

## Tēnā koutou, Tēnā koutou, Tēnā koutou katoa — Greetings to you all



### First tenants connect to Skinny Jump

ŌCHT digital coach Jo Cantrick (above) is having a busy time helping digitally excluded tenants get connected.

ŌCHT is working with Enable and Skinny to offer two years free Skinny Jump wireless internet to tenants who do not have the internet at home.

We sent letters inviting tenants to register their interest in a strictly limited number of connections, as soon-as-possible, in mid-March.

ŌCHT can't provide more connections once the available packages are allocated, so people were urged to contact ŌCHT if they thought they qualified.

Qualifying tenants are people who do not have the internet at home but who have email and an internet-ready device and email they can use. They'll also live in communities where Skinny Jump has the capacity and coverage to take new customers.

The packages are being released in limited batches over 10 months.

Jo's managing a waiting list of people living where Skinny Jump is not currently accepting new customers.

She's also been booking qualifying



people into short workshops to sign up, receive their Skinny Jump modem and start using their connection.

Tenants Steve and Phillip (above) attended the first workshop at the ŌCHT office on Kilmore Street, ahead of many more Jo's got planned in communities around the city.

Steve says the in-person training was "totally necessary" and a brilliant way to kick-start his new digital journey.

"The training is just great," he says.

The initiative is part of ŌCHT's digital inclusion work.

Our digital coaching service has helped more than 300 tenants improve their digital skills. More training is planned.

### Prizes offered for annual survey

It's nearly time for our annual tenant survey - and you could win a brand new washing machine just for giving us your feedback!

Thanks to a generous donor, every tenant who completes and returns a survey goes in the draw to win a new Miele front loading washing machine (pictured below with ŌCHT's community engagement lead Polly Peña).

We've also got a bunch of \$200 grocery vouchers up for grabs.

We'll soon send out all you need to complete your survey - please keep an eye on your postbox or email inbox from about April 11, complete the survey by May 20, and be in to win prizes!



### In this newsletter

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## Fair connects tenants and community

ŌCHT families helped make the Waltham School fair a success with the help of our whānau support worker.

Catalina, supported on the day by ŌCHT digital coach Jo, encouraged families to take part and facilitated their involvement in fundraising activities.

Two mums who are ŌCHT tenants cooked Afghani and Ethiopian food which was available to the community for a small donation.

“The mums who donated food were up preparing it in the early hours of the morning.

“They have children at the local school, so it was a lovely way to encourage families to get to know each other better, as well as raising



the profile of the school.”

More than 500 people came together for a fun day of activities, games, music and food.

Catalina hopes that there will be more, similar events to bring people together.

“The day was about kindness,

goodness and creating a sense of community,” she said.

“These types of events are just vital for community development.”

The event was organised by Christchurch City Council community and recreation advisors, Opawaho Trust / Opawa Baptist Church, Waltham Cottage and ŌCHT.

It was arranged as part of a wider community consultation process where Waltham residents, including ŌCHT tenants, were asked what could be done to make Waltham a better place to live.

The organisers said they hoped to make the fun day an annual event and to continue working with the Waltham community to improve their wellbeing and quality of life.

Catalina and the whānau support service currently work with more than 60 families at ŌCHT communities across Christchurch.

## Puāwai Kai – Pegasus Health cooking classes

Our friends at Pegasus Health are offering free lifestyle and cookery classes, including a daytime session at an ŌCHT lounge.

Puāwai – Kai is a free healthy lifestyle and cooking course for all ages. It runs for eight sessions, two hours per week. It's delivered in small groups of up to 16 participants by trained facilitators.

Its next courses start in May and one daytime course will be held at ŌCHT's Jura Courts lounge. There will also be courses in Aranui, St Albans, Hornby and Papanui.

For more details and to register for a course call them on 0800 333 405 or visit [www.puawai.org.nz](http://www.puawai.org.nz).



