

INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

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www.kooloora.org



It has been a busy couple of months with all our old and new programs running. We welcome new volunteers and students helping us around the centre. Watch out this space and our social media for new projects coming for everyone to enjoy!

A big THANK YOU to Randwick ClubGrants and the local clubs for granting our application. We are able to continue publishing this newsletter to bring updates to the community. The grant would also help a lot of families who attend our after school program and Vacation Care.



We've seen a decline in number this winter season due to illnesses. While we are sad not seeing most of our regular playgroup families, we thank all the parents for keeping them safe at home instead to stop the virus. Thanks to our students, we have been able to do a thorough cleaning of our Playgroup area to make it a safe and pleasant environment for families. Say hi to our new volunteer, Laura! The kids enjoy singing with her while she plays music with the keyboards. Happy to have you here at Kooloora, Laura! Reminder that Playgroup will be closed during school holidays. We will resume with Playgroup on Monday, 10 October.

TALKING AND READING WITH BABIES

Sharing rhymes, songs, telling stories and reading books with your baby is a fun way to play and spend time together.

Importantly, it also starts to develop children's speech and a love of reading. For very young babies, it introduces them to new and interesting words, provides time to practice babbling and speaking, as well as teaching them about how books work.

It's never too early, or too late, to start reading with a baby. They may not understand the words at first, but they love hearing the sound of your voice and they learn that reading is important and fun. Most importantly, it is a wonderful opportunity to bond with your baby.

Reading with a baby

- Aim to spend some time every day sharing stories with your baby.
- Turn off TV/radio/phone, so you can both concentrate.
- Don't rush. Make sure you speak slowly and clearly.
- Watch baby's face. Smile or reply to baby's sounds.
- Pause often. This way babies have the chance to understand.
- It may help to include reading as part of your baby's routine, such as after nappy change, or before nap times and bed times.
- Follow their cues and continue while baby is engaged. If baby becomes hungry, tired, cries or turns their head away it is time to stop.



How to share books with a baby

- Choose books with large, bright pictures. Babies love pictures of babies and children, especially their faces.
- You can read the words or just talk about the pictures. Do plenty of pointing out of single objects, animals or people.
- They don't have to look at the book. Babies find books fascinating, but will often look at you and make eye contact while you are reading. They are watching how you use your mouth to speak, and tuning in to your voice.
- Have fun with the story doing silly voices and make funny noises.
- Keep a selection of board books within reach – book baskets on your play mat, some in the car or pram, and at the highchair. Keep special books up on a shelf.
- Encourage everyone to read, talk and share stories with baby.
- As they get older let babies show books to you. Board books are strong so baby can grab pages and will even mouth them. It's ok, its all part of learning!
- Develop your own home library and choose books together. Borrow board books from your local library and discover new favourites together.

Step by step in learning

Babies begin to learn language skills from the moment they are born. Babies learn to talk by listening to people talk and read to them, and by babbling with sounds and words. It will take time before they are able to speak back to you, but their brain is busy developing the skills they need with every moment you spend talking, reading and playing together.

- Most babies will say their first words between 12 and 18 months. They will have a burst of language development before they turn two, and begin to join words together by two and a half years.
- Most three year olds will use three to four word sentences and be understood by familiar adults most of the time.
- By four, children will use four to five word sentences, use grammar correctly most of the time, and be understood by most people.

The more you read, sing and talk with your baby or child the more they'll understand about language and words. So try and make rhymes, songs and reading books part of your daily routine.

KOOLOOORA VACATION CARE

For Vacation Care bookings, please send an email to koolooravacation@outlook.com . If you have missed out on the excursions or any Vac Care days, please send us an email so you can be placed on waitlist.

Reminder that the centre is closed during Vacation Care. We will reopen on Monday, 10th of October.

We are still accepting Before and After School Care Vouchers (BASC). For existing families, kindly send us a screenshot of your voucher so we can apply it towards your account.

