



Our operations over the *Easter* holiday period

Wesley Community Housing will continue to operate over the Easter period but with minimal staff. On public holidays and after hours, call 1800 770 602 and listen to the voicemail for instructions.

The team at Wesley Community Housing would like to wish you and your loved ones a blessed and safe Easter.



Helpful contacts

Lifeline (24/7 crisis support)	13 11 14
Emergency services (Police, Ambulance and Fire)	000
Police (non-emergency)	131 444
1800 RESPECT For people impacted by sexual assault, domestic violence or abuse	1800 737 732
Beyond Blue (for depression and anxiety)	1300 224 636
GambleAware Helpline	800 858 858
MensLine Australia (24/7 telephone counselling support for men)	1300 78 99 78
Butterfly Foundation (free, confidential counselling and referral for people with eating disorders and body image issues)	1800 334 673
General enquiries, maintenance and repairs	1800 770 602

communityhousing@wesleymission.org.au | wesleymission.org.au

Connect with us



How can we help you or someone you know?

Did you know Wesley Mission offers over 100 support services across New South Wales? If you or someone you know needs support, reach out. We're here to help.

Have you had a gutful of gambling? If you're struggling with gambling, take the first step out of it with Wesley Mission. **Call 1300 827 638** to speak to one of our gambling counsellors.

Wesley Financial Counselling: Free, independent and confidential face-to-face counselling to help you navigate financial stress and manage your money more effectively. **Call 1300 827 638.**



April 2024

Knock knock

Wesley Community Housing Newsletter

Chaplain's message

I don't know about you, but the time between Christmas and Easter seems to get shorter every year. No sooner have the shops finished playing Christmas carols that the hot cross buns and Easter eggs are out on the shelves – consumerism at its finest!

There is, however, a vital link between the two events on the Christian calendar. If Christmas is about the birth of Christ, Easter is about the hope of Christ.

What are you hoping for right now? Good health? Friends who stick by you? Family to get along? Or does life sometimes feel hopeless. Maybe as you read this you've stopped hoping for things because you just feel let down. Easter is the reason we have Christmas – the birth of Christ. Jesus, born to be our Saviour, to ultimately go to the cross to pay the price for all the wrongs of the world, our wrongdoings, what the bible calls sin.

Love ran red for you, for me, on the cross. Jesus' blood. The only blood that can save us and make things right between us and God.

"There's a place where streams of grace flow deep and wide. Where all the love I've ever found, comes like a flood, comes flowing down".* Pure, unconditional perfect love.

"This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins (1 John 4:10 NIV).

Hope, real hope, is found in Jesus. Hope you can cling to, even when all hope seems lost. After Jesus died on the cross (Good Friday), He rose again (Easter Sunday).

Easter is a time we celebrate new beginnings and the promise of new life.



The resurrection of Jesus Christ offers hope, reminding us that no matter how dark things may seem, there is always the possibility for restoration and things made new. Among the chocolate bunnies and Easter eggs lining the shelves, we can remember the real meaning of Easter – Jesus' love, sacrifice and forgiveness freely given for all people, for you. This Easter may you know that no-bunny loves you like Jesus! Happy Easter everyone.

*Tomlin, A. (2014). 'At the Cross (Love Ran Red)'. Six Steps.



From the garden: fresh bruschetta

For the past few years, Wesley Community Housing tenants have worked hard to grow community gardens with the support of our friends from Botanic Gardens of Sydney Community Greening Program.

We enjoyed the fruits of these labours at our recent tenant meetings with some yummy bruschetta! Find out how you can eat fancy, but frugal, with this awesome bruschetta recipe.

Ingredients:

