

SANCTUARY

Mosaic Project Opening at Mount Martha

Residents of the Mount Martha Rooming House have been involved in a project using art to link images of the community with their own stories. This project was possible due to a grant received from the Mornington Peninsula Shire. Women's Housing Ltd would like to express their thanks for this grant.

Over a ten week period artist Amanda Forster assisted the tenants to turn their ideas into two mosaic murals. Now that the murals are finished they will be a permanent fixture in the garden at the Mount Martha Rooming House.

The Mosaics were formally launched on Monday 16th November.

Tangerine Artspace was borne from this project. Space has been allocated at the house for the creation of art and wellbeing rooms that are now being utilised by the residents.

One of the leading drivers of this space has said that all have creativity locked within themselves.

Further information about Tangerine Artspace can be found on <http://edgearts.com.au/artists/id/350>

The mosaic installation has also led to extensive works being undertaken by the residents at the Rooming House on the garden. This too, has been driven by the residents and their new project is now the development of a serenity garden in the back yard where residents will be able to sit.



Let's talk about drugs



What is a Drug?

A drug is any substance (with the exception of food and water) which, when taken into the body, alters the body's function either physically and/or psychologically. Drugs may be legal (e.g. alcohol, caffeine and tobacco) or illegal (e.g. cannabis, ecstasy, cocaine and heroin).

What is a psychoactive drug?

Psychoactive drugs affect the central nervous system and alter a person's mood, thinking and behaviour. Psychoactive drugs may be divided into four categories:

- **Depressants:** Drugs that decrease alertness by slowing down the activity of the central nervous system.
- **Stimulants:** Drugs that increase the body's state of arousal by increasing the activity of the brain.
- **Hallucinogens:** Drugs that alter perception and can cause hallucinations, such as seeing or hearing something that is not there.
- **Other:** Some drugs fall into the 'other' category, as they may have properties of more than one of the above categories.

Why do people use drugs?

People use drugs for a variety of reasons. Some of these include:

- To have fun
- To relax and forget problems
- To gain confidence
- To socialise
- Out of curiosity
- As a form of escapism
- To lessen inhibitions
- To remove personal responsibility for decisions
- To celebrate or commiserate

Effects of Drugs

The experience that a person has when using drugs will be affected by the:

- **Individual:** Mood, physical size, gender, personality, expectations of the drug experience, whether the person has food in his/her stomach and whether other drugs have been taken.
- **Drug:** The amount used, how it is used and the strength and purity of the drug.
- **Environment:** Whether the person is using it with friends, on their own, in a social setting or at home, at work, before or while driving.



Need Help?

It's not always easy to recognise that you need help with your drug or alcohol use. However, if you're not sure, the Alcohol and Drug Support Line is a free, confidential, non-judgemental service that provides an opportunity to talk to someone about what you are experiencing.

The Alcohol and Drug Support Line can be contacted 24hrs a day, seven days a week on (08) 9442 5000 or 1800 198 024 (country callers).

5 Ways to Feel Less Anxious

“Oh no!”

“What happened???”

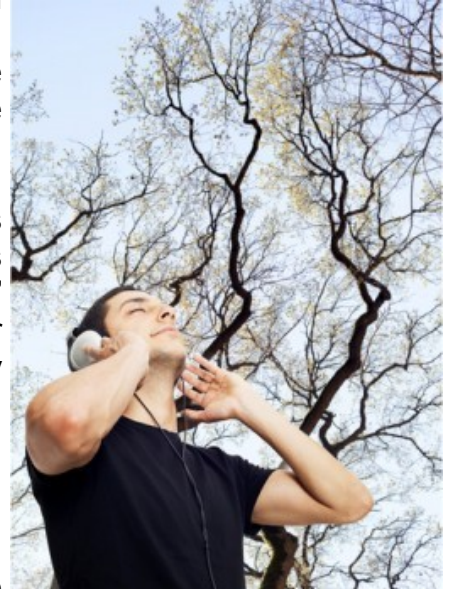
“What if....???”

These are the mantras of anxious people. However, instead of calming them down as mantras are meant to do, they rev them up. If you're an anxious person, you know what I mean.

No matter what's on the horizon, even the good stuff is packaged in danger and darkness. Something could always go wrong. Maybe you made the wrong decision. Or maybe you made the right decision but you should have made it sooner. Or maybe somebody won't do what they're supposed to do.

