



KEEPING WARM WHILE KEEPING SAFE

Cooking

- Do not leave cooking unattended
- Cooking fires are the most common cause of residential fires

Electrical

- Check electrical appliances are in good working order
- Do not use appliances with worn or frayed cords
- Avoid overloading power boards

Open Flames/Fire Places

- Always extinguish open flames before leaving the room
- Store matches and lighters in a secure place
- Take care when using candles and do not leave unattended
- Ensure cigarettes are completely extinguished

Heaters/Electric Blankets

- Keep a space of 1m clear around heaters
- Be aware to place heaters a safe distance from bedding, curtains and clothing
- Always turn electric blankets off before going to sleep
- Avoid storing electric blankets in a tightly folded manner – this may break the fine wires inside the blanket and result in a fire

Wheat Bags

- Do not over heat
- Do not store in beds or under blankets – heat will not be able to escape and can result in spontaneous combustion

Other ways to keep warm that can be safe include:

- Layering light weight clothing
- Placing additional blankets on the bed (not electric blankets)
- Closing windows and doors
- Close curtains or covering windows with blankets

IN THIS EDITION

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- Public holiday closure dates
- Pumpkin soup recipe
- Tips to reduce your grocery bills
- Electric heater safety tips
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PUBLIC HOLIDAY CLOSURE DATES

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

Thursday 1st June - Bundaberg Show
Monday 3rd July - Townsville Show

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



PUMPKIN SOUP

Ingredients:

- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 leek, finely sliced
- 1 garlic clove, crushed
- 1/2 tsp ground coriander
- 1 tsp ground cumin
- 1/2 tsp freshly grated nutmeg
- 1kg peeled pumpkin, diced
- 1 large potato, peeled, diced
- 1Lt chicken or vegetable stock
- 1/2 (125ml) cream

Instructions:

1. Heat oil in a large saucepan over low heat, add onion and leek and cook for 2-3 minutes, until softened but not coloured.
2. Add garlic and spices and cook, stirring for 30 seconds. Add pumpkin, potato and stock and bring to the boil. Turn heat to low, cover and simmer for 30 minutes. Allow to cool slightly, then blend in batches.
3. Return soup to pan, stir through cream and reheat gently. Season and add a little more nutmeg if desired.
4. Top with any desired toppings or serve with fresh toast.

TIPS TO REDUCE YOUR GROCERY BILL

- Meal Plan - this lowers the cost at the checkout, reduces food wastage, saves you time and can reduce the amount of times you go to the supermarket
- Write a shopping list and stick to it
- Freeze left overs
- Look out for specials or multi buys
- Check out the pantry, fridge and freezer - what do you have in there that you can use in your recipes for the week
- Plan easy meals on days you know you will be busy
- Keep your meal plan on the fridge
- Plan for a left over night
- Have an easy standby - for those nights where you don't feel like cooking - e.g. toasted sandwich, meat pie with veges, baked beans - this is easy and can save you money on take away



ELECTRIC HEATER SAFETY TIPS

- Keep items away from the heater, at least 1 metre
- Heaters should not be plugged into a power board or extension cord
- Never leave a heater unattended
- Don't leave your heater on high
- Discontinue use if you suspected any faults
- Always keep your heater on the ground
- Don't put anything on or near by your heater





FURRY FRIENDS

We all love our furry friends who become more of a family member than a pet. Not only do animals reduce stress levels but they provide comfort and support for our well-being.

Before thinking about adopting a furry friend, we ask that you consider all factors and be sure that you're ready to love and care for your new family member.

You should consider the following:

- Is your property and yard suitable for the animal
- Would your pet interfere with the reasonable peace, comfort and privacy of neighbours
- Familiarise yourself with the Animal Management Policies as defined by your local council

If than you wish to adopt a pet at the property during a tenancy, you must seek written approval from the property manager/owner to keep a pet at the rental property. A Form 21 (Request for approval to keep a pet in a rental property) should be completed and submitted to Regional Housing Limited for consideration. Upon receiving this request, our office will respond to you in writing within 14 days.

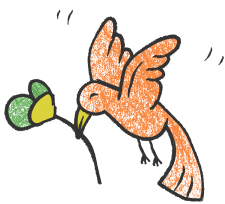
SCHOOL HOLIDAY ACTIVITIES

Beat the boredom this coming school holidays with free events and activities.

- Make a pillow fort. The classic living room fort that sparks the creative engineer inside us all
- Bake something delicious - cupcake decorating competition
- Play Bust The Balloon – put a “silly instruction” in balloons and take turns busting them
- Make cloud dough – 1part baby oil to every 4 parts of flour - add food colouring
- Board games / puzzles – turn a drawing/painting into a puzzle
- Collect smooth stones, paint them with pictures and use them to make story stones
- Arts and crafts

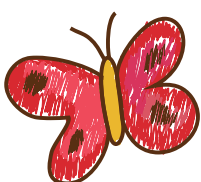


INSECTS WORD SEARCH



- ANT
- APHID
- BEDBUG
- BEETLE
- BUMBLEBEE
- BUTTERFLY
- CATERPILLAR
- COCKROACH
- CRICKET

- DRAGONFLY
- EARWIG
- FLEA
- GRASSHOPPER
- HORNETT
- KATYDID
- LADYBUG
- LOCUST



SPRING GARDEN AWARDS

Our 2023 Spring Garden Awards is now open and we would love for all tenants to get involved. We are sure there will be a category to suit even the beginner gardener, and of course there will be prizes to be won.

- **Best Edible Garden**
- **Best Lawn**
- **Best Courtyard**
- **Children's Entry**
- **Balcony Garden**
- **Most colourful Garden**
- **Best Communal Area Garden**

All photographs must be taken between Thursday 4th October and Tuesday 31st October 2023.

To Enter:

- Complete the online nomination form via our website OR collect a form from one of our offices and submit to RHL by one of the following methods:
 - Post to Regional Housing Limited, PO Box 540, Bundaberg QLD 4670
 - Deliver in person to one of the RHL office's in Bundaberg, Townsville or Hervey Bay
 - Email to info@regionalhousing.org.au
- Nomination forms are to be submitted to RHL by **4:30pm, Tuesday 31st October 2023.**

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 culture 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

Post PO Box 540
Bundaberg QLD 4670
Phone 07 4153 1239 or 1300 642 123
Email info@regionalhousing.org.au
Website www.regionalhousing.org.au

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