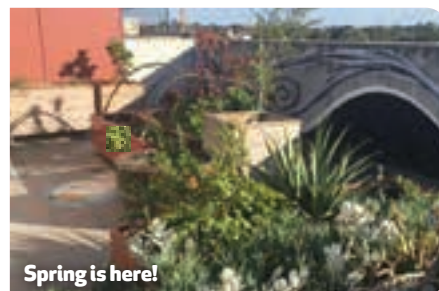




Hard to Skip 10.0 – another success!



Hard to Skip 10.0



Spring is here!

Hard to Skip 10.0

– No rubbish was wasted!

Hard to Skip (H2S) has been an important event for people of the Clarence Plains area to be able to remove hard waste from the community. Headed up by Mission Australia Housing's local Community Chaplain, Tim Dwyer the success of the 'Hard to Skip' program has seen it grow every time it has been held. Tim is well supported by **One Community Together, Clarendon Vale** and **Rokeby Neighbourhood Centres** and Mission Australia Housing.

For Hard to Skip 10.0 the H2S team had two 15 cubic meter skip bins delivered. One at Rokeby Neighbourhood Centre (RNC) and the other at the Clarendon Vale Neighbourhood Centre (CVNC). By 9.10am the first bin at Clarendon Vale was already full and an impromptu empty was organised. So to prevent the next skip from overflowing, the CVNC people were extremely proactive in assisting to help residents unload and stack hard waste into the skip to ensure no space was wasted.

Tim and Stephen (Mission Australia Housing's new Community Development Manager), along with a three hardworking local volunteers organised a ute and trailer and a private vehicle to travel around the community

to assist those who could not physically take their waste to the skips.

Tim said "Every time we host a 'Hard to Skip' event I am amazed at how the community comes together to help each other out".

Today we reached another record with five skip bins taken away full of waste that would otherwise sit in peoples yards and homes. In addition to the 5 skip bins the H2S team took **8 washing machines** and **5 fridges** to the local waste transfer station for recycling.

The H2S team are starting to make plans for **Hard to Skip 11.0** and would love to hear your thoughts. If you have any feedback please give Tim a call on **Mission Australia Housing's 24/7 hotline 1800 269 672**, pop in for a chat at either Rokeby or Clarendon Vale neighbourhood centres or reach out to One Community Together.

This year we achieved;

5

tonnes removed



Tips to live your best life!

Everyone should have a chance to live their best life and age gracefully. With the right care you can improve your lifestyle.

- **Be kind to your skin.** The skin is the body's largest organ so take care of it. Stay hydrated and use a daily moisturiser and sunscreen.
- **Exercise daily.** Exercise reduces your risk of disease and helps you stay mobile longer. Exercise is proven to reduce stress and improves your sleep. Fresh air, a brisk walk, running or stretching will do a world of good for your mental wellbeing and physical health.
- **Tone up.** Muscle-toning and bone-strengthening exercises can be performed with resistance bands and light weights.
- **Stay balanced.** Balance-training is helpful for aging in addition to strengthening and aerobic exercise.
- **Eat a balanced diet.** Healthy foods are a recipe for ageing gracefully. Avoid excessively fatty and processed foods. Monitor your salt intake to reduce your blood pressure.
- **Manage and lower your stress levels** by getting 8 hours of sleep a night, exercising and using relaxation techniques such as meditation.
- **Quit smoking and decrease your alcohol consumption.** Smoking and alcohol are proven to cause premature aging and increase the risk of disease.

Maintain a healthy lifestyle, surround yourself with people you love and do things that bring you joy! It's easy!

CONTACT US



Mission Australia Housing hotline: **1800 269 672**



20 North Parade, Rokeby TAS 7019



missionaustralia.com.au/housing



facebook.com/groups/missionaustraliahousingtasmania





FROM OUR EXECUTIVE

Wonderful spring has sprung and

I hope you are enjoying the fresh air and warmer days. Given the success of the transfer of Housing Tasmania properties in places like Clarence Plains, the Tasmanian Government has decided to **transfer more homes to Mission Australia Housing** to be managed. These homes and the people in them will be joining the Mission Australia Housing family in suburbs **Warrane, Mornington, Risdon Vale, Chigwell, Midway Point, Sorell, Orford, Triabunna, Swansea and Bicheno.**

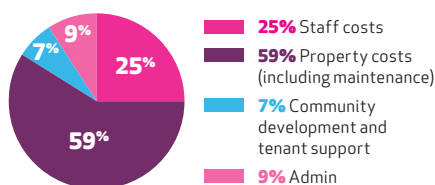
As part of this exciting program, we will also be building more new homes in both Rokeby and Clarendon Vale.

With more homes to look after we are growing our Mission Australia team and will be **setting up a new more central office** next year.

