

AROUND THE HOUSE

SUMMER 2021 EDITION 22



Talented artists win in Australian-first awards

Winning tenants Annette, Annette and Mandy at the CHARTS awards ceremony on 11 November at Adelaide Town Hall.

Our heartfelt congratulations go to three Unity Housing tenants – Annette, Annette and Mandy – who entered and won in their nominated categories in the inaugural Community Housing Art Awards South Australia (CHARTS). Congratulations also to our talented tenants Coral, Peter and Susan who were shortlisted as finalists.

Open to established, emerging and novice artists, the competition received 183 entries from more than 90 South Australian community

housing tenants, including 16 entries from Unity Housing tenants.

Finalists attended the awards ceremony at Adelaide Town Hall on 11 November with dignitaries including the Premier, Lord Mayor and Governor.

An Australian-first, CHARTS has been created by the South Australian community housing sector to recognise the creative diversity and talent of tenants within community and social housing.



Photograph by Annette



Painting by Annette (centre)



3D sculpture by Mandy



Congratulations to our 2021 Christmas card artwork COMPETITION Winner

Adelaide city tenant Annette has won first place in Unity Housing's Christmas card artwork competition with her stunning piece titled *The Christmas Tree*. Read an interview with Annette on page 3 and meet the runners up Jody and Liz. We received 17 entries which were judged by tenant panellists Allan, Jenny and Trevor. Our sincere thanks go to them for their careful consideration of all entries.

Please find your Christmas card included with this edition



FROM THE EDITOR'S DESK

Welcome to the December edition of *Around the House*.

The winning artwork for the Christmas card is a perfect opening. What an exceptional image for Christmas. Congratulations Annette! The interview with Annette gives us a great insight into her interesting art career. The runners up capture the festive season wonderfully too.

The results of the CHARTS Awards shows us what incredible talent is hidden among Unity Housing tenants. Congratulations to the winners. Praise goes also to the shortlisted finalists.

The idea to introduce pet therapy dog Boston to the tenants of The Terrace Boarding House is a wonderful way to connect with another life.

Take note of the free life-saving support service from the Red Cross for vulnerable and isolated people in extreme weather conditions.

Omar from Iraq has a great story to tell. He is a role model for volunteering which gives him a purpose and helps so many people.

In Millicent, Marion and her son Gary created a beautiful rose garden – a great example for a garden competition.

There are classes for keeping up your strength with COTA SA. Take a look how tenant Ken turned his life around with a healthy lifestyle after a severe accident.

The cooking tips from Andrew and Tanya should be the first entry for a collection of favourite recipes from tenants for a cookbook.

Good luck with the competition for the party boxes.

Stay safe and well and have a very special Christmas.

Thank you,
Giselle

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

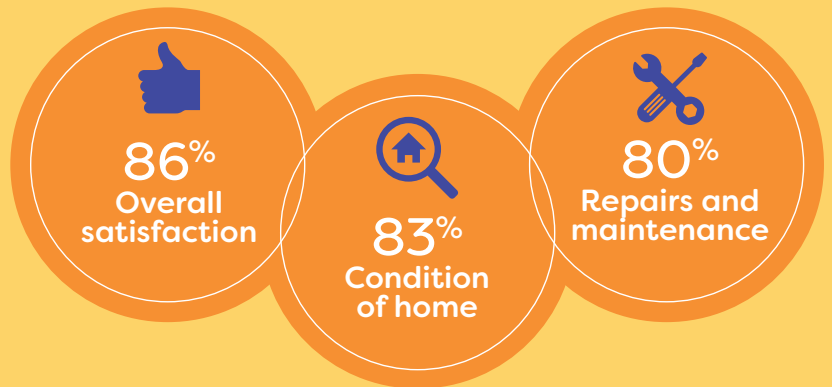
THANK YOU

for having your say

In September, we sent out a survey to our tenants in the Limestone Coast and western metro regions. The purpose of the survey was to gauge tenants' satisfaction regarding the condition of their neighbourhood-based homes and gardens; attitudes to their home and property condition; responsiveness and overall satisfaction with maintenance requests and services; communication; and other areas.

All 1,099 households – formerly managed by the SA Housing Trust and now managed by Unity Housing since 2017 – were invited to participate in the survey which was open for two weeks. We received a total 224 responses representing an overall valid response rate of 21%.

