TENANT CONNECT

WINTER 2020

WHEN GOOD NEIGHBOURS *Become good friends*

PAGE 2

AN ENDURING PARTNERSHIP

PAGE 3

STAYING HOME ON *The Fleurieu*

PAGE 5

INNOVATE

NEXT STEPS TO RECONCILIATION

PAGE 8

Junction

Hello!

- Julie Ford

Welcome to our Winter Tenant Connect.

We hope you find a cosy corner and enjoy reading this with a nice, warm cuppa!

Since our last edition, the world has changed significantly.

COVID-19 has challenged everyone in different ways and while restrictions are now easing, the reality is the impact of this pandemic will continue in our community for many months and years to come.

In this magazine, we have included a range of articles focused on services available for anyone who might be struggling, for a range of reasons, at the moment.

At the same time, we focus on some of the positives that have emerged across our communities over this time.

"I LEARNED THAT COURAGE WAS NOT THE ABSENCE OF FEAR, BUT THE TRIUMPH OVER IT."

- NELSON MANDELA

As our team has been calling around to check-in with you all over recent weeks, it has been great to hear some of the wonderful acts of kindness among neighbours – between those who have known each other for years and others who have recently met for the first time.

We have also very much enjoyed getting to know many of you better through these regular calls and we will continue this contact for as long as you would like it.

While the pandemic cloud is lifting, please continue to look after yourselves. With flu season now upon us, please note the State Government's offer (page 9) of free vaccinations for those eligible.

I might be new to the Junction team but I am already inspired by how invested so many of you are in your homes, your neighbourhoods and communities.

Over coming months, I look forward to meeting more of you in person.

Til then, all the very best.

- Julie Ford
Housing Portfolio Manager

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

Get in Touch

Marion Office: Level 1, 838-842 Marion Road
Office Hours: 8:30am – 4:30pm

General Enquiries: 8275 8700

Maintenance: 8210 7010
Payment Enquiries: 8275 8709

placemaking@junctionaustralia.org.au
junctionaustralia.org.au

Junction

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

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

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

WHEN GOOD NEIGHBOURS *Become good friends*

NEIGHBOURS GRAHAM AND CHERYLLYN SHARE THE SAME BIRTH YEAR, A LOVE FOR ROCK AND ROLL MUSIC AND, ABOVE ALL, A SOLID FRIENDSHIP.

While the Junction tenants "don't live in each other's pockets", being able to count on each other has brought them both peace of mind.

"The day I moved in I met Cheryllyn and said 'we're going to be good mates'," Graham said. "Three years later, I'm right."

The pair support each other with Graham often cooking for Cheryllyn and helping her with odd jobs around the house while Cheryllyn takes Graham shopping.

We have a chat, a laugh – not that we always agree on everything," Cheryllyn adds. "We're only four months apart but he's like my little brother."

Cheryllyn and Graham were nominated as part of Junction's Neighbour Day project – an initiative designed to recognise and celebrate good bonds between neighbours with a focus on breaking down barriers to social isolation.

Image: Junction Tenants, Cheryllyn and Graham

FRESH FEEL FOR MARIONLIFE

If you're local to the Marion area, you may have noticed that MarionLIFE has changed its look! Bringing more colour to the new logo, MarionLIFE wanted to showcase the diversity and strength of the organisation and those it supports.

Leighton Boyd, Director of MarionLIFE, said the community centre (corner of Alawoona Avenue and Marion Road, Mitchell Park) had been working towards the rebrand for some time, and wanted the "look and feel" to reflect where the centre "was at, and where it wanted to go".

"Our goal was to develop a simple, recognisable brand that celebrates our beautiful community, and helps the people we interact with feel welcome, safe and at home," he explained.

This message has not only been reflected in the new branding, but the support MarionLIFE has been delivering during the Coronavirus pandemic.

Although most of their in-house projects were suspended, the organisation continued emergency relief service and instigated the "Staying Connected Program". The program continues to offer social connection for those wanting a little more support while physical distancing measures are in place including through phone calls and letter writing.

