

AROUND THE HOUSE

SUMMER 2017



A day of celebration at the Tenant Spring Party



By Giselle Robin, Tenant

"Let's celebrate" – that was the invitation for Unity's 2017 Tenant Spring Party, and celebrate we did.

The smell of sizzling sausages greeted us at the gate, white tents and umbrellas were scattered on the oval, a drinks lady was looking after the thirst of everyone and the face painter was busy from the beginning. Tempting raffle prizes were on display and everybody received 10 tickets as they filtered their way in. At 12 noon lunch – a variety of sausages and salads – was served.

The most exciting part of the day was the Griffini Show with juggling and unicycle riding. Griffini kept everyone on their toes or on the edge of their seat with his stunning tricks. After the show, the raffle prizes were drawn and there were some very happy faces.

The number of participants was up from last year – around 130 – and included our tenants from Bedford, their carers and families. Many people made positive comments about the party and Unity.

Congratulations Unity, you have done it again!

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FROM THE EDITOR'S DESK

Christmas is about the birth of Christ and the tradition to celebrate it in different cultures. As I was born in Germany, I follow the German tradition. The Christmas season starts on the first Advent with a pine reef and candles on the dining table, followed by decorating the furniture with angel hair, stars, balls and lights.

A Christmas Stollen and gingerbread – even a gingerbread house is a must from the kitchen.

Gifts in our family are made by hand with fabric, metal or wood. I did a wood turner course this year and made my own presents including candle holders, bowls, a letter opener and a bud vase.

In Germany, the Christmas tree is set up Christmas Eve and presents are shared. After church is the only time of year when we eat donuts. Dinner on Christmas Day is a special roast of any kind – can even be fish from the delicatessen.

You all have your special tradition. The good will, glow and joy shall bring you PEACE, HOPE and LOVE!

Merry Christmas to you all.

Thanks,
Giselle

Please send your contributions to editor@unityhousing.org.au.

THANK YOU

This event would not have been as successful as it was without the generous donations of several businesses. Unity would like to extend our heartfelt thanks to the following businesses for donating a huge range of items, which were raffled and won by our tenants:



- Adelaide Football Club
- Adelaide Zoo
- Capri Theatre
- Cleland Wildlife Park
- Dolphin Explorer
- Gorge Wildlife Park
- SA Aquatic and Leisure Centre
- South Australian Aviation Museum
- Stratco
- Thebarton Aquatic Centre
- National Railway Museum
- Ego Pharmaceuticals
- Erskine Oral Care
- Natralus Australia
- White Glo



Community centre visit creates connections



Unity's Tenant Engagement Officer Ramune Haughey, Findon Community Centre Community Development Officer Di Shaw, Unity Tenant Lynn Matthews and Unity Housing Officer Chris Simmonds explore the garden at the centre.

Tenants from Adelaide's western suburbs were invited to visit Findon Community Centre in November to learn about the wide variety of programs and activities available, to meet other Unity tenants and learn about Unity's Tenant Engagement Program.

The centre's Community Development Officer, Di Shaw, warmly welcomed visitors from Unity, introduced them to the centre's activities, provided opportunities to ask questions to the centre's volunteers and visitors, and provided coffee, tea and lunch, which was greatly appreciated.

The feedback received from tenants was they were pleasantly surprised with the range of activities happening at the centre.



Art pieces are featured around the centre, created by members of the art group.



Di Shaw, Unity's Housing Officer Melissa Harslett and tenants Edna D'Ignizio and Chrissie Faulkner.

If you or someone you know would like to learn about the activities at the centre, information is available at the City of Charles Sturt website www.charlessturt.sa.gov.au/fcc or by visiting the centre in person at 222 Findon Road, Findon. There will be opportunities to visit other local community centres and services in the City of Charles Sturt so if you are interested, contact:

**Tenant Engagement Officer
Ramune on 0439 310 434.**

**TO ALL
OUR
TENANTS**

Please note that Unity Housing offices will remain open (business as usual) during the Christmas and New Year period except for public holidays. Emergency maintenance phones will operate as usual. Boarding House operational arrangements remain unchanged.

Please find enclosed with this edition your **FREE 2018 fridge calendar.** From the staff at Unity Housing.



Talk and Tidy day gets results for Pennington tenants

Unity Housing together with Westside Housing Association, Portway Housing Association and representatives of the City of Charles Sturt have partnered on a project to improve the safety, liveability, enjoyment and standards of tenants' homes in a group of Pennington strata units.

