

# How can I save more energy?

## Switch devices off!

Every device that remains plugged in continues to draw power from the mains adding to your energy bill.

For instance, a television left plugged in and on standby could cost you an additional **£24.61** per year and a further **£23.10** if you have a set-top box.

**British Gas has compiled a list of devices and how much they cost to keep on standby per year:**

Internet router £18.89	Games Console £12.17	Shower £9.80
Tumble dryer £4.79	Printer £3.81	Microwave £16.37
Computer £11.22	Dishwasher £6.86	Washing machine £4.73
Mobile charger £1.26	At night, or when not in use, try switching off devices at the mains.	

“Just switching some of these off can really help save straight away and those with a smart meter will be able to see the impact of this in real time”

Contact your energy supplier **as soon as possible** if you’re finding it hard to pay your gas or electricity bill.

## Other ways to help:

- Look into smart plugs, which will let you check everything is turned off from your phone
- Turn lights off when you leave a room. Energy efficient light bulbs will help with even further savings
- A smart thermostat can keep your room temperature as low as possible for as long as possible to avoid using the heating when you might not need it
- Timing is everything; don’t fill the kettle if you’re only making one cup of tea, and wait until the dishwasher and washing machine are full before putting them on
- Try not to over-charge your mobile phone and laptop
- A smart meter’s in-home display can help to identify how much energy is used at different times of the day so you can see where energy is wasted
- Put lids on pots and pans when cooking - it’ll be done quicker
- Use a microwave to reheat food rather than the oven
- Don’t overfill the kettle. Filling a kettle for two cups of tea rather than boiling a full kettle could save you around £45 a year
- Defrost your fridge - it will work more efficiently
- Wash clothes on a lower temperature
- Use a draught excluder by the front door



*Working together to get results*

After a chat with one of the residents in our schemes around pension credit and the disappointment that a recent claim had been turned down, the Community Living team sprang into action.

They looked into the case and worked with the resident to put a new claim together – this time it was awarded and back-dated by **£1,400**.

**If you’ve had a claim rejected or would like more information talk to your Community Living Advisor**

**Share your story**

We’d love to hear about you! Why not tell us what you enjoy doing, let us know about your previous jobs, or perhaps you’ve got an interesting story to tell. It would be great to hear from you.

Email: [marketing@aspirehousing.co.uk](mailto:marketing@aspirehousing.co.uk) or let your Community Living Advisor know.



## USEFUL PHONE NUMBERS

Newcastle-under-Lyme Borough Council: **01782 717 717**

Department for Work & Pensions: **0800 731 0122**

Fire, Police, Ambulance EMERGENCY ONLY: **999**

Police non-emergency to report a crime: **101**

NHS Health Advice non-emergency: **111**

Age UK: **01785 788 477**

Citizens Advice: **0800 144 8884**

MIND (North Staffs) For better mental health: **01782 262 100**

DOVE SERVICE For bereavement & loss: **01782 683 155**

DISABILITY SOLUTIONS: support, information & advice: **01782 638 300**

Deaflinks Staffordshire: **01782 219 161**

RNIB Royal National Institute of Blind People: **0303 123 9999**

## Spring Crossword Answers:

T Q L K L S H T U M Y D Q J K T  
T M T N D N T W H M K N M N N K  
H G L U L Y K A Q W B E N Q F L  
T F B I Y F L R H J L R M U Z D  
M K R C A A T M Z T T P E F B Q  
P P H M M W C S U C O R C L H T  
A C E B T P M O S S O L B O L T  
G L S N R U W R K Y L Q T W J A  
N C H N I K L N M A R C H E B C  
I E S E Z H Y I B N B Y N R J Q  
N A E E F H S E P I E G N S K K  
E S V R G J S N R S K S D T K R  
D T A G L A N D U G K K T Z M T  
R E E X B W S C K S Y K G S V N  
A R L S L I D O F F A D G M N N  
G K P T F T B E E S T W I N D Y

## NEWSLETTER

# Community Living

Spring 2023

## SPRING EDITION

# Did you know?

If you are concerned about your balance and are experiencing falls, you should **TELL YOUR DOCTOR**, & ask them to make you a referral to the **FALLS CLINIC**.

