Take flu seriously...get your jab

If you are aged 65 or over on 31 March 2017 you are entitled to a free flu jab on the NHS.

Anyone who receives a carer's allowance, or is the main carer for an elderly or disabled person whose welfare may be at risk if they fall ill is also entitled to receive a free vaccination.

When to have a flu jab

The best time to have a flu vaccine is in the autumn, from the beginning of October to early November, but don’t worry if you’ve missed it, you can have the vaccine later in winter.

You can have your NHS flu jab at:
» your GP surgery
» a local pharmacy offering the service.

Strangers in your scheme

If you see someone in your scheme who you don’t recognise pull your emergency cord and let the call centre know.

We’ve recently had a number of incidents where strangers have followed residents into a scheme and at William Tansley Smith House, in Hornchurch, they later discovered the tea money – about £3 – had been stolen. The best way to stay safe is not to let anyone into your scheme unless you personally know them.

We’d far rather have some false alarms to check out than you become a victim of a burglar or worse.

Be bright, wear white at night

Winter is here with dark afternoons and evenings following murky days.

But that isn’t a reason not to go out, as long as you take some simple steps to stay safe.

If going out for a walk wear something fluorescent or reflective.

Fluorescent material works outdoors in the daylight and is essential in poor daylight or dusk. It reacts to the ultra-violet rays in sunlight, which make it glare. Fluorescent materials usually come in orange, yellow or lime green.

Reflective materials work only at night and reflect the light straight back to the driver as thousands of tiny beads in the material act like cats eyes on the road.

To be totally safe, consider clothing items which combine elements of both fluorescent and reflective material. They enable you to be seen all around the clock. Remember – fluorescent for day, reflective for night. Knowing the difference could be a matter of life or death.

If you do not possess such material, wear something white, bright or colourful.

Going out at night in dark clothing can put your safety at risk, so be bright, wear white at night.

More information
www.havering.gov.uk/roadsafety
Contact details

Looking back
If you want to check out a previous issue of Sheltered Times, they are now online at www.havering.gov.uk/shelteredtimes

Housing Services Customer Contact Service
The easiest way to contact us is at www.havering.gov.uk/askhousing

Anti-social Behaviour
www.havering.gov.uk/housingasb

Email
For rent queries housingrents@havering.gov.uk
To find out about the Decent Homes programme residents are now encouraged to look online for planned works or log an enquiry through the website at www.havering.gov.uk/askhousing

Social media
Twitter: Follow us on Twitter: @LBofHavering,
Facebook: log in and in the search box type Get involved – Havering Council tenants and leaseholders

Out of hours
If you have a problem outside normal office hours that can’t wait ring 01708 756699.

Ideas for this magazine
If you have ideas for future articles contact Chelsea Potts, from the Housing Services Community Engagement Team (pictured) by emailing chelsea.potts@havering.gov.uk

How to contact your scheme officer
Sharon is the Team Leader Sheltered Housing and is in charge of the scheme officers.
Email Sharon.nunn@havering.gov.uk

Ashley looks after Cockabourne Court Maygreen Crescent and Park Lane.
Email Ashley.cowlin@havering.gov.uk

Kelly looks after Thomas Sims Court Serena Court, Solar Court and Sunrise Court.
Email Kelly.murray@havering.gov.uk

Emma looks after Charlbury Crescent and Cole Court.
Email Emma.daly@havering.gov.uk

Nadine looks after Beehive Court and Holsworthy House.
Email Nadine.quinlan@havering.gov.uk

Carol looks after Bards Court and Brunswick Court.
Email Carol.foley@havering.gov.uk

Andra looks after Dell Court and Garrick House.
Email Andra.ramsay@havering.gov.uk

Stephanie looks after Royal Jubilee Court Poplar Street and Delderfield House.
Email Stephanie.johnson@havering.gov.uk

Denise looks after Cottons Court, Fambridge Court and Queen Street in a job share with Lisa.
Email Denise.smith@havering.gov.uk

Lisa looks after Cottons Court Fambridge Court and Queen Street.
Email Lisa.matthews@havering.gov.uk

Lade Dairo (temporary member of staff) looks after Ravenscourt Grove and William Tansley Smith.
Email Lade.dairo@havering.gov.uk
Being legless is good for business

Sixty-seven years ago romance was blossoming for June and Bert Morley and to show her affection the first gift June gave to Bert was a china horse which he has treasured ever since. Bert said: “Even when an accident about 30 years ago saw two of the legs break I kept the pieces together in a box as the gift meant so much to me and I hoped that one day I would be able to get it repaired. “In the last edition of Sheltered Times I read about John Clifford repairing garden gnomes in Poplar Street and gave him a ring asking if he could repair the horse. “He took it away to see what he could do and its come back repaired and as good as new – he’s really done an excellent job. “June and I are very pleased that my horse now has all four legs again and can be out on display at our home in Fambridge Court.” John said: “When Bert told me his story I thought I’d see if I could repair the horse and I’m pleased with the end result as such gifts are truly irreplaceable. “Since the article in Sheltered Times I’ve been inundated with people wanting repairs done and have turned the front room in to a small workshop so my wife, Daphne, and I can keep ourselves busy during the winter months doing the repairs and repainting. “We’ve been asked to repair headless gnomes, legless gnomes and even a two feet tall cowboy so we have quite a lot to do.”

