

Residents and friends of *St Kilda Community Housing*



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The Wellness Place

The programs on offer at the Wellness Place offer supportive therapies and stepping stones to social inclusion for those who face problems with access to health and wellbeing opportunities. Please note APPOINTMENTS ARE REQUIRED for this service.

Areas of support include:

- Direct therapies (allied health),
- Skills development, resilience and education
- Activities and general health

The types of services and therapies available* include:

- Optometry
- Nutrition
- Podiatry
- Addictions Support Group
- Cut Down or Quit Smoking
- Yoga and Meditation

**subject to the availability of practitioners*

Number: 03 9536 8456

Timings: Monday-Friday 9am-4pm

Location: 87 Grey Street St Kilda VIC 3182

Most services can be accessed without referral, except for optometry and podiatry appointments which need a worker referral. New clients are welcome and can register for Wellness Place services by phone or in person. People can also ask their support worker to assist with the registration.

<https://www.sacredheartmission.org/service/support-and-wellbeing/wellness-place/>

The Street Pantry is a community managed project developed in conjunction with Mazon Australia and built by our friends at the Men's Shed. It's built on the philosophy, 'give what you can, take what you need'.

If you are low on food, feel free to walk by and take what you need. Everyone is welcome. Likewise, if you would like to donate some non-perishable food, please do! The pantry is always in need of some love.

Location:
Alma Road Community House
200 Alma Road,
St Kilda East



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A few words from our CEO

Hello everyone.

Many people at present are really feeling the pinch financially. Income just doesn't seem to be keeping up with the costs of living.

As an organisation we support the **Raise the Rate** campaign that is advocating for significant increases in federal income support payments, which will improve people's lives.

Late last year we realised that many of our residents were not able to access the \$250 Power Saving Bonus (PSB), because they did not have individualised electricity bills. The PSB was developed to assist everyone in the community, and our residents missing out did not seem fair to us.

Over four months we have worked with government, and I am pleased to let you know that we have secured funds for many of our residents. And, even better news, in the following weeks we expect to be able to secure further funds for you, as the next Power Saving Bonus is already being rolled out.

Keep your eyes out for letters about how we can pass on the Bonus to you, or you can discuss the Power Saving Bonus with your housing manager.

Andrew



We are very grateful to StreetSmart for an \$8000 grant to support the Beacon Project, in a partnership with Alfred Health.

The funds will assist us to transition women from homelessness into permanent housing.

Funding partners such as StreetSmart are critical to our plans to assist more people into safe long-term accommodation. We look forward to working with them on further projects into the future.

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Introducing Glen, our talented gardener



Glen has developed a passion for gardening and particularly growing food crops.

His veggie plots are proving to be extremely productive, and the produce is healthy, tasty and of course also saves him a lot of money.

Glen's veggie plots have become his passion, and as a talented gardener, he is gaining a lot of pleasure from his new hobby too.

Now he is on the lookout for new recipes to make the most of his beautiful produce.

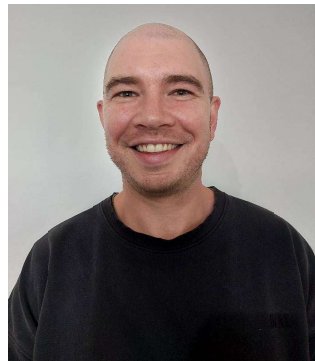


Our New team member!

We are happy to introduce you all to Scott Jenes, who is our new Maintenance Officer.

We are excited to have Scott join us in our mission to provide our tenants with the best possible accommodation.

If you see him around, please introduce yourself welcome him to the St Kilda Community Housing community.



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Vale for Graeme (1945-2022)

Graeme was a resident with St Kilda Community Housing from 2004 until 2022-18 years in total.

Graeme was employed by us as a cleaner and cleaned several properties for us. He also looked after Burnett Street, making sure the gate was closed at night, the yards were kept tidy and he planted a beautiful rose garden in the front yard of the property.

The plaque commemorating Graeme will be installed near his rose garden as a memorial to him. Graeme was a great addition to SCH and was very much liked by all.

He is sadly missed but we have his roses which somehow make his passing a little less sad.

Written by Maree Swan (Housing Manager)



Super Easy Zucchini Slice

Steps:

1. Preheat oven to 180°C. Heat a frying pan on medium heat and add in the **bacon**. Once it starts to brown, and you start to see the bacon fat come out, add the **onions**. Cook for a few minutes to soften. Remove from heat and transfer to the baking dish to cool.
2. In a large bowl, add in **flour**, **cheddar**, **parmesan**, **softened butter** and **eggs**. Season with salt and pepper, then mix well to combine.
3. Fold the **grated zucchini** into the mixture.
4. Pour into the baking dish and mix the bacon and the onion well. Bake in the oven for 40 minutes or until lightly browned on top.



Recipe on:
wandercooks.com

Ingredients

