

SPORTS

Winter
2022

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HOUSING
CHOICES
SOUTH AUSTRALIA

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 www.housingchoices.org.au

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From the General Manager



Welcome to the winter edition of *Home Stories*.

In the coming pages you will find many of the activities and events that kept us busy over the cooler months, including our inaugural Men's Health Breakfast and our new Inclusive Communities Focus Group.

With the cold weather we have all felt a dramatic increase in living costs. I encourage you to seek help if you are experiencing financial stress. Housing Choices SA works with Anglicare SA to offer financial counselling and we have partnered with Good Shepherd to facilitate the 'My Money' financial literacy program – you can learn more about the program on page 6.

Minister for Human Services, Nat Cook MP spoke about rising living costs when she attended our coffee morning in May. You can read about the cost-of-living concessions that she announced as well as more top tips for saving money in this issue.

Our Annual Resident Satisfaction Survey recently closed, and I would like to thank everyone who completed the survey. The results will help guide the way we work and deepen our understanding of what we are doing well and areas for improvement.

We received some comments previously asking us to take specific action on things such as property maintenance or tenancy issues, but we

were unable to complete these specific requests because the survey is anonymous. If you do have general enquiries, specific requests or need to speak with your Housing Officer, please contact our office on **1300 312 447** or to report maintenance please phone **1300 153 850**.

If you have a story idea to submit for future *Home Stories* editions, we would love to hear from you. In the meantime, I hope you have a warm place where you can sit and enjoy this newsletter.

Stay safe,

Julie Duncan
General Manager,
South Australia



Cover image: More than 30 men gathered at the Spence on Light courtyard for a special breakfast to celebrate International Men's Health Week.



Coffee and Culture a cultural outing (with coffee!) every month



Each month the Coffee and Culture group meets for a cultural outing and a coffee, where experienced tour guides share in-depth facts about some of Adelaide's wonderful local attractions.

The group attended the Adelaide Biennial at the Art Gallery of South Australia, which ran until early June and was titled "Free/State". Our knowledgeable guides led us through the extensive exhibition, providing thoughtful and informative commentary on the idea of freedom, the state and the spaces in between.

We were also given behind the scenes access to the Town Hall, where council meetings and formal receptions occur. We discovered the Adelaide Town Hall was built in 1866, and the external façade was made using local South Australian materials including Tea Tree Gully freestone and Dry Creek bluestone.

Our visit to the Migration Museum, led by History Trust staff was a fascinating look into the social history of migration in South Australia. This was also a wonderful opportunity to learn about the interesting journey to South Australia made by many Housing Choices residents.

It has been a busy start to the year and with COVID-19 restrictions easing, there is now a wider scope of places we can visit! To find out more about our upcoming program please contact the Inclusive Communities Team **1300 312 447**.



Above: The resident Coffee and Culture Group recently visited the Art Gallery of South Australia (**top**) and Adelaide Town Hall (**bottom**).



Men's Health Week

International Men's Health Week is an annual celebration held in the middle of June.

It is an opportunity to highlight, promote and support the health of men and boys in our communities. This year's theme was Building Healthy Environments for Men and Boys and, to mark the occasion, Housing Choices Australia's Managing Director Michael Lennon welcomed more than 30 men to our first Men's Health Week event.

Held in the Spence on Light courtyard, residents enjoyed a breakfast by Little Mission Café and clothing and Men's Health Magazine give-aways.

The event was attended by Professor Katina D'Onise on behalf of South Australian Minister for Health and Wellbeing Chris Picton and Eugene Warrior from Wellbeing SA who detailed some of the alarming health impacts facing Australian men.

Above: Housing Choices Australia Managing Director Michael Lennon welcomed more than 30 men to the breakfast in the Spence on Light courtyard.

Did you know?

- a staggering 68% of men in Australia are overweight or obese
- 1 in 4 adult males regularly exceed the recommended guidelines for alcohol consumption
- males are more likely to be diagnosed with bowel cancer than females, but less likely to get tested
- deaths from injury are 2.6 times more common in men than women
- on average, five men a day suicide, which is four times the rate of women
- younger men too frequently die from risk taking behaviour
- only 5% of men eat sufficient fruit and vegetables.

