

BANKSTOWN TAG NEWSLETTER



BANKSTOWN TAG UPDATE

Due to current Government restrictions the Bankstown TAG has been postponed until further notice. As a way to stay connected with members of the Bankstown TAG and other Arabic speaking residents, a Bankstown TAG newsletter will be sent out until meetings can be rescheduled.

Check out how your Council is supporting residents:

Canterbury Bankstown Council: Are launching a Keep Connected program. Check out the [Whats On page](#) for details.

Strathfield Council have launched [Neighbour2Neighbour](#) you can find out more on their COVID-19 Information page.

Local Service Support

Canterbury City Community Center have created an information directory with the latest information on Centrelink benefits, bill and emergency relief providers, health and other local services. Find the link at www.4cs.org.au or phone 9750 9344 to arrange a copy to be posted to you.

Reminders!

Bridge Housing's Annual Tenant Survey will be posted & emailed around May 18. Please remember to return your survey to be in with a chance of winning some great prizes!

All tenants need to take part in shared responsibilities for common areas in your block, for example, disposing of rubbish thoughtfully and putting shared bins out and bringing them in.

Did you know 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](#)

MAINTAINING GOOD MENTAL HEALTH

Coronavirus is changing the way we live and communicate. Prioritising our mental wellbeing is an important part of staying healthy.

The Australian Government has created a website Head to Health and is encouraging anyone needing support to visit the site www.headtohealth.gov.au

For more support, visit Beyond Blue's Coronavirus Mental Wellbeing Support page. You can:

- Speak with a counsellor for free over the phone
- Connect with others through an online forum
- Chat with a trained professional between 3pm-midnight.

If you want to have a chat with someone about how you feeling and you are wanting support with interpreting you can phone TIS on 131 450 and asked to be transferred to:

- Beyond Blue 1300 224 636
- Health Direct 1800 022 222
- Mental Health Hotline 1800 011 511.

These service support you to connect and with the supports you would like to receive.

We would love to hear from tenants what they are doing to maintain good mental health while in isolation. Have you been exercising, doing meditation, doing arts and crafts?

To share email community@bridgehousing.org.au

The most creative tip will be shared next month and win a \$40 voucher!

bridge housing linking people to a better future

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.

Welcome wellness into your home

If you're not able to get out and about for daily exercise you can keep active at home with simple chair exercises!

Calf raises:

Stand behind your chair holding onto the back support.

Slowly raise your heels and lower slowly.

Seated march:

Sitting on the chair with your feet on the ground slowly start a walking motion. Move your arms back and forth for extra movement.



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.

BRIDGE BUDDIES

Bridge Buddies aims to connect tenants and supports them to get to know other people in the tenant community. This will be done through matching 'buddies' together for conversation, email contact or in person meetings.

With Social distancing in place the program is supporting tenants to connect via phone, email or letter.

To sign up for the program contact the Community Team via email community@bridgehousing.org.au or phone 8324 0800



Bridgehousing.org.au

PANTRY PERFECTION

While in lockdown it may be hard to get out for fresh veggies. Here is a pantry inspired treat that'll taste better than eating out!

4 Ingredient Pancakes

- 1 cup self raising flour, sifted
- 1 cup milk
- 1 egg
- 1 tablespoon vanilla essence (optional)
- 1/2 tsp Butter

1. Combine flour, milk and eggs into a mixing bowl. Add vanilla and whisk until mixture is smooth.

2. Heat a non-stick frying pan over medium heat. Brush pan with butter. Using 1/4 cup mixture per pancake, until bubbles appear on surface. Turn and cook for 3 minutes or until cooked through. Serve with your favourite toppings!



Share your isolation essentials recipe with us!

WIN \$40

Send in an article for the next Bankstown TAG Newsletter.

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

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.

Interested in representing your TAG? Contact your local rep Abdel or

Contact the Community Team

P: 02 8324 0800

E: community@bridgehousing.org.au