

Junction CONNECT

AUTUMN 2023



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Junction
FREEDOM TO THRIVE

GET IN TOUCH

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

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BSB 035 053

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

Join the Junction community on Facebook and keep up to date with all our latest news.



JUNCTION ACKNOWLEDGES WE ARE LIVING ON TRADITIONAL ABORIGINAL LANDS AND WE OFFER OUR CONTINUED RESPECT TO ABORIGINAL PEOPLE PAST AND PRESENT.



HI EVERYONE, AND WELCOME TO YOUR AUTUMN EDITION OF JUNCTION CONNECT.

Perhaps you may recognise me from my days as a Housing Portfolio Manager with Junction. After some time away, I've returned to Junction in a new role. It's been a pleasure to say 'hello' to familiar faces and I look forward to catching up with many more of you.

Autumn is a time of transformation, as the world becomes vibrant and builds resilience in preparation for the coming winter. It is fitting then, that inspiring stories of resilience within our own communities fill this season's magazine.

For artists like Phyllis on page 9, a proud Ngarrindjeri woman from the Fleurieu, the vibrancy of the world is captured in her art – and it is through her art that she escapes from the world and connects with her cultural roots. Meanwhile, on page 8, Lee-Anne finds freedom and healing through singing and dance.

In time for Youth Homelessness Matters Day (April 19), we also had

the privilege of chatting with Veronica about loss and homelessness at a young age. Her inner strength and future-focus are truly inspirational.

Speaking of transformation, this magazine has undergone a few changes in recent times. However, what has never changed are the incredible stories we receive about you and your communities – and the great things many of you do to make communities stronger.

In recognising this, we are excited to announce the launch of Junction's inaugural Connecting Communities Awards. This year's theme – Create Belonging – embodies the spirit of these awards and is something we already often see. Find out more on pages 6 and 7.

There are exciting things on the horizon, so stay tuned for what's to come.

**Best wishes,
Alicia
Group Leader, Property Maintenance**

If you would prefer to replace your hard copy with a digital copy of this magazine, please email the Community Engagement Team at communityengagement@junctionaustralia.org.au

SAY 'HI' TO TESS

Late last year, we welcomed Tess to our Community Engagement Team. She hit the ground running to deliver great programs and events over the festive period. If you see her around, be sure to say hi!

I've had an amazing time at Junction so far. Being able to meet people from all walks of life and hear their story is such a special experience. Learning from others and working together is a privilege and I can't wait to see what the rest of 2023 brings. – Tess



**DO YOU WANT TO
SHARE YOUR STORY?**

**GET IN TOUCH WITH OUR
COMMUNITY ENGAGEMENT
TEAM ON 8275 8700
AND HAVE A CHAT.**



Veronica in her garden.



A NEW VIEW FOR VERONICA

Filling up a glass of fresh water or using the bathroom is something many of us do without thought. However for Veronica, who lives in the inner-south, this is something she will never take for granted.

Growing up in the Fleurieu, Veronica's hardships began at an early age.

"I was without parental figures from the age of 9. My father passed away then, and I didn't have anyone else," Veronica said.

By her late teen years, Veronica was living in a run-down, mouldy caravan with no access to fresh water or bathroom facilities. Surrounded by an environment of violence and substance abuse, Veronica knew that this was not the life she wanted to live.

"I used to stress a lot about where I could go to the toilet next, wash my clothes, get fresh water or refrigerate food."

Despite being homeless, Veronica persevered through Year 12 before seeking help through Junction's Fleurieu Homelessness Service. In mid-2022, she moved into her own home for the first time.

"Now, I don't have to worry about any of that," she said. "Little things that used to stress me out just aren't a problem anymore."

Since settling into her new home, Veronica has been able to focus fully on her goals. An aspiring lawyer, she has since found employment and intends to get her first aid certificate and driver's license before moving forward with any big plans.

"I'm currently just working on becoming financially stable. I've never had more than \$100 to my name so I'm learning how to manage my bills. I'm learning little things like how to wash dishes because I've never had anyone to teach me that," she said. "I'm learning day-to-day mundane things that other people take for granted."

Although she has faced many challenges, Veronica attributes her optimism and work-ethic toward her close friend who passed away a few years ago.

"Only after their passing did I want to start living. Not for them, but because I know they wanted me to," Veronica said. "I think that was the turning point that made me wake up and say 'hey, I don't want to live like this anymore'."



