



the bhc bugle

WINTER EDITION, JULY 2015



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News from the
CEO

The Opening of
Caggara House

NAIDOC Week

What's happening
in Brisbane?

Winter Warmers



Homeless Connect

On May 20th, BHC was proud to be part of Brisbane City Council's latest Homeless Connect event. This is an event held twice a year by the Brisbane City Council and provides an opportunity for local businesses and community groups to offer free services to the homeless people and those at risk. This year Homeless Connect was held at the Brisbane Racing Club, Eagle Farm and BHC staff set up a table where people could come and find out about the housing that we offer. Throughout the day numerous free services and goods were distributed, including meals, haircuts and healthcare services. The next Homeless Connect event will take place in November at the Brisbane Racing Club, Eagle Farm.

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Dear Readers of the Bugle

It has been a very active and productive time for BHC since the last Edition of the Bugle. A major highlight was the official opening Caggara House at Mt Gravatt by the Minister for Housing and Public Works, the Hon Leeane Enoch, during May. At the Open Day we were joined by friends and supporters of BHC, local residents and community services, together with a range of dignitaries including local Councillor Krista Adams, and the Hon Joe Kelly MP. Our particular thanks go to the Mt Gravatt Community Centre, Mt Gravatt Library and Rotary who supported the Open Day with information and activities for local residents. The connections established during the Open Day will help to ensure these new residents have a great opportunity to connect with their local community, and get the very best out of their time at Caggara House.

BHC is proud of the role Caggara House is playing in offering long term public housing residents a choice to relocate to a modern, secure and well located home. We hope to be able to actively support similar projects that provide this choice for Queenslanders in the future.

Another important development for BHC has been our recent decision to create a Reconciliation Action Plan to support our work with Indigenous Australians. While BHC already plays a role in housing many Indigenous Australians, we are conscious that there is much more to be done in this arena. Through our Reconciliation Action Plan process we will embark on a journey of learning that will support and guide our role with the Indigenous community into the future.

It is exciting to take on real challenges and to try to make a difference in our community – these achievements and opportunities remind us that "great things don't happen by chance, they happen by choice".

Best wishes to all our readers

David Cant CEO





Your
COMMUNITY

Caggara House

On May 13th, The Honourable Leeanne Enoch, Minister for Housing and Public Works and Minister for Science and Innovation opened BHC's new social housing development.

Minister Enoch said she was pleased that there was a strong link to and acknowledgement of Aboriginal heritage in the naming of Caggara House. Caggara-mahbill refers to the echidna and place of the echidna; and the area surrounding the new building had always been good hunting grounds for echidna among the Yuggera people.

The Minister stated that Caggara House is an important step in the future of social housing. It is designed to accommodate senior public housing tenants who have been living in the area for a long time who find their needs have changed. These tenants no longer need a large house and often find it difficult to maintain the garden and upkeep of the house. Caggara House provides them with an exciting, low maintenance alternative.

The complex has 57 open plan, energy efficient units designed for seniors, with mobility access and even charging stations for mobility scooters. The property boasts a decent size lift, a walkway between the two buildings as well as a community space, communal laundry and low maintenance gardens. There is a focus on providing an affordable and appealing community for all Caggara House tenants.



Many of the tenants who have moved into Caggara House have lived in the Mt Gravatt area for years. Ms Jarvis lived in a 3 bedroom house for 20 years and moved to Caggara in March.

She said "I've been looking forward since last year to coming here. I like the age group, 55 and over – that was a big factor in coming here. I don't drive, so we have the buses on Logan Rd, I can get to any shopping centre I want to. It's just so handy to everything – the library, Curves, Coffee Club. I love the security of the place, I feel really safe."

The Minister described Caggara as building a future that fits what people need and thanked BHC for its hard work.



Tenant Engagement

UPDATE

SNAP SHOTS



In August last year, BHC began running tenant meetings in each building following the adoption of its new Tenant Engagement Strategy.

