



# the bhc bugle

CHRISTMAS EDITION, DECEMBER 2015

## MERRY CHRISTMAS!

### Your Community Christmas!

Social Isolation

Child Safety

Arts, Crafts  
& Recipes!

More inside!





# WELCOME!

We packed the boxes and moved the desks,  
 We gave the old office the final checks.  
 Now this is the office of our dreams,  
 Before we were bursting at the seams!  
 When you drop by, you can find us still,  
 At Level 2/35 Astor Terrace, Spring Hill.  
 So next time you come through,  
 we hope you enjoy the new office too!

## IN THIS EDITION

Your Community Christmas Events

Social Isolation

Tenant Engagement

Child Safety

Recipe: Christmas Balls

How to make Christmas Crackers

What's happening in Brisbane!

Featured Artist

Tenant Spotlight!

Dear readers of the Bugle,

It is the season where we reflect on the achievements and challenges of the past year, and look ahead to new horizons in 2016.

BHC recently hosted its Annual General Meeting, formally rounding out our year, where we reflected on the Company's increased focus on engagement with our community over the past twelve months. This focus has included working more closely than ever with our tenants through our tenant engagement strategy, and continuing to build our relationships with our community and industry partners and government agencies.

BHC will build on this work in the coming year, focussing on relationships that provide benefits for tenants, and which support our work in providing housing for community members.

As I have reflected in this column during the past twelve months, we have been challenged by an

environment that has presented fewer opportunities to build new homes. This challenge spurs us to look for more innovative ways to support our contribution to housing Queenslanders in need. We will continue this focus in 2016, and will work to encourage more attention by all levels of government to the important mission of providing housing for those who need it.

As the year closes, it is important for us to thank all of those tenants and staff who work so hard to create positive community life and experiences within BHC's housing. From those who will organise a festive get together, to those looking out for a neighbour in need, your contributions are absolutely essential to the quality of life of all residents. Thank you from all of us here at BHC.

Finally, I wish all our readers a safe, peaceful holiday period - I look forward to seeing you in 2016

David Cant  
 CEO



## YOUR COMMUNITY

# C H R I S T M A S

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 Christmas Dinner! 6:00pm - All Welcome Brisbane Street Level Mission 97 School Street Spring Hill QLD 4000	18	19	20 Service of Solace - Wesley Mission Join us for a reflective service for those who find Christmas a difficult time. 6:30pm 140 Ann St, Brisbane
21	22	23	24 Christmas Eve Service! Join us for a family service at 6:00pm, and a Christmas Eve Celebration will be held at 11:00pm Wesley House, 140 Ann St, Brisbane	25 Christmas Day Service & Community Lunch Join us for a 9am service or a 12noon Lunch in Wesley House - the meal is offered as a gift - there is no charge. 140 Ann Stl, Brisbane	26	27
28	29	30				

Hunt 4 Homeless - 139 Club  
 505 Brunswick St. Fortitude Valley

Lunches provided every Saturday and Sunday at 1:00pm.  
 Every Thursday Night BBQ at 6:30pm.  
 Special Christmas Lunch on December 25th from 12-3pm.



# SPOTLIGHT

## SOCIAL ISOLATION

Well what can I do today? If like me you have been ill for a long period of time, the answer is usually "I think I will stay in bed." That was my answer for about 4 years. I didn't want to see anyone and nobody bothered to see me. Getting out of bed each day was a huge decision! I didn't shower, answer the phone or the door, I kept the curtains closed, and I only went to my doctor if I had to. Sound familiar?

I found that the name for that type of behaviour; **Social Isolation** and I believed it was what I wanted, and what my family wanted. Society had nothing to offer me and I had tried to be part of it but just couldn't.

The truth is Social Isolation may be part of your illness. It is not rational and you are hurting yourself; it is a learned behaviour that you can change.

**YOU ARE NOT ALONE.**

A lot of residents, when first moving in, feel the same as you. Building trust takes time and that time varies depending on personal circumstances. Often our first social engagement is going to the local shops.

I know that on my first visit to the shops I could not look shopkeepers in the eye and I tried to go when no one was around. I avoided my neighbours and listened to the radio all day; every day just like the other.

