

foundation **focus**

Newsletter for Tenants | Winter 2023



IN THIS ISSUE

Have your say in the 2023
Tenant Survey - 2

Our service commitment to
you - 3

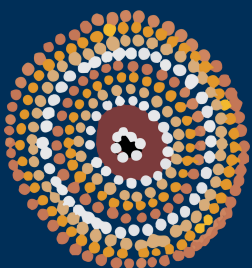
Access and Affordability
Pilot - 6

How my life was saved:
Kerry's Story - 8

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 facebook.com/foundationhousing





Foundation Housing acknowledge the First Australians as the Traditional Custodians of the lands on which we operate. In particular, we acknowledge the Traditional Custodians of country where each of our offices are located including the Whadjuk Noongar people of Perth, the Yawuru people of Broome and the Kariyarra people of South Hedland. We recognise their continuing connection to land, waters and community.

A Message from the Chief Executive Officer



Kaya (hello) and wanju (welcome) to the winter edition of Foundation Focus.

The last few months have seen some key dates in the National Indigenous calendar including National Reconciliation Week and NAIDOC Week. It was great to see some tenants participate in the Walk for Reconciliation in King's Park and learn more about our traditional custodians at the WA Museum Boola Bardip with staff.

I am very excited to announce that we have introduced an Indigenous range to our staff uniform. The new shirts incorporate artwork by our very talented tenant and Yamatji and Noongar woman, Anthea, who has also shared in this newsletter (alongside some other tenants) what this year's NAIDOC Week theme 'For Our Elders' means to her.

Foundation Housing is successfully continuing to build on strong foundations to deliver more housing opportunities for those in our community most in need. We have several exciting opportunities in the pipeline that I look forward to sharing with tenants and the wider FHL community in due course.

Lastly, we are also excited to hear your feedback again in the 2023 Tenant Survey which will be coming to your mailboxes in August. We really value what you have to say about the services that impact you.

This is an independently managed survey that we run every two years. It provides us with a high range of information across different service areas, most notably tenancy management and repairs and maintenance. We feedback the results to our tenants and also use the information to make service improvements and plan new services. After the 2021 survey, for instance, we implemented a range of new ways for tenants to become involved, following feedback about this being an area for improvement. We look forward to receiving the results and responding to the feedback.

Stay safe and warm,

Chris Smith
Chief Executive Officer



Have your say and win \$200!

2023 Tenant Survey



Did you know that by completing our Tenant Survey you could go in the draw to win a \$200 voucher?

Every two years in collaboration with the Community Housing Industry Association (CHIA), we conduct a tenant survey.

The survey covers a variety of topics including maintenance, quality of service, communication, and overall satisfaction with your Foundation Housing experience. Your input will help us identify areas where we can improve and continue to provide quality service.

Surveys will be delivered to tenants and residents by email and/or post. We value your privacy, and all responses will remain confidential.

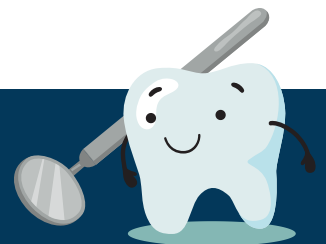
Surveys can be completed anonymously, or tenants can elect to provide their details and go into the draw for a \$200 voucher.

There will be assistance available for those who might need help accessing and completing the survey. Anyone who needs help or has any queries can contact their Housing Coordinator or email allan@foundationhousing.org.au.

We would like to thank you in advance for your participation in the 2023 Tenant Survey



Free dental services



As a partner to the Australian Dental Health Federation, FHL can refer residents and tenants to access **FREE** dental services on Dental Rescue Days that happen throughout the year.

Treatments such as extractions, fillings, relief of pain and infection and more are available!

To find out more, please contact Maureen on maureenm@foundationhousing.org.au.

Service Charter: our service commitment to you

SCAN ME



We are excited to announce the launch of our new Service Charter!

Foundation Housing is committed to providing high quality service and we always aim to put our tenants and residents first in a respectful, caring and honest way. Our Service Charter outlines the standard of service that you can expect from Foundation Housing and our commitment to you.

Broad issues of communication were raised by the Committee of Residents and Tenants (CORT) in 2022 that many tenants were unaware of the Service Charter's existence. Other key topics raised by tenants as part of this co-design approach to developing the new Charter, included:


- Timelessness of response is an important feature of good service.
- Tenants and residents do not always know who to contact to get issues resolved.
- The Charter is hard to access on the website.
- Good service requires proactive communication.
- Tenants and residents do not like being referred to as 'customers'.

Based on this feedback, a new Service Charter was developed which outlines the standard of service that you can expect from Foundation Housing and our commitment to you. The process for review of the Charter included Tenant Focus Groups, Tenant Survey and staff workshops.