MarionLIFE branded cookies made by The Essential Cupcake
Source: MarionLIFE Facebook

For more information contact MarionLIFE Facebook, info@marionlife.org.au or 8277 0304.

AN ENDURING PARTNERSHIP

Approaching 52 years of marriage, Junction tenants John and Pat have been by each other's side through thick and tin, sharing a love for cooking and prepping meals in the kitchen together.

Pat describes John as a very clever gardener, always keeping their plants healthy and watered, letting nothing get in his way of making the most of time outside.

So, what's their secret to such an enduring partnership?

Pat laughs as she shares advice given to her by John's mother:

"Listen to 100% of what he says, and then ignore 90%."

Image: Pat and John, Junction Tenants

One OF A Kind

Sometimes, all it takes is a pop of colour to create something incredible.

It is this belief that motivates Junction tenant Lee to create art from recycled items – an activity that has brought joy and community to her neighbourhood.

Lee, whose recent projects include revamping a nearby letterbox and giving her neighbour's shabby dwarves some much needed TLC, aims to eventually paint every mailbox along her street – each with unique artwork to match their owner's personality.

"Not a lot of people think about their letterboxes, but it's the first thing people see when they visit you," said Lee.

"It always starts with a single colour and then it just grows from there. I look at things and think: how do I bring this to life?"

Having started with decorating her own garden, Lee's artistry has attracted the attention of her neighbours, who now enlist her help.

"My neighbour's dwarves were just strewn randomly around the garden before. Now that I've repainted them, she has them displayed as a centrepiece in her garden. She loves them!

"It's all been very organic. It started with one neighbour seeing my work and liking it and it's just grown from there."

She hopes her artwork will inspire her neighbours to have pride in their homes.

"A lot of us have been through a lot and you just really want your house to be a home. That's what I'm doing – giving them something unique to be proud of," said Lee.

"It's like starting a painting and then letting them take over."

After losing her job amidst the COVID-19 crisis, Lee feels the unexpected growth of this hobby is redirecting her life.

"I'm finally getting a chance to be artistic," she said.

From creating fences out of old bed frames and offcuts of metal piping, to learning to paint fire by studying the pattern on leaves, Lee's resourcefulness has aided in her creativity.

"Everything I use comes from the neighbourhood – whether it be rocks, or wood left on the side of the road. In a way, it's like the whole neighbourhood is contributing."

Her budding connection with her neighbours is what motivated Lee to expand.

"Right now, I do everything for free, but they repay me in their own ways – sometimes with flowers or plants for my garden. I think that's the best thing about all this. It's helped me get to know my neighbours.

"I am quite closed off and shy usually, but they enjoy watching me work and I like that too. As long as they don't try to tell me how to do it!"

She hopes one day, she'll be able to start her own business.

"I'd like to call it One of a Kind."

STAYING HOME ON *The Fleurieu*

Junction is working with real estate agents and property managers on the Fleurieu to prevent homelessness through a new program.

Staying Home in the Fleurieu is an initiative designed to tackle homelessness via strategic partnerships based on early intervention to stop the breakdown of housing situations.

A month in, the program has already assisted 14 people and families.

Junction CEO Maria Palumbo said at the core, it was about working together to help some of the most vulnerable to access stable, appropriate and secure housing and support them to successfully maintain private rental tenancies.

“The most prosperous communities are those where people have access to secure, affordable and stable housing. If we want to be safe and successful as a society, we all have a role to play,” Ms Palumbo said.

“Like our staff, property managers and realtors are at the coal face. Every day they are dealing with people searching for housing. They are also on the front line with tenants, some who, for a range of reasons, are struggling to sustain their tenancy and as a result, face the prospect of homelessness.”

Ms Palumbo said tenants’ details would only be passed on to Junction with their consent.

“By working together we can change outcomes,” she said. “This means reaching out and providing support for tenants before they reach crisis point and often, eviction. It might involve linking them with financial counselling, helping them to maintain their properties or connecting them to programs, like the NDIS, to improve their lives.”

Ms Palumbo said the initiative was made possible through funding from the Fleurieu Community Foundation and The Wyatt Trust.

