

AROUND THE HOUSE

SUMMER 2022 EDITION 25



Cook up a storm with Our Community Cookbook

Cooking up a storm has been on our minds since July this year when we received a generous grant from SA Health to join with our tenants and other community members to create Our Community Cookbook.

Together with some tenants and staff, we cooked and tasted all the recipes featured in the cookbook at the amazing community kitchen at the Brompton Community Centre. We're excited to bring you 18 delicious recipes including an assortment of biscuits, slices, entrees, main dishes, desserts and cakes.

The cookbook was officially launched in November at St Andrew's Cottage Homes in Strathalbyn with 20 tenants and staff coming together to celebrate.

Our Community Cookbook is sure to have something for everyone so make sure you grab a copy and become inspired to start cooking up some home-style goodness. We'll even have bonus recipes available for you on our website in early 2023. You can request a copy from your Housing Officer.

Unity Housing acknowledges and thanks SA Health as our key community partner for this project.



Andrew and Giselle's recipes feature in the cookbook.



A collection of family favourite recipes with heart-warming stories from around South Australia.

~ COMPETITION ~

See page 5 to win

a copy of Our Community Cookbook
and an air fryer!

You can view the cookbook online - go to <https://unityhousing.org.au/ourcommunitycookbook/>



Unity Housing staff wish you a safe and happy festive season.

We're proud to showcase the talents of Kayte, Mandy, D.M. and Elizabeth whose artwork adorns our 2022 Christmas card and is enclosed with this December edition.



FROM THE Editor's desk

Welcome to the December edition of *Around the House*. It is a favourite time of the year again and I hope you are looking forward to it, despite the challenges of today.

In this issue, we have some very pleasant events to report. Participants of Our Community Cookbook had a lot of fun cooking their favourite recipes and tasting them.

The community event in Meningie is inspiring. Meetings like this are so enjoyable. They distract from the hard times we are experiencing, leave great memories and even create new friendships. The boarding house gives you another example of such a venture, by organising so many activities – even successful garage sales. Try this in your own community!

I love the idea of the street libraries. I think it is wonderful that Unity took up this beneficial invention.

Viv's story is a miraculous example of the great talents we have hidden in our community. You saw this with our SALA Festival exhibition too, which was greatly appreciated by the public.

I admire Barry's efforts to turn his life around and manage his anxiety with the help and encouragement of staff.

The growing interest in Canopies for the Community is great news and makes tenants want to improve their own gardens.

Seniors Cards are priceless! The advantage to travel free on public transport opens up many opportunities.

The possibility to apply for an interest free loan (if you are eligible) could also be helpful for you.

Have a worry-free Christmas and a more positive New Year!

Thank you,

Giselle

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

Meningie Family Fun Day



Meningie is a small town located on the beautiful South Australian Coorong. While small in population, it's big on community spirit which was shown in force at the Family Fun Day in October, hosted by Unity Housing.

Despite the wet conditions, sausages and treats were a hit with the adults and kids, as were the giant games and bubbles. The kids ended the day with an ice cream and a lolly bag to take home. They were very excited with one young boy having his first red Splice and savouring every last drip before he gave up that ice cream stick! The local RSL hall was the ideal location with the undercover entertaining area perfect for blowing bubbles.

It was heartening to see new friendships formed. Families are encouraged to come along to future events and enjoy the festivities.



FREE EVENT!

Books aplenty, street by street

Together with our tenants, we've been busy decorating, installing, and launching six street libraries across South Australia, each celebrated with an abundance of tenants, neighbours, Unity Housing staff and passers-by.

We especially thank our wonderful tenant artists who creatively decorated each of the street libraries which have since been embraced by local communities.

All the libraries are full of books and residents have been spotted taking and exchanging books already.



Morse Court, Fulham Gardens



Avalon Street, Marion



Edith Street, Peterborough



Wardle Crescent park, Naracoorte



Lions Park, Millicent



Cameo Street, St Clair



A big thanks and shout out to our community partners including Street Library Australia for the donation of five street libraries and the Naracoorte Lucindale and Wattle Range Councils for the installation of street libraries in Naracoorte and Millicent.

The ABC

is your emergency broadcaster

Tune into your local ABC radio to bring you important messages during heatwaves, bushfires, flooding rains, damaging winds or huge thunderstorms.

The ABC Emergency website <https://www.abc.net.au/emergency/> is a great one-stop-shop to see what's going on in your specific area and across the country.

You can also download the ABC listen app from the App Store (iPhone) or Google Play (android) and save your local stations so you can easily tune in for important and updated information.

In addition to the ABC website, Facebook page and radio, emergency information can also be found online and on Facebook for the South Australian Government (<https://www.sa.gov.au/>); the South Australian Housing Authority; the Department for Human Services; South Australia Police; State Emergency Service; and Country Fire Service.

