



Pacific Link
HOUSING

PACIFIC LINK POST

Your tenant newsletter



Pacific Link Housing Team

Summer 2023

Inside this issue

- Tenant Garden Competition
- Business NSW Awards
- Education Support Program
- Tech Connect Loan Program
- Health and Wellbeing Program
- Learner Driver Program
- Women's Community Shelters Partnership
- Police and Fire visit Gosford!
- 16 Days of Activism Against Violence

Message from our CEO

2022 has been a busy, yet exciting year at Pacific Link! We have well and truly resumed our neighbourhood events which were paused during COVID. We have enjoyed garden days, morning teas and BBQs in many areas across our footprint and look forward to continuing these next year.

Our Tenant Programs have also been popular during the year. We encourage you to visit our website to see if any opportunities are of interest to you. www.pacificlink.org.au/programs

A quick reminder that our Education Support Program is now open and applications close on 13 January 2023. Tenants who are studying can apply for assistance to help with the cost of education, including the purchase of laptops or other supplies



and services. Feel free to call our office on 4324 7617 if you have any questions or need help applying for this Program online.

On behalf of the PLH team, I wish you a safe and happy holiday season. Take care of yourselves and each other during this busy time. We look forward to seeing you again in 2023!

Ian Lynch - CEO

Tenant Garden Comp

We had a great response to our 2022 Tenant Garden Competition with lots of beautiful gardens, making it difficult to choose the winners! It was a pleasure for our staff to see the hard work tenants put into their gardens and the pride they feel when they see the results.



These garden competition winners received a Bunnings gift card to reward their hard work. Great job!

- Catherine - Adamstown
- Gail - The Entrance
- Rebecca - Gosford
- Cathy - Lake Haven
- Jaime - Woy Woy
- Peter - Windale
- Rosella - Ettalong

"My garden is my Zen space. I can't do a lot anymore, but I can sit in my garden and feel very proud of myself."

"I love my garden. I feel good when I sit and have my coffee out in the garden."

"Gardening is a way we can all be included in an activity together as a family. Both of my boys are highly active and I have tried to use gardening as a way to help them understand patience."

"My garden means the world to me. I sit out there and I feel at peace and happy."

"I feel calm and relaxed when sitting outside admiring how beautiful it looks."

"It's my happy place. Every plant is either a cutting or a Bunnings clearance plant."



PLH Team Members at the Awards Night in Sydney: Kachie, Kath, Tracey and Ian

Business NSW Awards

Pacific Link Housing was thrilled to win 'Outstanding Community Organisation' at the 2022 Central Coast Business Awards. As winners for the region, we went on to the state award ceremony which was held in Sydney.

Unfortunately, we didn't win the state award, but we were so honoured to attend and be up against some amazing and deserving organisations, including two other Community Housing Providers.

PLH's Education Support Program Now Open

Pacific Link Housing's Education Support Program aims to provide tenants with tools and resources to achieve their goals! It is open to tenants of all ages who are studying. You can apply for assistance to help with the cost of education, such as:

- course fees or private tuition
- text books, workbooks, study guides or stationery supplies
- specialist equipment (e.g. medical, art, music or photographic)
- home computer or laptop, computer software, printer
- Uniforms, shoes or PPE equipment
- Other items will also be considered

Kayden received a laptop in April 2022 through the Education Support Program. We're happy to report that he has been doing really well at school this year and even received a Principal's Award! Kayden's mum said it's great to see him working hard at school. "He received the Award at an assembly in front of the whole school and the certificate is now proudly displayed in his room. It's a good incentive for him to keep trying his best."

Well done Kayden! Keep up the great work!



The next round of the Education Support Program closes on 13th January 2023. Apply online at www.pacificlink.org.au/programs or call us on 4324 7617



PLH's Tech Connect Loan Program

Our Tech Connect Program helps tenants access brand new laptops or devices and make affordable, interest-free loan repayments. It's an easy way to purchase an item without the need for risky short-term cash loans.

You can apply for a laptop or device up to \$1,000. We will purchase the item for you and also help by reducing your loan amount by applying a \$250 subsidy! Tenants will simply need to agree to have a small amount deducted from their Centrelink payments until the remaining loan amount is paid off. For information and eligibility, visit our website or call us if you have any questions about applying.

www.pacificlink.org.au/tech-connect

PLH's Health & Wellbeing Program

Do you or your kids want to try a new activity in 2023? You could be eligible for up to \$250 to help pay for registration, membership, equipment or other related items! Our Health & Wellbeing Program is open to tenants of all ages who want to participate in a sport or activity. Ideas include:

- | | | | |
|------------|------------|--------------|--------------|
| • Tennis | • Tai Chi | • Basketball | • Drama |
| • Football | • Music | • Yoga | • Athletics |
| • Arts | • Swimming | • Karate | • Singing |
| • Netball | • Dancing | • Theatre | • Gymnastics |
| • Baseball | • Soccer | • Pilates | |

If you are interested in this program, feel free to give Adelle a call on 4324 7617 or go online for more information at www.pacificlink.org.au/health-and-wellbeing



PLH's Learner Driver Program

This Program is open to eligible tenants of all ages who are learning to drive and have a NSW learner driver's licence. Through our partnership with NRMA Safer Driving School, we can provide eleven free lessons by a professional driving instructor. The Program teaches essential road safety skills and builds the confidence of learner drivers to help them get on the road sooner! For more info, please visit www.pacificlink.org.au/programs or call us on 4324 7617.

