

TENANT CONNECT

WINTER 2021

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- Sonia Sheppard

“GENIUS IS ONE PER CENT INSPIRATION, 99 PER CENT PERSPIRATION.”

– THOMAS EDISON

and Learn initiative, a collaboration between Junction and our community partners. Over the coming months, we'll be hosting information sessions and discussions about topics that matter to you and your families. Read more on page 11.

In this edition, we also have included a questionnaire asking for your feedback about this magazine. We really want to ensure this publication continues to evolve so it can be as beneficial to you as it possibly can. We're trying to gather as much information as possible, so the more you can tell us about what you like – and what you don't - the better.

I also want to take this opportunity to officially welcome everyone from Oaklands Park whose tenancies have been transferred to Junction from Housing SA. It has been really good getting to know many of you and we look forward to continuing to work with you.

Until next time,

- Sonia Sheppard

Senior Manager, Tenant Services

I hope this finds you well.

As the temperature dips outside, getting – and staying – warm can be a challenge. Heaters can be very helpful but it is also important to be mindful of safety when using radiators and other appliances. On page 10 we have some tips on how to keep cozy and also, safe.

It can also be challenging trying to balance controlling the temperature in our homes with electricity costs. The Government offers concessions on utility bills for many people on low incomes and I encourage you to check your eligibility as some of these savings can be quite significant.

For more information visit www.sa.gov.au/topics/care-and-support-and-grants/concessions/energy-bill-concessions or phone 1800 307 758.

Information is power – particularly when it comes to our health and wellbeing. It's also at the centre of a new Brunch

Junction acknowledges we are living on traditional Aboriginal Lands and we offer our continued respect to Aboriginal people past and present.

Get in Touch

General Enquiries: 8275 8700

Maintenance: 8210 7010

Please quote your Unique Payment Reference number when paying via EFT, Westpac deposit and cheque or money order.

Bank: Westpac
BSB: 035 053
Account: 298 277



Join us on social media



junctionaustralia.org.au

Junction's registered community housing provider is Junction and Women's Housing Ltd.

Gail and Darna in their garden



Mayor's Garden Competition
Best Community Garden
2020
The Big Backyard Garden

THE BIG Backyard



GAIL AND DARNA HAVE BEEN DIGGING DEEP AND THE REWARDS ARE PLENTIFUL!

Fresh from winning Best Community Garden in the Onkaparinga 2020 Mayor's Garden Competition, the pair have kept the Hackham West community supported and well fed through their efforts in the Big Back Yard Project.

With land made available through Community Health Onkaparinga (CHO) and the South Australian Housing Authority, they have expanded what was their own backyard venture into an evolving space for people to talk, learn, attend workshops, grow vegetables, pick up some free produce or even grab a cheap and healthy meal.

"It was during a time I couldn't work, as I was going through my first cancer, as well as supporting my son who was also going through cancer," Gail said. "So I started volunteering with CHO and then was invited to get involved with the garden. When the previous lead organiser left, I took it over."

Gail has now been involved in the garden for four years and sees it as a refuge – for herself and others.

"During my second cancer, I found the garden to be a safe place," she said. "It's somewhere we can talk freely."

Meanwhile, the local Grow Free Cart on the corner of Majorca Road and Beach Road is regularly loaded with free fresh produce from the garden or provided by other locals in the neighbourhood.

Both Gail and Darna are also part of the *Just Listening* program – a community-led initiative for anyone seeking human to human connection during distress or crisis.

Everyone is welcome in The Big Back Yard with large areas wheelchair friendly. It is open Mondays and Wednesdays from 10:30am to 12:30pm or by appointment. For more information phone Gail or Darna on 0409 092 524.

