

# Lodging News

Newsletter for Residents | Winter 2023



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# A Message from the Lodging Team

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## Kaya (hello) and wanju (welcome) to the Winter edition of Lodging News.

Some of you have been vivid readers of our tenant and resident newsletter, 'Foundation Focus'. We are excited to share with you that starting with this very newsletter – there will be a specific publication for our lodging residents to ensure that the relevant information and news is being shared with you!

The Tenant and Resident Survey will soon be entering everyone's mailboxes and we encourage you all to give your honest feedback to help improve our services. Applications for our Scholarship Program have also opened, and we strongly encourage anyone with a passion to learn a new skill or study to apply. If you require any assistance to complete an application, we are happy to help.

A big thank you to the residents at the shared houses on Beaufort St, Parry St, Aberdeen St, Elizabeth House and Mount Lawley Lodge who have been supporting recent garden improvements by planting and watering donated plants.

We would also like to say thank you to the Swan River residents again for their patience and understanding throughout recent SHERP works. In particular, for making Lily feel comfortable and settled into her new role as Lodging Coordinator.

Lastly, it has been great to see so many residents being good neighbours and looking after each other. Congregate living can be challenging, especially for those living in larger complexes, but we frequently witness the genuine care and generosity that many of you show towards each other and it is great to see.

Stay safe and warm,

**The Lodging Team**



**Lily**

0448 222 609



**Lisa**

0400 724 489



**John**

0458 302 158

# 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](mailto:dave@foundationhousing.org.au) or speak with your Housing Coordinator.**

## Electricity and the Environment

A friendly reminder to be conscious of your electricity consumption. Using electricity affects the environment because it comes from burning fossil fuels. Here are some simple ways you can save electricity and help the environment in your home:

- Switch off lights and appliances when leaving.
- If you only need a small amount of light, use a lamp or spotlight.
- Unplug appliances when you are not using them.
- If you have a fridge, set the temperature to 4-5 degrees.





## **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](mailto: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](https://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](mailto:alison@foundationhousing.org.au).**

# 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.

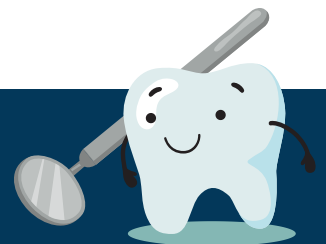
Surveys can be completed anonymously, or tenants can elect to provide their details and go into the draw for a \$200 voucher.

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](mailto: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](mailto:maureenm@foundationhousing.org.au).

# 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](mailto: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](mailto:communications@foundationhousing.org.au) or call (08) 9422 0745.



# House Rules of the month



**Residents must not have visitors before 8am or after 10pm and they are not permitted to stay overnight. This includes residents visiting or accepting visits from other residents.**

Visitors must be escorted in and out of the complex and they are not permitted to use your keys or swipe. Your visitors are your responsibility, and they must also abide by the House Rules. It's expected that visitors be with their guests at all times.



**Residents must not smoke in their room or anywhere on the premises except in the designated smoking areas outside.**

Lodging Coordinators can identify when someone has been smoking in their room. In the colder months, it might seem like an easier option to keep warm and smoke inside, but it is not worth risking your residency over. If you choose to smoke, please do so outside in the designated areas.



**You must store personal property appropriately in your room and not leave personal items or belongings in common areas.**

To prevent theft, damage, cluttering and blocking of access ways, Lodging Coordinators will remove and/or dispose of any personal belongings left in any common areas. If you need to store other items briefly (a day or 2) in common areas, please request permission from your Lodging Coordinator before doing so.

## Farewell Tiffany!

In June, we said farewell to our very loved 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!



## FHL Perth Lodging Snapshot



5 lodges



8 shared houses



207 residents



across 7 suburbs



21 languages spoken  
other than English

# Thank you

to the residents of Rupert St who recently relocated to another share house with great understanding and cooperation. Everyone was very helpful and it's great to see you all have settled into your new environment without any issues!

# 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](http://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](http://foundationhousing.org.au) or contact [allan@foundationhousing.org.au](mailto: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.

