



Access
Community
Housing

Better Homes, Better Futures

Tenant Newsletter

SUMMER EDITION 2019

5 Anderson St., Manunda. Phone: 40316702

From our Organisation

Our thoughts go out to all the communities affected by the recent bushfires and our thanks to those who have helped fight the fires. Many people have lost property, livestock and crops and the recovery will be long and traumatic. It has been a devastating time for many and a reminder of how our country experiences the extremes of droughts and floods. As this hot weather continues we hope you are looking after your personal health, wellbeing and safety. Please try to keep out of the heat and drink plenty of water. No doubt a dry November will be followed by the wet season so be

prepared over the Christmas period for unexpected weather conditions.

The school year is almost over for children so have a look on the Cairns Regional Council website for the holiday program if you happen to hear those words, "I am bored". With Christmas around the corner we are looking to support some of our tenants during this festive season through the 'adopt a family' initiative. We have had an overwhelming response from previous families, businesses and organisations who have been involved in the 'adopt a family' initiative and we

are lucky enough to be able to support 21 families this year. We would like to give a special thanks to the Cairns Post, the Department of Natural Resources and Emergency Services, previous donor families, Down Under Tours and several other community members who have once again pledged their support. We are also registering for Christmas hampers and presents through the Salvation Army Christmas appeal.

It is important to mention that we had another successful AGM this year, thank you to all who attended. It has been a wonderful year of achievements and we have a lot of exciting plans for 2020. Please take a copy of the Year in Review when next you visit our office.

Thanks to all the staff, the Board and our support service partners for your commitment and support during 2019, our success and achievements would not have been possible without your support.

I wish you and your families a safe, happy and blessed Christmas and I look forward to working with you all again in 2020.

From the
CEO's Desk
Donna-Maree



Emergency Repairs

If you have any emergency repairs **from 25th December to 1st January** use the following number:

Press:

- 1** for an electrician
- 2** for a plumber
- 3** for a broken window or damaged door and if your property is insecure.

If you have locked yourself out of your property, please contact a local locksmith. Locksmith charges will be at your expense.

- 4** To leave a message for **ACHC staff**

Please call this number only if you have a problem that is dangerous, a threat to your health or may cause major property damage. Remember that if it is not an emergency you may be charged for the work. Please ensure you give correct details when leaving a message e.g. phone number and address and ensure you are home so that the contractor can attend to the problem.



1300 782 586



Changes to the Newsletter

Access Community Housing will now issue newsletters at the start of each new season.

Newsletter Distribution

Summer (Dec – Feb)
Autumn (March – May)
Winter (June – Aug)
Spring (Sept – Nov)

Tenant Information



**Just a reminder
that the office will
be closed from**

1pm Tuesday 24th December 2019 and
re-open
9.00am Thursday 2nd January 2020

Going away over Christmas?

Don't make it too obvious –
organise for your yard to be
kept tidy and have your mail
collected.



**Summer is on its way,
and with it comes a
spike in water use in
your home.**

Please be mindful of your water use and try to save
water where you can. For more information please
visit the Cairns Regional Council's website:
<https://www.cairns.qld.gov.au/water-waste-roads/water>.

Be ready, Cairns



The **"Be Ready, Cairns - preparing for natural
disasters"** booklet provides information on the types
of emergency situations that can affect Cairns and tips
on how to be prepared.
<https://www.cairns.qld.gov.au/natural-disasters>

Tenant Incentive Program (TIP) Awards



Winners

Congratulations to Moses and Daniel who
are the recipients of TIP award and voucher.

ESPN footy tips

Footy Tipping Competition Winners

Hi all , Well the footy tipping competition is over for
another year.

The Winners of the \$100.00 Woolworths Vouchers
for both NRL & AFL were;
AFL Comp – "TLTS" Congratulations
NRL Comp - Lou Congratulations

CAUTION: storms, floods and cyclones ahead!

It has been dry but the storm season may be just around the corner.



