

## SANCTUARY



# Five tips for a healthier New Year

If you're planning to be more active in 2013, here are our top tips to help make sure your New Year's resolution sticks:

- **Set small, manageable goals.** If you haven't been active in a while, getting back into a physical activity routine may seem daunting, but it doesn't have to be. Set yourself small, achievable goals such as walking the kids to school instead of driving, and meeting a friend for a walk rather than a coffee. By easing your way back into being active, you'll gain a real sense of achievement as you meet your goals, and this will motivate you to keep going.
- **Make it a habit.** The more you look for opportunities to be active, the easier it becomes – and then it will be a habit to walk instead of driving, take the stairs instead of the lift, and play with the kids at the park. By forming a healthy habit, being active becomes an automatic part of your routine, rather than an inconvenience.
- **Being prepared** makes something as simple as putting your walking shoes next to your bed so you know where they are – then all you have to do is put them on and you're ready to go.
- **Be flexible.** While it's important to set goals, there will be days when you struggle to fit in a walk, or you're simply too tired. Instead of missing out altogether, try modifying your goal – if it's raining outside and you aren't able to go for a walk, pop on an exercise DVD, or do some star jumps in the living room. Every bit counts!
- **Reward yourself.** As you achieve your goals, it's important to reward your efforts – whether it's a relaxing soak in the bathtub (without the kids interrupting!), or seeing a new movie. By rewarding yourself you're acknowledging your achievements, and this will motivate you to keep going.



# How to cut the cost of your food bills

It is possible to save money on feeding your family. A few easy changes to your shopping habits can save you hundreds of pounds over the months - and give you a warm glow of money saving satisfaction.

## General money saving tips

**Plan your meals. We know, writing a shopping list might seem boring and like you're turning into your mum. But, let's face it, she was right - it really does pay to plan what you're going to eat.**

Here are some more tips:

Check your fridge, freezer and store cupboard, so you don't double up on food you already have. Get the children to help and suggest what meals they would like to eat that week.

Be aware that top-up shopping is when you waste the most money. When you make a shopping list, don't forget to include snacks and packed lunch food.



When you do a big shop, don't stow it all in the fridge and forget half of it's there until it's past its use by date. Get into the habit of transferring most of your newly bought food into the freezer. If you have large portions of chicken or fish, divide them into smaller portions and freeze.

Regularly check the dates of perishable food in your fridge, like meat, fish and dairy products. They're the most expensive items on our food bills. Be realistic, if you're not going to have time or energy to cook a meal from scratch that evening, move them into the freezer.

Don't be afraid to try generic brands, most are just as good as popular brands and so much cheaper. You will learn fast which ones are okay. Particularly with staples like flour, rice and pasta you can rarely tell the difference.

Frozen vegies are often cheaper than fresh and are apparently as healthy because they frozen at optimum freshness.

Most supermarkets have a time of day they mark down meat and bakery items. These foods usually have a day or two left on the use-by date and can be frozen too. You can buy a week's worth of meat like this if you know when to shop. Usually the best time is late afternoon / early evening or first thing in the morning

Living less expensively doesn't need to be all doom and gloom. Saving money will make you feel more in control and give you the chance to spend money saved on things you'll remember - like treats for the children and yourself.



## Know your food labels

'Use by' is the important one - don't eat anything after this date (although if it can be frozen you may be able to eat it at a later date).

'Best before' is about quality control, not food safety. You can tell if something tastes OK to eat. One exception is eggs - don't eat eggs after the 'best before' date.

## Monitoring food and portion sizes

It's not just over-buying that creates costly waste; daily staples like rice and pasta go in the bin because we cook too much. Check you've got your portion sizes right. If you like a slice of toast in the morning, keep a ready sliced loaf in the freezer and pop a slice in the toaster whenever you want. Large whole loaves can be cut in half and one frozen for later in the week.

Keep a note on the inside of your store cupboard door of any items you've used up and check it when you write your shopping list.



## Love your leftovers

Creating meals from your leftovers definitely doesn't mean second best. All you need to do is think before you throw: could those chicken roast leftovers go in a risotto, could those old bread bits be whizzed up and frozen as breadcrumbs?

Bulk cook and freeze - if you're making a Bolognese, make double and freeze half. It takes no more effort and you'll feel so much more smug and organised when there's a homemade ready-meal waiting for you a week later.

Ditch expensive takeaways. A supermarket pizza still gives you a cook-free treat but at a fraction of the cost.

Living less expensively doesn't need to be all doom and gloom. Saving money will make you feel more in control and give you the chance to spend money saved on things you'll remember - like treats for the children and yourself.

## General money saving tips

- Plan your meals
- Know your food labels For more information take a look at our pages on Know your use by/sell by dates or check out the information on food labelling
- Bulk cook and freeze
- Or make you own takeaway at home - a fakeaway!
- Love your leftovers - Using up leftovers.



## Fruit & Vegies to plant in February

[Amaranth](#)  
(also *Love-lies-bleeding*)

Plant in garden.

