

AROUND THE HOUSE



SUMMER 2018

Celebrating
10 Years,
Celebrating
our Tenants



10 YEARS



Unity Housing hosted our annual spring parties for tenants and their families and friends in October at Torrensville, Naracoorte and Millicent. The events were also a celebration of our 10th anniversary.

The events featured interactive activities focusing on collaboration and creativity, with all cultures, ages, and abilities taking part, and gave tenants and staff a chance to meet in an informal and relaxed atmosphere and enjoy a day out.

The activities, which varied across the three locations, included a book swap, face painting and balloon animals for adults and kids, free lunch, raffles, art classes, a DIY terrarium and vertical garden display, a yarnning circle, presentations and Q&A with the local CFS, and much more.

Read a review of the Torrensville party by our tenant editor on page 3.



Successful launch for SALA Festival 2018

FROM THE EDITOR'S DESK

Autumn and spring brought some great celebrations with a new office opening at Port Adelaide, the Tenant Spring Parties, and the 10th anniversary of Unity. We also successfully held an exhibition for the SALA Festival called *Artists in Residence* where 13 artistic residents showcased their artwork.

In this edition, our Tenant Engagement Officer in the west offers a practical idea for organising and decluttering your home, and is gathering interest for a cooking group. The string art workshop held at Millicent Public Library had a fantastic turnout, and a celebration event showcasing the personal achievements and gains from women involved in the 'Live Your Best Life' course, run at Catherine House, was held in July.

There are again some helpful tips – for new dads with a free SMS support, and for having Christmas without a credit card by saving and making your own gifts.

The participants of the Walk a Mile and the City to Bay events deserve great admiration for their efforts. They set an excellent example for community spirit.

Tenant Kingsley Lewis contributed a lively review of the film *The House with a Clock in its Walls* and also reported about the valuable services of the Health and Housing Expo, which is organised by the City of Adelaide and Shelter SA for people needing information on health, wellbeing and housing. Sharing experiences like this brings us together and are so welcome.

The story about Mary's garden opens new windows into our gardens. I couldn't agree more with Mary about the satisfaction you can get out of your garden. Our recent event, Cinema in the Square, was an incredible success but with the choice of film and top organisations and catering, what could go wrong? Let's do it again Unity!

Thanks,
Giselle

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

Following the success of Unity's 2016 award-winning South Australian Living Artists (SALA) Festival exhibition, 13 of our artistic tenants (some pictured below) stepped up again to showcase their artwork for the 2018 festival in an exhibition called *Artists in Residence*, which featured textiles, photography, acrylics, watercolours, paper sculptures, and ceramics.

Unity secured an amazing venue for the launch of the exhibition on Friday, August 3 – Café Outside the Square – with more than 100 people in attendance. The launch included delicious homemade catering from the café, with local food and beverage providers sponsoring the event.

More than \$2,000 worth of works were sold, giving around \$600 straight back to the café to continue providing for the community.

“ Seeing everyone's amazing artworks displayed on the wall for the community to see is so meaningful because the individuals are not defined by the problems they face – mental illness, domestic violence, homelessness, disability – they are defined by one of their many gifts. ”



A HUGE THANK YOU GOES TO:

Continued from page 2.

The artists

The guests

that came, supported and bought artwork

Llew, Tim and Mike

from Café Outside the Square

Hurting Curtis

Performing band

Mollydooker Wines

for providing free and discounted alcohol for the launch

Ayers House

for providing all of the glassware hire at no cost

Adelaide City Council

Sheree Lockwood

Unity tenant/art group facilitator

SALA Festival



The SALA Festival provides a great inclusive platform for South Australian artists and we are privileged to be able to be a part of it again.

Unity's Community Development Worker,
Mel Allsop.



By Giselle Robin

Entering the spacious hall of the Thebarton Community Centre, you knew at first sight this was going to be a party with a difference. There were numerous stalls set up with something on offer for everyone.

One Culture Football presented football programs for all abilities and encouraged people to have a kick outside. On another stall, ACH Group representatives explained how to “live well as you age” and gave advice on links to services in communities, retirement living, residential care and health.

Trinity Medical Centre Pharmacy from Salisbury also had a lot to offer to tenants in their area like local delivery, home medicine reviews, and weekly medical packs, and information leaflets with a discount voucher.

