

March 2015 / ISSUE 04

Celebration of community quilt-making opens at Outpost

PBHA opened its Community Quilt Exhibition together with community groups from Islington, Hackney and Tower Hamlets on 24 February.

The show celebrates the work of local people who came together to make hand stitched quilts through Whittington Park Community Association, Spitalfields City Farm, ActiveArt and PBHA's Creative Industries.

The quilts are on display at Outpost, PBHA's community hub at 546 Holloway Road, until 5 April.

Chief Executive Clare Norton said, 'PBHA is delighted to showcase this collaboration of individuals, talents and communities through the medium of contemporary craft.'



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Creative Industries Co-Ordinator Orla O'Flanagan said: 'Community quilt-making is a simple but powerful way to build skills, wellbeing and social connection. Sewing together hand-stitched quilts is not only therapeutic for makers, but also a striking way to layer a narrative and tell a shared story.' There is a quilt making workshop at Outpost on Saturday 28th March. The workshops are from 11am—2pm, and from 2.30pm—5.30pm. There's no need to book, just turn up on the day.

PBHA's strategy for 2015-2020

We are kicking off our focus groups on the direction for PBHA in April. We were unable to put the local focus groups together in January, so apologies. However, your feedback is very valuable and we will be adapting our plans and priorities with your feedback in mind.

The Board met in January and agreed the following focus for PBHA over the coming 5 years:

1. Provide a Safety net of housing and support for the increasing number of vulnerable people in need
2. Contribute to meeting London's growing housing needs through increasing the number of homes we provide and improving the quality of our existing homes
3. Enable vulnerable adults to build independent and successful lives
4. Challenge the stigma and isolation experienced by vulnerable adults, and raise awareness of the causes and effect of inequality and exclusion
5. Build the organisation's capacity to respond effectively, swiftly and creatively to changing circumstances.

We will feed back in the next Rising Star how we have built in your feedback. We will also feed back on the survey results from the VCS survey which 165 of you recently completed.

Location of Hackney services March and April 2015

Unfortunately, the new hub at Kingsland Road, Hackney was flooded just a week before we were due to move in. This was also

a week before the lease on Stamford Works expired, and as a result we still had to leave these offices. Fortunately, we have been able to house the VCS and Hackney

Housing Team at Legard Works as well as build a small office at Clissold Road for the Hackney Supported Housing Team, tel: **020 7812 9632**.

Please contact Housing support workers and your VCS workers either on the Legard number **0207 226 6074**, or their mobile numbers for the next few weeks. We are working closely with the landlord of Kingsland Hub to make sure we can get our fit out of these offices back on track. We are also introducing new mobiles for all PBHA staff, your keyworker is going to give you their new number, however if you haven't yet received this, please do ask for this.



Farewell to Legard Party Postponed

We are sorry to have to tell you that the Farewell to Legard party, planned for 31st March, has been postponed.

This is due to the unexpected flood at Haggerston Hub. As staff are likely to not now be moving until July, we will hold the leaving party in June. We will let you know when the date has been set.

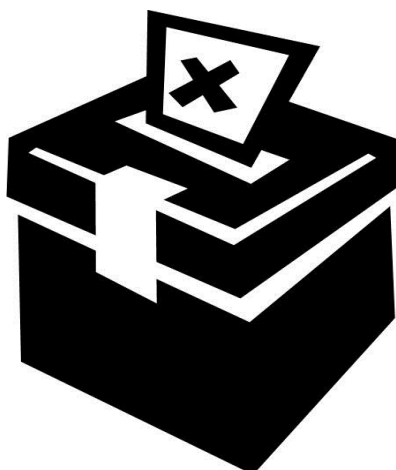
Your Vote Matters!

The General Election is fast approaching. On Thursday 7th May 2015 the nation votes to decide who represents us in government. Everyone over the age of 18 has the right to vote (except those serving a prison sentence), but to be able to vote you must be **registered**. Registering to vote is easy, and the deadline is: Monday 20th April 2015

Registering can be done by post, and you may have received a Registration Form to return. Easier still is registering online either from a computer, laptop, tablet or Smartphone. Go to www.gov.uk/register-to-vote ; all you need is your National Insurance number, your postcode and your previous postcode if you have moved in the last 12 months.

