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Close to Home

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Residents and friends gather to celebrate Neighbours Day



Residents at Castlefinn Complex in Auckland celebrate their diversity.

From Mosgiel to Manurewa, our residents came together in March to celebrate Neighbours Day Aotearoa 2019.

The tenant-led events ranged from movie nights to street parties, barbecues, gardening activities, clean-ups or even just an afternoon cuppa with a friend next door.

The events were a great success, with many people saying that

their Neighbours Day event was a day their community won't forget.

Rachel, one of the residents in Albionvale in Auckland who helped to organise a 'Sunday-funday' for her neighbours, says that a thriving community means so much to residents because

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Your health and wellbeing are important

If you're worried about the condition of your home, please let us know - call us on **0800 801 601**. Also take a look at this issue to see how you can keep your home warm and dry this winter.



Looking out for others this winter

If you know people who need help with housing costs or other costs, please encourage them to contact Work and Income on **0800 559 009** to see what support is available, or check **www.workandincome.govt.nz**



02

Prevent the spread of germs



Create as much space as possible between the heads of sleeping children.



Try 'topping and tailing' if your children share a bed.



Try not to have lots of people sleeping together in one room.

8 litres of moisture builds up in Kiwi homes each day.

Simple activities like cooking, showering and hanging your washing inside can cause this build up of unhealthy moisture. The good news is that it's easy to get rid of.

FOR A DRY AND HEALTHY HOME THIS WINTER FOLLOW THESE 3 EASY STEPS



WIPE

any moisture or drips off your windows and walls.



OPEN

windows in the mornings and while you shower or take a bath.





HANG

washing outside to dry, if you can. Or in a room with a door closed and windows open.



Be aware of fire hazards



 --- 1m --- 
Keep everything at least one metre away from a heater or fireplace. **Never place or hang clothes on a heater to dry.**



Keep an eye on what you fry! Don't drink and fry! Save the beers for after you finish cooking.



Working smoke alarms save lives. Keep yourself safe from fire. Test your smoke alarms often to make sure they're working.

03

A dry home is easier to heat.

The more moisture there is in the air, the harder and more expensive it is to heat.

DO THESE SIMPLE THINGS TO MAKE IT EASIER AND CHEAPER TO HEAT YOUR HOME



OPEN

curtains during the day to let warmth in and close them just before dark to keep the warmth in.



STOP

cold air getting into your home by stopping draughts around doors and windows.



HEAT

your home using thermostats and timers so your heaters only come on when you need them and automatically turn off when the right temperature is reached.



04



FREE HEALTH ADVICE

If you need advice about influenza, immunisation or any other concerns about your health or your family's health, call Healthline.

☎ **0800 611 116**

🕒 **24 hours, 7 days a week**

All calls are taken by a registered nurse.

Extra help to keep families warm and healthy

You may be able to get extra help from Work and Income if your children are unwell or you can't keep warm in your home.

Some types of help are only for people on a benefit, and others are for people on a low income. You can find out more on www.workandincome.govt.nz or by calling 0800 559 009.

If you need help with keeping warm

If you're struggling financially or have had an unexpected bill, Work and Income might be able to help you, even if you're working.

If you have an urgent power, gas or water bill to pay or you need help with heating costs contact Work and Income at 0800 559 009.

More information is also available at: www.workandincome.govt.nz

If you need help with health costs

The Community Services Card can help you and your family with the costs of health care.

You may also be able to get a Disability Allowance, Special Needs Grant or Temporary Additional Support.

Check www.workandincome.govt.nz for more information or contact them on 0800 559 009.



An annual flu shot is your best protection against infection.

Keep flu out of your house this winter - get immunised

Protect your family and whānau this winter by getting an influenza or 'flu' shot.

An annual flu shot may not fully prevent flu every time, but can still reduce the severity of the infection.

Free flu shots are available for eligible adults and children six months and older from April to December 31 each year (subject to vaccine availability). April/May is the best time to get your flu shot so you're protected before flu season strikes.

Those eligible for free flu shots from general practices are pregnant women, anyone 65 and over, and those under 65 with heart or respiratory disease, severe asthma, diabetes, cancer or other serious conditions that

put them at greater risk of complications from influenza.