During the first round of meetings more than 300 tenants attended and met with Joe Hurley, the Tenant Engagement Manager, as well as other relevant BHC staff, including Housing Managers, Caretakers, and Asset Managers. The tenants meetings have provided an opportunity to talk about local problems, aspirations and community life, and have given BHC an opportunity to address some of the concerns being raised by tenants.

Residents have raised issues such as car parking, energy costs, communal facilities, cleaning, repairs and lighting in common areas. Some problems can be sorted fairly quickly, but where there are more complex issues BHC does our best to at least find out more information to pass on to tenants even if we can't solve the problem. Through the Tenant Engagement Program we have helped some tenant groups to establish community gardens, to organise local celebrations and to connect with services such as their local community centres.

BHC plans to keep visiting buildings and meeting tenants every 6 months and our second meeting cycle is now well underway. Rose Brown has recently begun working with Joe and will support residents meetings over the next few months.

Through this process BHC is continuing to seek genuine feedback and to link tenants with relevant programs, supports and services.

Come along and meet us, meet each other, let us know your concerns but also let us know your aspirations, perhaps we might just be able to help with that too!

If you have any questions about tenant engagement or would like to get in touch with Joe or Rose, you can contact them at the BHC office, Monday to Friday, 9am-5pm.

Call: 3307 3000

Email: joe.hurley@bhcl.com.au or rose.brown@bhcl.com.au

Community Service Information

Independent Tenants Advice Services

In April the Minister for Housing and Public Works, the Hon LEEANNE ENOCH, MP announced that the State Government is committed to reinstating an independent advice program for Queensland tenants. In June the Government provided interim funding to Tenants Queensland and Enhance Care for telephone advice until the new program is up and running. Tenders are now open for the State-wide Tenants Advice and Referral Service.



Tenants Queensland Inc

Tenants Qld telephone advice is available

Mon – Fri 9am to 4pm and until 7pm on Tues & Wed.

Phone 1300 744 263




NOFFS Queensland

The Ted Noffs Foundation is a nationwide organisation which offers young people the support and opportunities to reach their full potential.

The Noffs Queensland Service is a free counselling and case management based service located in south east Queensland for young people aged 12 – 25 years. Clients are offered evidence-based treatments that cater for drug, alcohol and mental health issues.

Young people can link in by approaching Noffs directly or by referral from a doctor, school or from a Government and non-government agency.

Referrals can be made to qldreferrals@noffs.org.au or by calling 1800 151 045.

Visit <http://www.noffs.org.au> for more information.

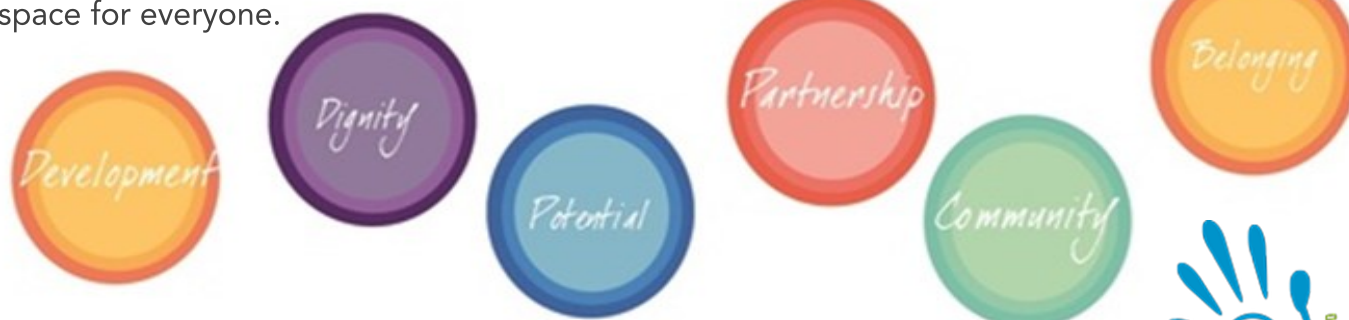


News From

Your local Community Centre

Mount Gravatt Community Centre

For over twenty years, Mt Gravatt Community Centre Inc. has been providing programs and services to the local community. There is a place and space for everyone.



What's happening at Mt Gravatt Community Centre?

