



Low cost, easy recipe.

Are you looking for a healthy, budget-friendly meal? Look no further. Give this sour cream quiche a try.



Ingredients

- 1 sheet of puff pastry
- 3 eggs
- 300ml sour cream
- 1 small onion
- 4 bacon or ham rashers
- 1/2 cup of cheese
- salt and pepper to taste

Method

1. Preheat oven to 180C
2. Grease and line a quiche dish with a pastry sheet
3. Place the eggs in a bowl and whisk
4. Add sour cream and mix together until creamy
5. Add bacon or ham, onion and cheese. Stir together then season with salt and pepper.
6. Enjoy.

Tips for maintenance and reducing water bills.

Remember to report all water leaks to keep your water bills down. Keep an eye out for leaking taps, leaking shower heads and continually running toilets.

How to detect a water leak:

- | | |
|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 1. Make sure all taps and water using appliances are turned off | 5. If there's a leak the water meter will move |
| 2. Find your water meter, which is usually in your front garden close to the verge | 6. Return to your meter and write down the 3 red numbers again |
| 3. Write down the 3 red numbers on your water meter | 7. If you have a leak, the water meter will tell you how much water is being wasted. |
| 4. Wait 15 minutes | |

By performing simple checks, you can help prevent water loss and keep your bills down.



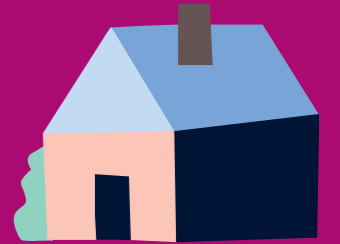
After-hours emergency number.

Contact the Housing team on **1300 663 298** if you have an after-hours emergency.



Your housing news.

Spring 2023



A moment with Uniting WA team member, Hannah Fellows.

Welcome to the Spring edition of *Your housing news*.

Hello All. I hope you're keeping warm in these colder winter months.

There's been a lot of change in the Housing team over the last few months. We've welcomed two new Tenancy Support Workers (Jodie Farrimond-Tobey and Michele Holmes). Some of you may have started meeting them at your inspections, and the rest of you are sure to see them at our upcoming tenant engagement events.

In January, the Housing team completed the National Standards for Mental Health Accreditation assessment. This assessment measured our Independent Living Program (ILP) to ensure we're delivering our services in line with the 10 National Standards for Mental Health and meeting the requirements of the Mental Health Commission. Thank you to the tenants and carers who volunteered to provide feedback to the auditors. We really appreciate your help. Uniting WA passed the assessment, which means we'll now be accredited to deliver our service for the next 3 years.

Our team will soon be undertaking the annual Team Planning Day. The purpose of the planning day is to set operational and service improvement goals for 2023/2024 that align with the objectives of Uniting WA's newly released Strategic Plan.



We'll also incorporate feedback from Tenant Advisory Forum (to be held on Tuesday 5 September 2023) into our goal-setting to make sure your voices are heard. I encourage you to register to attend if you haven't already. We'd love to hear from you, and there's a Coles gift voucher given to all who attend.

And finally, this year is Uniting WA's 17th birthday. Some of our longer-standing tenants may remember back in 2006 when several organisations joined to form UnitingCare West, which was then rebranded as Uniting WA in 2020. We hope to have many more years to come of providing safe and stable housing to the people we support.

We hope you enjoy reading this newsletter.

Hannah Fellows, Team Leader – Community Housing

Meet our new Tenancy Support Workers Jodie and Michele.



Hi. My name is Jodie, and I'm the newest Tenancy Support Officer at Uniting WA.

I'm so honoured to be part of such a lovely, supportive team.

Before joining Uniting WA, I worked in the private property sector for the past 30 years in a variety of roles.

When I'm not at work, I love nothing more than spending time with my husband and 3 sons and fur baby, going to the beach (when weather permits) and baking.

I'm really looking forward to meeting you all soon.



