

AROUND THE HOUSE

AUTUMN 2020



A life-long home among the gum trees

When Unity Housing tenants Olive and Keith Lee moved to Bordertown 50 years ago, there was nothing in or around their new house – just a few lightbulbs hanging inside and a plain block of land around them.

“We moved in and it was completely brand new,” Olive says. “We put all the floor coverings in and the drapes and we had to start the garden completely from scratch. We brought in five truckloads of soil.”

Despite not knowing much about gardening, Olive and Keith experimented with planting various plants and shrubs and everything grew from there.

“We started off with one rose and now we have about 20,” Olive says. “We built a little pergola and a paved area.”

While Keith is the one who does most of the gardening now, Olive enjoys spending her time painting.

“I was a big knitter but then I got arthritis and I said to a friend one day, ‘I’ve got to do something,

it’s driving me insane,’” Olive recalls. My friend said to join art classes so I went ahead and gave it a try and here I am 30 years later. I still can’t draw with a pencil but give me a brush! I started off with a professional artist who came to Bordertown once a week on Sunday afternoons and when she left, I stayed in the art club and they made me secretary after three months. I love it, it’s very relaxing.”

Olive bestowed the Unity Housing Mount Gambier team with a painting of Olive and Keith’s beloved home (pictured) in memory of Anthony, a Unity Housing staff member who passed away in 2018.

“My Housing Officer Amanda asked me to paint something for their office,” Olive says. “I like detail and I like it to look real.”

Between gardening and painting, Olive and Keith also spend their time with the over 50s group and recently took up learning the ukulele.

“It’s a very friendly community,” Olive says. “We both came from a big industrial city in Sheffield in the UK and we came straight to a country place and we’ve never left. We just love the country life.”



From the EDITOR'S DESK

Welcome to the May edition of Around The House.

The heart-warming cover story of Olive and Keith Lee – living 50 years in their home in their preferred location – reminds us how lucky we are to have the safety in an affordable home in these unprecedented times. You can't put a monetary value on having an affordable home, no matter what the circumstances are surrounding you.

Their ideas for retirement can also be applied to isolation. You will find information and tips for getting through the pandemic on this page, including a link to Affordable SA for people doing it tough.

This important information is followed by happy events organised by Unity Housing including a bus trip to UnitingSA Port Adelaide and Bower Cottages, the movie night in Whitmore Square, and an Adelaide Fringe show enjoyed by 11 tenants from The Terrace Boarding House.

Our Christmas parties are laying way back, but we included them in this issue because they were entertaining and greatly enjoyed in Millicent, Naracoorte, Strathalbyn and at The Terrace Boarding House, where volunteers made the event a huge success.

Something to be proud of is that we manage to circulate a publication in this crisis.

Thank you,
Giselle

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

Looking after yourself and your neighbours during coronavirus restrictions

Even though we are all being asked to keep a safe physical distance of 1.5 metres from each other during this time of coronavirus restrictions, this doesn't mean we can't stay connected with family, friends and neighbours as we go about our everyday lives, and there is still plenty we can do for ourselves and others.

We have prepared a list of ideas for you to explore as a way to keep in touch and help others. Perhaps this unprecedented time of coronavirus lockdown provides us all with the time and the opportunity to get to know our neighbours. We encourage you to take actions to stay safe and help others whenever you can.

- ⇒ Cover your cough, wash your hands frequently before eating, avoid touching your face and keep a physical distance of 1.5 metres from other people
- ⇒ Introduce yourself to your neighbours and offer assistance if you can
- ⇒ A friendly wave over the fence, lending a friendly ear, or picking up some groceries can make all the difference
- ⇒ Minimise the number of people you invite into your home



Reliable information about coronavirus and assistance available for South Australians can be accessed through:

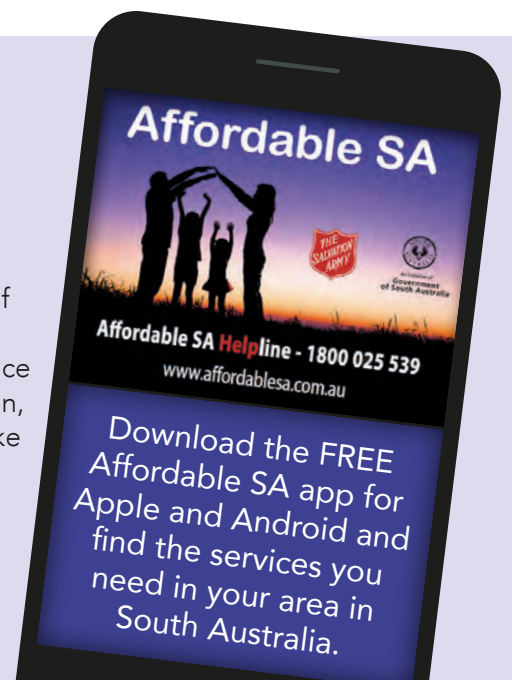
Health Direct Hotline **1800 022 222**
 SA Health Coronavirus Hotline **1300 232 272**
 SA COVID-19 Mental Health Support Line **1800 632 753**
 COVID-19 Hotline for Older People **1800 171 866**

Find services you need in your area

Are you doing it tough?

Don't know where to turn?

The Salvation Army, with support of the South Australian Government, has created Affordable SA – a service that provides a range of information, practical tips and tools to help make informed decisions in the areas of affordability issues and managing cost of living pressures including housing, utilities, transport, health, education, fitness, food, domestic violence and justice.



Visit affordablesa.com.au or phone the helpline on 1800 025 539. Services are free, confidential and provided with dignity.

Outing boosts connection among tenants

In March, Unity Housing tenants took a bus trip to UnitingSA at Port Adelaide and Bower Cottages at Semaphore to learn about financial wellbeing, how to save money by living green, and shared a community meal together before heading home with free and fresh fruit, vegetables and bread thanks to Nana's Free Food Basket at Bower Cottages. These outings are available to our tenants through Unity Housing's tenant engagement program.



Contact Ramune at r.haughey@unityhousing.org.au to find out more.

Cinema in the Square

brings parklands to life

In November 2019, Unity Housing, along with partners Baptist Care, Café Outside the Square and Adelaide City Council, hosted a movie night in Whitmore Square, Adelaide CBD.

Around 200 people attended to watch the movie 'Dumbo' and enjoyed the free activities before the movie screening including face painting, a giant chess game and an art table.



There was not enough time to say hello and talk to everyone who came but the people Unity Housing staff had a chance to speak to said they were having a good time and would like to see more activities like this in the square. One suggestion was to consider having a campfire and soup in winter.



A fun night out at Adelaide Fringe



A group of 11 tenants from The Terrace Boarding House attended an Adelaide Fringe show at Rymill Park in March called '360 Allstars'. The event showcased a high energy mix of BMX, basketball, acrobatics, and breakdancing skills all performed by ex-world champions and record holders in their fields. Everyone who attended loved the show and was very impressed by the creativeness and athleticism of the artists, especially one of them who did 10 one-handed push ups while balancing on a large ring.

After the show, the group went and enjoyed a burger and a drink on Rundle Street, which had a fantastic atmosphere with lots of other street performers and people out enjoying their evening. It was a top night out with lots of fun, great conversations, and memories made.

When tenant Phil was asked what a night out to the Fringe meant to him he said, "I was really glad I went as it was an excellent night out and the show was really interesting. I wouldn't usually get a chance to go to the Fringe so that was really great."



Tenants Barree, Phil, Jim, Jermone, Sok, Mark and Unity Housing's The Terrace Liaison Worker Mark at the Adelaide Fringe.

How our tenants celebrated Christmas



Two Christmas End of Year Parties were held in Millicent and Naracoorte on 17 and 19 December. The Millicent event screened 'The Lion King' and the Naracoorte event screened 'Arctic Justice'. Both movies were followed by lunch, some fun games and a surprise visit by Father Christmas. Raffle door prizes were handed out and were greatly appreciated by the winners.

Christmas lunch at The Terrace Boarding House in the Adelaide CBD was a huge success. There were three tenant volunteer teams helping on the day. When tenant Damian was asked about the lunch he said, "It was the best day I have had in a long time. I just really enjoyed it and the food was fantastic. I also felt really useful being able to help on the barbecue."

A Unity Housing Team Leader and Housing Officer joined two St Andrew's Board Members together with the tenants for a Christmas party in Strathalbyn. The tenants were very enthusiastic about the gathering and eagerly organised the decorated tables, chairs and shelter for the afternoon. The chicken and salad was enjoyed by all.



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