

AROUND THE HOUSE

AUTUMN 2023 EDITION 26



Follow Unity's new Facebook page

Unity Housing's official Facebook page is here!



South tenant Samantha has liked and followed our new Facebook page.



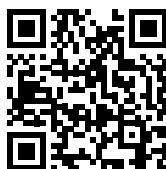
follow us

AND WIN!

New followers can win a prize!

Each week for the first four weeks from **Monday 1 May**, we will choose one new follower to **win a \$100 voucher**, then one follower to **win a \$50 voucher** for the following four weeks.

Winners will be chosen randomly from our **NEW** followers each week.



Scan the QR code and Like and Follow our page to receive information, updates and breaking news from Unity Housing.

CHARTS Awards ARE BACK FOR 2023

CHARTS
Community Housing Art Awards South Australia

- CHARTS Awards is a competition open to all community housing artists in South Australia.
- It's an opportunity for Unity Housing's talented artists to be celebrated at this prestigious event.
- Categories include youth, emerging, and established artists.
- **Entries open** 30 April and close 31 July.
- The **awards night** will be held on 28 September at The Mill – 154 Angas Street, Adelaide.
- **Exhibition dates:** Shortlisted finalists will also have their artwork on display at The Mill from 29 September to 12 October, open daily from 10am to 4pm.
- Generous prizes will be up for grabs.
- We will keep you updated with full details coming soon so stay tuned!



Three winning pieces from Unity Housing tenants in the 2021 awards.



FROM THE Editor's desk

Welcome to the April 2023 edition of *Around the House*.

A great opportunity awaits the artists in Unity Housing to enter the CHARTS Awards with categories for all ages.

The Cooking Club emerged as a new venture and will be great fun.

The relocation of five of Unity's offices to Bowden into a beautiful new building is a big change and will very likely be enjoyed by staff and tenants.

The multicultural health helpline is a great way for tenants and visitors of all backgrounds to communicate in a confidential setting.

Our Community Cookbook had a good start at its launch in Strathalbyn in November, and with successful distribution.

Bandit, a tenant in Naracoorte, will demonstrate her love for cooking at Unity's Neighbour Day event in Naracoorte on 27 April.

The Adelaide Art Collective has opened a wonderful way for artists to socialise, exchange ideas and plan for future ones.

The renovated AV room at The Globe apartments in the CBD provides an entertainment area for much-anticipated movie nights. The reopening of the room was celebrated with a mix of students, Unity Housing tenants and a young Chinese family.

The Bedford New Year celebration was enjoyed by the residents as well as Unity staff who joined in the fun.

Have a good read and give us some feedback.

Thank you,
Giselle

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

Cooking Club serves up delicious treats

On 24 February, we kicked off The Cooking Club in the west metro area.

For the club's first session, one of our tenants suggested the group makes two recipes from our recently published Community Cookbook, as it was the cookbook that was the inspiration for this group starting up. The group made Sue's Apple Slice and Troy's Butter Chicken (pictured).

Each month, participants will suggest what will be cooked for the following month and, where possible, a tenant will take the lead on cooking the recipe.

The group meets monthly on the last Friday of each month. If you would like to join The Cooking Club, please contact **Lesley** on **0439 310 434** or email l.standaloft@unityhousing.org.au.

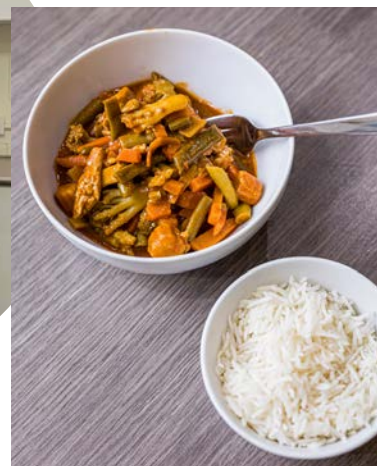
We would love to see you there!



Sue's Apple and Cinnamon Slice



Sue attended the first cooking club event in February and made her Apple and Cinnamon Slice.



Troy's Butter Chicken



Unity Housing
is on the
move



Unity Housing is relocating to Bowden in July 2023, on the corner of Gibson Street and Second Street.

