

### Spotlight from Regional Housing

Regional Housing continues to stand at the forefront of addressing the pressing housing needs in regional Queensland. Our unwavering dedication is evident in our comprehensive suite of support services, which not only assist those facing homelessness but also emphasise our commitment to increasing the housing stock. The completion of our latest property development in South Burnett is a testament to this pledge. Additionally, the expansion of our housing and support programs has led to our head office in Bundaberg becoming insufficient for our growing operations, prompting us to relocate. Rest assured, we will provide timely updates about this transition. We are immensely grateful for the continued support and contributions that help drive our organisation's mission forward. Thank you.

### Celebrating Georgia: A Rising Boxing Star

We are excited to share that Georgia, who is currently engaged with our Door42 program in Hervey Bay has won the 57kg division at the Australian School Championships in Perth WA. Georgia's victory is a testament to her resilience and dedication to boxing despite facing significant personal challenges. Georgia recently travelled to Singapore to showcase her skills and was selected to compete in the World Championships in Colorado U.S.A later this year. Regional Housing are incredibly proud of Georgia's achievements and wish her continued success in her boxing journey.



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### Did you know?

Regional Housing receives all postal correspondence at a single office location to ensure timely and secure processing of your documents.

Where to send your mail: PO Box 540, Bundaberg, QLD 4670

Mail posted directly to office street addresses may not be delivered.

### Office Closure

Monday 7 October: Labour Day



## #CoolToBeKind

Inspired by Weave Youth and Community Services, the #CoolToBeKind movement promotes kindness within the community. This campaign is about being kind to ourselves, kind to others, and kind to the environment, fostering a positive and supportive community spirit.

We invite all residents to share their experiences of kindness. Submit your stories using the QR code below, and you could be featured in our next newsletter!

Remember, no act of kindness is too small.

<https://www.weave.org.au/campaigns/cool-to-be-kind/>



## Enhance our Community: Take the Tenant Survey

We need your feedback!  
Participate in our tenant survey by scanning the QR code below. Your input helps us understand your needs and make meaningful changes.



## Turn Kitchen Scraps into Fresh Produce

Repurposing kitchen scraps to grow fruits and vegetables is easy and sustainable. Here's how:

**Leafy Vegetables:** Regrow celery, lettuce, and bok choy by placing their bases in shallow water. Once roots and new leaves appear, transplant them into soil.

**Bulb Vegetables:** Green onions and leeks can regrow from their bulb bases. Place the root ends in water, then transfer to soil when roots develop.

**Root Vegetables:** Beet and turnip tops can regrow greens. Place the cut tops in shallow water until new growth appears.

**Fruits:** Citrus seeds can be planted in soil, while avocado pits can be sprouted in water before planting.

**For detailed instructions, visit GardenTech's guide on growing from scraps.**

<https://www.gardentech.com/blog/gardening-and-healthy-living/growing-food-from-kitchen-scraps>



## Commitment to Child Safety and Wellbeing

Regional Housing is committed to upholding and protecting the safety and wellbeing of children and young people accessing our services. A child safe culture is embedded throughout the organisation through the development and implementation of our policies, procedures, Code of Conduct and staff training.



CCTV



AUTOMATION



CABLING



ANTENNAS



SECURITY



HOME THEATRE

 **07 4153 4488**

 **info@bhtavs.com.au**

 **www.bhtavs.com**

 **Shop 4, 52 Enterprise St. Bundaberg QLD 4670**

## Win a sound bar and subwoofer by entering the garden awards competition!

We are delighted to announce an exciting opportunity for our community members! Thanks to BHT Solutions' generous sponsorship, we have received a soundbar and subwoofer system valued at \$749.

You have a chance to win this incredible audio system! Anyone who enters our Garden Award competition will be automatically entered into a draw for the sound system. This is your opportunity to enhance your home entertainment setup while showcasing your gardening talents.

Nominations for the Spring Garden Competition are now open to all Regional Housing tenants and approved occupants. Completed nomination forms must be submitted to Regional Housing by 4:30p.m. on Friday, 1 November 2024.

## Keep your Home Secure!

Ensuring your home is secure is crucial for the safety and peace of mind of you and your family. Here are some essential tips to enhance your home security:

### Lock Up

It sounds like an obvious tip, but many people don't lock their doors, especially when they're just stepping out for a quick errand. Make sure to lock up every time you leave your home.

### Secure the Garage

Cover any windows in your garage to prevent potential thieves from seeing when your car is gone or spotting any valuables.

### Don't Be Complicit

Many break-ins involve perpetrators using the household's own tools, such as hammers or ladders. Always return tools inside and keep your space clear.

### Don't Advertise Your Absence

Ask a friend or neighbour to collect your mail and mow your lawn while you're away to make it less obvious that you're not home.

