

SANCTUARY



Women's Housing Ltd., was selected to participate in Local Matters at Grill'd Swan St in March! Local Matters is the Grill'd community donation program that sees each Grill'd restaurant donate back into the community every month.



We are proud to say that Women's Housing Ltd. has won second prize. Thank you to everyone who contributed to this.

What Are The Health Benefits Of Walking?

- **Lower Your Risk Of Alzheimer's**

Believe it or not, walking can actually be good for your mind and overall mental health.

- **Tone Your Muscles**

It might seem pretty obvious that exercise can help you build muscle, but this especially holds true when it comes to walking.

- **Improve Your Heart Health And Lower Your Blood Pressure**

Anyone who experiences heart problems should seek the advice of a doctor. However, walking can be an enormous help in improving heart health and positively affecting blood pressure.

- **Promote Your Colon's Health**

"A regular walking regimen — even 10 to 15 minutes several times a day — can help the body and digestive system function optimally... Exercise is essential for regular bowel movements."

- **Improve Your Mood**

If you are feeling down, the solution may just be to take a stroll around the neighbourhood. According to a study published in the Journal of Psychiatric Research, individuals who went for 30- to 45-minute walks every day, five days out of the week, showed improved moods and a decrease in "depressed" feelings.

- **Fight Off Glaucoma**

For those who are at risk for glaucoma, walking is recommended to help relieve pressure in the eye. According to the Glaucoma Research Foundation, "Studies have shown that moderate exercise such as walking or jogging three or more times every week can have an [eye pressure] lowering effect."

- **Control Your Weight**

It may be comforting to know that you don't necessarily have to do hours of cardio in order to manage your weight. According to Everyday Health, "Avoiding weight gain might be as simple as taking a walk."

- **Strengthen Your Bones**

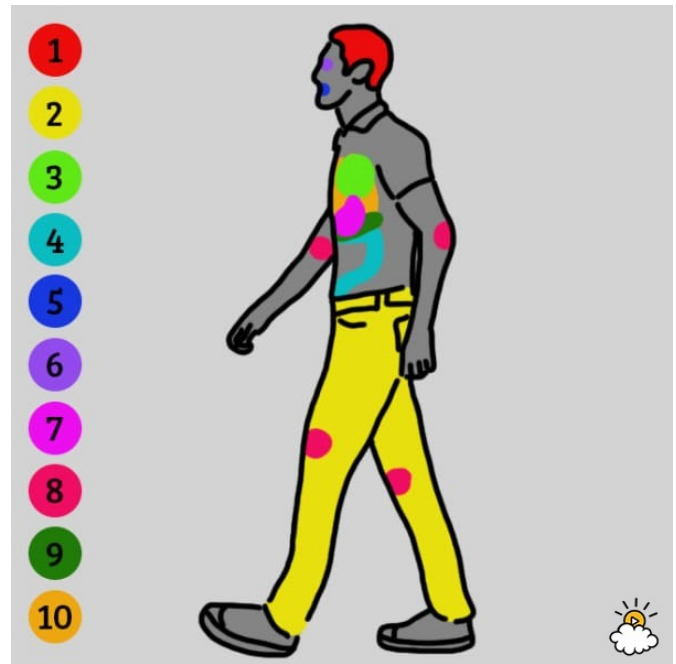
Walking can have a positive impact upon the strength and health of your bones and joints.

- **Lower Your Risk Of Diabetes**

According to Everyday Health, "Brisk walking can help prevent and manage diabetes, a 20- to 30-minute walk can help lower blood sugar for 24 hours."

- **Improve Your Lung Health**

While it may not be a shock that exercise can be good for your breathing, it may surprise you just how great an impact walking can have on your lung health. According to the Arthritis Foundation, "Walking improves your breath. When walking, your breathing rate increases, causing oxygen to travel faster through [the] bloodstream."



3 Common Myths About Domestic Violence

Domestic violence is an epidemic. To put an end to it, we must see through the myths that run rampant about this form of abuse.

Myth #1: It's not a problem

Let's share some statistics about domestic violence in Australia alone:

- 1 in 5 Australian women had experienced sexual violence
- 1 in 6 Australian women had experienced physical or sexual violence from a current or former partner
- 1 in 4 Australian women had experienced emotional abuse by a current or former partner
- 1 in 3 Australian women had experienced physical violence
- 1 in 19 Australian men had experienced physical or sexual violence from a current or former partner
- 1 in 7 Australian men had experienced emotional abuse by a current or former partner

As you can see by these statistics, domestic violence is very much a problem.