PBHA are assisting tenants and participants who want to register; Supported Housing Workers can help tenants during support sessions, there will be opportunities to register during classes and workshops, plus there will be lunches and sessions at both Clissold and Isledon Canteens; please look out for posters with details.

On Polling Day itself (Thursday 7th May 2015), PBHA will be supporting groups of tenants to the Polling Stations to cast their vote! Please speak to your Supported Housing Worker or to Mandy Mansfield (Participant Involvement Officer) for more information.



Homes for Britain:



Everyone has the right to a decent, affordable home to call their own.

For decades the UK has failed to build enough new homes – we are currently only building half the number we need every year. As a result, many of us struggle to afford to keep a roof over our heads, or become homeless.

This is why we're supporting *Homes for Britain*, a national campaign calling on politicians from every party to commit to ending the housing crisis within a generation. The General Election 2015 offers us the opportunity to show politicians that the public want to see more homes built and actions taken until **everyone** has a decent affordable home.

The time has come to **end the housing crisis**. For the sake of the next generation we must act **now**.

What you can do:

Support Homes for Britain:

<http://bit.ly/SupportHomesNow>

Ask for your local election candidates to commit to end the housing crisis:

<http://bit.ly/endthecrisis>

Islington Council Budget Discussion

"Budget cuts aren't a happy topic, but it was good to share our views with the Council," writes Emma Robinson, PBHA's Supported Housing Manager.

Following an invitation from PBHA, Councillor Andy Hull came over to Legard Works on January 22, to meet with a group of tenants as part of Islington Council's 'Tough Choices' budget cuts consultation.

He told the Finsbury Park-based tenants how much money the council needs to save in the coming financial year, and how it will make these savings.

Attendees heard which services will be affected, which will change and which have been protected from cuts. A lively political discussion followed, with all minds focused on the forthcoming General Election and the changes it may bring.

Tenants took the opportunity at the end of the hour long-session to ask questions and express concerns about the Finsbury Park redevelopment, the condition of the pavements and empty properties falling into disrepair.

Although budget cuts are not a particularly happy topic, everyone who attended agreed it had been really informative, positive and very useful.



Women's group at Isledon Hub

The women really enjoyed baking a cake during the December 2014, Women's group at



Isledon canteen. They all got stuck in, producing a cake which was then eaten with a cup of tea. Liz said "the cake was delicious". So come along to Women's group, which is on the last Thursday of every month at Isledon canteen, from 3:30 to 5:30 pm." The dates for the next groups are March 26th, April 30th, and May 28th. Please contact Mariama Missamri for more info.

Call for Volunteers for Pride 2015

PBHA needs volunteers to help plan and organize this year's Pride celebration.

We are looking for people interested in getting involved in some or all of these areas

- Ideas for this year's theme
- Music
- Help with catering
- Entertainment
- Decoration

Could this be you? Please contact Orla on 07776 769655

orla.oflanagan@peterbedford.org.uk

PRIDE

Dealing with mice infestations

House mice are well adapted to living in close contact with humans and thrive on the conditions that mankind provides, particularly in areas where hygiene and housekeeping standards are low. They can cause extensive damage to property through their gnawing activities, and can contaminate the areas they infest with urine, droppings and hairs. They also carry a wide range of infectious diseases which can be passed on to humans and other animals, so it is important to control mouse infestations as soon as problems arise.

