

Useful Contact Numbers

Curtain Bank

Earthwise (Hutt Valley) 527 9900

Sustainability Trust (Wellington, Porirua) 389 3400

Energywise

Insulation and heating, government funded programme

0800 777 111

Website: www.energywise.govt.nz

Energy Advice

Free expert advice on reducing power bills

0800 388 588

Website: www.energyadvice.org.nz

Family's Power Plan

For cost effective energy plan for your family's needs

Website: www.powerswitch.org.nz or

www.energyadvice.org.nz

Work and Income

0800 559 009

Housing New Zealand

Support with housing and maintenance

0800 801 601

Council Rental Properties

Hutt City 570 6660

Upper Hutt 527 2169

Hutt Community Law Centre

Provides free legal information, referrals, law related education for those who do not qualify for legal aid and are eligible for a Community Services Card or on a low income.

566 0315

New Settlers Centre

Assistance with access to services and local information including, immigration, careers advice, employment, housing, law, and English language

589 3700

Family Support, Advocacy and Information

Healthline 0800 611 116

Depression Helpline 0800 111 757

Youthline 0800 376 633

Lifeline 0800 543 354

Plunket Line 0800 933 922

Parent Help Line 0800 472 7368

Barnardos (Hutt Valley) 569 1204

Barnardos (Wellington) 237 6149

Kokiri Health and Social Services 939 4630

Great Start 567 5437

Citizens Advice 0800 367 222

Benefit Education Service Trust 529 8108

Benefit Rights Advocacy Service 385 8596

VIBE for 10 - 24 age group 566 0525

Salvation Army 570 0273

SuperGrans - Home Skills 566 9778

Mission for Families 380 1829

Naku Enei Tamariki (NET) 9394636

IT IS OK (to ask for help) 0800 456 450

Regional Public Health
Equitable, Sustainable And Healthy Futures For All



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Healthy Housing Heating

A dry warm home helps to keep you
and your family healthy.

This brochure contains some easy
ways to warm up your home.



DRY AIR

Dry air reduces condensation on surfaces and dampness in your home. It also reduces the cost to heat your home.

- Dry clothes outside.
- Close the bathroom and kitchen doors when bathing/showering or cooking.
- Cover pots when cooking.
- Wipe water off windows and windowsills.
- Avoid clutter putting clothes away in draws and cupboards.
- Open the wardrobe door to air clothes.
- Pull furniture away from external walls.
- Reduce the number of pot plants as plants increase the moisture in the air.
- Avoid sleeping more than 2 people in each bedroom.
- Avoid using unflued gas heaters.
- Repair water leaks, blocked gutters and down pipes. If you rent, talk to your landlord.



FRESH AIR

Air flowing through your home reduces the moisture in the air.

- Open a window in each room daily.
- Use fans if they are installed.
- Vent your clothes drier outside.
- Allow air to move around clothes, linen and furniture. Avoid piling items. Leave your wardrobe door slightly open.
- Remove trees, bushes, vines and climbing plants away from the windows and walls of the house. If you rent, talk to your landlord.

MOULD

Stopping and preventing mould growth will improve your family's health.

- **Mould** is a fungus growing in damp areas like walls, ceilings, windows, curtains and in wardrobes. It appears as green, grey, brown, black or white specks.
- **Treat** with undiluted white vinegar, leaving for 2 to 3 days. Wipe off with a cloth using clean warm water, rinsing cloth between wiping.
- **Prevention** - ventilate the house, wipe away surface moisture and treat mould when first seen.



WARM AIR

Makes your home drier, healthier and cheaper to heat.

Power Saving Tips

- Use lined curtains. Close curtains when it gets dark, open curtains when it is light. The Curtain Bank may be able to provide curtains.
- Ventilate - Dry air is easier to heat than damp air, wipe away moisture and *open* windows to reduce the moisture in the room.
- Use draught stoppers to cover doors and window gaps, board up your unused fireplace.
- Use cost effective heating – wood burners, flued gas heaters and heat pumps. Heat only the rooms you are using.
- Ensure that you are using your heating effectively, read the instructions to minimise power bills.
- Contact Energy Advice for information on reducing your power bill.
- Insulate the ceiling and under the floor. If you rent, talk to your landlord.