


the  
bhc  
bugle 

SUMMER EDITION, DECEMBER, 2014

SEASONS  
GREETINGS  
FROM BHC!

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diy  
christmas  
decorations







## Merry Christmas and Happy New Year!

BHC sends its warmest thoughts and best wishes for a wonderful holiday season. We hope you have a safe and festive Christmas and a very happy New Year. We look forward to seeing you in 2015!

*BHC Operations Team*



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THIS  
EDITION

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For more information  
about anything in this  
newsletter please  
contact BHC on 3307  
3000

## WELCOME HOME AND MERRY CHRISTMAS

Sometimes we are reminded of the things that really matter in life. When a fire significantly damaged our Lake Street, Yeronga premises earlier this year, all at BHC were genuinely saddened to see the loss of not just these residents' homes, but also many of their most valued worldly possessions. The job of rebuilding these homes has taken some months, but we were delighted to welcome home residents during early December. It was wonderful to see many of those who had been residents prior to the damage return to their home, and to see these much valued homes repaired to almost better than original condition.

The sense of community and belonging amongst these residents has been strongly supported by their relationship with the team from the Yeronga Community Centre, where many of these tenants volunteer and actively participate in programs. BHC greatly appreciates the work of local community agencies such as the Yeronga Community Centre, which supports our residents to engage with, contribute to and build their local communities. The experience of total loss for our Lake Street residents has also spurred BHC to work with community group Foresters Community Finance to promote a very low cost fire and contents insurance coverage for tenants – details of this initiative are featured in this Edition of the BHC Bugle (Page 4). At this festive time of year, we at BHC celebrate our community, and our role providing much needed housing for Queenslanders. We wish all BHC residents and our partners the very best for the festive season, and look forward to working with you in 2015.



David Cant  
CEO



# Creating Liveable Communities



## BOWEN COURT, NEW FARM

BHC, in collaboration with Blue Care, has recently completed an extensive refurbishment of a vacant 1960's building in the heart of New Farm. 'Bowen Court' aims to provide low cost housing for seniors struggling to afford inner-city rents.



The 51 unit, purpose build development opened its doors for local NRAS approved and BHC eligible New Farm community members in October, with half the units owned by BHC and half by Blue Care. Both parties will share ownership of the apartments, with BHC overseeing the finished product in terms of its physical appearance and management and Blue Care providing community care services to the residents.

## BOTHWELL ST, MT GRAVATT EAST

BHC is currently completing the final stages of construction of the Bothwell Street Project, a joint initiative with the Queensland Department of Housing and Public Works.

Located in central Mt Gravatt, this unique collaborative project will provide housing for 57 Queensland seniors who are currently living within public housing, and whose changing circumstances mean that they no longer need a larger home.

As a purpose built project, this initiative will assist the Department of Housing to align the changing housing needs of residents to their current circumstances, and create a new community which offers high quality affordable housing that supports independent living for ageing Queenslanders.

The Project has been very well received by local community members, who are embracing the opportunity to relocate to this purpose built residence. The Bothwell Street residences will be completed during February 2015.



Please join us in welcoming the  
newest additions to the BHC  
community!



# community announcements

## Do You Value Your Assets?

Recent research shows that only 7% of people renting have any form of contents insurance. If you rent and have no insurance then all the things you own and store in your home are not covered for fire or theft. Building insurance does not cover your personal property. Just add up the value of the things that you own – household items like your computer, TV, fridge and furniture. Then add in your clothes, books and personal items and jewellery, and then include your pots pans and crockery. Most of us have a number of belongings, even kids leaving home have on average of \$10 000 of “stuff”. Contents insurance that covers “fire & theft” can protect you from the loss of your assets for these two events.

Talk to Foresters about the Good Shepherd Microfinance AAMI insurance that has been developed especially for renters that provides Fire and Theft cover up to \$25 000 for around \$3.00 per week. For the price of a cup of coffee you can have peace of mind. This product has a reduced claim excess of only \$100.

This is much cheaper than any other insurance in the market. So you don't have to find a big lump sum to replace your item.



For more  
information:

contact Foresters

p: 07 3851 8080

e: [individuals@foresters.org.au](mailto:individuals@foresters.org.au)

## Financial Counselling

People from all walks of life can find themselves with money problems. Financial counsellors are non-judgmental, qualified professionals who provide information, support and advocacy to people in financial difficulty. Working in community organisations, their services are free, independent and confidential.