Harvest from May

[Beetroot](#)  
(also *Beets*)

Plant in garden.

Harvest from May

[Broccoli](#)

Start undercover in seed trays and plant out in 4-6 weeks.

Harvest from May

[Brussels sprouts](#)

Start undercover in seed trays and plant out in 4-6 weeks.

Harvest from June

[Burdock](#)  
(also *Gobo (Japanese Burdock)*)

Plant in garden.

Harvest from July

[Carrot](#)

Plant in garden.

Harvest from June

[Cauliflower](#)

Start undercover in seed trays and plant out in 4-6 weeks.

Harvest from July

[Chives](#)  
(also *Garden chives*)

Plant in garden.

Harvest from May

[Collards](#)  
(also *Collard greens, Borekale*)

Start undercover in seed trays and plant out in 4-6 weeks.

Harvest from May

[Cucumber](#)

Plant in garden.

Harvest from May

[Dwarf beans](#)  
(also *French beans, Bush beans*)

Plant in garden.

Harvest from May

Iced fruit kebabs

<a href="#"><u>Endive</u></a>	Plant in garden.	Harvest from May
<a href="#"><u>Florence Fennel</u></a> (also <i>Finocchio</i> )	Plant in garden.	Harvest from June
<a href="#"><u>Kohlrabi</u></a>	Plant in garden.	Harvest from May
<a href="#"><u>Leeks</u></a>	Start undercover in seed trays and plant out in 4-6	Harvest from July
<a href="#"><u>Lettuce</u></a>	Plant in garden.	Harvest from May
<a href="#"><u>Mustard greens</u></a> (also <i>gai choy</i> )	Plant in garden.	Harvest from April
<a href="#"><u>Onion</u></a>	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from September
<a href="#"><u>Oregano</u></a> (also <i>Pot Marjoram</i> )	Plant in garden.	Harvest from April
<a href="#"><u>Parsley</u></a> (also <i>curly leaf parsley</i> or <i>flat leaf (Italian) parsley</i> )	Plant in garden.	Harvest from May
<a href="#"><u>Radish</u></a>	Plant in garden.	Harvest from April
<a href="#"><u>Salsify</u></a> (also <i>Vegetable oyster</i> )	Plant in garden.	Harvest from June
<a href="#"><u>Silverbeet</u></a> (also <i>Swiss Chard</i> or <i>Man-gold</i> )	Plant in garden.	Harvest from May
<a href="#"><u>Swedes</u></a> (also <i>Rutabagas</i> )	Plant in garden.	Harvest from May
<a href="#"><u>Sweet corn</u></a> (also <i>maize</i> )	Plant in garden.	Harvest from June
<a href="#"><u>Turnip</u></a>	Plant in garden.	Harvest from May

A R E K O J E H T R I C H G I R L T H G  
 L M B V I E A R E Y H Y W A D Y E T L N  
 Y L A O I N B S O S O A O A A N E K W I  
 A O B C G L A R A X T U N V I B C R D M  
 L S B I A E A W O E A C R K N O I D R A  
 B U E W R R R N R W I N L S R O B O I E  
 M P O G O A T L I N N A N E O O C O B R  
 A E N Y C C O H G Y T S L E F N R L E D  
 G R O R N O E Q U E A I U K I U G B E S  
 G S T H K I U N V R D T I G L S F D R E  
 I T R I A E V I O O P Z S O A I F A F V  
 E I A A E D J O C T U A W N C R U B S O  
 M T G N R D R O L M S D R T L D T U E M  
 A I E N F H R E P S O E A K E U S O Y T  
 Y O D O E C E O A W U N N L T K T Y E H  
 O N Y N L L P E N M O N E I O E O S D G  
 C R A C K L I N R O S I E Y H L H S A I  
 A K I S L A N D G I R L T V R R I I S N  
 F A M E S S A L G F O T R A E H O M E E

ANGIE  
 BABE  
 BAD BLOOD  
 BETH  
 BROWN SUGAR  
 CAR WASH  
 CONVOY  
 CRACKLIN' ROSIE  
 CROCODILE ROCK  
 DANCING QUEEN  
 DREAMING  
 DREAMS

FAME  
 FREE BIRD  
 GREASE  
 HEART OF  
 GLASS  
 HOT STUFF  
 HOTEL CALIFOR-  
 NIA  
 ISLAND GIRL  
 JIVE TALKIN'  
 LAYLA  
 LE FREAK  
 LOLA

LOVIN' YOU  
 LOWDOWN  
 MACARTHUR  
 PARK  
 MAGGIE MAY  
 MISS YOU  
 MONEY  
 NIGHT MOVES  
 OHIO  
 POP MUZIK  
 RHIANNON  
 RHINESTONE  
 COWBOY

RICH GIRL  
 ROXANNE  
 SAD EYES  
 SIR DUKE  
 STAYIN' ALIVE  
 SUPERSTITION  
 THE JOKER  
 TRAGEDY  
 VENUS  
 WATERLOO  
 YOUR SONG





## The health benefits of stopping smoking

**Smoking harms nearly every organ in your body.** It weakens your health throughout your life and can cause fatal diseases.

