What an amazing NAIDOC week Cairns has had with what I think has been the best ever theme of “Because of Her, We Can”. I had the privilege of hearing some amazing speeches and tributes to Mums, Grandmothers, Aunties and Sisters over the week and I think we need to hold those thoughts for all times, not just for the week. I want to pay a special acknowledgement to Amanda Pearce from Roy Boiiz (Gardening and Cleaning Contractors) who was featured on the Q Shelter Showcase. It was great to have Roy and Amanda join us for the NAIDOC breakfast. You can view the showcase by going to www.becauseofherwecan.org.au.

Our tent at the Wuchopperen family day was a huge success with Gavin peeling something like 150 apples, with the support of some very keen young helpers. I also noticed some very talented artists among them as well. Thanks must go to Ron and Carole from Tong Sing for donating all the tasty apples and helping us make the day great.

We are trialling something different this year with our Tenant Survey and sending most of the surveys via SMS to your mobile phones. So far is seems to be a great success with over 70 responses received on the first day. You have until the 31 July to respond to the survey and as a thanks we will draw 5 lucky tenants to receive a grocery voucher. You can get a paper copy, if you would prefer, by contacting the office. The feedback, good and bad, helps us to improve our service to you so please take the time to complete the survey. Thanks to those who have already completed the survey.

Meet the new staff members at ACHC

If you see them at complexes please ensure to say hello and make them feel welcome.

Left - Gavin (Community Engagement Officer).
Centre – Jenny (Property Officer)
Right – Ricky (Property Officer)

We have a few more new faces in the office, Jenny and Ricky are our new Property Officers and Gavin started recently as our Community Engagement Officer. It is great to have you all on-board and above are their photos so hopefully you might see them out and about in the near future. We also have two new board members, Ben and Michelle, so we are fortunate that they want to share their skills and expertise with us.

I hope to see some of you at the Homelessness Week event on 9 August at the Nexus Centre. Cheers and stay Happy.

Cheers,
Donna-Maree
Notify your Property Officer of damage & requesting repairs

The first step to getting repairs done is to make sure that you notify your Property Officer. You can do this over the phone, via email to property@achc.org.au or by coming into the office and completing a Maintenance Request Form.

Remember:
It is your responsibility to notify the Property team of any damage to the premises. If the damage is caused by you or your visitors then you will be responsible for the repair costs.

Changes with Centrelink

As at the 1st July there have been some changes with Centrelink. Please check these changes either online or by visiting your local office. You can log into your mygov www.my.gov.au or visit the Centrelink website www.humanservices.gov.au

Tenant Survey
Don’t forget to have your say.

The ACHC Tenant Survey was delivered via SMS to your mobile & via email. For the chance to win one of 5 x $50.00 Woolworths Grocery Vouchers you will need to complete the survey.
If you require help or would like a hard copy please contact the office on 4031 6702 and we will post one out to you.

Winner
Susan, one of our tenants, is the winner of ACHC’s Footy Tipping Round 10 competition
New Art Workshop at 118 Murray Street

Some of the children from our Murray Street complex getting involved in an art project to help them have fun and respect where they live.

The Very Hungry Caterpillar Show

One of the most-read and famous children’s books of all time emerges off the page in a masterful theatrical experience for the whole family.

This is a timeless classic for all generations
• Times – Tuesday 31st July - 10am, 1pm & 6pm & Wednesday 1st August – 10am
• Cost: All tickets $17.85, Group 10+ $13.65 Plus one complimentary ticket for every ten purchased.
Prices include b/fee www.ticketlink.com.au
• Venue: Tank 3 - fully seated
• Rating: G

Dates to remember

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<tr>
<th>DATE</th>
<th>INFORMATION</th>
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<tbody>
<tr>
<td>World Hepatitis Day</td>
<td>Saturday 28th July 2018</td>
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<tr>
<td>Relay for Life (Cancer Council)</td>
<td>Sat &amp; Sunday 28th &amp; 29th July 2018</td>
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<tr>
<td>National Aboriginal &amp; Torres Strait Islander Children’s Day</td>
<td>Saturday 4th August 2018</td>
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<tr>
<td>Jeans for Genes Day</td>
<td>Saturday 4th August 2018</td>
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<tr>
<td>Father’s Day</td>
<td>Sunday 2nd September 2018</td>
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<tr>
<td>School Term 3 – End Date</td>
<td>Friday 21st September 2018</td>
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<td>Queen’s Birthday Holiday</td>
<td>Monday 1st October 2018</td>
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<tr>
<td>School Term 4 – Start Date</td>
<td>Monday 8th October 2018</td>
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VEXPO – 29th July 2018

VEXPO is a community event showcasing the range of opportunities available for Cairns people of all abilities and ages to join groups and build social connections around common interests.
Time: 9am – 3pm,
Place: Tank 3, Tanks Arts Centre, Collins Avenue, Edge Hill

Cairns Festival

24 Aug – 2 Sept 2018

INVITATION
You are formerly invited to this year’s
Cairns Homelessness Week Event
LIVE MUSIC • FREE FOOD • PERFORMANCES & MORE!

Nexus Centre - The Streets Movement Organisation
Thursday 9th August 2018 - 11am – 1pm
99 Sheridan Street - Cairns

For more information, please contact Nexus on 40991 6700
Little Taccas – You’re never too young to develop a green thumb.

The Little Taccas. Offering young children an appreciation for nature and gardening. Aimed at children 5 and under, it features nature-based activities in the Cairns Botanic gardens precinct, including art & craft, story-telling, sing-a-longs and garden discovery walks.


Time: 10am – noon

Garden Tip
Best Herbs, Fruit & Vegetables to grow in the Winter months in Cairns
Herbs - dill, garlic, mint, thyme, sage and parsley.
Fruit and vegetables - broccoli, carrot, capsicum, cabbage, lettuce, pumpkin, radish, spinach and rhubarb.

Deadly Running & Walking Group
Wednesdays 5-6 pm. Lennon St Park, Manunda

Street Soccer
Wednesdays 4-5 pm. Trinity Beach Skate Park

Deadly Fun games in the Park
Saturdays 3-4.30 pm. Murray St Park, Manoora

Active Games
Fridays 3.30-5.00 pm. Henley’s Hill Park, Earlville

Free Fun Activities!
8 week program commencing 25 July 2018
More information: 0472 838 388
Cairns.SaferStreet@police.qld.gov.au

Hearing Voices Support Group

Development Training

About Hearing Voices Groups:
Hearing Voices Groups are a safe environment that encourages interdependency, the intrinsic value of a shared lived experience and self-empowerment within individuals.

The Hearing Voices Approach is not about trying to get rid of your voices. It’s about changing the relationship you have with them. Dealing with fear, anger and shame. Getting support where you need it. Learning to get control.

This approach is based on Prof Marius Romme and Sandra Escher’s research which found that many people hear voices without distress or even needing to seek mental health services. Voice hearers who cope have different skills, beliefs and supports, compared to those in distress.

Who should come to the Groups Development Training?
This training is open to people who identify as voice hearers, friends and family, peer workers and more. It is intended that you are interested in setting up and co-facilitating a Hearing Voices Group and you may have some facilitation skills and/or experience.

DATE: Monday to Wednesday, 6th to 8th August 2018
VENUE: Mental Health and Wellbeing - Coaching
10 Thomas Street, Cairns
TIME: 9am to 3pm (Morning Tea and Lunch included)
RSVP: 1st August, 2018 – including any dietary needs