



THE ELDER



Spring Newsletter 2016

Issue
12

News from The Society

Annual General Meeting

Fifteen of The Society's shareholders attended the Joint Annual General Meeting of Norwich Housing Society and Stuart Court Memorial Charity on 15 March 2016, held at 13 Bracondale. The audited annual reports and financial statements were presented, showed a healthy financial position and were adopted. Carol Sangster was unanimously re-elected as Chairman and Sue James retired from the Board of Management after three years of committed service. The Society's Board of management is currently Carol Sangster (Chairman), Jon Boon (Vice-Chairman), Jamie Kidd, Maurice Land, Neil Parsons, Bill Taylor and Gill Tewson. Lovewell Blake LLP were re-appointed as auditors.

It is worth remembering that our shareholders receive no financial benefit from being a shareholder of the Society and Board members give their time and expertise entirely free of charge.

*You are all cordially invited
to celebrate The Queen's
Birthday at a
Garden Party at Dawson
Court Gardens, Eleanor
Road on Sunday 12th June
at 2pm, £5.00 per ticket
Pimms on arrival
Afternoon Tea
Live Entertainment
Tickets available from the
office or Sue Closs on
07887 476536*

Lanchester Court Smashed Their Fundraising Target!

Lanchester Court is happy to report that in February this year we endeavoured to raise £1000 in support of 'Rosie Hodgson', a courageous young lady who needed to raise over £6,500 to buy a 'Power Wheelchair'.

This is to enable her to achieve her dream of playing in a National Wheelchair Football Tournament in Denmark later this year.

The total amount has now been achieved with Lanchester Court raising in excess of £1,400. The wheelchair has already been shipped from the USA so Rosie is now well equipped to 'go for goal'.

Rosie's team has already won the Premier League and is due to play in the final of the F.A Cup soon. Well done to Lanchester Court and good luck Rosie.

Lanchester Court's Easter Party went ahead with excellent support. Three prizes were given for Easter Bonnets with a visit from a 'couple of swells' direct from the film set of Easter Parade.

April 21st saw Lanchester Court residents having an early tot of sherry to celebrate The Queens 90th Birthday.

- Roy Westgate, resident at Lanchester Court



If you need to telephone the office to speak with Fiona Steggall, Personal Assistant to the Chief Executive, please note her working times are 9am to 5pm, Monday, Tuesday and Wednesday.

If you need to telephone the office to speak with Kelly Jackson, Property Services Administrator, please note her working times are 9am to 5pm, Monday, Wednesday and Thursday.

Afternoon Anagrams

Can you work out these anagrams? They are all famous performers from theatre, film, music, TV...

- | | |
|-----------------------|------------------------|
| 1) Old West Action | 2) A Merry Nil Moon |
| 3) Rainbow Bras Rad | 4) Warmly Oar Bun |
| 5) Accent Play Rum | 6) Added Raw Word Ow |
| 7) Eyelash By Sirs | 8) Manic Jack Holes |
| 9) Lady Darn Jug | 10) Zebra Italy Hotel |
| 11) Sundials Art TV | 12) Brandy Puree Uh |
| 13) Gammon Ran Free | 14) Hazel Ending Towns |
| 15) Air Jewel Lust | 16) Flinch Riot |
| 17) Caramel Hired Veg | 18) Fancy Liked Tile |
| 19) Heal Guru Hi | 20) Canola Jam Sulks |

Answers on the back page.

The Dynamic Fitness Team does their bit for Sports Relief



Ross Lenton runs Dynamic Fitness in Ber Street, Norwich. Ross rents the units from The Society, they are situated next to Fiddys Yard. Back in March he organised a team from Dynamic Fitness to enter the Sports Relief Run/Walk at the UEA Sports Park. There were all ages and abilities taking part including ladies from their over 50's class. They raised a whopping £2,300, well done to you all!

Ross holds Stretch and Tone classes for ladies ages 50+ on Mondays at 11am. The class is very sociable and focuses on strength and flexibility. They are looking to put another one on the timetable after the summer too. If you are interested, please call Ross on 07787 576 300.



Photo: Residents at Rotary Court making craft afternoon that little bit more interesting!

Trivia question from Mr Knowler, resident at Rotary Court:

Question: What River divides two seas?

Reporting repairs.....

If you have a repair that needs attention, please inform the office or your Scheme Manager and they will then inform us. EMERGENCIES concerning gas or electricity should be reported direct to the authorities concerned. The Society's office hours are 9am until 5pm, Monday to Friday. When the office is closed, messages can be left on the answer phone. Those with warden call monitoring can activate their pull cords for **out of hours emergencies only**. Emergencies include total loss of electricity (excluding power cuts beyond our control), total loss of water (excluding disconnections by Anglian Water), total loss of gas supply (excluding disconnections by the supplier), total loss of room heating during November to April, significant water leak through ceilings resulting in flooding or a completely blocked WC. Please do not activate your pull cord for non-emergency repairs. Please do not telephone the contactors directly or approach them on site. If a resident needs to call out a contractor as an emergency out of hours because they do not have a scheme manager nor the warden call monitoring, please always telephone the office and leave a message on the answer phone confirming the repair details.

