

# AROUND THE HOUSE



## From the editor's desk



● This edition of *Around the house* features a guest editor - Unity's Project Officer, Community Connect - Anna Minges.

### Editor's pick

**FREE** weekly drumming workshop that introduces the basics of African and Middle Eastern drumming techniques and rhythms to all ages, with no prior musical learning required. Drums and instruments are provided.



### At The Box Factory

- Four weekly workshops
- From 4pm-7pm
- Starting from Thurs 23rd Oct
- Ending Thurs 13th Nov

Contact Garth 0423 442 699

## Join us at the Tenant Christmas Party!

Join Unity for a big gourmet BBQ in Bonython Park, Adelaide

This year we will have a jumping castle, face painters, show bags, lots of raffle prizes and much more.

You won't need to bring a thing. We'll have it all set up for a great time.



## Save the date

### WHEN

Wednesday 10th December

### TIME

11:00am – 3:00pm

### WHERE

Bonython Park, Adelaide

*Look out for your invitation in the post!*

## Complete the tenant survey and you could win a prize!

This year Unity has contracted an independent organisation to conduct the tenant survey – it's on its way to your letter box soon. Complete the questionnaire and return it using the reply paid envelope.

Complete the survey  
and you could be  
one of 10 people  
to receive a  
**\$50 store voucher!**

# WANTED

## ONE DOG. MUST LOVE ROCKS, STRING INSTRUMENTS AND GYPSIES.

### A story of a dogged determination

Based on an interview with Tom LaFrenais

Tom LaFrenais is a very charming and funny man. When I met him he had a long streak of dark humour in him and a case of infectious giggles. Neither of us could stop laughing despite the sadness at the core of his story.

From a young age he was mad about earth sciences. "Nothing could deter me from exploring rock and earth formations, streams and rivers, hills and beaches. That burning curiosity led me straight to uni, a geology degree and career in resource exploration."

Life carried on happily for him until 2007 when he sustained a serious injury to the right side of his brain, leaving him unable to continue to work as a geo scientist. To make matters worse, he could no longer play string instruments like the guitar, violin or cello – his other passions.

Unsure of what else to do with himself, he hit the road, leaving behind everything. Literally, everything.

"Riverbeds and roadsides became my home... I hitch-hiked around and across Australia for years. I became a gypsy. I even tried stopping in a few places. Perth was one of those places, but nothing felt right. After a while, I started thinking about how to get out of a life that had become a dead end – a cul de sac.

The best way for me to do this is through education. You can never go wrong with it. It changes everything and is always a growth experience. I knew I was heading back to uni soon."

Deciding in the autumn of 2013 to hitch across the desert, he landed in Adelaide. "I had so many bad associations with other places and I'd never been here before. I just thought 'Wow. This place doesn't remind me of anything. It's awesome.'

Adelaide swooped me up in its arms and said, 'Come on, Tom, come and stay here.' I've had a love affair with the city ever since."

After settling in at The Terrace, one of Unity's boarding houses, Tom did his research. "I looked at Flinders and found just the right opportunity to study and I love the campus. It's beautiful!"



Now I'm in my first year of a BA. My brain injury means I don't have the ability to recall all the facts and variables that I need to continue in the sciences, but now I'm interested in creative writing and philosophy. It's just as analytical as any science and takes enormous concentration, but I can manage it with my injury. And I really like it."

There's only one thing Tom loves more than geology, the cello and his new course of study - and that's DOGS. He desperately wants one as a companion and is working his way toward getting one. "Companion dogs are incredibly good for the health and well-being of people with head injuries. I just need to work through the red tape. I'll get there somehow. I'm on a mission. A canine mission."

# Would you like a bit of extra money?

Many of Unity's housing tenants are eligible for Commonwealth Rent Assistance, a type of government assistance to help people pay their rent. However, about 20% do not receive it.

Interested in finding out if you're entitled to more financial assistance? Contact Centrelink to apply. Centrelink has improved its customer service a lot in recent years. Don't be afraid that you'll be stuck in the queue for hours. Give it a try. You don't need to take anything with you, other than your identification. Just tell them you want to apply for Commonwealth Rent Assistance and if you are eligible, they will give you some papers to fill out.

