

Rising Star



June 2019 / ISSUE 18

CEO Update

Hello everyone,

I hope you are all enjoying the brighter season and looking forward to some good times over the Summer.

At Peter Bedford we will be doing holding a few events for us to come together and enjoy each other's company over the Summer. This starts with celebrating the work of the Creative Industries in two events – 50 years, 50 works at Outpost from 19th June to 4th August; and an exhibition for the end of the Enterprising People project focusing on Supporting Makers on 27th June at Kingsland Hub. Then we get into party mode with Pride at Kingsland Hub on 5th July and Party in the Park on 22nd September. A Summer trip to Ramsgate will take place on 19th July and will hopefully see the sun shine on us all. We try to make sure there is something on offer for everyone, so please do come along and take up the opportunities. If you would like to take part in organising the events, please come along to the planning meeting on **26th June 3pm at Kingsland Hub**.

Into the longer term, we will be redesigning our plans for the next five years to take Peter Bedford to 2025. We will be starting this by talking to you over the Summer about what you want to see Peter Bedford do in the future. Peter Bedford is here to provide services you and future tenants and participants will need, so we want to know what would help and which direction we should go in.

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Please look out for the focus groups and surveys over the Summer. If you would like to find out more about any of the issues I have written about, please do ask, I'd be happy to explain more.

With warm wishes for a good few months.

Clare Norton
Chief Executive Officer

Participation Update

Participation Policy

Over the past few months I have been working on the new participation policy which will guide how PBHA will work on participation. The focus of this has been on building relationships and the kinds of behaviours and actions which support this. The idea of the policy is to move the organisation further towards designing and running services with you rather than for you.

Have you ever wondered about how decisions are made? Who we get to do our repairs? How we recruit our staff? Are there ways you think we should be doing things differently? PBHA wants to make it possible for everyone who wants to influence the decisions that we make.

It's important for PBHA to know what our tenants and participants think of our services, but we want to go much further than that. We want to create our services together with you. We know that we need to keep improving our communication so that tenants and participants are aware of all the events and services we offer, as well as opportunities to get involved. There are many different ways that you can contribute and I'd love to hear more from you about this.

The Forums

The forums were set up as a way that tenants could talk to management about their concerns. Last year it was decided that we would make the forums focused on a topic each month. This meant that if you were interested in a

particular topic, or had concerns about, say, a property issue, you could come to the relevant forum to raise your voice. You could also get information about how we're making decisions on that topic and input into creating new policies. I think it's really useful that tenants have a chance to talk to PBHA decision-makers and I want people to have different ways of doing this.

Focused forums to neighbourhood forums?

It seems that forums could be more relevant and be a chance to discuss topics which feel much closer to your everyday lives. One idea is to have the forums based around local issues and living situations, for example a forum in Isledon Hub could talk about different services available in Islington, how PBHA can support you to access those services, or what other services you'd like to see from PBHA. Or, we could focus on a topic like anti-social behaviour and talk about how we deal with it, what other resources are out there and how we could deal with it better. Neighbourhood forums would become more focused on what happens in each borough and we would talk about our policy and get your opinions within those. This is just one idea, and I want to know from you whether you think this is a good one. If so, what kind of topics should the neighbourhood forums cover? If you have ideas and/or opinions please get in touch with me. We will be keeping the forums as they are for now, until we get more feedback from tenants.



Property Scrutiny Panel

As a housing association, property is obviously important to us. It is important that where you live feels like a home to you, and there are many aspects that we need to consider to make this the case. Tenants suggested that we set up a tenant scrutiny panel specifically to look at property and so this is what we're doing! It will meet monthly, and a recruitment process will take place to select those to sit on the panel, who will also receive some training and remuneration. If you are interested, please contact forum@peterbedford.org.uk See poster on page 18.

Ideas for Tenants' conference

There is a proposal that this year we hold a Tenants' conference which could take many forms. The idea would be that we get together and as well as getting to know each other better, we can talk about what is going well, and what could be improved. But I want to hear from you whether this is a good idea and what kind of form you'd like it to take.

Quarterly get together – Q+A with board and management

I know that tenants don't want more and more meetings! But I had an idea that we could get together every three months to question decision-makers at PBHA. It would be informal and a chance to make your opinions heard, and share your experiences. The idea would be that board members would also be present so that ideas can get taken up at a higher level. What do you think of this idea?

