

Junction

SPRING 2022

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Website

junctionaustralia.org.au

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



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.



WELCOME TO YOUR SPRING EDITION OF JUNCTION CONNECT

Hello!

I hope this finds you well.

As we leave one of the wettest winters we've had in a while behind us, I know many of you are looking forward to getting out and about a bit more.

Community Centres are a great resource for information and services. They can also be great places to meet new people and make new friends.

Junction manages two thriving community centres at Hackham and in Kingscote but there are also many others operated by council and organisations across the state which welcome people from a range of areas, interests and backgrounds.

In this edition, you can read about Terezia's role in "sharing the love" through coffee and craft at our Hackham Community Centre and see how our Centres support families through the school holidays.

We also visited John at the Strath Woodshed. John walked us through the design and construction process of 'Grow Free' carts built by his team at the shed. What great people and what a great place!

With National Carers Week right around the corner (16-22nd October), we've placed a spotlight on the significant, but often hidden, contribution that carers make in our community. I take this opportunity to give a very special shout out to all those carers reading this who show ongoing love, dedication and commitment, often under extremely challenging circumstances.

Please take the time to read the article on the increasing issue of scamming in our community. This is a topic many people are hesitant to speak about but it is really important to highlight. With technology and the online world being more accessible than ever, everyone is at risk. On page 6, we look into the issue and provide some key steps to help guard against wrong-doing.

Best wishes, John



STAR ON THE RISE

Life's hectic for Noarlunga Downs resident Amber – and that's just the way she likes it.

The 16-year-old is completing Year 10 – and Year 11 maths – while working part time in a local bakery and undertaking a barista course.

Despite her busy schedule, Amber's hard work is paying off. She was awarded the Highest Performing Academic Student for the past two years at Willunga High school. This was in addition to being among the 2021 Community Housing ARTS (CHARTS) awards winners for her poem 'New Moon, Consume'.

As part of Amber's CHARTS prize pack, she won a three-day intensive course at the Adelaide Central School of Arts (ACSA). This provided her access to multiple artistic mediums and platforms, as well as first-hand insight and tips from some of South Australia's most experienced artists.

Harnessing experience gained from using clay for the first time during the ACSA course, Amber has since refined her skills and started making jewelry and other nick-nacks.

"I've never worked with clay before," she said. "It just came naturally"

Although Amber's favourite subjects at school are maths and science, she has always enjoyed the creative freedom she derives from art.

Congratulations Amber!
We can't wait to see where your commitment and talents take you.



"I'VE NEVER WORKED WITH CLAY BEFORE, IT JUST CAME NATURALLY"



**THE WOODSHED HOSTS
ALMOST 100 MEMBERS
– INCLUDING A GROWING
CONTINGENT OF WOMEN.**

GOOD WOOD

From tortilla presses to do-it-yourself flat-pack reindeer. You name it – they build it at the Strath Woodshed.

Only a short walk from Strathalbyn's town centre, the Woodshed has been at the heart of this community for 14 years.

Largely supported through volunteer efforts and donations, the Woodshed is a place where people from all backgrounds can get productive and creative in a friendly and supportive space.

"Everyone is welcome," John, the Woodshed's Production Coordinator, said. "We have members with disabilities, who are unable to use certain tools, but we get them involved in other areas, like sanding."

Learning new skills and accomplishing projects is not the only reward. The shed is a hub

of social connection, fostering friendships and promoting positive wellbeing.

"I look forward to the routine of attending a few mornings each week, with the brain, hand and eye tasks we tackle," John said. But, most importantly "the social needs we all have are met with a smile and fun."

Since moving to its new location on Milnes Road in 2017, The Woodshed now hosts almost 100 members – including a growing contingent of women.

Recently, under John's guidance, a team took on the challenge of building three portable 'Grow Free' produce carts for several of our local communities – an initiative borne out of a grant from the Australian Communities Foundation.

The team designed, measured and assembled the carts using recycled bicycle tires and 150-year-old timber from 1869 – sourced from the oldest building in Strathalbyn.

The carts are part of the 'Grow Free' movement that provides space for community members to place excess produce, plant cuttings and other items that can be shared among neighbours with the message of 'take what you need and leave what you can'.

To register your interest in a grow free cart for your local neighbourhood, contact our Community Engagement team via communityengagement@junctionaustralia.org.au

**For more information about
The Strath Woodshed visit:
infoenquiry@strathwoodshed.org.au
or phone 0418 418 995.**

“Strathalbyn has a country feel with a great community atmosphere and is close to beautiful parks, the river and local beaches.”

