

TENANT CONNECT

SPRING 2020

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Hello!
- James Clough

“OPEN YOUR ARMS TO CHANGE,
BUT DON'T LET GO OF YOUR
VALUES.”

- DALAI LAMA

We have listed a number of resources on the back of this newsletter which are great sources of support. Please, reach out if you feel you need help.

Junction and Uniting Care Wesley Bowden continue to work together to bring financial counselling services to tenants. The initiative, now well into its second year, provides priority support for Junction tenants to help deal with and overcome financial stress. Read more about the service and how to access it on page 8.

If you're looking for a little bit of healthy competition, the tenant gardening competition is now in full swing. Remember, gardens take all shapes or forms – show us what you've got!

As the seasons change and the weather warms, perhaps you'll find a spot of sun to read through this edition of Tenant Connect?

In Florence's words: Bet your Boots I will!

- James Clough
Senior Manager, Assets and Maintenance

Welcome to our Spring Tenant Connect.

It's not every day one of our tenants turns 100!

So, catching up with Florence from Mitchell Park to celebrate her birthday was a particularly special occasion.

Two world wars, the great depression, the first moon landing and now, a global pandemic - don't miss Florence's advice and insights into the triumphs and challenges of living through the last century, on page 6.

There's no doubt COVID-19 will be something we will all remember and indeed, be continuing to live with for some time to come.

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



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

FOSTERING Friendships

It's been a case of good neighbours becoming good friends for Maxine and Bronwyn.

Maxine, who moved into her home 20 years ago, was delighted to welcome Bronwyn to the neighbourhood eight years ago and the pair have been thick as thieves ever since.

Bronwyn recalls the initial greeting like it was yesterday.

“I held my little dog up over the fence and Maxine held her cat Misty up so they could meet,” she says. “They bumped noses and we laughed, they did that every time they saw each other from that day on.”

Bronwyn tells Junction that her two little dogs Mia and Mishy adore Maxine and love visiting her and jumping up on her walker (pictured) to go for a stroll.

“The love they have for me is just wonderful,” says Maxine “They put a big smile on my face, so does Bronwyn!”

The pair can be found welcoming new neighbours and checking on those around them, or driving around Adelaide collecting stylish and refurbished pieces of furniture from Gumtree and Facebook Marketplace.

“It's so nice to have someone to go out and about with,” says Maxine. “I'm so thankful that we have each other, and the pets!”

Do you have a supportive friendship in your neighbourhood?

We'd love to hear about it! Contact the Placemaking team to share your story.

OAKLANDS PARK *Renewal Project*

The State Government recently announced Oaklands Green - a \$135 million urban renewal project to redevelop and rebuild social housing and create new private housing within Oaklands Park.

Oaklands Green will be undertaken by Housing Renewal Australia and Junction with support from private investors. It is the State's largest social housing renewal project in two decades and the first in South Australia to be delivered with a community housing provider as a partner.

As part of the initiative, 255 South Australian Housing Authority (SAHA) homes in the area will be transferred to Junction and replaced with a further 400 new houses built and sold. There will be no reduction of social housing.

New parks, roads and laneways will also be created complimenting existing renewed community infrastructure including Rajah Reserve and tennis courts.

Junction CEO Maria Palumbo said creating a new thriving community with existing and new residents would bring improved opportunities for locals along with new homes.

"This is a once-in-a-generation opportunity to improve this area and above all, the outcomes for everyone who is part of this community," she said.

The first stage of the project is due to start in early 2021 following consultation with the broader community.

Information sessions for tenants will be held over the coming weeks for tenants and support workers in the area.

For more information including fact sheets and other resources, visit our website:

www.junctionaustralia.org.au/housing/oaklands-green

Alternatively, email:

tenants@oaklandsgreen.com.au

or phone **1800 266 760**.

Image: Artist's Impression of Oaklands Green



Image: Junction tenants Sarah, Suzanne and Eileen



YOU ASK...
We Answer

In this section, we take the opportunity to answer a few of the 'frequently asked' questions to support you in your tenancy.

1. How do I prepare for an inspection and what is acceptable?

Preparing for an inspection will require you to have your home in a reasonable state of cleanliness. When an inspection notice is sent out, the reverse side of the letter contains a guide to the focus areas to address before the inspection occurs. A reasonable amount of furniture, equipment and personal items (clothes, toys, ornaments, etc) will always be out and visible for an inspection. This is acceptable. Dirt, rubbish and excessive clutter however can deteriorate a home, cause illness, tripping hazards and make it hard for us to see the condition of your property. This type of mess is unacceptable.