We would like to give a big thank you to everyone involved in the development of the Service Charter.

Our Service Charter can be accessed on our website at:
www.foundationhousing.org.au/about/publications
or by scanning the QR code above.


If you have any questions or would like to provide feedback on the Service Charter, please complete a feedback form on our website at foundationhousing.org.au or contact allan@foundationhousing.org.au.




We will provide a range of methods for you to contact us and aim to resolve your query at the first point of contact. If we can't do that, we will acknowledge and respond to your enquiry within 2 business days.




We will listen to you and work with you to provide transparent outcomes.



We promote a safe working environment, free from aggressive behaviours, where both people and property are respected.



In order to improve our service delivery, we encourage suggestions and feedback. If you are dissatisfied with an outcome, we will support you to lodge a complaint or appeal which will be responded to within 10 business days.



Our goal is to help maintain positive tenancies and for you to be heard, supported, and included in decisions which impact you.

The Committee of Residents and Tenants (CORT) meets regularly to discuss policy and provide feedback on a range of issues that impact those living in Foundation Housing accommodation.

The key items discussed at the June meeting and how Foundation Housing intends to respond are:

Bed Bugs

The CORT requested FHL to consider how best to assist tenants with dealing with bed bugs. FHL confirmed there is information on managing bed bugs available on the website which tenants can use to help manage any bedbug issues they experience.

Property Maintenance

The CORT discussed tenant experiences with maintenance in shared spaces and the SHERP process. FHL will provide an overview of the SHERP process to the CORT in a future meeting.

Service Charter

The CORT was presented with the new FHL Service Charter that was made in consultation with tenants and were satisfied with the final result.

Community Engagement

The CORT was provided with an update of Community Engagement activities and involvement over the past 12 months. They were also provided with an overview of the schedule of activities for the next 6 months.

Hi Everyone,

Nominations are now open for Chair and Deputy Chair of the CORT as well as general memberships. We encourage all tenants and residents to apply and have their voice heard.

Since the start of the year, we have had various discussions around rent-setting, and we will continue to work with the committee and Foundation Housing to ensure that the most fair and transparent outcomes are achievable for everyone. Foundation Housing tenants and residents are our highest priority at the CORT. We would like to highlight the fantastic work of Maureen and Tiffany from the Community Engagement Team and the wonderful impact they are having with tenants.

MESSAGE FROM THE CHAIR & DEPUTY CHAIR

We have both thoroughly enjoyed taking on the positions of Chair and Deputy Chair with the CORT over the past 2 years and we look forward to its continued success.

We thank tenants and residents for their ongoing input and to our fellow committee members for their support. As always, should you wish to contribute to the agenda-setting of future CORT meetings, please contact alisonp@foundationhousing.org.au.

Stay safe and well,
Claire and Neil



A big thank you to Claire Payne and Neil Buckley for their contributions to the CORT over the last two years.






Committee of Residents and Tenants, June 2023.

Applications open: Apply to the CORT!

The Committee of Residents and Tenants (CORT) are seeking applications!

The term for current CORT members is coming to an end. Foundation Housing are calling on new nominations for CORT general members, Chair and Deputy Chair positions. Nominations for these positions will be made available in the Spring Newsletter.

Why should I join the CORT?

-  Have your voice and ideas heard.
-  Make a positive difference to the experience of other tenants.
-  Access to specific training such as workshops on 'How to be an effective tenant representative' and cultural awareness training.
-  Review FHL policies and procedures.
-  Raise issues of broad concern with FHL Senior Managers and Executives from across all departments.

Chair

Facilitate CORT meetings; develop the agenda with Foundation Housing; manage relationships within CORT; manage conversations to ensure a focus on agenda items and CORT business; have the casting vote in decision making maintain a sense of justice and fair play.

Deputy Chair

Act in the absence of the Chairperson; support the Chairperson with facilitating CORT meetings; be involved in agenda planning; voting role.

HOW TO APPLY



Fill in the online application on our website (foundationhousing.org.au) in the 'Tenants and Residents Hub'.



Let your Housing Coordinator know you are interested and they will provide more details.



Complete the attached form and mail it to Foundation Housing.

For any questions or for more information about the CORT, please email alison@foundationhousing.org.au.

Access and Affordability Pilot: want a free laptop and internet plan?



The WA Digital Inclusion Project (WACOSS), alongside digital partner WorkVentures and Foundation Housing, is proud to announce the launch of the Access and Affordability Pilot which aims to explore the benefits of supporting people in social housing to get connected online.

Through this pilot, WACOSS want to demonstrate that supporting people to get connected online is an investment in the strength and resilience of the community that we all live in.

