



What motivates you?

Welcome to the August edition of Mindahome House and Pet Sitting's e-news.

Thank you to everyone for your feedback! We've had some useful tips come through over the past few months and we're working on incorporating your topics and ideas into future editions - so keep your comments coming!

This month we're focusing on what motivates our house and pet sitters. There are so many reasons that people choose to house and pet sit, so we'll look at some of the lifestyle benefits that house sitting has to offer.

Thinking of a holiday this Christmas and New Year season? Well, think about looking through [over 100 positions that are already listed for the December 2015 to January 2016 period](#) to see if some of these positions and places take your fancy. The number of positions listed is only set to rise, so consider a house and pet sitting holiday this festive season. Get in early and start making your holiday plans!

Just a friendly reminder that that home and pet owners can search for sitters for free via [mindahome.com.au](#) and house and pet sitters can [register with Mindahome](#) to stay in as many homes or as few homes as you like each year.

Enjoy the warming weather in this last month of winter and happy house and pet sitting!

Mindahome Team



What motivates a house sitter?

Have you ever thought about why others house and pet sit? Saving...? New experiences...? Well, here are a few of the reasons that drive house and pet sitters and you never know... some of these reasons could make you a more eager house and pet sitter too!

[Read more...](#)

Upcoming Events

- **Darwin Festival (NT, 6 – 23 August):** Here you'll see a range of local and touring performances from visual arts, theatre, concerts and dance as part of the vibrant atmosphere of the festival
- **Cupcake Day for the RSPCA (National, 17 August):** Show your support for the RSPCA by baking cupcakes and hosting a Cupcake Party to raise vital funds for animal welfare efforts
- **Keeping Australia Beautiful Week (National, 24-30 August):** This initiative is dedicated to helping the environment and showing people how they can save money by making a few simple changes around the home and in their daily lives



Live, save and share. House and pet sit

mindahome.com.au

This month's top spots for house and pet sitting

Two top new house and pet sits are waiting for you to apply. If you're after something different, there's a wealth of opportunities on the horizon - check them out [online](#) .

Canine and feline companions for this QLD house and pet sit



Enjoy the company of two pedigree dogs during this four day house and pet sit in Lake Macdonald in Queensland. This split level home is set on two acres and attracts a variety of local wildlife including kangaroos, wallabies, scrub turkeys and ducks. Aside from the two dogs a feline friend will also be around to care for, who can be quite cuddly at times. Ideally situated about 10 minutes out of Cooroy township and about 20 minutes from Eumundi, you can enjoy the well known Saturday markets during your stay. There is also the option of exploring Noosa which is only around 20 minutes away. Find out more about this four day house and pet sit in Lake Macdonald in QLD from 6 to 10 August 2015.

[More info...](#)

Want your house and pet sitting position to be featured in our next e-news? Then drop us an email at admin@mindahome.com.au .

Explore the region around this Ararat, VIC house and pet sit



A comfortable two bedroom home only eight minutes walk to the shops is waiting for you to stay. The focus of this house and pet sit is a small, active canine who loves to walk for around 30 minutes a day. This house and pet sit is ideally located not too far from Grampians and Pyrenees wine district for you to explore and enjoy. There is plenty to do in this active town with cinema, parks and walks. Find out more about this 40 day house and pet sit in Ararat, VIC from 21 August to 30 September 2015.

[More info...](#)

Pet Corner



We have all heard the health benefits of having animal companions around us, so it is no wonder that being around pets is a major drawcard for house and pet sitters.

Studies have shown that having a dog or cat



reduces blood pressure and regulates the heart rate in stressful situations.

Companion animals have also shown to ease anxiety in children. One study measured the blood pressure, heart rate and behavioural distress in healthy children aged three to six years for a routine visit to the doctor. When a dog was present in the room during the check-up, the child had lower blood pressure, lower heart rate and less behavioural stress than when the dog was absent.

The social support that a pet provides can make a person feel more relaxed and less stressed. An activity such as walking the dog can also offer various physical and social benefits and reduces feelings of isolation and loneliness.

So although owning a pet isn't always possible for everyone, getting the next best thing by caring for fur-friends on a house and pet sit, could be just the thing to help your health.

We hope you have found **Mindahome House and Pet Sitting's e-news** informative and interesting.

If there is something you would like us to cover in the e-news or if you have some general feedback, feel free to email us at admin@mindahome.com.au .

Mindahome House and Pet Sitting
Box 181 Ferntree Gully Business Centre
Edina Street
Ferntree Gully, VIC 3156
Australia
www.mindahome.com.au
admin@mindahome.com.au



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