To better understand the issues facing tenants at this site, a Talk and Tidy day was held on November 8. A free skip bin was available for tenants to dispose of any unwanted items and a barbecue lunch was provided as well as the opportunity for tenants to talk to staff from the housing providers and the council.



Portway Housing tenant Wayne Anderson and Unity Housing tenant Tyson Woods in front of a skip full of rubbish at Pennington on the Talk and Tidy day.

Tenants were asked what they feel are common problems in the area and what solutions would be appropriate. Staff engaged tenants in discussions, teasing out information and potential solutions.

SO WHAT IS THE PROBLEM?

- Messy garden
- Footpaths and fences need repairing
- Crime and antisocial behaviour
- Litter

WHAT WILL MAKE IT BETTER?

- Lighting
- Shade
- Regular skip bins
- Local events
- Parks and open space
- Seating
- Signs for cars to slow down
- Grass and sprinklers
- Art and murals

Notes were made on a large map of the area. In this way, problems are being addressed and we are working alongside tenants to discover solutions that will be useful to their lives, homes and tenancies.

SOME IMPROVEMENTS HAVE ALREADY BEEN REPORTED.

These include:

- establishing a pedestrian crossing across Torrens Road
- removing graffiti at the bus stop
- replacing rubbish bin lids at the bus stop
- repairing uneven footpath surfaces

Another successful Health and Housing Expo

By Kingsley Lewis, Tenant

Once again, the Shelter SA Homeless Connect Health and Housing Expo at Whitmore Square proves to be a constant help to a range of folk in the Adelaide and suburban communities. The stalls give people a chance to find out about their problems or concerns and access information that they would normally have difficulty accessing or weren't even aware existed.

It wasn't just homelessness but questions surrounding Centrelink, health, dental, Aboriginal services and other issues were addressed by the friendly, helpful people on the stalls.

Many businesses and staff gave their time and products to make the day a success including complimentary haircuts, massages, lunches and coffee to name just a few. Apart from the valuable information dispensed, there were giveaways aplenty such as fruit, dental care products, first aid kits and, for the lucky few, free raffles were won. I was one of those lucky few winning a prize from Hepatitis SA – my first raffle won at the expo.

Having attended seven of the last eight expo events, I've been assisted with information or able to direct others to appropriate stalls. This year, myself and other tenants were invited to assist at the Unity Housing stall, which gave me a different perspective of the event. I enjoyed being on the other side of the table and spoke to many expo guests about my experience of being a Unity tenant.

Definitely a huge "WELL DONE" to those concerned. The expo continues to play its part in helping the community.



Unity's Community Development Worker Mel Allsop and tenant Rodney Grigg at the expo.



A lucky day on the water for fishing group

In September, the fishing group from The Terrace Boarding House took a trip out to Murray Bridge to try their luck. This was the first time the group had gone fishing in around five months, so the tenants who participated were eager to get back into it after a long period away from the water. Once again, the Murray River turned out to be a perfect spot to actually catch something as at least five large fish were snagged, including the largest fish ever caught on one of the trips. The excitement on the guys' faces when they caught the first fish was a sight to see and it provided for a great atmosphere for the rest of the day. During the outing, the group discussed some future trip locations including to Second Valley and are hoping to extend the previous fish catching form.

Tenant Daniel Gauci proudly displays his catch during a fishing trip in September.



SAVE THE DATE

Neighbour Day movie night 2018



More information will be provided in coming months.

All Unity tenants, family and friends are invited to attend the Neighbour Day movie night in 2018 on Friday, March 16 on the grassed area adjacent to the Himeji Gardens, South-East Parklands to celebrate Neighbour Day.

Neighbour Day is Australia's annual celebration of community, encouraging people to connect with others who live in their neighbourhood.

The annual theme for next year's Neighbour Day is 'the importance of a supportive neighbourhood for children and young people'.



TENANT ENGAGEMENT OFFICER JOINS THE LIMESTONE COAST TEAM

Unity is pleased to welcome Anthony Hooper who has recently commenced work as the Tenant Engagement Officer in our Limestone Coast office. Anthony knows the area well and comes with a wealth of knowledge and experience. He will provide a range of tenant engagement activities and programs across the region and provide an important link for tenants with other services.

Anthony can be contacted on 8724 4109.

RUOK?™

A conversation could change a life.

