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Special community award for Malcolm



Karla Beazley from the Kāinga Ora Community Team with Kāinga Ora customer and award recipient Malcolm Rundle.

Members of the Mount Roskill community and Kāinga Ora Community Team nominated Malcolm Rundle for a Puketāpapa Community Volunteer Award for all his mahi in the community over a number of years.

As part of their nomination for this award, the Community Team said Malcolm always supports Kāinga Ora events as well as every other event in Mount Roskill and is always willing to help with

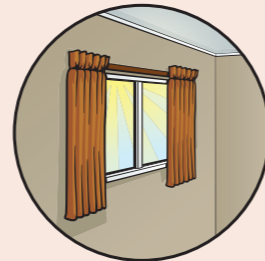
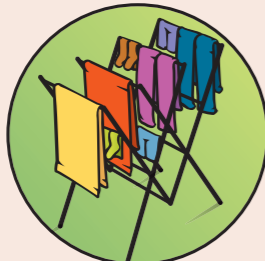
anything and everything. “Without question, Malcolm is always there when you need him, no questions asked.”

The Puketāpapa Local Board, Puketāpapa Youth Foundation and Community Team agreed for Malcom to be formally presented with his award at a community celebration this year. In the meantime, Malcolm has his award proudly hanging in the community room at the Kāinga Ora complex where he lives.

We asked Malcolm what this award means to him. “I was quite stunned actually to receive this award. I really just like helping people in any way I can and when I can, but this award still means a lot to me,” Malcolm said. Congratulations, Malcolm. We look forward to celebrating your achievement with you soon.

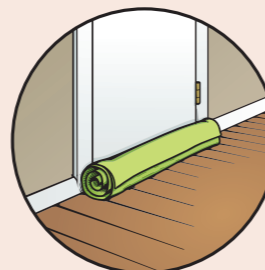
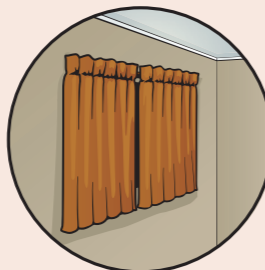
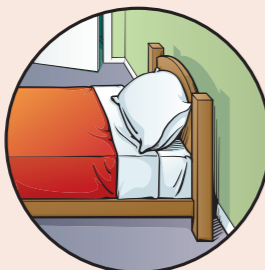
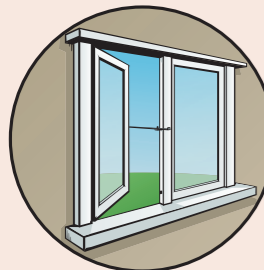
Keeping your home warm, dry and healthy this winter

Dry air is easier and cheaper to heat and helps prevent mould. We know families spend a large amount of time in their home over winter so it is important to heat bedrooms and other rooms where you spend time to be healthier and to enjoy these spaces in the colder months.



Keep the damp out

- Dry windows by wiping off moisture with an old towel in the morning if required.
- Dry clothes outside as much as you can.
- Use your rangehood when cooking.
- Use your bathroom fan when showering or bathing and keep the fan going until the mirror and walls are dry.



Air it out

- Open windows twice every day (for 10 minutes) to let damp out, even in winter.
- Keep beds and mattresses damp-free by keeping them out from the wall far enough to let air circulate.
- Raise mattresses off the floor to let the air dry them out daily (if possible) especially if co-sleeping in living rooms.

Warm your home

- Use heaters when it is cold and set your heater thermostats at 18–20°C to keep healthy and save money.
- Open curtains during the day to use free heat from the sun.
- Turn your heater(s) on as the sun starts to go down to keep the temperature steady.

Keep the heat in!

- Close curtains in the evening as the sun goes down to keep the day's heat in.
- Call us if you feel a draught coming from windows, external doors or walls.



Getting help with winter energy bills

If you need help with winter energy bills

- Talk to Work and Income about your winter energy bills.
- Your household might be eligible for the Winter Energy Payment from Work and Income. The payment can help you with the cost of keeping your home warm during the winter months.
- Your electricity retailer is there to help too and may be able to offer flexible payment plans. Call them to ask what is available.
- To find out more, check out www.workandincome.govt.nz or talk to us. We are here to help you and your whānau be warm and dry.

Who can get the Winter Energy Payment?



People who are eligible for the Winter Energy Payment should get it automatically along with other regular payments from Work and Income. Check with Work and Income if you're not receiving it.

