



Close to Home



- 02** WINTER WELLNESS FOR THE WHĀNAU
- 04** WINTER GARDENING TIPS
- 05** FRIENDSHIPS FORGED IN COSY COMMUNITY HALL
- 07** WASTE-NOT WANT-NOT APPROACH AT HEART OF NEIL'S GOOD DEEDS
- 10** TREEHOUSE – MATARIKI
- 11** CAULIFLOWER CHEESE PIE RECIPE

Retirement filled with important mahi for busy Rose



Rose, aged 80, has made it her life's mission to help those in need. Even in retirement she volunteers almost every day at charities across Auckland.

The positive impact Rose has on her community through her volunteer work is enormous – whether she's helping prepare food parcels or teaching seniors how to use their mobile phone, Rose is always making a difference. And it's a love of helping others that keeps her going.

"Making people happy makes me happy. It's such a privilege and it's important to me that I can give back to society what I got from society," Rose says.

Rose moved into her Kāinga Ora home last year and her Housing Support Manager, Bernadette, was blown away when she discovered just how much volunteer work Rose is involved in.

"I first met Rose when we had a hui to see how she was settling into her new home. At her age, for Rose to still be out there in the community doing important mahi to help the people she loves, and loving it... I just find Rose truly inspirational," Bernadette says.

With such a busy schedule and no plans to slow down, Rose's home is perfectly placed to help her do the incredible work she does, day in and day out, with a bus stop right outside.

"My home is so peaceful and quiet and the neighbours are all very nice," says Rose.

CONTINUED ON PAGE 04

Winter wellness for the whānau

The ways we look after ourselves become even more important when winter hits. We can keep healthy by eating well, exercising, resting up when we need to and rugging up if we're cold or unwell. Here are some helpful tips to keep you and your whānau fighting fit during the colder season.

Make a family plan

It could include how you'll stop sickness spreading to other family members, any support available outside your home and what will happen if you need time off work.

Winter wellness kits

Keep some pain killers, a thermometer, tissues and medicines to keep you going. Packaged up with enough food and household items to last you a few days. Why not throw in a few treats, too?

Mental wellbeing

Your mental and physical health are equally important, especially over winter. Some may find the colder months take a toll, and this is known as Seasonal Affective Disorder. More information and tips for keeping well can be found at Healthify (healthify.nz/health-a-z/s/seasonal-affective-disorder/)

There is help available if you or a loved one are struggling with mental health this winter. If you want to speak with someone, you can call 0800 111 757 or text 4202. Ideas and support are also available online to help you take care of yourself and others: depression.org.nz or SPARX.org.nz

Immunise

Immunisation saves lives. Getting immunised is one of the best things we can do to protect ourselves, our whānau and our community from illness. It can also stop diseases being spread to family or people who may be more vulnerable.

Flu immunisations are recommended for everyone aged 6 months and older, and are free for:

- children aged 6 months to 12 years old
- Māori and Pacific people over 55
- people aged 65 and over
- pregnant people
- people with underlying health conditions
- people with significant mental illness

immunise.health.nz/flu

More info at Immunise | Te Whatu Ora – Health NZ (immunise.health.nz)

Choose well for yourself and your whānau

- Check healthpoint.co.nz for the best options near you
- Healthify.nz gives you reliable online information about health and medicines, self-care resources and videos can be found at Healthify.nz (previously Healthnavigator.org.nz)

More information about where to go for help at health.govt.nz/your-health/services-and-support/where-go-help

Look after your pets as the chill kicks in

We all like to wrap up warmly and keep cosy as cold and wet weather sets in, and our pets are just like us. You'll have happy and healthy pets over winter with these top tips:

Shelter and warmth

If you're feeling cold, it's likely your pets are too. Keep them safe from bad weather by bringing them indoors when you can. If your pet lives outdoors, make sure they have access to shelter that is warm, well-insulated, waterproof and windproof.

Food and water

Animals are less likely to go outside in the cold, so using toys and puzzle feeders at meal times can be great for their mental and physical health. It's also a good idea to check outdoor water bowls each day, to make sure they haven't frozen, or to break up any ice if they have.

Exercise safely

Our pups love their walkies, even when it's cold or rainy. Try to keep heading out each day to keep them healthy and their minds stimulated. Reflective leads and harnesses make pets easier to keep an eye on during darker mornings or evenings.

Visit spca.nz for more winter tips.

