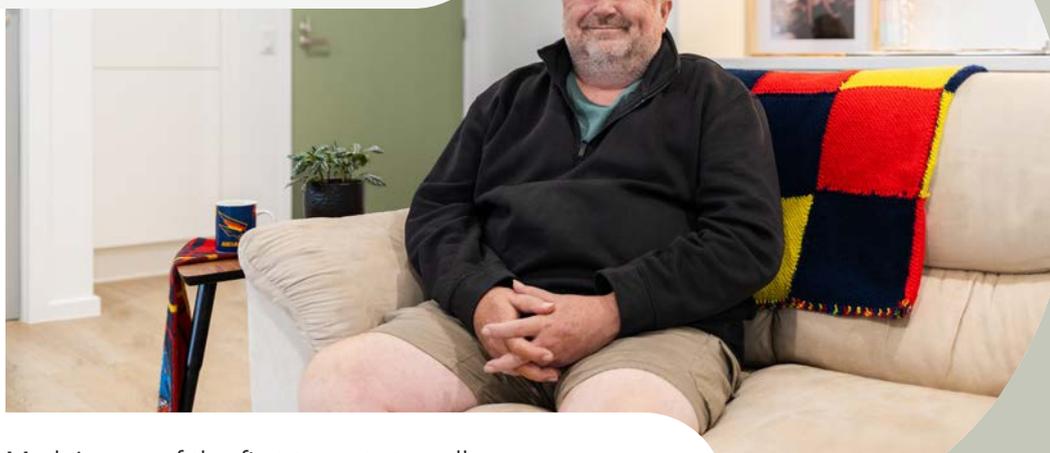


Around the House

WINTER 2025 EDITION 33



Full circle housing dream for Mark



Having a base to call my own gives me confidence and purpose.

Mark is one of the first tenants to call our new development at Henley Beach South home. He moved into his new two-bedroom rental apartment in May 2025, complete with ensuite, balcony and so much more.

"I'm the luckiest guy in the world," he says. "It's a full-circle moment."

Mark lived at this very site previously – when it was occupied by 52 SA Housing Trust units – and is grateful to be back in the beachside community. "I've come a long way in the last 10 to 15 years and now I've come back to here, bigger and better than ever, just like this apartment," he says.

Mark was a boarding house tenant with Unity Housing for nearly a decade and knows what it's like to sleep rough. "I'd do anything not to be in that position again," he says. "Having a base to call my own gives me confidence and purpose."

Before moving to Henley Beach South, Mark began looking for a place of his own, but the housing crisis locked him out of the private rental market.

"I didn't think there was any way I'd be able to get a place like this," he says. "For people like me, who work part time and are on a disability pension, it's almost impossible to rent. It was exhausting and tiring. It was a nightmare to be honest."

Having stable accommodation has enabled Mark to re-engage with the community and gain valuable skills working as a *Big Issue* vendor, and more recently as a delivery driver.

"Stable housing is very important," he says. "It's a foundation to get the rest of your life going."

A new era at Henley Beach South



Tenants Jaylen and Alfred, and Mariana and Augusto with Maya.

Unity Housing celebrated the official opening of our mixed residential housing development 'Coast' at Henley Beach

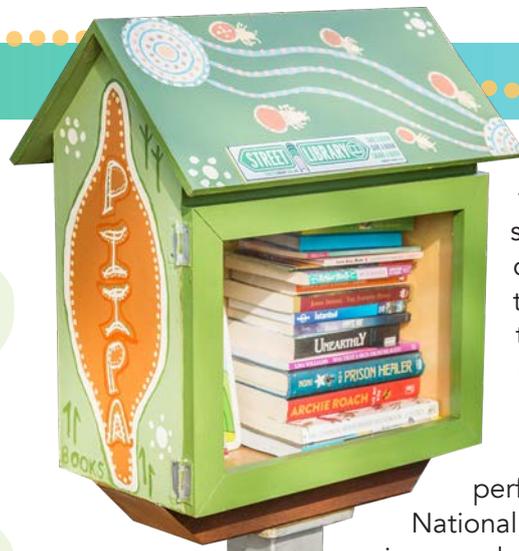
South on 2 July. The site features 70 homes that will provide much-needed affordable and social rental accommodation to those who need it.

