

## Southern Cross Housing Tenant Newsletter

Winter 2023



### YOUR HOME, OUR PLACE – TENANT STORIES

Welcome to our Winter Newsletter! 

Over the last several months, we’ve received many fantastic nominations for our SCH Property Care Recognition Program, and we want to thank all of our Housing Officers who have been noticing everyone’s hard work in maintaining and improving their property care. It’s clear that our Southern Cross community takes great pride in their homes.

We’re pleased to announce this month’s winners are Ms Colleen Barnes & Ms Fay Hitchins. Colleen was born & raised in Nowra, lived in Melbourne for many years with her family before returning to the Shoalhaven where she’s lived in her property for 32 years. Fay has been a Nowra resident her whole life, “I’ve been here a long time and I like where I live”. We asked what got the ladies interested in gardening. Colleen told us it started with her Mum, “she was an amazing gardener, everything she touched just bloomed and I think she was the inspiration that got me into it”. Fay though, was self-taught, “I just learned everything myself, getting my hands dirty. I just love doing the gardens even though sometimes it breaks your back!”

Maintaining their gardens has bonded Fay & Colleen, they share tips and help one another out. They shared with us that it also bonded their community, “there used to be a little group of us in the street. We’re the same age and we looked after each other. It’s nice to know that you have friends that care and are there for you”. It is Fay and Colleen’s shared passion for gardening that brought them together. Even now, Fay’s garden brings people together “I can’t do most of the garden work now. I just pay some of the blokes that are down on their luck to come and do most of the work for me. I like helping them out, they are good fellas, and they do some great work”.

We asked the ladies what being a Southern Cross tenant and having secure housing meant to them. Fay told us, “It means a lot, no one wants to have to look around for a house these days”. Colleen added, “the private rental market is way too expensive. I personally don’t want to ever move because I love my home and I’m very grateful”. Both ladies agreed that their experience with Southern Cross was very positive “they look after us well. The thank you cards make us feel good. Winning the competition was a good surprise and we appreciated the vouchers”.



Colleen - Property Care Winner

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#### TALK TO US

Southern Cross Housing is always looking to improve its service to customers and appreciates any feedback you provide. All enquiries can be directed to 1300 757 885. You can also reach us by email at [info@scch.org.au](mailto:info@scch.org.au). SCH has launched its new website Southern Cross Housing – Building community futures ([scch.org.au](http://scch.org.au)) where you can access plenty of great information about our services.

## CEO MESSAGE

Welcome to our Winter Newsletter for 2023.

Whether you're a first time or regular reader, I hope you find the stories, articles and information engaging and helpful. In this edition, you'll get to read about what Southern Cross Housing has been up to including our roving flu vaccination clinics, an update on our Bomaderry affordable housing development and a profile on SCH's NSW Housing Manager, Shane Meijer.

We've also featured some of the great things happening in our tenant community including a community gardening project, a story of resilience from a victim of domestic violence and the winners of our property care competition Ms. Colleen Barnes & Ms. Fay Hitchins.

You also may have noticed that we have made some changes to our branding. If you have an inspection coming up, our staff will be wearing new uniforms that reflect this change. Our new branding is a strong and unified icon that represents the four pillars of our organisation. Building and construction, Realty Services, Financial Futures, and Communities Assist. It is a modern and digital interpretation of the Southern Cross.

This is an important time of year for our Aboriginal and Torres Strait Islander community, not just within our Southern Cross community but across Australia. Sorry Day, commemorated on 26th May is an opportunity to remember and acknowledge the strength of the Stolen Generations and SCH has actively played a part this year in partnering with organisations in the Shoalhaven to participate and work towards healing and reconciliation. July 2nd to July 9th marks NAIDOC Week, a chance to celebrate and recognise the history, culture and achievements of all Aboriginal and Torres Strait Islander peoples. We look forward to sharing more on these events in our next edition.

Southern Cross Housing is proud of and committed to working with our Aboriginal and Torres Strait Islander tenants and community partners. In this edition, I'm happy to announce the commencement of our very first Aboriginal Tenant Advisory Committee. We appreciate the contribution of the members and will be showcasing some of their work in the coming months. If you are looking for an opportunity to provide input and advice around projects, initiatives and services for our Aboriginal & Torres Strait Islander residents, please don't hesitate to contact the CA team by email at [communities@scch.org.au](mailto:communities@scch.org.au).

