

Inside Westside

EDITION 24 | WINTER 2026

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Acknowledgements

Greg Kelly – *Inside Westside* Contributor
Jane Savage – *Inside Westside* Contributor
Frankie Starling – *Inside Westside* Contributor

Acknowledgement of Country

Westside Housing acknowledges the Kaurna people and the Peramangk people as the traditional owners of the lands on which we work, meet and live. We acknowledge their spiritual connection to the land, living culture, and unique role in the life of this region. We pay our respects to Elders past and present.

Westside Housing opening hours

9am–4pm, Monday–Friday
Closed public holidays and weekends
For after hours emergency maintenance issues, please call 8155 6070, 24/7

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admin@westsidehousing.org.au
westsidehousing.org.au

 @creatinghomesconnectingpeople

Cover photo – Westside Reconciliation Working Group was proud to host an event at Yitpi Yartapuultiku to celebrate Reconciliation Week. Participants had a fascinating tour of the site and learnt about the traditional uses for many of the plants. Pictured are some beautiful ‘kardi’ (emu) sculptures seen on our the walk.

Sign up to our e-news!

Stay informed about tenant giveaways, available services, and upcoming activities.



IF YOU DONT ALREADY RECEIVE OUR E-NEWS, SUBSCRIBE BY EMAILING US AT: COMMUNITY@WESTSIDEHOUSING.ORG.AU

60% Tenant-led publication

This is a tenant led publication so don't be shy, get in touch via email at community@westsidehousing.org.au if you would like to contribute to Inside Westside.

**Westside Housing has a minimum standard for this publication of being 50% tenant-led.*



From the CEO

Julie Blake

Celebrating new homes and better sustainability

Energy improvements

We're excited to share that **four of our four bedroom homes** have recently received **sustainability upgrades** – and we think the tenants will really notice the difference!

These improvements are all about making homes **more energy-efficient, more comfortable to live in, and easier on the household budget**. Think cooler homes in summer, warmer in winter, and best of all... **lower power bills**.

This work has been partly funded by the federal government, and is part of our ongoing effort to improve our homes for you and for the environment. We started with our largest homes because that's where the big changes are seen, and if the funding continues, we will start working through some of our smaller homes over the next few years.

New homes

We have almost finished nine new two storey two bedroom and three bedroom townhouses at Prospect and Kilburn. These replace some older homes that were past their best life. Some will be social housing with an income-based rent of 25% or 30% (plus Commonwealth Rent Assistance) and some will be affordable rental housing at 74.9% of market rent.

Current tenants who need to downsize will be given first access to the income-based rental properties.



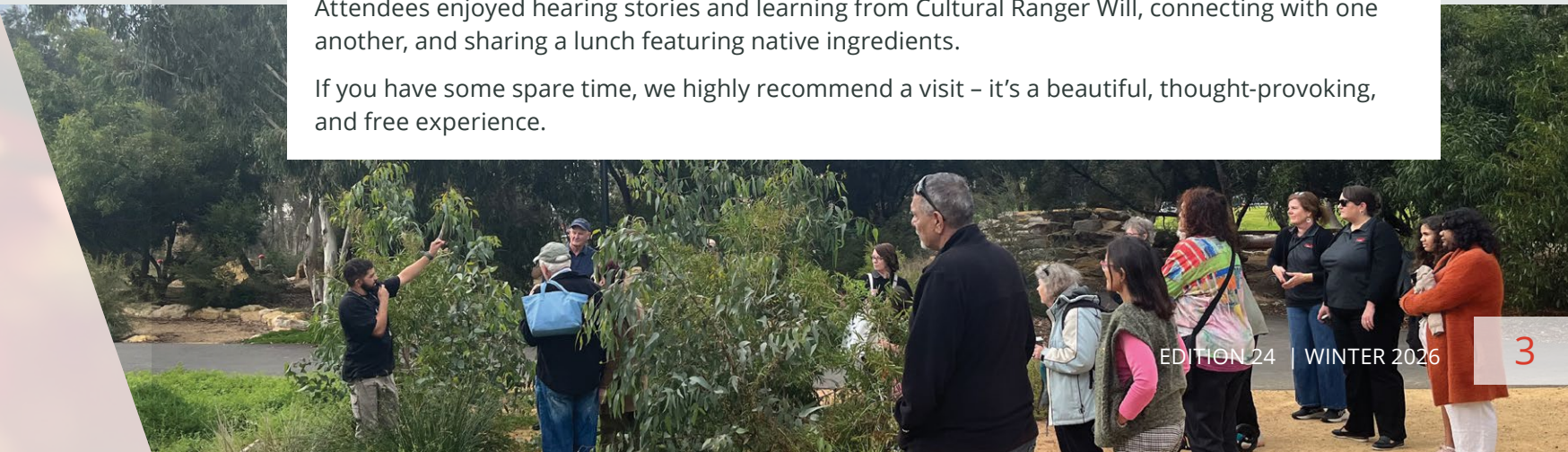
Progress on one of our soon to be completed builds.