### Invest in a Small Safe

Jewellery, small devices, and cash are common targets for burglars because they're easy to grab and carry. Consider investing in a small safe to protect these items.

### Secure Windows and Doors

Review your home's entry points and ensure that doors have secure locks and windows and are properly secured.

# COST OF LIVING ACTION

## \$1000 OFF ENERGY BILLS

From 1 July 2024, eligible residential customer electricity bills will receive an automatic lump-sum credit of \$1000 – no application required. The timing will vary based on individual billing cycles. Keep an eye out for the 'Queensland Government Cost of Living Rebate' on your bill.

*Queensland Savers is a valuable resource for managing your finances and boosting savings. This government-backed program offers practical tools and advice to help Queensland residents optimise their budgets.*



## 50 CENT PUBLIC TRANSPORT

The 50 cent flat rate will apply across all zones and modes on the Translink network across Queensland. This includes all regional urban buses, and bus, train, ferry, tram and on demand services in South East Queensland. Airtrain fares will be slashed during this time, starting at \$10.95.



To start benefiting from Queensland Savers, visit <https://www.queensland savers.qld.gov.au>. Explore tools, tips, and educational resources to enhance your financial health.

## 20% OFF CAR REGO FEES FOR 12 MONTHS

From 16 September 2024, registration fees for light vehicles, including trailers, will be decreased by 20% for 1 year to ease cost-of-living pressures for Queenslanders. The reduced amounts will start appearing on vehicle registration notices from 5 August 2024.

## \$200 FAIRPLAY VOUCHERS

The popular FairPlay program is open to all Queensland children aged from 5 to 17 years from 1 July 2024, with the voucher value increased per child to \$200 to offset the rising cost of junior sport for families.





## Get Active Together: Family Fun in Queensland

### ENERGY EFFICIENCY

Improving energy efficiency in your home can help save money and reduce your environmental footprint. Here are some practical tips from Energy Australia's Energy Efficient fact sheet:

Keep your fridge between 4°C and 5°C and your freezer between -15°C and -18°C for optimal efficiency.

Use microwave ovens to cook, defrost, and reheat efficiently. Fan-forced ovens are better for roasting and baking, as they maintain a constant temperature and use less energy.

Keep showers to around 4 minutes to conserve water and energy. Set hot water at the tap to 50°C and storage systems to 60°C for safety and efficiency.

Use efficient heaters and air conditioners. Close curtains at night to retain heat and seal drafts.

In winter, set your heater thermostat between 18°C and 20°C. In summer, set your air conditioner to 26°C for maximum efficiency.

Wash clothes in cold water to save energy and wait for a full load before running the machine. Air-dry clothes whenever possible.

Queensland's sunny weather and stunning landscapes make it ideal for family activities. The Queensland Government promotes family fitness through enjoyable and engaging activities that strengthen bonds and boost health.

**Why It Matters:** Family physical activities not only enhance fitness but also improve mood and foster closer relationships. For children, it's about building healthy habits, while adults gain energy and reduce stress.

**Fun Family Activities:**

- **Outdoor Adventures:** Explore national parks, go cycling, or picnic by lakes.
- **Beach Time:** Enjoy swimming, beach volleyball, or frisbee on Queensland's beaches.
- **Parks and Playgrounds:** Use local parks for climbing, running, and family games.
- **Community Programs:** Join local fitness classes and sports events for a social workout.
- **Active Games:** Play tag, treasure hunts, or sports tournaments together.

**Tips to Get Started:**

- **Set Goals:** Discuss and set family fitness goals.
- **Make it Fun:** Choose activities everyone enjoys.
- **Be Consistent:** Schedule regular active time for a healthy lifestyle.