Pregnant women and those aged 65 and over can also get immunised free at many community pharmacies.

Influenza is more serious than a cold and can also make other existing medical conditions worse.

Check www.fightflu.co.nz to find out whether you qualify for free flu immunization, or call 0800 IMMUNE (0800 466 863).

The influenza vaccine is a prescription medicine. Talk to your doctor, nurse or pharmacist about the benefits and possible risks. And, if you're between 65 and 80 years old, ask if you're also eligible for free shingles immunisation.



Get some free budget advice

There are lots of organisations around the country that can give you and your whānau free budgeting advice. The advice is completely confidential. Most of these organisations are part of the National Building Financial Capability Trust.

You can find one close to you. Just go to familybudgeting.org.nz, email them at adviser@familybudgeting.org.nz or call freephone **0508 283 438** – Your call will be answered by a budget adviser Monday to Friday, from 8am to 4.30pm.

05



Yola with Tenancy Manager Mo.

The reasons we might make a house visit

We will always let you know when we need to visit and why. We will either call or send you a letter ahead of time.

Your tenancy manager will visit you at least once a year to do a property inspection and check if there is anything else we can do for you. If you need more support we can visit more regularly.

Six months after your first visit from a tenancy manager, a contractor will come and do a health and safety inspection. This is to ensure things like:

- your smoke alarms are working
- there is an anti-tip device installed on freestanding stoves
- windows have security stays fitted.

They'll also tell us about any other repairs we may need to

do to help prevent accidents and injuries in your home.

Various other inspections, surveys and assessments are carried out on some of our homes. These are for:

- checking the condition of the home
- determining the value of the property.



If something needs fixing

If you need something fixed, repaired or replaced, we'll arrange for a contractor to visit. Call us on 0800 801 601 and let us know what's happened.



How long will it take?

If there's anything that affects your health and safety we'll fix it within 4 hours, wherever possible.

If the work isn't urgent we'll get a contractor to size the job within 10 working days. Whether it needs to be done right away, or can be planned for a later date, we'll work with you on the best solution.



What to expect from our contractors

We respect our tenants' need for privacy. All our contractors are trusted and committed to a code of conduct, they must:

- contact you to agree the best time to do the work
- leave their name, contact details, and the reason for calling if you are not home
- show you their identification before entering your home
- leave your home safe, clean and tidy at the end of every work day, and remove their rubbish
- respect your privacy and treat your home and possessions with care
- be appropriately dressed and polite to you at all times.

All work our contractors carry out on your home must meet, or exceed, the NZ Building Code.



Please give us feedback

If you think a contractor's work or behaviour is not acceptable, please call us on 0800 801 601.

We also like to hear good news - if a contractor has been particularly good, please let us know!



06

RECYCLING

Many items in your household rubbish bin can be recycled to reduce the amount going to our landfills. You can recycle plastic,

glass, metal and cardboard packaging containers from the kitchen, bathroom and laundry, as well as paper from home.

TIP: If you can squeeze a plastic in your hands it's not recyclable.

Hep C can now be cured

GET TESTED - ASK YOUR GP

Hepatitis C is a really serious disease and can lead to liver cancer.

But you may live with it for many years without knowing it, because at first the symptoms are quite general, like tiredness and nausea. The good news is now hep C can be cured, and the new treatments are less harsh and can take just eight weeks for most people, so you can get on with your life.

Hep C is passed on through blood to blood contact, generally from activities that pierce the skin - using shared needles for body piercings, getting tattoos using unsterile equipment, etc. The most common way to get it is from injecting drugs.

Call your doctor to get tested for hepatitis C. Work and Income has set up a Special Needs Grant that may help pay the cost of visits to your doctor as part of your treatment. Check if you are eligible and get more information <https://bit.ly/30bmBhA>

For more about hep C see www.gethepctested.co.nz



Maurice and Wayne have moved into new homes in Whangarei.

New Whangarei homes are ka pai

Eleven new state homes were officially opened by the Minister for Housing and Urban Development, Phil Twyford, on 5 February.

Tenants Maurice and Wayne have moved into new state homes on Maunu Road, in Woodhill.