FATE BRINGS DENISE HOME

“Happy with my lot” is how Denise sums up her life.

Almost 40 years ago while searching for a place to call home, Denise spotted a quaint little cottage on a quiet road in Strathalbyn. She recalls pointing it out to her son and saying: “When a house becomes vacant, I hope it’s this one.”

After a few years of looking and waiting for stable rental housing, Denise received an offer. Lo and behold, it was “that” cottage.

“From the moment I moved in, it felt like home,” Denise recalled. “I have loved this house ever since and I am very privileged to be here.”

Today, Denise is a pillar of her community. Having worked at the local hospital for many years, she now volunteers at the Visitor Information Centre.

“I love that I can help visitors to plan their stay with things to see and do around Strathalbyn and the Fleurieu Peninsula,” she said.

Denise describes the town as a hub of activity with an abundance of unique museums, antique shops and places to eat. It has a country feel with a great community atmosphere and is close to beautiful parks, the river and local beaches.

“Strathalbyn people are very community minded,” Denise said. “There have been instances where people have gone through a bad experience and it’s so nice to see that the community bands together and gets behind them to help.

“We are passionate about our town and the things that concern us all.”

When Denise isn’t busy volunteering or mingling with other locals, she spends time at home working on craft projects and gardening – her other true passion.

“I am very fortunate to live in such a great town, a house that I love and a garden to lose myself in.”



BEWARE THE SCAMMER

If you receive an offer that seems too good to be true, it probably is. That's the warning from authorities with more and more South Australians falling victim to scammers.

Through our Junction community alone, we are seeing scams become an increasing issue causing a lot of distress as well as financial loss, for people.

A scam is an attempt to trick you into parting with your money. It can happen in many ways including in person on the phone or online.

According to SA Police, anyone can be targeted by scammers – so always be on the look out.

“Scammers can be very convincing so if something does not feel right, do not be pressured into making a decision on the spot,” SAPOL advises. “Scammers will often use the tactic of short timeframes to prevent potential victims from taking a step back and looking at the bigger picture.”

Protect yourself

Most scammers contact people by phone or on the internet. Here's some ways you can protect yourself:

- Go to the source of truth. If you are not sure whether the person you are speaking to is who they say they are, end the conversation and call the agency using a phone number you know to be true.

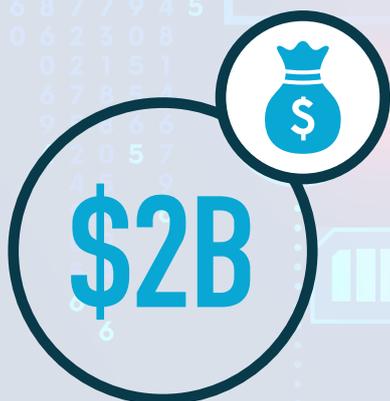
- Before you transfer money or share your personal details including bank account numbers, discuss it with someone you trust or check www.cyber.gov.au to see if it could be a scam.

Report a scam

If you think you might have been a victim of a scam, or suspect a scam, report it immediately by visiting www.cyber.gov.au/report

You should also consider contacting your bank if you have shared your information or someone has accessed your account without permission.

For more information about scams and how to protect yourself, visit www.cyber.gov.au



AUSTRALIANS LOST A RECORD AMOUNT OF MORE THAN \$2 BILLION TO SCAMS IN 2021



PHONE ACCOUNTS FOR ALMOST 48% OF ALL CONTACT METHODS EMPLOYED BY SCAMMERS, WITH EMAIL COMING IN SECOND AT 22%



PEOPLE AGED 65 AND OVER REPORTED THE HIGHEST LOSSES, AND REPORTED LOSSES STEADILY INCREASED WITH AGE.

*Source: Australian Consumer and Competition Commission



THE EQUIPMENT MAY SEEM DAUNTING AT FIRST, BUT MOST FITNESS SITES ARE ACCOMPANIED BY AN EASY-TO-READ INSTRUCTION BOARD.

EQUIPPED FOR FITNESS

Are you looking to get fit for summer? You might be building your strength or looking for some exercise to compliment your cardio. Perhaps, you've simply seen this equipment in your neighbourhood and wondered what it is.

Councils around our metropolitan and regional areas offer a range of recreational facilities – from walking trails and cycling paths, to skate parks, playgrounds, dog parks and reserves. A growing number also provide outdoor communal fitness equipment.