Kind regards,  
**Alex Pontello**  
 Chief Executive Officer




## IN THE NEWS

### ACKNOWLEDGMENT OF COUNTRY

Southern Cross Housing acknowledges the Traditional Custodians of the land in which we operate, including the Yuin Country, Dharawal Country and Ngarigo Country, and recognise their continuing connection to land, waters and community. We pay our respects to them, their culture and to Elders past, present and emerging in the spirit of reconciliation.

### INFLUENZA VACCINATIONS

On the 16th May 2023 SCH held two Influenza clinics in Bomaderry and West Nowra. The clinic were a collaborative effort between NSW Health and SCH. A total of 40 SCH tenants received their flu vaccination.

Getting your flu vaccination is important, particularly as we begin to travel more. As travel continues, we are starting to see seasonal influenza activity.

The Australian Technical Advisory Group on Immunisation (ATAGI) recommend that vaccination remains one of the most effective protective factors for both influenza and COVID-19.

Annual influenza vaccination is recommended for all people aged 6 months and over (unless contraindicated). Free influenza vaccinations are available under the National Immunisation Program (NIP) for people most at risk, including residents aged 65 years and older. To book your free vaccination contact your GP, Aboriginal Medical Service or Pharmacist. To check out eligibility criteria for the free shots head to [www.health.nsw.gov.au](http://www.health.nsw.gov.au)



Patricia and Michael Duff waiting to get vaccinated at the Schregel Place community room.



Fiona Rixon and Kevin Hodgeson all smiles after getting their flu shot.



Frank Dixon about to receive his Flu Shot at Schregel Place



Fracis Donn and her grandkids after getting vaccinated at the Schregel Place Community Room

#### Do We Have Your Email?

Southern Cross Housing would like to communicate faster and more efficiently with you and we are working to ensure that we hold your current email address. Updating your email address contact is really easy, please phone the office on 1300 757 885.

## IN THE NEWS

### ATAC - ABORIGINAL & TORRES STRAIT ISLANDER TENANTS ADVISORY COMMITTEE

This April our new Aboriginal Tenants Advisory Committee (ATAC) met for the first time. The meeting was a great success with members attending from Shoalhaven & Bega Valley to have a yarn about issues that are important to our First Nations community.

ATAC members and the Communities Assist Team at Southern Cross Housing hit the ground running by sharing information on how National Sorry Day (Friday, May 26th) would be marked in the Shoalhaven and discussed several projects being delivered by Southern Cross Housing to improve the social wellbeing of our First Nations tenants including the Closing the Gap research initiative and the production of our first Reconciliation Action Plan.

Our ATAC members were keen to discuss cost of living concerns and accessing maintenance SCH services, particularly in our Southern regions. From this, information about how to make a maintenance request, where to find information on response times & what to do in an emergency has been included in this newsletter. The ATAC group will be looking at ways to educate our tenants on a range of cost saving measures in the coming months. The group were also keen to promote SCH's 'Path 2 Home' support service finder. This resource provides up to date information about support services that are available across the South Coast and Snowy Monaro region. It can be accessed from the SCH website at [www.scch.org.au/support-assistance/](http://www.scch.org.au/support-assistance/)

We are genuinely excited to announce the start of our ATAC and we look forward to sharing more updates on the important work the ATAC group is doing in our next issue. Interested in becoming a member of our ATAC group? If you're a Southern Cross Housing tenant aged 18+ and of Aboriginal and Torres Strait Islander descent we'd love to hear from you. Get in-touch at [communities@scch.org.au](mailto:communities@scch.org.au) or phone the Communities Assist Team on 1300 757 885.



NSW Housing Services Manager Shane Meijer and CDO Mitchell Hawthorne with the SCH ATAC members

### SCH SUPPORT THE COOMA ATHLETICS CLUB

Southern Cross Housing proudly supported the Cooma Athletics Club by sponsoring the clubs 2022/23 season Perpetual Trophy for Little Athlete of the year and the Junior and Senior Encouragement Awards.

SCH Cooma Housing Officer, Brittany Hynes was on hand at the official presentation ceremony. Congratulations to Finn Dietrch and Luna Nassar who took out the perpetual trophy for Cooma little Athletes of the year.

The Cooma Athletics Club runs a full little athletics program with different events to cater for running, jumping and throwing events. The organisation is affiliated with the ACT Little Athletics Association for Little Athletics and ACT Athletics for seniors. The club has a fun, social and active program for girls and boys aged 5-16 with a separate program for athletes that are aged 17+. If you would like to join the Cooma Athletic Club head to <http://coomaathletics.org.au>.



