

# Christmas recipe: Barry's apple pie



## Ingredients

- 1 sheet pastry (could be puff pastry or short crust pastry)
- 3 large Pink Lady apples or Granny Smith apples
- 1 scoop ice cream (per serve)
- 1 orange
- 1 tablespoon Butter
- Ground ginger

## Instructions:

1. Lie the pastry on a baking sheet and bake it in the oven until golden.
2. Peel, core and slice apples. Take a glass baking tin. Place butter, a squeeze of orange juice, place apples on and bake it. No water or oil added.
3. After pastry and apples are caramelised and golden, put apples on a plate.
4. Break the baked pastry down into the small to medium pieces and sprinkle them over the apples. Then place a spoon of ice cream on the top.
5. Ready to serve as a super simple and easy take on an apple pie.



## Feedback & complaints

Wesley Community Housing are always wanting to improve our services and appreciate your feedback.

You can provide feedback:

- In person
- Through another person for you

If you want someone else to advocate on your behalf, you will need to provide us with written permission from you.

- Call **1800 770 602**
- Using [wesleymission.org.au](http://wesleymission.org.au)
- Email [communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au)
- Mail by sending us a letter to **PO BOX 476 Moorebank NSW 1875**

At Wesley Community Housing, complaints will be kept private and we will treat you fairly.

You can decide if you want to be anonymous and if you

provide feedback, you will not be discriminated against for this. We will try to respond to your feedback in the best and fastest way to deal with the issues you have raised.

## Useful contacts

Lifeline (Crisis Support)  
**13 11 14**

Emergency services (Police, Ambulance and Fire Fighters)  
**000**

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**

Remember all our team can be contacted through Wesley Community Housing's general line on **1800 770 602** or you can email [communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au).



## Get involved

To contribute to your newsletter, send your stories and ideas to [communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au) or you can phone us on 1800 770 602.

## Contact us

General enquiries **1800 770 602**  
Maintenance and repairs **1800 770 602**

Wesley Community Housing  
[communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au)  
[wesleymission.org.au](http://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

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December 2020

# Knock knock

Wesley Community Housing

## Coping with COVID-19: Richard's resilience and lessons learned

If someone asked us twelve months ago to predict the future, we never would have imagined our world as it is today. We never thought twice about the distance between one another. We only ever checked our bags for our wallets and keys, not for our masks or hand sanitizer. We went over to our mates' houses without having to count how many people would be there. Today all these things have become second nature and we always check the toilet paper aisle quickly when we go to the shops. Despite all the changes and chaos that we have gone through this year, some people such as Wesley Community Housing tenant, Richard, have told us about their experience and how they have grown this year through their COVID experience. It wasn't all sunshine and rainbows

for Richard. Like most, Richard was worried about his family and seeing them. There was a constant sense of fear about sanitising and wearing masks, especially with his area being a hotspot. "It was really terrible to find out [my area] was a hotspot. My first concern was my family"

Despite a physical distance with others, Richard didn't have to isolate socially. Instead Richard says the COVID experience reminded us all to support each other. "So many people have been affected it makes you think about what we need to do. Supporting each other is the most important note."

For many of us, we have had to try new things, but Richard has made the most of it and made many positive life changes. Exercise is a great way to reduce stress and calm



the mind. "I'm going to the gym a lot more and working on my fitness."

This year we also learned the true potential of video-calls and technology boomed. For Richard, he

**Wishing you a  
Happy Christmas!**





**Why does Santa have three gardens?** So he can ho, ho, ho.

## Coping with COVID-19 continued

was kept busy with this. He learned to use technology more and is now looking at computer courses.

Wesley Community Housing's community engagement events continued through the COVID months with some COVID-safe changes. Richard regularly attends these events. "I love Wesley Mission because of Liesa and all the events she organises". Liesa – Community Engagement Officer – regularly holds tenant gardening events, barbecues, walking groups and more throughout Wesley Mission's properties. Keep an eye out for text message or call to get involved.

COVID has taught us all that the future changes quickly but Richard won't let this slow him down, instead, it motivates Richard to live life as best he can and do as much as he can. "I want to live a long, healthy life with no stress and anxiety".

It is without a doubt that 2020 will be defined by COVID however, Richard shows that COVID doesn't have to define you. Richard looks forward to his future, learning new things and spending time with his future grandchild.



## In the community: Wesley Wellness pathways

The year 2021 is shaping up to be a big year for Wesley Community Housing. If you don't already know, Wesley Community Housing's team have been working hard on our new program 'Wesley Wellness Pathways'. With this program, we hope to be able to deliver more community engagement opportunities for our tenants. The program is focused on delivering sports and physical activity programs.

Our aim is simple – we want our tenants to improve their health and wellbeing. Some of these activities will be all day long events or excursions. Places may be limited so don't forget to let us know if you can attend our awesome events early!