**WITH A FUTURE
FULL OF POSSIBILITIES,
VERONICA DREAMS OF
RECONNECTING WITH
THE EARTH AND LIVING
SUSTAINABLY ON HER
OWN LAND.**

**YOUTH
HOMELESSNESS
MATTERS DAY
IS APRIL 19.**

Looking to the future, Veronica dreams of reconnecting with the earth and living sustainably on her own land.

"I am proud of myself but I am also excited to evolve more. I am trying to focus on the future rather than where I am right now," she said.

"I know where I am right now isn't where I want to be, but it is where I can begin to move on."



CEO Maria Palumbo speaking at the Camden opening.

CUTTING THE RIBBON AT CAMDEN

We recently 'cut the ribbon' at our Camden Park development, in an opening celebration with residents, partners and community.

Cliffy Wilson welcomed us to Country on the day, before Minister for Human Services the Honourable Nat Cook MP spoke to officially open the development.

Also in attendance were: the Honourable Michelle Lensink MLC; Michael Coxon Mayor, City of West Torrens; SA Housing Authority Chair Mary Patetsos; State Planning Commission Chair Craig Holden; our Board, staff and community.

With great tunes by Caravan Sounds setting the scene, pizza courtesy of Pizze in Giro, and coffee and gelato by Vintage Caravan Bar - it was a fitting celebration for those who now call the development 'home'.

The Camden Park development, our largest to date, has provided 54 new homes for South Australians.

CONNECTING COMMUNITIES AWARDS 2023



"The greatness of a community is most accurately measured by the compassionate actions of its members."

– Coretta Scott King

In the lead up to this year's Neighbour Day (26th March), we are excited to announce the launch of Junction's inaugural Connecting Communities Awards to celebrate you and your community.

This year's theme – Create Belonging – is a fitting message and something we see every day among our communities.

If you are a Junction tenant or Junction program participant, and know someone who:

- Is also a Junction tenant or Junction program participant
- Has had a positive impact on their community or achieved something remarkable

now is your chance to nominate them for an award to recognise how outstanding they truly are.

TO NOMINATE

Simply speak with our Community Engagement Team on **8275 8700** or email them at **communityengagement@junctionaustralia.org.au** and let us know the following:

- Your name and your relationship to the person you are nominating
- Nominee's first and last name, and contact details (if you have them)
- Why you are nominating them
- What category you would like to nominate them for

**NOMINATIONS CLOSE
FRIDAY 28TH APRIL 2023**

Winners will be announced via our media channels and in the Winter Edition of Junction Connect. Each winner will receive a prize.

AWARD CATEGORIES

POSITIVE INFLUENCE



An individual who demonstrates acts of kindness and leads by example.

E.g. Someone who checks in on elderly/unwell/isolated neighbours, lends a helping hand, demonstrates caring and compassion through their actions.



An individual nominated by fellow Junction tenants or program participants for having a positive impact on their community.



YOUTH EXCELLENCE

An individual 25 years or under who has had positive impact or achieved something outstanding.

E.g. Engaging with the community, working on an influential project, defying barriers to create change in their own life or the lives of others.



COMMUNITY CHAMPION

A 'change maker' who goes the extra mile to get involved and be the voice for their community.

E.g. An advocate for positive change, drives or leads initiatives, involved in programs and events.



OUTSTANDING ACHIEVEMENT

An individual who has striven through disadvantage to create impact or enact positive change in their own lives, or the lives of others.

E.g. Someone who has completed a course of study, volunteers, started a group etc.



Lee-Anne has found freedom in singing.

I loved singing, ever since I was a child, I started when I was three. That got taken away from me because of abuse from a family member and I was too ashamed to sing and dance.

FROM THE HEART

Lee-Anne has loved singing as long as she can remember. However, after suffering family abuse when she was young, she stopped – and stayed silent for a very long time.

“I loved singing, ever since I was a child,” she said. “I started when I was three. That got taken away from me because of abuse from a family member and I was too ashamed to sing and dance.”

Almost fifty years later, the grandmother of 21 and great grandmother of three has found her voice again as part of *Finding Your Voice – Women’s Community Choir*. Delivered through Junction, the choir brought together 28 women aged between 20 and 70. The initiative was funded through a grant from the Alcohol and Drug Foundation’s Local Drug Action Team.

“I’m showing off today,” Lee-Anne joked at one of the final practice sessions. “I love being part of this

group. I feel exhilarated. I feel so happy to be part of women that are survivors. You are very safe here. It’s a safe place.”

Like many people who have experienced violence and abuse, Lee-Anne’s life journey has been long and winding.

“I’ve been addicted to many substances since I was 8 years old,” she explained. “Because of abuse when I was young, I couldn’t shake them off until just recently.”

