

FOR THE

**Autumn
2022**

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**HOUSING
CHOICES**
SOUTH AUSTRALIA

Find us online

www.housingchoices.org.au



From the General Manager



Welcome to Housing Choices SA's Autumn edition of Home Stories.

I am excited to report that after nearly three months of working in split teams - with half of each week from home - staff at Housing Choices SA have returned to the office and are again working together as one group. I'd again like to thank everyone for their patience during this very challenging time.

We are currently in the final stages of yet another rent review. This has been made possible by the prompt return of income details and our gratitude goes out to everyone for completing and returning this paperwork.

Despite the continuing pandemic, we have still managed to stage some fantastic events with a focus on ending isolation and bringing communities together safely. We hope you enjoy reading about our Neighbour Day celebrations, acknowledgement of International Women's Day and some of the outings Housing Choices SA residents have enjoyed recently. These activities would not have been possible without generous support from a broad range of organisations.

In this edition you'll find a new column called Top Tips for Saving Money, as well as a story about one

of our Common Ground residents, Kevin, who has become a regular at the community garden. We hope you enjoy these additions.

We have also included some tips on reducing unwanted rodents and cockroaches as they look for a warm place to call home as the weather cools down.

Until next time, stay safe and happy reading.

Best,

Julie Duncan
General Manager,
South Australia



Coffee and Culture at the Beach



Since the last Home Stories edition, the Inclusive Communities team and members of the Coffee and Culture program tested their paddle-boarding skills at Glenelg Beach, supported by RecLink Australia.

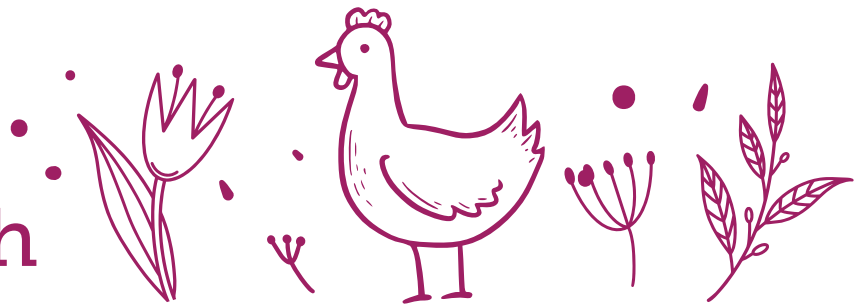
Those who wanted to stay dry and learn about the cultural history of Glenelg visited the Bay Discovery Centre. Centre curator Julia offered a tour of exhibitions covering the rich Kaurna history of the Adelaide Plains and a more recent historical view of the Glenelg foreshore.

Following the activities, the groups reunited for a coffee and chat before heading home.

Coffee and Culture outings occur monthly. Keep an eye out for the Stay Connected, Stay Active program each month to learn more about activities available to Housing Choices SA residents. If you would like to have this mailed to you, please contact the Inclusive Communities team on **1300 312 447**.



Kevin's Happy Patch



When Housing Choices South Australia resident Kevin was allocated his Mellor Street property in Adelaide last year, he set to work helping at Housing Choices SA's Common Ground Community Garden.

"The garden is in the old Franklin St bus shelter. We have a bunch of volunteers from Housing Choices and the local community who go every Friday to work on it and grow plants and all sorts," he said.

Kevin's green thumb has helped transform the local green area into a thriving garden, attracting the attention of passers-by.

"The garden is an inspirational space, and Kevin has fitted right in here," said Housing Choices SA Inclusive Communities Team Leader Mark Kruszynski.

"Kevin has worked with the garden group to help make it a beautiful place that is brimming with life".

The 50-year-old resident also helps care for the chickens who call the garden home.

"I clean out their pen. It gets a bit untidy," Kevin said.

"One of the chooks, Ghost is the friendliest. She lets you hold her, and she'll sit on your lap."

An animal lover through and through, Kevin's passion for wildlife isn't limited to the community hens.

"I also volunteer with a wildlife sanctuary up in the Adelaide Hills.





For many years I've done volunteer work up there, I did it before I went to Sydney as well. It keeps me busy," he said.

"Working hands-on with the animals is unbelievable. I work with monkeys, koalas, birds of prey, wombats, parrots, everything.

"I don't have any animals myself at the moment but in the future I'd like to get a ginger cat from the RSPCA. The good thing is they come already microchipped and desexed. I'll call it Ginger Megs and take it for walks."

Before Kevin found stable, affordable accommodation he was sleeping rough.

