

ADVERTISING PROOF	CUSTOMER	HUTT VALLEY DISTRICT HEA	PUBLISHING	04/11/14	SALES REP	AHUMPHREYS	PUBLICATION	KAPI-MANA NEWS	SECTION	RUN OF PRESS
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Healthy Heating Porirua Pilot

The World Health Organisation recommends a room temperature of 18 degrees and 20 degrees if children, older people, or people who are unwell in the home. Keeping bedrooms warm at night (minimum 18 degrees) is particularly important to protect lung health and prevent hospital admissions for illnesses such as asthma, bronchitis, pneumonia, rheumatic fever.

For many families, keeping a home warm is difficult due to high power costs, low levels of home insulation, and lack of knowledge. The poor condition of some rental homes properties is also a concern. Under the Porirua Social Sector Trial, a new multi agency pilot aims to reduce the barriers and find solutions to housing and heating concerns raised by local families.

From November 2014 until June 2015, **He Kainga Oranga Housing and Health Research Programme, Work and Income, Housing New Zealand, Regional Public Health's Healthy Housing Assessment and Advice Service, and Sustainability Trust Warm Fuzzies Programme** will work with families to find practical solutions to issues raised by families during a home visit by people experienced in housing assessments. The solutions found during the pilot will be shared with other agencies and families in the region.

Before a home is heated well, installing insulation is an important step, as without it money spent on power and heat is wasted through the ceiling, roof, and under floor. To save heating costs, free insulation is available using the Warm Up New Zealand insulation subsidy scheme for home owners with a community services card, or landlords who rent to tenants with a community services card. Draft stoppers and good curtains also help prevent heat loss. These are available for community service card holders via Wellington Curtain Bank run by Sustainability Trust.

For more information on issues below contact

- **Insulation providers:**

- Energy Smart 0800 777 111 wellington@energysmart.co.nz

- Right House 0800 744 569 Healthy-Homes@righthouse.co.nz

- Sustainability Trust 0508 78 78 24 office@sustaintrust.org.nz

- Warm Up Wellington 0800 782 653 assess@theinsulationcompany.co.nz

- **Wellington Curtain Bank:** www.sustaintrust.org.nz/curtainbank

- **Healthy Heating Pilot:** clare.aspinall@huttvalleydhb.org.nz

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Regional Public Health
Better Health For The Greater Wellington Region



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