Lee-Anne, now healthier and happier than she’s ever been, said the choir, and music generally, has been critical to her healing.

“I love Van Morrison,” she said. “He has a song called Brand New Day and it’s about abuse and conquering it. That gives me a lot of feelings of being powerful.”

“Freedom. Freedom is my main message. And exhilaration.”



Phyllis in her studio.

"PAINTING HELPS ME WITH PAIN, IT HELPS ME TO KEEP MY MIND OFF THINGS AND IT HELPS ME TO KEEP FOCUSED. THIS IS MY ESCAPE."

CREATIVE CULTURE

Telling stories through vibrant colours and intricate designs is not only therapy for Phyllis, a proud Ngarrindjeri woman from the Fleurieu Peninsula, but also a way of preserving her culture for future generations.

As a teen, Phyllis found her passion for art and went on to complete four years of art school through Tauondi Aboriginal Community College. There, she nurtured her skills and embraced her culture.

"I'm just drawn to art," Phyllis said. "I was a child who always had a pen and would be doodling. I just love it, it's my therapy."

In 1998, Phyllis experienced a car accident that resulted in serious injuries to her neck, back and shoulder. It took her years to get back on her feet but rediscovering

her passion for painting helped with her recovery.

"Painting helps me with pain," she said. "It helps me to keep my mind off things and it helps me to keep focused. This is my escape."

That said, Phyllis' creativity isn't limited to canvas. She is also a talented seamstress, sculptor, beader and crocheter. She learned many of these skills from her mother.

Phyllis has turned her spare bedroom into an artistic sanctuary – full of artworks in progress. Whenever she is experiencing pain or trauma, she finds comfort in playing music and shutting the studio door to the outside world.

"I'm not tidy, I come out with paint in my hair," she said. "Sometimes I will be in here until 5am. It's easy to

lose track of time when you enjoy what you're doing."

Now, more than ever, Phyllis is determined to share her culture with her six grandchildren. In addition to her art, she has also been tasked with designing the family cookbook to share and preserve traditional recipes handed down from her parents.

"It's really important for me to pass my culture on to my grandchildren. If I don't pass my culture on, it dies with me."



A FESTIVE RECAP

From a picnic in the park up at Angaston, to lunches and celebrations down in the Fleurieu, our festive celebrations spanned across the state in the lead up to Christmas last year.

Again, we were overwhelmed by the support of our local partners. Because of their generosity, we were able to distribute over 1,500 donated items to those most in need, including toys, toiletries, and food hampers.

A very big thanks to all involved, including:

- People's Choice Credit Union Victor Harbour
- Fleurieu Community Foundation
- Fleurieu Men's Shed
- Raising Literacy
- Women in Hotels
- EVO Hair Care
- Kytons Bakery
- Amanda Rishworth's Office
- CityReach Marion
- Allegria Choir
- Edge Church Reynella
- C3 O'Halloren Hill
- Influencers Church Morphett Vale



Congratulations

to the winner of our
2022 Christmas
Hamper Competition

**Sarah from
Strathalbyn!**

Pictured above (clockwise from top left): Christmas picnic in the park at Angaston with Housing Manager Bev (with lanyard); friends and families coming together at our Oaklands Park Christmas Party; Goolwa residents and Housing Manager Carla (standing) enjoying the sunshine at Goolwa Community Centre; local residents enjoying a BBQ Brunch at MarionLIFE.



ANNUAL TENANT SURVEY TV WINNERS

Congratulations to our 2022 Annual Tenant Survey TV winners:

- Taryn from Morphettville
- Robert from Salisbury
- Tina from Seacliff *not pictured

ANNUAL TENANT SURVEY RESULTS

SURVEY SAYS...

Your feedback is crucial to the work we do.

The feedback we receive – good, bad, or otherwise – informs, directs and helps shape our services so that we can deliver the best possible housing and support to those we work with.

Our Annual Tenant Survey is independently conducted by the Community Housing Industry Association NSW each year. Last year, we received 865 responses.

Thank you to everyone who took the time to complete the survey.

Of all 865 respondents:



88%
were satisfied
with the services
provided by
Junction

3 in 4



87%
were satisfied
with the condition
of their home



88%
were happy with
their repairs and
maintenance



95%
felt staff were
supportive and helpful
when reporting a repair

3 in 4



1/3
identified as
linguistically and/or
culturally diverse

Rubbish, noisy
neighbours, graffiti
and vandalism remain
the most common
neighbourhood concerns



TOILET TALK

Put it in the bin, South Australia!
A simple message from SA Water,
but an important one.