Engaging with tenants to build their capacity to live independent and full lives is the overarching objective of Foundation Housing's Community Engagement Strategy. Foundation Housing hopes to support tenants in this opportunity with the equipment, skills development and confidence they need to be able to use the internet safely and affordably.

Tenants who are selected to participate in the trial will receive a free laptop computer and a 12-month internet plan, together with training and support to use their new device. If you already have an internet plan – that's ok! You will receive the laptop and a voucher to contribute to the costs of your current plan.

SIGN UP BEFORE TUESDAY 1 AUGUST!

To sign up or for more information, please email dave@foundationhousing.org.au or speak with your Housing Coordinator.

Free internet for families with school aged children

The School Student Broadband Initiative (SSBI) is focused on improving internet access for families with school aged children.

If this is you, please contact alisonp@foundationhousing.org.au or christians@foundationhousing.org.au so we can help you and your family get better connected to the internet.



Applications are now open for the 2024 Scholarship Program!



Michael was one of two recipients of the Foundation Housing 2023 Scholarship Program. He has used the Scholarship funding to complete a Diploma in Community Services.

"The scholarship has provided an opportunity to remove the financial burden associated with study costs. Living on the poverty line and the costs associated with studying can remove the motivation to study. So, the scholarship has provided a way to access further education and open doors."

Michael has now completed his Diploma and is working in the Community Services sector. His goal is to continue working in the industry, gain more experience and work towards a leadership role.

The Scholarship Program is available to tenants and residents who are considering or currently undertaking study.

Want to ask Michael a question about his experience? Contact the email in the section below to have a chat with him.



Michael at Bennett Street Lodge (East Perth).

How to Apply

There are two scholarships, each providing funding of up to \$2000 which can be used for fees or expenses of your chosen course:

- Educational and Development Scholarship for all eligible tenants and residents.
- The Kaartdijin Scholarship for Aboriginal and Torres Strait Islander tenants and residents.

It is important that you read the [Scholarship Guidelines](#) available on our website to see if you are eligible to apply.

Once you have read the guidelines and decided to apply, please fill out an application form and return it to Foundation Housing.

You can return your completed form via email, mail or in person:

Email

communications@foundationhousing.org.au

Post

PO Box 214 Leederville 6902

In person

at any of our office locations.

Applications close at 5pm on Monday 20 November 2023.

If you require assistance with completing your form, have questions or would like an application pack posted to you please email communications@foundationhousing.org.au or call (08) 9422 0745.

Kerry's Story: How Homeless Healthcare saved her life



Kerry was born with a heart murmur, so she knew from an early age that her heart worked differently to the average person. But, it wasn't until last year that her condition began to really affect her life.

Foundation Housing partners with Homeless Healthcare to provide weekly consultations at Newcastle Lodge, where Kerry lives.

Homeless Healthcare provide primary healthcare services to marginalised people or those experiencing homelessness. Their vision is for people experiencing homelessness to have improved health and wellbeing, housing appropriate to their individual needs and hope for the future.

Kerry visited the Homeless Healthcare team because her symptoms continued to persist, and it was a convenient option for her to be seen so close to home. The doctor suspected her heart murmur was the cause of her symptoms, so she had tests done.

A week before Christmas, Kerry was in Perth City watching the festive lights when a dizzy spell caught her off guard and she nearly collapsed. After some deliberation, a member of the public notified local Police of Kerry's health condition and an ambulance was called and she was taken to hospital. She had a few assessments done and was about to be discharged when a Homeless Healthcare nurse on nightshift overheard Kerry's voice and recognised it.



Kerry and a Homeless Healthcare nurse at Newcastle Lodge in Northbridge.

Remembering that Kerry had a heart murmur and was still waiting for blood results, she was able to help Kerry see a cardiologist. It was eventually discovered that Kerry's condition was very serious, and she underwent a 14-hour surgery not long after.

The surgeons were able to repair her heart valve and restore it back to normal. The doctor told Kerry that if she had not gone into surgery when she did, she would have gone into cardiac arrest at any moment and died. It was at this moment that Kerry realised that if it wasn't for Homeless Healthcare's services and support, she wouldn't be alive.

"I can't thank them enough because I would not have gotten the help I needed for myself; they saved me. Words just aren't enough."

Kerry now continues to receive regular check-ups with Homeless Healthcare and her heart valve is working exactly as it should be. Even better, Kerry is no longer experiencing any negative symptoms and is not in any pain.

We asked her if she had any advice to give to others after her life-changing experience:

"Don't be scared to see a health service such as Homeless Healthcare and don't underestimate your symptoms. I never thought I was close to death, but I was."

Foundation Housing is proud to partner with healthcare organisations, like Homeless Healthcare, to equip tenants and residents with the services and support they need. Thousands of people are helped every year by support services in Australia; Kerry is one of them.