# \$400 Electricity Rebate for Residents



**In May, the State Government announced that eligible Western Australian households will receive a payment to ease cost of living pressures.**

## Who is eligible?

Households that incurred electricity costs at the property and:

- Are not directly billed by Synergy or Horizon Power. For example, caravan parks, retirement villages and apartments.
- The property was used solely or mainly as a place of residence.
- The applicant is the occupier, owner or a tenant leasing the property.

If you are directly billed by Synergy or Horizon Power, please contact your provider to discuss your eligibility.

## When applying, you will need the following documents:

- Valid Identification (drivers license, birth certificate or concession card)
- Bank Statement (must show your name, BSB and Account number)

## How to Apply

**Applications open in mid-July and your Lodging Coordinator will be in touch with you to assist with applications or if you require any further assistance.**

## Share your experience as a resident!

**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.**

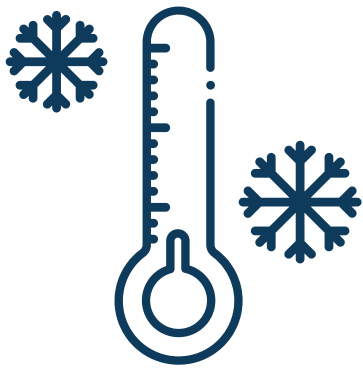
To get involved or to find out more, please contact Maureen at [maureenm@foundationhousing.org.au](mailto:maureenm@foundationhousing.org.au).

## Free healthcare

**Did you know that every 2 weeks, you can access free healthcare services? Homeless Healthcare visit Newcastle Lodge every 2 weeks with drop-in sessions available. See page 18.**

Join us for a BBQ, meet your Lodging team and take advantage of this opportunity every second Monday! For more information, please contact [alisonp@foundationhousing.org.au](mailto:alisonp@foundationhousing.org.au) or call Homeless Healthcare on (08) 6260 2092 to find out more.





# 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 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.

## 3 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.



## 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](mailto:maureem@foundationhousing.org.au).**

# 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.

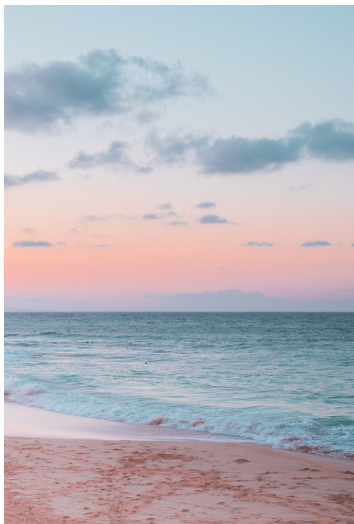


## Simone

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 Aunty Raylene Rile (Ricks) who is also at Indigo Junction. They are both working grandmothers who also help care for their grandchildren.



## Andrea

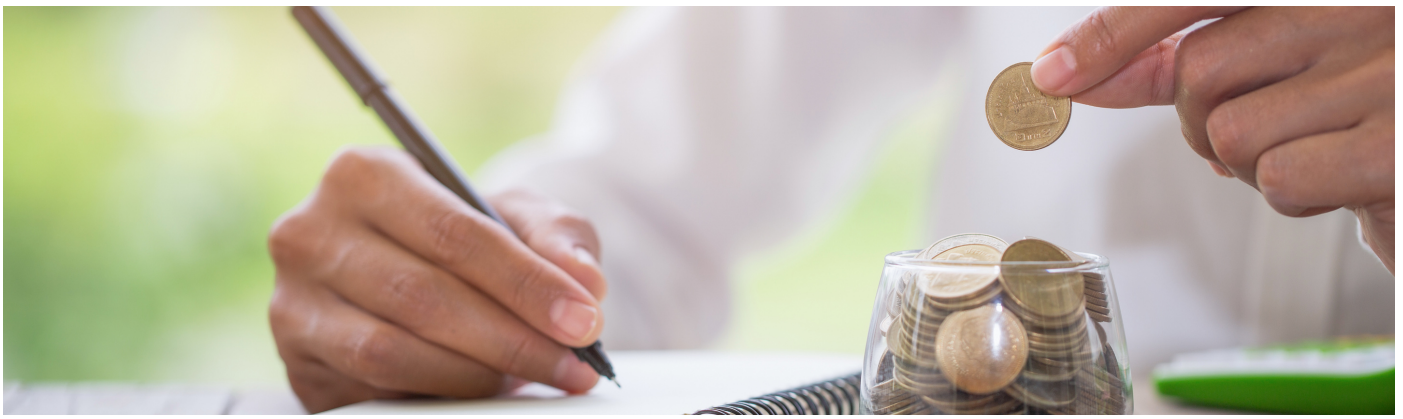
Elders are the oldest living generation. The matriarchs of the family, someone full of knowledge and wisdom. They are the glue that holds our families together. They provide leadership, cultural knowledge and history. They pass down cultural traditions to the younger generations.

