



Close to Home

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Flood and cyclone response



We've seen some amazing stories of people coming together to support each other following the Auckland floods and Cyclone Gabrielle earlier this year.

We know this has been a really challenging time for many New Zealanders, so it's important to keep talking to your loved ones and checking on your neighbours. Most importantly, take care of yourself, stay safe and kia kaha. Kainga Ora will continue to support people who have been affected as we work through repairs to our homes.

CONTINUED ON PAGE 02

For other support services, visit kaingaora.govt.nz/support-services

Looking after your wellbeing is important in times of crisis. If you need to talk to someone, free call or text 1737 any time for support from a trained Ministry of Health professional.

If your home has been affected by the recent flooding and storms scan the QR code for information on how we can help you.



CONTINUED FROM PAGE 01

Flood and cyclone response

Need help?

Our teams have been out in the community visiting homes and customers and supporting people and whānau in flood and cyclone-affected areas.

This support is unique to each situation, depending on the damage to the home and the needs of the whānau.

If you need further support, please get in touch with us on 0800 801 601 so we can connect you with the right agencies and community groups who can help.

Support with disabilities

Whakarongorau Aotearoa | New Zealand Telehealth Services is there to support you and your whānau, 24 hours a day, every day.

They can also help:

- With any general health concerns
- If a support worker or carer is unavailable or hasn't arrived
- To connect you with information and support about the severe weather and flooding.

Whaikaha | Ministry of Disabled People has up-to-date information about the cyclone and floods at www.whaikaha.govt.nz

Connecting with our communities

Agapetos folds the seat down so he can stack more trays into the back of his car. There are dozens to go out, each containing 45 packages.

Usually, he's a Housing Support Manager at Kāinga Ora, but on this day, he's a delivery driver – free, fresh meals are passed out to people in neighbourhoods soaked by Auckland's wettest day in recorded history.

Halal. Vegan. Vegetarian. Dairy-free. Stickers slapped on BioPaks are another reminder these meals are for anyone who needs them – Kāinga Ora customer or not.

It's food in the bellies of hungry people but also a chance to check in, kōrero and see how we can help.

"We were working after hours just to try and get these meals to families," Agapetos says.

"As soon as we were given the chance, we jumped at it ... it was tense and people didn't know what to expect or how their lives were going to be affected, but at least we could make sure they had a meal and knew we were there to help."

Along with hundreds of meals, Agapetos and many others – from Kāinga Ora and other agencies – gave support and advice, sometimes late into



Agapetos, Housing Support Manager for Māngere, delivers meals to homes in the community following the recent floods in Tāmaki Makaurau Auckland.

the night, in the days following Auckland's floods in January.

Local marae and other agencies working at the Civil Defence centre had prepared and packaged the meals, and Agapetos was one of about 20 Kāinga Ora team members involved in delivering them across Counties Manukau. In the face of incredible challenges, people found many ways to connect, gathering within their neighbourhoods and communities to lend a hand or a listening ear.

As we focus on the journey ahead, remember Kāinga Ora is here to help. See box below for more contacts and more information.

If you have internet access, you can find more information on the Kāinga Ora website – kaingaora.govt.nz

Key phone numbers

Kāinga Ora 0800 801 601	Ministry of Social Development 0800 400 100	Whakarongorau Aotearoa 0800 111 213 or text 8988
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If you just need to talk, free call or text 1737 and be connected to an experienced Ministry of Health professional.



Stay water safe

Be it a backyard splash, manū at the pool or an open-water trip, these tips make for safe dips:

- Watch your kids, not your phone!
- Keep adults on watch. Don't leave older kids in charge of youngsters
- Know your limits – stay within your abilities and skill level when going in the water

Rivers, lakes and the ocean

- Test your swimming abilities in a pool or other safe environment first
- Check the weather and marine conditions before you hit the water
- Going boating? Always take two waterproof ways to call for help. Visit maritimenz.govt.nz for tips and advice

- On beach days, swim between the flags – it's the safest spot and is patrolled by lifeguards
- Always wear a life jacket when boating or taking part in any water sports and activities. It can save your life
- Take the right gear, and make sure it's in working order – the leg rope on your boogie board, clips on your life jacket and the batteries in your VHF radio are just a few examples

A pool of your own?

