

Seasonal Wrap

MERRY
CHRISTMAS
& HAPPY NEW YEAR

FROM THE BRIC
TEAM

New pathways for Bric tenants

We were delighted to hold a very special Graduation event for twelve Bric tenants who have completed a traineeship to achieve a Certificate 1 in Construction.

Many of the participants are residents of our Spring Hill boarding house. The graduates learned many of the practical skills required while carrying out small construction projects and repairs onsite at Boundary Street along with other properties in the Spring Hill area.

The innovative program is focused on improving the future outcomes and opportunities for tenants by creating new pathways. It is offered in partnership with Reclink Australia and the Queensland Government and assists people to rebuild their lives, learn new skills and benefit from peer support.

Participants were paid wages during the course and many of them have obtained employment or paid training since they graduated.

Bric is focused on improving the future outcomes and opportunities for its tenants by creating pathways such as this and we are very proud of their achievement.

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Jacob, Tenant at 593 Boundary Street

Jacob is a 33yr old refugee from Kenya. He arrived in Australia in 2003 with his father, three sisters and three brothers. They were forced to leave the country without his mother and his younger brother. It took another 7 years for his mother to come to Australia.

Jacob and his family were settled in Toowoomba. But Jacob soon became unsettled & had to leave the family home. He then travelled to Brisbane and was living with some friends but he was evicted and then spent three months on the streets.

His Bric tenancy at Boundary Street started in December 2018. In the early stages, Jacob was at risk of not being able to stay, because of his behaviour and that of his visitors.

With the assistance of Bric staff, Jacob began to understand the impact of his behaviour on other tenants, and he made the commitment to build his life for the future. The opportunity to enrol in the Certificate 1 in Construction came up and since then he has not looked back.

Jacob thrived and excelled on the course, and was one of the most committed trainees. He is now considering becoming a house painter. He also wants to support his family, and give back to the community by volunteering in a local kitchen that provides meals for the homeless.

This transformation has been possible with the assistance of Bric staff, and with the Reclink course providing him with a purpose in life. But most of all it has happened because of Jacob's will to do better for himself and his family.



CRAIG JOINS THE TEAM



Craig Brennan was recently appointed Chief Executive Officer of Bric.

Prior to Bric, Craig was CEO of Pacific Link Housing, a Tier 1 Community Housing Provider that delivers affordable housing and support services in Northern Sydney, Hunter, and Central Coast Regions. Prior to this appointment Craig was also CEO of CHC Australia, a Tier 1 housing provider based in the ACT.

Craig comments:

“ I am delighted to have joined Bric Housing. We are an ambitious organisation with a strong strategy that balances business performance with high quality housing services for tenants, many of whom would be homeless without the help of Bric. I’m looking forward to working with staff, tenants, government and partners to continue to deliver the best possible outcomes to tenants. ”

DID YOU KNOW?

The **Carer Business Discount Card** is a concession card that provides eligible carers with discounts on goods and services from participating businesses. This scheme is a partnership between the state government and businesses across Queensland.

The **Companion Card** promotes fair ticketing for people with a disability who need significant assistance from a companion to attend activities and venues in their community. This enables people with a disability to have the same opportunities for participation and recreation as other community members.

Call 13 74 68 for information on support for carers.

Older Queenslanders can also access various **Seniors Card** options that provide discounts on travel, services and from business - find out more at www.qld.gov.au/seniors/legal-finance-concessions/seniors-card/seniors-card-types-benefits.





Community, VMLY&R and Bric staff with the packs.

GETTING THE BEST START

Thanks to some amazing community generosity, we now have tenant packs for new residents at Bric managed boarding houses. The packs include sheets, utensils, cookware etc, all packed into a laundry basket.

They were paid for by the Community Patrons Group and packed by volunteers from advertising agency VMLY&R. Staff from the agency were taking part in a special celebration of its one-year anniversary. This saw VMLY&R close all 82 offices across the globe, to give all employees the opportunity to support their local communities through volunteer projects.

It's common for new tenants entering Bric boarding houses to arrive with very little in the way of household goods so these packs will make a huge difference.



MAKING INFLUENTIAL CONNECTIONS

The Hon Luke Howarth MP recently joined us on an information gathering/sharing tour where he visited our Spring Hill Boarding house.

He is pictured here with Craig Brennan, Bric CEO, Jane West, General Manager Housing Services, together with representatives of BHC.