Many of you have asked **what's happening to the Rokeby office with all these changes?** We are keeping the Rokeby office. We see ourselves as part of the Clarence Plains community and will continue to provide our services to

you from that office. All our tenants in Clarence Plains will still be able to do all the things they do now, and the phone number, **repairs and maintenance line will still be 1800 269 672.**

A few tenants have asked us **where does our rent go?** When you pay your subsidised rent Mission Australia Housing use this to provide all the services you receive. These include paying for **council rates, water usage, insurance, maintenance and upgrades to your home; Community Development activities and Tenancy Support;** as well as the staff to do this work. If you need more information, please call our office on **1800 269 672.**



Enjoy the warm spring days,

Chris Bratchford
Executive, Mission Australia Housing

CHAPPY CHAT

What is a good man?

I love reading. Normally the books I choose help me to understand my behaviour and the behaviour of other people and communities.

Recently I picked up a novel to read something just for enjoyment, rather than reading to learn. This novel tells the story of a boy (Eli) from Brisbane who grows up in the eighties in a rough and tough outer suburb. The story goes through Eli's boyhood, teenage years and into young adulthood.

The question that Eli keeps asking throughout the story is: "What is a good man?" **This is a question that I often ask myself.** As I know quite a few men that I would consider good, but does that mean they never do anything bad? Eli wrestles with the same question. In Eli's life there are good men who have also been to prison or make money by selling drugs. So for much of the story, Eli is very confused.

It is towards the end of the story when Eli comes to realise that all men do good things and bad things, because they are human. Eli changes the way

he thinks about men as he begins to grow into a man himself. Instead of men being good or bad, Eli comes to believe that a good man does what is right, not what is easy.

For me, being a good man doesn't mean you have to be perfect. Even in the bible Jesus doesn't expect anyone to be perfect, because only God is perfect. In my own story, I have come to believe that goodness is found in overcoming our mistakes, rather than thinking we should never make them in the first place. To say it another way, humans make mistakes, but it is what we do after we have made a mistake that really matters.

**Hope, joy and peace to you all,
Tim, Mission Australia's Community Chaplain**

(The part of the Bible I refer to is found in: Mark 10: 17-31)

If you would like to talk to Tim about this Chappy Chat or anything that is on your mind, please call to make an appointment on 1800 269 672.

Time for a deep clean!

Spring is a perfect time to deep clean your home. Even more important in times of COVID, when you spend lots of time at home.

Here are our top tips and tricks;

1. Make a list

Making a list of your chores is a great way to stay focused. Just start room by room.

2. De-clutter

A great way to maintain your mental wellness is to have a neat and tidy living space. You'll be surprised at how fresh you'll feel after you tidy up.

3. Think green when you clean

Using natural household items like vinegar, water and bi-carb soda can be used to clean kitchens and bathrooms without the need for harsh chemicals.

4. Always start from the top

Start by cleaning the ceiling, so dust and cobwebs fall down on the floor. This will save you time.

5. Don't neglect your walls and windows

While wearing gloves, spend an afternoon wiping down the walls and window sills with sugarsoap and water.

6. Deep clean your carpets

A strong vacuum will pick up pet dander, allergens and other household particles. Using the attachments will reach those hard-to-reach areas.

**Don't you feel better already?
Time to put your feet up!**



Happy life means a happy home

Take a walk. Walk, look and relax.

Take long gentle breaths as you take in the smells and beauty of nature. When you return home feel how relaxed and rejuvenated your mind and body are. Sometimes just a little time out can

make a world of difference. Taking a walk can give you the time to think about a problem and reach a solution calmly. **Make a decision.** Take the time to write down what is bugging you, **what you want to change, how to change it and whether you've got the guts to change it.** If yes is your answer to these questions just do it. **If you believe you can you will.**

Last year's top 3 maintenance calls



Oven/ Stove



Broken window



Hot water

IMPORTANT! When you request a repair or maintenance at your home, please be home at the time agreed with the contractor, we don't want you being charged a fee for not being at home!

Welcome to the Mission Australia Housing team, Stephen and Sheree!



Baker Stephen

Stephen joins the Mission Australia team after working at a local sports centre as a program manager and prior to that as State Manager of 'Life. Be in it' program

organising events across Tasmania for all ages.

"I am really excited to join the team and help to build stronger communities across TAS. There are so many talented and passionate people in our communities and I hope to work with as many as I can to develop long term and prosperous activities that encourages participation".

Stephen grew up on the eastern shore of Hobart attending Clarence High School. He enjoys windsurfing, skiing, is a great cook and enjoys baking with a soft spot for anything sweet, so **watch out TAS office!**

We also give a warm welcome to **Sheree** in the **Assets team**. Sheree has previously worked in the Disability Services sector, prior to this the

Community Housing sector as the Internal Trades and Administration Manager overseeing 20+ staff and external sub-contractors, to ensure that maintenance on public housing was performed for approx. 4,500 properties in Southern Tasmania. Wow!