Image: from Left to Right Maria with Brad Butler and Peter Hanlon – From Fleurieu Community Foundation

Image: Junction Tenant, Joel

“Find your own balance – however that looks for you.” Some pertinent words from one of our tenants, Joel.

The 19-year-old has taken his own advice amid COVID-19 as he continues to balance work and study – while also keeping connected to his neighbours!

“It’s all a balance between work, studying, keeping connected and not getting too bogged down in the news,” Joel, who combines studying a double degree in Science and Engineering Science with employment as a supermarket customer service assistant, explains.

Life hasn’t always been easy for Joel either, having been diagnosed with autism as a child.

However, he says he’s always tried his hardest to find the balance between education, friendships and family relationships.

Today, he’s feeling stronger than ever - both mentally and physically.

Understanding THROUGH REMEMBERING

Image: Cherylee Cooper

For Cherylee Cooper, reconciliation means remembering.

"By remembering, listening and recounting, it helps educate so we can all understand."

"The biggest thing for me about reconciliation isn't forgetting, it's actually quite the opposite" the Junction Case Manager (Outer Southern Youth Homelessness Service) said.

Born to a Ngarrindjeri mother and a Yorta Yorta father, Cherylee reflects on a happy childhood.

"Mum took wonderful care of us – my brothers, sister and I – and anyone else who needed it too," she said. "We always had people staying with us and she'd always make sure there was enough food to go round. We had good schooling and good clothes and shoes."

"My great grandfather, grandfather, great uncles and my father were jockeys. We grew up at the race meetings in Adelaide and Naracoorte. It was a big part of our lives."

"In the 1920's – 1960's Aboriginal people made up most of the jockeys in the country towns because they were never paid their wages for their riding in races. Back then no Aboriginal person even queried or complained and if they did no one would have listened. Their duties included feeding and washing horses, cleaning stalls, sleeping in the stables, they were all put on apprenticeships but that never meant anything as wages go."

"What I do remember was it was really hard for us to find a place to live when we moved to Melbourne. My uncle who was not Aboriginal had to end up getting us a house in his name, we lived in South Oakley, now a very up market neighbourhood. I'm sure because we were Aboriginal, getting a rental property was really hard."

"Things would happen that would really jolt you," she recalls.

"One day we were at the football at a suburban oval, watching my brother play. It was rainy and starting to get dark. There were a group of men standing behind us. They were talking about my brother. I heard one say: It's lucky he's got white teeth cos we wouldn't see him in the rainy weather otherwise. My Dad just pretended he didn't hear it. I couldn't do that."

Her personal experiences – combined with a passion to drive change – have shaped Cherylee both personally and professionally.

After finishing school, she married and had four children of her own. However, following the break-up of her marriage, Cherylee, and her children, moved across the country. After working in administration in regional councils across Victoria and Queensland, she returned to South Australia.

"I completed Administration, Governance and Management Diploma's but felt I really needed to have studied more in client areas, and I eventually studied and gained a degree in Social Work"

This led to Cherylee working for Link-Up South Australia – an organisation which traces, reunites and provides counselling services to Aboriginal and Torres Strait Islander people of the stolen generation.

"Of every case I'd work on, it was about 60 per cent positive outcome but 40 per cent not always a good ending," Cherylee explains.

"Kids were taken away in most cases when they were small, some taken from their mothers at birth, and mothers told their babies had died."

"Their mothers had mourned for them for so long, and when a reunion took place some mothers and communities would feel this person was "too white" to be theirs. Too white meant they had no or knew nothing about culture, no language, everything about them was different. Then there were those cases where the mothers had mourned so much for their stolen child, they had died never to meet or see their child again. These were sad times too."

While the Stolen Generation will continue to haunt people and communities for years to come, Cherylee said there is another issue which she struggles with, today, above all others.

A systemic failure to reduce high mortality rates and effectively deal with health challenges to which Aboriginal people are more inherently disposed, is something she can't comprehend.

"So many of our health problems are inherent and our people and communities really suffer because of that," Cherylee, who lost her brother to diabetes complications in his early 40s, explains.

