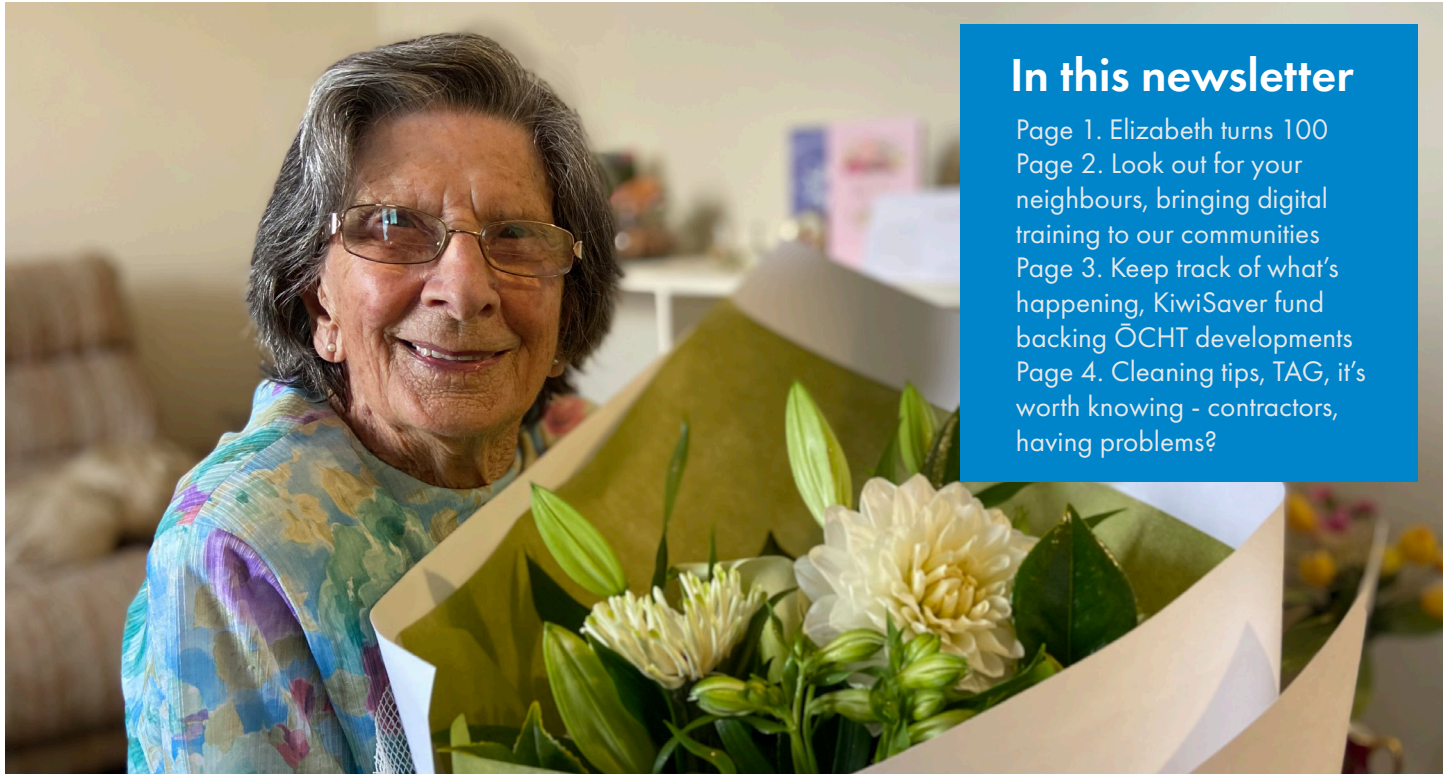


Our Chat

February / March 2023



Kia ora. Ngā mihi nui, he mihi makatia ki a koutou. Hello. Warm greetings to you all.



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Elizabeth celebrates her 100th birthday

ŌCHT's longest-lived tenant was born to a world before radio, where coal carts outnumbered cars and where kindness and neighbourliness were two sides of the same Georgian coin.

Elizabeth celebrated her 100th birthday this month with plenty of well-wishes, a family get-together and an unexpected visit and a bunch of flowers from the team at ŌCHT.

"What's this? What have I done?" Elizabeth asked without a hint of irony as she accepted the bouquet. "It must've been something, this is lovely."