It's so easy to get stuck in a loop of nonstop worrying which leaves you exhausted and wiped out at the end of the day. “Chill out!” is the advice often thrown at you. “You worry too much; let it be!” This advice, as you might imagine, is less than helpful. It either makes you worry about how much you worry or it gets you angry for being criticized.

Here are five ways to feel less anxious:



1. Stay in the present moment.

Do you need to do something about a situation right now? If the answer is yes, then go and take care of it. If there's nothing to take care of right now, then get your mind on other things. If you're having trouble doing that, ask yourself, what is my anxiety costing me today? What fun am I missing out on today because I can't let go of my worries?

2. Make time for fun.

Yes, fun is on the bottom of the list for most anxious people. With all the worrying, there's never enough time to enjoy yourself. Start now. Make a list of five activities you enjoy doing, then make sure you do at least three of them every week.

3. Check your assumptions.

Anxiety sounds an alarm that on occasion is true, but is most often false. Check your assumptions. If the alarm is true and the problem needs to be taken care immediately, take action. If it's false, however, or it's not a problem right now, shrug it off and go back to your previous work — or fun.

4. Create closure.

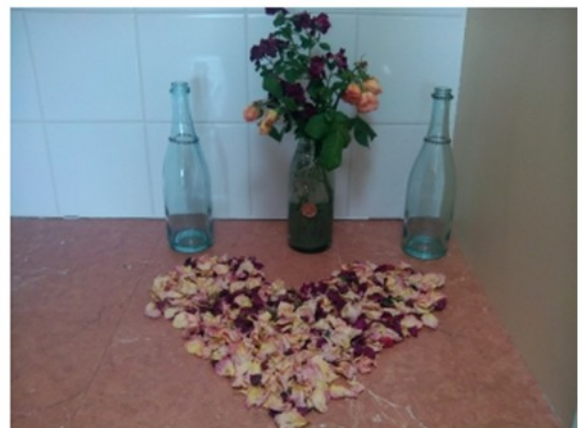
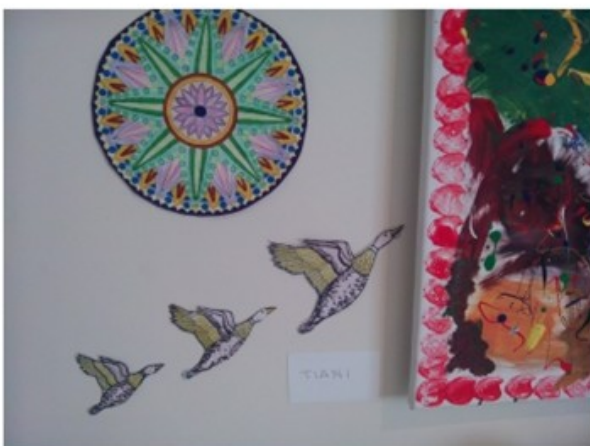
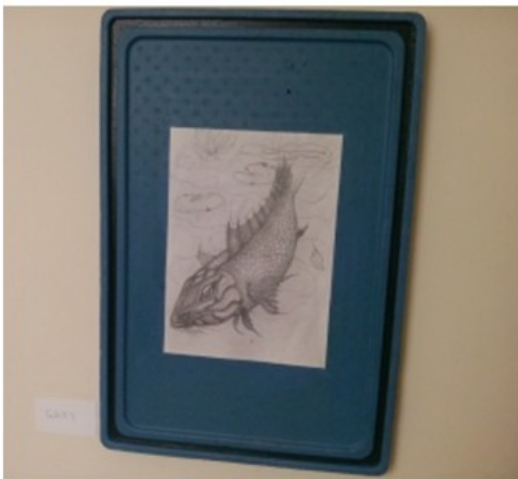
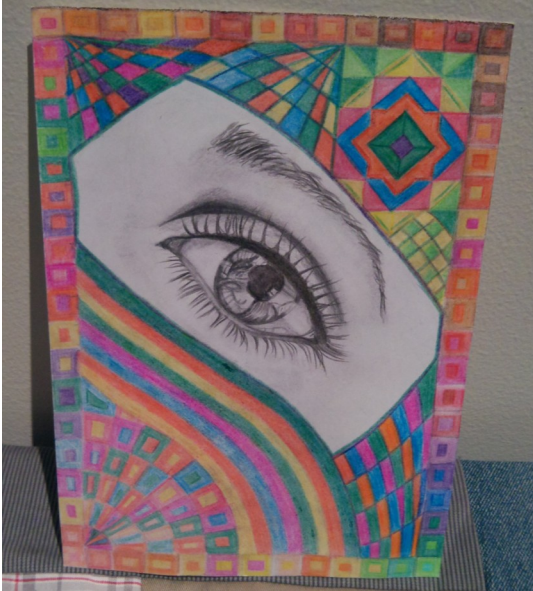
Anxiety doesn't know when to stop. It goes on and on, like a book with no chapters, paragraphs or sentences. It's bewildering and baffling, not to mention exhausting. Say what you need to say, do what you need to do, think what you need to think, then stop! Create closure by making an ending sentence, such as, “That's all for now.” Then return to living, not worrying.

