

Junction

AUTUMN 2022

CONNECT



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Please quote your Unique Payment Reference number when paying via EFT, Westpac deposit and cheque or money order.

Bank Westpac

BSB 035 053

Account 298 277



Junction's registered community housing provider is Junction and Women's Housing Ltd.

Join the Junction community on Facebook and keep up to date with all our latest news.



JUNCTION ACKNOWLEDGES WE ARE LIVING ON TRADITIONAL ABORIGINAL LANDS AND WE OFFER OUR CONTINUED RESPECT TO ABORIGINAL PEOPLE PAST AND PRESENT.



WELCOME TO OUR FIRST EDITION OF JUNCTION CONNECT FOR 2022.

The year has started as a struggle for many South Australians as we truly begin to live with COVID in our community. Whether it be through isolation, quarantine or simply in our efforts to keep ourselves – and others safe - most of us have been spending more time at home.

Indeed, local connections have never been more important. Even as we emerge from State-wide restrictions, the value of what and who are close to our doorstep has become more apparent.

Neighbour Day, on March 27, is a timely chance to think about ways to safely get to know those in and around your street and suburb – and for us to share some inspiring yarns! For instance, Hannah and Jodie whose bond extends beyond words. Then, there's also Glenys, Richard and Anne who have a truly life-saving friendship.

In this edition we also talk with Debbie, a Meals on Wheels volunteer for 16 years. Debbie tells us all about her role, her motivation and most of all, the importance of this valuable service.

With more entries than ever before in our Garden Competition, and the conclusion of the very first CHARTS awards, we are very excited to share the winning entries for both of our biggest competitions of 2021. Check out our CHARTS recap on page 7 and goggle at the greenery on pages 12 and 13.

You might notice we've changed a few things based on your feedback and suggestions with a stronger focus on stories for you, from you and around our communities.

Paul Hampel
Group Leader,
Property Maintenance



JUST SOME OF THE DONATIONS FROM OUR PARTNERS



THRIVING TOGETHER

Over Christmas, we watched our communities come alive. From people getting involved in events and leading their own initiatives, to others offering much-needed support and donations.

We were also overwhelmed by the generosity of our local partners, who ensured that support was given to those in the highest need.

Because of their generosity, we were able to distribute \$5000 worth of food hampers, over 200 toiletry packs, \$20,000 worth of Evo Hair and Body Care products, and over 1500 gifts for children and teens.

Thank you to the many organisations who have supported us recently including Women in Hotels; EVO Hair Care; Glow

Beauty & Bridal; C3 O'Halloran Hill; Influencers Church; Edge Church Reynella; Redarc; Rotary Club of Encounter Bay; Victa Cinema and the Friendship Group Goolwa.

FINDING A WAY

While many of our events were impacted by COVID, we're all about experiencing and embracing positive moments when and where we can.

We'll be in touch with more events coming your way soon!



HAVE YOU MET YOUR STREET?

Connecting with our neighbours creates safer, strong and friendly communities.

It has long been known that interaction between people is healthy, helps them grow, it combats loneliness, improves mental health and safety. To mix, mingle and listen to people's stories creates connections, understanding and tolerance.

It's not just about the person next door, either! It might be someone across the road, down the street or around the corner.

Share your neighbour pictures with us! Got any happy snaps with people in your street or neighbourhood? Send them to placemaking@junctionaustralia.org.au with the subject 'Meet my Street!'



OFFER TO HELP

Reach out. It might be as simple as picking up some groceries.



OPEN THE DOOR

Spend some time outside, even if it's just sitting on your balcony, porch or veranda.



SHARE

Plans, home-grown produce, or just a cuppa!



SMILE

It can go a long way!



Marlene and Hannah

BOND BEYOND WORDS

A chance meeting and shared life experiences has resulted in a truly special friendship between two families in Oaklands Park.

When Hannah, 24, and her mother Janice first moved into their property, now managed by Junction, they met Jodie, 42, and Jodie's mother Marlene. Hannah, who has Down syndrome, found herself able to communicate with Jodie, who suffers from Cerebral Palsy, via sign language.

"I was nonverbal as a child, so I've been doing it (sign language) since I was young," Hannah explained.

Marlene said Hannah and Jodie had since formed a close friendship. "She used to not want to go out to church and things, but now if she hears Hannah will be there, she'll be excited to go."



Alex, Sandy and David



Glenys, Anne and Richard

COLLECTIVE EFFORT

Communities can't be manufactured – they're nurtured by those within. Such is the case at Melrose Park.

David and Sandra, who live in Junction's Fig Tree apartments, are guided by this. The pair are a driving force behind many neighbourhood events and initiatives.