For Our Elders NAIDOC Week 2023



The 2023 National NAIDOC Week theme is For Our Elders. Across every generation, Elders have played, and continue to play, an important role and hold a prominent place in communities and families.

Foundation Housing tenants Trevor, Simone, Anthea and Andrea shared what this year's theme means to them.



Trevor

Elders are people that can explain to young people where to go, what to do and what not to do. It's about respect and the young people respecting you for being a mature aged man. When I get called an elder it feels good.

I suppose an elder is the oldest person in your clan, someone who has knowledge. They can do a Welcome to Country and are a representative of our people. They can explain and teach about culture.

I consider Uncle Ben Taylor an elder. He is a Southwest Noongar and the respectable elder around. He knew my grandfather and mother. He is a cousin of my mother. I call him Uncle and I look up to him.



Anthea

An elder is someone that is a role model, a teacher that sets an example to the younger generation. They share a wealth of knowledge with the community. It's also about how much cultural knowledge they have, someone who is qualified to pass on skills, language, ceremony and procedures.

An elder has wisdom and shares a wealth of knowledge and understanding of culture. They help us have a sense of pride and more connection to culture. To be considered an elder, it depends on how you are seen in the community and if you are being acknowledged as an elder by the younger generation.

I consider Mervin Eades as an elder who is always fighting for justice for our people. Also, Uncle Ben Taylor who is a man of faith in the Indigenous community.

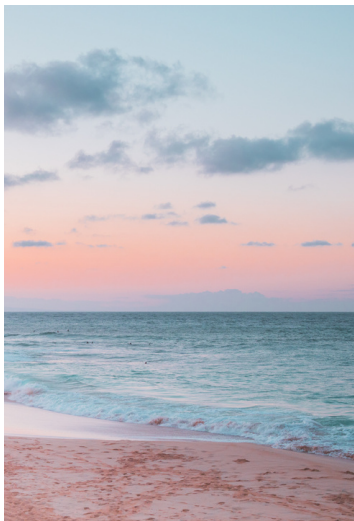


Simone

In my opinion, an Elder in our community helps keep our language and culture alive, sets positive role models for our younger generations, helps identify our needs in all areas and helps better our services and community. We need to respect, care and love our elders more as they are our creators, and they keep our culture rich.

I tell my children that anyone older than them (adults) is their elder, so us individual folk can have a say too.

I consider Jo Narrier at Indigo Junction an elder. I respect her as a community elder. Another person is my Auntie Raylene Rile (Ricks) who is also at Indigo Junction. They are both working grandmothers who also help care for their grandchildren.



Andrea

Elders are the oldest living generation. The matriarchs of the family, someone full of knowledge and wisdom. They are the glue that holds our families together. They provide leadership, cultural knowledge and history. They pass down cultural traditions to the younger generations.

People I consider elders are my aunts Peggy and Barbara of the Geraldton Community. Both are matriarchs of my mother and father's families. They know plenty about our families' histories and both have experienced a lot of changes in this country. My father Kevin of the Meekatharra community is definitely someone I would go to. He is a treasure trove of knowledge about my people and our country.

Thank you for sharing your thoughts Trevor, Simone, Anthea and Andrea. We are proud to work alongside our Aboriginal tenants to learn more about the culture and history of our First Nations people.

Farewell Tiffany!

In June, we said farewell to our Community Engagement Coordinator, Tiffany, who has been with us for the last 2 years! We thank Tiff for her engaging work with tenants and residents over the last few years and we wish her the very best of luck in her new role!



What's on for tenants & residents



Get involved with our Community Engagement Team! We encourage all tenants and residents to get involved in activities, events and opportunities on offer throughout the year. Here are some of the events planned for the next three months:



17 & 31
July, 14 &
28 Aug -
1pm

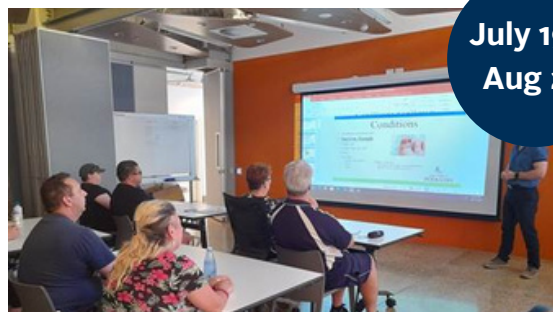
Homeless Healthcare BBQ

Join in a BBQ, meet your Lodging Team, get access to free medical support and discuss other needs with the FHL Support Team. Contact Maureen below for more info.



Good Neighbour Workshops

Share your ideas and insights to co-create guidelines on 'managing conflict and building healthy relationships' with our neighbours.



July 19 &
Aug 23

Healthy Bingo Wednesdays

A fun and insightful afternoon involving a health professional speaker or some healthy bingo/quiz fun. Based at Bennett Street Lodge and open to all tenants and residents.