Also dropping in for a chat with Bric was Minister for Housing and Public Works, the Hon Mick de Brenni MP.

The meeting was held at Community's Newmarket kitchen where the frozen meals for our boarding house tenants are prepared by volunteer chefs.

Bric tenant Jacob Garang, pictured here with the Minister and Bric staff, explained how much he and his fellow Boundary Street tenants appreciate the delicious meals. Over the past year, Community and SecondBite have prepared and delivered thousands of meals to our tenants.



A WINTER LUNCH

In June 2019 Martin Street complex had a wonderful winter lunch in the common area. What a great turn out it was with such a delightful display of community atmosphere which was captured in such high quality photos by one of our tenants Erica! Big thanks to Erica and her photography skills! Tenants were enjoying the warmth of the winter lunch under the sun light, quality food and good company. This was a fantastic event which the Tenancy officer is proud to display for the rest of the Bric Community and looks forward to many more events in the future.



OUR NEW HOME

In July, Bric headquarters moved to First Floor, 56 Little Edward Street, Spring Hill. The new location is diagonally opposite and across the street from our former office.

Our new office provides Bric with better service delivery capability for tenants and staff, including:

- Street level access and disability friendly access, including lift
- New signage, reception facilities and meeting rooms
- Located close to many of our properties in the central Brisbane area
- More space and better facilities for staff in a modern building
- Enhanced parking and delivery facilities for contractors and suppliers

Please note that there has not been any change to phone numbers and email addresses.



Beat the Queensland Heat

Here are some tips on how you can keep yourself cool when it's heating up outside.

Location, location, location.

Try to find the coolest place in your area whether it's the shade under a tree in your garden, putting your feet in a tub of cool water or enjoying the air conditioning in your local shopping centre.



1. DRINK LOTS AND LOTS OF WATER

Hydration is key. Sweating is your body's way of cooling you down.

Cool water is your safest bet for cooling you down. Try to avoid sugary drinks and drinking coffee because it's a diuretic and can have dehydrating effects.



2. AVOID THE SUN BETWEEN 11AM TO 2PM

The sun is the hottest between 11am and 2pm, and sunburns are most likely to happen during that period. Limiting your exposure will limit

your chances of overheating.

If you can't avoid being outside during those hours, make sure you dress appropriately.



3. DRESS APPROPRIATELY

Wear loose, breathable (think: cotton) clothing and footwear that won't leave your feet sweaty. Hats are also crucial for blazing hot weather, keeping you cool by providing shade. Sunglasses will protect your eyes from damaging UV rays.



4. REFRIGERATE OR FREEZE YOUR BEDSHEETS

Once you try this trick, you'll wonder why you haven't thought of it before. Place your bedsheets in your fridge or freezer for a half an hour before you sleep, and you'll never have trouble falling asleep

because of the heat again.

Also consider investing in soft gel packs that you can place underneath your sheets, or tucked between your legs (wrapped in a tea towel).



5. COOL DOWN YOUR "HOT ZONES"

Your pressure points are your secret key to happiness! Applying a little ice pack or a bottle filled with iced water will help you cool down immediately. These pressure points are:

- Ankles
- Behind the knees
- Wrists
- Inside elbows
- Neck
- Temples

We're quickly rolling into Summer, and judging by the way that things are going, it's going to be a scorcher.

While hot weather is nice, it's crucial to know how to keep yourself cool. Heat stroke—or worse, hyperthermia—are very real things. When your body produces too much heat, or absorbs too much heat, it can cause some serious damage.



6. EAT AN ICE BLOCK

It was the best way to cool down when you were a kid, and nothing has changed. Try freezing fruit juice or cordial for a quick cool down treat.



7. MAKE A SMOOTHIE TO COOL DOWN

Don't feel like an ice block? An ice-cold smoothie will bring your temperature right down, not only because of its chilly factor, but also because it'll keep you hydrated.

Smoothie hack: add liquids like coconut water which has hydrating properties.

Try this strawberry-watermelon hydrating smoothie. Ingredients:

- 1 cup watermelon
- ½ cucumber
- ¼ cup strawberries
- 4 ice cubes
- ½ cup unsweetened coconut water
- Mint leaves

Add ingredients to a blender until smooth, and enjoy!



8. EAT MORE SALADS

How does a hot bowl of soup sound on this hot sunny day? Not so good?

Choose chilled items for lunch instead. Salads are a great option, and you'll also be feeling healthier

than if you downed a burger for lunch.



