

INSIDE GOSSIP

NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 79

www.kooloora.org

March 2025

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



Kooloora Community Centre operates with the generous support of the Department of Communities and Justice and Randwick City Council, enabling us to deliver a wide range of programs and essential services to communities across the Randwick and Bayside Local Government Areas.

With the dedication and hard work of our amazing volunteers, we continue to strive toward providing vital support, fostering community connections, and enhancing the well-being of local residents.

A warm welcome to all the new families joining our playgroup! We are so excited to have you with us and hope you and your little ones enjoy your time here. To our returning families, welcome back! You have been part of our playgroup family for years, and we truly appreciate your continued support and involvement.



Important Reminders:

- For safety reasons, please avoid bringing hot drinks unless they are in a sealed cup to prevent accidental burns.
- Kindly refrain from leaving food in the sandpit area to help keep it clean and sanitized for everyone to enjoy.
- We encourage parents to sit during group time to help create a calm and engaging atmosphere for the children.

Group Time & Activities:

We hope you've been enjoying the new songs and dances! If there's anything you'd like us to incorporate into our group time, please let us know—we love hearing your suggestions. We have also been learning sign language to support communication and inclusivity among all children.

Support & Resources:

For new families, if you need any assistance, please don't hesitate to talk to us. Our centre has access to a range of services that may be helpful to you and your family.

Thank you for being part of our playgroup! We look forward to sharing many fun and meaningful moments together. **See you at playgroup!**

Join the Fun at Kids Zone Every Monday!

Kids Zone at Kooloora is back in full swing every Monday from 3:00 – 5:00 PM during school terms, and we're thrilled to welcome many new families this term!

This free program is open to all school-aged children living in the local community. Each session is packed with fun and

learning, including homework help, arts and crafts, indoor and outdoor sports, and a nutritious dinner prepared on-site. It's a great opportunity for kids to socialize, stay active, and enjoy a safe, welcoming environment.

Registration is free! If you're interested, send us an email or drop by Kooloora Community Centre—we'd love to see you there!



KOOLOORA VACATION CARE

For enrollment inquiries, please send an email to koolooravacation@outlook.com. The enrollment deadline is **Friday, 4 April**.



kooloora vacation care

14-25 April 2025 School holiday program

Spaces are limited for excursions

www.kooloora.org

***EVERY DAY: bring hat, water bottle, snacks, lunch, extra clothes**



**Mon, 14 APRIL
HOPPY EASTER!**

Join us for an egg-citing day of Easter fun at Vacation Care! We'll enjoy fun games, creative crafts, and a thrilling Easter egg hunt. Get ready to jump, laugh, and celebrate with friends in a day full of Easter magic!

**\$55
incursion**



**Tues, 15 APRIL
KOREA DAY**

Let's dive into the vibrant culture of Korea! We'll enjoy traditional games, make delicious Hotteok (sweet pancakes), and dance to the latest K-pop hits. Plus, we'll explore crafts, music, and tasty treats for a fun-filled day celebrating all things Korea!

**\$55
in centre**



**Wed, 16 APRIL
ALL-STARS
BASKETBALL**

Hone your skills with exciting drills, friendly competitions, and expert tips. Whether you are new to the game or looking to improve, this activity promises a fun and energetic day of basketball excitement!

**\$60
incursion**



**Thur, 17 APRIL
KRAV MAGA**

This excursion will offer a hands-on introduction to Krav Maga's practical techniques, empowering you with skills for personal safety. Under the guidance of expert instructors, discover practical techniques designed for real-world situations and boost your confidence.

**\$65
in centre**

**Public
Holiday**



**Tue, 22 APRIL
FUTURE SKOOL OF
MUSIC**

We'll dive into the world of songwriting, beatmaking, and music production techniques with Future Skool of Music! Work together with others to create your very own demo by the end of the session. Whether you're crafting lyrics or laying down beats, it's all about collaboration and creativity!

**\$60
excursion**

**Public
Holiday**



**Wed, 23 APRIL
MINECRAFT DAY**

We'll explore our creativity by building amazing structures, crafting cool items, and playing fun Minecraft-inspired games like treasure hunts, block challenges, and obstacle courses. Get ready for a day full of adventure, imagination, and teamwork!

**\$55
in centre**



**Thur, 24 APRIL
TRADITIONAL
INDIGENOUS
GAMES DAY**

We'll learn new games from the old times and discover how Indigenous people spent endless hours playing outside, developing skills and building community. Let's embrace the rich cultural history behind the traditional games. It's a day full of teamwork, respect and fun!

**\$55
in centre**

**Public
Holiday**



Energy Accounts Payment Assistance (EAPA) – Helping NSW Households in Crisis

The **Energy Accounts Payment Assistance (EAPA)** program provides support to NSW households facing temporary financial hardship in paying their **electricity or natural gas bills** due to a sudden crisis or emergency. If eligible, a credit is applied directly to the customer's energy account to help cover their bill.

