



NAIDOC Week

Sun, Jul 2, 2023 - Sun, Jul 9, 2023

NAIDOC Week occurs annually in July, and celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians all over the country and overseas.

Here are some ideas on how to celebrate NAIDOC Week:

- Display the National NAIDOC Poster or other Indigenous posters around your classroom or workplace.



- Listen to Indigenous musicians or watch a movie about Aboriginal and Torres Strait Islander history.
- Run an art competition for your school or community.
- Host a community BBQ or luncheon.

How are you planning to celebrate NAIDOC Week?

Meet the Team

Cliff Kelly



Cliff is a proud Dunghutti man. Cliff has been working at Many Rivers Regional Aboriginal Housing in Port Macquarie since May 2022 as an Asset Officer. He uses his background in carpentry to attend to property repairs and helps to scope properties that can provide stable and loving homes. In his spare time, Cliff loves to focus on his wife and family, taking his five kids to their sporting events, or enjoying the footy on TV in his quiet time.

Lorna Clarke

Lorna is a proud Worimi/Biripi woman, who has been with Many Rivers Regional Housing since January 2023. Lorna is enjoying all the learning and experiences she has gained with being a Housing Cadet. She is enjoying her team and their supportiveness; she especially enjoys getting to engage with community. She has prior experience in the Government Sector and the Disability Sector. Lorna's passions are friends, family, outdoors, and social politics.



Dealing with Rodents

As the weather cools down across Australia, we may see an increase in mice, rats and other rodents as they try to escape the winter temperatures. There are a number of things you can be doing to prevent these rodents from entering into your property and causing problems.

Identifying Rodent Infestations

Recognising the signs of a rodent infestation is crucial in taking early action. Common indicators include droppings, gnaw marks on furniture or food packaging, grease marks along walls, and scampering noises in ceilings or walls. If you notice any of these signs, it's important to act promptly to prevent the situation from escalating.

Maintaining Cleanliness

Rodents are attracted to food sources and unclean environments. By following good hygiene practices, you can significantly reduce the likelihood of an infestation.

Some key steps to take include:

- Store food securely in airtight containers, including pet food.
- Regularly clean up food crumbs and spills promptly.
- Dispose of garbage in sealed bins and ensure regular trash removal.
- Keep common areas, storage spaces, and living areas clean and clutter-free.

Sealing Entry Points

Rodents can squeeze through surprisingly small gaps and cracks. By sealing off potential entry points, you can prevent them from gaining access to your living space.

Pay attention to the following areas:

- Install door sweeps and weather stripping to block gaps under doors.
- Seal cracks and holes in walls, floors, and foundations using caulk or steel wool.
- Cover ventilation openings with fine mesh screens.
- Inspect windows for gaps and install appropriate seals if necessary.

Outdoor Maintenance

Maintaining the exterior of your rental property is also essential in keeping rodents away.

Pay attention to the following areas:

- Trim trees and shrubs away from the building to eliminate potential bridges for rodents.
- Keep outdoor garbage cans tightly closed and away from the building.
- Regularly inspect and repair damaged roofing, siding, and gutters that may provide access points.

What to do if you have a rodent problem

Remember, a proactive approach is key to preventing rodent infestations. By implementing these preventative measures and promptly addressing any signs of rodents, you can create a pleasant living environment for yourself and your neighbours.

Contact our Team

If you've followed preventative measures but still experience persistent rodent issues, it's advisable to seek professional assistance. Please contact Many Rivers Aboriginal Housing by phoning our office on (02) 6562 2576 or by completing a repair request online.

Supporting each other during the winter months

As the winter season approaches, it's the perfect time to reflect on the importance of coming together as a community and lending a helping hand to our neighbours. The colder months can present unique challenges and hardships, but by fostering a spirit of care and support, we can ensure that everyone in our community stays warm, safe, and connected.



Checking in on Elderly and Vulnerable Neighbours

Winter weather can be particularly challenging for older adults or individuals with limited mobility or health issues. Take a few moments to reach out to your elderly or vulnerable neighbours to see if they need any assistance. Offer to help with running errands, or picking up groceries. A simple act of kindness can make a world of difference to someone who may be struggling during the winter.



Sharing Information and Resources

Join a local Facebook group where you can share important winter-related information within your community. Look out for updates on severe weather conditions, road closures, local shelters, and other relevant resources. By keeping each other informed, we can collectively navigate any challenges that arise during the winter months.



Hosting Community Gatherings

Create opportunities for neighbours to come together and enjoy the warmth of community connections. Community gatherings foster a sense of belonging, combat feelings of isolation, and create lasting bonds among residents.



Volunteering for Local Organisations

Winter can be an especially busy time for organisations that support those in need. Reach out to local charities, shelters, or food banks to offer your time as a volunteer. Whether it's serving meals, sorting donations, or participating in outreach programs, your contribution can make a significant impact on the lives of individuals and families experiencing hardship.

Remember, small acts of kindness and a collective community effort can go a long way in making the winter months more bearable for everyone. By looking out for one another, we can build a stronger, more resilient community that thrives year-round.



Staying Warm During Winter

1

Layer up. Wearing lots of layers, rather than one thick piece of clothing, is a smart way to keep warm in winter. Base layers such as thermal vests or long sleeve tops are fairly inexpensive and can work well to trap heat. Keep a look out for clothing made from wool, cotton or fleecy fabric.

3

Make warming food and drinks. Eating a healthy balanced diet that includes at least five portions of fruit and vegetables per day can help your immune system to work well during winter. Have regular hot drinks and food such as porridge, soups and stews to keep yourself warm.

2

With energy bills more expensive than ever before, here are some budget-friendly ways to stay safe and cosy this winter.

4

Keep draughts out and heat in. Try to block any areas in your home that are particularly draughty, including around window frames, keyholes and under doors. Keep your curtains open in the day to let light and warmth in, and draw them before it gets dark to avoid losing heat.

Get moving. Keep as active as possible to boost your circulation. Move around at least once an hour and avoid sitting still for long periods. Even light exercise will help keep you warm. When you do sit down, put your feet up as it's the coldest near the ground.

Keeping our community homes in top shape is our priority. Submit a repair via phone on 02 6562 2576 or via our website mrrahms.com.au