2021 GARDENING COMPETITION

**\$200 FOR THE WINNER AND \$100 FOR THE
RUNNER UP IN EACH OF THIS YEAR'S CATEGORIES:**



**BEST FRONT
GARDEN**



**BEST REAR
GARDEN**



**BEST FRESH
PRODUCE GARDEN**



**MOST CREATIVE/
UNIQUE GARDEN**

ENTRIES OPEN

30 AUGUST - 29 OCTOBER 2021

To enter, please email images of your garden, your name, address, contact number and a small blurb on what gardening means to you to: placemaking@junctionaustralia.org.au

If you need assistance, please contact your Housing Manager or the Placemaking team on **8275 8700**

Open to all skill levels. Enter as many categories as you like.

You can nominate a neighbour, provided they live in a Junction property.

Winners cannot win in the same category two years in a row.
However, a previous winner can win in another category.

Winners will not be selected if found in breach of their tenancy agreement.

LIFE NOW A DREAM *For Kenny*

Relaxing in a hammock in his yard, Kenny is finally content.

In less than a year, the keen fisherman has gone from homelessness to home ownership – a turnaround he hoped for, but never really envisaged.

“There was a lot going on,” Kenny, who sought help through our KI Community Centre, said. “I went and saw Bec (Junction outreach worker) at the Centre and she helped me get things sorted out. Initially it was just finding me a place to stay.”

“I got a pay out as a result of an accident, Bec helped me find this place. That was back in October, I loaded up all my stuff and moved in.”

Since then Kenny has enjoyed settling into his home, making a few changes including converting his garage to a ‘man cave’. He’s also been busy planting fruit and vegetables in his eclectic garden.

“I like gardening,” he said. “I’m growing my own beans, tomatoes, rockmelon, capsicum and some carrots. They seem to be going well.”

“The neighbours are cool. I love it.”

Kenny, who suffers from sciatica, uses a gopher to get around town and is still a familiar face at the KI Community Centre, which recently celebrated its 5th anniversary.

“It’s just tops.”

Junction manages 15 properties on Kangaroo Island as well as providing a hub of support including housing assistance, programs and connections through the Community Centre.

Kenny relaxing in his hammock

**“YOU CAN GO THERE
FOR HELP BUT YOU CAN
JUST GO THERE IF
YOU WANT COMPANY OR
A CHAT TOO”**



GET TO KNOW *Dean*

STAYING ACTIVE AND INVOLVED IN HIS NEIGHBOURHOOD AND COMMUNITY IS JUST PART OF LIFE FOR JUNCTION TENANT, DEAN.

Tell us a little about yourself.

I was born and raised in Oaklands Park, but spent 6 years living in Melbourne, Sydney and Perth during my time in the Royal Australian Navy. I share my home with my Jack Russel 'Pretzel' who has become a big fan of the Junction staff, especially when the maintenance team show up with a Schmackos or two...

What do you like most about your home and community?

I have lived in the area most of my life and have always enjoyed being a part of the community I am in. I have been a member of the Marion RSL since 1974 and am the former President and now life member of the Plympton Footy Club, with both my sons playing for the club.

What did you do before you retired?

After leaving school I joined the Royal Australian Navy where I had the opportunity to complete my electrical trade. Returning to Adelaide from Victoria after a few years of working in construction and the sawmill industry, I joined the maintenance team at the Royal Adelaide Hospital. I was the head of the signage department when I retired after 28 years of service.

Do you have any grandchildren?

I have 5 grandchildren with one only being born in March of this year. It's been amazing watching my family grow and my boys becoming fathers.

What are your hobbies?

I used to be a keen golfer and would play at the Swan Reach Golf Course often with the old man. Unfortunately it has been a while since I've had the opportunity to get out and play but still being active in the local community keeps me busy!

Welcoming NEW FACES AND WORKING TOGETHER

THE SUN SHONE BRIGHTLY FOR A SERIES OF OUTDOOR INFORMATION SESSIONS TO SUPPORT OAKLANDS PARK RESIDENTS WHO HAVE JOINED THE JUNCTION FAMILY FROM HOUSING SA.

More than 70 residents attended the events held over two days at Rajah Reserve. Coffee and snacks fuelled productive conversations ahead of the transfer which took place in early May.

Junction's Senior Manager Tenant Services Sonia Sheppard welcomed residents from Oaklands Park into the Junction community. "We look forward to learning, growing and working with you all as social housing in the area is rebuilt and replaced," she said.

