



THE ELDER



Winter Newsletter 2015

Issue
11

News from the Society

Rent update

In the last edition of the Elder, I wrote about the Government's plans for a four year, 1% rent reduction and the detrimental effect this would have on the Society's income.

As a result of lobbying, the government has reconsidered their plans and I am pleased to say that the Housing Minister, Brandon Lewis, has announced that Almshouses and Supported Housing Schemes will be exempt from this rent cut for one year, while Ministers analyse the findings of a review into costs. The Society will therefore be increasing rent, as directed by the previous formula, by inflation plus 1% until 31 October 2017, being the end of the Society's 'relevant year'. The 1% reduction for Almshouses and supported housing schemes will be effective for four years from 1 November 2017. Residents will clearly benefit from the increased revenue the Society will gain, as more funds will be available for maintenance and services.

Financial update

The Society's financial year end was 31 October 2015 and the accounts have been audited. The financial position is very satisfactory and, as usual, the auditors did not raise any concerns.

The Annual General Meeting will be held in March 2016 when the financial statements will be adopted by the Society's shareholders. I hope to provide an update from the AGM in the next issue.

Mike Allen, Chief Executive

Lanchester Court has secured their Christmas lunch at Park Farm, Hethersett. It's booked for Thursday 15th December 2016. All schemes welcome. Contact your scheme manager if you are interested.

Peanut Butter Fudge

Ingredients:

- 125g butter
- 500g soft brown sugar
- 120ml milk
- 250g crunchy peanut butter
- 1/2 tsp vanilla extract
- 300g icing sugar

Method:

- Grease a 20cm x 20cm shallow cake tin and line it with baking paper
- Melt the butter in a large pan
- Add the brown sugar and milk and stir over a low heat until the sugar has dissolved, do not let it boil at this stage
- Once the sugar has dissolved, boil for 2-3 minutes without stirring
- Remove from the heat and stir in the peanut butter and vanilla extract
- Sift the icing sugar in to a large bowl and pour on the hot mixture
- Beat with a wooden spoon until smooth
- Spoon into the tin and cool, then cut in to squares



This fudge is really easy to make and it tastes delicious! Sarah Tiffen made it for us here in the office. We had to be quick though, as it soon disappeared!

Did you look into claiming the attendance allowance that we featured in the last Newsletter? We've received positive feedback from a few residents who have been successful in claiming the allowance. Their allowance was even back dated to when their claim was first received! Go on, what are you waiting for!

Lanchester Court Unites for a Worthy Charity Cause

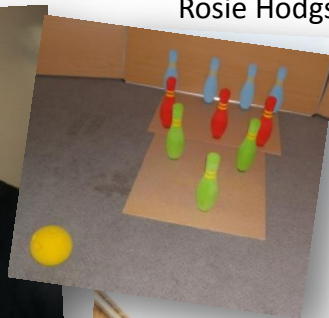
On 3rd February, Roy from Lanchester Court held an 'Activity Afternoon' to raise money for a new wheelchair, so that a young girl called Rosie Hodgson can follow her dream. Her story has been featured in local newspapers and on TV. Lanchester Court has raised over £700.00. The amount is still rising and they are setting a target of £1,000.

Rosie was born with a rare illness, called primary lymphoedema, which is an abnormality of the lymphatic system. Instead of her lymphatic system draining normally the illness caused swelling on her leg called a lymphangionia. Rosie has had several debulking operations on her left leg to help with the leakage, but this has resulted in the lymphatics attacking her bones causing disappearing bones disease. As a result of this she has scoliosis of her spine, crushed vertebrae and a collapsed pelvis. She has a bone treatment in hospital every 12 weeks but as her bones are weak, breaks can occur very easily.

Because of her love of football she plays powerchair football at a high national and regional level, she trains in London every Sunday with the Aspire club. They are currently the highest achieving wheelchair football team in England winning the Premiership title 7 times in the last 10 years. She will also be playing champion league football in Denmark in October 2016 and for her to achieve this and compete she needs a specialist chair called a Strike Force. She is 1 of 6 who are representing the Aspire Club. She could hopefully then achieve her dream of playing for England in the 2017 World Cup in Florida.

If you'd like to donate, visit www.gofundme/rosiestrikeforce or speak to your scheme manager or the office.

