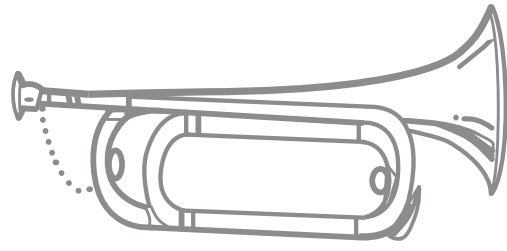


bugle



WINTER EDITION
JUNE 2019

KNOWING YOUR NEIGHBOURS

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- 11 MEET THE RESIDENTS BEHIND THE RCD TEAM



BHC UPDATE

After two years of planning, six engagement sessions with residents and 12 months of construction, we are thrilled to announce that our brand new complex, Benson Place, at Springwood is now tenanted. BHC was delighted to work closely with the Logan Housing Service Centre on this project, assisting people living with extra bedrooms to move into one of the 35 purpose built and easy living one bedroom apartments. From all of us at BHC; Welcome Home.



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LETTER FROM THE CEO

It has been a busy start to 2019, but I am pleased to say this year seems to hold quite a few exciting opportunities for BHC and residents. Thank you to our Resident Community Development (RCD) Team who continue their work to build community amongst residents as well as developing valuable liaison between residents and BHC. Please consider becoming involved in the RCD Team; details on pages 11 and 12.

This year BHC has focused on identifying new opportunities to increase the supply of affordable housing. Our team worked hard to secure funding streams, identify sites for construction, and establish development plans. We understand that access to affordable housing is a significant issue for many Australians, which sadly seems to be increasing. Each year, Anglicare undertakes a rental affordability snapshot. The 2019 snapshot noted that only 3% of rentals were affordable for couple-pensioners and even less for single-pensioners. Even people working on minimum wage had affordability for just 2% of rental properties. These figures from Anglicare demonstrate the staggering current need for further affordable housing. BHC is proud of our mission in this area, and we are focused on creating additional affordable housing.

As we move into the winter months we hope all residents enjoy the cool weather, but remind everyone to take the time to look after their health. Winter also means people pull out their heaters which results in increased fire risks. Be safe – both for your well-being and that of your neighbours. Ensure heaters are operating well, not left unattended and not positioned where flammable items could ignite.

Finally, I would like to personally thank all residents who responded to our Tenant Survey. We look forward to sharing the results with you in the next edition of the Bugle. At BHC, we do our best to provide you with good service; including working with respect; being honest and acting with integrity; and valuing differences. Your feedback is essential to ensuring we do our best. If there are areas where we can do better, please let us know. We welcome your views and comments; please contact us on email at feedback@bhcl.com.au.

With best regards,

Stuart Lummis
CEO

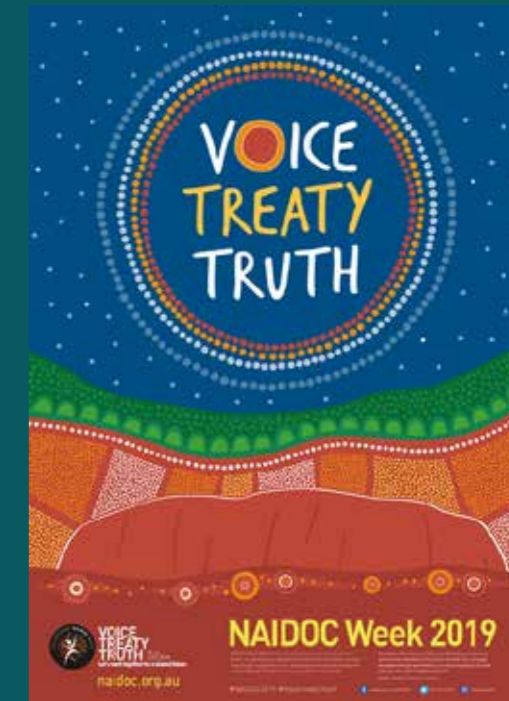
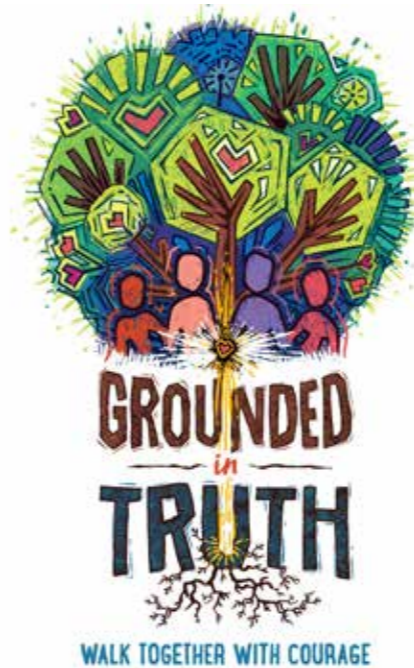