"Our illnesses and health issues start at an early age and the average life span for an Aboriginal person is not a great age - usually 43 – 59 years."

> **"It doesn't have to be this way, if only other Australians could understand why Aboriginal and Torres Strait Islander People need support and assistance in such things many take for granted like health, mental health, social exclusion, housing and employment."**

"Closing the Gap has been a good start but there is still more needed, especially for people living out in communities where the health issues are so bad and medical is hard to come by."

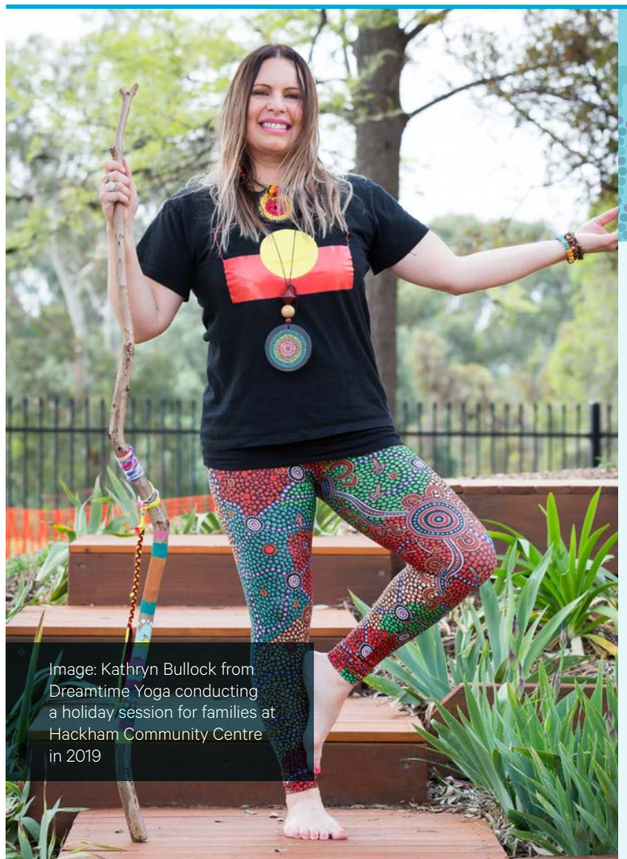


Image: Kathryn Bullock from Dreamtime Yoga conducting a holiday session for families at Hackham Community Centre in 2019

INNOVATE
NEXT STEPS TO RECONCILIATION

During Reconciliation Week 2020 (May 27-June 3) Junction launched its second Reconciliation Action Plan, *Innovate.*

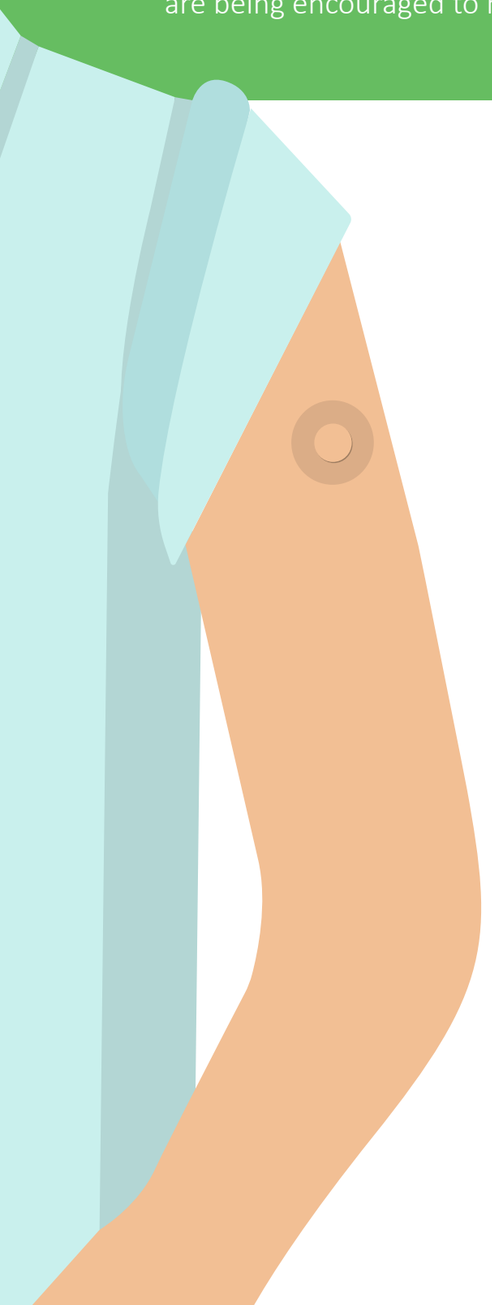
Our vision for reconciliation is to create safe, affordable homes and support services that contribute to thriving neighbourhoods and support Aboriginal and Torres Strait Islander peoples and communities to realise their full potential.