"We acknowledge the transitioning time ahead for many people in this neighbourhood and we are committed to working together."

As part of the development project, 400 new houses will be built and sold, with many tenants relocating as part of the process.

There will be no reduction in social housing in this area. The project is being undertaken by Housing Renewal Australia in partnership with Junction.

OAKLANDS PARK WALKING GROUP

In partnership with the Heart Foundation, Junction will be hosting a weekly walking group. The walk will go for 30 minutes, at a medium speed, covering 2.5km

WHEN: every Wednesday from June 2nd 9:30 - 10am (Coffee & chat from 10am - 10:30am Oaklands Park Wetlands)

WHERE: Start at Rajah Reserve, Oaklands Park. Finish in the Oaklands Park wetlands.

Pram, walker & dog friendly - All dogs must be on leads.

For all enquiries, phone Sarah Harding on **8275 8712**.



Residents and Junction staff at the Transfer Sessions
Top: (L-R) Eileen, Dionne (Junction Relocations Officer), Renate and Cassa (Junction Relocations Officer).
Bottom: (L-R) Sheila, Vicky, Sarah (Junction Placemaking Manager), Maria and Sheila.



Introducing the Inaugural CHARTS Competition (Community Housing Art Awards South Australia)



Are you an aspiring, emerging or established artist?

You're invited to submit your best work to the state wide community housing art competition.

Terms and Conditions will apply, these are available through your housing provider or on the CHARTS website.

The winner of each category will receive a prize to the value of \$500 and all finalists will be invited to attend the gala presentation dinner plus have their artwork exhibited around the state.

For more information you can head to the website www.chartsawards.com.au or contact your housing provider.

Entry brackets		
Youth (18 and under)	General (19 and over)	Established Artists (have sold or exhibited art previously)
Categories		
Framed/Hanging Non digital art on flat surface Canvas, paper etc	3D/Sculpture Any art not on flat surface Sculpture, wood carving, furniture	
Photography/Digital/Graphic Art Any digital media created art Still images only, no video content	Poetry and Literature Any written art forms Short stories, poems (1500 words max)	



The CHARTS awards is a collaboration of Community Housing Providers Community Development teams from the following organisations ...



DOUG JOINS THE *Team*

DOUG CLINCH HAS RECENTLY STARTED AS JUNCTION'S FIRST ABORIGINAL STRATEGY ADVISER

As a member of our leadership group, Doug's exceptional experience in development and training will help continue to build our capabilities as a culturally inclusive, safe and respectful organisation.

"I am excited to be working in an organisation that provides such a broad range of services to people," Doug said. "I'm looking forward to helping Junction grow its cultural knowledge and awareness to engage better with Aboriginal people and community."

"To me, reconciliation is having a greater understanding and appreciation of the cultural differences between Aboriginal and non-Aboriginal people, and the building of more respectful relationships that will benefit all Australians."

NAIDOC Week 2021 will be held on July 4-11. This year's theme 'Heal Country' calls for all Australians to seek greater protections for our lands, waters, sacred sites and cultural heritage from exploitation, desecration, and destruction.

"I regard NAIDOC Week as the best time of the year for Aboriginal and Torres Strait Islander people and communities," Doug said. "It gives us the opportunity to come together to yarn and celebrate all that makes us such an amazing, diverse and resilient culture."

Find out more by visiting: www.naidoc.org.au



Eileen and Sheryl



IT STARTED WITH A *Square Dance*

It was the early 90s when a letterbox flyer caught Goolwa Beach resident, Sheryl's eye.

"It was a pamphlet about square dancing so I thought I'd give it a go," she said.

Little did Sheryl know that starting a new hobby would also lead to a long-time friendship.

"Eileen was there because her husband was teaching the dancing. We've always got on pretty well from there."

Fast forward 30-odd years and Sheryl and Eileen, both Junction tenants, now live just around the corner from each other, which, they agree, is "very convenient".

