



HEALTHY HOME TIPS

Having a healthy home is not only beneficial to the health and wellbeing of you and your whānau, it can also help you save money, leaving you with more money to do other things.

Below are a few simple tips to help you create a warmer healthier home.



Curtain Bank

Having curtains helps to keep the heat in your home in the winter months. If your home needs curtains, you can head to the curtain bank located at the Koha Shed in Whanganui. **The Koha Shed is at 88 Duncan St, Whanganui East, Whanganui, or call 027 404 0240.**



Electricity & Gas

Did you know that you can check to see whether you're getting the best electricity and gas deals? All you need is your most recent bill. To find out whether there is a cheaper option for you, head to the Power Switch website: **www.powerswitch.org.nz/whatsmynumber**



Energy Smart

Home insulation is the key to a warm and healthy home. Having insulation guarantees that heat will remain in your home and won't escape through the ceiling and floors. Home owners can apply to have their homes assessed for insulation with the costs reduced depending on your circumstances. To get a free assessment, check out the Energy Smart website: **www.energysmart.co.nz or call 0800 777 111**



Smoke Alarms

To check whether your smoke alarms have been correctly installed or to have your smoke alarms installed, you can contact the Whanganui Fire Brigade who will happily assist you. **Simply call 021 929 193 to arrange an appointment.**



Tenancy Advice

If you rent and are unsure whether your home is insulated or would like to know more about health home standards and your rights as a tenant, head to the tenancy website: **www.tenancy.govt.nz**

