

# the bhc bugle

WINTER EDITION, JUNE 2016

## TRENDING: #MARKETS

MARKETS & RECIPES!  
CHECK OUT OUR NEW WEBSITE  
TRY A NEW WINTER WARMER!

ART THERAPY  
AND MORE!





## BHC UPDATE

Over the past few months BHC has had the pleasure of taking on a professional work experience student, Liam, a social work student from the Queensland University of Technology (QUT). Liam has been working closely with our Operations Team and has been focusing on the Tenant Engagement Strategy, organising several tenant meetings and events and liaising with Housing Managers. We have really valued Liam's expertise over the last few months and appreciate the positive social work values he has brought to our organisation. We wish Liam all the best in completing his studies.

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Dear Readers of the Bugle,

It is an exciting time for all of us who have an interest in housing throughout Queensland. The Minister for Housing, the Hon Mick De Brenni, has recently launched a state-wide consultation process to support the development of a new 10 year housing strategy for the state. A wide ranging discussion paper has been developed to support this process, which offers many new horizons for approaches to affordable housing in Queensland. We will be enthusiastically participating in this process to help to plan new and innovative approaches to meet the housing needs of Queenslanders.

It is great to see that a group of BHC tenants have recently provided their feedback to this consultation process through a workshop hosted by Tenant's Queensland here in Brisbane. The important understanding that they bring as renters will no doubt support a well-grounded approach to Queensland housing initiatives in the future.

Here at BHC we are also planning for our future, and have recently begun developing a business strategy for the future of the company that will ensure that we are here for many, many years to come, and can continue to grow our contribution to housing Queenslanders in need. To support this planning, I recently had the pleasure of meeting with a number of BHC tenants through our focus groups, to discuss this vision and strategy with them. As always I was reminded of the importance of a safe, secure, and affordable home as a fundamental basis for participating in community life, work, education and training. I would like to extend my genuine thanks to all of those who were able to join with us to help plan a strong future for BHC. We will of course share our new strategy with all of our partners and stakeholders in the near future – watch this space!

As always, I trust that you'll enjoy this edition of the BHC Bugle.

Best Regards,  
David Cant



# YOUR COMMUNITY EVENTS

TRANSFORMATION. INTEGRITY. COMPASSION.

## STREETLEVEL

For years StreetLevel Mission in Brisbane has served as a safe haven and helpful resource for many Brisbane residents who are homeless, at risk of homelessness, or just looking for some support to get their lives back on track. StreetLevel is run by The Salvation Army and on their website they describe themselves as striving to 'encourage and support people who really want to change and live life with a new power and purpose'. Street Level has a weekly schedule with outreach programs, community chapel services, free meals (including a Sunday roast once a month), and social programs.

For more information about StreetLevel and their weekly schedule or organised activities you can check out the website [salvos.org.au/brisbanestreetlevel/](http://salvos.org.au/brisbanestreetlevel/) or get in touch with the team via the contact details below:

Phone: 3075 4120  
Email: [phil.staines@ae.salvationarmy.org](mailto:phil.staines@ae.salvationarmy.org)  
Visit: 97 School Street, Spring Hill QLD 4000  
Opening Hours: Monday-Tuesday 9am-2pm and Thursday 3pm-9pm



## INTERESTED IN VOLUNTEERING?

Volunteering opens the door to a number of opportunities and creates the ability to develop useful and applicable workplace skills such as research, administration, management, construction and much more. Volunteering can lead to gaining new friends, the chance to give back and potentially a paid employment role. The opportunities are endless!

Places that offer volunteering roles:

- Volunteering Queensland is the states largest provider of volunteering opportunities and helps by matching people's interests and skills with appropriate opportunities.
- Salvation Army's StreetLevel mission has volunteer roles from cooking, organising community events to clean up and gardening projects! (See contact details above).

- Australian Red Cross, Wesley Mission, RSPCA and many more organisations are always on the hunt for people to get involved, get amongst it and become volunteering champions.

If you are interested in volunteering or want to find out more, contact any of the organisation below:

**Volunteering Queensland** - [www.volunteeringqld.org.au](http://www.volunteeringqld.org.au)  
Phone: 3002 7600  
**Australian Red Cross** - [www.redcross.org.au](http://www.redcross.org.au)  
Phone: 3367 7222 Free Call: 1300 554 419  
**Wesley Mission Brisbane** - [www.wmb.org.au](http://www.wmb.org.au)  
Phone: 1800 4937 539  
**RSPCA** - [www.rspcaqlld.org.au](http://www.rspcaqlld.org.au)  
Phone: 3426 9915



# TRENDING:

Brisbane's bustling market scene is in overdrive. More and more locals are taking advantage of the low cost farm fresh locally produced food, particularly fruit and vegetables, and a huge variety of recycled treasures that range from discounted clothing to preloved homewares. You also get to enjoy the community buzz in Brisbane's great outdoors.

