

INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 73

March 2023

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



With the new year we are looking to some exciting times ahead for Kooloora. Late last year we received some much needed funding from the Community Building Partnership - a NSW state government initiative for improving the community infrastructure. Kooloora was granted the funds necessary to renovate our two main toilets that are accessible to all Kooloora visitors. The good news was delivered by Michael Daley MP and Dylan Parker - Randwick City Mayor. The renovation is expected to start in April and to finish in 3-4 weeks.

Kooloora Community Centre acknowledges the financial and in kind support provided by Randwick City Council across many services provided to the community.

www.kooloora.org

KOOLOORA SUPPORTED PLAYGROUP

We said goodbye to Maddy on the 6th of March. She has been with us since late Nov 2021, but could not continue with Kooloora playgroup due to other commitments. We wish Maddy all the best and we hope to see her again in the future.

Kooloora Supported Playgroup is going strong again this year.

The King and Queen of Greens paid us a visit on 8th of March and taught us how to take care of Mother Earth. It was a fun show for our young ones where they were able to learn through play and fun activities. We are hoping to see the King and the Queen again soon.

Some more good news for our playgroup parents too: Kooloora is planning to do a full renovation of our toilets/restrooms in April/ May. We are sure that this will be welcomed by all Kooloora visitors and particularly so by the parents/carers with young children.



NSW Education Parent App

If you are looking for a way to stay in touch with the latest news, and get emergency updates from your child's school it might be a good idea to download the NSW Education Parent App if you haven't already.

This app allows parents and carers to receive a push notification from schools to their phones to ensure they do not miss any important news. This allows a seamless communication between the school and the community and causes information to be available to you whenever you want it.

Source: <https://education.nsw.gov.au/about-us/strategies-and-reports/schools-digital-strategy/projects-and-initiatives/nsw-education-parent-app>



KOOLOORA 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, 24th of April.

MONDAY 10th PUBLIC HOLIDAY for EASTER MONDAY  Vacation Care is not open	TUESDAY 11th HAPPY EASTER  Let's celebrate Easter together with fun Easter craft, fun games with eggs, Easter egg eating competition plus, our BIG Easter egg hunt. HAPPY EASTER !!	WEDNESDAY 12th ARCHIE BROTHERS EXCURSION Please be at the centre by 9.00am  Share 2 hours of fun with your friends in the games arcade at Archie Brothers. Get ready for lots of fun !!	THURSDAY 13th RAINBOW FUN RUN DAY  Enjoy all the colours of the rainbow Dress in a white t-shirt which you don't mind getting dirty as you run a fun obstacle course and get sprayed with safe, non- toxic powders, all the colours of the rainbow. Bring a towel and maybe a change of clothes too.	FRIDAY 14th BUBBLE BALLS INCURSION  Join us for a fun day with the experts from Bubble Balls as we have 2 hours of Bubble Soccer Be sure to wear comfortable clothes and shoes and bring plenty of water.
MONDAY 17th "B" DAY  Dress up as something starting with the letter B .. buzzy bee, ballerina, basketball player, Batman as we celebrate the letter B by baking sweet treats, beading with hama beads and playing fun games of basketball. BEEEE the Best you can BEEEE !!	TUESDAY 18th AUNTY MAXINE INCURSION  Learn from Aunty Maxine all about EMU EGGS. While our First Nations People did not celebrate Easter, eggs were an important part of customary life – diet, art and ceremony. Learn about how First Nations people used eggs and enjoy a fun art workshop.	WEDNESDAY 19th GAMES GAMES GAMES  Have a fun day with us playing lots of indoors and outdoors games. Indoors ...have fun beating your friends in an air hockey competition, winning at BINGO and playing board games .Outdoors .. have fun playing team sports, winning at parachute games and enjoy running games.	THURSDAY 20th OUR BIG KITCHEN EXCURSION Please be at the centre by 9.00am  Practise your cooking skills with the experts at Our Big Kitchen at Bondi. Its a wonderful community group which distributes food to those in need in the community.. You will learn new cooking skills whilst also helping the community.	FRIDAY 21st NINJA WARRIORS EXCURSION Please be at the centre by 9.00am  Are you a Ninja Champion? Come along and join us for this fun excursion to a real Ninja Warrior obstacle course. Be sure to wear comfortable clothes and shoes and bring plenty of water.