According to several Councils, when they consult with communities

around upgrading parks and public spaces, providing fitness equipment is a common request from local residents.

The equipment may seem daunting at first, but most fitness sites are accompanied by an easy-to-read instruction board. Some even contain QR codes which link to further instructions and 'how to' videos – a great addition for beginners.

"If you have never used fitness equipment before, it is a good idea to do some research on how to get the best out of the equipment and how to stay injury free", a City of

Marion spokesperson said. "Start slowly and increase your use of the equipment gradually."

Some councils, including the City of Marion, also run health and well-being programs that can assist with learning to use the equipment correctly.

Councils advise to use the equipment with consideration, care and respect for other users and neighbouring residents, and urge users to follow the conditions of use displayed on site.



Amanda with the television she won after completing the 2021 Survey.

SURVEY RESPONSES

Thank you to everyone who completed our 2022 tenant satisfaction survey. At the time of publication, we are on track to receive a response rate of around 40%.

The names of all tenants who completed the survey have been entered into a Junction prize draw for the chance to win 1 of 3 x Samsung 43" Smart TV's. The winners will be notified directly.

The Community Housing Industry Association (New South Wales) is now independently collating the survey. A report will be provided to Junction later in the year.



THE NEXT MOVE

It's all systems go at Oaklands Park as work begins on the first stage of the \$135 million Oaklands Green project.

The initiative, a partnership between private investors and Junction, will see the construction of around 600 new homes as well as the rejuvenation of local amenities and facilities.

It also includes the one-for-one replacement of 255 social housing properties.



**COFFEE AND CRAFT
IS HELD AT HACKHAM
COMMUNITY CENTRE
ON FRIDAYS DURING
SCHOOL TERMS
BETWEEN 12:30PM & 2PM**

MORE THAN A CUPPA

Terezia knows the difference a cuppa can make.

As a single mum who has battled significant illness and depression, she says the impact of this simple gesture cannot be underestimated.

Now, the volunteer facilitator of Hackham Community Centre's coffee and craft group, Terezia is "sharing the love."

"Just being able to sit down and have someone make you a cup of tea or coffee and having a chat is such a peaceful thing but something some women never get to do," Terezia said.

"They don't have to do craft but if they want to, it's there. They can just sit and talk or watch. There's no pressure. It's just fluid and it has to be for those who need it."

While life is good now for Terezia, she is the first to admit, it wasn't always this way.

"I really hit rock bottom," she said. "I had been very sick in hospital and I had really bad anxiety. I was just starting to come out of that when my friend bought me along to women's group here at Hackham (Community Centre).

"I really enjoyed it. Then, I had the chance to facilitate a group leading a mindfulness and gratitude session.

"From there I just wanted to do more."

Three years since it started, our Coffee and Craft program continues to welcome new faces.

The group has evolved as a safe place of connection for many people who have, for a range of reasons, previously struggled to leave their homes.



NATIONAL CARERS
WEEK RUNS FROM
OCTOBER 16-22





THE CARE FACTOR

Carers are among the unsung – and often unnoticed – heroes of our community.

Why? Because most often, they don't see themselves as such. In their own minds they are 'just' children, parents, partners, relatives or friends who care for someone close to them. However, we know they are out there – in larger numbers than, perhaps, we realise.

According to the Australian Institute of Health and Welfare, informal carers are people who provide care to those who need it, often providing help with day-to-day living, within the context of an existing relationship such as a family member, friend or neighbour.

Often carers are looking after someone with a disability or complex needs, a medical condition, mental illness or who is elderly and/or frail. Carers provide support and help with activities such as preparing meals, showering, dressing, going to the toilet, moving around and taking medication. Some carers look after people who are mostly independent but might need help with tasks such as banking, transport, shopping or housework.

Australia has over 2.7 million carers, 12% of the population. This means it is likely you are a carer, need a carer or know a carer.

Ksharmra Brandon, Director of Social Inclusion from Department of Human Services SA, said people become carers in a range of ways.

"Sometimes they start helping someone out – bit by bit. In other cases, it happens suddenly because of an accident or illness," she said.

Australia has over 2.7 million carers, 12% of the population. This means it is likely you are a carer, need a carer or know a carer.

"Carers come from all walks of life. You can become a carer gradually, by helping out more and more over time, or suddenly after a health crisis or an accident. Caring may include physical and personal care and assistance such as dressing, lifting, showering, feeding, providing transport, attending appointments, management of medications or providing assistance in an emergency.

