



THE ELDER

Summer Newsletter 2018



Issue
16

The Elder is back!

Hello everyone. After a years break, The Elder has made a return. I hope you haven't forgotten all about the newsletter and you enjoy this long awaited edition. The Society uses this newsletter to communicate with our tenants and to keep you up to date, so it is important we continue with this channel of communication.



Did you know.....

Some of you may have spoken with NCAS when you activated your pull cord or pendant. NCAS provided our emergency out of hours service. NCAS no longer provide this service and it has been transferred to Welbeing. Welbeing are based in Dereham and so far their staff have proved to be friendly and knowledgeable. The transfer has been seamless and you won't notice any difference in the service Welbeing provide.

A note from the Chairman

Dear Readers,

I cannot begin to tell you how pleased I am that the Society has reinstated this great form of communication between us all, which offers so much more than mere information.

As you all know Joanna was the member of staff who designed this format for The Norwich Housing Society newsletter and worked tirelessly to encourage us all to contribute articles, jokes, recipes and information which is deemed to be helpful.

We then held a competition for an appropriate title to be selected and the person who suggested '***The Elder***' won. This has a dual meaning, it could mean a tree or a senior person, which I think serves us well.

In the spring of last year James and Joanna had their beautiful daughter Olive, and after her year's maternity leave Joanna is with us once more, hence the return of this great paper. I would ask you all to rack your brains, dig out your archives, compile a brain teaser, return to that age old recipe we would all love to prepare, send us photos of current events from your communities, send them in to Joanna

for us all to enjoy, and we shall be up and running once more.



Olive Oakley aged 1 year

I am also hoping that Joanna will be given the time to train another member of staff to assist her in this, so that we are not so dependent on one person for the skill set such a venture requires.

Happy reading everyone, keep the content coming, for even if it is not printed in the next quarter's paper it will at some point appear if it is deemed appropriate by our editor or there is room for its inclusion.

Best wishes,

Carol A Sangster,

Board Chairman

The month of May was a very busy time for the residents of Lanchester Court. Starting with a very pleasant “Cream Tea” outside in the beautiful sunshine on the bank holiday Monday.

This was followed by a coach trip to the beautiful gardens of “Stody Lodge” on Wednesday May 16th.

May 19th was of course the day of the stunning Royal Wedding. With a 40” television set up in the Common Room, residents were able to watch the proceedings, followed by a superb buffet. It was a great day. It wasn’t too bad for The Royals either.



Finishing the month off nicely was our “end of the month” social evening on Saturday 26th.

Thank you to all our residents for supporting these social events and it is wonderful to know that we have at least seven different nationalities living in harmony.

- Roy Westgate, Tenant at Lanchester Court

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

It seems a long while ago, but the 83rd Annual General meetings took place on Tuesday 20 March 2018.

Nineteen 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. Carol Sangster, Jon Boon, Jamie Kidd, Neil Parsons, Bill Taylor and Gill Tewson will remain to complete their terms of office, Maurice Land was re-elected to the Board and Glyn Davies, Chris Haystead and Gavin Sargent were elected to the Board.

The Society now has a board of 10 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 is Chair of Governance, Gill Tewson is Chair of Operations and Maurice Land is Chair of Finance.

The financial situation of both Norwich Housing Society and Stuart Court Memorial Charity is satisfactory. 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

Due to some recent issues with coin meters jamming, please can you ensure you check your 20p's before popping them into the meters. A bent or damaged coin can jam the meter resulting in a call out to our electrician. This incurs unnecessary costs for the Society and you may be recharged for this if you are found to be using damaged coins.

If you're a driver, the chances are you've been driving for many years! You may think you're a good driver but everyone picks up bad habits.

Emergency services drivers – Fire, Police, Ambulance, Paramedics etc. are regularly re-assessed to ensure their driving continues to be up to standard and that they have not developed any bad habits.

As drivers get older, some may become less confident on the road or have specific concerns about aspects of their driving, health or mobility.

Guidance for older drivers (GOLD) driving courses offered by Norfolk County Council can help to reassure drivers by refreshing skills and increasing confidence

- Regain confidence
- Refresh skills
- Overcome specific driving problems
- Tailored to suit the driver's individual needs.
- Night time driving
- Negotiating junctions and roundabouts
- Driving in heavy traffic
- Driving on dual carriageways



It is NOT a driving test and they have NO power to revoke your licence but it is a very useful check on your driving skills and how safe a driver you are.