- Even paddling-style pools that hold water to a depth of 400mm or more must have fencing to keep unsupervised kids out.
- Empty paddling pools and containers after use to prevent accidents

- See the full pool rules at building.govt.nz or scan this QR code



- If your Housing Support Manager sees a non-compliant pool during their usual visit, they will request that you take it down.

A reminder about safety in flood waters, with the recent storm and flooding.

- Unless you're in danger, do not wade, swim, paddle, boat or surf through flood water as it is likely to be contaminated.

Tell us what you'd like to read in Close to Home

Have your say...

We want to make sure we're giving you content that suits you! So, we are inviting you to take our survey about this newsletter to help us understand what you like and what you want to see in the future.

The survey has only three questions and will just take a few minutes of your time – and it's completely voluntary.

Scan here



Make a plan for the unexpected

No matter what kind of emergency you find yourself in, you can prepare by using the following plan or downloading a checklist here: getready.govt.nz/supplies



1. Make sure you have these

- ✓ Supplies of non-perishable food, water and other essentials:
 - Water for three days or more – make sure you have at least nine litres of water for each person. This will be enough for drinking and basic hygiene
 - Long-lasting food that doesn't need cooking (unless you have a camping stove or gas barbecue), and food for babies and pets
- ✓ Toilet paper and large plastic buckets for an emergency toilet
- ✓ Work gloves, a properly fitted P2 or N95 face masks and hand sanitiser
- ✓ Basic medical supplies like a thermometer, pain relief and bandages
- ✓ A supply of your regular medications
- ✓ Household instructions for personal emergencies that mean you need to leave your home – feeding pets, paying bills and watering plants
- ✓ An emergency plan and contact list with important phone numbers – including your GP. Download and fill out the handy template here: 
- ✓ Make sure you also have an emergency grab bag and that your car has some essentials as well, in case you and your whānau need to drive to safety

See more at getready.govt.nz

2. Plan for this

- ✓ Someone who can help if you need food or other supplies
- ✓ What happens with children or shared custody arrangements
- ✓ Work or study away from the office or classroom
- ✓ How to take care of vulnerable family or household members
- ✓ What happens with any in-home carers
- ✓ Easy activities to keep you and your whānau entertained.

For help and support for any emergency, visit civildefence.govt.nz

3. Reach out to friends and whānau

- ✓ Stay connected – catch up with your whānau, friends and community regularly, check on their wellbeing and discuss your plans for any emergency.
- ✓ Support your friends, whānau and workmates to make their own plans to get ready.
- ✓ Find out what your community is doing – is there a group making meals to freeze, sharing planning tips or just staying in the know?

4. Know and share your plans

- ✓ Kōrero together – ensure everyone in your house (including the kids) knows what will happen when there's an emergency
- ✓ Share plans with those supporting and helping you (or those you are supporting)
- ✓ Visit getready.govt.nz for more information about how you can plan for the unexpected.



Tips to keep the creepy crawlies away

Cockroaches

Keep bay leaves or garlic in your cupboards to keep cockroaches away. Wash the floor and wall behind fridges and stoves regularly, and spray these areas with long-lasting insect spray.

Ants

Ants in New Zealand are generally harmless but can be a nuisance. Sprinkle ground cloves or whole cloves in cupboards to keep them away.

You can also sprinkle talcum powder or cream of tartar at the point where they come inside. If you find an ant nest, pour boiling water into it.

Rats and mice

You can do a lot to keep rats and mice away by keeping your home clean and tidy so they have no food source and nowhere to nest.

If they do get inside, mouse holes and nesting areas can be blocked with steel wool (like Steelo pads).