Ms Brandon said carers might not be the only person who cares for someone and they might not provide care every day.

"Every situation is different," she said.

"Carers who were young or providing full-time care, often did so with little support but it was important for them to know, they weren't alone. It may surprise people, just how many young people are caring for someone. On average, there are 2 to 3 carers in every classroom.

"It is particularly important that we recognise and respond to the need of carers given that over one-third have a disability themselves."

Carers SA is South Australia's Carer Gateway service provider, making it the main provider of carer support services including carer support planning, organising practical support packages, counselling, peer support and coaching and emergency respite care.

**For more information
phone 1800 422 737 or email
info@carerssa.com.au**



Arvinder working from home.

“IT FEELS LIKE WE’VE FINALLY REACHED THE SHORE AFTER SWIMMING FOR SO LONG,”

BREATHE AGAIN

Newly-weds Simran and Arvinder should have been looking forward to starting a new chapter of their lives. Instead, they were met with months of turmoil and uncertainty stemming from a crushingly competitive rental market.

“We were looking forward to focusing on our relationship and building our life together,” Simran said. “I had rented in Perth for over 10 years with no issue, so I was super confident we could find a home in Adelaide.”

Both IT Consultants with a perfect rental history, excellent credit and references – finding a new home during their relocation to Adelaide seemed like it would be ‘no trouble at all’. However, reality came as a complete shock. During the six months that followed, the couple applied for more than 100 properties.

“We originally looked for nice properties in nice locations, but eventually we reached a stage where anything would do,” Arvinder said.

Looking for a home had gone from an exciting new start to a rigid home-hunting regime run from hotels, short-term rentals and Airbnbs.

“It felt like we were trapped,” Simran added.

Eventually, after receiving only one offer for an old, mould-covered home in the northern suburbs, they felt like they had hit rock-bottom.

“I physically couldn’t breathe because of the mould. I cried every night and thought to myself – is this really what our life has come to?” Simran said.

When Simran received a call from Junction with an offer of a new home within our affordable housing portfolio, she “broke down out of pure relief and joy.”

The apartment is one of 10 that Junction purchased within the vibrant new precinct at West (at West Lakes) to provide long term, stable rental housing for eligible tenants able to pay up to 74.9 per cent of market rent.

“We were living out of our suitcases.” Arvinder said. “Now, we’ve been able to buy furniture and make it feel more like a home. It’s clean, it’s comfortable and it’s in a great location. We feel so lucky to be here.”

“It feels like we’ve finally reached the shore after swimming for so long,” Simran said.



BEATING HOLIDAY BOREDOM

Looking for ways to occupy the kids during the upcoming spring school holidays?

Community centres are great places to tap into free programs providing a range of fun activity options away from screens and out of the house.

Junction's Community Centres – at Hackham and on Kangaroo Island – both offer school holiday programs, as to many other community centres across the State.

Maree Baldwin, Team Leader at our KI Community Centre, said

the programs were growing in popularity.

“During the July school holidays we had a record number of attendances at programs ranging from art, craft, cooking and music.

Ms Baldwin said the Van Gogh workshop, in partnership with Parenting KI, proved particularly popular.

“We had artist Andrew Compton come in and mentor the kids to sketch and paint their very own Van Gogh Painting. The results were

simply outstanding but most of all, the kids had a ball.”

For more information on school holiday programs at our community centres call:

Hackham Community Centre
(08) 8186 6944

KI Community Centre
(08) 8553 2877

Alternatively, phone your local council to find out about free school holiday programs on offer in your area or to locate a community centre close to you.

If you have a recipe you'd like to share, please email communityengagement@junctionaustralia.org.au – we'd love to hear from you!

