

# grounded



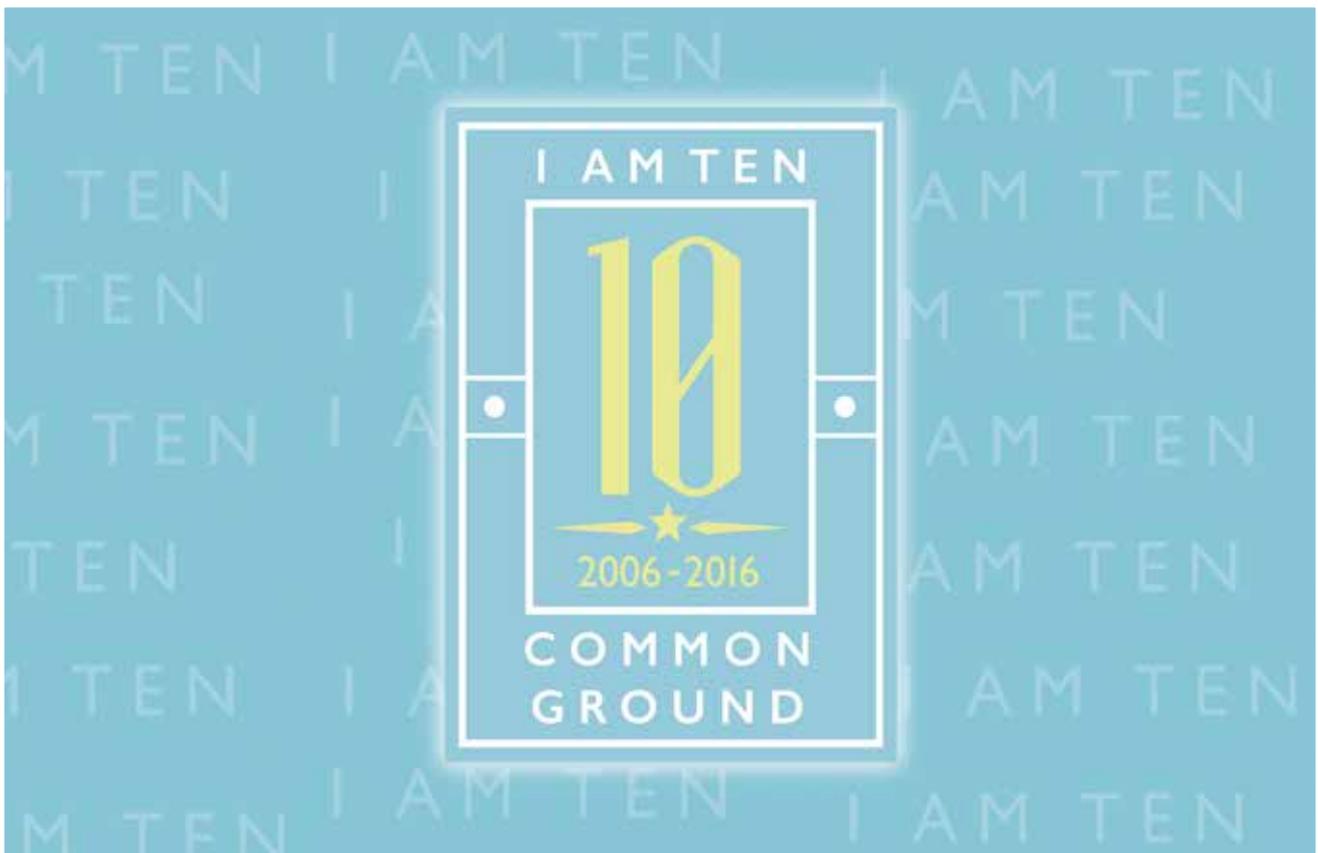
A foot  
in the  
door for  
CGA stars



Rilka  
the  
meal  
maker



Balancing  
the way  
to a better  
life



## I am 10!

This year marks a decade since Common Ground housing, coupled with case managed support, was launched in South Australia. Ten years, nine sites, more than 400 tenants and scores of success stories later,

CG is stronger than ever. Now a Tier One housing provider and part of the Housing Choices Australia Group, Common Ground is pursuing opportunities to grow and help more people into affordable housing.

Several events are planned for the next 12 months to celebrate this milestone with supporters and the community.



# A foot in the door for CGA stars



Forget Beckham and Baggio. Some talented CGA tenants have got a foot in the door to soccer stardom. Manni, David and Jayar are making their mark on the soccer pitch - interstate and overseas. Manni and David represented SA in the National Street Soccer Tournament in Sydney in February - with SA taking top prize at the event. Later this year, Jayar will travel to the United Kingdom to represent Australia in the World Street Soccer Tournament in Scotland. The talented trio play regularly in Adelaide, along with several other CGA residents, for The Big Issue Community Street Soccer Program.



Manni (gold top) and Jayar show off their skills.