Preventing damage

House mice are able to live in almost any available space: they can squeeze through extremely small spaces, so blocking holes alone will not solve problems of mice infestations. By far the best way to reduce the chance of infestation is to improve hygiene standards to restrict the availability of food for the mice to feed on: if mice don't have access to food, they are unlikely to stick around and breed. Examples of how hygiene can be improved are:

- Keeping food in sealed, mouse-proof (e.g. tin) containers
- Sweeping up any spillages/crumbs as soon as they occur
- Not leaving pet food lying around
- Prompt and regular removal of rubbish and other materials that can be used by mice for bedding (such as old newspapers etc)
- Cleaning up under work units and other areas where food residue can accumulate



Trapping

House mice problems will sometimes continue even after hygiene action has been taken. In these situations it will be necessary to take further action to eliminate the infestation. The cheapest and easiest method is to use traditional break-back traps. These traps are most effective when placed about 2m (6ft) apart in areas where mice are known to be moving (as mice tend to move along the base of wall, it is best to position the baited end of the trap against the wall, across the routes that mice are known to be using). Suitable baits for mice include biscuit, chocolate, porridge oats and cereal. Cheese is *not* a good bait. The traps should be checked daily until no more mice are caught and activity ceases. If a mouse is found alive in the trap, kill it quickly with a blow to the head. Rubber gloves should always be worn when handling dead rodents for protection against diseases, and the mouse should be bagged up before being disposed of in a bin.

Drop-In Support at Clissold Canteen

Staff will be available for support at the following times

Monday	11am - 12pm and 2pm - 3pm
Wednesday	11am - 12pm and 2pm - 3pm
Friday	11am - 12pm and 2pm - 3pm

Second hand computers for sale.

PBHA are offering our tenants and participants the opportunity to buy the computers that we are not taking with us to the new premises.

Before we can hand them over, they need to be wiped clean of confidential information that might be stored on them. It costs £40 to wipe the computers – so that is how much we will charge.



This cost of £40 includes a hard drive, monitor, keyboard, mouse and cables. The computers will be in good working order, but PBHA will not be responsible for any repairs should a problem occur in the future.

We will not pay to wipe the computers unless we have an order from you. To order, you will need to pay a £5 deposit. If you are interested in taking up this offer, please contact Mandy Mansfield on 07776 769632 or by email

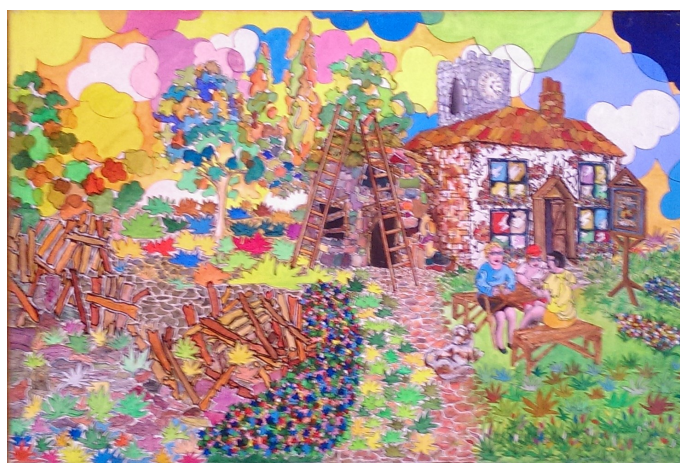
mandy.mansfield@peterbedford.org.uk

Over 50's Club



A new Over 50's Club was launched at Isledon Road in February. The idea came from Committee members Patrick Caffrey and Carol Cameron, who wanted to create a welcoming space for the older and possibly more isolated of our tenants.

The launch was a great success, with people attending from Hackney as well as Islington. The hosts offered soup, sandwiches and cake, followed by a brainstorm session, where everyone gathered ideas on the types of activities people wanted to be involved in for future sessions. Ideas included picnics, day trips out in warmer months, games, DVD afternoons, amongst others.



By Tony O'Brien

PBHA Rent Consultation. - Feedback

In February we conducted a formal consultation on proposed changes to the rents and to the services they pay for. We sent out a summary of the proposed changes to all tenants with a questionnaire, inviting feedback on the changes. We also had this as a main agenda item at the February PBHA forum.

We received 12 questionnaires back, plus some other written feedback. There were 15 tenants at the Forum meeting. Thanks to all who contributed their views and joined in the discussion.