Some great surprises were discovered in the book swap with books and DVDs for give away and, in the DIY terrarium workshop, people received a jar to fill with gravel and potting soil to plant cuttings of a vast selection of plants to take home, which gave them a lasting memory of this event.

Celebrating 10 Years, Celebrating our Tenants

Continued from page 1.



There were fun things to do like painting on a board with squares, face painting and participating in the yarning circle, organised

by Living Arts, who connect people to creative resources and cover many interests. Extremely popular was bingo with a lavish prize for the winner. Many also enjoyed Lolly Jar Circus Inc with their various acts like juggling.

Then came the lunch. We have never had a lunch like that before. There were selected salads, pork belly and rice noodle salad, cheeses and delicious continental treats – everything originally arranged and served in novel containers. It all seemed to have been prepared with a lot of thought and love and was enjoyed by all.

There were great raffle prizes, including tickets to cinemas, passes to museums and the Aquadome in Elizabeth and the SA Aquatic and Leisure Centre at Oaklands Park, Natures Organics gift packs, a Monarto Zoo pack, and a lovingly handmade doll.

I visited several tables and found that everybody derived pleasure from the event, with the opportunity of meeting several groups on the same large table.

There was only praise for Unity as a whole. The Tenant Spring Party of 2018 will be remembered. Thank you, Unity!



PORT ADELAIDE OFFICE OFFICIALLY OPENED

By Giselle Robin

The opening of the Port Adelaide office was another milestone in Unity's progressive history.

I had the privilege to participate in the celebration on September 12 with more than 40 people – including key stakeholders, partners and Unity staff. Guests attended from the South Australian Housing Authority, South Australian Housing Trust Board, City of Charles Sturt, ACH Group, Uniting SA, City of Port Adelaide Enfield, and Unity Board.

CEO Matthew Woodward (MC) opened the event with the Acknowledgement of Country and welcomed guests. Unity Board Chair, Leigh Garrett, reflected on the progress leading up to this achievement, and Minister for Human Services, Michelle Lensink MLC, officially opened the office with a lively speech.

This office will allow Unity's housing and asset team, who manage the western stock transfer housing, to operate from a location closer to their portfolio and therefore be closer to the tenants they are serving.

It will also allow staff to be close to partners that service those tenants for better relationships and tenancy outcomes.

Around 736 properties are serviced across Seaton, Findon, Hendon, Albert Park, Beverley, Allenby Gardens, Flinders Park, Fulham Gardens, Grange, Henley Beach, Kidman Park, Royal Park, Welland, West Hindmarsh, Woodville South and West.

There are around 1,100 occupants in these properties.

Photos of the event were published online by InDaily, Adelaide's independent news.



Free SMS support service for new dads



Becoming a mum or dad is a big change of life. Researchers from the University of Newcastle have been talking to men about being a dad. Men say it's a big deal – they are excited to be dads, and they are keen to do a good job but things have changed a lot from when they were growing up, and there's not as much information about being a dad as there is for mums.

To help South Australian dads, a new text message program for mobile phones has been launched especially for dads to learn about babies, to help them support their partner and also to remind dads to look after themselves. It's called SMS4dadsSA – and it's free.

More than 160 dads are part of it in SA, and more are still welcome to join.

Dads can join up from when their partner is 20 weeks pregnant, or up until their baby is born.

The dads receive three messages a week until their baby is six months old. Because the messages are stored on the phone, dads can keep them to read later on, or look at them when they need some good advice.

Some of the tips relate to baby sleeping, playtimes and feeding. Every three weeks a message checks in with dads to find out how they are going. If they feel things are getting stressful, telephone support is available to chat about what is happening at home.

What the SA dads say about SMS4dadsSA:

"Nice reminder to us blokes. Thanks for the support and texts. Enjoying the constant information.

"Thank you! The crying is really causing stress at home. This message has reassured me we are not alone."

Do you know someone who is going to be a dad soon? Encourage them to try it out. Dads are welcome to give feedback to the researchers and tell them if the text messages work for them.

Enrol for free online at sms4dadsSA.com.au

Information sessions link tenants to health and aged care services



Information road tours on aged care and NDIS and pharmacy services were held in August and September for tenants living in Findon. Not-for-profit community organisation, ACH Group, provided information to tenants about a range of services, how to access them and what to expect during the process, while Trinity Medical Centre Pharmacy representatives offered free blood checks and advice on the best ways to manage medication as well as other services the pharmacy can help with.

