



THE ELDER



Issue
19

Spring Newsletter 2019

Norwich Housing Society and Stuart Court Memorial Charity Joint Annual General Meeting

The 84th Annual General meetings took place on Tuesday 12 March 2019. Eighteen of the Society's Shareholders attended to hear the Chairman, Carol Sangster, and Chief Executive, Mike Allen, report the Society's achievements, approve the financial statements and appoint the auditors.

Board members were elected. Jon Boon, Glyn Davies, Chris Haystead, Jamie Kidd, Maurice Land and Gavin Sargent will remain to complete their terms of office. Carol Sangster, Bill Taylor and Gill Tewson were re-elected to the Board. Neil Parsons did not seek re-election having served his first term of office.

The Society now has a board of 9 members with a broad range of expertise. Carol Sangster remains as Chairman, Jon Boon as Vice-Chairman

and Chair of the Property sub-committee, Bill Taylor as Chair of Governance, Gill Tewson as Chair of Operations and Maurice Land as Chair of Finance.

Both Norwich Housing Society and Stuart Court Memorial Charity are financially strong. The financial statements that had been independently audited by Lovewell Blake Chartered Accountants were adopted at the meeting. The shareholders approved the appointment of Lovewell Blake for a further year.

- Mike Allen, Chief Executive



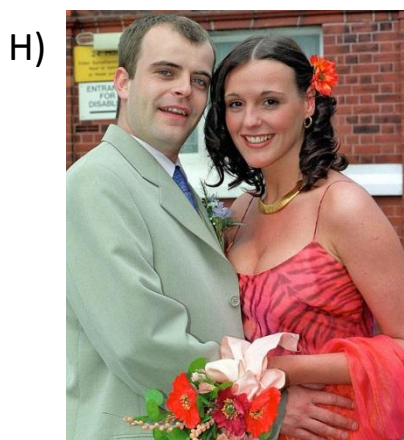
Stuart Court, Recorder Road

Competition Time

I heard a lot of you love watching your soaps on the telly so I thought it would be a good idea to quiz you on your favourite programmes! There is a £15.00 Love2Shop voucher up for grabs if you can answer them all correctly. The shops this voucher can be used in include Boots, Debenhams, Wilko and Argos. Please send in your answers by Friday 21st June. Good luck!

- A) Which soap was first broadcast in 1972?
- B) Which soap featured the storyline 'Who Killed Archie?'
- C) Which imported soap could you have met Tom and Pippa Fletcher?
- D) Which soap featured the character 'Ethel Skinner'?
- E) How many times has Gail Rodwell been married?
- F) Who is the longest serving soap actor?
- G) Who was Grant Mitchells' first wife?

Who are these couples from back in the day?



- K) Which soap ran from 1982 to 2003?
- L) Who did Lisa Riley play in Emmerdale?
- M) Who was pushed off a viaduct in 2017?

Meeting the Tenants

I'm continuing my occasional visits to chat with some of our tenants, and savour the tea and biscuits they kindly put on for me. This time I had the pleasure of meeting John and Edna Clark, who've been married for a mere 63 and a half years and are loving life at Lanchester Court.

John was brought up in Kolkata (formerly Calcutta) India, without knowing he'd been adopted at birth. His adoptive father worked at the Imperial Bank of India whilst his adoptive mother had been a Wren in the First World War. They met on a ship whilst travelling to India, when his mother whilst at a loose end had decided to travel to meet her brother and sister who were working as missionaries there. His birth mother was a vicar's daughter in Bristol, and his grandfather nearly had a nervous breakdown about the pregnancy. He was so terrified people might find out, therefore, everything about John's background was kept secret so that friends of his new adoptive family thought he'd been a natural conception and birth during a furlough.

John lived with his 5 aunts in Farnborough, being spoiled rotten during the Second World War and got to know his wife Edna when they were aged 14 and 11 at school, having met her through his friendship with Edna's brother.



It was only when John applied to join the Royal Navy as a regular that the bombshell dropped that he was adopted, having sent off for his birth certificate. He served 8 years with the Navy on HMS Vanguard, HMS Kenya and ultimately HMS Vigo with the Fishery Protection Squadron around Iceland where he wasn't even allowed ashore due to the Cold War. He then continued his round-the-world travels by working for the National Bank of New Zealand in Karangahape Road in the Maori district of Auckland.

