



### If you need a hand:

Visit your **GP** team if you're feeling unwell, or after hours phone your GP's rooms for free advice from trained registered nurses.

The **Earthquake Support Coordination Service** can put you in touch with the services you need. Call 0800 777 846 and they will come to you if required.

Contact **Community Energy Action Trust** for information, advice, subsidies and extra funding to keep your home warm. Call 0800 388 588 or visit [www.cea.co.nz](http://www.cea.co.nz).

If your main form of heating was lost or damaged in the earthquake, call **EQC** on 0800 DAMAGE (0800 326 243) or visit [www.eqr.co.nz](http://www.eqr.co.nz).

**Age Concern** can assist with repairs for homeowners who are elderly, and can arrange for a Community Nurse to visit if there are urgent health issues. Call 0800 803 344.

The **New Zealand Fire Service** offers a free fire safety inspection for your home before winter sets in or while you're awaiting repairs. This includes providing smoke alarms and batteries if needed. Call 0800 NZ FIRE (0800 693 473).

If you, your child, or your family has health issues this winter, you could be eligible for financial support from **Work and Income**. Financial assistance could also be available to meet essential heating needs. Call 0800 559 009.

The **Tenants Protection Association**, call 03 379 2297 or visit [www.tpa.org.nz](http://www.tpa.org.nz), has helpful information for both tenants and landlords. If you are having problems with your rental housing talk to your landlord first.

It's definitely all right to ask for help, and free help and support is still available to all Cantabrians through the Canterbury Support Line 0800 777 846 or check out [www.allright.org.nz](http://www.allright.org.nz).

*Most of these organisations have interpreters available if necessary.*

healthy   
Christchurch

[www.healthychristchurch.org.nz](http://www.healthychristchurch.org.nz)

*A CDHB led intersectoral partnership  
with 200+ signatory organisations*



# MAKING YOUR HOME WARM AND DRY

# STAY WARM AND WELL THIS WINTER.

**Here are some tips to help you keep your home as warm and dry as possible this winter.**

### **Get rid of dampness**

- Air your home on warm sunny days, or when there's some wind.
- Use the ventilation fan in your kitchen and/or bathroom if you have one.
- Dry wet clothes outside in the sun rather than inside your home.

### **Stop heat escaping**

- Try to seal gaps around window and door frames to prevent draughts. Use lined curtains and door snakes to help retain the heat.
- Take advantage of the sun by opening your curtains during the day and closing them at sunset.
- To reduce the amount of heat going out your windows you can use a DIY window insulation kit. These kits can be purchased from Community Energy Action - call 0800 388 588 or visit [www.cea.co.nz](http://www.cea.co.nz) for more information.

### **Get good winter curtains**

- If you have a Community Services Card, you can contact Community Energy Action Trust's Curtain Bank (0800 GET WARM) for free lined curtains.

### **Spread your power bill**

- You may be able to spread your power bill payments evenly across the year so that there are no surprises. Talk to your power company on how to do this.
- Make sure you are on the right plan for your home with the cheapest provider. Use the Powerswitch website or contact Community Energy Action's Advice Service (0800 388 588) if you need help with this.
- If you need help with your power bills contact your power company first of all. You can also get in touch with Work and Income, and after that you can try the Mayor's Welfare Fund.

### **Make sure your heating is safe**

- It is important to get your open fire, log burner or installed gas heater checked for earthquake damage. Unseen damage may cause a fire weeks or months later.

### **Check your insulation**

- If you have had emergency repairs done in the roof, check your insulation in case it has shifted.
- Contact Community Energy Action's Advice Service (0800 388 588) - they may be able to assist with getting you affordable insulation.

