical chairs, musical bumps, musical statues and see if you can dance the longest in our "Dance Off". Lots of prizes to be won</p>	<p>TUESDAY 12th <b>ARE YOU A BLOCK HEAD ?</b></p>  <p>Join us as you and your team paint and decorate your house.</p> <p>The winner from each team will be declared the BLOCKHEAD and will WIN their house to take home.</p>	<p>WEDNESDAY 13th <b>Arrrrriba MEXICAN DAY</b></p>  <p>Join us as we celebrate all things Mexican. Mexican games, Mexican craft, Mexican food for lunch and of course have fun hitting our Mexican Pinata. You'll need a Mexican siesta by the end of the day !!</p>	<p>THURSDAY 14th <b>NATIONAL MARITIME MUSEUM</b></p>  <p><b>Please be at the centre by 9.00am.</b> Have fun with us as we learn about life at sea on all sorts of vessels and get to go aboard one of them. <b>Be sure to bring lots of water</b></p>	<p>FRIDAY 15th <b>MOVIES @ MOORE PARK</b></p>  <p><b>Please be at the centre by 9.00am.</b> Join us for a movie at Moore Park Entertainment Quarter. Movie to be advised. Sit, back and relax on our last day.</p>



Kids Zone has had to say goodbye to Bianca as she moves on in the world and we wish her all the very best in her future endeavours. Everyone here at Kooloora and Kids Zone will miss you Bianca!



As for our program, we have been busy with lots of different activities. The children have loved when the weather has been sunny and have taken this opportunity to play a game of giant soccer! The kids played in teams and competition was intense but overall it was a great game. We also have lots of new indoor games for when the weather is not so good outside. We have a Giant Connect Four Row, Giant Tumbling Towers, Cornhole and many more!



The kids have also enjoyed cooking which consisted of making their very own chocolate cookies. Everyone was involved, choosing between cookie cutters and making their own cookie designs. Some were large, some were small, and all were sprinkled. All the children were excited to take their delicious cookie home (or eat it on the way out).



We've also been having fun with our faces painted with different colors and designs. A real test of patience for the kids who excitedly wait for their turn!



Kids Zone is Kooloora's after school program every Monday from 3:30-5:30pm. Open to all children age 5-12 living in the local community. We offer free snacks and dinner, crafts, indoor and outdoor games and homework assistance. For more information, check out our website [www.kooloora.org](http://www.kooloora.org)

# FITNESS FOR SENIORS

First Term Free!

## EXERCISE CLASSES FOR OVER 50S

Where:

**Kooloora Community Centre**  
167 Bilga Crescent  
Malabar

When:

**12:00pm - 1:00pm**  
**Thursdays**



**HEALTHY AGEING PROGRAM**



The Prince of Wales Hospital & Community Health Service

ABOUT OUR CLASSES

Our Staying Active classes are suitable for all levels, and target balance, strength, flexibility and endurance in a fun and supportive environment.

**How to register:**  
**Call:**  
**9382 8131**

Staying Active is a NSW Health funded program delivered in collaboration with Vitality Club

## EXERCISE CLASSES FOR OVER 50S



Free Classes!

Transport provided

Where:

Kooloora Community Centre  
167 Bilga Crescent, Malabar

When:

Thursdays  
1:00pm - 2:00pm

How to register: Call: 9382 8131

**HEALTHY AGEING PROGRAM**



The Prince of Wales Hospital & Community Health Service

Staying Active is a NSW Health funded program delivered in collaboration with Vitality Club

Two new classes coming to Kooloora soon! We are bringing back our gentle Exercises every Thursday from 12:00pm—1:00pm and Aboriginal Seniors Exercises from 1:00-2:00pm.

These exercise classes are run by qualified fitness instructors. They aim to improve balance, strength, flexibility, and endurance in a fun and supportive environment.

### How to register for group exercise:

If you are a new client and would like to join a class please download, print and complete a registration form. If you answer yes to any of the screening questions on the registration form you need to ask your local doctor (GP) to also complete this medical clearance form. If you need help filling out/ printing a form, please let us know and we can help you send them back to NSW health.

Please call Kooloora on 029661 9160 so we can help you register for the program.

# Volunteer Awards

## 2022

Although we celebrated Volunteer Awards last year, it doesn't quite feel the same as the previous years before Covid. But on 19 May, we finally have

most of our volunteers gathered in one place. It was indeed a very special day shared with our volunteers who have become friends and family.

Good food, good conversations—some of the things we have taken for granted before the pandemic.

Thank you to our distinguished guests for joining us. Matt Thistletwaite MP, Cr. Danny Said, Cr. Bill Burst, Steph Whitmont from Cuddle Bundles, Diane Anagnos from Kingsford Legal Centre, Minnie Daylusan from Hearing Australia and Aunty Ali Goulding.