Myth #2: My partner never hits me; therefore it's not domestic violence

The U.S. Department of Justice defines domestic abuse as:

"... a pattern of abusive behaviour in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviours that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone."

When we buy into the myth that domestic violence only includes physical abuse, all the other forms of abuse go unreported and often undetected by people who can help.

Myth #3: It was just once, it won't happen again

People want to see the person's potential rather than who they really were. But then, in the majority of cases, the violent communications can lead to violent behaviour. One incident can lead to an apology and a period of calm but then the story can repeat itself and the abuse may continue.

If something scares you, makes you nervous or causes doubt, pay attention, the first time. Get support. Call the domestic violence hotline (number below). Please don't become one of the statistics.

If you know someone who may be committing or experiencing domestic violence, or if you are in an abusive situation, please see below. If you are in immediate danger, please call 000.

Safe Steps, Family Violence Response Service (Formerly Women's Domestic Violence Crisis Service Victoria-WDVCS)

Ph: (03) 9322 3555 or Toll Free 1800 015 188

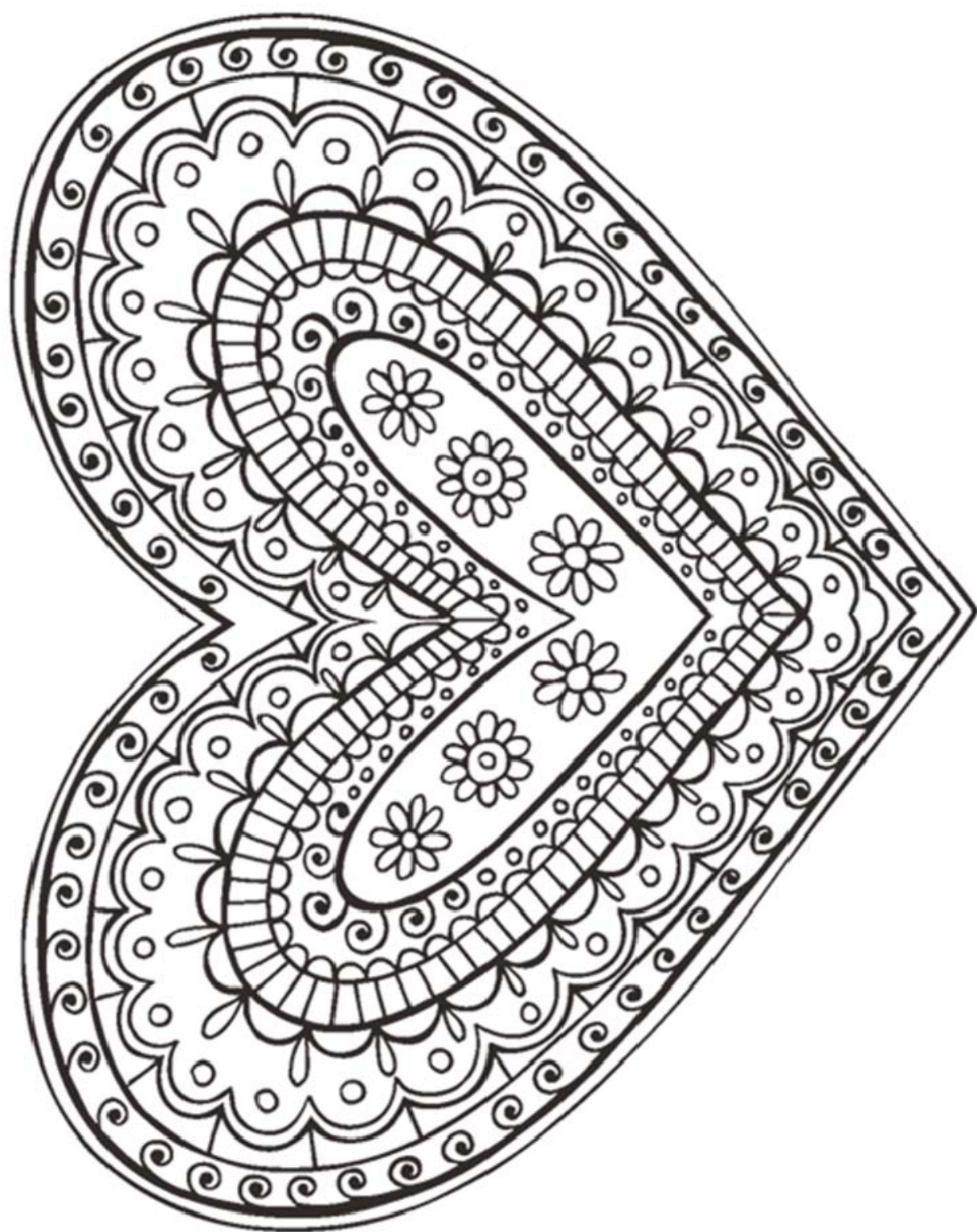
Admin: 9928 9600

24 hours 7 days a week

<http://www.safesteps.org.au>

The Mindful Corner





Recipes

Almond and pistachio dukkah couscous

Ingredients

- 1.125L (4 1/2 cups) Chicken Stock
- 500g couscous
- 2 lemons, cut into wedges
- 2 x 75g packets toasted slivered almonds
- 2 tablespoons pistachio dukkah
- 1/2 cup continental parsley leaves
- 260g (1 cup) Greek-style yoghurt



Directions

1. Place the stock in a large saucepan over high heat and bring to the boil. Remove from heat and add couscous. Use a fork to combine. Cover and set aside for 5 minutes or until the liquid is absorbed. Use a fork to separate the grains.
2. Meanwhile, preheat a char grill on medium-high. Cook lemon on grill for 2 minutes each side or until charred.
3. Add the almonds, dukkah and parsley to the couscous and toss to combine. Transfer to a large serving bowl. Top with lemon and serve with yoghurt, if desired.

Buttermilk scones

Ingredients

- 3 1/2 cups self-raising flour
- 2 tablespoons caster sugar
- 60g butter, chopped
- 1 1/2 cups buttermilk
- Jam and whipped cream, to serve

Directions

1. Preheat oven to 220°C/200°C fan-forced. Grease and flour a 8cm-deep, 19cm (base) square cake pan.
2. Place flour, sugar and a pinch of salt in a large bowl. Add butter. Using fingertips, rub butter into flour mixture until mixture resembles fine breadcrumbs.
