

WAYS TO REDUCE YOUR ENERGY COST



Making changes in your home can make a big difference to your energy costs and environmental impact.

Around the Home Tips

- Use clothes racks instead of dryers to dry your clothing.
- Turn appliances off at the wall when not in use.
- Swap short car trips for walking or cycling.
- Drying clothes inside under the fan can help to circulate cool air and keep the room cool. Alternatively, during the cooler months, you can keep the room warm by closing the windows late in the afternoon to keep the warmth from the sun in.

Air Conditioning Tips

If your air conditioner is dripping down the wall inside from the unit, try:

- Change the temperature to 25°C.
- Change the mode to dry/drip (varies from unit to unit).
- Turn on the dehumidifier if your air conditioner has this feature.
- Turn the fan down to half speed.

Run the unit at these settings for a while to see if that helps resolve the water dripping. If not, report the matter to our friendly team who will be able to provide advice or action (depending on who owns the air conditioner) to help prevent any long-term damage to the property and help keep your energy costs down.



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PUBLIC HOLIDAY CLOSURE DATES

All RHL offices will be closed for the following public holidays:

- 7th April 2023 – Good Friday
- 10th April 2023 - Easter Monday
- 25th April 2023 – Anzac Day

Door42 and our On-call services will remain staffed during the public holidays.

FREE LOCAL COMMUNITY EVENTS

BUNDABERG

Move it Expo - come along and enjoy a showcase of the region's local sporting clubs, fitness trainers, health and wellbeing experts and recreational activities. Enjoy fitness demonstrations, free samples and great prizes up for grabs on the day.

- 12th February 2023.
- 10:00 AM to 1:00 PM
- For more information, visit: Move It Expo | What's on Bundaberg

TOWNSVILLE

Riverway Movies - pack a blanket and head down to Riverway with the kids for Riverway Movie Nights.

- Fri, 17 Feb 2023 – 6:30 PM to 8:00 PM
- Fri, 17 Mar 2023 – 6:30 PM to 8:00 PM
- Fri, 21 Apr 2023 – 6:30 PM to 8:00 PM
- For more info, visit: Riverway Movies | What's on Townsville

FRASER COAST

Join Council's Natural Environment team for our next community tree planting event.

- Tree planting (opposite Baycrest Retirement) Doolong Road, Kawungan
- Saturday 4 March 2023, 8am-11am
- Plants, tools, gloves and guidance are provided.
- BBQ breakfast (including tea and coffee), children's activities and eco walk also included.
- No registration required, see you there!

Relaxing with Meditation

Did you know meditation can help your body and mind to relax and feel calm? Did you know there are emotional and physical benefits to meditation?

Meditation works best when done regularly and although there are a number of different techniques to explore the general ideas are similar.

3 – 15 MINUTE MEDITATION EXERCISE

- Find a quiet space
- Get comfortable, this could be sitting, lying down or even standing
- Relax your body
- Close your eyes
- Take a deep breath in and hold for 3 seconds
- Breath out – sigh it out to fully empty your lungs
- Repeat breathing in and out, keeping focus on your breathing

For more information and resources, visit:
<https://www.healthdirect.gov.au/meditation>

FROZEN FRUIT KEBABS

- 3 Bananas
- ¼ Watermelon
- Punnet of Blueberries
- 2 Oranges
- 2 Pear
- ½ Rockmelon
- Punnet of Strawberries



METHOD:

Step 1: Peel bananas and oranges - then cut into wedge size pieces.

Step 2: Cut watermelon and rockmelon free from the skin and dice into wedge size pieces. Peel pear and dice into wedge size pieces also.

Place all fruit – either in separate bowls or on cutting board – separate from each other.

Step 3: Thread fruit onto wooden skewer – alternating fruit choices.

Step 4: Place completed skewers on tray, Cover with plastic wrap and place in the freezer. Allow to freeze – then enjoy 😊

Alternative to recipe:

- Choose own favorite fruits– Mango, Pineapple, Kiwi fruit etc.
- Break up chocolate block 250g – melt in microwave and drizzle over fruit kebabs before freezing – Delish...



Tenancy Facts

Noise Disputes

Disputes often occur when the peace, comfort or privacy is disturbed from other tenants, Neighbours or community members.

When the dispute is in regard to excessive noise, we encourage you to contact the Police as the disturbance is occurring.

This is because the Police have the jurisdiction to take immediate action to achieve an outcome (stop the noise).

If the police has deemed the noise to be excessive than Regional Housing Limited can act accordingly, in line with the Residential Rooming and Accommodation Act 2008.

REMINDER to LOCK UP

**Community and police working together
to make our communities safe.**



LOCK

- Lock up** (cars and property)
- Out of sight** (valuables and money)
- Contact police** (crime or information)
- Keep a look out** (community awareness)

If it's an emergency or there's immediate danger,
call Triple Zero (000) otherwise,
Pause. Think. Search Policelink online.

Prevention Together
Prevent | Disrupt | Respond | Investigate

Tenant Responsibilities

As a tenant of a residential property in Queensland you have rights & responsibilities.

A reminder that as the tenant you are responsible for:

- Paying your rent on time.
- Keeping your house or unit clean and tidy, having regard to the property's condition at the commencement of your tenancy.
- Reporting maintenance and damage as soon as possible.
- Repairing damages caused by yourself, or your visitors, with fair wear and tear excepted.
- Ensuring you do not cause a nuisance or disturb the peace, comfort or quiet enjoyment of your neighbours or members of the community.
- The actions and behavior of your visitors/guests are your responsibility.
- Ensuring you have written permission from RHL for any modifications or changes to the premises - e.g., air conditioner installation or hooks.
- Ensuring you have written permission from RHL to sublet or have any occupants who are not listed on your tenancy agreement stay at the premises.

Easter Word Search

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

1. Sunday
2. Chocolate
3. Chicks
4. Hunt
5. Bunny
6. Carrot
7. Decorate
8. Eggs
9. Basket
10. Easter

THE 'NO SPEND' CHALLENGE

A 'No Spend' challenge is a way to refresh your spending habits and turn saving into a game. Try and cut out all non-necessary spending for a set amount of time.

This can help you get back on track after overspending, save money towards a goal, pay off debt or simply give your bank account a boost.

Pick a time frame and off you go. It could be a couple of days, a week or even a month!

Keep a diary of the amounts you successfully said "no" to and at the end of the challenge see what money you have saved.

This is also a great way to identify your spending habits.



COMMITMENT TO CHILD SAFETY AND WELLBEING

RHL is committed to upholding and protecting the safety and wellbeing of children and young people accessing our services. A child safe cultural is embedded throughout the organisation through the development and implementation of our policies, procedures, Child Safety Code of Conduct and staff training. For more information, RHL can be contacted via our Contact Us details provided below.

FEEDBACK

We appreciate your feedback. Feedback from the community provides important information to RHL on areas we are working well in and areas we may need to improve and suggestions you may have on what is missing from our services. If you would like to provide any feedback, you can contact us to complete a survey.

The NDIS Quality and Safeguards Commission is an independent agency established to improve the quality and safety of people with disability. If you are a person with disability (or an advocate or decision-maker), and you are unhappy with how we have handled your feedback, you can contact the NDIS Commission at any time.

CONTACT US

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USEFUL NUMBERS

Emergency Services 000
Crime Stoppers 1800 333 000
Police Link 13 14 44
Ergon Energy (Faults) 13 22 96
SES 13 25 00
Lifeline 13 11 14