

JULY 2014 / ISSUE 02

PRIDE 2014 Celebration

A fantastic party was held at Legard Works on Friday 4th July, to celebrate PRIDE 2014. Nearly 70 PBHA tenants, participants and staff turned out to support our vibrant and creative LGBT community.

The event took place on a beautiful sunny day, perfect for the special exhibition, where organisers had contributed artwork, poetry, prints and masks, with the theme of “Freedom Is...”.

The fun took off when Clare, the CEO, opened the event as the 12th Pride to be held at Legard Works. Activities included a talent show, where contestants sang, danced, read poetry and generally entertained the crowd, creating a fabulous atmosphere.

The BBQ was excellent, with a variety of both meat and vegetarian dishes. There was a special cake (pictured) to mark the event. There was also a tombola and singalong to add to the variety.

The finale involved letting off a bunch of rainbow coloured balloons into the blue skies, celebrating freedom, equality and commemorating loved ones.

Special thanks go out to Patrick C, Mariama, Orla, Roman and Sopie for their hard work creating the one of the best Pride events ever to be held at PBHA. Well done!



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Letter From the CEO: Clare Norton



“Hello all,

I have been at Peter Bedford HA for around 20 months and I wanted to write to give you a sense of how far we have come in that time. A great deal has changed and improved and we are on course for some exciting new developments in the coming year.

Firstly, and most significantly, we are becoming stronger financially. Last year was better than expected and it looks as though this year will improve on this further. After a few years where our services had made losses, it is good to see rent collection and fundraising get better. The changes we made to services like repairs and stores last year are making a difference. Without managing the finances, the future of the whole organisation could be in question. Also, we managed to agree last year with LB Hackney and Islington that our support

services would not be reduced before March 2015.

Secondly, we have started some new work:

- the Peter Bedford Forum with a dedicated Participation Officer, now Mandy, to help the group,
- we re –opened the Legard Cafe and Outpost after refurbishments,
- Joinery and Creative Industries have thriving courses (which now include access to the general public)
- we have successfully lead a London wide partnership to help adults with mental health problems back into work
- we re launched the website and re created the Peter Bedford HA brand
- we have decided to challenge the stigma experienced by vulnerable adults and have held events on this such as the Equality Trust speaking at the 2013 AGM.

Lastly, and most significantly, we have strengthened and invested in our services. Strong management, response to complaints and improving work around collecting rents, letting empty flats and anti social behaviour have meant that we believe you receive a better and improving service. The tenants survey told us we are doing well and the vast majority of you are satisfied with our service. This is however only the start of the journey to modernise and make our services more contemporary and viable.

(Cont. p3)

This coming year we are planning the following:

- to complete a move to a new training, office and social enterprise hub
- to re open a refurbished Isledon cafe with staff on site and regular training and activities taking place
- to maintain the Plot to Plate gardening and training project integrating Local Food into all our activities
- to review our Property and Housing Services to make sure they deliver value for money
- to respond to feedback from tenants and participants on how you want us to change and develop new services
- to gain BIG Lottery and other large trust funding to strengthen our services
- to invest more in refurbishment of your homes
- to research how we could develop more homes in the coming years
- change the website so you can pay rent and report repairs online.

We are rising to the challenge you set us to improve and become a viable independent housing association. Please tell us your views and help us to meet your needs.

Yours
Clare Norton , Chief Executive Officer

Call for Contributions

Do you have a story, poem or photograph that you would like to have published in the Rising Star? Please get in touch!

Summer Trip to Southend



Last year a great time was had by all who attended the trip to Clacton-On-Sea. This year, for a change, you voted to go to Southend-On-Sea. Though the date has not been set yet, we aim to go in late August when the weather should be fine and there are lots of things going on. The trip costs only £5.00, which includes coach fare and packed lunch. Bargain! Taking heed of your feedback regarding the packed lunches, you can now choose from a selection of options. There is a booking form at the back of this newsletter. Please take the form to Reception at Stamford or Legard with your £5.00 so you don't miss out!

Joke of the Month

What is the difference between the England Football team and a teabag?

The teabag stays in the cup longer!!

Exciting News: Isledon Canteen!

