

INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 74

July 2023

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



Over the past few months we worked with Randwick Council on the delivery of community safety consultations, food security workshops and waste education for the community.

These are projects where the community can have a say and can contribute to the issues of concern. We are thankful to the Randwick Council for listening to the community and we are committed to facilitating the public voice through Kooloorra Community Centre.

www.kooloorra.org



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 develop-

ment. 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.

KOOLOORA VACATION CARE

The July Vacation Care program operated for ten days from the 3rd of July to the 14th of July 2023. Our biggest day was Monday 10th July with 34 children on the roll. It was our Kindifarm incursion with lots of great farm animals to interact with. During the two weeks we enjoyed 4 excursion days and 6 in-centre days. All days ran really smoothly and it was great to see the children enjoying themselves. Our in-centre days were Onesie Pyjama Party, Our Community Kitchen, Wheels Day, Kindifarm, Aunty Maxine NAIDOC and Christmas in July whilst our excursions were to Ice Zoo, Bowling and Laser tag, Stardust Circus and Hoyts Movies. Some highlights during this program were:

- We appreciated the new toilets and we worked really hard at ensuring they were kept neat and tidy by the children.
- We welcomed the students who are on placement at Kooloora, into the vacation care program during the in-centre days. We were grateful for their support with running the morning and afternoon bus runs too.
- Our Community Kitchen Day was a new initiative whereby the vacation care children cooked meals and packaged them for distribution to the community. This was an excellent day as the children cooked spaghetti bolognese, potato bake and fried rice which were handed out to the community the following day. We hope to continue this day during every vacation care program.



Kooloora Community Centre Toilet Renovation

Kooloora Community Centre has received funding to renovate the toilets in the main hall. The renovation has now finished and the result is fully renovated modern toilets.

The toilets are used by hundreds of visitors every week and they are a great, long needed improvement of our facility.

The renovation was acknowledged by Mayor of Randwick, Dylan Parker, in his speech at our Volunteer Awards ceremony on 19 May.

The funding is part of the Community Building Partnerships 2022.

We thank MP Michael Daley and his team for the facilitation of the grant.



English Classes at Kooloora

Our English Class getting busier as we get more people interested in polishing their English skills. These classes are informal, conversational classes for beginners and intermediate English learners who want to sharpen their speaking, listening and reading skills. Join our weekly English class every Tuesday afternoon 1:00-2:00pm. The class is facilitated by our English speaking volunteer, Lyn. See you at the centre!



Energy Accounts Payment Assistance (EAPA) helps people experiencing difficulty paying their energy bill because of a short-term financial hardship, crisis or emergency.

An eligible hardship, crisis or emergency may include:

- loss of income
- unexpected medical costs
- natural disaster (flood, bushfire, or drought)

EAPA is on every Tuesday at Kooloora from 9:30 -12:30. Please note that we are only assisting clients living in the 2031-2036 postcodes. Please bring a copy of the original bill with you. No need to make an appointment.



With the increase in rent in the eastern suburbs, some young families have made the hard decision to move out of the area. We said goodbye to a few families last term and we are hoping to get new families again this new term.

If you know anyone in the local area who are looking for an After School Program, Kooloorra offers a free after school program every Monday from 3:00-5:00 (winter schedule). We provide free dinner and snacks, crafts, and outdoor play. We can help your kids with their homework, too!

For inquiries, please send an email to koolooracommunity@outlook.com

Meals on a Budget



During recent sector wide consultations, food security was identified as one of the major concerns in the community.

In response to this Randwick Council Community Development team contracted the NEST program to deliver cooking workshops. accessible to the communities in the Randwick LGA. The first series is delivered at Kooloorra Community Centre starting in July.



Participants who may be struggling to keep up with the increasing cost of living have the opportunity to watch a chef and nutritionist demonstrate how to cook an affordable, healthy and tasty meal. Tasting and taking home a new cookbook and some cooking ingredients is part of the program.

The initial feedback from July workshops shows that 84% of the participants learned how to more affordable and nutritious meals at home.

Making Connections Forum 2023

The Inner and Eastern Sydney Child and Family Interagency in partnership with Randwick Council, Inner Sydney Voice, Central and Eastern Sydney PHN and Lifestart held the Making Connections Forum on **Wednesday 31st May, 9.30am to 12.30 pm** at the Prince Henry Community Centre at Little Bay for schools, long day care, family day care, out of school hours care, preschools and playgroup providers based in the Bayside East, Waverley, Woollahra and Randwick City Council Local Government Areas.

The forum aims to inform these staff about what support services are available to children and families using their centre or school, especially, but not only, in times of children experiencing difficulties including behavioural and learning difficulties; and for families such as DV, parental depression and family breakdown.

