



Recipe from a tenant: Kerry from Kensington's curried sausages

Ingredients

- Half a kg of any sausages
- 1-2 carrots
- 1 onion
- ½ garlic clove, minced
- 1 cauliflower
- 1 bag frozen peas
- Curry powder
- Salt and pepper, to season
- Precooked rice
- 2 tablespoons corn starch
- 1 cup water

Steps

- Boil your sausages in roughly half a pot of water
- While sausages are boiling, add your chopped carrots, peas, diced potatoes, onions, garlic, curry powder and salt and pepper into the same pot.
- Boil until sausages are cooked and rise to the top. Take out sausages, cut them into small, bite-sized circle pieces.
- Allow vegetables to cook for an hour, then add pre-cooked rice.
- Mix the corn starch and water in a cup and slowly add it into the pot while continuously stirring
- Allow the soup to simmer until thickened.
- Add the sausages, stir it in. Add salt and pepper to taste and enjoy.

Useful contacts

Lifeline
(crisis support)
13 11 14

Emergency services
(police, ambulance and fire)
000

Police
(non-emergency)
131 444

1800 RESPECT
(for people impacted by sexual assault, domestic violence or abuse)
1800 737 732

MENSLINE
(support for men's issues)
1300 78 99 78

June 2021

Knock knock

Wesley Community Housing

Chaplain update

Unfortunately, Wesley Community Housing is saying goodbye to one of our chaplains, Louise.

Louise is still part of the broader Wesley Mission organisation, so you may connect with her from time to time. The Wesley Community Housing team and community would like to thank Louise for her time with us. Her presence at community engagement events and time spent with our team has been invaluable.

Wesley Community Housing has a new chaplain, Jeanene. We look forward to Jeanene attending our community engagement events and working with our team.

For our tenants in the Newcastle and Central Coast area, Michael will continue to try to attend events.

A message from our new chaplain: Jeanene

Hello everyone,

I know in the last issue of Knock Knock, Louise introduced a new column and wrote a piece. Well this piece is from Jeanene, the new chaplain for Wesley Community Housing.

I know Louise has loved supporting you and she speaks highly of the Wesley Community Housing team and the work you do, so thank you. I know she has also enjoyed a community walk or two, and I look forward to joining in some of these and attending a BBQ or two.

I thought I might take this opportunity to introduce myself. I've been with Wesley Mission for four and a half years, with six months of those as a chaplain. My background is in counselling, mostly in the areas of children and families, relationship counselling, trauma counselling and support after suicide.

Prior to joining Wesley Mission, I worked in this field for 20 years. I hope that I can bring the best of this experience to my current role as chaplain with Wesley Community Housing. It's my privilege to be a support to you and the Wesley Community Housing Team.

As Louise wrote in the last edition, although Wesley Mission chaplains come from a Christian faith, we're respectful of all spiritual beliefs and of issues that are important in your life. If you'd like a visit from a chaplain, you can ask any of our staff to arrange for a chaplain to contact you.

Recently our chaplains have been sharing devotions based on our new CEO's vision for Wesley Mission. I love the inspiration they can provide for us as we live out our lives. Simply stated, we at Wesley Mission should strive to have soft hearts, sharp minds, hard feet and open hands. I pray that the love of God, most profoundly seen in the life of Jesus, would be real and evident to you today.

Did you know?

Wesley mission offers over 120 support services across New South Wales, including:

Wesley Financial Counselling: Free, independent and confidential face-to-face counselling to help you navigate financial distress and manage your money more effectively. Call **1300 827 638**.

Wesley Training: A wide range of training programs offered across Australia for students and employees to develop new skills, create employment opportunities and build careers. Call **1800 676 039** or email training@wesleymission.org.au



Contact us

General enquiries 1800 770 602
Maintenance and repairs 1800 770 602

Wesley Community Housing
communityhousing@wesleymission.org.au
wesleymission.org.au

ABN 42 164 655 145 Wesley Mission is a part of the Uniting Church in Australia.

Connect with us



**Do all the good you can
because every life matters**

In the community: cooking with garden produce and excursions

Wesley Community Housing tenants have taken their community gardens to the next level! Following feedback from our tenant meetings, we've begun to hold cooking classes using our garden produce. With support from Wesley Emergency Relief, tenants at some of our south-western Sydney properties have come together to make delicious pesto pasta and beef tacos. Both dishes were cooked using ingredients from their gardens like basil, tomato and chilli.



If you're interested in cooking classes using ingredients from your community garden, have a recipe in mind or ideas for certain garden produce, contact our **Community Engagement Officer, Liesa**, on **1800 770 602**

Last year, in response to tenant feedback, Wesley Community Housing started holding excursions days. Our tenants' recommendations took us to Sydney Harbour, the Mount Annan Royal Botanic Gardens, the Art Gallery of NSW and Gunnamatta Park in Cronulla. This year, we have more great excursions in the works. Keep an eye out for a flyer or text message from our team. For catering purposes, if you plan to attend, we kindly ask you to reply via text as soon as you can.