The Isledon canteen is almost ready to be re-opened following a major refurbishment. We are only awaiting a delivery of tables. The office has been removed, and the canteen repainted. The flat adjacent to the canteen, 179A, has been turned into an office, with space for tenants to meet their Support Worker privately, as we intend to be a reassuring presence, more capable of reacting to situations in a timely manner.

Thank you for your patience whilst the work has been carried out. We would like to give a special thank you to Patrick M and Paul C, who helped greatly in cleaning and clearing the space and garden in preparation of its reopening.

Advocacy Service Update

As the weekly drop-in advocacy service was being less and less, Suzie no longer attends on Mondays.

However, POhWER still provides support to Peter Bedford, and you can contact them for support in a number of ways.

Tel: 0300 456 2370

Text: Text the word 'pohwer', with your name, to 81025

Email: pohwer@pohwer.net

Launch of New Isledon Hub Space

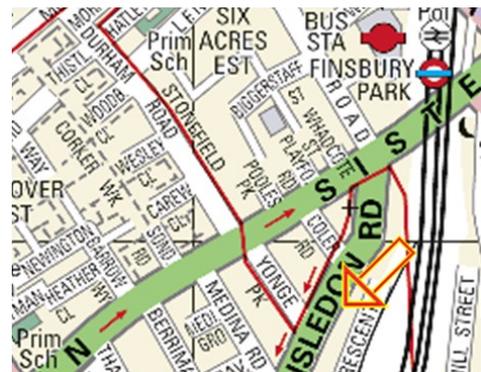
On Tuesday 22nd July from 2pm we are delighted to be holding a summer BBQ at Isledon to celebrate the launch of the new hub space.

Everyone is welcome from both Hackney and Islington, and it's a chance to get together and socialise with other Peter Bedford tenants, participants and staff. It promises to be a fun day with the chance to try tasters in printmaking, crafts and knitting. There will also be a grand unveiling of the Community Quilt, which will be hung in the Isledon Canteen.

We aim to hold a variety of group sessions in the hub. Suggestions include a women's group, run by women for women, the same for men, fitness classes, coffee mornings activities in the afternoon in the new canteen, as well as some creative industries classes. But we need your input as to what goes on there, so if you have any other ideas about the use of the new hub space, please come along and let us know what YOU would like the space to be used for.

See you there!

Isledon Canteen
181a Isledon Road, N7



Board Members Wanted

2 Volunteer Lived Experience Board Members

Role reference: BM-2014

Location: Hackney and Islington, London

Hours: 6 evening and weekend meetings per annum

Peter Bedford Housing Association is a registered social landlord working in Hackney and Islington alongside people who have experienced long-term social exclusion through homelessness, mental health problems, learning disabilities or multiple needs. We offer more than housing: by providing a combination of support, work, training and community we are enabling people to take control of their lives and inspire brighter futures. Our services are built on the principle of mutual self-help with clients we support living, eating, working and learning together to build their independence and their skills. Our services are heavily influenced by service users and in some instances are delivered by them through co-production.

We are looking to recruit 2 new members to join the Board with lived experience of receiving housing, support or vocational and community services support from PBHA. The Board works with the Chair, the Chief Executive and the Senior Management Team to increase the impact of PBHA's work with current and potential tenants and participants. The Role Description outlines the responsibilities we are looking for in a Board member. The skills we are looking for in a Board member are highlighted in the Person Specification. For an application pack please contact Bablu Miah at Legard Works or Mandy Mansfield at Stamford Works.

For more information on PBHA, we recommend any interested candidate to visit our website www.peterbedford.org.uk

Closing date for applications: **Monday 8th August 2014 @ 12 noon.**

Interviews will be held in **Mid-August 2014.**

All enquiries can be made directly to the Chief Executive on the contact details below.

Clare Norton
Chief Executive Officer
Tel: 0207 226 6074

Preparing for Personal Independence Payments

Disability Living Allowance (DLA) is being phased out and replaced by Personal Independence Payments (PIP). Existing claimants are gradually being transferred to the new benefit while new claims will automatically be assessed for PIP. Both new and old claimants will be invited to have a medical.

PIP is made up of two parts, the **daily living component** and the **mobility component**. Each component can be paid at one of two rates, either the standard rate or the enhanced rate.

DLA was also made up of two components, one for Care which had three rates (low medium or high) and one for Mobility. One of the biggest changes is that the low rate bracket (around £20 a week) no longer exists in PIP.

