

# South Coogee Community News



This newsletter is produced by tenants



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March 2008



## The Eastern Suburbs Area Tenants Council

(E.S.A.T.C.) Article by Margaret and Logo design by Hallina

E.S.A.T.C. is a recently formed group of social housing tenants (auspiced by the Central Sydney South Regional Tenants Resource Service - CSSRTRS)

The E.S.A.T.C. concerns include the rights and responsibilities of social housing tenants in the eastern suburbs and it encourages & promotes cooperation and communication between tenants and Housing NSW for the benefit of everyone. Information and referrals for social housing tenants and tenant groups have priority.

***The General Meeting is to be held on Friday 11th April, 2008*** in the Vonnie Young Auditorium at the Bowen Library, Anzac Pde, Maroubra Junction from 10am to 12 noon.

**Postal Address:** P.O. Box 662, Maroubra 2035 **Email:** [e.s.a.t.c@bigpond.com.au](mailto:e.s.a.t.c@bigpond.com.au)

## Area Tenant Councils and Tenant Participation.

By Bryan Flannigan - Information Officer, Sutherland shire Area Tenant Council.

First up you may be asking ...what is an information officer and why have one?

Within the Housing NSW there appears to be a habit (maybe, policy) of hiding information amongst other news or press releases and when they do release the information it is done in Housing talk and/or legalese, which no normal person can understand.

So the information officer goes searching for this information, interprets it, puts it into language that we can all understand and passes this onto tenants. He/She also writes papers such as this for tenants.

In my nearly seven years in tenant participation (TP) I have been asked many questions about TP and I will now endeavour to answer them, they are:

1. What is Tenant Participation? There are two answers to this question and they are. The official, Tenant Participation is the tenant having a say in the every day running of his tenancy and the formation of policies. The reality, we do have a nominal say in the policy making, we do have a nominal say in the every day running of our tenancy but our biggest advantage is the setting up of tenants groups, with the assistance and aid of the department.
- 2) What benefit would I gain from Tenant Participation? The benefit any tenant gains from Tenant Participation depends on the individual. Like everything we do in life, the more we put into something the more we get out. I personally get a great deal of self satisfaction from helping other tenants solve their problems and anyway anything we gain for other tenants in the long run benefits all tenants, me included because I am a tenant too.
- 3) Does Tenant Participation work? The answer to this question is the same as the last answer. The more work you put into Tenant Participation the more it works. In our area the members of the Sutherland shire Area Tenant Council put a great deal of work into Tenant Participation and all the tenants in our area benefit from it.

**(Continued on page 2)**



**\$1,000 to help pay for education**

**Do you have a child at school or are you studying?**

Would \$1,000 help with your education costs such as: **computers, music, sport costs, books, uniforms or TAFE fees.**

Saver Plus is a nationally recognised savings program developed by The Brotherhood of St Laurence and ANZ that helps people save for educational expenses and matches \$1 for every \$1 they save (up to \$1,000) to help with education costs. To be eligible you need to have some paid work, be 18 years or older and have a centrelink (health or pension) card. Contact Matt Taylor today on 02 9130 6796 or [mattt@bensoc.org.au](mailto:mattt@bensoc.org.au)

**Medical dental scheme**



Australian Government introduced this scheme last year. The scheme allows low income people to get free dental care. Here are the steps to follow:

First you have to find a dentist who will bulk bill. Then go to your family doctor. Ask the doctor to write a referral letter to that dentist asking for an examination under the Medicare Dental Scheme, then your GP will submit both referrals to Medicare. Following approval you will get a letter usually within 2 weeks.



**208 Anzac Parade  
Kensington 2033.  
Tel 02 96635007.**

### **New Team Leader for South Coogee & Malabar.**

Residents of the South Coogee Housing NSW estate now have a new team leader. Graeme Devilliers joined the Maroubra Office as Team Leader for Team 6 (South Coogee/ Malabar) in early December 2007 following the departure of Julie Rooke who left to take up other opportunities within the organisation.