### How Puāwai – Kai helped Manu take control of his health

Manu was referred to Puāwai – Kai by his Kaimanaaki (Health Navigator).

The healthy lifestyle and cooking course helped the former “takeaway freak” take control of his health and better manage chronic heart and kidney conditions.



“Before I got crook, I was a takeaway freak and drunk two litres of coke a day and lots of boil ups.”

Manu says after doing the eight-week Puāwai – Kai course he “stopped panicking about what I was going to eat and how I was going to keep myself healthy”.

The Puāwai – Kai facilitators were “wonderful teachers” and armed him with lots of ideas, tips, and recipes, he says.

“I'm looking forward to embracing new challenges with the help of my supporters.

“I already use what I learnt on the cooking programme every day and am feeling better and better.”

## How to contact ŌCHT

It's always best to call us on **0800 624 456**. It's a free call number and available 24/7. We keep an eye on Facebook Messenger during business hours - but the best, quickest way to get hold of us for anything important is to call **0800 624 456** Thank you!



## Keep track of what's happening

It's getting cold and wet, but that's not stopping our progress improving homes as part of our ongoing planned maintenance programme. We've been painting and reroofing homes at Proctor Street, and we've been continuing the big job of upgrading homes at Roimata Place and Pickering Courts.

They're our biggest current projects, but we're also busy doing everything from repairing fences to maintaining trees across our city communities.

We're also planning a new cycle of external works including roof repairs and replacements, external paint jobs, paths and three-water upgrades (sewer, storm and drinking water) at many communities.

If we're planning any work in your community, we'll send you a letter with all the details. Thanks for your support as we work in your area.



### Getting cleaned up

We've been helping tenants and Clean Up Canterbury tackle rubbish.

Tenants at Norman Kirk Courts and Airedale Place recently loaded skips and celebrated a hard morning's work with fizzies and a BBQ.

We'll see if we can do more of this in the future!

## It's worth knowing

Please don't wait to call ŌCHT on **0800 624 456** if you notice something about your home that needs fixing. Things like water leaks can cause heaps of damage the longer they continue - so the sooner we know, the better.

Covid-19 is still about so we will still ask health questions when you call us to log a maintenance job. Contractors and staff will still wear a mask when visiting your home.

As ever, we ask that contractors are left to do their work - please call ŌCHT if you have any questions about their work.



## Job Club's back up and running in May

If you're looking for work, you should pop along to ŌCHT's Job Club when it starts back up in May.

Job coach Lyn is here to help you find work and become work ready.

She'll share tips on job searching, preparing for interviews, exploring employment pathways, overcoming barriers and issues and understanding the hidden job market.

Job Club is exclusive to ŌCHT tenants - it's yours to use! Please contact Lyn on **0800 624 456** if you'd like to know more.



## New homes planned for Glue Place

ŌCHT's working through plans to replace 35 one-bedroom units in Glue Place, Somerfield, with a new community that'll feature multi-bedroom homes.

It's an ideal place for more family homes - it's handy to schools and learning centres, it's not far from shops and it's just down the road from Pioneer Recreation and Sports Centre.

The redevelopment will extend onto the neighbouring land at the corner of Sparks Rd and Lyttleton St, which was previously the site of Centennial Hall.

ŌCHT's grateful for tenants' understanding as we work through the moving process ahead of preparing to close the 62-year-old complex. The new community will take up-to a year to complete.

