



ABORIGINAL HOUSING VICTORIA



Renter Newsletter

Edition 4, December 2024

Mia Mia

**Aboriginal Housing Victoria
Renter Newsletter | Edition 4, December 2024**

We are thrilled to be sharing our final edition of Mia Mia for 2024 to our AHV Renter Community. In this edition, you will find our AHV notice board, summer safety tips, community news and events, and a warm welcome to our newest members of the Housing Services Team...

As the year draws to a close, I want to wish you and your families a very happy holidays.

This is a time for reflection and connection, and I hope it brings joy and rest for you all. Personally, I am looking forward to a short break spent with my family and grandchildren, before a busy and productive 2025.

We'll continue working hard to grow and improve our housing options, keeping Mob connected to community and culture, as we work to build stronger, brighter futures for Aboriginal Victorians.

I hope to see many of you at our next series of Community Consultations in the new year.

*Warm regards,
Darren Smith, CEO*



AHV Office Closures

Our Aboriginal Housing Services team and offices will be closed from 1pm **Tuesday 24 December**, until 8:30am **Thursday 2 January 2025**.

For all urgent requests during this period, please call the After Hours Maintenance Line on 1800 248 842.

Have you logged into the AHV Renter Portal?

Get instant access to your tenancy information online via the **AHV Renter Portal**. Viewing your account balance, paying rent or reporting a maintenance issue are now at your fingertips. **Learn more and login at myahvic.org.au**

New applications are open for the AHV Training Scholarship

Did you know AHV offers a Getting Into Work and Training Scholarship Fund? Successful applicants can receive up to \$500 to put towards the costs associated with getting into work or training. Think... course fees, textbooks, work clothes, tools or equipment! **Scan the QR code or email community@ahvic.org.au to learn more...**



Meet Your New Housing Officers

Meet Daina B.

Daina joined AHV earlier this year in an administrative role, and now moves into the Housing Services team within our **Northern Metro Region**. On her new role, Daina shares, "Being Aboriginal, it was important for me to find a job within community and do my part, as the Elders in my family have always done. I believe housing is a human right and when stable, other aspects of life are guaranteed to flourish."



Meet Ryan B.

Growing up on Gunnai-Kurnai country in East Gippsland, Ryan had the privilege of meeting and developing a deep respect for local Elders and community members who generously shared their stories and cultural knowledge. With experience as a lawyer, public servant, and volunteer for organisations like VALS, he brings empathy, respect, and a commitment to ensuring safe, secure, and affordable housing for renters and communities. **Ryan joins our Southern Metro Team.**



Meet Bec R.

Bec joins AHV's Gippsland Region. She's most enjoying "providing support for each household in any way I can." Outside work, she loves gardening, especially growing native edible plants alongside her veggie patch. You'll also find her cheering on family at the local footy and netball club. Along with supporting your tenancy needs, Bec's always up for a chat about footy or gardening!



Meet Kathryn C.

Based in Bairnsdale, Kathryn moved to East Gippsland about 2 years ago, and prior to AHV, she worked as a Case Manager in Homelessness Services. She loves having a yarn and getting to know her renters and their families. Outside of work, Kathryn loves being outdoors, exploring local beaches and spending time with her family. She is a loyal (and frustrated) St Kilda FC supporter!



Meet Michelle O.

Michelle joins the Shepparton team, as their newest Housing Officer. Sharing, "to be part of AHV is very rewarding to me, to ensure safe & secure housing for the community, whilst also being culturally holistic. I cannot wait to meet everyone!" When Michelle isn't at work, she enjoys going to the gym, playing with her dogs, hanging out with friends and family and watching Judge Judy.



Community News and Events

Gippsland

GEGAC are running **free Men's Fitness Sessions** at R U FIT, Bairnsdale. 12.15pm on Tuesdays. Contact Dan on 0490 713 281 to register.

Cultural Outings & Fishing Days with GEGAC's Quararook Engagement Officer, Scotty King. Call Scotty on 0499 834 694 for more information and to register.

Moogji Aboriginal Council and the Youth Affairs Council of Victoria are hosting **'Future Proof Youth'** including games, sports, music, food and friends. Wednesdays from 15 February 2025, 3.30-5pm at Orbost Tennis Club.

GEGAC are running **free Yoga classes** for community on Mondays at 11am & 1pm. For more info, call Rani on 5150 0760.

Ballarat, Bendigo & Shepparton

Celebrate the holidays with Rumbalara at their **Community Christmas Party** on Tuesday 17 December from 4-7pm, 20 Rumbalara Rd, Mooroopna. Registration is required via their website.