Celebrating Reconciliation

Our Reconciliation Working Group recently hosted a special event in Port Adelaide for tenants, staff, and board members at Yitpi Yartapuultiku.

Attendees enjoyed hearing stories and learning from Cultural Ranger Will, connecting with one another, and sharing a lunch featuring native ingredients.

If you have some spare time, we highly recommend a visit – it's a beautiful, thought-provoking, and free experience.



Winter recipes

With thanks to Greg Kelly



Fruitcake baklava

1 packet of filo pastry
250 grams of butter
1 cup of almond meal
1 cup of other nuts
(any nuts will do e.g. walnuts, pecans, pistachios)
1 cup of fruitcake
(I have only ever used leftover Christmas cake for this recipe as it is dense enough to absorb moisture and adds flavour with the spices in the cake. You could use leftover sponge or chocolate cake but I'd be tempted to use an extra cup of it as it isn't as dense)
1 cup of sugar
 $\frac{3}{4}$ cup of water
 $\frac{1}{2}$ cup of honey



Melt the butter.

Combine the nuts and cake into a blender and blitz to crumbs.

You need a baking dish or tray that is as big as the filo sheet (it doesn't have to be exact and if there is excess, it is just a matter of folding it to shape).

Lay each sheet on the tray and paint with the melted butter between layers.

After about 6 sheets, spread half the crumbs onto the filo

Repeat the layered filo then crumbs and then the final top of filo layers.

Lightly cut diamond shapes across the top of the pastry (a handy trick is to refrigerate till it is firm before you attempt to cut into the pastry as it can tear easily).

Bake for approximately an hour at 180°C until it is nicely browned and dry (check after 20 mins to make sure it is starting to brown).

Boil the sugar, water and honey together until it appears thick and syrupy (approximately 5–8 minutes)

When the pastry is finished baking, pour the hot syrup over the hot pastry.

Let it stand until cool and then it can be cut into portions following where you have previously cut.



Bread (My simple recipe)

$\frac{1}{2}$ kilogram of flour
1 sachet (7grams) of dried yeast
3 teaspoons of sugar
2 teaspoons of salt
2 tablespoons of olive oil
2 cups of water
(or equivalent of if using a tomato bruschetta mix)

Mix all the ingredients to form a tight dough, but don't add all the water in at once or you may find it's too sloppy.

You can add a number of different flavourings, e.g. I added a jar (about 300gram) of a bruschetta mix – but added less water to the dough to make up for the extra liquid. You can add tomatoes or olives or any number of different flavours. Whatever you choose will need to go into the dough before you have added all your water.

Knead the dough. This means it needs to be punched stretched and pounded till the dough isn't sticky and is firm to touch.

Put the dough aside in a warm place until it doubles in size. Once this happens I bash it back down and portion it out.

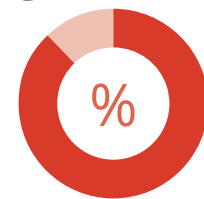
If you want to make a flat bread (think pizza bases) it can be portioned up, rolled into rounds, and cooked on an electric frypan with a little oil, or on a normal pan over the stove. To make a loaf, the dough is put into a tin and baked for about $\frac{3}{4}$ hour until golden brown. When cooked, the dough is light and when tapped it sounds hollow.

In the picture I cooked the dough in a camp oven over warm coals. I was quite happy with the end result!



Tenant survey highlights

36% of tenants completed our survey and told us...



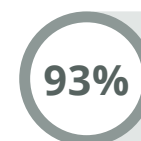
88% overall satisfaction!

Tenants rated Westside higher than other nationally benchmarked community Housing providers in 15 out of 17 indicators.

