

Junction

SUMMER 2022

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GET IN TOUCH

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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.



HELLO EVERYONE AND HAPPY HOLIDAY SEASON TO YOU ALL.

It is my privilege to present the final edition of *Connect* for 2022. I found it a really informative and uplifting read – and hope you do too.

This season's magazine has a strong focus on the contribution that people across our neighbourhoods make to the wider community.

From Matt who volunteers at Foodbank to Roger in the Fleurieu as well as Amy, Amanda and Anthony who feature in our *This Ability* spread – great stories each in their own right.

Apartments are becoming an increasingly necessary, popular and easier way of living for more people from a range of backgrounds. In this edition, we explore this form of higher density design. We also take

the time to hone in on our inspection schedules and explain a bit more about the purpose of these visits.

I loved the article about how the Seaford Create and Connect Art Group is taking recycled materials and using them to highlight what matters most to participants and those around them. If you live in the City of Onkaparinga, look out for these pieces appearing in places near you soon.

For now, I take this opportunity to wish you peace, health and happiness.

**Jen
Allocations Officer**

P.S. Don't forget to enter the draw to win our Holiday Hamper. The entry slip can be torn away from the back cover of this magazine and a paid return envelope is enclosed for posting.



FOODBANK PROVIDES MORE THAN 70 PER CENT OF THE FOOD RESCUED FOR FOOD RELIEF ORGANISATIONS NATION-WIDE.

PLAYING A PART IN FOOD RELIEF

The lead up to Christmas is proving a busy time for Matt.

As a Foodbank volunteer, he sees first hand the impact cost of living pressures are having on South Australians and he's proud he can play some role in supporting the most vulnerable, especially during the festive season.

Matt, who lives in Junction housing at Oaklands Park, spends three mornings a week building pallets, moving stock and supporting the everyday operations at Foodbank's Edwardstown warehouse.

Taking on his new role in February, Matt quickly gained new skills and is one of the 700 volunteers across SA who are vital to the running of this crucial service.

"Matt has certainly come out of his shell, he's now part of

the furniture," Tony, Foodbank Edwardstown's Warehouse Manager, said. "He really does enjoy it too, which is great."

Foodbank is Australia's largest food relief organisation, operating on a scale that makes it crucial to the work of the front line charities supporting vulnerable Australians.

Foodbank provides more than 70 per cent of the food rescued for food relief organisations nation-wide.

From delivery drivers to shop front and customer support, the efforts of the dedicated volunteers stretch far and wide across nine shops and warehouses in metropolitan and

rural SA. The Edwardstown service, alone, supports roughly 2000 people per month, giving away 20 tonnes of fruits and vegetables and 6-7000 loaves of bread each week.

"Without volunteers and donations, we couldn't function," Tony said.

Matt plays a crucial role in keeping the warehouse safe and tidy – with no task too big or little for him to tackle.

"I like sweeping," Matt said. "I like packing, I like moving pallets of stock, I like everything."

But, he admits, it's the social interactions and being part of a team that supports the community he loves the most.

"I enjoy being a volunteer. It's really rewarding."

THIS ABILITY

International Day of People with Disability (IDPwD) is an annual initiative dedicated to raising awareness, understanding, and acceptance of those who are living with disability. Equally, it's about celebrating the achievements and contributions that people living with disability make in our community.

With IDPwD in December, this edition was a timely opportunity for us to chat with some of the locals who live with disability in Junction housing across the State.

Here, we take the spotlight away from the 'dis' to focus fairly and squarely on the abilities, talents and passions of three individuals and the positive impact they have on our broader community.



**3 DECEMBER
IS INTERNATIONAL
DAY OF PEOPLE
WITH DISABILITY**





AMY, MITCHELL PARK

“This Ability helps me to keep busy and find happiness.”

Amy, who was diagnosed with Borderline Intellectual Disability at the age of 16, underwent an intensive process of tests and meetings with medical professionals prior to her diagnosis. Since then, Amy has ensured she lives her life to the full, enjoying every moment as it comes.

Not only does she enjoy baking, but she also knits blankets for dogs, and makes jewellery for her friends. Her artistic flair always has her thinking about what she can do or make for others.

But her biggest pride and joy are “without doubt” her beloved pets; Gizmo the cat and JoJo the budgie.



AMANDA, GOOLWA

“This Ability allows me to express myself through colour.”

Amanda, who lives with Epilepsy and Functional Neurological Disorder, knows the importance of keeping herself busy and exploring her interests.

As an artist, she is always experimenting with new mediums and is a pro at beading, macrame, quilting and painting. This year, she entered a quilt for judging at the Royal Adelaide Show and has been inspired to start selling her paintings at local markets and through Facebook.