You can get mousetraps from the supermarket or buy poisoned bait from garden or hardware shops. Be sure to set bait out of reach of children and pets, and always wear rubber gloves when you're getting rid of dead rodents.

White-tailed spiders

White-tailed spiders usually live in cool, dark areas like under bark in gardens, wood piles, litter and walls. They also hide under beds and in clothing left on the floor.

Their bite can cause pain, swelling, redness and small ulcers. Use fly spray to get rid of them.

Total release aerosol pesticide cans (bug bombs) are also available from hardware stores.



Scan to download our Clean & Green booklet for cheap and environmentally friendly hints and tips for around your home.

Preventing and keeping mould under control

Mould is a common household problem caused by the presence of moisture in poorly-ventilated areas.

Everything from breathing to washing to cooking causes moisture to build up, and if it is not controlled, mould will start to grow. A dry, well-aired house or flat is easier to heat and healthier for you and your family.



Stopping mould

- Open windows and doors when you're home
- Open windows so steam can escape from cooking or bathing
- Open curtains early in the morning and close them when the sun goes down
- Keep lids on pots when cooking
- Wipe condensation off walls and windows when it happens
- Hang washing outside to dry
- Open windows when using a clothes dryer so moisture can escape
- Dry clothes and shoes before putting them away
- Leave wardrobes slightly open for ventilation
- Keep the shower curtain hanging inside the shower/bath so water doesn't drip on the floor, and wash the curtain every few weeks
- Use an electric heater rather than gas, which creates a damp heat
- Pull beds and furniture away from the walls so they can breathe
- Keep only a few plants inside

Removing mould

- Wash mould with diluted household bleach (one part bleach to three parts water, mixed together) as soon as it appears, as it's harder to remove once it has been there a while.
- Use a clean sponge or cloth when washing off mould and rinse it often to reduce the risk of it spreading. Wear gloves when washing it away – be careful not to splash any liquid on your clothes or in your eyes and open windows to improve airflow while you clean.



Gardening tips

Autumn is the season for rotting: moist, warm air encourages fungi of all kinds – mould, mushrooms, black spots, blight and mildew.

- Collect seeds for sowing or edible plants like green coriander seeds for a burst of flavour, before chopping and dropping them on your garden beds. Layer with grass clippings, seaweed, sprinklings of manure and lime/wood ash. If it stays moist over winter, you'll have some great compost ready for spring plantings. Collect leaves, and put them either directly over beds as a mulch or into a bin bag with some holes in it. The holes will allow rain to get in and drain out to create a perfect potting mix for seedlings next year.
- Dig up kūmara and potato once the leaves turn yellow. Once fruit such as pumpkins and tomatoes have set, it doesn't hurt for the leaves to die off.
- Green tomatoes can be picked and ripened in a sunny, dry place. Pumpkins are best left on the vine until the stalk is totally brown and crispy – prop them on a brick, plant pot or something that keeps them off the wet soil. Raspberries can be cut back and the cuttings replanted right away.
- As things die off above ground, plant your winter brassicas (the cabbage family), and sow winter root crops like carrots, which like the cooler conditions. Aim to have garden beds planted by the end of April (except for garlic to plant in May).
- Plant out: (plant seeds or seedlings straight into the garden) beetroot, broad beans, broccoli, cabbage, carrot, cauliflower, dill, kale, lettuce, mizuna, oregano, parsley, parsnip, radish, rocket, silverbeet and spinach.
- Sow from seed in trays: broad beans, broccoli, cabbage, cauliflower, kale, leek, lettuce, mizuna, onion, peas, rocket, radish, rocket, silverbeet and spring onion.