"We do a lot together," Eileen explained. "We write down places we could do day trips to on a piece of paper, cut them out and put them into a bowl. Then we draw one out every so often and that's where we go."

These 'mystery trips' have taken Eileen and Cheryl to Hahndorf, Yankalilla and as far as Crystal Brook. But mostly, it's just about "the everyday things."

"We play a lot of cards, mostly Frustration and Down the River," Sheryl said. "We also go to Bingo together and out for lunch every now and then."

"Quite often I'll just call in and have a cuppa, it's nice."

The friends both love living on the Fleurieu.

"You can't find a better place to live," Sheryl said. "It's so peaceful."

WARMING UP *Safely*

Heaters are great appliances to keep the winter chill at bay. There are many different heaters around. Whichever one you choose to use, please make sure it is safe.

Heaters are one of the most common causes of house fires leading to death or injury.

Not only are heaters a fire hazard but they can also be dangerous in other ways too. For example, you may be at risk of an electrical shock or even burns to your skin or burns to furniture and other items.

Here are some ways you can warm up – and stay safe – using your heater.

CHECK GAS HEATERS



If you have a gas heater then there will be different signs to look out for. Be aware of yellow flames, difficulty lighting, strange smells and any unusual noises. Gas heaters also need servicing regularly. The heater should be checked before the winter.

KEEP IT CLEAN



Do not allow dust to build up on your heater. Keep your heater in the best condition and clean it regularly.

CHECK THE CORD



Before using your heater check that the cord is not broken or frayed, especially if the heater has been in storage. Never plug in a heater with a damaged cord.

NEVER LEAVE UNATTENDED



When the heater is being used, never leave the heater unattended. Never go to bed or leave the house with the heater on as you would be unable to act if there was a fire.

KEEP AWAY FROM FURNITURE



Your heater should be placed on a flat surface that is away from all furniture and curtains. The fabrics on furniture and curtains can catch fire easily so keep them away from the heat.

LOOK INTO YOUR *Local Library*

HAVE YOU VISITED YOUR LOCAL LIBRARY LATELY?

Library offerings have expanded significantly over the years and are now, more than ever, great places to connect with your community.

While groups and activities range from site to site they include mums and bubs sing-alongs to children's story time and school holiday activities; author talks; craft sessions; digital literacy programs and book clubs.

Surrounded by peace and quiet, libraries can also be ideal places to study, job hunt, research ancestry or simply brush up on a hobby.

With free wi-fi access and digital resources, you can read or listen to more than 50,000 eBook and audiobook titles and download magazines free through your iPad or smartphone.

Libraries can also be an ideal escape if you are looking for a quiet place to work remotely. Plus, you never know what you might find on the free noticeboards!

For more information, call your local council or visit the Libraries SA website www.onecard.network





Junction tenants at the Brunch and Learn Event

LEARNING *To Age Well*

HELP TO MAINTAIN INDEPENDENCE AND STAYING SAFELY IN OUR OWN HOMES FOR AS LONG AS WE CAN IS ON THE WISH LIST FOR MOST OF US AS WE AGE.

With a third of Junction tenants aged over 65 and one in five South Australians to hit the same age range in the next decade, it made sense for My Aged Care services to be the first focus topic at a new series of brunch and learn sessions hosted by Junction.

The event, presented by My Aged Care, brought together people who wanted to learn more about their options as they age, as well as those with family members who might need support to continue to age in their own homes.

The gathering gave many people the chance to learn and ask questions about what can be a complicated and sensitive topic, in a relaxed and friendly setting at Mitchell Park.

Junction Placemaking Manager Sarah Harding who organised the event in conjunction with MarionLife, said more sessions around different topics relevant to our neighbourhoods and communities were planned and will be promoted over the coming weeks.

WE WANT TO HEAR *From you*

At Junction we believe in supporting everyone we work with to thrive – and for each person to have choice in what that means for them.

Listening to you is crucial to improving our housing and services.

Over several years, Tenant Connect has evolved from a four-page, ad-hoc newsletter to a quarterly colour magazine.

