



YARN UP

Edition 2, 2018



Movie magic!

Tenants from the MTAL program area enjoyed a cosy April night-in with dinner, movie snacks, bean bags and a screening of *Finding Dory*. The event was one of a number that MTAL is holding throughout the year.

MTAL is growing

The Wellbeing Team at Aboriginal Housing Victoria (AHV) is celebrating an eventful past year with the growth of our More Than A Landlord (MTAL) life coaching, social and wellbeing program.

More than 35 tenants have worked with our Life Coaches to achieve over 160 personal goals. We've also had around 350 AHV tenants and their family members attend our Christmas, Funfields and Movie Night social events.

The MTAL pilot initially started in the northern suburbs but has recently been expanded to northwestern suburbs such as Glenroy, Roxburgh Park and Pascoe Vale. We're also excited to welcome aboard two new members to the Wellbeing Team: Neil, Life Coach and Trudi, Life Skills Worker.

NAIDOC Week celebrations

Preparations are underway for AHV's NAIDOC Week Family Day at Collingwood Children's Farm on Wednesday 11 July. Keep a look out in the next *Mia Mia* newsletter and on our Facebook page for further details on the event.



We have set up a MTAL Facebook group to help connect our growing community. Search 'More Than A Landlord', or email wellbeing@ahvic.org.au to be invited to the group.

Community events a chance to get together

MTAL has held a number of social events over the past six months that have provided the opportunity for AHV tenants to come together, have a fun day out, meet AHV staff, and learn more about the MTAL program and other local Indigenous support services.

This includes our Creeds Farm Christmas Gathering in December, with a buffet lunch, face painting, craft workshops and a visit from Santa.

This was followed shortly after by a scorcher of a day, both in temperature (40 degrees) and fun, at the Funfields Family Day Out in January, and our first ever Movie Night at Preston City Hall in April.

We plan on running more of these events throughout the year. Keep a lookout in your mailbox for details of our next gathering. The Wellbeing Team also welcomes suggestions for future MTAL events. Call Reece on 9403 2113 or email wellbeing@ahvic.org.au



The pair brings a wealth of experience working in our Indigenous community.

MTAL's newest members

The Wellbeing Team is excited to welcome aboard two new team members: Neil and Trudi. Neil has been recruited as our first ever male Life Coach; maintaining a particular focus on working with male tenants. Neil is a Wuthathi man from North Queensland with extensive experience working in Indigenous communities, including his tenure as a supervisor for young Indigenous miners in Port Hedland.

Trudi has been with AHV for five years as part of the Operations Team and has recently taken on the role of Life Skills Worker. Trudi has a background in community services with a particular focus on family violence awareness and education. As part of her role, Trudi hopes to empower clients in their pursuit of positive outcomes.

Spotlight on achievements

Participants in MTAL have accomplished some wonderful goals, including Mill Park resident and much-loved Elder Aunty Barbara Stewart. Aunty Barbara has been working with AHV Life Coach, Sam to further her education and has recently enrolled in a Certificate IV in Community Services - an area she hopes to re-enter one day. She attends classes weekly and is well on her way to continuing her wonderful work in the community.

Other MTAL participants have also met their own personal goals. Some of these include creating a savings plan, enrolling in further education and attending more community gatherings with their loved ones.



Aunty Barbara attends regular social gatherings with a local Elders group.

Make your money work

AHV has teamed up with Kildonan UnitingCare to deliver a series of financial wellbeing workshops to help participants take control of their money. The free two-hour workshops feature advice on topics such as budgeting, saving money, contracts and avoiding scams.

The workshops will be held Tuesdays 5th, 12th and 19th June, 10am-12pm. Narrandjeri House, 125-127 Scotchmer Street, North Fitzroy.

Morning tea and lunch provided. RSVP by Friday 25 May by calling Sam on 0439 867 324 or emailing wellbeing@ahvic.org.au



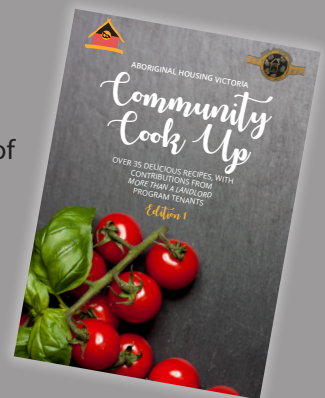
Order your free cookbook

MTAL has published Edition 1 of its *Community Cook Up* cookbook, which brings together over 35 healthy recipe ideas as well as contributions from MTAL participants.

We're inviting MTAL tenants to send us their recipes for possible inclusion in future editions. Entrants will also go in the draw for a chance to win a hamper of groceries from Coles or Woolworths.

Order your free copy or send us your recipe by calling 9403 2113 or emailing wellbeing@ahvic.org.au

Be sure to include a photo of your culinary creation!



What is MTAL?

More Than A Landlord is a life coaching, social and wellbeing program designed to support AHV tenants in identifying and working towards personal goals. Currently in its pilot stage and open to AHV tenants in the northern suburbs, the program is spearheaded by Life Coaches, Sam and Neil as well as our Life Skills Worker Trudi. To learn more about the program or get involved, call 9403 2100 or email wellbeing@ahvic.org.au