Remember when...

Do you love music and dance?

If so, then we have a series of events that you will love.

Eastside Community Heritage is working with Havering Council’s Community Engagement team to run six reminiscence sessions around the theme of music and dance in Havering and we want you to come along and share your memories.

Did you use to go ballroom dancing or do you love rock n’ roll? If so come along to these sessions to remember music of past eras.

Reminiscence will centre around pictures of the borough and a carefully selected set of songs that were popular between from the 1950s.

The events are open to any Havering resident – just choose the one nearest to you and reserve your place online.

The events will be held as follows, all start at 1.30pm and last around 90 minutes:

» Tuesday 24 January
  Beehive Court, Gubbins Lane
  Harold Wood RM3 0RS

» Wednesday 1 February
  Holsworthy House, Neave Crescent, Harold Hill RM3 8PP

» Tuesday 7 February
  Thomas Sims Court, Wood Lane, Elm Park RM12 5NN

» Tuesday 14 February
  Brunswick Court, Brunswick Avenue, Cranham, RM14 1ND

» Thursday 23 February
  William Tansley Smith House
  Hacton Lane, Hornchurch RM12 6PE

» Friday 3 March
  Garrick House, Adelphi Crescent, Hornchurch RM12 4LB

More information www.havering.gov.uk/RememberWhen

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Ron and Rene Everett had a great party with family and friends in the communal lounge at Garrick House when they celebrated their Diamond Wedding Anniversary - being married for 60 years is a great reason to celebrate.

When Selina Berry reached her 90th birthday in October friends and family filled the communal lounge at Holsworthy House for a party.

It was barbecue time at Garrick House when Pearl Morris was joined by family and friends to celebrate her 60th birthday.

Residents of Holsworthy House put their feet up and joined in singing favourite songs old and new during a community singing session in their communal lounge - luckily words were provided.

This summer saw Chef David running barbecues at Charlbury Court, Queen Street, Ravenscourt and Thomas Sims Court.

Residents of Holsworthy House put their feet up and joined in singing favourite songs old and new during a community singing session in their communal lounge - luckily words were provided.

More than 95 residents headed to the Upminster Windmill Hall for a tea party which included music and floral art demonstrations.

It’s hot work for Chef David at Queen Street.

Ron and Rene Everett cut their celebration cake.

Selina and her daughter Diane at the party.

Pearl Morris’s 60th birthday barbecue.

Residents enjoying the tea party.

Bingo afternoons are popular at Garrick House.

Residents singing at Holsworthy House.

It’s eyes down and look in every Wednesday afternoon at Garrick House sheltered housing scheme in Hornchurch.
Cabinet approves plans

At its meeting on Wednesday 12 October Havering Council’s Cabinet agreed the Housing Regeneration Programme should go ahead following three months of consultation with residents.

The Cabinet report agreed a number of recommendations regarding sheltered housing schemes including that in an early phase of the regeneration programme, probably during 2018:

• The Waterloo estate in Romford, including the Queen Street sheltered housing scheme, should be redeveloped for general needs housing
• The Maygreen Crescent and Park Lane estate in Hornchurch, including the Park Lane sheltered housing scheme should be redeveloped for general needs housing
• Serena, Solar and Sunrise sheltered housing scheme, in Hornchurch, should be redeveloped as an older persons’ village Later in the programme:
• Royal Jubilee Court sheltered housing scheme should be redeveloped as an older persons’ village
• Dell Court sheltered housing scheme should be redeveloped as flats for older people
• Delderfield House sheltered housing scheme should be redeveloped for general needs housing
• Brunswick Court sheltered housing scheme should be redeveloped as extra care and dementia care sheltered housing.

These proposals and timescales are subject to discussion with the Council’s development partner, following their appointment which is expected to be in late 2017.

A Demolition Notice has been served on all residents living in these schemes. This is a legal requirement and does not mean work is due to start before 2018.

Timetable for moving home

During November everyone who is in one of the sheltered housing schemes which will be regenerated will receive a personalised statement showing their housing needs for their future homes.

If you want to move within Havering this information will be used to make two reasonable offers that match your requirements as closely as possible.

The order of priority for moving people will be:

1. Queen Street residents
2. Park Lane residents
3. Serena, Solar and Sunrise residents
4. Brunswick Court, Delderfield House, Dell Court and Royal Jubilee Court residents

Places will then be offered based on individual need, such as medical conditions, and if all other things are equal the length of time you have been a Havering Council tenant will be the deciding factor.

From now on all empty properties in sheltered housing schemes are being kept for people moving due to the Housing Regeneration Programme, except for a very small number of emergencies.

