

Everybody needs good neighbours



Congratulations to Woodville West tenant Sharon who is the lucky recipient of Unity Housing's inaugural Good Neighbour Awards!

The Good Neighbour Awards recognise and honour neighbours who are exceptional in making their neighbourhood and community friendlier, and who make a real difference with their acts of kindness, compassion and generosity.

On Friday 28 June, we held our Good Neighbour Awards ceremony for the western region at the Findon Community Centre. Nominees, along with their families and friends, gathered to honour nine exceptional tenants.

The highlight of the evening was the announcement of the overall regional winner. Sharon was voted as the standout Good Neighbour and received her award from Unity Housing's Community Inclusion Manager Trish Burden. Sharon is described as "a true beacon of kindness, touching many lives and inspiring others to pay it forward. A beautiful friend and neighbour".



Winning tenant Sharon with Trish

The ceremony was filled with heartwarming stories of how our tenants support and care for each other, fostering a strong sense of community.

When asked about her win, Sharon said, "It was an absolute honour. I was so glad to have friends with me to celebrate. It was so unexpected, it was beautiful."

Congratulations to all our nominees for their kindness and dedication:

Andrew (Henley Beach)
Barbara (Findon)
Edna (Findon)
Geoff (Fulham Gardens)
Jenny (Albert Park)
Matthew (Seaton)
Pamela (Findon)
Sandra (Findon)
Sharon (Findon)

Their efforts have made a significant impact, and we are proud to celebrate their contributions to making our community a better place to live.

Christmas card artwork competition



See the flyer

included with this edition for all the details.

See your artwork on the front of our 2024 Christmas card!

FROM THE Editor's desk

Welcome to the second edition of *Around the House* for 2024. We hope you're managing to stay well during the winter season.

We are thrilled to have held such a successful event for our first Good Neighbour Awards in June. Congratulations to Woodville West tenant Sharon who won the award for being "a true beacon of kindness, touching many lives and inspiring others to pay it forward."

Take some time to view the amazing artwork of our tenants and staff who have created masterpieces for SALA Festival, either at the Hutt Street Library, the Millicent Library or on our website.

If you'd like to see your artwork featured on our 2024 Christmas card, get creative and enter your best piece! Details are on the flyer included.

The winter months are a time for keeping warm which means making use of heaters, hot water bottles and electric blankets, or sitting near a cosy fire. There are safety risks associated with these so follow the important safety tips on page 3 to help you warm up safely this winter.

We have a great competition open to all tenants – win a \$100 gift card and a cookbook bundle! Check out page 6 for all the details.

A new gardening competition is also open to Central Adelaide tenants so show off your glorious garden for a chance to win some awesome prizes.

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 Monday 30 September 2024.

TENANT STORY



Damian brings picture theatres to life

During South Australia's History Festival in May, Unity Housing tenant Damian created an exhibition entry called 'Now Showing – Cinema Architecture in South Australia'.

Damian's exhibition celebrates South Australia's movie theatres and how, many years ago, they were important for entertainment and local streetscapes. Many theatres in the suburbs and big ones in the city were fancy and looked like Hollywood. People loved going to the movies, which was fun and a way to get news before TV was common.

The exhibition included old drawings and photos of cinemas like the Piccadilly, West's Theatre, and the Capri, along with scrapbooks and short films.

Damian got the idea for his project while researching at Uni SA's Architecture Museum. "I was talking with Dr Julie Collins and she was thinking about putting together an exhibition on cinema architecture," he says. "I sent her my film on the Rex Theatre and she loved it and it was decided that the film would be included. I received a grant from the History Trust to continue with a series of short films on Adelaide's former city picture theatres. I decided to make another two short films that touch on these picture theatres."

Having a creative outlet is important to Damian, and he's now working on another film. "Editing, researching, filming interviews – all these are key to making a good film," he says.

SUPPORT

SALA FESTIVAL 2024

Unity Housing is
proud to be part
of SALA Festival

Please visit our exhibitions which will feature original artworks by experienced, emerging and hobbyist tenant and staff artists.

Artwork will be on display at:

Hutt Street Library

(235 Hutt Street, Adelaide) from 1 August to 13 September

Millicent Library and Gallery

(14 Ridge Terrace, Millicent) from 2 August to 18 August

To view the
exhibition



SCAN ME

or visit www.unityhousing.org.au/2024-sala-festival-exhibition/

SALA South Australian
Living Artists Festival



5 simple steps to make your home safe in winter

As the winter chill sets in, it's important to stay safe and warm at home while reducing the risk of house fires.



