



Access
Community
Housing

Better Homes, Better Futures

Tenant Newsletter

September/October 2019

5 Anderson St., Manunda. Phone: 40316702

From our Organisation

Homelessness week art exhibition at the Tanks Arts Centre 2019



Some of the incredible artwork at the exhibition.
Tenant (Susan) next to her artwork.

At the CEO's Desk

From the 4-10 August was Homelessness Awareness Week and the art exhibition launch on the 7 August was a huge success. This year, the Cairns Housing and Homelessness Network decided to do something different and worked with clients and tenants to produce over 60 pieces of creative works that became the exhibition at the Tanks Arts space. Congratulations to the artists who contributed their works and for reflecting the theme, Our Journeys – Homelessness to Housing. The launch included speeches, personal accounts, an address by Mel (art therapist who worked with some of the artists) and entertainment. The week is an important opportunity to highlight the housing shortage in Cairns and call upon all – politicians, decision makers, developers and the whole community to address the need for more homes and increased support to those most in need.

Thanks to all the tenants who completed the 2019 Tenant Survey. We received over 200 responses which was fantastic as we set an ambitious target of 240 so we were close. Now that the survey is closed we will be drawing the names of the 3 x \$50.00 Woolworths Grocery Vouchers and we will inform the lucky winners by phone.

'Skillsets for Successful Tenancies' training will be rolled out in Far North Qld before the end of the year. It was launched in Cairns on Friday, August 9th and we are hoping to have a number of staff



trained in this program which covers communication, rights and responsibilities as a tenant, maintaining and cleaning a property and finances and budgeting. The program has been developed with real estate agents to educate tenants about how to maintain a successful tenancy. I will provide more information on this free training with possible future dates.

Cheers
Donna-Maree



Tenant Information

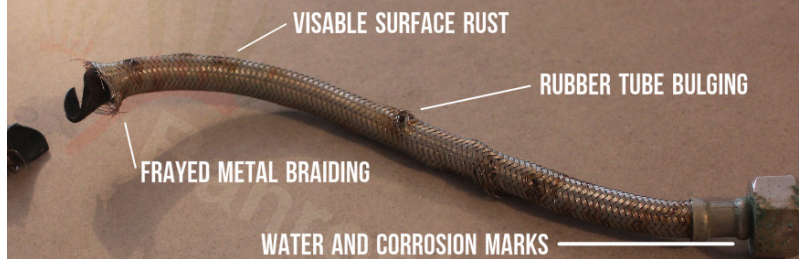


Cairns Men's Shed

The men's shed provides people an opportunity to spend time together relaxing and engaging in manual crafts such as wood-working, metal working or the restoration of old furniture, toys, machinery etc.

Address: 186 Irene St, Mooroolool QLD 4870.
Phone: (07) 4053 5045

FLEXI HOSE FAILURE WARNING SIGNS



OTHER SIGNS:

- SHARP BENDS AND KINKS
- EXCESSIVE MOVEMENT WHEN OPERATED
- RUBBING/TOUCHING OTHER SURFACES

A flexi hose can be found under your sink. If your flexi hose looks like this it could burst causing water damage to your home. Please contact your **Property Officer** to arrange replacement if you are concerned.



Tenant Incentive Program (TIP) Awards Winners

Alisha from Mossman \$20 Voucher

Jahmiqua from Mooroolool \$50 Voucher



Wuchopperen
HEALTH SERVICE LIMITED

"Keeping our
Generations
growing strong"

Men and Male Youth Health

Men and Male Youth health services are delivered from the Coral Cay building at Manoora and the Edmonton clinic. Male doctors and male health workers are available at both Manoora and Edmonton Clinics. The team is dedicated to improving the health and wellbeing of Aboriginal and Torres Strait Islander men in the local community.