Planning Smithfield's secret garden

There's a secret garden in Western Sydney – a beautiful, tranquil space hidden between houses. But this green space was not easily accessible to the people who could enjoy it the most – the residents of Wesley Woodward. This Wesley Mission property is purpose-built for adults with disability, primarily acquired brain injury, who may otherwise find themselves in aged care. Here, they enjoy life among people their age, and their strong bonds were evident when they recently gathered to plan their new garden.

David from Wesley Community Housing engaged a range of contractors, including Darren from the Royal Botanic Garden Community Greening Program, to receive a gardening brief from the residents.

Resident, Kim, welcomed the visitors sharing an Acknowledgement of Country. Although quietly spoken, Kim's eyes brightened when she asked if she could plant roses in the new garden.

As some of the residents are in wheelchairs, they asked if raised beds can be installed so they can grow veggies. A new path will also

be installed to help with mobility and access.

Another resident, Lucas, also shared what's on his wish list.

"I want to grow things that I can cook with, things that add flavour – chillies, lemons, garlic and shallots. I'm no expert. I just know how I like things to taste."

Gardener, Darren, listened closely and sketched out a proposed design.

"Starting with a session to gather ideas is about giving ownership of the garden to the residents. This is their space, and it's a beautiful spot. I can imagine them spending a lot of time out here when it's finished," Darren said.

The sensory garden will be built thanks to a grant from the NSW Government Community Builder Partnership. We'll continue to share progress updates in future newsletters. 🏠



Rent Review

Wesley Community Housing is required to complete a rent review twice a year, in April and October, to match the changes in Centrelink payments. We've now finished our April rent review and all tenants undergoing this process should have received a letter with the outcome of their rent review.

Thank you to all our tenants for working with us through this process.

Don't forget! In future, Wesley Community Housing can download your income statement directly from Centrelink with your consent. If you'd like us to do this on your behalf, you can contact us on **1800 770 602** or email communityhousing@wesleymission.org.au

Feedback

If you're unhappy with a decision made by Wesley Community Housing, make sure you appeal as soon as possible after the decision is made. Generally, an appeal must be made within three months of you being told about the decision. You can find out more about the appeals process in our Appeals Process Fact Sheet available on our website, or call **1800 770 602** or email communityhousing@wesleymission.org.au for a copy.

Wesley Community Housing team guide: who do I speak to?

We understand the Wesley Community Housing Tenancy Team has changed over the last year. But we're always available to help you. Just call 1800 770 602 to speak to any member of the Wesley Community Housing Team. If you're unsure who the best person to talk to, see right to find out which properties each tenancy team member manages:



Peter (Tenancy Officer)
Inner West and South West Sydney single properties, Specialist Disability Accommodation (SDA), Narwee and Carlingford family properties.



Kris (Tenancy Officer) and Jess (Tenancy Support Officer)
Newcastle single properties, Central Coast and South Western Sydney family properties.



Jane (Tenancy Support Officer) Eastern Suburbs (single properties)



Liesa (Community Engagement Officer)
Inner West family properties and Kensington. You can also talk to Liesa about community engagement!

Lessons learned: a reflection from India and Ashleen

For the past few months, Wesley Community Housing has been joined by social work students – India and Ashleen. You may have seen either student at one of our Community Engagement events. Beyond shadowing the Community Engagement Officer, India and Ashleen have also learned from each team member at Wesley Community Housing.

Placement opportunities allow students to put theory into practice and figure out what makes organisations tick. For India, she's seen how community is truly the key to community services.

"One thing I have learned at Wesley Community Housing, that I don't think I would find elsewhere, is how important it is to work in collaboration with tenants and other service providers when you are creating and fostering a sense of community," she said.

"From the beginning of ideas to the execution of an event or service, the Wesley Community Housing Team involves tenants in decision-making and always seeks feedback and

discussion on what can be improved to better serve them. This creates a great working relationship which is shown in the enthusiasm and high spirits at the community engagement events."

It's often said that growth is unexpected and with any new experience there's uncertainty. During Ashleen's time with us, Wesley Community Housing tenants with their kind hearts, offered her a valuable learning experience.

"The most unexpected thing here at Wesley Community Housing is realising how nice and down to earth the tenants are," she said.

"Often there's a negative stereotype about homeless people or housing commission people – that they are rude or dangerous. However, here at Wesley Community Housing, the tenants are so nice and put effort into engaging with me, which truly has changed my perspective."

India and Ashleen were on placement to learn and grow professionally from the Wesley Community Housing Team, however, our team also feels privileged to have worked with them both for the past few months.