If you are looking to move to another sheltered housing scheme in the borough or looking to move out of the borough then we will start working with you now to find somewhere suitable.

If you are looking to move into general needs housing then places will start being offered after Tuesday 17 January.
Active social club guarantees there’s never a dull moment

Film shows every Tuesday, armchair exercises each week, coffee mornings every weekday and an entertainer once a month are just some of the activities available for residents of Holsworthy House sheltered housing scheme.

Residents of the 43 flats in the complex in Neave Crescent, Harold Hill have plenty of opportunities to join in with friends for some fun packed times, and people from outside Holsworthy house are welcome too.

SHOUT Forum representative, 84-year-old Stan Tackley, has represented his fellow residents for the last 15 years and told us: “The Social Club has around 20 members who each pay £2 a week to belong to the club and in return get lower prices for our trips and events.

“All the things we do are open to everyone as we want all Holsworthy House residents, and friends from nearby, to join in and enjoy themselves.

“We have a good committee with each of us taking on different roles. Yvonne organises the monthly entertainment in the communal lounge where we have a live performer each time while Margaret organises our coach trips to Clacton-on-Scheme Officer Nadine Quinlan chats with 90-year-old Joyce Fenton about her new recliner chair

Holsworthy House gardens are a great place to relax in the summer

Stan Tackley puts up another poster about social events
Spotlight on Holsworthy House

The Holsworthy House Social Club has organised a packed programme of events for December including:

- Thursday 8 December, 1.30pm Stapleford Abbotts School Choir visits to sing carols
- Sunday 11 December, 4pm Christmas Tea and Christmas Bingo
- Tuesday 13 December, 2pm Christmas Quiz
- Saturday 16 December, 2pm Christmas lunch followed by entertainer Ian Jordan
- Tuesday 20 December, 2pm Christmas Carols with a difference

Eileen and Lynda are good at the general organising of events such as our regular bingo sessions and coffee mornings.

“We’re always willing to try something new. We recently held a sing-a-long session and although only eight people came along we all enjoyed it.” Scheme Officer, Nadine Quinlan said: “One of the best things about Holsworthy House residents is how quickly they make someone new feel at home and part of the community.

“There’s a busy programme of events and they’re keen to keep social activities alive. For someone new it can be a bit intimidating going into a room of new people to join in an event but here people are welcomed with open arms.”

Looking to the future Stan said: “I’ve seen a lot of changes in the last 15 years but the move back to having one officer per scheme will be much better.

“I can also see Holsworthy being a successful community hub as we already welcome people from outside and we’re a nice friendly community. “It would also be nice to welcome some younger people willing to help organise some of the activities as many hands make light work.”

More information
www.havering.gov.uk/Holsworthy
SHOUT for your representative

Each sheltered housing scheme can have up to two representatives attend the SHOUT (Sheltered Housing Users Team) forum. If you have a question or issue you wish them to raise please contact your representative.

Bards Court
Bards Court
40 Beehive Court
44 Beehive Court
15 Brunswick Court
45 Brunswick Court
94 Charlbury Court
126 Charlbury Court
6 Cockabourne Court
17 Cockabourne Court
10 Cole Court
13 Cole Court
82 Delderfield House
Delderfield House
7 Dell Court
14 Dell Court
4 Fambridge Court
4 Fambridge Court
7 Garrick House
vacant
vacant
Jeff Haimov
Graham Board
Ann Christian
Paul Clark
Rosie George
Sandra Bristow
Pam Lever
Joan Dowling
Doreen Richardson
Patricia Payne
Shirley Fletcher
vacant
Maureen Marsh
Maureen Piller
Fred Diston
Sheila Diston
Malcolm Hales
3 Vaudeville Close
Garrick House
35 Holsworthy House
87 Neave Crescent
29 Maygreen Crescent
35 Maygreen Crescent
Poplar Street
Poplar Street
14 Queen Street
90 Queen Street
147 Ravenscourt Grove
109 Ravenscourt Grove
13 Solar Court
3 Sunrise Court
6 Thomas Sims Court
Thomas Sims Court
5 William Tansley
Smith House
11 William Tansley
Smith House
Maureen Goodey
Stan Tackley
Margaret Boyd
Sue Hutton
Mary Cross
vacant
vacant
Ted Jones
Sue Attfield
Jim Clement
Jean Garbett
Frances Rowntree
Brian Laws
Peter Cox
vacant
Lucy Proctor
Adrienne Bell

SHOUT Forum dates

The SHOUT Forum is scheduled to meet on:

» Tuesday 31 January 2017
  10am – 1pm
  Bards Court

» Tuesday 25 April 2017
  10am – 1pm
  Cotton Court and Fambridge Court

» Tuesday 25 July 2017
  10am – 1pm
  Cotton Court and Fambridge Court

» Tuesday 31 October 2017
  10am – 1pm
  Garrick House

These meetings are only open to your elected SHOUT Forum representatives. If you have something you wish to be raised at one of these meetings please let your representative know.
Heard at the SHOUT Forum