"I came back (to Adelaide) last year from Sydney and was homeless for about a month. I got into some accommodation through the men's shelter and then I got onto Housing Choices. I filled out all my application forms and got a property," he said.

"I had moved to Sydney to have a break from Adelaide. It didn't work out and I came back. Now it's the start of a new era.

"I've been with Housing Choices for nine months and it's fantastic. There are no words to describe it – I'm just overwhelmed."

Left: Kevin uses his new bike to get between his home at Common Ground and the Community Garden.

Images by Kenneth and Michael De Boo.





Building Connection

Feelings of loneliness and isolation can affect any of us at - any time of our lives. In fact, 1 in 10 people experiences feelings of loneliness and social isolation, and in March last year 54 per cent of Australians said they often felt lonely.

Housing Choices SA aims to help reduce feelings of loneliness and social isolation through a range of monthly events, workshops and activities.

We are also increasing our own knowledge of the benefits to both a person's health and the community through social inclusion. Staff attended a workshop, hosted by Uniting Communities and Community Centres SA Inc, about the advantages of connecting with others, the benefits of which are equivalent to smoking 15 fewer cigarettes a day!

Evidence also shows when people feel connected, they feel safer and more welcome, are better able to adapt to change and have more influence over the issues that affect their lives.

Underpinned by our vision that all people are affordably housed in neighbourhoods that support life opportunities, and our mission to collaborate with partners to create resilient and inclusive neighbourhoods, we are creating opportunities to help residents feel a sense of belonging and community connection.

If you'd like to get involved, contact the Inclusive Communities Team to receive your monthly copy of the Stay Connect Stay Active program. Together we can create a sense of belonging and connectedness.



An Afternoon at the Theatre

Through a partnership between Housing Choices SA and Adelaide Festival during Mad March, residents could attend Bangarra Dance Theatre's production of Wudjang: *Not The Past* at the Festival Theatre, and *The Picture of Dorian Gray* at Her Majesty's Theatre.

Bangarra Dance Theatre's performance was moving, spiritual and brilliant, with everyone thoroughly entranced by the incredible work.

Period drama - *The Picture of Dorian Gray* - was also wonderful. A single actor played all 26 parts, using live and pre-recorded video to bring the production to life.

Residents and staff were very fortunate for the opportunity to attend. A huge thank you to the Adelaide Festival for the tickets!

Here's what some of the residents had to say:

"So good to see this show. Thanks Housing Choices SA" Stephen

"Dorian Gray was amazing. A huge thank you to Housing Choices" Kenneth

"I cried all the way through it. So incredible!" Jayne

"It was a fascinating show" Sven

"Thanks so much for the tickets, we enjoyed the show immensely" Adam





International Women's Day



Celebrated around the world, International Women's Day highlights conversations about women's achievements and global gender equality. It invites people of all backgrounds, ages and genders to consider what they can do to make the world a more equal place.

For Housing Choices SA, this was a great opportunity to bring residents together for a day of chatter and laughter, food, giveaways, information and a little pampering.

Residents were treated to facials, manicures, new hair styles and professionally applied make-up by the wonderful team Reclink Australia. Thanks to very generous donations from a range of organisations, a great choice of preloved clothes and a large range of toiletries were on offer to

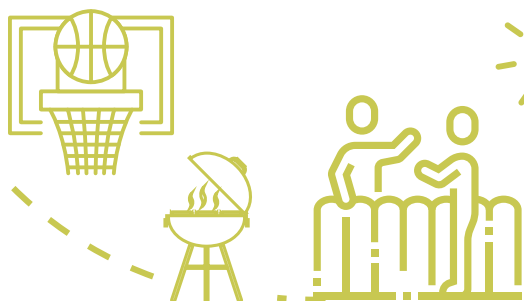
update residents' wardrobes and restock their bathroom cupboards.

We were also lucky to have BreastScreen SA join us to share great health advice about why breast screening is so important, and many appointments were made.

If you are over 50 make an appointment today with BreastScreen SA by calling **13 20 50** or email **HelloBSSA@sa.gov.au**.

'What a great day. Everyone left with their faces lit up and sparkly' Rebeccah

Above left: Christine and Joy
Above right: Hazel



Neighbour Day

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Neighbour Day started in Melbourne in 2003 as a day for neighbours to 'check in' with one another. In 2014 Relationships Australia became the custodians of Neighbour Day with the aim to create better social connections through community events.

This year, we held our own Neighbour Day at Felixstow Reserve. It was a fun way for Housing Choices SA residents to connect.