Since its establishment in 2020, Wellbeing SA has worked with health partners across the state to lead the change required to better support the health and wellbeing of all South Australians.

Henry McGregor from Adelaide Men's Health Physio and Gordon Russell from the Adelaide City Shed described personalised, holistic approaches to health management through medical and social interventions, which were shown to improve the health and wellbeing of men in our community.

Planning has already begun for next year's event, so stay tuned for more details. In the meantime, you may like to consider getting involved in some of the many initiatives provided by Housing Choices SA aimed at improving health and wellbeing.

Six common barriers men face when addressing health

1. Hoping it's not an issue

Denial is a common barrier to taking care of health. We might deny an issue because we don't think it is a big deal or we believe our symptoms are part of getting older, and it's simply mind over matter.

2. Postponing action

Closely related to denial, we often wait and see if a health issue will go away or wait until the issue is interfering with daily life before seeking health advice.

Unfortunately, when we delay getting help from a health professional, small problems can become big problems, so, it's important to act as soon as you notice something isn't quite right.

3. Worrying that asking for help is being weak

Masculinity can be a barrier to looking after our health. Boys have commonly been taught to embody traditionally masculine traits of strength, independence and self-reliance, which can influence our behaviour. While they're positive traits in many parts of life, they can be a problem when it comes to acting on health. There is nothing weak or soft about seeking out health information and support. Everyone experiences health issues and speaking up about them is the strongest thing we can do.



Above: Housing Choices SA General Manager, Julie Duncan met more residents during the celebratory breakfast.

4. Having trouble talking about health

Feeling nervous or embarrassed to start a conversation can be a barrier to getting support. Whether it's with a partner, trusted friend or a health professional, it can be tough to speak up about health concerns, but it's important to take the first step. Just remember, your doctor is there to help and there's very little they haven't heard or seen before.

5. Underestimating the importance of social connection.

Studies show a lack of social connection is a greater detriment to health than obesity, smoking and high blood pressure. People who feel more connected to others have lower levels of anxiety and depression, have higher self-esteem, greater empathy for others and a stronger immune system.

6. Not sure what information to trust

With so much information out there and different sources sharing conflicting advice, it can be tough to know what to take on board. When seeking health advice, the best thing to do is put trust in the experts and listen to reputable, science-backed advice from your GP and other health professionals.



Left: Residents shared stories and connection at the International Men's Health Week celebrations.

My Money Program



In June we started the My Money Program, which is held on Tuesday mornings over three weeks.

My Money explores our relationship with money, where and how we learned our money skills, budgeting techniques, identifying ways to save money, setting money goals and understanding the products and services available to help when needed.

Funded through Good Shepherd Australia & New Zealand, Housing Choices SA provide \$150 rent relief to all residents who complete the program. Contact the Housing Choices SA Customer Service Team on **1300 312 447** to register your interest.

Thank you to Marie and Fiona who sent us their top money saving tips, we hope you can make good use of the \$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**.

Marie's money saving tips



- ✓ When cooking a freezer meal, double the recipe to stretch out the meals and reduce waste.
- ✓ Choose the generic prescription drugs at the pharmacy.
- ✓ Use less water by getting low flow shower heads installed.
- ✓ Buy bulk baby wipes to remove makeup instead of expensive makeup wipes.
- ✓ Put old bread into the food processor to make bread crumbs and freeze in freezer bags until needed.
- ✓ Replace small water bottles with bulk litres and use a BP free water bottle, filling as needed.

Fiona's money saving tips



- ✓ Water down pump hand soap up to three times to lengthen usage.
- ✓ You can also do this with breakfast juice.
- ✓ Save on heating bills by putting on another layer of clothing.
- ✓ Turn off the dryer and dry clothes on clothes lines or internal clothes rails. A bathroom heater rail is also great for drying towels and clothes.



Ebrahim's home for the long run

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Above: Ebrahim.

Housing Choices South Australia apartment buildings are vibrant communities, filled with people from all walks of life. In one such apartment lives Adelaide resident Ebrahim.

The 58-year-old moved with his young family from Iran to Australia more than 30 years ago in the hope of a more prosperous life. But in Australia, Ebrahim experienced homelessness and racial vilification in the private rental market.

