

April 2016 / ISSUE 08

Your Vote Matters!

You are probably aware that there is a Mayoral election this year, as well as a European Referendum. PBHA strongly encourages all tenants to vote in both the election and the referendum, and have been involved in an initiative called Your Vote Matters. Your Vote Matters campaigns to increase the number of homeless and people in social housing to vote, and works to raise awareness of how you, as an individual, can influence local and national policies. Did you know that registering to vote can help your credit rating? Are you registered to vote?

PBHA is holding a Voter Registration Day on Wednesday 13th April, when tenants can come to Kingsland, Clissold or Isledon hubs to register to vote online. The deadline for registering for the mayoral election is 18th April. The date for registering to vote in the European Referendum has not yet been set.

Mayoral Hustings

PBHA have applied for tickets for staff and tenants to attend a mayoral hustings. A hustings is a meeting at which candidates in an election address potential voters. If we are successful, three tickets will be reserved for tenants, and you will have the opportunity to submit a question to the candidates. The mayoral hustings is on Monday 25th April from 6pm-7.30pm. Housing is likely to be high on the Agenda. If you would like to attend, please contact Mandy on 07776 769632.

YOUR VOTE MATTERS

MAKE SURE YOU'RE IN



IN THIS ISSUE

Page

Your Vote Matters	1
Mayoral Hustings	1
CEO Update	2
Expert by Experience Group	3
Peer Support	3
Welcome Breakfast Club	4
Working in Housing Sector	4
Committee Members wanted	4
Over 50's Watersports	5
New Service at Turle Road	5
Cannabis is Illegal	5
Paying Your Rent	6
Prevention of Arrears Policy	6
Exhibition at Outpost	7
Smoking Cessation Drop-in	7
Exhibition at Kingland Hub	8
New Womens Group	8
PBHA Forum	8
Spring Timetable	9-10



Tenants and participants visiting Hoxton Hall to see an interactive cabaret show called V.I.P.

CEO's Update

Hello everyone

Life has been busy at Peter Bedford towers since the New Year. It is good to be busy, we have been planning opening three new services, and making sure we are ready for the new financial year.

We will take over managing a new residential service in Islington in April for people with mental health needs, we have also committed to opening the coffee shop at Kingsland Hub (probably opening in May after we recruit the staff), and we have a new learning and employment project called Learn Together for people with Learning Difficulties or autism.

Other plans we have for the year, are:

- Include you in the review of repairs contractors, letting contracts and interviewing new staff
- Develop more peer lead activities such as a Women's Group and the Personal Development Programme (see later in this newsletter)
- Help 80% of tenants to be digitally included
- Prepare tenants on ESA to skill up for work
- Grow the number of homes we manage by 3%, and increase move on options for current tenants
- Improve the speed and satisfaction tenants report with how we deal with anti-social behaviour
- Complete investment in Health and safety and fire safety measures in all the homes we provide
- Start the replacement of kitchens and bathrooms and the refurbishment of many homes
- Help as many of you as possible to vote in the London Mayoral and European

Referendum elections

- Help 60% of tenants to engage in employment or learning
- Replace reducing contract income with new funding to retain and increase support for tenants

We have been reviewing whether the move to Kingsland Hub and setting up the community hubs have helped us to bring in more people to use our services. We have been here for nearly six months, and we are pleased with the number of people using the hub. In the first four months, 66 people visited Kingsland Hub for courses, over 865 visits. We now have regular lettings from Age UK and Hackney CVS in Kingsland Hub, yoga and arts groups at The Workshop in Geffrye Street. It feels as though we are getting a good mix of use at the new centres, and the second art exhibition is on the walls having transferred from Outpost.

The community hubs at Isledon and Clissold are also busy with drop-ins, and we have had good feedback from you telling us it is good to have local offices to see support workers at. We know it will not always be easy to travel to Kingsland Hub. There is more to do to invest in the community hubs, particularly the canteens, and we will be fundraising for this over the coming year.

In the next Rising Star, we will let you know in more detail what we did over the year. If you have anything you particularly want to see us tell you about, please let Mandy or Phil know. Best wishes for a cheerful Spring.

