

NORTHERN BEACHES NEWSLETTER



Northern Beaches Update

Due to current Government restrictions all community events have been postponed until further notice.

As a way to stay connected with residents a newsletter will be mailed out until meetings and events can be rescheduled.

Tenant Advisory Group Consultation

A Tenant Advisory Group (TAG) is a tenant led forum for tenants to discuss issues, exchange ideas and give feedback to Bridge Housing.

Bridge Housing has six TAGs across Sydney and will work with tenants of the Northern Beaches to implement a local TAG in the coming months.

We are keen to meet with you but right now our face to face meetings are on hold. Instead we have arranged a meeting Zoom, a video or teleconferencing program which you can call into. To register for the meeting please call the Community Team on 8324 0800 or by emailing community@bridgehousing.org.au

REMINDER!

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!

MAINTAINING GOOD MENTAL HEALTH

Coronavirus is changing the way we live and communicate. A part of staying healthy is remembering to prioritise your mental wellbeing

For support, you can visit Beyond Blue's Coronavirus Mental Wellbeing Support page to:

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

If you want to have a chat with someone about how you feeling and require an interpreter phone TIS on 131 450 and asked to be transferred to:

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

Wellness tools and tips

We would love to hear what personal tools you use to maintain good mental health while in isolation. Have you been exercising, meditating or 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 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.

bridge housing linking people to a better future



How is your Council supporting you?

Community Support

Northern Beaches Council has collated the details of services that are able to assist if you are unable to leave your home or are requiring other services such as food care packages or health and wellbeing support.

To receive support or find out more information you can phone Council on 1300 434 434 or visit the website on www.northernbeaches.nsw.gov.au/covid-19/community-support

Library2U

Northern Beaches Libraries is currently offering their Library2U service to all residents. To receive the service you must register online and view their catalogue.

You can request any item and once it's available they will endeavour to get it to you within 3 working days.

For more information phone 1300 434 434 or register at www.northernbeaches.nsw.gov.au/library

BRIDGE BUDDIES

Bridge Housing is encouraging any resident aged 18 or over to sign up to the Bridge Buddies Program.

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 via letters.

With Social distancing still in place the program is a great way to get to know other residents from the safety of your own home.

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

Bridgehousing.org.au



Pumpkin Perfection

With the weather cooling and Autumn vegetables now available it's a great time to make hearty soups to warm you up. For something different try this soup with a twist.

Thai-Style Pumpkin Soup

- 1Tbs Vegetable oil
- 1 Brown onion, diced
- 1kg Butternut pumpkin, peeled and chopped
- 250g Potatoes, peeled and chopped
- 2 Garlic cloves, crushed
- 1/4 cup Thai red curry paste
- 2 1/2 cups Chicken stock
- 1 can Coconut milk



METHOD

- Heat oil in a large saucepan over medium-high heat
- Cook onion, stirring occasionally, for 5 minutes or until softened.
- Add pumpkin and potato. Stir for 5 minutes
- Add garlic and stir for 1 minute
- Add curry paste and stir for 2 minutes
- Add stock and stir. Cover. Bring to the boil. Reduce heat to low
- Simmer for 15 minutes. Remove lid. Before simmering for a further 15 or until vegetables are tender
- Remove from heat and leave to cool or 5-10 minutes
- To make the soup smooth use a blender, or a potato masher if you don't have one
- Once blended add in the Coconut cream and stir
- Season with Pepper and Salt as desired
- To add extra flavour try topping with Coriander, peanuts or a squeeze of fresh lime
- Enjoy!

WIN \$40

Please send in an article for the next Northern Beaches 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 .

To share, contact the Community Team

P: 02 8324 0800

E: community@bridgehousing.org.au