SCH Staff Member Brittany with award winners

## IN THE NEWS

### WHAT MAKES A TENANCY SECURE?

Everyone deserves to feel safe and secure in a place that they can call home. SCH believes every person in Australia should have access to housing. Do you know how to make your tenancy secure? Here are some tips.

Being a secure tenant means that you can remain a tenant for as long as you need unless there is a legal reason for us to take possession and the tribunal agrees. There are some specific actions you can take to ensure this never happens, such as:

- Meeting the terms of your tenancy agreement.
- Paying your rent on time.
- Be a good neighbour by not causing a nuisance, annoyance or disturbance to other tenants.
- Make sure anyone living at or visiting your property does not cause annoyance or disturbing other tenants.
- Keeping your property and garden in good condition.
- Allowing SCH staff such as your Housing Officer into your property to inspect and carry out repairs.

### ENERGY EFFICIENCY UPDATE

Are your gas or energy bills starting to get expensive? The Low Income Household Rebate (LIHR) might help lower the cost of your household energy bills! The LIHR is a credit that is applied to your quarterly energy bill to help households cover a portion of the cost of their energy bills! The maximum amount you can receive is \$285 a year if you meet the eligibility requirements.

The Gas rebate helps cover the costs of your natural gas or LPG (bottled gas) if it is used for basic household needs such as cooking, heating or hot water. If you buy or refill bottled gas, you can apply for the rebate. Southern Cross Housing would like to know if you are currently receiving the (LIHR) or the Gas Rebate from service NSW. If you aren't receiving the rebate, we would like to assist you in applying for it so you can save as much as you can on your energy bills.

If you are currently receiving the rebate, there are additional programs that are available to you such as the 'rebate swap for energy upgrades'. This offer provides you with a free household energy assessment so you can then swap your energy rebate for energy efficient appliances such as a fridge, washing machine or dryer. You can read more about the energy swap offer through this website [www.service.nsw.gov.au/transaction/apply-for-the-low-income-household-rebate-retail-customers](http://www.service.nsw.gov.au/transaction/apply-for-the-low-income-household-rebate-retail-customers). If you would like assistance in applying for any of these rebates, please contact your Housing Officer on 1300 757 885 for a referral to Service NSW.

### EMERGENCY CONTACT DETAILS

In times of Natural Disasters or emergencies it is important that SCH is able to contact you. For this reason, we ask that all SCH residents provide a next of kin or emergency contact. If you have not provided these details to SCH, or if they have recently changed please let us know by phoning the Office on 1300 757 885.



### WELCOME PACKS

The Communities Assist Team and members of our Tenant Advisory Committee's have been working hard to gather information to create our new Tenant Welcome Packs. These packs contain information about services, facilities, programs and activities that are available to you in your local community. Welcome packs have been created for Nowra, Ulladulla and Bega. Cooma and Batemans Bay packs are being developed. To access these packs please visit [www.scch.org.au/welcome-packs/](http://www.scch.org.au/welcome-packs/) or call your Housing Officer on 1300 757 885.

### ANDERSON AVENUE GARDENING PROJECT

Over the last 2 months, SCH have been working with CareSouth, the Royal Botanical Garden's in Sydney and Bunnings in Nowra to create a community garden for the residents at one of our supported living complexes in Nowra. Residents have learnt how to create a wicking bed (self-watering garden), collect seeds and how to grow vegetables. The vegetables that have been grown by the residents have gone from the garden bed to the kitchen!



Communities Assist Assistant Teegan Wallace with the residents of Anderson Avenue

IN THE NEWS 

LAWNS AND GROUNDS CREW 

The Lawns & Grounds crew have been hard at work this month doing major rubbish removals at our Schregel Place complex in Nowra. Frank and the team removed several tonnes of rubbish and over 12 shopping trolleys that were left behind. This has improved accessibility for all our tenants and the common spaces across the whole complex are now extremely clean. A great effort from all involved with special mention to Frank, Gary & Al. If you see shopping trolleys loitering you can take action yourself to get them removed and by doing so you go in the draw to win \$1000. Head to <https://trolleytracker.com.au> for more info.