National Reconciliation Week

27 May - 3 June

The theme for National Reconciliation Week 2019 is **"Grounded in Truth... Walk Together with Courage"**.

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.



NAIDOC Week

7-14 July

Keeping the spirit of National Reconciliation Week alive, NAIDOC Week, celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. The theme for this year's NAIDOC Week is:

**Voice. Treaty. Truth.
Let's Work Together for a Shared Future**

This theme acknowledges that Aboriginal and Torres Strait Islander peoples have always wanted an enhanced role in decision-making in Australia's democracy.

Wherever you live, you can take part in NAIDOC Week celebrations. To find out about NAIDOC Week activities in your area, visit www.indigenous.gov.au.

Musgrave Park Family Fun Day

Friday 12 July, Musgrave Park Cordelia St, South Brisbane

NAIDOC WEEK is a significant celebration for Aboriginal and Torres Strait Islander people which provides a platform for the preservation and promotion of Australia's oldest living culture. NAIDOC Week serves to enhance Indigenous Australians' access to and participation with services which can enhance their well-being and increase support to families. NAIDOC Week also provides cultural awareness for all Australians, towards the spirit of true reconciliation.

The day will feature a Community Elders Lunch, traditional dance, FREE kids rides and activities, information and career stalls, arts and crafts stalls – and much more! This is a must-do event this NAIDOC Week.

This year BHC will again be joining the NAIDOC celebrations at the Musgrave Park Family Fun Day event, hosting a stall on the day to share information about BHC and affordable housing. If you are planning to head down to the Musgrave Park Family Fun Day this year, be sure to stop by the BHC stall and say hi!

Celebrating NEIGHBOUR DAY 2019



In March we celebrated **Neighbour Day** with the 3rd Annual BHC and Jeays Street Community Centre **'Neighbour's Cup'** Table Tennis Tournament!

We had an incredible turn out, with many residents and members of the community coming along to play, watch and celebrate Neighbour Day 2019.

Congratulations to our Singles champion Scott, and our winning Doubles team Paul and Scott.

Be sure to visit the Red Cross Jeays Street Community Centre throughout the year to practice your table tennis skills!

Do You Know About Neighbourhood Watch?

Neighbourhood Watch (NHW) is an important part of our communities. Whilst not everyone may be interested in joining or getting involved with their local NHW, we encourage all residents to follow the principles of staying alert, reporting suspicious or illegal behaviour to Queensland Police, and being aware of your neighbours. Communities are safest when residents are working together.

About Us: Neighbourhood Watch Queensland (NHWQ)

Encouraging individuals, families, businesses and neighbourhoods to work together to strengthen and connect our communities for a safe and secure Queensland.