If you haven't already, check out some of these great local markets:

## Jan Power's Farmers Markets - Brisbane Powerhouse

What: Farm-fresh food and produce such as homemade cheeses, vegetables, pizzas, pasties, ginger beer and freshly baked breads.

When: Every Saturday, 6am – midday

Where: 119 Lamington St, New Farm.

## Farmers Markets - Mitchelton

What: Great prices, local produce and deli-style goods from around the world. The list goes on - you can't go wrong!

When: The First Sunday of each month, 6am-midday

Where: Blackwood St, Mitchelton. (Between Samford Rd and Mitchelton train station)

## Kelvin Grove Village Markets

What: Fresh produce with a selection of plants, flowers and crafts

When: Every Saturday, 6am – 1pm

Where: Blamey St, Kelvin Grove Urban Village

## Saturday Fresh Market, Rocklea

What: Fresh produce market with a huge range of flowers, baked goods and meats

When: Every Saturday, 6am – midday

Where: 252 Sherwood Rd, Brisbane

## Davies Park Market, West End

What: Organic produce, flowers, second-hand clothing and bric-a-brac

When: Every Saturday, 6am c 2pm

Where: Cnr Jane St and Montague Rd, West End

## Boggo Road Markets, Dutton Park

What: Fresh produce, food tastings, new and second-hand clothing, plants, flowers, crafts and furniture

When: Every Sunday, 7am – 1pm

Where: Annerley Rd, Dutton Park

## Northey Street Organic Markets

What: Certified organic produce, breads, meat, dairy, drygoods and preserves – Queensland's first and only market selling certified organic produce

When: Every Sunday, 6 – 10am

Where: Corner of Northey St & Victoria St, Windsor

## Nundah Farmers Markets

What: Enjoy coffee and breakfast while stocking up on fresh produce, gourmet meats, seafood and spices

When: Every Sunday, 6am – noon

Where: Station St, Nundah

**Market Tip: If you stay until just before closing time, you'll score some great deals on fresh produce.**

# #MARKETS RECIPES ↓

## SWEET POTATO, CHICKPEA AND SPINACH CURRY

### Ingredients

olive oil  
2 red onions  
3 tablespoons Rogan josh paste  
1 fresh red chilli  
3cm piece of ginger  
1 bunch of fresh coriander  
3 sweet potatoes  
1 x 400g tin chickpeas  
8 ripe fresh tomatoes  
1 x 400 ml tin light coconut milk  
400g pre-washed spinach

### Method

1. Heat 2 tablespoons of oil in a large saucepan over a medium heat.
2. Peel, finely slice and add the onion along with the curry paste, mix well, then cook for 10 minutes, or until the onion is soft and golden, stirring occasionally.
3. Finely chop the chilli, then peel and finely grate the ginger. Pick the coriander leaves and finely slice the stalks. Chop the sweet potatoes into 2cm chunks.
4. Add the chilli, ginger, coriander stalks and sweet potato to the softened onion. Drain and tip in the chickpeas, then cook for 5 minutes.
5. Chop and add the fresh tomatoes.
6. Add 200ml of water and bring to the boil.
7. Reduce the heat to a simmer, then cover and cook for 10 to 15 minutes. Remove the lid, then cook for a further 15 to 20 minutes, stirring occasionally, or until the sweet potato is cooked through and the sauce thickened.
8. Stir in the coconut milk and cook for a couple of minutes, then stir in the spinach and cook until wilted.

### TIP!

To freeze the curry for another time, leave it to cool in the pan, then spoon into portion-sized containers or freezer bags and freeze. The curry will keep there for up to 3 months.

