

AROUND THE HOUSE

WINTER 2020



SALA Festival is 'Stronger Than Ever'

Despite the challenges 2020 has brought us, Unity Housing tenants and staff have shown incredible resilience and continued creating and growing as individuals and artists.

We are proud to announce we will be taking part in this year's South Australian Living Artists (SALA) Festival – a state-wide festival of visual art.

Unity Housing's exhibition – with the theme 'Stronger Than Ever' – will be held exclusively online via our website.

Artists living in Unity Housing properties, as well as all Unity Housing staff, have been invited to showcase their artwork in the virtual exhibition, which is now available to view at www.unityhousing.org.au until 8 October.

'Calm After Storm'. Image taken by Unity Housing tenant, Annette, for SALA Festival 2020.

SALA South Australian Living Artists Festival



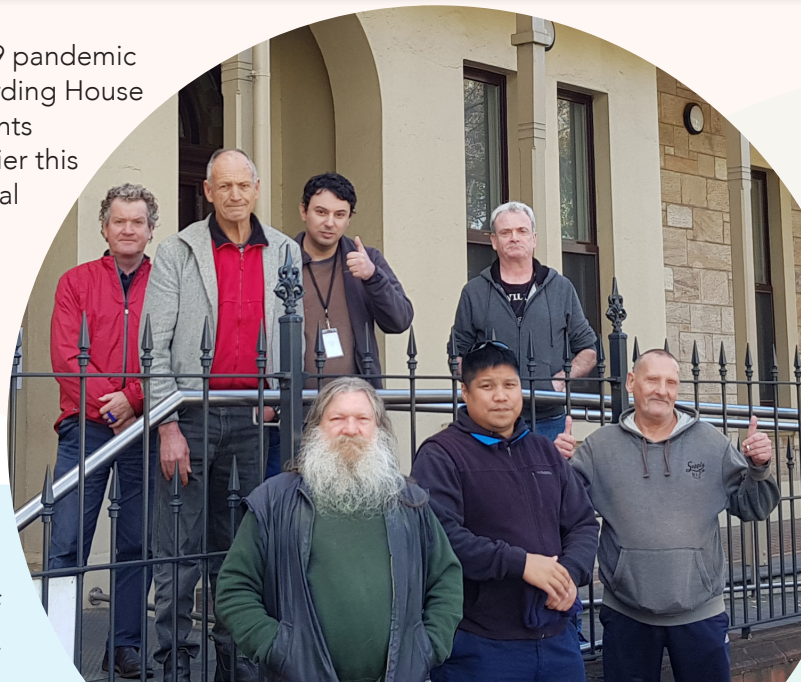
The Clean Team keeps The Terrace spick and span

As a response to the COVID-19 pandemic and to keep The Terrace Boarding House virus free, a group of 12 tenants formed The Clean Team earlier this year and undertook additional cleaning in high traffic areas including common rooms, stairwells, and the elevator.

Staff at The Terrace received a very enthusiastic response from tenants who wanted to help keep their environment extra clean, saying they were happy to be helping out and doing their bit to keep The Terrace a safer and healthier place for the other tenants.

All of the tenants involved showed a great degree of commitment by keeping up with the regular cleaning of their assigned area, with some cleaning on a daily basis.

We are appreciative of the efforts of The Clean Team in giving back with their time and energy during a very unsettling period. Well done to all of those involved.



Members of The Clean Team (front left to right) Barree, Jerome, Frank, (back left to right) Conor, John, Anthony and David at The Terrace Boarding House.



From The EDITOR'S DESK

Welcome to the positive edition of Around The House during this difficult time. There is a lot to read about in this edition:

The inspirational idea of having the SALA Festival exhibition 'Stronger Than Ever' online is great news for the artists as well as the viewers.

What a fantastic effort The Clean Team at The Terrace Boarding House have done keeping the place clean and healthy during the COVID-19 pandemic.

Sylvia's amazing story really shows what one can do with a positive outlook on life – volunteering in the community, spending time with friends and attending the gym keeps the great 90-year-old lady young.

Lola's activities with propagating native plants to bring butterflies back and looking after native animals is so encouraging. You could get involved in propagating native plants and trees in your backyard – consider joining Trees for Life; I did that.

We are moving back to normal with our rent reviews and routine inspections.

Reduce your energy bills by taking advantage of a free in-house energy assessment.

The Christmas card artwork competition is on again this year so show off your artistic talents.

Keep warm and stay safe.

Thank you,
Giselle

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

Sylvia's taking the lead on life

A force of good to everyone around her, Sylvia was awarded the South Australian '2020 Senior Australian of the Year' at Adelaide Oval in November 2019 to acknowledge her contribution as a lifelong volunteer.

My motto is you have got to keep active.

Sylvia, 90, has devoted decades of her life to being of service to her community. Her journey, which started in her 40s when her children were at school, has inspired many people around her and she shows no signs of stopping.

