

# VNTAG NEWSLETTER



## VNTAG UPDATE

We had hoped to be able to catch up face-to-face for the next VNTAG 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

**Where: Online via Zoom**

**When: Wednesday 2 September 2020**

**Time: 1:00pm-2:00pm**

**RSVP: Speak with a member of the Community Team**

**Ph: 8324 0800**

**Email: [Community@bridgehousing.org.au](mailto:Community@bridgehousing.org.au)**

Tenants will be able to join the catch up via video or can phone in using a mobile or home phone.

Settlement Services International will be joining the meeting to discuss how tenants can join the Multicultural Peer Network. A free Vietnamese peerlead support network that aims to increase independence, social and community participation.

Contact the Community Team if you want to find out about the Multicultural Peer Network outside of the meeting.

## RENT REVIEW REMINDER

Rent review is coming up. Changes to rent will take place from 05 October 2020.

Rent reviews ensure you're paying the correct rent based on your income and personal circumstances. For more information contact the Rent Review Team. Ph: (02) 8324 0800  
Email: [rentreview@bridgehousing.org.au](mailto:rentreview@bridgehousing.org.au)

## THI HOA DO'S GARDEN



Thi Hoa Do owns two large 250L buckets where she collects rain water. She uses this to water her garden which helps her to save money on her gardening costs.

Every spring she plants new flowers. You can see what a relaxing space she has created in her beautiful garden with a variety of different flowers and plants.

She heads out to have a cup of tea every morning as this is a space where she feels relax.

## Bridge Housing and COVID-19

Bridge Housing Goulburn St and Brookvale offices are still open however tenants are encouraged to contact staff over the phone. If you need to come into the office please book an appointment first by phoning your Housing Manager on 8324 0800.

## Free Online Workout Videos

For tenants wanting to complete workouts from the safety of their own home. There are lots of websites that are offering workouts free of charge.

City of Sydney is offering workouts for people of all ages, interests and capabilities. Some of the workouts you can participate in include:

- Gentle Exercise - low vision or mobility
- Chair Yoga
- Sheng Zhen Meditation
- KGV Work out of the Day - high intensity

To participate in the workouts or find out more information visit their website:

[whatson.cityofsydney.nsw.gov.au/?categories=sport-and-fitness](https://whatson.cityofsydney.nsw.gov.au/?categories=sport-and-fitness)

We encourage you to seek appropriate medical advice or assistance before participating in any online fitness classes.

## BECOME THE FACE OF BRIDGE

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

If you are interested in allowing Bridge Housing and a photographer to come to your property or block and take some professional photos please let the Community team know.

As a thank you for your participation households will be given a \$20 gift voucher for approximately 30 minutes of their time.

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



## 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 Big Ideas 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 phone 8324 0800 or email [community@bridgehousing.org.au](mailto:community@bridgehousing.org.au)



## Red Curry Corn Soup

Tania's Quick Winter Tummy Warmer that won't break the bank.

### INGREDIENTS

3 Tablespoons red curry paste  
1 Tablespoon of olive oil  
1 1/2 cups hot water  
1 chicken stock cube  
400 gms of Corn Kernels  
400 gms of Creamed Corn  
400 mls Coconut Cream

### METHOD

- 1) Dissolve stock cube in the hot water then set to one side
- 2) In a pot on a medium heat, add the oil and red curry paste. Stir until the aroma of the spices are released (approx 3 minutes)
- 3) Add your stock then begin to heat for 5 minutes
- 4) Add the drained corn kernels stir
- 5) Add the creamed corn, continue stirring then lastly add the coconut cream cook for a further 15 minutes stirring occasionally as not to stick to the bottom of your pot
- 5) Cook for a further 10 minutes then serve topped with a little or a lot of coriander.
- 6) Enjoy!

Serves 4



## WIN \$40

Please send in an article for the next VNTAG Newsletter.

**The top two entries will win a \$40 voucher.**

You may wish to share a recipe, gardening tips, health suggestions or boredom busters. Whatever you think would be of interest to your TAG.

To share, contact the Community Team

P: 02 8324 0800

E: [community@bridgehousing.org.au](mailto:community@bridgehousing.org.au)