## QUICK RISOTTO

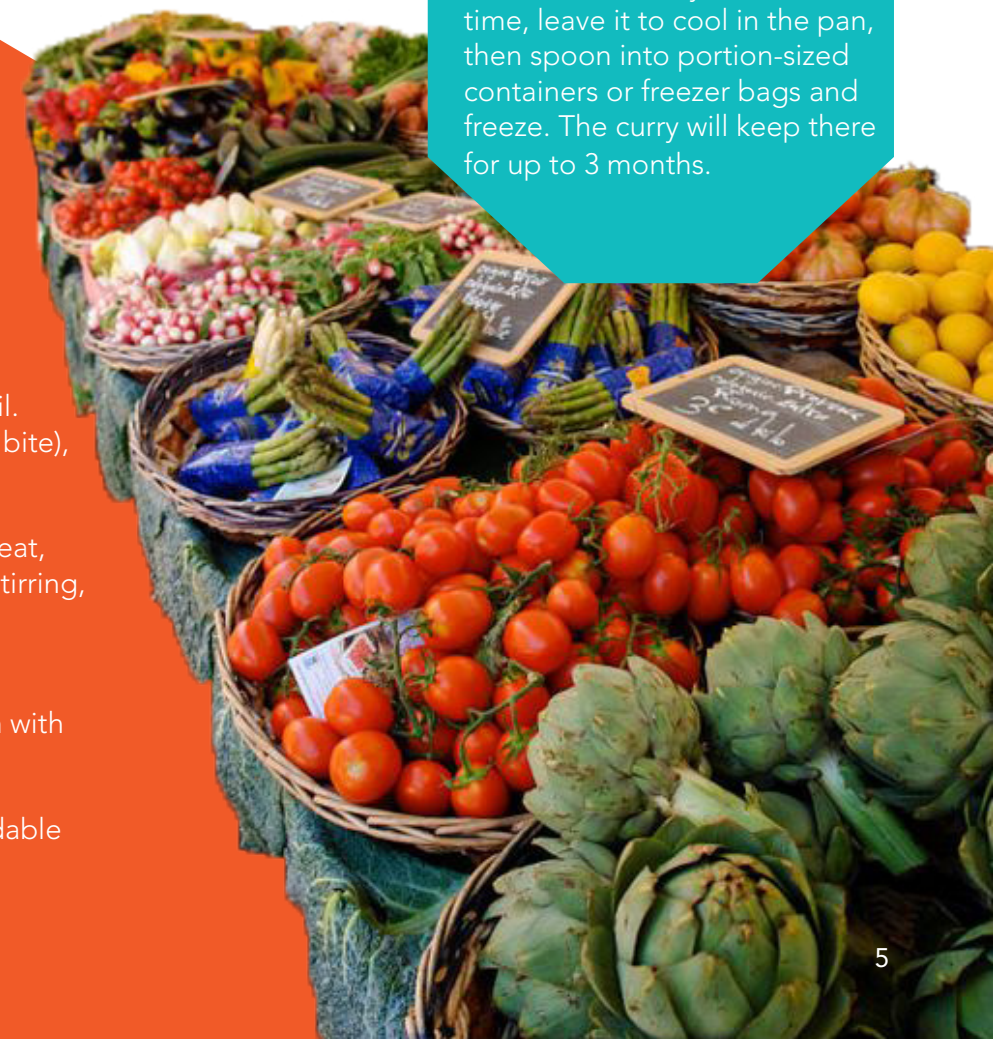
### Ingredients

500g Risotto Rice  
1 tablespoon unsalted butter  
1 small onion, finely chopped  
1 teaspoon dried mixed herbs or dried thyme  
1 cup cream of mushroom soup  
1 cup milk  
1/3 cup chopped fresh parsley  
1/3 cup shredded Parmesan  
Black pepper

### Method

1. Bring a large pot of salted water to a boil.
2. Add rice and cook until al dente (firm to bite), according to package directions. Drain well in a colander.
3. In same pot, melt butter over medium heat,
4. add onion and mixed herbs, and cook, stirring, until softened, about 4 minutes.
5. Whisk in soup and milk.
6. Stir in cooked rice and parsley.
7. Serve with parmesan cheese and season with pepper.

Check out your local markets for fresh affordable ingredients.





# SPOTLIGHT

## Art Therapy

### Art as Therapy

Coping with mental health issues, physical or intellectual disabilities and homelessness looks different for every person.

One strategy which some people find helpful is using art as a therapeutic outlet. There are a growing number of organisations around Brisbane who are using art to help their clients cope with their stresses and to provide a calming activity where people can express themselves and what they are feeling in a creative way.

