



# Keeping the community connected

**M**eet the Sutherland Shire Area Tenant Council. They started a newsletter to share good news and local notices with their neighbours.

The group are supported through the Tenant Participation Community Engagement program to print and distribute monthly issues of the newsletter. It is a great way to help others feel connected to each other and the wider community.

The Tenant Council has been running for more than 20 years to help advocate for their neighbours and make their community a better place to live.

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## Have you had your COVID-19 booster yet?



The COVID-19 pandemic is not over but the way we live with it is changing. It is up to all of us to help protect ourselves, our families, and our community. The more people fully vaccinated against COVID-19, the safer we will be.

Make sure you get a COVID-19 booster as soon as you can. Boosters are highly recommended for anyone aged 18 or over who have had their second COVID-19 vaccine three or more months ago. Ask your GP about when you can get your booster.

If you test positive using a COVID-19 rapid antigen test at home, you must register it with Service NSW when you get your result.

Find the latest COVID-19 advice on [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19)

## Minister's message

Hello and welcome to the first edition of *Your Home for 2022*.

My name is Natasha Maclaren-Jones. I have the honour and privilege of serving you as the Minister for Families, Communities and Disability Services.

In the coming months, I look forward to learning more about you, your needs and how I can help you thrive. I am committed to improving the quality of care and support for tenants across the state.

The pandemic has made the past few years difficult for many. As we learn to live with COVID-19, we have measures in place to keep you as safe and healthy as possible.

Please continue to wear masks outdoors, maintain your social distance, and get your booster shot when you can.

It is so great to hear stories like Sutherland Shire Area Tenant Council (page 1) who are working to make their community a better place to live. Well done to all involved.

If you do not feel safe at home, call the NSW Domestic Violence Line on 1800 65 64 63 (page 3). They are open 24 hours, seven days a week.

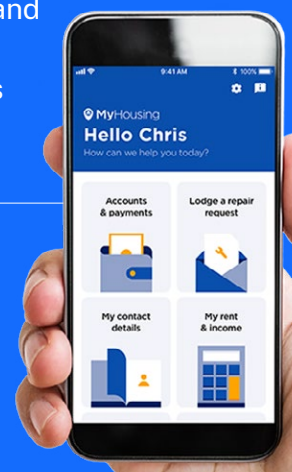
**The Hon. Natasha Maclaren-Jones**  
Minister for Families and Communities  
Minister for Disability Services

## Need to lodge a repair request?

The best way to reach us is through the *MyHousing App*. You can lodge non-urgent repairs, update your details and pay your bills.

It's free to download and lets you get organised from the comfort of your own home.

You can also access support online at [facts.nsw.gov.au/myhousing](https://facts.nsw.gov.au/myhousing)



# Who do you call if you feel unsafe at home?

'We have women in all types of situations calling the Line from across the state' says Jo.

Jo, a trained counsellor, is a caseworker for the NSW Domestic Violence Line.

'Everyone's circumstances are different and domestic violence isn't always physical.

'It can be controlling in lots of other ways. But no matter what the situation is, I always listen to

them and help them any way I can'.

The NSW Domestic Violence Line can help:

- refer you to domestic and family violence services and family support services
- with crisis counselling and a plan to be safe
- you access crisis accommodation and support
- provide emergency crisis transport for you and your children
- contact police, courts and lawyers on your behalf
- arrange interpreters in your language.

The NSW Domestic Violence Line is staffed by female caseworkers. It is a free, state-wide, 24-hour telephone crisis counselling and referral service.

If you feel unsafe at home, call the NSW Domestic Violence Line on **1800 65 64 63**.

If you are male and need help, they can refer you to specific services. You can also call Mensline on **1300 78 99 78**.

If you or your children are in danger, call **000** now.



## Packing a healthy lunchbox

Eating healthy doesn't have to be a complete lifestyle change. There are lots of small things you can do so that you and your family feel better and healthier for longer.

