

JUNE 2015/ ISSUE 05



PRIDE 2015 Celebration

The Pride 2015 celebration party is being held on Friday 3rd July from 11.30pm at Legard Works.

The theme this year is Heroes, and we will be showing an exhibition of your favourite LGBT heroes and heroines. Feel free to dress up as your hero at the party – there will be a prize for the best dressed person.

There will be a delicious buffet lunch, with the food prepared and cooked by tenants Patrick C and Carol C.

There will be a live band, music, and a PBHA's Got Talent competition, with prizes for the winners.

Followed by a raffle, cake and letting off balloons, the day promises to be a fun filled and lively party – the last ever to be held at Legard Works.



IN THIS ISSUE

Page

Pride Celebration	1
Music for People	1
CEO's Udate	2
Summer Trip to Brighton	3
Rising Star Distribution	3
Advertisement	4
Open Squares Weekend	5
Trip to Alexandra Palace	5
Healthwatch Islington	6
Healthy Cooking and Recipe	6
Street Art Walk and Talk	7
New Courses	8
Drawing Class at Isledon	8
Urban Vegetable Growing	8
Collage Cushions	9
Creative Craft at Clissold	9
Tributes	10
Brighton Booking Form	11
Useful Dates and Phone Numbers	12

Music For People

Music For People is a national charity that promotes health through music and community engagement.

One of Music For People's London bands, Retro Abyssmo, will be performing at this year's Pride celebration.

They are lively and interactive band, who take requests and encourage you to sing and dance along.

So come along and join in the fun. We look forward to seeing you there.

CEO's Update

Dear all

I would like to feed back to you following the consultation about the direction Peter Bedford Housing Association should take over the coming five years. Many of you took part in the focus groups, 5 tenants who had recently moved into a PBHA property, 13 tenants who had lived at PBHA for over six months and 4 VCS participants who are not tenants.

We explained the five strategic aims we are proposing, and asked for your views:

1. To build more homes to help towards the housing crisis in London
2. To improve the quality of your homes through extra investment in repairs and improvements
3. To support and develop you to become independent
4. To challenge the stigma and discrimination felt by you
5. To develop our staff, volunteers and systems

Your feedback was extremely useful.

Generally you thought we were on the right track with the strategy, although there were some areas you felt we could improve in.

These can be summarised into the following:

You broadly supported:

- The type of services we offer, quotes were "PBHA is the best organisation I have ever dealt with."
- You said the repairs service was excellent and usually very quick. You said the repairs line was very polite
- You supported us developing more housing, perhaps in outer London boroughs. You want to be certain any development did not put existing homes at risk.
- You supported the proposal that to access this type of housing, tenants would need to be committed to being a part of a PBHA community.
- You wanted us to employ more tenants in areas such as maintenance, gardening, shop assistant, cleaning or catering or on apprenticeships



- You want us to continue to campaign to reduce the stigma and discrimination you may face

You asked us to improve:

Move on - you want more access to good quality move on, short term tenants want and understand the need to move on but are worried it isn't there and what is there is insecure; you want us to lobby better for move on

Dealing with anti-social behaviour quickly.

You supported short term tenancies for new tenants as a trial to achieve this. You wanted us to make flat swaps easier, asking us to set up a 'swap shop'.

Security measures in some flats with some at risk of being burgled

Ideas Hub- You suggested we set up an ideas hub online and invite our tenants to take part

Furniture Collection- You asked if we could we offer a furniture collection service

We were very pleased that broadly you supported the strategy we want to put in place, and will let you know through Rising Star on how we can develop services to answer the points you asked us to improve upon.

Clare Norton, CEO

Summer Trip to Brighton



This year, tenants and participants voted to go to Brighton for the annual seaside trip. You also requested to go in summer rather than in September. The trip this year is on Friday 14th August. It costs £5 to book your seat, and this pays for a packed lunch of your choice. There is a booking form at the back of this newsletter. You can book your seat by taking the booking form and £5 to Reception at Legard Works. We will be leaving Legard Works by coach at 9.30am and leaving Brighton late afternoon. Book now to secure your place!