1 Keep heaters clear: Make sure there is a clear space of at least one metre around all types of heaters. Never drape clothes or other items over the heater.



2 Check electrical cords and power boards: Regularly check electrical cords for fraying or damage. Do not overload power points or power boards with multiple appliances as this will increase the risk of electrical fires.



3 Practice safe cooking: Never leave cooking unattended. Keep flammable items like tea towels and curtains away from stovetops.



4 Test smoke alarms: Remember that Unity Housing and a company called Smoke Alarm Solutions test your smoke alarm every 12 months to make sure they're working properly, including replacing batteries.



5 Use electric blankets safely: Always follow the care instructions when using electric blankets. Avoid folding or bunching them, and never leave them unattended while in use.



By following these precautions, you can enjoy a safe and cozy winter season without putting yourself, family members or pets at risk of a house fire.

How to eat well for less



Feeding kids on a budget can be challenging, but it's possible to provide healthy, delicious meals without breaking the bank.

Here are some tips from dietitian Teri Lichtenstein:

1. Use plant-based proteins like beans, legumes (beans, peas and lentils), seeds, and nuts which are nutritious and more affordable than meat.

2. Choose wholegrains like bread, pasta, and cereals to keep kids full longer and maintain digestive health.

3. Buy colourful produce and choose cheaper alternatives when you can. Canned and frozen fruits and veggies are nutritious and cost-effective.

4. Check your fridge and pantry before shopping. Plan meals around ingredients you already have to minimise waste and save money.

5. Store food properly: Remove fresh items such as cucumbers, carrots and salad leaves from their plastic packaging and store them in containers to prevent them from going soggy. Line containers with paper towel to absorb excess moisture to prevent food going off.

6. Understand dates: 'Use by' dates are about safety, which means you shouldn't eat food past the date, whereas 'best before' dates are about quality – meaning the food is often still safe to eat after the date shown.

7. Meal planning helps you save money. Use supermarket sales and create a flexible shopping list.

COMPETITION

Win one of three \$100 shopping vouchers and a cookbook bundle!

See page 6 for all the details.

Content and themes in this article are reproduced with the kind permission from the team at Sanitarium.

For more budget-friendly tips visit Sanitarium's Eat well for less hub at www.sanitarium.com/au/eatwellforless

Restock your books at the Lions Park Street Library

Unity Housing tenant Kayte has been proudly restocking the popular Lions Park Street Library in Millicent and enjoys the responsibility. Kayte also finds many great reads along the way.

The library is in a great location and convenient for the locals living nearby.

Kayte (right) with Amanda next to the Lions Park Street Library.



Donate your glasses to help others



Lions Recycle for Sight Australia is a project to provide reading glasses to people in need.

Optometrists throughout the country have been partnering with Lions for over two decades as part of the Lions Clubs International Worldwide Eyeglass Recycling Program. Almost 20 million pairs of refurbished quality spectacles have been delivered to men, women and children in need across the world.

Lions has partnered with Specsavers to provide drop-off points for your unwanted glasses, spectacles, hearing aids and unused contact lenses which will be distributed to those in need in Australia and overseas.

Visit your local **Specsavers** store to drop off your unwanted glasses
or
you can pop them in a padded bag or bubble wrap and post them to **Lions** at:

Reply Paid 3021
Lions Recycle for Sight
PO Box 3021
Clontarf MDC Qld 4019

PLEASE DO NOT SEND



- ✗ glasses cases
- ✗ plano spectacles
- ✗ glasses that are scratched/damaged/have broken lenses or frame



We are developing our second Reconciliation Action Plan **'Innovate'**

Our actions are bringing people together

Unity Housing is proud to be progressing from our first Reconciliation Action Plan (RAP) called 'Reflect' and now developing our second RAP called 'Innovate'. This will help us build on previous actions to create more opportunities for Aboriginal and/or Torres Strait Islander tenants and their communities.

Our recent cultural activities include:

- A cleansing ceremony at our new Bowden office, led by Cliffy 'Tangu Munaitya' Wilson (pictured)
- Staff attendance at the National Reconciliation Week breakfast
- Cultural Awareness Training for all staff
- Sponsorship of the Kurna football and netball teams in the SA Aboriginal Football and Netball Sports Carnival
- Sharing information about National Sorry Day and National Reconciliation Week

COMPETITION

With food and petrol prices soaring and never-ending bills to pay, we know how challenging it can be to cover these costs and to eat well.

We're giving you the chance to win **one of three \$100 shopping vouchers** and a copy of both **Our Community Cookbook** featuring loads of healthy delicious recipes from our very own tenants and Sanitarium's **Eat Well for Less** book that showcases six simple, budget-friendly recipes that are packed with nutrition!