Tenants enjoyed a sausage sizzle and chat in an informal atmosphere and left with a bag of information and goodies donated by the Trinity Medical Centre Pharmacy. One tenant who attended, Vicki, said the event was very informative and she received a lot of useful information from it.

Thank you to those tenants who attended. If you would like to see an event like this in your area in the west of Adelaide, please contact Tenant Engagement Officer, Ramune Haughey, at r.haughey@unityhousing.org.au or phone 8361 1319 or 0439 310 434.



"My art is all about love and to dare to dream because dreams come true."

Home is where the art is

With a distinctive style akin to Jackson Pollock, Unity tenant Jungle Phillips is a seasoned artist whose work was once again part of this year's SALA Festival.

On a sunny Saturday afternoon in August, an official opening was held at Jungle's home, which doubles as an open studio, available for people to come and explore all day, any day.

"This house is for the people," he says. "I'm known as the 'people painter'. I like to make happy pieces. I'm always doing something and I've always got an idea. It's just me being myself and I'm proud of it."

Jungle's untitled exhibition, held in conjunction with his partner Fran, comprised of installation artworks, flying bikes and cars made from disused objects as well as some new works.

"I come from a wild sort of lifestyle years ago," he says. "My art is all about love and to dare to dream because dreams come true."



TO OUR TENANTS

Please note that Unity Housing offices will remain open (business hours 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.



Cinema in the Square brings city parklands to life

Unity Housing, Baptist Care SA and Café Outside the Square hosted the first ever Cinema in the Square in Whitmore Square on Saturday, October 20 with a crowd of 300. The movie, *The Greatest Showman*, was well-received with the crowd applauding at the end of the night.

Attendees enjoyed the beautiful weather and being outdoors, some people brought picnics with them, others took advantage of the delicious catering on offer from Café Outside the Square. Guests made good use of the free beanbags that were available on the night.

Meal vouchers were offered to those who attend the local services, Unity Housing requested 10, Baptist Care SA requested 12, Vinnies Men's Shelter requested 40, and Salvation Army-Towards Independence requested 25. Of the vouchers that were given out, most of the vouchers were redeemed on the night meaning that around 87 people from local services attended.

The atmosphere in the lead up to the movie screening was fantastic with people dancing to live music from local band, Hurting Curtis. There were plenty of activities to keep everyone entertained such as giant chess, a colouring in table and sports equipment. The Welcome to Country was performed by John Lecoviac, who spoke about the importance of coming together and walking forward as one, towards a united reconciliation.

There were a range of community engagement tools that were used throughout the event. The purpose of these tools were to bring awareness to the event that we are inviting community input to help shape future events.

Feedback received on the night included:

"We like the sense of community."

"I really love the sense of community, the great vibe, the many eating places and dogs."

"Fantastic event. Has nice nature. Lots of fun. Everyone is happy."



Women's personal achievements celebrated



Image courtesy of AdobeStock

A celebration event showcasing the personal achievements and gains from women involved in the Live Your Best Life course run at the Catherine House Women's Centre was held in July.

Guests included women who use Catherine House services – including Unity tenants – tutors, volunteers, staff, funders and stakeholders.

Through tenant engagement, Community Development Workers learnt that women living in Unity boarding houses felt vulnerable and lacked practical tools for wellbeing. Women with past experiences of trauma reported that they needed skills to be more assertive and to increase their confidence levels to be able to participate in activities of daily living outside of their homes and safe spaces.

Staff took this as an opportunity to collaborate with Catherine House and their Live Your Best Life course, facilitated by TAFE SA lecturer Sharon Stewart.

The partnership between Catherine House and Unity consisted of Unity providing in-kind support in the form of catering, administrative support, course registration, transport, weekly follow-up and course evaluation.

The course focused on building women's confidence, improving communication skills, and ultimately helping them gain what they want from life. Nine women stood up and shared how the course has made a difference in their lives, giving very moving accounts of their experiences.