A partnership between Unity and the SA Housing Trust, the project has been built on a redeveloped SA Housing Trust site. It was designed by City Collective and built by Centina.

Artwork brings street library to life

As part of National Reconciliation Week, a vibrant Neighbour Day event at Kidman Park marked the launch of a new street library, bringing together tenants, school children, Unity staff, and community locals under sunny skies.

A highlight of the day was the unveiling of the street library, beautifully decorated with artwork by Kidman Park Primary School students. The design features circular symbols and wavy lines representing Karrawirra Pari – the River Torrens – an important part of Kaurna Country.



Eighteen honey ants, symbolising the school's 18 proud Nunga students, are also included. One side of the library features a murlapaka, a traditional Kaurna shield, displaying the word piipa, meaning paper, letter or book in the Kaurna language.

The students' contribution gave the day cultural depth and meaning, perfectly reflecting the spirit of National Reconciliation Week. The library is a wonderful new feature for the reserve, encouraging sharing, learning and connection.



Christmas Card Artwork Competition

2025

This is your chance to have your festive masterpiece featured on the front cover of our 2025 Christmas card.

*~ Please note ~
Only one entry per person*

HOW TO ENTER: Check out the flyer included in this edition for all the merry details.



Left to right: Rick, Doug, Rhonda, Josh, Jacqui and Gus.

Yarning sessions strengthen connection

In May, Unity Housing hosted three yarning sessions with Aboriginal tenants as part of our ongoing Street Speak project.

This important initiative aims to improve how we listen to and respond to the voices of Aboriginal tenants by strengthening our culturally informed practices.

The sessions created a safe and respectful space for tenants to share their experiences and highlight what's working well, and where we need to improve and grow. These insights will guide us as we work towards meaningful and lasting change.

We were honoured to be joined by respected guest speakers, including Narungga Elder Uncle Gus Wanganeen and Braeden Talbot, Head of Programs at Power Community Limited. Co-facilitators included Aboriginal Cultural Advisor Doug Clinch from KWY Aboriginal Corporation, along with Unity Housing staff members Jacqui Matthews and Josh Dubois.

Thank you to all tenants who took part. We look forward to continuing this journey together.

Unity Housing is delivering our *Innovate Reconciliation* Action Plan over 2025-26.

Tenant Voice Roadshows

Save the date

We're excited to invite you to two upcoming Tenant Voice Roadshows. These events are a great opportunity to share your thoughts, ask questions, and stay informed about what's happening at Unity.

KEY DATES

Adelaide West

Wednesday 1 October at 2.30pm

Unity Housing Office Boardroom
10 Gibson Street, Bowden
Contact Tenant Engagement Officer
Lesley on **0439 310 434** or email
l.standaloft@unityhousing.org.au

Millicent

Thursday 16 October at 10.30am

Millicent Football Club, Williams Road, Millicent
Contact Tenant Engagement Officer
Jacqui on **0417 241 873** or email
j.matthews@unityhousing.org.au

LIGHT REFRESHMENTS WILL BE PROVIDED

For more information, please contact your Tenant Engagement Officer.

We look forward to seeing you there!

Charts 2025 share your creativity

Unity Housing is proud to be part of the 2025 Community Housing Art Awards (CHARTS), a celebration of the incredible creativity within community and social housing.

All experience levels and forms of creativity are welcome – painting, drawing, sculpture, photography, digital art, writing, textiles and craft. It's not about being perfect; it's about expressing yourself, having a go, and connecting through art.

Categories include:

- 2D (painting/drawing)
- 3D/sculpture
- Textiles and craft
- Photography/digital
- Poetry and literature



KEY DATES

Entries open: Tuesday 1 July

Entries close: Tuesday 30 September

Awards night: The Mill Gallery Thursday 4 December

Exhibition: The Mill Gallery, 10am-4pm daily from 5-17 December

People's Choice Award announced: Tuesday 16 December



For more information, please contact Tenant Engagement Officer
Lesley on **0439 310 434** or email l.standaloft@unityhousing.org.au

Wellbeing
sessions help
tenants
enjoy the
moment



Over six weeks in April and May, tenants at The Terrace Boarding House took part in a series of weekly wellbeing sessions, led by Kylie from EmpowerU Living.

Each session focused on mindfulness, encouraging tenants to explore their five senses – sight, sound, taste, smell, and touch – in thoughtful and engaging ways. Activities included mindful eating, nature walks, and a lively drumming session that had everyone moving and laughing.