- Neighbourhood Watch Queensland (NHWQ) provides a vital link between Police and the Community
- NHWQ Groups give their members a direct point of contact with the Police
- NHWQ enables the Police to address community members' concerns about local crime, reducing the fear of crime and improving community safety.
- Police rely heavily on NHWQ Groups for information

How to Get Involved

If you would like to know more about NHW visit www.nhwq.org

If you would like to participate, visit the NHW Membership page for more information: www.nhwq.org/membership-information

For Fact sheets on Safety, Security Checklists, Social Media Policy and Guidelines, Strategic Policies, Insurance Details or other interesting documents, please visit the NHW Resources page: www.nhwq.org/resources

From the NHW website (www.nhwq.org)

ASSET HOME HACKS *Winter is Coming*

The chilly mornings have begun and we can't deny that winter is here. When the cold weather sets in, everyone loves to stay warm and toasty so here are a few key tips to help keep you warm, your unit fresh, and your electricity bill low!



the first layer(s) of defence

Pull on those woolly socks, track pants and jumper – maybe even a beanie – before thinking about that heater. If you are still chilly, grab out that winter doona and snuggle down. Putting on some extra layers won't make your electricity bill an unwanted winter surprise.



take advantage of the sun!

During the day when the sun is shining bright, be sure to open up your curtains to let in the warmth. This will help to naturally heat things up for you, and as the sun begins to disappear close those curtains to trap the heat inside.



keep the air flowing

It's also important to remember to open up your windows from time to time to let fresh air into your unit. This will help to stop mould and musty smells from setting in! It's also important to keep a window open or your bathroom exhaust fan on when taking a hot steamy shower to prevent mould and damp in your bathroom.

MAKING A WORLD OF DIFFERENCE

National Volunteer Week 2019

National Volunteer Week (NVW) is Australia's annual celebration to acknowledge the generous contribution of our nation's volunteers. The theme this year is "Making a World of Difference".

The week ran from 20 -26 May and included thousands of events across the country to say thank you to the 6 million Australians who volunteer their time. To all of the volunteers in our BHC community, we would like to say Thank You.

Are you interested in volunteering?

Volunteering Queensland is an organisation that matches people who would like to volunteer with appropriate volunteering opportunities. They offer a wide variety of opportunities across a range of organisations, covering different causes. You can participate in a one-off event or serve in a short term or long term capacity.

So what are you passionate about? Social justice; animal welfare rights; supporting domestic violence victims? If you would like to volunteer visit www.volunteeringqld.org.au, email reception@volunteeringqld.org.au or call 07 3002 7600.

And if you know a special volunteer, you can show your appreciation by gifting them a volunteer-themed present found at the following link: www.volunteeringaustralia.org/shop.

DID YOU KNOW?

In our last tenant survey, over 100 tenants said they have volunteered within the last year.

COMPETITION TIME

Why Do You Volunteer?

We know that Volunteering is an important part of life for many BHC residents. For some people volunteering is a way to give back to the community, or a particular service that has helped them in the past. For others, volunteering might be a way to stay physically and mentally active, or prepare to go back into the workforce. In honour of National Volunteers Week we are running another creative competition and asking residents to answer the question

"Why Do You Volunteer?"

You might like to respond with a poem or short story about your volunteering experience. You might want to share a photo of yourself volunteering*, or create some artwork to reflect volunteering.

All entries will go in the draw to win 1 of 3 x \$25 Coles Myer Gift Cards!

Entries close Friday 26th July.

We can't wait to hear about Why You Volunteer!

*If providing a photo with multiple people, please ensure you have consent from everyone in the photo.

TIPS 5 FOR KEEPING YOU HEALTHY THIS WINTER

1

KEEP HYDRATED! DRINK PLENTY OF WATER

You may not be thirsty without the summer heat, but that doesn't mean you don't need to keep hydrated. It's easy to neglect hydration when your body doesn't feel like it needs it. So don't forget to drink plenty of water throughout the day to keep your body well hydrated.

2

ENJOY SEASONAL WINTER FRUIT AND VEG

Over winter try to get that extra serve of fruit and veggies into each meal. Love soup? Well broccoli, pumpkin and cauliflower are great winter vegetables and perfect for soup! Check out www.taste.com.au for great winter warmer recipe ideas.

3

CONSIDER GETTING THE FLU SHOT

Immunisation is the best chance of protection against the flu. Flu strains change from year to year, so it's important to be vaccinated every year. Flu shots are available at an affordable price at most pharmacies, however you may be eligible for a free flu shot under the National Immunisation Program if you are:

- An adult aged 65 and over
- An adult or child (aged 6 months and over) suffering from chronic conditions
- Pregnant (during any stage of pregnancy)
- Aboriginal or Torres Strait Islander aged 6 months or older

4

STAY ACTIVE!

