

# home



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TRUST HOUSE RENTAL HOUSING NEWSLETTER



## HEALTHY HOME STANDARDS GOOD FOR EVERYONE

*It's when Winter starts to bite that you really appreciate the benefits of a warm, dry house. The last couple of weeks have put that to the test.*

At Trust House we hope that you and your whānau have been keeping warm. As a community housing provider, the wellbeing of our tenants is a priority.

It is why we welcomed the Government's Healthy Home Standards when they were announced two years ago. We have been working hard ever since to ensure that all of our 482 rental properties comply with these standards.

There are also simple things that you can do to help keep your home warm and damp free, (see page 3).

The Healthy Home Standards set new standards for: heating in the main living room, insulation, ventilation, moisture and drainage, and draught stopping.

All our rental properties need to comply with the new standards by 1 July 2023; we are well on our way to achieve this before the deadline.

We will be in touch with you when we're ready to begin work on your home. As part of the programme, we may also do extra work on your home at the same time, to help you and your whānau stay warm and healthy.

*If there is a maintenance issue at your rental home, please call us on 0800 878 700 so that we can fast track this work*



This Kummer Crescent property is about to undergo a refurbishment to bring it into line with the Healthy Homes Standards.



### HEALTHY HOMES STANDARDS

**Heating** - Your home needs to have heating capable of heating the living room to an air temperature of at least 18°C. We'll also talk with you about other heating to make your home warm throughout the year.

**Insulation** - We will check your home has the right type of insulation for the region where you live.

**Ventilation** - We need to check you have windows you can open in the living room, dining room, kitchen and bedrooms and the right size extractor fan in the bathroom and kitchen.

**Moisture and drainage** - The drainage, guttering and downpipes at your home must all be working properly. We will check for any leaks and repair them.

**Stopping draughts** - We will check there are no noticeable draughts, and that unused chimneys and fireplaces are blocked off.

### Extra help to keep families warm and healthy

You may be able to get some 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 more information on the Work and Income website:

[workandincome.govt.nz](https://www.workandincome.govt.nz) or by calling them on **0800 559 009**.

# COVID-19 VACCINATION PLAN RAMPS UP

*Efforts to get everyone in New Zealand vaccinated against COVID-19 are gathering pace.*

The recent Alert Level-2 restrictions in the greater Wellington region are a timely reminder of the ever present danger of Covid-19, emphasising the urgent need to get protection against the virus.

The focus of the national vaccine rollout plan is on first protecting those most at risk from being exposed to COVID-19, reducing the risk of future community cases and lockdowns, and then protecting those most at risk of getting seriously ill if they get the virus.

There are four stages to the national vaccine rollout plan:

1. Border and MIQ workers and households - completed
2. Frontline workers and people living in high-risk settings - continuing
3. Priority populations - starting now
4. General population

Wairarapa has begun vaccinating the Group 3 priority population. There are 20,000 people in Group 3 in the region. You will be invited directly, over time, and given clear instructions how to book your vaccination.

The Wairarapa DHB is working with your medical practice to connect with you in the same way you receive their communications. For most people this will be by text or email but, for a few people, it may be by letter in the mail.

When you hear from the DHB, follow the simple instructions to call the 0800 call centre to book your appointment at a time that suits you. The phones are experiencing high demand and, if you have trouble getting through, an email address is provided that you can use to request someone phone you to arrange a booking.

## VACCINATION SITES

- The Departmental Building, Level 2, 35 - 37 Chapel Street, Masterton
- Featherston Clinic - opening soon

In addition, mobile clinics are being offered to target groups on site - for instance at Aged Residential Care facilities - and as Wairarapa moves into Group 4, more clinics will 'pop up' to offer improved access for our region.

Remember, the vaccine is safe, effective and free. Protect Wairarapa by booking your vaccination as soon as you receive your personal invitation.

For more about the Covid 19 vaccination sequencing in Wairarapa go to [VaccinateGreaterWellington.nz](https://www.vaccinategreaterwellington.nz)

## FIGHT THE FLU

*Demand for influenza vaccination was so high last season that a record 2.4 million doses of influenza or 'flu' vaccine will be supplied to protect Kiwis for the upcoming season.*

These vaccines include one designed for adults aged 65 years and older. As you age your protective immune system can be less vigorous in response to vaccines when compared to younger people.

Flu is not the same as a cold. It is a more serious disease that can also make other existing medical conditions worse.

*"Influenza is a serious illness that has caused hundreds of deaths in previous winters in New Zealand," says Immunisation Advisory Centre director Dr Nikki Turner.*

Flu shots are free from general practices or most pharmacies for eligible people - pregnant women, anyone 65 and over, and those under 65 with heart or respiratory disease, severe asthma, diabetes, cancer and other serious medical conditions.

Check [fightflu.co.nz](https://www.fightflu.co.nz) to find out whether you qualify for free flu shot or to learn more about flu vaccines call 0800 IMMUNE (0800 466 863).

## We all have a role to play

The most important ways to stop the spread of infections, including influenza and coronaviruses, are to:

- wash hands regularly with soap and water, or cleanse with hand sanitiser.
- stay at home if you are sick.
- cough or sneeze into a tissue or your elbow, dispose of tissue in a bin and then wash your hands.
- clean surfaces regularly.

## If you need help with health costs

Getting a Community Services Card means you'll pay less for some health services simply by showing your card.

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

Check [workandincome.govt.nz](https://www.workandincome.govt.nz) for more information.



# HEALTHY HOME

## KEEP DAMP OUT, AIR IT OUT!

Dry air is easier and cheaper to heat, and helps prevent mould. You can help keep the air in your home dry by . . .

