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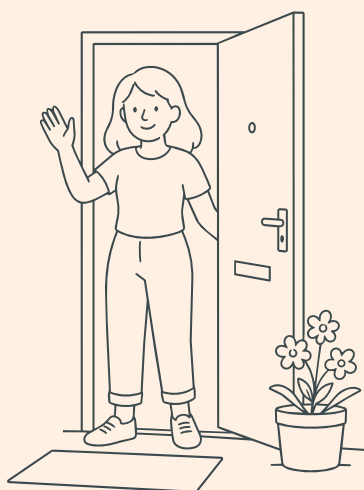
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Welcome to the Comhar Housing Summer Newsletter!

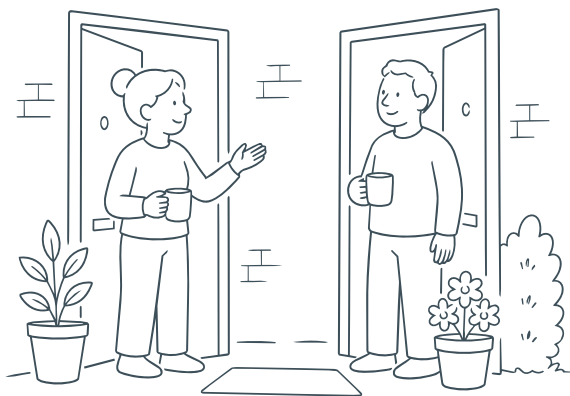
As the days grow longer and brighter, we hope you're enjoying the warmer weather and making the most of your home and community. This seasonal update includes helpful reminders, community news, and ways we can all work together to keep our neighbourhood safe, welcoming, and well cared for.



Community & Wellbeing

We're proud of the strong sense of community among our tenants. This summer:

- Be mindful of noise, especially during late evenings.
- Respect shared spaces so everyone can enjoy them.
- Look out for neighbours who may need a little extra support.



Community involvement strengthens connections and helps create a healthier, more supportive environment for everyone.

Thank you for helping us keep Comhar Housing a safe, respectful, and welcoming community for all.

Why get involved in your community?

Getting involved in your local community can have a positive impact on both mental and physical health:

- Improved mental wellbeing: Social interaction helps reduce loneliness and supports emotional wellbeing.
- Lower stress levels: Helping others and staying connected can boost mood and reduce stress.
- Increased physical activity: Activities like clean-ups, gardening, or local events encourage movement.
- Stronger sense of purpose: Being involved can provide structure and meaning.
- Better support networks: Community connections mean more support during difficult times.
- Improved confidence: Contributing your time and skills can build self-esteem.

Seasonal Maintenance Tips

- Please keep balconies and gardens tidy and free from hazards, rubbish, and debris.
- Dispose of waste correctly and use recycling facilities where available.
- Report any maintenance issues early to help us address them quickly.
- Our maintenance team is here to support you. To report a repair: Use our online portal, or Contact the office directly.

For urgent issues outside office hours, please contact the usual service centre number. In emergencies, your call will be redirected to our out-of-hours support service.



Fire Safety Reminder

Your safety is our priority.
Please remember:

- Do not block hallways or fire exits with personal items.
- Test smoke alarms regularly and report faults immediately.
- Never tamper with fire safety equipment.
- If you live in an apartment complex, make sure you are familiar with your exit routes.



Energy Saving Tips

Even in summer, small changes can reduce bills and environmental impact:

- Switch off appliances when not in use
- Make the most of natural daylight
- Use water carefully, especially during dry periods
- Dry clothes outdoors when weather allows



Stay Connected. Keep up to date with announcements and services:

Visit our website: www.comharhousing.ie and follow us on social media. Ensure your contact details are up to date with our Service Centre. We are currently developing a Frequently Asked Questions section for our website. If there's something you would like to see included, please let us know at: enquiries@comharhousing.ie

Comhar in the Community

Moments shared from across our communities.



Cost of Living Support

With the cost of living continuing to rise across Ireland, many households are feeling the pressure, but small, practical steps can make a meaningful difference.

Start by focusing on the essentials: track your weekly spending, prioritise rent, utilities, and food, and set a realistic budget you can stick to. Cutting back doesn't have to mean going without it. It can be as simple as switching to own-brand groceries, cooking at home more often, and reviewing subscriptions or bills for better deals.

It's also important to make use of available supports. Organisations like the Money Advice and Budgeting Service offer free, confidential advice, while schemes such as Fuel Allowance and Working Family Payment can provide valuable financial relief for those who qualify.

Even small habits like setting aside a few euro each week can help build a financial buffer over time.

At Comhar Housing, if you are struggling with your rent, we strongly encourage you to stay in contact with us. We are here to support you and can often arrange a manageable payment plan.



Here are the key contact details for Money Advice and Budgeting Service offices in areas near our communities. These are free, confidential services that can help with budgeting, debt, and financial advice:

Kildare

Newbridge MABS
Henry Street, Newbridge, Co. Kildare
0818 072 600

Wicklow

Arklow MABS
Árus Lorcáin, Castle Park, Arklow, Co. Wicklow
0818 072 390

Clondalkin (Dublin 22)

Clondalkin MABS
Clondalkin Civic Centre, Ninth Lock Road, Dublin 22
0818 072 270

Finglas

Finglas MABS
5 Church Street, Finglas, Dublin 11
0818 072 170

Coolock

Coolock MABS
Northside Civic Centre, Bunratty Rd,
Coolock, Dublin 17
0818 072 290

Louth MABS

Dundalk
Dundalk MABS
58/59 Anne St, Dundalk, Co. Louth
0818 072 540

National MABS Helpline

0818 07 2000
Hours: Mon–Fri 9am–8pm



Community moment

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Heuston South Quarter,
Saint John's Road West,
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☎ 01 696 4570

✉ enquiries@comharhousing.ie

🌐 www.comharhousing.ie



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