Cyclone information

The Cairns region is a beautiful, tropical area that is vulnerable to natural
disasters. We are cyclone and flood prone. We live very close to the sea
and extensive areas of bush. There is one main road in and out. Please
ensure you are prepared in case of any natural disaster. Please visit the
www.cairns.qld.gov.au for further information.

Assistance with evacuation

Cairns Regional Council assist people to evacuate if they are on their
Evacuation and Recovery register. This register is for residents within the
Cairns region who:

- are frail, aged and/or have a disability; and
- live alone and have no friends or relatives in the Cairns area that
could help them in an emergency situation and after evacuation;
- have no transport; and
- are able to administer their own medication (if required); and
- are not receiving significant assistance or support from a funded
service provider.

For further information contact the Council's Disaster Management Unit
on 4044 3044 or email disasterunit@cairns.qld.gov.au

Wading Pools



Inflatable wading pools are a great way of keeping cool in the
hotter months but there are tough State Government laws
regarding pool safety that need to be taken into account. It is
also a breach of your tenancy, your water bills will increase and
council could fine you. There are plenty of places to cool down
in Cairns so please find an alternative to avoid a costly outcome.
Good options could be to try the lagoon, shopping centres or
your local pool.

Summer Safety Tips for Seniors



The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that aging adults can use to make sure they have a fun, safe summer.

Stay Hydrated

Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They can also become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to be drinking sweat replacement products (that contain salt and potassium) to replace water you lose during the summer such as dissolved electrolyte sachets in your water, as needed.

Talk to Your Doctor

Check with your medical team to make sure any medications you are on won't be affected by higher temperatures — especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature, and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

Keep Your Cool

Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theatres and libraries provide welcome, cool spaces if a senior's own home isn't air-conditioned. They also afford a great opportunity to get out of the house and get some exercise without the exhaustion of the heat. Some chronic medical conditions and prescription medications can impair the body's ability to react efficiently to rising temperature.

Protect Your Eyes

Vision loss can be common among seniors, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

Know the Risks of Hyperthermia

During the summer, be particularly cautious about abnormally high body temperatures — Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

- Body temperature greater than 40 degrees Celsius
- A change in behaviour, such as acting confused, agitated or grouchy
- Dry, flushed skin
- Nausea and vomiting
- Headache
- Heavy breathing or a rapid pulse
- Not sweating, even if it's hot out
- Fainting

Elderly individuals have a harder time knowing when they are dehydrated and their bodies have more difficulty regulating their temperatures. As a result, they are more prone to heat stroke. If you start to feel any of these symptoms, ask for medical help and get out of the heat, lie down and place ice packs on your body.

Neighbourhood disputes



Noise is a very common cause of disputes between neighbours. If you can, try to resolve your concerns with your neighbour before going to the police, council or your tenancy officer. It's always best to find a solution to the problem directly and keep on speaking terms.

Think about the best way to raise the issue with your neighbour. Be constructive and suggest ways to solve the problem, rather than complaining, blaming or demanding.

Neighbourhood problems can be very upsetting and generate a lot of emotion, so when talking to your neighbour:

- stay calm
- explain how the problem is affecting you
- give your neighbour a chance to tell their side of the story
- be prepared to listen and let the other person know you are listening
- try working on a resolution together
- take time to work on a solution and get it right.

For more information please visit -

<https://www.qld.gov.au/law/housing-and-neighbours/noise-and-crime-in-the-neighbourhood>