The plan is based on a strong belief across the organisation that reconciliation is everybody's responsibility, and will guide us in staying accountable and on track in truly demonstrating our commitment to reconciliation.

To find out more about Junction's Reconciliation Action Plan phone (08) 8203 5700 or visit our website junctionaustralia.org.au/about/reconciliation-action-plan

STOP THE FLU
BEFORE IT STOPS YOU

All members of the community, especially our most vulnerable members, are being encouraged to have their flu vaccination to help reduce pressure on our health system.



VULNERABLE PEOPLE ARE ELIGIBLE FOR A FREE FLU SHOT, INCLUDING:

- PEOPLE AGED 65+
- PREGNANT WOMEN
- CHILDREN AGED 6 MONTHS – 5 YEARS
- ABORIGINAL/TORRES STRAIT ISLANDERS
- HOMELESS PEOPLE

To receive the flu vaccine, contact your doctor, local council, community health centre, Aboriginal health centre or an approved pharmacy.

For more information, contact SA health on (08) 8226 6000

Checking In

While physical distancing requirements have meant most face to face interactions haven't been possible, we have been working the phones checking in with our tenants to say hi.

"Just by talking with someone, hearing their voice and listening, you can really get a sense for how they are travelling and it gives us the chance to support them or link them with help if needed," Housing Manager, Tiffany explains.

"I want to maintain contact with my tenants throughout this pandemic, even those who say they are ok, because I genuinely care about them as people. Building a relationship with them is so important to getting the best outcomes for them and their tenancy."

Tenant Ken was comforted by the call. "Thanks to Junction for calling to check in with me," he said. "Calls like these are what melts people's hearts."