Receiving the Rising Star in the Future

We are looking into changing the way we distribute The Rising Star. At the moment we post it to every tenant, and leave a supply of them at participants classes, Outpost and Legard Reception. Would you be happy for us to leave a supply at communal areas such as Isledon and Clissold hubs and Reception, available for you to pick up? Or, would you be happy to receive The Rising Star by email, or look at it from the website?

We have also been told that some of you would like an audio version of the magazine.

Please complete the slip at the bottom of this page, indicating your preference for receiving the Rising Star.



How I receive the Rising Star

Name and Postcode _____

- I am happy to collect The Rising Star at communal areas
- I want to continue to receive the Rising Star by post
- I will read online at the PBHA website
- I would like an audio version of The Rising Star
- I want to receive The Rising Star by email

Email Address _____

Please return this slip to Legard Reception or give to your Support Worker



EVERYBODY DANCE!

Retro Abyssmo

- into the dark
shining a light

One of the incredible Music for People house bands

See also
The Jazz
Jukes

07981 142 376 - 0207 263 1751

www.musicforpeople.org.uk

email: retro@musicforpeople.org.uk

See also
Country
Flo & the
Kiss

MUSIC for People

Registered Charity No. 1128902

Open Squares weekend at Clissold Gardens



On the weekend of 13th and 14th June, Clissold gardens was opened up to tenants, participants and members of the public, as part of London's annual Open Squares Weekend.

There were cakes, cordial made from the elderberry tree in the garden, herb baskets and strawberries grown in the garden for sale. Raspberries were in season and everybody enjoyed picking them.

People interested in gardening swapped tips, and though the sun didn't shine for us, it didn't rain either, so it turned out to be a very enjoyable and pleasant weekend.

A special thanks to Precious (volunteer), Sam (Clissold Gardener), and Patrick (volunteer) for helping prepare the garden for the event. Thanks also to Kathryn for preparing the delicious cakes.

Over 50s Club Trip to Alexandra Palace 27th April 2015

There were seven of us.

We met at Isledon Canteen.

Patrick and Carol got together a packed lunch for us, customized to individuals' needs.

We got the W3 bus from Finsbury Park Station, which goes right to the foot of the Alexandra Palace.

We went up the stairs and walked along the terrace, and enjoyed the view.

We strolled along to the lake and the cafe, where we had our lunch.

We relaxed in the sun and the cloud by the lake, then made our way back to the palace.

We visited inside the palace, which also had heating and toilets.

We took the bus back.

It was very relaxing and a welcome change for everybody.

Just about the right amount of walking, as several of us had mobility issues.

Thank you Patrick and Carol for organizing this

by Precious Martini-Brown



healthwatch Islington

Healthwatch Islington came to the last PBHA Forum in May to talk about what they do and how you can help influence health and social care services.

Healthwatch Islington is a voluntary organisation that works to ensure that health and care services are meeting the needs of local people. One way they do that is by helping people to access those services. Healthwatch outreach officers accompany the Help on Your Doorstep team on their rounds twice each month, knocking on doors to talk to residents about Healthwatch and to hear about their health and care needs. "It's working really well," explains Sarah, Outreach Officer. Door knocking means we're able to help people who are isolated or have mobility issues; people who've never heard of us, who we wouldn't normally be able to

reach. We're helping people who might not have the resources or the confidence to access services themselves.'

'One lady we spoke to was suffering from anxiety. She'd been caring for a relative after he'd had a very serious operation. She felt very isolated and unable to go out and socialise as she used to. We put her in touch with the befriending service run by North London Cares.'

Healthwatch are always looking for volunteers to gather information. This could be mystery shopping, which involves visiting services and acting as a service user. Or you could volunteer as a knock and enter volunteer, where you would work in groups to visit health care services. If you are interested, please contact the number below or speak to Mandy.

Do you need help to access the health, social care and children's services you need? Give Healthwatch a call on 020 7832 5828.