Please stay alert, be aware and take appropriate action when needed.



TENANT STORY

Viv enjoys sharing his musical talent



Viv is an entertaining local who lives and performs in Naracoorte and throughout the Limestone Coast region. He recently treated Carmen (Tenant Engagement Officer) to a mini concert on his Yamaha piano where he switched effortlessly from Mozart to ragtime to singing *Hallelujah*.

Viv was inspired from a young age by The Beatles and now records original tunes and remixes in his house that doubles as a recording studio with ideal natural acoustics for saxophone, keyboard, ukulele, piano and flute.

Viv and his family moved from Maitland to Naracoorte when he was five and Viv was raised on the farm and, at 13, his musical journey began with piano lessons. Viv enjoys sharing his musical talent, playing with others at Open Mic days in Robe including another well-known musician Penny Bonney, who Viv also supports on the piano when she is performing gigs.

Viv is a member of the Ukulele group called The Mosquito Plains Strummers as well as the Naracoorte Singers. He has regular jam sessions with mates from all over the region and has become a social media regular when his audience post updates on Facebook.

Viv believes volunteering is a rewarding part of his music as he has never wanted it to be about money; it's about bringing people together and sharing. He hopes to attend the Red Hot Summer Tour at the Old Mount Gambier Gaol in March 2023.

CHARTS Awards ARE BACK FOR 2023

If you're looking for a way to get your artwork out there and seen by others, then look no further than the 2023 community housing arts exhibition, CHARTS. This will be a great opportunity for both hobbyist and experienced artists to come together and share their work, so mark the date on your calendar and join us for an exhibition of art, creativity, and fellowship. We can't wait to see what you create and enter later in 2023!

Stay tuned for further information in the April 2023 edition of Around the House or speak with your Housing Officer.

CHARTS
Community Housing Art Awards South Australia

COMPETITION



Scan and win
3 AIR FRYERS
UP FOR GRABS!

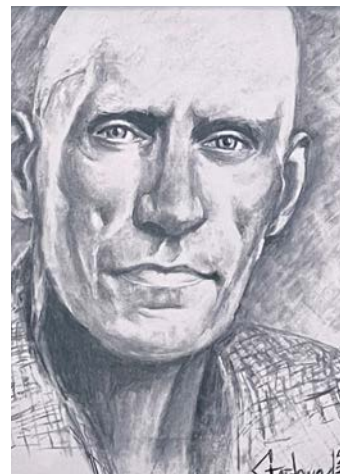
To celebrate the launch of our newly released Community Cookbook, we're giving away three air fryers! Simply scan the QR code and enter the competition for your chance to **win an air fryer** and receive a copy of **Our Community Cookbook**. With an air fryer, you can cook a variety of foods using little or no oil, making them much healthier than traditional frying methods.

Competition closes Friday 20 January. Good luck!



SALA Festival

SHOWCASES DIVERSE CREATIVITY



Our talented tenant and staff artists celebrated the launch of our 2022 SALA Festival exhibition in August which showcased 52 individual artworks at Café Outside the Square in Whitmore Square.

More than 60 people attended the exhibition launch event that ran together with our online gallery which was visited a massive 965 times during the nine-week exhibition period.

There was an incredible range of art on display, ranging from paintings and sculptures to photography and textile work which resulted in several sales with all money going straight to the artists who really showed their talent and creativity, and it was a pleasure to celebrate their work.

We are very proud of all creative achievements and thank everyone who came out to support the artists and enjoy these wonderful exhibitions. Art is definitely alive and well in our community!



Some of this year's exhibiting tenant and staff artists at the opening night of our SALA Festival exhibition.

Canopies are coming alive

In the last four months we have had more tenants register their interest to take part in our environmental project, Canopies for the Community.

Thirteen households in metro west took part in our first round of planting. We consulted with tenants and professional landscapers to make sure the best plants for each location were picked.

Blake (pictured) says when he moved into his property in 2021 the yard was bare dirt and, since this time, he has established his own front and back garden and is pleased to be involved in the project. Chatting with his Housing Officer Andrea, Blake noted his yard "looks so much better with the extra trees."

"The garden makes it worth going outside," he says. "It's something to look at, the house feels nicer and more like my space. Sometimes community housing stands out with a bare yard compared to other houses in the street, but I feel like my house is on par with everyone else's."

Blake hopes to turn his gardening interest into a career in the future.



CANOPIES FOR THE
COMMUNITY

TENANT STORY



A NEW LEASE on life

A family man with endless stories to share, Barry has worked hard over many years to manage anxiety that prevented him from leaving his house.