Two years ago, Ebrahim found affordable, long-term accommodation with Housing Choices.

Housing Officer Giles Turnbull said while Ebrahim kept a low profile in the building his presence was welcomed.

"Ebrahim is a happy-go-lucky, friendly and respectful resident," he said.

"He simply goes about his business, but he will drop into the office and seek me out if he needs help or clarification on anything."

Ebrahim said knowing the new one-bedroom apartment in the community housing building would be his for as long as he wanted had been a weight off his shoulders.

"Housing Choices is stable. I don't need to worry about my rent going up and the staff are kind and also make sure I get food," the father of two said.

"There is a café downstairs, and I can go have coffee. And my son can come to visit me."

Ebrahim has experienced mental health struggles but said support from his adult son and Giles helped as he looked to a positive future.

"I'd like to buy my own house one day, something to pass down to my children," he said.

Below: Housing Officer Giles Turnbull with Ebrahim.





Inclusive Communities Focus Group

The Inclusive Communities Focus Group is a bimonthly gathering of committed residents who come together to contribute their valuable experience and work with Housing Choices to help make their communities more inclusive.

At our most recent meeting, the group discussed what makes a community feel inclusive. Some of the common themes included use of language that is friendly, respectful and non-judgemental, being tolerant of others and being able to apologise if a mistake is made. We also discussed the importance of being aware and accommodating of others' limitations as well as keeping everyone up to date with relevant information.

The group also discussed creating a directory of places in their community that they feel connection. If there is a place where you feel connected, please share it with the Inclusive Communities Team on **1300 312 422** or **communitydevelopmentsa@hcau.org.au**.

The Inclusive Communities Team aims to promote successful tenancies, thriving communities and help residents feel empowered and connected. We are grateful for all the assistance provided by the focus group and look forward to building this collaboration further.



Early voting booth at Light Square

In May we welcomed the Australian Electoral Commission (AEC) to our Light Square site for a delicious democracy sausage sizzle and early polling booth for the Federal election.

Australian politics is underpinned by our right and responsibility to vote, and compulsory voting is the main reason we have such high voting participation in Australia. But it can be difficult to get to the polling booth on voting day so, it was fantastic the AEC was able to help make voting quick and accessible for Housing Choices residents. It was also great to have the knowledgeable AEC staff on hand to answer any election related queries.

Local council elections will be held in November across South Australia, and this will be the perfect time to address local issues in your community. In the coming months, Housing Choices will coordinate opportunities to meet the candidates in your local government area.



Seniors on board

Catching public transport can be quite daunting especially if we have relied on cars for years, but the rising cost of fuel and factors such as age and health, can make public transport a more suitable option.

COTA has some useful tips on using public transport including:

- Public transport is now free for residents with a Seniors Card.
- Residents with a disability who need assistance when using public transport can apply for a reflective wallet, which tells the driver that you need some additional help.
- Planning your journey before you set off is easy. Visit the Adelaide Metro website at www.adelaidemetro.com.au or phone the Adelaide Metro Infoline on **1300 311 108**.



Coffee morning with new Human Services Minister

Human Services Minister Hon Nat Cook MP joined our coffee morning in May, which was held at the Town Hall in Walkerville to have a cup of tea and a chat with residents.

Nat spoke passionately about the tragic circumstances that led her to enter politics and her plans as the new Minister for Human Services. Nat acknowledged the increasing costs of general living expenses and explained the government's commitment to doubling the cost-of-living concessions over the next financial year. More information about the rebates and payments you could receive can be found at www.sa.gov.au/concessions or by phoning the Concessions SA Hotline on **1800 307 758**.

If you would like to come to our next coffee morning, call the Inclusive Communities Team on **1300 312 447** for more information.

Above: SA Human Services Minister and Housing Choices SA General Manager Julie Duncan spoke to residents over coffee.



ACH Group Physiotherapist Sophie Gee shares why strength training isn't just for bodybuilders and how incorporating this type of training into your exercise program provides many benefits to support health ageing.

Strength training, also known as weight or resistance training, involves exercises using your own bodyweight or equipment, like dumbbells, resistance bands and weight machines, to build muscle mass, strength and endurance.