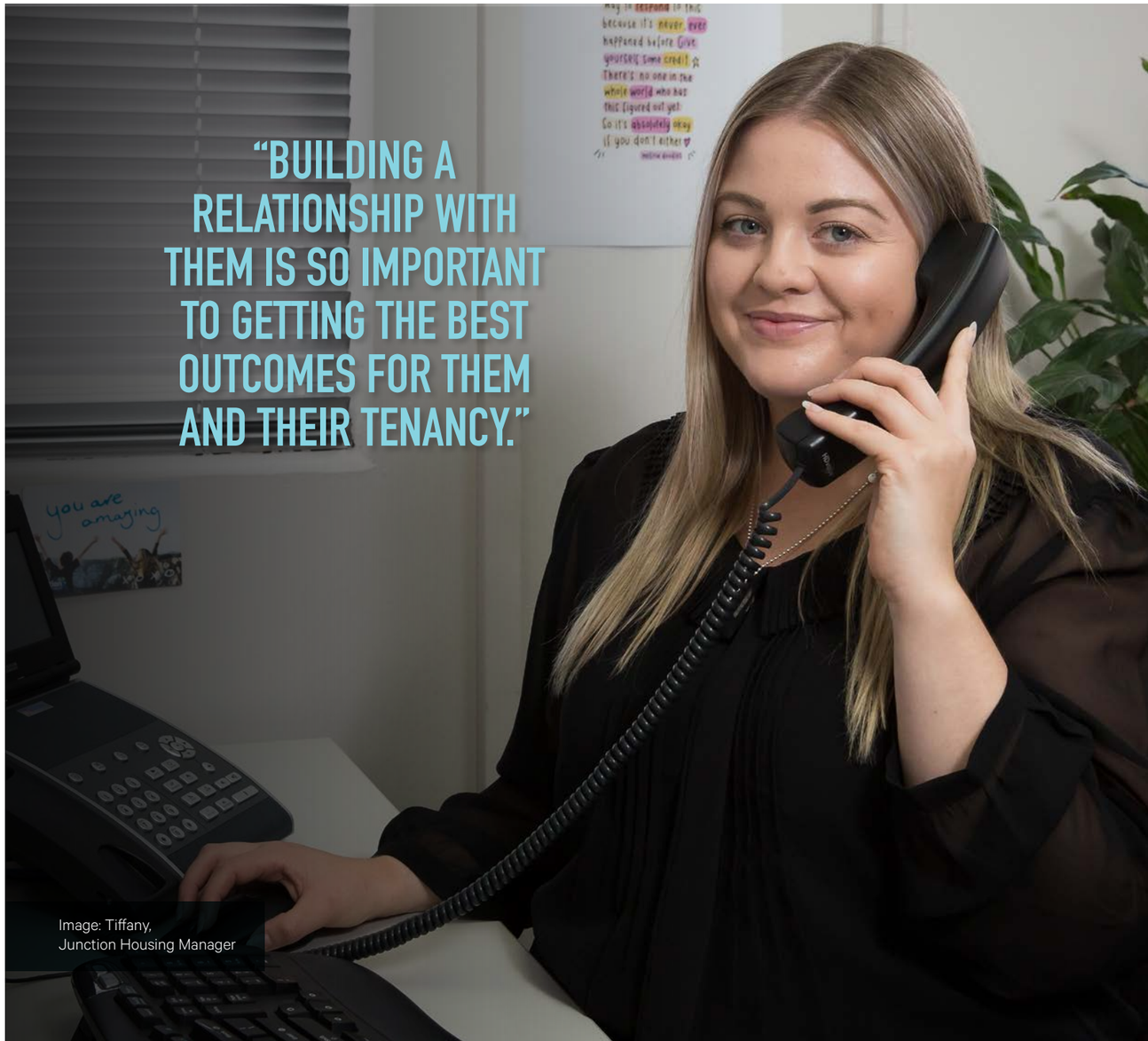
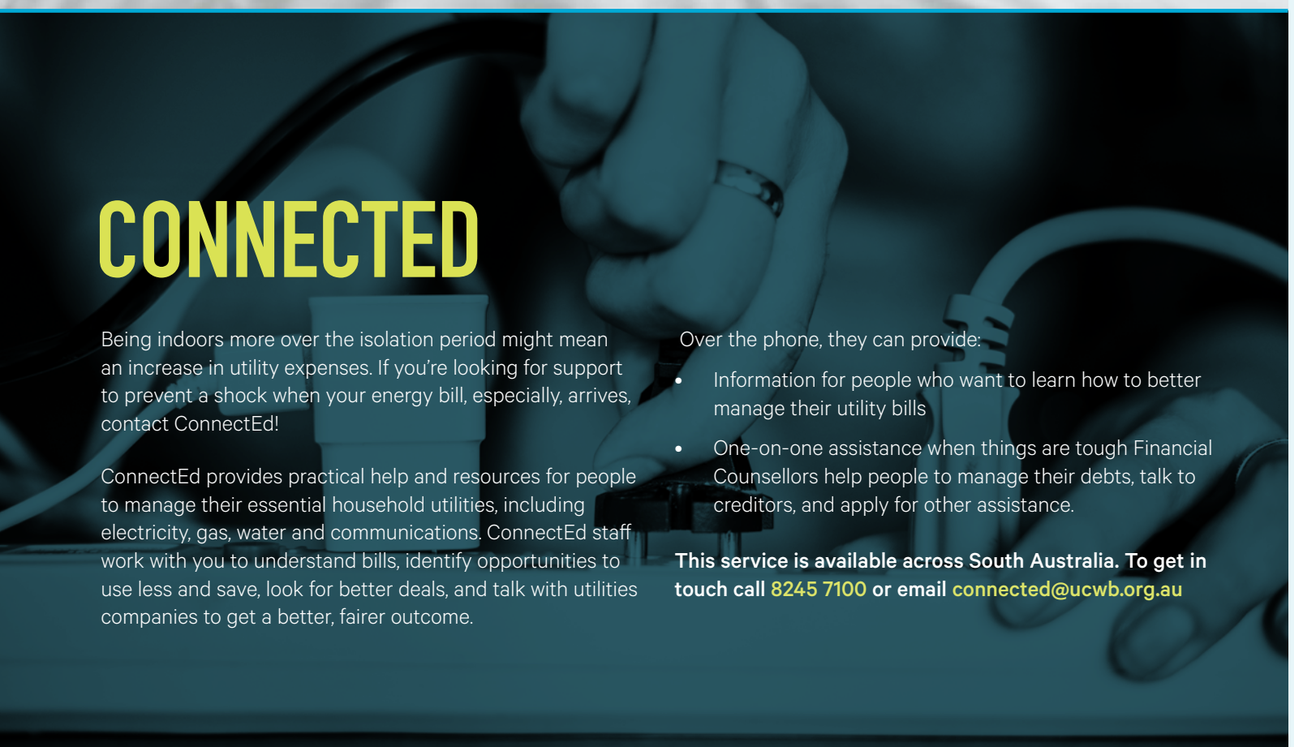


