



Pacific Link
HOUSING

Pacific Link Post

Your tenant newsletter



Spring 2026 Issue

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Message from Our CEO

There are plenty of ways to get involved with the PLH community over the coming months.

Our **Annual Garden Competition** is back, and there is still time to start something new or give an existing garden some extra attention before entries close in early November. Gardens of all sizes are welcome, from backyards and veggie patches to balconies and indoor plants.

The **Better Backyard Program** can also help eligible tenants access selected gardening and cleaning equipment, with some new products recently added to the range.

Another new opportunity is our **Tenant Community Builder Grants**.

If you have an idea for an activity or project that could bring other PLH tenants together, we'd love to hear it. It could be a BBQ, craft group, fitness activity, cultural celebration or something completely different. Funding and support are available to help successful ideas get started.

We've also started receiving some great recipes for our **PLH Community Cookbook**, which will be shared with tenants at the end of the year. There is still time to send in a favourite of your own.

I hope you enjoy this issue and find something you'd like to take part in.

Ian Lynch - CEO

Be Part of Our Community Cookbook

Everyone has a favourite recipe they return to, and we'd love you to share yours with our PLH community! Your recipe might be:

- a family favourite
- an affordable everyday meal
- something passed down through generations
- a special celebration dish
- a sweet treat you love making

You do not need to be an expert cook. We'd simply love to hear about the food that is special to you. Selected recipes will be included in the **PLH Community Cookbook** and shared with tenants at the end of the year.

Alan shared his **Pumpkin and Lentil Soup** recipe.

"I've made this soup for years, but adding ginger is something I only tried recently. It worked so well that I now include it every time, so it's worth giving it a go. It's easy to prepare and doesn't need many ingredients." ~Alan

Want to take part? Call Adelle on 4324 7617 or email programs@pacificlink.org.au with your recipe idea.



Alan's Pumpkin and Lentil Soup

Ingredients

- 1 onion, chopped
- 1–2 tsp ginger paste (optional)
- 500g pumpkin, peeled and chopped
- 1–2 tsp turmeric powder
- 3 cups vegetable or chicken stock
- 1 can red lentils, drained and rinsed
- ½ cup coconut cream

Method

1. Cook onion and ginger in a large saucepan until soft.
2. Add turmeric, pumpkin and stock. Bring to the boil.
3. Reduce heat and simmer until the pumpkin is soft.
4. Blend or leave chunky.
5. Add lentils and coconut cream, and cook for another five minutes.

Connecting at Community Events

PLH team members have been out and about at community events across the Central Coast, Hunter and Singleton areas, sharing housing information and connecting with local services.

These events are a great chance for our team to meet people face to face, learn more about the support available in different communities and build connections with other organisations. A big thank you to the tenants who stopped by our stalls to say hello. It was great to see you!



Central Coast Housing and Support Connect Day



Hunter Homeless Connect Day



Ungooroo's Health and Wellbeing Community Expo



Annual Tenant Garden Competition

Our **Annual Garden Competition** is back, and we'd love to see what you've been growing!

Gardens of every size are welcome, from veggie patches and flower beds to courtyards, balconies and indoor plants. You do not need a big backyard to take part. We're looking for the care and creativity you bring to your space.

Enter by **Friday 6th November 2026** at
www.pacificlink.org.au/garden-competition



There are some great prizes to be won, including gift cards worth up to \$200!

Susan Joins Our Tenant Support and Engagement Team

We're pleased to welcome **Susan** into the role of **Tenancy Sustainment Officer**, working alongside Adelle, who leads our events and tenant programs.

Some tenants may already know Susan from her previous role as a Tenancy Officer in our South Portfolio. She brings several years of experience supporting tenants and already knows many people across our tenant community. It's great to have her bring that experience into this new role!

If you're going through a difficult time with your tenancy, Susan can help with practical support, guidance and connections to assist with:

- Maintaining your tenancy
- Improving health and wellbeing
- Making positive life changes
- Accessing support services
- Connecting with the community

If you find you need support, contact our Office and we'll put you in touch with Susan to assist.



Small Steps Towards Feeling Healthier

Is there something you'd like to work on for your health?

Maybe you want to move a little more, make healthier food choices, feel fitter or simply build a few better habits.

The NSW Government's **Get Healthy Service** offers free phone and online coaching for people aged over 16. You'll work with a qualified health professional on a goal that matters to you, at your pace. When you join, you'll get:

- your own qualified health coach
- regular phone or video coaching calls
- practical tools and guides to help you stay on track
- encouragement and reminders along the way
- help if things don't go to plan

You don't need to have it all figured out before you start!

Sometimes choosing one small thing to work on is enough.

To get started with the **Get Healthy Service**, call 1300 806 258 or visit www.gethealthynsw.com.au





Need to get rid of larger items?



Check your local council's website for information about kerbside collections, including how to book and which items are accepted.

Give Your Home a Spring Refresh

Spring can be a good time to clear out a few areas of your home and get things feeling fresh again. Starting with one room, cupboard or storage space at a time can make the job easier. A few ideas to get you started:

- **Sort through unwanted items:** Sell, donate or dispose of things you no longer need.
- **Check the kitchen:** Clear out expired food and make space in the pantry or fridge.
- **Review your wardrobe:** Donate clothing or shoes you no longer wear.
- **Let in fresh air:** Open windows and use exhaust fans to help improve airflow.
- **Check for repairs:** If you notice something in your home that needs attention, report it to our Maintenance Team rather than waiting for your next inspection.

Create a Better Backyard with Our Help

Spring is also a good time to get outdoor areas ready for the warmer months, and **PLH's Better Backyard Program** now includes more equipment to choose from.

