

# INSIDE GOSSIP

## NEWSLETTER FOR THE KOOLOORA COMMUNITY

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



At the service providers' forum facilitated by Randwick Council, food security popped up as one of the main concerns for the households in 2023. In response to this community concern, Randwick Council's Community Development team ran a series of cooking workshops. The workshops were delivered by a qualified nutritionist and took place at Kooloora. A total of seven workshops were delivered with attendance ranging between 15-35 participants per session.

The participants are residents of Randwick LGA. Everyone had the opportunity to watch and take part in the preparation of affordable and tasty meals on a budget. This cooking workshop in a combination with Kooloora's food free and affordable programs Second Bite and Vegedout are in service of the community when the food prices are starting to bite.

## KOOLOORA SUPPORTED PLAYGROUP

As we approach the year's end, I want to express my gratitude to the incredible families who have been a part of Kooloora Playgroup over the past year. Taking over Playgroup in the middle of this year was a daunting task, but seeing the happy and friendly faces of all the children reassured me that it was going to be an exciting journey! When selecting songs to sing, books to read, and planning new activities for our group time, I always have your lovely children in mind. Building a small community and getting to know so many wonderful parents has been a privilege. Thank you for spreading the word and inviting your friends to join our Playgroup. Being part of your Monday and Wednesday routine and contributing to your children's learning has been a fulfilling and amazing experience for me. I hope to see all of you again next year! Join us for our annual Christmas party on the 6th of December. There'll be face painting, jumping castle, lots of food, singing and dancing and meet and greet Santa! It's going to be a merry day! See you all at the centre. Love, Ms. Charm :)



## Early Communication Workshop

Communication is the cornerstone of a child's development, shaping their ability to connect, learn, and thrive in the world. Understanding the nuances of early communication is crucial for parents, especially those with children aged 0-5 years. To address this vital aspect of parenting, a special workshop was conducted on Wednesday, 1st November, at Kooloora Community Centre. Facilitated by Terry Chou, Speech Pathologist from Sydney Children's Hospital, the workshop delved into the typical development

of speech, language, and play, focusing on communication through play and conversational-based strategies, with a special emphasis on bilingual children.

The early years of a child's life are marked by rapid growth and development, including language and communication skills. Parents play a pivotal role in nurturing these skills, and understanding the typical developmental milestones is essential. Terry walked parents through the stages of speech and language development, providing insights into what to expect and how to support their children effectively.

By delving into the typical development of speech, language, and play, exploring communication through play, and learning conversational-based strategies, parents left the workshop empowered with knowledge and practical tools to nurture their child's communication skills effectively.

As parents implement the strategies and insights gained from the workshop, they are not only enriching their child's communication abilities but also fostering a strong bond based on understanding, trust, and meaningful interactions. The workshop served as a reminder of the immense impact parents have on their child's communication journey and emphasized the importance of early intervention and support in shaping confident and expressive communicators of the future.

## KOOLOORA VACATION CARE



The September / October Vacation Care program operated for nine days from the 25th September to the 6th October, 2023. Our biggest day was Wednesday, 4 Oct – Dia De los Muertos (Day of the Dead) with 29 children on the roll. We also enjoyed 4 excursion days with full access to the Randwick Council Bus which is in great thanks to Irene Di Blasio and Sylvio who coordinated this for us. We enjoyed excursions to Coney Island, Inflatable World, Holey Moley and Monster Skate Park. We also had lots of fun on our excursion days where we had a coach from No Limit Sports come and facilitate Traditional Indigenous Games for us and Laser Warriors. Our in-centre days which were a lot of fun; Red Day, It's My Birthday and Dia De Los Muertos were also popular to the children.

Our educators and Andre, also completed their First Aid, CPR, Asthma and Anaphylaxis Training. This would help in staffing flexibility and for making sure our educators are equipped with the knowledge they need in keeping the children safe.

The success of the Sept/Oct program is nothing if it weren't for the dedication of our amazing staff Annette, Chantelle, Rachel, Skye and Nina whose amazing teamwork made this yet another successful program. Thank you to our Centre Manager, Andre Naumovski, for your leadership and for providing the support and guidance we all need. Our appreciation also goes to the Management Board and Randwick Council for their continued support of the Vacation Care Program so we can provide our families in the community with necessary support and a fun, safe and enjoyable activities for the children each school holidays. Together we honour our mission statement:

***"To provide 5 – 14 year olds in the local community with childcare services during the school holidays which are enjoyable, at their interest level and safe."***



## Our English Class is growing!



The modest beginning of this class has transformed into a hub of learning and cultural exchange, where students of all ages and backgrounds come together to enhance their English language skills and foster a sense of community. One of the most striking features of our Tuesday afternoon English class is its inclusivity. People from diverse walks of life, representing various nationalities and cultures, gather in a spirit of mutual respect and eagerness to learn. This rich blend of backgrounds not only enhances linguistic understanding but also promotes a harmonious coexistence among community members.

