

Community Living

Summer 2022

The Ice Cream Edition

Welcome to our Ice Cream Summer newsletter!

Hello! Summer has arrived, and we've got lots of things happening across the business.

Safety and wellbeing are a priority in our Community Living Schemes, so this newsletter issue is focused on this, as well as the fun events going on across the schemes, recent birthdays and much more.

I'm so glad that you're all enjoying the great events being held recently and it's great to see communities come together.

I hope you enjoy a lovely summer in the sun and I hope to see you all very soon.



Take care and stay safe

A. Szatkowski

Andrei Szatkowski
Executive Director of Customer Experience

Scams awareness



It has been highlighted that some of our residents are receiving scam calls from people who claim to be from companies like DHL, Amazon, Talk Talk and many more. Scams are sadly very common and affect 1 in 10 people in the UK. If you ever feel like you're being scammed or have been scammed, talk to your Community Living Advisor immediately.

- If you receive an unknown call, never give out your bank details, even if the caller sounds trustworthy.
- Never give out your passwords to your phone, computer or other accounts.



If you have any concerns or questions please speak to your Community Living Advisor.

It's National Ice Cream Month!

National Ice Cream Month was introduced in July 1984!

Which ice cream flavour would you choose?



Birthdays!

This month, lets wish a big Happy Birthday to:

Joan Grocott,
from The Meadows, who turned 99 on **Monday 13th June!**

Donald Thompson,
from Hollinwood Close, who turned **90 on Friday 8th July!** Residents and advisors raised some money and got him some whiskey, cake and cards.



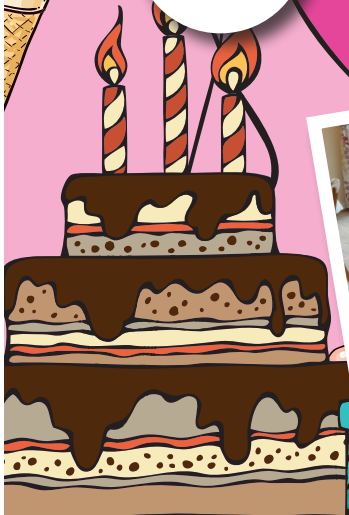
Sheila Cliffe,
from Mill Rise village, who was **80 on Monday 6th June!**

Janis Francis,
from Mill Rise village, who turned **70 on Thursday 2nd June!**

Doreen Morgan,
from Mill Rise village, who was 65 on **Tuesday 12th July!**

Beryl Darby,
from Mill Rise village, who is turning **85 on Friday 5th August!**

Gwen Smith,
from Sneydlands, is turning 101 this month and the local Royal British Legion have asked to put her name on their Roll of Honours board as she has been a long-time supporter!



What's going on...

Wildflower lawn

The wildflower lawn at **The Meadows** that was laid earlier in the year is now in full bloom and **looks great!** It brightens up the scheme and invites plenty of tiny pollinators too.



Craft club

Every Wednesday, The Meadows hold a craft club and have a topic discussion in the morning from **11am until 12:30pm.** Call Rachel on **07851255162.**

Oatcake time

Every Thursday, The Meadows hold a coffee morning from **10am – 11am** and oatcakes are available to order if you pay/order before the day 10-11am. Call Rachel on **07851255162** to be involved.

Breakfast club

Every Friday, Hollinwood Close hold a breakfast club from **10am** - Call Kate on **07851255163** to get involved.

Clothes swap

Mill Rise village held a clothes swap to recycle their unloved clothes! This was a great opportunity to go-green and help the environment.

Poetry afternoon

Customers at **Kent Grove** had an afternoon of poetry with the Famous, Fabulous & Funny Nick Degg last month! Many of the poems and stories related to the local area & its changes of fortune: honest, heartfelt and gritty, a real treat for everyone.



