

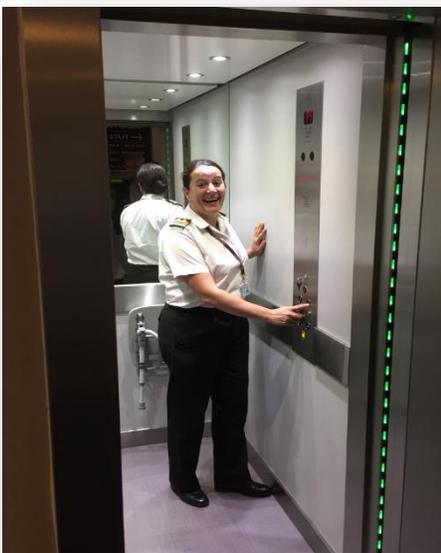
AUTUMN NEWSLETTER 2016 - No. 42

Welcome to this, the autumn newsletter. Having been a Trustee of the Association for over 5 years and, more recently, Vice Chairman, I was honoured and privileged to be asked to step up to be the Chairman at this year's AGM. New rules imposed from on high meant that the Association had to see quite a few long-standing Trustees step down this year, but we continue to have a strong Board who are committed to building on the successes and strong foundations of the past. The aim of the Board of Trustees, as unpaid volunteers, is to provide governance and to support the salaried staff at the Association in the objective of providing the very highest standards of sheltered accommodation. Put simply, our aim is to give you cost-effective, safe, quality accommodation in order for you to be comfortable and enjoy life.



Commander Rod Edwards RN

I enjoyed meeting and talking to many of you at our 'Chairman's Lunch' Garden Parties this summer. Obviously not all Trustees are able to attend all the events, and when we are there, we don't always get to talk to everyone, but certainly the overwhelming majority of tenants that I spoke to this year were happy and appreciative of the service that we provide. Elsewhere in this newsletter you will hear about the continuing investment we are making in our courts and in our people. I hope you enjoy reading this newsletter and hope you can see that we are all working hard to give you comfortable, safe and secure homes.



New Lift at Neptune Court opened by recently arrived serving Royal Navy Trustee

New to the Board of Trustees, Lt Cdr Kim Mehta (pictured left) joined the Royal Navy in 1996 as a Training Manager after undertaking a degree in Combined Engineering Studies at Liverpool John Moore's University. Her current role is working with a consortium of University, Council and regional employers to establish a University Technical College in Portsmouth to shape the education provision for young engineers of the future. As a mother to 2 young children, Kim's life is inevitably busy, but she tries to find opportunities to continue her love of netball, scrabble and playing the saxophone, when possible. She has also kindly taken on the role as Trustee representing Neptune and Victory courts. Her first job in the post was to kindly open the new lift in Neptune Court.

New mobility scooter parking facility at Sirius Court

The recent Health and Safety audit of scooter storage and charging facilities demonstrated that Sirius Court was woefully short of safe areas to store and charge scooters inside the building. Therefore, the Association consulted with tenants and agreed that the external laundry drying area could be moved to allow the construction of an enclosed scooter storage and charging facility that can house and charge up to 10 scooters. Pictured left is the Warden, Eileen Mackenzie and the Chairman viewing the new facility July 2016.



Wellbeing Trial extended across the Association

The Association has consulted widely on the ongoing Wellbeing trial in our Gosport courts. The trial is aimed at tenants that may feel isolated or lonely. Service users benefit from confidential Wellbeing support that provides assistance such as companionship, reading, form filling, and acquiring computer skills. On a more social note the Wellbeing Assistant can play board games, help with crosswords or accompanying the tenant to a coffee morning. Service users can request regular weekly visits by the Wellbeing Assistant or a one off visit depending on their needs. Wellbeing Assistant and ex-WREN, Alex Cullen is pictured left providing Norah Thomas, Victory Court with some help with her IT skills.