Rosie Hodgson, Granddaughter of a resident at Lanchester Court



Residents enjoyed the 'activity afternoon'. Activities included ten pin bowling, hoopla, magnetic darts, basketball and bar skittles, plus bric-a-brac and cakes for sale.

Stuart Court Centenary Celebrations

A Celebratory Lunch was held at the impressive setting of The Assembly Rooms in Norwich on Monday 30th November 2015 to celebrate the Centenary of the Stuart Court Memorial Charity Almshouses.

Richard Waite, Executive Committee Member responsible for Norfolk and Cambridge, attended to represent the National Association of Almshouses and was entertained to a splendid lunch in the presence of Mrs Carol Sangster, Chairman of the Board of Trustees, civic dignitaries of Norwich City Council and the Dean of Norwich, together with 50 guests.

A very short history of the Charity was outlined, including its origins from the Colman family and the philanthropic basis on which the Almshouses were set up. The Board of Trustees has an ambitious programme of modernisation, the next phase of which is to bring the heating up to modern day standards and with the aim of using sustainable energy.

The Almshouses are clearly thriving as was in evidence from the number of residents who also attended.



L-R Beryl Blower, The Sheriff of Norwich, Councillor Brenda Arthur, The Lord Mayor of Norwich, Mike Allen, Clerk to the Trustee, The Very Reverend Jane Hedges, Dean of Norwich, Carol Sangster, Chairman of the Board of Trustees.

How to Clean your Wetroom Plug



2 Screws



Removable cup

- 1) Unscrew the 2 screws to remove the cover (remember to leave the screws in a safe place)
- 2) Remove cup to clean
- 3) Replace cup and cover and screw back down

We recommend you carry this out every 6 months.

Residents were Cooking up a Storm at Rotary Court



Rotary Court residents along with Mike Allen, Chief Executive and Andy Broom, Property Services Manager, got together on the 11th February to share lunch and to celebrate the re-opening of the social room. The room has had a bit of a makeover! When the room was built in the 1970s, it had only a sink and a fridge! Over the years when there have been social events, residents had to cook in their own homes and transport the food in. This has led to a few accidents. In later years the residents made use of a Baby Belling two ring cooker, which was better, but still not good when feeding up to 20 people!



So at last, the court now has a fully fitted kitchen area, which brings it in line with other courts.

I put on a hot and cold buffet, with all food being paid for out of the court's social fund.

- Sarah Batchelor, Scheme Manager

Sue's News!

Eleanor Road had a very busy but fun Christmas period and we are now enjoying a bit of peacealthough we did have a pie night the other week which was followed by a reminiscence quiz. Great fun but I think I may have let slip some of my memories which should not have been shared!! We all discovered, however, that those in their twilight years still have had lovely fun times and I'm guessing one or two of them were wishing the following morning, that they too hadn't shared so much information, but we have respected privacy and not mentioned it since.....all I will say is toupees and umbrella and leave it at that!

Please see me if you wish to know more!



Cont.

I am still hoping to organise a get together for residents of Old School Court and Fiddys Yard and would appreciate some suggestions please. I had hoped the Christmas get together would have materialised but I can only think that everyone was busy and so maybe one in March/April could work?? Let the office know if you would like to see a social event held at Fiddys Yard or ring me on 07887476536 and I will do my best to arrange.

- Sue Closs, Scheme Manager

Aphorism - a short, pointed sentence that expresses a wise or clever observation or a general truth

- The nicest thing about the future is that it always starts tomorrow.
- Money will buy a fine dog but only kindness will make him wag his tail.
- If you don't have a sense of humour you probably don't have any sense at all.
- Seat belts are not as confining as wheelchairs.
- A good time to keep your mouth shut is when you're in deep water.
- How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
- Business conventions are important because they demonstrate how many people a company can operate without.
- Why is it that at class reunions you feel younger than everyone else looks.
- Stroke a cat and you will have a permanent job.
- No one has more driving ambition than the teenage boy who wants to buy a car.
- There are no new sins; the old ones just get more publicity.
- There are worse things than getting a call for a wrong number for example, it could be the right number.
- No one ever says "It's only a game" when their team is winning.
- I've reached the age where 'happy hour' is a nap.
- Be careful about reading the fine print, there's no way you're going to like it.
- The trouble with bucket seats is that not everybody has the same size bucket.
- Do you realize that, in about 40 years, we'll have thousands of old ladies running around with tattoos?
- Money can't buy happiness but somehow it's more comfortable to cry in a Cadillac than in a VW.
- After 60, if you don't wake up aching in every joint, you're probably dead.
- Always be yourself because the people that matter don't mind and the ones that mind don't matter.
- Life isn't tied with a bow but it's still a gift.