Eligibility Criteria:

To qualify for EAPA, the customer must::

- be living within postcodes 2031-2036
- Be the **account holder** with the bill in their name
- Have an **open and active** residential energy account
- Use electricity or natural gas at their **NSW home**
- Be experiencing a **short-term financial crisis or emergency** that makes it difficult to pay their bill

Required Documents

Applicants must provide one of the following forms of identification:

- Driver's license
- Proof of age card
- Passport
- Government-issued statement (e.g., Centrelink income statement or ATO statement)

Examples of Eligible Financial Hardships

Households may qualify for EAPA assistance if they are experiencing:

Decreased income due to:

- Job loss or reduced work hours
- Relationship breakdown, loss of a family member, or domestic violence
- Reduction or loss of family maintenance/child support payments
- Impacts from a natural disaster

Increased essential expenses such as:

- Unexpected but necessary household costs (e.g., replacing a fridge, water heater, or washing machine)
- Large medical expenses not covered by Medicare
- Major life changes (e.g., birth of a child, funeral costs)
- Moving expenses
- High utility costs from faulty appliances
- Urgent medical needs
- Domestic or family violence situations where the customer is currently or has recently experienced abuse.

For more information or to check eligibility, call 02 9661 9160 or email koolooraaenergy@outlook.com

Stay Active with Koolooras Over 50s Exercise Classes!

Join us every Tuesday (excluding school holidays) for fun and engaging Exercise Classes designed for those over 50. Sessions cater to all fitness levels, focusing on balance, strength, flexibility, and endurance in a supportive environment.

Gentle Exercise

Our chair-based aerobics class, Gentle Exercise, runs from 10:30am-11:30am and is perfect for those who are very frail, those experiencing physical disability or are recovering from illness. This class is free and run by one of our volunteers who is a qualified fitness instructor. This class is also followed by light refreshments.



Fitness for Seniors

Fitness for Seniors or, AIM, is a low impact aerobic class run by qualified fitness instructors from Strive Motion. Classes aim to improve strength, endurance and mobility and run during school terms for 9-11 weeks at \$65 per term. Please note that there are no make-up classes or refunds for missed sessions. Ready to sign up? Follow the steps outlined on Strive Motion's website: <https://strivemotion.com.au>

How to sign up on Strive's website:

- Scroll to 'Join a class today' and watch the video for new participants
- Scroll to 'Ready to sign up' and select 'New participant'.
- Select 'Adult'
- Fill in health questions and personal details
- If you answer Yes to any of the first 6 health questions, you will need to provide a medical clearance letter downloaded from Strive Motion's website called 'Health History Form'
- Fill in the remaining 7 health questions, this does not require a medical clearance and is only for the instructor's reference.
- Agree to Terms and Conditions
- Select your membership option: Tuesday 9:30, K= Koolooras Community Centre.
- Confirm your Payment Details by selecting 'Bank Account' or 'Credit Card' from the drop down box and fill in your payment details.
- Create a digital signature by dragging your mouse on the dotted template.

We understand the sign up process may be confusing so please feel free to come to our centre so we can help you register for the program.

Any additional questions contact us on 029661 9160 or koolooracommunity@outlook.com.

Learn English at Kooloorra!

Are you looking to improve your English skills in a relaxed and welcoming setting? Kooloorra offers free **English classes** every **Tuesday at 12:30 PM**, providing a great opportunity for community members to learn, practice, and build confidence in their English-speaking abilities.

Led by our dedicated volunteer teacher, Lyn, our classes focus on basic conversation, reading, and writing skills, making them perfect for beginners and those looking to strengthen their language skills. The sessions are informal and interactive, allowing participants to learn at their own pace while making new friends along the way.

These classes are free of charge and open to everyone in the community. Whether you need help with everyday conversations, filling out forms, or simply want to practice speaking in a supportive group, this is a fantastic opportunity to grow your skills.

We encourage anyone interested to come along and join us for a fun and engaging learning experience.

For more information, feel free to visit Kooloorra or give us a call on 02 9661 9160. We look forward to seeing you here!



- Build your confidence in english in a small informal group with a friendly trained english teacher.
- Build confidence in reading and writing in a small supportive group. Learn at your own pace.

Every Tuesday (during school terms)
12:00-2:00pm- at Kooloorra Community Centre

Call (02) 9661 9160 or
email koolooracommunity@outlook.com
for more information

Kingsford Legal Centre is back at Kooloorra!

KLC is a community legal centre that gives free legal advice to our local community. They can help with most legal problems like debt, housing repairs, Centrelink and fines.