Do you have carers? Have you ever locked yourself out?

A Key Safe may be useful to you. A Key Safe is a strong mechanical metal box that securely stores the key to your door inside. It is installed into brick or concrete and your keys are accessed by a combination code. This code is easy to set and can be changed when appropriate to maintain security. If you do install a Key Safe, and you are in sheltered housing, please inform the office of your combination code in case of emergencies. Your code will be kept secure. You can purchase Key Safes from most hardware stores. The key safe is solely your responsibility therefore, you would be accountable for the installation and repairs. If you are unable to arrange your own installation, please contact the office as we can help with this, and the cost will be recharged.

Shopping Service

Age UK provides a shopping service for anyone over the age of 55 who lives in the Norwich area.

They run a weekly, fortnightly or monthly shopping service, depending on which part of Norwich you live.

You are collected at around 9.00 and should arrive back home by 12.30. The main supermarkets that they use are Tesco, Ipswich Road and Tesco, Blue Boar Lane, Sprowston.

They use a minibus and driver provided by a local company and are fortunate enough to have two volunteers from Age UK to greet you at the supermarket. They will help you off the bus and help you back on with your shopping on your return home. You will not have to carry any shopping yourself as the driver also takes your shopping into your home for you.

You do need to be able bodied as unfortunately there is no space on the minibus for walking frames etc.

The cost of the return shopping service is £5.00.

Many of their shopping clients have commented that they find this a great social occasion as well as a chance to purchase some heavier shopping items.

If you are interested in this service or require any further information please do not hesitate to contact Marie Baker, Shopping Service Co-ordinator on 01603 667944.

A Little Story...

One of our Lanchester Court residents had an unusual windfall when he visited Norwich Market. The gentleman in question is wheelchair bound, he decided to have a bag of chips.

He sat at the bottom end of the market facing Gentleman's Walk. He placed his hat in the basket of his wheelchair and having enjoyed his chips promptly dozed off in the warm sunshine.

A few minutes later he woke up and was surprised and embarrassed to find donations of money in his hat!

What a generous lot Norwich people are!



Do you have any funny stories? If so, please contact the office, we'd love to hear from you.

Macaroni au Gratin

A resident at Old School Court suggested this Delia Smith recipe as it's so quick and easy to do.

Ingredients:

- 4 oz (110g) any supermarket macaroni
- 2 oz (50G) mushrooms, sliced
- 1 tomato, cut into small pieces
- Salt and Freshly milled black pepper
- 2 oz (50g) butter
- A little extra butter
- 1 ½ oz (40g) plain flour
- 1 level teaspoon mustard powder
- ¾ pint (450 ml) milk
- 6 oz (175g) Cheddar cheese, grated
- A little freshly grated nutmeg
- 1 medium onion, peeled and chopped
- 4 rashers streaky bacon, rinded and chopped

Method:

- Bring 1 ½ pints (850 ml) of water to the boil in a large pan with 1 teaspoon salt, add the macaroni and boil without a lid, according to the instructions on the packet.
- Meanwhile, melt 2 oz (50 g) of butter in a saucepan, add the flour and mustard, and make up a white sauce with the milk, cooking for about 6 minutes before adding 3 oz (75 g) of the grated cheese to melt gently into it, together with a seasoning of salt and pepper and a few gratings of nutmeg.
- Then melt a little butter in a small frying pan, soften the onion, bacon and mushrooms together for about 6 minutes.
- Now drain the macaroni in a colander, combine it with the sauce and the bacon, onion and mushroom, then place the whole mixture in a buttered 2 pint (1.2 litre) baking dish.
- Sprinkle the rest of the cheese on top, plus the pieces of tomato.
- Finish off by placing the dish under a hot grill until golden brown and bubbling.

Note: If you want to make this in advance, you can reheat it in a high oven, gas mark 6, 400°F (200°C) for about 15-20 minutes.

Stuart Court Memorial Charity Centenary Official Re-opening of the Garden – Tuesday 3 May

Norwich Housing Society, as corporate trustees of the Stuart Court Memorial Charity, have recently arranged for the communal garden at Stuart Court Almshouses, in Recorder Road, to be redesigned in its centenary year so as to make it more accessible for residents and visitors.



Chairman, Carol Sangster, asked The Lord Mayor of Norwich, Councillor Brenda Arthur, to officially re-open the garden and the Bishop of Norwich, The Right Reverend Graham James, gave a blessing. Civic dignitaries, trustees, residents and staff then enjoyed afternoon tea in the sunshine.



IT Classes at John Lewis

In June Age UK Norwich and John Lewis are offering free 'IT Masterclasses' for people who want to explore how to:

- Make your computer safe and secure
- Set up and use Skype
- Use applications
- Troubleshoot problems, advice and guidance
- Compare computers, tablets and notebooks
- Set up and tune in your TV/DVD or radio.

The sessions will take place on Thursday 9th and 16th June 9.30-11.30am at John Lewis All Saints' Green Norwich NR1 3LX.