City of Greater **Bendigo's annual Summer in the Parks** program kicks off from the beginning of December, with a host of activities including Christmas Carols, Community Farmers Markets and New Year's Eve Fireworks at Rosalind Park.

Art Gallery of Ballarat and the Koorie Heritage Trust (KHT) present the first and biggest retrospective of works by the late Josh Muir (1991 - 2022) in **JXSH MVIR: Forever I Live**. Showing until 2 Feb, for more information visit artgalleryofballarat.com.au

Geelong, Barwon and Western Regions

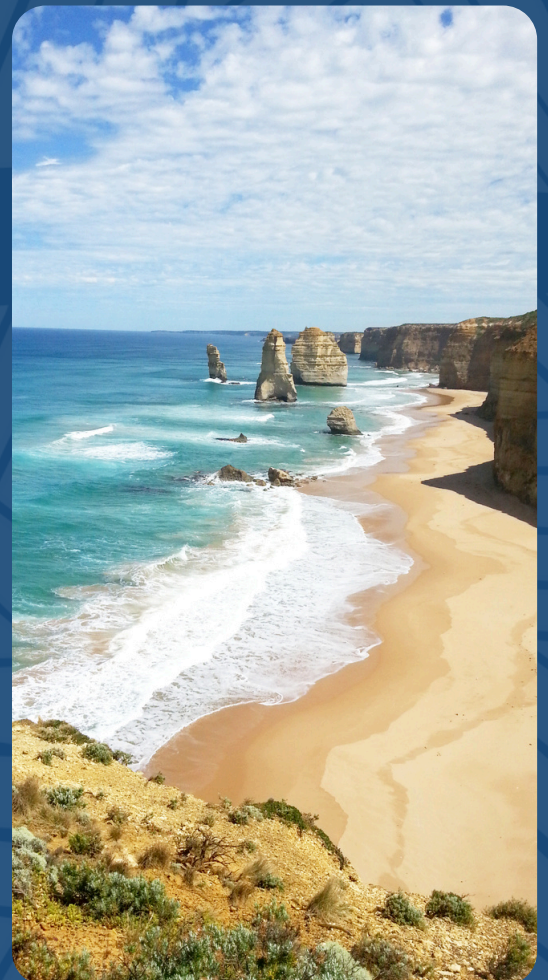
Wathaurong **Community Christmas Party** is on Sunday the 15th of December at the Wathaurong Booln Booln Cultural Centre in Grovedale.

Gunditjmara's **Koori Xmas** is back! This Wednesday 18 December at Harris Street Reserve from 10-2pm. RSVPs essential via gunditjmara.org.au.

On 20 December from 11am, join DWECH's **Community Christmas Party** at Portland Foreshore Reserve. There will be family fun including a visit from Santa, jumping castles and go-karts, face painting and hair braiding.

Winda-Mara's **January Holiday Program** has been announced, including Surf Programs, Pool Days and Colour Runs. Learn more at windamara.com.au

Join the inaugural **Koori Carnival** on the 29th of March 2025 at Warrnambool Showgrounds for a day of live music, entertainment, food and culture. Hosted by The Koori Way, DWECH, Gunditjmara, Kirrae Health Services and Winda-Mara. Register via their Facebook page.





Mildura & North West

Celebrate Summer and Christmas with MDAS at their **Community Christmas Pool Party** is on the 18th of December from 4-8pm at Merbein Pool. Enjoy fun activities, food and raffle prizes. Contact Joanna on 0459 356 193 for more information and transport.

Join MDAS' **Community Christmas Party** in Swan Hill. On Friday 20 December from 5.30-8.30pm at Riverside Park. Enjoy fun, games, rides and festivities!

Visit **Santa's Workshop** at the Mildura Langtree Mall until Christmas Eve. Santa will be making his list and checking it twice, so come along to Santa's Gingerbread Workshop and tell Santa your Christmas wish.

Swimming lessons for First Nations kids are coming soon to MVAC, register your interest via mvac.org.au

Melbourne

In collaboration with Warriors of Light - Blak Pearl Studio will be hosting an **Xmas Feast luncheon** featuring a FREE roast lunch, gift bags and a market of high quality donated goods. This lunch is aimed at Elders, their families and communities who reside in or frequent the City of Yarra, but all are welcome to attend and celebrate the beginning of the festive season. Sunday 22nd of December from 3pm - 7pm, 190 Young St, Fitzroy.

Ngwala Willumbong Aboriginal Corporation and the Koorie Academy are hosting a **Youth Basketball Clinic** on the 10th of January at the State Basketball Centre, Wantirna South. Open to youth aged 16-25. RSVP are essential, call Jessica at Ngwala on 0490 160 740.