Amanda lives with her beloved dog Odie, who can sense when she is about to experience a seizure.



ANTHONY, MELROSE PARK

“This Ability enables me to connect and share my knowledge with others.”

Anthony became paralysed from the waist down during a construction accident that crushed both legs. Now in a wheelchair, he has not let this experience diminish what he loves most – learning and sharing his knowledge!

The accident impacted his ability to continue shell collecting and volunteering at the Victor Harbor Whale Centre (VHWC) where he renovated the exhibits, but he now learns everything he can through research and observations.

Still a member of the VHWC, Anthony is also a football fan and a passionate advocate for the environment.

GETTING TO THE ART OF THE MATTER

A group in our outer southern community is using art to get to the heart of what matters most to them – and they want others to take notice.

The Create and Connect Art Group has created a series of art pieces themed around local issues. Over 9 weeks, the group worked on recycled pieces that will be placed in the community to invite community conversation, ideas and feedback. The initiative was designed to reduce loneliness and bring together people from a range of backgrounds.

Works created include a social justice shutter representing housing, isolation and financial hardship; a decorated mannequin highlighting women's safety, community connections and social media influence; and a recycled watering can that brings attention to local environmental issues.

The final creations will be exhibited around the area at local libraries, in businesses and parks. Initiated by Junction, the project is funded by the South Australian Department of Human Services through a hub partnership with the City of Onkaparinga.



THE GROUP HAS CREATED A SERIES OF ART PIECES THEMED AROUND LOCAL ISSUES.



WHAT TO EXPECT AT INSPECTIONS

No matter where you are renting or who you are renting through, inspections are a normal part of your tenancy.

Inspections help the property manager or landlord to ensure the property is being looked after and that there are no health or safety concerns. At Junction, it is also an opportunity for Housing Managers to catch up and have a chat with tenants to see if they have any questions or concerns.

How often are inspections undertaken?

Typically, tenants can expect two to four routine inspections per year. This is in line with the State Government requirements for Community Housing Providers, such as Junction, and also The Residential Tenancies Act 1995. When first moving into a Junction property, Housing Managers will

arrange to come out for a Welcome Inspection to check-in and make sure you are settling in well.

Housing Managers might also identify that inspections need to occur more regularly to support you with the upkeep and maintenance of the property. Your Housing Manager will discuss any concerns with you and continue to notify you of scheduled inspections if needed.

How much notice do tenants get before an inspection?

As required under the Residential Tenancies Act 1995, Junction will always provide 7 to 14 days written notice of the time and date of your next inspection.

What happens if I can't be home at the time of the inspection?

If you are not home, where your Housing Manager has a set of keys,

they will enter the property and complete the inspection. This will include checking the condition of the home, documenting any concerns, and taking photos of the property's interior, exterior and yard-space.

What happens during an inspection?

Your Housing Manager will attend your property during the allocated time. Inspections usually only take about 10-15 minutes and can be a great time to ask any questions.

Are there any exceptions?

Every 3 years, Junction also completes an asset inspection. This is carried out by one of our Property Officers who will make a time with you to inspect the condition of the home. This helps us to plan for upgrades to the home, such as flooring, kitchen and bathroom fixtures.



IT WAS GREAT TO SUPPORT THESE KIDS THAT HAD LOST INTEREST IN SCHOOL AND WATCH THEM REALISE WHAT ELSE THEY CAN DO.

ROGER THAT!

Building model yachts, plumbing and carnation farming are among Roger's life experiences – but it hasn't all been smooth sailing!

Originally from Port Lincoln, Roger, who now lives in Strathablyn, began his career at just 14, working as a plumber alongside his father in the family business.

Following the passing of both parents, Roger "bit the bullet" and began a carnation farm with his wife – something neither of them had any experience in.

"We started in '88 with only 400 plants," he said. "We killed the bloody lot that year."

Determined to learn from his mistakes, Roger and his wife spent the next several years building the farm into a success. By the early

90s, they were harvesting 1000 carnations per day (57,000 per year) and supplying to Alice Springs, Sydney and Melbourne.

Struggling to keep up with demand, Roger eventually sold the business. However, things took a turn for the worse with the new owners and the sale didn't work out as positively as he and the family expected.

Roger and his family relocated to Strathalbyn. Despite being down on his luck at the time, Roger was still keen to give back to his community and that's where his next big journey began. Beginning the "South-Eastern Modern Yacht Club" in '92 and acting as the Commodore, the Club now hosts 33 regular members.

During this time, Roger was approached by a local high school

and asked to use his building skills to engage young people who were struggling with traditional and academic subjects. Roger's patience and personality was the perfect fit for this role and the rewards were astounding.

"Watching these kids come back after school to keep working on their yacht was such a treat," he said. "It was great to support these kids that had lost interest in school and watch them realise what else they can do."