SCH Lawns & Grounds Crew

STUDY FEE – FREE IN TAFE IN 2023

Fee-Free TAFE is a joint initiative of the Australian and NSW Governments, providing tuition-free training places for people wanting to train, retain or upskill. Fee-Free TAFE is available for people who enrol after 1st December 2022 and commence their course between 1st January 2023 and 31st December 2023. TAFE NSW are providing more than 300 qualifications from Certificates to Diplomas.

Visit [tafensw.edu.au/feefreecourses](http://tafensw.edu.au/feefreecourses) or call 131 601 for more information.

2023 AUSTRALIAN LIVEABILITY CENSUS 

The 2023 Australian Liveability Census provides a unique opportunity for our community to have their say on the issues that matter most to us in our local neighbourhoods. Whether it's more shops, parking, access to green spaces, or improving public safety, your voice will help guide decision making and contribute to national research regarding liveability.

No matter your background, age, or lifestyle, your opinions and experiences are valuable in shaping the future of our communities. Whether it's access to public transport, quality healthcare, or cultural diversity - your voice will help us understand community priorities and feed into national trends.

All participants will have the chance to win one of 50 x \$100 vouchers.

Have your say by completing the online Survey: [www.placescore.org/2023-liveability-census-for-residents/](http://www.placescore.org/2023-liveability-census-for-residents/) by Friday 30 June 2023.

IN THE GARDEN

During Winter, the cool climate of the Southern Tablelands and the temperate climate of the south coast from Sydney down to Victoria is suited to planting many vegetables and herbs. Now is the time to plant Garlic, spring onions, carrots, beetroot, cauliflower, broccoli, spinach, and potatoes. In the herb garden, plant Rosemary, chives, sage, oregano, and thyme. For those that love flowers, now is the time to plant Roses, Daisies, Daphne, Lavender, Lilly of the valley, Pansies, Sweet peas and Violas.

Fertilising, mulching, pruning, and weeding are great winter gardening jobs that you can do to help your plants survive these cold months and come out of winter thriving! Mulching is an excellent way to protect you plants from frost while keeping moisture in your soil, just give the stems a gap of 15-30cm all the way around. Pruning in winter is a great for promoting new growth and the benefits will be seen in spring. Deciduous fruit trees will be bare, so you will be able to see what you are working with. Prune to keep your trees at a manageable height and with the idea of allowing sunlight to reach the centre of the tree.

Roses benefit from a winter prune, if you live in Cooma wait until late July or August to avoid the frost killing any new shoots. Roses are really hardy, and it is difficult to prune too much. Cut stems at a 45 degree angle to reduce the risk of disease and prune back a third to a half. Remove dead branches and any that look old, warty, or crinkly and lightly prune any young growth.

Policy News 

ENDING A TENANCY POLICY

There are various reasons why a tenancy might come to an end, such as when a tenant moves to another Social Housing property, shifts to a private rental, buys a property, passes away or when the NSW Civil and Administrative Tribunal (NCAT) issues an Order for Possession due to a breach of the Tenancy Agreement.

As a tenant with SCH, you have the option to end your tenancy whenever you want. To do so, you need to provide written notice of your intention to vacate. For a periodic lease, the notice period must be at least 21 days. However, if the lease is fixed term, the you may be responsible for paying rent until the property is re-leased.

In cases of domestic violence experienced by a tenant or their dependent child, tenants are able to terminate their tenancy with a reduced notice period or immediately by providing a Domestic Violence Termination Notice to SCH.

Prior to a tenant's departure from a property, a final inspection will be scheduled and conducted by SCH. The tenant will be notified of any damages and provided with an opportunity to rectify them before the lease agreement ends. If the tenant doesn't fix the damage, they will be asked to sign a Tenant Charge Acceptance Form. A final water meter reading will also be taken at the final inspection.

At the end of a tenancy, tenants are responsible for locking the property and returning all the keys and any other security device such as remote controls or fob's given to them at the start of or during the tenancy to SCH.

For further information, please refer to the Ending a Tenancy policy on our website at <https://www.scch.org.au>.



SCH Staff – Hot Seat 

SHANE MEIJER

In this edition of our Newsletter, we sat down with Southern Cross Housing's NSW Housing Manager, Shane Meijer to ask some questions to get to know him a little better!



- Name:** Shane Meijer
- What is your role at SCH?**  
NSW Housing Services Manager.
- What did you do prior to SCH?**  
NSW Department of Communities and Justice - Manager Housing Operations Southern NSW.
- What are you passionate about?**  
Building great teams to provide exceptional customer services in Social and Affordable Housing.
- What would like to achieve while working at SCH?**  
Improve social housing outcomes for the most vulnerable in the communities we serve.
- What do you do in your spare time?**  
I love to fish and spend time with family.
- What is your favourite food?**  
I love roast pork or a good steak.