### How can I find a Financial Counsellor?

You can talk to a phone financial counsellor from anywhere in Australia by ringing 1800 007 007 (minimum opening hours are 9.30 am – 4.30 pm Monday to Friday). This number will automatically switch through to the service in the State or Territory closest to you.

### Financial Counselling Services in Brisbane

There are a number of Financial Counselling Services located within the Brisbane area.

#### The Salvation Army Moneycare Services

342 Upper Roma Street, Brisbane

Ph 3222 6666

Monday – Wednesday 8.30am to 4.30pm

#### Relationships Australia

159 St Pauls Terrace, Spring Hill

Ph 1300 364 277

Thursday and Friday 8.30am – 4.30pm

#### Lifeline Brisbane

117 Gipps Street Fortitude

Valley Ph 1300 370 255







# community announcements



## TeleCHAT

Red Cross provides free regular telephone calls to people who have little or no social connection with other people. Friendly volunteers call participants at an agreed time, generally once a week, for an open ended chat. Participants will be matched with volunteers based on their interests, hobbies and availability.

For information about accessing TeleCHAT and to see if this program is suitable for you please call Red Cross on 1300 885 698.

*'She listens to me and I listen to her, and we can talk for more than fifteen minutes! It makes me feel good, it makes me feel I'm worth something...(the good feeling) lasts for the rest of the day'* TeleCHAT Participant

## GROW

### Support for people living with mental illness

Grow is a community-based organisation that has helped thousands of Australians recover from mental illness through a unique program of mutual support and personal development.

Grow was established in Sydney in 1957. The founders were drawn together by their first-hand experience of mental illness - the wisdom they gained in helping each other to overcome life's challenges and recover from mental illness was carefully recorded and forms the basis of the unique Grow Program.

Grow Groups meet weekly and vary in size from 3-10 members, and are run by seasoned 'Growers' who have taken a voluntary leadership role within the Group.

Over the course of each meeting, the group engages in a series of group discussions, interactions, and readings that follow a structure and timetable to ensure everyone has an opportunity to participate, and meetings finish on time.

It is free to participate in Grow programs. There are no assessments, no need for a diagnosis and no strict eligibility criteria. There are over 250 Grow Groups throughout Australia.

The Queensland Grow Office is located at 1014 Logan Road, Holland Park, next to the Holland Park Uniting Church. The centre's doors are open 9am – 5pm Monday – Friday. In addition to the peer support groups, social activities and program workshops are held regularly at the centre. If you would like to attend a meeting or you are interested in starting a new meeting then please call the Queensland Grow Office.



Address:

1014 Logan Road Holland Park QLD 4121

Phone:

3394 4344



News from

# Your local Community Centre



Yeronga Community Centre is an active Community Centre located in the heart of Yeronga. Emerging from the 2011 Flood of the Brisbane River, the Centre now offers a diverse range of programs for all members of the Yeronga Community. The Centre provides community members with confidential free information and referral services to a range of community and government services that can assist local residents.

## What's happening at Yeronga Community Centre?



### Seniors Morning Tea and Cooking Group

Each Monday between 10am and 12noon, this is a free group for Seniors to get to know each other, share some morning tea, and contribute to a cooking project.



### Playgroup

Playgroup is hosted weekly between 9.30am and 11.30am and is open to all local children and their families. Once each month the Playgroup meets at Ken Fletcher Park at Tennyson.



### Computer Classes

Commencing in November, Yeronga Community Centre will host a free introduction to Computers course between 10am and 11am each Wednesday morning. The course will cover basics such as how to email, how to use Microsoft Word, and how to surf the web.



### Gardening Group

The Gardening Group gathers each Wednesday morning from 9am to work on the Community Garden located at the Yeronga Community Centre, and also helps local people who need a hand with their gardening. The Gardening Group is open to all community members and is free – the Group hosts occasional workshops on different aspects of gardening.



### Craft Group

Join the craft group each Thursday morning between 10am and 12noon as they create a diverse range of handicrafts and hand-made creations to share and to display in the local community.



### Community Bread

The Centre has free bread available to local community members most days from 9.00am – just drop-in to pick up your loaf!