Healthy Housing

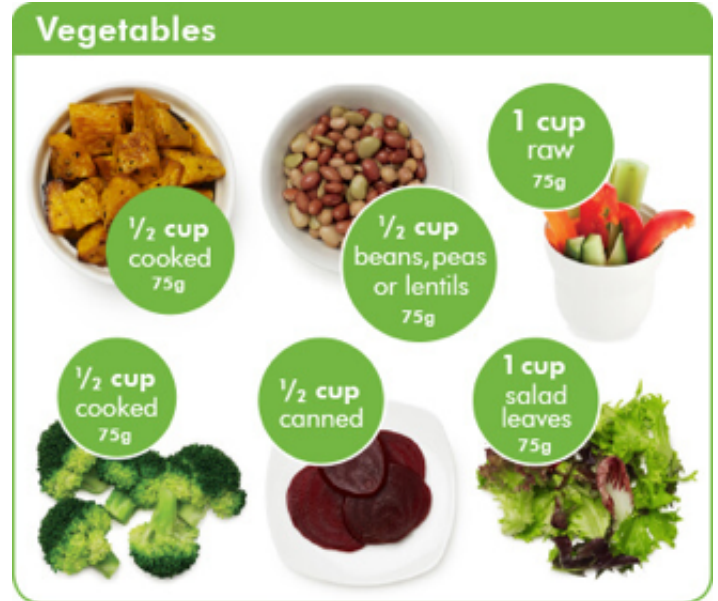
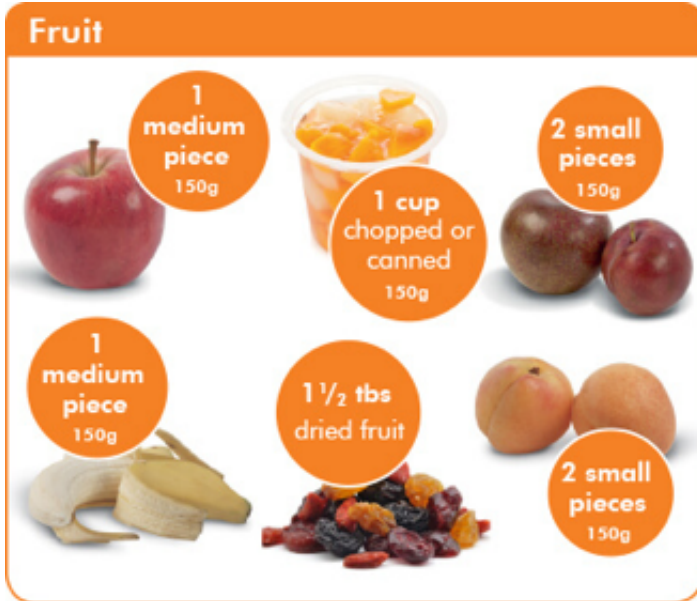


Community Engagement Officer
Gavin AhKee.

Eating Right Fruits & Vegetables

Fruit and vegetables are an important part of healthy eating as eating plenty of fruit and vegetables can reduce the risk of heart disease, some cancers, overweight and obesity, and constipation. They can also help to reduce blood pressure and blood cholesterol levels and improve control of diabetes.

It is important to have 2 serves of fruit and 5 serves of vegetables every day. What is a serve?



Exercise and Keeping Fit

- A Health Tip for Adults Aged 18-64 Years



For adults aged 18-64 years physical activity includes leisure time physical activity, transportation (eg walking or cycling), occupational (ie work), household chores, play, games, sports or planned exercise in the context of daily, family and community activities.

The recommendations to improve and maintain good health are:

1. Adults aged 18-64 should accumulate at least 150 minutes of moderate-intensity physical activity throughout the week OR do at least 75 minutes of vigorous-intensity physical activity throughout the week.
2. Aerobic activity should be performed in bouts of at least 10 minutes in duration.
3. For additional health benefits, adults should increase their moderate-intensity aerobic physical activity per week OR engage in 150 minutes of vigorous-intensity aerobic physical activity per week.
4. Muscle-strengthening activities should be done involving major muscle groups on 2 or more days per week.

'Moderate intensity physical activities' are those that take some effort but mean you are still able to talk while doing them, such as a brisk walk, recreational swimming, golf and household tasks like cleaning windows or raking.

'Vigorous intensity physical activities' are those that require more effort and make you breathe harder and faster, like jogging, aerobics, fast cycling and many organised sports and tasks that require lifting, carrying or digging.