We are turning to you to see how we can ensure this publication remains relevant to you in the future.

Please answer the following questions, gently tear out the page along the dotted lines and post via the return envelope enclosed by **Friday 16th July**. No need for a stamp – return postage paid.

Or, if you would prefer you can answer the questionnaire online at www.junctionaustralia.org.au

1. What do you like about the magazine? What would you like to see more of?

eg. articles about tenants; maintenance; neighbourhood news and events, community and human interest stories; recipes; puzzles.

2. What don't you like about the magazine? What would you like to see less of?

eg. articles about tenants; maintenance; neighbourhood news and events, community and human interest stories; recipes; puzzles.

3. On a scale of 1 (difficult to read) to 10 (easy to read), how legible and clear are the following in the magazine:

Text size	1	2	3	4	5	6	7	8	9	10
Use of colours	1	2	3	4	5	6	7	8	9	10
Design	1	2	3	4	5	6	7	8	9	10

4. Would you prefer to receive the magazine online? YES NO

5. Once you've read the magazine, how do you feel?

6. Please circle the word/s that you believe the magazine embodies?

Integrity Respect Passion Collaboration Impact None of the above

7. When you think of Junction, what words come to mind?

8. Do you have any other thoughts or ideas regarding the magazine? If so, please share.

Thank you for your time. We look forward to the feedback and refreshing the magazine to best represent our Junction community.



HEARTY, HEALTHY HOT POT

INGREDIENTS

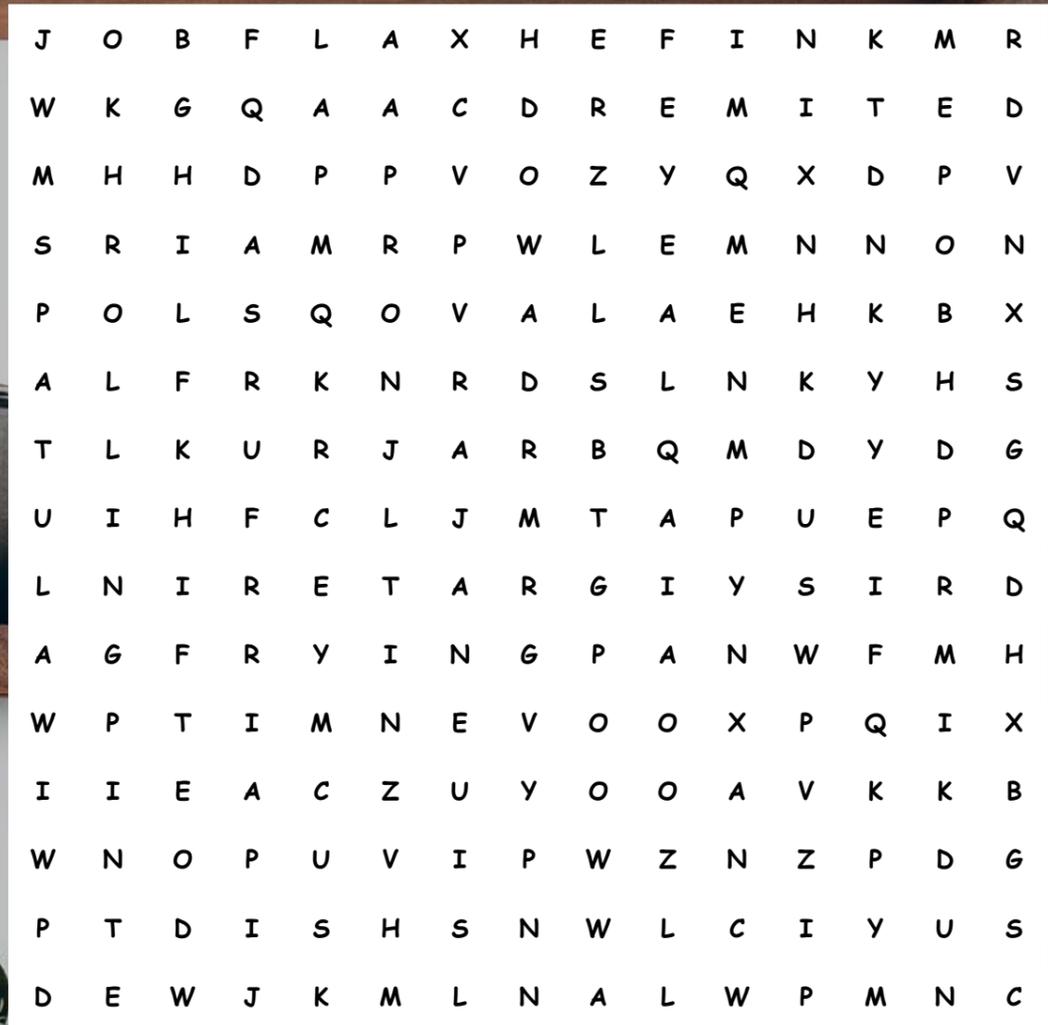
- 1kg chuck or blade steak, fully-trimmed and cubed
- 2 tablespoons flour
- 2 teaspoons paprika
- 425g can crushed tomatoes
- 2 medium onions, sliced
- 1 clove garlic, crushed
- 2 celery sticks, sliced
- 2 large carrots, thickly sliced
- 1 turnip, cut into large chunks
- 3 medium potatoes, cut into large chunks
- 1 cup red wine or stock