Te Hotonga Hapori: Wellbeing in Kāinga Ora communities

Te Hotonga Hapori – Connecting Communities is a 5-year integrated research programme being carried out in partnership with Auckland University of Technology (AUT). The research focuses on urban development in local communities and the wellbeing of the people who live there.

We are interested in your wellbeing as a Kāinga Ora customer and are seeking to understand the impact your neighbourhood and community has on the wellbeing of you and your whānau. We want to understand how major urban redevelopment affects personal wellbeing.

A postcard invitation to participate is included in this issue (one primary tenant per household can participate). This is an opportunity for your voice to be heard and to help us ensure community wellbeing is a key focus of urban development policies. To take part, please read the invitation carefully and follow the instructions to complete our wellbeing survey. We look forward to partnering with you on the Wellbeing in Kāinga Ora Communities project.



Fuel-saving tips

As fuel prices peak, it's best to do what you can to save money on running your car. Here are a few tips to help you keep a lid on your fuel bill.



Get your car in great shape

- **Make sure your car is running well.** Check it's well tuned, your spark plugs are working fine and you're using the right type of engine oil for your year and model of car. That means your car won't burn extra fuel to get around.
- **Check the tyres.** Are they pumped up to the right pressure and is there enough tread on the tyres? You can find the right tyre pressure on the inside of the driver's door or in the owner's manual or try searching for your car make and model online.
- **Think before using air conditioning.** It can use up to 20% more fuel. You could open a window instead when driving around town. It's better to use your air con if you're driving on the open road – an open window at speeds above 70km/h reduces aerodynamics and creates drag. You could also use it if your windscreen or windows need demisting or you're feeling tired.
- **Lighten your load.** Excess weight means more fuel burn. If you don't need the family tent or chilly bin right now, take it out and free up your boot space.
- **Use the right type of fuel.** Check inside the fuel cap for what fuel to use in your car. If it's recommended you use unleaded 95 or 98 for your car, use this instead of 91. It can be tempting just to use the cheapest petrol available but using the right type of fuel means you get the best efficiency and cut down on ongoing maintenance.



Adjust your driving style

- **Avoid speeding and keep a safe following distance.** As well as being illegal to exceed the speed limit, a heavy foot means a heavy fuel bill. Heavy braking also causes more wear and tear on your brakes.
- **Drive and corner smoothly, keeping an eye on what's ahead.** Jerky accelerating and braking can cause unnecessary fuel burn. Keep an eye on what's further in front of you so you can brake smoothly and maintain a steady speed around town.
- **Ease off the accelerator on the downhill.** Although you need to accelerate more to maintain speed going uphill, gravity will help on the downhill to maintain your speed without needing to apply extra gas.
- **Use the gears efficiently.** If you drive a manual car, use the best gear for your speed so the car isn't over revving or struggling in the wrong gear. Accelerate smoothly up each gear, and once you reach your cruising speed, change up to the top gear for the speed limit (4th or 5th).



Know when to fuel up

- Many fuel retailers have fuel discounts on certain days of the week, often mid-week. Keep an eye out for these from your preferred retailer.
- Beware of the hidden costs on pricing the signs – the cheapest advertised price could be when you've applied the 4c or 6c per litre discount from a docket coupon.
- If your supermarket offers this, keep and use fuel discount dockets if this is helpful for you. Remember to use the oldest dockets first so you can retain the newer one for the next time you need to fuel up. Be aware of the minimum purchase amounts if you only plan to put a small amount of fuel in.
- You can keep track of the best fuel prices in your area by using a smartphone app such as Gaspy.



Know when to leave the car at home

- **Walk, cycle or scoot.** If you're handy to the shops or workplace and don't need the car to carry a large load (such as groceries), leave the car at home. Short trips contribute the most to your fuel bill. If you have the time and energy, try walking, cycling or scooting instead of taking a short drive.
- **Car pool with a neighbour or workmate who's going the same way as you.** Share the fuel and parking bill by buddying up on your commute. If you both have your full licence, you can arrange to alternate the driving.
- **Consider public transport.** If you live near a bus or train route and the timing works for you, use public transport. Half price public transport is in place until the end of August. Why not give it a try?



Need maintenance on your home?

Tell us if things aren't right or if something needs attention – even if you think it isn't urgent. You can let us know so we can book a contractor to help.



Phone our customer support centre on 0800 801 601



Send an enquiry through our website at kaingaora.govt.nz/contact-us



Log a non-urgent maintenance job through **MyKāingaOra**.

Broken oven, leaking tap or a smoke alarm that won't stop beeping? Tell us and we'll help sort it out.