CREAMY TUNA-TOMATO PASTA

Ingredients

- 1 x can 425gm tuna in olive oil
- 1 x light cream 300 ml
- 1 x packet spaghetti pasta
- 1 x heaped teaspoon minced garlic
- 2 x heaped tablespoon tomato paste
- 1 x medium onion diced
- 1 x heaped teaspoon chicken stock
- 1 x teaspoon chilli flakes (to taste)
- Parmesan cheese (to serve)
- Salt and pepper

Serves: 4-5

Cost: Approx. \$2.50 per serve

Method

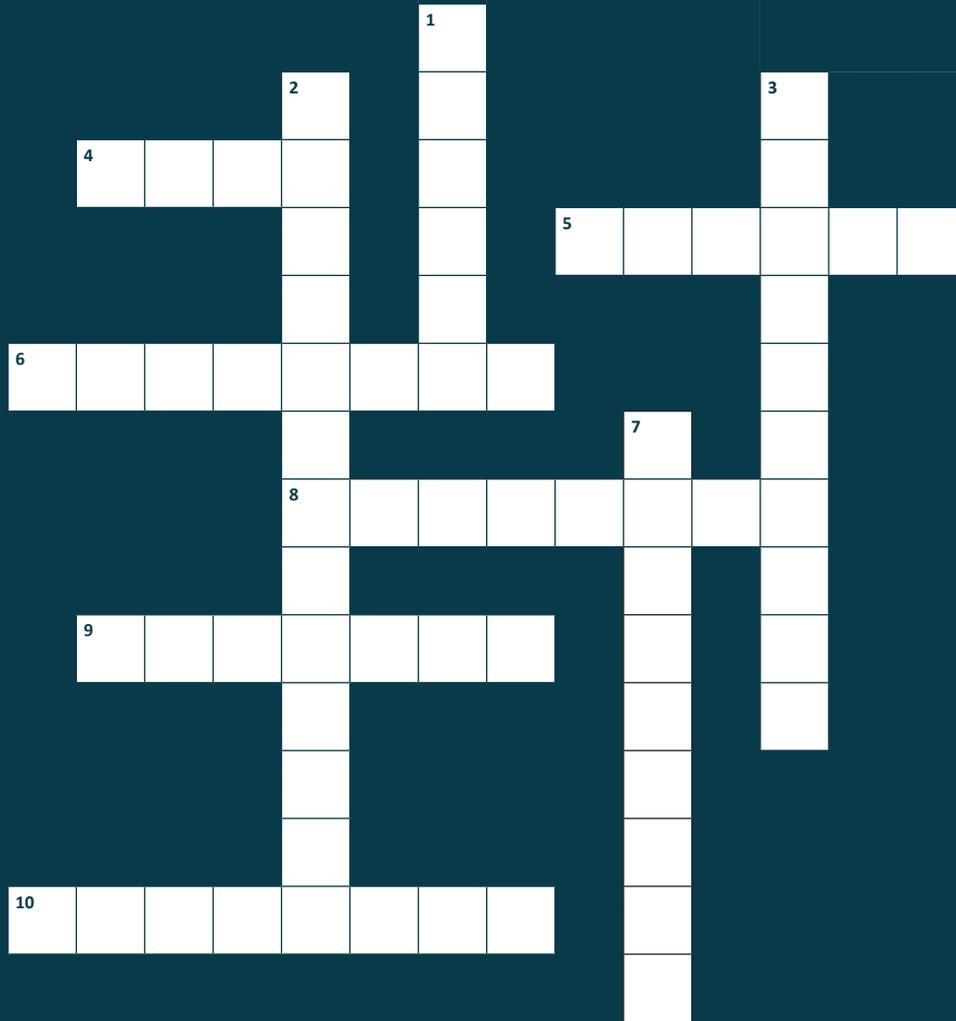
In a large frypan add a little oil, onion and garlic and fry off until clear and fragrant. Add the tomato paste, tuna (including the oil from the can) and cream, stir to combine. Add dry ingredients to the mix and heat through. Add salt and pepper to taste.

Cook pasta according to packet instructions and then add to the tuna mix in frypan. Mix well and sprinkle with parmesan cheese before serving.



Housing Manager Tracy with her budget-friendly pasta

COMMUNITY CROSSWORD



Down

1. Nature that surrounds the home
2. An area where people live and interact with one another
3. Valuable relationship between two or more people
7. A unified body of individuals

Across

4. The condition of being protected from or unlikely to cause danger, risk, or injury
5. To prosper and flourish
6. Light or warmth from the sky
8. Outside a building or shelter
9. To have or give a portion of something with others
10. Young humans

Solution will be published in next edition.



SPRING READY

GARDEN TOOL LIBRARIES

Spring has sprung so if you're looking to get out in the garden, our tool libraries at Marion and Strathalbyn might be a good place to start.

Items include battery powered lawn mowers and whipper snippers. Hiring open to all, and is free for Junction tenants.

**Bookings essential. Call MarionLIFE on 08 8277 0304
or Strath Neighbourhood Centre on 0431 337 044.**