Graeme has worked for Housing NSW for around 11 years and brings with him considerable experience. He has worked in a number of Housing NSW offices including Glebe, Burwood, Waterloo, the inner city and corporate headquarters in Ashfield & during that time has undertaken a number of service delivery roles including Administrative support, Lettings Coordinator, Client Service Officer, Senior Client Service Officer and Team Leader.

Notably, Graeme was also awarded a State Emergency Service medal for contributing to the recovery efforts in the Hunter Region in the aftermath of the June 2007 Newcastle storms. During that time he worked with colleagues in the Gosford office. Graeme says he is continuing to enjoy the opportunity to meet and work with the residents of the South Coogee community.

**FREE fun!**



**Autumn BBQ at the Elphinstone Road Park**

**Tuesday April 8<sup>th</sup>, 2008 3-5pm**

The South Coogee Community BBQ's are back in the Elphinstone Road Park. Everyone is welcome to come along and enjoy the free sausage sizzle and find out what's on offer in your area. Enjoy meeting neighbours and talking with agency workers and learn about the services available in your area. So put your hat & sunscreen on and enjoy an afternoon outdoors.

Dates for Community BBQ's 2008:

**2 June, 2008  
9 September, 2008  
9 December, 2008**

**If wet weather the BBQ will be cancelled**

**(Continued from page 1)**

Several Other Questions are often asked of me: What is an Area Tenant Council? Why have an Area Tenant Council and what are the benefits of that council? An Area Tenant Council is a voluntary group of social housing tenants, with a democratically elected committee, who work together to assist tenants, to provide information and to work with Housing NSW and other social housing bodies on problems concerning tenants.

Because the Area Tenant Council represents all the social housing tenants within an area they speak and act with the voice of all those tenants. Housing NSW finds it easier to talk with one group of tenants than many individual tenants and the best reason of all, it works.

### **SUE'S EASY PEASY PASTA MEAL**



#### **You will need:**

One packet of either Continental or San Remo Pasta Sauce mix.

*i.e. Alfredo, 4 cheeses, cheese & mushroom or cheese & black pepper.*

*Your choice, of fresh, tinned or frozen Veggies. I generally use peas, corn, shallots and mushroom.*

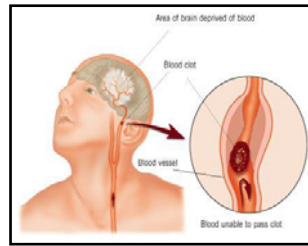
*Small can of Salmon or Tuna alternatively you could add some chopped ham or bacon.*

#### **Preparation is easy:**

*Make the pasta sauce according to the directions. If you are using frozen veggies add them to the pasta sauce halfway thru the cooking time to allow the veggies time to warm up. For fresh or tinned veggies, add them to the pasta sauce 1 minute before the pasta sauce is finished.*

*Add your choice of fish or meat to the pasta sauce 1 minute before the pasta sauce is finished. Simply stir and serve with a fresh healthy salad (in summer) or your favorite choice of roast veggies (in winter).*

**Bon Appetite By Susan**



#### **Stroke: Remember The 1st Three Letters....S.T.R.**

Strokes are responsible for many thousands of deaths and associated disabling conditions each year. The important thing is getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough. If everyone can remember something this simple, we could save some folks.

**RECOGNIZING A STROKE**  
Remember the '3' steps, STR . Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke .

Now doctors say a bystander can recognize a stroke by asking three simple questions:

**S** Ask the individual to **SMILE**.

**T** Ask the person to talk and speak simple sentence (Coherently, i.e. It is sunny out today)

**A** Ask him or her to raise both arms.

or the other , that is also an indication If he or she has trouble with anyone of these tasks, call **000** immediately .

### **MESSAGE FROM NSW AMBULANCE SERVICE**

Many of us carry our mobile phones with names and numbers stored. But if we were in an accident or were taken ill, the people attending us would have our mobile phone but would NOT know who to call. There are hundreds of numbers stored but which one is a contact person in case of an emergency?? Hence the **I.C.E (In Case of Emergency)** Campaign.