Who is most at risk from hot weather?

While most people find extremely hot weather and heatwaves uncomfortable, some people have a higher risk than others of becoming ill.

These include:

- elderly people aged over 75 years, babies and young children
- people with long-term health conditions, for example heart or respiratory disease, diabetes or circulatory diseases
- people who are obese
- people taking certain medicines
- people who are socially isolated
- people who work outdoors or in hot and poorly ventilated areas and those engaging in vigorous physical activity in hot weather

Holiday information

useful numbers and events



Crunchy noodles covered with chocolate. These are great for sharing with friends. Easy 15 minute preparation, 1 minute cooking time. 10 servings. Costs under \$10.

Try adding mini marshmallows and chopped jelly babies to make rocky road spiders. Or if you're feeling really creative, add some eyes for fun.

INGREDIENTS

100 grams Chang's fried noodles \$1.50

2 tablespoons crunchy peanut butter \$2.50

200 grams milk chocolate \$5.00

METHOD

1. Microwave the chocolate and peanut butter until melted. Approx 1 minute.
2. Mix well to form a smooth paste.
3. Add the noodles and coat well with the chocolate mixture.
4. Spoon the mixture onto a tray lined with baking paper and refrigerate until set.

Free Community Christmas Meals

	LOCATION	DATE AND TIME
End of season Feast, Gift and Hamper	Jeays St Community Centre, 12 Jeays St, Bowen Hills	18 December 11am to 1pm
Christmas Lunch and hampers, gifts - T: 3254 1144	3rd Space, 505 Brunswick St, Fortitude Valley	24 December 11am to 1pm
Christmas Lunch - RSVP on T:3216 1579	Wesley Mission, ER Hub, 316 St Pauls Tce, Fortitude Valley	25 December 12pm
Christmas Lunch	Wesley Mission, Wesley House, 140 Ann St, City	25 December 12pm
Communiy Christmas Lunch - RSVP 16 Dec T: 35102700	Suncorp Stadium - Gate D	25 December 11:30am
Christmas Market Day/ Hampers - Register T: 31984410	The Newmarket Hall (212 Asgrove Ave, Newmarket)	11-Dec
Christmas Lunch and presents - Sandbag - RSVP on 3869 3244 or ghunt@sandbag.org.au	Brighton Health Campus (free transport from Sandgate Comm Centre)	25 December 10am to 2.30pm

Free Christmas Activities

Christmas Parade – nightly 13 to 22 December	Queen St Mall	13 to 22 December from 7pm
City Hall Light Spectacular 6 to 24 Dec	King George Square	6 to 24 December from 7:30pm until midnight
River Quay Carols by Twilight	River Quay Green, South Bank	14 to 23 December from 6pm-8pm
Christmas Fireworks – nightly 20 to 23 December	Clem Jones Promenade, South Bank Parklands	20 to 23 December from 8pm to 8:15pm
The Enchanted Garden - nightly 29 Nov to 13 December	Roma Street Parkland	29 Nov to 13 December from 6.30pm to 10pm
Christmas Cinema - nightly 14 to 23 December	River Quay, South Bank	14 to 23 December from 8.15pm
Ashgrove Carols by Candlelight	Dorrington Park, 5 Mirrabook Road, Ashgrove	14-Dec
Carols in the Park	Wests Mitchelton RLFC, 497 Samford Rd, Gaythorne	14 December from 5:30pm to 8:30pm
Christmas in Sandgate	Einbunpin Lagoon, Brighton Road, Sandgate	6 December
Christmas in Keperra	Keperra Baptist Church, 980 Samford Road, Keperra	16 December from 4:30pm to 7pm
South Pacific Islander Christmas in the Park	Mulbeam Park, 131 Beams Road, Boondall	7 December from 2pm to 5pm
Christmas Services	Holy Trinity Church, Fortitude Valley	24 Dec 11pm, 25 Dec 9am
Christmas Services	Saint Andrews Uniting Church, 299 Ann St, City	24 Dec at 11pm, 25 Dec 8am

Christmas Hampers / Gifts

Wesley Mission QLD (Toys, Red Bags, Hampers)	316 St Pauls Terrace, Fortitude Valley	T: 3216 1579
Jeays St Community Centre / Valley Hearts	Jeays St Community Centre, 12 Jeays St, Bowen Hills	18th Dec 11am to 2pm
Sandbag Christmas Party	449 Hornibrook Hwy, Brighton	T: 3869 3244
Trinity Welfare Pantry - Tues to Fri throughout Dec (9am-3pm), closed 25th/26th Dec and Jan 1 2020	Church St, Fortitude Valley	T: 3852 1635