A great place to improve your healthy habits is your child's lunchbox. Make sure they have a balanced box with a variety of foods from different core food groups. This includes:

- Grain food to GO
- Protein-rich food to GROW
- Vegetables to GLOW
- Fruit for FIBRE

Many schools have 'crunch and sip' time for students to refuel and rehydrate. This is a set time for kids to sit and eat their lunches and drink some water.



### Need help planning?

Check out the healthy school lunchbox planner on [healthyliving.nsw.gov.au](https://www.healthyliving.nsw.gov.au)

They have lots of ideas for putting together a balanced lunchbox for all dietary needs. You can select a suggestion for each food group or create an automatic lunchbox.

The healthy living website has lots of healthy ideas for everyone. Find eating tips, recipes, and lots of free programs to get you active.



## Tenant tips

### Teresa's easy and affordable chicken drumstick recipe (serves 6).

1. Pat meat from a 3-5kg bag of chicken drumsticks with a paper towel. In a large bowl, combine the following ingredients until smooth:
  - 2-3 large garlic cloves
  - the zest of a whole lemon and half the lemon's juice
  - 2 tsp ground coriander
  - 1 tsp apple cider vinegar
  - 3-4 tsp Dijon mustard
  - 2 tsp sea salt
  - 1 tbsp mild olive oil.
2. Combine mixture with chicken and place in a large ziplock bag, or cover bowl with cling wrap. Place in the fridge for 3-4 hours, or ideally, overnight. About 30 minutes before cooking, take out of the fridge to come to room temperature.
3. Heat oven to 160 degrees Celsius. Place meat in roasting dish and cook until golden brown, about 20-30 minutes.

Serve with salad, fresh parsley, and extra lemon.

Thank you, Teresa, for your submission.

## The NSW SENIORS' FESTIVAL is back!

**Friday 25 March – Sunday 3 April**

There's no better way to reconnect than the NSW Seniors' Festival.

There are hundreds of free and discounted events and activities state-wide for seniors to enjoy in-person or online.

For more information visit [www.seniorsfestival.nsw.gov.au](http://www.seniorsfestival.nsw.gov.au)

Follow NSW Seniors' Festival on Facebook for the latest news and announcements.

## Contact us

If you need to visit a DCJ office in person, please call ahead and make an appointment. You can also contact us by downloading the *MyHousing app*, online or over the phone.



Download the *MyHousing app* from the App Store or the Google Play Store.



**MyHousing Online Services**  
[www.facs.nsw.gov.au/myhousing](http://www.facs.nsw.gov.au/myhousing)



**Housing Contact Centre 1800 422 322**  
24/7 for general enquiries

## Interpreting

If you would like someone who speaks your language to help you over the phone, call All Graduates on **1300 652 488** before calling the Housing Contact Centre.

### Arabic

إذا كنت ترغب في أن يساعدك شخص يتحدث لغتك عبر الهاتف، اتصل بـ All Graduates على الرقم **1300 652 488** قبل الاتصال بمركز اتصال الإسكان.

### Persian

اگر دوست دارید شخصی که به زبان شما صحبت می کند از طریق تلفن به شما کمک کند، قبل از تلفن به مرکز تماس مسکن با All Graduates از طریق شماره **1300 652 488** تماس بگیرید.

### Simplified Chinese

如果您需要能说您的语言的人在电话中为您提供帮助，请在打电话给住房联络中心之前先拨打 **1300 652 488** 联系 All Graduates。

### Spanish

Si desea que alguien que hable su idioma le ayude por teléfono, llame a All Graduates al **1300 652 488** antes de llamar al centro de contacto para asuntos de vivienda.

### Traditional Chinese

如果你需要講你語言的人通過電話幫助你，請先撥打 **1300652488** 致電 All Graduates 翻譯公司，然後再致電房屋署聯絡中心。

### Vietnamese

Nếu quý vị cần người nói cùng ngôn ngữ với quý vị giúp đỡ qua điện thoại, hãy gọi cho All Graduates qua số **1300 652 488** trước khi gọi cho Trung tâm Liên lạc Gia cư.