Sylvia is actively involved in the seniors' club and is the Chair of her local Legacy – the organisation that provides services to families of deceased Defence Force members. She also runs a Sunnysiders' club and a card group, and is a member of Friends of Parks Inc. In between her volunteer activities, Sylvia regularly attends the gym, goes out for lunch once a month, and meets with her old school friends and her water aerobics group at local eateries.

As the volunteer bus driver at City of Port Adelaide Enfield for many years, Sylvia dressed up as Santa Claus at Christmas, relishing in the joy that it brought to others. She was also on the board of the local branch of the health centre and housing trust. Sylvia has received many community awards, including a legend's award for her contributions to her community.

"My motto is you have got to keep active," she says. "Age is no barrier, and mixing with others and keeping busy keeps you going. Believe in yourself even if you only help one person. You can change their lives and the lives of others around them."



Christmas card artwork competition

Would you like to see your artwork featured on the front cover of the 2020 Unity Housing Christmas card?

See the flyer included with this edition for all the details.



Reduce your gas and electricity bills

with a home energy audit

Doing a home energy audit can help you find ways to reduce your energy use to keep your bills to a minimum. Visit www.sa.gov.au for a step-by-step guide or a downloadable booklet you can follow yourself or borrow a Home Energy Toolkit from a public library, available for free with a library card.

Uniting Communities offers free in-home energy assessments.

Email ConnectEd@unitingcommunities.org or phone 08 8202 5128 to find out more.

Uniting Care Wesley Bowden are now offering free Zoom sessions to help you learn more about energy, water and telecommunications.

Email ConnectEd@ucwb.org.au to book an online information session.



Inspections and rent reviews to resume

In July this year, the South Australian Government began lifting some of the COVID-19 restrictions that were applied to the Residential Tenancies Act.

Moving forward, you can expect the return of services including routine property inspections and rent reviews. You will be sent a letter advising when your rent is next being reviewed.

Unity Housing will continue to ensure the safety of you and our staff by following social distancing guidelines and ensuring people in households are feeling well prior to appointments.



Stay safe and we look forward to seeing you soon.

Native animals flourish thanks to blooming verge garden



Lola is on a mission to restore our native wildlife populations through her expanding verge garden at Woodville South.

Through her local council, Lola received a plant pack containing 12 native plants, which is how she started her verge garden.

"This will help people who have never grown native plants," she says. "Most of them are for our native butterflies and native bees."

A former vet nurse, reptile handler and rescue officer, Lola has always had an interest in and passion for native wildlife and vegetation.

"It doesn't matter if it's a big fluffy koala or a tiny butterfly, everything matters because everything works together," she says. "A lot of our significant trees are getting cut down, people plant exotics, and our native butterflies and bees are on the verge of extinction. The main thing is for everything to grow and to get some butterflies back."

Lola is a passionate volunteer with environmental organisations Bringing Back the Butterflies and Butterfly Conservation South Australia Inc.

"We go around and do talks and explain to people about how important it is to have our native plants," she says. "I've learnt to grow all my native plants by seed and propagation, including growing Sturt's Desert Pea from scratch. By planting the right plants and native plants that are specifically for butterflies, you suddenly realise how many are around. How many people love to see butterflies in their garden?"



Hospitality students donate meals to The Terrace

In July, 18 students from Urrbrae Agricultural High School's year 12 food and hospitality class made 100 nutritious meals and donated them to The Terrace Boarding House for our tenants to enjoy.

Teacher Brad Westley says it's a good thing for the students to think of others. "It's nice for the students to realise the struggles that a lot of South Australians have and for them to self-reflect on how lucky they are."



Unity Housing tenants Mark (far left) and Leslie (far right), Brad (second from left) and The Terrace Liaison Worker, Mark, with the donated meals.

Access free My Aged Care assistance with COTA SA

COTA SA is pleased to offer free and independent assistance to Unity Housing tenants and their families – in the Fleurieu Peninsula, Yorke and Mid North, Murray Mallee, Eyre Peninsula, South East and Metro Adelaide – to connect with My Aged Care and access subsidised help in the home.

To find out more, email acs@cotasa.org.au or phone 1800 182 324 free call or 08 8232 0422.



Soup service warms up community

Since May, hot takeaway cups of soup have been served in the parklands opposite The Terrace Boarding House by Café Outside the Square – a not-for-profit community café that provides support and training for marginalised groups.

The soup deliveries originally started once a week on a Monday but due to overwhelming popularity, and the ability to provide a safe environment, the service is now being provided three times per week with up to 20 tenants receiving soup each time.

The soups are a mixture of healthy vegetarian and meat options and have been warmly accepted.

Tenant Colin (pictured below far left) says the service means a lot to him. "The soups are really good quality and there are different options every time," he says. "The volunteers are really friendly, and I hope it can continue. I really appreciate it."

A big thank you to Café Outside the Square for their ongoing support of our tenants.



The Terrace tenants Colin and Damian receive soup from volunteers GuangHui and Quinn.

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