"I grew up in housing trust places as a kid," Barry says. "There were six kids so we never had much of anything. I was agoraphobic for about 40 years, I would get anxiety and panic attacks, so I collected stuff as a way of dealing with it."

With the help of his previous Housing Officer Karen, Barry was linked with OARS Community Transitions who supported Barry to declutter his home.

"The biggest thing for me was the support from OARS and I really appreciate that," Barry says. "Karen found Samuel; he made a lot of phone calls and got onto My Aged Care and they organised a spring clean. Four people came out and it was a whole day, inside and out. I told them to chuck this and chuck that. There used to be boxes of stuff everywhere and the whole backyard was full of stuff."

For Barry, it was "a slow process at first then it took off". He now has a lot of time and energy for what's important such as visiting his five grandchildren, fishing, photographing flowers and birds, and volunteering through his local church.

"I got some confidence," he says. "It is quite miraculous because it took me a long time to get there. I don't think about it too much because when I look back it doesn't feel like it was me."

Sun, sausage sizzle and sales galore

On a sunny day in October, The Terrace boarding house held a successful garage sale, raising just over \$600.

Three tenants from The Terrace had their own tables where they sold items, including Adeeb who was selling poetry books he had written; David who upcycles junk and turns it into art and jewellery; and Ophelia who was selling her own antiques and vintage clothing.

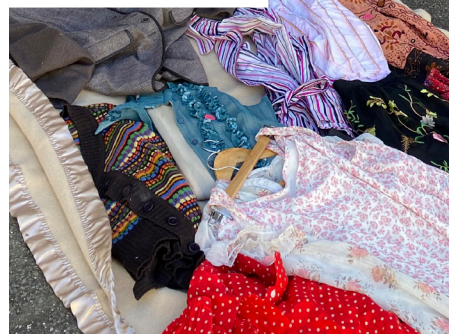
Attendees enjoyed the wonderful live music played by tenants Simone and Gavin, and the coffee van and sausage sizzle were a hit.

This contribution of tenant volunteers made the event a huge success from making items to sell, growing plants, delivering flyers and posters



to our neighbours, to helping set up and pack down, and serving customers.

Tenants told us they had an absolute ball, and so did our staff! The planning group are already making plans for another garage sale in 2023.



Thank you to everyone for your support and for making this event such a success.

TENANT SURVEY FEEDBACK



A few months ago, we ran our **2022 Tenant Survey** and asked you what topics you'd like to hear more about. We're already hard at work making changes based on your responses. Stay tuned for more updates soon!

Here's a snapshot of your responses:



Getting more value for the dollar through subsidised deals and discounts, such as growing your own veggies, solar power, and other ways to keep power bills down



More information about tenant events in your areas and helping you find information about what's happening in your neighbourhood



Classes in your local area to learn more about computers and mobile phones



Tips about gardening, cleaning and being a good neighbour



What Unity Housing is doing in local communities across South Australia



Competitions to win prizes

No Interest Loans

For essentials you need now.

No fees. No interest. Ever.

Borrow up for \$2,000. Pay back what you borrow.



No Interest Loans are available up to \$2,000 and have no interest, no fees and no charges, so you never have to pay any extras.

Income eligibility applies. Find out if you're eligible before seeking other high interest options. It's a smart solution!

Uniting Communities can help you consider a No Interest Loan.

Call them on **1800 615 677**
(select option 3)
or scan the QR code.



Seniors Card for discounts and concessions



Once you turn 60, grab one of the best deals on offer in SA – a Seniors Card! Even if you haven't fully retired from the workforce, it's worth checking to see if you're eligible. You can access valuable concessions on transport costs and discounts from participating businesses for a wide range of goods and services.

There is no income or pension limit and the card is issued free of charge.

Ways you can apply

- **Online** at <https://seniorscard.secure.force.com/SeniorsCard/>
- **Email** seniorscard@sa.gov.au
- **Free call** 1800 819 961
- You can also pick up an application form from a South Australian public library and post the completed form to the Seniors Card Unit – Seniors Card, PO Box 196, Rundle Mall SA 5000.

More information is available at www.seniorscard.sa.gov.au.

Digital communications update

We listened to the feedback you gave us in our 2022 Tenant Survey (see page 7 for a snapshot) and we're taking steps to go digital as much as we can!

A Unity Housing **Facebook page is coming in 2023** and you might've noticed we're **using text messaging more frequently** to communicate with you. Also, by choosing to **receive your editions of Around the House by email**, you'll help the environment by reducing the amount of paper we print.

Email editor@unityhousing.org.au with your full name and preferred email address and enjoy reading *Around the House* from your inbox.

Keep an eye out for updates about our new Facebook page!



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