



*I love this place. I feel safe. School is next door and the park.  
It feels very neighbourly and we all look out for each other. It's great!*

Balluk Willum Crt, St Kilda

## Summer Warnings: Heat Stress

As summer arrives, it is time to remind tenants to take appropriate precautions to avoid heat stress. Take the time to also check on older, sick and frail people who may need help coping with the heat.

### Causes of heat stress

When the body becomes dehydrated and is unable to cool itself enough to stay a healthy temperature, heat stress occurs. If left untreated, life threatening heat stroke can occur. Prevention is the best way to avoid heat stroke.

Physical activity such as participating in sporting events, working in hot and poorly ventilated spaces, remaining exposed to the sun for lengthy periods e.g. being a spectator at the Boxing Day Test, can all increase the risk of dehydration and heat stroke.

Not drinking enough or drinking the wrong kinds of liquids can increase the risk of dehydration. Alcohol dehydrates the body and some drugs such as ecstasy and speed can raise the body's temperature.

### Symptoms of heat stroke

Warning signs of heat stroke vary, but may include:

- Very high body temperature
- Red, hot, dry skin (no sweating)
- Dry swollen tongue
- Rapid pulse
- Throbbing headache
- Dizziness, confusion, nausea
- Collapse
- Eventual unconsciousness.

### Preventing heat stroke

Suggestions for preventing heat stroke include:

- Drink plenty of water or other cool, non-alcoholic fluids. Avoid drinking extremely cold liquids as they can cause stomach cramps. If particularly dehydrated it may be advisable to drink something such as a sports drink that can help replace electrolytes in the body.
- Reduce physical activity and avoid vigorous exercise in hot weather. If activity is unavoidable, try to schedule it for the cooler part of the day and rest often.
- Whenever possible, stay indoors or in the shade.
- Stay cool and keep air circulating around you. Use air conditioning if possible. If you don't have air conditioning, consider visiting an air-conditioned shopping centre or public library. An electric fan will also keep air circulating.
- Eat regular, light meals.
- Wear lightweight clothing.
- Take a cool shower, bath or sponge bath.

### If you must be out in the heat:

- Limit outdoor activity to the coolest part of the day.
- Protect yourself from the sun and 'slip, slop, slap' when outside by covering exposed skin, using sunscreen and wearing a hat. 'Seek' shade and 'slide' on some sunglasses.
- Rest regularly in the shade and drink fluids frequently.



### What to do for heat stroke

If someone you are with develops heat stroke:

- Call triple zero (000) for an ambulance and wait for them to arrive.
- While waiting for the ambulance, get the person to a cool shady area and lay them down.
- Remove excess clothing, wet their skin with water or wrap in wet cloths, fan continuously.
- Do not give the person fluids to drink.
- Position an unconscious person on their side and clear their airway.

With these simple precautions, the summer may not seem as hot and we will all reach autumn safely.

Adapted from the Better Health Channel at [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)



# Strategic Plan 2012-15

Over the past 3 years, PPHA has distinguished itself as both a developer of high quality, secure and affordable housing and for its caring approach to tenancy management which enables sustainable tenancies and supports tenants to become part of their local communities. Our Strategic Plan 2012-2015 builds on PPHA’s history and achievements to date and responds to current and emerging challenges. PPHA’s growth, in terms of units developed and tenancies managed, accelerated during the period of our last strategic plan. However reductions in state and federal funding allocations to affordable housing, mean that further growth for PPHA will depend on new and innovative approaches to business development.

The PPHA Strategic Plan 2012-2015 is the product of a four month strategic review process involving internal and external consultation, in-depth analysis and critical thinking. In the process our mission, vision and values have been revisited and refreshed to ensure they remain relevant in today’s world.

### Our Mission:

#### Building Homes for Locals

We achieve our mission by

- Seeking opportunities to increase the supply of secure, high quality, affordable housing.
- Providing proactive and responsive property and tenant management.
- Ensuring residents have access to the resources and assistance they need to connect with their community.
- Enhancing personal well-being and strengthening the individual lives of our tenants.

- Ensuring that the organisation is operating efficiently and effectively.
- Partnering with other agencies to achieve these outcomes.

### Our Vision:

**Secure, appropriate and affordable housing in cohesive communities.**

### Our Values:

Our Values are an expression of PPHA’s ethos. They are a great source of strength and guidance to all at PPHA as we go about our work. Whilst our Strategic Plan and Operational Plans drive what we do, our Values guide how we do it.

We intend to maintain and build on this ethos as we consolidate and grow.