2. What's the difference between an asset inspection and a routine inspection?

Routine inspections are conducted to ensure tenants can enjoy the benefits of a well-maintained home that is safe and hygienic. The focus is to ensure the property is being maintained to an appropriate standard, and to assess any damage and discuss repair options. This includes cleaning your oven and stove top, ensuring your floors are all vacuumed, swept and mopped, ensuring the bathroom tiles are all clean and showing no signs of mould and ensuring there are no cobwebs present in the home. Mow all grass and pull weeds from garden beds.

With regards to asset inspections, Junction is required to assess all properties at least once every three years to plan long term maintenance of your home. This enables planning for upgrades and/or opportunities to maintain your home. Junction's property officers have a building and construction background and are trained in assessing the general needs of buildings and how to look after them.

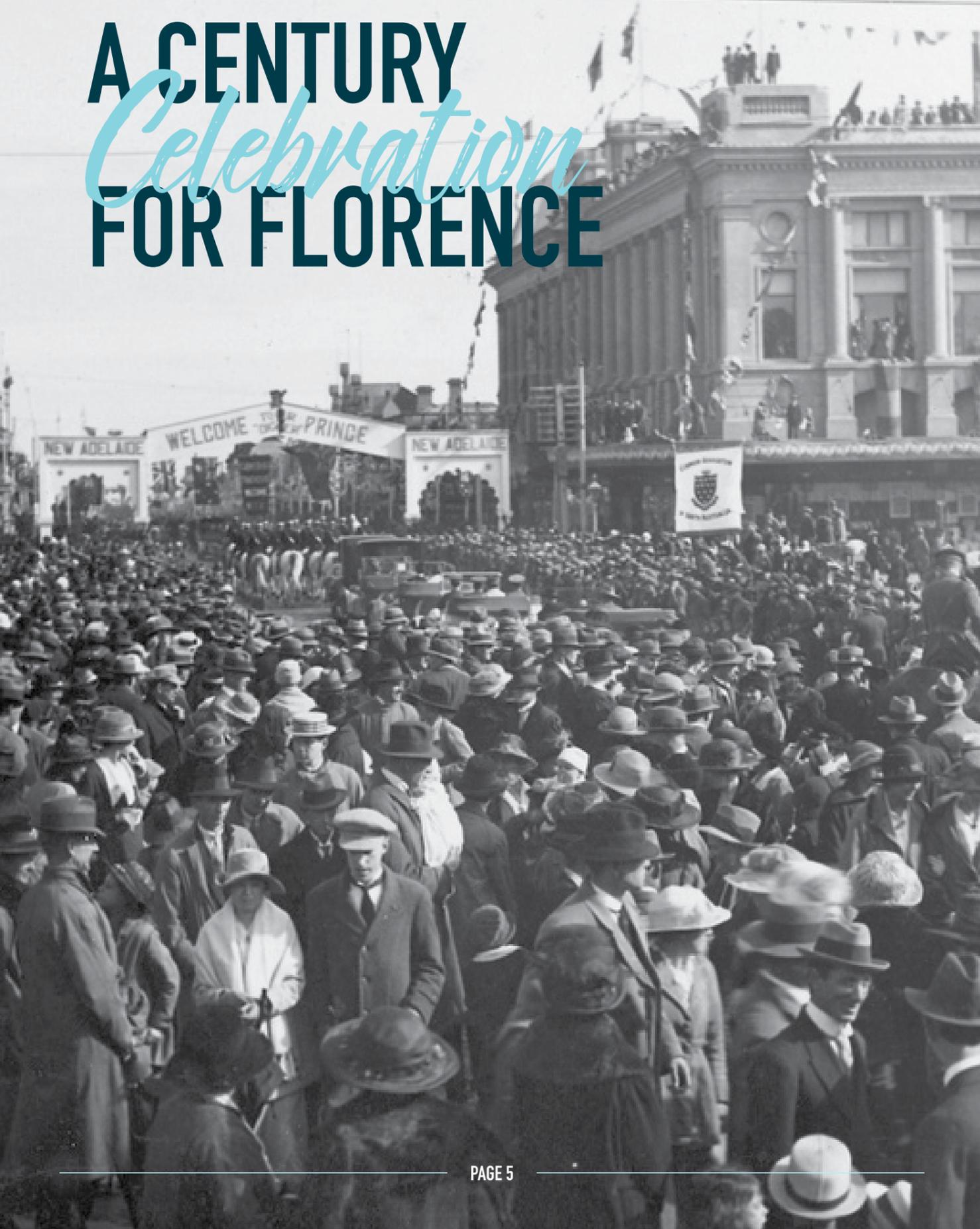
3. What does my Housing Manager do?

