

Spring 2018 News from the Housing Team



International Arrivals

With a long and proud history of providing housing to refugees, AnglicareSA recently commenced a new contract with AMES Australia to run the housing and welcoming component of the Humanitarian Settlement Program in South Australia. The program runs from AnglicareSA's Holden Hill and Mount Gambier offices with a team of 20 Bilingual Welcome Support Workers, Tenancy Officers and administration staff.

Manager of Settlement Services Vanessa Munday explains how the program works. "We welcome new arrivals at the airport and check everyone has arrived well," she says. "We then help them locate their luggage and transport them to our on-arrival accommodation."

Housing has a home already furnished and set-up for them, ready for the new arrivals to call home for the next 8 to 12 weeks while we support them to source

longer-term accommodation. "Although everyone is very tired from their long flight when they arrive at the accommodation, it is really important we go through a property induction and safety information," explains Vanessa. "Some of the new arrivals have only ever lived in villages before, so we need to assess how much they know and explain how to use the appliances for example, as well as how to contact an interpreter and to call 000 in an emergency."

Throughout their stay in our accommodation, Settlement Housing's Tenancy Officers work with the new arrivals to help them find a private rental property, by conducting education groups about the rental market, private rental groups and advocating on their behalf with rental agents.

An update from Ben Moore our Head of Housing Operations

As the winter months have drawn to a close I'm sure everyone is looking forward to some warmer weather.

It's been a busy year so far and we are working hard for you all to deliver the best service possible.

Tenant Newsletter response Lucky Winner

We are happy to announce that Natalie of Elizabeth Grove was the lucky winner of our Tenant Newsletter survey. We trust this will buy you a few extras and put a smile on your face.



We really appreciate the tenants who took the time to respond to our survey insert included in our last newsletter, we have gained some good information from the returns and will work towards initiating some of the new ideas into our future newsletters.

It was good to hear that many of you enjoy the articles on maintenance tips, gardening and recipes and we will endeavour to keep these coming. We will also work towards including some items of interest for upcoming events in the community. This will be a challenge due to the wide circulation of the newsletter from Metropolitan SA to Regional areas including Mt Gambier and Berri but we'll see how we go.

If you'd like to make a contribution to our newsletter as suggested by several respondents please feel free to drop your article into your local Anglicare Housing office or post it into us, and if room and content allows we'll

include it in one of our newsletters. The article may be an achievement or reward you or a family member have received or perhaps wanting to share a poem you have penned. Please forward any personal achievements together with a photo (it always makes an article more interesting).

Following are a few lines from a poem which was submitted by Wendy,

Take my hand and come with me I
want to teach you about ADHD,
I need you to know, I want to
explain, I have a very different brain.
Sights, sounds and thoughts collide,
what to do first, I can't decide?
Please understand I'm not to blame,
I just can't process things the same.
Take my hand and walk with me,
Let me show you about ADHD,
I try to behave, I want to be good,
but I sometimes forget to do as I
should.
Walk with me and wear my shoes,
you'll see it's not the way I'd
choose,
I don't know what I'm supposed
to do, my brain is slow getting the
message through.
Take my hand and talk with me, I
want to tell you about ADHD,
I rarely think before I talk, I often run
when I should walk,
It's hard to get my school work
done. My thoughts are outside
having fun.

We are now busy looking for tenants who wish to give something back to the community using skills they already have and or learning new skills volunteering in our Housing department. An Expression of Interest form is enclosed simply fill it in and drop it into your nearest Housing Office.

Be sure to return these forms if you are interested in volunteering because we are certainly interested in growing your skills where possible.



SA Water Win!

Our Business Administration Department has been working hard over the past months in an endeavor to save our tenants money.

We are now happy to announce that we have been successful in our application seeking Charity Rate exemption to all properties transferred from Housing SA.

The successful application resulted in an approximate saving of \$82k p.a. for tenants across these properties. Tenants will start to notice a reduction in water usage charges.

AnglicareSA Housing is now entitled to receive discounts to water and sewerage rates payable to SA Water.

The discounts available are:

- a 25% discount on water usage charges; and
- sewerage charges based on the number of toilets on the property, instead of charges based on property value.

This is a significant win for our tenants as we continue to provide affordable housing options to our communities.

How to save money on your electricity bill

With electricity prices increasing, knowing how to save money on your electricity bill can be a big help. Understanding your bill and using that knowledge can assist in saving money.

Get to know the costs for on/off peaks and compare prices/deals with various energy suppliers and select one that best suits your needs and life style.