There were games of Basketball, Four in a Row and Table Tennis - which certainly brought out residents' competitive sides – as well as a barbeque lunch. Matteo from BaptCare shared information about the Community Connections program while Gavin, from Campbelltown City Council, spoke about other local community programs.

In the city, we celebrated Neighbour Day in collaboration with ACH Group, City of Adelaide and the Adelaide West End Association, with live music provided by Fleur Green. It was wonderful to see so many residents soaking in the amazing atmosphere. We unveiled 'Herbie the Salad truck,' used our Green Thumbs to do some new garden bed planting on the promenade alongside Light Square and enjoyed a delicious barbeque lunch.

A special thank you to the newly elected state MP for the electorate of Adelaide, Lucy Hood, who spent the day with us and provided everyone with the opportunity to help shape the future of Adelaide.

We would also like to thank all of the residents who attended these events and got into the Neighbour Day spirit. Planning has already started for our 2023 Neighbour Day celebrations. We hope to see you there.





Money Saving Tips

Thank you to Lorraine from Hackney who sent in her top money saving tips, we've sent you a \$25 voucher.

If you have money saving tips you'd like to share, please send them to **communitydevelopmentsa@hcau.org.au** or phone **1300 312 447**.

Lorraine's Three Top Tips:

- 1.** Cut up old T-shirts to use as household cleaning cloths. It is resourceful and great for our environment.



- 2.** Use a home brand eucalyptus wool wash instead of expensive carpet cleaning products. Eucalyptus kills germs, is safer than some other products and is natural.



- 3.** Have a sandwich instead of expensive take-aways. This avoids using wasteful plastics and saves money.



My Money Program



From Autumn, Housing Choices SA in collaboration with Good Shepherd Microfinance, will facilitate the My Money program.

Over three sessions, the group will explore setting money goals, creating a realistic budget, as well as understanding the financial goods and services available to help. Participants who complete all three sessions will receive up to **\$150 in rent credits** thanks to the generous support of Good Shepherd Australia New Zealand. For more information contact the Inclusive Communities team on **1300 312 447**.

Pets Corner



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Microchipping of pets became compulsory in 2018, and LPSA Chip Blitz are holding a \$10 microchipping day for dogs and cats in Stepney on 25 June 2022!

Booking available at
<https://www.chipblitz.com/locations>

We would love to see photos of your pets, as we know from experience how much they can enrich our lives! Please email a photo for us to share in the next edition to communitydevelopmentsa@hcau.org.au.



Did you know that Housing Choices SA has Facebook?

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Facebook is a great way to keep up-to-date with Housing Choices SA information and activities.

Click the 'Like' button on our page to stay connected with the Housing Choices South Australia community.

You can also share photos from our events and activities, as well as in the community more broadly with us.

Find us here: www.facebook.com/HousingChoicesSouthAustralia



What a Pest

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While Spring and Summer bring out flies, insects and spiders, Autumn is when cockroaches, possums and rodents - such as mice and rats - may try to make a home in the warmth of your property.

Did you know cockroaches can live for months without eating? But they do need a daily supply of water to thrive. All vermin, however, are happier if there is a food source available.

While baits commonly purchased at the supermarket are the best way to eradicate these pests, you can help prevent them from being a problem by ensuring there aren't damp areas in the home, surfaces are kept clean, food is kept in cupboards in sealed containers, bins are emptied regularly and clutter that make good hiding spots for vermin is minimised.

It is generally the responsibility of the resident to manage pest control, however, Housing Choices SA will ensure obvious entry/exit points for mice, rats and possums are sealed and leaking plumbing causing dampness is repaired.

These can be reported directly to our maintenance hotline on **1300 153 850**.



Home Stories Autumn Puzzle

Win a \$50 Bunnings Voucher!

Find all of the words in the word search except for one, which is not actually in the grid. Words may be forward, backward, up, down or diagonal.

W	E	B	S	I	T	E	Q	U	E	T	R	L
A	H	E	A	L	T	H	K	P	E	Y	F	L
U	T	U	I	O	P	L	J	D	V	C	D	A
T	G	U	T	T	E	R	S	A	I	O	S	F
U	Q	W	E	F	D	A	H	T	T	N	W	S
M	S	T	S	I	T	R	A	E	A	N	T	N
N	T	V	A	P	P	E	A	L	E	E	U	I
N	M	E	N	T	A	L	T	C	R	C	Q	A
T	R	A	I	N	I	N	G	A	C	T	A	R
M	A	C	Z	L	E	A	V	E	S	W	C	D
Q	C	E	N	T	R	E	P	A	Y	U	B	N

