

Youth Housing Project Newsletter

JUNE 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.



Winter Newsletter

We are on Facebook!
www.facebook.com/youthhousingproject/

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

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



Food Support

Zillmere Community Centre- 3865 2880

Chermside Anglican Welfare Ministries-
3359 2012

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

CommuniQLD- 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

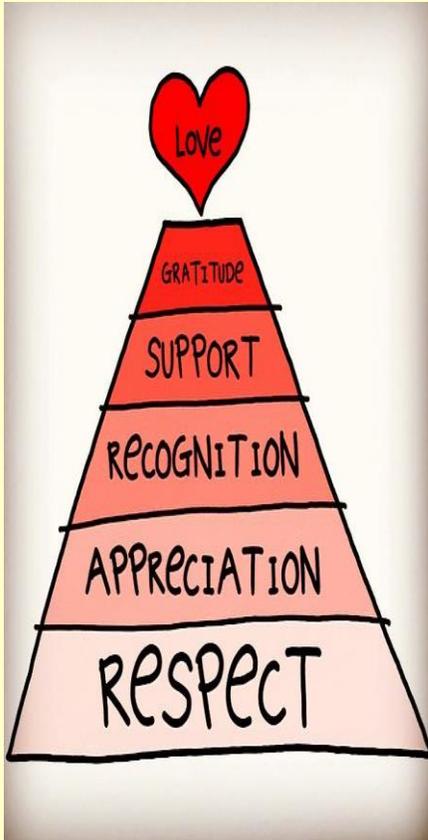
Peer support group for young families – Young Parents Program enquiries
Monday-Friday
9am to 4.30pm
119 Stafford Rd,
Kedron 4031
(07) 3357 9944

Do you need a food hamper?



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

Healthy relationships - Top Tips!



1. Get to know yourself

Take the time to appreciate yourself and get in touch with your emotions to be able to express yourself clearly and more effectively.

Not knowing how to regulate your emotions and express them healthily can negatively affect your mental wellbeing.

2. Put in the work

Healthy relationships are not found but built. A healthy relationship needs commitment and willingness to be accommodating to each other's needs.

3. Set and respect boundaries

Setting boundaries is not only about what you don't want or like in your relationships, but also about letting the people around you know what you appreciate. Think about and let others know where your boundaries are, respecting your time alone for example. Doing this can take the pressure off your relationship to commit to anything unrealistic.

4. Talk and Listen

All relationships have disagreements and that's ok. What matters is how you talk and listen to one another. Listen to understand, rather than listening to respond. Don't be afraid to express your emotions or vulnerabilities with people you trust.

5. Let go of control

A lot of life is about how we react to our experiences and encounters. Knowing that you can only really control what you do and not what anyone else does will save you time and stress.

6. Reflect and learn

If you have a healthy way of expressing your feelings, you're able to react to other people's in a healthy way. Being angry with someone often comes from a place of feeling hurt and upset. If you can recognise that, you can communicate it, and build better relationships with others. Reflect on the relationships that work best in your life, what qualities do these relationships have, and how can you bring these qualities into other relationships?

Soft Shell Beef Tacos

INGREDIENTS

- 400g beef rump strips
- 2 tbsp vegetable oil
- 1 clove garlic thinly sliced.
- 50ml (2 1/2 tbsp) teriyaki marinade
- A Pre-pack Coleslaw
- Juice of 1 lime, plus extra wedges, to serve.
- 1 avocado, sliced for serving.
- 8 soft flour tacos, warmed, for serving.
- Spicy Peri mayonnaise, to serve.



A quick and easy idea for dinner!

Step 1

Season rump strips with salt and pepper. Heat oil in a large wok over high heat. Add garlic and cook for 30 seconds. Add beef and cook for 3 to 4 minutes, until browned and tender, adding the teriyaki marinade 2 minutes into the process. Set aside to rest.

Step 2

In a bowl combine cabbage, carrot, and lime juice. Toss to combine.

Step 3

Build the taco using the cabbage and carrot mix, slices of avocado, the marinated beef and top with spicy mayonnaise, green onions. Serve with lime wedges.

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:
 - 'Must Do Brisbane'
 - 'visitbrisbane'
 - 'discoverbrisbane'
 - 'Lady Brisbane'

Places to go for support

- 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.
- 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
- 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.
- If life is in danger call 000

KAP!

KOPING ADOLSCENT PROGRAM

FOR YOUNG PEOPLE (AGED 12-18) WHO HAVE PARENTS WITH A MENTAL ILLNESS

When and Where?

**Tues 18th July,
Tues 25th July &
Tues 1st August**

9:30am - 4:00pm

**Chermside Library
'Maker Space'**
375 Hamilton Rd, Chermside

What to expect:

- Meet other young people with similar experiences
- Learn more about mental illness and positive wellbeing
- A safe space to share and explore your own feelings and experience
- Learn how to cope with stress

Fun group activities
Food and drinks provided
Transport support available
Free!

How to refer:

Contact Kelsey at:
kmcArthur@communityliving.org.au
Participants will be contacted for a pre-group appointment.

Please contact Community Connections on **3266 5199** if you have any questions.

Community Connections
CREATING CONNECTIONS. SHAPING FUTURE.



Alison Cole
Manager



Apande Gong
Assistant
Manager/Senior Support
Practitioner



Jess
Support Practitioner



Rachel
Support Practitioner



Frank
Tenancy Manager



Penny
Assistant Tenancy
Manager