Ingredients

2 red onions, sliced
1 tbsp olive oil
200g pasta shapes
4 tsp balsamic vinegar
2 tbsp sultanas
4 tsp capers, drained and rinsed well
2 tbsp toasted pine nuts
140g spinach leaves

Healthy Cooking and Eating Course

PBHA has been running a 'Healthy Eating on a Budget' course over the past few weeks. Participants have been learning to prepare and cook, using fresh vegetables, many of them from the Clissold Garden. Here is a delicious recipe which was used in the first class.

Venetian-style pasta

Start frying the onions in the oil in a non-stick frying pan – you'll need to cook them for about 10 mins until they're very soft. Meanwhile, boil the pasta.

Stir the vinegar, sultanas, capers and most of the pine nuts into the soft onions with some seasoning, then cook for 1 min more to soften the sultanas. Stir in the spinach with a splash of pasta water. Drain the pasta, then toss with the onion mix – the spinach should wilt as you do. Divide between 2 bowls, scatter with the remaining pine nuts and serve.

Street Art Photography Walk and Talk



On Thursday 18th June staff and participants enjoyed a walk and talk around the Hoxton area, looking at, photographing and discussing street art and graffiti.

The group (facilitated by staff member Bablu), found the experience very interesting, and felt it opened their eyes to what is around them. They also felt more familiar with their surroundings, noticing things they hadn't seen before.

Due to its success, we are planning another walkabout this summer. Starting at the new Geffrye Street Workshop (the new Creative Industries Hub), we will do a walkabout, checking out the hip and trendy street art as well as the local facilities at the same time. We will then finish up with a picnic lunch in the park.



The walkabout is open to everyone, but you will need to book your place. This is a great opportunity to get to know the area in preparation of the premises move in September.

The walk will be on Wednesday 5th August, from 10.30am. Please let Mandy or Bablu know if you are interested so we can plan the packed lunch.



The above image is by an artist called Swoon, more of her work can be seen at <http://shop.swooninprint.com/>

Coming in September...

A new Street Art course is starting at the Geffrye Street Workshop in September, as well as another Textiles for Interior Design course. To register early interest contact Orla at orla.oflanagan@peterbedford.org.uk or call on 07776 769655

NEW EVENING COURSE Practical Art: Mixed Media Techniques for Illustration

This exciting course will give you the opportunity to explore the use of colour and design in greater depth and to work to professional standards. You will develop a greater knowledge and understanding of illustration and design through experimentation with a number of different techniques and processes.

The aim of this course is to introduce students to a range of different illustration techniques and improve design skills to a level that will reach professional standards. Students will experiment with a range of wet and dry media and work to a design brief.

The course aims to develop a greater understanding of media, materials and the design process.

Course starts Wednesday 16th September from 5-8 at Geffrye Street Workshop
Address: 83A Geffrye Street, E2 8JA
Please contact
orla.oflanagan@peterbedford.org.uk /
07776765699

Introduction to drawing at Isledon Hub



Participant's drawing skills have come on in leaps and bounds since the drawing class began at Isledon in September last year.

"It's amazing to see how everybody's artistic skills have developed. When we first started we were a bunch of doodlers. We now know how to employ different media and make use of tone and composition to make artwork which is pretty decent, even if I say so myself!" says participant, Phil.

Urban vegetable growing at Isledon garden

Tenants have started a new project growing vegetables and new plants at Isledon garden.

The vegetables will then be used in the canteen. This is similar to what happens at Clissold garden, only on a much smaller scale.



Collage Cushions

Designed and handmade in Hackney by students in PBHA's Creative Industries Workshops



10 students from PBHA's Creative Industries Workshops worked with artist and tutor, Yvonne Lodemore, to develop their textile design and sewing skills for interiors. Using collage, drawing, colour work and images each student worked towards developing this limited edition collection of energetic, functional and stylish cushions.

These unique Collage Cushions represent both the aspirations, skill and dedication of the students who made them and PBHA's commitment to supporting vulnerable adults, to increase their life skills and employment opportunities in innovative, person-centred ways.

"The new machines are great – they've made such a difference to how professional our work looks! I like the designs and the finish is good quality. I like coming to the group, it makes me happy. We work hard and it's fun." – Edward A.