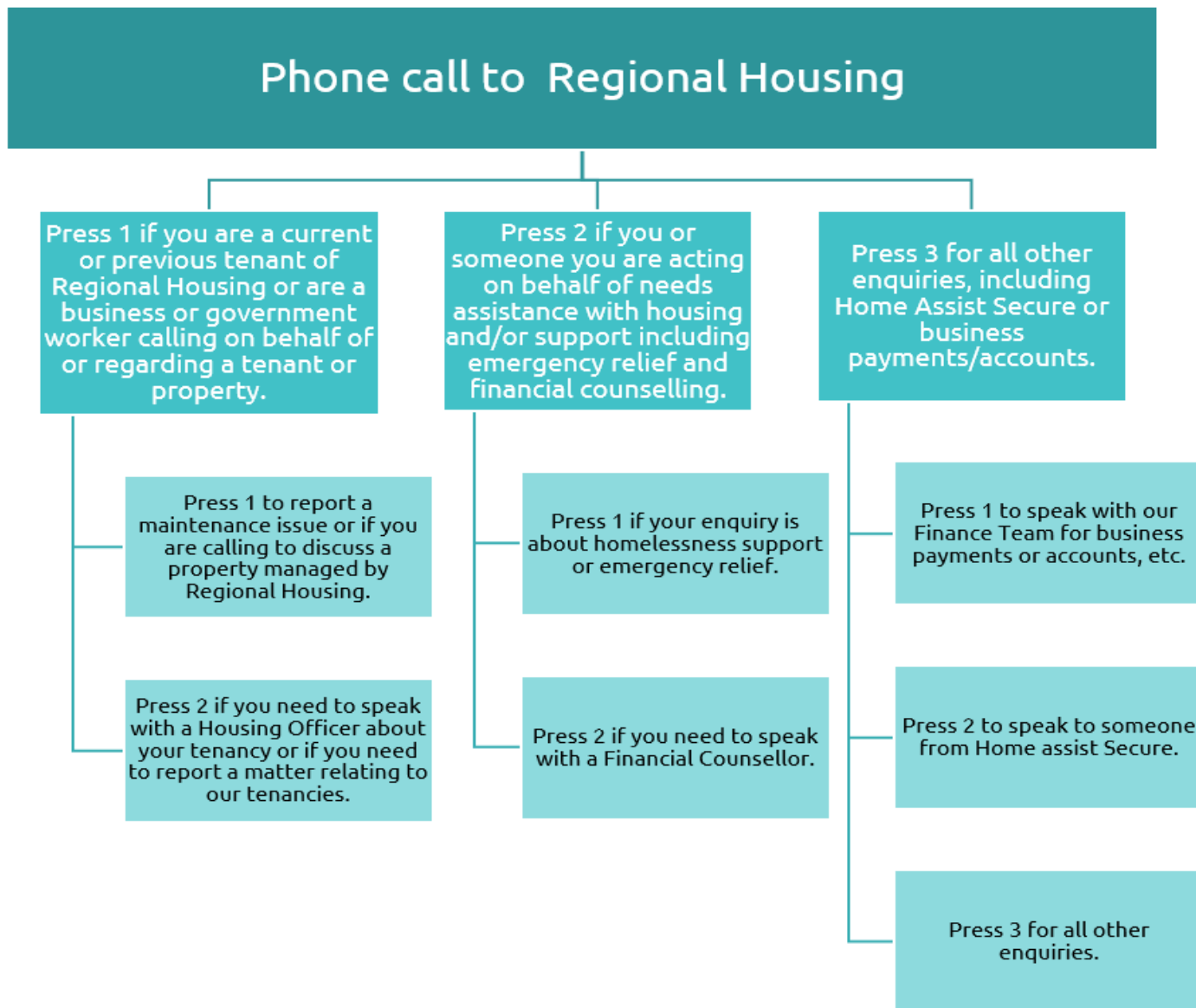
Get moving and make the most of Queensland's opportunities for fun and fitness!

<https://www.qld.gov.au/recreation/health/get-active/families>



# Navigate our Phone System with Ease!

We know that navigating phone systems can sometimes be a hassle, so we've created this simple and clear flow chart to help you get to the right department quickly. Follow the steps below to ensure your call is directed to the right place.



## Important Update: Revised Rent Policy for Social and Community Housing

The Department of Housing, Local Government, Planning and Public Works has introduced a revised rent policy aligning rent payable by social housing and community housing tenants.

Information on these changes can be found on the department's website at <https://www.business.qld.gov.au/industries/service-industries-professionals/housing-accommodation/community/policies-guidelines>

If you wish to provide any feedback on the new rent policy, please contact the department at <https://www.qld.gov.au/contact-us>



# GRATITUDE DOODLES

## What are you thankful for today?

Take a moment to reflect on the positives in your life. Grab some pens and draw three things you're grateful for today. It's a fun and creative way to appreciate the good things around you and boost your mood!



### Feedback

We appreciate your feedback. Feedback from the community provides important information to Regional Housing on areas we are working well in and areas we may need to improve and suggestions you may have on what is missing from our services.

For more information on anything in this newsletter, you can reach us on the details below.

### Contact us

**Post** PO Box 540  
Bundaberg QLD 4670

**Phone** 07 4153 1239 or 1300 642 123

**Email** [info@regionalhousing.org.au](mailto:info@regionalhousing.org.au)

**Website** [www.regionalhousing.org.au](http://www.regionalhousing.org.au)

### Useful numbers

**Emergency Services** 000

**Crime Stoppers** 1800 333 000

**Police Link** 13 14 44

**Ergon Energy (Faults)** 13 22 96

**SES** 13 25 00

**Lifeline** 13 11 14