

EAST TAG NEWSLETTER



TAG UPDATE

Due to current Government restrictions EAST TAG meetings are postponed until further notice.

As a way to stay connected with EAST TAG members and residents, a newsletter will be sent out on a monthly basis until meetings can be rescheduled.

If there is any information you would like to see in the newsletter, and share with your community we encourage you to contact the Community Team. Anyone that shares with the newsletter will be eligible to win one of two \$40 vouchers.

Check out how your Council is supporting residents

City of Sydney: Free 1-on-1 bike riding lessons are being offered. Bikes can be loaned for the 2 hour lesson that will teach you skills. To register your interest, go to: www.cityofsydney.nsw.gov.au/explore/getting-around/cycling/courses

Waverley and Randwick libraries are offering many online events such as book clubs, kids activities, crafts, author talks, movie clubs and even cooking demonstrations! Check out the what's on page at both council library websites.

MAINTAINING GOOD MENTAL HEALTH

Coronavirus is changing the way we live and communicate. Prioritising our mental wellbeing is an important part of staying healthy.

The Australian Government has created a website Head to Health and is encouraging anyone needing support to visit the site www.headtohealth.gov.au

For more support, visit Beyond Blue's Coronavirus Mental Wellbeing Support page. You can:

- Speak with a counsellor for free over the phone
- Connect with others through an online forum
- Chat with a trained professional between 3pm-midnight.

If you want to have a chat with someone about how you feeling and you are wanting support with interpreting you can phone TIS on 131 450 and asked to be transferred to:

- Beyond Blue 1300 224 636
- Health Direct 1800 022 222
- Mental Health Hotline 1800 011 511.

These service support you to connect and with the supports you would like to receive.

What have you been doing to maintain good mental health? Have you been exercising, doing arts and craft or meditating?

To share email community@bridgehousing.org.au or call us on 02 8324 0800

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.

bridge
housing 
linking people
to a better future

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!

Contact Kamal from Bridge Housing to register

0427 601 709

k.salim@bridgehousing.org.au



HEARTY HERBS TO PLANT NOW

With the weather cooling and having time lots of time whilst in isolation it's the perfect time to start growing your own at-home herb garden.

When starting a garden it's important to consider a few items including

1. Where is the light? Make sure the ledge or sill gets the right amount of sunlight
2. What herbs are you going to grow and where? Once you have decided what herbs to grow figure out what herbs can be potted together or need to be separate. Basil and Mint are great first herbs to try although if your planting Mint it will need its own pot or it will take over and other herbs won't survive
3. Getting the right balance - make sure to water herbs and ensure there is enough drainage for excess water

BRIDGE HOUSING UPDATE

Bridge Housing is encouraging any resident aged 18 or over to sign up to the Bridge Buddies Program.

Bridge Buddies aims to connect tenants and supports them to get to know other people in the tenant community. This will be done through matching 'buddies' together for conversation, email contact or in person meetings.

With Social distancing in place the program is supporting tenants to connect via phone, email or letter.

To sign up for the program contact the Community Team via email community@bridgehousing.org.au or phone 8324 0800



Bridgehousing.org.au

RECYCLING CONTAINERS

Rather than buying new pots or containers for starting your at-home garden try using left over containers you may have lying around the house.

Different containers you may have may include

- Egg Cartons and egg shells
- Milk Cartons
- Yoghurt containers
- Berry containers
- Folded newspaper or toilet roll holders.

If you're using cardboard or egg cartons make sure your soil stays damp enough.

For all of your containers make sure to pop a little hole in the bottom so any excess drainage can get out

SHARE WITH US...

Once your gardens are up and running send us in pictures of them or send in recipes you have cooked using your new gardens to be in the running to win a voucher!



Share with us and you could win \$40

Send an article for the next EAST TAG Newsletter. 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.

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

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

E: community@bridgehousing.org.au