

He Whare Taonga Newsletter



Bi-monthly Newsletter March – April 2025

He Whare Taonga is a Healthy Housing Programme offered by Health New Zealand | Te Whatu Ora National Public Health Service in the Wellington region, supporting whānau to make their homes **warm, dry and safe**.

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Housing plays a major role in people's health and wellbeing, and their ability to live well. We offer a FREE housing assessment by our nurses with you in your home. We aim to improve your health and wellbeing by offering useful tips, assistance, and advice to stay warm, dry and healthy.

Our assessment helps to determine the things in your home that affect the health of your whānau. We discuss health and social concerns, and work with you on a plan to address these.

We can provide housing items directly such as bedding, heaters, mould kits and curtains. We engage with landlords and homeowners around heating, insulation and other housing upgrades.

Please apply for a FREE healthy housing assessment – we welcome all enquiries and will come back to you quickly.

Kia ora from He Whare Taonga

Welcome to the first edition of the He Whare Taonga newsletter!

He Whare Taonga means House of Treasures and reflects how we see both the whānau that we visit and their whare. The He Whare Taonga team are Public Health Nurses, Latisha Coffey and Lisa Callaghan, Team Lead Gail O'Leary and Clinical Nurse Specialist Helen Ryan. Providing essential support to the programme are Technical Officers Maria Sempio and Chelsea Winika.

We have recently said goodbye to Public Health Nurse, Tracey Hilt, who has an exciting new job opportunity. We will miss her and wish her well! We hope you enjoy our newsletter showcasing our amazing mahi and make referrals to our service for the whānau you work with. Please visit our website for further information about our service:

info.health.nz/locations/wellington-hutt-and-kapiti/nphs-greater-wellington-region/housing-he-whare-taonga

Visits and interventions to date

- From July 2024 to March 2025, He Whare Taonga visited 110 whānau
- All whānau received a mould cleaning kit, hygrometer, Scoopy and Grab Bag with first aid kit
- Whānau received 789 Healthy Housing interventions to keep their whare warm & dry
- He Whare Taonga advocated for 89 whānau to health and social agencies

Haere ra to Summer

Saturday 1 March 2025 marked the first day of Autumn with the clocks going back on Sunday 6 April. This means less daylight and cooler temperatures. Autumn is a great time to get your whare ready for the cold Winter months.

Latisha and Lisa have undergone Home Performance Advisor training. This is a professional course which covers all aspects of healthy housing. Autumn is a great time for a Healthy Homes Assessment, in terms of identifying draughts throughout the home, cleaning the heat pump filter and preventing moisture in the home through ventilation.

Ventilation

Now is a great time to make a plan for ventilating your home over Winter. It is natural to keep windows and curtains closed during the colder months. However, this has a huge impact on air quality and your health. Blast ventilation involves opening windows for 10-15 minutes 2-3 times a day for air exchange. This removes the old, damp air and replaces it with drier air, which is easier to heat.

Education / Top Tips

A hygrometer measures the humidity (amount of water vapour) in your home. Wellington is naturally very humid, with higher levels during the winter months.



- Healthy humidity levels in the home are below 60%
- Open windows to reduce humidity levels
- Lower humidity levels reduce mould growth
- Use extractor fans where available

Presentations / Events

He Whare Taonga attended a range of Community Events over summer, including Christmas in the Nui and Christmas in the Hood. These are a great opportunity to connect with the community, provide on-the-spot advice and generate referrals. All while having fun in the sun!

Latisha & Lisa are keen to get out and korero with hospital wards / services and community groups about the awesome mahi of He Whare Taonga. Please get in touch NOW to arrange a presentation.

Whānau feedback

"Thank you, this is amazing, thank you for the simple ideas and tips to keep our home safe, warm and dry. This will save us a lot of money and keep our dad well and out of hospital."

"My breathing feels so much better; I am not coughing at night and my home is warm."



The next edition of He Whare Taonga Newsletter will focus on:

- Winter essentials for keeping warm and dry at home
- Heating and Curtains