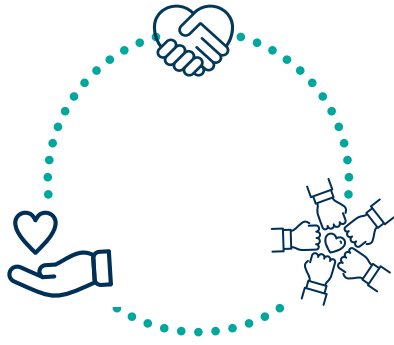
Express
your
interest!

Codesigning Independent Living Skills

FHL are calling for expressions of interest from tenants and residents in the codesign of an 'Independent Living Skills' training program for those living together in shared spaces such as complexes and lodges.

Scan the QR code above to stay up to date and register for events that interest you. Email maureenm@foundationhousing.org.au for more information.

To get involved or to find out more, please contact Maureen on her email in the blue box.



The benefits of volunteering

A group of enthusiastic tenants recently volunteered their time to bring a communal garden in their complex back to life.

Tenants Doug, Sara, Danielle and Robert added in a variety of new herbs and flowers that should give a colourful show by spring!

Did you know that volunteering can benefit our personal lives in many ways?

From skill development to increased social connections, volunteering is providing many people in the community with a greater sense of purpose. By investing time and energy into volunteering, people can not only create positive change in the community but also a more fulfilling life.

Here are some reasons why we should embrace the spirit of volunteering and create a better tomorrow for ourselves and for generations to come:

1 Personal growth and skill development

Engaging in various volunteer activities exposes us to diverse perspectives, experiences, and challenges. By stepping outside our comfort zones, volunteers have the opportunity to develop essential life skills such as communication, problem-solving, teamwork, and leadership.



2 Build connections and friendships

Whether it's working together on a community project, lending a listening ear to someone in need, or collaborating with like-minded individuals, we can build strong and lasting relationships.

3 Increased physical and mental wellbeing

Engaging in acts of kindness releases endorphins, often referred to as "helper's high," leading to improved mood and reduced stress levels. Regular volunteer involvement has been associated with lower rates of depression, increased life satisfaction, and a greater sense of purpose and meaning.



4 Discover new passions and hobbies

Volunteering offers a unique platform for us to explore our passions and interests. Whether it's working with children, animals, the environment, or alienated communities, we can identify areas where our skills and talents can make a significant impact.

Meet the Foundation Team:

Louise and Tracy



Louise

TEAM LEADER
HOUSING SERVICES



Tracy

HOUSING
COORDINATOR

What do you enjoy about working in the housing industry?

I enjoy making a difference in people's lives and in the communities that we work and live in. Housing is a great career and gives you the opportunity to give something rewarding back to others.

What did you do before working at FHL?

I worked in the housing sector for over 15 years in the United Kingdom as a Supported Housing Manager.

What is a fun fact about you?

I'm new to Australia and have been here less than a year so google maps is my new best friend! I really enjoy long walks along WA's beautiful coastline.

Have a question for Louise? Send her an email at louiseo@foundationhousing.org.au.

Favourite experience since joining FHL?

At the National Homelessness Conference, I learnt lots of new skills that can help me in my role.

What do you like about your role?

I love my interaction with tenants while out on home inspections.

What do you enjoy doing in your spare time?

I love to spend time with my friends and family, it is my favourite thing to do in the whole wide world. And of course, spending time with my fur baby dog, Charlie.

What is a fun fact about you?

I represented Scotland when I was 13 years old for netball (I played GS) and we got beaten by Wales in the final, it was a very sad day.

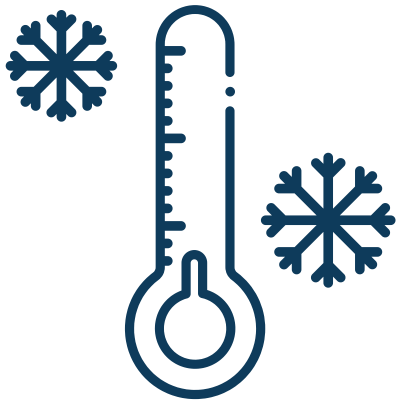
Have a question for Tracy? Send her an email at tracyh@foundationhousing.org.au.

Policy review: Anti-social Behaviour

Based on tenant and CORT feedback, we know that anti-social behaviour is an important issue; that's why we are undertaking a significant policy review to ensure our tenants feel as safe and secure in their homes as possible.

The review will include consultation with tenants and broad feedback around key issues and we will ensure that the new policy is effectively communicated to tenants and residents when it has been finalised.





Beating the winter blues

The colder months bring an increased cost of living and staying connected in the community can be a lot tougher.