A single parent with one or two kids paying at least \$344.87 rent a fortnight, you could receive up to **\$147.98** extra a fortnight.

A single person on a Disability Support Pension who is paying at least \$280.53 rent a fortnight, you could receive up to **\$126.40** extra

**Read more online:**  
[www.humanservices.gov.au](http://www.humanservices.gov.au)  
 and search for rent assistance

## Grants update: Community Shed and Angas Garden Alive

### Unity has two new projects:

The Community Shed and Angas Garden Alive - both are funded by Community Benefit SA.

At the **Community Shed** participants from the boarding houses will learn woodworking and furniture making skills from Manny.

At **Angas Lodge** green fingers will spring up everywhere with a series of classes about basic vegetable gardening, taking place through spring and summer.



Meet Manny the new woodworking instructor



This is one of Manny's pieces that was in a recent exhibition





## Where to get affordable meals and supermarket items

### Hackham West Community Centre

Monday - Thursday 9.00am - 4.00pm and  
Fridays 9.00am - 3.00pm during school terms.

We are located on the corner of Majorca Road and Warsaw Crescent, Hackham West and can be easily accessed by Adelaide Metro Bus Service 743 and Bus Stop 60 is right outside our door.

Telephone: 8384 1065

Email: [hackham@bigpond.net.au](mailto:hackham@bigpond.net.au)

In the Community Centre you'll also find the Everyday Cafe. We're open on Friday's between 12pm to 1pm. Call in and enjoy a meal at very reasonable prices in air-conditioned comfort. Adult meals are \$4.00 and children's meals are \$2.00.

Come in and browse through our new shop where you will find our Food Cooperative which offers staple foods at competitive prices and is open to all on weekdays 10am to 2pm.

## Do you like cycling?

Join the UniCycle Club for the recreational part of Amy's Ride on 2 November. It's just 14km – and no steep hills.

If you want to pedal along with some Unity staff and tenants, call Mark Ford on 8232 5459 by 25th October.

### Playford Community Food Co-op Smithfield

Smithfield Plains Shopping Centre  
Shop 3a, 240 Peachey Road,  
Smithfield Plains SA 5114

Telephone: (08) 8254 3641

Mon - Fri 9.30am - 4.30pm

### Playford Community Food Co-op Elizabeth Downs

Elizabeth Downs Shopping Centre  
Shop 5, 34 Hamblyn Road,  
Elizabeth Downs SA 5113

Telephone: (08) 8287 4299

Mon - Fri 9.30am - 3.30pm



#### CENTRAL

Opening hours Mon - Fri 9am - 5pm  
81 Osmond Terrace, Norwood 5067  
Phone: (08) 8237 8777  
Fax: (08) 8237 8700  
[admin@unityhousing.org.au](mailto:admin@unityhousing.org.au)  
After hours maintenance 0414 829 690

#### SOUTH

Opening hours Mon - Fri 9am - 5pm  
1/506 Brighton Road, Brighton 5048  
Phone: (08) 8198 1666  
Fax: (08) 8296 7705  
[south@unityhousing.org.au](mailto:south@unityhousing.org.au)  
After hours maintenance 0414 829 690

#### NORTH

Opening hours Mon - Fri 9am - 5pm  
179B Philip Hwy, Elizabeth South 5112  
PO Box 1195 Elizabeth Vale 5112  
Phone: (08) 8287 8600  
Fax: (08) 8287 6155  
[north@unityhousing.org.au](mailto:north@unityhousing.org.au)  
After hours maintenance 0423 781 840

#### THE TERRACE

**BOARDING HOUSE**  
Opening hours Mon - Fri 9am - 5pm  
South Terrace, Adelaide 5000  
Phone: (08) 8232 5459  
Fax: (08) 8232 4582  
[theterrace@unityhousing.org.au](mailto:theterrace@unityhousing.org.au)