5. Listen to music.

Is it hard to implement these ideas? Yes, it's hard, but possible. Want to make it even easier? Listen to music you love. Music taps into a different part of your brain which automatically wipes away the anxiety, at least for the moment. Let lyrics, with the right beat, become your new mantra. My recommendation: Bob Marley's “Don't worry about a thing, 'cause every little thing's gonna be all right.”

Tangerine Artspace

Enjoy the work of our talented residents of the Mount Martha rooming house. This has all been made possible through the passion of residents at Mount Martha. The art has further expanded into the garden where their love of colour is easy to see.



Competition

Home, Sweet Home

You're invited to go snapping or writing and show us what you love about your home!

*We want to know what your home means to you!
We are inviting you to either:*

Write us a story outlining what your home means to you

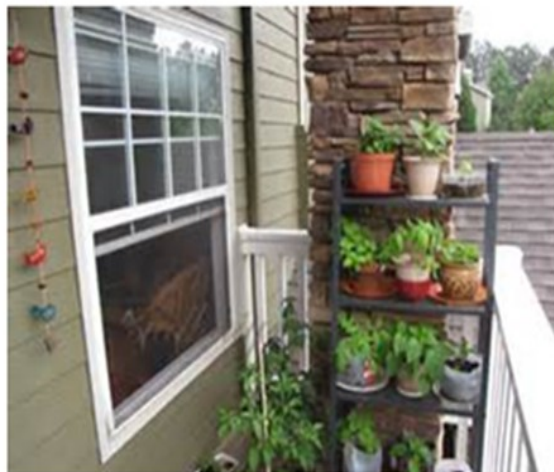
OR

Take a photograph of your home. Show us what you love about your home!

This competition is open to Women's Housing Limited's tenants and their children.

A judging panel will select the five finalists. Each finalist will receive a \$50 gift voucher.

Winning entries will be displayed on our web-site.



Entries close on 31 December 2015. Winners will be announced late January 2016. Forward your entries to Reception at Women's Housing Ltd via reception@womenshousing.com.au or post your entry into us at Suite 1, 21 Cremorne Street, Cremorne.



Grow your own salad

Growing salad greens and vegetables in containers is the easiest way to produce your own food. Imagine, instead of buying plastic-wrapped transported lettuce from the supermarket, having an abundant supply of fresh, organic salad leaves right at your back door.

Home grown greens

There's no need to wait until you have a large garden before you try growing your own ingredients. Salad vegetables are easily cultivated in tubs of rich, composted soil with plenty of water-saving crystals.

Growing edible greens on a balcony or window sill is a cinch in climates that aren't too hot or humid. Most lettuce varieties grow well in rich soils that aren't acidic, with red leaf varieties tolerating the heat better than iceberg, which tends to wilt in harsh sun. Salad greens need around six hours of not-too-strong sun each day to grow well.

Cultivating lettuce from seed isn't as hard as most non-gardening types imagine. A devoted gardener would grow the seeds in a greenhouse or seedling box and then plant them out in neatly spaced rows, 10 cm apart. But simply sprinkling a pot of rich soil with lettuce seeds, covering the pot with plastic wrap and watering well until germination should also work.

Pick 'n' eat

You can harvest lettuce leaf-by-leaf as you need it, or chop it from the base to consume the entire head at once. Fast-growing varieties like rocket should be picked often to encourage new, young growth. The leaves are best picked young, when they are tender.

Salad varieties to try:

Rocket, romaine or cos, iceberg, oakleaf, butterhead, mignonette, chicory, endive, English spinach mix.