The spacious one-bedroom homes are just 500m from Whangarei Hospital and have been designed for people with limited mobility and other health needs.

Wayne is stoked with his new home. "The new house is ka pai. The biggest advantage for me is that it's all on one level. I have a heart condition so it's a bit hard getting up the stairs. I'm happy not to have to worry about that anymore."

His neighbour Maurice says he misses his old place on Anzac Road, especially the view from

his third floor flat, but the houses on Maunu Road have other benefits. "They are great, really nice and new, and there is plenty of room to move around."

Five of the houses are fully accessible with ramps, wide hallways, wet-room showers and other specifications. The other six homes have been designed to be easily modified in the future.

At the formal opening, Minister Twyford said one of the Government's top priorities was reinventing and modernising public housing for the 21st century.

"At the moment, the Government is investing \$4 billion into building more public housing all around the country.

He thanked the tenants for coming along on the day. "I hope you enjoy these homes because we certainly enjoy making new warm, dry homes available to you."



Please remember to:

- rinse all containers
- leave the lids on all bottles and containers
- make sure containers are no larger than four litres

To find out more ways to keep Aotearoa clean and green, check out your local council website and:

www.recycle.co.nz/
www.recycling.kiwi.nz/
www.makethemostofwaste.co.nz/



07

A warm and dry place to call home

Anita and her family will not face the chill of another winter in a cold, damp basement having recently moved into a modern five-bedroom Housing New Zealand home.



A warm and dry home – Anita (far left) with her whānau in their new home

Housing New Zealand Tenancy Manager Claudine, worked closely with Ministry of Social Development (MSD) and the family to get them reassessed and quickly housed after Raukura Hauora O Tainui, a Tainui-run health and wellbeing services clinic, contacted Claudine with grave health concerns for Anita's family.

Now settled into her new home, Anita is enjoying not having to worry about spending another winter in the cold.

"I am so happy that we are living in a warm and dry home, and this year I am not stressing about winter approaching," she says.



NEAT STREET



Each year, New Zealanders throw away 46,000 tonnes of plastic drink bottles – enough to fill 700 jumbo jets!

These often make their way into our streams and waterways, ending up in our beautiful oceans.

Throughout Auckland, the local teams have been getting stuck in, helping to clear rubbish and inform our tenants about dealing with items. An inorganic sort-it, minimise-it 'Neat Street' event was recently held in Papatoetoe. The community could bring their inorganic items to be sorted for recycling, reuse, disposal or donation, and a composting bokashi workshop was held. There was also a station for bike and lawnmower repairs and a free barbecue for the community.

The Housing New Zealand team, led by Senior Tenancy Manager Neisha, was out helping our tenants to move their furniture, sort their goods and book inorganic collections for larger items.

To find out when your inorganic collection dates are or to book your items for collection, please check your local council website. They will have a list of what can be included in the collection. This is a great way to pass on items you don't want, rather than dumping them on the side of the road. Illegal dumping is disposing of waste in an unauthorised area and is a prosecutable offence – you could be fined up to \$400. If you see anyone littering or dumping, please notify your local council immediately.

08



CELEBRATING PRIDE IN YOUR HOME

In November 2018 Housing New Zealand launched the Pride in Your Home Awards to celebrate and recognise tenants who look after their Housing New Zealand homes and take pride in where they live.

And the nominations flooded in. There were beautiful gardens, immaculately maintained interiors and many, many stories of tenants overcoming significant health and wellness struggles to care for their homes and gardens.

Since November last year worthy award winners from across New Zealand have been officially recognised and received a framed Pride in Your Home Award and gift voucher of their choice.

We want to congratulate our winners, all nominated by their tenancy managers, and thank them for the care and aroha they have shown towards their Housing New Zealand homes.



PRIDE IN YOUR HOME AWARD and the winners are...



Torcia, Hamilton

Torcia has been in her Housing New Zealand home since 1991 and has kept it spic and span in spite of the many challenges she faces having cerebral palsy and being in a wheelchair.



Malcolm, Te Kuiti

Malcolm transformed his Housing New Zealand backyard into a bountiful vegetable garden complete with carefully tended sunflowers standing out the front. He also generously sprayed his neighbour's backyard, planted pumpkins and regularly shares his vegetables and seedlings with friends.