Our organisational Values are:

#### Integrity

Shared commitment to openness, honesty, fairness, learning and growth.

#### Respect

Treating all people equitably and well, without judgement or prejudice.

#### Inclusiveness

Building communities and facilitating participation.

#### Collaboration

Engaging with colleagues, tenants and business partners in a team-based approach.

#### Accountability

Being responsible for our actions and acting professionally.



Jingella Ave



Vale St

*"I love the area, my surroundings. I am extremely thankful for having the opportunity to live in such good housing."*

South Rd, Moorabbin



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## Housing Industry Awards



Jingella Ave

The PPHA townhouses at Jingella Ave in Ashwood were runner up in the Special Purpose Housing Award at the 2012 HIA Australian Industry Awards. The awards committee commented "The townhouses have low running costs

with excellent solar access, a six star energy rating, rainwater harvest to toilet and laundries, and solar hot water with gas boost. This development is finished to an exceptionally high standard." Congratulations to the builder, Jager Developments.

## Australians for Affordable Housing

Australians for Affordable Housing is a coalition of national housing, welfare and community sector organizations, established to highlight the problem of housing affordability in Australia. They believe that all Australians should be able to secure housing that they can afford. Currently one in ten Australian households are in housing stress, paying more than 30% of their income in housing costs. Paying too much for housing makes it harder for people to pay for the other basics, like food, clothes, transport and healthcare. Australians for Affordable

Housing is calling on both federal and state governments to make the changes required to make housing more affordable. Keep up-to-date with housing affordability issues and news at <http://housingstressed.org.au> .

You can also participate by adding your voice and/or your photo and story to the campaign. If you don't have access to a computer, send it to us and we will upload it for you. You can see what other people have done at <http://housingstressed.org.au/photo-petition> .

## Staff Movements

Amrit Crewe has been appointed as the Tenancy Management Officer for PPHA in Ashwood. As the various stages of this development are completed during 2013, Amrit will have responsibility for the initial tenancing of the properties and then the ongoing management of those tenancies. Amrit has worked for PPHA for many years and is looking forward to this new challenge. Upon its completion, Amrit will be based in the new PPHA Ashwood office.



Louise Daniels has returned to PPHA after a 4 year absence to take up the newly created position of Manager - Ashwood. She will have responsibility for establishing the Ashwood office, representing PPHA in the City of Monash and of ensuring that PPHA achieves its aims in that region. Louise will also be based in the Ashwood office.



The position of Operations Manager will be filled by Megan Davidson whilst Tanya is on maternity leave in 2013. Megan has worked in the community housing sector for over 10 years in various roles including project development and property/ tenancy services management at Community Housing Limited and most recently in Central Australia at the Central Australian Affordable Housing Company.





December 2012



The Hon Wendy Lovell MLC, Minister for Housing and Brendan McIntyre, Chairperson, PPHA.

## Season's Greetings

As another year draws to a close, it is a time for reflection on the year that is past, the highs and the lows, and how they work together to mould our being and shape our future. It is also a time of looking forward to the coming year, of wishing and dreaming and of making resolutions. It is a time of thinking about how things could be and what each of us can do to make it happen.

May this festive season and the present year end on a cheerful note and make way for a new year that you find both promising and fulfilling.

From all the Staff of PPHA

## AGM and Official Opening of 81 apartments in Chapel St, St Kilda

The weather gods were smiling and PPHA staff were busy in 'host' mode. Making use of the open courtyard, a jazz duo provided a quintessential St Kilda backdrop while a mobile pizza oven provided food for tenants and guests when the Minister for Housing, Wendy Lovell MP, officially opened the new Chapel St development on November 8th.

The Chapel St development is home to 81 households enjoying an inner city lifestyle in well designed and well apportioned apartments and townhouses. Several of the new residents allowed guests to look through their new homes, proud of what they had achieved in the short time that they had lived there.

A lot of thanks were expressed to the PPHA staff - from existing tenants who had successfully relocated to the new development and from the children of



Tenants and guests attend the opening and AGM in the in the Chapel St courtyard.

new tenants, some having watched the building grow from across the road, pleased that they were able to move into something modern that provided safety and security for them to play in and call home.

Steve Brooks, Project Manager for PPHA, gave a brief speech on the development of the project and thanked all of our partners who had assisted from conception to completion.

After the building was officially declared open, guests remained for the PPHA Annual General Meeting. A sad farewell was made to two retiring board members, Anne & Niki, after many years as voluntary Directors. Gifts were presented to them both in appreciation for their contribution over the years.