



## Running in style

### SHARING OUR TENANTS' VOICES

Uncle Albert 'Alby' Clark is a local identity in the Warrnambool area. With his distinctive blue hair, kind nature and legendary athletic achievements, he is known as the Remarkable Man by townsfolk.

The 85-year-old Gundjimarra Elder and father of seven maintains an impressive fitness regime, and in recent decades has made astonishing achievements in long distance running and cycling.

Uncle's Alby passion for fitness began at an early age. As a teenager he would ride an old horse to pick up supplies, however when it could no longer make the distance to the store he decided to use a bike instead. His pursuit of cycling saw him go on to win several local cycling races during that period.

He was however diagnosed with Type 2 diabetes in the early 1960s, and by middle age he had also gained weight and was in poor health. Having lost his father at a young age, he was determined to see his own children grow up. He immediately established a healthier diet and exercise regime that would set him on the path to become an ultra-marathon runner.

He joined a local cycling club and began riding every day, and within a few years was doing cycling trips of 150 kilometres in a single day.

In 1998 he won the Horsham Cycling Classic and a few years later became the first Aboriginal cyclist to complete the 275 kilometre Warrnambool Classic Bike Race.

Uncle Alby has used his abilities to draw attention to causes close to his heart. In 2002 he rode the three thousand kilometres from Perth to Warrnambool in what he dubbed Ride for Reconciliation. The journey garnered significant media and community attention, and encouraged discussion around issues Aboriginal people face. He has also undertaken ultra-marathons to promote the Closing the Gap initiative and to raise money for Diabetes Australia.

With his motivation, stamina and dedication, Uncle Alby continues to be a source of inspiration for all of us to want to improve our health and wellbeing.

*Uncle Alby was determined to see his own children grow up so he established a healthier diet and exercise regime.*

## Fire season emergency services

### STAY SAFE AND INFORMED

Please remember to continue to monitor warnings and your local conditions during the bushfire season. The following services can help you, or someone you know, access information during an emergency.

Stay informed via [www.emergency.vic.gov.au](http://www.emergency.vic.gov.au) and the **VicEmergency app**. You can also freecall the VicEmergency hotline **1800 226 226**. Tune into ABC Local Radio, commercial and designated community radio stations.

If you are in an affected area you can access the Red Cross service Register.Find.Reunite online at <https://register.redcross.org.au/> or by calling **1800 727 077**. This will assist both the emergency services and allow your loved ones to know you are safe.

# 2019 Reflections

## MESSAGE FROM CEO

2019 was a year for growth, transformation and improvement. AHV continued to work hard to improve our tenancy and maintenance services and strengthen our financial position as a custodian of a large property portfolio on behalf of the Aboriginal community. Achievements from the past year have included the best results for improved time frames for maintenance and turnover for vacancies. Our tenants and the Aboriginal community continue to remain at the heart of what we do and why our organisation exists.



It was a productive year as we continued to build new homes for the Aboriginal community. Our development program has continued to ramp up, and over the year, we had 35 new houses under construction. Our ability to successfully attract capital grants to support social housing grants from the Victorian Government and philanthropic funds is vital to the continued growth of safe, secure and affordable housing for the Aboriginal community.

During the year, we worked closely with Aboriginal leaders and community members to oversee the development of the Victorian Aboriginal Housing and Homelessness Framework. The policy we produced aims to guide Government investment in housing for our people over the next 20 years. Our policy journey has been confronting. We were staggered to uncover the highest demand by Aboriginal people for homelessness services in Australia right here in Victoria. Projected demand for social housing across Victoria's Aboriginal communities over the next twenty years will exceed 5,000 additional houses. We identified real failings in the social safety net and a need for major improvements in homeless assistance, adding to the huge demand for more affordable housing. Our strategy deals with all tenures and aims to increase individual and community ownership of houses not simply to expand social housing options. This reflects a strongly voiced view from the Aboriginal community demanding a new approach to housing to match our strong aspiration for housing independence.

The Aboriginal Housing and Homelessness Framework provides a roadmap over the next twenty years to improve Aboriginal housing outcomes consistent with the aspirations and concerns of Aboriginal communities in Victoria. The Government's Housing and Aboriginal Affairs Ministers will formally accept the new policy framework in a ceremony in the Victorian Parliament in February. We are proud to have led the work on the Framework. It provides an ambitious plan and positions us to strengthen advocacy for a better housing future for Victoria's Aboriginal communities.