The concept of I.C.E is catching on quickly. It is a method of contact during emergency situations. All you need to do is store the number of a contact person/s who should be contacted during emergency under the name I.C.E.

#### **Important Phone Numbers:**

- South Coogee DOH Office: **8383 8999**
- DOH Maintenance Call Centre: **13 15 71**
- Maroubra Police Station: 9349 9299
- Crime Stoppers: **1800 333 000**
- Randwick City Council: 1300 772 542
- Council Rubbish Removal: **1300 722 542**. Emergency: **000**
- Community Justice Centre: 1800 990 777/ Trolley Tracker: 1800 641 497
- Wheelie Bin Repair: **1300 655 464**
- Street Light Repair: **1800 044 808**
- External Common Area Lighting: **131 571**Foyer Lights (South Coogee Housing ): **8383 8999**
- Local Office Open:  
**Tues & Thurs 9:30till5:30,**  
**Wednesday 1till-4pm :**



### Community Meetings Schedule 2008

#### **South Coogee Community News Meetings 2008**

**The Orange Room – 7 Elphinstone Rd, Sth Coogee at 2pm**

- 4-3-08                      5-8-08
- 1-4-08                      2-9-08
- 6-5-08                      7-10-08
- 3-6-08                      4-11-08
- 7-7-08

#### **Elphinstone Rd Tenant Group Meetings 2008**

**The Orange Room –**

**7 Elphinstone Rd, Sth Coogee at  
2pm**

- 25-03-08                      26-08-08
- 22-04-08                      23-09-08
- 27-05-08                      28-10-08
- 24-06-08                      25-11-08

#### **Lurline Bay Tenant Group**

##### **Meetings 2008.**

- ◆ 19-2-08    18-3-08
- 15-4-08    20-5-08
- 17-6-08    15-7-08
- 19-8-08    16-9-08
- 21-10-08   18-11-08

##### **Lurline Bay – “Tea Party” Morning Tea 2008.**

- 4-3-08                      1-4-08
- 6-5-08                      3-6-08
- 7-7-08                      5-8-08
- 2-9-08                      7-10-08
- 4-11-08

#### **15<sup>th</sup> Local Women’s Day – ‘Women’s Work – Paid and Unpaid’**

*The Women’s Support Network extends to the women of our community an invitation to join in the celebrations of the 15<sup>th</sup> Local Women’s Day.*

*The theme for this festive day is ‘Women’s Work – Paid and Unpaid’.*

*On this day of celebration, a woman’s work will be done! Enjoy the festivities and stalls, lunch and goodie bags as together we recognize the tireless work which women perform daily.*

**Kooloora Community Centre  
167 Bilga Crescent  
Malabar 2036  
9661 9160**

**Friday April 4<sup>th</sup>  
10am-2pm**

**\$5 entry fee and receive lunch on us and a great bag of goodies!**



### **Randwick City Council Clean-Up Services**

Did you know Randwick City Council offers all residential properties 2 free scheduled clean-up services and 2 free on-call clean-up services each year?

It is illegal to dump unwanted household materials with fines of up to \$750. So instead of dumping, check your waste calendar for your 2 free scheduled collection dates or call Council to book a free on-call clean-up.

Materials can only be placed out 24 hours prior to the scheduled collection, once a booking has been made.

For further information or to book a clean-up service, please phone the Randwick City Council Call Centre on 1300 722 542.

#### **What are our rights ... and responsibilities as tenants?**

Well, this could be an endless quest but the DOH put out in April 2001 an easy to read **Fact sheet**.

For example it tells us that DOH has to give us 7days notice to inspect our home. However you should check when the notice was posted first. It also will advise us how we can have a decision made by the DOH reviewed if we are not satisfied.

Article By Leila

**ATTENTION****FOR ALL REPAIRS:**

- Taps
- Doors
- Lights etc.