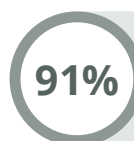
Respondent length of time as a Westside tenant



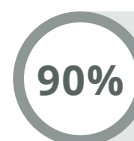
What we are doing well



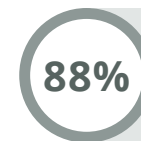
are satisfied with the way Westside provides information to tenants



are satisfied with the way Westside communicates with tenants



are satisfied with their neighbourhood as a place to live



are satisfied with the condition of their home



are satisfied with the quality of maintenance repairs



are satisfied with their rights as tenants being upheld

What we have improved since our last survey



7% increase in satisfaction with knowledge of how to appeal a decision



6% increase in satisfaction with neighbourhood as a place to live

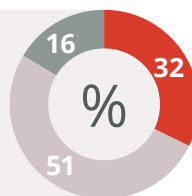


4% increase in satisfaction with communications and information provision

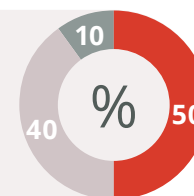
What we need to work on

● Satisfied ● Unsure ● Dissatisfied

After making a complaint to Westside I am satisfied with how it was handled



I am able to influence Westside's decision making



You said, we did...

Following your feedback from our last survey, we have:

- Removed barriers to tenant involvement.
- Communicated complaints and appeals information to tenants.
- Provided information and opportunities to help tenants manage energy costs.

We will now look at:

- Ways to get more tenants responding to future surveys.
- Our complaint handling processes.
- What "involvement in decision making" means to tenants and how we can better support this.

Need a little help?

Everyone needs a little help at times. If you need to find services, help to stretch the budget a bit further, or get essential items, here is a selection of some of the assistance available:

Finding services

- Ask Izzy: askizzy.org.au
- Affordable SA: affordablesa.com.au

Help with money

- Concessions and grants: sa.gov.au/topics/care-and-support/concessions
- Financial aid: sa.gov.au/topics/care-and-support/concessions/financial-aid/emergency-financial-aid
- Uniting Care Wesley Bowden: ucwb.org.au/financial-wellbeing
- No Interest Loans (NILs): goodshep.org.au/services/loans

Food assistance

- Foodbank: foodbank.org.au/sa-nt/home (contact Westside for a referral voucher)
- Oz Harvest: ozharvest.org/ozharvest-market-adelaide
- The Food Centre: thefoodcentre.com.au
- Puddle Jumpers: puddlejumper.org.au

Free special occasion clothing (for job interviews, high school formals etc)

- Dress for Success: [adelaide.dressforsuccess.org](http://dressforsuccess.org)
- Thread Together: threadtogether.org

If you have any tips about services that have helped you and might be useful to others, let us know! Send your suggestions to community@westsidehousing.org.au



If you need help to stretch the grocery budget further, assistance is available to Westside tenants through a Foodbank voucher. A Foodbank voucher entitles you to 10 visits to Foodbank Food Hubs.

On each visit you get:

- Up to 15kg fruit & vegetables free
- Free bread
- Discounted food and other household supplies that cost less than supermarkets

Anyone on a low income and in financial need is eligible.

Westside is a Foodbank referral agent.
Contact us for a referral on 8155 6085 or west@westsidehousing.org.au

Make a vertical garden!

By Frankie Starling

Reusing old plastic plant pots is about creative and conscious living. It's a way to cut down waste, save money and decorate your home, patio and garden.

By stacking pots in a tiered arrangement, you can create a stunning vertical flower, creeper or herb garden. This is a great way to save space and brighten an area around your home.

Gather up your old plastic garden pots and wash them with warm soapy water and rinse so that any bugs or bacteria are eradicated before you start. Look for an array of different sizes for this project.



Step 1: Place your largest plastic pot in the place you desire to display it. Against a tree is often a good idea, but free standing is nice too – so you can see it from all angles. Make sure it has ample drainage holes in the bottom.



Step 2: Place a smaller pot upside down inside the larger pot.
Step 3: Fill around the pots with clean high grade potting mix, or fertile well drained garden soil.



Step 4: Place another pot (smaller than the first) on top of the upturned pot and repeat steps 2 and 3.



Step 5: Place the final smallest pot on top of the tier and fill with soil, and balance the full tier.
Step 6: You can now fill the exposed areas of each tier with the plants of your choice (e.g. flowers or herbs). Water the plants gently and ENJOY your recycled plastic, tiered, plant pot garden.

Images created with AI



What to do with hard rubbish

by Jane Savage

What do you do with those hard to get rid of items that won't fit in your council bin? Hard rubbish collection is your solution!