ENTER AND WIN!



\$100 GIFT VOUCHER

HOW TO ENTER →



SCAN ME

or visit

www.unityhousing.org.au/tenant-competitions/

Entries close **Friday 6 September** and winners will be notified by **Friday 13 September**.



Ros is embracing nostalgia

Ros has lived in Naracoorte for 13 years. She welcomed Unity's Tenant Engagement Officer, Jacqui, into her home to show Jacqui her collection of antique items. Ros started collecting vintage items in the late 1990s after inheriting her grandparents' wedding cake topper. This sparked her interest in preserving old items.

Entering Ros's home feels like stepping back into the 1940s: each corner is filled with unique vintage items, including delicate perfume bottles, beautiful Diana crockery, modesty tops, brooches, and vintage hats.

For Ros, collecting these items is more than just a hobby; it is a way to keep cherished memories and connect with the past. Over 25 years, she has carefully collected her treasures from local vintage stores and op shops. Her daughter also helps by finding items when she travels abroad, adding a global touch to Ros's collection.

Ros's dedication to her collection allows these vintage items to tell the story of the past and showcase their timeless beauty.

ONLINE NEWS made easy for kids

If you're looking for a fun online learning tool for your children, check out Kids News – it's a great free resource for children of all ages.

By visiting kidsnews.com.au, children from grade 3 can focus on enhancing their reading comprehension and have fun with a range of daily news features, activities, learning kits and more.

Designed to appeal to a younger audience, these age-appropriate online activities can enhance children's reading skills and encourage a greater understanding of the world around them.



To participate and receive the **FREE** Kids News newsletter, simply register your email at www.kidsnews.com.au.



AROUND the community



Cooking up a storm for Neighbour Day at Millicent High School
(photo courtesy of South Eastern Times)



Neighbour Day celebrations at Pennington



Day trip to Mount Lofty Botanic Garden



Day trip to Monarto



Barbecue at Fulham Gardens

COMPETITION

Show off your glorious garden and WIN!

Calling all Central Adelaide tenants!

Whether you're an experienced gardener or just starting out, we invite you to showcase your gardening skills in the Unity Housing gardening competition.

Show off your beautiful garden and compete for fantastic prizes in one of the following categories:

- 1 Best Garden (front or back)
- 2 Best Fresh Produce Garden
- 3 Most Creative/Unique Garden
- 4 Best Small Garden (balcony, vertical, indoor, courtyard)
- 5 Most Improved Garden

First and Second prizes will be awarded in each category, and every participant will receive a certificate and a seed pack at the awards ceremony.

Key dates:

Competition closes:

Monday 7 October

Judging:

Tuesday 8 October

Awards ceremony:

Friday 18 October (all participants will be invited to celebrate your gardening achievements)

How to enter:

Fill out the **entry form** below and send to

Amanda Phillips

Reply Paid 84254, PO Box 32,
Welland SA 5007

OR

Fill out the **entry form** below, photograph it and text to **Amanda** on **0427 445 723** or email to

a.phillips@unityhousing.org.au

For more information, please contact **Amanda** on **0427 445 723** or email **a.phillips@unityhousing.org.au**.

Show off your glorious garden and WIN!

ENTRY FORM

Name: _____

Address: _____

Contact number: _____

Email: _____

Category you are entering:

<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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PLEASE TICK

Permission for garden to be photographed:

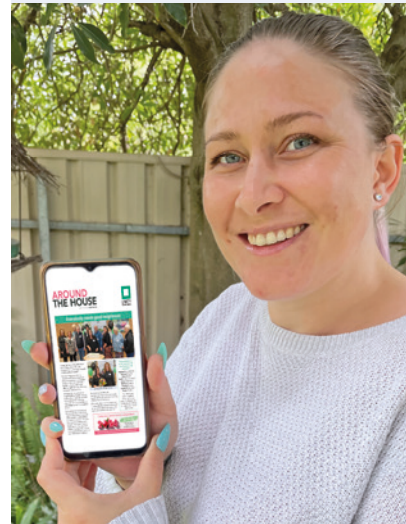
YES NO

PLEASE TICK

Best day and time to photograph garden:

DAY: _____ TIME: _____

Receive your editions of
AROUND THE HOUSE
by email



If you would like to receive *Around the House* electronically, please email **editor@unityhousing.org.au** with your full name and email address.



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 **December 2024 edition** please email **editor@unityhousing.org.au** by **Monday 30 September**.