The new office is close to public transport stops including bus, train and tram.



An artist's impression of Unity's new office.

On 29 March 2023 these offices

CLOSED

Gilles Street, Adelaide CBD

Brighton Road, Brighton

Philip Highway, Elizabeth South

These offices will stay

OPEN

Mount Gambier

Port Pirie

The Terrace Boarding House,
Adelaide CBD



Staff will continue to support you in your tenancy.

How to contact us

You can contact your Housing Officer and Maintenance Coordinator using their usual phone number and email address.
If you want to meet with Unity staff, please contact them to arrange this.

We look forward to welcoming you to our new office.

Free health helpline for multicultural communities

A new health helpline can support multicultural communities to get health information and advice.

Multicultural Health Connect is free and confidential, and run by workers from multicultural backgrounds.

The helpline offers people from multicultural backgrounds free health advice in their own language, including:

- expert health advice from a nurse
- finding doctors, hospitals, and community health centres
- finding nearby support services
- learning about COVID-19, including how to get a vaccination, protecting themselves and their family, and how to manage COVID-19 symptoms.

The caller can be an Australian citizen or here on a visa of any kind.

A trained worker will answer the call. They will ask some questions, including which language the caller wants to speak. The helpline has interpreters for 160 languages and connects to the Translating and Interpreting Service to speak with the caller in their language.

Multicultural Health Connect is not an emergency service. **If the call is an emergency, dial Triple Zero (000) immediately.**

Examples of questions you can ask:

"My son has a bad cough and a sore throat. His skin feels hot, so he might have a fever. What should I do and where can I take him?"

"I recently moved from India to Australia, and I don't have a Medicare card. Do I need to pay to see a doctor?"

"I feel alone because I'm in Australia without my family. Can you help me?"



1800 186 815

Monday – Friday, 10.30am – 6.30pm*

*Excluding public holidays.

HAVE YOUR SAY IN THE

2023 TENANT SURVEY



**For Adelaide
western metro and
Limestone Coast
tenants only**

We'd like to know what you
think about our services

Date to be announced

We'll let you know by
Facebook, text message, the
August edition of *Around the
House*, email, or Australia Post

Prizes to be won

Celebrating your recipes

Our Community Cookbook was officially launched in November 2022 at St Andrew's Cottage Homes in Strathalbyn with 21 tenants and Unity Housing staff in attendance.

Attendees enjoyed gourmet platters, and Unity staff Trish and Paul gave short speeches welcoming everyone to the event. The event included a tour of the site with tenants showcasing their wonderfully maintained and developed vegetable gardens and fruit trees.

More than 1,000 copies of the cookbook have been distributed in local street libraries, community centres, local councils and other locations across SA.

If you'd like a copy, please speak with your Housing Officer or visit <https://unityhousing.org.au/ourcommunitycookbook/> to download a PDF copy.



Unity Housing's Community Inclusion Manager Trish (left) with Giselle and Sue and their new cookbooks at the celebration event.

Read an interview with Bandit (below) whose homemade spring rolls feature in **Our Community Cookbook**.

TENANT STORY

Food brings out the best in **BANDIT**



Food has always been an important part of Bandit's life and culture and she has enjoyed cooking since she was a little girl.

Bandit was born in Laos and the village she lived in did not have any shops, so families had to cook everything they ate. The children would also collect rice every morning and sometimes make banana leaf rolls to offer to the local monks as part of their Buddhist traditions. As a child, Bandit imagined growing older, having her own family, and teaching her children to cook, as her mother did for her.

In Laos, food is a symbol of luck. Bandit enjoys cooking because she likes to give luck to other people, and it is a way of connecting to and sharing culture.

Bandit loves to make all kinds of meals and she likes to eat different things each day, and her favourite dish to make is larb as this dish is made for good luck. Larb can be made with different kinds of meat and is prominent in all Lao celebrations and ceremonies. Bandit says if friends come to visit they will ask, "Where is the larb?".

Bandit enjoys living in Naracoorte where she has the independence of her own house, she can drive herself places, and she is able to do the things she likes which is mostly cooking and caring for her ever-growing garden, where she grows some of her own food.

