

AROUND THE HOUSE

AUTUMN 2024 EDITION 29



Flying the flag for culture and inclusion

Grassroots community engagement requires persistence and dedication. When communities strongly support a cause, respect each other, and achieve mutually beneficial outcomes, it naturally attracts participation from community partners.

Jenny Bishop, a proud Ngarrindjeri, Kurna, and Boandik woman, has been integral in taking a stand for Indigenous Australian representation in Millicent.

An observant student at Millicent High School noticed the absence of the Aboriginal flag flying at the Wattle Range Council Chambers and, following a range of conversations and guidance from Burrandies Aboriginal Corporation, Jenny Bishop and Des Noll, rallied support to reinstate the flag.

A compelling speech at a council meeting resulted in a majority vote cast in favour of permanently flying the Aboriginal flag. The local RSL also supported the cause by generously donating additional flagpoles.

Flying the Aboriginal flag in key locations is vital: it honours Indigenous history and culture, promotes reconciliation, and fosters unity. Displaying the flag encourages cultural awareness and symbolises support for Indigenous Australian rights, and contributes to a more inclusive society.

Jenny's dedication and collaboration has ensured that the Aboriginal flag flies proudly in Millicent; a testament to the power of grassroots advocacy in fostering inclusivity and representation. Jenny's dedication to her community aligns well with Unity Housing's focus on cultural authenticity and diversity, central to our Tenant Engagement Delivery Plan. This connection underscores our shared values and strengthens our commitment to inclusive community involvement.



CALLING ALL ARTISTS!

SALA FESTIVAL 2024

Unity Housing invites you to showcase your art and creativity to the world by being part of SALA Festival 2024!

The South Australian Living Artists (SALA) Festival is a state-wide celebration of visual art, dedicated to showcasing the incredible artistic talent that South Australia has to offer.

We are thrilled to provide three exhibition options for our talented tenant artists to shine:

1. An online exhibition hosted on Unity Housing's website.
2. A gallery exhibition at Hutt Street Library (artists' exhibition launch event included).
3. A gallery exhibition at Millicent Library and at the Millicent Visitor Information Centre.

Key Dates

Due date for artwork submissions:
Monday 17 June

Exhibitions open:
Thursday 1 August

Exhibitions close:
Friday 13 September

For more information contact

Lesley (Adelaide gallery and online exhibition):
0439 310 434
l.standaloft@unityhousing.org.au

Jacqui (Millicent exhibition):
0417 241 873
j.matthews@unityhousing.org.au

FROM THE Editor's desk

Welcome to the first edition of *Around The House* for 2024! We hope you've had a healthy and happy start to the year.

This is a jam-packed edition featuring a variety of stories from around SA.

Unity Housing is excited to once again be taking part in the 2024 SALA Festival, so if you've participated previously or you're a first-timer, it's time to send in your best pieces! Artwork submissions are due by 17 June. See the front page for details!

Our new Customer Care Centre team are keen to help tenants in the quickest way possible and are here for all your housing and maintenance needs, so keep their number handy – 1800 551 814.

We will be surveying all our tenants in July to hear what you think about how we are going and give us feedback on changes needed to improve our standards. More details on page 3 and more information to come.

Check out pages 4 and 7 for simple tips on how to reduce your household spending and how to stay well during winter, including a delicious and hearty chicken soup recipe from our very own tenant Jerome.

There have been plenty of wonderful events happening, bringing communities together, and we can't wait to host more events with you as the year rolls on.

From all of us at Unity Housing, we hope you enjoy this edition.

If you would like to submit content for the next issue of ***Around the House***, please send your contribution to **editor@unityhousing.org.au** by 27 May 2024.

Customer Care Centre takes off

Since Unity Housing launched our Customer Care Centre in September 2023, the team has received 7,132 calls* from tenants and customers.

* As at 3 April 2024

62%

of calls (4,442 calls) were tenancy related

23%

of calls (1,640 calls) were from people seeking housing assistance

15%

of calls (1,050 calls) were maintenance related

So, if you ever need a hand with anything related to housing or maintenance around the house, remember to reach out to our Customer Care Centre team.

Phone **1800 551 814** during business hours or email **customercare@unityhousing.org.au** to receive immediate assistance with your query.