Proposed increase of 2.9% : The vote was split on this one – 6 respondents to the questionnaire agreed they thought the proposed increase was reasonable, 5 disagreed. The discussion in the forum echoed some of the written comments as tenants were asking what rents paid for, and making the link between rent charges and maintenance and improvement of stock. We have agreed to come to the April PBHA Forum with information about proposals for improvements and the external decorations programme, following the stock condition survey.

PBHA has decided to implement the 2.9% rent increase in core rents (We note this is in line rent restructuring formulae) . But we agree to improve transparency on where rent income is spent, and particularly around the links with improvement and investment in our houses

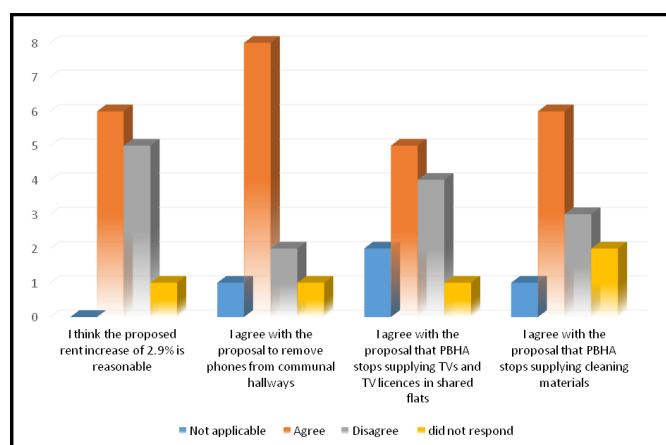
There was significant support for the proposal to remove pay phones from communal hallways, as people observed that most tenants have mobile phones, and the usage of the phones is minimal. Though there was some concern expressed that some tenants might not have credit when needed for an emergency it was pointed out that you can still use mobiles for 999 calls.

PBHA has decided to end contracts for the remaining payphones in houses. This will result in a reduction in service charges of approx. £1.25

There was more divergence of opinion on the issue of PBHA stopping providing TVs and TV licenses to shared flats. The issue has arisen because it has become clear that very few tenants use the communal TVs and instead have their own in their rooms. In addition we note that the license for communal rooms does not cover tenants' use of TVs in their bedrooms – all tenants should get an individual license.

PBHA has decided to stop provision of TV s and licenses in shared flats, and we have written to all tenants advising them they need to get their own. PBHA have deleted the TV license re-charge from rents, reducing them by £1.66 per week.

The final change to services we proposed was that we stopped provision of cleaning materials



