

# Rising Star



MARCH 2021



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## Coronavirus Update

See the [PBHA website](#) for any changes to services.

The national lockdown restrictions are being eased. For up-to-date information see [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

People with a learning disability have now been included as a vaccination priority. If you think you should be in a priority group and haven't heard anything or are not sure, please contact your GP. If you're worried about the vaccine, read [www.london.gov.uk/coronavirus/get-facts-about-covid-19-vaccine](http://www.london.gov.uk/coronavirus/get-facts-about-covid-19-vaccine). Vaccination is always free.

## Repairs

Please report any repairs to PBHA during lockdown by phoning 0203 815 4123 or emailing [repairs@peterbedford.org.uk](mailto:repairs@peterbedford.org.uk). This service is open from 10am-5.30pm, Mon-Fri (excluding bank holidays). For out of hours emergencies only, please ring 0203 815 4099.

## Supported Digital Inclusion Sessions

### LET'S GET ONLINE!

Are you a Supported Housing or Residential Housing scheme that works with digitally excluded adults? We offer digitally excluded people in Hackney, Newham and Tower Hamlets that are currently living in a supported housing or residential scheme free loan of devices (subject to availability) and access to Zoom digital champion support.

The sessions on offer include:

- Learning how to get the best out of a laptop or tablet.
- Setting up an email and managing your inbox.
- How to search on a browser to access information.
- Downloading and using various apps.
- Using social media and messaging apps to connect with other.
- Bespoke sessions based on your project's needs.



For more information please contact: [learn@peterbedford.org.uk](mailto:learn@peterbedford.org.uk)

### OVER TO YOU

A group of tenants have been meeting to plan how to make things better at Peter Bedford. They surveyed other tenants to ask what issues they thought were important. Tenants wanted to improve repairs, antisocial behaviour, staff training and communication between staff and tenants and among tenants. They also said that PBHA should focus on wellbeing and move-on.

As a result of this group, all staff now get conflict resolution training, anti-racism training and mental health training. We have also improved tenant induction, giving tenants a one-to-one more in-depth session on what to expect from PBHA and what is expected of them. A new group of staff and tenants are now looking in more detail at anti-social behaviour. We are re-writing the policy and hoping to improve practice. Another major issue that came up was lack of digital access – there will be an update on how we are trying to tackle this in the next Rising Star.

Please contact Lani Parker, Peer Support and Participation: tel 07776 769626, email [Lani.Parker@peterbedford.org.uk](mailto:Lani.Parker@peterbedford.org.uk) to get involved.

# Fire Safety and Power Leads

## ADVICE FROM THE LONDON FIRE BRIGADE

### Cables, fuses and leads

One of the most common causes of electrical fires is overloaded sockets. Learn about fuses and how to use extension leads safely here.



### First things first – know your fuses

Always check that you're using the right fuse for the plug. For example:

3A Fuse – table lamp, standard lamp, television, DVD player, computer, mixer, most blenders, fridges and freezers.

13A Fuse – washing machine, dishwasher, microwave, kettle, toaster, iron.

### Using extension leads safely

Some appliances use more power than others, so be mindful of not overloading your extension leads. Power-hungry appliances such as kettles, toasters and microwaves shouldn't be on the same extension.

Always use a fused 'inline' type – not the plug-in cube type – but be really careful not to overload it. This is all too easy if you add extra adaptors/extensions, or appliances that use lots of power like kettles, tumble dryers or heaters.

It's also important to fully unwind drum extensions leads. If you leave them coiled, they can overheat and cause a fire.

### Replace old or worn items

Don't be tempted to try a DIY fix such as electrical tape – always replace faulty leads and extensions. Is it worth risking your loved ones and your home for the sake of a few pounds?

Are you overloading your electrical sockets?



ENTERPRISE AND TRAINING TEAM

# ONLINE INFORMATION ADVICE AND GUIDANCE (IAG)

Start planning for work, learning  
and volunteering with an  
advisor on Zoom!

FOR MORE INFORMATION, TO  
SELF-REFER OR MAKE A  
REFERRAL PLEASE EMAIL:  
LEARN@PETERBEDFORD.ORG.UK



Our advisers use information, advice and guidance (IAG) to help you make informed decisions about career and learning options that suit you. The Zoom sessions will identify things you need to think more about, some of which you didn't realise were important.

With our expert advice and guidance, understanding and positive attitude, you will be able to:

- identify realistic but ambitious work and learning options that suit you.
- develop your skills, such as communication and decision making, as well as identify other skills, such as practical, IT and job-related skills you will need.
- build up your confidence and motivation about your future.
- reduce the chances of you dropping out of education, training or work.
- Increase your chance of getting a job.

## SHARE AND CONNECT 2021

Monday 8th March: International Women's Day  
Short films, discussion, fun, games

Wednesday 7th April: Looking After You  
Focus on health, managing stress, move more!

Monday 10th May: Mental Health Awareness - supporting each other through Covid - peer support

Wednesday, Thursday, Friday 23rd, 24th, 25th June  
Celebrating Pride: short films, fun, history

Please come along to any of these events. We would really welcome contributions from anyone - tenants or staff. If you need support in getting online, do get in touch.