If you need grabrails or any other adaptations inside your home to **help your balance**, you can talk to your Community Living Advisor or call Aspire Housing

You burn more calories by smiling rather than frowning, and children laugh approximately 20 times more often than adults

There is a taxi company called **Door2Door** which is a registered charity & the drivers are trained volunteers. This taxi company only charges the petrol cost, the catch is you need to book your ride at least two days in advance!



Thank you to Ana Barton our Community Living Advisor for these tips.

Welcome to the spring edition of the Community Living Newsletter. Thank you for all the feedback from the Community Living forum around what you would like to see in the newsletter, if you have any suggestions we would love to hear them.

As we move into spring and lighter nights, it's lovely to see all the activities that have taken place from fundraising to Easter events. I'm excited to see lots of residents taking part in the gardening clubs and look forward to seeing all the great work.

We know that the cost-of-living crisis continues to add pressure for all from energy bills, to increasing prices in food. Please speak to your Community Living Advisor to see if you are entitled to any benefits. There is lots of advice on [www.helpforhouseholds.campaign.gov.uk](http://www.helpforhouseholds.campaign.gov.uk), from what you can claim to energy saving advice.



*A. Szatkowski*  
**Andrei Szatkowski**  
Executive Director of People Experience



# Gardening CLUBS

**Earls Court** recently started a gardening club, which has managed to source, a shovel, fork, various pots, compost and also some seeds. It will be lovely to see these in bloom!



**Gordon Court** fundraised for a new Perspex greenhouse for the communal garden area for everyone to enjoy as the existing one had to be taken down as it was unsafe.

The greenhouse has recently arrived and the club are assembling it themselves. It will give a perfect start for many flowers and vegetables.



**Holborn Place** recently set up a garden group and have **received £130 in donations** from the residents.

They have planted two pear trees and an apple tree and filled three planters so far.

*Thank you to all of you!*



**Kent Grove** raised **£75** for the Turkey/Syria appeal via Oxfam. 11 people laughed their way through a fab morning!



## Holborn Place Easter event



It's been so lovely to see all generations taking part in the Easter activities!

## Porthill Green Spring Fayre



**£310**

was raised for resident trips and new garden furniture **PLUS** donations were made to a Ukranian charity!

## The Spring Wordsearch



GREEN	FLOWERS
BUDS	LAMBS
MARCH	CROCUS
TULIPS	BUNNY
EASTER	MAY
MELT	BASEBALL
DAFFODILS	BEEES
SUNSHINE	NESTS
LEAVES	GARDENING
APRIL	WARM
WINDY	BIRDS
UMBRELLA	BLOSSOM

**Gordon Court** raised **£60** for the Dougie Mac by hosting a coffee morning in March. They also had a recent fire safety talk to discuss risks and had lots of advice on how to keep safe. These will take place at more schemes so keep an eye on your notice boards.



# Gardening tips to get ready for *spring*



## Tidy Up

Tidying the garden can seem like a never-ending chore, but if you do it regularly it really shouldn't take you too long.



When you're 'pre-spring cleaning' your garden, you need to remember things like collecting any dead leaves and stalks that have fallen to the ground. These need to be cleared away as they can harbour diseases and allow bacteria to develop and infect your plants.

## Soil Preparation

Over the winter, weeds have been enjoying their time in your garden while you've been taking a break!



As part of your soil preparation, you should remove as many weeds as you can. You might need a weedkiller for this, but you could get away with removing them by hand.

Rake over your soil to maintain airflow and ensure that when you start to plant new perennials they will have the best growing matter possible. New topsoil is a good idea when you are getting your garden ready for spring.

## Get A Trim

Many plants could do with a little TLC to get them ready for spring. This might involve re-potting, moving to a more protected area of the garden or trimming the stems to encourage new growth.



If you have a buddleia or roses, for example, these will need to be pruned in the spring, after the frosts have passed. To prepare for this, you can take the time now to identify the plants that need pruning around this time.

## Sow Annuals

To see early flowers in your garden, sow hardy annual seeds in a tray and keep them in a greenhouse if you have one or in your windowsill.



## Wildlife Sanctuary

Start to think about how you could make your garden more wildlife-friendly. Plant flowers that encourage butterflies and birds into your garden. Maybe make a meadow area or a bug hotel.