Your Housing Manager is the main point of contact for all things tenancy. This includes leases, inspections, water invoices and rent. If you have questions about any of these topics, calling your Housing Manager is the place to start. Junction has a dedicated maintenance hotline and email address. If you have any maintenance requests or queries phone the dedicated line on **8210 7010** or maintenance@junctionaustralia.org.au

4. I have an idea for my neighbourhood or community, is there someone I can speak to about this?

We are passionate about empowering our tenants and supporting ideas to help our streets, neighbourhoods and communities to thrive. If you have an idea that you'd like to put forward, we'd love to hear from you! Call our Placemaking team on **8275 8700** so we can explore the idea further with you.

A CENTURY *Celebration* FOR FLORENCE



“I never thought I’d live to be 100! It’s quite surprising.”

For Junction tenant Florence, turning 100 years old was most unexpected.

Florence recalls her mother telling her that she was born on the same day that the Prince of Wales visited Australia (pictured), the 31st of July 1920.

“Things were very different back then,” says Florence sighting gender equality as the key movement of the past century.

“Women’s rights have come a very long way.”

Although Florence attributes her long life to “good luck,” it seems her strong connections to her family give her immense fulfilment.

She still communicates with her children, grandchildren and great grandchildren by writing them letters, and they enjoy writing back to her too.

Florence lives in the Mitchell Park home she moved into in 1959. She takes pride in remembering all her five children’s birthdays and enjoys visits from her son Brian three times a week, chatting with Meals on Wheels delivery volunteers and in-home carers.

Junction

Growing STRONG

A PODCAST DEDICATED TO THE STRENGTH OF SOUTH AUSTRALIANS

FEATURING 6 EPISODES:

1 - RISING FROM THE ASHES

4 - THE FRIENDLY SYNDROME

2 - A SAFE PLACE TO CALL HOME

5 - FROM VICTIM TO VOICE

3 - RIGHTSIZING YOUR LIFE

6 - RECONCILIATION THROUGH REMEMBERING

The strength and resilience of clients, tenants and communities is the inspiration behind a new Junction podcast series.

Six episodes are being released over the coming months exploring the experiences and personal stories of stakeholders from all walks of life.

Topics range from foster care, disability and reconciliation to tips on right-sizing your home, decluttering and bushfire recovery.

Junction CEO Maria Palumbo hoped listeners would laugh, learn and above all, be inspired, by the conversations.

"As an organisation, we have the privilege of working with some of the most courageous people and communities," Ms Palumbo said.

"Individuals, families and neighbourhoods who have overcome significant adversity to thrive in their own lives and ultimately, help others to do the same."

"With COVID-19 resulting in many people working from home and lockdowns in some parts of the country, we know hearing other voices rather than reading is really important to connection and engagement."

"We are so grateful to all those who have opened up to us as part of this initiative and we are honoured to share their stories in this way."

LISTEN FOR FREE NOW



or wherever you get your podcasts

JUNCTIONPODCAST.ORG.AU

BACK TO BUDGET

Staying on top of your finances and budget can be difficult under the best of circumstances.

When other challenges and unexpected circumstances hit, it can be especially hard to stay in control of your budget.

In partnership with Junction, Uniting Care Wesley Bowden (UCWB) offers free financial counselling services to Junction tenants.

Now well into its second year, the initiative provides priority support to help tenants deal with and overcome financial stress.

While each session is tailored to the individual, topics covered can include:

- Managing rental payments, loans and bills
- Dealing with debt collectors
- Gaining ethical finance
- Accessing superannuation
- Bankruptcy
- Access to food and essential items through Emergency Assistance service

Each session is supported by qualified, compassionate and independent financial counsellors who help put people back in control of their finances.

"We listen to each individual and help them understand their available options," Fiona Kelly, Chief Executive UCWB says. "We can support and advocate for them, which may include helping them to speak with their creditors, or speaking with them on their behalf."

"We do not manage their finances for them - they always maintain control."

Appointments are offered weekly either face-to-face, by phone or Zoom.

If you would like to enquire about making an appointment, please contact your Housing Manager.



SAY HI TO *Sam*

Image: Junction's Placemaking Manager, Sam, with Louie and Lucy.

SAY HELLO TO SAM — THE LATEST ADDITION TO OUR PLACEMAKING TEAM.

Sam joined Junction in February 2020, coming from an employment services background. He is now working closely with our tenants and communities around metro Adelaide and the Fleurieu region.

"Supporting tenants to engage with their community is something that means a lot to me," Sam says.

"I really believe locals know their communities best. I really enjoy working with people to develop their ideas and seeing them evolve."

"Given the opportunity to do this has been really rewarding, especially coming out of such a challenging time with COVID-19."

When not at work, Sam can be found pounding the pavement with his dogs Louie and Lucy.



Image: Kangaroo Island Community Centre

KANGAROO ISLAND *Community Centre*

DID YOU KNOW JUNCTION'S PRESENCE ON THE FLEURIEU PENINSULA DOESN'T STOP AT WATER'S EDGE?