The combination of reduced sunlight, harsher weather, and limited outdoor activities can take a toll on our mental well-being. However, with a proactive approach, we can combat the winter blues and embrace its unique beauty and warmth.

We have put together some tips to stay active, connected and positive during these colder times.

1 Stay active and exercise

Physical activity has been proven to have a positive impact on our mental well-being. Engaging in regular exercise releases endorphins, boosts serotonin levels, and reduces stress.

2 Connect and socialise with others

Maintaining social connections is crucial for our mental well-being. Schedule regular gatherings with friends and family, either in-person or virtually. Plan movie nights, game nights, or potluck dinners to stay connected and combat feelings of loneliness.

3 Embrace the natural light!

One of the primary causes of the winter blues is the reduced exposure to natural sunlight. To compensate for this, make it a priority to increase your exposure to light during the day. Open your curtains, sit near windows, and spend time outdoors whenever possible.

4 Look after yourself

Take time to prioritise your physical and mental well-being. Engage in activities that bring you joy and relaxation, such as practicing mindfulness, journaling, or pursuing creative hobbies. Prioritise quality sleep, set realistic goals and celebrate your accomplishments.



For extra support at this time or to learn more about services that can help you, please contact Maureen at maureem@foundationhousing.org.au.

Winter Maintenance Reminders

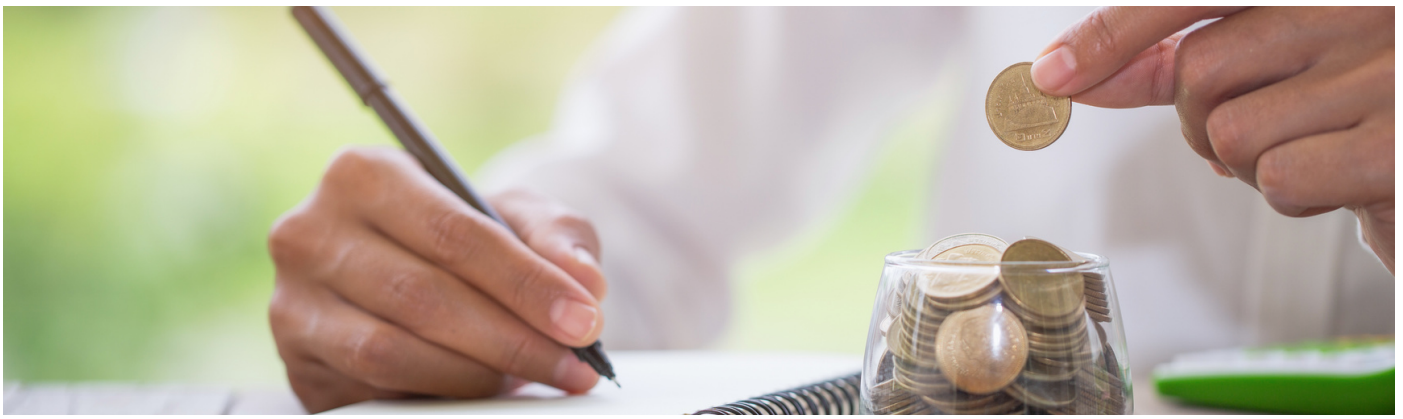


Gullys

Remove debris, such as leaves and branches, from gutters and downpipes to prevent water leaking into your property.

Sprinklers

The Winter Sprinkler Ban came into effect on Thursday 1 June and will end on Thursday 31 August 2023. The Water Corporation can issue warnings and fines for ignoring the Winter Sprinkler Ban, so make sure you turn your sprinklers off to help save water and avoid fines.



Tips on managing your money in the colder months



Living on a low income can have a significant impact on our social, emotional and physical wellbeing. This can also be extra hard during the colder months as it takes a bit more effort to stay warm and put food on the table.

Foundation Housing tenants and residents engaged with financial support providers across Perth and co-designed budget-friendly activities and ways to save money. Here are some ways that you save money this winter:

FOOD RELIEF

Moore Street, Perth

Food relief, health support and laundry services are available at Moore Street (Perth) on weeknights from 4.30pm to 8.30pm and on Sunday mornings from 8.00am to 11.30am.

Location: 10 Moore Street, Perth (between Royal Perth Hospital and McIver Train Station).

Police and Community Youth Centre, Midland

Free meals every week on Sunday at 4pm.

Location: 11 Byers Rd, Midland.

Margaret Court Community Outreach

Emergency food hampers, basic clothing and care support.

Location: 14a Neil St, Osborne Park.

Dream Builders, Midland

Free meals every Tuesday, Thursday, Friday and Sunday nights from 6pm to 7pm.