Make every sleep a safe sleep for your baby

There are four steps to making sure your baby has a safe sleep – and these spell PEPE:

- 1 Place** baby in their own baby bed in the same room as you
- 2 Eliminate** smoking in pregnancy and protect baby from smoke
- 3 Position** baby flat on their back with their face clear of bedding
- 4 Encourage** and support breastfeeding and gentle handling of baby

If you choose to share your bed with your baby, keep them safe by putting them beside you in their own baby bed – a wahakura or Pēpi Pod® or similar.

For more information and support about safe sleep call PlunketLine 24/7 on 0800 933 922 or visit plunket.org.nz

PlunketLine is a free parent helpline and advice service.



CONTINUED FROM PAGE 01

Retirement filled with important mahi for busy Rose



Rose volunteers at the H.O.P.E centre in West Auckland.

“Where I live is so convenient. I don’t drive, but having a bus stop so close to my home enables me to do my volunteer work which gives me immense pleasure and real happiness,” Rose says.

The organisations Rose volunteers for couldn’t be more thrilled to have her on their team of regular volunteers – including the Humanitarian Organization for Poverty Eradication (H.O.P.E), a not-for-profit organisation working to improve the lives of former refugees, asylum

seekers, and immigrants as they find their place within Auckland’s vibrant communities.

H.O.P.E Executive Director Dr Khurram Malik says Rose’s passion and determination were evident as soon as she made contact to see if she could volunteer her services.

“I’ve known Rose for more than two years now and her dedication and commitment to helping others are what is so great about Rose,” says Dr Malik.

“Rose is also a great communicator and a multi-tasker with endless energy and a strong focus on everything she does. Her understanding of the specific needs of seniors also ensures we provide services that meet the needs of the wide range of people we support.”

Rose’s contributions are so valued that last year she was awarded a Certificate of Appreciation from H.O.P.E, one of the other organisations she volunteers at. Shanti Niwas Trust, also awarded Rose a Letter of Appreciation for her volunteer efforts.

“To receive this sort of recognition at my age for the work I am doing makes me immensely happy,” says Rose.

Check out our video featuring Rose

kaingaora.govt.nz/our-customer-stories



Winter gardening tips



The star constellations of Te waka o Rangi and Matariki (pleiades) have set in the west, Tamanuiterā (the sun) journeys across the sky on his shorter path to Hinetakurua (sirius), and we can all feel that winter has truly arrived.

As soil temperatures drop, growth has really slowed down in the garden. If you didn’t plant winter veggies like broccoli, cabbage and cauliflower, it’s not too late, but just know they won’t grow much until spring hits.

Broad beans germinate best in winter, and their seed is easily planted 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. As gardeners we are always thinking ahead about how we can improve soil for the next season of growing and it is vital that we become aware of the changing seasons.

Plant out: broad beans (seed), broccoli, cabbage, garlic, kale, lettuce, mesclun, pak choi, radishes, snow peas and strawberries.

Gardening tips thanks to Common Unity Project Aotearoa commonunityproject.org.nz



Friendships forged in cosy community hall



Karaka Flats residents enjoy a chat and a laugh at their weekly morning tea.

Every Friday morning, rain or shine, friends gather for morning tea in a cosy community hall at the heart of their Kāinga Ora housing complex.

For more than a decade, the community hall at Nelson’s Karaka Flats has been a place to build and nurture close friendships.

“We’ve all got to know each other so well over the years,” says Anne, a resident of 12 years, and great-grandmother of seven.

“The social aspect is so warm and welcoming, and non-threatening. When you come in, you’re fragile from whatever life has thrown at you... but you begin to make contact with other people and you get to relax,” she says.

Every week, residents each contribute a plate of goodies, and put a gold coin in the kitty for cups of tea. Over the years, soup days, fish and chip days – even a fashion

parade – have turned the community hall from a central meeting place into a space to create long-lasting memories together.

The gold coin donations funded the hall’s maintenance until Kāinga Ora took ownership of the flats in 2021 and began covering the cost. This meant residents were recently able to donate \$450 to Hospice New Zealand, and have also put on a barbeque at the complex.

For Andrea, another resident of 12 years, getting together helped her feel like part of a community. Moving up after the earthquakes, “it made me feel safe”, she says.



“You get used to other people’s routines, especially those of your neighbours who you interact with all the time, and you just intuitively know if something’s not right. We look out for each other.”

DAVE, A RESIDENT FOR FOUR YEARS

Another long-term resident, George, says he wouldn’t be without the weekly catch-ups. “Getting old can be a bit lonely and it can sometimes be difficult to get yourself to the bowling club, or whatever. This is a great opportunity to socialise. It fills a need.”

Kāinga Ora Senior Housing Support Manager, Toby says he enjoys catching up with the Karaka Flats residents every Friday morning. “There’s a wonderful sense of community at the Karaka Flats. They’re a great opportunity for friends to spend some time together, and they continue to look after each other throughout the week,” he says.