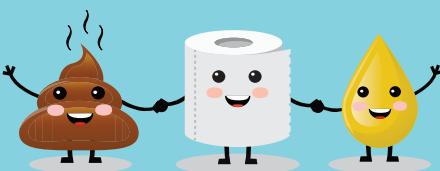
Over the past 12 months, we have seen a rise in drain blockages – from clogged toilets to overflowing kitchen sinks – and oftentimes, it is completely preventable.

Our sewer systems are simply not designed to handle anything other than the Three P's – (toilet) paper, pee and poo. Anything else that is not designed to easily break down in water can get tangled in tree roots and clog the pipe system.

So what can you do to keep your drains free from nasty blockages?

It's simple. Follow SA Water's simple guide and only flush or rinse what has been 'Ok'd' on the list!

CAN FLUSH:



CAN PUT DOWN THE DRAIN:

- ✓ Washing up water
- ✓ Water from rinsing plates and dishes after large scraps are scraped off



CAN'T FLUSH



WET WIPES & BABY WIPES
(General Waste Bin)



TISSUES/PAPER TOWEL
(Green/Compost Bin)



CONDOMS
(General Waste Bin)



PET POO
(Green/Compost Bin)



HAIR & NAIL CLIPPINGS
(Green/Compost Bin)



TAMPONS & PADS
(General Waste Bin)



COOKING OIL & FATS
(Green/Compost Bin)



**COFFEE GROUNDS/
TEA LEAVES & TEA BAGS**
(Green/Compost Bin)



EGG WHITES
(Green/Compost Bin)



CEREAL & PASTA SCRAPS
(General Waste Bin)



Workshop participants ready to take their plants home.

NATIVES FOR NATURE

A recent 'Natives for Nature' workshop hosted by Junction, in partnership with the City of Marion, planted the seeds of knowledge for participants looking to start their very own native garden.

Led by City of Marion's Environmental Engagement Officer Jess, participants were first guided through a presentation detailing specific species, the best ways to plant them and their potential for widespread, positive environmental impact.

Participants then travelled by bus to the State Flora nursery in Belair National Park, where they were able

to wander through the nursery and learn more about what grows locally in South Australia. To finish, each participant was given a selection of young native plants to take home.

"Natives for Nature plant giveaway encourages people to create a native habitat in their garden to attract small birds, bees and butterflies," Jess said. "Nurturing plants and watching wildlife in our gardens brings us closer to nature."

DID YOU KNOW
USING LOCAL NATIVE
PLANTS IN GARDENS
CAN BE A GREAT
WAY TO CREATE
LOW MAINTENANCE,
RESILIENT GREEN
SPACES IN YOUR
HOME.

NOT ONLY DO NATIVE
PLANTS REQUIRE
LESS WATER, BUT
THEY WILL HELP KEEP
WEEDS LOW AND SAVE
TIME ON UPKEEP.



David's BITE-SIZED SAUSAGE ROLLS

It can be a long way to the shop if you want a sausage roll – so why not make them yourself?

David, who lives in our Fig Tree Apartments at Melrose Park, is renowned across the neighbourhood for his bite-sized savoury snacks. Now, he's kindly shared the recipe for all to enjoy!