THIS IS WHAT THEY HAD TO SAY:

“ I appreciate and acknowledge my strengths more. ”

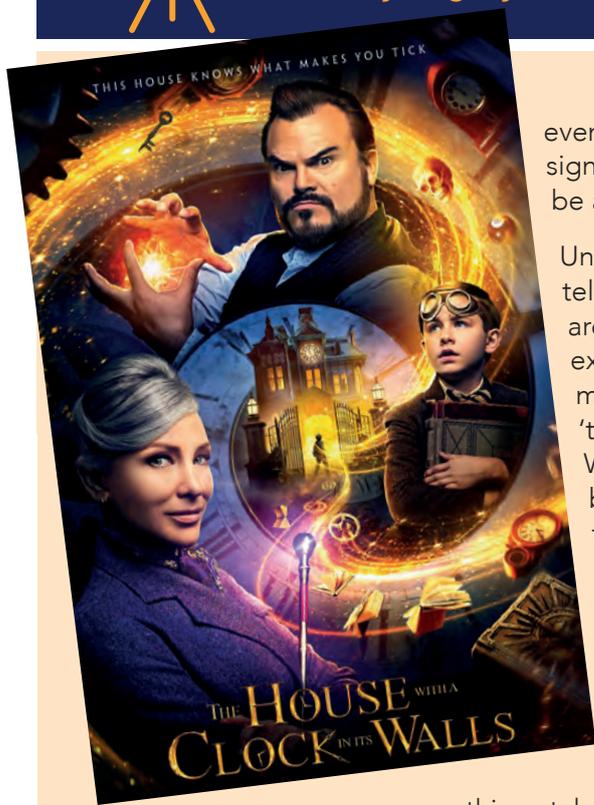
“ I've noticed a fantastic difference in my self-confidence especially when in public spaces that have previously made me feel anxious. I'm feeling more assertive both mentally and physically and clearer when thinking about determining my own needs and priorities. ”

“ I was part of some really empowering learning and saw the difference it makes in our lives. ”



MOVIE REVIEW

By Kingsley Lewis, Tenant



THE HOUSE WITH THE CLOCK IN ITS WALLS

Director Eli Roth balances a fine line between a movie with ghosts and witches and scary happenings with the imaginative children's story by John Bellairs.

The movie is a perfect vehicle for Jack Black as an eccentric Warlock (boy witch), Cate Blanchett plays uncompromising neighbour and good witch, Mrs Zimmerman, and resists the temptation to ham it up, which could've been portrayed by other actresses.

Ten-year-old Lewis (Owen Vaccaro) comes to live with his Uncle Jonathan (Black) in his very strange house. Apart from the "tick tock, tick tock" in the walls obsessing Uncle Jonathan, everything is fine;

even Lewis shows signs of learning to be a Warlock.

Uncle Jonathan tells Lewis there are no rules except one. Lewis must not open 'the cabinet'. When Lewis brings a school friend, Toby (Sunny Suljic) home, Toby ignores Lewis's pleas not to open the cabinet. Once opened,

things take a sinister turn. The house becomes evil, haunted by the ghost of Isaac Izard (Kyle MacLachlan of Twin Peaks fame).

The scare factor escalates ten-fold when Lewis and Toby, at Halloween, attempt to raise the dead at the cemetery after opening the cabinet when Isaac comes back to claim the right to his father's house.

Just when the scary scenes almost reach the moments to have children running from the theatre, director Roth just pulls back with great timing.

This movie is not for really small children (maybe under seven) but children and their families will enjoy this flick.

String art workshop draws a crowd

During the July school holidays, Unity's Tenant Engagement Officer, Anthony Hooper, hosted a string art workshop at the Millicent Library with a fantastic turnout. It was so popular, extra tables had to be set up to fit everyone in. It was great to see parents taking part as well. Big thanks goes to the Millicent Public Library for hosting the event, and the Wattle Range Council for providing funding for the supplies.

If you would like to be involved in or invited to future events such as these, get in touch with the Limestone Coast team on 8724 4100.



Tenants and staff walk a mile for SA's homeless



On the morning of Friday, August 10, seven tenants from The Terrace boarding house and 10 Unity staff took part in Hutt St Centre's major fundraiser for the year – Walk a Mile in My Boots.

Each year, the Hutt St Centre calls on South Australians to show their support for people facing homelessness by

joining them and experiencing what it is like on a winter's morning to walk one mile to find something to eat, a hot cup of coffee and a friendly face.