Emergency Contacts

QLD Government – 13Family Hotline	State-wide	T: 13 32 64
StandBy Response Service - Grief and Loss	Brisbane	T: 3250 1856
Family Drug Support's 24/7 Support Line	State-wide	T: 1300 368 186
The Brook Red Centre - Mental Health	Brisbane	T: 3343 9282
DV Connect Crisis Support	State-wide	Womensline - 1800 811 811 Mensline - 1800 600 636 Sexual Assault - 1800 010 120
Women's House Domestic Violence Support - W'gabba	Woolloongabba	T: 3391 0005
Gamblers Help	Nation-wide	T: 1800 858 858
Qlife	Nation-wide	T: 1800 184 527
GriefLine	Nation-wide	T: 1300 845 745
Kids Helpline	Nation-wide	T: 1800 55 1800
LifeLine	Nation-wide	T: 13 11 14
Poisons Information	Nation-wide	T: 13 11 26
Police Link	Nation-wide	T: 13 14 44
QLD Homicide Victims Support Group	State-wide	T: 1800 774 744
R U Ok	Nation-wide	T: 1800 786 5329
Suicide Call Back Service	Nation-wide	T: 1300 659 467

Maintenance: Trouble Shooting Guide

Maintenance issues can be reported throughout the Christmas period on 3230 5555. It's worth remembering these handy troubleshooting tips so you can try and resolve the issue as quickly as possible.



PLUMBING LEAKS

The most common problem in properties is water leaking from areas (e.g.

bathrooms, laundries, kitchens), into adjoining rooms. A regular check for water leaks is advisable. If the carpet/ floor is wet, sponge and dry the area thoroughly and check again afterwards.

Contact Bric maintenance on 3230 5555 if there is still a problem. If the problem is a serious water leak, this is an emergency repair and you must notify us immediately.



FAULTY POWER/ LIGHT SWITCHES OR FANS

Do not attempt to fix it yourself. Do not use switches. Contact Bric maintenance on 3230 5555 as soon as possible.



HOT PLATES / OVEN

Check if the power is connected or check the power box for a tripped switch.

Contact Bric maintenance on 3230 5555 if the problem persists so necessary repairs can occur.



LEAKING FROM TOILET

Regular mopping and turning off the tap between uses is adequate until a tradesperson arrives.

Please Bric maintenance on 3230 5555 so necessary repairs can occur.



HOT WATER SYSTEMS

If your supply of hot water is not hot or does not seem to last as long as it should,

your hot water system may need topping up (if it is a storage tank). Locate the filter filler valve on the side of your hot water system and lift the floppy lever until water flows from the overflow. Repeat this process every few months. Otherwise, check - Is the power switched on? Has the power box tripped the switch? Has your shower routine changed or increased (tank capacity will affect this)? Remember in winter, efficiency of the hot water tank is less than in summer and the water will cool more quickly.

Note: Please follow the above procedure before requesting maintenance. If it does not rectify the problem, please contact Bric maintenance on 3230 5555 so that necessary repairs can occur. Remember, a leaking hot water tap will cause poor supply of hot water and high electricity bills.



POWER

If your neighbours have also lost power contact your Electricity Supplier. Otherwise check if you have a Safety Switch, which may have tripped. If so, reset the switch. If it trips again unplug all appliances from power points. Reset the Safety Switch and plug in appliances one at a time until the

faulty appliance is located.

Note: If this does not fix the problem, please contact Bric maintenance on 3230 5555 so necessary repairs can occur.



LIGHTS

Ensure the power is on and the switch has not tripped in the power box.

Please contact Bric maintenance on 3230 5555 if the problem persists so necessary repairs can occur.



WASHING MACHINE -

if supplied by Bric.

Check...

- that the power is connected
- that the water taps are turned on
- the load of the clothes is not off balance or too high
- the lid is connecting with the on/ off switch when closing
- hoses are securely attached
- if leaking, check hoses for splits

If your machine is supplied by Bric, when all else fails, please contact Bric maintenance on 3230 5555 so necessary repairs can occur.



WATER ERUPTION

Water bubbling out of the ground could be a serious problem and could lead to further complications.

Please contact Bric maintenance on 3230 5555 immediately as this is an emergency matter.

a home • a life • a future