

Brad from Cartwright's Autumn Soup



It's nothing fancy but it hits the spot when you're trying to figure out what to make and haven't done your shopping yet.

Ingredients:

- a can of minestrone soup
- sausages preferably beef (however, any sausages will work).

How to make it:

Step 1

Slice your sausages and fry up in a pot.

Step 2:

If you want, you can also dice up some onion and cook it at this point too.

Step 3:

When your sausages are mostly cooked, pour in your can of soup.

Step 4:

Stir the soup regularly and make sure the bottom of the pan doesn't burn.

Your hearty Autumn soup is ready to eat! If you want to make it more into a stew, add a teaspoon or two of flour and continue to cook for a few minutes.

Serve with rice or bread for a bigger meal.



Produce from the tenant gardens at Cartwright



One of our Wesley Community Housing gardens is thriving, thanks to the tenants' care and maintenance.

Useful contacts

Lifeline (crisis support)

13 11 14

Emergency services (Police, Ambulance and Fire Fighters)

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Sane Australia (Mental health support)

1800 187 263

Police (non-emergency)

131 444

1800 RESPECT (for people impacted by sexual assault, domestic violence and abuse)

1800 737 732

MENSLINE (support for men's issues)

1300 78 99 78



April 2021

Knock knock

Wesley Community Housing

Tenant meetings

Your voice matters and we're here to listen.

The Wesley Community Housing Team have been out and about talking to tenants about their properties and their ideas for community engagement.

Thank you to those who joined us at their homes with their great input. We hope to put these plans into action soon. Keep an eye on your phones and mailbox for messages regarding events or maintenance occurring at your property.

Some of the ideas we've heard include barbeques at Warragamba or Cataract Dam, a walking tour around Sydney CBD, clean up days and more. If you have any ideas, concerns or questions, contact Wesley Community Housing's general line on **1800 770 602** or you can email communityhousing@wesleymission.org.au



Tenancy Officer Peter, on site at one of Wesley Community Housing's tenant meetings.



Tenants come for a chat, cake and a coffee to discuss their issues or raise ideas for creating community engagement.



Contact us

General enquiries 1800 770 602

Maintenance and repairs 1800 770 602

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

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Connect with us



Do all the good you can
 because every life matters

Easter with Wesley Mission

Good Friday

When: Friday 2 April 2021

Time: 1pm

Where: Join us at Martin Place, Sydney or watch online

Easter Sunrise Service

When: Sunday 4 April 2021

Time: 6am

Where: Join us online or on TV's Channel 9

Find out more at www.wesleymission.org.au/christian-life/easter-2021/



A message from Louise – our chaplain

At Wesley Mission, we recognise that all people have wide-ranging physical, emotional and spiritual needs throughout their lives. Whether related to their work or not, Wesley Mission chaplains can provide you a safe, non-judgemental and supportive presence in the ups and downs of life, regardless of your personal convictions or religious background. Our chaplains are here for staff, volunteers and tenants.

Wesley Mission chaplains are trained and experienced to offer the following services:

- a confidential listening ear
- emotional and spiritual support during times of crisis and stress (whether related to work or not)
- hospital visits
- Bible studies and reflections
- Christian worship and funeral services
- assist with referral for staff/tenants to more specialist services when required
- one-on-one prayer.

Although Wesley Mission chaplains come from a Christian faith stance, they're respectful of all spiritual beliefs and of issues that are important in your life.

You can ask any of our staff to arrange for a Chaplain to contact you.

Connect with Jesus this Easter

Life has changed over the last year, but there are some things that never change.

Hebrews 13:8 in the Bible says, "Jesus Christ is the same yesterday and today and forever."

As we approach Easter this year, I encourage you to think about connecting with Jesus. The Bible tells us that Jesus loves us so much that he gave up the glory he was entitled to in heaven, became human and died on the cross to pay the price for the wrong things we have done. All this so we can have forgiveness and a relationship with Him. As we navigate this strange new COVID-19 world, we can hold on to the eternal hope that Jesus provides knowing that He never changes.

God bless,

Louise

(Wesley Mission Chaplain Team)



Why was the easter bunny so grumpy?
Because he was having a bad hare day!

Our team has grown!

The Wesley Community Housing Team is constantly evolving to provide better services for our tenants. In the past few months, we've welcomed three new people to our team:



Jess

Position: Tenancy Support Officer

Location: Central Coast/ Newcastle

What's something that has surprised you about Wesley Community Housing?

What has surprised me is how many different services and support we provide to our clients, no problem is too big or small. You can always walk into a Wesley [Mission] building and get help with absolutely everything, and you only have to tell your story once.



Jane

Position: Tenancy Support Officer

Location: Sydney

What's something that has surprised you about Wesley Community Housing?

The sheer size of Wesley Mission, and the services provided are very inspiring. It's humbling to be part of

something that has wonderful support systems available to those most in need.

Remember to get in contact with any of our team, contact **1800 770 602** or email communityhousing@wesleymission.org.au



India

Position: Social work student (on placement)

Location: Sydney

What can I help Wesley Community Housing tenants with?

I would love to help the tenants of Wesley Community Housing with looking for education or employment opportunities. If you are looking for training, a course, or a career that you are interested in, please either contact me on **1800 770 602** or find me at one of our community engagement events!



Why shouldn't you tickle an easter egg? Because it might crack up!

Budget tips

As the temperature drops, we love to cuddle up with a blanket and stay cosy. But our wallets shouldn't have to suffer. By following these tips you can keep your property warm throughout the colder months while sticking to a budget:

- Let the sun heat up your property. If it's a sunny day and there's adequate sunlight, open your curtains and close them as it gets dark.
- Don't let warmth escape. Close the door to areas you aren't using in your property to keep the room you are in feeling snug and warm.



Did you know?

Wesley Mission offers over 120 services in New South Wales and Australia, all of which are available to those who need them. These include:

- **Wesley Financial Counselling:** Free, independent and confidential face-to-face counselling to help you if you're in financial distress or would like to manage your money more effectively. Call 1300 827 638.
- **Wesley Community Legal Services:** Free advice, information and representation for those with issues related to gambling. Call 02 9 263 5590.
- **Wesley Training:** We provide a wide range of training programs across Australia for students and employees, to help develop skills, create employment opportunities and build careers. Call 1800 676 039 or email training@wesleymission.org.au

Rent review

Wesley Community Housing are required to complete a rent review twice a year in April and October, to match the changes in Centrelink payments. It's important that you regularly check your mail for any letters relating to rent review and reply to any messages we send you.

If your rent is being reviewed, you must provide evidence of income or you may be charged market rent. We appreciate your help during this process.

Wesley Community Housing can now download your income statement directly from Centrelink if we have your consent. If you'd like to take up this action, contact us on **1800 770 602** or email communityhousing@wesleymission.org.au

Alternatively, staff have consent forms you can sign – just ask Peter, Kris, Liesa, Jess or Jane when on site. To find out more about the rent review, you can check out Rent and Other Tenant Charges Fact Sheet on our website, call or email us.

