

# WEST TAG NEWSLETTER



## COMMUNITY EVENTS

### Free Yoga - Cumberland Council

Tej Gyan Global Foundation is offering free online Yoga sessions. You will learn about the 8 limbs of Yoga and try simple techniques to apply them in our daily lives. These techniques will guide us to live a healthy, happy, blissful and purposeful life.

**Date:** 25 July to 27 September 2020

**Day:** Every Saturday and Sunday

**Time:** 7.30am to 9am

**Registrations essential!** Email Sangita  
tejyoga.au@tejgyan.org

### A Thousand Words - Museum of Sydney

A Thousand Words is a photography exhibition inviting the public to contribute. You can comment and also read the real story behind the photo. New images are added monthly, so you can revisit the site regularly and find something new.



Railway Commissioners  
NSW State Archives

### Access this online:

atwonline.com.au

## TAG UPDATE

We had hoped to be able to catch up face-to-face for the next TAG meeting, but we are mindful of the need to practice physical distancing and keep safe. With this in mind, we'd love to have a virtual 'catch up and cuppa' and for you to join us on a **Zoom meeting Friday 11 September at 11am**, to connect with your fellow TAG members and community. Your TAG Chair and Bridge will provide updates, don't forget your cup of tea!



### TAG Elections 2020

Would you like to represent your TAG or know another tenant who can? Nominate today! Tell us in 100 words or less on why you should be the Chair or Vice Chair. We can offer you training and support you in the role! Email or call a member of the Community Team for more information or to submit a nomination

### Rent Review

Just a reminder that rent review is coming up. Rent reviews ensure that you are paying the right amount of rent based on your income and personal circumstances. Changes to rent will take place from 05 October.

For further information contact the Rent Review Team on 8324 0800 or by emailing [rentreview@bridgehousing.org.au](mailto:rentreview@bridgehousing.org.au)

## Write for Bridge Housing Newsletter

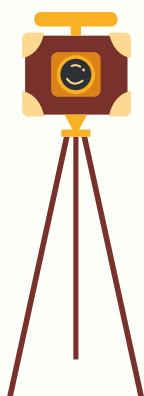
Share a recipe, gardening tips, health suggestions or boredom busters. What ever you think would be of interest to the tenant community.

We love receiving tenant input and if we're able to use your input, we will provide a \$40 gift card!



Community Team P: 02 8324 0800  
E: [community@bridgehousing.org.au](mailto:community@bridgehousing.org.au)

## GET INVOLVED!



### Can we take your photo?

We're looking for tenants to photograph for our next Annual Report and ongoing promotional material. If you're interested and want to participate, contact the Community Team to organise a 30 minute time slot to take your photos. Participants will receive a \$20 gift card for their time.

### ATTAG - Wellbeing Art and Craft Club

Do you knit, paint, sculpt or sew? Let us know about it!

Take a photo and send it to us. Let us know why you enjoy what you're creating. We can also help you purchase some of the tools, materials and equipment you may need. Call Kamal to discuss 0427 601 709.



### Bridge Buddies

We're encouraging any resident aged 18 or over to sign up to the Bridge Buddies Program. With social distancing still in place, this program supports you to connect via phone,

email or letter. Sign up today to be matched up with other residents who would love to email, chat on the phone or write letters.

## HOW TO GET INVOLVED!

To sign up for any of the programs above or to speak with someone about these programs, contact us!

### Community Team

Email: [community@bridgehousing.org.au](mailto:community@bridgehousing.org.au)

Phone: 8324 0800

## MEMBER INTERVIEW



### Hugh

West TAG member and acting Vice Chair

### How are you coping in this uncertain time?

I do the right thing. Keep a distance, wash my hands regularly and wear face masks. I like to go for walks and I do my shopping and speak with friends over the phone.

### What do you like about being a TAG member?

I enjoyed the TAG meetings. I get to hear about what Bridge and other TAG groups are doing. It's great to meet people and make friends but for now we need to look after each other and our well-being.

### What advice can you give other members?

Stay safe and pick up the phone and speak with someone.

## Bridge Housing and COVID-19

Bridge Housing Goulburn St and Brookvale offices are still open however tenants are encouraged to contact staff over the phone.

If you need to come into the office please book an appointment first by phoning your Housing Manager on 8324 0800.