<p>MONDAY 26th LOOKING AFTER OUR ENVIRONMENT with Aunty Maxine</p>  <p>Join us for a fun workshop with Aunty Maxine on the animals and plants of our land and sea and learn ways to look after them.</p>	<p>TUESDAY 27th BE A SPORT !! SPORTS CARNIVAL</p>  <p>How fast can you run? How far can you jump? Lets find out in our Kooloora Sports Carnival with running races, relays with batons, long jump, vortex throw and novelty events just for fun. Lots of prizes to be won.</p>	<p>WEDNESDAY 28th WHEELS DAY @ CHIFLEY PARK Please be at the centre by 9.00am</p>  <p>Bring your bikes, scooters, skateboards, roller skates, roller blades. DON'T FORGET YOUR HELMETS and LOTS OF WATER. We will be riding, skating and rolling around Chifley park/ the skate bowl.</p>	<p>THURSDAY 29th BEAUTY AND THE BEAST STAGE SHOW Please be at the centre by 9.00am</p> <p>We are heading to the Bryan Brown Theatre in Bankstown to watch a stage production of Beauty and The Beast. It will be a fantastic show and super fun to watch.</p> 	<p>FRIDAY 30th YOU CAN'T STOP US PLAYING Join us for a big day of fun playing.</p>  <p>Kinetic Sand, Play Dough., Hama Beading.. air hockey competition and a fun Blind Obstacle Course with your trusted friend..</p>
<p>MONDAY 3rd LABOUR DAY PUBLIC HOLIDAY Vacation Care is closed</p>	<p>TUESDAY 4th SYDNEY ZOO Please be at the centre by 9.00am</p>  <p>Let's go to the wonderful Sydney Zoo to see so many amazing animals - elephants, camels, tigers, cheetahs, crocodiles, chimps and lots, lots more. Wear comfortable clothes and shoes and bring lots of water.</p>	<p>WEDNESDAY 5th PUTT PUTT GOLF Please be at the centre by 9.00am</p>  <p>Show us your golf skills as you putt your golf ball around the fun, indoor course at Putt Planet.</p> <p>See if you can get a hole in one !!</p>	<p>THURSDAY 6th SPOOKS AND SPELLS Dress Up in your spookiest outfit</p>  <p>Join us for a spooky day full of spooky fun .with our version of trick or treat, make a spooky tote bag, slime making, try to eat a snake on a rope and a BIG hide and seek game of Dracula !!</p>	<p>FRIDAY 7th ZUMBA DANCING</p>  <p>Show us your dancing skills in our fun Zumba class with the experts from Cube Sports who will join us for an incursion. Learn the art of Zumba dancing and get fit all at the same time.</p> <p>Wear comfortable clothes and shoes.</p>

KIDS ZONE

We have been busy with Kids Zone with lots of crafts, games and indoor activities. With the warmer weather coming up, we can't wait to do a water balloon fight outside!



We have started a new routine where we all sit down during dinner time and share our favourite thing that happened during the day. Each adult are then given a chance to choose a kid (or two, or three!) who they think is being polite, friendly or participative in our activities. The chosen kid gets to pick a treat from our treat box! This is one way of boosting their confidence and encouraging them to try all activities. It's always nice to see children come out of their shell and open up to the group.

Join us for Kids Zone every Monday (during school term) from 3:30-5:30pm. Free snack and dinner for the kids!



Second Bite

It has been a challenging time during the rainy season where most crops were devastated by the flood. We were not getting much food donation so we had limited food to distribute. But our partners from Serving

Hands have been consistent in delivering us cooked meals which helped greatly to fill the shortage in fruit and vegie bags.

After the rainy season, we are now getting consistent food donation from Coles. Fingers crossed it continues.

Please let us know if you cannot come right away to pick a bag of vegies. We can save a bag for you. Text or call Kooloora on 0481 756 759 to ask about our food program.