Chair-based exercise

Every Monday, chair-based exercises for all abilities are taking place at **The Meadows** from **11am-12:30pm.** You can book onto these by contacting Rachel on **07851255162.**

Path restoration

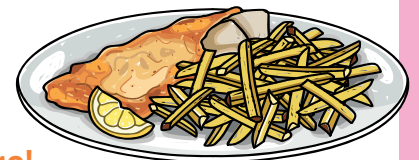
Look at this lovely path transformation that took place at **The Meadows!** Many residents were unable to access the top of the garden due to the path's poor condition, but now it has made such a difference.



Thanks to Ben, Derek and the team for getting this done – now residents can access the garden with ease.

Fish & Chips!

Every Tuesday, Hollins Grange have fish and chips from **12:30pm.** Call Kate on **07851255163** to order. **Every Friday, The Meadows** also have fish and chips from **12:30pm** – call Rachel on **07851255162** to order.



Bingo!

Every Wednesday, Hollinwood close have a coffee shop and bingo morning from **11:15am.** Call Kate on **07851255163** to get involved.

Games day

On the **last Thursday of every month** at **Hollinwood Close,** there is a games day at **11am.** Call Kate on **07851255163.**

Breakfast club

Every Friday, Hollinwood Close hold a breakfast club from **10am** - Call Kate on **07851255163** to get involved.

Jubilee Celebrations



Gordon Court, Falkirk Grange & Castletown



Residents joined together to celebrate the Queen's Jubilee and enjoy a lovely buffet and royal quiz!

Park Road

Community Living residents at Park Road decorated beautifully and had a scrumptious buffet in celebration of the Jubilee.



Mill Rise

Our residents went all out, dressing in red, white and blue, as well as our staff, for their celebrations. Thank you to our partners for their generous money and food donations for this event!



Porthill Green

Residents had some great decorations and food at their Jubilee celebration!



The Meadows

Everyone had a great time celebrating the Jubilee, and even had a boogie together!



Money Advice

With the cost of living seeing a big increase recently, it can be hard to know how to properly adapt money-wise. Our Money Advice team are here to help you with money troubles, worries and concerns. They cover debt awareness, claiming benefits, Universal Credit and more, and they're here to help you, talk to you and offer their best advice to get you on the right path.

"You're not alone. Talk to us."

Did you know:

50% of the

volume found in

ice cream

is air!



Ice Cream Quiz

1. What century was ice cream introduced in England?
2. True or false? Ice cream sundaes were originally supposed to be eaten on Sundays.
3. Sphenopalatine Ganglioneuralgia is a scientific word for what?
4. What country eats the most ice cream per person?
5. What is Italian ice cream known as?

Did you know:

Ice cream

originated in

500bc!

Staying safe in the sun

The safety of our residents is our top priority, and the heat brought along in summertime is nice but also provides some risks.



Remember to shut and lock any windows and doors when you are elsewhere or away from your home.



When spending time outside, apply sun cream to protect your skin from sunrays.



Protect your eyes from the brightness by wearing some sunglasses or a hat, which will also protect your head.



If you're getting too hot, step indoors and let your Community Living Advisor know if it gets too much for you.

Your wellbeing

The wellbeing of our residents is very important to us, and the summertime provides some great opportunities to engage in activities.

Reading: books are a great way to recharge the mind and a great hobby to pick up. They're the perfect thing to do whilst spending some time in the sun.

Spending time outdoors: summer means warmer temperatures, and we all love sitting outside in the heat. Take in some fresh air by going on walks to stretch your legs and get in some daily exercise.

Talk to others: if you have anything on your mind, talk to people around you! It always makes us feel better when we talk to others, whether it's to express any worries we hold or just to have a normal chitchat.



Flower favour

Kind residents at Highfield Grange got these gorgeous flowers for one of our Community Living Advisors who had newly entered her job role and she was over the moon! We appreciate this lovely gesture.



Aids and Adaptations: living independently

As well as contacting the Adaptations service, residents can also use the services of the Community OTs (Occupational Therapist) service via their Doctors, GP, local agencies like the Disability Solutions or stores like Ableworld.

Customers needing the following need to be assessed by the OT first for safety:

- Bath lifts
- Bath board
- Shower chairs
- Raised toilet seats
- Frames around the toilet
- Over-bath shower

The Adaptations services offer support with various grab rails, ramps, external handrails, steps, and any misc minor adaptations equipment up to a certain amount.