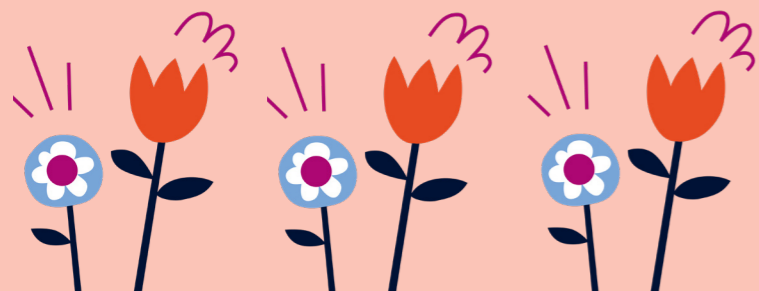
Hi. My name's Michele, and I joined Uniting WA 3 months ago as a Tenancy Support Officer.

I grew up in the UK and then lived in Brunei for 9 years before coming to Perth, the best city in Australia.

Before joining Uniting WA, I worked as a Housing Services Officer at the Department of Communities and most recently, as an NDIS Coordinator.

The best part of the day is getting out and meeting my tenants and chatting with them about their lives. So many of you have the most amazing stories.

In my spare time, I love to read and walk my 2 dogs. Recently, I've also become interested in building Rolife mini room kits.

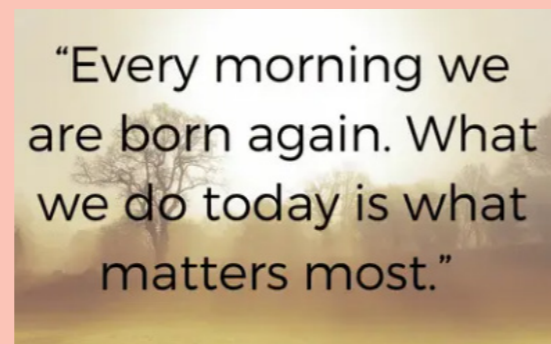


Meet Spicy.

Spicy, an Eclectus parrot, is one of our tenant's beloved pets. When Catherine, one of our Tenancy Support Workers, carries out her house inspection, Spicy loves to sit on her shoulder. Spicy is a very friendly parrot who loves attention and particularly enjoys a good scratch.

Do you have a pet that you'd like to feature in one of our newsletters? Whether you have a dog, cat, bird, or other pet, we'd love to hear about them. Please contact Daniel McLaughlin on **9220 1292** or at daniel.mclaughlin@unitingwa.org.au.

Mindfulness corner.



What's been happening?



In March, we organised a fun-filled trip to Perth Zoo.

Our tenants thoroughly enjoyed the day, looking at animals, practising their photography skills, having a chat and indulging in a picnic lunch.

In June, we held a mindfulness workshop facilitated by Stevie Hancock, Mindfulness Guide.

The workshop took place at Herb Graham Centre in Mirrabooka, where we explored relaxation techniques designed to soothe the mind and body.

Feedback from our tenants was positive – they thoroughly enjoyed the workshop and are eagerly anticipating the next one.



Uniting WA is a proud partner of the WA Digital Inclusion Project, aiming to improve digital inclusion across the community sector.

In July, members of our Housing team - Daniel McLaughlin, Davina Woods and Hannah Fellows - attended a training session.

This session, facilitated by Kris Harris, the Training Specialist for the WA Digital Inclusion Project at WACOSS, equipped our team with invaluable skills and knowledge.

With these new resources, our team is excited to facilitate their own workshops with tenants, starting this spring.

Our very own tenant, Bernie, is a rising media star – doing 2 radio interviews, one on Sonshine FM and one on ABC Radio for Homelessness Week.

As a lived experience advocate for Uniting WA, she shared her experiences of being homeless for almost 40 years.

Bernie also talked about the difference a secure roof over her head with ILP had made to her life. She has been safely housed for 3 years now.

