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YHP's SUMMER OF 2016 NEWSLETTER

Office hours:
Monday to Friday
9am to 5pm

Tenant Evaluation

All tenants of YHP will be receiving in the mail a Tenant Evaluation Form with a return stamped and addressed envelope to YHP. We ask that all tenants take the time to fill out these evaluations and send them back to YHP (it is ok to give them to your Support Worker to bring back to the Manager at YHP)

Your feedback is really important and helps to identify areas that YHP are doing well and areas that we aren't doing so well. It also helps us to hear your ideas and see if we can implement them.

So keep an eye out for them in the mail. Thanks Alison



Routine Inspections

Routine inspections are conducted by Youth Housing Project every 12 weeks to ensure the property is being well maintained and to allow us to check for any maintenance issues that may be present.

In preparation for the inspection we ask that you clean the property and present it in a clean & tidy condition (including common areas, court yards and gardens as applicable).



Easy bolognese

Ingredients

1 tablespoon olive oil
1 medium brown onion, finely chopped
1 garlic clove, crushed
1 teaspoon dried oregano
800g beef mince
2 tablespoons tomato paste
400g can chopped tomatoes
1 cup Campbell's Real Stock Beef
1 teaspoon caster sugar

Method

Step 1

Heat oil in a large heavy-based saucepan over medium heat. Cook onion and garlic for 3 to 4 minutes or until onion has softened. Increase heat to medium-high. Add oregano. Cook for 1 minute or until fragrant. Add mince. Cook, stirring with a wooden spoon to break up mince, for 8 to 10 minutes or until browned.

Step 2

Add tomato paste. Cook, stirring, for 1 minute. Add tomato, stock and sugar. Bring to the boil. Reduce heat to medium-low. Cook, partially covered, stirring occasionally, for 30 to 40 minutes or until thick. Season with salt and pepper.

Handy Hints

Cleaning Your Flat

It is important to clean your flat regularly to prevent it getting out of hand as daily cleaning helps you get into a routine and so it becomes a small job.

Here are some handy hints for cleaning products and their uses.

Cleaning Products

You will need to have a range of cleaning products, suitable for different surfaces.

Anti-bacterial cleaners- these are products, such as domestos; spray & wipe; bleach; etc. Use these in bathrooms, kitchens. Domestos can be diluted with water in a bucket and used to clean floors. Don't forget to wear rubber gloves.

Crème cleaners, such as- gumption; jif; ajax; etc. (some come as gels) are good to use where there is built up grime possibly with a scourer, but always remember to rinse crème cleansers off.

Window/ mirror cleaners, such as- windex, glass cleaners.

Oven cleaner- commercial spray cleaners can cause caustic burns so always wear rubber gloves when using. Don't get this spray on paintwork of the stove. Always rinse oven surfaces off with hot clean water.

Cloths- you can get various cleaning cloths, scourers and it's good to have a supply of old rags or towels you can cut up to use for cleaning purposes.

GIVE YOUR ELECTRICITY BILL A CHECK UP

Your checklist:

This handy checklist will provide some common reasons why your gas or electricity bill may be higher than you expected.

Section A: Changes in your household

If there have been changes in your house recently, this could be the reason why your energy bill has increased. Things to check include:

Changes in your energy use due to weather.

When the temperature drops in colder months, the increased use of heating will affect your daily energy usage. In the hotter months, operating an air conditioner will also increase your energy use. In extreme cold or heat, your systems will have to work harder and consume more power to maintain a comfortable temperature.

Maintenance of appliances and systems.

Old or faulty appliances and systems can take more energy to run than newer, well maintained ones. Make sure that you regularly maintain your appliances or systems to ensure they are working efficiently and fix any faults (such as sealing on a fridge) to ensure that your appliances don't use more energy than they normally would.

Changes to your household size.

If the number of people living in your home has increased, so too would the amount of energy used. So if you have visitors staying for an extended period of time, or household members spending more time at home (e.g. during school holidays), this will have an impact on your daily energy use. New additions such as a baby or new housemate can also increase your household energy usage.