Every week ended with a peaceful meditation to help wind down.

Four tenants attended regularly, bringing different ages and life experiences to the group. The sessions created a warm and respectful space where everyone felt safe to share and support one another.

Tenants said the sessions helped them feel more relaxed and present. As Sal put it, "It's been great, it's taught me to appreciate the moment and not take things too seriously." It was a meaningful and uplifting experience for all involved.

Millicent Lions Park

project reaches new milestone



The Millicent Lions Park project has taken another big step forward with the successful installation of the playground equipment, which is now open for the community to enjoy.

This progress wouldn't have happened without the amazing support of local businesses, community groups, and the dedicated Lions Park Working Group.



A big thank you to:

K&B Mitre 10 Millicent, Bio Gro,
and the **Millicent Lions Club**
for their generous donations
and hands-on help.

Thanks to everyone's efforts, the park is taking shape and is now a great spot for families and children. Strong support from the Millicent community shows what can be achieved when people come together.



Winter warmer meals on a budget

During the colder months, a warm comforting meal can keep you feeling cozy and nourished. And you don't need to spend a lot to cook delicious winter dishes that are healthy and filling. Simple ingredients like lentils, beans, root vegetables, rice, and pasta can go a long way in hearty soups, stews, and casseroles. Meals like vegetable soup, slow-cooked curries, or baked pasta can feed the whole family for just a few dollars.

Try this tasty Chow Mein recipe from our Naracoorte tenant Gloria.



Prep: 20 min | Simmer: 30-45 min | Serves: 4

Ingredients

- 2 pork chops, diced or 500g pork mince
- 2 rashers bacon, diced
- 1 onion, diced
- 230g beans, chopped (approx. 1 cup)
- ½ cabbage, shredded
- 1 packet chicken noodle soup
- 4 tablespoons uncooked rice
- 2 cups water
- 1 teaspoon curry powder
- 1 tablespoon butter
- Salt and pepper to taste

Cooking steps

1. Fry pork mince/chops and bacon with onion and butter, until slightly browned.
2. Add shredded cabbage, beans, chicken noodle soup mix, rice and water, curry powder and salt and pepper.
3. Simmer slowly for 30-45 minutes, stirring occasionally.



SCAN ME

For nutritious and satisfying winter recipes from Sanitarium.

A cut above the rest in the west

Congratulations to our four lucky tenants who each scored a \$100 gift card just for attending our recent key cutting events.

Held in Seaton and Woodville West in June, the events were run by Unity Housing to provide spare keys for tenants. Spare keys help us access homes for inspections or maintenance when no one's in.

Tenants dropped by to get a key cut, grab a snack, have a chat, and go into the draw.



Sue from Kidman Park was thrilled to have won a \$100 voucher.

Thanks to everyone who joined us!

Your friendly faces and community spirit made the day a great success!



Neighbour day blossoms at Hutchisons Nursery

Naracoorte tenants celebrated Neighbour Day in May with a warm and engaging gardening workshop at Hutchisons Nursery. Six tenants, who had expressed interest in gardening through a recent survey, came together for a hands-on session run by nursery owner, Sharon.

Sharon kindly shared her knowledge and tips, helping both new and experienced gardeners feel confident. Participants enjoyed potting a variety of herbs and were thrilled to take home two herb pots each.

After the workshop, tenants and Unity staff relaxed over morning tea, featuring homemade scones and coffee.

Tenants spoke positively about the experience, saying they appreciated the opportunity to meet others in a relaxed and welcoming setting. Many said they enjoyed the day and would enjoy more events like this in the future, especially ones that offer practical gardening tips and hands-on activities.



Bandit and Sivilay



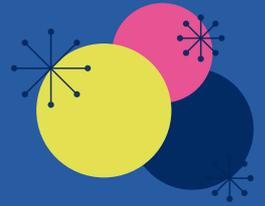
Linda, Sharon and Jill



Left to right: Lorraine, Bandit, Sivilay, Jacqui, Jill, Cat, Noel, Sharon, Viv and Linda.

