

Our operations over the holiday period

Wesley Community Housing will continue to operate over the holiday period, but with minimal staff. On public holidays and after hours, call **1800 770 602** and listen to the voicemail for instructions. The Wesley Community Housing team would like to wish you and your loved ones a blessed and safe holiday period.



Useful contacts

Lifeline (24/7 crisis support)
13 11 14

Emergency services (Police, Ambulance and Fire)
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Police (non-emergency)
131 444

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

Beyond Blue (for depression and anxiety)
1300 224 636

GambleAware Helpline
1800 858 858

MensLine Australia (24/7 telephone counselling support for men)
1300 78 99 78

Butterfly Foundation (Free, confidential counselling and referral for people with eating disorders and body image issues)
1800 334 673

Central Coast

Gosford Police Station
4323 5599

Central Coast Council
1300 463 954

Gosford Library
4304 7500

Lake Haven Library
4350 1570

South West Sydney

Green Valley Police Station
9607 1799

Liverpool City Council
1300 362 170

South West Sydney Legal Centre
9601 7777

Liverpool City Library
8711 7177

Sydney

Waverly Police Station
9369 9899

Marrickville Police Station
9568 9299

Inner West Council (Libraries)
9392 5588

Newcastle

Newcastle Police Station
4929 0999

Newcastle City Library
4974 5300

Newcastle City Council
4974 2000



What did Adam say the day before Christmas?

“It’s Christmas Eve!”

“Love each other with genuine affection and take delight in honouring each other.” – **Romans 12:10**



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

HOM58845_2212



December 2022

Knock knock

Wesley Community Housing

On my own two feet: Isaiah's goal

Isaiah* has a story like so many before him – an immigrant, a family man and a hard worker.

However, Isaiah never imagined his life playing out like it did. A father who worked as a security guard to pay the bills. Isaiah had a successful job, family support and a house in southwestern Sydney.

Two years ago, family breakdown would be the start to a series of events which would eventually find Isaiah in hospital, without support and facing uncertainty. However, there was a hope.

Isaiah is a man of faith, so he turned to God during this time.

He asked God, “God, be the doctor for my doctor. Watch over him and you take care of the surgery ahead of me.”

Isaiah woke from his surgeries with little to no pain. In his heart, he knew God had listened and blessed him during this time. It was in hospital after his surgery where Isaiah met Tharak from Liverpool Men’s Centre. From here Isaiah found his way to Wesley Mission, thanks to Tharak who connected him with Peter, Wesley Mission Housing Lead

“I believe God sent me Wesley Mission because He loves me... While the people I knew didn’t help me, Wesley Mission who didn’t know me, helped me, and provided me a place to live.”

Isaiah regularly attends events held in the courtyard of his home, including morning teas, games days and birthday celebrations. He now feels a renewed sense of family – a Wesley Mission family made up of his neighbours and the Wesley Mission team.

Today, Isaiah now gives others the same advice he gave his younger self about the importance of setting goals for life, family, and future. And despite



having setbacks, Isaiah’s goals have stayed true.

“I want to get a job, become more independent and help myself,” he says

“You must help yourself if you can. One day, I will get up on my feet again. I will.”

Of his experience with Wesley Mission, Isaiah says, “Kindness is a beautiful thing.”

*Name changed for privacy.

In your community:
Community engagement

We want to know how we can build better communities.
Do you have ideas to connect with your neighbours?
Can you see better ways we can assist you? Let us know!
Your feedback is important to us. To share your thoughts,
call our Community Engagement team on **1800 770 602**.



Who hides in the bakery at Christmas?

A mince spy!

2022 has been a year of fun and new activities

Check out a few pictures from our fishing excursion.



**Make new friends and get fit:
Join the South West Sydney Walking Group**



Where: Liverpool, NSW

When: Every Thursday morning (weather depending)

What is it? Connect with the Wesley Community Housing team, your neighbours and community as we take a stroll around South West Sydney.

This walk is for all levels of fitness, and you can walk at your own pace. If you want to share a new walking track, start your own group or join the South West Sydney Walking Group, call 1800 770 602. And remember to check your phone and letterbox about upcoming events in your area.



In your community:
What's been happening



Maintenance corner:
What's been happening



Letterbox and painting in Sydney's Inner West

Tenant safety matters. Tampering with mail has become an increasing issue in our area, so we installed heavy duty, steel letterboxes to protect our tenants' privacy. We also refreshed the common area with lighting and paint.



New gazebo and wind chime at Glenmore Park

We're always looking for ways to increase tenant engagement and regularly hold events to create a sense of community. A new gazebo and refreshed outdoor area at Glenmore Park will give tenants somewhere cool and inviting to relax during the warmer summer months.