To ensure your call is answered as soon as possible:

Housing and tenancy queries » Press **1**

Maintenance and repair queries » Press **2**

After-hours maintenance service » Press **2**



YOUR OPINION MATTERS

At Unity Housing, we care about your feedback and want to make sure we're doing our best to meet your needs.

In July this year, we'll be sending out a short survey to all our tenants to learn how we can improve our services to you.

Keep an eye out for an email or text message from us with a link to complete the survey online.

If we don't have your mobile number or email address, we'll post you a copy of the survey with a Reply Paid envelope so you can fill out the survey out and post it back to us.

If you would like to update your contact details with us, please contact the Customer Care Centre on **1800 551 814** or email customercare@unityhousing.org.au.

You'll have the chance to **win one of five \$100 shopping vouchers** just by completing the survey.

Thank you for your support – we're excited to hear from you!



Fun at Bedford with bingo and barbecue

We are thrilled to have kicked off 2024 with a barbecue and bingo event with our partners Bedford Group.

Held at Bedford's Balyana site in Clapham, more than 60 people – including tenants and staff – had a great time playing bingo and enjoying a sausage sizzle with delicious salads galore.

Tenants had so much fun enjoying the anticipation of being the first one to yell out BINGO! There were three lucky winners, each walking away with a \$50 gift voucher.

It is always such a pleasure for Unity Housing staff to be at Balyana to hang out with Bedford tenants. We received positive feedback with tenants wanting to know when we will return for our next event and especially how great the food was!





In challenging times, managing household expenses can be tough. Here are some simple yet effective tips to help you save money.

- 1 Shop around:** Look for cheaper options like public transport or discounted fuel.
- 2 Ask for discounts:** Negotiate lower rates with service providers like credit card companies or utilities.
- 3 Buy only what you need:** Avoid impulse purchases and focus on essentials to reduce wasteful spending.
- 4 Wait for sales:** Hold off on non-urgent purchases until items go on sale.
- 5 Switch brands:** Consider cheaper alternatives for products without compromising quality.
- 6 Purchase recycled items:** Explore second hand or discount stores for quality used items like furniture or electronics.
- 7 Make and review a budget:** Track income and expenses to identify areas to save and plan for future expenses.

~ Remember ~

Even small changes can make a big difference in making your money go further and easing the burden of household expenses.

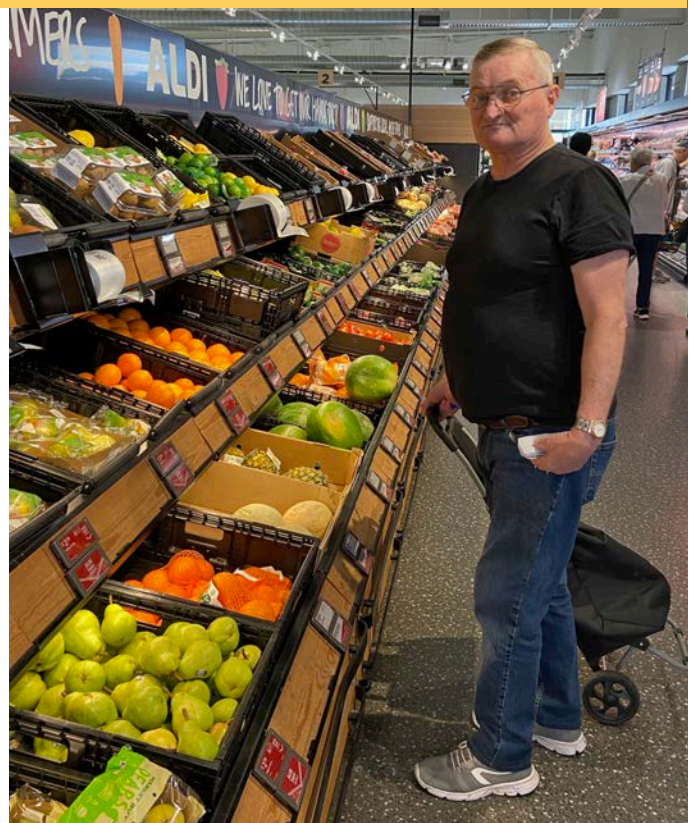
A smarter way to shop

Over the past year, boarding house tenants at The Terrace have been making regular trips to Aldi supermarkets, accompanied by The Terrace Liaison Worker.

This initiative started from the closure of the closest major supermarket, leaving only expensive options nearby. These visits to Aldi offer affordable food choices for people living on a tight budget, providing much-needed financial relief during rising living costs.

