

Youth Housing Project Newsletter

OCTOBER 2023

Contact Details

246 Sandgate Rd.,
Albion QLD 4010

Phone: 3256 0241
Free call: 1800 621
326

Email:
manager@yhp.org.au

YHP Office Hours
Monday to Friday
9am to 5pm



If you have an emergency repair issue in your unit outside YHP office hours- your lease agreement will have information about where you need to contact and always contact YHP about any non- urgent repairs and tenancy concerns.



Spring Newsletter



Food Support

Zillmere Community Centre- 3865 2880

Chermside Anglican Welfare Ministries-
3359 2012

Ecumenical Coffee Brigade- breakfasts
and coffee for the homeless- 3831 8219

Community QLD- 3510 2700

Salvation Army, North Brisbane Corps
1300 371 288

Wesley Mission Brisbane Relief Hub
3216 1579

Trinity Care Pantry
3852 1635

3rd Space- 3254 1144

St Vincent's de Paul, Spring hill 3831
2701

Brisbane Street Level Mission
1300 371 288

Nexus Care
3353 7230

We are on Facebook!
[www.facebook.com/
youthhousingproject/](http://www.facebook.com/youthhousingproject/)

We are on the web!
www.yhp.org.au

We are on Instagram!
[@youthhousingproject](https://www.instagram.com/youthhousingproject)

**Peer support
group for young
families – Young
Parents Program**
enquiries
Monday-Friday
9am to 4.30pm
119 Stafford Rd,
Kedron 4031
(07) 3357 9944

Do you need a food hamper?



**Just call or text if you
need a food hamper
delivered to your
home.**

Budgeting basics from *headspace*

A budget helps you control your money and provides confidence you can afford your lifestyle. It allows you to build towards your future by keeping track of:

- The money you regularly receive (wages, salary, interest from bank accounts, Centrelink payments) - **INCOME**
- The money you regularly spend (rent, entertainment, food, bills) - **EXPENSES**
- The money you can afford to spend on things or save (what you're left with once you subtract your expenses from your income) - **DISPOSABLE INCOME**

Avoid using “Buy now, Pay later” services and save up for the item yourself or wait for sales on expensive items. (Helps avoid impulse buying and much easier to keep track of your current spending with your budget).

Goal Setting

It's important that your budget is realistic. There is no point in setting a savings goal for \$150 each week if you don't have the income. Here are some simple tips to help you set a realistic budget and stick to it:

- Always pay your rent / board, bills and food before anything else! These are your survival expenses. A good tip is to set up automatic payments that come out of your account, once you get paid.
- Make a list of what you need to pay off, and set reminders in your phone / diary for when they are due.
- Don't aim too high or too fast with your goals - start with small, achievable goals to keep you motivated. For example, save \$30 this month, then \$35 next month, and \$40 the following month.
- Learn to say “NO” - if you cannot afford it, don't buy it.
- If you want to make a purchase, wait two weeks and see if you still want it. This is a good way to avoid impulse buying.
- It can help to make a list of things you are planning to save up for in the long-term (i.e. holiday, car, etc), as this helps to work out how much you need to set aside on a weekly or monthly basis.
- Avoid using “Buy now, Pay later” services and save up for the item yourself or wait for sales on expensive items. (Helps avoid impulse buying and much easier to keep track of your current spending with your budget).



Would you like to build your money skills? The [MoneyMinded](https://moneyminded.com.au) free online course is for you!

[https://moneyminded.com.au/](https://moneyminded.com.au)

