



Home Stories

June 2013 EDITION 1

Welcome to the first edition of Home Stories!

Well, it's finally here - the new and improved resident newsletter! After much deliberation and consultation with the Resident Committee, it was decided to rename the newsletter *Home Stories*. This name was chosen as we want to focus on not only providing you with a house, but a home where you can create many different stories - stories that we hope to tell throughout this newsletter.

If you would like to see your story featured in this newsletter please contact your Housing Officer. Stories published in the newsletter will receive a \$100 supermarket voucher or iTunes voucher.

We have also developed an electronic newsletter that you can sign up to via our website. This is distributed quarterly and the next edition is due in August.

We would love to know what you think about this newsletter so please send us an email or letter to the addresses on the back page.

We look forward to hearing from you!

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COMMUNICATION SURVEY RESULTS

In the April edition of Street Talk we asked you to complete a Communications Survey. This survey was conducted to gain an understanding of your Internet usage and how to best communicate with you.

The survey was distributed to 1959 residents and an overwhelming 312 responses were received; a response rate of 16%. Thank you to everyone who took the time to respond to the survey.

The survey found that 67% of respondents use the internet; 63% use it every day; and 39% use it morning, afternoon and night. Of those respondents who use the internet, 45% use social media and more than half, 52% use Facebook to communicate with others. A further 85% of respondents use email and 57% of these provided us with their email address to communicate with them.

Based on these findings a strategy is being developed to communicate with you better through social media and the Housing Choices website as we want to provide you with an additional, interactive platform to talk to us. The strategy will be implemented over the coming months.

In the meantime, if you're a social media user please take the time to 'like' our Facebook page and 'follow' our Twitter page. Details are on the back page of this newsletter.

Residents who don't have access to the Internet are able to continue to contact us the traditional way via mail or telephone.

We look forward to hearing from you!

RESIDENT ZONE

We have improved our website for residents and included a 'Resident Zone'. Here you will find information on how you can get involved, community programs and complaints and feedback.

This new part of the website also contains the new Resident Committee Handbook which tells you all about the Resident Committee, what they do and how they operate. Have a look and see what you think. Does it interest you?

For those who use the internet we encourage you to check out the new space and tell us what you think. What would you like to see? What would be useful for you?

SUBMIT YOUR TIPS

Do you have a helpful household tip, recipe or piece of information you would like to share with other residents? Well you can by sending them to us!

All you need to do is send them to info@hcau.org.au with 'Home Stories Information' in the subject line. Alternatively, you can pop them in an envelope and post to (it's free postage):

Housing Choices Australia
Reply Paid 80245
Melbourne VIC 3000

If your information is published in an edition of *Home Stories* you will **receive a \$50 iTunes or supermarket voucher**. Remember to include your name and contact details so we can send you a voucher.

Prefer to remain anonymous? Not a problem! Just let us know and your name won't be printed in the newsletter.



*Residents of High Street, Preston
enjoying their communal garden
which won the Victoria in Bloom
competition*

PRESTON RESIDENTS CELEBRATE WIN



In May, residents of High Street, Preston gathered in their community garden to celebrate their success at winning the Victoria in Bloom competition.

Housing Choices staff attended the celebration and provided a barbeque for all residents to enjoy. The weather was fabulous which only added to the cheery atmosphere.

Following the barbeque, a few residents featured in an article in the local Preston Leader which you can read on our website in the Media section.

Kiro, a resident said he enjoys being able to garden on the rooftop and sit, chat and joke with other residents.



HOW TO BE THRIFTY

We have stumbled across The Thrifty Issue, a website dedicated to providing tips on how to save time, money and stress.

Here you will find money-saving ideas for activities, home decorating, crafts, fashion and food. There really is something for everyone!

And we know Christmas is a good six months away, but what better time to start planning now?! The Thrifty Issue counts down to Christmas Day whilst providing helpful weekly tips to ensure you don't get caught out at the last minute.

Take a look at www.thethriftyissue.com.au and start benefiting from the helpful tips. If you try a tip please let us know about it by sending us some pictures or a small bit of information.

MONEY HELP

MoneyHelp is an initiative developed by the State Government of Victoria that provides tools and advice to help people manage their money and debt.