Every second Friday from 12pm to 2:30pm free legal advice is offered at our centre at the following dates, no appointment needed; 14th & 28th February ; 14th & 28th March; 11th April

Kingsford Legal Centre **can** advise on matters such as:

- Domestic Violence
- Credit and Debt
- Victim's Compensation
- Criminal Law
- Employment Law
- Discrimination Law (anywhere within NSW)
- Sexual Harassment
- Centrelink Problems
- Motor Vehicle Accidents
- Consumer Matters
- Neighbourhood Disputes
- Fines
- Tenancy
- Limited advice on Family law matters

Kingsford Legal Centre does **not** provide advice in the following areas of law:

- Making a will;
- Mortgages or conveyancing;
- Workers compensation;
- Personal injury (except victims compensation);
- Medical negligence;
- Commercial matters or business law;
- Taxation; and
- Immigration
- JP or Notary Public services

Kingsford Legal Centre does **not** provide advice :

- to **employers** in employment matters;
- to **landlords** in tenancy matters; and
- **against the University of New South Wales.**

For more information call us on (02) 9385 9566 or visit Kooloorra Community Centre

Randwick Council Christmas Gifts

In December 2024, Randwick City Council held their annual Christmas party, and Kooloorra was honoured to be chosen as the recipient of their Christmas Gift Donations. As part of the celebration, all attendees were encouraged to bring a toy to donate to a local charity, resulting in an incredible contribution of over 75 toys.

These generous donations provided a special opportunity for families facing financial hardship. Parents who were struggling to place a gift under the Christmas tree were given priority in selecting toys from the donation table, ensuring that their children could experience the joy of receiving a present during the holiday season.

We would like to express our heartfelt gratitude to Randwick City Council for selecting Kooloorra as this year's recipient. The council has supported us in countless ways over the years, and this act of kindness is yet another example of their dedication to our community.



During these challenging times, gestures like these make a world of difference, bringing happiness and relief to families in need. Seeing the smiles on children's faces as they received their gifts was truly heartwarming.

Thank you, Randwick City Council, for your generosity and continued support—it is deeply appreciated!

Serving Hands Christmas Hampers

Our friends from Serving Hands have once again come through with their incredible generosity, providing much-needed Christmas hampers filled with non-perishable festive treats. These hampers help ensure that families and individuals in need have food on the table during the holiday season.



This year, we were fortunate to have dedicated young volunteers assist in unloading the boxes, demonstrating how acts of kindness are being passed down to the next generation. It was heartwarming to see the youth getting involved in community service, reinforcing the spirit of giving and compassion.

We have been proud partners with Serving Hands for the past four years, during which they have consistently delivered delicious cooked meals and drinks every Wednesday to support those facing hardship. Their unwavering commitment to helping the disadvantaged has made a significant impact on our community, and we are deeply grateful for their ongoing support.

A huge thank you to Serving Hands for their kindness and dedication—your generosity brings hope and relief to so many in need!



Generous Gift from Vanella Cheese

We were thrilled to receive **over 100 boxes of delicious Feta Cheese** from **Vannella Cheese**, a generous donation that will go a long way in supporting our community. This incredible contribution allows us to share high-quality, locally made cheese with families who will truly appreciate it.

A huge thank you to **Anthony from Vannella Cheese** in Marrickville for the kindness and generosity that makes a real difference to the community.



**Call Josh if you are
locked out, need a
key changed or have
lost your keys.**

FREE CALL 1800 240 001

MOBILE 0432 828 422

**A PAYMENT PLAN DIRECT FROM
YOUR CENTRELINK IS AVAILABLE
IF REQUIRED AS WELL AS CASH,
VISA, OR DEBIT CARD.**



**Service
NSW**

DKT Online – Unlimited Attempts for One Fee

Getting your learner's licence in NSW has never been easier with **DKT Online**. This interactive course allows you to **enrol and complete the Driver Knowledge Test (DKT) online**, anytime and anywhere that suits you.

The **4 to 6-hour course** covers essential road rules and safety information to help new drivers build a strong foundation before getting behind the wheel.

One of the biggest benefits of **DKT Online** is that you pay **one fee for unlimited test attempts**. Once enrolled, you get **12 months of access** to the course and can retake the test as many times as needed without extra charges. This is a major advantage compared to the standard DKT, where a fee applies for every retake.

DKT Online provides a flexible, stress-free way to prepare for your learner's licence while ensuring you fully understand the road rules before hitting the road.

Eligibility

To enrol in DKT online you must:

- be at least 15 years and 11 months of age
- be a NSW resident
- have never been disqualified, suspended or refused from driving (for example, for driving unlicensed)
- have never had your visiting driver privileges withdrawn in NSW

not hold a current NSW or interstate driver licence (excluding rider only licence).

For more information, visit service.nsw.gov.au

Source: <https://www.service.nsw.gov.au/transaction/driver-knowledge-test-online>