The assessment is carried out in your own car, takes about an hour, and costs just £29.00. We would urge everyone who drives to take advantage of this offer. It gives a great boost when you get a good assessment. Equally, if you have become an unsafe driver, it will prompt you to give up driving before you cause a serious, or even fatal accident.

To arrange an assessment ring County Hall on 0344 800 8020 and follow the menu, or go on the website www.norfolk.gov.uk for further information.

Society Staff Update

There have been some staff changes recently.

Fiona Steggall, Personal Assistant to Mike Allen, now works two days a week on Mondays and Tuesdays. Joanna Oakley has returned from maternity leave to the new position of Administrator. Joanna will be providing administration support on the remaining three days a week, Wednesday, Thursday and Friday.

Amy Watson joins the Society as Administration Assistant and will be working in the front office with Victoria Robinson. Victoria also joins us and will be providing maternity cover for Sarah Tiffen who will be taking maternity leave from late July. Emily, who has been providing temporary cover in the front office will be leaving.

Alison Hill joins the Society working part-time as a temporary Scheme Manager. Alison will be covering for any of our permanent scheme managers during periods of absence.

We wish them all the very best!

Meet the Team

Have you ever wondered who was on the other end of the line when you telephone the office? Well now you can put a face to the name!



Mike
Chief Executive



Andy
Property Services Manager



Fiona
PA to the Chief Executive



Kelly
**Property Services
Administrator**



Steve
Scheme Manager



Sarah B
Scheme Manager



Sue
Scheme Manager



Alison
covering Scheme Manager



Sarah T
Housing Administrator



Mark
Assistant Accountant



Joanna
Administrator



Amy
Administration Assistant



Victoria
Housing Administrator
(maternity cover)

Healthy Strawberry Banana Bread

I make this yummy banana bread for my little girl, it's super healthy as it doesn't contain any refined sugar. It is sweetened with fruit and honey.

Ingredients:

- 275g plain or all purpose flour
- 1 tsp baking powder
- 3/4 tsp baking soda or bicarb
- 3 medium ripe bananas, mashed
- 75g coconut oil (or butter or any other type of oil)
- 75g honey
- 60g plain yogurt
- 1 medium egg
- 2 tsp vanilla extract
- 150g chopped strawberries

Method:

- Preheat the oven to 180c / 350f.
- Grease a 2lb / 9 inch loaf tin with butter or oil. Line with parchment paper and then grease the paper. This ensures that the bread does not stick!
- Add the flour, baking powder and baking soda to a large bowl and mix with a spoon.
- In a second bowl add the mashed banana, coconut oil, honey, yogurt, egg and vanilla and mix well until combined.
- Add the wet ingredients into the bowl of dry ingredients and mix with a spoon.
- Finally, fold in the chopped strawberries.
- Transfer the mixture to the prepared loaf tin and bake in the oven for 55-60 minutes until a skewer inserted in the middle of the banana bread comes out clean.
- This is optional, but half way through cooking, place a loose covering of foil over the top of the cake to stop it from over-browning.
- Once the loaf has cooked, remove it from the oven. Allow to cool in the tin for 5-10 minutes before transferring to a wire rack to cool completely.



"Hello everyone, welcome to the first in what I hope will become a series of interesting 'life stories' from our Norwich Housing Society community. If you'd like to see your name up in lights in a future issue, please let your Scheme Manager know. I'll then don my interviewer's hat and arrange to meet you sometime!

When I heard we had a stilt-walker in our midst I thought this would make an intriguing start. Geoffrey and Dawn Barbour live in our new development at Leander Court in Eaton, and were kind enough to supply me with drinks (builder's tea in a mug please) whilst I scribbled away furiously.

Geoffrey's father Roy had been one of the North Country comedians performing across Yorkshire and Lancashire, particularly at Blackpool Central Pier. He also starred in panto, in venues such as the Leeds Theatre Royal in the days when factories would block-book performances as a treat for their staff, and 20-week runs were not uncommon.

