



Karen's new kitchen makes baking bliss!

For long-time Trust House tenant Karen Leslie, her kitchen is the heart of her home.

It's where she bakes for her whānau, friends, neighbours and people in the community.

The kitchen of her new-build unit in Kuripuni Street, Masterton – along with her large dining table – make the perfect baking space.

"Baking is messy, but it's a good mess," she laughs. Victoria sponge and pavlova are her specialities.

Baking for others is how Karen shows she cares. Whether it's a special occasion, a birthday, or perhaps you're having a difficult time – don't be surprised if Karen turns up on your doorstep with baked goods.

"It makes me happy," she says. "When you give out, it comes back to you. I like to make people feel special and see the smile on their faces."

Brought up in a large extended family, Karen loves being around people from all walks of life. She finds joy and purpose in volunteering at Community Kai, the weekly free meal service offered by Masterton Community Church. And most Thursday afternoons you'll find her cooking meals for the community at Soulway Church.

But it's not just about the cooking. She and the other volunteers chat about life as they peel the vegetables. In the bustle of the church kitchen, they connect with each other and feel part of something bigger.

Behind Karen's smile, there is loss and bereavement. She says it's a reminder that you never know what someone

else is going through.

"Sometimes people look at you and think you've got no problems. That's why, when I'm connecting with people in the community, I remind myself that I haven't walked in their shoes. I try not to judge. It's about being a listening ear."

Karen and her late husband raised their children in the Westside, staying in several Trust House homes over the years.

Now, coming home to her unit in Kuripuni Street at the end of a day, Karen's often greeted by her neighbours. It's a friendly group, and she values being part of it.

"Trust House has been good to me," she says.

home



Above: Architecture render of proposed development at 16-18 Kaka Street.

Exciting new designs for our housing

We're making big improvements to our housing over the next few years – and we're excited to share what's coming.

Some of our older homes aren't suitable for upgrades, so they'll be replaced with brand new, modern houses. The image here shows an example of what we're planning to build at 16 and 18 Kaka Street in Masterton. These are warm, dry, high-quality homes – and we're aiming to build around 300 similar homes on land we already own.

We're also upgrading between 60 and 80 of our existing homes in the town. That means better insulation, new kitchens and bathrooms, flooring

and curtains – to make the homes warmer, more comfortable, and more energy efficient. We'll keep you in the loop as things move forward. If your home is going to be affected by any of the changes, we'll let you know well in advance, and we'll support you every step of the way.

Want to learn more?
visit: trusthouse.co.nz/homes/projects

We're on Facebook – join us!

We have set up a Facebook page so we can connect better with our tenants and the community. Follow our page if you're keen to keep up with our news. Use the search box on Facebook to find us – Trust House Housing. facebook.com/trusthousehousing or scan the QR code.



Fire safety isn't just for firefighters

Having working fire alarms in your home is super-important. If it's hard to check them yourself, ask your friends or whānau to help you when they next visit. Show them these tips from our friends at Fire and Emergency NZ:

Press and hold the button to sound the alarm to check it is working. If not, replace it straight away. The best choice is long-life photoelectric smoke alarms.

Check the date on the alarm to make sure it is not expired. Look on the side or bottom of the alarm (you may need to remove it from the ceiling or

wall). If the smoke alarm is close to, or older than, 10 years old – replace it.

For the Deaf or hard of hearing, there are specialised smoke alarm systems which have features such as extra loud or lower pitch alarm sounds, flashing strobe lights or vibrating devices.

Have an escape plan

In the case of a fire in your home, it's important to know your escape route and always keep the area clear. Make sure everyone in your home knows the escape route and the safe meeting place at the front of the property and away from your home – for example, a letterbox.

Thank you for helping your friends and whānau to be firesafe.

For more information on what to look out for in a home go to



Save power and stay healthy

It's important to stay healthy in the cooler months and keep your power bill affordable. Our friends at Whaiora Medical Centre and Electrify Wairarapa have some tips.

Reduce dampness inside

Dampness and mould are bad for your health. They can cause colds and flu, especially in younger children and older people. Mould irritates breathing-related illness such as asthma, and it can make allergies worse.

Showering releases half a litre of moisture every 10 minutes.

- Use your extractor fan.
- Open windows to let the steam out.
- Wipe the shower dry after using it.
- Close the bathroom door while you shower.

Cooking releases a quarter litre of moisture every 10 minutes.

- Put lids on your pots when you are cooking.
- Use your kitchen extractor fan or rangehood, and open a window.
- Close the kitchen door while you are cooking.

Keep the air in your house as dry as you can.

- Open the house up for 15 minutes.
- Mop up condensation on your windows and dry the cloths outside.
- Dry your washing outside.
- Curtains help to insulate your windows.
- Close your curtains before the sun sets to keep the warmth inside.
- Open curtains in the morning to let the sun in.



Save on your energy bill

About a third of your energy bill is for hot water.

- Wash clothes in cold water unless garments are heavily soiled.
- Shower for less than five minutes.
- Use big appliances during off-peak times – check the times with your power provider.
- Check your hot water cylinder is set no higher than 60°C.

Heat pumps are energy efficient.

- Use the timer to warm your living space before you get up and before you come home.
- Set the temperature between 19°C and 20°C.
- Clean the filters every three months.



TRUST HOUSE
HOUSING