

ATTAG NEWSLETTER



ATTAG UPDATE

Due to current Government restrictions the ATTAG has been postponed until further notice.

As a way to stay connected with members of the ATTAG, a newsletter will be sent out until meetings can be rescheduled.

National Reconciliation Week

National Reconciliation Week (NRW) is a time for Australians to connect, share and learn about the history and culture of other people. The theme for 2020 is In This Together.

The National Reconciliation Week Art Exhibition has been postponed until notice due to Coronavirus. Still wanting to celebrate the importance of Reconciliation, Bridge Housing will be launching an online project on May 27 in celebration of NRW.

Bridge Housing will be reaching out to ATTAG tenants this month and other tenants over the coming months to continue to develop the project. The aim of the project will be to create a space where you can learn about the history of other tenants and connect whilst we are all in isolation. A project that we can share In This Together.

To participate in this project you can contact the Community Team on 8324 0800 or email community@bridgehousing.org.au

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 we request you book an appointment first by phoning your Housing Manager on 8324 0800.

Reminder!

Bridge Housing's Annual Tenant Survey will be posted & emailed around May 18. Please remember to return your survey to be in with a chance of winning some great prizes!

TENANT Q&A AUNTY JENNY



How Long have you been a Bridge Housing Tenant Rep?

A few Years.

What Movie/Book/Show are you into while in isolation?

I have been re-watching movies from the 80's. My favourite so far is Big Trouble in Little China.

How else are you keeping yourself busy?

I'm interested in what wellness tools people use to keep happy in their daily lives. I found so far some very interesting strategies as wellness tools.

One of my wellness tools is listening to music. My favourite is the traditional wooden flute from India or South America to wind down at night time.

I encourage everyone to ask people this question. It is amazing how many different wellness tools people have shared.

Loving it.

bridge
housing  linking people
to a better future



How to have a yarn when you can't leave the house

With restrictions in place it's making it hard to get out and have a yarn with friends and family.

Using video chats is a great way to stay connected, ATTAG rep Jenny has been chatting to family on the Duo app with her phone, with others using FaceTime or messenger. These are just some of the great apps you can download to connect in others.

But what about the people that aren't able to chat and see your faces?

Enclosed with this Newsletter is a piece of card and an envelope. We want to encourage you to get creative and make a card to mail to a friend or loved one.

Before you mail the card, take a photo of your design and send it in to the Bridge Housing Community inbox to enter our first newsletter competition. The ATTAG reps will choose the best card design and that Bridge Housing resident will win a \$40 voucher!

Send in photos of your card to community@bridgehousing.org.au

PANTRY PERFECTION

For our first ATTAG newsletter Auntie Beryl Van-Oploo has kindly shared her recipe.

BUTTER LEMON MYRTLE BISCUITS

2 cups (250 g) Self-raising flour
1 teaspoon dried Lemon-myrtle
180 grams softened butter
1/2 cup (125 g) sugar
1 beaten egg

- Preheat oven to 190 degrees celcius.
- Sift flour and dried lemon myrtle into a bowl, then rub in the butter until it resembles breadcrumbs.
- Add sugar and beaten egg and mix into a stiff dough.
- Turn out onto a floured surface and knead gently until smooth.
- Wrap in plastic wrap and chill in the fridge for about 30 minutes.
- Roll out onto a floured surface about 5mm thick and cut into about 30 biscuits.
- Place on a greased baking tray and place in oven at 180 degrees celcius for about 12-15 minutes until golden.



ATTAG WELLBEING ART & CRAFT CLUB

Do you enjoy a little craft time? Are you working on an art project or thinking of starting one? Join the ATTAG Wellbeing Art and Craft Club! Meet people with similar interests and share ideas & tips.



Don't have the materials you need to start the project? We might be able to help. Register today!



WIN \$40

Please send in an article for the next ATTAG Newsletter.

The top two entries will win a \$40 voucher.

You may wish to share a recipe, gardening tips, health suggestions or boredom busters. What ever you think would be of interest to your TAG.

To share, contact the Community Team
P: 02 8324 0800

E: community@bridgehousing.org.au

Contact Kamal from Bridge Housing to register
0427 601 709
k.salim@bridgehousing.org.au