SURVEY RESULT HIGHLIGHTS



Unity Housing will use the feedback to help us make better decisions in the future and improve the services we deliver. The feedback also lets us know what is important to our tenants from year to year.

We received more than 100 comments, all of which have been looked at by our management teams and will help us do better in the future.



“Thank you very much for your supporting approach. We appreciate your kindness and taking care of our needs.”



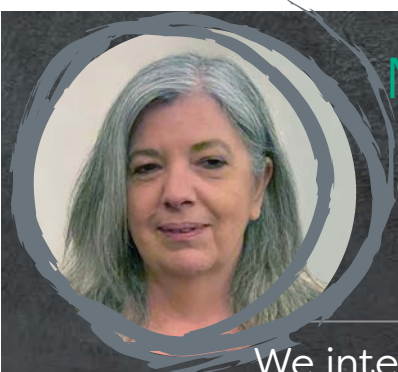
“Me and my young daughter are still so thankful for the home Unity has provided us. So much so that even after a year of having permanent housing we still thank God that our prayers were answered. Thank you Unity.”



“Unity Housing is tops. They have gone above and beyond expectations in addressing all my needs. Could not be happier.”



“I am very happy and grateful for all your help and understanding. Thank you so much.”



Meet our Christmas card artwork COMPETITION

Winner (from page 1)

We interviewed Annette about her winning piece *The Christmas Tree* which adorns our 2021 Christmas card.

Tell us about the piece you created – what was your inspiration and what does it represent?

My Christmas card is an abstract Christmas tree. It includes some gold leaf on the star and gold glitter for the tinsel as I love gold in art. I was inspired by last year's Christmas card which was beautiful.

What is your background with art?

I am a self-taught artist. I began doing art when I was a teenager and it has been a great meditation through years of having agoraphobia and social anxiety.

How would you describe your style?

My artistic style is varied as I like to learn many styles of art. At the moment my favourite medium is oil paint.

What do you enjoy creating and why?

I like to paint portraits the most. Faces are beautiful and interesting. I especially love painting portraits of people from early last century – 1900s to 1930s. This was a very beautiful time in photography.

How did you become a tenant with Unity Housing?

I became a tenant after going to a women's shelter because of homelessness. I have now had 10 years of living in a stable environment.

Do you have a family?

I have a great relationship with my family these days after some hard times in the past. My siblings and my son are in my life and that makes me the happiest.

What do you enjoy doing in your spare time/What are your hobbies?

My main hobby is art, making collages, drawing and painting. I also like watching movies and absolutely love if I have a new series to binge. Watching art shows is a favourite too.

JODY
Second Place

Congratulations

LIZ
Highly Commended



'Peace is the Ultimate Gift'

"I wanted to demonstrate an image that displayed love as well as a sense of peace and calming. My main inspirations were love, giving, freedom and peace." – Jody



'Meaning of Christmas'

"I used to go to a single mothers' group with my son for Christmas 32 years ago and it was always outside and looked just like this. Christmas is for giving and fun, and for any person of any colour." – Liz

Successful SALA FESTIVAL celebrated



Artists Coral, Trevor, Allan, Deb, Susan B, Annette and Susan C at the SALA Festival closing event in September at Hutt Street Library.

By Giselle, tenant

On Saturday 25 September, Unity Housing celebrated the closing of their successful SALA Festival exhibition at the Hutt Street Library. It was an intimate, happy affair with the proud Unity Housing artists receiving a certificate for their outstanding work.

We were entertained by a welcoming speech, exhibition of the artwork and live music by guitar player Lew.

I treasured the privilege to get to know the artists who were present and touch base with several Unity Housing staff members.

I congratulate Unity Housing for organising the exhibition – not only in the library but also as an online gallery – giving the artists a much wider audience.

Unity Housing is unsurpassed for creating events like this and thereby improving the lives of the tenants.

We enjoyed a delicious lunch and took home some wonderful memories.



Some of the artwork by our tenants that was exhibited in this year's SALA Festival.



The Terrace tenant Colin spends time with Boston.

Furry friend visits The Terrace

To improve tenants' wellbeing at The Terrace Boarding House, a pet therapy dog called Boston has been visiting tenants.

The Terrace Liaison Worker Mark says it is really encouraging to see the impact these visits are having on the mood of the tenants who spend time with Boston both in the moment and afterwards.