Our warm welcome to Lan and Focus, our newest students, we hope they learn and enjoy the class. We have also extended the class from one hour to 1.5 hours so we can cover more topics and focus on really improving our English skills. Lyn, our English teacher, is working on a very special project with her students that will be released before end of this year. If you are interested to join our English Class, please send an email to [koolooracommunity@outlook.com](mailto:koolooracommunity@outlook.com).

## Energy Accounts Payments Assistance



EAPA is one of the most needed programs at Koolooro. This NSW government program offers emergency financial support to people in our local community who are at risk of having their energy supply disconnected.

The past few months has seen continued high demand for our energy assistance program as people struggle to pay their electricity and gas bills due to the increasingly rising cost of living. We assist approximately 60 clients each month. Our ongoing thanks to our volunteers who provide this invaluable service.

The program operates on site at the Koolooro Community Centre from 9.30am-12.30pm every Tuesday (except during school holidays and public holidays) for our local community within the 2031-2036 catchment area. We seek our clients' patience, as the service is provided on a first-come-first serve basis.

As we gear up for a hot and dry summer, here's a few tips on how to save electricity during the hot season:

- Use air-conditioners only when necessary and when using, set the temperature at 25-27 degrees. Every degree higher saves up to 5-10% of energy consumption.
- Clean or replace the air-filter in your air conditioner to allow it to run more smoothly.
- Consider using fans instead of air conditioners.
- While using a washing machine, wash clothes in cold water as washing them in hot water costs 85% more energy. Use the Eco setting to wash your clothes.
- Dry your clothes on line instead of using dryer to save energy.
- Do not keep appliances that emit heat near the thermostat as that may affect its temperature reading.
- Ensure that the room lights are turned off when not in use and switch to LED bulbs as they emit less heat and consume lesser energy.
- Check the energy rating labels on appliances before purchasing them to ensure efficient energy consumption.
- If any of the appliances are not being used, unplug them.



As the year draws to a close, we're gearing up for our annual water gun party celebration! There's no better way to enjoy the summer and beat the heat than engaging in water gun battles and spreading laughter all around. Get ready for some splashing fun!

We extend our heartfelt gratitude to The Seekers for their generous donation, enabling us to host the most fantastic Christmas party for all the children!

Our after-school program welcomes all kids aged 5-12 years old. We provide homework assistance, various indoor and outdoor sports activities, and a complimentary dinner every Monday afternoon throughout the school terms, from 3:00-5:00pm. If you have any questions or inquiries, please feel free to reach out to us at [koolooracommunity@outlook.com](mailto:koolooracommunity@outlook.com).

## Community Pop-Up Hub

In the heart of Maroubra, within the confines of the Lionel Bowen Library, lies a dynamic and transformative space known as the Pop-up Community Support Hub. Organized by the Randwick Council, this hub stands as a testament to the commitment of our community to foster engagement, collaboration, and empowerment. As a representative of Kooloora Community Centre, I am privileged to share with you the invaluable role that the Pop-up Community Support Hub plays in our community.

The Pop-up Community support hub brings together a diverse array of services such as Centrelink, Revenue NSW, Homelessness and Housing Support services, Drugs and Alcohol support services, Family Support services, Older people support services (including Carer Gateway), Harp Testing. This collaboration ensures that our residents receive comprehensive support that addresses their multifaceted needs.

The primary purpose of the pop-up hub is to empower our residents. By providing easy access to a plethora of essential services, we enable individuals to take control of their lives and overcome obstacles. Whether someone requires assistance with financial matters, housing, addiction issues, family support, or elder care, the hub is here to guide, support, and uplift.

It provides a platform for our residents to share their opinions, concerns and ideas, ensuring that their voices are heard by those in positions of influence. This empowerment is fundamental to our mission of creating a community that is not just surviving but thriving.





## VEGED OUT

In the face of escalating inflation, the burden on household budgets has become increasingly apparent. Access to fresh, nutritious produce is essential for maintaining a healthy lifestyle, yet the rising costs make it challenging for many families to afford. Our Veged Out program has been around for a while providing a lifeline for communities by offering affordable, high-quality vegetables. The Veged Out Program stands as a beacon of hope, bringing together communities in a collective effort to combat the impact of inflation. By leveraging the power of bulk purchasing and community collaboration, this program offers fresh, locally sourced vegetables at an incredibly affordable price. This nominal fee allows families, regardless of their financial constraints, to access a diverse range of vegetables, ensuring a balanced and nutritious diet.

