



World Environment Day

Celebrate the biggest day for positive environment action!

Sunday June 5th

AWESOME RECYCLE IDEAS



Suitcases and cushions into cat or dog beds



Tyres into garden boxes



Cookie cutters from aluminium cans



See tutorial on page two...

Welcome to the June 2016 Issue of The Neighbourhood Support Newsletter!

To survive winters, many animals have developed various survival techniques, such as migrating, hibernating, storing food, changing colours, or growing thicker fur. We, humans, don't have a luxury of, say, hibernating during winter, but we can make our days slightly warmer by being there for others and spending an occasional evening having a cuppa with your neighbours. Stay warm and safe this winter!

Saniya Yuzipova

Keeping warm this winter

Winter is coming, get the tips on how to stay warm and avoid huge power bills.



If you have rattling windows, cut the draft using foam draft strips in the window. They can make a huge difference! You can also use masking tape or duct tape to seal the gaps if it doesn't need to be opened during winter.

Heavy thermal curtains are a good idea to reduce heat loss, however they are quite expensive when in season. As an option, hunt for cheap fleeces in charity shops. They can be safely pinned to the back side of curtains or hang them using the existing rail and shower curtain. They will then draw with your curtains and are easily removable in Spring.



If you like having a hot cup of drink, don't boil the kettle each time you want to have a cuppa.

Keep hot water in a thermos.



MAKE A COOKIE CUTTER FROM AN ALUMINUM CAN

You will need:

- * Empty clean soda can
- * Scissors
- * Sand paper
- * Stapler
- * A piece of cardboard
- * Pen



What to do:

1. Carefully cut the top and bottom off. Wearing protective gloves is highly advisable, since aluminum edges can cause serious cuts.
2. Cut stripes out of the soda can, smoothing these stripes with sanding paper.
3. Print or draw your shapes onto some paper.
4. Cut out these shapes out on cardboard.
5. Use these cardboard shapes to make a cutter by "wrapping" your metal strip around it, in order to take on the shape of the object.
6. Finish the bending part, staple the two ends together.



* Share with me your ideas of recycling of repurposing pre-loved stuff!

Winter Driving Tips

Winter driving can bring testing conditions for all drivers, whether it's gently falling snow, lashing rain and hail or icy roads.

Keep your vehicle well maintained: old worn out tyres won't hold the road in winter conditions as well as those with a good, deep tread.

Driving too fast through water could lead to tyres losing contact with the road. If your steering suddenly feels light you could be aquaplaning. To regain grip, ease off the accelerator, do not brake and allow your speed to reduce until you gain full control of the steering again

Driving in windy conditions

- Be prepared when driving in exposed areas, vehicles could be hit by sudden gusts of wind. So make sure you hold the steering wheel firmly, strong gusts can catch you off guard.
- Be very careful when overtaking high-sided vehicles – driving past large vehicles can result in a sudden gust from the side as you clear
- Give cyclists, motorcyclists more room than usual. They get blown around easily by side winds.



- Ice is one of the most hazardous of all driving conditions. Black ice is particularly treacherous because it is transparent and hard to spot.
- Make sure you windows are completely clear before you start driving. Reduced visibility can be extremely dangerous.
- If you do encounter a skid, steer gently into it - for example, if the rear of the car is sliding to the right, steer to the right. Do not take your hands off the steering wheel or stamp your foot on the brakes
- And last of all: Be considerate to other road users and try not to spray pedestrians and cyclists as you drive through water.

Family violence - a very real problem

The phrase "It's not OK" has become part of our everyday language in that many people understand that it's referring to family violence. This has made it easier for people to start a conversation about what's happening; how they can get help or offer support.

Family violence can be physical, sexual, psychological or financial and can include neglect. It is never OK for your partner or any member of your family to use violence to hurt or control you. Survivors say psychological abuse attacks their spirit and self-esteem and its effects can last a long time.

Family violence includes, but limited to:

- Making you feel like everything you do is wrong
- Humiliating you in front of your friends
- Damaging property/walls/possessions to scare you
- Making you isolated and alone
- Threatening to take the children away or hurt them
- Making you feel scared of what might happen next.
- Hitting and punching
- Biting, pushing, choking or pulling your hair
- Using or threatening to use weapons.
- Taking your money or property
- Running up debts in your name
- Not providing food, clothing and warmth

**FAMILY
VIOLENCE
IT'S NOT OK**

- Not providing medical treatment.

It is never OK for your partner or any member of your family

to use violence to hurt or control you.

Family violence is a crime. You can report any family violence to Police or Child, Youth and Family.

Call the Police on 111 if you think you or someone else is in danger.

If it's not an immediate crisis but you want support or someone to talk to about your concerns, phone our information line for local services that can help you: 0800 456 450 or go to www.areyouok.org.nz for more information. Family violence thrives in secrecy. The sooner you reach out to someone who is living with violence, whether they are the victim or perpetrator, the sooner they can get help.





Welcome to:

*Stirrat Street, Oteramika Road (beginning),
Catherine Street and Rockdale Road!*

Heywood St

Neighbourhood
Support
Group:

Heywood
Street



On Sunday 1 May a small group of Heywood Street residents got together to discuss local matters, and in particular security around our homes. It was generally agreed that neighbours getting to know one another and noticing each other's normal comings and goings plays an important role in keeping our homes safe.



We think most long term residents want to know their neighbours, but some need a push to make the initial contact. Perhaps that is something everyone should work on this year - get to know your neighbours!

Pat Dennis



Car Issue

Is there an issue in your neighbourhood?
You can make a difference!

One of our proactive Contact People has complained to the police about cars speeding up and down the street.

Huge thank you, we now
see some action!

It is surprising how many
speeders are on the street,
the police are catching
many offenders.

Big thanks from all the
residents in the Street!



Invercargill
Neighbourhood Support

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