



THE ELDER



Summer 2021

Lockdown Stories Part III

Mini Donkeys for Well Being

Opening of Social Rooms

New Development Update

Lockdown Stories part III

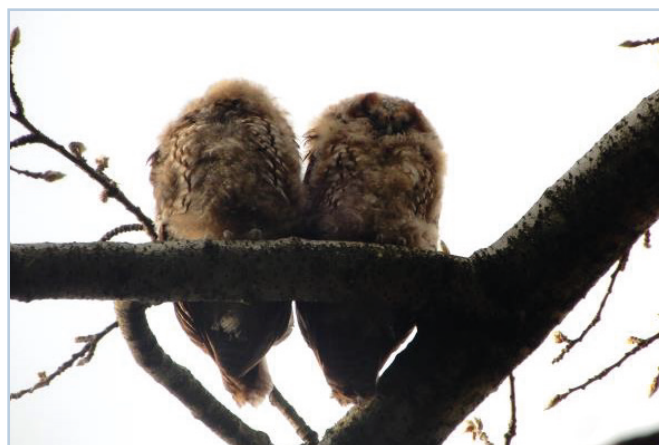
Earlier this year, a seal had been seen swimming in the River Wensum by a number of people including myself who saw it several times. The best sighting I had of it was when it came to the surface of the river enabling me to see the whole thing, whereas on another occasion, I just saw it's face as its head popped up.

On April 17th I walked as far as Thorpe Marriott Way and crossed a meadow to get onto the Sweetbriar footpath where I met a man with a long telephoto lens camera who told me there were a pair of Tawny owls in the trees. Therefore, I went to have a look. They were not easy to spot, but eventually I saw them. It was such a thrilling sight.

Finally, on another walk along the river Wensum in Norwich. I spotted a Barnacle goose near Cow Tower. Since then, I've seen it near Carrow Road, and it has also been seen by Whitlingham Broad. Unlike the Greylag goose which is brown, the Barnacle goose is black and white.

Just as a note of interest. I took a photo of a sparrow sitting on top of the fence near where our bins are outside the flats, with a feather in its beak.

Susan Wright,
tenant at Nelson Street



All photos courtesy of Susan Wright

Looking After Your Home

It is essential that you keep your home in good repair. It is important because by looking after your home, repairs will be kept to a minimum and it can prevent any major works at a later stage.

You are responsible for internal decoration in your home. You must ensure that all parts of the interior of your home are redecorated at least once every seven years. You do not

need to apply for permission if you are simply painting or wallpapering.

Descaling your shower head regularly will prolong the life of your shower. A build-up of scale can lead to poor performance and will cause early failure of the appliance.

Good ventilation in your home is imperative to prevent damp and mould. Please make sure you use your extractor fan and open your windows whilst cooking and showering.



Please be reminded that the laundry facilities are for the sole use of tenants' personal laundry. Any misuse could result in your access to the facility being withdrawn.

Parking at the Schemes

In all cases, parking is on a first-come, first-served basis and does not form part of your tenancy. Only one family sized car per household is permitted to be kept on any of the schemes. You and your visitors should always park considerately and between the lines in spaces.

Vehicles must be registered in the name of the current tenant, be in regular use (at least once a week), must be kept in a roadworthy condition with a current MOT test certificate, and be taxed. When space permits you may have one visitor park on site but

strictly only whilst they remain at the Court visiting you. Parking is NOT available to visitors who leave the court for any other reason; including leaving vehicles for long periods such as if they are away on holiday.

You and your visitors should not park any commercial vehicle on any part of the Society's property without prior written consent. Permission will not normally be granted for very large vehicles. No businesses should operate from the Society's car parks.

St Barnabas tenants, please ensure you inform National Parking Enforcement of any vehicle changes for you and your visitors.

Mini Donkeys for Well Being

On Tuesday June 29th, Lanchester Court welcomed two miniature donkeys from "Mini Donkeys for Well Being". These beautiful little creatures have an uncanny calming effect on you as you watch them constantly feeding and enjoying the company all around them.



This visit followed our first outside coffee morning on Thursday 24th June attended by 18 residents. Let us all hope these events are the start of better times ahead for everyone.

Roy Westgate,
tenant at Lanchester Court



Repairs Reminder

When a repair is reported, our staff will categorise your repair according to the nature of the problem and its urgency. The repair category will determine the timescale within which the repair should be completed.

We use the following categories:

Emergency Repairs

These are repairs which seriously affect your enjoyment of, or ability to occupy your home.

Emergency repairs will be completed within 24 hours from the time the emergency was reported during a working week.