Chairman Paul Clarke was back in charge at the SHOUT Forum meeting held on Tuesday 25 October, having recovered from a long stay in hospital. Items discussed at the meeting included:

» An update on the Housing Regeneration Programme (see page four)
» A request that each scheme sends photos of their Christmas events to be included in next edition of Sheltered Times
» Agreement to provide a minimum of two noticeboards in each scheme, one for official Havering Council notices and one for details of events and other activities. The key to the general noticeboard would be available for all residents to use.
» Support for the launch of Gardening Clubs at each scheme during 2017
» Details of events planned for remainder of 2016 and throughout 2017
» Information about Truecall, a telephone system for landlines which prevents scam calls (see page 13)
» Information about events at Fairkytes Arts Centre in Hornchurch (see below)
» Information on how to dispose of clinical waste – Scheme Officers have details
» Details of a pilot scheme of phasing out trade buttons on the door entry system. The pilot will be at Cotton Court and Fambridge Court.
» A reminder that every month a notice should be put on the communal noticeboard showing any monies collected by clubs in each scheme, expenditure incurred and the bank balance. Scheme Officers have the relevant forms to use.
» Information about the tree pruning schedules.

Let Fairkytes entertain you

Fairkytes has been an arts centre in the heart of Hornchurch since 1973 and provides a wide range of arts and crafts activities for people of all ages, including:

» Visual arts such as watercolours, acrylics and life drawing
» Crafts such as flower arranging, jewellery making, sewing, quilting and pottery
» Performing arts including choirs, music lessons, dance and drama
» Educational activities such as French and History of Art
The centre also hosts a wide range of clubs and societies
Fairkytes Live is the arts centre’s performance strand and provides a wide range of concerts in all musical styles and opportunities for local talent to perform. Future events include Georgie Fame in Concert, Beverley Craven and the Music For A Winter’s Night classical music season
The arts centre also provides a place for social activities and for people to meet. There are rooms available for hire.
During 2017 Fairkytes Arts Centre is considering taking a number of events into the community, including running events at sheltered housing schemes – watch out for more details.

More information
www.havering.gov.uk/askhousing

More information
www.havering.gov.uk/fairkytes
Havering Adult College offers a range of courses at different campuses, including in Collier Row, Harold Wood and Rainham. Details of courses are in the prospectus available at local libraries or online.

Keep Fit for 60+

When you’re over 60 years old it’s tempting to think exercise classes are for the young gym bunnies but nothing is further from the truth. Havering Adult College runs special exercise classes for people aged over 60 and learners who have previously attended said the course assisted them to restore flexibility, gain strength and improve their overall wellbeing.

The sessions are ideal for anyone who wishes to improve their mobility, postural imbalances and fitness. The sessions are a mix of exercise to music and resistance band workouts, all exercises can be adapted for those less confident on their feet and can be completed with the aid of a chair for support.

So why not bring along a few friends to enjoy a class together?

Courses to develop skills

Once you have got a basic knowledge of IT from the training courses run in your scheme there are a number of ways you can develop extra skills:

Havering Adult College run an IT course with a concessionary rate for people over the age of 60.

Tapestry offers some computer skills courses.

Havering Citizens Advice Bureau offers help and support with IT skills.

Techy Teas

Learn how to use the full potential of your laptop, mobile phone or tablet at one of our Techy Teas sessions. The first Thursday of the month 10.30am – 12.30pm Upminster Library 26 Corbets Tey Road, Upminster RM14 2BB.

An active Havering Library card is required.

Organising events

Residents of sheltered housing schemes are encouraged, and supported, to run events that are open for all residents and their friends.

The proposed Community Hubs will add to that programme of events but it is important that some basic rules are followed when an event is being held on Council-owned premises.

We need to make sure that proper insurance cover is in place, which protects the event organisers and the Council from any claims that may be made if something goes wrong.

That is why we ask you to let your Scheme Officer know as early as possible if you are planning an event such as a Christmas meal, Halloween or fireworks party or anything similar.

Your Scheme Officer can then make sure the Council’s risk assessment form is completed and that insurance cover is in place.

If this isn’t done, then the event may not be able to go ahead, so please let us know as soon as possible.
There are three opportunities for you to find out more about staying safe and making new friends this Christmas at some special roadshows being held in different parts of the borough. All the events run from 12 noon until 2pm and are on:

- Tuesday 22 November at Royal Jubilee Court, Main Road, Gidea Park
- Wednesday 23 November at Thomas Sims Court, Wood Lane, Elm Park
- Thursday 24 November at Charlbury Court, Charlbury Crescent, Harold Hill

More information www.havering.gov.uk/ChristmasRoadshows

The theatre show to beat scams

A special theatre show is being put on at three of Havering’s sheltered housing schemes this winter and the doors are open to anyone in the local area over the age of 50. Each performance will start at 2.30pm and lasts one hour, but spaces are limited so please make sure you book using our special online form.