Check out our video featuring the residents of Karaka flats



kaingaora.govt.nz/our-customer-stories

Helping you and your family stay warm and healthy

We spend a lot of time in our homes over winter, and we enjoy that more if we feel warm and dry. Be sure to heat bedrooms and other rooms you spend time in. Remember, drier air is easier and cheaper to heat, and stopping moisture building up helps prevent mould.

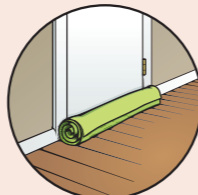
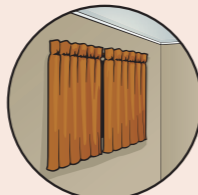
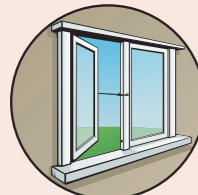


Keep the damp air out, air it out!

- 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 at least until the mirror and walls are dry.

Warm your home, keep it warm!

- 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.



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 people are sharing a room for sleeping.

Keep the heat in!

- Close curtains in the evening as the sun goes down to keep the day's heat in.
- If there is a gap below a door, using a proper draught-stopper will help keep warm air in.
- Call us if you feel a draught coming from windows, external doors or walls.

Got your curtains sorted?

Curtains are especially important during the colder months to keep the warmth from the day in once the sun goes down. If you don't have curtains, or feel your current ones aren't in good condition, speak to your Housing Support Manager.

Tips to save you energy

A big power bill is difficult at any time, but can be especially tough in winter. Scan the QR code for some easy ways to cut down on power, helping you save cash and the environment.



Waste-not want-not approach at heart of Neil's good deeds



Neil with Dale, Kāinga Ora Manager Housing and Wellbeing Support.

When Neil was growing up, his parents instilled in him a core value: re-use anything you can and try not to let anything go to waste.

Decades later, Neil still has a passion for minimising waste, and volunteers his time to help people connect their unwanted items with someone who can give them new life.

“I just love helping people... it keeps me going.”

Neil, who lives in a Kāinga Ora home near Nelson, has become known in his community for his volunteer work and upcycling expertise. Visits to the supermarket regularly mean being stopped by someone who, while moving or tidying their home, finds something they want to donate.

Often, he already has someone in mind when he picks up clothes, firewood or a range of other items. If not, his donations are delivered to local charities, and he does it all for free.

And beyond collecting donations, Neil also helps people with his own creations.

“I make all kinds of things – it's amazing what you can do with a simple pallet. People have asked me to make everything from rabbit

hutches to barbeque tables – I've been making them for years. I've also made planter boxes, and wooden steps for older people to help them up steps,” he says.

Dale, Kāinga Ora Manager Housing and Wellbeing Support, says Neil's good deeds have had a positive impact on people from all walks of life. “I think the thing that stands out to me is the wide range of people he has helped – from very young mothers through to older customers in their 70s and 80s.

“The other impact is the number of things he's diverted from landfill that have been repurposed, and repurposed in a way that's helpful to other people,” Dale says.

Check out our video featuring Neil

kaingaora.govt.nz/our-customer-stories



Congratulations to our iPad winners

The Te Hotonga Hapori research team recently held the iPad prize draw for participants in the Wellbeing in Kāinga Ora Communities Survey 2022, with five customers each receiving a new 9th Generation iPad.

The research team would like to say a big thank you to all those who filled in the survey; your time and effort were greatly appreciated.



If you didn't participate last year, it's not too late...

The Wellbeing in Kāinga Ora Communities Survey 2023 is now open for customers of Kāinga Ora to participate (one customer per household).

To participate in the survey, go to tehotongahapori.ac.nz/survey

Or scan the **QR code** (right)

Or call **0800 553 365** freephone for a **paper copy survey**

All participants go into a second prize draw to win 1 of 5 iPads.

Photo: Programme Manager Julia McPhee and Programme Director Scott Duncan on the day of the prize draw.