3. Make a well in the centre. Add buttermilk. Using a flat-bladed knife, stir until dough almost comes together. Place on a lightly floured surface.
4. Knead gently until dough comes together. Press out to a 3cm-thick round. Dip a 5cm round cutter into flour to prevent dough sticking. Cut out scones. Gently press leftover dough pieces together and repeat to make a total 16 scones.
5. Place scones, touching, in prepared pan. Bake for 15 to 17 minutes or until light golden and hollow when tapped on top. Serve with jam and cream.



Zucchini slice

Ingredients

- 2 teaspoons olive oil
- 1 large brown onion, finely chopped
- 300g sweet potato, peeled and grated
- 2 garlic cloves, crushed
- 4 eggs
- 2 egg whites
- 40g (1/4 cup) plain flour
- 125g (1/2 cup) reduced-fat fresh ricotta
- 250g zucchini, grated (moisture removed)
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh continental parsley
- 240g cherry truss tomatoes (*optional*)
- Baby rocket leaves (*optional*)
- Balsamic vinegar (*optional*)



Directions

1. Preheat oven to 180C. Grease and line a 26 x 16cm (base measurement) slice pan.
2. Heat the oil in a large non-stick frying pan over high heat. Cook the onion, stirring, for 3 minutes or until soft. Stir in the sweet potato for 3-4 minutes or until soft. Stir in the garlic for 1 minute.
3. Whisk the eggs, egg whites and flour in a large bowl until smooth. Whisk in ricotta until just combined. Stir in the sweet potato mixture, zucchini, chives and parsley.
4. Pour the mixture into the prepared pan. Bake for 25-30 minutes or until golden and cooked through. Set aside to cool slightly.
5. Meanwhile, place the tomatoes on a baking tray. Spray with olive oil. Roast for 10 minutes or until just soft.
6. Serve the slice with tomatoes, rocket and a drizzle of vinegar. (*optional*)

Pasta salad with lentils, pesto & beans

Ingredients

- 250g baby tomato medley mix, halved
- 200g dried wholegrain penne pasta
- 200g green beans, trimmed, sliced
- 400g can brown lentils, rinsed, drained
- 25g (1/3 cup) shaved parmesan
- 60g (1/4 cup) basil pesto
- 1/3 cup small fresh basil leaves



Directions

1. Preheat oven to 170C/150C fan forced. Line a baking tray with baking paper. Place the tomatoes, cut side up, on the prepared tray. Spray with olive oil. Roast for 15 minutes or until softened slightly. Set aside to cool.
2. Meanwhile, cook the pasta in a large saucepan of lightly salted boiling water following packet directions or until al dente, adding the beans in the last 2 minutes of cooking. Transfer to a colander and refresh under cold running water. Drain well.
3. Transfer pasta and beans to a large bowl. Add the lentils, tomato, parmesan, basil pesto and basil leaves. Season with pepper. Toss to combine.