Services include:

- General medicine
- Immunisations
- Counselling and support
- Alcohol, drugs and other substances advice and information
- Pathology
- Health assessments
- Employment medicals
- Dressings
- Flu vaccinations

Programs include:

- Housing and Support Program (HASP)
- Healthy, Happy Families (respectful relationship program)
- Men's Group

Check Council website to see if you bin days have changed

www.cairns.qld.gov.au



Arts & Crafts Workshops

FOR MORE INFORMATION CONTACT 40316702

- Thursday 5th September at Manoora Community Centre 10:00am- 12:00pm
- Thursday 12th September at Hambledon House 10:00am- 12:00pm
- Thursday 19th September at Mooroolool Hub 10:00am- 12:00pm



Furniture Repair & Restoration Workshops

FOR MORE INFORMATION CONTACT 40316702

- Thursday 3rd October at Manoora Community Centre 10:00am- 12:00pm
- Thursday 10th October at Hambledon House 10:00am- 12:00pm
- Thursday 17th October at Mooroolool Hub Centre 10:00am- 12:00pm

Certificate II in Retail Operations Vinnies pathway to Working in Retail

Location: Earlville

Course Starts: 9 September 2019

Length 12 weeks/ 3.5 days per week

Cost: No cost to eligible applicants

Open to those who are unemployed, a resident of Queensland and who have the right to study and work in Australia

Contact Phone: 0436 816 587

Email: education@svdpqld.org.au



St Vincent de Paul Society
QUEENSLAND

good works

Healthy Housing



As your Community Engagement Officer I am committed to ensuring that ACHC provides you with information and resources to help you connect with the community. If you would like us to consider a particular topic for the next newsletter please contact me on 40316702 and ask for **Gavin AhKee**.

FREE FILM SCREENING

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

17 September 2019 | 6.00PM - 7.30PM
Edmonton PCYC, 10-12 Walker Rd

Making A Change

QuiHN is a state-wide service that supports and promotes the health and wellbeing of:

- people who currently use illicit drugs
- those who have used illicit drugs in the past, and
- members of the community touched or affected by illicit drug use



QuiHN provides individual counselling, the MAISE (Mental Health and Illicit Substance Education) Program, and the Significant Other Support (SOS) Workshop.

QuiHN Cairns Office

60 Pease Street, Manoora QLD 4870

Ph : (07) 4032 1463 Fx : (07) 4053 5610

Opening Hours : 8:30am-4:30pm Mon-Fri

For full background information on mental health conditions please visit Beyond Blue or Black Dog Institute.

Exercise and Keeping Fit

A health tip for children and young people Aged 5-17 Years

For children and young people, physical activity includes play, games, sports, transportation (riding a bike), chores, recreation, physical education, or planned exercise, in the context of family/home, school, and community activities.

The recommendations to improve and maintain good health are:

1. Children and Youth aged 5-17 should do at least 60 minutes of moderate to intense physical activity daily.
2. Amounts of physical activity more than 60 minutes provide additional health benefits.



Thinking Right for Positive Mental Health



REDUCE STRESS

Exercise increases concentration of noradrenaline, a chemical that can moderate the brain's responses to stress.

BOOST HAPPY CHEMICALS

Exercise releases endorphins, which create feelings of happiness and euphoria. Studies have shown that exercise can even alleviate the symptoms among the clinically depressed.

IMPROVE SELF-CONFIDENCE

On a very basic level, physical fitness can boost self-esteem and improve positive self image.

ENJOY THE GREAT OUTDOORS

Vitamin D acquired from soaking up the sun (while wearing sunscreen, of course) can lessen the likelihood of experiencing depressive symptoms.

PREVENT COGNITIVE DECLINE

Diet and exercise can help shore up the brain against cognitive decline that begins after age 45. Working out, especially between age 25 and 45, boosts the chemical to the brain that support and prevent degeneration of the hippocampus, and important part of the brain for memory and learning.

ALLEVIATE ANXIETY

The warm and fuzzy chemicals that are released during and after exercise can help people with anxiety disorder calm down.

BOOST BRAINPOWER

Various studies have shown that cardiovascular exercise can create new brain cells (aka neurogenesis) and improve overall brain performance.

SHARPEN MEMORY

Regular activity boosts memory and the ability to learn new changes by increasing production of cells in the hippocampus responsible for memory and learning.