Lanchester Court & Westwood House Christmas Celebrations



Residents at Westwood House attended an in-house Christmas lunch on the 8th December. The lunch was well attended by 16 residents and guests. The lunch was provided by Star Value Catering, and despite a cooker 'going down' everyone said they thoroughly enjoyed the meal and that we should do the same thing next year. The meal this year was

subsidised by the social club fund. Also, Ian Dyble (the priest-in-charge of St Thomas) attended and gave grace.

- Steve Gamble, Scheme Manager



Lanchester Court Social Group had their annual Christmas lunch at Park Farm. The fantastic meal was followed by a selection of Christmas songs by Roy and Maureen. The sing-a-long was interrupted by a visit from 'Frosty the Snowman' which resulted in a mock snowball fight!

- Roy Westgate, Resident at Lanchester Court

Head Scratching Riddles

- 1) It can run but it never walks, it has a mouth but never talks, it has a bed but never sleeps?
- 2) What has fingers but cannot use them?
- 3) It was given to you, it belongs to you, but your friends use it more than you do. What is it?
- 4) What gets wetter, the more it dries?
- 5) What grows bigger, the more you take from it?
- 6) What has many keys but no locks?
- 7) What goes up when the rain comes down?
- 8) If you feed it, it lives. But if you give it water it dies. What is it?
- 9) What is wider than life itself, longer than forever, so simple it's complicated, travels but never leaves the spot, puts others in danger but no one gets hurt and reaches to worlds unknown?
- 10) What gets smaller when ideas grow?
- 11) What has six eyes, but cannot see?
- 12) Mr. and Mrs. Smith have seven daughters. If each daughter has a brother how many children do Mr. and Mrs. Smith have?
- 13) An electric train is going 40 mph north, the wind is blowing 60 mph south. Which way is the train's smoke blowing?

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Fire Safety in the Home

The office staff and Scheme Managers recently attended a Fire Awareness Training session. It was very interesting and useful to know the do's and don'ts not only in the office but at home too. Most of you already have a fire blanket installed in your kitchen. This is now being rolled out to all our other schemes as a safety precaution in the event of a kitchen fire e.g. from a deep fat fryer. Some of you will have already received a letter with the installation details.

If you do experience a fire, the first thing you must do (if possible) is turn off the heat source. Pull the tape down until the blanket is released, then stretch it out so that it is large enough to cover the whole flame. Ensuring you protect your hands, place the fire blanket over the burning pan to smother the flames, leaving it in place, do not attempt to remove it, even if you think the fire has gone out. If you were unable to switch off the heat source before you started then switch it off as soon as you can safely do so. Then leave the room, close the door. Your smoke detector would have alerted NCAS who would carry out the necessary procedure.



The correct method for using a fire blanket is to grasp the corners of one edge between thumb and fingers, palms up. Then raise your hands so the blanket touches the backs of your hands and turn your palms away so that the blanket wraps around your hands, protecting them.

Back to our training, Mike Allen, Chief Executive and Steve Gamble, Scheme Manager showed us how its done by demonstrating how to use a fire extinguisher. It is very straight forward and we are confident we would know what to do should a fire break out. When we looked back on the photos of Mike and Steve, we couldn't help but think Steve looked remarkably like a famous fictional character! Can you guess who we were thinking of? Answer on back page.



Have You Ever Thought About Volunteer Work?

'Shelter' helps millions of people every year struggling with bad housing or homelessness – and they campaign to prevent it in the first place.

They are here so no one has to fight bad housing or homelessness on their own.

The need for their services to help more people has never been greater, and you can be a part of changing things for the better. Their work won't stop until there's a home for everyone.

What can I do as a volunteer?

