

Better Homes, Better Futures

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)

From the CEO's desk

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 it 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.

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



NAIDOC Week

NAIDOC march



Gavin & kids having fun painting the rocks & one of the dancing groups



NAIDOC High Tea Event



NAIDOC Breakfast with some of the staff and Roy & Amanda from Roy Boiiz



Reporting Maintenance & Emergency Repairs



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.



centrelink

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.

ESPN footy tips

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

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

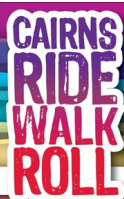
VEXPO – 29th July 2018



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



Muscular Dystrophy
Queensland
We're stronger together

**2018 100K RIDE
5K WALK/ROLL**

CAIRNSRIDEWALKROLL.COM.AU

**DONATE
OR REGISTER
TO RIDE/
WALK/ROLL
TODAY**



Cairns Festival
24 Aug - 2 Sept 2018

INVITATION

You are formerly invited to this year's

On any given night in Australia 100,000 people are homeless.

Cairns Homelessness Week Event
LIVE MUSIC • FREE FOOD • PERFORMANCES & MORE!

For more information, please contact Donna on 4031 6702

Nexus Centre - The Streets Movement Organisation
Thursday 9th August 2018 - 10am - 1pm
99 Sheridan Street - Cairns



Homelessness Australia
Creating a framework for ending homelessness



Activating our Community One Step at a Time!

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



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.

Tanks Arts Centre, The Deck (near Tank 3) Bookings essential. Please download form:

www.cairns.qld.gov.au/facilities-sport-leisure/botanic/little-taccas.

Time: 10am – noon

Program 4 dates: Sept 27th, Oct 11 & 25th, Nov 8 & 22nd, Dec 6th – bookings open Monday 17th September 2018.

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.

SENIORS WEEK ACTIVITIES

STAYING HEALTHY & ACTIVE

18-26 AUGUST 2018

A QUEENSLAND FOR ALL AGES



For more information on the many activities offered:
www.cairns.qld.gov.au Seniors card required for all events

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 ever 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

FREE EVENT

2018 CAIRNS MULTICULTURAL FESTIVAL

**SATURDAY
18 AUGUST
11.00AM - 9.30PM**

**FOGARTY PARK
CAIRNS ESPLANADE**

INTERNATIONAL PERFORMERS
INTERNATIONAL CUISINE
FASHION SHOWS
CHILDRENS ACTIVITIES
FUN FOR THE WHOLE FAMILY



CONTACT DETAILS: FESTIVAL COORDINATOR, KESA STRIEBY
EMAIL: kesastrieby@gmail.com / PHONE NO: 044 910 1024