Time Bank/Drop-Ins

Twice a month – once at Isledon and once at Clissold – I am holding an 'Open Space' drop-in with the Time Bank. It is a chance for people to get together informally. There will be food. Whilst the weather is good we will also be doing some gardening at Isledon. All staff, tenants and participants are welcome. Please come along!

Community Connectors update

The Community Connectors programme is now up and running. We have four volunteers who are working with four tenants, working towards tenants' goals which are related to getting out more, meeting new people and getting more involved in the local community. If you would like more information about Community Connectors – whether you think you could be a connector, or you'd like some support from one – please get in touch.



Peter Bedford Housing Association presents

Pride Celebration 2019

Come join us to celebrate the achievements and diversity of LGBTQI+ communities. Everyone is welcome! We'll also be celebrating 50 years since Stonewall and 50 years of PBHA!

There will be

- Delicious homecooked food
- Music
- Raffle
- Talent contest with prizes

We want everyone to be able to come - if you need support with this please let us know. Contact your EHM/Recovery worker or Lani on 07776 769626 or lani.parker@peterbedford.org.uk

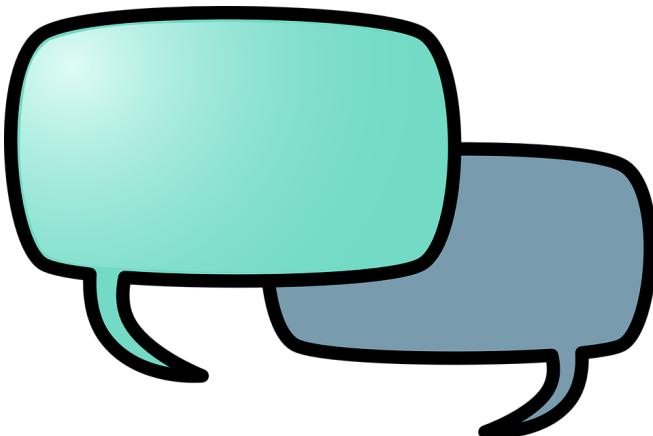
Date: Friday 5th July 2019

Time: 12pm - 4pm

Venue: Kingsland Hub, 242
Kingsland Road, E8 4DG



Our new Texting Service



We are updating the way we communicate with you this year and will be starting to use texting to update you on key events or news.

We are doing this to keep you informed. We know the majority of people now have a mobile phone and can accept text messages and so believe this will benefit the vast majority of tenants and participants. If you do not have a mobile phone and would like one, there are many phones available

at low cost and you could look into these with your housing worker or through one of our IT classes. Please ask your worker for more details.

Workers have been asking you how you would like us to communicate with you over the past few months and so we know who would like to receive texts. You can update this at any time with your worker so if you have changed your mind, please talk to your worker.

We will start to use texting from July 2019, so please do not be surprised by any messages from Peter Bedford. After this, we will be looking to develop a portal on our website this year for you to log into. Through this we expect you will be able to report repairs and check their progress, see your rent balance and send messages direct though to various PBHA departments.

If you have any questions about this or other ways we can improve how we communicate with you, please contact your worker or the Information Systems Officer, Matt McKee through Kingsland Hub.

Goodbyes/ Hellos

Since January we have sadly had say goodbye to the following members of staff:

- Leena Thacker (Interim Officer Manager)
- Olusegun Lasubulu (Recovery Coach)
- Beatrice Lupai (Information Services Officer)

We thank them for their contributions to PBHA and wish them well in their future lives and roles!

We also welcome to the PBHA team:

- Jacopo Bisagni (Recovery Assistant)
- Niamh O'Connor (Income Officer)
- Eleisha Kennedy (Shop & Gallery Supervisor)
- Robyn Eldred (Recovery Support Worker)
- Satako Fujishiro (Employability and Vocational Officer)