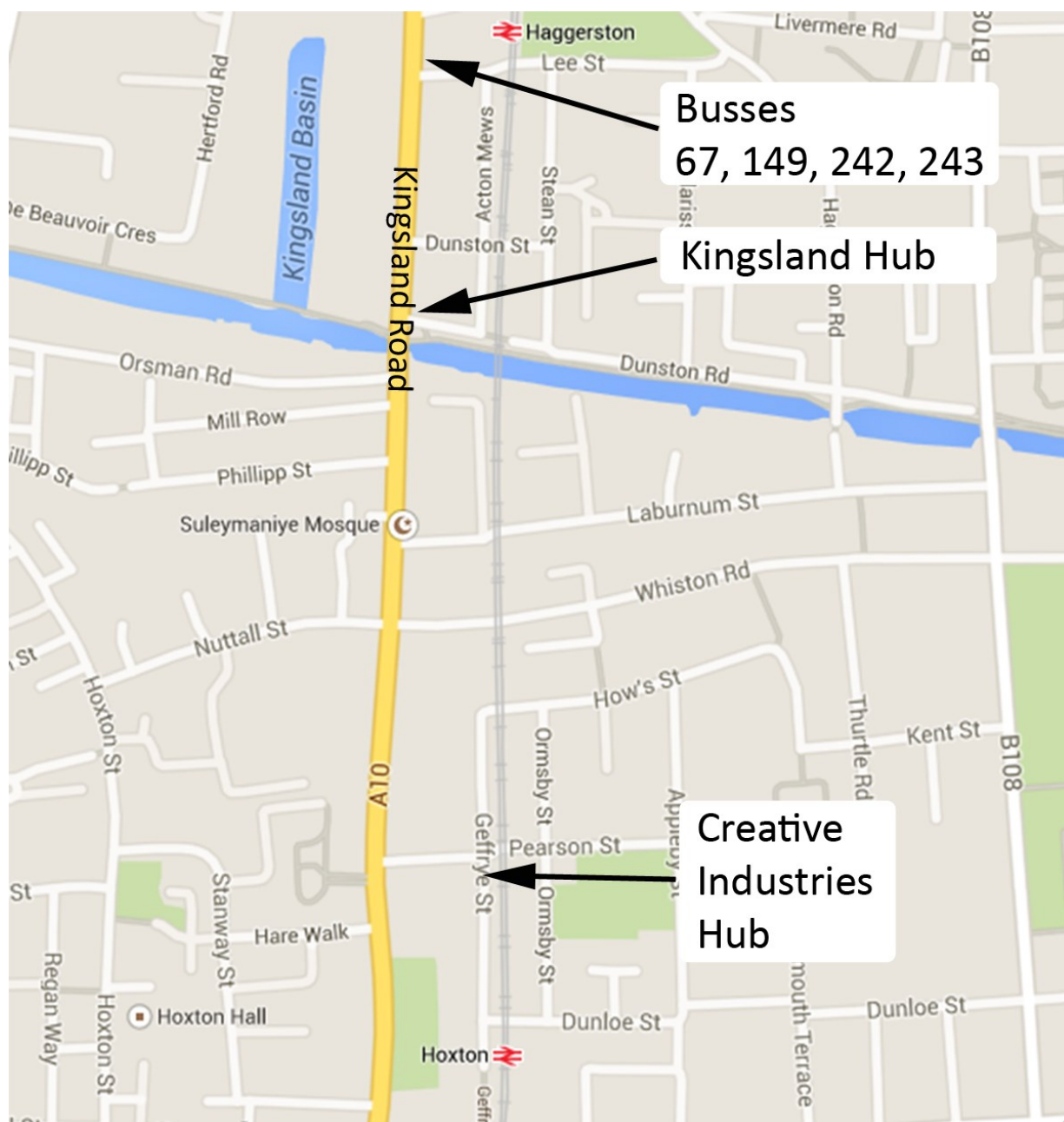
for tenants in shared flats. Over the last year we have been asking tenants who want them to pick them up from the offices – very few have. Most of the feedback from the consultation supported this proposal, though some tenants at the Forum meeting talked about their experience of situations where a tenant in a shared flat was not doing their share if the cleaning, and the bad feeling this can make.

PBHA has decided to stop providing cleaning materials in shared flats. This reduces service charge by a further £1.00 per week

Andrew Tyers, Deputy CEO

Kingsland Hub & Transport Connections

In the recent survey asking your views for the name of the new building, the most popular choice was Kingsland Works. However, many of you did not like the name 'Works'. It was therefore decided to name the new building **Kingsland Hub**. The Creative Industries Hub is a short walk away. Please see map below for location and transport information.



Busses
67, 149, 242, 243

Kingsland Hub

Creative
Industries
Hub

Kingsland Hub
242 Kingsland Road
London
E8 4DG

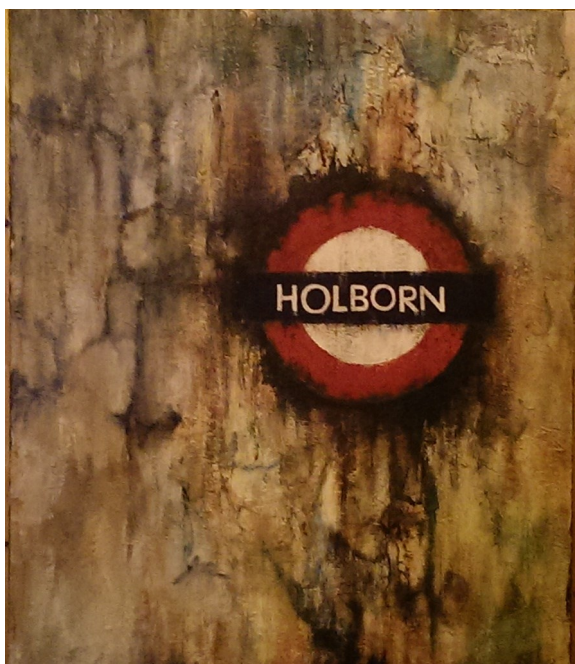
Creative Industries Hub
Geffrye Street
London
E8