Healthy Housing

Making A Change

Alcohol, Tobacco and Other Drugs Services (ATODS)

ATODS Cairns is a multidisciplinary team consisting of Administration Staff, Clinical Nurses, Program Officers, Indigenous Health Workers, Allied Health Staff and Medical Officers. ATODS mission is to support Far North Queenslanders to make informed choices about alcohol, tobacco and other drug use through the provision of quality public health and clinical interventions which are evidence based and reflect contemporary best practice. To access the service people can walk-in, self-refer, contact by phone or be referred from any agency. For more information regarding program support please contact ATODS on the details below:

ATODS

8 Aplin Street, Cairns Q 4870

Phone : (07) 4226 3900 Fax : (07) 4226 3908

Mon-Fri 8:00am – 4:30pm

TIP: Alcohol & Drug 24 Hour Telephone Counselling and Information Service: **1800 177 833**

Let's Cook It

Beef Stroganoff

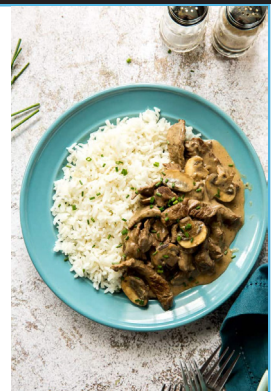
Serves 4

500g of beef strips

1 packet of beef stroganoff seasoning

250g of cream cheese (softened)

200g mushrooms sliced



What to do

- Lightly brown the beef in a non-stick frying pan
- Add the stroganoff seasoning with 1 cup of water
- Simmer for 1 hour
- Stir in the cream cheese until it makes a nice smooth sauce
- Add the mushrooms and simmer for a final 10 minutes

TIP: Serve over rice to soak up the rich flavoured sauce.

Referenced from cookbook

'4 Ingredients One Pot One Bowl' by Kim McCosker

My health
for life

Another initiative of



Healthier. Happier.

If you're ready to live a healthier life, our program gives you the skills and support to get there. Please visit <https://www.myhealthforlife.com.au/> for more information.

Thinking Right for Positive Mental Health

What Type of Exercise is Effective in Treating Depression

Exercise is listed as a recommended part of treatment to reduce the risk of disease commonly associated with depression such as heart disease and diabetes, the rates of which are higher in people with a mental illness.

Aerobic exercise and weight lifting have been shown to be effective in reducing the symptoms of depression.

- Moderate-intensity aerobic exercise such as walking, running or cycling. 30-60 minutes per session at least 3 times a week.
- High-intensity resistance training. 3 sets of 8 repetitions for 60 minutes at least 3 days a week.

Does exercise have a positive effect when combined with medication?

Although it is strongly recommended to not change or stop taking medication, exercise does have similar effects to medication, but none of the side-effects. Exercise can also counteract the side-effects of some medications such as reducing the risk of falling by strengthening muscles and helping control body weight and blood pressure.

It is accepted worldwide that exercise is an effective treatment and management tool for mood-related disorders, including depression, and should be incorporated into any depression treatment plan.

Benefits of Exercise on Mental Health

71%

A recent conducted survey showed that exercise helped 71% of emotionally sensitive people to improve their mood.

Lack of Exercise

Only 29% of Australians exercise or play sport twice a week while hardly half of them exercise enough to gain health benefits. Exercise can fight mental disorders like stress, depression, anxiety and helps elevate mood

Runners High

Exercise helps release chemicals in your brain that work together to make you feel good. These chemicals improve mental health with exercise. These chemicals include endorphins, serotonin and dopamine.

20-25 Minutes

Studies have revealed that even a single set of 20-25 minutes of mild or moderate aerobic exercise induces positive feeling and dispels negative mood.