ACTIVE CLASSES FOR MOB OVER 50

Where:
Kooloora Community Centre
167 Bilga Crescent, Malabar

Free!

When:
Thursdays
1:00pm - 2:00pm

Transport provided

Our class is for First Nations Peoples and is suitable for all levels, and target balance, strength, flexibility and endurance in a fun and supportive environment.

How to register: Call: 9382 8131

HEALTHY AGEING PROGRAM



The Prince of Wales Hospital & Community Health Service

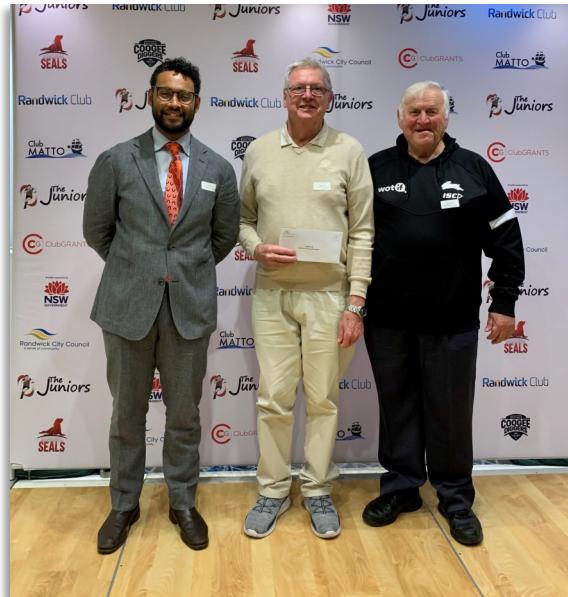
Staying Active is a NSW Health funded program delivered in collaboration with Vitality Club

Randwick Club Grants

ClubGRANTS is a state-wide initiative that encourages local clubs with gaming machine profits over \$1 million, to contribute towards the provision of front-line projects, programs and services that assist disadvantaged groups and residents in the City of Randwick.

Randwick City Council coordinates and administers the Randwick ClubGRANTS Scheme on behalf of the following local clubs:

- Coogee Diggers
- Maroubra Seals Sports and Community Club
- Matraville RSL Club
- South Sydney Junior Rugby League Club
- The Randwick Club



On 17 August, attended by Kooloora's President of the Board, Geoff Cook and Board Member, Jenny Kelly, we received a generous funding from the Randwick ClubGRANTS to continue our Vacation Care Excursions, Kids Zone After School Program and Inside Gossip newsletter.

A BIG Thank you to Randwick ClubGRANTS and all the local clubs . Your funding will go a long way!

Students and Volunteers Corner



You probably have seen new faces around the community centre. They are our students doing their work placements at Kooloora. We are not just about helping the community but we are also a learning institution helping students develop the knowledge, skills and attitude in becoming future community workers.

We also welcome our new volunteers, Karen Lam, Vanessa Tcha and Laura Low. We appreciate them sharing their time and skills with us to help us around the centre.



If you see our students and volunteers, they are always down for a chat. Please be kind to our students and volunteers and always treat them with respect.

5 things you didn't know you could Snap!

Here are 5 things you might not know you can report:

1. Public Transport

Whether you're riding the train, bus or tram, keep your eyes peeled for issues on public transport. Graffiti and damaged bus shelters are some of the most commonly reported public transport issues.

**2. Telcos**

Did you know that you can report damaged pit lids and overhanging wires with Snap Send Solve? Telstra, NBN, Optus and TPG equipment can all be reported in a Snap.

**3. Dumped Tyres**

Snapping dumped tyres provides important info to Tyre Stewardship Australia, who work hard to track and reduce the environmental effects of dumped tyres. Reports will also be sent to the Council for clean up.