Clare



“Expert by Experience” New Personal Development Group

*A Personal Development Group
Starting April 8th at Geffrye Street Workshop
Places Still Available.*

We are looking to train tenants in basic Good Mental Health Maintenance such that you could run Support Groups within PBHA in the future.

PBHA is being encouraged to develop an “Expert by Experience” approach i.e. instead of seeing the traumas you have been through as a negative, the fact of your survival, means you have hard won personal experience & knowledge which you can teach to others. To support you to get to this level, starting in April we are running an 8 week Personal Development group for tenants to learn about different therapeutic approaches to good mental health maintenance. Places are still available for this group.

Basic mental health maintenance skills we are offering include stress management, positive thinking, relaxation techniques, active listening and more.

Group members will also have the opportunity to run sessions, fully supported by the facilitators, in preparation for setting up & running your own support groups in the future.

And besides learning skills & techniques, just as valuable is the experience of being in a trustful, supportive group. Past experience of this sort of group shows that it encourages genuine, lasting friendships to develop.

The Personal Development Group will also be fun! We all learn best when we are relaxed. Laughter helps to relieve tension & relax us. So sessions will include fun exercises, many of which come from the theatre.

Learn & Experience Something New: Make New Friends: Have Fun!

If you would like to join this Personal Development Group, don't delay!

Tell your Support Worker or get a message to Ann Carolan on 0777 676 9654



Peer Support

PBHA has a longstanding culture of tenants and participants giving and receiving peer support (mutual aid) in the community. We would like your help to strengthen and add to existing structures to widen our range of supportive opportunities. The new Expert By Experience course forms part of these plans. As well as working towards additional groups, we hope to encourage one-to-one peer support assistance. One definition of peer support is:

“A system of giving and receiving help founded on key principals of respect, shared responsibility, and mutual agreement of what is helpful... It is about understanding another's situation empathetically through shared experience”.

Peer support is not just about giving. Research has proved that getting involved is mutually beneficial; the person offering help gains as much as the person receiving help. Benefits include increased confidence, a sense of purpose and reduced isolation to both parties.

We will be setting up some training for those interested in joining a peer support network. Please speak to your support worker or contact Mandy to put your name down for the training.

New! Welcome Breakfast Club



PBHA encourages our tenants to get the most out of their time spent with us. We are introducing a new Welcome Breakfast Club so that tenants can come along and find out what's going on, meet other tenants and staff, and decide how we can best support you to achieve your goals. At the Breakfast Club you can informally drop-in and

- Enjoy a nice cup of tea or coffee, pastries and donuts
- Meet and chat with other tenants and make new friends
- Hear about what courses and volunteer roles are available and sign up
- Become more familiar with the full range of services on offer
- Find out how you can get more involved in the PBHA Community

All tenants are welcome, and tenants who have been with us for less than a year are particularly encouraged to come along. We hope to see you there!

Welcome Breakfast Club
Wednesday 13th April
11am-1pm at Isledon Canteen



Would You Like to Work in the Homelessness Sector?

Use Your "Lived Experience" to Get Paid Employment.

PBHA is now actively encouraging tenants, with their "lived experience" of homelessness to seek employment in the sector.

We are actively involved in a Customer Employment Partnership (CEP) – a group of nearly 20 London based Housing Associations - who want to employ people with lived experience of homelessness.

The housing associations involved post jobs & volunteering opportunities on the CEP Jobs website.

Go to www.cepjobs.org to see current vacancies e.g. roles such as Assistant Support Workers, Concierge and more.

If you are particularly interested in following this path to paid employment contact Ann Carolan on 0777 676 9654 without delay.

Ann can invite you to CEP meetings & also involve you in a forthcoming Job's Fair that the CEP is planning.

Two Committee Members wanted!

We are looking for two new people to join the PBHA Tenant's Committee.

As a Committee member you will

- Be available for tenants to assist confidentially with concerns or complaints about PBHA services.
- Help set the Forum Agenda
- Explore and develop new projects for participation, such as Over 50s Club.
- Report and be responsible to the PBHA Forum

Could this be you? Please contact Mandy on 07776 769632

Free watersports activities for Over 50's!