The weekly rates for PIP 2013/14 are:

- Standard rate daily living component £54.45
- Enhanced rate daily living component £81.30
- Standard rate mobility component £21.55
- Enhanced rate mobility component £56.75

For example an applicant who gets both standard rate daily living and standard rate mobility would get $(54.45+21.55) = £76.00$ /wk, that's nearly £6000 a year!

Know the score: The medical is your opportunity to describe how your disability(ies) affect your day-to-day life. Along with providing some great general advice the Disability Rights UK website has a guide to the scoring system with which your claim is assessed [Disability Rights UK](#). There is also some useful advice about your right of appeal if the decision is turned down.

Phone a friend: From experience I would recommend attending the medical with a support worker or someone who knows how your condition(s) affect you day-to-day. It's not easy to remember and describe your physical and mental health to stranger in one short hour so having another person's input is extremely useful.

Take your time: It is also useful to attend with someone to ensure you are given enough time to give a detailed description of your condition. Don't allow yourself to be "rushed through", it takes time to describe something as complex as your physical and mental health. If it helps try making some notes before hand and taking them in with you so as not to forget anything.

Preparing for P.I.P. continued

Describe a bad day: Talking about disability doesn't come naturally to most people - we'd rather think about what we can do than what we can't. I think this is why I have seen a general tendency for people to play down the impact of their condition - especially when telling intimate things to a total stranger. My advice is to simply describe how it feels on a bad day.

Get organised: Paperwork, groan! Although tedious, paperwork will help your case. Contact your GP for a print out of any medication you are on and perhaps a letter backing up your application. Your support worker can also help with this.

Outpost and Community Hub



Following a successful exhibition at Outpost where artist Tagzee displayed his work, the hub is now an established exhibition space, holding art workshops and activities regularly.

The current exhibition is by local author and artist John O'Leary, who writes and creates children's pop-up books. On 14th June there was a successful family pop-up book making workshop, with participants

getting involved in drawing characters and creating pop up designs.

The art from the recent Pride exhibition will be displayed at Outpost later this month.

Outpost is open

Tues to Sat 10am - 6pm

Sun 11am - 5pm

546 Holloway Road, N7

Participation and Involvement

Hi,

My name is Mandy and I am the new part-time Participation Officer at PBHA. My working days are usually Monday, Tuesday and Wednesday, from 10am – 3.30pm.

I have enjoyed meeting some of you at the Forum meetings, in classes and at PRIDE, but am looking forward to getting more ideas of what activities, courses and volunteering opportunities you would like to get involved in at Peter Bedford.

The Forum is an ideal space to put your views across, but I realise that this is not



Voting at the Forum

everyone's cup of tea. So at the Isledon Hub launch and BBQ, there will be an 'ideas corner', for us to informally chat about what YOU think we could be doing differently, with an 'Focus Board' to post your suggestions. I hope to see you soon.

Some ways you can get involved

- ◆ Come to our social events!
- ◆ Join one of our many classes and courses
- ◆ Attend The monthly Peter Bedford Forum. Next Forum Wednesday 16th July , 1pm at Legard Works
- ◆ Contribute stories, poetry, artwork or photographs for the Rising Star
- ◆ Become a Tenant Committee Member
- ◆ Apply to be a PBHA Board Member
- ◆ Volunteer with us
- ◆ Access Tenant Empowerment training

If you are interested in any of these opportunities, please contact Mandy Mansfield on 07730 215163 or speak to your Support Worker

Peter Bedford: Duty Line

The Duty line is designed to give Peter Bedford tenants access to emergency support out of office hours. It is available from 6pm until 9.30 am, and all day at weekends and on bank holidays. The person on call is not sitting at a desk, they are at home carrying a mobile around while getting on with other things, so it is possible they may not get your call immediately. If so please leave a message and they should get back to you. Please do not withhold your phone number when ringing as such calls are barred on the duty line.

It is only intended to be used in **EMERGENCIES.**

An emergency is something that is: **URGENT**-i.e. it cannot wait until the office opens, and **SERIOUS**- this usually means someone is at risk of being harmed, not just an inconvenience.