Some Examples of Emergency Repairs include:

- Total loss of water (check with Anglian Water Authority first)
- Serious uncontrollable water leaks
- Flooding
- Severe storm damage
- Exposed electrical wiring
- No power (check the trip switch)
- Blocked drains, soil pipe or toilet (if it is the only one in the household)
- Damage to doors and windows which may pose a security risk
- Faults to the warden call system
- Lift failures
- Fire damage

Urgent Repairs

These are repairs which also affect your comfort or convenience. You can expect these to be dealt with within 7 days.

Some Examples of Urgent Repairs include:

- Roof leaks (other than severe)

- Severe water seepage to doors and windows
- Leaking pipes causing damage and seized taps
- Blocked sinks, basins, baths
- Repairs to toilet cistern
- Faulty communal TV aerial
- Damage to handrails or banisters

Please be advised that perishable items in your home are your responsibility to replace. Items such as toilet seats, showers hoses, basin plugs and chains, curtain rails. For a full list of your repair responsibilities, please refer to your conditions of tenancy.

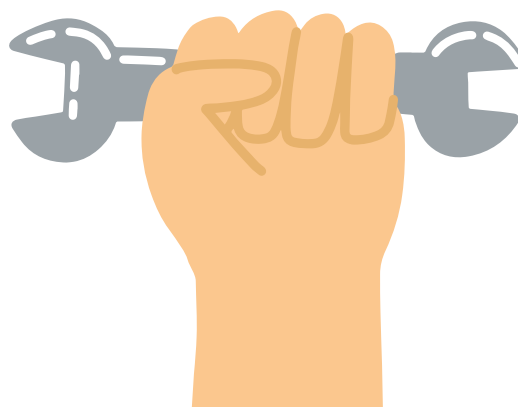
Routine Repairs

These are repairs which the Society considers to be necessary but to be relatively minor in scope and impact on tenants' enjoyment of their home.

Depending on their nature, these will usually be completed within 28 days.

Some Examples of Routine Repairs include:

- General joinery repairs
- Repairs to doors and windows (where no threat to security, or water seepage)
- Repairs to walls, brickwork and roof tiles
- Minor plumbing leaks not causing damage
- Wall tilings
- Rewashing taps
- Repairs to kitchen fittings (belonging to the Society)
- Easing doors and windows



"Age UK Norfolk are pleased to announce that the Lasting Power of Attorney form completion service has now resumed. This free service is county wide and for anyone over the age of 50 who wishes to set up a Lasting Power of Attorney with 2 attorneys. Forms will be completed via a home visit, or an office location can also be considered. To join the waiting list for the service please ring our Advice Line on **0300 500 1217** Lines are open Mon- Fri 10-4, please leave a message if the lines are busy and we will call you back. You can also contact us by emailing advice@ageuknorfolk.org.uk or via our website Age UK Norfolk – Making Norfolk A Great Place To Grow Older".

If you find that you have no electricity, we suggest that you check whether there is a general power failure first. You can find this out by checking with your neighbours. If not then, check your fuse board, this is usually located in a cupboard in a room in your home. If there is a general power failure then you will need to call UK Power Network on **0800 316 3105**, selecting option 2 for faults.

Please remember that care should always be taken with electrical equipment and fittings.

Problems, such as flickering lights and overheating sockets should be reported as soon as possible.

My Good Neighbour Recipe

Ingredients:

- a sprinkling of happiness
- a pinch of kindness
- a teaspoonful of understanding
- 2 spoonfuls of sharing
- 50g of smiles
- 1 handful of helpfulness
- 3 heaped tablespoons of love
- 1 litre of cheerfulness
- 100g of respect
- a dusting of good listening

Method:

Mix all of the ingredients together and you will have a good neighbour.



Sammy the Seal

I had heard whispers of a seal coming up the Wensum, but thought it was probably a one off, and I forgot about it. One Monday afternoon back in April, I was walking back from the shops along the river when much to my surprise a seal popped its head up right next to me. As I am only at Stuart Court, I raced home got my camera and went back to the river. He had swum further upstream by now and I found him opposite the yacht station, and I got a few nice pictures of him. I have since seen him on four other occasions, all in the late afternoon, even when people have been on paddle boards, and motor cruisers going up and down the river. He looks healthy enough, and by the look of people's faces is giving many people a lot of pleasure. I have mentioned it to some of the other residents to keep an eye out whilst walking back from the shops. It is a common seal, only by name, they aren't actually that common, and it is a thrill certainly for me to have such an unexpected visitor.

David Cullingford,
tenant from Stuart Court

David has also been busy snapping wildlife around the City.