## IN THE KITCHEN

### WINTER SAVER RECIPE

#### MORROCAN STYLE SPICED LENTIL SOUP

Pre 5 Min - Cook 25 Min - Serves 4

##### Ingredients

- 1 tbs extra virgin olive oil
- 1 brown onion, finely chopped
- 2 carrots, thinly sliced
- 2 celery stalks, trimmed, thinly sliced
- 2 cloves garlic, crushed
- 1 1/2 tbs Moroccan seasoning
- 1/4 tsp chilli flakes
- 1 cup dried red split lentils, rinsed
- 1L vegetable stock
- 400g no-added salt diced tomatoes
- 1/4 cup Greek-style yoghurt
- 1/4 bunch coriander, leaves picked

##### Method

###### Step 1

Heat oil in a large saucepan over low heat. Add onion, carrot and celery, then cook for 4 minutes, stirring, or until softened. Add garlic, seasoning and chilli flakes, then cook for a further 1 minute or until fragrant.

###### Step 2

Add lentils, stir to coat, then cook for 1 minute.

###### Step 3

Add stock and tomatoes. Increase heat to high and bring to the boil. Reduce heat to medium and simmer for 15 minutes or until soup has thickened and lentils are tender.

###### Step 4

Using a stick blender, blitz soup until smooth. Ladle soup into bowls. Serve topped with yoghurt and coriander. Serve seasoned with pepper.



## IN THE KITCHEN

### COMMUNITY PANTRIES

Have you ever been in a situation where you have run out of food and don't have anything to eat? Last year, more than one in five Australians have been in a similar situation. Running out of food can be a scary thought but hunger is more common than people think. At least once a week, around half of people that are affected skip a meal or cut down on the size of their meals to make their food go further.

Food insecurity can have a snowball effect if someone is experiencing hardship and can increase levels of stress and anxiety. Unexpected bills or housing payments are often the immediate reason someone goes hungry. It can have lasting emotional, financial and physical effects making it difficult for someone to get back on track, stay focused and concentrate on building a better financial position for themselves.

there are lots of support services that can help you to source inexpensive groceries. A list of community pantries is provided below.



You can visit a community food store at:

**Nowra - Community Food Store: Monday – Friday 9.30am – 3pm**

10/158 Princes Hwy, South Nowra.

02 4402 9126

**Ulladulla – Resource centre: Wednesday and Friday 9.30am – 11.am**

Unit 1/78 St Vincent St, Ulladulla NSW 2539

02 4454 0477

**Batemans Bay – South Care Community Aid: Wednesday and Thursday 10am to 1pm**

2837 Princes Highway, Moruya NSW

02 4474 0984

**Bega – Sapphire community pantry: Tuesday, Wednesday, and Friday, from 11am to 2pm Thursdays from 11am to 4pm**

2 Peden Street, Bega NSW 2550

0490 843 518

**Cooma Life Gate Community Foodcare: Thursday from 10am to 12:30pm**

5 Yulin Ave, Cooma, NSW, Australia, New South Wales

02 6452 5229

## Property Development

### BOMADERRY AFFORDABLE HOUSING

Our residents may recall that in a previous Newsletter, we advised that the land for this innovative project was provided by our partners, Shoalhaven City Council with some funding for construction from the NSW Govt. Dept of Communities and Justice.

As this project is a reasonably large project of 39 residential units with a small office, it has taken Southern Cross more time than usual in the approval processes but recently we have made some great progress.

The development industry has faced new challenges as the State Government introduced new legislation in 2021 following some well published serious defects in a very limited number of large scale residential buildings in the Sydney metropolitan area. This has meant more stringent requirements for all newly constructed residential apartment buildings. Our expert architects and project team have worked hard to ensure full compliance with the new requirements.



## Access & Demand



### TOGETHER HOME

The Together Home Program is an initiative of the NSW State Government. The program, broadly speaking aims to provide housing for people that are sleeping rough across the State. The program is a key initiative to support the Premier's priority to halve street homelessness by 2025.