The benefits of strength training are considerable and varied, here are a few:

- After the age of 60, on average 3% of muscle mass is lost every year. Strength training can play a vital role in regaining these losses. Increasing muscle mass builds strength and stamina to support you to engage in everyday activities from walking to climbing stairs, carrying shopping bags or doing housework.
- As well as increasing muscle mass, strength training increases bone density and can support the management of osteoporosis.
- As you gain muscle, your body begins to burn calories more easily making it easier to control your weight.
- Strengthening exercises can increase flexibility and balance, reducing falls and injuries.
- There's further evidence that strength training minimises the symptoms related to chronic health conditions such as diabetes and heart disease, combats cognitive decline and improves your mental health.

What to consider when strength training:

1. Check in with a health professional

Always check with a qualified health professional, such as your GP, before starting a new exercise program. This ensures you can exercise safely without your new routine having adverse effects on your health.

2. Seek an individualised program

A physiotherapist or exercise physiologist (EP) can develop a tailored strength program that considers your goals and current health, fitness and strength. A tailored program will give you confidence that the exercises you're doing are safe and effective. You can also choose to join group exercise classes or one-on-one sessions with an EP. Having the experienced eye of an EP helps ensure you are exercising safely and correctly and will get the most out of your session.

3. Know your body

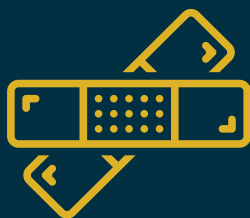
When exercising, stop if you feel pain or have difficulty breathing. Check with a health professional before starting again. They can review your program and modify as required.

4. Find ways to keep motivated

Finding the motivation to keep exercising can be challenging. Setting weekly goals, tracking your progress and rewarding yourself when you achieve your goals is an effective way to keep motivated. Consider asking your friends to join you, so exercising is also a social occasion, or compiling a play list of your favourite songs as music helps boost your endurance and exercise performance, and can also help you fight off fatigue.

Interested?

ACH Group has three health and wellness hubs located across metro Adelaide, with a team of allied health professionals to assist you to exercise safely and achieve your personal goals. Learn more by visiting achgroup.org.au/health-and-wellbeing/health-studio



Free flu vaccinations for residents!

The 2022 flu season has been a doozy, so the Inclusive Communities Team offered a free flu vaccination clinic to residents.

Residents who had their flu shot could stay for a cuppa and a chat at Light Square with the onsite GP Dr Simon Van Lint.

We would like to thank Simon for providing this opportunity and for making the process as quick and painless as possible.

As of 24 May, South Australia had reported 1195 cases of influenza compared to 12 at the same time in 2021. Vaccination is the best way to protect yourself against the flu as it reduces the risk of serious illness or need to be hospitalised. Under the National Immunisation Program (NIP) flu vaccinations are provided free for those most vulnerable in our community.

If you haven't already received your free flu vaccination, speak to your GP or local chemist.

Home Stories Winter 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.

FIND THESE WORDS IN THE GRID

SILVER
RED
YELLOW
BLUE

GREEN
ORANGE
BLACK
WHITE

BROWN
PINK
PURPLE
GOLD

TURQUOISE
GREY
MAROON
RAINBOW

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

Congratulations to Michael R from Campbelltown, our Autumn word search winner.

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 2 September**. Maximum one entry per household.

Stay Connected Stay Active

Registration is essential for all events and activities

Spring Garden Competition 2022

For your chance to win a \$100 Bunnings Voucher. Enter the HCSA Spring Garden Competition

- Best Balcony Garden
- Best Flower Garden
- Best Veggies Garden
- Neatest Garden
- Neatest Communal Space



Music Group

Mellor Street Community Space
Coming Soon



Do you have a love of music?
Do you play an instrument?
Do you love to sing?
Why not join the HCSA Music Group

Games Afternoon

Tuesday 1pm- 3pm



An afternoon of fun with some traditional board games

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



WHY NOT.....

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

Enter the Garden Competition?

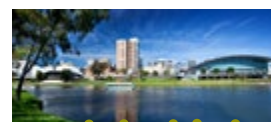
For your chance to win a \$100 Bunnings Voucher

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



Coffee and Culture

Join us as we visit

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



Rainbow Coffee In The Afternoon

Join us for coffee and a chat

Last Friday of each month



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

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

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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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