A barbecue lunch was held for around 25 tenants at The Terrace Boarding House on September 14 to acknowledge R U OK? Day – an annual day dedicated to remind people to ask family, friends and colleagues the question, "R U OK?" in a meaningful way to make a difference to anyone who might be struggling. The event provided an opportunity for positive conversations about tenants' wellbeing.

Backyard transformed into a slice of paradise

Bill and Debbie Elliott of Elizabeth Grove have spent the past three years transforming the backyard of their home into their own Humbug Scrub, complete with a pond and goldmine.

The spacious bark-laden area is full of quirky and interesting animal statues, a water feature, and plants, and is a talking point amongst friends and family who are constantly offering ideas of what they should add next.

"We just wanted something low maintenance," Debbie says. "It was all lawn and we were sick of mowing it."

"We put the bark down and were donated this goldmine and turned it into Humbug Scrub. Our intention was to have something nice to sit and enjoy looking

at in the morning with a coffee and listening to the birds. It's relaxing."

Since they began the project around three years ago, Bill enjoys spending his weekends looking for items to add to the ever-expanding collection. "A couple of mates and I have been going to garage sales every weekend and we go "Yeah we'll grab that" so we're always on the hunt for things," he says. "We've found things on Gumtree for free and on the side of the road. We top up the bark every two to three years and that's it, that's the hardest part."

Bill and Debbie have undertaken various renovations at their home of 26 years and are always looking for the next project to throw themselves into.

"We've got plans to build a campfire with a cast iron pot," Bill says. "It's still a work in progress." "So many people over the years have given us ideas for where we can take it," Debbie adds. "We have Christmas Eve dinner out there. It's quiet, the grandkids love it and it's a great place to be. It's not about where you live, it's what you do with where you live. It's our home and I wouldn't want to live anywhere else."



Have a giggle

Submitted by Bob Maddison, tenant



A bloke named Bob who is a member of the ARPA Active Over 50s Monday Table Tennis Group at Woodville Park raced to his doctor last week and said: "Doctor, my body hurts!"

"Show me," said the doctor.

Bob took his finger, pushes it onto his left shoulder and screamed...then he pushes his knee and screamed his head off. In fact, everywhere he touched made him let out an almighty scream!

The doctor asked: "Have you been drinking?"

"Well yes," Bob said. "I have had a couple of Belgian beers after table tennis to help with the pain."

"I thought so," said the doctor. "You dope – you have a broken finger!"

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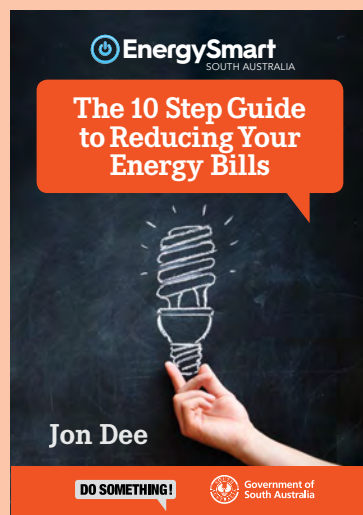


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If so, please email editor@unityhousing.org.au with your full name and preferred email address and we will add you to our electronic mailing list.

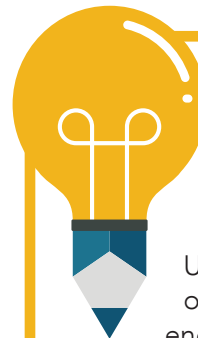
The 10-step guide to reducing your energy bill

If you are worried about rising energy costs, a simple 10-step guide that shows you how to cut your energy use and save money is available to download.



You don't have to be an expert in energy efficiency to understand the guide. A lot of the energy saving ideas can be implemented with little or no cost.

To start saving, download a copy of the guide by visiting <https://energysmartsaver.com.au/>. Written by energy expert Jon Dee and funded by the South Australian Government, this 96-page booklet is full of real-world solutions that show South Australians the many ways they can reduce their energy bills.



Got what it takes to be editor? Get in touch!

Unity is committed to increasing opportunities for tenants and encouraging participation in many ways, especially through Around the House. If you would like to contribute your ideas and skills and make a difference as editor of Around the House we would love to hear from you.

Please email editor@unityhousing.org.au or phone Alexandra on **8237 8750** to discuss this role in further detail and find out how you can get on board. Whether it's just for one edition or on a regular basis, all tenants are welcome to contribute.

Key dates for the next edition

The deadline for content submission for the next Around the House is

Friday, February 9.

Please email your ideas, articles and photos to editor@unityhousing.org.au or phone **8237 8750**.