The shows will be on:
- Thursday 8 December at Garrick House, Adelphi Crescent, Hornchurch
- Tuesday 10 January at Thomas Sims Court, Wood Lane, Elm Park
- Thursday 12 January at Holsworth House, Neave Crescent, Harold Hill

More information www.havering.gov.uk/ScamSchoolShow

Combat crime at Christmas

Christmas is a time to be even more alert to make sure you don’t become a victim of crime.

- If you get a phone call or visit from someone asking for money for a charity simply say no thank you. It’s far better to make your own arrangements to donate to charities you want to support.
- If out shopping make sure you don’t keep all your cash and credit cards in one purse or pocket, spread it around so pickpockets can’t get everything in one ‘dip’
- Fix a chain to your purse or wallet so it can’t be taken out of your bag or pocket
- Make sure you keep all zips and other fasteners on your bags and pockets closed as that deters thieves
- If using your car put parcels out of sight in the boot not on display on the back seat
- Don’t let strangers into your scheme, if they’re genuine visitors they won’t mind waiting until the person they are calling to see lets them in the front door – if in doubt pull the alarm cord in your flat or the communal lounge.
THE HOMELESS MAN

by Brian Weston

Just around the corner not far from my abode
I venture down a subway under a busy road
I come across a homeless man with his little dog
He's just spent the night down there sheltering from the fog
Can you spare some change Sir? He looks at me in despair
Sitting on that cold damp floor he doesn't have a chair
I'll be back soon I say with a hot beverage and some food
Seeing someone in that state really changed my mood
His face lights up with happiness as I return with his meal
He tells me stories of his plight and about the whole ordeal
It's what life throws at you when you least expect it
You take a wrong turn or two and you're living in a pit
Sadly there are lots of people living life this way
Living life on handouts, just existing day to day
When I look around me I feel that I've been blessed
Living quite a normal life not living in a mess
Whenever I'm feeling down and out and sorry for myself
I think about that homeless man who has lost all his wealth
I think about my carefree life and happy with my lot
Look up and thank my lucky stars for everything I've got

Poetry please is looking for poetic contributions, short or long, for future editions. Just email them to shelteredtimes@havering.gov.uk including your name and address.

Dial-a-Ride

If you have a disability or mobility problems this free service is an ideal way of getting around locally to do your shopping, visit family or friends or for other activities.

Before using the service, you have to complete the online application form – if you need help ask your Scheme Officer.

Once you’re a member you can request as many journeys as you like and can take a friend of carer with you on the journey.

You may share the vehicle with other passengers making similar journeys and Dial-a-Ride may not always be available at peak times.

More information www.tfl.gov.uk/dialaride
Deputy Mayor opens new scooter sheds

Havering’s Deputy Mayor, Councillor Linda Van den Hende, officially opened the five new scooter sheds installed at Cottons Court, Romford, at a special ceremony in November.

Joining her for the opening were Deputy Leader of Havering Council and Cabinet Member for Housing, Councillor Damian White, along with residents from the scheme and staff involved in the project.

Councillor Van den Hende, who is also Havering’s Champion for the over 50s, said: “These new specially designed sheds mean residents can securely park their mobility scooters under cover and recharge the batteries at the same time.

“The doors automatically open and close using either keys or an electronic fob so people with arthritis or similar conditions can still use the sheds for their machines.

“The sheds are far safer and more secure than leaving the scooters outside or charging them in corridors so I am very pleased to be officially opening this new facility for Cottons Court residents.”

Deputy Leader of Havering Council and Cabinet Member for Housing, Councillor Damian White, said: “Mobility scooters are a fantastic way for people, who find walking difficult, to go shopping, visit friends or just enjoy the fresh air but it is important that the scooters can be stored properly.

“These specialist sheds have an electricity supply so the vehicles can be charged while being stored in a secure place and under cover. The sheds can be relocated to where they are needed so represent a long-term investment by the Council.”

“Locating the sheds in the central area of Cottons Court and Fambridge Court sheltered housing schemes was a particular challenge due to the site access.”

trueCall stops the scammers

If you’re fed up getting calls from salesmen and other people you don’t know the trueCall Secure call blocking device could be just what you need.

Havering Community Safety have a number of trueCall Secure call blocking devices that are available to residents who have been scammed or receive a lot of nuisance calls, for example, over the telephone, through emails or by bogus doorstep callers.

trueCall works by checking the number against the trusted callers list: made up of friends, family, and any other important contacts. If not on the list, trueCall intercepts and asks the caller to press a key or hang up.

So far, we have had success with the blocking device and have had nearly 3,000 nuisance calls blocked in three months.

If you would like to try one of the devices contact your Scheme Officer.

More information: emegannasskau@havering.gov.uk
In the last edition of *Sheltered Times*, we brought you the inspirational story of Patricia and Ken Gogay who built a boat and sailed the world. After setting out from Tower Hill on 29 June, 1987, and escaping the channel, “a spiteful and unpredictable place”, Patricia notes, “we got to Lisbon and Madeira, where we almost drowned, and it was at Gran Canaria where we gained our sea legs ready for the Atlantic.”