Islington Boat Club is introducing a range of free boating activities for Over 50's. Starting on April 12th, from 11am-1pm on Tuesdays, you can just turn up to try out sailing, kayaking, narrowboating or powerboating at the historic Boat Club, which is situated on Regents Canal near Angel. The boat club is also offering free tea and coffee, so you can also go along to watch.

PBHA's Over 50's Club is going to have a go on Tuesday 26th April. Tenants and participants will meet at Isledon canteen at 10.30am, and then make their way to the Boat Club.

Islington Boat Club Regents Canal 16-34
Graham Street Islington N1 8JX



New service at Turle Road

PBHA has recently taken over management of a high support mental health service. The project was previously run by Family Mosaic. Staff from Family Mosaic will be joining the PBHA team to provide 24/7 support to 6 tenants. The property is close to Finsbury Park station and Isledon Hub. We hope you will welcome the new tenants and staff to the PBHA community.

Cannabis is Illegal



We want to highlight to tenants PBHA's position on smoking cannabis in your rooms. Some tenants are under the impression that PBHA will tolerate tenants using cannabis in the property, especially if they have informed staff that they use cannabis regularly.

THIS IS NOT THE CASE!

Cannabis is **illegal** and it is also against the law for a landlord to allow it to be used on it's premises. PBHA staff will not condone its use in PBHA properties. If a tenant persists in using cannabis in the property, steps may be taken to begin eviction proceedings. For help to address cannabis or other drug use, please speak to your Support Worker

Paying Your Rent

We rely on our income from rents to keep our properties in good condition and to help pay for a range of services that help tenants make the most of their time with PBHA. If you don't pay your rent, we can't invest in our services.

Paying rent is the most basic condition of our tenancies. All tenants are responsible for paying rents. This includes making sure any issues that prevent your housing benefit from being paid are



resolved. Currently, the amount of rent PBHA tenants collectively owe us would pay for new kitchens and bathrooms for all that are due for replacement (that's a lot of money!).

We have a responsibility to collect all the rent owing on each property, so we will seek possession where tenants have breached their tenancy by refusing to address paying off their arrears.

Paying Rent through Website

Did you know you can now pay your rent through the PBHA website? You need to have a Bank Debit Card, and have your Allpay rent card to hand. It's very straightforward to do, you just have to

register your Allpay rent card first.

If you need help, just ask your Support Worker to show you how it works.



Other ways to pay

- Set up a Standing Order with your bank
- At a PayPoint outlet
- In person at Kingsland Hub
- If you have Service Charge arrears we can arrange to take direct payment from the DWP

Prevention of Arrears Policy

We are looking at a new approach to help tenants pay their rent by developing a Prevention of Arrears Policy.

It will be helpful for you to think about the following questions to help us do this:

- Is there anything PBHA could do before you sign your tenancy that would help prevent you from getting into any arrears?
- What situations can cause arrears?
- What are the most important things PBHA could do to help a) prevent arrears, and b) deal with arrears?

Please feed back your ideas at the Forum or speak to your Support Worker or Housing Officer.

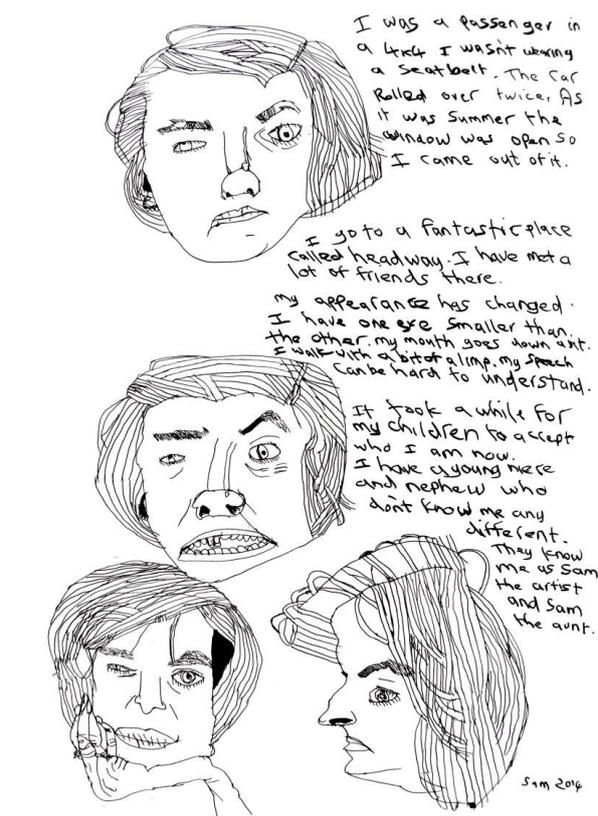
Exhibition at Outpost features in Islington Tribune

