

NEW WORLD NEWS

JUNE 2017

New World

SUMMER TRIP 2016

Our Newsletter

We would love your feedback on our new look newsletter and the decision to only produce one twice a year instead of four. Contact the office on 020 8675 0320!

If you have an idea for the newsletter or would like to contribute please contact us

TODAY!

This year tenants and staff visited Paultons Family Theme Park.

The weather on the day was sunny and nice.

The spacious entry to the park features a fascinating floating Globe which is made up of solid granite, it floats on jets of waters and can be turned with the touch of a finger, it is truly amazing.

The theme park is full of fun family entertainments, making a splash in the water kingdom or relaxing on the Rio Grande Train around the park past the lake.

There were a variety of attractions for all to enjoy including: 4D Cinema, River Ride, Dinosaur Tour Co, Mag-



Peppa Pig World:- Pirate Ship House. George Spaceship Play Zone which is one of Peppa Pigs World attraction, and Mr Potato's Playground, Trampolines, Bouncy Castle, Wave runner and many more.

It was a fun filled day out!



Inside this issue:

Keeping Warm 2

Recipe 2

Tackling Condensation 3

Major Repairs 3

Drains & Blockages 3

Tenant's Corner 4

Getting to know Thanh Nguyen 4



Keep warm & healthy over winter

Autumn is upon us and winter is around the corner., there are some things you can do to keep warm and stay healthy over the winter.

Get the flu jab if you are aged 65 or over, live in a residential or nursing home, or are the main carer for an older or disabled person. NHS Choices provides information about flu. Visit www.nhs.uk/flu to learn more.

Don't delay in getting treatment for minor ailments like colds or sore throats. Visit your local pharmacist for advice on treatment before it gets worse so you can recover quicker.

Layer your clothing whether you are indoors or outside.

Wrap a scarf around your mouth to protect your lungs from the cold air.

When you're indoors, try not to sit still for more than an hour or so. Chair-based exercises and simply moving your arms and legs and wiggling your toes are helpful if walking is difficult. Get up, stretch your legs and make yourself a warm drink.

Heat your home to at least 18°C (65°F). You may prefer your main living room to be slightly warmer. Keep your bedroom window closed on a winter's night. Breathing in cold air can increase the risk

of chest infections

Stock up on tinned and frozen foods, so that you don't have to go out too much when it's cold or icy.

Parents of children under four and women who are at least 10 weeks pregnant and



are on certain benefits may be eligible for free weekly Healthy Start vouchers. The vouchers can be swapped for milk, fresh and frozen fruit and vegetables, infant formula milk and vitamins. To find out if you qualify and for more tips and advice on healthy eating visit www.healthystart.nhs.uk or call the Healthy Start Issuing Unit on 0345 607 6823.

You also qualify if you are under 18 and pregnant, even

if you don't receive benefits or tax credits.

Draw your curtains at dusk to help keep the heat generated inside your rooms.

Make sure that your radiators are not obstructed by curtains or furniture.

Compare and switch energy suppliers there are different energy suppliers in the market. Comparing their prices and switching to a cheaper deal if possible could save you money.

Cooking can help you to keep warm as an activity, through the oven's warmth and by eating something nice and warm after.

- Bake cookies or a pie. Your oven will help to dry the air and heat the kitchen. The kitchen will be warm while you are cooking, and then you can have a great home cooked meal too!

- After, leave the oven on and open the oven door to let some heat in the house. Only leave the oven on for 10 to 20 minutes, so you don't waste energy.

- Limit cooking that gives off steam, as this will increase the humidity in the air and make your house damp.

Recipe: Beef and vegetable stew with mustard mash

This recipe serves 4

For the stew

- 500g stewing beef
- 1 onion (or shallots), sliced
- 2 carrots, chopped
- 1 parsnip, chopped
- 3 sticks of celery, chopped
- 400g chopped tomatoes (1x tin)
- 200g pearl barley
- 1 beef stock cube
- dried mixed herbs (to taste)
- black pepper (to taste)
- water
- cornflour

For the mustard mash

- 900g potatoes
- butter
- milk

- 1 tbsp wholegrain mustard

Method

For the stew

1. Heat some sunflower or olive oil in a large saucepan and seal the meat
2. Add the onions and cook until soft
3. Add the water - enough to half fill the saucepan
4. Add all the rest of the ingredients
5. Bring to simmering point then turn down the heat, cover and leave to simmer for 1½-2 hours
6. Once the meat and vegetables are thoroughly cooked and tender, mix some cornflour with cold water and add to the sauce gradually, stirring continually to avoid lumps
7. Keep going until you are happy with

the consistency - add more cornflour for a thicker sauce and less for a thinner one

8. You can always leave the lid off the saucepan to reduce the liquid, if you don't want to use cornflour

For the mustard mash

1. Peel, chop and boil the potatoes for about half an hour
2. Test with a knife to make sure they are cooked and if not cook for a bit longer
3. Drain the potatoes
4. Put in butter (or margarine) and milk to taste and a heaped teaspoon of wholegrain mustard
5. Mash to the consistency that you like.