After the epic crossing, their first stop was Grenada, where they stayed for a year. One of the highlights was working at a National Children’s Home where they took a group of seven ‘street kids’ from the North Island on an inter-island, 11 day project to Tobago and St Lucia – an unprecedented experience for the boys, who gained a huge kudos as a result of their adventure.

**Island Hopping**

From Grenada, they moved on to the Cayman Islands where they worked for two years, then on to Jamaica and Curacao, after which they attempted to take on the Panama Canal. It was on their second attempt that they met up with two other boats and with shared encouragement and moral support, successfully navigated the canal together. They continued to stay in radio contact with each other all the way across the Pacific.

Patricia and Ken visited Vanuatu, Tahiti, Polynesia, and the Solomon Islands and experienced one of the worst nights of their life off the Great Barrier Reef. Sailing on, they reached Sri Lanka, through the Suez Canal to Israel and then across the Mediterranean to France before they finally arrived back in the UK. Patricia remembers fondly that, “A dark green mass appeared in the water off the coast of France; suddenly a whale and her calf appeared, welcoming us home from our trip.”

**Visitors**

During their travels, they had numerous and welcome visitors to the boat including a pelican, a willow warbler and a hoopoe which sat aboard for 20 hours calmly with no fear. “Harming a creature at sea brings bad luck” states Patricia, “and it’s like they know that.” They also acquired a live-in companion, a ship’s cat.
called Dudley, who they picked up at the Cayman Islands and stayed on-board all the way to Europe.

Deep Respect
Patricia and Ken have been left with a profound awe of the time they spent at sea which will never leave them; it has become an inherent part of their nature. “The illusion that there is this big wide world out there is slowly being destroyed, it is in actual fact, very fragile”, reflects Patricia.

The book about their travels *The Wind has Weight, fate bears no malice* will be published in November 2016 and will be available to order at [www.amazon.com](http://www.amazon.com).

BBC organise the raising of Tower Bridge for *Imago* as she starts out her adventure.

A hoopoe quietly keeps watch for over 20 hours.

*Imago in all her splendour*
Got a door that is sticking?  
Do your smoke alarm batteries need replacing?  
Has your toilet seat fallen off?  
Is that tap still dripping?

**Perhaps we can help?**

**HANDYMAN SCHEME**

Meet our Handyman Paul  
Call **01708 434087**  
or **0800 1513444**  
to arrange for one of our Handymen to visit your home

Do you need somebody to do those little jobs around your home?

Our Handyman Scheme is a free service to Havering tenants to help people over 60, vulnerable or disabled residents who need minor repairs and maintenance to their home. Through the scheme many repairs can be carried out for you including:

- Door security such as fitting extra locks, security chains and spy holes on your front door
- Putting together flat pack furniture
- Changing light bulbs
- Moving small items of furniture
- Fixing a sticky door or window
- Fixing or replacing doorbells
- Fixing or replacing toilet seats
- Minor repairs to taps
- Securing carpets
- Fixing curtain rails or blinds
- Hanging curtains
- Putting up shelves, pictures or mirrors
- Fitting smoke alarms or changing the batteries.

How can you find out more or request a repair?

For more information or to ask for help from the Handyman, call us on **01708 434087**. Our administrators can discuss your needs and assess whether our Handyman can assist you.

What the Handyman Scheme cannot do:

- Electrical or gas work  
- Ladder work  
- Major works  
- Decorating  
- Gardening  
- Fencing  
- Roofing  
- Cosmetic jobs  
- Emergency repairs  
- Private residents or leaseholders

Who can use this service?

This service is open to all Havering Council tenants who are:

- Elderly or frail  
- Have a physical disability  
- Have a learning disability  
- Have a mental health problem
LGBT Group launched
Havering LGBT+ Forum is proud to launch a new social group for our borough’s lesbian, gay, bisexual and transgender (LGBT) older people on Tuesday 6 December, from 3pm until 5pm at Tapestry, Stanton Gate, Mawney Road, Romford, RM7 7HL.

This is a great opportunity to meet up with old friends and make new ones from in and around the Havering area.

So if you are age 50 or over and would like to experience some smashing social company within a safe and welcoming space, please get in touch and come along.

As well as free nibbles and drinks on offer, we also have a great team of dedicated, trained volunteers who will warmly greet you and introduce you to like-minded people who also identify as LGBT.

All your details will be protected and kept in the strictest of confidence.

More information
www.havering.gov.uk/HousingVolunteers

Throughout 2017 Havering Council is running a series of Community Clean Ups to make different parts of the borough brighter and nicer places in which to live.

On Friday 27 October we are planning a mass bulb planting session at sheltered housing schemes so we can have some fantastic flowers in Spring 2018.

If you want to get involved by helping with the bulb planting, or by donating some bulbs to be planted, please let Community Engagement Officer Chelsea Potts or your Scheme Officer know.

