

ABORIGINAL AND TORRES STRAIT ISLANDER TENANT ADVISORY GROUP NEWSLETTER



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

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.

Upon registering your interest, we will contact you to organise a day and time suitable to you!



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. Whatever 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

ATTAG UPDATE

Bridge Housing will host the next ATTAG at an outdoor location so tenants can feel safe to attend whilst ensuring Government guidelines are adhered to.

Many tenants have shared that they are missing connecting in with and seeing others tenants. The Community Team has scheduled a tentative meet up for tenants to meet and have a social morning tea.

Where: Redfern Park, opposite the Woolworths

When: Thursday 17 September 2020

Time: 11:30am - 12:30pm

RSVP: Speak with a member of the Community Team

Ph: 8324 0800

Email: Community@bridgehousing.org.au

If you would like to attend the morning tea in the park Bridge Housing requires that you RSVP.

This is to ensure that numbers are adhered to or should the event need to be canceled all attendees can be contacted.

An invitation will be sent out to tenants closer to the date to confirm the details.

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 we request you book an appointment first by phoning your Housing Manager on 8324 0800.

bridge housing linking people to a better future

KIM'S ICEBOX CHEESECAKE

Ingredients

170g plain sweet biscuits crushed finely
 Butter, melted
 1 teaspoon ground cinnamon
 2 tablespoons gelatine
 1/2 cup cold water
 1/2 cup sugar
 3 egg yolks
 1/2 cup hot water
 Cream cheese, softened
 Grated rind of 1 lemon
 1 teaspoon lemon juice
 4 egg whites, stiffly beaten
 1 cup whipped cream
 Strawberries, cherries or pineapple

Method

- Mix crumbs with butter and cinnamon. Press onto bottom of generously buttered springform pan, saving 1/4 of the crumbs for the top. Bake in a hot oven (400f) for 10 minutes
- Sprinkle gelatine over cold water, soak for 5 minutes
- Blend egg yolks with sugar and hot water and cook, stirring over simmering water for 3 minutes
- Add softened gelatine and stir until thoroughly dissolved
- Stir cooked mixture into cream cheese and add lemon rind and juice. Beat thoroughly to remove any lumps. Fold in egg whites and cream
- Pour into prepared pan, sprinkle remaining crumbs around edge and chill until set
- Remove from refrigerator 30 minutes before serving and decorate top with your favourite fruits and a little whipped cream
- Enjoy!

Q&A WITH KELSEY

Who are you?

My name is Kelsey Attwood. I am from the Jerrinja tribe but live on Gundungurra land. I am studying a Bachelor of Social Science, majoring in Indigenous Studies at the University of Wollongong and am a Careertrackers intern working with Bridge Housing.

What is CareerTrackers?

CareerTrackers is a non-for-profit organisation that creates pathways and support systems for Indigenous young adults to graduate from university and gain experience in a professional working environment.

There is also a program for Indigenous high school students to shadow the interns and have a taste of the CareerTrackers experience for when they are in university.

Why did you join?

I had the opportunity to work in a professional environment and prior to this I had only worked in hospitality so it was a chance to experience. My Indigenous centre on campus emailed the Indigenous students outlining the program and how it offers paid work experience and once I spoke with my Student Advisor, I was hooked.

What has been your biggest learning and challenge?

My biggest learning is also my biggest challenge in that I had to adapt to the change in the type of work I was doing and learning on the job to make a meaningful contribution to the company.

How do you register?

Go to the CareerTrackers website and click the orange 'register' button at the top of the screen, and a Student Advisor will contact you within the next 2-3 business days.

[Careertrackers.org.au](https://www.careertrackers.org.au)



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
- Mums and bubs fitness
- 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

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



[bridgehousing.org.au](https://www.bridgehousing.org.au)