Cont.

Not to be outdone, Edna's great grandfather Albert Thomas Nobbs had run away to sea believing his relatives were having a much better time than him. He became an animal husband and cook whilst at sea and these experiences ran down the family line until Edna ultimately kept pigs and goats with John.

Meanwhile thanks to the internet and information from the Church of England pensions administrators, John has found out he has a full brother (also called John as it happens) and two half brothers, all of whom live together in a bungalow in the West Country. One of them works keeping snow and ice off the Severn Bridge in the winter, and now John's son has just found out he also has another brother in Gloucestershire and

the family are just beginning to make contact and meet up. John's birth father was clearly prolific! He's also been researching his adoptive grandparents who lived at Ramsden Bellhouse in Essex, and has been talking to a lady in one of the local shops who had met them and had fond memories of them.

Meeting John and Edna rapidly turned into an episode of "Who Do You Think You Are?" in tracing their family trees. It was hard making notes during our conversation as they're living such varied lives and have so many stories to tell about their ancestry! Thank you both for making me feel so welcome in your home, and good luck in your continued adventures in finding out more about your extended families.

- Gavin Sargent, Board Member

We understand from time to time financial strains can happen to anyone. Should you find yourself in a situation where you are unable to pay your rent, we would like you to know we are here to help . If you are having difficulties paying your rent, please do not keep this to yourself, we would rather you let us know you are struggling to pay before any arrears accumulate. The earlier you let us know the earlier we can discuss how we can help, ensuring peace of mind on both parties and alleviating any worries and stress it may cause you.

Remember, we are here to help.



Here's a photo of Iris of St Barnabas Court celebrating her 95th Birthday last year with the help of two of our younger visitors, Ria and Thomas.

Best wishes from all the staff at Norwich Housing Society.

Do you have a special birthday coming up? If so, we'd love to feature you in the next newsletter.

Keep Mobile and Active Riverside Leisure Centre

A fun and free way to keep active. Weekly Tuesday sessions (except every 2nd Tuesday of the month) 11.00-12.15pm. Table tennis, New age curling, Boccia and a chance to have a chat over a tea or coffee. They aim to create an inclusive and positive environment for participants of all levels. Venue: Riverside Leisure Centre, Wherry Rd, NR1 1WX. Tel: 01603 671390. Free parking.

- Supplied by Age UK

How to Recognise Scam Phone Calls

What great news! You've won! You've received a phone call – a recorded message – telling you that you've won a competition or a lottery. The prize may be a free cruise, a holiday home or thousands, or even millions of pounds.

CAUTION While you're reeling from this fantastic news, you'll be a little surprised because you never bought any tickets for this lottery. What the heck...you press to speak to someone to claim your prize.

STOP! There's just one thing – a small administration fee that needs to be paid before you collect your winnings. This seems odd, but what's £10.00 or £20.00, compared to how much you might receive!

KEEP CALM Once you've paid out the initial administration fee the company will call you again saying that a further payment is required, and then again, and again. All the time you are only a few days away from receiving your big cheque....they use all sorts of tricks to keep you sending money – they may send you a sample

cheque through the post, or a champagne glass for you to toast your good fortune.

Sadly, your prize doesn't exist, but the more you send them the more you get wrapped up in the scam – you not only want the prize, but you now want to get back the money you have lost. When did you last hear of someone winning a lottery or competition they never entered? No legitimate gaming organisation will ever ask for an administration fee to be paid before a prize can be claimed.

If the excitement has overtaken you and you have sent some money then don't make matters worse by sending more money. Recognise the call for what it is – a scam.

If something sounds too good to be true, it is usually a scam!

Keep calm and hang up!

Fire Notice Update

The Society has recently updated its Fire Notice. We adopt a `STAY PUT POLICY` in the event of a fire. This policy means that if a fire breaks out in a flat within a block, the flats are built to a standard which will withstand fire entering for some time, at least for a minimum of 30 minutes. So it is safer to `stay put`, keeping all doors shut until you are told to leave or helped to evacuate the building, by the attending emergency services. The notice is available from our website and it is soon to be placed in communal areas. We will be arranging for a Fire Consultant to talk about fire safety at the coffee mornings. We will let you know when these are due to take place.