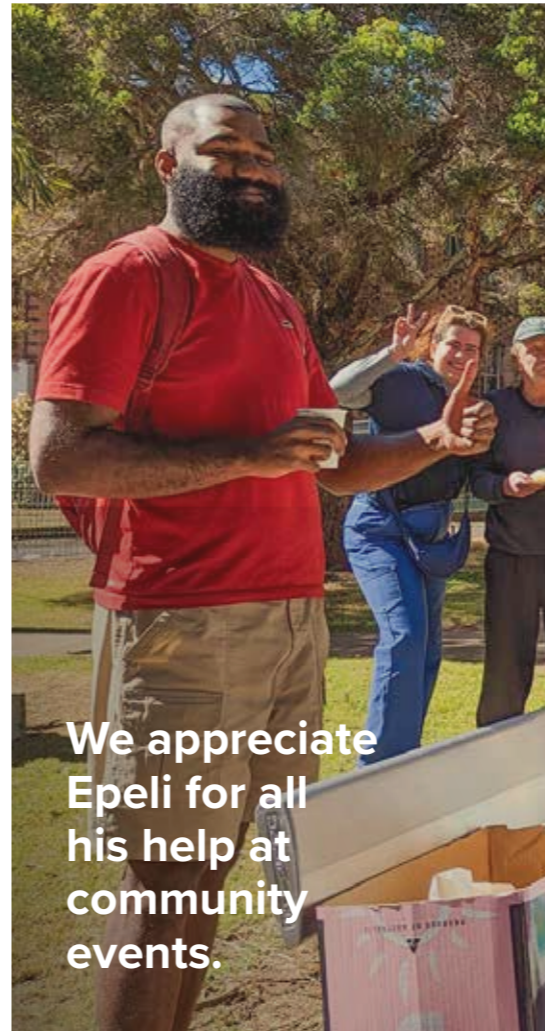
- 2 tomatoes
- firm bread (suggest sourdough or baguette)
- basil
- 2 cloves garlic
- balsamic vinegar (or extra virgin olive oil)
- teaspoon salt
- teaspoon pepper.

Method:

- Before you begin, wash your basil and tomatoes well to get rid of any yucky pesticides, bacteria or bugs.
- Dice the tomatoes and place them in a bowl.
- Thinly slice about 5–8 leaves of basil and add to the bowl.
- Peel and dice the garlic cloves and add to the bowl.
- Add salt and pepper to the bowl to taste.
- Gently mix the ingredients together.
- Lightly toast two slices of bread.
- Put your toast on a plate and place your tomato mixture on top.
- Drizzle with balsamic vinegar or olive oil and enjoy!

You can customise your bruschetta to suit your taste and budget. You could add diced red onion (like in the photo), more basil or garlic, or even some avocado. And remember, if you're a tenant, you can grow some of these ingredients in your community gardens.

Check if they're growing already or reach out to our Community Engagement team on **1800 770 602** to see how we can help your garden flourish.



We appreciate Epeli for all his help at community events.



“I was happy to start my professional career in a place of love, guidance and support.”

Aaro and Bruce

Doing all the good we can: celebrating good neighbours

We love seeing our communities 'doing all the good we can'. In this section, we're celebrating our neighbours who've been recognised by their communities for their good deeds. If you'd like to shout out someone in our next newsletter, reach out to the team on **1800 770 602** or email communityhousing@wesleymission.org.au

We're blessed to know Matthew from Warwick Farm. Matthew is a caring neighbour who looks out for his community.

We appreciate Epeli for all his help at community events. From the coffee machines to carrying tables, Epeli is always lending a hand.

Let's celebrate Scotty from Miller for his compassion and support of his mates, neighbours and community.

Shout out to Ehab for always going above and beyond to make sure community events run smoothly.

Team update: meet Aaro

Guess who's back? Wesley Community Housing continues to grow, and we're blessed to welcome back Aaro as an official team member, having previously completed student placement with us.

Position: Engagement Support Officer

Team: Community Engagement

What is your go-to karaoke anthem?

'We Will Rock You' by Queen (because everybody knows the chorus) or a Linkin Park classic.

What's your favourite thing about Wesley Community Housing and why were you excited to go from student placement to employee?

It only seemed natural to me. During my time as a volunteer, I got to learn and experience the team's work and see their relationship with tenants.

The fact that I was accepted by everybody and got involved in the community engagement made me feel like I belonged here.

I loved every bit of my experience as a volunteer.

Rent review

Twice a year, Wesley Community Housing must review our tenants' eligibility for a rental subsidy.

Some of you may have received a letter about this. If you received this letter, this means we must find out your income and calculate your new rent. In this process, there are a lot of words used that can be confusing.

So, here are the meanings of a few words we often get asked about:

Market rent: this is the amount of rent that may be expected for a property if it was on the private market. We receive these figures from the Department of Communities and Justice.

Commonwealth Rent Assistance (CRA): this is an income supplement (a bit extra) given to eligible people on Centrelink who live in community housing or in a private rental.

