



FF M O H O T S

**Autumn
2023**

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From the General Manager



Hi and welcome to the Autumn edition of *Home Stories*. Mad March is done and dusted – phew - and South Australia is quietening back down to its usual state!

It has been a busy start to the year in SA, from the always important International Women's Day resident celebrations through to launching our exciting new development in Bowden. This new development, delivered through a partnership between Housing Choices South Australia and award-winning carbon-neutral property developer, Nightingale Housing, included 18 new units allocated for community housing. It's a beautiful and functional building housing some of our newest residents, all of whom seem to be enjoying the proximity to the city and the community focus. We were able to meet many of the new residents, hear from Nick Champion MP and participate in a Smoking Ceremony to celebrate the building's completion on a very hot summer night in February.

Speaking of a community focus, back in the Adelaide CBD, we chat to Spence on Light residents Kenneth and Michael about the weekly Sunday brunch gathering they have grown over the past 6 months. Their passion for bringing people together is

evident, and we have loved getting to know a little more about them as well as what the brunch means to residents who call Spence on Light home. I think my favourite term they use is 'vertical village', because an apartment block can be just as strong a village as well, a village. While fostering community through events is always a focus for us here at Housing Choices SA, there is something particularly special about events that residents establish themselves. We are also delighted to have been able to support Michael, Kenneth and the residents to do this through some key donations. This year's Neighbour Day theme is 'Create belonging' and that a sense of belonging is exactly what we have seen happening in the bottom floor of Spence on Light.

In light of Neighbour Day, we also take an opportunity to share some images of our events and share some tips on being a good neighbour.

Everyone deserves a home, and in this edition, we chat to residents about some of the things that make their house, unit or studio, a home. From brand new apartments to suburban townhouses, it is always lovely to read about how a simple dedicated art space, access to services or rooftop garden can make

all the difference in our residents' lives. We talk about placemaking a lot here at Housing Choices, and establishing a strong connection between our residents and the places they live will always be so important to us.

Finally we give a little update on some of the 'Housing Choices happenings' you may have missed out on attending. From encouraging our residents to be a part of the democratic system, through to knowing all your options when it comes to owning a home on a low income, our Inclusive Communities team are always looking for ways to share knowledge and encourage participation.

We hope you enjoy reading this edition and the change of the season.

Julie Duncan
General Manager,
Housing Choices
South Australia



**Cover: Spence on Light residents
Michael and Kenneth De Boo.**



Neighbourly or not?



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We all want to enjoy where we live. Good neighbourhoods are made up of diverse people representative of varying ages, household compositions, cultures – who are respectful of each other and our differences.

In any community there needs to be a certain amount of tolerance between neighbours. Remember that you're a neighbour and if you're considerate of others, ideally your neighbours will be considerate too!

We've put together some tips to help you consider how a situation might affect you and how you might speak to your neighbour to work out a solution.



Things you can do if you have an issue...

If you have an issue and would like to try and solve the problem yourself, it can be helpful to ask yourself:

1. Am I being reasonable?
2. Does the nuisance occur frequently or occasionally?
3. Am I the only one disturbed/annoyed by the nuisance or do other neighbours have the same complaints?

It's important to speak to your neighbour ASAP, don't leave it too long. If you wait, then matters can easily escalate.



Tips on how to speak with your neighbour about a problem...

- Stay calm and friendly
- Be respectful, reasonable and pleasant
- Plan what you are going to say beforehand
- Try and find a good time to speak to them
- Be clear about what the problem is and how it is affecting you or anyone living in your home
- Keep to the point and don't bring up past events, focus on the current problem
- Listen to their perspective
- If your neighbour becomes unreasonable, end the conversation and remove yourself from the situation.

Cowboy Baked Beans



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Michael and Kenneth have kindly shared one of their favourite breakfast recipes, a recipe they like to call 'Cowboy Baked Beans' after it was originally served at their first pre-legal Cowboy wedding 11 years ago.