Interview with John Williams, PBHA tenant

I left school when I was 16 and went to work as a panel beater and sprayer, as an apprentice on a YTS scheme. But then they wanted to change me from being an apprentice to a salaried job. But because of the way things worked with tax it wasn't going to be enough money for me to live on. At that time I was still living at home and I needed to give my parents some money. So in the end I got a job at a petrol station. After that I went to work in a bridal factory but at some point my brother told me that I wasn't acting normally and needed to go to hospital. He took me to hospital. That was exactly thirty years ago. I've been in and out of hospital ever since. In 1997 when I was in hospital again I met a nurse who told me about Peter Bedford and asked if I like to go there. I said I'd give it a try and I've been here ever since. When I got here it felt good – everyone was friendly and welcoming. I don't remember that much about it, I made new friends and friends came and left. I had a girlfriend but now we're split up. We used to have the main offices at Stamford and the hub at Legard. I worked as a cover participant in the shop. That meant that tenants used to cover for the supervisor if they were off sick or if there was an emergency. We didn't get paid a wage but it was a job. I enjoyed it and got a GNVC in retail through doing it, but they had to let me go. I also went to college in Blackstock Road and did maths and other qualifications. At the moment, I'm involved with Peer Support. It's quite good, there's not very many of us but I've enjoyed it.

My main interest is music. I've played music since I was very young. At school I played the drums and my teacher taught me a lot. Me and my friend used to go to record shops. We met a lot of famous reggae stars. I was in a band in the early 2000s and we made two CDs. But in the end that particular band wasn't so good for me, and it affected my mental health. Later I had a



music teacher in Camden and at the time I thought she wasn't teaching me anything, but now I realise that I learned a lot because I remember it when I play. Now, I go to a place called Nordoff Robbins every week. It's like music therapy, well it is music therapy, but you get to be in a proper studio and every day is a different day. We practice scales and the teacher writes notes down and I've got to figure out what they are on the piano. It's a good learning process, it helps me think. And when I do make mistakes he corrects me. I really love it there - I'm always early and I always leave late. I love the feeling of being in a studio. The studio doesn't have a mixing board but it has a piano and percussion instruments and it's all sound proofed. Apparently a lot of people have come and gone from that place and some people have become famous after being there. My main goal is to carry on with my music. I'm hoping to get some support from the Community Connectors to do this better.

In terms of my next steps for myself, I will keep going to Church. I go to Church regularly and it's very important to me. I want to carry on with my music and hopefully get a job as a pianist, and hopefully learn to play the organ.

Peter Bedford celebrates its 50th anniversary!

This year **Peter Bedford Housing Association** celebrates its **50th anniversary** and we invite you to get involved in telling our story of the last 50 years and what we plan to do over the next 50.

We are planning a number of exciting events:

- We will have a birthday celebration event as part of the celebrations to mark Clissold Park's 130 years on Sunday 22nd September – a Party in the Park.
- We will make a special film allowing tenants, participants and staff to talk about their experiences of Peter Bedford which we will show in an event in March 2020.
- Summer Exhibition at Outpost from PBHA Creative Industries – 50 years, 50 works 19 June to 4 August.
- Our PRIDE Festival on 5th July, along with our other regular events, and lots of new ones, will also help to mark the anniversary and look forward to the future.
- We plan to hold a special charity fund-raising auction in the Autumn for Peter Bedford and our Supporting Makers participants.

We are looking for tenants and participants to get involved in planning, organising and holding these events over the year ahead. We are holding a meeting on 26th June 3-4pm at Kingsland Hub, please do pop in.

You could help to **organise** one of our events by joining one of our working groups, **volunteer** to support an event on the day, or help **spread the word** to your family, friends and

neighbours, You could even **tell us your story** about your time at Peter Bedford – we want your stories and experiences to shape the film, our planned exhibitions and to bring Peter Bedford's history to life.

These are not the only ways to get involved - if you have particular ideas please let us know, or if you're interested in just having a chat about the anniversary plans we want to hear from you. Whatever your skills and talents there will be a way for you to contribute.

Just tell us and we will make sure you are part of this landmark project.

If you want to get involved, contact

Lani (Tel 07776 769626, Wednesday to Friday, Kingsland Hub)

Roderick (Tel 020 3815 4046 Monday to Friday, Kingsland Hub)

Zoe (Tel 0777 676 9646 Monday to Friday, Kingsland Hub)

Jacopo (Tel 0777 676 9640 Monday to Friday, Kingsland Hub)

This is your chance to shape Peter Bedford's once in a lifetime 50th anniversary celebration. Come and get involved!