Linda, Christchurch

Linda has created a beautiful garden and cared well for her Housing New Zealand home. Even with significant health problems she mows her own lawns, looks after the bountiful garden and propagates plants to decorate her home.



Mele, Auckland

Mele keeps her Housing New Zealand home neat and tidy, and cares for the lovely garden she has created. What was once bare ground is now filled with roses, succulents, lilies and flowering plants potted in recycled car tyres.



How to enter

Pride in Your Home Award winners are nominated by their tenancy manager. If you would like to enter please get in contact with your tenancy manager and have a chat to them about why you would like to be nominated.



Margaret, Wellington

Long-term Housing New Zealand tenant Margaret has kept her home in an amazing condition over the years. A spritely 89-year-old, Margaret is very house proud and the condition of her two-level home so good that Housing and Urban Development Minister Phil Twyford took time to pay her a visit.



Tui and Tui (mother and daughter), Whangarei

An exceptional mother and daughter gardening duo was nominated. Tui (mum) has turned her backyard into a tropical paradise, with exotic plants, water features and even a pet turtle. Her daughter (also named Tui) has inherited her mum's green thumbs and created a fun outdoor area for her kids to play and a garden bursting with fresh vegetables and strawberries.



Barbara, Auckland

Last year life got very tough for house proud Barbara and looking after her home was a daily struggle. But with the right support she is back on her feet and once again keeping her home well maintained.



LeeAnn, New Plymouth

LeeAnn has lived in her Housing New Zealand home since 2008 and has made many improvements including planting shrubs and garden beds and painting her lounge and bedroom.



Seneuefa, Auckland

A Housing New Zealand tenant for many years, Seneuefa was nominated for her excellent home care and maintenance, and the time and effort spent caring for her lovely garden.



Cecil and Mary, Te Awamutu

Cecil and Mary have turned their simple Housing New Zealand section into a beautiful, landscaped garden bursting with flowers and shrubs. They have also created a warm, welcoming home, filled with items they love, and keep it tidy and well maintained.



10 What to do in a fire

1 Crawl low and fast to escape smoke. Get down, get low, get out.

2 Shut doors behind you to slow the spread of fire.

Easy cheesy quick bread whirls with minestrone soup



Easy cheesy quick bread whirls

Fast and filling, these savoury snacks take 5 minutes to make and 15 minutes to bake. They are best eaten fresh, so freeze any left over and microwave them to reheat. Great for the lunchbox or with soup.

YOU WILL NEED:

2 cups self-raising flour

1 tsp mixed herbs

A pinch of salt

2 cups grated cheese

1 cup milk

½ cup chutney

Preheat the oven to 210°C.

Combine the flour, herbs, salt and grated cheese in a bowl. Add enough milk to form a moist dough and then place on a floured bench.

Roll the dough into a long rectangle roughly 35 cm x 10 cm. Spread with chutney and roll up from the long side into a log. Slice into thick slices and place spiral side up on a greased tray.

Bake in a preheated oven for 10-15 minutes or until well risen and golden.

Minestrone soup

Minestrone is a robust vegetable-based soup, and adding beans and pasta makes it a complete meal in a bowl. Change the ingredients according to the season, using whatever is cheap - like cabbage, frozen beans or peas. Serves 6-8

YOU WILL NEED:

1 tbsp oil

1 onion, finely chopped

3 fat cloves of garlic

2 stalks of celery, finely chopped (around a cupful)

1 leek, quartered longwise and finely chopped

2 rashers of bacon or a couple of cooked sausages, chopped

2 courgettes, chopped, or other green veg like spinach or cabbage

½ capsicum, finely chopped

2 carrots, finely peeled and finely chopped

2 x 400g cans chopped tomatoes

4 cups chicken stock

1 tsp sugar

1 x 420g can white beans - eg. cannellini beans, butter beans, haricot beans

1/3 cup soup pasta - risoni, alphabets, tiny macaroni, whatever you can find

Handful of chopped parsley

Salt and pepper

Heat the oil in a large saucepan and toss in the onion, garlic, celery and leek and stir until beginning to soften.