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.**







# 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](mailto:maureenm@foundationhousing.org.au) to learn more.

## FINANCIAL SUPPORT

### Hardship Utilities Grants

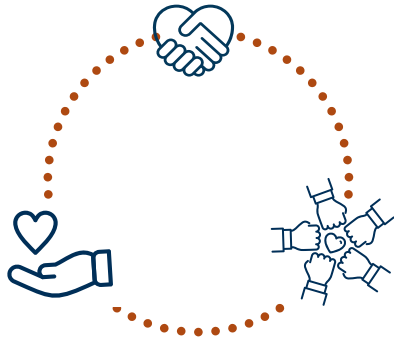
Also known as HUGS, the Hardship Utilities Grants (via Department of Communities) assists Western Australian utility customers who are in financial hardship and are unable to pay their utility bills. The purpose of HUGS is to assist customers in financial hardship with their connection to essential services.



### 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.



# 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.

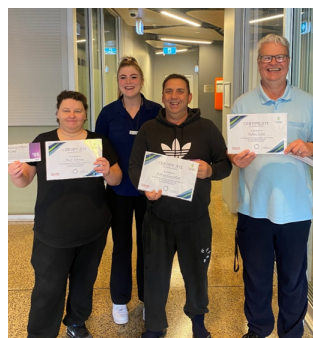


### 2 Build connections and friendships

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 Lodging Team

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*Lily*

**LODGING  
COORDINATOR**

## **Why do you like working with the residents of FHL?**

I'd have to say learning and hearing about all the different walks of life each resident comes from. Stories and achievements - I love hearing and watching them all.

## **Favourite experience since joining FHL?**

It would probably be one of my more challenging experiences, but it was a good one! When the Swan River Lodge was scheduled to have renovations, the residents were notified that they were to move out for a week. Not everyone was impressed and found the changes inconvenient which was understandable!

On the day the residents were set to vacate, I got there, they were packed and ready to go! Everyone was calm and kind, and one by one as they were heading off to their destinations, they all waved, said their goodbyes and told each other to take care. I felt such a sense of family and I was so appreciative that they made the transition easy.

This was just a heartwarming experience, and it really showed me how much these lodges can create a home and family for people.

## **What do you like doing in your spare time?**

I like going to the gym, spending time with people I love and taking it easy when I find the time to.

## **What is a fun fact about you?**

I grew up really overweight and by the time I reached 15, I was 100kg. When the scales ticked over to those 3 digits, I knew I couldn't live like that anymore, I was so unhappy. So, my mum got me a treadmill and every evening I would watch my TV shows whilst walking on the treadmill. By the end of high school, I had lost 30kg.

I learned how to stay healthy, and I started fostering a sense of self-love for who I was. In a way, I am grateful for my journey as it has forced me to learn healthy habits early on in life, which I now value very much.

**Have a question for Lily? Send her an email at [lilyp@foundationhousing.org.au](mailto:lilyp@foundationhousing.org.au).**

## **Resident Stories: We want to hear from you!**

At Foundation Housing, we love when our residents contribute to our communications. We welcome poems, stories, artwork, photos and more for future editions of Lodging News!