Tribute to Tony O'Brien



Tony, a tenant at PBHA since 2004, sadly passed away recently. Tony was a very talented artist, and he often displayed his work at exhibitions.

Tony was a founding member of the Tenants Committee, attending Forums regularly. He will be greatly missed. All the artwork featured in this edition of Rising Star is Tony's work.



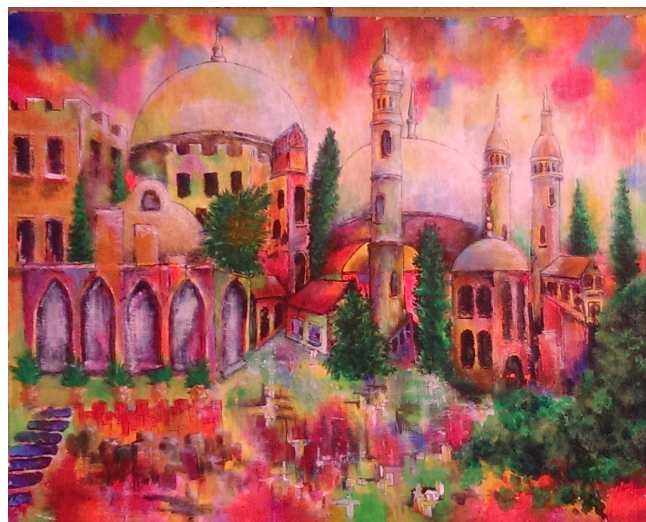
Tony was a very intelligent, artistic person, who was one of the nicest people I have ever met in my life. I have been around the world and never met a person like him.

He was caring, always willing to help others in need.

My 'Dad' Tony took me under his wing and got me out of a place where I didn't want to be. Without him I wouldn't be here, being able to write this accolade.

Tony had many friends who admired him for who he was.

On a personal view he helped me rebuild myself and our family together.



Tony was the top of the pyramid of my family, he was the inspiration behind what got me where I am. We would argue who was more intelligent for hours on end and even if we were both right, we would both argue who was right first. He would hold his head and say "what am I gonna do with you?" and for tea, I would ask "you want one?" he would always say "does a dog waggle its tail?"

How I miss him, no one will ever know apart from the family we built in London and 'Dads' family.

That's all I gotta say about that .!

Thanks, Robert Lyndsay

Stella Merange Special Memorial

On Saturday 28th February, over 70 people came together to celebrate a special memorial for Stella Marange at Isledon Canteen and garden.

Family, friends, tenants, participants and staff all gathered bringing delicious food to add to the spread prepared by Patrick, Asha and Carol.

Following a few speeches, Stella's mum planted a rose bush, and Stella's brother unveiled a memorial plaque. All agreed the event had a lovely atmosphere that reflected



the regard everybody felt about Stella. A special thanks goes to Precious, Michael and Paul for helping clear the garden in preparation of planting the rose. This is a message received from Brian, Stella's cousin, following the memorial.