### What upcoming events or current programs can I get involved in?

Community Plus+ hosts a community art group every Friday morning (9am-11.30am). This group offers a creative outlet for those in the community who experience mental illness, disability, social isolation, homelessness and marginalised accommodation. If you would prefer to attend a more learning based class there is also a painting class run on Thursdays (10.30am-12pm), with a class for beginners and another more experienced class. The class is led by an experienced art teacher. Where: West End Community House, 4 Norfolk Rd, South Brisbane Q 4101 PH: 3217 2333 or Email: westend@communityplus.org.au

### What kind of activities or programs are around?

Organisations like Communify, Footprints and Mental Illness Fellowship Queensland (MIFQ) all run art programs throughout the year.

Recently Communify concluded a project called 'Hearts on the Line', which invited survivors of abusive relationships to contribute to a postcard resource for others dealing with similar situations.

In May MIFQ held an art exhibition, celebrating 25 years of acknowledging the talented artists living with mental illness that MIFQ have been lucky enough to work with.

Footprints also run a yearly exhibition where they invite clients to work on and contribute artworks, providing several groups led by mentors in the months leading up to the exhibit for clients to attend.

Keep an eye out for future events run by these organisations.

Art From the Margins (AFTM) is an initiative of Wesley Mission Brisbane and looks to support and connect isolated and marginalised artists who may be experiencing mental health issues, physical or intellectual disabilities and homelessness.

AFTM offers monthly artist meet ups, artist workshops, exhibitions of work from members of the community and many other events throughout the year.

Where: 136 Brunswick Street, Fortitude Valley Q 4006 (visiting hours by appointment only) PH: 3151 6655 or check out their website: <http://www.artfromthemargins.org.au/>

HAVE NOTHING  
IN YOUR HOUSE THAT  
YOU DO NOT KNOW  
TO BE USEFUL, OR  
BELIEVE TO BE  
BEAUTIFUL.  
-WILLIAM MORRIS

# DECLUTTER



Enlist some help: Have someone you trust help. Hopefully they won't have the same attachment to items but will still be able to help you identify the items to keep.

When you're done – whether a small declutter or a large declutter – step back and enjoy!

Find a market; sell some of the items you no longer need and make some cash.

More than clutter? Hoarding can occur if someone has an obsessive need to acquire and collect things. Hoarding can be socially isolating, hurt relationships and present a fire risk.

There is help available: talk to your Housing Manager for a referral or call Centacare Specialist Cleaning Service (Brisbane area). Phone: 1300 734 593 Email: [scsadmin@bne.centacare.net.au](mailto:scsadmin@bne.centacare.net.au)

Decluttering doesn't have to be difficult or painful. There are some fun and creative ways to get started.

If you need some inspiration to declutter, try some of these ideas!

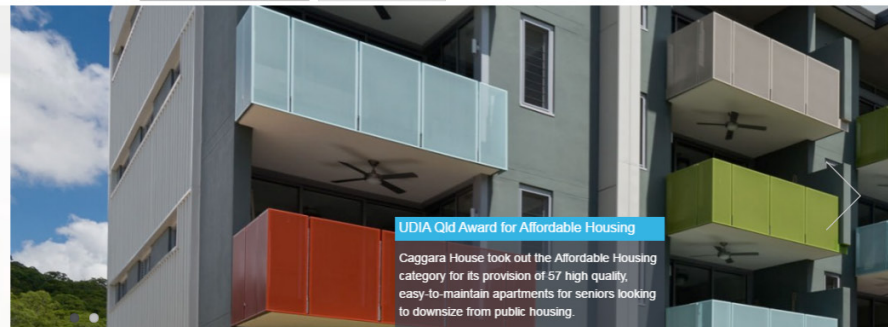
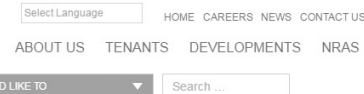
Start small: Clear a counter, a drawer or a shelf. Choose a small and solvable problem area.

Take the 12-12-12 Challenge: Locate 12 items to throw away; 12 items to be returned to their proper home; and 12 items to donate.

Grab a garbage bag: Simply grab a garbage bag and fill it with things you don't need. Some of it might be set for the trash; some might be gifted to a goodwill.



# OUR NEW WEBSITE!



BHC is excited to unveil its brand new website!

We've redeveloped the BHC website from the ground up, with you and all of our visitors in mind. With a new design that is much cleaner, more visual and easier to navigate, we hope your visit will be more exciting, educational and supportive.

Our user-friendly site includes some great new features and information to view and explore, and is now available across all different types of devices whether it's your phone, home computer, or tablet.