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

Events and Activities

FREE Tenancy Skills Course

Being delivered from the following venues:

Hambledon House

177 Bruce Highway, Edmonton
Every Monday from 3rd February to 2nd March 2020
10:00am – 12:00pm

Manoora Community Centre

29 Marchant Street, Manoora
Every Wednesday from 5th February to 4th March 2020
10:00am – 12:00pm

Mooroobool Community Hub

2 Long Street, Mooroobool
Every Thursday from 6th February to 5th March 2020
10:00am – 12:00pm

If you are interested please contact Gavin AhKee at Access Community Housing on (07) 4031 7602

ENROL NOW

TENANCY SKILLS COURSE

FREE

Discover skills and knowledge that will make you a 'Tenant of Choice'

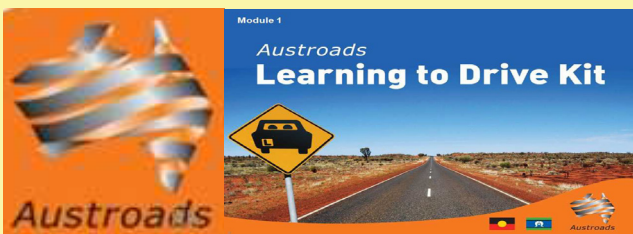
TOPICS COVERED

- 🗨️ COMMUNICATION
- ❓ RIGHTS & RESPONSIBILITIES
- 🏠 MAINTAINING & CLEANING A PROPERTY
- 💰 FINANCES & BUDGETING



Enrol online at www.tenancyskills.com.au/skillsets

Skillsets for Successful Tenancies - Dollars and Sense is funded by the Queensland Government



Learning to Drive FREE Learner License Program

Being delivered from the following venue:

Hambledon House Edmonton

177 Bruce Highway, Edmonton Qld.
Every Monday from 9th March to 30th March 2020
10:00am – 12:00pm

If you are interested please contact Access Community Housing on (07) 4031 7602

If you are interested to attend the FREE Learner License Program at **Manoora Community Centre** or Mooroobool Community Hub please contact Manoora Community Centre on Mobile 0414 657 035 for more information.

SUN 08 DEC 2019 – CAROLS BY CANDLELIGHT

Time: 5:00pm - 8:00pm
Location: Fogarty Park, Cairns Esplanade
Cost: FREE



Contact person: Raine Davies Phone: 4044 3261
Email: r.davies@ Cairns.qld.gov.au
Website: <https://www.cairns.qld.gov.au/whats-on/annual-events/carols-by-candlelight>

Notes: There will be a fireworks display at the conclusion of Carols by Candlelight, on the Eastern Lagoon Lawn at 8:30pm. This will require a short closure (between 8.25pm and 8.40pm) of the access road to the Salthouse and Marina, from the Pier Point Road roundabout

Category: Community event; Live music/concert

Bring your rug, chair and your best singing voice to one the biggest annual community events in Cairns. Carols by Candlelight attracts thousands of residents and visitors for a feast of Christmas cheer featuring carols performed by vocal groups, dance schools, and soloists, culminating with a fireworks finale.

The evening doubles as the major fundraiser for the Mayor's Christmas Cheer Appeal. Proceeds from the sale of merchandise goes towards the distribution of food hampers to around 700 local families who might otherwise go without on Christmas Day.

FRI 13 DEC 2019 – CHRISTMAS LIGHTS ON THE MOVE

Time: 4:30pm - 8:00pm
Location: Fogarty Park, Cairns



Contact person: Lauren Cooksey Phone: 0409549848
Email: lauren.cooksey@rmhc.org.au
Website: <http://bit.ly/ChristmasLights-OnTheMove>

Get into the Christmas spirit and dress up to celebrate the holiday season at this community event raising funds for Ronald McDonald House Charities North Australia who support local seriously ill children and their families. Entertainment, food vans, market stalls, jumping castles PLUS a very special visit from Santa! Get your family 'on the move' with two route options available, a 6km Esplanade Loop or the traditional 16km Christmas Lights House Tour of Whitfield and Edge Hill

Dates to remember

DATE	INFORMATION
Friday 13th December 2019	Last School Day – Prep to Year 9
Tuesday 25th December 2019	Christmas Day
Wednesday 26th December 2019	Boxing Day
Tuesday 1st January 2020	New Year's Day
Tuesday 28th January 2020	Back to School