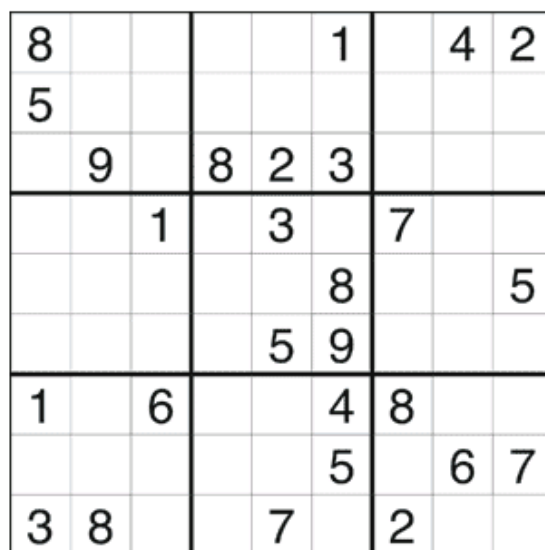
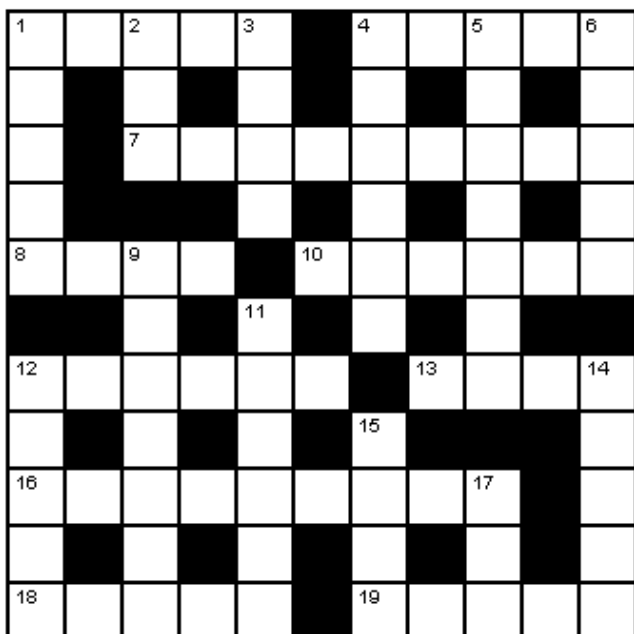
"I and the entire family would like to express our thanks and gratitude to yourself and the Peter Bedford family for a wonderful day of remembrance for our dear Stella. We are grateful for all the donations made for food and for Stella's rose plant and memorial plaque. We are also thankful for the



hospitality and kindness shown by those who knew and lived with her. You will forever be in our hearts, and we will visit whenever possible. God Bless you all.

Take Care, Brian."





Across

1. Twelve (5)
4. Hoard (5)
7. Unaware (9)
8. Gape (4)
10. Wore away (6)
12. Birds of prey (6)
13. Notion (4)
16. Large spider (9)
18. The lowest point of anything (5)
19. Implied (5)

Down

1. Journal (5)
2. Menagerie (3)
3. World's longest river (4)
4. Secret or hidden (6)
5. Bustling (7)
6. Abated (5)
9. Placed a bet (7)
11. Thinner (6)
12. Consumed (5)
14. Proficient (5)
15. Female relative (4)
17. Part of a circle (3)

Puzzle Page



London Trivia Quiz

- A What famous address is located at postcode SW1A 2AA?
- B Which airport has the luggage code LCY?
- C Canary Wharf is in what London borough?
- D Bow Street Runners formed in London in the 1750's are known to us today as what?
- E Name the 6 Home Counties bordering London?



8	3	7	5	6	1	9	4	2
5	1	2	9	4	7	6	3	8
6	9	4	8	2	3	5	7	1
4	5	1	6	3	2	7	8	9
9	6	3	7	1	8	4	2	5
7	2	8	4	5	9	3	1	6
1	7	6	2	9	4	8	5	3
2	4	9	3	8	5	1	6	7
3	8	5	1	7	6	2	9	4



London Trivia Answers

A 10 Downing Street

B London City Airport

C Tower Hamlets

D Metropolitan Police

E Essex, Herts, Bucks, Surrey, Kent, Berks

Classified Ads

Do want to place a classified ad in the Rising Star? Do you have something to sell? Or are you looking for something to buy or swap? You can use this space to advertise what you need. To place an ad please contact your Support Worker or Mandy