Thanks to Katie Newman, Urban Kai Educator, Common Unity, Project Aotearoa
www.commonunityproject.org.nz



Recipe: Classic banana cake



READY IN
45 minutes

MAKES
1 × 20cm cake,
2 × sandwich cakes, **or**
1 × 'sheet cake' in a Swiss roll pan

- INGREDIENTS**
- 110g butter
 - 175g sugar
 - 2 eggs
 - 2 medium-sized ripe bananas, mashed
 - 1 tsp baking soda
 - 30ml boiling milk
 - 225g self-raising flour, sifted
 - ½ tsp baking powder

Banana cake is a favourite as it doesn't require any icing but can be dressed up with lemon or chocolate frosting for a special occasion. The recipe can easily be doubled – one for now and one for the freezer or bake it in a slice tin and make a bigger, shallow cake, which is easy to cut up for lunch boxes and after-school snacks.

DIRECTIONS

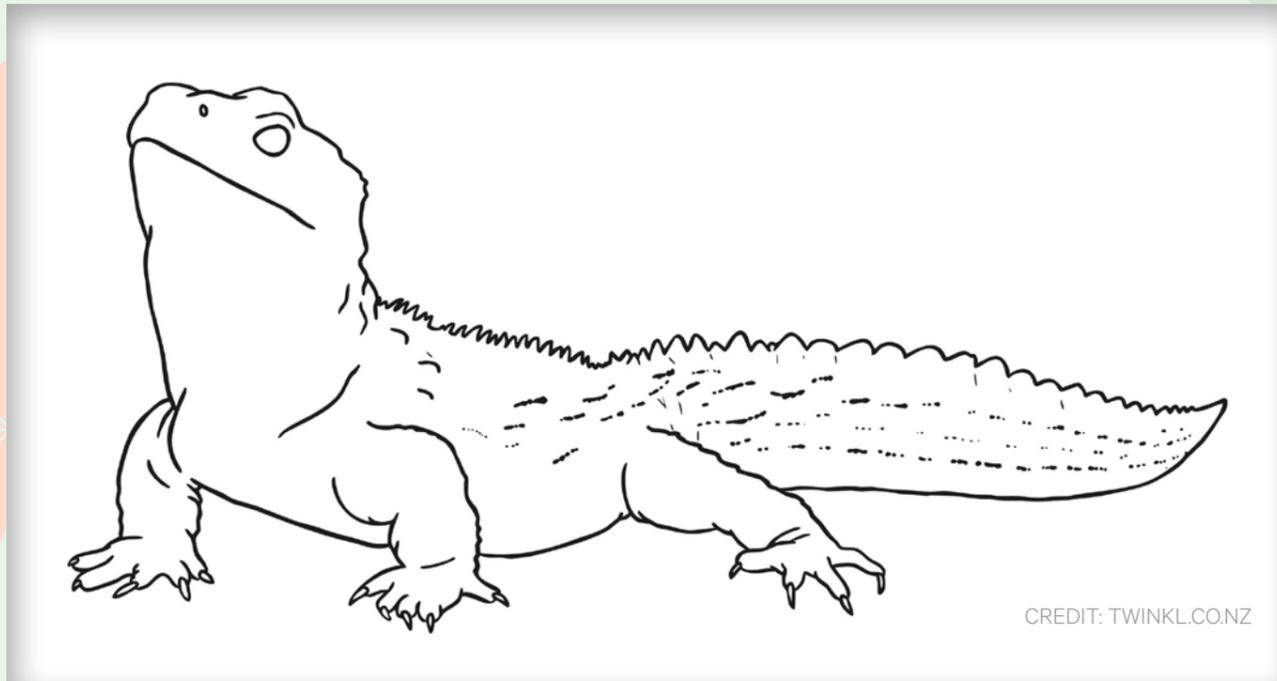
1. Preheat the oven to 180°C
2. Grease and line the base of a 20cm loose-bottom tin or 2 x 20cm sandwich tins or a Swiss roll pan.
3. In a bowl or processor, beat the butter and sugar until pale and creamy, then add the eggs and beat well. Mix in the banana.
4. Dissolve the baking soda in the boiling milk and stir it into the mixture. Add the flour and baking powder.