This newsletter is for you – so let us see your creativity. If you have anything that you would like to submit, speak with your Lodging Coordinator or email [communications@foundationhousing.org.au](mailto:communications@foundationhousing.org.au)





# 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.



# What's on for residents: Community Engagement



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:



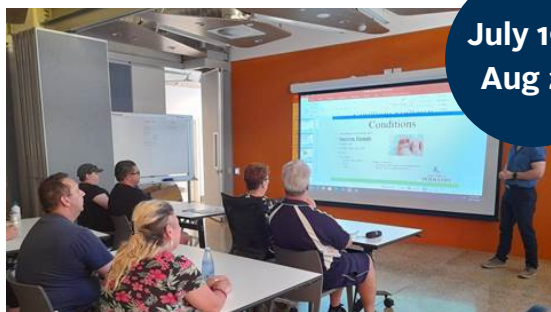
## Homeless Healthcare BBQ

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.



## Thread Together

Contact Maureen below to see when you can visit the Thread Together van next and receive free, brand-new clothing.



## 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.



## 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](mailto: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.**



# Foundation Food



## TUNA PATTIES

### Serves 2

- 4 medium potatoes (cooked and mashed)
- 420g tin of tuna (drained)
- 2 eggs
- 1 onion (chopped)

### Method

Mix all together and roll into balls. Heat a small amount of oil in a frying pan and place tuna patties in and slightly flatten out. Cook until golden brown and then place on a paper towel to drain excess oil. Serve with a salad or vegetables anytime of the year.

## SPINACH & PARMESAN PASTA

### Serves 2

- 225g spaghetti
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 2 cups spinach leaves
- 115g parmesan cheese (grated)

### Method

Cook the pasta until ready and reserve and save 1 cup of pasta water, then drain. Heat a large pan over medium heat and add the oil, butter and spinach. Stir in the reserved pasta water. Toss in the cooked pasta and reduce the heat to low. Add the parmesan and toss until the cheese is melted. Season with salt and enjoy!

Have a recipe you'd like to share? Email it to [communications@foundationhousing.org.au](mailto:communications@foundationhousing.org.au)

# Community Events

## Here are some FREE events happening in Perth and surroundings 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.

### 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](https://eventbrite.com.au) or for more information email [cyfs@helpingminds.org.au](mailto: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](mailto:careersupport@dfsperth.org.au)

### Lifelong Resilience with Helping Minds

Join Helping Minds for a presentation on self-care and mental health awareness. In this presentation, you'll learn all about how to practice mental fitness, what adaptive and maladaptive coping strategies are, and get an introduction to mindfulness meditation.

When: Thursday 13 July, 10:30am - 11:30am

Location: City of Perth Library at 575 Hay Street, Perth

Free, bookings required. Go to [visitperth.com/events](https://visitperth.com/events) for more information.

### 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](mailto:renting@shelterwa.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.



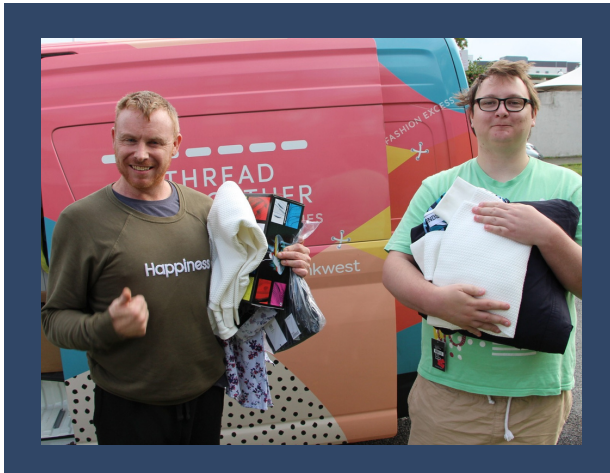
We celebrated our Oz Harvest volunteers during National Volunteer Week.



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](mailto: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!



### **Leederville Office**

297 Vincent Street  
Leederville WA 6007  
T: (08) 9422 0700  
F: (08) 6311 7314

### **Joondalup Office**

By appointment only  
Sanori House, Suite 3  
126 Grand Boulevard  
Joondalup WA 6027

### **Midland Office**

By appointment only  
Unit 6/17-19 Foundry Road  
Midland WA 6056



**Repairs: 1300 895 205**



**foundationhousing.org.au**