**4. Street Libraries**

Snap Send Solve isn't just for reporting local issues, you can also Snap Street Libraries. This helps Street Libraries Australia track locations of all the Street Libraries across the country. You can report them under the 'Community' Category in the app.

**5. Accessibility**

Blocked pavements, ramp requests and other accessibility issues are all things you can Snap to keep our communities accessible. Let's make sure our streets are easy for everyone to navigate.



Snap Send Solve is the free app that simplifies the reporting of community issues across Australia and New Zealand.

Download Snap Send Solve today!

SPRING IS COMING!!**Best plants to grow in your garden!**

Spring and early summer are the perfect time to sow seeds or plant – let's keep our fingers crossed for some rain to help us. In the meantime, get out into the garden and enjoy the sun!

Things to plant in the vegetable garden

Beetroot, capsicum, cucumber, dwarf beans, eggplants, Jerusalem artichoke, lettuce, okra, pumpkin, radish, spinach, spring onions, squash, sweet corn, sweet potato, strawberry, tomato, and zucchini.

Herbs

Parsley, sweet basil, dill, mint, coriander, catnip, thyme, marjoram

**Trees, shrubs, and climbers to plant**

Plant some tropicals such as avocado, bougainvillea, citrus, frangipani, ginger, hibiscus, mulberry, paw paw, passionfruit, plumbago, pomegranate and tamarillo. Of course, it's always a good time to create some local habitat with native plants.

Colour your garden with flowers

Alyssum, amaranthus, aster, California poppy, celosia, chrysanthemum, cockscomb, dahlia, gerbera, marigold, nasturtium, petunia, portulaca, verbena and zinnia.

Vision Australia
Blindness. Low Vision. Opportunity.

Are you eligible for the
NSW Spectacles Program subsidy?

You may be eligible for a pair of single vision or bifocal pair of glasses at no cost if you:

- Receive a full commonwealth pension or income support payment
- Have no other source of income
- Have less than \$500 (single) or \$1000 (partnered or have dependents) in savings or other financial assets

Low income earners may still qualify if not receiving a Commonwealth benefit and earning less than a maximum benefit rate.

The subsidy is only available through participating optometrists.

To check if you qualify & for how to apply:

Call: 1300847466

Email spectacles@visionaustralia.org



Deadline of Tax Return is on the 31st of October 2022. If you cannot lodge your tax return by 31 October, contact ATO as soon as possible before 31 October 2022 to find out whether you can lodge at a later date.



Lost dog? Found dog?

What happens when Council finds a lost dog?

When a dog is found, it is scanned for microchip details. If the details are up to date, the owner is contacted, and dog and owner are reunited.

If the microchip details are not up to date, Council will call the old contact details listed to see if they know how the new owner can be contacted. Otherwise, we will post about the lost dog on our social media channels, including Facebook and Instagram and various local lost and found pet groups.

At Council, we only have the ability to keep a dog for about 24 hours. After that, if a dog isn't claimed, it is sent to Sydney Dogs and Cats Home, where it can be housed more happily. Once there, the dog will be looked after for a few weeks to give their owner a chance to find them. If no owner comes forward, the dog will be put up for adoption.

So, what are the rules?

Your dog needs to be microchipped by twelve weeks of age. Should the dog change owners, the microchip details need to be updated within 14 days. In addition to the first step of microchipping, dogs and cats must be Lifetime Registered with Council within six-months of age. You can Lifetime Register your pet with Council online or in person at our Customer Service Centre at 30 Frances Street, Randwick. The registration fee is a one-off fee that covers the pet for its lifetime in NSW. Finally, a collar with a tag with your pets name and your phone number is a really quick and easy way for an owner to be located if their dog is lost

Just to sum it up, the four 'that's a good dog' rules of ownership are:

- Microchip your dog.
- Register your dog.
- Pop a collar and tag on your dog with name and phone number.
- Update your contact details as soon as you change address or phone number.

Source: Randwick City Council website



It's official – the new Carers NSW podcast series '**YC Bytes**' has now launched!

