

# Physical distancing not social isolation

- If you think back to February, your life probably looked very different to how it looks now. Social distancing, self-isolation, and quarantine were foreign concepts. Then suddenly, COVID-19 arrived, and we are all faced with the unpredictability and uncertainty of life.

- Not only has the pandemic affected our physical health, but it has also affected our economies, our lifestyles, our income, and perhaps most profoundly our emotional wellbeing. COVID-19 has forced us all to think about our relationships and to consider how our actions affect those around us.

- At Cornerstone Housing, we have been working hard to adapt to the evolving challenges both professionally and personally,

adjusting to working from home and modifying how we operate during the COVID-19 pandemic.

It's important to remember that while we are currently 'social distancing', it doesn't mean that we have to be distant or isolated from each other socially.

**Then suddenly, COVID-19 arrived, and we were all faced with the unpredictability and uncertainty of life.**

Staying connected with others can help offset the negative impacts of the pandemic on our mental health. Now more than ever, it is vital to put extra effort

and creativity into reaching out to our friends, families, neighbours, and even strangers.

The challenges COVID-19 has brought won't last forever (even though it sometimes feels like they will!), but in the meantime, we can focus on looking after ourselves and finding new and creative ways to connect.

You can find some information on food assistance and other wellbeing resources in this newsletter, as well as several helpful links on our website.



Top: Phil enjoying his home office with extra 'staff' on hand for assistance.

Bottom: Dan's creative caravan workspace.



# Food for the community

**Bruce Kurtzer, along with his team of volunteers, is dedicated to serving South Australians with practical love and generosity. He does this through Faithworks – a food rescue service and Christian ministry.**

Based in Blair Athol, the Faithworks Centre is a place where everybody is welcome, regardless of what situation they come from.

'We see an imbalance, in that so much food is wasted, yet some people go without. We try to rescue some of the food that may otherwise go to waste and provide it to people who could use it', says Bruce.

Faithworks has a range of free and low-cost items, which fluctuates depending on what's available.

The usual suspects include free bakery items, loaves of bread, and bags of fruit and veg.

Pre-made takeaway meals, small gift packs, and other pantry items are available for purchase at a low cost.

Faithworks also supplies food to other agencies and churches around South Australia – a few of which are local support groups (LSGs) of Cornerstone – who then distribute it to those in need. Some areas include Ingle Farm, Salisbury, Parafield Gardens, Elizabeth, St Marys, Old Reynella, Murray Bridge, Berri, and Clare Valley.

Many of these groups have regular free food giveaways. The best way to keep up to date and get notifications about the giveaways is to follow Faithworks on Facebook.



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# Enjoying family life

**Dustin has been married to Rima for eight years, and they have three children together, Jasmine, six, Amber, five, and Thorsten, five months.**

After living in the Philippines for two years, the family decided to move to Adelaide, where Rima's sister lives with her husband. 'They said we could stay there for a couple of months until we found a place, but without a proper and official rental history it was difficult, and we could only stay there for so long', says Dustin.

'It came to the time where we had to leave, and so we contacted a homelessness company called UnitingSA. Fortunately for us, they organised a stay in a hotel. We were there for a month or more, and then later, we moved to transitional housing for six months. At this place, our girls were able to start school/ kindy for the first time in Australia.'

But while the family had a roof over their heads, being transitional housing, it was only a temporary option. Thankfully, a caseworker provided the family with a list of

community housing providers to contact in hope of securing long-term housing.

'We sent out emails to many on the list, and Cornerstone was one to reply with a house to look at. We came down here [to Seaford Rise] to take a look and loved it instantly. It has a good-sized backyard and is on a nice street with friendly residents. So, we promptly accepted the place, moved in over that week, and now here we are', says Dustin.

Having stable housing has enabled Dustin to study a Certificate IV in Health Care and to give back to the community through volunteering for the CFS. He hopes to also start a Diploma in Paramedic Science.

'We are super happy and very grateful for how Ben and Cornerstone Housing helped us out. They have given us the ground to settle down and become comfortable with the big move from overseas (especially for my wife and children). Without Cornerstone Housing, we would possibly still have been in a difficult situation, maybe even needed to go back overseas to the Philippines.'



## Social work placements

**For a couple of years, we have worked with placement students from the University of South Australia on a number of projects.**

Our most recent students were Lizzy and Daniel. During their placement, they worked on a project about services available in the Warradale area.

We are currently starting a new project with a fresh set of placement students. The project is designed to provide more support to you, our tenants; therefore, you may expect a phone call from a student inquiring how you are travelling.

Top photo: Dan, our Community Engagement Facilitator, with placement student Lizzy.

Bottom photo: Placement student Daniel working hard at our office.



# Resources

This is a small selection of resources we have collated for you. Find more on our website [cornerstonehousing.com.au/covid-19-resources](https://cornerstonehousing.com.au/covid-19-resources)



## Chaplaincy

Chaplains are equipped with skills in pastoral care and theological training. They minister to people facing distressing and traumatic situations, enabling them to better cope with periods of instability. A community chaplain from Chaplaincy Australia can meet with you, listen to your life's struggles, and refer you to professional support services.

Need to speak with a chaplain? Text 'Chaplain' to 0468 761 421.



## Mental Health Support Line

Uniting Communities is operating the SA COVID-19 Mental Health Support Line, an initiative of SA Health. They offer a range of counselling options.

1800 632 753, 8am–8pm, 7 days



## myCompass

myCompass is a free online self-help program for people with mild-to-moderate depression, anxiety and stress, and also those wanting to improve their mental health.

[www.mycompass.org.au](http://www.mycompass.org.au)



CLINPATH  
PATHOLOGY

## Clinpath Pathology

During the COVID-19 pandemic, Clinpath is offering a bulk-billed mobile pathology service for high-risk patients (ie over 70, pregnant, immunosuppressed).

8366 2000



## Nature Play SA

Nature Play SA has developed a free guide for families called 'Family, nature and COVID-19'. It's filled with nature-based activities to support wellbeing.

<https://natureplaysa.org.au>



## Walking SA

Find a place to walk, hike or bushwalk, whether it be a 1 hour walk near home with your dog, a half-day hike in a park, or a longer trail in one of SA's national parks.

[www.walkingsa.org.au](http://www.walkingsa.org.au)



## Open Your World

Open Your World brings together wellbeing information from a wide range of government agencies and non-government organisations in one place.

<https://openyourworld.sa.gov.au>



CORNERSTONE  
Housing Ltd

8165 5300

185 Portrush Road, Maylands SA 5069

PO Box 100, Marden SA 5070

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