Individual and family support for people in the local area with counselling appointments on-site and referrals to other services.

Services include:

- Food hampers
- Computers for seniors
- Tax Form Help
- Disability and Aged Care services
- Volunteer activities

A Week at Mt Gravatt Community Centre:

Mon

A place to belong – a reading writing group for people with disabilities.

Men's group – First and third Monday evening of each month. A space for men to come together.

Tues

Afternoon friends – social activities, including games, movies, art, outings.

Wed

Seniors Social Group– First Wednesday of every month.

Thurs

Crochet friendship group

Fri

Paint Pals – social art group
ConneXions— Connecting and supporting people living with anxiety and depression.
Every Friday from 10am.
Very friendly group setting with tea and coffee provided. Talk as little or as much as you need to.

SATURDAYS

Writers of Seville- social writing group at Holland Park Library, All welcome from 9.30am-1pm, first Saturday of each month.

SUNDAYS

Art of Living:
Yoga, Meditation & Stress Reducing Techniques.

Contact Details:

Open Mon – Fri 9:00am to 3:30pm

Find us at 1693 Logan Road, Mt Gravatt 4122

Ph: 3343 9833

E: reception@mgcci.org.au

Or visit us at
<https://www.facebook.com/MtGravattCommunityCentre>

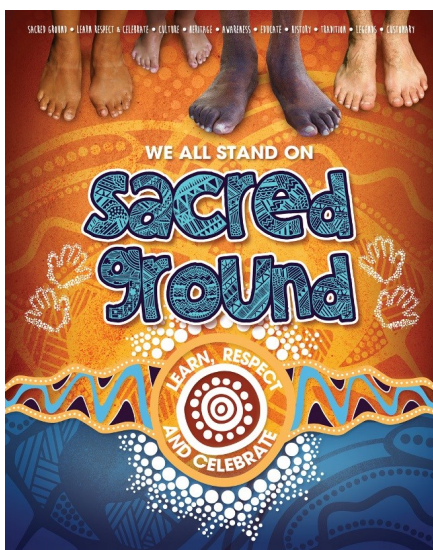


National Aborigines and Islanders Day Observance Committee started with Aboriginal groups in the 1920s who wanted to increase awareness of the status and treatment of Indigenous Australians.

NAIDOC Week is held in the first week of July as a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements. It is an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

The theme for 2015, *We all Stand on Sacred Ground: Learn, Respect and Celebrate*, highlights Aboriginal and Torres Strait Islander peoples' strong **spiritual and cultural connection to land and sea**. As the oldest continuing culture on the planet, Aboriginal and Torres Strait Islander people are intrinsically linked with sacred places. Sacred places can be a geographic feature like a river or lake, a beach, bays, inlets, hills or mountain ranges or ceremonial grounds, galleries of rock art or engravings or places used for gathering for cultural practices.

Long before European arrival, these places had traditional names - names that now reflect the timeless relationship between the people and the land. Often sacred places are connected with Dreaming stories or tell of the meaning of an area.



This year's theme was also chosen specifically to highlight and celebrate the anniversary of the 'Handback' of Uluru, one of these sacred sites, to its traditional owners on 26 October 30 years ago.

The National NAIDOC Committee encourages all Australians, young and old, to embrace the 2015 National NAIDOC theme and to respect and celebrate local and national sites of significance or 'sacred places' and to learn of their traditional names, history and stories.

BHC acknowledges the traditional owners of the Brisbane area the Jagera people and Turrbal people. BHC pays respect to the elders, past and present and extends respect to all Aboriginal and Torres Strait Islander people.

For further information you can visit: <http://www.aidoc.org.au/> or <http://www.musgraveparkffd.com/>



TRUST YOUR INSTINCTS!

The *Trust your instinct* campaign aims to prevent domestic and family violence and elder abuse by prompting friends, family members, neighbours and colleagues who suspect someone they know is being abused to call to the state-wide helplines.