Location: 226 Great Eastern Hwy, Woodbridge

CLOTHING

Thread Together

Foundation Housing partners with Thread Together to provide brand-new clothing donations to tenants and residents. Contact Maureen on 0400 656 005 or at maureenm@foundationhousing.org.au to learn more.

FINANCIAL SUPPORT

Hardship Utilities Grants

Also known as HUGS, the Hardship Utilities Grants (via Department of Communities) assists Western Australian utility customers who are in financial hardship and are unable to pay their utility bills. The purpose of HUGS is to assist customers in financial hardship with their connection to essential services.



No Interest Loans

No Interest Loans (NILs) are a safe and affordable way to pay for essentials (loans up to \$2,000) and for items like bond and rent in advance and if you've been affected by a natural disaster (loans up to \$3,000).

Good Shepherd administers No Interest Loans in partnership with not-for-profit community organisations across Australia.



Foundation Food



SAUCY BEAN BAKED EGGS

Serves 2

- 2 x 400g cans cherry tomatoes
- 400g can mixed bean salad, drained
- 200g baby spinach
- 4 eggs
- 50g thinly sliced smoked ham, torn

Method

Pour the tomatoes and bean salad into an ovenproof pan or flameproof casserole dish. Simmer for 10 minutes or until reduced. Stir in the spinach and cook for 5 minutes or until wilted. Heat the grill to medium then crack in the 4 eggs in different sections. Nestle in the ham then grill for 5 minutes. Serve with bread, if you like. Enjoy!

VEGIE CHILLI

Serves 2

- 400g pack oven-roasted vegetables
- 1 can kidney beans in chilli sauce
- 1 can chopped tomatoes
- 1 ready-to-eat mixed grain pouch

Method

Heat the oven to 200C or 180C fan forced. Cook the vegetables in a casserole dish for 15 minutes. Tip in the beans and tomatoes and cook for another 10-15 minutes until piping hot. Heat the pouch in the microwave on high for 1 minute and serve with the chilli. Perfect for a winter's day!

Have a recipe you'd like to share? Email it to communications@foundationhousing.org.au

Community Events

Here are some FREE events happening in Perth over the next few months!

We recommend that you contact the organisers to confirm they are still going ahead. For other services near you, please contact your local council or visit the event organiser's website.

City of Perth

Get Job Ready

Prepare for employment and increase your digital literacy skills. An experienced career volunteer will provide assistance with your job seeking and application skills.

When: Tuesday 1 August, 3.30pm-4.30pm

Location: South Perth Library cnr South Tce and Sandgate St, South Perth

These are drop-in sessions, for more information please contact South Perth Library on (08) 9474 0800.



Boost Your Wellbeing

Join HelpingMinds for this one-hour session where you:

- Practice resilience
- Discuss stress & burnout
- Investigate proactive factors
- Talk through how to support someone

When: Thursday 20 July, 3.30pm - 4.30pm

Location: 182 Lord St, Perth

Register on eventbrite.com.au or for more information email cyfs@helpingminds.org.au or call 9427 7100.



IT Support Skills for Women

Free one on one session for basic I.T support advice and digital skills!

When: Tuesday 18 July, 10:00am – 10:45am

Location: Dress for Success at 96 Hay Street, Subiaco

Please contact Dress for Success on 9382 1003 or careersupport@dfsperth.org.au

City of Swan

Rent with Confidence Workshop

Understanding our rights when renting can be challenging for most people. This workshop will answer some of the common questions that people have when renting their home.

When: Tuesday 25 July, 10:00am – 1:00pm

Location: 2 Templeman Place, Midland

If you have any questions, please call or text Aimee or Donna on 0456 162 897 or email renting@shelterwa.org.au.

City of Canning

Relationship Self-Care Workshop

In our everyday life it is important that we take care of ourselves first and foremost. Taking care of our physical, mental and emotional health helps us to feel happy and to give our best in a relationship.

When: Tuesday 1 August, 10.00am-12.00pm

Location: Hillview Intercultural Community Centre, 1-3 Hill View Pl, Bentley

For more information, please contact (08) 9205 7458 or visit eventbrite.com.au.

City of Stirling

Enhance Your Gut Health

Natalie Woodman talks about your microbiome and the role food and lifestyle play in keeping it healthy.

When: Tuesday 25 July, 5pm – 6.45pm

Location: Stirling Libraries, 89 Beaufort Street, Inglewood

For more information, contact Stirling Libraries on (08) 9205 7770.

Memory Cafe

A community group for people living with dementia, their loved ones, and supporters. Join for a coffee, make new friends and share experiences.

When: Tuesday 5 September and 3 October, 2.30pm - 4.00pm

Location: The Coffee Club, Westfield Innaloo, Ellen Stirling Boulevard, Innaloo

For more information, please contact Stirling Community Care on (08) 9205 7632.