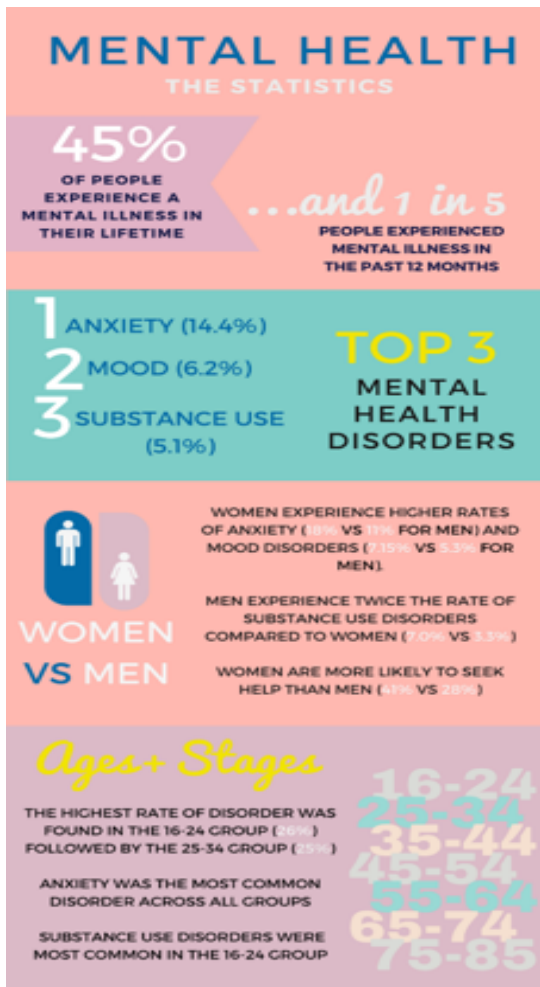
INCREASE RELAXATION

For some, a moderate workout can be the equivalent of a sleeping pill, even for people with insomnia.

BE MORE PRODUCTIVE

Research shows that workers who take time for exercise on a regular basis are more productive and have more energy than their sedentary peers.

Events and activities over September and October



- **20 SEPT TENANCY QLD INFORMATION SESSION, 10AM - 12 NOON**, Hambledon House Community Centre, 177 Bruce Highway, Edmonton
- **1 OCT CHILD PROTECTION WEEK FAMILY FUN DAY**, Ravizza Park, Edmonton, 9.30 - 11.30am
- **5-13 OCT QUEENSLAND MENTAL HEALTH WEEK**. It might be a great time to start thinking about what you might like to do for Mental Health Week this year
- **13 - 19 OCT NATIONAL CARERS WEEK** Is an annual opportunity for our community to acknowledge, thank, and celebrate the 2.7 million carers throughout the country.
- **16 OCT - 4 DEC COME JOIN PLAY CONNECT GROW**, a supported playgroup where children can learn and play together and parents can join in and meet other parents, in the garden at 98 Birch Street, Manunda (opposite Raintrees Shopping Centre), for children aged 0 – 5 years and their parents/guardians, a variety of fun-filled activities are planned each week please call 4032 6800 to register your interest.
- **24 OCT - 28 NOV TRAUMA-SENSITIVE YOGA FOR CHILDREN 7 - 11 YEARS**, allows children to develop a positive relationship with their bodies through mindfulness, breathing and gentle yoga exercises, Thursdays, 3.30 - 4.30pm, Hambledon House Community Centre, 177 Bruce Highway, Edmonton, bookings essential, call Linda on 4044 3410 for more information.
- **26 OCT - 3 NOV VETERANS' HEALTH WEEK 2019** - Mental Wellness, DVA will support ex-service organisations (ESOs) and community organisations with established links to the veteran community to deliver a range of events to highlight the importance of improving and maintaining good mental health. Mental wellness is essential for an individual's overall health and wellbeing which, in turn, strongly influences our physical health and social connectedness with family, friends and community.

Dates to remember for September and October

Date	Information
1-7 September	Child Protection Week
11 September	R U OK Day
20 September	School Term 3 End Day
29 September	National Police Remembrance Day
7 October	Queen's Birthday Public Holiday
3 October	International Tenants Day
6-12 October	Mental Health Week
12 October	School Term 4 Recommences
13 - 19 October	Anti Poverty Week



Join Playgroup Today!

Fun
Free
Safe

Mums with children 0-5, Join our Playgroup today!

At: Women's Centre, 182 Gatton St Manunda
On: Tuesdays from 10am to 12 noon. NO COST: Morning tea and fun provided
Join us for activities, messy play, craft and more.
Contact: Playgroup QLD 1800 171 882 or Womens Centre FNQ 40519366

Look on Cairns Regional Council website Events page for information around free activities for young people.
www.cairns.qld.gov.au **What's on Upcoming Events.**