The Making Connections Forum aims to:

- to increase their knowledge of support services available to local families and of referral pathways to ensure children and families are supported
- to establish and maintain links to relevant community and family support agencies and
- to support children's learning and well-being, including children with additional needs

Thank you to IESCFI for inviting Kooloorra to take part in this meaningful forum.



Kingsford Legal Centre at Kooloorra

Kingsford Legal Centre can advise on matters such as Domestic Violence, Credit and Debt, Victim's Compensation, Criminal Law, Employment Law,. KLC is at Kooloorra every 2nd Tuesday from 1:00-3:00pm.

Dates for Term 3:

25 July, 8 and 22 Aug, 5, 19 Sept.

If you need urgent legal assistance, please call Legal Aid on 1300 888529 or call KLC on 02 9385 9566

Visiting Service at Kooloorra

A Services Australia Multicultural Service Officer will be on site to answer your questions about Centrelink and Medicare's payments and services, myGov, digital options and more.

Details

Where: Kooloorra Community Centre
167 Bilga Crescent, Malabar NSW 2036

Contact: Andre 0481 756 759

When: Fortnightly on Tuesday

Time: 10:00am - 12pm



Community Pop-Up Hub

Pop-up Community Support Hub – commenced on Wednesday 7 June 2023 11-2pm, on the 3rd floor of Bowen Library Maroubra.

Randwick Council and local service providers are aware that times are tough for many community members and it can be sometimes difficult to find the support required.

The monthly Pop-up Community Support Hub will occur the first Wednesday of every month and bring agencies together in the one place.

Agencies attending include – Services Australia (Centrelink), Vinies Homelessness Support Services, Ted Noffs Alcohol and drug and youth homelessness support, Junction Neighbourhood Centre, Kooloorra Community Centre, Kingsford Legal Centre, Counterpoint Community Services, The Hub @ Lexo, Open support, to name just a few.

Making Connections Forum 2023

The Inner and Eastern Sydney Child and Family Interagency in partnership with Randwick Council, Inner Sydney Voice, Central and Eastern Sydney PHN and Lifestart held the Making Connections Forum on **Wednesday 31st May, 9.30am to 12.30 pm** at the Prince Henry Community Centre at Little Bay for schools, long day care, family day care, out of school hours care, preschools and playgroup providers based in the Bayside East, Waverley, Woollahra and Randwick City Council Local Government Areas.

The forum aims to inform these staff about what support services are available to children and families using their centre or school, especially, but not only, in times of children experiencing difficulties including behavioural and learning difficulties; and for families such as DV, parental depression and family breakdown.

The Making Connections Forum aims to:

- to increase their knowledge of support services available to local families and of referral pathways to ensure children and families are supported
- to establish and maintain links to relevant community and family support agencies and
- to support children's learning and well-being, including children with additional needs

Thank you to IESCFI for inviting Kooloorra to take part in this meaningful forum.





SAUSAGE FRIDAY



Tell us what you think about your rubbish disposal. Come and have a sausage with us!

WATCH OUT FOR THE KOOLOORA TEAM IN YOUR BLOCK



Waste management is a critical issue that affects every community around the world. Unfortunately, many communities face challenges in handling their waste effectively, leading to various bin issues and environmental concerns. One such area of concern is Bilga Crescent, Malabar, 2036. We would like to bring awareness to this issue and tackle this problem head on but we will need your support. Coming together and understanding the importance of waste management will be an important and necessary step for our community. Everyone's opinion matters and when we come together, this issue can be tackled effectively and can be prevented. Please share your views on improving waste management in your community and give us a hand to take a step towards improving our community.

Over the next few months, we will be visiting each block in our beloved community to get to know our neighbours better and discuss essential matters relat-

ed to Waste Management. As part of this initiative, we cordially invite you to a delightful hotdog meet up at your block's common area.

Come join us for a casual and friendly gathering where we can indulge in delicious sausages while also addressing the bin issues and waste management challenges we face in our neighbourhood.

We value your input, and this is a perfect opportunity for you to share your thoughts, concerns and potential solutions. Watch out for the Kooloorra team in your block!



Aboriginal women's wellbeing day



Are you an Aboriginal woman looking after someone in your family or community?

Whether you're caring for Nan or Pop, someone with disability or a health concern, or anyone who needs day to day support...

Join the South Eastern Sydney Local Health District Carer Program for a day of activities and have a yarn about wellbeing and caring!



Date: 15 August 2023

Time: 11:00am - 2:30pm



Kooloora Community Centre

167 Bilga Cres, MALABAR, 2036

To book your spot, contact:

Miki Griffith, Aboriginal Health Education Officer

miki.griffith@health.nsw.gov.au

M: 0414 193 113

For more information, contact:

Sydney Boucher, Carer Program Manager, M: 0417 429 531



This event is for women and includes a light lunch, health checks, art activity, gift bags, and prizes