Now retired from teaching and his Commodore duties, Roger holds a lifetime membership to the club but these days spends most of his time gardening and catching up with friends and family – as well as caring for his pet dog, Milo.

"I've lived a good life," he said.



ALISA LEADS WITH IMPACT

We have recently welcomed Dr Alisa Willis as Junction's Head of Service Impact.

Alisa comes to Junction from the Department for Human Services SA where she was Director of the Early Intervention Research Directorate.

Junction CEO Maria Palumbo said Alisa is a highly regarded leader with a 20-year career in social work, policy and senior management in Australia, the United Kingdom and the Philippines.

"Alisa has a strong focus on early intervention, child protection, domestic and family violence, Aboriginal culture competency as well as service modelling, training, research and practice reform," Maria said.

"She has also worked for Mission Australia, with impressive achievements in service growth and implementation."

Maria said Alisa's role, which will report directly to her, will stretch across our community housing and services portfolios.

"Her significant experience and expertise in impact will be instrumental as we work to make a long term, positive difference for people."

Alisa said she was looking forward to getting to know the infrastructure, services but above all, the people within our neighbourhoods and communities.

LITTLE LIBRARIES BIG IDEA

Have you spotted a little library in your area? Little libraries are a simple, free book swap concept. They are filled with books so that anyone can stop by and collect a book or two, providing they replace the ones that they take with other books.

Little Libraries are often built like colourful houses to attract attention and add vibrancy to neighbourhoods. They also shield books from weather damage. The idea encourages an interest in reading by making books more accessible in different locations in the community. Mostly, they are built or introduced by local residents.

Alisa (pictured above with a little library at the front of her home) said the library was given to her as a gift by a young woman she worked with many years ago.

"I was a social worker at the time and helped to get her to a much better place in her life," Alisa said. "Many years later, I reconnected with her and mentioned how much I loved these libraries. She built me one and gave it to me as a gift. It is really extremely special to me in many ways."



**AROUND 1 IN 10
PEOPLE ACROSS THE
COUNTRY NOW CALL
AN APARTMENT HOME
AND THIS STATISTIC IS
SET TO RISE OVER THE
COMING YEARS.**



ADVANTAGE: APARTMENTS

Living the higher life is becoming a way of life for more and more Australians.

Around 1 in 10 people across the country now call an apartment home and this statistic is set to rise over the coming years.

Reduced living costs can be among many benefits that come with downsizing to a smaller home. Less maintenance, added security and being part of a closer community are also incentives for some.

“Apartment living is great, especially for people experiencing isolation,” Jules, Junction Housing Portfolio Manager, said. “A lot of people I speak to look forward to downsizing and living as part of a tighter community.”

That said, there are many factors to consider when determining whether apartment living is for you. Jules said “this was important, also, when approaching tenants about making the move to an apartment within Junction’s housing portfolio.”

“There are lots of things to think about including a person’s current living arrangements, physical ability and social needs before we even start the conversation with someone,” Jules said.

“Having a smaller living space and no backyard isn’t always a preference for families but their concerns are often allayed because they are situated really close to communal outdoor space and facilities, including reserves and playgrounds.”

“Sometimes, people start off hesitant but when they see the apartment and think deeply about the idea, they become very keen. Now, they would never look back.”

Jules said “it was wonderful to see Junction’s Fig Tree Apartment community at Melrose Park continue to blossom – both inside and out.”

“They’ve got their own community garden and have even created their own weekly walking group on top of other get-togethers and gatherings,” she said.

“It is a real sense of community and they all look after each other. I don’t think they realised the strong connections they would form.”

If you are a Junction tenant and would like to express your interest in apartment living, reach out to our Allocations Team on 8275 8700 to register your interest or seek further information.

THE BENEFITS

Cost Effective



Apartments are generally more affordable than a house. For instance, heating and cooling a smaller area will save money on your gas and electricity bills.

Low Maintenance



Apartments are smaller in size which make them a great living space for people who find it difficult to maintain a garden or large property.

Security



Apartments provide residents with a main security entrance as well as a separate, lockable door to each apartment. They often have extra layers of protection, such as security cameras, and neighbours are much closer if you ever need help.

Community



You are more likely to know your neighbours as you are living in closer proximity. Common areas and shared outdoor spaces allow neighbours to meet and get to know each other.

Location



The increasing popularity of apartment living means that they are often in great, accessible locations – close to shops, transport and city-centers.

Mobility



Many apartments have elevators to support those living with mobility issues, such as disability.

“We developed the program, so it is focussed on building capacity and relationships not just for the women attending but their children, extended family, and the whole community.”