"Some of us will decorate, some of us will cook – it's always a collective effort," Sandra said.

"If you can contribute, you do," David added. "But if you can't, that's ok too."

"A community is about respecting everyone in it. It's about watching out for one another, but also respecting their boundaries."

Alex and Vivienne, who also live in the apartments, agreed.

"I don't attend most of the big gatherings," Vivienne said, "But they don't hold that against me at all and still consider me a friend."

"It's like having a support unit outside of your usual family and friends," Alex said.

Getting to know our neighbours can help us gain a better understanding of each other.

Of course, our streets and suburbs aren't all as harmonious as we'd like them to be and when disagreements happen, or people behave badly it's not always resolved with a respectful conversation.

Anti-social behaviour can cause a lot of stress for those impacted as well as the broader community. This kind of behaviour interferes with the reasonable peace, comfort or privacy of neighbours and residents. It includes threats, harassment, obscene language, assault, property damage and making excess noise.

There are several steps you can take if your health, wellbeing and safety is being impacted by anti-social behaviour including speaking with your Junction Housing Manager for advice or links to assistance. If it is an emergency or you ever feel you are in immediate danger, phone 000.

FRIENDS FOR LIFE

Mitchell Park resident Glenys was transitioning into a new home and community when she suffered a serious medical episode.

Neighbours Richard (an ex-Paramedic) and his wife Anne called an ambulance without hesitation when they could hear Glenys struggling to breathe. After being treated in hospital, Glenys was told that her neighbours' actions had quite literally saved her life.

"I didn't feel worried or afraid, I trusted them absolutely, and I've never done that in my life," she said.

Richard and Anne visited Glenys often during her hospital stay, bringing food and keeping her company during her recovery. They also walked and fed her two beloved dogs and even maintained her garden.

"I've got a lot of faith in these people, they're just good-hearted." Glenys said.

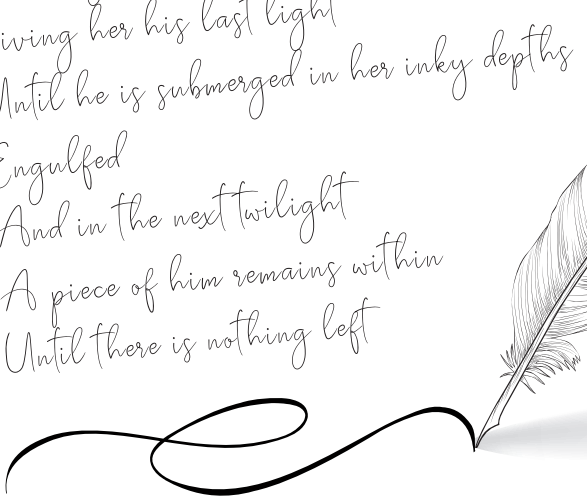


The 2021 winners of the CHARTS Awards



Winners of Poetry and Literature Categories, Junction tenants Amber and Belinda

New Moon Consume
What a beautiful sorrow
When the full moon kisses the sea
Drowning himself just for her touch
Giving her his last light
Until he is submerged in her inky depths
Engulfed
And in the next twilight
A piece of him remains within
Until there is nothing left



Above: The winning entry for the Youth Artist – Poetry and Literature category from Amber, who lives in a Junction property.

IN THE NAME OF ART

Last November, artists from our communities and across the State gathered for the Community Housing Arts Awards (CHARTS), held at the Adelaide Town Hall.

A collaborative initiative between SA's leading community housing providers, more than 180 entries were submitted to the competition across multiple categories - including sculpture, photography, painting and literature.

An expert judging panel of well-renowned artists selected eight finalists from Junction with two winning overall in their categories.

Each winner received a cash prize of \$500, thanks to our partners at Harvey Norman Commercial and Electrolux. Additionally, winners were also awarded either a short course to develop their skills or industry memberships, all made possible by Writers SA, Adelaide Central School of Arts and Guildhouse.

The night was made extra special with guest appearances by Premier Steven Marshall, The Right Honourable Lord Mayor of Adelaide Sandy Verschoor and Shadow Minister for Human Services, Nat Cook.

Our thanks to the Community Housing Council of South Australia and our partners; Anglicare, Community Housing Ltd., Access2Place, Westside Housing, Unity and Housing Choices SA, for helping to bring this inaugural initiative to fruition.