Get online & succeed



Be part of our **Digital Champions** network and benefit from:

- **Free wifi access.**
- **Laptops & tablets available or bring your own device.**
- **1-1 support from a Digital Champion.**
- **Get confident with using a device & connecting to the internet.**

For more information about this programme please visit: <https://onedigitaluk.com/toolkit/digital-champion-approaches/>

If you are interested in signing up then email: learn@peterbedford.org.uk or call **Kamye Miessen** and **Anjum Ahmed** on: **0203 815 4100**

OneDigital



Perceptions Warehouse Announcement

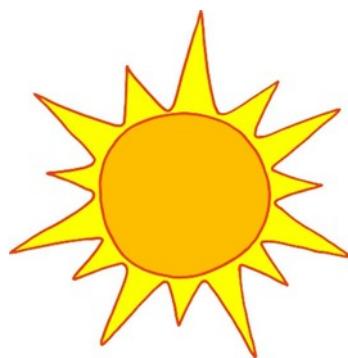
PBHA are delighted to announce a further collaboration with Perceptions Warehouse this year. See the poster on p xx. This year's workshop is called 'Creating Pathways To Work' and it will be held at the Isledon Canteen on 21st June, 12-2pm. We will be looking at affirmations, mantra's, body language, confidence, how you can break down your own barriers to work and of course tea and biscuits. We are also going to be getting somebody to come in that specialises in work/pathways to jobs for a Q+A and if people are comfortable, some role-play with some practice interview questions which we will devise on the spot. Additionally, we shall be getting people from PBHA to come and talk to you to find out what you want in terms of courses or further support. Make the step today and create that first step, the first brick on that pathway to work! See you then!

Peer Support Group + Lunch

Come along to our peer support group where everyone is welcome. If you just want to come for a chat, share lunch or be around other likeminded people then this is the place for you!

We will meet at the Isledon Canteen on:

Thursday 20th June 2019
Thursday 4th July 2019
Thursday 18th July 2019
Thursday 1st August 2019
Thursday 15th August 2019
Thursday 29th August 2019



Lunch will be provided from **1pm to 2pm**
Session starts at **2pm** and finishes at **3.30pm**
For more information please call 0203 815 4100
or email
lani.parker@peterbedford.org.uk

Noticing Our Progress by Shakti Bliss

Most of us find it easy to criticise ourselves. We notice the mistakes we have made. "I should have done that this way", we say to ourselves angrily. "I should have been that way", we reprimand with despair in our head. Most of the time we are much more critical of ourselves than we are of others. We are often harder with ourselves than we are with other people.



It is easy to see the problems in our lives. Sometimes the difficulties do seem to get worse and worse. Our problems may even seem to keep on increasing. It becomes more and more difficult to keep hope. "Stay positive" we hear others say. We may even say it to ourselves sometimes. "Keep believing in yourself", we may add. Yet we keep glaring at our problems. They sure seem to shout back at us.

What if we were to pause for a moment. What if for a moment we were to stop, change lens and think about what progress we have made?

For years every morning as I woke up, my heart would be racing. It used to take me many minutes of deep breathing to calm my heart rate. I was scared to wake up. I was terrified to face the world. After divorce, a series of illnesses and many bad decisions, my life had crumbled. I felt that I had nothing to live for, to wake up for. Sleep was often a solace. Last week, while drifting into wakefulness, I suddenly noticed that my heart was not racing. My heart was not beating fast as it used to. I was very surprised. When did my heart stop racing in the morning when I wake up? I had no idea. How long had my heart been calm in the morning? I did not know. I smiled as I snuggled under the duvet, lazy and eager to savour the realisation of the progress that somehow I had made. I had no idea how exactly that had come about.

This may be something small but to me, it is significant as it shows me that somehow the anxiety attacks that I had been having for many years, are getting better. Is my life sorted now? Far from it. But, this also shows me that I am making some progress.

What have you not noticed in your own life? What progress have you completely missed? No matter how small it may be, no matter how insignificant it may be in the big scheme of things and in the midst of the complexities of life, this too is progress. Could you be more aware of the little steps of progress that have already started happening in your life? Could you pay a little more attention to these? How about applauding yourself for these? Well done You. Well done Me.

Property Update

We have spent £150,000 in the last year on improving your homes. We have been focusing on:

- installing more efficient boilers
- fire alarms
- installing new kitchens and bathrooms ahead of new tenants coming into self-contained flats
- We've also been making one of our properties on Albion Rd N16 ready for older tenants and tenants with limited mobility.