Jason was successful in receiving his P1 license with the help of the lessons through NRMA. He told us the application process was easy and he would recommend the course to other tenants as you learn lots of tips to help with the driving test. "I am a full-time carer for my wife and having my license has really helped. I am very thankful to PLH for the opportunity to be part of the Learner Driver Program."



Women's Community Shelters Partnership



We hosted a special morning tea with Women's Community Shelters to thank supporters who helped transform a vacant building into safe, temporary housing for older women. The property, now named Allawah House, has been made available to us by the new owners while they contemplate redevelopment. Turning an empty building into a beautiful home involved the efforts of many individuals, corporates and community groups such as the Zonta Club, Soroptimists, Action on Housing for Older Women, Temple & Webster and Salesforce volunteers.

It was heartwarming to hear from some Allawah House residents about how their new home has restored their sense of security and given them a feeling of belonging. One of the residents has kindly allowed us to share her story and what a safe, temporary home has meant for her.

Life certainly has ups and downs for all of us. And I thought I'd had my fair share of the downs! But I was not ready for the curve ball that struck me early this year. I was settled in a house with a garden and very supportive friends around me. Life was OK! Then through unforeseen circumstances I was given 6 weeks to leave the house and find a rental.

I had never rented and it didn't take long to realise that a private rental on the Central Coast was out of my reach. I did not sleep for a week. I trawled the internet checking every rental, in every town, even out the back of Bourke. There was nothing! Then it was put to me that Allawah House was opening and would I be interested!

I said NO Way as my support people were in a different area. So, I kept searching. I signed up for social housing but I came crashing down when I received the news that 'Hey there's nothing out there for you'!

I finally gave in and went to look at Allawah House. I was pleasantly surprised when I walked in. It felt like I could make it home. I said yes to moving in there and signed up and moved in a few days later. I just sat in the room and cried with relief. I wasn't going to be continually hassled to move out! They were sad tears but GOOD tears as I felt safe. I had time now to gather myself and prepare for the next phase of my life. The support from everyone has been amazing and I can now look forward with optimism.

There are many generous, caring people on the Central Coast and you all here are amongst the best. Thank you.

COVID Update

Pacific Link Housing continues to follow the NSW Government's rules and restrictions, helping to reduce the spread of COVID-19.

Our COVID Response Plan outlines measures to minimise the risk of infection for tenants, staff and the community. This includes team members undertaking COVID-19 Rapid Antigen Tests if they have symptoms or are a close contact with someone who has tested positive.



We will continue to update you by post, SMS messages, email and in our newsletters. Latest information for tenants can be found at www.pacificlink.org.au/coronavirus

We have been distributing Rapid Antigen Test Kits to tenants and have a small supply in the office. Please feel free to contact us if you need some for your household and we will do our best to send one out.

Police and Firies visit Gosford!

Community members and tenants in Gosford were treated to a very special visit by our local Firefighters and Police Officers in November.

It was a fun-filled afternoon with lots of laughs, especially when we used the fire hose to water the community garden! A big thank you to the Police and Firies for coming along to chat with everyone and also to Walkabout Coffee for supplying the yummy ice creams and hot drinks.



Change your newsletter preference

Pacific Link Housing is passionate about conserving our natural resources. We are implementing more "paperless processes" in our day-to-day work which helps to reduce paper waste in our office.

Our Tenant Newsletters are printed on FSC paper which is the best for environmental use as it has a lower carbon footprint and is sourced from managed forests. To support our commitment to the environment, you can choose to receive our Newsletter by email instead of by post. Update your preference at www.pacificlink.org.au/newsletter.



16 Days of Activism Against Violence

Pacific Link Housing participated in several events during the 16 Days of Activism to help raise awareness that everyone has the right to live free from violence. Our staff attended an inaugural bike ride, an awareness walk to Kibble Park in Gosford and a conference to share information and solutions to end violence, abuse and neglect in our community.

What is the '16 Days of Activism'?

It is a global campaign that calls for an end to violence against women and girls. It starts on the 25th November (the International Day for the Elimination of Violence against Women) until the 10th December (Human Rights Day).

Why is it important?

Violence against women and girls continues to occur at an alarming scale and is often accepted as normal behaviour. Campaigns like the 16 Days of Activism are important because they highlight the issue. They are an opportunity to create public awareness about what needs to change and how we can prevent it from happening in the first place.



Inaugural Ride to End Domestic and Family Violence



Inaugural Ride to End Domestic and Family Violence



Central Coast Zonta Club and Country Women's Association's 'yarn bombing' awareness art



Central Coast Council awareness posters in Kibble Park, Gosford

Important Phone Numbers

If you or someone you know are experiencing abuse, HELP IS AVAILABLE. You can reach out for support safely and confidentially.

Police / Ambulance 000

In an emergency, always call 000

Crime Stoppers 1800 333 000

Report domestic abuse (can be anonymous)

Domestic Violence Line 1800 737 732

1800 RESPECT - information, counselling and support

NSW Domestic Violence Line 1800 65 64 63

Counselling, information and referrals for women

Men's Referral Service 1300 766 491

Counselling, information and referrals for men

Link2Home 1800 152 152

Access to temporary accommodation

Other Support Numbers

Lifeline (24 hour support) 13 11 14

Child Protection Helpline 13 21 11

Ageing and Disability Abuse Helpline 1800 628 221

Kids Helpline 1800 551 800

Rape Crisis Line 1800 424 017