### Yeronga Community Centre

a: 24 Killarney Street Yeronga

h: Monday to Thursday

9am – 1pm (Appointments at other times)

p: 3848 2285

e:

yeronga@communityplus.org.au

# SPOTLIGHT ON

## Being a Good Neighbour

BHC wants all residents to enjoy their homes, and a big part of this is getting along with your neighbours. Good neighbours are considerate, tolerant and understanding of others and their different lifestyles, and they help to build strong and successful communities. The following article provides some information about how to be a good neighbour, get along with others, and if necessary resolve disputes between neighbours.



### A good neighbour is...

- ~ considerate and respects people's rights and privacy
- ~ tolerant and understands that people have different ways of doing things
- ~ concerned when something is wrong and does something about it
- ~ responsible for the actions of their families, guests and pets
- ~ law abiding and reports illegal activity to the Police.

### Good neighbours...

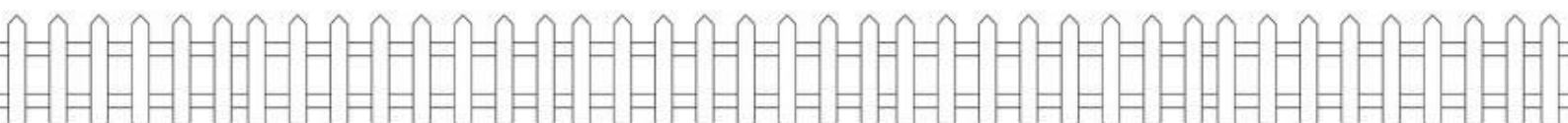
#### ..keep noise at a reasonable level

As a part of everyday living, we all have to expect some noise from the people living around us. Common or everyday noise includes sound from TV's and stereos, doors closing, electric appliances, car engines and alarms, and people walking around the property. Recognise that neighbours would prefer not to hear excessive noise from your home or common areas, particularly late at night and early in the morning, or for long or extended periods at any time.

If you are planning on carrying on a noisy activity, let your neighbours know in advance that this is to be the case. If your neighbours ask you to reduce the amount of noise you are making, try to co-operate and minimise the impact that you are having on them. Be aware that the slamming of doors, especially at night is a common cause of complaint.

#### ...care for and respect common areas

Common areas are for everyone to share and access, and all residents share responsibility to maintain them in a clean and useable state. Good neighbours do not block access to pathways, stairways, lifts or entrances with bikes, prams, cars or furnishings. Good neighbours keep common areas clean and free of litter, respect the right of others to use and share common spaces and ensure that they observe security protocols at shared entrances.



### ...are tolerant of neighbours' children playing outside

Active outdoor play for children is a healthy form of exercise and is important to a child's development. It is reasonable for children to play safely in and around their family home. Parents should consider the potential noise impacts and the safety of the locations in which their children play, and wherever possible seek to minimise disruption to neighbours or risk to their property.

### ...keep an eye on each other and neighbours' properties

Security and safety are enhanced when we are prepared to keep an eye out for each other. Good neighbours take an interest in the welfare and safety of others, and take appropriate steps when they are concerned that these have been compromised. This may include contacting the police in the case of a suspected criminal incident, or health authorities if concerned about the well being of a fellow resident.



### ...talk things over when there are problems, listen and try to come to an agreement that works for everyone

With most neighbourhood disputes, it is important to speak or write to your neighbour at an early stage about anything they may be doing that is affecting you. Often your neighbour will not be aware that they are causing a problem - at other times, it will be a simple misunderstanding that can be easily resolved. It is important that the communication is respectful, polite, and non-threatening and you take the time to listen to their response, be understanding of different communication styles and values, and be open to suggestions to resolving the problem.

It is important that you do not approach your neighbour about a dispute or issue if you feel unsafe, or if you feel angry and upset. It is possible that this will result in a further escalation of the issue. If you are not able to reach a resolution with your neighbour, or do not feel that you are in a position to raise your concerns with them, consider accessing the services available to assist neighbours to resolve disputes detailed below.

## RESOLVING NEIGHBOURHOOD DISPUTES

There are a number of on-line resources that can support you to resolve disputes, and explain formal dispute resolution services and processes available to help you deal with a neighbourhood dispute:

Queensland Association of Independent Legal Services

<http://www.qldneighbourhoods.com/>

Queensland Government

<http://www.qld.gov.au/law/legal-mediation-and-justice-of-the-peace/setting-disputes-out-of-court/neighbourhood-mediation/>

**BHC residents are encouraged to report any instances of anti-social behaviour to the Housing Manager for their building.**

## ANTI SOCIAL BEHAVIOURS

Anti social behaviour includes a wide range of unacceptable behaviours that affect the quality of life for residents and others working and living in the community. Anti social behaviours can include the following:

- Domestic violence and abuse
  - Physical violence
- Verbal harassment, abuse or intimidating behaviour
- Drug use, substance issues, or drug dealing
  - Alcohol related abuse
- Vandalism and damage to property

If you are experiencing or subject to anti-social behaviour, in the first instance you should contact the Qld Police:

IF A CRIME'S HAPPENING  
RIGHT NOW, CALL  
TRIPLE ZERO (000).