# Hope inspires art and support.

Hope in the face of adversity is at the heart of Mexican photographer and artist Fabiola Barba's work. So, it's no co-incidence the Latin American-native, who travelled to Adelaide for the Fringe, chose to support Common Ground while in South Australia. Fabiola's exhibition *Selfie* comprised

vibrant images expressing emotions and histories from the inside out. *Selfie* was inspired by the self-image addiction "we are experiencing in the whole world". As part of her visit, Fabiola hosted an auction of her work to raise money for Common Ground. She also led a drawing workshop for tenants. She said she wanted to "share her experiences and give back." "I did my research and I am in awe of the

way Common Ground is helping human beings to rebuild their lives in the City of Adelaide," Fabiola said. "Drawing can be really therapeutic - an active meditation if you like - and I am thrilled to share this with Common Ground tenants." Fabiola has previously exhibited collections in New Zealand and Mexico with some work now a permanent fixture in Mexico's National Museum of Anthropology.



Fabiola with photos from her exhibition.



The chicken coup is being established within the community garden (pictured).

# Flying the coup.

Being clucky is what it's all about right now at The Joinery where Common Ground residents and other community members are coming together to keep chickens. The initiative - supported by the Adelaide City Council - will provide another opportunity for people to engage, learn new skills and be involved in food production while demonstrating ways to live more sustainably. The coup is within Common Ground's community garden at The Joinery - an environmental and community hub created and managed by the Conservation Council of SA and

Natural Resources Management Board. The garden has been successful in engaging a broad range of people - from children to the elderly, sharing knowledge, skills and friendship.

It is a place of creativity, healing and growth and the food produced is both shared amongst the community and used in Common Ground Adelaide's weekly cooking program.



A coup has now been built in the garden with space for four chooks. Anyone wanting to be involved in the chicken initiative or the garden can contact Mark on 82051600.

# Rilka the meal maker.



Rilka Warbanoff enjoys only one thing more than tucking into a hearty home-cooked meal and that's sharing it with others. The celebrated culinary expert has found the perfect dining companions - the Common Ground cooking group. Rilka is partnering with CGA to lead some "hands-on" cooking sessions with tenants.

"I always jump at the chance to spread the healthy eating message and it's important that it is available to everyone," said Rilka. "Preparing ingredients, cooking and then sitting down to eat the end result together usually creates a great feeling of friendship and camaraderie.

"Plus the best meals are often cheap and cheerful with local produce that doesn't involve hours slaving away in the kitchen."



Rilka prepares to cook at CGA. (left) Fresh tomato soup... and no cans in sight! (right)

In the spotlight...



Olivia Tobin is a Team Leader - Support Services with the Salvation Army based at Common Ground Port Augusta.

### What do you enjoy about your work?

It's good to be able to help people improve their lives and to support them on that journey.

### What is the most rewarding part of your role?

Seeing clients achieve goals they set for themselves that they never thought they could possibly reach.

### How long have you worked at Common Ground Port Augusta?

Two and a half years. I have worked in homeless support for seven years with The Salvation Army.

### What do you do when you're not at work?

I drive my three children around to their numerous sporting commitments. I'm the secretary and bar co-ordinator for the Stirling North Progress Association - a family and sporting club. I'm also a calisthenics committee member - the list goes on...

### What is your most embarrassing moment?

Falling over, flat on my face in supermarket with my arms laden with groceries in front of a mother and son. The mother was telling her son to help pick my groceries up. So embarrassing...

### What about your favourite holiday spot?

Kangaroo Island with my family was great but would like to go to Scotland and Ireland one day

### Who would your top five dinner guests be?

Gerard Butler and perhaps Melissa McCarthy or Rebel Wilson and my 3 children for sure.



Laura leads a yoga class at Common Ground.

# Balancing the way to a better life.

When Laura Vangas arrives at Common Ground on Tuesdays, a sense of calm follows. Laura, who volunteers teaching yoga at CGA, starts her class with mindful breathing before body movement. "This is an opportunity I value so much," Laura, who owns her own photography business, said. "We get progressively more challenging as the class goes on but we tailor it to people's ability - sometimes that means having four different people doing four variations of the same pose and that's fine," she said. "Yoga is really great for stretching but is also meant for helping people in everyday life - it's

*about being flexible and understanding and adaptable and approaching life in a relaxed way. It really helps promote quality relationships and a quality life."* Yoga is among several activities based at Common Ground which aim to improve tenants' health and wellbeing. "It's great to see the positive effect it is having over the long term - people getting better balance, noticing improvements in their health and seeing the progression," Laura said. "My real aim is for people to leave the class and be able to take that relaxation with them into the world."

## Mental health highlighted.

The strong link between mental health and affordable housing was highlighted when Common Ground hosted the National Mental Health Commission during February. CGA support staff presented to the Commission about successes and challenges in supporting South Australians living with mental illness. The Commissioners also toured the Light Square and Mellor Street development as part of the visit.



The Commissioners tour Common Ground Mellor Street.



Common Ground staff present to the Commission.



**Something to say?** Tenant feedback forms are available in or near the common areas at Light Square, Franklin Street, Mellor Street and Augusta Terrace. Alternatively, feedback from all members of our community is welcome at any time. Email [admin@cgadelaide.org](mailto:admin@cgadelaide.org)



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