Southern Cross Housing administers the program on behalf of the NSW State Government in the Shoalhaven LGA. It is underpinned by the Housing First principles and is being delivered across NSW by 18 Community Housing Providers that sub-contract the support component to Specialist Homelessness Services or other partners. Support providers work to coordinate and strengthen relationships between the various services involved in a person's support plan, including disability supports.

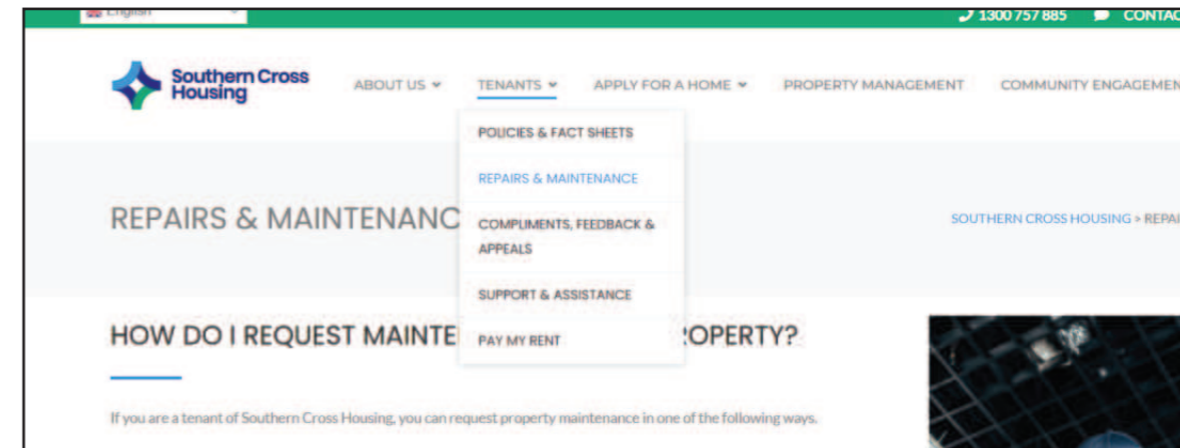
In partnership with St Vincent de Paul, Southern Cross Housing remains actively committed to the Together Home Program and all objectives aimed at rapidly housing and improving the circumstances of those affected by long-term homelessness & street sleeping. Caseworkers from St Vincent De Paul provide support to participants to assist in improving daily living skills, socialisation skills, education, employment, money management and property care support to sustain tenancies. 30 individuals have been assisted by Southern Cross Housing since the commencement of this program in 2020 with Housing and intensive ongoing support.

## Assets & Maintenance

### HOW TO REPORT MAINTENANCE

Its really important that you report maintenance issues as soon as you notice them. To help you SCH has a variety of options for reporting.

1. You can report your Maintenance issues via the SCH website [www.sch.org.au](http://www.sch.org.au) Under the Tenants bar on the website you will see an option 'Repairs & Maintenance'.



On this page you can submit a Maintenance Request



This page also contains helpful information such as:

- What to do in an emergency
- Your rights and responsibilities as a Tenant when it comes to property maintenance
- Maintenance Response Times

Maintenance can also be reported directly to our Maintenance Team by calling 1300 757 885 and asking to be transferred to the maintenance department.

Alternatively, you can send us a letter or visit one of our offices to report maintenance in person.

### WHAT HAPPENS AFTER IVE REPORTED MY MAINTENANCE

Once a maintenance request has been reported , a relevant tradesperson will be assigned and provided with your contact details and details of the maintenance issue. Once a tradesperson is assigned, our system generates a reference number that will be sent to you via SMS. This reference number can then be quoted to the maintenance team if you need to follow up or change your Maintenance report.

## WHAT'S ON Shoalhaven

### SOUTHLAND CREATIVES

Southland Creatives are looking for participants aged 15-21 years from the Illawarra/Shoalhaven/South Coast/Southern Highlands/Eurobodalla LGAs who are interested in making their own short film. Participants will learn about the process of making a short film. Training will be provided in developing creative content, shooting their film and editing.

Visit [www.southlandcreative.org.au](http://www.southlandcreative.org.au) for more information.



### PARK & PLAY

Come along to Ulladulla's Free mobile playgroup!

Where: Mollymook Park, Golf Avenue, Mollymook

When: Every Monday during school term 9.30am – 11.30am

Don't forget to bring water, a hat, sun cream and a snack!