We've also been preparing to do a lot of work installing 39 kitchens and 7 bathrooms and replacing or repainting windows in 2019/20. We are excited to say these works are about to start!

We are confirming start dates with contractors, so watch out for an invite to meet with them and us to get ready for the works starting.

A note on tenant damage

Last Rising Star we described how much money PBHA had been spending on repairs as a result of tenant damage. This remains a real concern to us. In the last 3 months the amount we spent on repairing tenant damage could've bought 8 tenants new bathrooms.

Peer landlord

Through our work we've become aware of an increasing number of potential tenants who have been ending up stuck in temporary accommodation or hostels and who

have been struggling to pay their rent and find work. We've developed a new way of supporting this group of people - and helping them find work and get a deposit for their own place at the same time. This new approach is based on tenants helping each other look after their homes - making sure difficulties get resolved and that the home is mutually supportive.

It's called the Peer Landlord project, and we're glad of the help of CommonWeal- a charity that comes up with new solutions to the housing crisis - and the Nationwide Community Fund, whose customers voted to give us funds to kickstart the project. We are working with Shelter to find people who could make the most from the project. Watch this space for an update - hopefully from our new Peer Landlords!



Enterprises and Training Update

Enterprises and Training Update

This team works towards providing quality adult learning, employability, social enterprises and community activities. Our team has recently been re-shaped slightly – we are welcoming a new member of staff, Satoko Fujishiro as well as congratulating Anjum Ahmed for becoming the team's manager!

The team collectively aim to provide:

- 1:1 Information, Advice and Guidance to map out your learning and back to work journey.
- Access to basic skills courses: literacy, numeracy and ICT (opportunities to gain accredited qualifications).
- Work ready sessions: help with CV's, job applications and interview techniques.
- On the job training sessions in Retail, Reception and Hospitality.
- Sessions to support with making positive changes to health, wellbeing and confidence through peer support/community connectors/time -bank.
- 1:1 tailored support for makers and artists to develop and independently produce handmade products and artwork to exhibit and sell at Outpost and other outlets.
- Creative learning in arts, textiles and wood work.

Supporting Makers programme

This programme provides 1:1 tailored support for artists, makers and designers to independently develop and produce artwork and handmade products for

promotion and sale at Outpost and other outlets.

The Workshop

The Workshop is home to PBHA's Creative Industries programme.

It is located on Geffrye Street in Hoxton, East London. It has a flexible studio space and fully equipped joinery.

Since opening in April 2015, we have offered opportunities in work, learning and training in product design and progress in wood. This includes furniture making classes, as well as workshop commissions where participants can work on live projects.



Craft Studio for All:

You can create decorative accessories and try your hand at a range of craft projects at our weekly drop-in – Mondays 10am-4pm. This includes:

Painting & Drawing:

Experimental art techniques, learn how to create artwork from still life using a range of different media and materials.

Contemporary Textiles for Outpost:

Develop your sewing machine skills and your understanding of colour and design to produce items to sell in our Social Enterprise shop (Outpost).

Introduction to Textile Techniques:

Learn to hand stitch and use a sewing machine to explore different stitches and the techniques of appliqué and quilting.

Screen Printing:

Learn the processes of silk screen-printing and explore a variety of suitable design techniques to develop your ideas and print your own designs.

Outpost Shop

This is a PBHA social enterprise operating 7 days a week selling contemporary gifts, homewares, jewellery and toys.

It provides a platform for unique artwork and handmade products, created by artists and makers in PBHA's Supporting Makers and Creative Industries programmes.

We also run supported Volunteering and Work Placements for tenants, participants and volunteers to gain employability skills in customer service and retail.

Key contacts

- General information about IAG sessions and our wider offer:
learn@peterbedford.org.uk or speak to: **Kamye Miessen**
- Information about any external Em-

ployability opportunities and on the job training within our enterprise: **Satoko Fujishiro**

- Information related to peer support, community connectors and time-bank: **Lani Parker**
(laniparker@peterbedford.org.uk) and **Anjum Ahmed**
- Outpost Shop and Creative Industries: **Lorna Coxall**
- The Workshop, Joinery and Furniture making, speak to: **Jonathan Rothenberg**



Connect Hackney

Connect Hackney for over 50's is a programme looking to tackle loneliness and isolation for people with learning difficulties, however this can include those with undiagnosed learning difficulties and mental health needs. Currently we are offering creative craft, gardening and digital inclusion (fun computer classes using laptops and touch screen tablets). These activities also include trips to museums, galleries and gardens..