IF NOT, THINK  
POLICELINK.  
CALL 131 444.



# 'tis the season

Get crafty this Christmas with these do it yourself decorations!



## Christmas Tree Snowballs



You'll need:

- Balloon
- Ball of string
- Craft glue
- Water
- Sharp pin

Optional:

- Glitter

How to:

1. Blow up the balloon until it's slightly smaller than your fist.
2. In a bowl, mix water with craft glue (roughly 1/2 cup water with 1/4 cup of glue). Dip the string into the glue.
3. Tie the end of the wet string to the end of the balloon and begin wrapping the string about the balloon.
4. Continue wrapping until the balloon is mostly covered (you will want some gaps, as in the photo).
5. Peg the end of the balloon to a clothes line and allow to dry for several hours or overnight.
6. Once dry, pop the balloon with a pin and remove it. Add a loop of string. If desired, brush the balloon with glue and decorate with glitter and set aside to dry.
7. Hang from your Christmas Tree! Position near a fairy light for best effect.



## Sequin Ornaments

What You'll Need:

- Styrofoam Balls
- Hooks (If you want to hang)
- Pins (3/4 inch or smaller)
- Sequins
- Plastic Beads or Pearls

How To:

1. Take a pin and add a bead/pearl to it.
2. Add sequin
3. Insert the pin into the styrofoam ball. Repeat until the ball is covered.



## Twig Christmas 'Trees'

What you'll need:

- Cardboard
- Glue
- Old Sticks
- Pipe Cleaners

How To:

1. Cut cardboard into long strips- they can vary in length depending on how large you want your tree
2. Break twigs and glue twigs on to cardboard in a triangle 'tree' shaped pattern.
3. Use the pipecleaner to create a hook to hang from Christmas Tree!

## Holiday Card Wreath

You'll need:

- Wire clothes hanger
- Ribbon
- 1 pack of 50 wooden pegs
- Green spray paint
- Small red beads
- Wire cutter/pliers
- Glue gun
- Empty box

How To:

1. Spray 3-4 coats of paint on the pegs. Make sure to paint the peg as best you can, and underneath as well. Let them dry completely
2. Cut the hook off your wire hanger, and shape into a circle.
3. Alternating bead and peg, slide onto the wire. Continue until your wreath is almost full, and the wires overlap about 1.5 inches 3-4 cms.
3. Glue them together with the glue. Cut a piece of ribbon (about 10cm long), and tie it around the wire, then trim the ends and glue that to the wires.
4. Using the rest of your ribbon, tie a bow and glue that on top of your hanger.
5. Attach your Christmas cards!



# What's happening in Brisbane

A guide to Christmas Festivities near you!

## Santaland at Brisbane Myer Centre

8 November to 24 December

Your kids will love you if you take them to ride the locomotive train, have their photo taken and of course visit Santa, and perhaps they might like to send a letter to the North Pole via post or email.

## IGA Lord Mayor's Carols in The City at Riverstage, City Botanic Gardens

14 December, 5.30pm

For this event, you will be entertained by hosts Georgina Lewis and Josh Holt, with appearing headline artists. Pack a picnic rug and find yourself a spot.

## Myer Christmas Parade & Pantomime at Queen St Mall & King George Square

13 to 22 December, 6.30pm

Fun for all of the family with this parade starting off in Edward Street (corner of the Queen Street Mall), led by Queensland Ballet Dancer Teri Crilly in her role as Clara, from the Nutcracker. Expect songs, dance and lots of fun

## Christmas Cinema Series at Streets Beach, Southbank

17 Dec, 2014 to 23 Dec, 2014

Enjoy Brisbane's warm evenings with a Christmas cinema experience on Streets Beach. Snuggle up on a beach towel or picnic rug under the stars or dive-in to cool waters and enjoy Christmas features and family favourites on the silver screen. Bookings are not required.

