



Spring is a time to pause, refresh, and reconnect — with nature, with neighbours, and with yourself. So, breathe in the floral scents, snip some herbs for tonight's dinner, soak up the sunshine, and enjoy all the little moments that make this season so special. It is also a time to let that cleaning bug bite. Here is a suggestion of how to keep the clean going throughout the year.

THE DAILY'S

- Make the bed
- Check Floors
- Wipe counters
- Tackle clutter
- Do laundry

WEEKLY - THE DAILY'S + 1

- Sun - Just the daily's
- Monday - Bathroom
- Tuesday - Dusting
- Wed - Vacuum
- Thurs - Mop floor
- Fri - Catch-up
- Sat - Sheets & Towels

EVERY MONTH

- Deep clean the fridge & microwave
- Wipe doors, light switches & handles
- Wash cushion covers or throws
- Declutter one area (drawer, shelf, etc)
- Freshen up with room sprays or diffusers

EVERY SEASON

- Wash windows & window sills
- Deep clean your wardrobe
- Clean outdoor furniture
- Wash curtains/blinds
- Declutter expired pantry or beauty items
- Flip or vacuum your mattress



In this edition

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Our Office Hours

Open
Mon, Tue, Thurs, Friday
9am-4pm
Wed 1pm-4pm

Closed
Everyday for lunch
12:30-1:00pm
and Wednesday morning

Spring Garden Pasta Salad

What you need:

- 2 cups cooked pasta (spirals or penne work great)
- 1 cup cherry tomatoes, halved
- 1 small cucumber, diced
- ½ red capsicum, chopped
- ¼ red onion, finely sliced
- ¼ cup chopped fresh herbs (parsley, basil or mint)
- ¼ cup feta, bocconcini or grated cheese
- salt & pepper to taste

Dressing:

- 2 tbsp olive oil
- 1 tbsp lemon juice or vinegar
- 1 tsp mustard

Instructions:

1. In a large bowl, combine everything except dressing.
2. Mix dressing ingredients in a jar or small bowl
3. Pour dressing over salad and toss to combine
4. Sprinkle with cheese and enjoy chilled!

Getting Your Bond Back

When it's time to move out of your home, one of the most important steps is bond cleaning. In Queensland, bond money is held by the Residential Tenancies Authority (RTA) and can only be refunded in full if the property is left clean, undamaged, and in good condition (apart from fair wear and tear).

What is bond cleaning?

It means giving the property a deep clean so it's left in the same condition it was in when you moved in (except for fair wear and tear).

Main things to clean:

- Vacuum and mop all floors
- Clean the oven, stovetop and kitchen cupboards
- Scrub the bathroom, shower, toilet and sink
- Wipe down walls, skirting boards, and windowsills and window tracks
- Remove all rubbish, mow the lawn, whipper-snip edges and weed gardens
- Don't forget the laundry, fans, and outdoor areas!

Top tips:

- ✓ Use your Entry Condition Report to check what needs attention
- ✓ Take photos when you finish
- ✓ Ask your housing worker for help if you're unsure
- ✓ Return all keys and complete your Exit Condition Report

If cleaning feels overwhelming, speak with your support worker or housing worker early – help may be available.

Tip: Great for lunchboxes or shared meals in the park. Add tuna, chicken or chickpeas for extra protein.



Have You Got Worms?

Spring is the perfect time to get out into the garden – and that means worms! Compost worms are garden champions. They eat fruit and veggie scraps and turn them into rich, healthy soil.

But not all worms live in the dirt!

Sometimes, especially in busy households with kids & pets, people can get worms. These tiny worms are common in children, and while they might sound a bit yucky, they're nothing to be scared of.

What to look for:

- Itchy bottoms, especially at night
- Restless sleep
- Tummy upsets
- Seeing tiny white worms in poo or around the bottom area



If someone in your family has these signs, don't panic! A quick trip to the pharmacy is all it takes. The medicine is safe, cheap, and easy to take – and the whole household should take it even if they don't have symptoms.

Good hygiene helps stop worms from coming back. That means washing hands properly, keeping fingernails short, and washing bed sheets regularly – especially during warmer months.

Wormy Wrap-Up:

- Garden worms = good! Start a worm farm and get the kids involved.
- Tummy worms = treatable! No shame, just sort it and move on.
- Good handwashing = fewer worms all round!

KID'S CORNER

Joke of the season:
what do you call a grumpy flower?
A Snapdragon!

Spring Challenge: How many bugs can you spot in your garden? Start a bug hunt and draw what you see! Send your drawings or colouring in to us and we will put them in the next newsletter!!



useful numbers

Groves Electrical..... 0439 668 158

Newks Plumbers.....0418 800 018

Gympie Regional Council....1300 307 800

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