With such a background it wasn't surprising that Roy's sons should also be attracted by the bright lights of show business. Whilst his elder brothers Roy and Peter had already started work as variety act The Four Astaires, Geoffrey was learning his trade at concert parties whilst completing his National Service in the Royal Tank Regiment at Catterick. Here he performed in Blackberry Pie, whose trademark pun was all to be wearing black berets (and other clothes I assume, though Geoffrey didn't clarify this)...

Joining up with his siblings when the other two of the Four Astaires moved on, the newly formed Barbour Brothers hit the circuit with their variety act, rubbing shoulders with the likes of Norman Wisdom and George Formby. In fact the latter became a good friend, although he found great difficulty getting in contact. When Geoffrey's father owned the Lowestoft Arcadia (now the Playhouse) the receptionist refused to believe it really was Mr Formby at the other end of the line. Perhaps if George had played the banjo whilst introducing himself he'd have had more luck getting through?





So distinctive was their act, particularly the stilt-walking, that the impresario Lew Grade once told Geoffrey he wished there were more acts like his. As you can see from this poster, the Barbour Brothers performed at the Royal Variety Show for the new Queen in 1952, alongside such luminaries as Vera Lynn, Tony Hancock, Arthur Askey and the Beverley Sisters. In fact, the Queen has just been in touch with them, sending Geoffrey and Dawn a card to celebrate their Diamond Wedding Anniversary earlier this year. Such was the couple's devotion to entertaining the public, they were married on a Saturday in 1958 and

two days later opened a new revue show at Norwich Hippodrome - no time for long honeymoons!

Geoffrey subsequently helped run cinemas, and tells of Cliff Richard & The Shadows playing at the ABC in Blackpool on a Saturday, with The Shadows then taking a rare opportunity on a Sunday in those days, to go and see another show - a then unknown band called The Beatles, who completely overshadowed them (so to speak!). Geoffrey's brother Roy in the meantime had married Billie Hancock, sister of Sheila and therefore sister-in-law of John Thaw. Geoffrey and Dawn have spent happy times at their place in Provence, and whilst John was away, slept in Inspector Morse's bed, yet another claim to fame!

Geoffrey and Dawn have a lovely memory cloth framed on their wall, an embroidery depicting signatures of all the famous people they'd met over the years, such as Max Miller, Stanley Holloway and Gracie Fields. It was great to meet them and hear tales from the stage. Thank you both for entertaining me and I hope our readers enjoy hearing about you as much as I did!"

- **Gavin Sargent, Board Member**

Lasting Power of Attorney: Why it's so Important

Although it's grim to think about being incapacitated by illness or an accident, it does happen and it's best to be prepared just in case. When you appoint a person with "lasting power of attorney" (LPA), you trust that person to make decisions for you, in case you're unable to because of illness, accident or absence.

Without a LPA, no one can sign legal documents or cheques for you. This means bills can be left unpaid, and your dependents may go indefinitely without the benefit of your financial support. If you need to go into a care home and you need to terminate your tenancy, your attorney can arrange this for you. Be aware that a power of attorney is void upon your death, unlike a will.

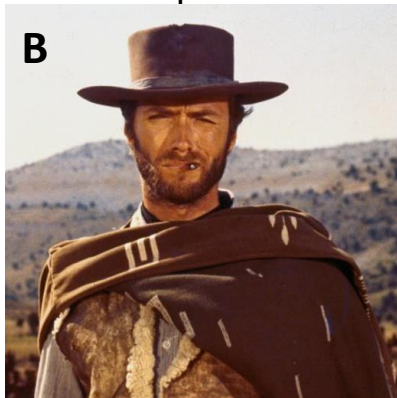
You can make a LPA online or using paper forms. Either way, you need to get other people to sign the forms, including the attorneys and witnesses. You can get someone else to use the online service or fill in the paper forms for you, for example a family member, friend or solicitor. You must register your LPA or your attorney won't be able to make decisions for you. It is a very easy and straight forward process and it could help with making decisions regarding your health and welfare.

It costs £82.00 to register an LPA and exemptions are available for those on Housing Benefit and low incomes.

For further information visit the government website www.gov.uk and search for "lasting power of attorney".

Competition Time!

Can you give the names of the films these photos relate to? Please contact your Scheme Manager or the office on 01603 625078 with your answers. All correct answers will be placed in a hat and one will be picked at random. The winner will win a £15.00 gift voucher for Marks & Spencer.



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: admin@norwichhousingociety.co.uk

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