Tackling condensation



Winter is approaching, 10 ways to prevent condensation and mould

- Keep saucepan lids on when cooking and use your cooker's extractor fan
- Vent tumble driers to the outside and avoid drying clothes inside the house. If you have to dry them inside, use a room where some ventilation can be provided
- Do *not* dry clothes on radiators or heaters
- Shut the bathroom door when bathing / showering
- Shut the kitchen door when cooking

- Ensure that the heating is set for a lower more constant heating throughout rather than sudden bursts of hot temperatures.
- Ventilate by using extractor fans or opening windows in areas where you produce a lot of moisture such as the kitchen and bathroom
- Ensure trickle vents incorporated into Upvc windows are kept open. Open bedroom windows slightly
- Ensure vents set into the walls in bedrooms are not covered up and are free of dust and debris
- Move items of furniture slightly away from outside walls to allow air to circulate behind them. Try not to 'overcrowd' rooms with furniture or stored items which will prevent air circulating properly and causing mould growth on items



Major Repairs

New World is currently in the middle of the replacement of 11 kitchens and 9 boilers at our properties in Surrey Quays. Our contractor is replacing the units, flooring, tiling, light and extractors as well as redecorating the kitchens. New high efficiency condensing boilers are being fitted. A further 4 kitchens at separate locations in Lambeth and Greenwich are also due to be replaced imminently. In the last few months we have replaced an additional 10 boilers at various properties, including the communal boilers at our sheltered scheme in Greenwich, and others will be renewed over the winter period. As well as these major repairs, we are or have been replacing emergency lighting at some of our blocks of flats and the refurbishment of the common rooms at our scheme in Southwark is now complete, allowing the residents there to hire the building for events.

Drains and Blockages



Food and cooking oil poured down the kitchen sink is the main cause of blocked drains. We have had a number of blockages recently where our contractor has discovered the cause to be solidified cooking oil in the pipework.

Decant oil into a container and dispose of in the bin when solidified. Use a strainer over the plughole to catch food that can also be thrown away rather than clog the pipes.

Taking these precautions will prevent blockages.

Please also ensure that outside gullies are clear of leaves so that rainwater can drain away from the gutters and downpipes



Maintenance humour...

The person who invented the door knocker won the No-Bell prize...

The doors just broke, I could fix it, but it hinges on other things...

How do construction workers party? They raise the roof...

A man walked into a chimney store and asked 'How much for this one?'. The salesman replied 'It's on the house.'

My first job was working in an orange juice factory, but I got canned: couldn't concentrate...

New World Housing Association



8 Grange Mills
Weir Road
London
SW12 0NE

Phone: 020 8675 0320
Fax: 020 8675 9388
SMS: 07552 552 814
E-mail: info@newha.co.uk
SMS Email:
nwha@cmgr.deeplake.co.uk



Tenant's Corner

Direct Debit winners

March	Lambeth
April	Southwark
May	Lambeth
June	Southwark
July	Lambeth
August	Southwark
September	Southwark

Winners of £10 each

Ms Trai Ung
Ms Harriet Annan
Mrs Pham & Mr Huynh
Mrs Tham On
Mr Ihsaan Debanya
Mr Duc Toan
Mr Chuong La



**Have you considered changing the way you pay your rent for a chance to win?
Speak to a member of staff today to start paying by Direct Debit!**

Returned Tenant Repair Satisfaction

Quarter 1	Lewisham
Quarter 2	Greenwich

Winners of £10 each

Mrs Lougheed
Mr Van Chu

Newsletter April 2016 quiz winner £10

Ms Teresa Lin Lewisham

Getting to know.....Thanh Nguyen (Housing Officer)

Thanh is covering Lauren Panton's role as a housing officer whilst Lauren is on maternity leave. Thanh deals with Lewisham and Southwark boroughs. We asked Thanh a few questions to get to know her better:

How long have you worked in Housing?
11 years

What is your favourite thing to do in London for free?
Family picnic in Battersea park.

One thing our residents probably do not know about you?

My two children believe that I am the best cook in the world.

Something you hope to achieve with New World in the next year

Get to know more about right to buy.



**NEW WORLD
HOUSING ASSOCIATION**