METHOD

- STEP 1**
Preheat oven to 180°C.
- STEP 2**
Toss meat, flour and paprika in a plastic bag, tip into a heavy casserole dish.
- STEP 3**
Add all remaining ingredients and stir to combine.
- STEP 4**
Press a piece of baking paper over the ingredients and cover closely with a lid.
- STEP 5**
Place in oven and cook for 2 hours without lifting the lid.
- STEP 6**
Check for seasoning and tenderness, returning to oven if more cooking time is required.

Source: <https://www.healthier.qld.gov.au/food/recipes/easy-beef-hotpot/>

Household Utensils Word Search



- MUG
- LADLE
- APRON
- GRATER
- COLANDER
- FRYING PAN
- KNIFE
- OVEN MIT
- WHISK
- ROLLING PIN
- TIMER
- SPOON
- SPATULA
- BLENDER
- CUP
- DISH

STARTING YOUR NDIS Journey

THE NATIONAL DISABILITY INSURANCE SCHEME IS HOW THE AUSTRALIAN GOVERNMENT FUNDS THE COSTS ASSOCIATED WITH HAVING A DISABILITY SO PEOPLE WITH DISABILITIES, THEIR FAMILIES AND CARERS HAVE THE SUPPORTS THEY NEED.

The NDIS is overseen by the National Disability Insurance Agency (NDIA). Australians under 65 who have a permanent and significant disability are able to apply for NDIS funding.

Disabilities might include intellectual, physical, sensory, cognitive or psychological.

THE NDIS SUPPORTS PEOPLE IN A RANGE OF WAYS INCLUDING:



ASSISTANCE WITH PERSONAL CARE

Such as getting out of bed, showering and household activities



GETTING AIDS AND EQUIPMENT

Such as hearing aids and wheelchairs.



ACCESSING DIFFERENT TYPES OF SERVICES AND THERAPIES

Such as speech therapy, physio or occupational therapy



TO BE MORE INDEPENDENT

Help with cooking, grocery shopping, gaining employment, using transport

CONTACT THE NDIS
1800 800 110



START YOUR ACCESS REQUEST



THE NDIS WILL SEND YOU A LETTER REQUESTING FURTHER EVIDENCE YOU WILL NEED TO PROVIDE

When you start your access request the NDIS will ask you to provide some personal information such as:

- Your name, age, where you live etc.
- What is your disability and how it impacts you each day
- What current and relevant reports you have from health professionals/medical specialist

FOR MORE INFORMATION

People who need help with English: **TIS 1800 131 450**

People with hearing or speech loss: **TTY 1800 555 677**

Speak and Listen: **1800 131 727**