The heat is on... but so is the mould

With this unusually wet weather, remember to protect your home against mould. Here are a few handy tips:

- open windows and doors to promote air flow
- clear clutter to allow air to circulate through your home
- if possible, avoid drying clothes indoors.

If you are a tenant and have a maintenance request, you can call **1800 770 602** or you can email communityhousing@wesleymission.org.au



Who delivers presents to baby sharks at Christmas?

Santa Jaws!

Chaplain's update: A message from Sam



In my last message, I mentioned how I once worked as a marketing manager for a well-known American movie studio. I worked with production companies to see how much money their movies would make in Australia. It sounds complex, but it was a very simple formula. There were basic factors that would contribute to a movie doing well.

The first was the 'talent' involved – some actors and actresses would pretty much guarantee a certain degree of commercial success. If I saw Will Smith on the title, it meant that half my job was done.

There was also the 'story' factor. The movies that involved a character that was special or classified as 'The One', would generally capture the audience and make it a success. Just think of movies like The Matrix, Lord of the Rings, Harry Potter, and even Lego Movie. They all feature a character who is 'The One' who will bring about some sort of change or revolution.

The human desire for 'The One' is well known. When it comes to our relationships, many of us seek 'The One' who will be compatible with us. When it comes our careers, we all seek that 'The One' job that will bring fulfillment. When it come so diet and exercise, we all seek

'The One' diet routine or pill that will bring us success.

Our chasing after 'The One' is so universal that it seems we're almost built this way.

Have you ever tried to chase 'The One'?

God knows our desire for 'The One'. In fact, He knows that 'The One' we ultimately need to fulfil our lives is Him. That's why he sent Jesus to Earth to be 'The One' to die on the cross for our sins and resolve 'The One' biggest issue we have – the need to be in a satisfying, good and eternal relationship with Him. Jesus is 'The One' who will never fail you when the many around you will.

John 1:29-34 says, "I've seen, and I testify that this is God's Chosen One."

Friends, let me encourage you to reflect on areas in your life where you have been chasing 'The One'. It might be 'The One' friend, 'The One' experience, or 'The One' thing that will satisfy you.

Let me invite you to experience and meet 'The One' Lord Jesus. He is God's chosen one who brings you the ultimate eternal satisfaction of peace with God, peace with yourself and peace with others as you experience Jesus' love and forgiveness as seen in is life, death and resurrection.

Chaplain Sam Yip



How can we help you or someone you know?

Did you know Wesley Mission offers over 120 support services across New South Wales? If you or someone you know needs support, reach out. We're here to help.

Have you had a gutful of gambling? You can take the first step out of problem gambling with Wesley Mission. Call **1300 827 638** to speak to a gambling counsellor.

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

Wesley Training: A wide range of training programs to help you develop new skills, create employment opportunities, and build a fulfilling career. Call **1800 676 039** or email training@wesleymission.org.au



Recipe: veggie burger

We recently had burgers at one of our community engagement events in Warwick Farm. We're currently growing leafy greens in the community garden and decided to use them to make burgers. The recipe is cheap, quick and easy. Check it out!



Serves 4

- 400g can beans (black beans, cannellini beans or red kidney beans)
- 1 cup frozen peas and corn, thawed
- 3 tbsp tomato paste
- ½ cup breadcrumbs

Instructions

1. Drain beans but keep about 5 per cent of the liquid. Put beans and retained liquid in a large bowl.
2. Add peas and corn.
3. Mash and mix ingredients until combined.
4. Add tomato paste, breadcrumbs and chosen seasonings.
5. Using your hands, mix everything together and roll into 4 patties.
6. Over medium heat, cook patties until golden brown in a non-stick pan with a small amount of olive oil.
7. Serve your patties on a crusty bread roll with onion, beetroot, tomato and lettuce with your choice of sauce.

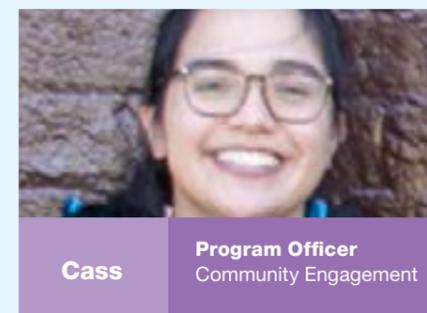


Have you heard about the burger that couldn't stop making jokes?

He was on a roll!

If you try the recipe, let us know what you think. Call the Community Engagement team on **1800 770 602** or email communityhousing@wesleymission.org.au

Our team: Who's who



“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” - **Jeremiah 29:11**