Image: Tiffany, Junction Housing Manager

HOME. SAFE.

While government led measures have instructed us to keep home to keep safe during COVID-19, for some, home isn't a safe option. Although until further notice the Women's Information Service at Grenfell Street in the City, centres at Aldinga Beach Children's Centre, Parafield Gardens Children's Centre, and The Haven are closed, their phone lines will remain open from 9am to 5pm Monday to Friday and staff and volunteers will be available to assist those in need. Women experiencing domestic violence or sexual violence who are worried about their safety and needing support or counselling are encouraged to seek help. These are challenging times for everyone and these services are available to help to keep you safe.

Women's Information Service 8303 0590 **or** 1800 188 158
Women's Information Service for those who are hearing impaired SMS 0401 989 860
1800RESPECT National 24hr Help Line 1800 737 732



CONNECTED

Being indoors more over the isolation period might mean an increase in utility expenses. If you're looking for support to prevent a shock when your energy bill, especially, arrives, contact ConnectEd!

ConnectEd provides practical help and resources for people to manage their essential household utilities, including electricity, gas, water and communications. ConnectEd staff work with you to understand bills, identify opportunities to use less and save, look for better deals, and talk with utilities companies to get a better, fairer outcome.

Over the phone, they can provide:

- Information for people who want to learn how to better manage their utility bills
- One-on-one assistance when things are tough Financial Counsellors help people to manage their debts, talk to creditors, and apply for other assistance.

This service is available across South Australia. To get in touch call 8245 7100 **or email** connected@ucwb.org.au

SHEPHERD'S PIE
A Winter Favourite

INGREDIENTS

1 tablespoon olive oil

1 brown onion, halved, finely chopped

1 carrot, peeled, finely chopped

2 celery sticks, trimmed, finely chopped

1 tablespoon tomato paste

500g lamb mince

Salt & freshly ground black pepper

2 tablespoons plain flour

500ml (2 cups) beef style stock

1 tablespoon Worcestershire sauce

4 (about 200g each) potatoes, peeled, chopped

40g butter

125ml (1/2 cup) milk

Melted butter, to brush

METHOD

STEP 1
Heat oil in a large saucepan over medium-high heat. Add onion, carrot and celery and cook, stirring, for 5 minutes or until soft. Add lamb mince and cook, stirring to break up any lumps, for 5 minutes or until lamb changes colour.

STEP 2
Add the flour and cook, stirring, for 2 minutes or until combined. Add stock, Worcestershire sauce and tomato paste. Bring to the boil. Reduce heat to low and cook, stirring occasionally, for 30 minutes or until sauce thickens. Taste and season with salt and pepper.