An updated copy of “your guide to care and support for adults” is now available. If you are unfamiliar with this publication, it contains lots of useful information about how to get help and support, what kind of services are available and details of other organisations that can help. If you would like a copy, please speak to your Scheme Manager.

The three yearly “Tenant Satisfaction Survey” will be undertaken soon, which is an independent survey undertaken on our behalf by an organisation called Acuity. You will receive a questionnaire to be returned to them; please answer this truthfully and honestly. We try as hard as we can to make living in one of our properties as enjoyable as possible, but we need your views on how you feel we can improve.

Lanchester Court Social Events



On Saturday March 30th Lanchester Court celebrated four birthdays and a wedding anniversary which included Maureen's 80th birthday.

Ssshh! She doesn't want anyone to know! Thank you to everyone who contributed to a great night.



Coffee mornings at Lanchester Court have become a social gathering from anything between 15 to 20 people on a regular basis.

Thursday April 18th (Maundy Thursday) I dared anyone to come along wearing an Easter Bonnet. Not exactly all were "Easter" Bonnets but never-the-less a good display of head gear. Well done to you all.



- Roy Westgate, tenant at Lanchester Court

The Society's Banking Arrangements

Both Norwich Housing Society and Stuart Court Memorial Charity have used HSBC as their transactional bank for many years. Indeed, the vast majority of you will already be aware of this from the Standing Order set up to pay your rent.

Having reviewed these banking arrangements, it has been decided to transfer these bank accounts from HSBC to Lloyds Bank.

Further details will follow as the process to transfer progresses. There is nothing for you to do at the moment.

We would encourage all tenants to pay their rent by standing order, as it is a cost effective and efficient way to pay. Most tenants do pay their rent this way, however, if you don't and would like to, please contact the office for details.

- Mike Allen, Chief Executive

What Can You Recycle?

Recycling is important for making the environment a cleaner place, conserving materials, saving energy and reducing the amount of rubbish in landfills. All our schemes have communal bins and we can all do our bit by recycling our household waste using the correct communal bins on site. Each scheme has a slightly different system for disposing of your waste. There are notices on the bins advising what can be put into that bin. Please adhere to these notices and ensure you place the correct waste into the correct bin. The binmen will not empty a bin if they find incorrect items inside. This can cause problems on the schemes including overflowing bins which can attract vermin. Some of you will have a bin for recycling both glass and paper/card/plastic and some of you will have separate bins for these items. Remember to check the notices on the bins if you are unsure. Here's a reminder of what goes in which bin:

Recycling – Blue Bin

Empty Aerosols - Lids cannot be recycled and need to be removed.

Clean aluminium foil and trays

Cans and tins

Cardboard

Cartons - Lids cannot be recycled and need to be removed.

Paper



Plastic bottles - Lids need to be left on except for trigger and spray bottles as these cannot be recycled.

Clean plastic food tubs, food pots and food trays - Plastic lids can be left on. Cellophane lids and cling film cannot be recycled and are to be removed.



Please remember to check if your scheme has separate bins for any of these items

Please ensure to clean/rinse out your recycling waste and allow to dry before putting it in the bin

Please do not use the blue bin for:

Plastic carrier bags, bubble wrap, nappies, dirty or greasy paper/cardboard, food pouches, crisp packets, cling film, tissue, toys, clothes.

If you have a communal food waste bin, you can dispose of:

Leftovers from your meals

Meat - raw and cooked, including fat and bones

Fish - raw and cooked, including bones and shells

Eggs including the shells

All dairy products e.g. cheese

Vegetables and fruit - raw and cooked

Bread, cakes and other baked goods

Rice, pasta and beans

Tea bags and coffee grounds

Cooking oil, lard and other fats

You can use bread bags or plastic bags as liners in your food caddy



Do not put foil trays or packaging in the food waste bin

You may be charged if incorrect items are found in the food waste bin

All other waste must go in the general waste bin. Clothes can be taken to a charity shop or small items can be disposed of using the general waste bin. Please do not use the recycling bins to dispose of your old clothes.

Celebrating our 999 Service

The 999 emergency service was introduced on 30th June 1937, in the London area only.

It was the first service of its kind in the world, and a notice in the Evening News suggested that the public should use it only if “the man in the flat next to yours is murdering his wife, or you have seen a heavily masked cat burglar peering round the stack pipe of the local bank building”

For the less urgent matters, such as a lorry coming to rest in their garden, people were advised to “just call up the local police”.