Tips

- 💡 When shopping for large appliances (washing machines, clothes dryers, dishwashers, fridges, televisions, computers, etc.), look for an energy efficient product. When shopping for a new appliance in the stores, the larger appliances usually have a label on them which informs you of the rating of energy efficiency.
- 💡 Use energy saving light bulbs
- 💡 Only use lights required, ie: turn the lights off when they are not being used and/or use lamps instead of main lights.
- 💡 Use the clothesline as often as you can and keep the use of the clothes dryer to a minimal
- 💡 When cold, use a blanket or put on another layer of clothing before considering turning on the heater. When using the heater, close the doors to unused rooms so it reduces the area that requires heating.
- 💡 Wash clothes in cold water and only do washing when you have a full load.
- 💡 Turn off appliances when they are not in use. Or better yet, turning them off at the wall, appliances on standby are still using electricity.
- 💡 Only fill the kettle/pots with the amount of water required.
- 💡 Thaw food in the fridge to reduce cooking time

These money saving tips are easy and simple to do and every cent saved adds up.

For more ideas and information go to:

<http://yourenergysavings.gov.au/guides/reduce-your-energy-bills>

Shepherd's pie

Ingredients

1 tablespoon olive oil, 1 brown onion, 1 carrot and 2 celery sticks finely chopped, 500g beef mince, 2 tablespoons plain flour, 1 cup beef stock, 1 sachet tomatoe paste, 6 potatoes, 40g butter melted, 1/4 cup milk, 20g butter melted for top.

Method

Step 1. Heat oil in a frying pan over medium heat. Cook onion, carrot and celery, stirring, for 5 mins or until onion softens. Add mince. Cook, stirring with a wooden spoon to break up any lumps, for 5 mins or until mince changes colour.

Step 2. Sprinkle over the flour and stir to combine. Add stock, mixed herbs and tomato paste and cook, stirring occasionally, for 10 mins or until the sauce thickens slightly. Remove from heat. Season with salt and pepper.

Step 3. Meanwhile, cook the potato in a medium saucepan of boiling water for 15 mins or until tender. Drain well and return to the pan. Add the butter. Use a potato masher or fork to mash until smooth. Stir in the milk. Season.



Step 4. Preheat oven to 200°C. Place the mixture into an ovenproof casserole dish. Spoon over the potato mixture and brush with extra melted butter. Place on a baking tray. Bake for 25-30 mins or until the top is golden and the filling is heated through.

Serve hot with vegetables.

Spring Gardening Tips

Vegie Gardens – Why not supplement your food and have fun at the same time?

Spring is here and it's time to plant your vegetables. You only need a small patch approximately 3 meters x 2 meters.

Dig soil over to the depth of 25cm – roughly level and then add 5 – 10 kg of Gypsum and two to three bags of cow manure or planting compost. Lightly dig into soil and then level again.

Your vegie patch is now ready to plant: Tomatoes, Chilli's, capsicums, cucumbers, lettuce, onions, watermelon and rock melon to name a few.

Feed vegies with Blood and Bone or Seasol and then repeat in 12 – 14 weeks' time.

After planting top dress with chopped pea straw to help hold the water in. You should get 4 crops every week.

Lawns

Time to prepare your lawns for summer fun. Cut lawns down to bottom notch on lawn mower.

Spread Gypsum – 2 kg per square meter. Then feed the lawn with Munn's Golf Course Green – 1 kg per 10 square meters and be sure to water it in.

Deep soak your lawns 20mins each area once per week. Cut fortnightly 3rd notch from bottom of lawn mower. Feed lawns again in December and March.



A BUCKET FULL OF SURPRISES



Moving into a new home can be daunting at the best of times! AnglicareSA Tenancy Officers, in conjunction with our Parish Partnership volunteers are trialling a pilot project in which all new AnglicareSA Housing tenants are provided with a welcome pack which contains some essential items such as tea, coffee and tea towels etc.

The initiative taken by our Tenancy Officers utilises AnglicareSA's Parish connections to provide many of the additional items provided in the packs. Volunteers led by our Chaplain Pru O'Donovan regularly provide us with winter items her team of volunteers have made, focusing on cosy knitted items for children, toys, books and even some beautiful handmade quilts and blankets.

Winter time can be hard financially with escalating power bills so to help cut down on the power costs the beautiful warm quilts and blankets can be used to provide additional warming thus helping to reduce utility costs for our tenants.

It's so nice to see a smile on their faces when presented with this surprise gift!

Community Events

Christmas Parade

Saturday 17th November – 11am till 12.30pm

Mount Gambier Farmers Market

(Veggie swap every fortnight)

Open every Saturday morning from 9am until noon. In the heart of Mount Gambier in the beautiful Cave Gardens. Now you can buy your weekly produce straight from the producer!

Truly fresh product picked just the day before is something you are only likely to get at an authentic farmers market. And when you buy your weekly supplies at the Mount Gambier Farmers Market you can be sure that your money stays in our community.

Rotary market every Saturday behind Harvey Norman – 8am till 1pm

Molony's Market every Sunday 10am till 2pm



MEN'S SHED

Men's Sheds are a place of encouragement for all to take an interest in their own health and well-being. Good health is also based on many factors and becoming a member of a Men's Shed gives a person that safe and busy environment where many of these things can be found in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure.

You can just come and have a yarn and a cuppa if that is all you're looking for.