It can be used to:

- **Report emergency repairs**, but please note that our maintenance contract only requires someone to be called out at night / weekends if it is an urgent issue, for instance: no hot water / heating would be regarded as urgent in winter, but not in summer. Even then the timescale is "within 24 hours", which can mean the next day, although it can often be quicker.

- **When you are in crisis/suicidal/desperate and need advice or someone to talk to.**

We will listen and offer advice, but if you need a long conversation we may refer you to other agencies such as Samaritans or Saneline.

- **Support workers do NOT now come out to let people in when they are locked out.**

Tenants should buy a spare set of keys to give to a friend they trust to look after, or stay with friends/ in the lounge until the office is open.

In the case of FIRE/ MEDICAL EMERGENCY/ POLICE EMERGENCY etc you should call 999 (or 101 to report to police something that has happened and is finished). Sometimes it may be appropriate to call the duty line if you are not sure whether to call 999, or to inform us what has happened after calling 999. Emergency numbers for gas electricity etc are found on notices in all shared flats. There are also numbers to report noise nuisance. In the case of complaints the worker is usually unable to do anything until the office opens.



PBHA Green Mark Achievement

Good things come to those who recycle! PBHA's sustainability drive produced rich reward in May, during which the organisation underwent its final Green Mark Audit and passed with flying colours. All three properties, Legard Works, Stamford Works and Outpost were audited separately and each site was successful. The auditor, Ioanna Rossi was particularly impressed with the great strides the organisation has taken in such a short space of time to implement more sustainable practices for the benefit of our organisation, our clients, the local community and the wider environment. The project was a combined effort that included every member of the organisation and as such set a benchmark for team work and good practice. Congratulations everyone! The organisation is committed to reducing its environmental impacts and will continue with the good work that culminated in the Green Mark award. A copy of the waste hierarchy is below as a quick reference guide for how to reduce our use of resources and the safe and environmentally friendly disposal of waste products.



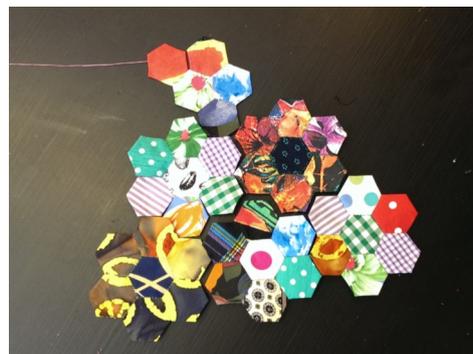
New Website



We're very excited to announce the launch of our new website, at www.peterbedford.org.uk. If you'd like to hear about the latest news, courses and events, the website is a great place to start. You can find out more about the services and opportunities on offer, or read other people's stories about working with us. We hope you'll find it a useful source of information – please take a look and let us know what other things you would like to see there. We'd like to say a special thank you to all the tenants and participants who shared their experiences or pictures with us for the website. Peter Bedford Housing Association is now also on Facebook! Everyone in the Peter Bedford community is warmly invited to join our page at www.facebook.com/peterbedfordHA, for regular updates about what's happening. Would you like to gain IT skills or learn more about using the internet and social media? The Voluntary and Community Services team can help! Please contact Arinola Oladejo on 020 7923 9156 or email: arinola.oladejo@peterbedford.org.uk or speak to your support worker.

Community Quilt Workshops

Participants have been enjoying putting their heads together to jointly design, print and sew a Community Quilt. Themes for the quilt include “Keep yourself Warm”, “Enjoy the Sun”, “Hackney World” and “Islington Come Together”



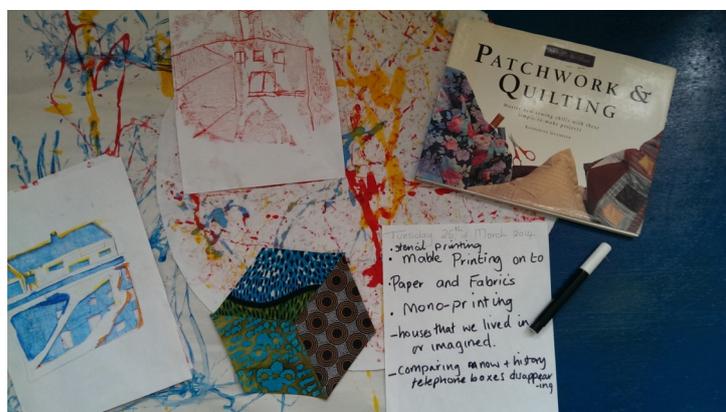
Here's what a few of you said about the course:

“I'm enjoying using different patterns and seeing everything coming together.”