While you may want to stay on your couch snuggled up with a fluffy blanket, it's important to keep active in the winter months. Whether it's going for a daily walk around your neighbourhood, or trying a new indoor activity, such as yoga, soccer or dancing - Stay Active!

5

SCRUB UP! MAINTAIN GOOD HAND HYGIENE

Washing your hands is a simple, but effective way to reduce the spread of germs that cause cold and flu symptoms. After sneezing, coughing or blowing your nose, make sure to wash your hands with soap and water.

What's On?

Celebrate NAIDOC Week



Musgrave Park Family Fun Day: Friday 12 July
Musgrave Park, West End

Musgrave Park Family Fun Day delivers family friendly entertainment and activities to showcase aspects of Indigenous Australian culture and heritage during NAIDOC Week. Once again BHC will host a stall at the event. So come down and say hello!

Transition from Education to Employment



2019 QLD Work and Skills Expo: 20 - 21 July, 10:00am - 4:00pm
RICC, Brisbane Showgrounds, 600 Gregory Tce, Bowen Hills

The Qld Work and Skills Expo will showcase a vast range of organisations, comprising of VET providers, apprenticeship information and support industry associations, locally-based and national employers and service providers.

Reduce Food Waste at Home



Love Food Hate Waste in Your Suburb: Various dates and locations.

Come talk food waste with Council's Love Food Hate Waste team. The team will be at your local shopping centre with free samples of banana bread made from rescued bananas and tips on how you can reduce food waste at home. Find your closest location visit, <https://bit.ly/2Wkv1Ri> and search "Love Food Hate Waste".

Brisbane's History



Perspectives of Brisbane: Now until 31 July
Museum of Brisbane, Brisbane City Hall, Adelaide St, Brisbane City

Brisbane's past is explored through seven themes relating to: Traditional Owners; convict history; European settlement; the People's Place; the river; the natural environment and Brisbane on the world stage.

Get a Hand and Get Connected



Homeless Connect: Thursday 27 June 2019, 9:00am - 12:00pm
Brisbane Racing Club, Doomben Racecourse, 75 Hampden St, Ascot

Homeless Connect brings together businesses and community groups to provide FREE services to people experiencing, or those at risk of homelessness - get a hand and get connected.

Get Active



Free City Health Bootcamp: First Saturday of every month, 9:00am
Centenary Aquatic Centre and Health Club, 400 Gregory Tce, Spring Hill

City Aquatics and Health Clubs are offering a free Bootcamp to anyone who wishes to attend on the First Saturday morning of every month. This session is suitable for all ages and experience levels. So head over and have a great work-out! Visit <https://bit.ly/2XhqYca> to find out more.

**All events are free to attend or participant in*

BHC noticeboard

☕ WINTER EDITION

June 2019

THE RESIDENTS BEHIND THE RESIDENT
COMMUNITY DEVELOPMENT TEAM

Survey Winners

Just before Christmas last year we were very pleased to deliver prizes to our 4 Tenant Survey Lucky Draw winners!

Congratulations to our Main Prize winner Andree from Fitzgibbon! And congratulations to our lucky runners up Rhonda from Camp Hill, Malcom from Bowen Hills and Victor from Fortitude Valley.

In Our Community

We would like to say a huge congratulations to resident Cheryl who received an Australia Day Achievement Award at the 2019 Lord Mayor's Australia Day Awards. Cheryl was recognised for her contributions to the Brisbane Writers Group.

Cheryl is not only a writer herself, but also the face of the Brisbane Writers Group. From organising events, to offering support and advice, Cheryl is passionate about helping other writers. Despite also being busy writing a novel of her own, Cheryl is always quick and willing to share her writing experiences in an authentic and friendly manner.

If you would like to read more about Cheryl's work with the Brisbane Writers Group, or about any other the other Australia Day Achievement Award winners for 2019, you can go to the website.

www.brisbane.qld.gov.au/community-and-safety/grants-and-awards/2019-australia-day-awards#17

From all of us at BHC, congratulations Cheryl on your award and thank you for your contributions to the community.