Chicken stir fry

bestrecipes.com.au



INGREDIENTS

- | | |
|--|---|
| <ul style="list-style-type: none"> • 1 kg chicken breast fillet cut into strips small • 2 tbs extra virgin olive oil • 1 1/2 tsp garlic minced • 2 tbs light soy sauce • 1 tbs fish sauce • 2 tbs Asian chilli sauce • 1/2 tsp Chinese five-spice powder • 2 tbs extra virgin olive oil • 2 cup broccoli broken into florets • 1 cup baby beans • 1 red capsicum roughly chopped • 450 g Hokkien noodle • 1 tsp onion powder • 3 tbs light soy sauce *to taste | <ol style="list-style-type: none"> 1. Heat oil and garlic in a wok or fry pan. 2. Add chicken and fry until cooked. 3. Drain chicken on paper towel, reserve 1/2 cup of pan juices. 4. Mix in a bowl light soy, fish and spicy red sauces, Chinese five spice and the reserved pan juices. 5. Add chicken in batches, coating in sauce until all chicken is in bowl. Refrigerate. 6. Add extra oil to pan, heat. Then add vegetables and onion powder, stir fry for 3 minutes. 7. Add chicken and sauce mixture to pan and stir through vegetables. Add extra soy sauce to taste. 8. Stir fry for approximately 2 minutes. 9. In a bowl, place hokkien noodles, pour boiling water over to cover the noodles and leave for two minutes. Separate with a fork and drain. 10. Gently mix noodles through stir fry. Serve. |
|--|---|

Free Activities Around Brisbane



- + Catch Brisbane City Council's CityHopper - a free inner-city ferry service on the Brisbane River
- + Art with Love – free art classes in Bulimba Wednesdays & Saturdays 8.30 am – 11.30am
- + Chermside PCYC -Gym and Fitness facilities available
- + Youth programs offered at PCYC
- + Braking the cycle – Helps learner drivers get their hours approved.
- + Little swim at Streets beach, Southbank.
- + Queen St mall often has live local artists performing.
- + Mt Cootha, easy hiking track.
- + Araucaria Track, Brisbane Forest Park – Easy.
- + Northbrook Gorge, Brisbane Forest Park – moderate.
- + Mermaid Mountain, Brisbane Forest Park – Hard.
- + Queensland Museum and Science Centre
- + Gallery of modern art *GOMA*
- + Nudgee Beach and Shorncliffe Pier are lovely spots to go and relax by the water.
- + State library in the city and your local libraries like Nundah library and Chermside library
- + Boyd Park in Nundah often hold events like outdoor cinemas and BBQ's etc. Like the loving Nundah page on FB and you will see upcoming events in Nundah and surrounding areas.
- + Great walking tracks - Milne Hill Reserve at Chermside west and Kedron Brook walking tracks
- + Roma Street parklands have events running all the time. Keep an eye on what's on- visit Brisbane for upcoming events.
- + Walk to the city via the Riverwalk.
- + "Weekend Notes" – website that lists top 15 graffiti and art spots in Brisbane, take your camera and make a day of it.
- + Need more ideas? Here are some Instagram accounts to follow:
 - o 'Must Do Brisbane'
 - o 'visitbrisbane'
 - o 'discoverbrisbane'
 - o 'Lady Brisbane'

Places to go for support

YOU ARE NOT ALONE
HELP IS OUT THERE

- 1800 RESPECT - 1800 737 732: This is a 24-hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.
- National Debt Helpline: 1800 007 007
- Mob Strong Debt Help - 1800 808 488
- Mensline Australia – 1300 789 978
- SMS4dads – Digital Dads Group online.
- Clinic 30 - Bulk billing LGBTIQ friendly clinic support.
- Open Doors, LGBTIQ support service. 3257 7660
- QLife- 1800184527 or webchat for free LGBTIQ peer support and referral.
- Beyond blue support service- call 1300224636 -24 hours/ 7 days a week.
- Suicide Call Back service- 1300 659 467 - phone and online counselling to those who are affected by suicide.
- Lifeline- 24 hours crisis support 13 11 14.
- 13 YARN - Free and confidential service available 24/7 from any mobile or pay phone. Aboriginal & Torres Strait Islander Crisis Supporters to yarn to.
- Parents Line 1300 301 300
- Kids Helpline 1800 551 800
- If life is in danger call 000.
- 1300 MH CALL (1300 642 255) is a confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.
- Rainbow Cards Project *RCP*- send birthday and holiday cards to those with discriminatory families.
- The Peyton Heart Project – Bringing awareness to lives lost by suicide.

Can't find what you're looking for? Ask your Support Practitioner, or search *Ask Izzy*.





Alison Cole
Manager



Apande Gong
Assistant
Manager/Senior Support
Practitioner



Jess
Support Practitioner



Rachel
Support Practitioner



Frank
Tenancy Manager



Penny
Assistant Tenancy
Manager