There are different volunteering opportunities available at Shelter. Volunteer roles will vary with each Shelter service, shop or office across the UK. You may also be interested in fundraising or volunteering at Shelter events. Contact the local office on 0344 515 1860 tell them what your interests and skills are, and what you would like to learn, and they can check how this fits any roles they have.

For example, you may want to:

- do some office administration
- help run a service user group
- organise events or activities
- meet and assist the people who come to Shelter for help
- help out in one of their charity shops
- support the housing advice team at one of their services

Volunteering is a great way to meet like minded people. There are lots of other benefits too, such as:

- gaining new skills or developing existing ones
- the chance to try out something new
- doing something useful and rewarding
- gaining a sense of achievement
- putting something back into the community
- developing your personal skills and confidence

If you think you'd like to volunteer for any other worthy cause, you can simply pop in to any charity shop.

What can you expect to be doing?

- Developing customer service skills
- Working on the till processing sales and returns
- Stock processing & preparation including sorting, steaming and pricing
- Visual Merchandising - Creating stylish windows and displays
- Replenishing stock on the shop floor
- Administrative tasks such as stocktaking

Volunteering can give you so much enjoyment, fulfilment and development, so if you can spare a few hours per week, it's certainly something to consider.

Nine Commandments For Relatives, Friends and Those Caring For People with a Hearing Loss

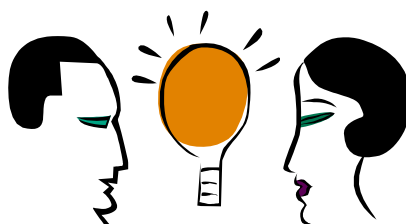
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REMEMBER

Hard of Hearing People need to see you clearly

2



REMEMBER

Face the light and the person at all times

3



REMEMBER

Include Hard of Hearing people in your conversations. Let them know what you are talking about

4



REMEMBER

Don't hide your face, don't place your hands over your mouth when you speak

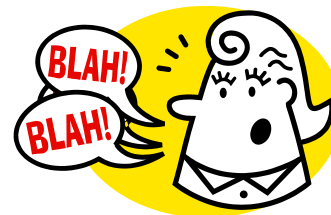
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REMEMBER

Talk directly to hard of hearing people

6



REMEMBER

Speak clearly, not too fast and repeat if necessary

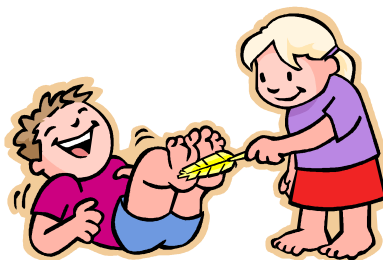
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REMEMBER

Don't shout into the ear or hearing aid

8



REMEMBER

Tell hard of hearing people what you are laughing about

9

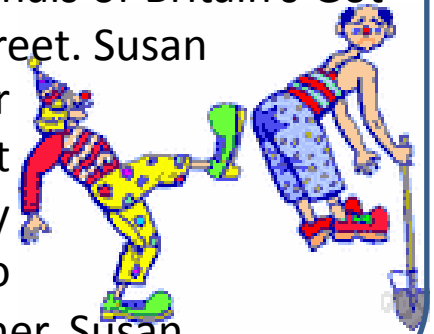


REMEMBER

Avoid unnecessary noise. Get the person's attention before speaking

Puzzle answers: 1) A river. 2) A glove. 3) Your name. 4) A towel.
5) A hole 6) A piano. 7) An umbrella. 8) A fire. 9) Your imagination.
10) A pencil. 11) The three blind mice. 12) They have eight children.
13) Electric trains do not have smoke.

Do you remember the competition we ran in the last issue of the newsletter? We asked you to think of a name and act for our entertainers that would help them get to the finals of Britain's Got Talent! Well done to Susan Wright of Nelson Street. Susan suggested they perform a comic show and their name be 'The Jolly Jesters'! We could just imagine the duo performing all sorts of silly slapstick acts. Cream pie in the face springs to mind! We hope you enjoy spending your voucher, Susan.



What fictional character did you think Steve Gamble looked like? We thought he looked very much like Professor Snape from Harry Potter! We thought the resemblance was uncanny!



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@norwichhousingociety.co.uk

Editor : Joanna Oakley