

Office location:  
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Albion, 4010  
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# YHP's SUMMER OF 2017 NEWSLETTER

Office hours:  
Monday to Friday  
9am to 5pm

## Come Join YHP For Morning Tea

**First Tuesday of every Month:  
Next Morning Tea:  
Tuesday 7th March**

The morning tea is designed as an opportunity for young people to get to know their youth workers and tenancy workers a little better in a relaxed environment. The morning tea will also be an opportunity to meet other young people in a similar situation.

Young people needing a lift to the office and home again can get in touch with workers on 32560241.

Young mums and dads are welcome to bring their child/children with them to the morning tea.

Please do not hesitate to get in touch if you have any more questions.

Office: 32560241  
Jess: 0408010115



## 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).



## Chicken and Bacon Carbonara

### Ingredients

- 500g Chicken Breast diced
- 1 onion large finely chopped
- 4 rashers of Bacon diced
- 1 tbs garlic
- 300mls Thickened Cream
- 300g of Pasta (you can use any pasta)
- 1 Egg

### Method

#### Step 1

Cook pasta following instructions on packet.

#### Step 2

Dice chicken, bacon and onion.

#### Step 3

Brown onion and garlic in fry pan.

#### Step 4

Add chicken and bacon to fry pan with onion and garlic

#### Step 5

Once chicken and bacon is cooked, add thickened cream, and cooked pasta.

#### Step 6

Once pasta and thickened cream is added, turn the temperature to low.

#### Step 7

Cook on low for about 10 minutes or until thickened cream reduces.

#### Step 8

When ready take off heat and mix the egg. Add salt and pepper to taste.



## Basic Pancake Recipe

### Ingredients

- 1 cup (150g) self-raising flour
- 1 tbsp sugar
- 1 egg, lightly beaten
- 3/4 cup (180ml) milk
- 50g butter, melted

### Method

- STEP 1 - In a bowl, whisk flour and sugar
- STEP 2 - Add eggs and mix together for 1 minute.
- STEP 3 - Beat in the egg and then milk a little at a time until batter is smooth and lump-free.
- STEP 4 - In a heated frypan on medium heat, spread some butter in the frypan and use 1/4 cup of pancake mix for each pancake.
- STEP 5 when lots of bubbles form on the surface, flip the pancake over and cook until lightly golden on the other side.
- STEP 6 - Serve with Jam and cream, maple syrup or honey.

### Notes

This is just a basic recipe. You can add fruit, sultanas and choc chips to give it more flavour.

## Housekeeping tips

### Tenant Responsibility



## 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.

## Activities in and around Brisbane:

When  
Note  
Cost  
RSVP  
Venue



### Morning Tea

**When** Tuesday, 7<sup>th</sup> March 2017

The morning tea is designed as an opportunity for young people to get to know their youth workers and tenancy

**Note** Workers a little better in a relaxed environment. The morning tea will also be an opportunity to meet other young people in a similar situation.

**Cost** Free

**Bookings** If you need a lift, contact the Office: 3256 0241 or Jess on 0408 010 115

**Venue** [YHP's](#) Office 246 Sandgate Road Albion



When  
Note  
Cost  
RSVP  
Meeting point  
Venue address

THE YHP TEAM



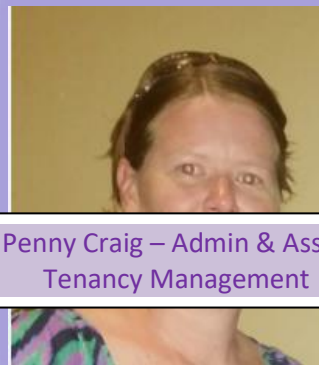
Alison Hando – Manager



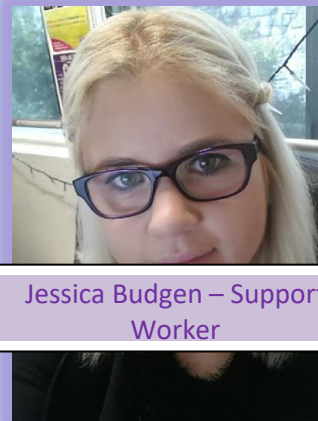
Apande Gong – Senior Support Worker



Bernice Gracie – Tenancy Management Worker



Penny Craig – Admin & Assist Tenancy Management



Jessica Budgen – Support Worker