Be a savvy-meal planner and save!

Wasting food is a terrible waste of money, there's no getting away from it. But it is possible to save both food and money by becoming a savvy meal planner.



1) Plan to cook from scratch

So much money is wasted on packaging when we buy items from the supermarket that are branded and have fancy designed labels (eg: Sauces, dips). By planning to cook from scratch you'll not only be saving money but also doing good for your health and your family's health.

2) Batch cook your family favourites

Cooking in bulk and then freezing family-sized portions to use later on can save you hours in the kitchen as well as your energy and food bill. Not only that, but batch cooking also means you can plan to use your perishable items before they go bad.

3) Plan meals around supermarket specials

Keep an eye on your letterbox every week for supermarket specials catalogues. You can then plan your meals around these weekly specials, and save yourself a small fortune.

4) Keep a well-stocked pantry

The more organised your kitchen, the easier it will be to create money-smart meals. So, get your pantry in shape – organise all bottles, tins and jars in a way that you can see exactly what you've got every time you open the pantry doors. And be sure to always keep a small supply of your family's favourite sauces and condiments. That way you will be able to spruce up last night's leftovers into a brand new meal without a fuss. Keep a list of your staple pantry needs stuck to the inside of the cupboard so that you can easily mark off what you need to replace, as you use it.

5) Cook once, eat twice

To save time, and to make the most of your fresh ingredients, always cook double the recipe quantity if you can so you have one quantity to eat today and one for tomorrow. Some dishes taste even better the next day, as the flavours have extra time to fuse together.

Recipes

Healthy Shepherd's Pie

Ingredients

- 1kg potatoes, peeled and cubed
- 2 tbsp light sour cream
- 1 egg yolk
- 2 tbsp olive oil
- 1 kg lean lamb mince
- 2 garlic cloves, crushed
- 1 onion diced
- 2 carrots, peeled and diced
- 1/2 cup frozen baby peas
- 2 tbsp low-fat margarine
- 2 tbsp plain flour
- 2 cups chicken stock
- 1 tsp paprika



Directions

1. Place potatoes in a saucepan and cover with water and bring to the boil. Salt and cook until tender.
2. In a frying pan, cook the lamb for 5 minutes and then add the onion, carrots and garlic.
3. Cook for a further 5 minutes, stirring constantly. Stir the peas through and remove from heat and set aside.
4. In a separate frying pan, heat the low-fat margarine and when bubbling sprinkle in the flour and stir until it starts to brown.
5. Add the Worcestershire sauce and whisk in the chicken stock, cooking until thickened.
6. Preheat the oven to 180°C.
7. Pour the sauce into the lamb mix and spoon into a casserole dish.
8. Drain and mash the potatoes until smooth. Stir through the egg yolk and sour cream. Spoon mashed potato over the lamb and sprinkle with paprika.
9. Bake for 20 minutes until the top is slightly golden

Oreo bark

Ingredients

- 2 cups (500g) white chocolate melts
- 1 pkt (150g) Oreo classic biscuits



Directions

1. Line a 17cm x 27cm slice tin with baking paper and set aside. Place chocolate melts into a heat-proof bowl and microwave on high for 1 minute. Stir until chocolate is completely melted
2. Chop all Oreo biscuits with a sharp knife.
3. Stir biscuits into melted chocolate.
4. Pour mixture into slice tin and place in the freezer for 30 minutes. Remove and chop with a sharp knife.

Thai chicken rice paper rolls

Ingredients

- 2 cups (320g) shredded cooked skinless chicken breast
- 2 tsp sesame oil
- 2 tsp fish sauce
- 2 tsp lime juice (or lemon juice)
- 4-5 (70g) spring onions, finely sliced
- 2 large (300g) carrots, finely grated
- 1½ cups (100g) finely shredded cabbage
- 1 cup coriander leaves, finely chopped
- 16 rice paper wrappers



Directions

1. Mix chicken with sesame oil, fish sauce and lime juice and set aside.
2. Lay out all the salad vegetables in a production line so they're ready to go.
3. Place a rice paper wrapper into a bowl of warm or cold water (whatever the packet instructions suggest) until it's softened.
4. Carefully lift wrapper out, gently squeeze off water and place on damp absorbent paper.
5. Add a little chicken and your vegetables to the middle of the rice paper wrapper.
6. Fold up the top and bottom sides over the filling and gently roll the mixture until enclosed.
7. Place on a plate under damp absorbent paper and make the rest of the rice paper rolls.
8. If you aren't serving these now, place in the fridge under the damp kitchen paper in an air-tight container until you're ready to eat them. They will keep in the fridge for up to a day like this.
9. Serve with soy sauce or sweet chilli sauce.