See poster on p.21.

Obituaries

Pat Muldoon—remembered by Precious Martini-Brown (tenant)

Pat Muldoon passed away in hospital on Thursday 14th March 2019. It was supposed to be a non-life-threatening operation, and instead ... there you are.

Blessed be his son for being with him at the time. Anyway, it happened.

Pat had been in Peter Bedford a very long time. Since the old days of John Bellers. But I got to know him only recently, about the last ten years or so, since he moved to N23.

I remember when he became more visible, as there was a period when he used to spend long hours sunbathing at the back, reading his books, till his skin was lobster-red.

I remember him sitting on the wall in front of N19/21, chatting for hours with Stephen, a jolly fellow with various disabilities that made a sensible conversation practically impossible, or so I thought. But those meetings were a regular, daily occurrence for those two. I was really impressed.

I will not forget the Irish paper he has been taking down to the canteen for Hubert for years, and the good connection the two countrymen have been having with each other.

The volunteer visiting job he had taken on lately gave him a new lease of life. He put his best into it, with real commitment, five days a week, morning and afternoon, without fail.

He talked to many people, and was well aware what was going on in the neighbourhood, and willing to help in

whatever way he could. He kept the bin area in front of the house reasonable, and took any refuse unsuitable for the waste collection to the skip down the road.

Sticking to his meat diet was important for him and that meant he did not join us with our regular, Saturday evening meal. And last Christmas he ensured we have a near to normal Christmas dinner on Christmas Day: he got us a substantial joint of lamb for us to cook and we rose to the challenge.

For me he was a valuable ally and a port of call for any issues that arose for me or for the campus.

A sensible, reliable, helpful, kind man. We shall miss him.

Michael Greigovich—remembered by Graeme Browne (keyworker)

Michael Greigovich was born on 5th February 1961.

He first came to Peter Bedford Housing Association on 23rd December 2013 and resided in Albion Road. He lived in Cape House for ten years before moving to St Mungo's in Mare Street for 18 months. From there, he was referred to Peter Bedford.





Michael was a popular individual, respected amongst his peers and staff alike. A talented musician, known under the alias "Down Dalston Lane", he was also something of a celebrity as he would often be seen busking with his guitar in Dalston shopping mall on the ramp leading to the car park. Unlike most buskers who would normally play covers, Michael would often play his own songs, gaining local publicity for this. But it was not only on the streets where Michael's music was known. He was always working in the studio. A studio engineer from the age of 18, he worked on many albums. His highlight would be working with Robert Plant, the legendary lead vocalist of rock band, Led Zeppelin. This collaboration would result in a strong friendship.

A result of Michael's constant work in the studio was the EP, "Soul Of A Man", which was released in 2017. "Soul Of A Man" is a small collection of very tight blues/rock numbers reminiscent of blues artists such as Blind Willie Johnson and Robert Johnson. "Soul Of A Man" can be found on platforms such as iTunes, Spotify, Amazon and other retail platforms.

Everyone who met Michael had not

a bad word to say about him. He was always kind, funny, always had a story to tell, a strong pillar of the community and was always grateful for the support offered from Peter Bedford. He continued with all these traits to the very end, losing his brave battle with lung cancer at the age of 58.

He will be greatly missed.

Gordon Lyall—remembered by Johanna Mays (keyworker)

Gordon was born on 18th June 1945 in Scotland. He was married with three children - 2 daughters and one son. He came to Peter Bedford on the 1st February 1985 making him our second longest resident. He lived on Graham Road and knew the area well as he worked in most of the pubs.

I had the pleasure of working with Gordon since joining Peter Bedford back in November.

He was a man with a great sense of humour, and all the other professionals I had met with who supported him regarded him as a kind and funny man with a sharp, ready wit.

Gordon had many friends that were of great support to him in his later years. I visited him in hospital a few days before he passed away. He was still full of laughter and banter with the wonderful staff that were looking after him. He also still retained his positive outlook on life. Mr Lyall will be remembered as a happy, joyful cheeky chappy, who was a strong pillar of the community.

Supported Volunteering



Do you feel anxious about employment? In this small group learning opportunity with supportive staff, you will gain customer service skills and confidence to start voluntary work or find paid work independently. Most of the sessions will take place at our social enterprise Outpost shop.



