

VNTAG NEWSLETTER



VNTAG UPDATE

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

As a way to stay connected with members of the VNTAG and other Vietnamese residents, a VNTAG newsletter will be sent out instead.

If there is any information you would like to see in the newsletter or 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 be able to safely bike around the city. To register for the program phone 9265 9333.

Inner West Council: A COVID-19 webpage with details of services being offered to residents. To find out more phone 9392 5000 or visit the webpage www.innerwest.nsw.gov.au

Canterbury Bankstown Council: Have launched their new program Keep Connected. Check out the [Whats On](#) page for details.

Visit the Bridge Housing website if your Council isn't listed to find out how they are supporting residents 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 please 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!

MAINTAINING GOOD MENTAL HEALTH

Coronavirus is changing the way we live and communicate. A part of staying healthy is remembering to prioritise your mental wellbeing

For support, you can visit Beyond Blue's Coronavirus Mental Wellbeing Support page to:

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

If you want to have a chat with someone about how you feeling and require an interpreter phone TIS on 131 450 and asked to be transferred to:

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

Wellness tools and tips

We would love to hear what personal tools you use to maintain good mental health while in isolation. Have you been exercising, doing meditation, doing arts and crafts?

To share email community@bridgehousing.org.au



The most creative tip will be shared next month and win a \$40 voucher!

bridge housing linking people to a better future



Hearty Herbs to plant now

With the weather cooling and having time lots of time it's the perfect time to start your own herb garden.

Autumn in Sydney is a moderate climate and lots of herbs can thrive such as Basil, Mint and Coriander.

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

- Where is the light? When preparing to plant herbs make sure the ledge or sill gets the right amount of sunlight
- What herbs are you going to grow and where? Once you have decided what herbs to grow, figure out which herbs can be potted together and what needs to be separated. For example if you plant Mint it will need its own pot as it will take over and other herbs won't survive
- Getting the right balance - make sure to water your herbs, but not too much and ensure there is enough drainage for any excess water escape
- Enjoy your delicious herbs once they have grown and are ready to eat!



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 could try using 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 herbs to be in the running to win a voucher!



BRIDGE BUDDIES

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 via letters.

With Social distancing still in place the program is a great way to get to know other residents from the safety of your own home.

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



Bridgehousing.org.au

WIN \$40

Please send in an article for the next VNTAG 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