This podcast aims to raise awareness of young carers across New South Wales. Each episode will feature guest speakers, including young carers, to bring lived experience and insights to the conversation.

Tune into **episode 1**, where we chat with a young person about their journey identifying as a young carer, the hidden nature of caring, and how receiving support can help a young carer look after their own wellbeing.

You can now listen and subscribe to **YC Bytes** through [Buzzsprout](#), [Spotify](#) and [Apple Podcasts](#), and in the coming weeks will be able to be streamed on Google Podcasts and more.

Source: Carers NSW Australia



Save yourself a trip to the pharmacy!!

We have free Rapid antigen Test (RAT) test kits – we are giving out 4 kits per person. The free rapid antigen tests (RATs) are available to:

people with disability, immunocompromised people, and their carers

Eligible Commonwealth Concession Card holders in NSW:

Pensioner Concession card

Commonwealth Seniors Health Care card

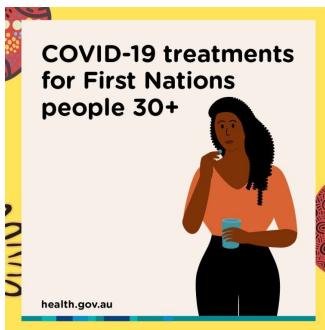
Health Care Card (including Low Income Health Care card)

Department of Veterans' Affairs Gold, White or Orange cards.

The NSW Government is committed to protecting those most in need in our community by providing RATs to vulnerable people.

COVID-19 treatments can be taken in your own home and can help reduce your symptoms.

The medications are taken as tablets or capsules every 12 hours for 5 days and should be started within 5 days from when symptoms begin, or as soon as possible after testing positive for COVID-19 if you have no symptoms.



You may be eligible for oral treatments if you test positive for COVID-19, and are:

- 70 years or older, regardless of risk factors, and with or without symptoms
- 50 years or older with 2 additional risk factors
- Aboriginal or Torres Strait Islander person, 30 years or older and with 2 risk factors.

Risk factors for these groups include:

- living in residential aged care
- living with disability with multiple conditions and/or frailty (not limited to living in supported accommodation)
- neurological conditions such as stroke, dementia and demyelinating conditions e.g. multiple sclerosis, Guillain-Barre Syndrome
- chronic respiratory conditions including COPD, moderate or severe asthma
- obesity diabetes (type I or II requiring medication)
- heart failure, coronary artery disease, cardiomyopathies
- kidney failure or cirrhosis
- living remotely with reduced access to higher level healthcare.

People aged 18 years and older

If you test positive for COVID-19 and are 18 years and older, you may be eligible for oral treatments if you are moderately to severely immunocompromised.

Moderately or severely immunocompromising conditions include:

- blood cancer or some red blood cell disorders (thalassemia, sickle cell disease)
- transplant recipient
- primary or acquired (HIV) immunodeficiency
- chemotherapy or whole-body radiotherapy in the last 3 months
- high dose corticosteroids or pulse corticosteroid therapy in the last 3 months
- immunosuppressive treatments in the last 3 months
- rituximab in the last 12 months
- cerebral palsy or down syndrome
- congenital heart disease
- living with disability with multiple conditions and/or frailty.

You need a prescription to receive oral COVID-19 treatments so talk to your healthcare worker about your eligibility.

Source: [COVID-19 oral treatments | Australian Government Department of Health and Aged Care](https://www.health.gov.au/our-work/covid-19/covid-19-oral-treatments)



Easy Vaccine Access (EVA)

The Easy Vaccine Access (EVA) service helps you to book a COVID-19 vaccination. Simply message the EVA call back service on 0481 611 382 between 7 am to 10 pm (AEST), 7 days a week.

All you need to do is send a text with 'Hey EVA' to 0481 611 382.

For more information, visit the Department of Health and Aged Care website.