If you have concerns that someone you know is being abused, call:

000 for the police in an emergency
1800 811 811 DVConnect Womensline
1800 600 636 DVConnect Mensline
1300 651 192 Elder Abuse Helpline

Domestic Violence

The *Residential Tenancies and Rooming Accommodation Act 2008* contains specific provisions about domestic violence whether you are named as a tenant on the agreement or not. You can apply to the tribunal to -

- ⇒ Be recognised as a tenant
- ⇒ Remove the name of the person who has committed an act of domestic violence
- ⇒ Restrain that person from causing further damage
- ⇒ Terminate a tenancy agreement.

Get some info from the RTA 1300 366 311
 Tenants Queensland 1300 744 263

Weave a Star!

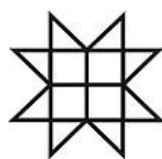
One Million Stars to End Violence is a project that brings people together about domestic violence, violence on the streets, racism and harassment.

The Million Stars project is an opportunity to help people feel like we can do something about violence and not be overwhelmed by all that is broken with humanity.

"The short term goal is to weave 1 million stars and to display them in Queensland, 2018. The long term goal is be light and courage for each other and not act violently with our words and actions, but with passion and generosity." Source: www.onemillionstars.net/

Workshops will be at Warry St, Common Area:

11am – 1pm, Tuesday 21 July &
 11am – 1pm, Tuesday 25 August
 Morning tea will be provided!



**The 1 Million
Stars Project**

WINTER WARMERS: Pumpkin Soup

Ingredients

1 tablespoon of oil
1 onion - chopped finely
Small knob of ginger - grated
2 sticks celery – sliced
¼ large pumpkin – cut into cubes
1 medium size orange sweet potato (optional) – cut into cubes
Salt and pepper
Vegetable stock



Total of \$10.32

Costs calculated on the Coles website on July 3rd 2015.

Makes 4 - 6 bowls

Vegetable stock

Use onion and garlic peelings, carrot and celery ends, parsley stalks, pumpkin skins and seeds. Put them in a big saucepan and cover with water, bring to the boil then simmer on low heat for about an hour. Strain off and throw away vegetable matter and use the liquid to make your soup full of flavour. You can freeze the stock so it's always there to make a tasty soup.

Method of cooking

- 
- Fry onion in oil on a medium heat and keep stirring till onion is cooked.
 - Add celery and ginger and continue stirring and cooking.
 - Then put pumpkin and sweet potato in pot, stir all around with other ingredients.
 - Add water or your stock to cover the vegetables.
 - Bring to the boil and then turn down to low and simmer until pumpkin and sweet potato are soft and cooked through.
 - Mash up using a potato masher or blender, stir till nice and smooth and add salt and pepper to taste.
 - Serve with a swirl of sour cream on top, if you like
 - And some bread

Enjoy!



What's happening in Brisbane?

July

Musgrave Park NAIDOC Family Fun Day

Friday 10 July

Elders Tent, traditional and contemporary dance, free kids rides, side show alley, traditional and contemporary food, tea & coffee, arts & crafts, three live performance stages, information stalls.

FREE!

Acacia Ridge NAIDOC Family Fun Day

Friday 17 July from 10am

The Murri School, 1277 Beaudesert Road, Acacia Ridge

Community event for ALL to attend. Entertainment, stalls, traditional food and dance, free rides, arts and crafts.

FREE!

Chermside Writer's Club

Thursday 30 July 12:00 – 3:30pm, Chermside Library.

New members welcome. Develop your writing skills; this group offers a creative and constructive environment to share a love of writing.

FREE!

August

Royal Queensland Show (The Brisbane Ekka)

Friday 7th - Sunday 16th August

Lots of activities for all the family including Sideshow Alley, Queensland Produce pavilions, live-stock displays

Seniors Week

Saturday 15 August – Sunday 23 August

Seniors Week provides an opportunity to bring together all Queenslanders, through events and activities, to celebrate the contributions seniors make within their communities.

Lots of activities around the city - concerts, gardening, "Keep your Mind Alive" activities in libraries, fitness, games and talks.

For details of events please check co-taql.org.au or call 1300 738 348

FREE!

September

Sunday Concerts at Customs House

Sunday 6 September 11.30am – 12.30.