FIND THESE WORDS IN THE GRID

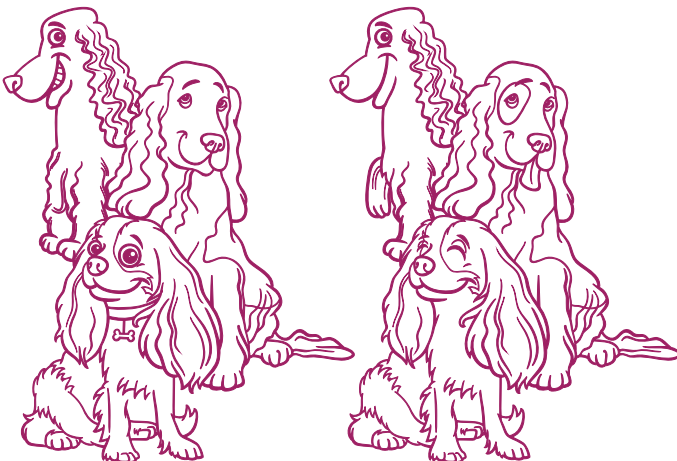
AUTUMN	UPDATE
LEAVES	CENTREPAY
FALL	ONLINE
GUTTERS	CONNECT
DRAINS	MENTAL
APPEAL	HEALTH
TRAINING	CREATIVE
WEBSITE	ARTISTS



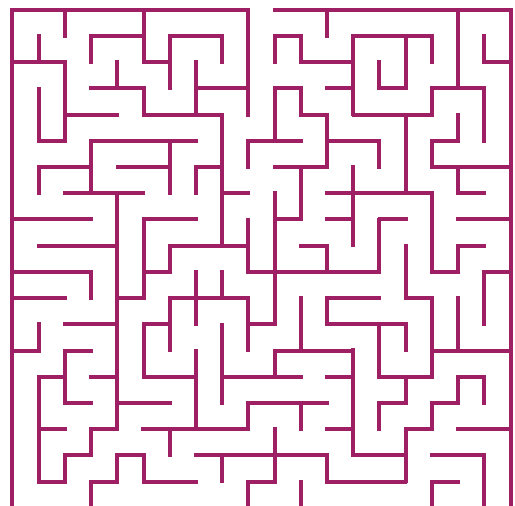
Once you've found all the words in the word search contact our Inclusive Communities Team with the remaining word on **1300 312 447** or send an email to **communitydevelopmentsa@hcau.org.au** to go in the draw.

Please also include your name, home address and contact number. Entries for the competition close on **Friday 3 June**. Maximum one entry per household.

FIND 6 DIFFERENCES



FIND YOUR WAY OUT



Stay Connected Stay Active

Registration is essential for all events and activities

Yarnin' Choices

Are you a member of our
Aboriginal or Torres Strait
Islander community

Join us for a yarn,
have a laugh and share your
thoughts



Focus Group

Mellor Street
Community Space



If you are interested in
getting involved in shaping
activities and events
then come along and
find out more

Coffee Morning Catch Up



Join us and meet friends
old and new
A friendly chat over a cuppa
can help us all feel
connected

First Friday of each month

Games Afternoon

Tuesday 1pm- 3pm



An afternoon of fun
with some
traditional board games

Join us at various events in your community

Reconciliation Week

Mental Health Week

Homelessness Week

NAIDOC Week

Connecting Community Days

Neighbour Day

Rainbow Coffee In The Afternoon

Join us for
coffee
and a chat

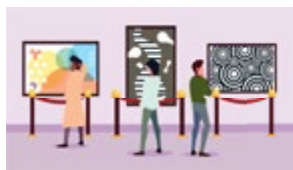
Last Friday
of each month



Coffee and Culture

Join us as we visit

- Museums
- Art Galleries
- Places of interest
- Day trips



WHY NOT.....

Join the Birthday Club?
Receive a birthday card and
be entered into the birthday
draw

Enter the Garden
Competition?

For your chance to win a
\$100 Bunnings Voucher

Share with us how you
would like to stay connected
and active in your
community

Walking Group

Tuesdays and Thursdays



Explore and enjoy the
beautiful surroundings of the
CBD and the suburbs as we
take a leisurely walk



Inclusive Communities Team on **1300 312 447** or at **communitydevelopmentsa@hcau.org.au**
visit our **Facebook page @Housing Choices South Australia** for more information.

**HOUSING
CHOICES**
SOUTH AUSTRALIA

Contact us:

Please get in touch at any time if you
have any questions or suggestions.

For maintenance requests please call
1300 153 850 or report via our website:
**www.housingchoices.org.au/
contact/report-a-repair**

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