Hard rubbish collection varies depending on council area. Most councils have 2 free hard rubbish collections per financial year (1 July to 30 June). There are restrictions on the amount of rubbish that you can leave out for hard rubbish collection, e.g., many councils have a 2 cubic metre size restriction, which is approximately a 6 x 4 trailer load.

Most councils, for safety reasons, have restrictions on the type of materials you can leave out for collection. Things you cannot leave out include:

- ✗ Hazardous waste such as chemicals
- ✗ E-waste (anything electronic such as batteries)
- ✗ Innerspring mattresses
- ✗ Metal
- ✗ Building materials
- ✗ Glass

Innerspring mattresses can be picked up by special hard waste arrangement – usually 2/year for up to 2 mattresses at a time. There is usually a charge for picking up innerspring mattresses, (e.g. my council charges \$40/mattress). Scrap metal dealers may be interested in picking up anything metal, including whitegoods.

Glass can be difficult to get rid of, whether it is a furniture piece, e.g. glass top table, or just large pieces of glass. Glass cannot be put out in hard rubbish. One suggestion for such disposal is to wrap the glass in a tarpaulin and then smash with hammer. Once smashed, carefully fold the tarpaulin to contain the glass fragments and put into general waste bin. Building materials can also be difficult to dispose of and some councils will not collect any building materials e.g. bricks, wood etc.

Check your local council website for more information.

Are you creative and want to contribute?

We're always looking for contributions to Inside Westside and our e-news, and we'd love to hear from you!

If you enjoy writing, art, photography, cooking, craft, or know of events and activities Westside tenants might enjoy, please get in touch. We welcome all kinds of contributions, and you can be involved in a way that suits you.

Our editorial group, made up of Westside tenants and staff, meets twice a year over coffee and cake to plan each edition.

To find out more, email community@westsidehousing.org.au





No Interest Loans

Unexpected expenses are bound to pop up from time to time. Kids need a laptop for school? Fridge broken down? Dental bills? No Interest Loans (NILs) help people on low incomes to buy essential items without fees, interest or charges. NILs help you manage your money, and you only pay back what you borrow, nothing more.

NILs are supported by not-for-profit Good Shepherd Australia and New Zealand, and Westside Housing are NILs customer service providers. Talk to your tenancy officer about how to apply for a NILs loan of up to \$2000.

If you would like further information, please contact us on phone 8155 6070 or admin@westsidehousing.org.au

Alternatively, you can contact UCWB, who are expert NILs providers and offer a range of other financial and wellbeing services phone 8245 7177

nils-team@ucwb.org.au
ucwb.org.au/financial-wellbeing/no-interest-loan

Through UCWB, you may also be eligible for NILs for Vehicles. No Interest Loans (NILs) for Vehicles is a loan of up to \$5,000 for purchase of a vehicle for day-to-day essential use. Repayments are made at affordable amounts over a maximum of 48 months.

Westside HOUSING GARDEN COMPETITION

ARE YOU OUR NEXT GARDEN SUPERSTAR?

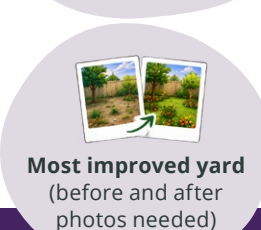
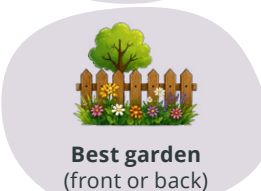
You could win **\$200!**



Whether you're a garden guru, proud plant parent, or simply keeping a houseplant alive, we want to hear from you! Green spaces big or small do wonders for wellbeing, and this Spring we're excited to launch the second ever Westside Garden Competition.

With a range of categories, everyone can get involved. Category winners receive a \$50 BUNNINGS CARD. Overall winner receives a \$200 BUNNINGS CARD.

THIS YEAR'S CATEGORIES



HOW TO ENTER

Let us know which category you are entering and send us photos (showing how great your garden is) and a couple of sentences about what you enjoy about your green space.

Category winners will also be automatically entered into the **Community Housing Association of SA 'Growing Together Awards'**.

ENTRIES OPEN MONDAY 17 AUGUST AND CLOSE MONDAY 14 SEPTEMBER

Send your entry to us by emailing community@westsidehousing.org.au



Spring Seed Giveaway

It's baaaack! After a great response to last year's Spring Seed Giveaway, we're doing it again this Spring.

