



## Rise Tenant Newsletter *May 2021*

# Welcome!

Welcome to the Rise Property biannual newsletter for winter 2021. In this edition we will be informing you of some of the exciting things which we have been working on in the past few months, and providing some additional tips and tricks to help you prepare your property for the winter months ahead.

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attached** 

- WATER USAGE LETTER
- TENANCY STATEMENT

# Tenant Engagement Plan Update



Yes the Tenant Engagement Group (TEG) is meeting again on the 20<sup>th</sup> May 2021.

The TEG has currently held three meetings and there has been a great response and lots of useful feedback given from the tenants who have attended. Some of this is in this newsletter. If you would like to attend the next meeting and help to improve how Rise property communicates with you please let us know by 10<sup>th</sup> May 2021.



## BOND AND RENT REVIEWS

Rise completed its Rent and Bond review in 2020, as you are aware the review was cancelled due to the Department of Communities Housing putting a hold on all rent increases in any state owned property.

Rise will be completing the 2021 Rent and Bond review from June – November this year as per usual.

To make sure you are prepared, please ensure you make allowances to your budgeting for any increase to your rent and bond should there be any. This will be individual and will not affect all tenants. If you have any concerns please contact your Property Officer.

## How to contact us....



**Phone:** 6274 3700

**Email:** Maintenance issues [maintenance@risenetwork.com.au](mailto:maintenance@risenetwork.com.au)  
Anything else [communityhousing@risenetwork.com.au](mailto:communityhousing@risenetwork.com.au)

**Post:** 41A Great Northern Highway  
MIDDLE SWAN WA 6056

## How to pay bills:



A reminder that we **do not accept cash or cheque payments.** You can make a deposit at any Westpac branch, or complete a bank transfer by using the below details:



**Account Name:** Rise Network

**BSB:** 036 075

**Account Number:** 471 821



Please ensure that you put your tenancy ID, name or address for a reference so we can allocate it to your tenancy.



# Tips & Tricks To Prepare For Your Inspections

- ✓ Mark the day of your inspection on a calendar
- ✓ Put the inspection guide and checklist on the fridge where you can see it
- ✓ Tick off the inspection guide and checklist as you go breaking it down into smaller jobs on different days
- ✓ Allow plenty of time for you to clean – don't leave it to the last minute
- ✓ Give the kids a couple of chores too
- ✓ Don't forget to remove those cobwebs

## Miracle Spray Recipe



### INGREDIENTS:

- 1.5 litre water (1 cup boiled)
- 300ml vinegar
- 60ml dishwashing liquid
- 25ml eucalyptus oil
- 3 dessertspoons letric washing soda

### METHOD:

1. Mix letric washing soda with about 1 cup boiling water to dissolve
2. Add remaining ingredients
3. Pour into a 2 litre bottle

### TIPS:

- Pour into left over spray bottles for benches and laundry
- Refil old toilet cleaner bottles to squirt under the rim of toilet
- Take care when cleaning appliances and cooking surfaces with indicator markings
- Letric washing soda can be bought from Coles/Woolworths in the cleaning aisle
- Spray has to washed off with a clean damp cloth as it doesn't dry clear like window cleaner



All ingredients purchased from supermarket should cost less than \$15.00 and makes in excess of 2 litres.



## How To Prepare your Property and yourself For Winter

- REPORT ANY PROPERTY ISSUE TO RISE IE: BLOCKED GUTTERS AND OVERHANGING TREES
- CLEAR OR REMOVE ANY LOOSE ITEMS FROM AROUND THE GARDEN
- CLEAN AIR CONDITIONER FILTERS
- BRING OUT THOSE WINTER WOOLIES AND GIVE THEM A GOOD WASH
- ENSURE YOUR HEATERS ARE CLEAN AND CLEAR OF HOUSEHOLD ITEMS
- PURCHASE DOOR SNAKES TO REDUCE UNDER DOOR DRAFTS



# How To Reduce Your Electricity Costs

- **Adjust the thermostat**

Heating and cooling can be expensive if you're not smart about it.

When heating, set your thermostat to between 18 and 20 degrees – each degree above 20 can add 10% to its running costs. In summer, set the temperature to 25 or 26 degrees. Once again, every degree below 25 can add around 10% to its running costs.

- **Wash clothes with cold water**

There's no mistaking that warm washes usually do a better job than cold washes, but sometimes it's just not necessary. Hot water is a real power guzzler, so try to stick to the cold wash setting for day to day laundry if possible. On the note of washing machines, take advantage of any eco settings and make sure to set your machine to the correct load size.

- **Switch off appliances at the wall**

Standby appliances can cost a typical household over \$100 per year in wasted electricity. Appliances like televisions, microwaves, dishwashers and even phone chargers consume electricity when they're not being used, meaning you're essentially paying for nothing.

- **Close doors and curtains**

The harder an air conditioner has to work, the more power it will use and the higher your bills will be. When running your air conditioner, be sure to close your windows, doors and curtains. Also try block draughts around the house to trap air inside.



## **BillBudd**

BillBuddy will help you reduce your carbon footprint, save your money and go carbon neutral.