More information
www.havering.gov.uk/HousingVolunteers

Communal lounges are for everyone
Most of Havering Council’s sheltered housing schemes have a communal lounge which is available for everyone to use.

There are often regular events taking place there such as weekly bingo, daily coffee mornings or armchair exercises. From time to time residents have a special celebration they want to hold for family and friends – maybe a landmark birthday or wedding anniversary – and the communal lounge is often the only place big enough to accommodate such parties.

If you are planning such an event, please book the communal lounge with your Scheme Officer as soon as possible so that any other activities can be rearranged.

More information
CouncillorAlex.Donald@havering.gov.uk

Mystery Shoppers
Our Mystery Shoppers are a key part of improving Housing Services and we have a busy programme planned for 2017.

We need more people to join our Mystery Shopping team, often the surveys can be done by telephone from the comfort of your own home and we give you a £10 voucher for every shop you complete.

More information
www.havering.gov.uk/MysteryShopper

Communal computers
If the printers attached to the computers in your scheme’s communal lounge need more ink or paper please ask your scheme officer who now holds a store of these for your scheme.

Please do not contact Chelsea Potts as she is no longer responsible for supplying these items.
<table>
<thead>
<tr>
<th>Scheme</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Bards Court</td>
<td>Coffee morning, afternoon tea and darts</td>
<td>Coffee morning, club meet in afternoon</td>
<td>Computer lessons in morning, coffee morning, and games afternoon</td>
<td>Coffee morning, 11am to 1pm computer training courses, afternoon bingo</td>
<td>Coffee morning, quiz afternoon</td>
</tr>
<tr>
<td>Beehive Court</td>
<td>Fitness Club morning</td>
<td>Age Concern morning Bingo evening</td>
<td>Afternoon tea</td>
<td>Lunch Bingo evening</td>
<td>Lunch Dinner/Entertainment Evenings</td>
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<tr>
<td>Brunswick Court</td>
<td>Bingo afternoon, Mobile Social Worker visits and sheltered surgeries</td>
<td>Table games afternoon; first Tuesday of each month at 2pm Supported Housing Surgery</td>
<td>Perky pensioners’ lunch</td>
<td>Bible studies morning, hairdresser visits afternoon, darts evening</td>
<td>Lunch, Silver Linx club afternoon</td>
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<tr>
<td>Charbury Court</td>
<td>Bingo evening</td>
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<td>Alternate weeks brunch</td>
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<tr>
<td>Cockbourne Court</td>
<td>Bacon sandwiches morning</td>
<td>Bingo evening</td>
<td>Coffee morning, evening – card games and darts</td>
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<td>Entertainment evenings</td>
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<tr>
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<td>Coffee Morning</td>
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<tr>
<td>Cottons Court</td>
<td>Activities Club afternoon, Bingo evening</td>
<td>Pool afternoon</td>
<td>Breakfast morning, Bingo evening</td>
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<td>Dell Court</td>
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<tr>
<td>Fambridge Court</td>
<td>Activities Club afternoon, Bingo evening</td>
<td>Pool afternoon</td>
<td>Breakfast morning Bingo evening</td>
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<tr>
<td>Garrick House</td>
<td>Bingo afternoon</td>
<td>Line dancing afternoon</td>
<td>Bingo afternoon</td>
<td>Tea and Cake afternoon</td>
<td>Bingo afternoon</td>
</tr>
<tr>
<td>Holsworthy House</td>
<td>Coffee morning, Bingo afternoon</td>
<td>Coffee morning, Armchair exercise Film Evening</td>
<td>Coffee morning</td>
<td>Coffee morning Bingo evening</td>
<td>Coffee morning</td>
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<tr>
<td>Lombard House</td>
<td>Bingo afternoon</td>
<td>Breakfast morning</td>
<td>Knitting afternoon</td>
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<tr>
<td>Maygreen Crescent</td>
<td>Snooker evening</td>
<td>Coffee and games</td>
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<tr>
<td>Park Lane</td>
<td>Coffee morning</td>
<td>Snooker evening</td>
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<tr>
<td>Poplar Street</td>
<td>Bingo afternoon</td>
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<td>Knitting afternoon</td>
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<tr>
<td>Queen Street</td>
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<tr>
<td>Ravenscourt Grove</td>
<td>Darts evening</td>
<td></td>
<td>Cards evening</td>
<td>Bingo evening</td>
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<tr>
<td>Thomas Sims Court</td>
<td>Tea and coffee morning, Bingo and Bonus Ball Game, lunch</td>
<td>Tea and coffee morning Pool</td>
<td>Tea and Coffee morning, Silver Linx Craft Club afternoon, Cards evening</td>
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<td>Tea and coffee morning, bacon and sausage sandwich lunch</td>
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<tr>
<td>William Tansley Smith House</td>
<td>Coffee morning</td>
<td>Knitting /craft morning</td>
<td></td>
<td></td>
<td>Entertainment evening</td>
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</tbody>
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Coffee Morning
Every Tuesday, 10am-12noon
Ingrebourne Community Housing Group hosts a Coffee Morning at Hitchin Close Hall, Hitchin Close Harold Hill, RM3 7EG