Ingredients

- 2 tbsp. olive oil
- 1 brown onion, finely chopped
- 1 red capsicum, finely chopped
- 2 cloves of garlic, peeled and finely chopped, or crushed
- 1 tsp. smoked paprika
- 1 tsp. fennel seeds
- 1 tsp. garam masala
- ½ tsp. cayenne pepper (less if you are not so brave)
- 1 tsp. of Vegemite (Kenneth's secret ingredient!)
- 1 x 700gm bottle passata
- 2 x 400gm tins cannellini beans
- Salt and pepper to taste
- Handful of parsley, finely chopped

Method

1. In a pot or large fry pan, heat oil over medium heat and add the onion, capsicum and garlic. Stir around and lower heat and cook, partially covered, for 10 mins or until soft, stirring occasionally.
2. Turn up heat again and add the spices and Vegemite, stirring for a couple of minutes.
3. Add passata, stir to combine and when starting to boil turn heat to low and simmer uncovered for 15 to 20 minutes.
4. Drain beans, add to sauce with salt, pepper and parsley. Stir to combine well, reheat and serve.



Above: Spence on Light resident John with Michael and Kenneth.



Above: An amazing spread of food at the Sunday Crunch.

The Sunday Crunch Bunch



Each Sunday, the plant-filled space on the ground floor of Spence on Light is transformed into a buzzing community café of sorts, all thanks to two of the building's residents – Michael and Kenneth De Boo.

For Michael and Kenneth, community and connection make life worth living and they were passionate to bring this to life in their new home, the high-density Spence on Light building located in Adelaide's CBD. Michael and Kenneth moved into Spence on Light in 2022, purchasing an apartment from South Australian retirement living and aged care provider ACH Group.

Spence on Light is home to people from all walks of life, with some apartments privately owned, and others managed by ACH Group and Housing Choices South Australia.

"We wanted to ignite the beautiful courtyard. On the weekends it was empty, nothing happened. We wanted people to be able to claim that space, to use it as a community space to meet each other," said Kenneth.

So last September, using a single power point, a water tap and a load of leftover bread, Michael and Kenneth set up a mobile breakfast buffet of French Toast – with an open invite to the local community.

There were 16 people at the first Sunday brunch, and they knew they were onto something wonderful. Over the past eight months, there have been more than 500 attendances.

From humble beginnings of toast and minimal equipment, Michael and Kenneth have grown what's now known as 'The Sunday Crunch',

with the help of donations from ACH Group and Housing Choices, as well as the residents too.

"There are now portable trolleys we can use, permanent seating and an urn that often make 12 big plungers of coffee each week!" said Michael.

Watching residents come out of their apartments, take a seat at a table and share food is exactly what they hoped for, and they've affectionately named it their 'vertical village'.

"It has been amazing to watch a resident so shy they won't take a seat, to see them a few weeks later just plonking themselves down comfortably with new friends," said Michael.

One of the regulars, Sandy, explained that despite living in a building full of people, she had still felt quite isolated.



Above: Housing Choices SA residents Margaret and Sandra deep in conversation.



Above: Crepes were on the menu at this March Sunday Crunch.

"This brunch and meeting people has broadened my scope and friendships so much. We don't just smile at each other in the hallway, we now stop to chat," Sandy said.

Michael stands up each week to do a short speech where he introduces any new faces.

"Through breakfast we have truly broken-down barriers, with some people going from a grunt to actually having a little conversation," said Kenneth.

"People start to support each other beyond the brunch. They hear someone is sick or ask if a neighbour needs some shopping. There's a greater sense of living with others and being concerned with others. It's lovely to see," said Kenneth.

For many residents the brunch is a bit of a treat, with everything from French toast to scrambled eggs, special beans and sometimes bacon or smoked fish. There are often comments about how it's a bit of an adventure not

knowing what will be on the menu each week.

"We sometimes wait to see what's left from OzHarvest deliveries that are distributed to the Housing Choices residents too – so if there are lots of mushrooms, we use those, if there is a glut of tomatoes, we use those up," said Michael.

At first there was some apprehension about using the OzHarvest food, but once they started volunteering to distribute the produce, they found there was enough left over to create interesting dishes for the residents. And this is exactly what OzHarvest love to see.

"I think it's great to see the surplus food OzHarvest rescue from the Adelaide Central Market being used so well right to the end, ensuring that nothing goes to waste" said Ashley Dauk, OzHarvest's SA Food Rescue Coordinator.

Michael and Kenneth are keen to explain that the Sunday Crunch isn't just about them, it's a communal effort.

"Lots of other residents help with washing up, tidying, cooking and contributing nice things for the breakfast spread. There's a sense of ownership for it – a desire to help and contribute because the residents know it's about them and for them," said Michael.