All photos courtesy of David Cullingford



Female common blue butterfly



Norfolk Hawker Dragonfly

Rewilding

When Leander Court was built, an outside area was developed especially for rewilding. As you can see from the photos, this area is now very established, and it has brought much joy to the tenants. There are limited grassy areas on our schemes however, at Lanchester Court we have started to leave areas of grass uncut for longer to encourage a more diverse range of flowers and grasses. This will provide more food and cover for a wide range of insects, which in turn supports birds and mammals such as hedgehogs and bats. Over time more species of wildflower will be introduced to give a variance of colour.

Nature is our life support system, it's the air we breathe, the food we eat, the water we drink, the energy that sustains us. And it's in trouble. Wildlife is in dramatic decline. Species extinction and catastrophic climate change threaten all life on Earth. We must take action. Nature has the power to heal itself and to heal us, if we let it. That's what rewilding is all about; restoring ecosystems to the point where nature can take care of itself and restoring our relationship with the natural world. Reconnecting with what matters. The Society is proud to be doing its part by helping nature flourish.

Lanchester Courts' rewilding area



Leander Courts' rewilding area



Please can tenants and their visitors refrain from parking in front of dropped curbs on the schemes. We had a situation recently where a tenant on their mobility scooter was unable to gain access to the road because a vehicle was parked in front of the dropped curb.

Recycling

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 waste inside. This can cause problems on the schemes including overflowing bins which can attract vermin and you may be charged for waste found in the incorrect bin. 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. Some schemes may have a communal food bin.

Please ensure this is used for your food waste and do not place food in the other recycling bins.

Remember to check the notices on the bins if you are unsure.



Conscience

You can hear what people are saying
You can hear what they're saying about you
But you can believe in your conscience
The things they say, you know can't be true

Some people won't understand you
They won't understand you at all
But you can believe in your conscience
You may be down but you need never fall

You can tell by people eyes
It's you they may despise
But you can forgive them
Because they can't tell the truth from the lies

They just don't realise

That friends who have stood by you
Have put up with all of your strife
The friends who have stood by you
Are always your friends for life

Believe in your conscience
Believe in what you do
Believe in your conscience
For no man (or woman) is doing wrong if
They believe that what they do is right

**Roy Westgate,
tenant from Lanchester Court**

Opening of Social Rooms

With the reopening of the social rooms, tenants have been able to enjoy various gatherings and celebrations. We hope that



St Barnabas Court Social Room all set up and ready for the Euros final. Tenants caught a bit of Wimbledon before the game. A great evening was had with those who attended, such a shame England didn't win.

Tenants and guests had a really good evening at the long-awaited fish & chips night. We also played Hoy and had a quiz. Hopefully there won't be any more lockdowns to stop us and other courts from enjoying their social events.

Pat Stanton,
tenant at St Barnabas Court

this has lifted the tenants' moods and that you have all welcomed each others company whilst we all get back to "normal". It's been a long time coming!



Coffee mornings resumed at Rotary Court



Tenants' first big event since lockdown. A lovely afternoon was had by all for the Strawberry Tea at Eleanor Road.



New Development Update

In the Autumn/Winter edition of The Elder we informed you that The Society had purchased a house on Bluebell Road adjacent to Leander Court. Well, works started there last month, and progress is going well. As you can see the foundations have been laid and it'll start taking shape over the next few weeks. The house and grounds will be converted into 4 flats and 4 bungalows along with a common room.



All the gardens at the schemes are communal however, Mrs. Rutt from Old School Court is lucky enough to have a small garden area outside her home. She has really made the most of it and is very happy with the results.



This beautiful array of flowers started with just one cutting. Mr. Light from Fiddys Yard then took further cuttings and planted them until it was fully established. We think it looks wonderful!

Quiz time

We received great feedback from the chocolate quiz so to follow the food theme we have put together a "Name that Nut, Seed, or Bean" competition. If you can correctly name all of them below then you could win a Marks & Spencer voucher. Please post/telephone/email your entries to us by Sunday 10th October. Good luck!

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Chocolate Quiz Answers

1. Walnut Whip
2. Boost Bar
3. Creme Egg
4. Crunchie
5. Smarties
6. Mars Bar
7. Buttons
8. Toblerone
9. Curly Wurly
10. Chocolate Orange
11. Rolo
12. Twix
13. Maltesers
14. Bounty
15. Flake

Well done to Mrs R Curson from St Barnabas Court who got all the answers correct. We hope you enjoy spending your Marks & Spencer voucher! All correct entries are placed in an envelope, and one is picked at random.



Leander Court



Rotary Court



Bracondale Office

Senior Scheme Manager, Sarah Batchelor retired from the Society back in April. She celebrated with three socially distanced gatherings. Sarah was a well respected and loyal member of the team so it is no wonder so many people wanted to give her a good send off. She will be missed by many.

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: information@norwichhousingociety.co.uk

Editor: Joanna Oakley