As soon as you stop smoking, your body begins to repair itself. In the first days after quitting your body is already working better (even if you don't feel it).

The earlier you quit, the better for your health. The benefits of stopping smoking apply to men and women, young and old, and people with and without smoking-related diseases. So it is worth having a go.

The rate and degree of recovery can vary from person to person, but typically the benefits of stopping smoking are:

### Within a day

Almost all of the nicotine is out of your bloodstream. The level of carbon monoxide in your blood has dropped and oxygen can reach your heart and muscles more easily.

### Within a week

Your lung's natural cleaning system will start to recover and over the following months become better at removing mucus, tar and dust from your lungs. You will have higher blood levels of protective antioxidants, such as Vitamin C.



### Within two months

- You'll be less likely to cough and wheeze.
- Your immune system will have begun to recover.
- Your blood is less thick and sticky, and blood flow to your hands and feet improves.
- Your body is better at healing cuts and wounds.

### Within three to six months

You'll be less likely to cough up phlegm.

### After one year

Your lungs are healthier and you'll be breathing easier than if you'd kept smoking.

### Within two to five years

There is a large drop in your risk of heart attack and stroke. Your risk then continues to gradually decrease.

### After ten years

Your risk of lung cancer is markedly lower than that of a continuing smoker and continues to decline (provided the disease is not already present).

### After fifteen years

- Your risk of heart attack and stroke is close to that of a person who has never smoked.





## Snacks that are Fun for the Kids

### Iced fruit kebabs

A fun healthy snack that the kids will enjoy making and enjoy eating even more.

**Makes:** 8

**Preparation time:** 20 minutes (plus 1 hour freezing time)

#### Ingredients:

- 1 kg watermelon
- 200g strawberries
- 3 large mangoes
- 3 kiwifruit
- 8 bamboo skewers

\*All fresh fruit and vegetables automatically qualify for the Heart Foundation Tick.

#### Instructions

1. Remove the rind and seeds from the watermelon, cut into 1 1/2cm thick slices and use a star cutter to cut shapes from the flesh.

2. Cut the strawberries in half.

3. Cut the cheeks from the mango stone, remove the skin then cut each cheek into thick slices.

4. Remove the skin from the kiwifruit and cut into 1 1/2cm thick slices.



5. Thread the fruit onto bamboo skewers and place on a paper-lined non stick baking tray. Cover with plastic wrap and freeze for 1 hour or until solid.





# Complaints and Appeals

---

**A complaint** is when you wish to advise Women's Housing Ltd (WHL) that you are dissatisfied with our standard of service, practices or policies.

**An appeal** is when you wish to ask for a decision made by WHL to be reviewed.

**This leaflet is designed for:**

- Tenants and/or support agencies that may wish to make a formal complaint about WHL.
- Tenants and/or support agencies that may wish to appeal a decision made by WHL.

Neighbors' of a property managed by WHL.

## **How to lodge your complaint/appeal with WHL**

The first step is to contact WHL and try to sort out the problem directly with staff.

WHL has a formal complaints process that documents procedures that staff must follow so if you are not satisfied with the information that the staff member is providing, you have the right to ask to speak to their Manager.

Some things that may need consideration when lodging a complaint include:

- You may choose to lodge your complaint in person, over the phone or in writing.

WHL welcome any criticisms of our service. It is only through receiving these, that we can remedy the problem and perhaps learn from our mistakes. We may not be aware of the problem unless you tell us.

## **Confidentiality of Information**

Any information you provide will be stored in a confidential manner. No identifying information will be provided to other tenants, applicants or staff in the organisation that are not directly involved with the resolution of the matter.

## **Who do I contact if I have a complaint or wish to appeal a decision?**

1. It is always best to contact the staff member that you have the most contact with in the first instance.

If you are not satisfied with the information provided, you can speak to their line manager:

### **Women's Service**

#### **Kayla Ta**

Women's Housing Ltd  
Suite 1, 21 Cremorne Street  
Richmond 3121  
Phone: (03)9412 6868  
Fax: (03) 9415 6511

**and if you feel that you have exhausted all options, you may lodge a written complaint with:**

## **The Operations Manager**

## **Complaint/Appeal**

Please outline your complaint or appeal here. It is helpful if you can provide as much information as possible - You can attach additional paper if you need more space to outline your complaint.

Your Name: \_\_\_\_\_

Your Address: \_\_\_\_\_

\_\_\_\_\_



Remember all hard plastic bottles and containers can be recycled.  
Rinse containers to help prevent odours in your bin.  
Use your leftover dishwashing water to save water.

**These items must NOT go into your recycling bin**



**NO Plastic bags**



**NO Nappies**



**NO Polystyrene**



**NO Crockery**



**NO Batteries**



**NO Light bulbs**



**NO Car Batteries**

**Wishing you and your Family a Happy Easter  
from all the staff at Women's Housing Ltd**