Find out more at: [www.billbuddy.climateclever.org](http://www.billbuddy.climateclever.org)

# Mental health matters



## Handy Tips

From Tenancy Support

- **The Lease Agreement** - Ensure that you read the lease agreement thoroughly before signing it. That will give a clear picture of what your rights and responsibilities are. The agreement also contains the details of the rent amount, the mode of payment, the due dates and the lease duration. If you have any doubts about the agreement, get them cleared before you sign the papers.
- **Bond and Rental Amount** - Have clarity about the bond or security amount that you need to pay and the date by when the rental amount has to be paid every month. This will prevent any hiccups during your tenancy and ensure that the tenant-landlord relationship is also peaceful. Also ensure that you understand when and how the bond money will be returned to you when you move out.
- **Property Condition and Maintenance** - Make sure that you fill in your part of the Ingoing property condition report in detail and give it to your Property Manager within 7 days of moving in. Likewise, fill in the condition report when you are moving out too. Other than repairs and major renovation tasks, the regular maintenance of the home is your responsibility.
- **Communication** - Honest and open communication between you and the Property Manager can help you maintain a healthy tenant-Property Manager relationship. Talk to your Property Manager when you need to and keep him or her informed about any requirements including repairs, maintenance issues etc to enable them to fulfil their responsibilities

## Top Tips For Good Mental

- **Get plenty of sleep** - Sleep is really important for our physical and mental health. Sleep helps to regulate the chemicals in our brain that transmit information. These chemicals are important in managing our moods and emotions. If we don't get enough sleep, we can start to feel depressed or anxious.
- **Eat well** - Eating well isn't just important for our bodies, but it's also important for our minds. Certain mineral deficiencies, such as iron and vitamin B12 deficiencies, can give us a low mood. Try to eat a balanced diet. If you find you're a particularly stressed or anxious person, you should try limiting or cutting out caffeine as this can make you feel jittery and anxious.
- **Activity and exercise** - Activity and exercise are essential in maintaining good mental health. Being active not only gives you a sense of achievement, but it boosts the chemicals in your brain that help put you in a good mood. Exercising can help eliminate low mood, anxiety, stress and feeling tired and lazy. It is also linked to living a longer life. You don't need to run a marathon or play 90 minutes of football; a short walk or some another gentle activity might do the trick.
- **Do something you enjoy** - Try to make time for doing the fun things you enjoy. If you like going for a walk, painting or a specific TV show, try to set aside time to enjoy yourself. If we don't spend any time doing things we enjoy, we can become irritable and unhappy.
- **Avoid alcohol, smoking and drugs** - Drinking and smoking aren't things which we always associate with withdrawal symptoms, but they can cause some which impact on your mental health. When you've had a few drinks you can feel more depressed and anxious the next day, and it can be harder to concentrate. Excessive drinking for prolonged periods can leave you with a thiamine deficiency. Thiamine is important for our brain function and a deficiency can lead to severe memory problems, motor (coordination) problems, confusion and eye problems. If you smoke, between cigarettes your body and brain go into withdrawal which makes you irritable and anxious. Other drugs will often leave you in withdrawal and can often cause very low moods and anxiety. More severe effects of drugs include paranoia and delusions. There is some research that suggests drug use is related to developing mental disorders like schizophrenia.



# Your Scheduled Watering Days



According to the last digit of your street number

Last Digit	Your Watering Days
1	Wednesday & Saturday
2	Sunday & Thursday
3	Monday & Friday
4	Tuesday & Saturday
5	Sunday & Wednesday

Last Digit	Your Watering Days
6	Monday & Thursday
7	Tuesday & Friday
8	Wednesday & Saturday
9	Sunday & Thursday
0	Monday & Friday

**Just for Fun!** + Be in the draw to win one of 2x \$30.00 vouchers!

There is one word in the list below which does not appear in the wordsearch.

Once you have found it, **call the office or email us with your answer and go into the draw to win one of 2x \$30.00 voucher!**

O	G	E	M	C	C	V	S	L	A	A	N	A	I
E	G	L	O	V	E	S	M	R	E	T	N	I	W
K	J	O	C	N	B	S	Y	T	L	T	T	F	R
H	U	I	C	H	B	N	W	T	S	Y	O	T	F
R	L	B	R	S	D	S	A	R	B	C	B	L	S
T	T	I	T	T	A	O	C	A	C	E	N	E	I
I	T	W	U	O	L	C	G	I	J	O	N	R	A
M	B	I	J	O	L	T	S	N	O	S	B	U	Y
D	H	N	A	B	E	A	O	C	T	M	T	G	S
C	A	D	C	M	R	O	C	L	A	C	L	C	N
W	T	Y	K	U	B	L	C	N	H	R	S	O	A
A	W	O	E	G	M	M	O	N	O	A	F	C	L
U	C	H	T	L	U	E	I	A	B	L	O	O	L
T	O	N	V	A	O	O	I	U	M	T	U	A	S

SCARF  
HAT  
UMBRELLA  
WINDY  
RAIN  
WINTER  
COCOA  
GLOVES  
GUMBOOTS



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