Thanks to our partners





Debbie, who has volunteered for Meals on Wheels since 2005

"I REALLY ENJOY DOING IT BECAUSE THE CLIENTS ARE SO GRATEFUL. SOMETIMES YOU ARE THE ONLY PERSON THEY TALK TO ALL DAY,"

FOOD AND THOUGHT

Since becoming a volunteer with Meals on Wheels SA (MoW SA) in late 2005, Oaklands Park resident Debbie has played an integral role in getting nutritious meals out to those who need it most.

Along with her driver David, a volunteer of 22 years, she is part of the MoW SA Warradale team which cooks, packages and delivers around 150 meals each week day.

"I really enjoy doing it because the clients are so grateful. Sometimes you are the only person they talk to all day," Debbie said.

"A few times they have been very sick or had a fall and I have been told 'You saved my life'. Who couldn't feel good after that?"

Meals on Wheels SA was founded in 1954. Since then, it has delivered over 50 million meals to South Australians.

The service is more than just food deliveries. For some, it provides much-needed social interactions and, in other cases, has triggered life-saving welfare checks.

With people confined to their homes due to COVID, the demand for deliveries has sky-rocketed.

It is only through the support of dedicated volunteers who step-up week after week to help, that the service is able to continue providing support.



YARD FIRE SAFETY

According to the Metropolitan Fire Service, house fires happen every day across the State – and the biggest tragedy is that most are preventable.

While many fires occur inside homes, yards and outdoor property are also the sites – and sources – of many blazes, and the risk of spread from these areas can be significant.

Here's some tips from our Maintenance team to help protect you, your home and others:

- Keep your lawns short and well maintained.
- Remove all flammable toys, debris and other hazardous materials from your yard.
- Trim back large bushes and plants.
- Keep large plants away from the house and nearby power lines.
- Keep all pathways and exit routes clear.
- Monitor excess leaf litter and debris build-up in your gutters and roofs – this can be reported to Junction's Maintenance Team on 8210 7010.
- Prepare a fire safety plan.

“A REAL MEAL, SOMETHING TO LOOK FORWARD TO AND REVEL IN.”

At Meals on Wheels SA, there is a role for everyone! From drivers and cooks to administration support. It is completely voluntary and flexible, whether you have one hour to spare per fortnight or six hours per week, staff can make sure it works for you.

All deliveries are done in pairs (if you already have a partner in mind) and drivers receive a small payment to cover petrol.

The organisation also hosts initiatives to support the nutrition, health and wellbeing of our communities.

For more information on Meals on Wheels or to connect with your local team call 1800 854 453 or visit mealsonwheelssa.org.au.



**South
Australia**



“WORKING ACROSS A VARIETY OF DIFFERENT AREAS HAS GIVEN ME SUCH BROAD EXPERIENCE. ALONG WITH HAVING MY OWN LIVED EXPERIENCE, IT’S GIVEN ME THE TOOLS TO OBSERVE AND UNDERSTAND.”

INTRODUCING CHEZ

A big welcome to Chez, our new Regional Manager for Fleurieu and Kangaroo Island!

Chez comes to Junction with a wealth of experience – having worked as a registered nurse for the first 20 years of her career, before making the jump to community services. She has now spent the past two decades working across housing, domestic violence services and child protection, as well as in regional and Aboriginal communities.

With strong program and project management skills alongside experience in mental health and crisis intervention, Chez is keen to continue her passion for Community Services here at Junction.

“Working across a variety of different areas has given me such broad experience. Along with having my own lived experience, it’s given me the tools to observe and understand,” she said.

“I believe everyone should have the opportunity to achieve positive outcomes and do well in life. Living in crisis can be very stressful and if we have the ability to support and empower others it makes our work very rewarding.”

She is eager to really get to know the services, staff and clients across the Fleurieu region and on Kangaroo Island.

“It’s important, at a local level, for people to know that there are accessible services available to them,” she said. “It’s also important I understand it all first!”

When not at work, she enjoys gardening, camping and exploring the great outdoors. Rumour has it – she’s also quite the amateur photographer.

“Come say hi! I’m very easy going,” she said. “With me, what you see is what you get!”



SeaLink staff onboard the ferry supporting the Orange the Island campaign

UNMASKING A HUMAN PROBLEM

Supporting South Australians to recognise the many forms of domestic violence and helping people to reach out is critical to our community stamping out this issue.

This was the message at the centre of a recent Junction campaign, supported by SeaLink.

“Domestic violence is a significant issue across our society – and the world – and all the research shows COVID has compounded this,” Junction CEO Maria Palumbo said.

“It’s important people understand that abuse isn’t just physical. It can be sexual, financial, psychological or spiritual. Emotional abuse is actually the most common form.”

As a key provider of domestic violence services on Kangaroo Island and across the Fleurieu, Junction last financial year supported around 130 people including women and children who were experiencing abuse.

