

Coping through *times of uncertainty*

The COVID-19 pandemic has added extra pressure to everyone's lives, changing how we live, work and socialise.

Health concerns, increased workloads, financial difficulties, the rising cost of living and worries about the future are causing anxiety for many.

It's normal to feel stressed and anxious from time to time, but sometimes, things feel overwhelming.

If you want to improve your mental health but don't know where to start, check out these free resources and services to help you learn some new strategies.



Smiling Mind

Smiling Mind is a free mindfulness app developed by psychologists and educators to help bring balance to your life in areas like stress, sleep, wellbeing and relationships.

Find out more at
www.smilingmind.com.au

myCompass

myCompass is a free online self-help tool for mental health that can help you identify unhelpful thoughts, feelings and behaviours and learn strategies to deal with them. Visit www.mycompass.org.au for more information.



Tenant survey

Thank you to everyone who participated in our tenant survey. We had an amazing 50.5% response!

Congratulations to prize winners Amber Groves and Mia Tripodi!

1800Chaplain

Call 1800Chaplain (1800 242 752) for caring, confidential and non-judgemental support from wherever you are in Australia.

Well trained, accredited, and experienced chaplains can help you find support, comfort, reassurance, and, where needed, referral to other services.



Mental Health Online

Mental Health Online provides free resources and services to help people experiencing mental health difficulties, including anxiety, panic attacks and depression. Find out more at www.mentalhealthonline.org.au



THIS WAY UP

THIS WAY UP is a trusted provider of evidence-based, internet-delivered Cognitive Behavioural Therapy programs on specific mental health difficulties and general wellbeing. Visit thiswayup.org.au/programs



footprints IN THE SAND

Felicity's life has been marked by a series of miracles. She believes that God has carried her through every trial, just like the Footprints in the Sand poem says, 'When you saw only one set of footprints, it was then that I carried you'.

I was born in the Murray Mallee. Soon after my birth, my mother knew there was something wrong with me. I was born blind. With nothing to lose and everything to gain, at only weeks old, I was operated on. Doctors were able to remove films from my eyes, and they could not see any reason why I would not be able to see. By a miracle, I had sight.

As a young toddler, I experienced an accident where I pulled boiling water over me. Many a prayer was said, as over 70 per cent of my little body was burned. But today, I have very few scars – it was another miracle.

As an adult, I married and had a beautiful baby boy. He was such a blessing. When my son was aged three, my husband at the time became abusive and was affected by alcohol. It became necessary to leave to keep my son and me safe, leaving the brand-new five-bedroom house we had built.

Leaving was one of the most challenging decisions I have had to make. All I wanted was for my

son and me to be safe. We were trying shared care. The day our son was due to attend his first day of kindy, I arrived at the house to pick him up. This was the day my life changed forever. I was told our son was hiding, playing hide and seek, which was not uncommon. I thought I saw my son under the bedcovers, but suddenly, I was struck from behind. I thought the fan had fallen from the ceiling.

I fell to the floor, only to see a hammer coming straight for my head. I was then in the fight for my life. I remember being struck four times with the hammer and fighting my ex-husband off me. Somehow, I got out of the house.

On this day, I believe that God was with me as he had been with me all of my life. The police couldn't believe how I was able to fight him

off and get out of the house. God carried me that day. He helped me make it to the door and get outside safe and away from harm.

I met Graham from Cornerstone, or Lutheran Community Housing as it was then, and he provided me with a safe place to live with my son. With my partner Michael, we were able to bring up my son and Michael's children together – our Brady Bunch.

I am so grateful that God has been with me all my life,

and in my time of need, he carried me. Michael and I have been able to bring up our family safely, and we are thankful for the provision of our Cornerstone home. Being supported by Dan at Cornerstone has assisted us greatly with our journey, and getting linked in with our local church, Christian Family Centre South, Reynella, has been a blessing.

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LSGs = LOCAL SUPPORT GROUPS
Organisations that partner with us to provide you with support, which is part of the mission of Cornerstone and helps you feel part of your local community.

ONE Life CHURCH

In the City of Salisbury community, ONE Life Church is busy serving people doing it tough with practical actions. The church building operates as a community hub throughout the week and goes beyond the idea that church only happens on Sundays!

Jeff Marshall and his wife Kerry are senior pastors of the church. Jeff is also director of ONE Life Community Assist, the church's outreach arm. 'Community Assist is what we are doing to be Jesus in our community – the Good Samaritans', Jeff says.

Here are some of the supports and services available through ONE Life Community Assist.

CAFE

ONE Life's key service is its CAFE, which stands for Community Assist Food Enterprises.

Every Wednesday from 1.00pm to 2.00pm, there is a free food giveaway. Items fluctuate depending on availability but include fresh produce, bread and pantry items.

On Tuesdays and Wednesdays from 8.30am to 2.00pm, a community cafe is run by volunteers with hamburgers and hotdogs available for a low cost. ONE Life hopes to secure a grant to upgrade its facilities for a larger commercial kitchen to run things like cooking classes in the future.

Unemployment support

ONE Life help with unemployment by having a computer kiosk set up in the foyer of its reception area to help people do job searches.

ONE Life Leadership College

ONE Life runs a leadership college, acting mainly as a ministry college for people in the church but has a community development element with access to hundreds of short courses.

Chaplaincy support

Jeff is also the state director of Chaplaincy Australia SA, so community chaplains are available to individuals, including Cornerstone Housing tenants, for personalised support.

Christmas

ONE Life also provides Christmas hampers and runs a community carols event in December.

Pictured above: ONE Life volunteers from left to right: Alan, Tracey, Sandya, Justin and Jeff.

Find out more about ONE Life Community Assist at www.communityassist.org.au or ONE Life Church at onelifechurch.com.au
13-15 Ormsby Ave
Parafield Gardens
8258 3865



Maintenance corner: tree matters



Cornerstone has had a busy year dealing with tree issues, which means having to spend funds fixing up problems that don't necessarily benefit our tenants.

DID YOU KNOW?

- Ninety per cent of the tree problems we have been dealing with have been due to an incorrect type/variety being planted on a property, which has caused issues due to being too close to houses, fences, paths, stormwater or sewage drains.
- We require you to seek permission to plant trees via our property modification form.
- You are responsible under the *Residential Tenancies Act* for maintaining your garden area, meaning that any ongoing maintenance and damages caused by unsuitable trees planted without permission are your responsibility.

HOW YOU CAN HELP

- Apply for permission when seeking to plant trees on the property.
- Look out for self-sown pest trees that start growing on your property, like olive trees and several palm varieties, because removing them when they are small is cheaper and easier to manage.
- Contact our maintenance team for advice on any tree matters.

REMEMBER, WHAT STARTS OUT AS A LOVELY ORNAMENT COULD SOON BECOME AN EXPENSIVE AND DANGEROUS TREE.

Make buying a home a reality

HomeStart Finance holds regular free home buyer seminars around Adelaide for people wanting to learn more about home ownership. Whether you are just starting out, have questions, have pre-approval or looking for some more information, these seminars are a great place to start. Find out more at www.homestart.com.au/learn-more/more-from-us/seminars

If you're on a low income and finding it hard to save enough for the deposit or upfront costs to buy a home, HomeStart's Wyatt Loan could help by providing up to \$10,000 to help you get started sooner. Find out more at www.homestart.com.au/home-loans/borrowing-boost-loans/wyatt-loan