"At first I dreaded the design part of the course, but now I realise how important it is."

I thought it would be just coming and sewing, but it is far more than that – it's learning about colour, design, shape, texture, textile processes and construction. I am an experienced machinist – I have learned to adapt designs and use colour. I've enjoyed every minute of it – especially seeing the final product" – Pearletta C.

"It's been incredible learning journey. I haven't done this since I left school" – Vernella D.



Creative Craft at Clissold

Participants have been getting creative at the new Clissold Hub. Creative Craft classes run every Tuesday combining art with cooking and preparing a delicious meal, using ingredients harvested from the garden when possible.



Precious' (pictured) knowledge of edible plants has been invaluable

Tributes to Brenda Gray (1937 - 2015)



We are sorry to inform you that Brenda Gray sadly passed away recently. Brenda had been a tenant with Peter Bedford Housing Association since 1994. She actively worked at the Legard and Isledon Canteens and was well loved by many at PBHA. Her funeral was held at Manor Park on 12th June and was attended by a number of PBHA tenants and staff.

~ ~ ~

Tribute to Brenda Gray.

I was sad to hear that Brenda Gray had passed away.

I first met Brenda at Legard Works back in 1994. I got to know Brenda at Isledon Road canteen where she worked. She was very helpful and friendly with the public. We used to talk a lot about life, about family, about Brenda going to Scotland and people she met on her journey in parts of Scotland. She loved Scottish music, the food, the culture. She could tell the history of Scotland, she knew more about it than I did.

I used to go and visit her in her home she was a very likeable lass, we would have coffee, tea and cake.

She was a pet lover too and that was a bonus to me.

Well Brenda, Till we meet again on the bank of the River Clyde, you wee half Scot.

By Patrick Caffrey

~ ~ ~

Goodbye Brenda

Brenda was a good and loyal friend to me and a lot of people.

I knew her since the early 90s when she worked in Isledon canteen. She was very helpful and she had a great personality. I am very sad to have lost her, she will be greatly missed.

By MM



Invitation to a celebration of Barbara Morgan's life

Barbara passed away in October 2014. You are warmly invited to a celebration, which will be held at Isledon canteen, 181a Isledon Rd, N7
On Sunday 19th July at 2pm
All welcome

Seaside Trip to Brighton

14th August 2015

Booking Form



Name

Mobile Phone No.

Packed Lunch Order - Please tick

- | | |
|--|--|
| <input type="checkbox"/> White Bread | <input type="checkbox"/> Brown Bread |
| <input type="checkbox"/> Tuna Sweetcorn plain | <input type="checkbox"/> Tuna Sweetcorn Salad |
| <input type="checkbox"/> Cheese and Tomato | <input type="checkbox"/> Cheese, tomato and salad |
| <input type="checkbox"/> Chicken mayo plain | <input type="checkbox"/> Chicken mayo and salad |
| <input type="checkbox"/> Chicken and mustard | <input type="checkbox"/> Chicken mustard and salad |
| <input type="checkbox"/> Humous and salad | <input type="checkbox"/> Bottle of water |
| <input type="checkbox"/> Carton of fruit juice | |

To book your place, please take this form with your £5.00 booking fee

to Reception at Legard Works

Dates for Your Diary

Pride Party	Friday, 3rd July from 11.30am at Legard Works
Brighton Trip	Friday, 14th August leaving at 9.30am from Legard Works
PBHA Forum	Tuesday, 18th August 12.30pm lunch, forum starts at 1.00pm at Legard Works

Clissold Hub Support Drop-in Opening Times

Monday	11am—12 pm & 2pm—3pm
Wednesday	11am—12 pm & 2pm—3pm
Friday	11am—12 pm & 2pm—3pm

Isledon Hub Support Drop-in Opening Times

Tuesday	9.30am—1.30
Thursday	1.30pm—5.50pm

Useful Phone Numbers

Legard Works Office	0207 226 6074
Out of Hours Duty Line	0207 226 0302
Repairs Line	0203 227 3161