If you'd like to try growing veggies, herbs or flowers from seed, let us know. Visit our office at 478 Port Rd, West Hindmarsh to browse the range of seeds and raising pots or email community@westsidehousing.org.au to request two free packets to be posted to you.

The seeds on offer from the first week in August are parsley, thyme, coriander, mint, tomatoes, beans, peas, sunflowers, nasturtiums and daisies.

Growing your own veggies and herbs not only saves you money, it is great for greening your yard, and for the satisfaction that comes with knowing you can grow something yourself.

If you team up with a neighbour, you can swap the seedlings you grow and have even more variety!



Energy saving ideas

Winter is here... and staying warm can unfortunately mean higher energy bills.

Keeping costs down can be hard, but there are some basic things to do to make sure you are getting the best value for money:

- Check your eligibility for a range of concessions and subsidies – sa.gov.au/topics/care-and-support/concessions/household-concessions
- Compare energy provider plans as they aren't all equal, and being on the right plan for your circumstances can make a difference – energymadeeasy.gov.au
- If you are on a time of use tariff (where power is cheaper in the middle of the day), where possible, use appliances (including heating) then, rather than in the evening when power is most expensive.

As well as ensuring you're not paying too much, there are simple ways you can reduce your power use in winter:

- Make a 'warm room' by closing doors and heating just one space, ideally between 18–22°C. Heating less space and using a lower heater thermostat saves energy.
- Make a draught stopper to go across the bottom of your door by cutting the leg off an old pair of stockings or leggings and stuffing it with unwanted clothes or towels (or buy one cheaply from discount stores). Sealing up drafts keeps you warmer.
- Use a hot water bottle or heated electric throw blanket to stay warm in the evening as it is more energy efficient to heat the person rather than the room.
- Ensure all curtains and blinds are closed at night to keep the cold out.



Everybody needs good neighbours!

We know there are some amazing people living in Westside houses who go above and beyond to look out for their neighbours – something that is so important with all the uncertainty in the world at the moment!

We asked you to participate in Westside's Nominate a Neighbour program so that we could highlight and celebrate this community spirit and recognise the importance of looking after each other. Well, we weren't disappointed!

To celebrate Neighbour Day at the end of March, Westside tenant Colleen nominated her neighbour Toni and let us know a bit about the support Toni had given her and other neighbours.

"Over the past 18 months both Toni and I have been very challenged with health problems.

Despite this, Toni has been by my side on every occasion that I have needed her – and there have been many of these occasions. Toni has assisted me with emergency medical episodes, accompanying me to appointments (and waiting for me while I went to them), and picking me up from hospital. She has also lent me her car when I've really needed it. I know she has helped other neighbours as well.

Toni has been that totally reliable and trusting angel to me when she herself has also had a very challenging past year. Every step of the way Toni has been there to help me."

Colleen and Toni's neighbourly bond was recognised when they both received a celebratory gift hamper for Neighbour Day in March. Westside would like to thank Colleen for nominating her neighbour, and Toni for her amazing generosity and neighbourliness!

If you have a neighbour you would like to nominate to thank them, get in touch. We have a monthly prize draw for both the person nominating and their neighbour, and the best story of neighbourliness will be celebrated with gift hampers for Neighbour Day next March.

To nominate a neighbour, send a couple of sentences about who you're nominating and why, to community@westsidehousing.org.au

Pictured: Neighbours Colleen (L) and Toni (R) with Bec from Westside Housing, ready to celebrate Neighbour Day

Celebrating Reconciliation

Reconciliation at the Port

Westside staff, board members and tenants were honoured to be welcomed to Kurna country and the beautiful surrounds of Yitpi Yartapuultiku (the new Aboriginal Cultural Centre in Port Adelaide) to celebrate Reconciliation Week. Hosted by the Westside Reconciliation Working Group, the event was a great chance to learn about Kurna culture, understand the cultural significance of the area, and taste some bush tucker.

Participants were treated to a walk around the grounds of Yitpi Yartapuultiku, learning about local native plants and Kurna uses for these, and hearing stories from cultural ranger Will. Everyone then got to experience a delicious lunch featuring native ingredients.

This was a unique opportunity, and we encourage all our tenants and supporters to visit the centre if you get a chance. Thanks to everyone that came along!



Art success!