The pandemic has truly tested everyone's dedication and we could not thank our volunteers enough for sticking with us through it all. Whether helping from home or physically coming to the centre to help people in the community, your dedication is unrivaled.

To all our volunteers, thank you for all that you do. See you all next year.



## Kingsford Smith Seniors Morning Tea 2022

After a 2 year hiatus, Matt Thistletwaite's office has once again hosted the Kingsford Seniors Morning Tea at the Juniors Kingsford on Monday, 04 April.

The event was a great opportunity for the elderly residents to re-engage with local services in a face to face environment after COVID-19.

The event was attended by the Woodturners and The Seekers.



## Randwick Waste Management Information Session

On Tuesday, 24 May at Kooloora, Randwick City Council held a Waste Management Session to look at options to improve waste and recycling around the Bilga Crescent buildings. It was attended by representatives from the council and some of our local residents.

If you are a keen recycler and can offer solutions to help encourage more recycling in your building, please let us know!



## Lightweight plastic shopping bags banned from 1 June

On 16 November 2021, the NSW Government passed the [Plastic Reduction and Circular Economy Act 2021](#). This legislation delivers on the government's commitment to ban certain problematic plastics, such as single-use plastics and address the problem of plastic waste.

Input from over 16,000 people helped develop this legislation and the related [NSW Plastics Action Plan](#). Support for action on plastic waste was widespread with 98% supporting a phase out of single-use plastics.

This legislation provides a comprehensive framework that will help transition NSW towards a circular economy where materials and resources are valued and kept in the productive economy while creating jobs and protecting the environment and the community.

From 1 June 2022 the following will be banned:  
The supply of lightweight plastic bags

A lightweight plastic bag is one with handles that is 35 microns or less in thickness at any part of the bag.

Lightweight bags made from biodegradable, compostable, or bio-plastics will also be banned, including those made from Australian certified compostable plastic.



The ban **does not** apply to:

- barrier bags such as bin liners, human or animal waste bags
- produce bags and deli bags bags used to contain medical items (excluding bags provided by a retailer to a consumer used to transport medical items from the retailer).

\*We request everyone to kindly bring your own bag when coming to Kooloora to get food.

For more information, visit Plastic ban Website <https://dpe.mysocialpinpoint.com.au/plastics-ban-nsw>

## Help for mature age job seekers

If you're 45 and over, you may be eligible for the Career Transition Assistance program.

Participating in this program is one way you can meet your mutual obligation requirements to keep getting your payment.

This program is run through the Department of Education, Skills and Employment. To be eligible you need to be 45 and over and either:

- in jobactive or online employment services
- access jobactive services as a volunteer.

It helps you explore your goals and existing skills, while learning new skills to improve your chances of finding a job in your local job market.

Through an 8-week course, you can build skills and confidence, improve your job search skills, tailor your resume, job applications, and apply for jobs online.

You can read more about the [Career Transition Assistance](#) program on the Department of Education, Skills and Employment website.

Source: <https://www.servicesaustralia.gov.au/help-for-mature-age-job-seekers>

## Financial Information Service webinars are now available

You can book and watch free financial education and information webinars to help plan for the future.

You can either book and join a live webinar or watch a previously recorded session at a time and place convenient to you.

The webinars cover popular topics including retirement, aged care, retrenchment, understanding money and disability and carers.

You can send questions during a live webinar and have these answered by an expert.

Our Financial Information Service officers can give you information to help you plan for your future financial needs. They can help you understand:

- government payments and how a change in your circumstances may affect your entitlements
- how financial products affect government payments
- how financial products work
- how to find resources to help you with financial matters
- how a range of government and community services can help.

Webinars are available to all members of the community.

Source: <https://www.servicesaustralia.gov.au/financial-information-service>

An excerpt from NAIDOC official website:

*We have a proud history of getting up, standing up, and showing up. From the frontier wars and our earliest resistance fighters to our Aboriginal and Torres Strait Islander communities fighting for change today—we continue to show up.*

*Now is our time. We cannot afford to lose momentum for change. We all must continue to **Get Up! Stand Up! Show Up!** for systemic change and keep rallying around our mob, our Elders, our communities.*

*Whether it's seeking proper environmental, cultural and heritage protections, Constitutional change, a comprehensive process of truth-telling, working towards treaties, or calling out racism—we must do it together.*

Join us on Sunday, 03 July from 11:00—1:00pm at Kooloora Community Centre and let's celebrate NAIDOC Week. Aboriginal Arts and Workshop, jumping castle for kids, Didgeridoo and FREE BBQ!

For more information, call 02 9661 9160.