“I'm looking forward to learning how to use a machine”

“It's enjoyable and relaxing”.

“I am enjoying the different techniques for making prints – both photos and paintings.”



The finished product will be unveiled at the launch of the opening of Isledon Hub, and will be hung on the canteen wall.

Change Together

Hello! My name is Bex and I am the Project Coordinator for Change Together. Change Together is a project that aims to challenge mental health stigma in Hackney and Islington. We do this by having conversations with members of the public through workshops, events and exhibitions etc.

We had a successful event at the Open Garden Squares weekend. Where we opened up Clissold Community Garden, a hidden gem not normally open to the public. We managed to engage exactly 100 people in conversations around mental health, which was fab.

We're currently recruiting for volunteers to get involved in a variety of ways. Roles include Engagement and Promotion, Project Champions and Administration. If you are interested in finding out more, please get in touch or check the website.

Designer Bag Course



Participants taking part in the designer bag course, and some creative and colourful designs

Poem—Dare to Care

Life really can be crap,
Not a lot of chance to clap,
People come, people go,
Sometimes you just don't know.

Abandoned love,
I just don't know,
Sometimes I think,
Will I ever know.

If I dare,
I say I care,
If I care,
Why do I dare.

I ask myself, why do I care,
It's because I'm prepared to dare,
Only because,
I really care.

If they stop caring,
Do I stop caring?
Good God no, I would not dare.

That's because I really care,
I care so much,
I feel crushed,
Only because I dare to care.

I love to care,
I care to love,
I kinda guess,
I love to care.

Stop walking out,
That's not fair,
It hurts so much,
That's not fair.

The tears are there because I care,
There's sadness there because I care,
The smiles are there because I care.

Why do I care,
Why do I dare,
I don't know,
I just do.

I don't mind the tears,
I don't mind the sadness,
I love the smiles.

Not only do I dare,
I also care.

By Denis McCormick

Sad Loss—Peter Davis



You may be aware that sadly Peter Davies died earlier this year.

Many at PBHA will know Peter—he has worked in Joinery for many years (often keeping it going when supervisors were on leave), as well as being a valued Board Member, and being involved in many other aspects of PBHA over the 29 years he has been with us.

Peter's Memorial was held on Tuesday 10th June at City Crematorium. It was a Buddhist ceremony, with family friends and loved ones contributing to a Buddhist shrine with items of significance to Peter. Clare (CEO) and loved ones spoke of Peter's life, of his varied interests, including being an avid reader, his love of antiques, and of his intelligence.

I know he will be sorely missed by many of us.

4 HAIKU'S

Winter coming soon
Snow will be falling on us
Can't wait for spring

Spring is here yet again
And everyone is here yet
again
Everyone's happy and safe
and happy

Summer is finally here
Can't wait to sit in the sun
With friends who I love

Autumn is coming yet again
I wonder what's in store for
us

But we will manage all of us.

By Denis McCormick

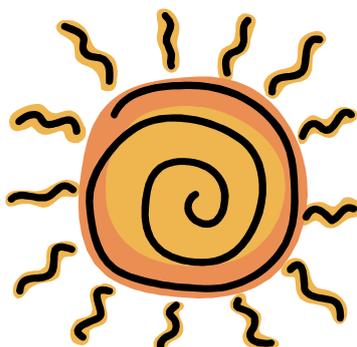


Stars at Night by Roy Appleton Acrylic on Canvas

This edition has been edited by Philip Jones, PBHA tenant

Seaside Trip to Southend

Booking Form



Name _____

Packed Lunch Order - Please tick

White Bread

Brown Bread

Tuna Sweetcorn plain

Tuna Sweetcorn Salad

Cheese and Tomato

Cheese, tomato and salad

Chicken mayo plain

Chicken mayo and salad

Chicken and mustard

Chicken mustard and salad

Humous and salad

Carton of fruit juice

Bottle of water

To book your place, please take this form with your £5.00 booking fee
to Reception at Stamford Works or Legard Works