She was non-plused when told she's almost certainly ŌCHT's longest-lived tenant: "That's lovely, but it doesn't worry me. It's just another day. There'll be a few more yet."

Elizabeth had already received gifts and hugs from neighbours, and 100th birthday cards were also lining the bookcase in her carefully cared-for home on her birthday morning.

Among the cards was one from

Christchurch Mayor Phil Mauer - and there was still space for messages from King Charles, the Governor General and the Prime Minister, which officials said would arrive a little late.

Elizabeth wasn't at all worried - she'd got through 36525 days without getting a message from royalty, so she could easily wait a few more days.

Elizabeth first moved to a Christchurch City Council flat in 1987. She lived at Calbourne Courts in Avonhead before the community was rendered quake prone and closed after the Canterbury earthquakes.

Before retirement, Elizabeth owned a clothing store in New Brighton and before that, she was in Australia where she was treasurer for the New South Wales Women's Bowling Association.

She'd moved to Australia in the 1970s, after "a few decades" working as a freelance bookkeeper, self-employed dressmaker and even treasurer of the New Zealand Fencing Association.

She'd been busy, and it all started when Elizabeth, her parents and nine sisters moved from Millerton, on the West Coast, to Christchurch at the height of the 1930s Depression.

They moved after Elizabeth's coal mining dad lost his job. She was 13 when she was sent out to work as a helper to a well-to-do woman in Fendalton, before she was asked to work for a city dressmaker who saw a dress she'd made for a friend. Later, she was head-hunted by a firm that sent her to university to study accountancy.

Elizabeth says she was "lucky" to have met so many kind people over the years who saw her potential. She says kindness mightn't be the secret to living a long life, but it probably helps.

She's got some other suggestions for anyone wanting to live at least as long she's planning to, too: stay active (she played sport well into retirement), cherish those close to you and, she says with a hint of a smile, eat a piece of liquorice every day.

Checking-in on each other brings help when help's needed most

A national campaign encouraging us to check in on each other reminds us of the good that comes with being an attentive neighbour.

Supported by our friends at St John, the Hello Project asks us to introduce ourselves to our neighbours, and to regularly check in on vulnerable people in our community.

It also suggests potentially vulnerable people should let trusted neighbours know what signs to look out for that might suggest they've had a mishap.

Closed curtains or windows during the day, no lights on at night, or the newspaper not being collected might be signs something's not right.

That might be enough for us to check back in and to **dial 111 if there's an emergency**.

We're grateful to the many people in our communities who keep an eye on their neighbours and respond when things go wrong.

You're vulnerable and you live alone

- Introduce yourself to your neighbours
- Give them your contact number
- Reassure them that you're okay with them checking on you
- Talk to them about what signs to look out for e.g. the curtains not pulled by 8am

You'll remember Housing Heroes Awards winners Janine and Dean both checked in on their neighbours and called 111 when they discovered they were unwell.

Recently, another man received life-saving care after a neighbour called ŌCHT to say he was acting out of character. Tenancy advisor Trudi gave him a call and realised something wasn't right, so she called 111 and asked for an ambulance.

You're neighbour to someone who might be vulnerable

- Make yourself known and get to know your elderly neighbour
- Give them your contact number
- Make a plan and talk to them about what signs to look out for e.g. the porch light left on during the day

She and tenancy advisor Lisa popped out to check and realised the man was having a stroke.

The neighbour who first raised the alarm may have saved the man's life. Trudi says the man was lucky a neighbour acted as they did.

Thank you to everyone who's looking out for their neighbours

Please remember to call 111 in an emergency.

The Hello Project

Bringing digital training to our communities on DORA the bus

Dora the digital explorer is helping tenants on their connectivity journeys.

The self-contained, feature packed mobile digital classroom has hosted keen-to-learn tenants at five of our communities including Maurice Carter Courts, Norman Kirk Courts and Cedar Park Courts.

They're making the most of the Digital Inclusion Alliance's (DIAA) Better Digital Futures for Seniors programme, a national programme that's being trialled in some of our communities.

ŌCHT digital coach Jo is helping deliver the programme for a limited, three month trial.

Tenants learn how to use digital banking safely and securely, how



to email photographs via their phones, and how to record a video.

Maurice Carter Courts tenant Graeme attended one of the visits.

He says it's a "fantastic course with a wide range of information" taught by "excellent tutors".

