

# Rising Star

June 2021



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**Homes and Property Tenant Panel:** help improve standards at PBHA

First meeting July – contact us for more information.

## Over To You

Over To You is a space where tenants decide what the important issues are and work with staff to improve living at PBHA.

The group met throughout February and this time focused on antisocial behaviour.

A revised anti-social behaviour policy will be out soon. The new policy will focus more on supporting those who have experienced anti-social behaviour. PBHA will improve how it keeps records of complaints and incidents of ASB. We will also improve the way we communicate with tenants, making sure that tenants know what to expect from the ASB process and what PBHA can do in their particular case.

To join a future group, please do get in touch. It will probably involve meeting for a couple of hours on a weekly basis for a month or two, with a follow-up session later. The theme of the next group will be decided by the tenants who attend.

Peer Support and Participation Worker: Lani Parker  
[Lani.Parker@peterbedford.org.uk](mailto:Lani.Parker@peterbedford.org.uk)  
07776 769626

The PBHA out of hours number to report ASB or for emergencies only is 0203 815 4099

## Lateral Flow Tests

**Keeping each other safe when we start using public transport and meeting up**

As restrictions are easing, the government is asking that every adult takes a lateral flow test for coronavirus twice a week. This is different from a PCR test – if you have symptoms you should self-isolate and order a PCR test.

Lateral flow tests help to find cases in people who may have no symptoms but are still infectious and can give the virus to others. The test involves taking a sample from your tonsils (or where they would have been) and from your nose, using a swab. You can get a result in 30 minutes.

Visit [www.gov.uk/order-coronavirus-rapid-lateral-flow-tests](http://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests) to order free packs of rapid lateral flow tests to be sent to your home (max one pack of seven per day). You may also be able to get tests from your local chemist. Use this service if you do not have coronavirus symptoms, you're 11 or older, you have not been told to self-isolate and you cannot get tests from your work, school, college or university.

## Tempo Time Credits

Would you like to participate more in improving life at Peter Bedford, volunteering, increasing your confidence and expanding your social network? Join Tempo Time Credits.

Earn credits by volunteering for Peter Bedford or participating in co-production or focus groups. Spend them on visiting attractions, cinema, music events, a vegetable box (Hackney only), online meditation course, sessions at sports centres and other opportunities which will be offered as restrictions ease.

We can log on for you if you do not have internet access. Please contact Lani 07776 769626 or email: [learn@peterbedford.org.uk](mailto:learn@peterbedford.org.uk)

## 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.

## Covid-19: Re-opening Services

PBHA will resume services as soon as we can but our priority is keeping people safe. We can't make guarantees but this is the broad plan:

Government's roadmap	Earliest possible date	Peter Bedford's plan
Step 3	17th May	We are hoping that small classes and the Workshop will resume at Kingsland Hub
		Clissold & Isledon Hubs will re-open
		Tenant events: It is safer for people to meet outside but at present we cannot organise any events because of local council restrictions
		Major works requiring considerable time inside your homes can resume
		Weekly testing of fire alarms resumes
Step 4	21st June	We have to wait for government review on social distancing measures
		Full-sized classes will resume at Kingsland Hub if possible

## Digital Inclusion for Tenants

Through the Good Things Foundation and Islington Council, PBHA have been enabled to access 20 tablets for tenants with a 12- or 24-month mobile data contract. This provides people with internet access for free. Tenants can then link in with the E&T team for digital skills support. ENT plan to open up KH hub in the coming weeks for 1-1 and small group sessions so that you can access support with using your smartphone, laptop or tablet. We can also give you access to a device and internet access for specific sessions or events, please contact us for more information.

## Racism

Would you like a space to talk about your experiences of racism? Racism is an ongoing problem and needs to be tackled.

We could provide an outside facilitator to explore how we might support each other around this issue and make a difference. If you are interested or have other ideas, please contact Lani: 07776 769626 / Lani.Parker@peterbedford.org.uk

## Events Coming Up

Obviously all dates scheduled are provisional and liable to change. Please let us know if you are planning to attend an outside event as we need to ensure everybody is Covid safe.

- **Volunteers Week** - 2nd-6th June. Online celebratory lunch - 2 June, 1.30-2.30pm.  
PBHA volunteers receive a £5 lunch voucher. Register at [bit.ly/3vPvNXW](https://bit.ly/3vPvNXW)
- **Peer support in the park** -
  - 17th June Finsbury Park 3-4pm, meet near the entrance by Lidl closest to Finsbury Park station
  - 1st July Clissold Park 3-4pm, meet in front of Clissold House
- 24th June **Pride planning meeting** 1-2pm Thursday 24th June, face to face or via Zoom depending on government restrictions. If you would like to be involved please get in touch
- Provisional date to **celebrate Pride** end of July - date and venue to be confirmed
- August: **memorial** to remember those we have lost (to be confirmed)
- September: **Great Cultural Get-together** - Saturday 11th September (venue to be confirmed)
- October - **Black History Month**
- **World Mental Health Day** 10th October
- December - **Christmas celebration**



## Share and Connect 2021

This is an opportunity for any tenants, volunteers or staff to share skills and experience with others at PBHA. For example, we watched a short film made by Danny called "Roads to Recovery" and in May we had a mental health session reflecting on nature in our lives and our imagination.

If there's something you'd like to discuss or share with others, or there's something you'd like to see (about a particular talent, exercise, alcohol and drugs, anything of importance to you) please get in touch. Over the past year it's been online but we hope to be able to run face to face sessions as soon as possible.

## Befriending Service

Contact PBHA's befriending service on 020 3815 4100 or email [learn@peterbedford.org.uk](mailto:learn@peterbedford.org.uk) if you would like companionship and an understanding ear. Our trained volunteers will listen without judgement.