STEP 3
Meanwhile: cook potato in a saucepan of salted boiling water for 15 minutes or until tender. Drain well. Return to the pan with the butter. Use a potato masher or fork to mash until smooth. Add milk and use a wooden spoon to stir until combined. Taste and season with salt and pepper.

STEP 4
Preheat oven to 200C. Spoon lamb mixture into a 2L (8-cup) capacity ovenproof baking dish, or use four individual ovenproof serving dishes. Top with mashed potato and use a fork to spread over lamb mixture. Brush with butter. Bake in preheated oven for 20 minutes or until mashed potato is golden brown. Serve immediately.

IF THERE'S ANYTHING YOU'D LIKE TO SEE IN THE NEXT TENANT CONNECT, GET IN TOUCH:

placemaking@junctionaustralia.org.au

Mindfulness Matters

Research shows colouring-in improves mindfulness and relieves stress.

Have a go at colouring-in your own creation.

HEALTHY BRAINS

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

GOOD	GENTLE	HELPFUL	SMILING
INTERESTED	TRUTHFUL	FRIENDLY	LISTENING
HARDWORKING	POLITE	CARING	FOCUSED
HONEST	CONSIDERATE	KINDNESS	LOVE

CONNECT & SUPPORT

Ask Izzy

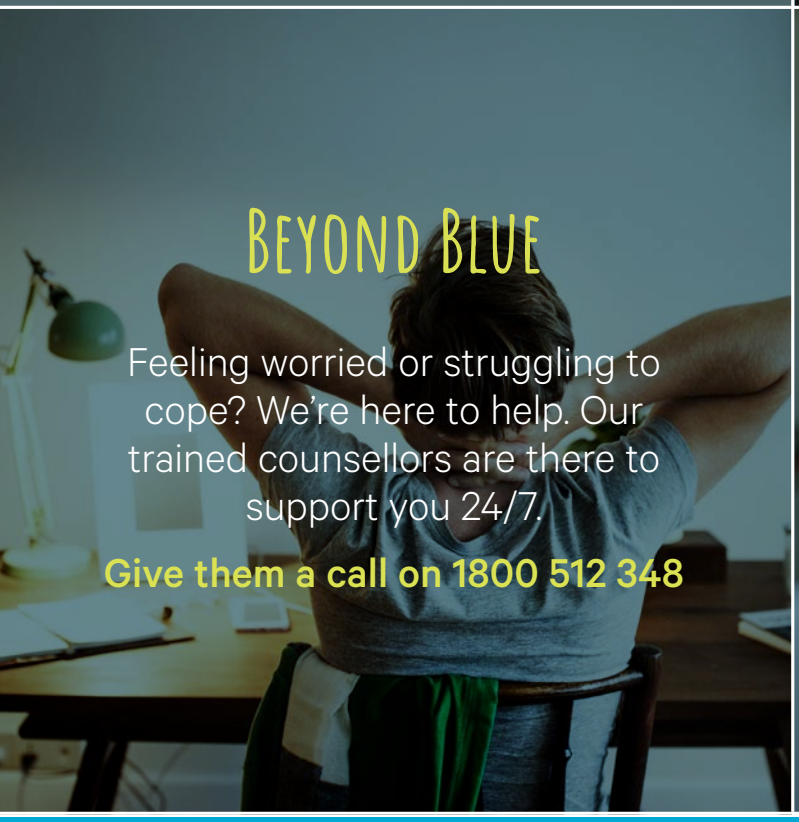
A mobile website that connects people who are in a crisis with the services they need right now and nearby.

askizzy.org.au

Red Cross TeleCross Service

The Red Cross TeleCross Service is a phone call a day to check that you're okay. For more information you can register here:

redcross.org.au/get-help/community-services/telecross



Beyond Blue

Feeling worried or struggling to cope? We're here to help. Our trained counsellors are there to support you 24/7.

Give them a call on 1800 512 348

Your Junction Housing Manager

If you have questions relating to your tenancy, your Housing Manager is available to assist you.

Call the Marion Office on 8275 8700