Barmera Community Men's Shed, Bruce Oval Pavilion, Scott Avenue, Barmera 1300 550 009

Renmark/Paringa Museum Community Group

Loxton Men's Shed, 13 Cashmore Avenue, Loxton 1300 550 009

Waikerie Men's Shed, 12a Penaluna Court, Waikerie 0456 710 481

RIVERLAND FARMERS' MARKET

You are invited to visit the Riverland Farmers' Market, held **each Saturday 7:30-11:30am** at the Berri Senior Citizens' Hall, Crawford Tce, Berri

Local producers sell directly to the public, the number and types of food stalls present varying each week depending upon the season. Locally produced craft is also available from a limited number of craft stalls, the number and types of craft stalls varying each week.

Community Services

Community Services West

Emergency Assistance

JUBILEE CITY CHURCH AND COMMUNITY CARE

Emergency food parcels (by appointment)

653 Port Road, Woodville Park

Ph. 8345 2455 or 0412 462 785

Sun 10am and Thursday 5pm – 7pm

SALVATION ARMY COMMUNITY SUPPORT SERVICES

Mon, Tues, Thurs and Friday 9am- 2.45pm

Wed 9am-12.30pm

Phone at 9am for an appointment for emergency food.

1-7 Gray street, Kilkenny

Ph. 8445 2044

Health and Well being

HEADSPACE PORT ADELAIDE is a free, confidential, and youth-friendly service for young people aged 12-25 years. Headspace Port Adelaide provides a range of specialised services to young people and their families who may be experiencing issues with their mental health, physical health, alcohol and other drugs, work & study, or financial. For further information simply drop in or give them a call. **78-80 St Vincent St Port Adelaide, 8215 6340**

SHINE SA Inc.

Services include but not limited to;

Clinical services - contraception services, pregnancy testing, counselling and referral, information on safer sex and sexuality issues, STI testing, management and referral, men's and women's sexual health issues

Counselling – provided by professional sexual health counsellors for individuals, couples and families

Drop-in clinics for young people aged under 25

Please contact Shine SA on the following number or visit their website for further information.

Eligible for people under 35 years.

64c Woodville Rd Woodville,

1300 794 584 to book an appointment

<https://www.shinesa.org.au/>

Mon - Fri 9am - 5pm

Community Services North

Emergency Services and Food Supports

ANGLICARE SA

91 – 93 Elizabeth Way, Elizabeth

Ph: 82095400 Or 1800 061 551

PLAYFORD FOOD CO-OP

Elizabeth Downs Shopping Centre,

Shop 5, 26 Hamblynn Road, Elizabeth Downs

Ph: 82874299

Smithfield Plains SC,

Shop 9, 240 Peachey Road, Smithfield Plains

Ph: 82543641

PARAFIELD GARDENS COMMUNITY CENTRE

65 Shepherdson Road, Parafield Gardens

Ph: 8258 4175

FRED'S VAN

Elizabeth Wednesday 6pm Vinnies Centre,

8 Langford Drive, Elizabeth

Salisbury Sunday 6pm Twelve 25 Youth Centre,

17 Wiltshire Street, Salisbury

ELIZABETH CHURCH OF CHRIST; CAFÉ HOPE

Cnr of Short & Ashfield Rd, Elizabeth

Mon-Fri 10-2 pm (Meals avail \$2 - \$6.00)

Ph: 8255 2467

Community Services South

HEADSPACE ONKAPARINGA is a free, confidential, and youth-friendly service for young people aged 12-25 years. Helping young people and their families who may be going through tough times. For further information simply drop in or give them a call.

Unit 3, 50 Esplanade, Christies Beach

Ph: 8186 8600

UNITING SA

We offer support to individuals, families and young people living with a mental illness or mental health concern.

111 Beach Rd, Christies Beach,

Ph: 8392 0200



VOLUNTEERS NEEDED

We are currently looking for energetic individuals to help support our Housing Services Team located at our Holden Hill Office. Our Administration Support Volunteers play an important role in supporting programs throughout Housing Services.

You will be involved in supporting the Housing team with a range of basic administration functions such as scanning and photocopying, data-entry, mail-outs, assisting with preparation and printing of training materials and handbooks.

Help make a difference in the community whilst gaining training and administration experience and/or utilising your existing skills in a friendly and welcoming environment.

This is a great opportunity and pathway into Administration and Community Housing.

If this sounds like you, please complete and return the included Registration of Interest Form.

ANGLICARESA

Housing & Homelessness

Metropolitan

Level 1, 560 North East Road,
Holden Hill SA 5088

60 Fairfield Road
Elizabeth Grove SA 5112

3,10-14 Regency Road
Kilkenny SA 5009

111 Beach Road
Christies Beach SA 5165

Regional

C/- ac.care
70-72 White Avenue
Mount Gambier SA 5343

C/- ac.care
5 Kealley Street
Berri SA 5343

E. anglicaresahousing@anglicaresa.com.au
W. www.anglicaresa.com.au