The following are classed as Major Adaptations which we do not do:

- Wet rooms
- Level access showers
- Hoist
- Specialist toilets
- Through-floor lifts
- Stairlifts

For more information on this, please speak to your Community Living Advisor who will be able to get the suitable information you need.



Neighbourhood Plans launches

Over the past month, Aspire Housing have been holding events to celebrate the launches of our Neighbourhood Plans for Kidsgrove, Knutton & Cross Heath, Newcastle Town and Chesterton & Crackley! These are plans for each neighbourhood which set out what we are going to focus on, get involved in and achieve locally.



Through conversations with partners, local stakeholders and Aspire colleagues, feedback from Aspire tenants and insight gained through the customer-focused Chat 2 Aspire Neighbourhood Survey, we have created these Neighbourhood Plans. They will help to address the challenges within the local areas and, through working together in partnership, create homes, premises and places we can all take pride in whilst improving quality of life and life chances for all residents.

CORONAVIRUS SAFETY

Recently, the number of people infected with Covid-19 has risen in the UK, and we want to make sure our residents feel protected. If you have any concerns about Covid, please raise them with your Community Living Advisor.

We recommend wearing a mask and putting on hand sanitiser when in public spaces, and regularly washing your hands.



Dementia Friends

Recently, some more Aspire Housing colleagues have become Dementia Friends! This means they can provide support to customers living with dementia, as well as helping the communities around them to learn more about it. They became Dementia Friends through information sessions, and we now have over 300 colleagues who have done so!

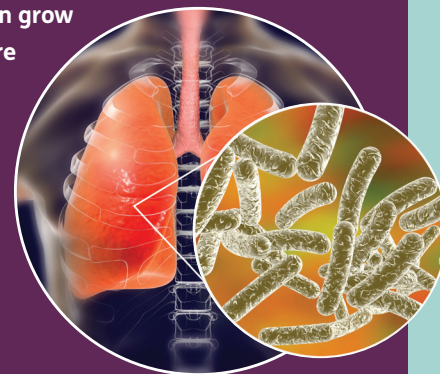
Bedtime routine

Fires are extremely dangerous, and when living alone, you may be more at risk. Here are some points to follow before you go to bed to ensure your safety:

- Close internal doors at night to stop a fire from spreading.
- Turn off and unplug electrical appliances unless they are designed to be left on - like your fridge or freezer.
- Make sure mobile phones, tablets or e-cigarettes aren't charging overnight.
- Don't leave the washing machine, dishwasher or tumble dryer on overnight.
- Put candles and cigarettes out properly.
- Make sure exits are kept clear.
- Ensure your keys are in a safe place that is easy for you to access.
- Take your mobile telephone to your bedroom and know your escape plan in case of a fire. The best route is the normal way you come in and out of your home. We recommend planning a second route in case the first one is blocked.
- If you have mobility issues, ensure mobility aids and methods of calling for help (like emergency pendants) are close to hand in case help is needed to assist with an escape.

Water Safety in your Home

Legionella bacteria can grow in water systems where water has been left standing (stagnation). Your taps and showerheads can pass this disease onto you, so it is important to keep an eye out for this.



Legionnaires' disease is a form of pneumonia, caused by Legionella bacteria. With 400-500 cases reported in the UK each year, the disease is quite rare. Anyone can catch it, but most sufferers tend to be over 50 years old. It comes from breathing in bacteria contained in small droplets of water, like spray from a shower or a tap. It isn't spread directly from person to person, and you can't get it from drinking water.

Check your smoke alarms

It is important to regularly check that you smoke alarms are working in case of a fire, and it just takes 2 minutes. If you need some assistance, ask your advisor to help you with this.



TRIPS & FALLS

If you trip or fall in your home, you **MUST** tell your Community Living Advisor as your safety is our priority.



Quiz Answers

1. 18th century
2. True
3. Brain freeze
4. New Zealand
5. Gelato