Electronic Verification of Rent (EVOR): this is a service that allows Wesley Community Housing to tell Centrelink when your rent changes. If you're a tenant of Wesley Community Housing and we have your consent, this means you may not need to do a rent certificate every time your rent changes to ensure you get the full amount of Commonwealth Rent Assistance, you're eligible for.



Making Japanese Kokedama with Adina from the Botanic Gardens of Sydney Community Greening Program



Frugal and fresh: cleaning tips on a budget

We all want our homes to be clean and tidy. The good news is you can save yourself multiple supermarket trips and money, with our tips and tricks for a clean home on a budget.

Cheap household cleaning staples:

- white vinegar
- bicarb soda
- washing soda
- scrubbing brush
- spray bottle/s
- microfibre cleaning cloths.



Toilet

- Flush the toilet.
- Sprinkle bi-card soda around the bowl.
- Spray the toilet with vinegar and allow the bicarb to bubble.
- Scrub the toilet bowl.
- Flush then spray the rest of the toilet and wipe down.

Mirrors

- Spray the mirror with vinegar.
- Let it sit for one minute.
- Wipe down with a cloth or newspaper.

Dusting

- Dampen a microfibre cloth.
- Wipe over surfaces, rinsing and wringing, as required.

Smelly containers

- Wash food container as normal.
- Add a tablespoon of bicarb soda to the container and replace lib.
- Shake the container then allow it to sit for 24–48 hours.
- Pour out bicarb soda and wash again.

Sinks and drains

- Put the plug in your sink.
- Add one cup of washing soda and fill the sink with hot water.
- Add one cup of vinegar, stir and let sit for a few minutes.
- Pull out the plug (use tongs if too hot).
- Use scrubbing brush to remove stubborn stains as the water drains.



SHARE EASTER WITH WESLEY MISSION

We'd love to welcome you to Wesley Mission's Easter events and church services. Gather with us and together we'll share in the hope we have in Jesus Christ because He is risen.

GOOD FRIDAY

Street performance

29 March

1pm, Martin Place Amphitheatre, Sydney or join online

EASTER SUNDAY

Church services

31 March

Sydney CBD and Ryde



Scan for details

Community partners and friends have come together in tenant meetings and recent events



ANZAC Day

ANZAC Day is a national day of remembrance. The day remembers all those who have served and died in conflict. The date specifically remembers the landing of the Australian and New Zealand Army Corps at Gallipoli, Turkey in World War I.

There are lots of things you can do to commemorate ANZAC Day.

ANZAC Day Dawn Service

4:30am

The Cenotaph, Martin Place Sydney

ANZAC Day March

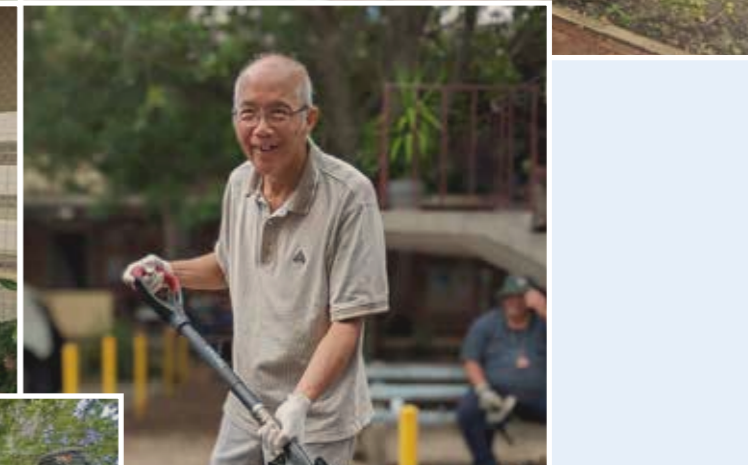
9am – 12:30pm

From the intersection of Martin Place and Elizabeth Street to the end of Hyde Park at Liverpool Street in Sydney's CBD.

You can also watch the broadcast from home on ABC TV and ABC iView

'They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them.'

Gardening with Darren from the Botanic Gardens of Sydney Community Greening Program and planting some yummy new veggies in Southwest Sydney



Community clean up and lunch in Newcastle, joined by Brenden from the Botanic Gardens of Sydney Community Greening Program