MoneyHelp is a fantastic resource for information on Budget Planning, Managing Money and Financial Counselling and better still, it's free.

If you've just lost your job, are finding it hard to manage bills and debts or you're unable to pay your rent, take a look at the website at www.moneyhelp.org.au for options that are available to you.

Prefer to speak with someone? Call MoneyHelp's free telephone number 1800 007 007 (calls from a mobile phone may incur a fee).

REWARD YOUR NEIGHBOUR

Do you know someone that ticks any of these boxes?

- > Friendly and helpful
- > Provides assistance to others
- > Contributes to the local community
- > Is mindful of others
- > Has performed a good deed
- > Respectful of others privacy and lifestyles
- > Maintains their property
- > Alerts others to danger

Here is your chance to recognise them. Anyone can nominate a resident for this award. You may be a neighbour, support worker, housing officer or community resident.

A certificate of recognition is sent to each nominated person and all nominees will be placed into the end of year competition to **win the Neighbour of the Year Award – a \$500 voucher!**

In addition, residents who nominate will also go into the annual draw and if the person they nominate wins that annual prize, they will receive a \$50 voucher.

To nominate, please write down the name of the person and reasons why you are nominating them and send it to Housing Choices, Reply Paid 80245, Melbourne VIC 3000. If you prefer to email, please provide the same details and email them to info@hcau.org.au.

VEGGIE PLANTING GUIDE

If you love gardening or want to give it a try, below is horticulturist Peter Cundall's guide on the best seeds to plant at different times of the year.

JULY

PLANT: Asparagus crowns, early potatoes, shallots, potato onions, long-keeping salad and spring onion as small seedlings, garlic cloves, rhubarb divisions, Jerusalem and globe artichokes.

AUGUST

PLANT: Certified seed potatoes, Jerusalem artichokes, shallots, potato onions, garlic cloves and oca (*Oxalis tuberosa*). Off-sets (suckers) of globe artichokes (for tasty food and brilliant flowers). Divisions of chives, rhubarb and asparagus crowns. Sturdy young seedlings of cabbage, cauliflower, celery, broccoli, lettuce onion and leeks.

SOW: Direct where they are to be grown seed of peas (including delicious snow peas), broad beans, turnips, swedes, Asian brassicas, English spinach and onions. In warm, well-drained soil or containers, sow silverbeet, cabbage, cauliflower, broccoli and lettuce seeds.

SEPTEMBER

PLANT: Potatoes, Jerusalem artichokes, globe artichokes, chives, rhubarb divisions and seedlings of cabbage, cauliflower, celery, broccoli, lettuce, silverbeet, spring long-keeping and salad onion and leeks.

SOW: Carrot, beetroot, parsnip, silverbeet, cabbage, cauliflower, broccoli, lettuce, onion, kohlrabi, summer spinach, leeks, swede, turnip, peas, Asian brassicas, Japanese turnip, peas. Under glass in containers sow tomatoes, pumpkin, zucchini and sweetcorn.

WINTER WARMER RECIPE - MINISTRONE SOUP

This soup is a favourite of one of our staff members. It's a great winter dish as leftovers can be frozen and any vegetables can be used.

INGREDIENTS

4 bacon rashers – remove rind and chop
1 brown onion finely chopped
1 celery stalk finely chopped
1 large carrot finely chopped
2 garlic cloves peeled and crushed
4 cups salt reduced vegetable stock
2 tablespoons of tomato paste
3 large ripe tomatoes chopped or tin of crushed tomatoes
¾ cup of pasta
400g can of cannellini beans drained and rinsed
2 small zucchinis chopped
½ cup frozen peas
1 glug of olive oil
Parmesan cheese

METHOD

1. Heat oil in a large pan over high heat
2. Place bacon, onion, celery and garlic in pan
3. Cook stirring for 4 minutes until the onion is soft and bacon golden
4. Place vegetable stock, tomato paste, tomatoes and 1 cup of cold water into the pan and bring to boil
5. Simmer for 30 minutes or until the vegetables are tender
6. Add pasta, beans, zucchini and peas and simmer for 15 minutes or until pasta is cooked
7. Season with salt and pepper and serve with parmesan cheese sprinkled on top and bread
8. Enjoy!

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