The first call resulted in the arrest of a would-be burglar, but not all were so serious. Of 1336 calls made in the first week, 91 were prank calls.

One of the more unexpected results of the 999 service was its effect on the telephone switch-room, where a “raucous buzzer” sounded when someone dialled 999. It was reported that “a few of the girls found the situation too much and had to be carried out”.

Despite that, 999 was a big success, but it wasn't until after World War Two that it reached most parts of the UK. It became available to the entire country only when all the telephone exchanges were automated in 1976.

The idea of the emergency number came after operators couldn't be reached to alert the fire brigade to a fire that killed five woman in London's Wimpole Street in 1935, the number 999 was chosen because it was easy to dial, even in the dark, on the old-style phones. The US waited until 1968 to introduce it's own emergency number, 911.

More than half of genuine 999 calls ask for police assistance. The next most requested is the ambulance service, followed by the fire brigade and, finally, the coastguard.

- Thank you to a tenant at Westwood House for this Newsletter contribution

Quick Veggie Chilli

This meal is super quick and full of lovely fresh ingredients. The chilli itself is full of flavour but not spicy-hot, but you can add some extra chilli to yours if you wish! I like to serve it with rice but it is just as yummy on it's own. This recipe is also dairy free, egg free, gluten free, nut free and soya free.

Ingredients:

- 1 x sweet potato
- 1 x chopped onion
- 1 x sliced/diced yellow pepper
- 1 x can kidney beans (drained & rinsed)
- 1 x can chick peas (drained & rinsed)
- 1 x can of chopped tomatoes

- Large handful of spinach
- Handful of fresh coriander
- 1 x tsp cumin
- 1 x tsp ground coriander
- 1 x tsp of dried garlic/piece of chopped garlic
- 1 x tsp mild chilli powder
- 2 x tsps smoked paprika

Method:

- 1) Pierce the sweet potato with a knife and microwave for five minutes, turning once half way through.
- 2) Heat oil in a pan and sauté the onion until it starts to soften, then add the pepper, garlic and spices. Cook for 5-10 minutes, adding a little more oil if needed.
- 3) Add the beans, chickpeas and chopped tomatoes and cook on high for 10 minutes.
- 4) Carefully remove the sweet potato from it's skin (**be careful as it will still be hot**) and add chunks to the chilli. Finely dice the spinach and the coriander and add. Stir and cook on low for a further 5 minutes until nice and thick.
- 5) Serve with rice. It is also nice served with avocado.

Some of you may not have all of the ingredients listed above, if you don't have fresh coriander or smoked paprika I am sure this dish would still taste good without these.

This recipe will make about 4 portions, any left overs can be frozen or kept in the fridge for up to 3 days.



- Joanna Oakley, Administrator

Easter Fun at St Barnabas Court

Sorry no photos but a great day was had at St Barnabas Court during the Easter weekend. The children all enjoyed the Easter Egg Hunt and everyone enjoyed the BBQ. Thanks to the tenants who attended and the family and friends who made it such a great day.

- **Tenant from St Barnabas Court**

If you need to talk to a member of staff at the office, please ensure you call to make an appointment first. We can't guarantee the person you want to see will be available as they could be in a meeting, visiting the schemes, on annual leave, also, some staff work part time and therefore may not always be here if you turn up unannounced. We would hate for you to have a wasted journey.

Autumn/Winter Newsletter Competition Answers:

- | | |
|---------------------------------------|--|
| A) Kurt Russell and Goldie Hawn | F) Elvis Presley and Pricilla Presley |
| B) Miss Piggy and Kermit the Frog | G) Fred Flintstone and Wilma Flintstone |
| C) Cher and Sonny Bono | H) John F. Kennedy and Jaqueline Kennedy |
| D) Johnny Cash and June Carter | I) Barrack Obama and Michelle Obama |
| E) Paul McCartney and Linda McCartney | |

Well done to Mrs Hughes of Rotary Court, we hope you enjoy spending your voucher.

Thank you to everyone who entered, please don't give up as one day it could be you that wins a shopping voucher.

What would you like to see in the next newsletter?

If you have any stories, poems, jokes, interesting hobbies, recipes, holiday stories or if you would like to see anything else in the newsletter; we would love to hear from you, please get in touch

on: 01603 625078 or email:

reception@norwichhousingsociety.co.uk

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