A call of care in very hot weather

Australian Red Cross service Telecross REDi supports vulnerable and isolated people during a declared heatwave by making regular phone calls.

Specially trained Red Cross volunteers call pre-registered clients up to three times a day to check on their wellbeing. If a call goes unanswered, an emergency procedure is activated to ensure the safety and wellbeing of the client.

Anyone in the community who is likely to need or want phone support during a declared heatwave is encouraged to register for the service. This includes people who live alone; have a disability; are housebound; frail; aged; recovering from an illness or accident; or have an ongoing illness such as diabetes or a heart condition. Carers of vulnerable people are also encouraged to register as they may also be at risk.

Already, Unity Housing has many tenants registered for this free service. Are you one of them? If not and you would like to be part of this service, you can register by calling **1800 188 071** or emailing telecrossredi@redcross.org.au.



BUDGET-FRIENDLY *and* DIY Christmas gifts

This Christmas, let's make it the season to give through planning ahead without busting the budget with some low-cost alternatives to buying expensive gifts. We've put together a few ideas that are thoughtful and not extravagant and, if you take the budget option, it doesn't mean you'll be compromising on sentiment.

Here are a few ideas that are sure to put a smile on someone's face:



- a framed photo
- a small plant
- home-made treats (think fudge, bauble cookies and slices)
- a reusable coffee cup or water bottle
- a home-made bookmark
- a picnic in the park, coffee and cake date or off to the movies with YOU!

From all of us here at Unity Housing, we wish you and your nearest and dearest a

Merry Christmas and a Happy New Year.

See page 8 for an easy kid-friendly recipe to make on Christmas day and a chance to win a summer school holiday party box!

A LITTLE HELP goes a long way

Unity Housing tenant Omar migrated to Australia from Baghdad, Iraq in 2010. Omar's first home when he arrived in Adelaide was a mosque, where he lived for a few months before moving in with a friend. Omar then found a suburban home through Unity Housing and, after many years apart, he was happily reunited with his wife and children when they too arrived in Adelaide.

An Agricultural Engineer by trade, Omar has been fortunate to enjoy a variety of roles during his working life, including teaching Arabic and being a translator and a mentor. Omar currently works for a disability support provider as a mentor, working one-on-one to support people with disability. Omar's own experience living with poliomyelitis has only strengthened his resolve to support people in need.

Omar volunteers at the Human Appeal branch in the Adelaide CBD which runs the Good Social Café. They support volunteering, work experience, training, and employment pathways. At this branch, Omar organises food and care packages and arranges deliveries to local people in need and helps to make a difference to people's lives.

Human Appeal is a not-for-profit global organisation that provides immediate aid and essential items like food, clothes and supplies to people affected by natural disasters, war and other emergencies. Recently, 145 COVID-19 essential packs were donated by Human Appeal to Unity Housing tenants in the inner Adelaide area.

"I believe volunteering is one of the solutions to help people carry on with their lives while they are able to go out and help our beautiful community," Omar says. "If I can do it then anyone else can. When I was younger, I never found my disability difficult and I always accepted my destiny. Losing a limb didn't stop me from doing what I wanted to do, and I think if I can do it with my current disability then anybody can do what I do."

"I believe volunteering is one of the solutions to help people carry on with their lives instead of losing hope..."



Omar with emergency relief packs at the Human Appeal warehouse in Adelaide.

If you are interested in:

- volunteering with Human Appeal Australia, contact Unity Housing's Community Development Worker Gabby at g.parente@unityhousing.org.au or phone **0427 445 723**
- receiving care or food packages through Human Appeal Australia, contact sa@humanappeal.org.au to enquire
- volunteering with Volunteering SA/NT, contact them at www.volunteering-sa-net.org.au or phone **8221 7177**



Kaylie and tenant artist Damian with the new murals at Avalon.

MURAL PROJECT

brings tenants together and beautifies site

A launch was held in October at a group housing site called Avalon, in Adelaide's south, to celebrate the creativity and enthusiasm shown by our talented tenant artists in producing an amazing three-panel mural. This initiative was delivered by Unity Housing in collaboration with the City of Marion and UnitingSA.

Contemporary artist Kaylie Weir worked closely with tenants during the year to facilitate and support their collaborative efforts. This project is a testament to the determination and commitment shown by all participants and project partners during the pandemic and subsequent restrictions.