We had a water gun fight in a really hot hot day. The day finished with no casualties. Except for the wet clothes.

We welcome our new volunteer, Van, to kids Zone. Van will be helping Fely in the kitchen to prepare our lovely dinner every Monday night for the children.

We're sad to say goodbye to our regular Kids Zone boys, Andrei and Dmitrii, as they move out of the area. It has been fun seeing them grow into the bright boys that they are. We hope to see them again in the future! We will miss you, Andre and Dmitrii!

NSW Vouchers and Support to expire in June 2023

Friendly reminder to all parents who are using the NSW vouchers that they are expiring by June 2023. This includes the First Lap , Active Kids, Creative Kids, Back to School NSW Vouchers, and Before And After School Care vouchers. Make sure you use them before then to avoid missing out. Expired vouchers will no longer be accepted after the date.

Exercise Classes at Kooloora



At the end of last year we sad goodbye to our Gentle Exercises fitness instructor Lyn Maidment. Lyn has been running the exercises for over 20 years at Kooloora and her departure as an employee was an emotional time for everyone. Luckily it doesn't end there. Lyn is still a part of Kooloora, only this time as a volunteer teacher for our Conversational English Classes. And she is a living proof that once you check in at Kooloora, you can never leave. For all the good reasons of course.

Our new fitness instructor is Natalie. Natalie brings her vast fitness experience to the fitness classes, starting this year's classes with great enthusiasm and great success. The number of participants is back to pre-covid times and things are looking good.

Kooloora Exercise for Seniors and Gentle Exercises classes are run in partnership with AIM for Fitness from Prince of Wales hospital in Randwick. If you are interested to join the class, please call AIM on 9382 8131.



English Class at Kooloora

This articles ties in well with the article above. The connection being our new English class Lyn Maidment. Lyn has kindly offered to volunteer to run our Conversational English class every Tuesday. The students got e great teacher and a new bond is already being forged.

Our English class is free for everyone. If you are interested to participate please don't hesitate to get in touch on 9661 9160.



Energy Accounts Payments Assistance

A friendly reminder to everyone that we are back to assisting clients face to face at Kooloora Community Centre. Please bring your most recent bill at Kooloora on Tuesdays between 10:00am - 2:30pm during school terms. Please refer to our website www.kooloora.org for other information regarding the Energy Accounts Payments Assistance.

The Woodturners at the Prince Henry Hospital Nursing and Medical Museum



As part of the 2023 NSW Seniors Festival Week, our Woodturners set up a beautiful stall at the the former Prince Henry Hospital. The day included a guided tour of 'Spare Parts', an exhibition about the history of surgery, art, music, tai chi, salsa and aerobic demonstrations. There were kids activities, a sausage sizzle, psychic readings and the day was great! Thank you to Geoff, Mario, Antonio and Charles for representing the Woodturners and Kooloora.

Cuddle Bundles: Making a Difference

On 22 February 2023, the NCJWA NSW Cuddle Bundles program held their Centenary event "Making A Difference". We had the pleasure to attend their celebration of the great impact they make in the community.

Over the years, Cuddle Bundles has been our partner at Kooloora in providing a mix of pre-loved and new essential items to parents in the local community who are in need. Motherhood can be overwhelming and can be too much for a first time mum. But with the help of Cuddle Bundles, we were able to alleviate some of the financial and emotional burden of being a parent.

