

## Have you thought about volunteering with Wesley Mission?



Wesley Community Housing tenant, Giles, organises hampers for other tenants in South-West Sydney during lockdown

Many of our tenants have spoken to us about wanting to make a difference in the lives of others. In the past, some tenants have volunteered to build new storage rooms while others have volunteered at Wesley Community Housing's Specialist Disability Accommodation sites to transform their gardens.

If you'd like to give back to the community and volunteer, you can speak with Liesa, our Community Engagement Officer on 1800 770 602 or visit <https://www.wesleymission.org.au/get-involved/volunteer/volunteering-opportunities/> to find out more about other volunteering opportunities at Wesley Mission.

## 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 for students and employees to develop new skills, create employment opportunities and build careers. Call **1800 676 039** or email [training@wesleymission.org.au](mailto:training@wesleymission.org.au).



### 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

## 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**



Who is never hungry at Christmas? The turkey — he's always stuffed.



December 2021

# Knock knock

Wesley Community Housing

## Chaplains Message:

"Emmanuel", a song from Hillsong Worship is one of my favourite songs at this time of year. It's not a Christmas Carol but it is a Christmas song. If you haven't heard it, it's worth a YouTube search.

One of the names that the Bible uses for Jesus is Emmanuel. Matthew 1:23 says, "Look, the virgin shall conceive and bear a son, and they shall name Him Emmanuel," which means, "God is with us".

When I really think about this and let it affect me, I am blown away.

God did not just create us and leave us alone, He created us for

relationships. In fact, He wanted a relationship with us so much that He became one of us and dwelt with us. God chose not to stay afar from us. He chose to come and be with us, not just to reveal Himself to us, but to be with us.

Jesus understands our condition inside and out and He came to know us in a very intimate way for us to be in relationship with God.

Even when Jesus' human life came to an end, He was with the disciples before He ascended to heaven. He told the disciples that God, the Holy Spirit, would be with them and help them live. God is still intimately with us! As we come to the end of the year and all that this brings, I pray God's blessing of peace and joy to you all. I am here to talk and support in any way I can, so don't hesitate to contact me if you feel to do so. I'll leave you with a verse from the song.

Emmanuel, Jesus Christ  
You'll never let me go  
My shepherd King  
You're watching over me  
Emmanuel.

The Wesley Mission team is celebrating with you this Christmas! Join us in Sydney CBD to celebrate "God with Us" this Christmas Day on Saturday 25 December. More details about the day to follow 🏠



What did Santa say when he stepped into a big puddle? It must have reindeer



What's every elf's favourite type of music? Wrap!



Knock, knock! Who's there? Snow. Snow who? Snow time to waste. It's almost Christmas

## What does Christmas mean to you?

Christmas can mean different things to different people. So, we asked our team and tenants what they're most grateful for and what Christmas means to them.

"Hope and joy."

**Brett, tenant from Sydney**

"BBQ time!"

**Charles, Wesley Community Housing Maintenance Officer**

"I'm grateful for my health and my family."

**Adam, tenant from Sydney**

"Spending time with all family together in one place."

**Kris, Wesley Community Housing Tenancy Officer**

"End-of-year celebrations remind me of things to be grateful for – our family, friends, full bellies after Christmas lunch, laughter, joy, our neighbours and so much more."

**Cass, Wesley Community Housing Services Officer**

"People and nature."

**Ross, tenant from Newcastle**

The Wesley Community Housing team wishes you all a very Merry Christmas and a Happy New Year! We hope you have a safe and blessed Christmas. While some of our team will be away, you can always call 1800 770 602 and someone from our team will be happy to help you.

To request urgent maintenance after hours, please listen to the voicemail message to find out who to contact. 🏠

## Summer Hacks: How to stay cool in summer

It's no secret that Australians have a love-hate relationship with summer. We love those balmy summer nights, but when it gets hot and humid, it can be uncomfortable. It doesn't have to be this way. We did some research and found some budget-friendly ways for you to stay cool this summer:

1. Turn your fans into air conditioners

Make your own air conditioner with a fan and a bowl of ice. Place the bowl in front of your fan to create a makeshift air conditioner that won't blow your budget.

2. Shield yourself from the sun

Keep your blinds closed especially if you have any north or west-facing windows.

3. Switch your light bulbs in your home

Energy-saving light bulbs produce a lot less heat and can help you save on your electricity bill too.

Did you know the NSW Government has incentives for you to cut your energy usage? Visit <https://www.energysaver.nsw.gov.au/browse-energy-offers/household-offers/apply-household-lighting-upgrade> to find out more.



Remember: Wesley Community Housing needs to approve any changes you plan to make for your property. Before doing so, please email us at [communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au) or call us on 1800 770 602.

4. Cool yourself down first

Try using a damp cloth on your neck and on your pressure points. You can also enjoy a cool shower before switching on your air conditioner.

5. Stay hydrated

We often feel the effects of the heat more when we're dehydrated. Drinking plenty of water helps us cope with the heat better.

## Share the joy of Christmas

What do your Christmas decorations look like? Do you have a favourite recipe to share? We'd love to spread the joy of Christmas around the community, so email your photos to [communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au) and we'll try to share as many as we can.



## Community engagement: What's happening

Our team has been blessed to have been able to continue to serve our tenants throughout lockdown. Despite some challenges, we tried to make the best of it, so we could continue to do our work.

And we're so thankful to our partners: the Royal Botanic Gardens Community Greening Program, Wesley Emergency Relief, Liverpool Council, Crusader Union of Australia (CRU) and our tenants for working with us to create new opportunities throughout lockdown.

This year has had its ups and downs, but it's been so inspiring to see tenants busy in their gardens. Have you also been working on any projects this year? Send us an email as we'd love to hear more about it.

We're also excited to welcome back Darren and Brenden, Community Greening Officers from the Royal Botanic Gardens. If you have ideas to spruce up your greenspaces and community gardens, send them through to [communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au) or call us on 1800 770 602.



Darren is all smiles when he received a personal care hamper

Take a look at these photos sent to us by tenants from Hamilton South of their healthy, beautiful gardens.



Photo from Hamilton South gardens looking great

Now that lockdown is over, we're hosting community engagement activities again at our properties. After what has been a difficult year for so many, we're thrilled to offer different opportunities for tenants to get involved and stay connected. Some activities include tenant barbecues, day trips, gardening days, cooking classes and much more. So be sure to check your phones and mailboxes and mark your calendars for our upcoming events. 🏠