Feedback from tenants involved has been positive, with many expressing gratitude for the opportunity to save money on groceries.

Tenant Stephen (pictured) emphasised the convenience and financial benefits of the Aldi trips, saying they have significantly reduced his weekly grocery expenses.



Training to improve service delivery

Starting in November 2023, Street Speak is a new project aiming to improve communication with 200 Aboriginal and/or Torres Strait Islander social housing tenants in the Limestone Coast. The project will train 100 staff from five organisations to better engage with our tenants.

During the recent summer holidays, Unity Housing surveyed Aboriginal tenants in Meningie, Bordertown, Naracoorte, and Millicent. Our Tenant Engagement Officer, Jacqui Matthews, gathered feedback on communication and service delivery, with a 47% response rate.

In February, Margie and Doug from KQW Aboriginal Corporation provided training in Mount Gambier for 25 attendees from Unity Housing, Believe Housing, Centacare, and Housing SA.



Support Facilitator Margie and Aboriginal Cultural Consultant Doug from KQW Aboriginal Corporation.

Unity Housing partners with KQW Aboriginal Corporation, Point Heard, and CHIA SA, with gratitude to The Department of Human Services (Exceptional Needs Unit) for \$10,000 grant funding.

Further Street Speak actions are underway, emphasising diversity and a supportive environment. We will keep you updated in future editions of *Around the House*.



Christmas card artwork competition



Unity Housing would like to showcase your creative and artistic talents on our 2024 Christmas card. Entrants can use any medium they like – the sky is the limit!

Save these dates!

Competition opens: 1 August 2024

Competition closes: 1 October 2024

Judging date: 8 October 2024

Winners announced: 11 October 2024

Prizes for winning entries will be

First prize: \$300

Second prize: \$150

Highly commended: \$50

For further information, please call Amanda on 0427 445 723.
More information and the entry form will be in the next edition of *Around the House*.

Help us grow our GARDENING CLUB

Nestled within the heart of Adelaide's west, Unity Housing's gardening club provides a space for individuals with a love of gardening to come together to share knowledge and exchange cuttings.

Each month there is a different theme, catering to the interests of participants so there's always something new to learn and discuss. Tenants actively contribute to the planning of our group, choosing activities based on the changing seasons.

In January the focus was on water-wise gardening – a timely topic given the importance of conservation in today's world. Participants walked away with succulents, while February saw them leave with a bounty of herb and vegetable seedlings.

If you're passionate about plants and want to join our group, contact **Lesley (Tenant Engagement Officer)** on **0439 310 434** or **l.standaloft@unityhousing.org.au**.



Marianne and Christina have fun during one of the club's meet ups.

The group meets at the Findon Community Centre on the second Tuesday of each month.

Survey findings to help shape future activities



Mandy from Adelaide was keen to complete the survey and share her thoughts about future tenant engagement. Mandy was very thankful for the support Unity Housing has given her over the last eight years and is enthusiastic about undertaking studies in retail.

Late last year, tenants around Adelaide were surveyed about their interest in future neighbourhood-based activities for 2024. Thirty-eight tenants made suggestions like tenpin bowling, walking groups and the existing Cooking Club and Adelaide Art Collective.

Unity Housing staff will use the survey results to create inclusive tenant groups and events which is important for nurturing a vibrant community spirit among our tenants.

Feedback surveys offer tenants an opportunity to tell us their preferences, ensuring future activities cater to diverse interests, fostering inclusivity and community spirit.

Winner!

A tenant from Prospect who completed the survey (and would like to remain anonymous) was the **lucky winner of a \$50 gift card** and was thrilled to receive the phone call as she'd never won anything before.

How to stay well during winter



Winter can be a challenging season; the brutal weather, reduced daylight hours, and risk of getting sick can impact both physical and mental wellbeing. Here are a few ways to boost your wellness through winter.

Enjoy stews, casseroles and leftovers

Cook up hearty stews and casseroles with broccoli, carrots and cauliflower. Add kidney beans, chickpeas, soybeans or lentils for fibre, and use reduced salt stock. Making extra means lunch is sorted too! For winters desserts, stew some fruit and save some for breakfast for the next day.

Check out this hearty and nutritious winter soup recipe by our very own tenant Jerome! >>

Get active indoors

Embrace yoga, bowling, or soccer or get active around the house by jogging, skipping or doing some gentle stretches in front of the TV. Try getting active by gardening, cleaning, washing the dog or dancing.