Unattended cooking is the leading cause of house fires in New Zealand.



SWITCH OFF
BEFORE YOU WALK OFF

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

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



Keep your kitchen clean and safe

- Clean your stovetop after each use – this prevents spilled fats and burnt foods from building up.
- Clean rangehood 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 onto 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.

CALL 111
and ask for Fire.

WHAT TO DO IN A FIRE



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



Shut doors behind you to slow the spread of fire.



Meet at the planned meeting place.



Once out, stay out – never go back inside.



Phone the Fire Service on 111 from a safe place.

Visit fireandemergency.nz for more fire safety tips.

Easy Indian Chicken with Creamy Coconut Rice

This is a good 'beginner' curry with basic ingredients. Mildly spicy, fruity and very tasty.

READY IN: 35 MINUTES
SERVES: 4-6

For the curry

500 g boneless chicken breast or thigh, cut in bite-sized pieces

1 onion, chopped

1 apple, skin on, chopped

1 400 g can chopped tomatoes

1 tbsp tomato paste

2 tbsp good fruit chutney
(or substitute with tomato sauce)

2 tbsp tomato paste

2 tbsp curry powder

For the rice

200 ml coconut milk

400 ml water

½ tsp salt

1½ cups long grain rice

Ground pepper

120 g bag baby spinach leaves

To serve

A dollop of natural yoghurt

¼ cup sliced almonds, toasted
(optional)



Method

Place all the curry ingredients in a medium saucepan, cover and simmer, stirring occasionally until chicken is tender, remove lid, season with salt and pepper and simmer until sauce is reduced.

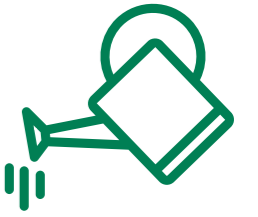
While the curry is cooking, prepare the rice. In a medium saucepan, add the coconut milk, water and salt and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for 15 minutes, then remove the pan from the heat and keep covered until the rice is tender and the liquid is absorbed, around 10 minutes. Season with pepper and stir through the baby spinach leaves until wilted.

Serve the curry on the rice, top with a dollop of yoghurt and a sprinkle of toasted nuts if using.

TIP: The rice will finish cooking in its own steam so don't peek! To make this for two people, use half the curry ingredients and reduce rice to ¾ cup, use a small can (approximately 100 ml) of coconut cream or milk, ½ tsp salt then add water to make up to 1½ cups liquid. You can use a portion of frozen spinach (add it at the beginning) in place of fresh or leave it out altogether.

You can serve this wrapped in a flat bread or swap the coconut rice for plain rice. You can also use chicken drumsticks or boned thighs – you will need to simmer the curry for longer and so may also need to add a splash of water to ensure the meat is covered by the liquid while it cooks.

Winter gardening tips



It's winter, and growth has really slowed down. If you didn't plant winter veggies like broccoli, cabbage and cauli in March, it's not too late, but they won't grow much until spring hits. Plant a few things every few weeks for an ongoing, steady supply.

Broad beans germinate best in winter, and they're easy to sow straight into the ground. Don't let them get leathery and grey. Pick them smaller, as sweet, young green things – they taste more like peas and can be eaten raw or lightly fried or steamed. Broad beans don't need good soil, but they will improve the soil for the next crop. Plant them where you plan to put tomatoes in spring, and they'll not only add nitrogen into the soil but



can be cut down and used as straw mulch to protect the young tomato seedlings in October. Plant out: broad beans (seed), broccoli, cabbage, garlic, kale, lettuce, mesclun, pak choi, radishes, snow peas and strawberries.



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

Here are some helpful tips to make your food shop go further

1 Swap

Fresh veggies for frozen – right now, they're cheaper and there is no waste.

Use canned tomatoes to stretch pasta or mince dishes. A can of sweetcorn makes great fritters or add some to just about any rice dish.

2 Extend

Choose meals that will make your meat go a long way – fried rice dishes, pasta and homemade pizzas are all good.

3 Add

Add canned beans to your meal, mince dishes in particular (mash them if you need to hide them from the kids). They're already cooked and will add protein, iron and fibre.

4 Think eggs

Eggs are a great source of protein and they're quick to cook.

Three eggs can turn a stale loaf of bread and a can of peaches into a yummy pudding to fill the kids up.

Make a savoury dish with crumbled cooked sausage meat or chopped-up sausage, some onion, herbs and cheese.

5 Bake

Do some baking to fill up the kids. Choose bakes that don't need much butter as it's very expensive.