**Ring 13-15-71**

Day or night

7 Days a week

***Tired of Telemarketers??***

**Who isn't!** The new phone number for registering for no calls from telemarketers is 1300-792-958

*Its voice prompted so listen carefully! The Australian Government Hearing Services Program.*

**The Australian Government Hearing Services Program**

If you are an Australian citizen or permanent resident 21 years or older, you are eligible for a hearing services voucher *if* you meet *one* of the following criteria:

- Centrelink Pensioner Concession Card
- Centrelink Sickness Allowance
- DVA Pensioner Concession Card
- White Health Repatriation Card (for hearing loss)
- Gold Health Repatriation Card

Dependant person of one of the above categories.

Email: - [hearing@health.gov.au](mailto:hearing@health.gov.au)

Website: [www.health.gov.au/hearing](http://www.health.gov.au/hearing)

Article By Noel

**Low cost PCs for Centrelink customers**

*A partnership between WorkVentures and Centrelink now enables Centrelink customers to purchase their own professionally refurbished and internet ready Personal Computer (PC). All Centrelink concession card holders are eligible to purchase the Pentium 4 PC pack which includes Windows XP Pro, Office XP and free phone technical support, for \$250 plus delivery. In particular families with school-age children, older Australians and newly arrived migrants should be encouraged to take up this offer.*

*Customers interested in purchasing a low cost PC can call WorkVentures on 1800 112 205.*

**Eye care**

Do you know that you can have a very thorough and -- free!! eye examination at the University of New South Wales Dept of Optometry. Its on Barker St, Gate 14 but you can walk down from High St or up from Anzac Parade.

The building itself is called Rupert Myers.

**Ph: 9385 4624** Every day of the week but they prefer to keep Thursdays for children. Because it is very thorough, it can take up to two hours and they ask you if you want some drops put in, at one stage, which enlarge your pupils for a while. (Painless, mate!)

Article: By Leila

**Indonesian Community Council of NSW Inc.****Supported by Consulate General of the Republic of Indonesia**

**Proudly presents a**

**HARMONY DAY Spectacular**

*Showcasing Indonesia's rich culture of music and dance, traditional and popular, along with dance and music from other countries and featuring the best local Indonesian singers performing with a live band.*

**Saturday 19<sup>th</sup> April 2008**

**Time: 6.30pm - 10.00pm**

Sir John Clancy Auditorium,  
High St, Randwick

Book Now- Limited Seats-

Tel: Ida Bacon 9559 7846

Arief Aroes 9559 2909,

Ani Rajagukguk 04 14576934,  
Machdar 0411 953 465,

Yoen Yahya 0404 626 913

Donny 0416 628 668

Email: rizba-  
con@yahoo.com.au Indonesian  
Community Council of NSW  
Inc. Supported by Consulate Gen-  
eral of the Republic of Indonesia



### **HIGHER RATE TELEPHONE ALLOWANCE from 20-3-08**

For Centrelink customers on Age Pension, Disability Support Pensions, Carers Payment & Commonwealth Seniors Health Card holders.

- \* The higher rate is \$132 per year (the basic rate is \$88 per year).
- \* Eligible single customers will receive \$33 every 3 months.
- \* Each eligible member of a couple will receive \$16.50 every 3 months.
- \* Customers must be qualified for the basic rate (they must be telephone subscribers) and have a home Internet service in their name or their partners name.

Enquiries - Phone 132300 or 132717 or  
www.centrelink.gov.au.

(Subject to change because politician change their mind.)

### **CHURCH AT THE BEACH** **SOUTH COOGEE**

Proudly presents:

**FREE community event**

**EXTREME EASTER EGG HUNT!**

**Easter Sunday March 23**

**South Coogee Public school**

**10am- 11:30am**

**Boys and Girls age 6-12**

**RSVP essential for your child's free sausage sizzler and showbag.**

**Ph: 9130 1299**

**0425 227 795**

### **BYE BYE PEBBLES...**



**We feel very sad down this end of Elphinstone road. There was a lovely sweet little dog called Pebbles. He was mauled to death by another big dog not on a leash that also attacked Marlene, Pebbles' two legs companion, of twelve years when she tried to protect him.**

It's hard to think that shy defenseless little Pebbles had such a horrible death. Anyone with a faithful devoted "four legs" companion like Pebbles will understand.