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

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

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



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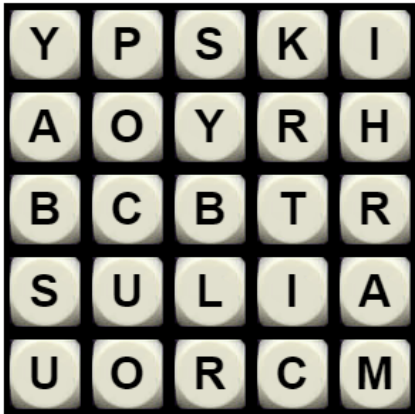
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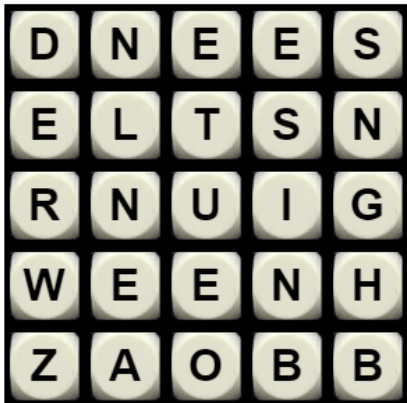
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A complaint is when you wish to advise Women's Housing Ltd (WHL) that you are dissatisfied with our standard of service, practices or policies.

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:

**Housing Services Manager
Veronica Hunt**

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??

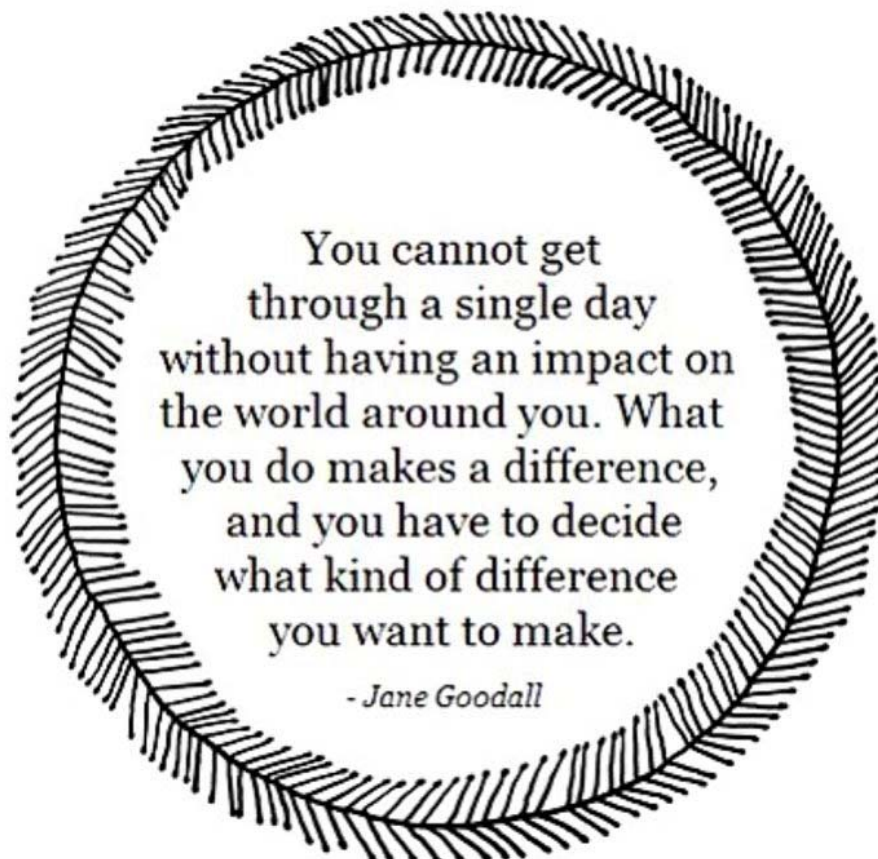
It would be really helpful if you could provide **exact details**:

- 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 and Jenny Jacob for community housing or the rooming house program and Clarissa for transitional housing.

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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

Beautiful
things happen
when you distance
yourself from
the negative.