A great asset
Sheree

strong relationships and maintaining them is something I believe will make my role even more enjoyable.

I grew up in the country, all the way up Maydena; where in winter it's below freezing temperatures to summer being unbearably hot. I enjoy camping, fishing, country music and spending valued time with family and friends and when the opportunity arises a trip to Melbourne to see my beloved Collingwood football team."

Sheree says, **"I am passionate about working in this industry and across the community and achieving positive outcomes for tenants. Building**



Time to review your home maintenance

How to clean your Heatpump filters

If your house has a Heatpump you will need to remove the filters every month and clean them with a vacuum cleaner or take them outside and wash them out before you put back them inside the Heatpump.

This will save money on your electricity bill and keep your Heatpump running the best it can.

Making changes in your home

Just a reminder if you want to do any work to your property you must fill out a **Request To Make Alterations** form and have the work approved before starting, please contact your Housing Officer for a copy of the form.

This includes any work such as painting, CCTV cameras, changing floor coverings, anything requiring council approval, installing pergolas, installing air-conditioning, sheds, concrete slabs or bathroom and kitchen modifications, and more. If you are unsure, please ask your Housing Officer.

Property Assessment Surveys

Over the next few months, we are carrying out Property Assessment Surveys (PAS), you will get a letter in the mail if your home is due for assessment.

This PAS assessment reviews the condition of things such as carpet, kitchen, bathroom, painting, roof. You will get a phone call from our contractor to book in a date and time for the visit.



Free calls!

Local and national calls to standard fixed line numbers and calls to standard Australian mobiles on **Telstra's public payphones are now free.**

Heard the **latest update?**

Receive updates via Facebook, email or SMS



Join **Mission Australia Housing Facebook groups**

to receive up-to-date information regularly. If you prefer to receive notifications via email or SMS, please call **1800 269 672** to make sure we have the right contact details for you.

 facebook.com/groups/MissionAustraliaHousingClarencePlains

STOP PRESS!

10 top reasons why eating salads improve your health.

1. **Raw vegetables and fruits supply important fibre for your body.** Fibre encourages bowel movements and reduces bad cholesterol.
2. **By eating salads, you are digesting natural sugars and minerals** instead of manufactured imitations.
3. **Salads are an easy, delicious way to lose weight.**
4. **The fibre and minerals in salads help you absorb healthy fats** that are necessary for your vital organs.
5. **Fresh fruits and vegetables contain many vitamins.** These vitamins are not only good for

your blood but also your bones, skin and hair.

6. As a result of eating salad, you'll **build better muscular support** and **faster recovery times** as well.
7. Snacking from your own vegetable patch with vegetables such as carrot sticks, lettuce, tomatoes, etc. will **helps save you money.** Instead of snacking on costly takeaways you are snacking on free nutrition.
8. Salads are a great way to **learn about other cultures by trying different produce.**
9. **Salads help you think** about the good things in life – if you have a veggie patch to maintain – rather than all the stresses and pressures around us.
10. **Salads are great for your soul –** get creative making fresh new salads!



Moving in?

How to choose a flatmate

If you advertise or answer an advertisement for a flatmate take the time to **ask as many questions about them as you want to.** Get references from other real estate agents they have rented through, other people they may have shared with, and any other **background checks** that you can do.

Try and get at least **two written and a couple of phone referees;** preferably not references from their friends or family as these could be biased. Make sure you contact the referees – written references look good but **it is the things that are left out of them that gives you insight in to the person.** If you cannot contact the referees they are probably bogus!



Back in 2018 we met with Joseph Street residents, and they told us what their concerns were and what they wanted to change about their community.

We upgraded their security

After a number of criminal events including arson and escalating anti-social behaviour, residents requested the installation of CCTV cameras, lighting and an upgrade to security screen doors. A tenant commented, 'Gives us peace of mind in the complex'.

We took a few steps to improve the look and feel of the street

Graffiti removal, street art, street clean-ups and fence repairs were all a priority, along with a modern day make

over with a splash of colour to brighten up the tired appearance of properties.

We cleaned up the vacant land behind Joseph Street

Residents told us that it needed ongoing maintenance, especially the removal of ugly car wrecks that littered the vacant block.

Tenants said, 'I think it's a great idea, will deter people from doing the wrong thing.'



HELPLINES – We are here to help

Ageing and Disability Abuse Helpline 1800 628 221
Alcohol and Drug Information Service 1800 250 015
Child Protection Helpline 13 21 11

Crime Stoppers 1800 333 000
Domestic Violence Line 1800 65 64 63
Link2home Homelessness 1800 152 152
Mental Health Access Line 1800 011 511