Hutt St Centre provided all participants with a hot breakfast and a tea or coffee at the end of the walk, which culminated in a buzzing atmosphere at the South Terrace parklands.

"I know what it's like to be homeless and exposed to the elements. I wanted to walk for those people and also put a spotlight on the problem of homelessness that is out there."

Ron, Tenant

WHAT'S HAPPENING IN THE WEST?

If you are interested in taking part in any of the following events or would like to know more, contact Unity's Tenant Engagement Officer, Ramune Haughey, at r.haughey@unityhousing.org.au or phone 8361 1319 or 0439 310 434.



DE-CLUTTERING AND ORGANISING YOUR HOME CHALLENGE

Do you feel overwhelmed by clutter and disorganisation at your home? Would you like to learn new skills on how to make your space work better for you and to gain control over your space and your life? If you answered yes to any of these questions, please join the de-cluttering challenge.

You will receive support through informative workshops, the opportunity to ask questions, and practical step-by-step tasks. Participants who achieve the most during the challenge will receive a prize! Places are limited so register your interest to secure your spot.



Let's get cooking

We all know that food brings people together so how about sharing it with your local community? We are gathering interest for a cooking group in the west.

We are interested in your ideas

Do you have an idea for your neighbourhood or a skill to share with your community? Not sure where to start? We are interested to hear your thoughts so get in touch!



A perfect day for the City to Bay

For the third year in a row, Unity boarding house tenants were involved in the City-Bay Fun Run, held in September. This year four boarding house tenants participated and all walked the 12-kilometre distance from the Adelaide Festival Centre to Glenelg.

This was a fantastic effort by everyone involved, especially as most had not done a lot of training leading up to the event. It was rewarding to see the sense of achievement the group got from participating and finishing the 12 kilometres.

Involvement in the walk not only creates an opportunity for good health outcomes for those involved but also promotes community connection.



Mary's garden puts a spring in everyone's step



"If I get up in the morning and am feeling low, I just spend a bit of time in the garden, I love it."

For Mary Parker, there is nothing more rewarding than watching her garden blossom and sharing it with those around her.

Mary, a Unity tenant in Laura in the state's mid-north, has always been a keen gardener. "Even when I was living with the housing trust for 30 years, I always got really good comments on my garden," she says. "I've never bought tomatoes or cucumbers or cauliflowers; I do it all."

At nearly 90-years-old, Mary feels lucky she can tend to her beloved garden and share her flowers with family and friends. "I give more away now and that gives me pleasure," she says. "It's marvellous what the people who go along this street stop and say to me. It is a picture because of all the poppies, petunias, pansies and a lot of irises. If I get up in the morning and am feeling low, I just spend a bit of time in the garden, I love it."

Health and Housing Expo provides valuable services

By Kingsley Lewis, Tenant

Once again, a successful Health and Housing Expo was held on Wednesday, October 17 with various organisations and their volunteers assisting those who needed information on health, wellbeing and housing.

A myriad of friendly people from organisations such as Unity Housing, Hepatitis SA, SA Housing Authority, Hutt St Centre, BreastScreen SA, Aboriginal Legal Rights Movement, Housing Choices SA, Junction Australia, SA Dental Service, Foodbank SA, The Big Issue, Dementia Australia and many more provided invaluable information at their various stalls. There were giveaways and free raffles, and many there availed themselves of a free lunch, coffee, massage and haircut.

Health and Housing Expo would have to be the most important community event each calendar year held in the CBD and well organised by City of Adelaide and Shelter SA.

If you haven't been to the expo or haven't been for a while, you would be urged to get along to next year's event.



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Would you prefer to receive **Around the House** electronically rather than in the mail?

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.



Would you like to be involved? Get in touch!

Unity Housing would like to hear your ideas on how we can continue to provide interesting, informative and creative content in this newsletter. We are committed to increasing opportunities for tenants and encouraging participation, especially through Around the House.

If you have an idea, would like to be involved or just want to know more, then please get in touch by

phoning **8237 8750**
emailing editor@unityhousing.org.au
or writing to

**The Editor – 81 Osmond Terrace,
Norwood SA 5067.**

Key dates for the next edition

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

Friday, February 1, 2019

Tell us your ideas and send us your articles or photos via the contact details above.

