

SUMMER 2022

# Thrive

## community newsletter

## Welcome to your summer edition of Thrive.

In this edition you will find some tips in preparation for summer, Nina's story as a Unison renter, information about the Make Room project, guidance if you are planning to move, and messages from both the Unison CEO and the Tenant Advisory Group Convenor.

### Message from James King, Unison CEO

As the end of the year draws near, I would like to provide you with a brief update about the initiatives and developments at Unison. It has been a busy and challenging year for us, and the holiday season is a welcome break for many.

In the past year, we have added more team members to support our renters and helped more people into social and affordable housing.

We continue to work collaboratively with builders and developers to create vibrant, sustainable communities that meet the needs of renters. Our commitment is to ensure our renters have opportunities to sustain their housing, build a sense of home, and participate in their wider community.

We are happy to announce that we are nearing the completion of our 74-unit housing development in Werribee. This project is part of our strategy to help alleviate housing distress in the City of Wyndham. It will also house a Unison Initial Assessment and Planning (IAP) office alongside partner support services. This is our second

significant development in Werribee following the opening of the purpose-built supported accommodation for young people earlier this year.

Our Heidelberg Heights project, part of the Victorian Government's \$5.3 billion *Big Housing Build*, is well underway to deliver 42 new homes for vulnerable families in the City of Banyule. Structural work has been completed, and we are on track to deliver this new social housing apartment block in mid-2023.

It is essential to stay connected with each other, and I encourage you to follow Unison's Facebook page if you don't already do so. We use this platform to share information, news and positive stories about and with our renters.

The team at Unison offers you their best wishes and happiness to you and your families over the festive season.

James



## A “palace” for a mum and her boy

You can tell Nina loves her home. The lounge is comfortable and inviting, art on the walls and the balcony has bright seating and lots of healthy plants.

Eleven years ago, Nina was one of the first to move into our Collingwood affordable housing apartment building. She moved in with one bag and was eight months pregnant.

“Finding this place was a blessing and a huge relief. I had my son a month later and I am so grateful for all the help I got.”



After living in inappropriate housing and experiencing homelessness, Nina moved into her Unison home. “I was so excited. It was like a palace! When I first moved in, I wanted to show the world and say look where I am living!”

Eleven years on, Nina’s apartment is lovingly fitted out. “The apartment is lovely and spacious. I use my imagination and put things together.”

“The trams are close by and there are terrific sports facilities for my active son. We have made a lot of friends from the school community and there are many family activities.”

Nina’s son is a striker with the local soccer club and has won Best Player of the Year.

“I love living here,” Nina says with a smile on her face.

## Be sun smart this summer

Ultraviolet (UV) rays from the sun is the main cause of skin cancer. It’s never too late to improve your sun protection habits – so make sure to Slip! Slop! Slap! Seek! Slide!

**Slip on clothing:** If you can see skin, UV can reach it. Clothing is a great barrier between the sun’s UV and your skin.

**Slop on sunscreen:** Correctly apply SPF30 (or higher) sunscreen to any skin not covered by clothing.

**Slap on a hat:** Wear a hat with a tight weave and broad brim that provides good shade to your face, head, neck and ears.

**Seek shade:** Shade can be natural (trees, shrubs or shadow cast from nearby buildings), built (pergola, shade sails, etc.) or portable (shade umbrellas, marquees, etc.).

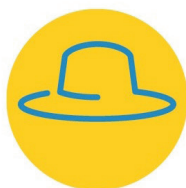
**Slide on sunglasses:** Wearing sunglasses can reduce UV rays to the eyes by up to 98%.



**Slip**



**Slop**



**Slap**



**Seek**



**Slide**

**Source:** <https://www.sunsmart.com.au/>



## **A message from the Tenant Advisory Group Convenor, Frank Otis**

Dear fellow tenants,

TAG is going well, and it is great to meet face-to-face now. I am pleased to report that we are continuing with our TAG recruitment campaign. It is good to have new voices and ideas in the room, and we look forward to continuing our work with Unison in the new year.

If you are interested in joining TAG, please get in touch with your Place Manager or visit the Unison website [unison.org.au/tenant-resources/tenant-advisory-group](https://unison.org.au/tenant-resources/tenant-advisory-group).

With Christmas coming up, it's good to take the time to connect with and catch up with people. I hope 2023 is prosperous and healthy for you all, and don't forget to be yourself because everyone else is taken.

Stay healthy and safe.

Frank



## **Stay hydrated in summer**

As the weather warms up, it is essential to keep well hydrated. Drink water regularly and enjoy natural foods like strawberries, celery, melon and lettuce with a high-water content. Here is a delicious thirst-quenching recipe to try.



### **Iced Tea:**

- 2<sup>1</sup>/<sub>4</sub> cups water
- 6 regular-size tea bags
- 6 cups cold water
- Add sugar, lemon wedges and mint for garnish.

### **Method:**

Boil the water in a saucepan. Remove the saucepan from the stove, add the tea bags and steep for 15 minutes. Remove tea bags (without squeezing), pour the tea into a container, and mix with 6 cups of cold water. Refrigerate until cold and serve with ice, sugar, lemon.

## **Planning to move out?**

If you are moving out of a Unison property, please assist us by following these few simple steps:

- Give us 14 days' notice by dropping into a Unison office or contacting your Place Manager.
- Ask your Place Manager to calculate the remaining rent you owe.
- Take all your belongings with you, including rubbish and items you no longer want.
- Disconnect your utilities (gas, internet, electricity).
- Leave the property as clean as it was when you moved in.
- Let us know where you are moving to and redirect your mail.

We appreciate your assistance. If you have any further questions, please talk to your Place Manager.



## **Make Room – More than just housing**

The Make Room project is a partnership between the City of Melbourne, Unison, cohealth, the Victorian Government and philanthropic organisations to address the needs of people experiencing homelessness (rough sleeping) in the City of Melbourne.

Make Room's vision is to provide up to 12 months of short-term accommodation, with wraparound supports to manage health and other needs including transitioning renters into long-term affordable housing.



The \$20 million project will repurpose a Council-owned building on Little Bourke Street in the city, into specialist homelessness accommodation. The six storey complex will include communal spaces, space for health and other supports rooms and social enterprise opportunities. Unison's role is to project manage the construction of the new accommodation, and manage the building and tenancies once people move in.

"This exciting project will help people break the cycle of homelessness by offering the first crucial step to securing long-term housing", says Unison CEO James King. "We are aware of the rough sleeping in our city and the challenges this brings – we work with this daily."

## **Assistance if you need it**

It is a challenging time for everyone. If you need support and someone to talk to, help is a phone call away 24 hours a day / 7 days a week.

- Beyond Blue 1300 224 636 (24 hours) [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Lifeline: 13 11 14 (24 hours) [www.lifeline.org.au](http://www.lifeline.org.au)
- Suicide Call Back Service 1300 659 467 (24 hours)
- 1800 RESPECT 1800 737 732

## **Season's greetings from the team at Unison**

Unison will remain open throughout the summer holidays, except for the following public holidays:

- Monday 26 December 2022
- Tuesday 27 December 2022
- Monday 2 January 2023



## **Feedback**

Unison is committed to providing quality services to our clients, renters and community. To help us do this, we welcome your feedback and contributions. We encourage you to share your stories, good news and any community or local events we can pass on to renters and networks. Please email us at [communications@unison.org.au](mailto:communications@unison.org.au) to contribute.