Rent Reviews

By now everyone will have received a letter to inform them if their rent is changing this year. If you have received this letter and been advised of a rent change, be sure to top up your bond and change your Centrepay as needed. If you have any questions about your Rent Review or would like to know more about this process, please contact your Housing Manager.

Upcoming Kerbside Collections

19 August - Nundah & Lutwyche
2 September - Cherside
16 September - Mitchelton
7 October - Enoggera
21 October - Kelvin Grove
28 October - Paddington

Your Feedback

To leave BHC feedback, lodge complaints and suggestions, please email feedback@bhcl.com.au or write to: BHC Feedback, GPO Box 544, Brisbane QLD 4001

Contact Us

Level 2, 35 Ostor Tce, Spring Hill
Monday - Friday - 8:30am - 5:00pm
Phone: 3307 3000
Email: reception@bhcl.com.au
Website: www.bhcl.com.au
Facebook: BHC Creating Liveable Communities
Instagram: BHC_Communities

Have you had a positive experience with BHC?

Would you like to tell someone? If you would like to leave us some positive feedback, you can write to us at feedback@bhcl.com.au or write us a review on our Google page.



jenny BOWLES

DANBY LANE, NUNDAH



How Long Have You Been With BHC?

17 years. I have lived in three different BHC properties over that time.

How Did You Find Out About the Resident Community Development Team?

I attended the Tenant Engagement Strategy workshops in 2018 – before the RCD Team even started. In those workshops residents talked about what they wanted Tenant Engagement at BHC to look like in the future, and it was during the workshops that we first talked about creating a group – which later became known as the Resident Community Development Team.

How Long Have You Been Involved With the Resident Community Development Team?

Since it began - technically even before then!

How to get involved

Contact Kaitlyn, our Community Development Manager on 3307 3000 or email tenantevents@bhcl.com.au

What is Your Favourite Part of the Resident Community Development Team?

Being able to make a difference. The RCD Team is a chance for residents to really be heard and make things happen. The projects we work on are ideas we come up with, being developed by residents – for residents!

What are You Most Looking Forward to Working On?

Many things! We are working on Community Welcome Packs right now, which is very exciting, but there are lots of other ideas and projects which we have talked about as well. We work on one main project at a time, so I'm looking forward to seeing what we decide to work on next. One of the things we are trying to do is get more residents connected with and aware of the group so we can hear their ideas too!

What Would You Say to Anyone Thinking About Joining?

Come, see; give it a go! It can be rewarding. You get to meet residents from other buildings, hear their ideas and work together to make a difference for others.



We Need Your Help!

The **Resident Community Development (RCD) Team** has been working hard on creating a Community Welcome Pack for BHC residents.

The Welcome Packs are focused on introducing residents to their new home and new neighbourhood, with information about the local area, the building and other helpful tips and information. **But we need your help!**

Bring your ideas and your appetite!

All residents are invited to join the RCD Team for a special **Feedback Event** where you will have a sneak peek at the Community Welcome Packs! Please join us to provide feedback on the packs and share lunch.

Friday 28th June 2019

10am-1pm (Lunch will be provided)

Wesley House - Level 9, Rooftop Function Room, 140 Ann St, Brisbane City

You must RSVP* by Friday 21st June

To RSVP – call Community Development Manager Kaitlyn on 3307 3000 or email tenantevents@bhcl.com.au

*RSVPs are essential. If you have concerns around transport to the Feedback Event, please contact our Community Development Manager to see how BHC may be able to assist.

Prizes

There will be PRIZES up for grabs at the Feedback Event!

Come along and provide feedback on the Community Welcome Packs to go in the draw.

Get in Touch

If you can't attend but would like to find out more, you can discuss the Welcome Packs directly with our Community Development Manager Kaitlyn.

Phone: 3307 3000

Email: tenantevents@bhcl.com.au

Presented by



&

**The BHC Resident Community
Development Team**