And one of their favourite moments happened only recently.

"We had a new younger woman move in on a Wednesday, and by Sunday she was down at breakfast! It was wonderful to see the other residents share their tips for living here and build connections straight away," said Kenneth.

The Sunday Crunch is held at 10am each Sunday, and drop ins are most welcome.



A place to call home



Home looks different to everyone, and community housing is just the same! From high rise to the 'burbs, in this edition of *Home Stories* we visit some of our residents across Adelaide and ask 'why do you love where you live?'



Lara recently made a big move from the Adelaide Hills to live in one of Housing Choices South Australia's newest developments – in Bowden.

"It's a big change, but the thing that made me feel so comfortable is all the natural light – the big balcony, the big screen doors – and room for my plants!"

For Lara, the connection to community has been immediate. "I run into neighbours in the elevator or say hello to others on the rooftop terrace while collecting my washing – it's already, such a beautiful community."

"There's also the security of being in an apartment block, and the convenience of the location. Last night on the rooftop terrace, I felt like I was able to see the city lights and feel the buzz."

"But most importantly there's a sense of community that underpins both my work and now my personal life. I feel very lucky to have that community in all aspects of my life."

Lara, Bowden

Artist Matthew has called the inner east suburb of Hackney home for 14 years. Being close to town and parks are some of the reasons he loves where he lives, but it's the fact his townhouse has both a garden and a dedicated art space, that make it feel like home.

For Matthew, art was a form of therapy that turned into a career. He became a minder for the late great Australia artist Trevor Nicholls, gaining inspiration from Trevor's work and style.



Tony lost his partner of 22 years in 2017 and moved to Common Ground, located in the Adelaide CBD, after losing his home. Tony was referred to Housing Choices South Australia from the Adelaide Zero Project.

"My home is my castle and the best home I have ever had. I feel very lucky with everything that has happened since

moving to Housing Choices SA and I am lucky to be alive. I have the best support that I have ever had". The location and accessibility for Tony, is unbeatable.

"I have all the services on my doorstep to look after me".

Having a long-term home has helped Tony reconnect with his son after fifteen

years of estrangement and they now meet every week. Tony credits secure accommodation as being one of the reasons he's been able to reconnect with his son.

"Having my own home and support has helped bring us together again".

Tony, Adelaide CBD

Matthew has now completed over 1100 original works in the last 12 years, many of these illustrations created in his home art space.

As well as being located near cafes and galleries that stock his work, Matthew also volunteers at the local footy club, located just a short walk from his front door.

"I'm super grateful to call this place home, and I love having the space to create my art," he said.

Matthew, Hackney



Housing Choices happenings



Above: Resident Rebecca and Lord Mayor of the City of Adelaide, Dr Jane Lomax-Smith AM. **Image credit:** Drew Sinton

Your vote counts

Last year was a big year for democracy, with South Australians voting in all three tiers of Government.

Housing Choices SA collaborated with Sally Scantlebury, the Community Engagement Officer at the South Australian Electoral Commission to assist residents, ensuring they were eligible to vote, as well as ready to take part in the voting process.

"It was great to hold our first 'Democracy BBQ' in Light Square and chat to Common Ground residents about their options to vote in the state election. The safety and security of residents is priority, and it was great to chat to people about the silent elector form which ensures their private details are not publicly available," said Sally Scantlebury.

"I had some great conversations about democracy and why it is important to have a voice and vote. Everyone's vote is important in creating a healthy democracy," she said.

Housing Choices SA held Democracy BBQs for both the State and Federal elections and hosted a mobile polling booth.

For the local Government elections, the approach was a little different! There were hosted 'Meet the Candidate' events in the electorates of Adelaide and Norwood, Payneham and St Peters.

These events were a great opportunity for residents to hear from the people they planned to vote for as well as a chance for candidates to hear about the issues important to residents. Housing Choices is grateful to all the candidates who attended and congratulates those who were successful in getting elected, including Dr Jane Lomax-Smith pictured here with resident Rebecca.



A how-to on home ownership

Housing Choices SA recently collaborated with Community Housing Limited, Your Place Housing, Junction Australia, Believe Housing Australia and the Community Housing Council of SA to host a series of home ownership seminars in February.