Sam Jevon – Pictures in Detail.
18th March – 30th April

In a collaboration between PBHA and Headway East London, The current Outpost exhibition, Sam Jevon – Pictures in Detail featured recently in The Islington Tribune.

Sam Jevon is an Enfield-based artist working at Headway East London's art studio in Hackney. Sam has been developing her art practice at the charity for over seven years – always using black ink on paper. The result is a collection of intricate black and white works that capture people, places and objects in minute detail.

Headway East London is a local charity supporting people who have survived brain injuries – through road traffic accidents, strokes or other illnesses. They offer specialist support and services to survivors and their family, whilst also campaigning for greater public awareness. Their vision is



to build a community where people with brain injury are valued, respected and able to fulfil their potential.

"I've come a long way since I first started. Now my pictures have a lot of detail in them."

New! Smoking Cessation Clinic at Kingsland Hub

A new drop-in service to help people stop smoking is starting at Kingsland Hub. In partnership with the Shoreditch Trust, you can access free one-to-one support, as well as a choice of nicotine replacement products, Champix or Zyban. It is a drop-in service, but if you prefer you can make an appointment by calling **0207 033 8509**. The clinic will be every Tuesdays 10am-2pm



14 ART Follow us on Twitter @Islingtontribe

The accidental artist...

If you were to imagine the impact of a serious brain injury, chances are you wouldn't immediately think of gaining a creative skill.

Artist Sam Jevon, 48, suffered a diffuse brain injury in a car crash in 2006. She was in a coma for months at the Royal Free Hospital and now has a titanium plate covering part of her skull.

Sam's previous life had not included art in any sense – now she draws twice a week at Headway, a charity supporting people affected by brain injury. She has also just opened her first exhibition at Outpost in Holloway Road – an experience she describes as "overwhelming".

"Art has played a big part in my positivity," she said. "When anyone sees them they say how good they are – this makes me feel very good about myself."

"I do all my drawings at Headway. I prefer using artist pens, as they come in different thicknesses. The really thick ones are good for shadowing, the thinner ones are good for designs."

As a result of her injuries Sam struggles with balance and speech but has worked hard in rehab to counter issues with memory and attention.

"I only have sight in one eye," she said. "I do all the detail with limited vision. Yet I tend to draw pictures with a lot of detail in them – pictures of people, animals and sceneries."

Sam has previously spoken about the personality changes she and family and friends noticed after her accident. She describes herself as far calmer now. In what must be a curious experience, Sam is able to assess her pre/post-accident reactions to situations, including her own drawings.

"My personality before my accident would not appreciate my artwork now," she said.

Amy Smith
● Sam Jevon: Pictures in Detail runs until April 30 at Outpost. See Art Diary, right, for details



Artist Sam, who is currently exhibiting her work at Outpost on Holloway Road, suffered a diffuse brain injury in a car crash in 2006

Paved Over exhibition at Kingsland Hub

Emma Pugmire has a fantastic exhibition on display at the Kingsland Hub. Emma has lived in Islington for 10 years and is actively involved with the local community and artists groups. Volunteering with Rowan Arts, and taking part in projects with local organisations and public spaces has helped her personally and professionally to make contact with other artists, to feel less isolated and gain inspiration from new opportunities.

"Being an artist is a basic need to communicate. It allows me to explore and respond to studies of nature and the world around me."

Previous projects include Islington Exhibits and Holloway Arts Festival, with teaching art workshops including mural painting.