City of Joondalup

Hillarys Walking Group

Join the Hillarys walking group every Friday night.

When: Every Friday night, all year round at 6:15pm

Location: Hillarys Boat Harbour to Watermans Bay

For more information, please contact 0407 606 908. This is suitable for all ages.



Dreamtime & Discovery - NAIDOC 2023

Join Olman Walley for an immersive cultural experience, as he shares stories, history and knowledge about the oldest living culture on Earth.

When: Saturday 29 July, 2.00pm

Location: Craigie Leisure Centre in the Wellness Room, 751 Whitfords Avenue, Craigie

For more information, please contact the City on 9400 4000.

City of Mandurah

Carer Support Group

Come along to our support group, a safe space to take time for yourself, share your experiences, connect with others and build hope.

When: Wednesday 19 July, 1:30pm-3:30pm

Location: Lotteries House, 9 Anzac Place Mandurah

Register on eventbrite.com.au or for more information email cyfs@helpingminds.org.au or call 1800 811 747.

City of Belmont

Yorga's Art Space for Aboriginal Women

Aboriginal women are invited to join the Women's Health and Family Services Arts and Crafts Coffee Morning. This is a free drop-in group. No art experience required!

When: Tuesdays, 10am - 1pm

Location: Rivervale Community Centre, Francisco St, Rivervale

For more information, please email cindy@whfs.org.au.



Community Highlights

Nutrition lesson, lunch and tour with Foodbank.



We partnered with Homeless Healthcare to provide onsite healthcare services to residents in Northbridge.



National Reconciliation Walk at King's Park.



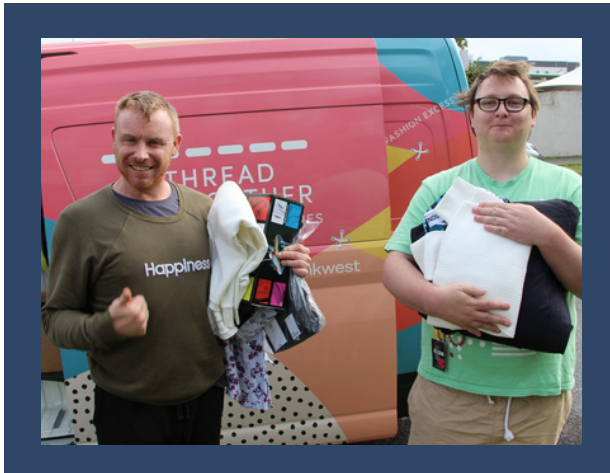
We celebrated our Oz Harvest volunteers during National Volunteer Week.



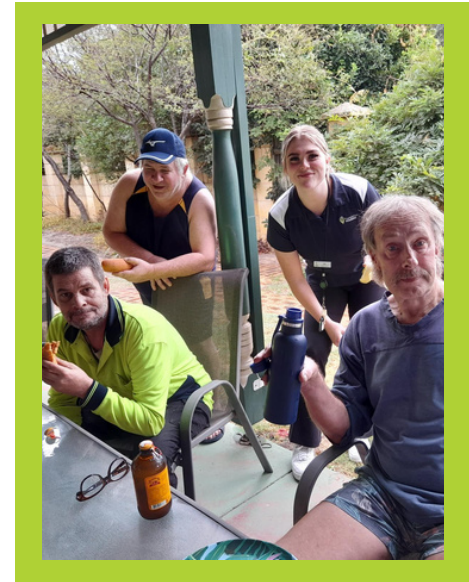
Women's Health discussion for Newcastle residents by Women's Health and Family Services.



Thread Together delivered brand-new clothing to residents in Perth, East Perth and Midland.



Over 150 tenants joined us for either a morning tea, cook-up or coffee table conversation over the last 3 months



CORT Cultural Training.

Newcastle Lodge got brand new flooring to freshen up everyone's home.



32 tenants attended the West Australian Ballet.

Foundation Focus Makuru Puzzle

Win a \$50 voucher to Bunnings!

Find all of the Noongar words in the word search except for one, which is not actually in the grid. Words may be forward, backward, up, down or diagonal.

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

WORD LIST

-  **Boroong**
-  **Bidi**
-  **Kwont**
-  **Ngangk**
-  **Nyidiny**
-  **Balyan**
-  **Karlup**
-  **Mereny**
-  **Koornt**
-  **Karla**

Congratulations to Nimo from Balga for completing last issue's Bunuru puzzle and winning a gift card!

Tell us which word is not actually in the grid and provide us the translation from Noongar language to English by emailing communications@foundationhousing.org.au or posting to us at the Leederville Office address at the bottom of this page.

Competition closes 1 September 2023. The winner of a \$50 Bunnings voucher will be drawn from all the correct entries after this date. Only one entry per household. Good luck!



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