Opportunity to participate
**Wellbeing in
Kāinga Ora Communities**

**Survey 2023 is
Now Open!!**

GO TO:
tehotongahapori.ac.nz/survey
Or scan the QR code



WIN

Participant
prize draw
**5 iPads
TO BE WON**

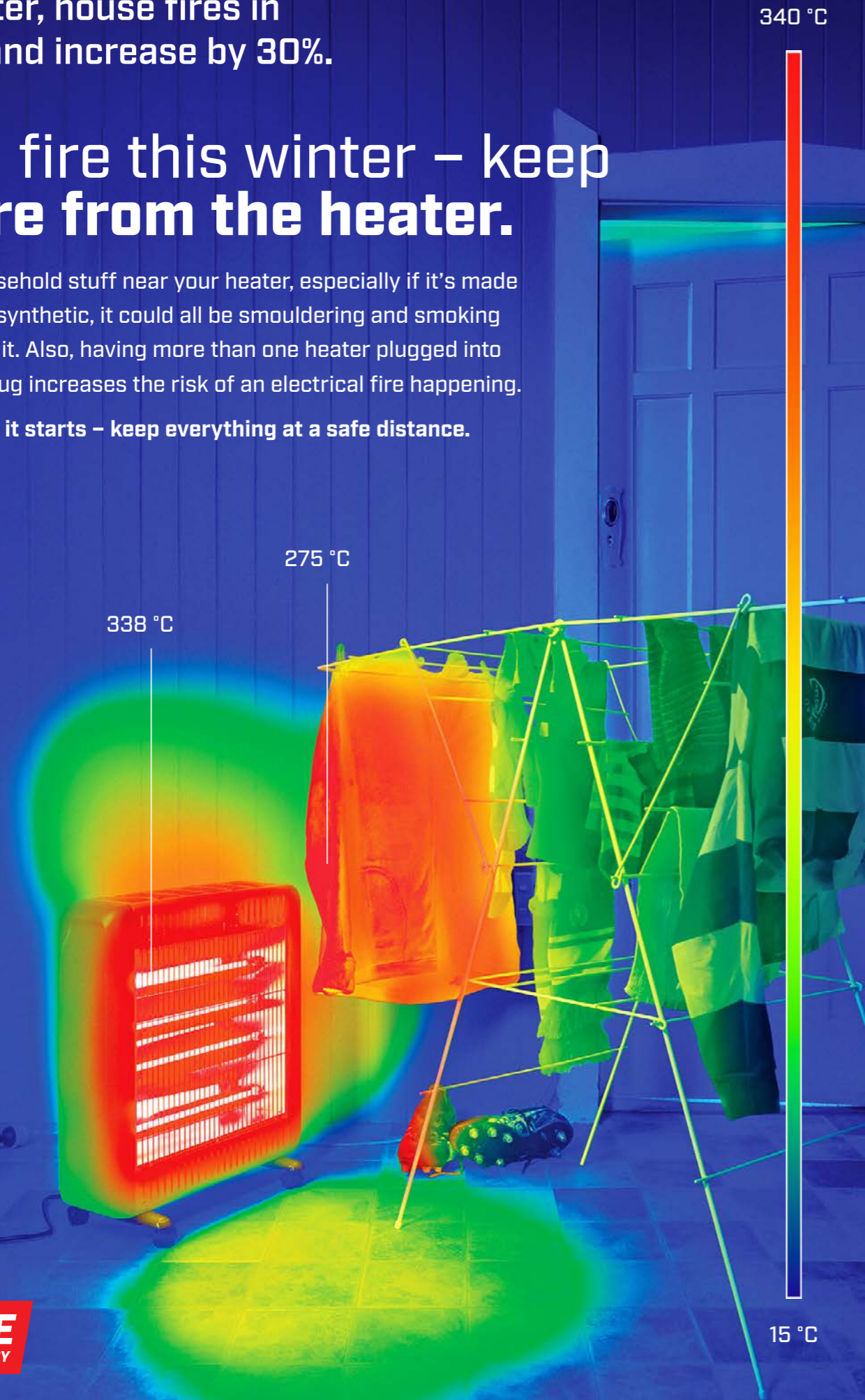
AUT

Every winter, house fires in New Zealand increase by 30%.

Stop a fire this winter – keep a metre from the heater.

If you've got household stuff near your heater, especially if it's made from something synthetic, it could all be smouldering and smoking before you know it. Also, having more than one heater plugged into the same multiplug increases the risk of an electrical fire happening.

See a fire before it starts – keep everything at a safe distance.



Make a plan for the unexpected

WINTER FIRE SAFETY

Every year, colder weather means more house fires happen across Aotearoa.

See a fire before it starts

A metre from the heater – keep everything at a safe distance

- It's tempting to hang winter laundry near a heater. But unless it's a metre away, your clothes are a fire waiting to happen.

A clean dryer avoids a fire – remove lint before every use

- If your dryer's filter fills with lint, it can easily catch fire. Remove the risk by getting rid of lint build up before every use.

Cool ash before you stash – fireplace ash holds heat for up to five days and can spark new fires

- Always soak it with water in a metal bucket before binning it.