The organisation is also part of the Statewide Domestic and Family Violence Alliance – a collaborative, specialist group of services providing assistance to those who have experienced or are experiencing abuse across the State.

“DV affects men, women and children and the cost is one that impacts not just individuals and families,” Ms Palumbo said.

“The solution lies in not only supporting those experiencing domestic violence but all of us, as a community, stepping up and speaking up.”

FOR ADVICE AND SUPPORT
RELATING TO DOMESTIC
VIOLENCE AND ABUSE CALL
1800 RESPECT
(1800 737 732)



**BEST
FRONT YARD**

David from Strathalbyn



**MOST
CREATIVE/
UNIQUE
GARDEN**

Wendy from Seaford



**BEST
BACK YARD**

Roger from Strathalbyn



**BEST FRESH
PRODUCE
GARDEN**

Craig and Lynda from Mitchell Park

BLOOMING BEAUTIFULLY

From the mid-north to the Fleurieu, our 2021 Garden Competition reached across the regions and the results were blooming beautiful!

This year we received a range of entries including from many people who had not previously participated.

Senior Manager, Tenant Services, Sonia Sheppard said it made judging “a very challenging task”.

“The diversity and standard of entries this year was extremely high across the categories. The effort, passion and dedication of everyone who entered was obvious and a credit to all.”

Congratulations to all the winners and runners up in 2021:

BEST FRONT YARD

Winner:
David from Strathalbyn

Runner up:
Susan from Christie Downs

BEST BACK YARD

Winner:
Roger from Strathalbyn

Runner up:
Denise from Strathalbyn

BEST FRESH PRODUCE GARDEN

Winner:
Craig and Lynda from Mitchell Park

Runner up:
Emiko from Encounter Bay

MOST CREATIVE/UNIQUE GARDEN

Winner: Wendy from Seaford

Runner up: Susan from Renown Park



Renate unveiling her macaroons!

SWEET
TREAT

RENATE'S EASY MACAROONS

A delicacy that costs little in time and money!

Ingredients

- 1 can of condensed milk (approx. 395g).
- 1 packet of desiccated coconut (approx. 250gm).

Method

1. Mix condensed milk and half of the desiccated coconut in a large bowl.
2. Slowly add the rest of the coconut until the mixture is stiff enough to hold together.
3. Use a spoon to form mixture into a small ball shape and place on a lined baking tray.
4. Place baking tray in pre-heated oven (160°F) and bake for approximately 10 minutes, keeping a close eye on them so they do not burn.
5. When the Macaroons have lightly browned across the top, they are ready to remove from the oven.
6. Allow to cool down before eating.

Serving Suggestions

- Place a sliced glaze or fresh cherry on top.
- Incorporate cocoa into the batter before baking for a dense fudge-y flavour.



COUNTRY TOWNS WORD SEARCH



- | | | | |
|------------|----------|------------|----------|
| GOOLWA | ANGASTON | ROBE | WAIKERIE |
| CEDUNA | WHYALLA | RENMARK | HUGHES |
| KADINA | BERRI | LOBETHAL | HAWKER |
| BORDERTOWN | QUORN | OODNADATTA | WAROOKA |



Oaklands Park Walking Group

THERE ARE 120+ WALKING GROUPS ACROSS SOUTH AUSTRALIA – COVERING METRO TO REGIONAL AREAS.

JOIN A WALKING GROUP

Did you know that walking for an average of 30 minutes a day can:

- lower the risk of heart disease, stroke, and diabetes by 30 to 40 per cent
- manage weight, blood pressure and cholesterol
- reduce your risk of developing some cancers
- maintain your bone density, reducing your risk of osteoporosis and fractures
- improve balance and coordination, reducing your risk of falls and other injuries

Getting out for a walk in the fresh outdoors is not only beneficial for your physical health, it can also be a great community activity.

There are 120+ walking groups across South Australia – covering metro to regional areas.

So if you're looking for a group of fellow outdoor enthusiasts to hit the pavement with, visit: walking.heartfoundation.org.au Just type in your postcode to find a walking group near you!



For residents in Oaklands Park and Mitchell Park, why not come along to a Junction walking group?

Oaklands Park Walking Group

When: Wednesdays, 9:30am

Where: Meet at Rajah Reserve, Rajah St, Oaklands Park SA 5046

Enjoy a walk through the wetlands followed by morning tea.

Mitchell Park Walking Group

When: Tuesdays, 9:30am

Where: Meet at MarionLIFE, 887 Marion Rd, Mitchell Park SA 5043

Stroll along the walking tracks in the parklands followed by morning tea.