Every Friday fortnight during school terms, we offer a full bag of fresh fruits and vegetables for only \$15. Give us a call if you are interested and we can reserve a bag for you. A big thank you to all our amazing volunteers who keep this program running!

## Community Greening

Community Greening has been working with communities to design and plant natural forest systems. They teach community members how to grow organic food, avoiding the use of fertilisers, developing social harmony with plants and building community and friendships. In September they visited Kooloorra's Garden also known as "Food Forest". They explained how food is medicine and how eating organic food should be encouraged. The pest attacking a plant is way better than using a fertiliser and the dangers of consuming over fertilised food products.



Kooloorra Garden is a food forest because it mimics the diversity of a natural forest where a wide range of plants grow together. By modelling this concept in a garden, plants group together complementing each other, take advantage of niches and microclimates, increase biodiversity, ensure healthy soil and it looks really beautiful. In this garden only fresh organic produce is used and there is zero fertiliser use. This garden provides food for humans, insects and other animals plus it saves on water and nutrients. Community Greening shared some tricks and tips on how to start a food forest and explained the different layers a food forest should have. The benefit of the community gardening is great for the mind, spirit and soul and everyone can benefit from getting their hands in the dirt.



## Randwick Recycling Centre Tour



In the heart of Randwick, a bustling suburb known for its scenic beauty and vibrant community, lies an essential hub dedicated to environmental sustainability—the Randwick Recycling Centre. Nestled amidst the urban landscape, this center serves as a beacon of hope, showcasing the possibilities of responsible waste management.

On Friday, October 27th, along with some community members of Bilga crescent, we visited the Randwick Recycling Centre located on Perry Street. During our visit, we gained insights into the various materials accepted at the facility and the recycling processes for the items we send there. It was an insightful experience on what happens behind the scenes and the work that goes through with it.

As you step inside the Randwick Recycling Centre, you are greeted by a sense of purpose and dedication to the environment. The facility is more than just a waste management site; it's a learning ground for visitors of all ages. The tour kicks off with an introduction to the importance of recycling and its role in conserving precious natural resources and reducing pollution. Witnessing the transformation of discarded items into reusable materials is a powerful experience.

The Randwick Recycling Centre tour leaves a lasting impression on every visitor. It serves as a reminder that our individual choices collectively shape the future of our planet. By reducing, reusing, and recycling, we can minimize our ecological footprint and create a more sustainable world for generations to come.



Thank you to Anil Gupta, Waste and Sustainability Education Officer from Randwick City Council, for accommodating and educating us about the work they do at the recycling centre.

For the list of things that can be recycled at the centre, head to the council's website. They are open Monday to Friday 6am— 2:45pm, 1st Saturday of the month from 7:30am—2pm and closed on Sundays and Public holidays.

# What's on at Kooloora?

Here are other services you can access at Kooloora for the coming months:

## Services Australia Outreach at Kooloora Community Centre

Services Australia's fortnightly visiting service at Kooloora Community Centre assists vulnerable multicultural community members to access a range of services

- Help with myGov
- Enquiries on payments and services
- Digital coaching on express plus apps and online services
- Promotion and Education on payments and services

Please call 02 9661 9160 or email [koolooracommunity@outlook.com](mailto:koolooracommunity@outlook.com) to make an appointment

## Kingsford Legal Centre

Kingsford Legal Centre (KLC) is a free community legal service that helps people in the Kooloora community. KLC gives free legal help to people who live, work or study in the Randwick and Botany Bay local government areas in NSW.



A KLC lawyer comes to Kooloora every fortnight on a Tuesday between 1pm – 3pm during school terms. KLC can provide legal advice on things like fines, debts, domestic violence, housing problems, victim's compensation, criminal law, employment law, discrimination law, and many other things. If you need help with something that KLC can't do, then the lawyer will help you find another service that can help you.

KLC's lawyers and students have helped many people at Kooloora with a range of legal issues. For example, we advised a client at the Centre about how to recover towing fees from a motor vehicle accident. The client had another car crash into her vehicle from behind and was given an invoice for a large amount of money to have her car towed to a car repair company. We gave the client advice and helped her draft a letter of demand to the other party in the matter, demanding that they pay the cost of the towing fees.

To get help from KLC you can just drop into Kooloora every second Tuesday from 1-3pm (during school terms). You can also book an appointment to see a KLC lawyer at Kooloora or at KLC's office by calling KLC on 02 9385 9566, or email [legal@unsw.edu.au](mailto:legal@unsw.edu.au).

## Vacation Care

January Program is running from 3– 24 December. Enrolment will open soon. Please send us an email for any interest at [koolooravacation@outlook.com](mailto:koolooravacation@outlook.com)