The success of the trial in Gosport led the Board of Trustees to extend the trial for a further six months and include the Southsea courts. Meanwhile, both Somerville and Eliza Mackenzie courts are trialling Wellbeing support being provided by external agencies. The trial has already proved that just a little extra support can help tenants who have become quite lonely or isolated to gain confidence and most have re-joined the community within their courts. Speak to your Warden if you feel that you could benefit from Wellbeing Support.



Portsmouth
Citizens Advice Bureau



Did you know that the citizens' advice bureau is seeking to improve its service by taking services to those that need it? They will attend tenants' meetings to explain what services they can offer and offer follow up appointments or set up referrals (with your consent). Ask your Warden to invite them to your next forum.



Smart Meters You may well have seen TV advertising featuring 'Gaz and Leccy'. They are part of a programme to prepare the Country for the advent of the Smart Meter. These new meters will be fitted to every property by 2020 and the Association will be working with suppliers to get the new meters fitted as soon as possible. "Why?" you may ask. There are several advantages to the smart meter. You will be given an easily understood portable display showing exactly what you are spending in near real time eg you will see how much it costs to boil a kettle and may be able to change your usage to save

money....and energy. Real time readings may encourage you to use a microwave more and conventional oven less. There will be no more meter readings to supply and no more estimated bills and, hopefully, no more nasty surprises in the post. It will become easier, and quicker, to change energy supplier if you wish. It is up to your energy supplier to fit Smart Meters in consultation with the Association, please inform the Warden if your energy supplier makes contact with you regarding Smart Meters.



Somerville Court - Tenant Power The tenants of Somerville Court paid half of the cost from their social fund towards having a sad looking fir tree taken away to make room for a brand new rockery and a feature boat planted with lovely flowers. The idea is to enter the Portsmouth in bloom competition next year, by which time the rockery and flowers in the boat will be more established and blooming. Well done to the gardeners in Somerville Court, the gardens are looking fabulous.

4th of July Shindig at Eliza Mackenzie Court! This year's Chairman's lunch between Somerville and Eliza Mackenzie courts took the form of an American 4th July party at Eliza Mackenzie Court. The Board of Trustees and tenants from both courts enjoyed a fitting BBQ and danced to the songs and music of the Simpsons. Many tenants commented how good it was to meet tenants from another court. Several tenants from Eliza Mackenzie Court kindly assisted the wardens put on the event. The raffle raised an amazing £155 which was donated to the Salvation Army in Portsmouth.





Macmillan Cancer Coffee morning at Neptune Court A coffee morning was enjoyed by the tenants at Neptune Court, in aid of Macmillan Cancer. Tenants were 'Wow'ed with the great variety, colour and flavour of the cakes which had been kindly donated by tenants, friends and families. Much fun was had in a game of guess the number of sweets in the jar – with a spot on guess by Shirley. Donations were also very generous culminating in a grand total of £225 raised for this fantastic cause. Thank you to everyone for making the morning such a success. Pictured left is Warden, Eric Sillince with Mrs Pat Crooks

Sirius Court Sirius Court was proud to host the 2016 Macmillan Coffee morning. Thanks to our guests and friends from Greenwich Court for attending and supporting this. Thanks to all the star bakers that contributed, and volunteers that supported, to make this event such a great success. We managed to raise a whopping £160 so a huge thank you to everyone involved. Macmillan works to help and support cancer sufferers and survivors across the UK so it is a very worthy cause to support.



Victory Court It has been a busy year for Victory Court with the joint chairman's lunch taking place which everybody seemed to enjoy. We have had many compliments on the Hog Roast and music. We also had, amongst other events, two 90th birthdays for Sheila Joyce and Barbara Berry who were joined by their family and friends of the court to celebrate the occasion. Pictured left is Sheila Joyce enjoying her 90th birthday cake with her grandchildren.

Notices Please take time to read the most up-to-date notices on the Notice Board. These policies and notices are put in place to ensure that everyone enjoys living with the Association in a peaceful and dignified environment.

P Burns