## Festive Feast at Jeays St Community Centre, Red Cross Drop In, Jeays St Bowen Hills

17th December, 12pm

Come along and enjoy the 'Festive Feast'. All Welcome.

## Baby Reindeer Petting Zoo

15th – 19th December between 11.00am and 2.00pm. Cost is FREE.

Head to Westfield North Lakes and meet some of Santa's little helpers- very cute little baby reindeer at the Christmas petting zoo. All the action will be happening at Santa's Workshop in the kids outdoor play area.

## Wesley Mission Community Meal

The community meal is served at 7pm each Wednesday evening at 136 Brunswick St, Fortitude Valley. There is no booking required, all are welcome, contact 07 3031 3030.



## Christmas Dinner

Christmas dinner will be served at the Salvation Army, Street Level, St Pauls Terrace 6pm Christmas Dinner. Everyone is welcome to attend.



# BHC NOTICE BOARD



## CHRISTMAS OPENING HOURS

All BHC offices, including Head Office and onsite offices, will be closed from 12pm on Wednesday, 24th December to Monday, 5th January 2015.

If you have an urgent maintenance problem during the closure period, please contact the After Hours Emergency maintenance number by calling (07) 3307 3000. Routine or non-urgent matters should be reported to your Housing Manager when the office reopens. Rent will continue to be received and monitored as this time of year.

## Do You Have A Rental Tale To Tell?

Angela Ballard is a doctoral student at Griffith University who is currently researching the housing experience of tenants in Australia.

Angela has created a unique web-site that allows tenants to tell a housing story and to identify how that story reflects on their experience in the rental market. The site encourages tenants to explore the attributes of rental housing that contribute to a sense of home, well-being, connectedness and security. This research will be used to inform a wide range of housing providers about the experiences of tenants, and assist those providers to develop housing that best matches the needs of tenants.

### *Interested?*

### *Do you have a rental tale to tell?*

Find out more here

<https://sites.google.com/a/griffithuni.edu.au/renters-at-home/home>

For some, the festive season can be an emotionally difficult time. However there are steps that you can take to help you cope during the Christmas period.

### 1. Acknowledge your feelings 2. Reach out

Contact a friend, family member or neighbour if you are struggling and need someone to talk to. There are a number of community organisations, such as GROW (pg 5) or your local community centre, that will be happy to talk to you about how you feel.

### 3. Plan ahead

If you are concerned about being alone a number of organisations run free Christmas events including lunches and dinners – some of these are listed within our "what's on" guide this month. Everyone is welcome at these events.

# Thank you!

to everyone who contributed to this edition of the BHC Bugle! If you have anything that you would like to contribute to the next edition, please call us on 3307 3000 or email [reception@bhcl.com.au](mailto:reception@bhcl.com.au).



BHC warmly welcomes The Exchange Community Centre to its new location at 81 Musk Avenue, Kelvin Grove (corner of Hartopp Lane). Already at the heart of the Kelvin Grove community, we wish the Exchange and Community the very best in their new location

[www.bhcl.com.au](http://www.bhcl.com.au)



# Arts & Leisure



## Christmas Tunes



Away in a Manger  
Choir of the Bells  
Dominick the Donkey  
Frosty the Snowman  
Holly Jolly Christmas  
Jingle Bell Rock  
Jingle Bells  
Let it Snow  
Little Drummer Boy

Little St Nick  
O Holy Night  
Rudolph  
Santa Baby  
Silent Nigh  
Silver Bells  
The Christmas Song  
The First Noel  
Winter Wonderland

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

Solve these Christmas word puzzles



1. Answer: \_\_\_\_\_



2. Answer: \_\_\_\_\_



3. Answer: \_\_\_\_\_



4. Answer: \_\_\_\_\_

# HAPPY HOLIDAYS

## SPOTTED in Brisbane



### "Eyes Are Singing Out"

Artist: Yayoi Kusama, 2012

Composed of 350 enamelled steel eyes secured onto a 90 metre long arcing concrete wall, the sculpture is the only permanent artwork of Yayoi Kusama's in Australia and is the largest artwork by the artist internationally.

The various eye designs cover the wall which spans one entire city centre block between Roma and George Streets.

Installed in conjunction with the construction of the new Queen Elizabeth II Courts of Law building, the piece is a poignant reminder of the power and responsibility bestowed upon the guardians of law and justice.

puzzle solutions on page 10