Chilli garlic beef stir fry

Ingredients

- 3 tbsp peanut oil or vegetable oil
- 750g rump steak, sliced into thin strips
- 500g Chinese-style frozen vegetables
- 1/4 cup chilli garlic sauce
- 1/4 cup oyster sauce



Directions

1. In a wok, heat a little of the oil until it is very hot and fry the steak in small batches until just cooked. Set aside in a warm place. In the same wok, add the vegetables and stir fry until tender.
2. Add the chilli garlic sauce and the oyster sauce to the wok with a splash of water. Return the beef to the wok and toss until all ingredients are hot and covered in the sauce.
3. Serve with rice or egg noodles.

Puzzle Corner

Sudoku-

Rules-

- Every Sudoku has a unique solution that can be reached logically.
- Enter numbers into the blank spaces so that each row, column and 3x3 box contains the numbers 1 to 9

	2	3	4	8			5	
				3		7	4	
9					5			8
	1	5	3	9				4
4			5		8			7
8				4	6	2	1	
5			1					9
	4	6		5				
	9			7	4	5	6	

		2		6		3		8
	8	1				5	7	
	4	3			1		2	
	7	8		4				
3		4	9		5	2		7
				1		4	8	
	3		4			1	9	
	2	9				7	3	
1		6		3		8		

	2	5	4		9	8		6
	1	8						7
6					7			
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			1		4			
2			7	8	5	4		
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				5	7		1	6
			1	3		4	7	
	1	6	4			3		
			5	9	1		4	
1				2				9
	2		6	4	8			
		1			4	9	2	
	8	3		1	9			
2	4		8	7				

Boggle-

Rules-

- Form words by concatenating adjacent letters.
- Letters that are to the left, right, on top, bottom, or on a diagonal to each other are all acceptable
- Words must be at least three letters long

E	S	S	A
A	L	S	Qu
U	R	S	I
E	B	L	A

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T	E	F	B
S	R	A	U
E	A	A	H
R	E	G	F

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V	O	S	F
O	A	L	S
W	L	O	P
L	Qu	I	R

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A	R	C	O
S	H	O	D
I	T	Y	K
U	F	N	E

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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?

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: _____

Do you have maintenance issues??

It would be really helpful if you could provide **exact details**:

- What is the problem?
- What room is it in?
- When was the problem discovered?
- Is this a repeat issue?
- How was this resolved last time?



Please email maintenance issues to maintenance@womenshousing.com.au or call Women's Housing on 9412 6868 and ask to talk to Cheryl Rich or Jenny Jacob.

We want you!!!!

- Do you write stories?
- Do you write poems?
- Do you like to draw?
- Do you have a talent that you would like us to include in the Sanctuary Newsletter?

If you would like to contribute, then, send an email to Nahall with the subject "newsletter" to nahalla@womenshousing.com.au

(please note that no rude/inappropriate images or words will be accepted.)





Suite 1, 21 Cremorne Street
Cremorne Victoria 3121

Phone: 9412 6868

Fax: 9415 6511

E-mail:

info@womenshousing.com.au

Womens Housing Ltd

Helpful phone numbers

- **Child Protection Emergency Service** -13 1278
- **Direct Line** (24-hr drug & alcohol counselling) -1800 888 236
- **Kids Help line** -1800 551 800
- **Lifeline-** (24 hr crisis counselling) - 13 1114
- **Maternal and Child Health Line** -13 2229
- **Mensline Australia** -1300 789 978
- **Narcotics Anonymous** - Victorian Helpline - 9525 2833
- **Narcotics Anonymous** - National line -1300 652 820
- **Sexual Assault Crisis Line** - 1800 806 292
- **Suicide Line** -1300 651 251
- **Victims Support Agency** -1800 819 817
- **Women's Information and Referral Exchange** - 9921 0878 or 1300 134 130
- **Gamblers Help Line Victoria** - 1800 156 789

I have *amazing* potential
I CAN MAKE *GOOD* CHOICES
I am never alone
I can do hard things
I am beautiful
inside and out
I am of great worth