Casey, the artist behind Westside's Reflect Reconciliation Action Plan artwork (and tenant of Westside), continues to achieve success. As well as having an artwork featured on the front cover of *Veterans Art Forum*, he has been invited to showcase his work at Parliament House in Canberra later this year. His work is also gaining attention with a recent commission to design a birthday card for John Schumann of the band Redgum.



Have you got a good news story to share?

If you have a good news story, a success or something you think other tenants would like to read about, let us know! We'd love to share some good news stories in the next edition of Inside Westside.



From the Housing Services team

If you are struggling to pay your rent, bills or everyday essentials, please reach out. Staff have a range of information and service contacts that may be able to help you so that you are in a better position to pay your rent. Letting us know early if there is a situation affecting your tenancy helps us work with you to find solutions.

Cost of living concessions

Tenants may be eligible for concessions to help with cost of living. The SA Government offers a range of concessions for people on low or fixed incomes, including:

- Cost of Living Concession
- Energy bill concessions
- Water concessions
- Transport concessions
- Low cost eye glasses

You may qualify if you hold a concession card, receive an eligible Centrelink payment, or are on a low income.

The easiest way to check what you can access is the online Concession Finder – sa.gov.au/topics/care-and-support/concessions/concession-finder

If you already receive a concession, remember to keep your details up to date, as changes to your income or living situation can affect your eligibility.

Support at home

If you are finding you need a bit of extra help at home as you get older, you may be eligible to access support through My Aged Care for things like:

- Home modifications (such as rails, ramps and safety improvements)
- Mobility and daily living equipment
- Help around the home and other support services

If you are aged 65 or older (or over 50 for Aboriginal and Torres Straight Islander people), you may be eligible.

To get started:

- Speak with your GP
- Visit myagedcare.gov.au

If you'd like independent guidance on what support is available and how to access it, contact either:

- Catalyst Foundation
catalystfoundation.com.au
Phone: 8168 8776
- Uniting Care Wesley Bowden (UCWB)
ucwb.org.au/older-people/care-finder

Maintenance matters

Is there a mouse in the house?

Mice are unfortunately being reported by some tenants this year. Due to seasonal conditions, mice are breeding in larger than normal numbers across South Australia.



Although finding a mouse in the house can be upsetting, there are things that tenants can do to ensure that your home isn't an easy place for rodents to access:

- Seal any obvious entry points (steel wool from the cleaning section of the supermarket can be effective in blocking small holes or cracks)
- Promptly clean areas where crumbs and food scraps may be present
- Store food in glass, metal, or heavy plastic containers rather than leaving cardboard or light plastic packets in the cupboard
- Declutter and clear any items piled in your yard to reduce nesting sites
- Set mouse/rat traps in several locations where you think mice have been active and make sure pets stay away from them. Cheap disposable mouse traps can be found in your local supermarket or hardware shop.

Whilst it is a tenant responsibility to manage rodents, let us know if you are concerned that mice have caused damage to the structure of your home, or if you have noticed an obvious access point that can be permanently sealed.

Smart meters

Across Australia, electricity meters are being upgraded to the current technology.

All households will eventually have a 'smart meter' replace their existing electricity meter. Smart meters will provide flexibility to ensure that the power grid meets current demand.

Smart meters record your electricity use throughout the day and send readings directly to your electricity provider – meaning no more manual meter reads. They can provide more options for you to manage your costs.

Smart meters can enable more choice of electricity plans, such as time-of-use plans, which can offer cheaper rates for people for using electricity at off-peak times

Smart meter upgrades are not managed by Westside – this is between you and your electricity provider (e.g. Origin, AGL, Amber, etc). Your electricity provider is your first point of contact if you have any concerns about the rollout.



Emergency maintenance after hours

If you have an emergency maintenance issue such as a flooding tap (not a drip) on the weekend, a public holiday or out of office hours please call 8155 6070.

- If it isn't an emergency then you can report it through our website and we will action it during office hours
westsidehousing.org.au/maintenance
- If your emergency maintenance issue is life threatening, please call Emergency Services on 000.
- If your emergency is related to storm damage or flooding, please call South Australian State Emergency Services on 132 500.



If undelivered please return to:
478 Port Road West Hindmarsh SA 5007

Westside
HOUSING

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Westside office opening hours

9am–4pm, Monday–Friday

Closed public holidays and weekends

For after hours emergency maintenance issues, please call 8155 6070, 24/7

478 Port Road, West Hindmarsh SA 5007

8155 6070

admin@westsidehousing.org.au

westsidehousing.org.au