BITTERSWEET SYMPHONY

It's a warm, spring afternoon. Gradually, nervous harmonies give way to a strong, co-ordinated chorus. There's so much more to this song, and this group, than the music.

Now several weeks in, the Finding Your Voice – Women's Community Choir at Junction's Hackham Community Centre is building rhythm.

The initiative comprises 28 women aged between 20 and 70. The group, which meets every Friday, includes participants from a range of cultures and backgrounds.

However, it's their individual stories and experiences of family and domestic violence which brings them together.

“From the first week where it was very quiet, to now, it's quite amazing to hear women go from whispering to singingly loudly and really proudly,” Hackham Community Centre Team Leader Tammy Elvin said.

“We have one woman who comes all the way from the other side of town. She's hardly spoken at all but on Friday she got up and sang a traditional song from her home

country in her own language. We all had goosebumps.”

Led by local artist, performer and self-care facilitator Shelley Jones, the group is focussing on sharing stories, learning songs, and understanding how to use their voice.

“Finding your voice is a metaphor for finding yourself,” Shelley said.

“There's a really collaborative approach to choosing the songs – music that means something to the women.”

The initiative comprises 28 women aged between 20 and 70. The group, which meets every Friday, includes participants from a range of cultures and backgrounds.

Tammy adds: “When Shelley wasn't there one week a couple of women stood up and led the group. They were nervous at first, but they did such a terrific job.”

Finding Your Voice has been made possible through a grant from the Alcohol and Drug Foundation's Local Drug Action Team. With a strong focus on early intervention

and prevention, Tammy said the program was about the individual but also, the broader community.

“Research tells us women who have experienced DV are more likely to engage in risky behaviour like drugs and alcohol,” she said.

“We developed the program, so it is focussed on building capacity and relationships not just for the women attending but their children, extended family, and the whole community. It's not just about managing risk but unlocking opportunity. There is so much potential here among this group and within these people.”

“More than anything we're seeing women recognising their own strengths and resilience and feeling more confident to face their challenges and fears.”

“The vision for this choir is for it to be sustainable – community owned and supported. It's a platform for these women to continue to grow and evolve. It's clear they will also carry messaging around domestic violence and abuse and creating awareness about the issue wherever they sing.”



THE VISION FOR THIS
CHOIR IS FOR IT TO BE
SUSTAINABLE – COMMUNITY
OWNED AND SUPPORTED.
IT'S A PLATFORM FOR
THESE WOMEN TO CONTINUE
TO GROW AND EVOLVE.



EASY FESTIVE PAVLOVA

Ingredients

- 6 egg whites (room temperature)
- 1 1/2 cups caster sugar
- 1/2 cup white sugar
- 2 tbs cornflour
- 2 tsp lemon juice
- 1 cup whipping cream (to decorate)
- Fresh strawberries, kiwifruit and passionfruit (to decorate)

Method

1. Beat egg whites until stiff peaks form.
2. Gradually add the caster sugar to the egg whites and mix until the mixture is glossy and thick.
3. In a separate bowl, mix cornflour and white sugar together.
4. Fold the sugar mixture and lemon juice into the egg white mixture.
5. Once combined, place mixture onto a lined baking tray and shape into a circle – roughly the size of a dinner plate.
6. Bake at 150 degrees (fan forced) for approximately 45 minutes, watching carefully to avoid burning. When it is dry to touch, the mixture is ready.
7. Allow to cool in the oven with the door ajar.
8. Whip cream & slice fresh fruit as desired.
9. Decorate the cooled meringue with cream and fruit.



Summer



CROSSWORD



Down

1. Used to dry off after a swim
2. Structure often built by children at the beach
5. Celebrated on December 25th
8. Granular material made from crushed rocks, shells and minerals
12. Bright object that provides heat, light and energy

Across

3. Protects the eyes from the sun
4. Popular costal location on hot days
6. Frozen dessert
7. Hottest season of the year
9. Used while swimming to help breathe under water
10. Typically a liquid that protects skin from the sun
11. Last day of the year

Solution will be published in next edition.

Spring Edition Solution

Down 1. Garden, 2. Neighbourhood, 3. Friendship, 7. Community

Across 4. Safe, 5. Thrive, 6. Sunshine, 8. Outdoors, 9. Sharing, 10. Children



WIN A HOLIDAY HAMPER!



Here's a chance to make your festive season a little merrier by going in the draw to win a Holiday Hamper!

The hamper is packed with a range of treats to the value of \$200 and includes donations from some of South Australia's best local producers and companies including Kytons Bakery.

For your chance to win, simply cut out the slip below, fill in your details and use the included 'Reply Paid' envelope to post it to Junction by 16/12/22.

The winner will be randomly drawn on 20/12/22 and notified by phone.

Full name _____

Address _____

Contact number _____