All Abilities

ART EXHIBITION



SAVE THE DATE

FRIDAY
26 SEPTEMBER
2025

Opening Event

Millicent Visitor Information Centre
1 Mount Gambier Road, Millicent
3.30pm - 4.45pm

Immerse yourself and let your imagination explore the vibrant artwork made by the amazing artists of Millicent and surrounding communities.



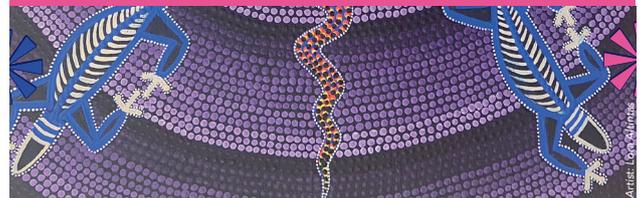
Artwork Entries Open

Monday 21 July until
Friday 29 August 2025

Categories include:

- Digital art/Media
- Acrylic/Watercolours/Oils/Drawing
- Recycled art
- Photography
- Miscellaneous
- Under 18s section

'Dare to Dream'



For your more information or to register your artwork contact **Jacqui** on **0417 241 873** or email j.matthews@unityhousing.org.au





Recognising our Good Neighbours

Unity recently held two Good Neighbour Awards for tenants in Millicent and the inner Adelaide CBD, recognising tenants who make a positive impact in their communities.

Tenant Engagement Officers Jacqui and Amanda opened the events, highlighting the importance of kindness and connection, and thanking each nominee for their positive impact.

Nominees received certificates and gifts as their inspiring stories were shared. The overall winners were **Raekhel** (Millicent) and **Porscha** (Adelaide CBD). Guests enjoyed lunch, shared stories, and celebrated the spirit of community.

Unity's Good Neighbour Awards honour tenants who go above and beyond to create friendly, supportive neighbourhoods.



Millicent winner Raekhel (pictured fourth from right).



Adelaide CBD winner Porscha (pictured second from right).

~ COMPETITION winners ~

Big congratulations to the three lucky winners of our recent competition:

Keir

from The Terrace Boarding House

Megan

from Flinders Park

Cynthia

from Millicent



BE IN IT TO WIN IT!

Each winner received a 75-piece Bunnings tool kit and a Big W pamper hamper. This was our most popular competition yet, with over 80 entries – our highest number ever! Thank you to everyone who entered and scanned their way into the draw. We hope our winners enjoy their prizes, and we appreciate everyone who took the time to get involved.

Keep an eye out for more great competitions in future editions of *Around the House*!

Share your story!

Have an idea or story for *Around the House*?



Please email interesting or helpful content for fellow Unity Housing tenants to editor@unityhousing.org.au by **Friday 17 October**.

We'd love to hear from you!

Get *Around the House* by email



To receive the newsletter electronically, email your name and address to editor@unityhousing.org.au.

Christmas
card artwork
entries are
OPEN!

2025

Design Unity Housing's 2025 Christmas card! Paint, draw, collage, or create digitally – if it can be reproduced, it's perfect. Submit your original design to be featured!

Amazing
prizes
up for
grabs

1st Prize
\$300

Your artwork will shine
on the **FRONT**
of the **Unity Christmas Card**.
You'll also receive a 20-pack of
blank cards featuring
your winning design to share
with family and friends.

2nd Prize
\$150

Highly Commended
\$50

Winners of **2nd Prize** and
Highly Commended –
your festive artwork
will feature on the **BACK**
of the **Unity Christmas card**.
You'll also receive a 20-pack
of blank cards featuring
your winning design to share
with family and friends.

HOW TO ENTER



Fill out the **entry form**, photograph it together with your **artwork** and text to **Amanda** on **0427 445 723** or email to **a.phillips@unityhousing.org.au**

- Open to all Unity Housing tenants
- Dimensions: from A5 (14.8cm x 21cm) up to A3 (29.7cm x 42cm)
- One entry per person
- Entries close **Monday 29 September 2025**

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

2025 Christmas card artwork competition ENTRY FORM

I agree that my artwork may be used for Unity Housing marketing purposes and on the Unity Housing website and that my artwork will remain the property of Unity Housing.

PLEASE PRINT

Name:

Address:

Contact number:

Email:

Signature:

Date:

Terms and Conditions: Entries will be judged by a panel. All artwork submitted must be the artist's own work and will remain the property of Unity Housing. Christmas card production costs will be the responsibility of Unity Housing.