

Your community, your place.

Tēnā koutou katoa

The crisp days of autumn signal that it's the perfect time to start planning your winter veggies. On these cooler days, I also encourage you to keep up your regular walks, as staying active is one of the best things we can do for our wellbeing, especially as the seasons change. And don't forget about the free flu vaccinations that are now available through your local health provider or pharmacy; please take up this offer which will also help protect your health this winter.

Thank you to everyone who responded to our 2025 tenant satisfaction survey – your feedback will help shape what we focus on and improve going forward. We'll bring you a summary of the results in a later newsletter. The tenant advisory group will be meeting at the end of May, and we'll continue to look at what we should stop, start or change in how we deliver our range of services.

We're seeing some positive movement in terms of our ability to provide more affordable rental housing for older people. The units that had remained vacant due to last year's Government funding cap will now start to receive new tenants, following a new subsidised funding solution recently agreed by the Haumaru Board. We're also busy preparing to welcome

tenants into our newest village, Greenslade in Northcote, which will open in July. This village has been several years in the planning and is a collaboration with Kāinga Ora and Auckland Council.

Don't forget: if you need assistance with things like budgeting, filling out paperwork or navigating health and social services, our Age Concern Selwyn Connectors are here to help. Just ask your Community Manager to put you in contact or call your local Age Concern Auckland office.

Finally, a quick update on soft plastics recycling. We've continued to experience ongoing contamination issues, with general household waste and rubbish being mixed in with the soft plastics, meaning that they couldn't be recycled. Therefore, we've decided to remove the grey bins. If you'd like to continue recycling your soft plastics, most Woolworths stores will accept them.

Ngā mihi nui



Gillian Schweizer,
Chief Executive Officer

Walking for Kiwi hearts

Throughout May, Jacquie Fitton of Northcote's Piringa Court has been putting her best foot forward – literally – as part of the MyMarathon fundraising initiative for the Heart Foundation. MyMarathon challenges participants to walk, run or jog 42km (or more) during the month while raising vital funds for heart health research. With every 90 minutes marking the loss of a New Zealander to heart disease, the cause couldn't be more important.

Jacquie has gone above and beyond – raising \$907 and already clocking up 58km, with her sights set on 100km



before May ends. She says: "We all know someone who has heart disease, which is why I've been inspired to raise funds for Kiwi hearts this year. Also, walking is good for your heart and lungs, so if I can inspire one person to get out walking to strengthen their body, I'll feel I've achieved my goal." Jacquie has definitely been inspiring her Piringa Court neighbours, who have all been supporting and cheering her on throughout the challenge.

To learn more about the Heart Foundation's work, visit www.heartfoundation.org.nz.

Out and about



Haumaru Housing Board member, Dr Sue Watson, enjoyed a day out and about visiting villages and catching up with tenants. Sue is pictured (right), with Henderson's Wilsher Village tenant Cheryl Ngawati and Community Manager Michelle Fitzjohn.



Tenants of Mangere's Bridge Court, Court Town Court and Lambie Court enjoyed a stop for ice-cream at Pokeno on the way back from their daytrip to Kaiaua Fisheries on the Seabird Coast (in the Firth of Thames). They're pictured here with their Selwyn minivan driver, Gerard.

Lawrie Village: a hidden gem in the heart of Pukekohe

Tucked away at 111 Queen Street, Lawrie Village is more than just a place to live - it's a true community. With just seven cosy one-bedroom units, this small village offers a peaceful, homely atmosphere where everyone knows your name. Just across the road lies a beautiful park, perfect for a relaxing stroll or a breath of fresh air, and the village is within easy walking distance of all the town's amenities. But what really makes Lawrie Village shine is the sense

of neighbourliness: tenants look out for one another and meet regularly for friendly catch-ups. So, whether you're enjoying a cup of tea with a neighbour or a walk in the park, Lawrie Village offers the perfect blend of independence and community living right in the heart of Pukekohe.



The power of connection: a Māori perspective

In these turbulent times, Pa Henare Tate's whakatauki reminds us that true wellbeing begins with connection:

*Mā te whakātu, ka mohio, mā te mohio ka marama,
mā te marama ka matau, mā te matau ka ora.*

Through discussion comes awareness, through awareness comes understanding, through understanding comes

knowledge, through knowledge comes wellbeing.

In our communities, villages and homes, taking time to genuinely connect with others - by listening, sharing and reflecting - can lead to deeper relationships and stronger, healthier lives. Let's value conversation as a pathway to our collective wellbeing.

Check the heat before you sleep!

With winter approaching, Fire and Emergency New Zealand have provided us with these timely reminders about the correct use of electric blankets.

- Check your electric blanket for hot spots before you use it. If you feel unusually hot patches - or if it is more than 5 years old - replace it now.
- Heavy objects should never be placed on the bed while your electric blanket is in use.
- Make sure your electric blanket lies flat on the bed and the controls or cords are not twisted or caught. Twisted cords are a common cause of electric blanket fires.
- Never sleep with an electric blanket turned on, even on a low temperature. Always switch it off before you hop into bed.
- Worn and old electric blankets can cause serious injury. At the first sign of wear, replace the blanket or have it checked by a qualified electrician.

Remember: a faulty electric blanket is a fire waiting to happen! See a fire before it starts.

The joys of decluttering

Keeping your home tidy doesn't have to be overwhelming - decluttering regularly can make a big difference to how your space looks and feels. A clutter-free home is easier to clean, more relaxing to live in, and often safer too.

Here are a few easy ways to get started:

- Declutter a little each day: return items to their proper places and let go of things you no longer use. Donate or recycle where you can.
- Use smart storage: baskets, bins and shelves help keep things organised and off the floor.
- Tackle one room at a time: stay focused by finishing one area before moving on to the next.
- Try the 'one-in, one-out' rule: for every new item you bring home, remove an old one. It's a great way to prevent clutter building up.
- Make cleaning rewarding: celebrate your efforts with a treat or a bit of relaxation when you're done.

With regular decluttering, you can create a comfortable, inviting space for you and your visitors.

If you're concerned about an immediate threat to life or property, call the emergency services on 111.

We always appreciate your feedback. You can talk to your Community Manager, call us on 0800 430 101, email info@haumaruhousing.co.nz or visit www.haumaruhousing.co.nz

The Selwyn
Foundation



Auckland
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Te Kaunihera o Tāmaki Makaurau