To anyone curious about attending but who still wasn't sure, he had this observation: it's a "great initiative, really worth it."

The bus (and Jo) will initially visit one selected ŌCHT community a week in a trial delivery programme that'll last until autumn.

Please contact Jo on 0800 624 456 if you'd like to attend a session - Dora might be in your area (or close enough) as the trial continues.

Digital Inclusion Alliance Aotearoa



Keep track of what's happening

We're working on a new approach to maintenance in our community. The team is working hard to reach more units this year, and they've already made great progress.

Major community upgrades

Wycola Courts has undergone a major transformation and works are now complete. Roimata Place is about halfway done. Pickering Courts is also coming along nicely and will be finished soon.

Roof repairs

We're making sure the roofs in our communities are in tip-top shape. Greenhurst Court's roof repair has begun. Work on Proctor Street has already started and is being completed as part of the external paint job.

Stoves

We've finished our stove upgrade project to ensure tenants have access to efficient and modern stoves.

Water main upgrades

We've finished the water upgrades in our current programme and we're planning the next round of works now. A number of our properties have older systems that will need to be replaced over time.

Trees and fences

The maintenance team continues to tend to trees and fences in the communities to ensure surroundings are well maintained.

If we're planning any work in your community, we'll send you a letter with all the details. If you have any questions or concerns, feel free to contact us on **0800 624 456**. Thanks for your understanding and support.



KiwiSaver fund backing ŌCHT developments

A multi-million dollar investment will help 35 whānau into new homes later this year.

ŌCHT has received \$14 million from KiwiSaver scheme Generate Wealth to cover the building costs of our Willard Street development.

We're using the loan to replace 26 studio units with a new community built to the New Zealand Green Building Council's Homestar 6 standard.



The new community will comprise 18 one-bed homes, seven two-bed homes, nine three-bed homes and one five-bed home. Five are accessible, and others can be converted with demand.

Contractor Consortium Construction is charging ahead on the site, which has been home to social housing since 1940!



Cleaning tips using everyday products

With all the dust and pollens in the air right now, it's a good idea to deep clean your home. These cleaning tips use every day products that you could have in your kitchen or laundry cupboard.



Shower

Mix one-part white vinegar with one-part water in a spray bottle. Spray it all over your shower and floors and then wipe down with a cloth. It's best to use a squeegee on shower glass doors.

Top tip: don't forget to clean the shower head - it's often forgotten and can get grimy in hidden, hard to spot places.

Wash your shower curtain in the washing machine with a couple of towels. Add half a cup of laundry powder and half a cup of baking soda. Wash on a warm cycle.

Toilet

Use a toilet brush and bleach to scrub your toilet clean. Scrub the toilet bowl weekly and use a cloth with a mix of water and bleach to wipe the outside of the toilet and seat.

Kitchen

Keep dishes and kitchen bench tops every day. Ants, mice and flies love leftover food so make sure to clear up food scraps and dirty dishes after every meal.

Walls

If your walls need a clean, simply wipe down with a sponge using warm water. For small marks use a magic eraser which works wonders on scuff marks.

Carpets

Vacuum regularly to remove dust and dirt from your carpet.



It's worth knowing

Please don't approach our contractors when they're working in your community. Health and safety rules mean they need a safe space to concentrate on their work. If you want to talk about their work, please call ŌCHT on 0800 624 456.



Having problems?

Unsure who to call in what situation?

Police: Call police on 111 in case of emergencies, or suspicious activities that pose an immediate threat to you or someone else's safety.

Noise control: Contact noise control if you're bothered by loud and excessive noise from a neighbour.

Council: Get in touch with the council for issues related to public amenities, such as parks, playgrounds, roads, footpaths, streetlights, waste management or environmental health.

Give ŌCHT a ring on 0800 624 456 about repair jobs, tenancy issues or anything else you're unsure of.

Want to be a voice for ŌCHT tenants?

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

Join our tenant advisory group!

As a member you'll have the opportunity to share your thoughts and concerns with ŌCHT and other tenants, provide feedback on policies and procedures, and participate in community events.

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

Join TAG!

You can get involved in a few ways:

- You might already know a TAG member at your complex. Let them know you're keen and they'll get you started.
- You can let your portfolio 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.
- You can request a form by calling **0800 624 456** or emailing **admin@ocht.org.nz**.



Thank you!



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