For almost five years, Junction has been managing the Community Centre in Kingscote, providing a range of community services and connections for locals.

KI Community Centre Site Co-ordinator Maree Baldwin said the Centre, which includes a youth hub, was a place of belonging for people of all ages and from all walks of life.

"Whether they come here to link with services, or as part of our school holiday programs, education and development opportunities, music, our community garden or as part of our women's group or mosaic gatherings, everyone's story is different," Maree said.

"It's just one of the reasons this Centre is such a genuine, thriving place and we are all so proud to be part of it."

Late last year, the Kangaroo Island Community Housing Association merged with our organisation resulting in the transfer of 12 properties on the Island to Junction.

Staff within our community centre support these tenancies working with local contractors and service providers.

For more information about the Centre, phone **8553 2809**.

2020 TENANT Gardening Competition

Open to everyone with a green thumb, whether you're experienced or giving gardening a try for the first time.

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



Best Front Garden



Best Rear Garden



Best Veggie Patch



Most Creative Garden/Feature



Most Attractive Low Maintenance Garden



Most Sustainable Garden

Enter as many categories as you like.
You can even nominate a neighbour, provided they are a Junction tenant.

ENTRIES OPEN UNTIL 30TH OCTOBER 2020

To enter please email placemaking@junctionaustralia.org.au with images of your garden along with your name, address, contact number and a small blurb on what gardening means to you. If you need assistance sending pictures or have any other questions, please call the Placemaking team on **8275 8700**.

Image: Junction tenant Houshang out the front of his garden

A Natural CONNECTION

Our new Junction-run Nature Play Group at Seaford Meadows is set to leave its participants with muddy boots and smiles all-around.

Officially launching in October, the Nature Play Group encourages children to get outdoors and play in natural environments, away from technology – stimulating their initiative, creativity and resilience while also encouraging an appreciation for the world they live in.

The group supports unstructured, child-led play activities using only what can be found naturally – whether that be creating small items with bark and leaves, building a hut with tree branches, or simply splashing in a few puddles.

“Nature play is so crucial,” says Caitlin, Seaford Meadows Community Development Officer and group creator. “It connects children to other children, to other families and to the natural environment.”

Having seen the benefits of similar groups run by others, Caitlin sought to make it more accessible to the community in Seaford Meadows.

“There are only about six nature-focused playgroups in South Australia, and it can cost \$10 - \$35 per attendance, which is really limiting to some families,” she says. “So we created our own version – and it’s only a gold coin donation to get in.”

Having amassed close to 200 group members on Facebook within its first few weeks, and booking out the first session within 3 hours, Caitlin is optimistic that this initiative will only continue to grow.

“There’s a real hunger for it,” Caitlin confirms. “I’m a mum too, and just chatting to other parents I can see how excited they are for it.”

The Nature Play Group will run out of the Seaford Meadows Scouts Hall, with all donations filtering back to the Seaford Meadow Scouts.

Bookings can be made by emailing Caitlin at:

charvey@junctionaustralia.org.au

A launch event open to all will be held at the Seaford Meadows Scouts Hall on October 8th.

Image: Play group participant Frankie with Seaford Meadows Community Development Officer Caitlin





BANANA CAKE

A handful of ingredients mixed with everyone's favourite fruit - what's not to love about baking a delicious banana cake?!

INGREDIENTS

- 125g unsalted butter
- 3/4 cup caster sugar
- 1 tsp vanilla essence
- 1 egg
- 2 bananas, mashed & ripe
- 1 1/2 cups self-raising flour
- 1/4 cup milk

METHOD

- STEP 1**
Melt the butter, sugar and vanilla in a medium-sized saucepan over low heat.
- STEP 2**
Remove from the heat.
- STEP 3**
Add mashed bananas and stir through until just combined.
- STEP 4**
Add egg and mix well. Stir in the flour, then pour in the milk and fold in lightly.
- STEP 5**
Line a baking tin with baking paper, then tip the mixture in.
- STEP 6**
Bake at 170C for approximately 40 minutes.

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

placemaking@junctionaustralia.org.au

Healthy Brains

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

- BREATHE
- SERENE
- MANIFEST
- LOVING
- CALM
- MEDITATE
- INHALE
- FAMILY
- HARMONIOUS
- VISUALISATION
- TRUST
- GROWING
- TRANQUIL
- KINDNESS
- MINDFULNESS
- BEAUTY

CONNECT & SUPPORT

HEAD TO HEALTH

A website that lists lots of different avenues of support for people who might be feeling overwhelmed or in need of assistance.

headtohealth.gov.au

MYCOMPASS

myCompass is a free online program for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.

mycompass.org.au

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