HomeStart Finance discussed home loans, low deposit loans and the latest Government home loan initiatives, while HomeSeeker SA presented on the affordable housing program, including eligibility and the sales process.

In case you missed it...

You may not know that HomeStart are not actually a bank, they are a South Australian Government organisation established in 1989 to assist people on low to moderate incomes enter the into property market and purchase a home.

"We have a range of loans requiring as low as 2% deposit and ways to affordably increase the amount you can borrow, through products such as shared equity and government grants," said Dale Arnfield from HomeStart.

Dale ran through some of the things HomeStart need to know to assist, including:

- your situation
- where you want to live and the type of property
- your borrowing and repayment capacity
- eligibility for grants
- deposit – How much do you need and what does it cover
- ways to get home loan ready such as cleaning up your credit rating and having a realistic budget
- government grants



Jodi Davey from the SA Housing Authority also encouraged residents to visit the state government's Affordable Housing website, www.homeseeker.sa.gov.au.

This trustworthy government website is a treasure trove of information about how to buy a home, rental resources and listing of properties for sale exclusively to eligible home buyers.



Above: DJ Erin Bucy, pictured with resident Rebecca, gave the new Mellor St a great energy with her happy tunes.



Above: Councillor Janet Giles, Housing Choices SA's Mark Kruszynski, Michael, Councillor Carmel Noon, Councillor Keiran Snape and Kenneth at the Mellor St Neighbour Day celebration.

Neighbour Day celebrations



Neighbour Day is Australia's yearly celebration of community. This year's themes was to 'Create Belonging' and it was a nice reminder that it can take time and effort to create a sense of belonging in our community.

With many of our residents living very close to each other in apartment buildings and row cottages, it was exciting to hold two events – one in Marden and one in the new Mellor St

community space – to give neighbours an opportunity to get to know one another through a game, meal or art!

In Marden, the usually quiet central 'green' was full of friendly chatter with neighbours joining in to share a BBQ lunch, games and a chat.

In Mellor St, well over 50 people enjoyed a BBQ lunch, with local councillors Janet

Giles, Carmel Noon and Keiran Snape popping by to say hello.

As well as a delicious meal, mobile art visual arts studio The Art Bus Australia worked with residents to create botanic themed ceramic tiles, which will be used to decorate the community space once they have been fired.

Below: Andrew and Rose are not Housing Choices residents, but came to enjoy a meal with their Mellor St neighbours after seeing a local flyer.



Below: Resident Elliot pictured with Miranda Harris from The Art Bus, a mobile visual arts studio transforming lives through creative experiences.



Below: Residents were invited to create ceramic tiles to decorate the Mellor St community space, with guidance from The Art Bus mobile arts studio.





Above: Resident Monique, pictured with Claire from The Art Bus and Charlotte from the Housing Choices SA's Inclusive Communities team.



Above: Spence on Light resident Michael, cooking up a storm with Mark from our Inclusive Communities team.



Above: Resident and local photographer Drew's images were on display at this year's Neighbour Day celebration.



3 ways to achieve belonging in your neighbourhood

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1. Put yourself out there.

Creating a sense of belonging takes effort. It requires you to put yourself out there. Seek out activities and groups of people with whom you have common interests, and respectfully engage with others who you may be different to.

2. Reach out to people you don't know.

You may find you have more in common than you think.

3. Practice acceptance.

Focus on the similarities, not the differences. Remain open to new ways of thinking.



Have you got a great neighbour?

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Did you know about our Kindness Award? We are always keen to acknowledge the kindness our residents show to each other - if you'd like to nominate your neighbour, let us know! Simply email communitydevelopmentsa@hcau.org.au or call 1300 312 447.

Home Stories Autumn puzzle

Win a \$50 Bunnings voucher!

Find all 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.

This word search is themed around the different countries our tenants are from.

FIND THESE WORDS

AUSTRALIA
NEW
ZEALAND
SUDAN
SOMALIA
IRAN
AFGHANISTAN
PHILIPPINES
UNITED
KINGDOM
CHINA
ETHIOPIA
CONGO
EGYPT
BRAZIL

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

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 June**. Maximum one entry per household.

Hidden Meaning Brain Teaser

1. SPOT	2. BUSINES	3. VISION VISION	4. RAKED
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Answers: 1. X marks the spot 2. Double vision 3. Unfinished business 4. Half baked.

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