Please follow our Facebook page 'Park and Play Ulladulla' for wet weather changes. For more information, please call 1800 372 000

Please note that parents or carers are required to be present at all times as they are responsible for the supervision and safety of their child/children

### PRODUCTIVITY BOOTCAMP

Productivity Bootcamp is an intensive 8-week program that will provide participants with the skills and work values they need to be a standout employee. Training is focus on trade related skills and the organisers use a unique style of training that involves hands-on, practical training from experienced tradesman.

If your interested in joining the Productivity Bootcamp, please call, text or email on 1300 350 867 or [info@productivitybootcamp.com.au](mailto:info@productivitybootcamp.com.au)

### ST GEORGES BASIN MEN'S WALK

The St Georges Basins Men's Walk provides an opportunity for men to get together and walk, talk and support each other in a regular and healthy way.

**When:** 3rd Saturday of each month

**Time:** 6.30am

**Meeting point:** Sanctuary Point Shops

For more information please visit their website at: [www.themanwalk.com.au/st-georges-basin/](http://www.themanwalk.com.au/st-georges-basin/)

### 2023 CARER WORKSHOPS

The Illawarra/Shoalhaven Local Health District is providing free carer information workshops to help people that care for family members or friends that have an illness, disability or mental health issues. The workshops are targeted at people who care for those who are frail and aged. Morning tea and lunch included. Sessions run 9.30am -2.30pm one day per week over three weeks.

Where: Bomaderry Bowling Club

When: 5th, 12th and 19th September

For more information please call Evelyn on 02 4253 4501.



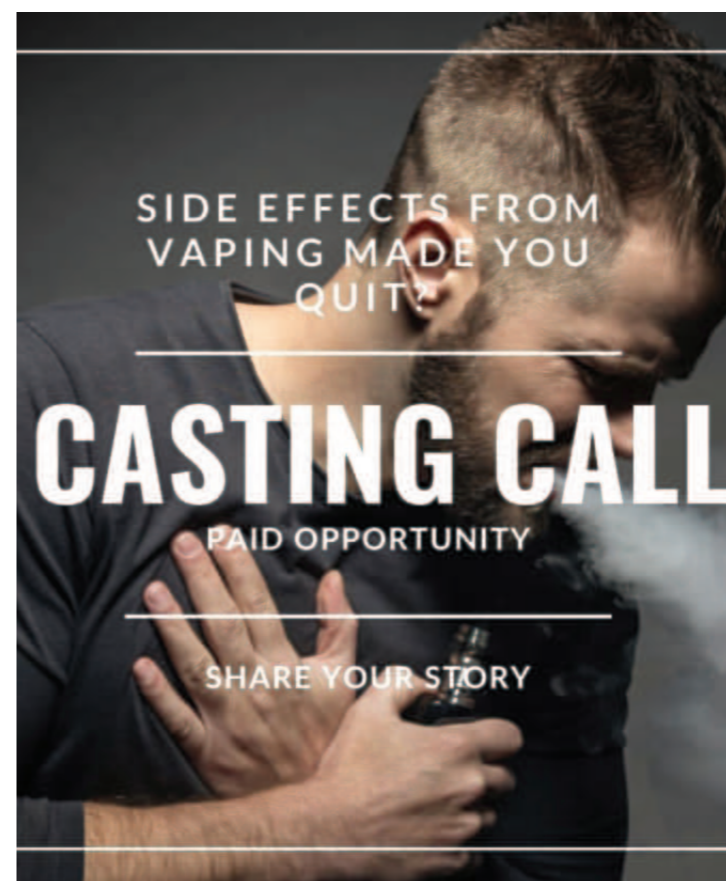
## WHAT'S ON Eurobodalla, Bega & Snowy

### ANTI VAPING

The Cancer Institute NSW is currently developing a new anti-vaping campaign targeting young people in NSW aged 14-24 years to help reduce current use of e-cigarettes among young people.

The campaign will feature the real stories of young people who have suffered health impacts as a result of vaping. To bring the campaign to life we seek to engage young people who are comfortable to share their stories.

If you are open to sharing your story about the harm you've suffered due to vaping such as seizures, burns from vapes exploding, lung damage or nicotine addiction, please email [Samantha.Raheb@health.nsw.gov.au](mailto:Samantha.Raheb@health.nsw.gov.au)



iCanQuit<sup>®</sup>

### NEW MOBILE YOUTH OUTREACH PROGRAM IN BATEMANS BAY

54 Reasons (which is a non-for-profit organisation based in batemans bay) are providing Youth Outreach at the Batemans Bay Skatepark. Outreach sessions are being held each fortnight from 2-4pm. The sessions are being supported by the PCYC, Youth Justice and Headspace. For more information please contact a staff member at 54 Reasons on 0458745851 [library@esc.nsw.gov.au](mailto:library@esc.nsw.gov.au).