Rug up and head outside

Bundle up and brave the outdoors. Once you get moving you'll warm up. Walk or cycle to the local shops instead of driving the car, use the stairs instead of lifts or escalators, join a Heart Foundation walking group, or download a walking app and get active with friends to keep you motivated.

Ease the winter blues

During winter, it's natural not to have the same get-up-and-go feeling that you would usually have in summer. Find activities that bring you joy such as getting a coffee, playing board games, relaxation techniques like meditation or deep breathing, and try to maintain social connections with friends and loved ones. However, if you have symptoms such as feeling flat and low energy, it's a good idea to talk to your doctor.

~Looking for more inspiration?~

The Better Health Coaching Service – funded by Wellbeing SA – provides free, confidential, and personalised support via their telephone health coaching service for South Australians wanting to lose weight. You can receive up to 10 free sessions if you're between 18 and 74 and have a Body Mass Index (BMI) of 27 or above.

To learn more and check your eligibility phone 1300 822 953 or visit <https://betterhealth.sa.gov.au/>

TENANT RECIPE

Jerome's Chicken Soup in a Pot

Prep: 20 minutes

Cook: 1 hour

Serves: 4 – 6



Ingredients

- 1kg chicken drumsticks (leave skin on)
- 3 carrots peeled and sliced
- 2 potatoes peeled and chopped into chunks
- 1 onion diced
- 3 garlic cloves finely diced
- 1 litre chicken stock
- bok choy chopped
- 3 sticks celery sliced
- knob of ginger diced
- olive oil
- salt and pepper to taste

Cooking steps

1. Using a large pot on low heat add olive oil and sweat off garlic, ginger and onion
2. Add celery and mix together
3. Once sweated off, add drumsticks and let them cook for a minute while mixing around well in the pot
4. Add chicken stock (stock should be just above the chicken)
5. Add potato
6. Bring to the boil then simmer for 1 hour
7. Add carrots and bok choy after 30 minutes when chicken is tender and ready to eat

Coming together at Christmas

We celebrated Christmas 2023 with our tenants around the state, enjoying delicious feasts, sharing jokes and stories, and fostering a sense of togetherness and connection.



Be in it to win it!

A huge congratulations to the six lucky winners of our last competition

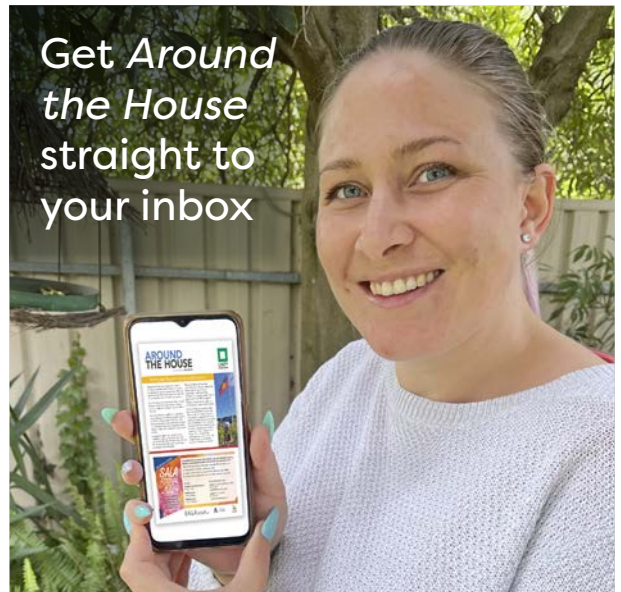
Liz, Wally, LinZheng, Hamish, Stephen and Linda

who each received a Talking Point card pack.



Liz with her pack of Talking Point cards.

Get Around the House straight to your inbox



You can now receive *Around the House* electronically instead of in the mail.

Please email editor@unityhousing.org.au with your full name and email address.

Stay tuned for more competitions in upcoming editions of *Around the House*!

Would you like to be involved?

GET IN TOUCH!

We encourage tenants to get involved in submitting ideas and helping us find good stories to be included in future editions of *Around the House*.

Share your ideas and send us interesting and informative content for other Unity Housing tenants to enjoy.

If you have any ideas for the **August 2024 edition** please email editor@unityhousing.org.au by **Monday 27 May**.

