

# AROUND THE HOUSE

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## Neighbour Day movie night success

Neighbour Day 2016 was celebrated with a very eventful community movie night in the Parklands. This was another positive partnership event with Adelaide City Council, Hutt Street Centre, South East City Residents' Association and St John's Anglican Church.

It was exciting to see some familiar faces in the crowd and meet lots of new neighbours. The night kicked off with a delicious sausage sizzle, cooked by It Mean Lay, a dedicated Unity tenant.

There was lots of mingling before everyone settled down to watch the movie 'Spy'. Then, just as everyone was settling into the movie, the sprinklers came on due to an unfortunate oversight that was outside of the control of the planning committee.

For safety reasons the event had to be called off and thankfully, everyone who attended was very understanding and good humoured about the mishap. Thank you to everyone that contributed to a memorable night.



Comments from people who attended:

*"We wanted to interact with and support our neighbours at Unity Housing and other groups in our community."*

*"It was great to see everyone again."*

*"It was a hoot."*

Thinking about holding your own Neighbour Day event next year? For more information visit [www.neighbourday.org.au](http://www.neighbourday.org.au).



Keep an eye out for your invitation in the post

**FREE TENANT SPRING PARTY**

**DATE:** October 7, 2016 **WHERE:** Western Youth Centre – 79 Marion Road COWANDILLA

# Brett is embracing life by helping others

**Who would have thought that pet sitting a cat in a friend's house could change your life forever? Well, this is exactly what happened to Brett.**

For two-and-a-half years, Brett was living in a Unity transitional housing property in Marion after returning to Adelaide from Melbourne and having nowhere to live. During this time he embraced the many opportunities to participate in the tenant group activities such as cooking, art classes and fortnightly bushwalks. Brett says this experience “brought a whole new perspective” to his life.

Whilst living in the Marion property, Brett went to stay in Macclesfield to look after his friend's cat for a couple of weeks. Brett enjoyed his time in Macclesfield, living in the country. Shortly after returning to Marion, Unity was able to offer Brett an opportunity to transition into permanent housing and the property just happened to be in Macclesfield.



a small Maltese cross terrier named Shelby who keeps him company and can be seen by his side on local walks and visits around the community.

It was during last year that Brett's life took yet another amazing turn. Brett was accepted to participate in a short, full time course for Wellness Recovery Action Plan (WRAP), which is a self-designed prevention and wellness process that can be used to get and stay well. Following his participation in the course, Brett was asked if he would be interested in assisting with teaching future courses. Brett was delighted to accept this opportunity and he went on to assist with teaching an eight-week part-time course at Noarlunga.

**“There is no such word as can't, and everything happens for a reason”.**

Brett followed this up by undertaking a Certificate II in Peer Work and has now been asked to participate in an upcoming Food and Mood Course aimed at education around how food affects mental health. Brett may also be involved in future courses on budgeting and exercise.

Brett says he is “loving life at the moment”. Very close to Brett is his uncle who recently said Brett is blessed and lucky, and he is pleased to see how far he has come in the last few months. Brett also quoted his Nanna who continually told him “there is no such word as can't, and that everything happens for a reason”.

We hope Brett continues to enjoy his home in the country and remains motivated to help and support others.



Brett jumped at the chance to move back to the country, having grown up in Woods Point, near Murray Bridge. “I grew up in the country and when we moved to Adelaide it took me a couple of years to get used to it,” he says. “The country offers me freedom and it feels like being back at home again. Everyone where I live is just so friendly.” Brett has

# Frank takes it all off for World's Greatest Shave

Unity tenant Frank shaved his head, moustache, beard and eyebrows on March 10. Why? Not because Frank wanted a sleek new look and not because Frank is an aspiring Olympic swimmer, but because he wanted to raise funds for a great cause - The Leukaemia Foundation - by participating in the World's Greatest Shave.

Initially Frank had all of his hair shaved off but then to the head shaving technician's amazement, Frank pulled out a razor and said he was going to go the whole hog and shave everything, including his eyebrows.

**"We raised \$82 and I want to thank all those who took part in it."**



Frank was sponsored by more than 15 tenants and staff and when asked why he took part Frank said, "To support the leukaemia kids. We raised \$82 and I want to thank all those who took part in it."

The Leukaemia Foundation is Australia's peak body for blood cancer, funding research and supporting people with leukaemia, lymphoma, myeloma and related blood disorders.

## Free driving lessons available

**Do you have your Learner's and need some lessons to get your P's?**

Unity Housing has a number of FREE driving lessons available through an Adelaide based driving school.

The school has professional and accredited driving instructors who focus on developing safe and confident drivers.

Please contact Mark at The Terrace on 8232 5459 to receive more information and register your interest.



## New phone app can help you cut costs

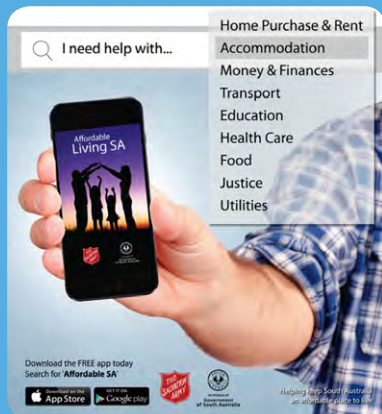
The Salvation Army and the South Australian Government have created 'Affordable SA', a phone application that provides a range of information, practical tips and tools to help support households to manage the cost of living.

Affordable SA provides information on housing, accommodation, renting, utilities, transport, health, education, finances, food and justice. The application is free to download to most devices.

Visit the iPhone app store, or for an Android device visit the Google Play store and type in Affordable SA and complete the download.

**You don't know what you don't know!**

Now all the services you need are found in the palm of your hand



Poet's  
Corner  
by John  
Ranford

### A Little Lizard

If I had a little lizard, I might play  
with it for a while

I'll chase it through the grass, I'd  
bury it in the sand

Then after a while, I'd take it out  
And place it in my hand

Oh, for a poor little lizard



### When you're in the Jive

When you're in the jive, you wanna  
stay alive

Then keep away from the beehive  
And don't get stung alive

Just stay cool and don't get rash

## 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 an editor, we would love to hear from you.

Please contact us via email at [editor@unityhousing.org.au](mailto:editor@unityhousing.org.au) or speak to your Housing or Tenant Services Officer to discuss this opportunity in further detail and find out how you can get on board.