- 3 Meet at the planned meeting place. Once out, stay out – never go back inside. **Phone Fire and Emergency on 111 from a safe place.**

FREECALL 111
for fire emergencies.
Visit www.fireandemergency.nz
for more fire safety tips.



11



Add the bacon and cook for two more minutes.

Add the other vegetables and cook over a gentle heat for around 10 minutes, stirring often, until vegetables begin to soften. Add the tomatoes, stock, sugar, salt and pepper and simmer for 10 minutes, or until tender.

Add the beans, pasta and parsley and simmer a further 10 minutes, stirring frequently to stop the pasta from sticking to the base of the pan. Taste and add salt or pepper as required.

Cook's tip: For soup, very small pasta shapes are best, but use whatever you have. Soups often taste better the next day so have the leftovers for lunch.

Thanks to Sophie Gray
for providing these recipes –
www.destitutegourmet.com



The seasons have turned

It's well and truly autumn and, with or without rain, cooler nights mean more soil moisture.

The ground is still warm, however, making for rapid growth of anything leafy and green – lettuce, silverbeet and coriander, also lawns and weeds.

There are plenty of lawn clippings, autumn leaves and dead summer vegetables around for building up the soil. Pile them into heaps, or lay them directly onto beds to keep weeds away and rot down over winter.

Broad beans

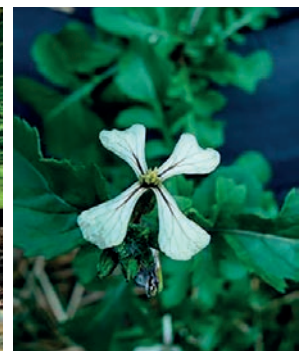
The perfect beginner's crop – they don't need a lot of compost and can be dug in or composted at the end of the season to build up the soil.



Plant broad beans now for early spring harvest.



It's rapid growth season for leafy greens like this kale and silverbeet.



Rocket and coriander seed can be sown directly into the garden.

Fork over the soil, then plant in rows 15-20cm apart, poking them a couple of centimetres below the soil. 'Dwarf' types won't need staking; others need some support. An easy way to do this is to put stakes or bamboo in the corners of the bed at planting time, then hang strings between these as the beans grow.

Plant

Brassicas, silverbeet, lettuce and other salad greens, red onions, fennel, beetroot, strawberries.

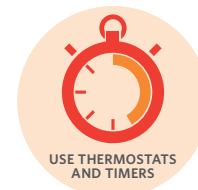
Sow

Coriander, rocket, calendula, alyssum, miner's lettuce, peas, green crops (directly into the ground); lettuce, spinach, silverbeet, peas (in trays).

Thanks to Hannah Zwartz, Urban Kai Co-ordinator/
Educator, Common Unity Project Aotearoa
www.commonunityproject.org.nz



**SAVE POWER
SAVE MONEY**



Continued from page 01

Residents and friends gather to celebrate Neighbours Day

their neighbourhood isn't just a place where they live.

"This is a place where we grow and build one another up, where our children, and children's children, are able to find themselves," she says.

Community Development Manager Karen says these events were a step towards

building safer, more connected communities. They are thrilled with the positive outcome.

"Getting to know our neighbours fosters a sense of wellbeing, helps people feel they belong and reduces loneliness," she says.

Get your ideas flowing for how your neighbourhood can take part next year.



Sport Waitakere donated activities for the community to enjoy at Albionvale Neighbours Day.



Residents of Felix Street in Onehunga created a pātaka kai (neighbourhood pantry).



Driveway safety REMINDER

Safekids Aotearoa suggests three things you can do to make driveways and other places safer for children:

- **check** for children before driving off
- **supervise** children around vehicles - always
- **and separate** play areas from driveways.



If you need to talk to us, call

0800 801 601

enquiries1@hnzc.co.nz



Non-urgent calls between 8am and 6pm weekdays only.



Urgent calls 24 hours, 7 days a week.



Local offices open for drop-in between 9am and 4pm weekdays only.

Thanks to:



**MINISTRY OF SOCIAL
DEVELOPMENT**
TE MANATŪ WHAKAHIATO ORA



safekids
Aotearoa

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