### Keeping damp out

Drying windows

- Wipe moisture off windows with an old towel in the morning if required.
- If you get moisture building up on the walls that stays there for a long time, please contact Trust House Housing.

### Drying clothes outside

- Dry your washing outside as much as you can.
- Using bathroom and kitchen fans
- Use your kitchen rangehood when cooking.
- Use your bathroom fan when showering or bathing, and keep the fan going until the mirror and walls are dry.
- Using an extraction fan only costs about 4 cents an hour when running at full speed!

**DID YOU KNOW** - A load of wet washing contains around 5 litres of water. If wet washing is dried inside your home it can make your home damp and can cause mould.

### Airing it out

Open windows twice a day

- Open windows twice a day (for 10 minutes) to let damp out every day in Summer and Winter.

### Keep beds and mattresses damp-free

- Mattresses need to be raised off the floor to let the air dry them out daily (if possible). Especially if co-sleeping in living rooms
- In bedrooms, keep beds out from the wall far enough to let air circulate. This will help keep them dry and prevent mould.

**DID YOU KNOW** - Heating bedrooms in winter can help you and your family stay well.

### Why more heating?

We know families spend a large amount of time in their home so it's really important for your health to stay warm in the rooms you spend time in. Heating bedrooms and other rooms where you spend time helps you be healthier, and enjoy these spaces in the colder months.



## PROTECT YOUR FAMILY AGAINST HOUSE FIRE

**Did you know that 1 out of 4 house fires start in the kitchen?**

Simple things you can do to stop a fire starting in your kitchen:

- Keep your kitchen clean and safe
- Clean your stove top after each use - this prevents spilled fats and burnt foods from building up.
- Clean range-hood filters regularly.

When you're cooking:

- Don't drink and fry.
- Don't leave the room when cooking - if you do, turn the heat down on the stovetop elements.
- Remember to keep curtains, tea towels, oven mitts and other flammable items well away from the cooking area when you're cooking.

If a fire starts:

- If your pan is on fire, and if you can safely, place the lid on the pan and turn the stove off at the wall switch. If the lid isn't handy you can use a damp tea towel, or large flat object (like a chopping board) over the pan to starve the fire of oxygen. Leave it there until the pan is cold.
- Never throw water on to a pan that's on fire.
- Never, ever attempt to carry a burning pan outside.
- If you have a fire in your oven, keep the oven door closed and try to turn off the power or gas, either at the stove or at the mains.

Visit [fireandemergency.nz](http://fireandemergency.nz) for more fire safety tips.





## EAST-SIDE GO-TO MAN HAPPY TO HELP

*Cameron Community area resident Jim Birchall is happy to be referred to as the “general dogsbody”, it gives him a strong sense of purpose.*

He is the go-to person to get things done around the Masterton east-side neighbourhood.

Just about all of it he does as a volunteer. “It’s what you do I suppose,” Jim says.

Plus, it keeps him involved in the community that he lives in.

“You get to know what’s going on . . . I think most people appreciate what I do.”

Donna Gray certainly does. She is the coordinator at Te Āwhina Community Hub. Located on the corner of Church Street and Stuart Crescent, Te Āwhina is an important community hub hosting various programmes and support groups.

It is from here that Jim is often shunted from one job to the next, taking his orders from Donna.

“I enjoy working alongside her, so I’m happy to be sent out to do deliveries or pick up old stuff,” Jim says.

He also helps at the Te Āwhina garage sale, which operates Monday to Friday and is a great way for people to connect and to get cheap clothes and other goods.

Trust House is a funder of Te Āwhina Community Hub.

Jim’s only paid position in the community is as caretaker, or Kaitiaki, at McJorrow Park, which backs onto the northern boundary of the Cameron area. Unfortunately, the park, which includes a family picnicking area, has fallen victim to vandalism. Jim says it saddens him because the park is a great community asset for young families.

He says there is a fair bit of tagging around the neighbourhood, and as soon as Te Āwhina is alerted to it, he is out with a brush and paint to tidy it up. It is surprising the number of locals who are willing to help, he says.

Jim is also the chairperson of the Eastside Community Group.

Jim’s goodwill is not confined to the east-side community, he is a long serving volunteer at the Masterton Motorplex drag track, and on Sundays can be found at St Matthew’s Church where he is the ‘verger’.

*“It’s really good to be able to help out around the place; I’m pleased I do it and it keeps me busy.”*

### WHEN WINTER MAKES YOU SAD

If all this rain of late is getting you down, chances are you are probably not alone. And it is not unusual for this time of year because winter can pose difficult mental health challenges or ‘seasonal depression’, sometimes diagnosed as SAD (Seasonal Affective Disorder).

Fortunately, SAD differs significantly from general depression, in that it eases up once longer daylight hours begin to return. However, the symptoms are similar and include feeling sad, empty and irritable, having a lack of interest and enjoyment in life, an unhelpful change in appetite and sleep patterns, and a decrease in energy levels and fitness.

Because there are no medical tests for SAD, it’s important to see your doctor right away if you feel you may be suffering from the disorder.

Sufferers of SAD are absolutely not to blame for their disorder. For all of us, however, SAD is a very good reason to take good care of our physical and mental health during the winter months. If you live alone, find a buddy you can interact with on a regular basis. Dress warmly, and get outside for a brisk walk and a visit to a favourite place. Eat regularly, include healthy food in all your meals, and you can ask your doctor if Vitamin D supplements are right for you. Most importantly, if you think you may be suffering from SAD, don’t hesitate to see your GP.