For more information visit fireandemergency.nz/

Get Ready

Emergencies can happen at any time, anywhere. Getting prepared can make a big difference.

In an emergency

- Earthquakes, floods, landslides, severe weather, tsunamis, volcanic activity, and other hazards can happen at any time and often without warning.
- Find out what to do before, during and after an emergency by visiting: getready.govt.nz/en/emergency/

Get prepared

- When an emergency happens, Civil Defence and emergency services will be busy helping the people who need them most.
- It's up to you to make sure your household knows what to do and that you all have what you need to get through.

To get your household ready, **Visit:** getready.govt.nz/en/prepared/

- If you have a disability or your personal situation may put you at greater risk in an emergency, find advice to get ready at: getready.govt.nz/en/prepared/advice-for-disabled-people/

Get involved

- Help keep your family, friends and community safe by getting involved in emergency preparedness: getready.govt.nz/en/involved/shakeout/

To find out what to do in an emergency and get your household ready visit getready.govt.nz and QR code



Keep a grab bag full of emergency supplies in case a disaster hits



FOR KIDS, ABOUT KIDS

TREEHOUSE

This month, Matariki (Māori New Year) is on Friday 14 July – Rāmere 14 Hōngongoi

Māori celebrate the start of the new year in mid-winter (June-July).

The Matariki star cluster rises in the morning sky on the eastern horizon, before the sun. This signals the beginning of Te Mātahi o te Tau or the Māori New Year.

Matariki is a time to gather with whānau (family), hoa (friends), and hāpori (community) to reflect on the past, celebrate the present, and plan for the future.



Draw a line from the whetu (star) within the Matariki cluster to the environment or these in which it relates to...

Tipuārangi		Tā (wind)
Tipuānuku		Kai (food) from awa (rivers) and roto (lakes)
Waitā		Ua (rain)
Waiti		Kai from taepu (soil) which grows in the whenua (ground)
Ururangi		Kai from rangi (sky) and rākau (trees)
Waipuna-ā-rangi		Kai (food) from the ocean (moana)

Whakatauki

Tēnā ngā kanohi, kua tikona e Matariki –

Here are eyes affected by Matariki.

Kia tū mai a Matariki kua kore e au te moe, koe moe matatū te tangata –

This is said of who is wakeful at night.

Cauliflower cheese pie

READY IN: 1 HOUR | SERVES 6

The ultimate comfort food baked in a crispy crust. Metal or enamel pans are ideal as metal conducts heat well so there's less risk of a soggy bottom. You can add cooked chopped bacon or sausage to the sauce or use a combination of cauliflower and broccoli for the filling.

YOU WILL NEED:

50g butter

50g flour

600ml milk

1 medium head of cauliflower (about 900g)

1 tsp whole grain mustard

A pinch of nutmeg

150g grated tasty cheese

½ cup grated mozzarella – optional

Salt and pepper

400g block frozen puff pastry defrosted

1 egg beaten with a splash of water – or substitute with a tablespoon of milk



- Preheat oven to 190°C. Grease an ovenproof dish or enamel pan approx 26 x 21cm. Rinse cauliflower, but don't remove the leaves. Trim the end off the stalk and slice an X into the bottom of the stem. Place in a microwave safe bowl with ¼ cup water; cover and microwave for 9–12 minutes. Break into flowerets; florets coarsely chop leaves and stem discarding any tough parts.
- Place milk in a medium saucepan, add butter and heat; when butter is beginning to melt add flour and whisk briskly. Continue heating and whisking until almost simmering and cook for 2 minutes until thick. Remove from heat, stir in mustard, nutmeg and cheese, season well with salt and pepper then set aside to cool.
- Divide the pastry into slightly unequal halves. On a floured bench, roll out the larger portion so it lines the dish with a 1–2cm overhang.
- Pour in cooled cauliflower mixture and level; scatter with mozzarella if using. Roll out remaining pastry and cover the filling, matching up the edges with the overhanging bottom pastry, trimming to neaten. Roll overhanging edges inwards and crimp with your fingers. Roll out the trimmings to cut decorations if desired. Cut several vents into the pastry, brush with egg wash and bake 35–40 minutes – until dark golden.

TIPS:

Microwaving the cauliflower prevents it becoming waterlogged and making the sauce watery; it's a useful technique for other cauliflower dishes that are prone to getting watery. Egg wash simply makes the pastry very golden; you can brush with milk instead if you prefer.





! 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, 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 it done online with MyKāingaOra

- Check your rent balances and accounts, organise debt repayments, 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
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Visit my.kaingaora.govt.nz



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

You can email 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



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

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