Cuddle Bundles not only helps mums locally, but overseas as well reaching families as far as possible, from bushfires to floods in NSW, to First Nations communities in the Northern Territory, all the way to India, Nepal and South Africa, Turkey and Syria.

If you know any new parents struggling, escaping domestic violence, new refugees, suffering from poverty or mental illness, or anyone who needs a hand in providing for their babies, please let us know. Our friends from Cuddle bundles are always available to help.





Clutter. The good, the bad and the ugly

Does this sound like you?

At home, do you have:

- Clothes that you might wear one day?
- Things that you might want to use for projects?
- Newspapers or junk mail?
- Things waiting to be fixed?
- Other peoples unwanted items?

Do you find yourself doing the following:

- Arguing with family or friends about clutter?
- Making excuses to avoid having visitors?
- Keeping blinds down or curtains closed so that no-one can see in?
- Avoiding home repairs due to being embarrassed to let trades people into your home?
- At risk of eviction due to your clutter?

If so, you are not alone. In fact, approximately 6% of the Australian population live in cluttered environments. If this is you and you would like to know more about how you can reduce your clutter and restore functionality to your home, we invite you to a community information session.

The Hub @ Lexo

11-12pm Friday 24th March

Ph 9093 6145

Kooloora Community Centre

1-2pm Friday 24th March

Ph 0481 756 759

These sessions are presented by Inside Out Recovery for social housing residents.

Bookings encouraged, call the service above to book a spot.

General enquiries call 0439039097. Light refreshments provided.



FOGO changes from 2023 - it's just for food scraps and garden clippings

The following are items that can **no longer** go in the FOGO bin:

- **Fibre-based materials, such as bamboo, timber or cardboard packaging and cutlery, paper towels and serviettes.** These materials often contain additives to increase water resistance and can also include polyfluoroalkyl substances (PFAS) which may cause human and environmental harm if they enter the food chain.
- **Compostable or biodegradable plastic products or bags.** New research shows that compostable plastic may not breakdown quickly and could negatively impact the production of a high quality and safe compost product. Note: FOGO kitchen caddy liners that comply with Australian Standard AS 4736-2006 may still be used. These are the certified compostable green bags supplied free of charge by Council.
Pet poo and poo bags. Studies show that pathogens in pet waste are not always killed at composting facilities. To protect human health, pet waste is no longer able to be put in the FOGO bin and should be placed in the red landfill bin instead.

Source: <https://www.randwick.nsw.gov.au/about-us/news/news-items/2022/december/fogo-changes-from-2023-its-just-for-food-scraps-and-garden-clippings>

Randwick Council launches new soft plastics recycling service

Randwick City residents can once again recycle soft plastics with Randwick Council entering into a new partnership with a local recycler, Mayor Dylan Parker announced today.

Under the partnership, Randwick City residents can drop off their soft plastics at the Randwick Recycling Centre in Matraville beginning immediately.

The plastic is then collected by a company called Plasmar, taken to their recycling facility where it is pelletised and recycled into practical products like wheel stops, posts and bollards.

Council has also agreed to buy back these products as a trial for local use, meaning plastics recycled locally will be given a new lease on life in the place they were originally collected.

"This is a great example of local government taking the lead and providing a local solution to a national problem," Mayor Dylan Parker said.

"When RedCycle stopped collecting soft plastics across the country last year, it created a huge problem and has resulted in increased waste in people's red bins and more material going to landfill.

"I'm very pleased we've been able to find a solution and to help our residents do the right thing by the environment.

"Hopefully a program like this might be able to be expanded for use in other council areas and across the state as our country tackles the challenging issue of soft plastic recycling.

Residents can drop their soft plastics off at the Randwick Recycling Centre beginning immediately.

The Randwick Recycling Centre is located at 72 Perry Street, in Matraville. It is open Monday – Friday from 6am – 2:45pm and on the first Saturday of every month from 7:30am – 2pm.

Source: [randwick.nsw.gov.au](https://www.randwick.nsw.gov.au)