Around 30 people attended the launch on a warm and sunny day to mingle, share afternoon tea and see the unveiling of the new artwork by Unity Housing CEO Matthew Woodward.

One of the tenant artists said: "Coming from a dire situation to having something so beautiful and to express pride in the community at my place of residence is amazing."

Tenants living at Avalon are supported and encouraged to build the skills and confidence needed to secure long-term housing and live independently in the community.

Rose garden blooms in Millicent

After taking a chance to start a rose garden with a single white rose five years ago, Millicent tenant Marion is proud to have one of nature's most glorious gifts in her backyard.

Marion's son Gary, who lives with her, was given the rose by a friend and the garden took off.

"On the weekends Gary is in the garden all day on both days," Marion says. "Gary has read some books and is mainly self-taught as he has his own way of pruning and caring for them."

Marion spends around one hour a day maintaining the roses and mostly likes to spend time being amongst them to enjoy their various colours and scents. Her favourite rose is the Angel Face because of its fragrance.

Marion was enjoying volunteering at Banksia House Day Centre, however, COVID-19 has made this difficult. She is looking forward to getting back to volunteering again soon.





Tenants Tanya and Andrew and their children John, Bailey and Veronica enjoy making this easy dumpling recipe.



MAKES 30

Prep: 25 mins
Cook: 15 mins



PORK DUMPLINGS

with dipping sauce

Ingredients

- 300g pork mince
- 1 tin baby corn, finely chopped
- 2 cloves garlic, finely chopped
- 2 tbsp soy sauce
- 1 tbsp caster sugar
- ¼ tsp sesame oil
- 2 tbsp vegetable oil
- ¼ cup chopped water chestnuts
- 4 green shallots, sliced plus extra to serve
- 1 bunch coriander, finely chopped
- 300g packet wonton wrappers

Dipping Sauce

- ¼ cup soy sauce 1 tbsp lemon juice
- 1 tbsp caster sugar 1 tbsp mirin
- 1 tbsp sesame oil

Method

- In a bowl, combine pork mince, baby corn, garlic, water chestnuts, shallots and coriander with soy sauce, sugar and sesame oil. Stir until coated.
- Place 1 teaspoon of mixture into the centre of each wonton wrapper, brush with a little water or milk along edges and pinch edges to enclose.
- **For steamed dumplings:** Place dumplings in steamer basket lined with baking paper over a saucepan or wok with boiling water, or over a double boiler for a few minutes until cooked through.
- **For fried dumplings:** Heat a frypan to medium-high heat and add a drizzle of oil, pan fry dumplings a few at a time until crispy on one side. Drain on paper towel.
- **Dipping Sauce:** Combine all ingredients in a small bowl. Serve dumplings with dipping sauce, topped with extra shallots if desired.

AGE WELL with Strength for Life

COTA SA's exercise and fitness program, Strength for Life, promotes health and wellbeing amongst older South Australians.



Strength for Life encourages people aged 40+ to attend strength training sessions run by accredited fitness providers. With more than 95 locations across metro SA, find your local at <https://cotasa.org.au/Programs/life/Gyms>.



Making moves for better health

Unity Housing tenant Ken has overturned his previous health conditions – including high cholesterol, high blood pressure and a bad back – through exercise and healthy eating. An interstate truck driver for 30 years, Ken says he was unhealthy and overweight. After a serious crash, Ken was inspired to turn his life around. "I started training, and wanted to improve my mental health which wasn't going too good," he says. "I don't have a licence anymore so a friend gave me a bike and that's how I started riding. I ride to the beach and up to Waterfall Gully and Mount Lofty and I do weights, push ups and sit ups every day. I try and eat healthy. I feel the best I've ever felt and at 60-years-old that's pretty good. My doctor said I'm in perfect health. I'm the happiest I've ever been."

Competition

WIN
ONE OF SEVEN PARTY BOXES

Win a summer school holiday party box with treats, snacks, a family-friendly game, photo props, glow sticks, bubbles and more! Scan this QR code with your smartphone or tablet or visit www.unityhousing.org.au/competition/ to enter. Open to ALL Unity Housing tenants. Good luck!



Competition closes Monday 20 December 2021. Winners will be notified by Wednesday 22 December to arrange delivery in early January 2022. Boxes are valued at \$80 each.