New appliances or systems.

If you have recently purchased a new appliance (e.g. a new plasma television) or installed a new heating or cooling system, it could be using more energy. To find out how much energy your appliances use, visit www.energyrating.gov.au

Changes to your home.

If you have renovated or extended your home, your energy usage during the construction stage may have caused an increase. Once your renovation is complete, you may experience higher daily energy usage as a result of having larger spaces to heat or cool, and more lights to power.

We suggest keeping track of your energy use over time by looking at your 'Daily Average Use' every quarter. You'll find it printed underneath the 'Electricity usage and greenhouse gas emissions' section of your bill.

Energy Saving Tips

Living areas

- In summer keep air cool by closing windows, doors, curtains and blinds.
- Use fans rather than air conditioners and set your air conditioner to between 23°C and 26°C.
- Install efficient lighting and turn lights off when not needed.
- Switch off appliances at the wall.

Kitchen

- Provide space for air to circulate around the fridge and ensure door seals are intact.
- Use an electric frypan, pressure cooker, or microwave rather than the oven where possible.
- Cover pots and pans to reduce cooking time.
- Only run the dishwasher when full.

Source - <https://www.energymadeeasy.gov.au/energy-efficiency/saving-energy>

FREE EVENTS/ACTIVITIES IN BRISBANE

Visible Ink Youth Space – Fortitude Valley

Wednesday, 20 January | 12 – 5pm

Thursday, 21 January | 12 – 5pm

Friday, 22 January | 12 – 5pm

Bring your project to life with access to computers, audio visual equipment, meeting and rehearsal space and much more.

For more than a decade, some of Brisbane's most creative and innovative minds have used the Visible Ink space to turn great ideas into a reality.

Build on your creativity, share your ideas, develop community projects and get involved in youth-focused events in Brisbane.

Ages: 12-25 year olds



Riverside Gardens Market Sunday, 24 January | 9am – 3pm City Botanic Gardens



The Riverside Markets have moved to the beautiful surrounds of the City Botanic Gardens.

Grab a bite to eat from International food vendors then meander through a wide range of goods from hand-made jewellery, craft, homemade products, pottery, rugs and household clothing of every kind, mostly made or designed by the marketeer.

Australia Day activities Tuesday, 26 January The Parklands at South Bank

Australians love a spectacular fireworks display and some of the biggest and best are on Australia Day. In Brisbane, head to The Parklands at South Bank to hear music, play with interactive art installations, swim at Australia's only inner-city man-made beach and watch the spectacular evening fireworks.

Take the musical pulse of the nation by tuning in to Triple J's Hottest 100. Listeners of the youth radio station vote for their favourite song of the previous year, with the results unveiled only as the most popular 100 tracks are played in reverse order, finishing with the listeners' favourite. The countdown forms a soundtrack to many Australia Day celebrations.



Free twilight yoga in the Gardens Saturday, 30 January | 4 – 5pm Brisbane Botanic Gardens, Mt Coot-tha



Come and join yoga instructor and nutrition coach, Anne Noonan, for twilight Yoga in the Gardens.

Bring your own mat and water.

Venue: outside on the Administration Building lawn (opposite the Planetarium)

Neon Pop @ BrisAsia Festival Friday, 5 February | 4 – 9pm Reddacliff Place 266 George St, Brisbane

Asian pop culture and the Art of Cosplay fuse for a fun, all-ages night of eclectic celebration. Come alive to the DJ rave and light show, marvel at the eccentricities and excesses of cosplay and find yourself immersed in Brisbane's best Asian pop culture at BrisAsia Festival's opening night festivities.



THE YHP TEAM



Alison Hando – Manager



Penny Craig – Admin & Assist
Tenancy Management



Apande Gong – Senior Support
Worker



Bernice Gracie – Tenancy
Management Worker



Jessica Bugden – Support
Worker