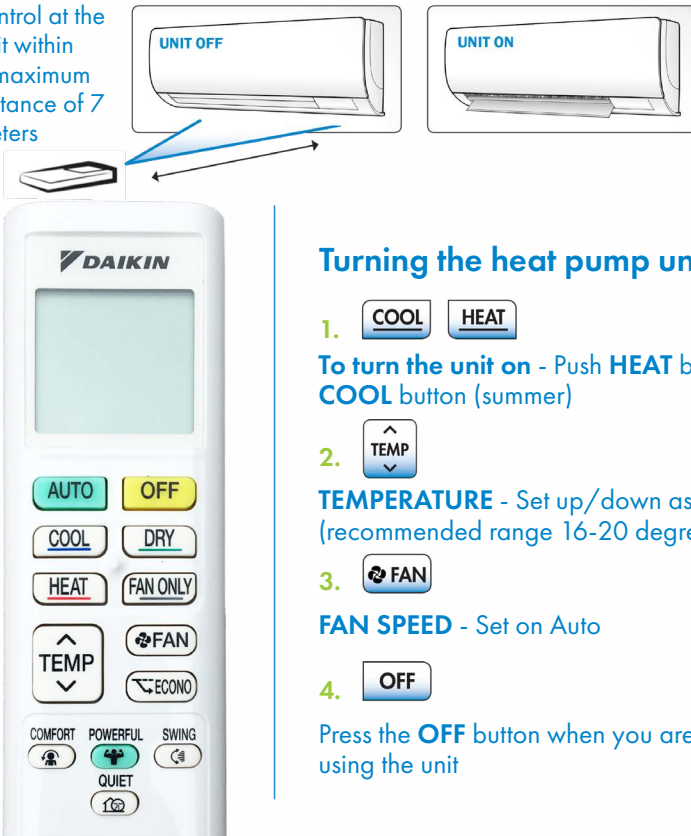
## How to use your heat pump

As we approach the colder months, you may be starting to need your heat pump. Using a heat pump is easy and can help keep your home warm, dry and comfortable. Follow the steps below for instructions on how to use it.

### Using the remote control

To use the remote control, aim it at the indoor unit. If there's anything blocking the signals between the unit and the remote control, such as a curtain, the unit may not operate. The maximum transmission distance is about 7m.

Point the remote control at the unit within a maximum distance of 7 meters



### Turning the heat pump unit on

1. **COOL** **HEAT**

**To turn the unit on** - Push **HEAT** button (winter) **COOL** button (summer)

2. **TEMP**

**TEMPERATURE** - Set up/down as required (recommended range 16-20 degrees)

3. **FAN**

**FAN SPEED** - Set on Auto

4. **OFF**

Press the **OFF** button when you are finished using the unit

## Be safe, be firewise

Winter is house fire season in New Zealand. Here's some tips to keep your home fire safe this winter:

### Don't leave your cooking

**unattended:** Keep an eye on your cooking and turn the stove and oven off when you're done or if you need to leave your home. You should also keep tea towels, oven mitts and any other flammable items well away from the cooking area. Oh, and it pays not to take a nap when you've got something on the stove!

**Check your power boards:** There's an increased chance of fire if you've got plugs in all the sockets and the board or plugs feel warm. It's often best to unplug the appliances you're not using until you need to.

**Internal sprinklers:** If you live in a home with an internal sprinkler system, please don't hang washing, decorations or anything else from the outlet. This can damage the sprinkler, prevent it from activating if there's a fire, or even cause an accidental activation and flooding.

**Shared safety precautions:** In some larger communities, the doors leading to shared spaces such as shared corridors and laundries are fire doors. Please don't prop them open - they're a means of escape and they help stop fire spreading when closed.

Please also avoid leaving things in stairwells as this is also a safety hazard.

## Want to be a voice for ŌCHT tenants?

Are you looking to have a voice in shaping the future of your community?

Join your Tenant Advisory Group!

As a member, you'll have the opportunity to share your thoughts with ŌCHT and other tenants, provide feedback on the work ŌCHT does, and organise and take part in community events.

Your input and ideas will be valued and taken into consideration in making decisions that affect you and your fellow tenants.

## Here's how to join TAG

You can get involved in a few ways:

- You might already know a TAG member at your community. Let them know you're keen and they'll get you started.
- You can let your community's tenancy advisor know you're interested and they'll get a TAG member to give you a ring. They'll answer any questions you may have, and they'll help get you involved.
- Ask for a membership form by calling **0800 624 456** or emailing **admin@ocht.org.nz**.

## Thank you!



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