

BANKSTOWN TAG NEWSLETTER



BANKSTOWN TAG UPDATE

We had hoped to be able to catch up face-to-face for the next TAG meeting, but we are mindful of the need to practice physical distancing and keep safe. With this in mind, we'd love to have a virtual 'catch up and cuppa' and for you to join us on a Zoom meeting on September 8th at 11am, to connect with your fellow TAG members and community. Your TAG Chair and Bridge will provide updates with guest speaker: SSI Multicultural Network!

Tenants in Focus: Carol, Yagoona

How long have you been a Bridge Housing tenant? **5 years**

What is the best thing about TAG?

I'm still learning about how TAG works but the best thing is having everyone together.

What do you enjoy on your free days?

I enjoy walking with my dog, having coffee and time out.



How is Council Supporting Local Residents:

Canterbury-Bankstown Council has launched Keep Connected with CBTV – a new digital place for online workouts, story times, performances, how-tos and news. Find them on Facebook, YouTube and the council website www.cbcity.nsw.gov.au/events/cbtv.

Pools and leisure centers are now open. Contact your local center for information on access/bookings or [visit the website](#).

Local Service Support:

Canterbury City Community Center have created a Keeping Well For Seniors exercise booklet [Download](#) the booklet (or access it at www.4cs.org.au) and remember to always seek the opinion of your health professional before commencing an exercise program.

Rent Review

Just a reminder that rent review is coming up. Rent reviews ensure that you are paying the right amount of rent based on your income and personal circumstances. Changes to rent will take place from 05 October. For further information contact the Rent Review Team on (02) 8324 0800 or rentreview@bridgehousing.org.au

Meet Your Tenant Rep



Abdel
BTAG Chair

How long have you been a Bridge Housing tenant?

6 years

What is the best thing about TAG?

Meeting people and get more information

Tag Elections 2020

Would you like to represent your TAG or know another tenant who can? Nominate today!

Tell us in 100 words or less on why you should be the Chair or Vice Chair. We can offer you training and support you in the role!

Email or call a member of the Community Team for more information or to submit a nomination

Star in our Annual Report!

We're looking for tenants to photograph for our next Annual Report and to use in our promotional material.

If you would be interested in allowing Bridge Housing and a photographer come to your property or block and take some professional photos we will reimburse you for your time.



Send us your details to the Community Team and you could be the next face of Bridge Housing.

If successful, we will contact you to organise a day and time suitable to you!



bridge housing linking people to a better future

BRIDGE HOUSING - BANKSTOWN TAG

Tenant Art

"Do what you like and like what you do" - R.M



Ray has been a Bridge Housing Tenant for 7 years. He took advantage of the Bridge Housing BIG Idea Grant in 2015 to start up an Art Club in the Strathfield block where he lived. Tenants would gather weekly over a coffee and make art. Ray has since moved to Glebe and started up another Art Club. Here are some of the artworks Ray has created during COVID-19.



You can access the latest Bridge Housing news, updates and information on tenant responsibilities online. Visit www.bridgehousing.org.au. Join the Bridge Housing Online Community - Like and follow our Facebook Page - @BridgeHousingAu

GOOD NEIGHBOUR CHAMPION

Do you have a neighbour that goes above and beyond to make where you live a positive place to be? Are they a bin legend or keep the gardens and common areas looking beautiful?

You can nominate them to be a Good Neighbour Champion and have their name in the draw to win a \$50 gift card.

Simply call the Community Team on 8324 0800 or email community@bridgehousing.org.au and tell us about your neighbour and what makes them a champion.

BIG IDEAS GRANT

Do you have an idea to connect your community but need a little funding?

You can apply for up to \$500 through Bridge Housing Housing's Big Idea Grant. Your idea can connect your block or other tenants in the area.

You may want to create a nice communal space for tenants to gather for a cup of tea, organise an event for R U OK day or start a book club. The ideas are endless.

To find out more contact the Community Team via email community@bridgehousing.org.au or phone 8324 0800

Bridgehousing.org.au



PANTRY PERFECTION

Carol from Yagoona sent in her own recipe for Pancakes! It's Just Simple!

Ingredients

1 cup Self Raising flour
a pinch of salt
1 cup of milk
one egg
1 teaspoon of vanilla and butter
1 tablespoon sugar.



Mix everything together in a bowl.

Put non-stick frying pan on medium heat and brush pan with a bit of butter.

Cook pancakes until golden turning to cook both sides.

And top with your dressing and there you go perfect pancakes ready for Sunday morning with the family.

Start Your Own Herb Garden

With the weather cooling and having time lots more time at home, it's the perfect time to start growing your own at-home herb garden.

When starting a garden it's important to consider a few items including

1. Where is the light? Make sure the ledge or sill gets the right amount of sunlight
2. What herbs are you going to grow and where? Once you have decided what herbs to grow figure out what herbs can be potted together or need to be separate. Basil and Mint are great first herbs to try although Mint it will need its own pot or it will take over and other herbs won't survive
3. Getting the right balance - make sure to water your herbs, but not too much and ensure there is enough drainage for any excess water



WIN \$40

Please send in an article for the next newsletter. You may wish to share a recipe, gardening tips, health suggestions or boredom busters. What ever you think would be of interest to your TAG.

Selected entries will win a \$40 voucher.

To share, contact the Community Team
P: 02 8324 0800
E: community@bridgehousing.org.au

Thanks to Carol for sharing her delicious pancake recipe
and

Ray for sharing his vibrant artwork