Change creeps up on you though. Maybe it's a new doctor, or a different shopping centre you visit. Change can be scary, but if you trust yourself then without knowing it and without doing anything taxing, you can become socially engaged.

This may all be new to you but if you keep getting out there, it will become a habit. In time you may find yourself saying hello to fellow tenants. Perhaps not every day and perhaps not to everyone but even a nod of the head says hello.

Life gets so busy and we all rush from one thing to another; remind yourself to slow down and take a deep breath. Stress builds easily and Christmas can be a tough time of year.

Financial and family pressures, amongst other difficulties, are common. Christmas is also a hard time to be alone; check out the special 'Community Christmas' section to see where you can go for a meal and some company around Christmas time. Part of Social Engagement is asking for help when you think it may be needed.

Getting to know who we are and perhaps forgiving ourselves for past mistakes helps build a solid base which you can grow from. Engage with your local community; try a lil' gardening, a walk around the neighbourhood, a cup of tea with your neighbour or even a game of cards. The first step may be the hardest, but from then on you might just enjoy it.

*By Cameron Harris*

## Tenant Engagement Update

There are some opportunities for free training and help with gaining employment. As a BHC tenant, increasing your income will not affect your rent. When you are on a pension, you can earn a certain amount without affecting your payment, check with Centrelink.

BHC has developed partnerships with Ozhar-

and Secondbite, two organisations who provide quality excess food; we hope to expand this program to other properties in the near future.

Tenants have been organising Christmas celebrations in their own complex or with their local community centre. BHC has received donations of food and gifts to support these celebrations.



### Child Safety

It's always important to look out for the children in your life, neighbourhood and community. Young people have the right to feel safe at all times. It's the responsibility of parents, schools and the community as a whole to provide young people with a safe and caring environment.

Being safe isn't simply about being injury-free – it's about knowing that the people you spend time with care for you and can be trusted to act in a caring manner. The Queensland

Government has released the Child Safety Handbook - an awareness guide for children and parents. Although the information is written for children, there is definitely useful information for both parents and the community. Here are some important sections from the handbook.

#### What should I do if I'm a victim of any form of abuse?

It can be hard to report abuse, but remember it's not your fault. You should tell a trusted adult or older person. If no one close to you will accept what you're saying, tell a teacher or a professional such as a doctor or police officer.

#### What are some options for parents struggling with child safety?

Parents and caregivers who have trouble controlling their temper or behaviour should

seek professional help – through a doctor, a psychologist or through a helpline such as the Child Abuse Prevention Service (1800 688 009) or Parentline (1300 30 1300).

For further information, go to [www.childsafetyhandbook.com.au](http://www.childsafetyhandbook.com.au) or Department of Communities, Child Safety and Disability Services.

#### What can others do?

If you believe a child is being significantly harmed or is at risk of being harmed, you should report it. Contact the Child Safety Services Enquiries Unit on 1800 811 810. They have professional, trained child protection staff who are skilled in dealing with information about harm or risk of harm to children. If a child is in immediate danger or a life threatening situation, contact Police immediately on 000.



## BRISBANE

# Christmas Balls Recipe

## Ingredients:

8 crushed weetbix (1x375g pack - \$3.14)  
 ½ cup desiccated coconut (1x250g bag - \$2.86)  
 2 tablespoons cocoa (1x375g box - \$4.15)  
 1 cup raisins (1x375g bag - \$3.50)  
 1 tin of condensed milk (1 397g tin - \$1.70)  
 Another ½ cup coconut for rolling

TOTAL: \$15.35

## Method:

Mix all dry ingredients together  
 Add condensed milk  
 Mix thoroughly  
 Wet hands and roll into balls then in the extra coconut.  
 Best served chilled.  
 Store Christmas balls in a sealed container in the fridge  
 and they will be ready for any Christmas celebration.

\*\*all prices accurate as of 26/11/2015 from COLES

## How to make Christmas Crackers

Cracker 'bangers'. These are generally available at craft shops like Spotlight and Lincraft and very low cost.

