



Maria Palumbo with Santos volunteers Jim and Hai.

Maria's Message...

It's not long now... We're counting down with the finishing touches being placed on our new Mellor Street Development.

This is a really exciting time for everyone at Common Ground as the dream of opening more stable, affordable accommodation for South Australians who are struggling comes to fruition. It is particularly special because here, for the first time, we will provide homes for single parents with children.

A massive thank you to everyone who has helped make this aspiration a reality – the Federal and State Governments, Santos, the Adelaide City Council, our Board, staff, residents, supporters and sponsors.

Speaking of which, I want to make special mention of a dedicated group of volunteers who converged on the new building earlier this

month to help prepare apartments for tenants.

Santos and National Australia Bank staff and several other supporters joined Common Ground staff unpacking cutlery, crockery, manchester, making beds and cleaning rooms ready for new residents.

The group of 30 volunteers got through a lot of work over the course of an afternoon.

We will put a wider call out in the future for those who are able to contribute their time and energy. If you would like to register as a Common Ground volunteer, please phone 8205 1600.

Maria Palumbo
Chief Executive Officer

Doctor in the house.



Dr. Simon Vanlint

Stay connected to your community. That's the tip for good health from Common Ground Adelaide's onsite doctor Simon Vanlint. Dr Vanlint came to Common Ground over a year ago and is available on Tuesdays between 10am and 1pm.

His services can be accessed by Common Ground tenants especially those who don't have a regular GP or find it hard to get to their doctor.

"The location obviously makes the service appealing to people and it's an environment they are comfortable in," he said.

"Where patients have case managers and give their permission, I can also share information with their case manager which is really helpful in getting co-ordinated support for people."

Dr Vanlint said there were many challenges - and rewards – that accompanied supporting with people who were disadvantaged.

"For some of those stuck in a cycle of poverty and poor health, they have either been convinced by others – or convinced themselves – that they cannot get or do any better," he said.

"For most people it's not the case. Many issues can be addressed including mental health and substance abuse. If you can help them get through that and to see there is hope, it's a great reward.

Channel 7 reporter Tim Noonan talks with Madge McGuire, Ian Cox and Maria Palumbo.



Sector rallies to secure funding.

Common Ground, The Hutt Street Centre and Catherine House have collaborated in a call to stop potential Federal Government funding cuts to the homelessness sector. Maria Palumbo, Hutt Street Centre CEO Ian Cox and Catherine House CEO Madge McGuire gathered at Common Ground on World Homelessness Day on October 10 to discuss the issue. Total Government funding for homelessness services in South Australia in 2014-15 is \$55 million, shared jointly by the State and Commonwealth Governments. However, Commonwealth funding is not certain beyond June 2015 placing pressure on front line services like Common Ground, Hutt Street and Catherine House.

Common Ground resident, Kristine



Kicking goals - on and off the field.

Common Ground tenants are kicking goals in the fight against homelessness – in more ways than one. Each week, around seven members of the CGA community gather on the parklands between Greenhill Road and South Terrace to hone their soccer skills as part of the Big Issue soccer team. Often, they are challenged to games by corporate groups and Big Issue partners and sponsors. Common Ground tenant Kristine has been playing in the team for almost three years. "We get to meet different types of people, learn to work as a team and have a lot fun," she said. "We even get the opportunity to play in a National Soccer Tournament in Sydney again other states."



In the spotlight...



Latoya...

Latoya has been living at Common Ground Franklin Street for almost three years. She is studying a Bachelor of Social Work at Flinders University.

What brought you to Common Ground?

I was experiencing issues living in the family home and unfortunately, I was asked to leave. A mentor suggested Common Ground to me.

What do you like about living here?

I love that I can live independently in a safe and supportive environment. I am privileged to have a place where I can re-energise and enjoy my own company after long days and nights of study. I also enjoy having friends over for dinner, movie nights and jam sessions.

What makes Common Ground Adelaide special?

Common Ground genuinely cares about its residents. I am proud there are a number of First Nations people living at Common Ground and people who have come from other countries. There is a high level of respect for multiculturalism here.

What do you have planned for the future?

My short term goal is to complete my Bachelor of Social Work and Social Planning then move onto a Masters of Human Rights and Policy. I want to be an advocate for First Nations people in the area of social policy. I am certain the love, support and respect Common Ground has given me has helped lay the foundation for a successful future.

A good reason to quit.

A program sponsored by Johnson & Johnson Pacific is supporting Common Ground tenants to quit smoking and improve their health.



So far, two group sessions have been held to help those wanting to 'give up'. The sessions were focussed on supporting residents to speak openly about their smoking habits to help find ways to stop smoking triggers.

Nicotine replacement therapy (NRT) products were provided at the first session and their benefits and use evaluated at the second meeting.

Jane Rossi, a registered Dental Hygienist and Dental Scientific Liaison professional with Johnson & Johnson Pacific said research shows the more vulnerable people in society are more likely to smoke.

"The fact residents were keen to try and give up and attended both the sessions is a really positive step forward," Jane said.

"The residents involved in the sessions so far have shown a typical response – keenness and wanting to quit, to finding the journey difficult as life obstacles come up. Hopefully they can persist to cut down or quit smoking."





Community Outreach Dental Clinic staff, supporters and students at the sleep out.



Sinking their teeth into the cause.

A group of Adelaide University dental students went above and beyond the call of duty recently sleeping rough to raise money for the Community Outreach Dental Clinic at Common Ground Light Square. This year's sleep out on the University grounds involved about 60 students.

Since opening their doors three years ago, the clinic has provided more than 500 treatments to people who could not otherwise afford dental services. The service is provided pro-bono by final year Oral Health and Dental students and supervised by experienced dentists and dental hygienists who also volunteer their time.



Minister Zoe Bettison and Kirsty Dadleh with big birthday cake.

Tenant triumphs mark a year on Common Ground.

Around half of the tenants who have come to live at Common Ground Port Augusta over the past year have gone on to gain employment or undertake study or training. This was among the many good news stories told at a community barbecue to celebrate the one year anniversary of the opening of the Augusta Terrace site – Common Ground's second development in Port Augusta.

Minister for Communities and Social Inclusion Zoe Bettison attended and spoke at the event along with Andrew, a former tenant who after begin one of the inaugural residents at the site and is now studying towards a career in civil construction. He hopes to work in the mining industry.

Common Ground Port Augusta Operations Manager Kirsty Dadleh said local support services and organisations had been instrumental to the success of the site.



Chemplus makes life easier.

For some people, keeping track of their medication is hard enough without frequent visits to their pharmacy. City East Chemplus is offering Common Ground tenants a special service to make life a little easier.

Residents can leave their scripts in a collection box and their items will be delivered back to them on the same afternoon – at no charge.

The pharmacy visited Common Ground earlier this year providing free health checks for residents and staff including blood pressure, glucose testing and advice.

City East Chemplus is also offering a free packing service and will store and keep track of repeats and issue reminders when a doctors' visit is needed for new scripts.

For more information, phone Kathy on 8205 1608.



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