There is no need to make an appointment just pop along to the Computing and Audio Department 2nd floor and ask for Ali Nazimi who will be holding the sessions.

Age UK Norwich offers volunteer-run sessions to help older people to learn about computers, to stay in touch with families, to shop online or just to do some research on the internet.

Flexible face-to-face help

Instead of running group classes, they are offering individual face-to-face appointments, with skilled IT volunteers.

Because we all learn at different rates, have different equipment and want different things from a class, they believe that one-to-one appointments, advice and training are more useful than group tuition.

If you think you or a friend would like to learn how to use computers or could help as a volunteer IT trainer, call Natasha Farr on 01603 496333 or email natasha.farr@ageuknorwich.org.uk

Lasting Power of Attorney

A lasting power of attorney (LPA) is a way of giving someone you trust the legal authority to make decisions on your behalf if you lack mental capacity at some time in the future or no longer wish to make decisions for yourself.

There are two types of LPA:

1. for financial decisions
2. for health and care decisions

1. LPA for financial decisions

This can be used while someone still has mental capacity. An attorney (the person who makes decisions for you) can generally make decisions on things such as:

- Buying and selling property
- Paying the mortgage or rent
- Investing money
- Paying bills
- Arranging repairs to property

2. LPA for health and care decisions

This covers decisions about healthcare as well as personal welfare and can only be used once a person has lost mental capacity. An attorney can generally make decisions about things such as:

- Where you should live
- Your medical care
- What you should eat
- Who you should have contact with
- What kind of social activities you should take part in

You can restrict or specify the types of decisions your attorney can make or you can allow them to make all decisions on your behalf.

If you're setting up an LPA for financial decisions, your attorney must keep accounts and make sure their money is kept separate from your money.

You can request regular details of how much is spent and how much income you have. This offers you an extra layer of protection. If you lose mental capacity, these details can be sent to your solicitor or a family member.

Lasting powers of attorney were introduced in October 2007, replacing the old system of enduring power of attorney (EPA). An EPA created before October 2007 remains valid.

When is a lasting power of attorney valid?

An LPA will only be valid if you have:

- The mental capacity to set it up
- You have not been put under any pressure to create it

It must be your decision and you must be able to trust your attorney, as you're giving them extensive power to make decisions about your life.

The LPA must be signed by a certificate provider who confirms that you understand it and haven't been put under any pressure to sign it. They must be someone you know well or a professional person, such as a doctor, social worker or solicitor.

The LPA must be registered with the Office of the Public Guardian (OPG) before it can be used.

What is the Certificate Provider?

The certificate provider is someone that you choose to confirm that you understand the Lasting Power of Attorney. Their job is to confirm that you

appreciate and understand the powers that you are giving to your attorneys and that you are making your LPA through your own free will and not under any pressure.

They are also there as a safety measure to make sure that your LPA is not being completed fraudulently.

Who can be the Certificate Provider?

These are the people who can be your certificate provider

1. Someone who has known you for at least two years
2. Has relevant skill or judgement to be able to form a professional judgement about your understanding. If you decide to choose someone with relevant professional skills, they must be one of the following:
 - A registered healthcare professional (such as your GP)
 - A solicitor, barrister, or advocate
 - A registered social worker
 - An Independent Mental Capacity Advocate (IMCA)
 - Someone who considers that they have the relevant professional skills and can specify what they are

Who cannot be a Certificate Provider?

Most family members are excluded from being your certificate provider, mainly

- Spouse, partner or civil partners (or people living together as such)
- Children, grandchildren
- Parents, grandparents
- Brothers, sisters
- Aunts, uncles
- Nieces, nephews

How to set up a lasting power of attorney

To register your LPA, first get the forms and an information pack from the OPG.

You can download the forms or fill them out online.

Alternatively, a solicitor or local advice agency can help you set up the LPA and register it.

Contact the OPG for information about LPA registration fees. If you have a low income, you may be eligible for a 50% discount, and if you're receiving certain benefits you won't have to pay anything at all.

You must register the LPA while you have the mental capacity to do so. The LPA can't be used during the registration process which takes at least four weeks.

You can contact the OPG if you need to find out if your LPA has been registered. If you lose mental capacity but signed the LPA while you still had mental capacity, the attorney can register it for you. You can get a certified copy from the OPG for a fee.

Anagram answers:

- | | |
|----------------------|-----------------------|
| 1) Clint Eastwood | 2) Marilyn Monroe |
| 3) Barbara Windsor | 4) Barry Manilow |
| 5) Paul McCartney | 6) Edward Woodward |
| 7) Shirley Bassey | 8) Michael Jackson |
| 9) Judy Garland | 10) Elizabeth Taylor |
| 11) Alvin Stardust | 12) Audrey Hepburn |
| 13) Morgan Freeman | 14) Denzel Washington |
| 15) Julie Walters | 16) Colin Firth |
| 17) Michael Redgrave | 18) Felicity Kendal |
| 19) Hugh Laurie | 20) Samuel L. Jackson |

Trivia Answer: The Thames

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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