New! Women's Group

PBHA is restarting it's monthly Women's Group. The group will be held on the first Monday of the month at Isledon Canteen. Come and have some fun (and tea and biscuits!) in a welcoming and safe space. Bring your knitting, crochet, sewing, cross-stitch, colouring books. Share and learn new skills from each other. Suggestions for other activities warmly welcomed. For more information talk to either Fiona or Mariama. Tel: 07776769636 or 07776769627

YOU CAN'T USE UP
CREATIVITY
THE MORE YOU USE,
THE MORE YOU HAVE.

MAYA ANGELOU

MONDAY 4th April 2016

2.00 pm – 4.00 pm

Isledon Canteen 181A Isledon Road

See you there

PBHA Forum

The PBHA Forum is a monthly meeting where tenants, participants, staff and management get together to discuss any issues and raise concerns about PBHA services. It is a good opportunity for you to get your points of view across and for management to take action to address your concerns. The Forum discusses a range of topics, from changes to rent and support, complaints and other policy procedure, to new courses and activities. The next Forum is at Isledon canteen on Tuesday 19th April, from 1pm-3.30pm. A sandwich lunch is provided at 12.30pm.

Adult Learning and Employability Spring Timetable



ONLINE SKILLS

Computers – Entry 3 – Qualification

Build your knowledge of word processing and gain confidence using the Internet and email.

Duration: 13 sessions (over 13 weeks)
Start date: Tuesday 5 April 2016
Time: 10am
Location: Kingsland Hub



LITERACY AND NUMERACY

English for All

Improve your English by reading, writing and talking with a welcoming group of people.

Duration: 24 sessions (over 12 weeks)
Start date: Wednesday April 20th 2016
Time: 10am
Location: Kingsland Hub



CUSTOMER SERVICE

Learn different techniques when dealing with customers including creating positive impression (Course subject to demand)

Start date: To Monthly
Time: Half day course
Location: Kingsland Hub

EMPLOYABILITY

PBHA's employability advisors and coaches offer personalised advice and guidance for getting into work. We help you gain relevant work experience and training, upgrade your CV and search for jobs. Please contact us for more information.



PHOTOGRAPHY

Street Photography

Learn the basics of Street Photography. Use a digital camera to take photographs in various locations and environments.

Duration: 6 sessions (over 6 weeks)
Start date: Thursday May 26th
Time: 10am - 4pm
Location: The Workshop Geffrye Street



FINE ART

Introduction to Drawing & Painting

Start date: Tuesday 12 April
Time: 10am - 1pm
Location: Isledon Hub

Mixed Media Illustration (Evening course)

Start date: Wednesday 13 April
Time: 5pm-8pm
Location: The Workshop



TEXTILES	
Craft Studio for All	Start date: Ongoing Time: Tuesday 10am-4pm Location: The Workshop
Textiles for Interiors	Start date: Wednesday 13 April Time: 10am - 4pm Location: The Workshop



JOINERY AND FURNITURE DESIGN	
Joinery: Product Design & Personal Practice (Monday)	Start date: Ongoing, enrolment depends on availability When: Monday Time: 10am-4pm Location: The Workshop
Joinery: Product Design & Personal Practice (Tuesday)	Start date: Ongoing, enrolment depends on availability When: Tuesday Time: 10am- 4pm Location: The Workshop
EVENING COURSE: Furniture Making **Open to the public (course fee applies) **	Duration: 8 sessions (over 8 weeks) Start date: Wednesday 27th April Time: Wednesday 6pm – 8.30pm Location: The Workshop



SUPPORTING MAKERS	
One-to-one support for makers, designers and artists to independently produce handmade products for sale at Outpost and other retail outlets.	Please contact us for more information. Entry is by appointment and interview only.



RETAIL TRAINING AND WORK EXPERIENCE	
Retail Training Gain on the job retail experience and training at Outpost, our shop, gallery and community hub in Holloway.	Start date: Ongoing Days: Monday, Tuesday, Wednesday, Thursday Time: 10am - 12:30pm; 1:30pm - 4pm Location: Outpost
Volunteer Opportunities Share your skills and gain new ones at Outpost, our shop, gallery and community hub in Holloway.	Start date: Ongoing Days: Monday to Saturday Time: 11am-5pm Location: Outpost Holloway Road



OTHER ACTIVITIES	
April: Day on Hampstead Heath Walking and nature poetry workshop on the Heath with tea and scones to warm us up after!	