Ingredients

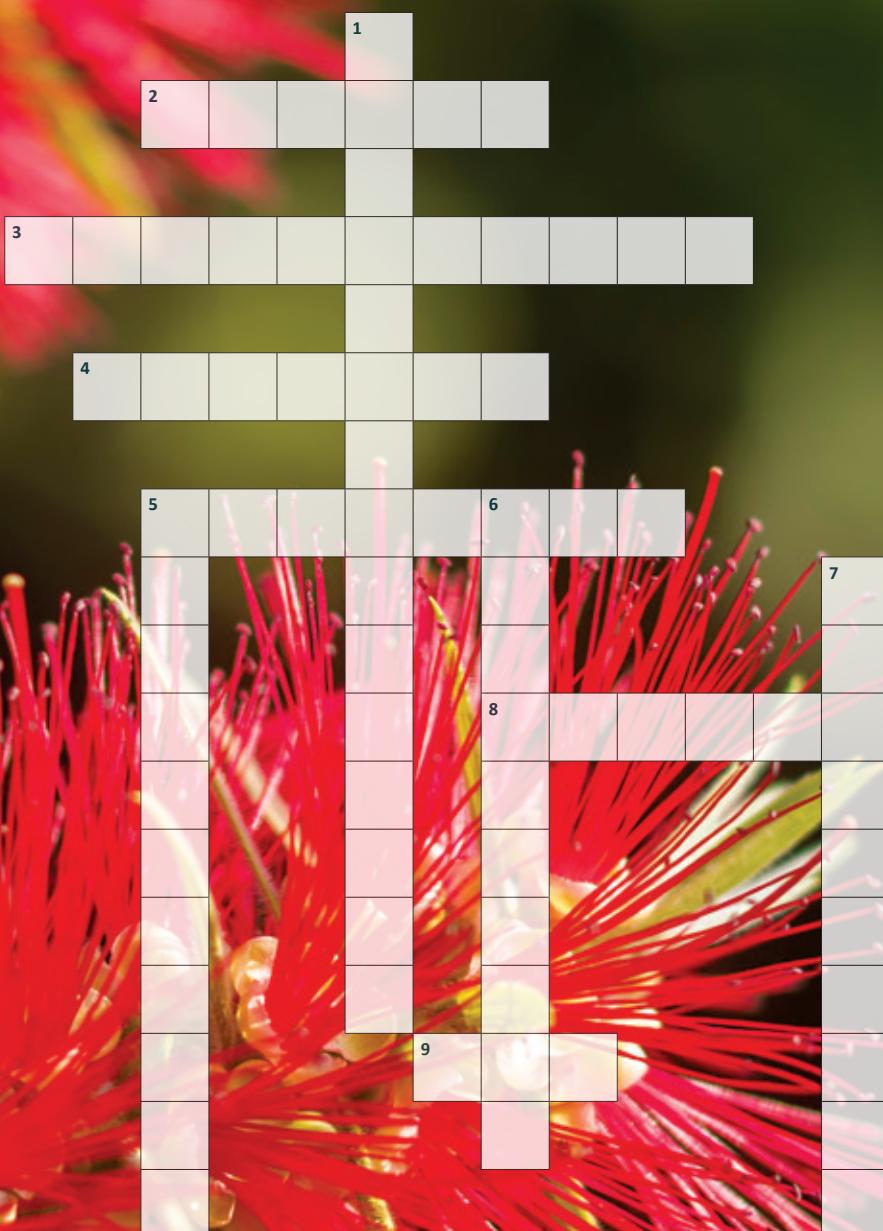
- 1kg sausage mince
- 1-2 carrots (grated)
- Salt & pepper
- Onion powder or diced onion
- Chopped parsley
- Herbs and spices (to your liking)
- 4-5 sheets of puff pastry
- 2 tbs milk and one egg white to make an egg wash

Method

1. Mix all ingredients together, excluding the puff pastry, egg and milk.
2. Once ingredients are combined, fill each pastry sheet with the mixture and roll it up.
3. Mix milk and egg together in a separate bowl. This can be used to help the rolled pastry stick at the seams.
4. Brush each roll with the milk and egg mixture.
5. Cut into bite-sized pieces.
6. Heat the oven to 180 degrees.
7. Place each piece on greaseproof paper and cook in the oven until golden brown.

Sausage rolls will last for three days in the fridge or freeze some in snap-lock bags.

AUSTRALIAN NATIVES



Down

- Which red and black native is known scientifically as Swainsona Formosa?
- What native tree is known for its bright red colour and brush-like appearance?
- Which native tree provides Koala's with the main source of their diet?
- Historically used by Indigenous Australians for medicinal purposes, which oil was extracted by steaming the leaves of this native tree?

Across

- What are Acacia plants also known as?
- Sharing part of its name with a native Australian animal, which flower originated in Western Australia and comes in a variety of colours, including yellow, orange, purple, red and pink?
- Which native wildflower is characterised by 'fruiting cones' and flower spikes?
- What small flower is blue in colour, has 13 species and often attracts bees and butterflies?
- Which native plant has green leaves with yellow flower 'puffs'?
- Containing tannin, what substance is produced by a native tree and historically used by Indigenous Australian's to treat burns?

Solution will be published in next edition

Summer Edition Solution

Down 2. New Years Eve, 3. Beach, 5. Toys, 8. Angel, 9. Carols

Across 1. Giving, 4. Christmas, 6. Summer, 7. Holidays, 10. Pudding, 11. Reindeer, 12. Holly



a network of
families
helping
families

FAMILY
BY family
IT'S A *taesi* SOLUTION



link-up
with another family



are you

a family who's been through
tough times and come out
the other side?

are you

a family experiencing tough
times who would like to learn
from another family?

WE'RE NOT
JUDGEMENTAL
RELIGIOUS
POLITICAL OR
GOVERNMENT

for all
families any
shape, size or
culture



FAMILY
BY family
IT'S A *taesi* SOLUTION
call us 0455 963 934
find us on facebook
facebook.com/familybyfamily