Some of the key new features include:

- Easier to navigate services for current and perspective tenants
- A much improved tenant information centre, with answers to many of our tenants' main queries
- A what's on page for events on in your community
- NRAS properties up for grabs ...and lots more!

BHC will regularly update the website with advice, support services, business updates, events and all the latest news from the team.

We welcome your feedback, so please let us know what you think: [feedback@bhcl.com.au](mailto:feedback@bhcl.com.au)

We hope you like it!

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



FIND OUT WHAT'S ON



LEARN ABOUT MY TENANCY



FIND SUPPORT AGENCIES



VOLUNTEER & FIND EMPLOYMENT



PAY MY RENT



REPAIRS & MAINTENANCE



ABOUT CAR PARKING



ABOUT PETS

## CURRENT TENANTS

BECOME A BHC TENANT

CURRENT TENANTS

FIND OUT WHAT'S ON  
LEARN ABOUT MY TENANCY  
COMMUNITY & SUPPORT  
ORGANISATIONS  
ADDITIONAL SUPPORT FOR WOMEN

At BHC, we believe we exist to provide positive housing outcomes for our tenants.

To achieve this, we aim to deliver responsive and respectful service to our tenants and provide clear, helpful information to address any questions or enquiries related to your tenancy.

If you are already a BHC tenant, please find information above to help you find out more about your tenancy.

If you require further assistance, please contact your Housing Manager or the BHC Office on 3307 3000.

June 2016

# Trending: #Get Active

As the temperature drops and the cold closes in, the very best way to beat the winter blues is to get active with one of the many community recreational and fitness programs available in Brisbane.

Reclink is a community organisation that promotes activities, which support an active and healthy lifestyle – most activities are relatively low cost or free. For a comprehensive list of current activities, have a look at their website <http://www.reclink.org/>

The Bernie Brae Centre at Chermside have a broad range of fitness and activity programs that are tailored to seniors. Programs include Aqua Aerobics, Seniors Fitness Class, Pilates & Yoga Classes, Tai Chi and Walking. All participants must register with Bernie Brae - contact the Welfare Office on 3624 2121 for more information.

Community's Paddington Centre offers an extensive array of fitness activities at low or no cost. Current offerings at the Centre include Gentle Exercise and Morning Tea, Barefoot Bowls, Aqua Aerobics, and Chair Zumba. Find out more at <http://www.community.org.au/> or contact Community direct on 3510 2700.

New Farm Neighbourhood Centre offers a free weekly tennis group, and very low cost yoga for local residents - suitable for beginners and intermediate level students. For more information go to <http://www.newfarmneighbourhood.org/>

Brisbane City Council's Active Parks Program brings free and low cost activities to parks across the Brisbane region.



From Pilates to fishing, to aqua classes and cycling, there is something to suit most interests. For a complete list of programs search the Brisbane City Council website ([www.brisbane.qld.gov.au](http://www.brisbane.qld.gov.au)) or contact Council on 3403 8888 for more information.

As well as the benefits of improved health, community fitness and activity programs offer an opportunity to meet new people and get involved in your local community (and of course beat the winter blues!).



# What's happening in Brisbane?

## JUNE

WINTER EDITION

### The Autograph Collection

Check out your local council library for this collection of famous and popular books signed by their authors. Books will rotate through council libraries until June 2018 with the first 2 rounds taking place 20th May-14th June and 17th June-19th July.



### Men's Shed Spring Hill Grand Opening

Join us to celebrate the official launch of Men's Shed Spring Hill. Men's Shed offers a safe, supportive and friendly environment for men of all ages to gather, volunteer, work and seek fellowship with other men for promotion of their health and wellbeing.



Where: 10 Love Street Spring Hill. All welcome  
Sunday 5 June, 2pm

### State of Origin Game 2

22nd June - Tune in to Channel 9 to watch the second game of 2016.



## JULY

### Guided Walking Tours

Head along for a walk through the Botanic Gardens with Volunteer Guides. Walks depart from the Information Kiosk and run Monday to Saturday each week excluding public holidays.



Where: Brisbane Botanic Gardens Mt Coot-tha  
Meet at the Information Centre for walks 11am – 12pm  
For private group bookings and more information please phone 07 3403 8888

### Facing World War One: Stories of Loyalty, Loss and Love

Experience intimate and untold stories from the First World War that reveal the daily reality and emotional impact on the loved ones left behind in Brisbane.