The **Aus Open 2025 First Nations Ballpark Day** is on Wednesday 15 January, 2025 from 8-9.45am (Evonne Goolagong Cawley Day). The free session is available for mob aged 3-12 y/o (flexible), for a chance to practice skills, test their serves with speed tracking, and compete in friendly matches on mini courts, and enjoy free entry into the AO precinct for the day. Contact Koorie Academy Basketball via Facebook to gain access.

The First Peoples' Assembly of Victoria are hosting **Movies Under the Stars** this Summer at Sir Douglas Nicholls Oval in Thornbury. Showing The Sapphires on 18 January, 2025 and Top End Wedding on 14 February, 2025. Tickets (\$5) and more info via firstpeoplesvic.org.



Annual AHV Christmas Appeal

As the festive season approaches the AHV team assembles, as we have done since 2015, to pack and deliver hundreds of gifts and hampers for children and Elders living in AHV properties.

We received generous donations from the likes of Disney, Hardie Grant Books, Aesop, Pinchapoo and many more, to share with renters. From all of us at AHV, we wish you and your loved ones a very Merry Christmas and a happy and safe New Year!



Support and Helplines

If you, or anyone you know, needs help over the Christmas period, find a list of hotlines, services and supports below...

For **health and wellbeing support**, call VAHS on (03) 9403 3300 or visit vahs.org.au

For **24/7 family violence support**, call Safe Steps Family Violence Response Centre on 1800 015 188, or 1800 RESPECT's crisis line on 1800 737 732.

For **community, children and family support**, call VACCA on (03) 9287 8800 or visit vacca.org

13YARN provides 24/7 free and confidential crisis support. Call 13 92 76.

Lifeline provides 24/7 crisis support and suicide prevention services. Call 13 11 14 or text 0477 13 11 14.

Brother to Brother provides phone support for Aboriginal men who need someone to talk to about relationships, family violence, parenting, drug and alcohol issues or any other reasons. Call 1800 435 799.

Thirili provides 24/7 support in the aftermath of suicide or other fatal critical incidents. Call 1800 805 801.

Ask Izzy connects people in need with housing, a meal, money help, family violence support, counselling and much more, free and anonymous online at askizzy.org.au

Staying Safe This Summer

Simple tips to keep cool, calm and safe this heatwave and bushfire season

As the warmer months approach, it's important to prepare your home and family for the potential risks associated with summer weather, including bushfires and heatwaves. By taking a few simple steps, you can help keep your home safe and your loved ones comfortable and protected during extreme heat.

Bushfire Safety

If you live in a bushfire-prone area, preparation is key...

Create a bushfire plan:

Know your evacuation routes and have an emergency kit ready, including water, food, medications, and important documents.

Clear out ember prone areas: Remove dry leaves, branches, and other debris from gutters and surrounds.

Stay informed:

Download emergency alert apps and listen to your local radio station for updates.

Caring for Community

Hot weather affects everyone differently, take care of those around you.

Stay hydrated: Ensure everyone, old or young, drinks plenty of water, even if they're not feeling thirsty.

Keep cool: Use fans, air conditioning, wet towels, or cool showers. If needed, visit air-conditioned spaces like your local ACCO, community, or shopping centre.

Watch for warning signs:

Look out for symptoms of heat exhaustion such as dizziness, nausea, or confusion. Seek medical advice as necessary.

Heatwave Tips

Keeping cool means getting ahead of the heat...

Plan ahead: When extreme weather is forecast, avoid running errands, exercising and walking pets in the hottest parts of the day.

Block the heat: Use blinds, curtains, or reflective shades to block heat before it peaks to keep your home cooler during the day.

Check your cooling

systems: Ensure fans and air conditioners are clean and maintained before summer's peak.

If you have concerns about your home or need support during the summer months, please don't hesitate to contact your Housing Officer.

If you or someone you know is in immediate danger or requires medical attention, call 000.



Kids Corner

HOW MANY ELVES CAN YOU FIND? ____



HELP SANTA FIND HIS SLEIGH...

UNJUMBLE THESE FESTIVE WORDS!

1. HATSCRIMS -----
2. HAYSIDOL -----
3. SRUMME -----
4. TASNA -----
5. VELSE -----
6. DULPRHO -----



ANSWER: 1. ELVES, 2. CHRISTMAS, 3. HOLIDAYS, 4. SANTA, 5. ELVES, 6. RUDOLPH



COLOUR IN THESE FESTIVE ORNAMENTS, CUT THEM OUT AND HANG THEM UP FOR EVERYONE TO SEE!