Christmas activities at some of the sheltered complexes
Brunswick Court
Saturday 3 December
"what friends are 4" will be performing
Friday 16 December
Residents will have their Christmas dinner
Saturday 24 December
Christmas Eve breakfast will be served
Cottons Court and Fambridge Court
Saturday 2 December
Christmas tea and cake in the lounge
Wednesday 7 December
Residents are off to Toby Carvery in Romford
Friday 9 December
Christmas tea and cake
Monday 12 December
Christmas bingo
Thursday 22 December
Christmas party in the lounge from 1pm onwards

Queen Street
Monday 12 December
Residents are arranging a Christmas meal at their local pub

William Tansley Smith House
Thursday 15 December
Residents will be having their Christmas dinner.

Holsworthy House
Thursday 8 December, 1.30pm
Stapleford Abbots School Choir visits to sing carols
Sunday 11 December, 4pm
Christmas Tea and Christmas Bingo
Tuesday 13 December, 2pm
Christmas quiz
Saturday 16 December, 2pm
Christmas Lunch followed by entertainer Ian Jordan
Tuesday 20 December, 2pm
Christmas Carols with a difference.

LGBT Group launched
Tuesday 6 December, 3–5pm
Tapestry, Stanton Gate Mawney Road, Romford RM7 7HL.

Reminiscence Events
Tuesday 24 January 2017
1.30–3pm
Beehive Court, Gubbins Lane Harold Wood RM3 0RS
Wednesday 1 February 2017
1.30–3pm
Holsworthy House, Neave Crescent Harold Hill, RM3 8PP
Tuesday 7 February 2017
1.30–3pm
Thomas Sims Court Wood Lane, Elm Park RM12 5NN

Tuesday 14 February 2017
1.30pm - 3pm
Brunswick Court, Brunswick Avenue, Cranham RM14 1ND
Thursday 23 February 2017
1.30 - 3pm
William Tansley Smith House, Hacton Lane, Hornchurch RM12 6PE
Book your free place:
www.havering.gov.uk/RememberWhen

SHOUT Forum dates
The SHOUT Forum is scheduled to meet on:
Tuesday 31 January 2017
10am–1pm
Bards Court
Tuesday 25 April 2017
10am–1pm
Cottons Court and Fambridge Court
Tuesday 25 July 2017
10am–1pm
Cottons Courts and Fambridge Court
Tuesday 31 October 2017
10am–1pm
Garrick House
These meetings are only open to your elected SHOUT Forum representatives.

Theatre show to beat scams
Thursday 8 December, 2pm
Garrick House, Adelphi Crescent Hornchurch
Tuesday 10 January 2017, 2pm
Thomas Sims Court, Wood Lane, Elm Park
Thursday 12 January 2017, 2pm
at Holsworthy House, Neave Crescent, Harold Hill
Book your free ticket:
www.havering.gov.uk/ScamSchoolShow
Have you got green fingers?

The gardens at our sheltered housing schemes are great places to relax, enjoy some fresh air and a chat with friends, but keeping them looking beautiful takes a lot of time.

In many of our schemes there are a few hardy volunteers who help with the weeding, planting of new bedding plants, bulbs and shrubs and generally help keep things looking good.

As part of the investment in the sheltered housing schemes following the regeneration programme consultation we are looking to install some raised beds in selected schemes to make the gardening easier. We are also looking for volunteers in each scheme willing to give an hour or two to enjoy improving the gardens.

If you want to be a founder member of the gardening club in your scheme please let Community Engagement Officer, Chelsea Potts, or your scheme officer know and we’ll make sure you’re included – green fingers aren’t necessary, just a love of gardening.

More information
www.havering.gov.uk/askhousing

Coffee + cake = cancer cash

Coffee and cake proved popular with sheltered housing residents who took part in the World’s Biggest Coffee Morning on Friday 30 September.

At Cotton Court and Fambridge Court the coffee and cakes raised £127 for Macmillan Cancer Support.

A coffee morning hosted by residents from Beehive Court in Harold Wood attracted visitors from the local community, including local churches, and raised £300 for the charity.

Some delicious cakes were baked by residents which tempted visitors to make generous donations for this very worthy cause.

Meanwhile at Brunswick Court in Cranham a similar event raised an incredible £525, which will really help bake a difference.

More information
www.havering.gov.uk/askhousing

It’s all in the cards

Maintaining mental agility is important at any age, but even more so as you get older, and playing cards is a good way of keeping those ‘little grey cells’ busy.

Richard Pocock is working with Housing Services Community Engagement Team to help set up card playing clubs in different sheltered housing schemes.

Richard is currently running his weekly clubs at Cole Court, in Harold Hill, and Queen Street, in Romford.

If you want to go along and join in the fun just complete the form on the website.

More information
www.havering.gov.uk/askhousing