Scones are quick and cheap to make and very filling – great for after-school snacks or in the lunchbox or use the dough for quick homemade pizza bases.



FOR KIDS, ABOUT KIDS

TREEHOUSE

This month, Matariki (Māori New Year) is on Friday 24 June – Rāmere 24 Hune

Celebrate by trying a game of **mū tōrere**, a strategy game like noughts and crosses originating right here in Aotearoa.

HOW TO PLAY MŪ TŌRERE

Objective: Trap the opponent's tokens so they can't move to win the game.

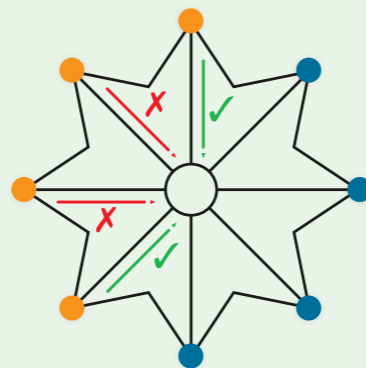
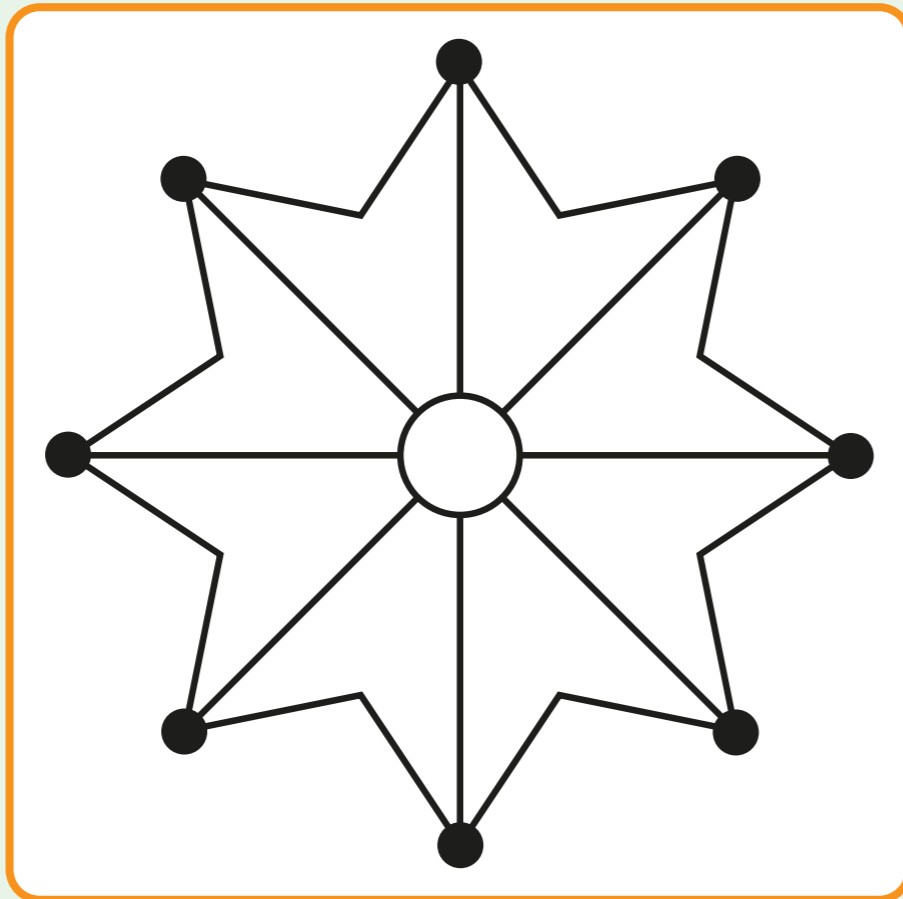
What you need:

2 players
8 tokens (perepere), 4 per player – You can use different coloured coins, stones or marbles

Instructions

Place the perepere in the starting position as shown.
The centre area is called the pūtahi.
Decide who goes first.
Players alternate turns, moving perepere one at a time.
Perepere can be moved in one of three ways:

- from one point on the perimeter of the star to another neighbouring point. The points are called kāwai.
- from the kāwai into the pūtahi only if one or both of the adjacent kāwai are occupied by the opponent's tokens.
- from the pūtahi onto the kāwai.
- Legal opening moves are only from either of the player's two outer perepere to the pūtahi (not either of the two centre perepere to the pūtahi).