If you have any ideas or want to know more about our Wesley Wellness Pathways program, call us on 1800 770 602 or email [communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au).

## In the community: cooking with the A-TEAM – Apenisa In Ashcroft

Wesley Community Housing's Liverpool tenants had some great fun thanks to Wesley Mission tenant, Apenisa. Apenisa cooked a Fijian-style Chicken Curry to share at our community engagement event in Ashcroft. Apenisa's Chicken Curry was a hit! Wesley Community Housing are looking forward to starting an interactive cooking class with our tenants. For some tenants,

we hope to start using the produce grown in their community gardens with the help of the Royal Botanical Garden's Community Greening Project. If you would like to be involved in a cooking class or find out more about Wesley Community Housing's gardening project, get in touch with us on 1800 770 602 or email [communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au).

## In the community: gardening in Earlwood

Liesa, our Wesley Community Housing tenants and Darren from the Royal Botanical Gardens Community Greening Project have continued their gardening blitz around Wesley Mission's properties. This past spring our Earlwood tenants have rolled up their sleeves and spruced up their community garden. With Darren's guidance, our tenants will soon have access to some lettuce, chilli, capsicum and more. Remember to keep an eye on your gardens as the weather warms up! Some of our plants may need a little extra love – keep an eye out for weeds and check if they need to be watered. Our community gardens are for our tenants to use, learn and enjoy so let's keep them fresh all summer long.

For some enthusiastic gardeners, the Community Greening Project is a great opportunity to learn more about plants and garden maintenance. One tenant, Blake, has used Wesley Mission's gardening program to work on his skills and to have chats with Darren to learn more. Blake's property is now home to a beautiful bonsai garden. Blake's bonsai garden uses a diverse range of plants including Aussie natives, statues and more.



## Messages from the team



### From Cass, Housing Services Officer

What a year! At Wesley Mission, we're a community and we stick together. During my time with Wesley Community Housing, I've met some true characters and some battlers who have shown me how to get through it – thick or thin. If anything, this year has shown us all how blessed and capable we are. I hope that all our Wesley Mission tenants have a blessed Christmas and a Happy New Year.

### From Edward, Systems and Reporting Officer

The past twelve months have been wild. I've worked with Wesley Community Housing for a year now. In that time, I've enjoyed getting to know the tenants that I have met. In the chaos of 2020, I think it's easy to lose track of what's good in our lives and the people we love. In regular times and especially times of crisis, it's always important to take time for yourself. I hope that in 2021 we can all look back and see the good

of 2020, as well as the bad, and appreciate that we made it through.

### From Peter, Tenancy Officer

Budgeting is important! Remember that COVID assistance will eventually be reduced so we must think smart especially with Christmas nearby. Keep an eye on how much you are spending and what you are spending it on. Contact Wesley Financial Counselling if you would like to manage your money better on 1300 827 638.



## Where we live: Facts about the area you may live in

**Fact #1 – Earlwood:** Earlwood was previously called Forest Hill and before that Parkestown.

**Fact #2 – Ashcroft:** Former NRL player and coach Brad "Freddy" Fittler played junior rugby league for the Ashcroft Stallions and attended Ashcroft High School.

**Fact #3 – Windale:** The first post office was opened in Windale on 2 July 1951.

**Fact #4 – Erskineville:** Erskineville's name is derived from the name of the home of Wesleyan minister, Reverend George Erskine.

**Fact #5 – Coogee:** Coogee comes from the Dharug language of the Eora nation and means 'smell of seaweed drying'.

**Fact #6 – Hamilton South:** One in five residents in Hamilton South love

volunteering – with one in five Hamilton South residents completing voluntary work for an organisation or group in the past year. If you are interested in volunteering, call us on 1800 770 602.

**Fact #7 – Marrickville:** Marrickville has multiple sister cities including Larnaca (Cyprus), Kos (Greece) and Funchal (Portugal).

**Fact #8 – Maroubra:** Maroubra used to be home to the 'Golden Helmet' race with crowds of more than 70,000 gathering at Maroubra Speedway to watch cars and later motorcycles races until its closure.

**Fact #9 – Bondi:** Bondi began booming after 1884 when the first tramways reached the beach.

**Fact #10 – Warwick Farm:** Over 66% of people living in Warwick Farm have a parent that was born overseas.

TIP: Wesley Mission properties are often home to diverse, interesting people. Your neighbours may have some colourful stories or know about the history of the area you live in. Why not have a chat about the suburb you get to call home?

## Rent review

Wesley Community Housing would like to say a big thank you to all our tenants for working with us to perform our recent rent review. A rent review is performed twice a year and is important for us to complete as part of our contract with the government. We appreciate everyone's efforts.