As tenants, you are the centre of our focus, and we recognise that at this time of the year there are pressures on families to provide Christmas presents. Once again this year, we provided gifts to many of our families across Victoria to ease the financial burden of the holiday season. Special thanks to the many generous donations from the local North Fitzroy community where our Head Office is located, as well as local schools and businesses. For the second year running, we have through the generous donation of Coles Limited been able to provide Christmas hampers to more than 250 Elders living in our homes.

In the following pages, we have outlined some of the headline results this year. If you would like the full Annual Report, please go to our website [www.ahvic.org.au](http://www.ahvic.org.au) or contact us on 9403 2100 and we will mail out a copy.



A reminder to please contact your Housing Officer if you experience any issues that may affect your tenancy or if you need guidance connecting to support services. If we are informed, we will do our best to assist you.

On behalf of everyone at AHV, I thank you for your continued support and wish you all the best for the year ahead.

Darren Smith  
CEO

## *Last year in numbers*

### 2018-2019 HIGHLIGHTS



**265** PROPERTIES  
RECEIVED UPGRADES



**6** NEW TRANSITIONAL  
HOUSES



**93.9%** TENANCIES  
MAINTAINED



**94%** URGENT  
MAINTENANCE  
DONE ON TIME



**35** NEW PROPERTIES  
UNDER CONSTRUCTION



**ONE** OF THE FIRST  
HOUSING PROVIDERS TO  
OPT INTO THE VICTORIAN  
HOUSING REGISTER



**24** COMMUNITY EVENTS



**2,000+** ATTENDED OUR  
NAIDOC EVENT



**82** HEATERS REPLACED  
WITH SPLIT SYSTEMS  
As part of the Pyrox Vulcan  
unsafe heater replacement  
program



**15** SOLAR SYSTEMS  
INSTALLED  
Thanks to a partnership with  
Australian Energy Foundation  
with funding from Moreland City  
Council, and Solar Victoria



**800+** CHILDREN  
RECEIVED TOYS FOR  
CHRISTMAS.



**250** ELDERS HAMPERS  
FOR CHRISTMAS



**1,500+** HOMES  
PROVIDED FOR  
ABORIGINAL VICTORIANS



**4,000+** TENANTS IN  
THE AHV COMMUNITY

## *Womens workshops in 2020*

### **SISTERS DAY OUT**

Last year AHV proudly participated at the Sisters Day Out® workshops hosted by Djirra all across Victoria.

The Sisters Day Out workshop is a day that brings Aboriginal women within the community together to celebrate Aboriginal culture and raise awareness on Family Violence. The day also includes a wellbeing approach by providing free pampering; hairdressing, massage, manicures and more. As well as pampering, Sisters Day Out features a range of support services for the women.



Find upcoming events online here: <https://djirra.org.au/get-involved/check-our-events/>  
We hope to see you there!

## *Keep cool over summer*

### **TIPS AND ADVICE**

Victoria is seeing extreme temperatures over summer. Extreme heat can affect anybody. However those most at risk are older people, young children and people with a medical condition.

Look after those most at risk in the heat – your neighbour living alone, older people, young children, people with a medical condition and don't forget your pets. If you observe symptoms of heat-related illness (i.e. cramps, exhaustion, nausea, sweating) you can seek medical help by calling NURSE-ON-CALL on **1300 60 60 24** for 24-hour free health advice.

#### **PREVENT HEAT STRESS**

- ⦿ Keep hydrated; drink plenty of water
- ⦿ Never leave anyone in the car
- ⦿ Avoid physical activity during the hottest part of the day
- ⦿ Wear loose fitting clothing, preferably of a light colour
- ⦿ Stay out of the sun during the hottest part of the day, around midday
- ⦿ If you go out, wear a hat and sunscreen

#### **LOOK AFTER YOUR HOME**

- ⦿ Keep your grass cut down in front and backyards
- ⦿ Open windows or ensure a ventilation fan is turned on in wet areas; mould can still occur with moisture even in summer months
- ⦿ Keep your blinds closed (especially on the north and west facing windows) to significantly cool your home
- ⦿ Remove any debris that may be lying in the yard – as this may attract snakes on the warmer days
- ⦿ Don't forget your pets – a cool bath, wet towel to lie on, a place next to a fan and plenty of fresh water work just as well for animals

## *AHV to return home*

### **HEAD OFFICE RENOVATIONS**

Renovations to our head office at Scotchmer Street, North Fitzroy are nearly complete, with staff set to move back in early 2020. The Victorian Government's Aboriginal Community Infrastructure Program provided funds specifically for the renovations, which will allow all staff members to better collaborate and serve our community via the single head office. For any queries please contact our head office via (03) 9403 2100.

Do you have maintenance enquiries or requests? Contact **(03) 9403 2100** / [maintenance@ahvic.org.au](mailto:maintenance@ahvic.org.au)