Matariki Stained Glass Cookies

These whetū (star) pihikete (cookies) will help you get into the spirit of Matariki. Ask a parent or guardian to help as some of the steps can be a bit trickier for younger bakers.

You will need

1 large star-shaped cookie cutter
1 small star-shaped cookie cutter (this should fit inside the larger one to cut out the middle section of the dough and create an approximately 1–1.5 cm outline of the pihikete)
Baking paper
Stand mixer or electric hand mixer
Two large baking trays
A rolling pin or meat tenderiser (for breaking the lollies)

Ingredients

110 g butter
1/2 cup sugar
1/4 cup brown sugar
1 tablespoon golden syrup
1/2 teaspoon vanilla essence
1 egg
2 cups flour
3/4 teaspoon baking powder
20 hard lollies (such as barley sugar or 10 lollipops with the sticks removed)



Instructions

Preheat the oven to 180°C. Line two baking trays with baking paper.
In a large bowl, cream together the butter and sugar until fluffy. Add the golden syrup and vanilla extract, mixing until incorporated.
Add the egg and mix until light and smooth.
Sift together the flour and baking powder. Fold the dry ingredients into the wet mixture. Wrap in plastic wrap and refrigerate at least an hour and up to 2 days.
Smash the lollies and remove sticks if using lollipops.
Roll the dough to 0.5 cm thick. Use the large cookie cutter to cut the dough into star shapes. Transfer the cookies to prepared baking sheets about 2 cm apart.

Cut out the centre of the cookies with the smaller cutter.
Sprinkle the crushed lollies into the hollowed-out centres of the cookies, filling to the edges. Try to keep the lollies within the centre of the stars. Any bits of lolly that fall on the cookie will colour the cookie.
Bake for 9–10 minutes. The lollies should be melted and bubbling and the cookies just beginning to brown.
Remove the baking trays from the oven and place on wire racks to cool. Allow the cookies to cool on the trays for at least 10 minutes or the lolly centres may separate from the dough. When the cookies are completely cooled, remove and store in an airtight container.





! 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
- **Separate** play areas from driveways.

NEED TO TALK?

1737

free call or text any time

Are you feeling out of sorts or depressed? Are you feeling anxious or just need someone to talk to or advice on mental health or addiction issues?

Whatever it is, you can call or text 1737 any time. It's free and completely confidential and is an independent service.



Email option If you would prefer to receive this publication via email, send your email address to editor@close2home.co.nz

Get some free budget advice

MoneyTalks is a free service to help you manage your money.

You can get free, non-judgemental budgeting and debt management support by visiting moneytalks.co.nz for information, resources and chat.

You can email them at help@moneytalks.co.nz, call 0800 345 123, text 4029 or find a free financial mentor near you at moneytalks.co.nz/find-help-now.



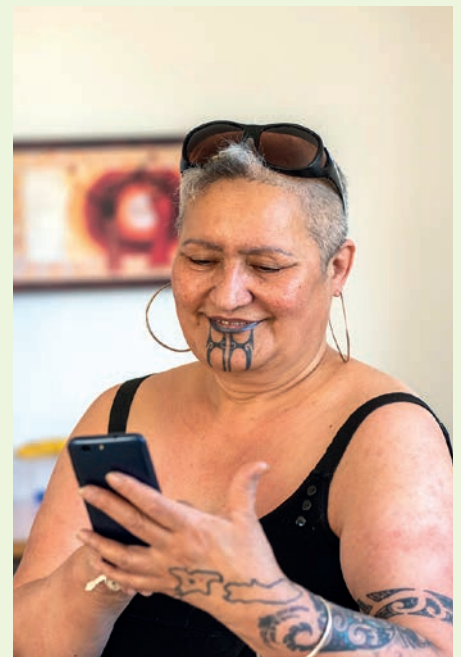
Available 8am–8pm Monday to Friday,
9am–4pm Saturday, 10am–2pm Sunday.

Get it done online with MyKāingaOra

- Check your rent balances and accounts and download letters
- Keep your details up to date
- Access wellbeing services
- Book non-urgent maintenance and view progress
- View upcoming scheduled inspections and visits
- Add and update your consented parties
- Te reo Māori, Samoan, Tongan and Chinese translations now available.

If you access MyKāingaOra using Spark, Skinny, Vodafone or 2Degrees there are no data charges – whether you're on a monthly plan or pre-pay. Just ensure you have data turned on when you're accessing it.

Visit my.kaingaora.govt.nz



My Kāinga Ora

Contact Publication enquiries should be made to: editor@close2home.co.nz

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