The Pulse Chamber Orchestra, directed by Patrick Murphy will play music for strings by Bach, Beethoven and Mozart. Customs House, 399 Queen Street, Brisbane

FREE!

Brisbane Riverfire 2015

Saturday 26 September

Enjoy the all the excitement and fireworks of the annual Riverfire festival. Get in early to find your viewing spot at Southbank and Kangaroo Point Cliffs.

FREE!

BHC NOTICE BOARD

Council Cabs service

You can use the Council Cabs service, if you are either over 60, mobility impaired or if you are a Pension Concession Card holder.

It's cheaper than a normal cab service, it picks you up at your door and takes you to a shopping centre. There are regular days each week for each area.

Call Council Cabs to book a day in advance and they will quote a price 3403 2227.

Fifty Plus Centre Free or low cost activities

Monday – Friday 8am to 3pm @ Basement level, Brisbane City Hall, Adelaide St

Scrabble, Tai Chi, Bridge, Art Classes, Line Dancing, Zumba, Old Time Ballroom Dancing, Embroidery.

Winter safety reminder

- Be cautious with heaters; don't leave unattended
- Candles and naked flames are hazard alerts
- Even in winter, remember to open windows and doors for fresh air and to help stop mould building up

CONTACT US

Level 2, 35 Astor Terrace

Springhill

8:30am-5:00pm (Mon-Fri)

Ph. 3307 3000

F. 3839 2000

E. reception@bhcl.com.au

Find us on social media by searching "BHC Creating Liveable Communities" or BHC_Communities (Instagram)

Let's come together and be **#NeighboursWithHearts** and do something nice for our neighbours like a random act of kindness or connect with your local Community Centre.



Brought to you by Mount Gravatt Community Centre Inc.
www.mgcci.org.au

**I LOVE MY
NEIGHBOURHOOD**

THANKS!

Thank you to all the tenants who contributed to this edition of 'The BHC Bugle'. If you have anything you would like to add to future editions please contact us on:

(07) 3307 3000 or

email.reception@bhcl.com.au

Your Feedback

BHC appreciates your efforts to provide us feedback. We do want to hear your ideas on how we can provide a better service, as well as when we get it right. We have established a dedicated feedback email address – feedback@bhcl.com.au. This email address can be used if you feel you have not had an appropriate response to an issue, or you want to provide general feedback. For those tenants without email, you are most welcome to write to us at GPO Box 544, Brisbane Q 4001 or to drop a note into any of our site offices.

Remember your first point of contact is your Housing Manager, whether that is a request for maintenance, a complaint, a positive comment or another important matter.



"CAIPES, THERE WAS A PUB THERE LAST YEAR"

RALPH

Ralph cartoons are created by Neil McCurran, a talented artist and cartoonist and BHC tenant. 'Ralph' is a loveable dog from the bush whose comical adventures are a constant theme through Neil's work.

Thanks Neil!

Stay tuned for more adventures with Ralph!



"FANCY A 4 KG DRAWMSTICK RALPH"

SUDOKU

5					9		3	
		8	1	3		4	9	
		9			4		6	7
4		5		2			8	
7			5		6			2
	6			7		9		1
3	5		6			8		
	4	2		1	5	6		
	1		7					4

ARTS AND LEISURE

Bugle Word Find

O A O N U L J P T C F S M J D
C A W M P N C D A O Q T N L N
Z J F W Y A J R N M I G C C R
T K O M U I S Y S M K O T A N
V Q V U W D A H F U C R M G M
A R R N Y O I P U N E J N G U
W D D J O C Z K X I R D Z A S
R B C E D A M D U T D H J R G
V B E L P S W P T Y H G E A R
I S G C V C U I E F D F G O A
O R I N D E P E N D E N T U V
H X O J Y M K V A T U Q N E E
E C Y M R B V C N I E N A B K
U I S A V Q K G T J W R A A X
A K W M W V Q G Y O R B S Y C

CAGGARA
COMMUNITY
INDEPENDENT
MUSGRAVE
NAIDOC
TENANT
WARM
WINTER