### DRUG & ALCOHOL OUTREACH

The Sapphire Health & Wellbeing Service are providing drug and alcohol outreach in the Cobargo area every Friday at the Cobargo Access Centre. One of the organisations AOD Counsellors will be there from 10am – 3pm every Friday. Appointments are preferable and can be made by calling 6494 8870 or 0499 695 247.

### NEW KIDS HOMEWORK CLUB IN MORUYA

Marymead are facilitating a Homework and Study Circle at the Eurobodalla Shire Council Job Shop, 53 Queen Street Moruya, on Wednesdays starting the 24th of May from 3.30pm to 5pm. The group is limited to 12 participants and will provide students with a safe place to study and complete homework. Marymead staff will be on site to assist and provide guidance where possible. To register, please contact Hayley Jansen on 0439790124.



# White Ribbon

## SUPPORTING AN END TO DOMESTIC VIOLENCE

The article below is based on a true story but names have been changed to protect the identity of people.

For the past 4 years, Lucy and her children have been living in a property that is managed by Southern Cross Housing (SCH). Lucy describes her home as a safe place, something she unfortunately hasn't always been able to say prior to living in a SCH property.

In 2016, Lucy left a domestic violence situation that resulted in her being unable to return home. While Lucy was caring for her children, she was forced to shelter with friends whilst applying for places to rent in the private market. Lucy contacted a support organisation who were able to provide crisis accommodation for her at a women's refuge and organise further short-term accommodation. The support service was able to refer her to a counselling and advocacy service, who supported Lucy and her family.

After living in a women's refuge, Lucy moved into a transitional property and lived there for 18 months. At the end of her placement in transitional housing, Lucy and her family were offered a permanent home with Southern Cross Housing.

Lucy got to work making her new property a safe family home. When we asked Lucy what she liked about her home, she was quick to say "I live in a nice street with great neighbours". Lucy's children have organised play dates with kids in the street and her neighbours swap home grown produce with her. "I like to keep an eye on my 80-year neighbour" Lucy said, and "I love feeding the magpies".

Lucy is thankful for all of the support that she has received throughout her journey which included tenancy support with SCH, domestic violence counselling, support to get a fridge and a couch, the time at the women's refuge, and the counselling and support service for all of their assistance. Lucy said, "I once had feelings of shame and embarrassment telling people I lived in the women's refuge, asking for help and receiving supports". Now, her advice for others is "Don't be ashamed and don't be afraid to ask for help".

Did you know that 1 in 6 women in Australia have experienced violence by an intimate partner. Domestic and family violence is a leading cause of homelessness in Australia. Southern Cross Housings Access and Demand Team administer the NSW State Governments Rent Choice Start Safely Subsidy. This private rental subsidy assists people who are experiencing or at risk of homelessness due to domestic/family violence.

The subsidy assists people by offering subsidised rent in the private rental market for a maximum period of 3 years, while providing brokerage support to assist in establishing a tenancy. This support can include the purchase of essential household items. To be eligible for this subsidy, the person needs to be eligible for Social Housing Assistance and provide evidence surrounding their experience of violence or risk of harm. If you are interested in finding out more about this program please contact the Access and Demand Team on 1300 757 885.

Further support is available from the National Domestic Violence Hotline on 1800 737 732.

# SCHNEWS



**Southern Cross  
Housing**

### Nowra

**Street Address:** 69 Kinghorne St  
Nowra NSW 2541

### Ulladulla

**Street Address:** 118-120 Princes  
Highway, Ulladulla NSW 2539

**Telephone:** 1300 757 885

**Website:** [www.scch.org.au](http://www.scch.org.au)

**Email:** [info@scch.org.au](mailto:info@scch.org.au)

### Bomaderry

**Street Address:** 61, 54 Bolong Road,  
Bomaderry NSW 2541

### Batemans Bay

**Street Address:** Shop 4/13 Clyde Street,  
Batemans Bay NSW 2536

### Bega Valley

**Street Address:** Shop 9, 81-83 Auckland  
Street, Bega NSW 2550

### Cooma

**Street Address:** 57-59 Massie Street,  
Cooma NSW 2630