Available products include battery-operated mowing, trimming and pruning equipment from Husqvarna's Aspire Range, plus a **pressure washer and wet and dry vacuum cleaner**, which have recently been added to the program.

Eligible tenants can apply for an interest-free loan to purchase selected equipment, with PLH contributing towards the cost to reduce the amount you need to repay.

To view the product catalogue and apply, visit www.pacificlink.org.au/better-backyard or call 4324 7617.



Special thanks to Husqvarna for supporting this program for our PLH Community!



Did you know?

Switching from a typical top loader to a front loader could save around **45 litres of water every load!**

Swap Your Old Top Loader and Save

Still using an older top-loading washing machine? A more efficient front loader can use less water and energy, which may help reduce your household bills over time.

The NSW Government's **Washing Machine Exchange Program** is helping eligible households replace an old top loader with a front-loading machine for \$250. This includes the machine, delivery, installation, a two-year warranty and removal of your old washer.

Applications are open and close once all machines are allocated. Visit water.dcccew.nsw.gov.au/washing-machine-exchange or call 1300 081 047 to find out if you are eligible.

Do you have an idea for the Tenant Newsletter? Let us know at programs@pacificlink.org.au



Updated Office Hours: 9am to 4pm

A reminder that our office hours are now **9am to 4pm, Monday to Friday**. The change came into effect on 1 July and reflects how our office is being used, with fewer tenants visiting in person, particularly in the afternoons.

What this means for you:

- You can still contact us by phone or email during office hours as usual.
- Our after-hours emergency repairs service has not changed. For emergency repairs outside office hours, call 0409 341 457.

If you need to visit the office, we recommend calling ahead. This helps us make sure the staff member you need is available when you arrive.



Because of the cadetship, I gained permanent full-time employment as a housing officer. This is now my career until I retire.

Cathy
2024 Graduate Cadetship Program

SCAN HERE



Earn and learn
in the community housing industry
Become a cadet in 2027

Proudly funded by the NSW Government in association with Homes NSW, NSW, and the COMMUNITY HOUSING INDUSTRY

Earn and Learn with a Cadetship

If you're looking to start a career or try something new, the **Community Housing Cadetship** can be a practical way to gain experience, build confidence and learn more about working in community housing.

The 12-month program combines **full-time paid work** with study, giving cadets the chance to build practical skills while completing a **Certificate IV in Housing**. Cadets also receive workplace support and mentoring along the way.

The program is open to eligible NSW residents from a range of backgrounds, including people living in social housing and unemployed young people.

PLH has now supported four cadets to successfully complete the program with us, and we're looking forward to taking part in the NSW Government's Cadetship Program again next year!

Visit www.communityhousing.org.au/cadetship for eligibility details and more information.

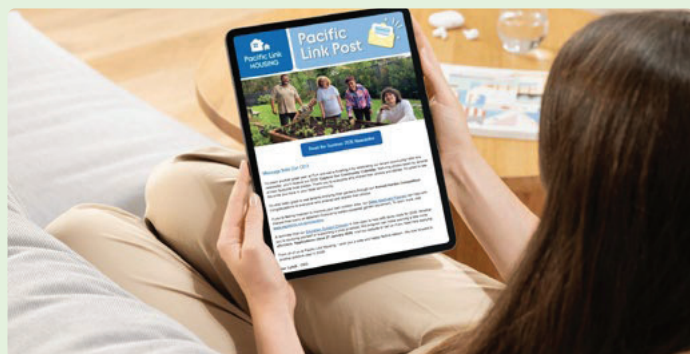
Applications Close Friday 2nd October 2026

Switch to Our Digital Newsletter

Still receiving printed copies of our newsletter? Switching to our digital newsletter is a simple way to help reduce paper use and stay up to date with PLH news, programs and events. While our newsletters are printed on FSC-certified paper, receiving your newsletter by email helps reduce waste even more.



Update your preference: www.pacificlink.org.au/newsletter



Worried About Memory Changes or Dementia? Free Support is Available



Visit Dementia Australia's website for helpful information for people living with dementia, carers, families and friend www.dementia.org.au

Changes in memory, thinking or mood can be worrying, but you do not have to face it alone. You may have noticed changes in yourself, or are concerned about a family member, friend or neighbour.

The **National Dementia Helpline** offers free and confidential support, 24 hours a day, seven days a week. The team can provide emotional support, practical information and connections to **Dementia Australia** and other community services.

Call the **Helpline on 1800 100 500** if you:

- are concerned about your own memory or thinking
- are worried about someone close to you
- care for someone living with dementia
- need information about support services
- would like guidance on what to do next

New PLH Program! Got an Idea to Bring Your PLH Community Together?

PLH's **new Tenant Community Builder Grants** can help turn a good idea into a project that other tenants can enjoy.

Your idea could be a BBQ or morning tea, craft or gardening group, fitness activity, workshop, social group, cultural celebration or something else that helps people connect, learn new skills or get involved in the community.

Successful projects can receive **up to \$2,000** towards approved costs, with support from our team to help with planning, promotion, venues, materials or arranging an instructor.

You don't need to have everything worked out before you apply. If you have an idea, we'd love to hear it! Call 4324 7617 or visit www.pacificlink.org.au/community-builder



A Small Update to Our Systems

PLH is moving to a new business system from September. For most tenants, there will be very little change. **You may notice that your rent statement looks a little different**, but it will still include the same important information about your tenancy.

As our team completes training on the new system, there may be short periods when the person you need is unavailable. Please leave a message and we'll return your call.

We're also working on a new **Tenant App**, planned for 2027, which will make it easier to manage your tenancy. We'll share more details closer to launch!