Dear Pebbles,  
***I love you very much and miss you. You brought so much love, so much gentleness into my life. A part of me died with you my sweet Pebbles.***

Marlene

**Marlene thanks everyone who helped on that horrible day.**

### **FREE LEGAL ADVICE**

Kingsford Legal Centre is part of the [University of New South Wales](http://www.unsw.edu.au) as well as being a community legal centre. Kingsford Legal Centre employs solicitors that provide free advice, referral and ongoing assistance to residents of the local area in relation to legal problems. This centre works to promote equality of access to the legal system in Australia.

**Location of Kingsford Legal Centre:** The Law Building (On the UNSW main entrance mall walkway)

**Public Transport to UNSW:**

**ALL of these buses stop at the 400 bus stop**

University of New South Wales  
Central Station bus routes – 391, 393, 395

(Building F8, Union Road)  
City bus routes- 392, 394, 396, 397, 398

Bondi Junction/Burwood bus routes - 400

**Postal:**

Kingsford Legal Centre

UNSW, Kensington Campus

Sydney NSW 2052

**The Junction Neighbourhood****Centre Programmes**

Aged & Disability Services  
 Family Support Services  
 Volunteer and Services Training  
 (VAST) Waverley Women's  
 Domestic Violence Court  
 Assistance Scheme Information,  
 Advocacy & Referral Services

**Outreach Services**

Australian Hearing Clinic & Technician Service  
*Mondays & Tuesdays Weekly*  
 Creditline Financial Counselling Service  
*Fridays Weekly*  
 Eastern Area Tenants Service (EATS)  
*Thursdays Fortnightly by appointment*  
 Spanish Latin & American Social Assistance (SLASA)  
*Tuesdays Weekly*  
 Kingsford Legal Centre  
*Thursday Evenings Weekly*  
 Pro Bono Immigration Agent  
*Tuesdays Fortnightly by Appointment*  
 Free Tax Help  
*July to October*

**Special Programmes & Workshops**

**Women's Holistic Counselling Programmes:**

**Family Support Workshops:**

*Creative Counselling / Life Transitions*

*Weekly Mondays - one term*

**Building & Healing Oneself Workshops**

**Weekly Fridays - 5 weeks**

*Child Development - Tuesdays - 3 weeks*

**Low Cost Holiday Ideas - Tuesday - 1 week**

*Magic 1 2 3 Parenting - Tuesdays - 3 weeks*

**Classes & Groups****Papercraft Class & Workshop**

*Mondays & Fridays*

**Craftshare Social Group**

*Mondays*

**Senior's English & Social Support**

*Thursdays*

**Multicultural Parent's Group**

*Weekly Tuesdays*

**Harmony, Anxiety Self Help Support Group**

*Weekly Thursdays*

**ASPIRE, Parents Autism Support Group**

*Day & Evening Meetings*

**Spanish Carer's Support Group**

*Monthly Tuesdays*

**Muticultural Support Network**

*Monthly Fridays*

**Information Resources****Home Services Directory**

*Extensive directory of services provided in, or delivered to the home in the Randwick LGA and surrounding suburbs.*

*Services include food, laundry, podiatry, x-ray, hairdressers*

**English Classes List**

*Extensive directory listing informal English classes, govt. funded courses, TAFE & private colleges across Sydney, Botany & The Eastern Suburbs.*

**Crisis Assistance**

Emergency Aid & Food

Financial Counselling & Advice

**Aged & Disability Information Brochures**

Transport

Food & Shopping

Domestic Assistance &

Personal Care At Home.

*To find out more about services provided by The Junction Neighbourhood Centre please call in to our Shopfront at The Bowen Library, give us a call on 9349 8200 or email*

[info@inc.org.au](mailto:info@inc.org.au).