Where: Museum of Brisbane (Level 3 Brisbane City Hall, Adelaide and Ann Street)  
10am – 5pm now until 28th August 2016

## AUGUST

### Riverside Gardens Markets

The Riverside Markets have moved to the beautiful surrounds of the City Botanic Gardens. Grab a bite to eat from International food vendors then meander through a wide variety of stalls offering everything from hand-made jewellery, craft, homemade products, pottery, rugs and household goods and clothing of every kind, mostly made or designed by the marketeer.



Where: City Botanic Gardens (147 Alice Street, Brisbane City)  
Every Sunday 9am – 3pm

### Sunday Sessions on the Green

End your weekend with live music performances, lawn games and funky chill out seating on the lush River Quay Green every Sunday afternoon. This weekly event showcases the soft and smooth tunes of some of Brisbane's best musicians, all set against the backdrop of the sparkling city skyline.



Where: South Bank Parklands- River Quay (Cnr Ernest Street, Stanley Street and Grey Street)  
Sundays 2 – 5pm  
For information, email [info@south-bank.net.au](mailto:info@south-bank.net.au) or phone 07 3867 2170

June 2016

## BHC NOTICE BOARD

### Rent Adjustments

Just a reminder for all tenants whose rent is being adjusted from the 1st of July 2016, be sure to organise your rent adjustment and bond top-up. If you would like help with this or more information please contact your Housing Manager.

### 2016 Census is Going digital!

This year you can complete the census online; you will receive a letter addressed 'to the Resident' with unique log in details and instructions on how to complete the census online and additional details about how to request a paper form if needed. The Census is compulsory and you may face fines for not participating.

Important Dates:  
1st August – delivery of instruction letters and forms begin  
If you would like to request a form, you can call 1300 214 531  
9th August – Census night  
Mid 2017 – First results of 2016 Census released

There will be a 2 week grace period after the Census date. If your information has not been received a Census officer will come out to your address to offer assistance and collect outstanding data.

### CONTACT US

Level 2, 35 Astor Tce, Spring Hill  
8:30am-5:00pm (Mon-Fri)  
p: 3307 3000  
email: [reception@bhcl.com.au](mailto:reception@bhcl.com.au)  
[www.bhcl.com.au](http://www.bhcl.com.au)  
Facebook: BHC Creating Liveable Communities  
Instagram: BHC\_Communities

## Thank You

A big thank you to all tenants who have returned their annual survey and updated income details. In recent weeks we had some staff attending buildings to collect a few final surveys and assist anyone who needed help completing it. If you haven't returned your survey yet, it's not too late! Please return your documents directly to your housing manager or bring them to our head office in Spring Hill ASAP.

## Feedback

BHC would like to thank all of the tenants who have utilised the new 'Feedback' email address. We have been able to receive and respond to several emails from tenants about a range of issues. We hope you have found this new service helpful, and we look forward to its continued use going forward.

### 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  
Brisbane QLD 4001

# support services

BHC understands that linking people with support services can make all the difference in the world.

Below is a list of support organisations that you may find useful.

## Tenants Queensland

A specialist state-wide community legal service for tenancy law matters and provides a free tenancy law advice service for residential tenants.

Phone: 1300744263  
(Mon-Fri 9-5pm, Tue-Wed 9-7pm)  
Phone: 07 3832 9403

## QPILCH

An independent, & not-for-profit, community-based legal organisation coordinating the provision of pro bono legal services for individuals and community groups in Queensland.

PO Box 3631 SOUTH BRISBANE  
QLD 4101  
Phone: (07) 3846 6317  
Fax: (07) 3846 6311  
Email: [admin@qpilch.org.au](mailto:admin@qpilch.org.au)

## Resolve

An organisation which helps tenants of social housing maintain their tenancy. Resolve can help you to address any issues that affect your ability to maintain your tenancy and will help to connect you with mental health and other community support services.

Contract your Housing  
Manager for a referral or email:  
[resolve@rfq.com.au](mailto:resolve@rfq.com.au)

## Mudmaps

A free and confidential group that offers peer support and education to people who are making, or contemplating, changes to their drug and alcohol use. There are free workshops every Monday 10.30am-12.30pm with morning tea provided.

Phone: (07) 3620 81111

## Financial Counselling

Hotline: 1800007007  
Free and open 9.30am-4.30pm  
Mon-Fri  
Moneycare  
Phone: (07) 3075 4130  
97 School St, Spring Hill QLD  
4000

## Lifeline

A crisis support and suicide prevention service.  
Phone: 13 11 14

You can now download the 'Lifeline Service Finder' app on your smart phone to help find free or low cost health and community services Australia wide.