Enrolment: Thursday 13 June 2019 at Kingsland Hub

Start date: Thursday 20 June 2019 (6 weekly sessions)

Time: 10:30am-1:00pm or 2:00-4:30pm

Venue: Outpost
546 Holloway Road, London, N7 6JP
Contact: Satoko.Fujishiro@peterbedford.org.uk
07776 769641



Peter Bedford Housing Association presents
**Tenant services
Efficiency panel**



Come along to see how you can get involved
in setting up our new tenant panel looking at
PBHA repairs and services!

**17th June @3.30-5 Isledon Hub
20th June @3-4.30 Clissold Hub**



Getting Green, Staying Green

Environmental issues have been in the news a lot more recently. Scientists have said that we only have 11 years to prevent environmental catastrophe through the amount we pollute the atmosphere. Parliament has declared a Climate Emergency. School children have been striking.

So what can we do as a community?

So far:

- We have replaced a quarter of our boilers in the last year
- We have started exploring alternatives to boilers and gas cookers for heating and cooking in our houses. This will be a long term project.
- We have formed an environmental sustainability working group. If you are interested in joining, please contact forum@peterbedford.org.uk

What you can do in your home:

One of the main ways you can help the planet is by reducing your fuel bills.

- Try turning your thermostat down to 18°. Avoid having the heating on during spring and summer.
- Check your radiator valves- you should be able to twist them all the way round. If not, please follow these instructions <https://www.youtube.com/watch?v=z2kmdzrXJ5s> or call the property team for advice.



- Contact SHINE to get tips on energy saving <https://shine-london.org.uk/>, 0300 555 0195
- Recycle: Please check you have a recycling bin outside your home. If you don't have one please contact 0207 527 2000 (Islington Council) or 0208 3563 000 (Hackney Council)
- Would you be interested to switching to 100% renewal fuel for your utilities?

If you'd like more ideas about what you can do personally, take a look at Friends of the Earth who have a handy 50 climate top tips briefing – you can find it by searching for ‘friends of the earth 50 climate top tips’ or follow this link: https://friendsoftheearth.uk/sites/default/files/downloads/50_climate_top_tips.pdf



This year at Pride we would like to exhibit artwork from our tenants and participants who identify as LGBTQIA+.

We will select pieces of from 11.30am on 1st July at Kingsland Hub. If you would like to take part in the selection process. We will display selected pieces from Friday 5th July to Monday 15th July. If you're interested, please bring your pieces to Kingsland Hub Reception - no bigger than A2 please! Any questions, contact Lani - 07776 769626

**Deadline:
Thursday 27th June**



Peter Bedford Housing Association

Creating Pathways to Work!

Join us for an afternoon of interesting conversation,
advice, confirming and creating aspirations and
building/establishing confidence!

Date: Friday 21st June 2019

Time: 12pm - 2pm

Venue: Isledon Canteen





Connect in Hackney for over 50's with learning disabilities

Get involved: fun activities in our **garden spaces**, learn how to use a **touch screen tablet** or make and **create** in our workshop.



- Digital Inclusion for all (touch screen tablets)
- Plot 2 Plate (gardening/ eat well)
- Creative craft (make and create art/ craft)
- Opportunities to make friends



Monday 10:00 am to 4 pm:

Creative Craft at **The Workshop** - (83a Geffrye Street – E2 8JA)

Wednesday 10:30 am to 12:30 pm:

Digital Inclusion & Gardening at Clissold Hub

(Clissold Street – N16 9EX)

Please contact us on: learn@peterbedford.org.uk

or call: **075 2180 5719**



Would you like to help produce Rising Star?

You can:

- Write articles
- Edit and publish contributions
- Print and distribute Rising Star
- Make a positive difference
- Help us communicate with each other

Reasonable expenses will be paid

If you are interested email lani.parker@peterbedford.org.uk
or ring the Kingsland Hub on **020 3815 4100**

The Isledon Canteen needs you!

We are looking at how the Isledon Canteen will be run in the future. If you want to get involved in any way, please get in touch.

On 3rd August 2019 we will be trying out a new way of running the canteen - please come along, eat food and take part! Watch this space for more information

Isledon Canteen—181a Isledon Road, N7—tel: 0207 607 4262