5. Place the batter into the prepared tin or tins and bake for 25–30 minutes or until risen, golden and springy. For sandwich tins bake for approximately 20 minutes.
6. Banana cake can be simply dusted with icing sugar or split and filled with cream and slices of banana; it also teams well with chocolate, caramel or vanilla frosting.

TIP: Over-ripe bananas can be frozen for using in baking. They are very mushy when defrosted, which is perfect for baking as they are super easy to mash or mix.

FOR KIDS, ABOUT KIDS

TREEHOUSE



CREDIT: TWINKL.CO.NZ

Tuatara

Tuatara have one of the slowest growth rates of any reptile. They keep growing until they are about 35 years old. A tuatara's average lifespan is about 60 years, but they can live up to 100 years.

The colour of tuatara ranges from olive-green, to brown to orange-red. They can also change colour over their lifetime. They shed their skin once a year.

Read more at doc.govt.nz

Seasons are changing

Ngahuru (autumn) is upon us. In February and March, it is Poutūterangi within maramataka (the Māori lunar calendar).

During this phase, crops are harvested as guided by the star Altair, which signals that crops are now ripe for picking. The kūmara harvest occurs shortly after this star hits the horizon.

In this season, why not try cooking and/or eating something where kūmara is the main ingredient?

Read more at tepapa.govt.nz

H	V	O	R	H	B	Y	P	Z	N	N	M	P	O	Y	I	W	U	M	X
U	W	E	V	A	V	Q	P	G	R	R	C	U	R	K	G	L	Y	Y	V
L	N	T	Z	R	K	H	E	N	U	H	U	M	R	I	N	L	J	B	T
P	Q	D	P	W	J	M	E	U	S	Y	D	J	J	O	A	K	T	R	P
Z	N	X	N	B	T	H	U	F	J	Z	L	E	R	L	R	Q	T	E	L
A	V	R	X	G	I	N	L	I	B	V	A	D	Q	V	E	H	R	E	B
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R	X	A	I	I	S	V	O	M	P	F	V	L	O	G	O	Q	D	R	J
J	R	I	A	T	L	A	Z	D	N	W	W	N	V	O	N	E	G	A	W

Find these words across, up, down or diagonally

AUTUMN
BREEZE
WINDY
LEAVES
ALTAIR

FALL
FORAGE
RAKE
MUSHROOM
SEASON

HARVEST
POUTŪTERANGI
NGAHURU
KŪMARA



! 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



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 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.



We care and are here to help

We care about you and your whānau and are here to help. If you need to have a chat to us, you can call our Customer Support Freephone on **0800 801 601**. You can also find some helpful resources on our website: kaingaora.govt.nz

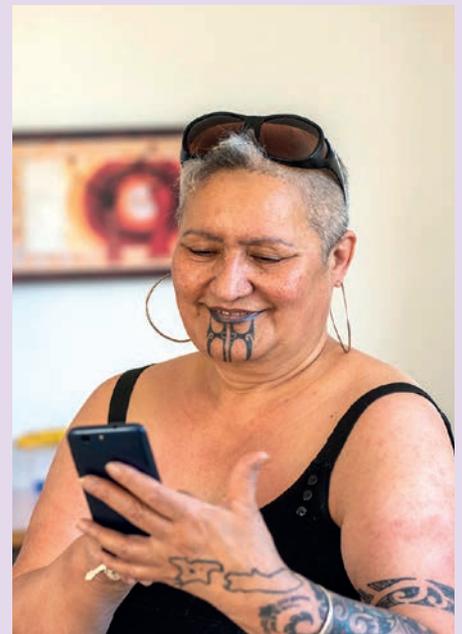


Get it done online with MyKāingaOra

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- 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

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Visit my.kaingaora.govt.nz



My Kāinga Ora

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

Printing This document is printed on Sumo Offset, an environmentally responsible paper manufactured using pulp harvested from sustainable, well-managed forests and bleached using an elemental chlorine-free process.

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