



Heart-warming chicken and corn soup

Ingredients you'll need:

- 1L of Chicken Stock
- 500g Chicken Breast Fillet, thinly sliced
- 2 x 420g cans of creamed corn
- 3 eggs lightly beaten (Optional - for something a bit fancier.)

Step 1

In large saucepan bring chicken stock to a boil.

Step 2

Put the thinly sliced chicken into the stock. Reduce the heat to a simmer and poach chicken for 5 minutes. You may need to cook the chicken longer if your slices are thick!

What is poaching? Poaching just means cooking something by simmering it in liquid.

Step 3:

Add the creamed corn. Continue to cook for 5 minutes.

TIP: Stir well! Making sure you stir the bottom of the saucepan so that nothing burns.

You can serve at this point – but if you want to add some flare to your chicken soup, continue with the recipe.

Step 4:

Stir the soup and create a whirlpool.

Step 5:

Drizzle in the egg and keep making a whirlpool.

TIP: If you want you can dice up some bacon, fry it off and serve as a garnish for something a bit extra. Otherwise, make some yummy toast to soak up all your delicious soup!

From the Tenants: Heidi's Cooking Tip!

Leftovers don't have to be wasted. Heidi recommends always having some flaky pastry available. Leftover sausage, crab meat, frozen veg or bacon also work great. If you don't have enough for fillings, use boiled eggs, sauce mixes or gravies to give your filling a bit more substance.

Just line a pie dish with pastry, fill with your leftovers and top your lined dish with pastry lid. Bake until golden and enjoy.

Did you know?

Wesley mission offers over 130 services in NSW, all of which are available to those who need them.

Wesley Financial Counselling: Free, independent and confidential face-to-face counselling to help you if you are in financial distress or would like to manage your money more effectively. Call **1300 827 638**.

Wesley Home Care: We offer a range of Home Care Packages and support for seniors. To talk to one of our experts, call **1300 086 906**.

Wesley Training: We provide a wide range of training programs across Australia for students and employees, to help develop skills, create employment opportunities and build careers. Call **1800 676 039** or email training@wesleymission.org.au

August 2020

Knock knock

Wesley Community Housing

Tips for a picture-perfect property

Are you looking for clever and cost-effective ways to make your property look great?

According to one of our tenants, Kerry, making the most of your property can be as simple as keeping it clean and using a few basic tools to make small improvements.



Your place can look picture-perfect too by following these key tips!

1) Recycle and repurpose

A little bit of TLC can go a long way. You may find that many second-hand items only need a coat of paint, a little bit of varnish or just a good scrub.

2) Cleaning doesn't have to be time-consuming or pricey

Little bits of cleaning here and there with some cost-effective cleaning tools (hint: see below) can keep your property looking and feeling perfect.

TIP: Did you know white vinegar makes a great floor cleaner and bathroom cleaner?

Just dilute with water in a bucket.

TIP: Bi-carb soda is great for foul smells and lifting dirt.

A little bit of bi-carb soda on sponge can help lift dirt stains. You can also put a small amount of bi-carb in an open container in the fridge to keep it smelling fresh and clean!



Contact us
 General enquiries 1800 770 602
 Maintenance and repairs 1800 770 602
 Wesley Community Housing
communityhousing@wesleymission.org.au
wesleymission.org.au
 ABN 42 164 655 145 Wesley Mission is a part of the Uniting Church in Australia.



Do all the good you can because every life matters

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The Wesley Community Housing team has grown! Meet our team:



Front Row: Housing Services Officer – Cassandra, Operations Manager – Lisa, Systems and Reporting Officer – Edward, Housing Services Specialist – Kelley, Tenancy Officer – Kris

Back Row: Tenancy Officer – Peter, Wesley Chaplain – Tino, Engagement Officer – Liesa, Tenancy Coordinator – Sharon, Maintenance Officer – Charles, Asset Officer – David

Feel free to contact the team by calling 1800 770 602

Wellbeing tips

Tip 1: Manage your exposure to news and media. Staying informed is important! At the same time, watch in moderation, and make sure what you're watching and listening to is good quality, accurate information.

Tip 2: Be active. A simple stroll or a quick trip to the park can be great for

our physical and mental wellbeing – even 15 minutes here or there makes a big difference.

Tip 3: Get creative. It's important to express yourself and being creative is a fun, healthy way to do so. Why not try some drawing, listening to music, or even writing a short story?

Tip 4: Create a routine. By making a list of what you'll do each day, you can set goals and keep yourself on track. Don't forget to include fun things in your routine too! Why not watch your favourite show after you finish the housework?

Upcoming important dates

Tenant satisfaction survey

We want to hear from you! Our tenant satisfaction survey has been sent out and we'd love to hear your feedback. At Wesley Community Housing, we always want to know what we can do better to serve and help you. Please keep an eye out for the survey and complete it when you get it.

Rent review

In September we will be doing a review of all rents. When you receive the letter for rent review, please provide your income details before the due date. This will ensure you are not placed on market rent and your tenancy is not put at risk. If you have any questions, please do not hesitate to contact us on 1800 770 602.

Tenant handbook

We're in the final stages of developing a new Tenant handbook, and would like to receive your feedback. Please contact us on 1800 770 602 or communityhousing@wesleymission.org.au if you would like to review the drafted handbook.

Your community: In the garden

Despite many engagement events being temporarily on hold, Wesley Community Housing tenants are continuing to show their green thumbs. When supermarket shelves were empty, Wesley Community Housing planter boxes provided tenants with fresh herbs and veg grown right on site! The planter boxes supplied in partnership with the Royal Botanic Gardens continue to be a hit with tenants.

As restrictions ease, Liesa Davis (Community Engagement Officer) and the team are out and about again... which means you can look out for more BBQs and gardening days soon. Look out for a message from Liesa and the Wesley Community Housing



team with updates about the next event. Please remember to look out for each other and to stay home if you're feeling unwell.

Do you have ideas for new community engagement events? Do you want to see something different in the newsletter? Do you have an easy-to-make recipe you want to share? Let us know by calling 1800 770 602 or emailing communityhousing@wesleymission.org.au 🏠



COVID-19 clinics

COVID-19 Clinics are operating across NSW. To learn more about testing please:

- call your GP
- visit healthdirect.gov.au/coronavirus or call 1800 020 080 (National Coronavirus Helpline)
- visit one of the public COVID-19 clinic
- visit one of the Australian Government COVID-19 GP Respiratory Clinics
- while there are many clinics throughout the state, the following may be near you:

Western Sydney: Fairfield Respiratory Clinic, Westmead Hospital

South-Western Sydney: Bankstown-Lidcombe Hospital, Liverpool Hospital, Campsie Clinical Labs Pathology

Sydney/Eastern Sydney: Prince of Wales Hospital, St Vincent's Hospital, Sydney and Sydney Eye Hospital

Central Coast: Gosford Hospital, Erina Respiratory Clinic, Wyong Hospital

Newcastle: John Hunter Hospital, University of Newcastle Drive-Through Clinic, Calvary Mater Newcastle.