## Things you need:

- low cost
- Empty toilet paper rolls
- Trinkets
- Sticky tape
- Paper hats - You can even make your own party hats from crepe paper, with sticky tape and cut interesting shapes at the top.
- Wrapping paper
- Ribbons
- Stickers
- Jokes

## Have fun choosing your own trinkets and jokes

1. Place a banger in each toilet roll
2. Cut wrapping paper so that it fits around each roll is longer at each end, so it covers the ends of the bangers
3. Cover and twist one end
4. Place trinkets, jokes, party hats, in each cracker.
5. Twist the other end
6. Tie each end with ribbon
7. You can decorate your crackers with stickers, glitter, or whatever you like

# HAPPENINGS

## Gold Lotto City Hall Light Spectacular

Friday 11th December – Thursday 24th December  
 City Hall Brisbane  
 Every 15minutes from 7.30pm until midnight

City Hall's clock tower will sound at the start of each show. This year will bring you the final act of the Nutcracker story The Land of Sweets.

## Myer Christmas Pantomime / Christmas Parade

Friday 11th December – Sunday 20th December

Begin at Edward St end of the mall, and finish with the pantomime in King George Square 6.30pm daily. Brisbane's family favourite, the Myer Christmas Parade & Pantomime returns bigger and better than ever!

## IGA Lord Mayor's Christmas Carols

Saturday 12th December  
 Riverstage, Gardens Point Road, Brisbane  
 FREE Event

5:00pm - gates open  
 5.30pm - pre-show entertainment  
 6.15-7pm - Children's Christmas Spectacular  
 7.15-9.15pm - Carols Concert

## Christmas Fireworks Spectacular Thursday 17th December – Monday 21st December

Clem Jones Promenade, South Bank  
 8:15 - 8:25pm

Bring the whole family along to watch the fireworks.Plus The Wheel of Brisbane is offering children under 12 to ride free from 6-9.30pm\*  
 Terms & Conditions apply  
 \* Children must ride with a paying full fare adult in the same wheel cabin, max of three children per adult

**BHC  
NOTICE  
BOARD**

## NEW BHC EMAIL!

Email bugle@bhcl.com.au with ideas, articles and feedback about BHC's Tenant Newsletter.

You may have a poem to share, some good recipes or a thoughtful article.

## THANK YOU!

We would like to say a big 'Thank You' to our tenants Cameron, Wayne, Tania and Chrissie for their contributions to this Christmas edition.

## BHC Xmas Opening Hours

The BHC office will close at 12pm on Christmas Eve, 24th December 2015 and re-open at 8.30am on Monday 4th January 2016. We hope you have a Merry Christmas and a Happy New Year. Should you have any emergencies you can contact via (07) 3307 3000.

## YOUR FEEDBACK

To leave BHC feedback, raising concerns and suggestions, please email: [feedback@bhcl.com.au](mailto:feedback@bhcl.com.au) or write to:  
**BHC Feedback**  
**GPO Box 544**



## Featured Artist



Margarita Iakoleva obtained a Classical Art education in Russia (St-Petersburg) and has continued to work as an artist for more than 20 years. She works from Brisbane and provide services to Australian and overseas clients and offering the following services:

- Wide choice of pastels, watercolours, acrylic paintings and drawings for sale or on commission
- Book illustrations (Technical, Children's, Medical)
- Portraits from photos (including portraits of your pets), landscapes, still life
- Sketches, cartoons
- Special orders
- View her website

<http://margaritaartist.com/info.html>



## Christmas Poem

I think of christmas as a time  
for friends and family.  
All of us sitting around an over  
decorated tree.  
Giving and receiving presents,  
laughter and cheer.  
Overeating and drinking too  
much wine and beer.  
Watching the 4 year old  
playing with her brand new toy  
Watching all children's faces fill  
with joy.  
May christmas be a day to  
truly remember.  
Hopefully the coolest day in  
december.  
Merry christmas and a happy  
new year!  
May there be much laughter  
and nary a tear!

*By Wayne Duncan*

## Tenant Spotlight

On December 3rd, Quadrant had a Rock and Roll Christmas Celebration. Chrissy K, who is a tenant, provided some musical entertainment. Chrissy started her music career in Brisbane in 1995, and she has a wide range of songs ...everything from 50's, 60's 70's, to current music. Chrissy was born in the country in New South Wales, just down the road from Tamworth, with a father who was a good old country singer who influenced her to sing. Chrissy has performed at many venues around Queensland and NSW and is available for bookings.