Come along and learn how Bandit makes her famous spring rolls at our Neighbour Day event: **Thursday 27 April from 11.30am to 2.30pm at Naracoorte High School (Stewart Terrace).**

ALL WELCOME AT *The Adelaide Art Collective*

The Adelaide Art Collective is a group that was started in early 2022 by some Unity Housing tenants who wanted to reconnect with artists they met during the South Australian Living Artists Festival (SALA). The group meets monthly at the Minor Works Building in the Adelaide CBD from 10am to 12pm.

Our tenant artists and hobbyists tell us they enjoy socialising, sharing ideas, learning from each other, and planning future art ideas. Some art supplies are provided but artists usually prefer to bring their own materials.

Allan sketches a fellow art group member.

If you're interested in joining, please contact Tenant Engagement Officer, Amanda, on 0427 445 723. Step with us into a world of creativity and possibility with The Adelaide Art Collective!

Congratulations to our December winners

In conjunction with the launch of Our Community Cookbook last year, all Unity Housing tenants had an opportunity to enter a competition to win one of three air fryers.

We received more than 50 entries with the three winning names drawn randomly in January 2023.

**We are pleased to announce
the winners who are:**

Erin J from Hayborough,
Andrea P from Fulham Gardens,
and **Raekhel B** from Millicent.

We hope our tenants are enjoying
their new air fryer.

Millicent tenant Raekhel (pictured) entered the competition through the link in *Around the House* and was really happy to be a winner. Raekhel said she reads *Around the House* and finds it to be good for stories and information, not only locally but metro as well.



THE GLOBE

More entertainment now at THE GLOBE

The much-anticipated movie night at The Globe apartments in the Adelaide CBD was held in December 2022 to celebrate the launch of the newly upgraded entertainment room.

The nine attendees included a mix of three Unity Housing tenants, international students, and a young Chinese family. The family were excited to learn they can use their own HDMI cable to watch movies in the AV room at The Globe, with one of the kids saying, "It's just like being at the movies!"

All attendees enjoyed watching the family friendly movie *Spider-man: Into the Spider-verse*. Pizza and popcorn were on offer, and everyone thanked Unity Housing for hosting the event.

"It's just like being at the movies!"



ROYALTY FREE IMAGE



~ COMPETITION ~

To celebrate the launch of the new AV equipment in the entertainment room at The Globe, we're giving away **four family passes** to the movies!



Simply scan the QR code or email communityconnect@unityhousing.org.au with your first and last name, address, email and contact number to enter the competition for your chance to win. **Competition closes Monday 29 May 2023.**



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family passes to give away

Fun for all at Bedford celebration

On a perfect day in February, eight Unity Housing staff joined our residents at Bedford for a New Year celebration.

Unity put on a sausage sizzle and salads galore which were enjoyed by all. The residents had fun making popcorn and getting their faces painted, playing life size games and watching the balloon art.

We also gave away \$50 gift vouchers to three lucky winners. The event was a great opportunity for Unity staff to spend time with Bedford residents.

Feedback on the day was positive with many residents wanting to know when the next event will be!

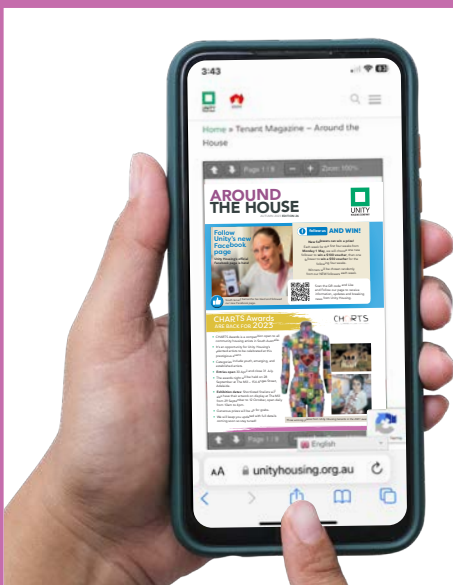
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Michael and Julie (above) enjoying activities on offer at the event.



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Email

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



We're using text message more frequently to communicate with you!

→ Hello from Unity Housing