

**BERWICK COMMUNITY
NEWSLETTER—AUTUMN EDITION**



**One good conversation
can shift the direction of change forever**

Linda Lambert

Shopping Trolleys

Shopping trolleys are continuing to be left at the front of the property after residents have completed their shopping. WHL ask that residents return their trolleys to the supermarket!

There is a phone number on the trolley handle that can be called if they are not being removed and a pick up can be arranged.



Rubbish at Property

The rubbish bins outside the main kitchen have been left overflowing with rubbish with used sanitary pads spilling onto the concrete.

This behaviour is unacceptable!! It is not the responsibility of other residents, WHL staff or the cleaners to remove this mess!

It is the responsibility of all residents to remove their rubbish into the bins outside and to manage the bins before they overflow. Overflowing rubbish attracts birds, rats and mice and they will enter into the building if this action continues!



ISSUE 3

MAY 2019



Important Dates to Remember

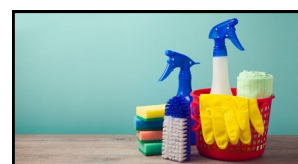
Cooking and Nutrition Workshop:

In final preparation stage!!
Watch this space!!

Room Inspections:

Odd numbered rooms
26th April 2019
9:30 am—3:00 pm

Even numbered rooms
3rd May 2019



Style Me

'Style Me' is a series of ongoing events designed to offer some entertainment, engagement and useful information to the Women's Housing Community. Presented by the WHL Women's Advisory Group (WAG) and in conjunction with Sisterworks and the Richmond Community Learning Centre these informative sessions will be held on the last Tuesday of each month.

Venue: Studio One Community Hub
Richmond Community Learning Centre
15 Barnet Way, Richmond



The next session will be held on the **25th June 2019 at 11 am—2 pm** and will be based on the theme of Finance. This is a wonderful opportunity to have some fun, meet new people, revise or learn new skills. Flyers will be sent to tenants closer to the time.

Anyone interested in finding out more can call WHL on 9412 6868, extension 4.



Housing Services

Suite 1, Level 1, 21 Cremorne St, Cremorne VIC 3121
Email: reception@womenshousing.com.au
Telephone: (03) 9412 6868
Fax: (03) 9415 6511
ABN 93 080 116 883
ACN 080 116 883

CITY OF CASEY SOCIAL SUPPORT PROGRAMS

The City of Casey Social Support Program offer a variety of exciting and fun programs for residents living in the Casey area. To check that you are eligible to join please call the Social Support Office on 9792 7380. Some of the programs on offer include:

‘Out and About ‘

A social outings-based program that offers the opportunity to get out and visit places of interest around Melbourne and share a meal in the company of others. This program meets on a Monday every week between 10 am—2 pm.

‘Berwick Social Meals’

Residents living in a rooming house or Office of Housing property can meet with others in a supported environment to find out about resources and services in the area and to share a meal. This program meets on the first and third Wednesday of each month from 10 am—2 pm, gold coin donation optional.

‘The Artlaws’

A program that encourages you to explore your creative side through participating in various art-therapy based activities. This program meets on the third Wednesday of every Month. Gold coin donation.

Program Flyers are on the house notice boards.

CITY OF CASEY AND MONASH HEALTH COOKING SESSION—WAITING ON NEW DATES COMING IN 2019

WHL are now in the final stages of organising a cooking and nutrition workshop in conjunction with The City of Casey and Monash Health. This will be run over four weeks over the winter months in 2019. The free workshop will be held at the property in the main kitchen between 11.30 am—1.30 pm (time subject to change) each Friday. The workshop will be a hands on practical approach where residents will be able to participate in cooking a delicious and nutritious meal and eat it afterwards. There will be information and tips around nutrition and cooking on a budget. Thanks for being so patient! More information to come so watch this space!!



If interested in attending please contact Jacqui on 9412 6810 or come and speak to her in the office.

Pumpkin Soup

Ingredients:

1 butternut pumpkin
3-4 cloves of garlic
Olive Oil
1 litre of chicken stock
Cream or natural yoghurt
Parsley



Method:

Heat oven to 190 degrees
Cut pumpkin in half and scoop out the seeds. Place the pumpkin halves on the tray and place the unpeeled cloves of garlic into the holes where the seeds had been. Drizzle oil over the pumpkins and bake for 50-60 mins until soft and caramelised. Let cool.

Place the pumpkin flesh into a large pot removing the skin. Add the flesh of the garlic and the chicken stock and puree until smooth. Heat gently until warm. Stir in some cream or natural yoghurt and season with parsley. Yum!!



House updates:

Cleaning of the property:

WHL have now appointed new cleaners for the property. They will still attend on a Tuesday and Friday of each week and will be cleaning the common areas only. Residents are still required to maintain and clean the kitchens and laundry after use.

Computer Foundation Course:

Thank you to the residents who have attended the free Computer course over the last term at the Narre Warren Community Learning Centre. WHL received great reports from residents and staff at the Centre. A second term has been offered to those residents who attended.