

An NÚacht “The News”

“Go n-éiri an bóthar leat... (May the road rise up to meet you)”

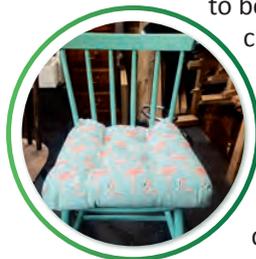
Welcome

Welcome to the Summer edition of our newsletter for residents of Innisfree.



Clochar Court Men’s (and Women’s) Shed is going full steam ahead! Under the watchful eye and brilliant instruction of our creativity enabler Sarah Lovett, wonderful progress has been made on upholstery projects lead by Clochar Court and local residents. The Men’s Shed has been making troughs, bird houses, bird feeders, an insect hotel and stencilling to name but a few.

One resident, Neely, took on the job of restoring two chairs that were donated to the Shed project. These chairs were very well crafted in Bulgaria and Neely saw the potential to upcycle them. Neely sanded them down, applied a primer, undercoat,



overcoat and finally a finishing coat. He knew an elderly lady who needed a couple of chairs, so he was delighted to be able to provide her with them. He enjoyed the creativity and seeing the finished product gave him a great sense of satisfaction and achievement.

If anyone has small items of furniture in need of some TLC, please contact the Scheme Manager at Clochar Court. The Shed project takes place on a Tuesday between 11am and 4pm and the team will do their best to give them another lease of life!!

We are still rolling out the Men’s Shed project and we will update you in our next newsletter. We anticipate some great future developments.

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Waste watch



As a householder, you have a legal obligation to take all reasonable measures to ensure that your waste is disposed of properly. The types of collections provided vary depending on your borough or the type of property you live in. As an overview, the type of collections that all councils provide are:

- household recycling and general waste
- garden waste
- special collections (furniture, electricals, flooring etc)
- assisted bin collections
- hazardous waste
- household clinical waste

Houses and flats generally have a wheelie bin for general waste, one for recycling and a small container for food waste. Blocks and flats have a large communal bin for recycling, one for general waste and, in some cases, a communal bin for food waste.

Please ensure that all rubbish bags are placed in the bin, and that bin store doors are closed securely. If your bin is full, don't place rubbish bags on the ground or outside bin stores as foxes will spread the contents around the general area.

If you have reduced mobility you can arrange an Assisted bin collection with your local council. The waste crew will empty and return your bin to a storage position at an agreed location. If you would like to apply for an Assisted collection, then you will need to contact your

council. If you need any support with this then please contact your Housing Officer who will be happy to help.

If you have bulky waste items, you will need to organise a special collection with your local council. Some Local

Authorities offer a free service for residents who are in receipt of benefits. Others offer a collection of up to five items annually free of charge. Prices and conditions will vary so please check your council website for more details.



Galop, the LGBT+ anti-violence charity

If you are LGBT+ and have experienced hate crime, sexual violence or domestic abuse, then Galop is there to help you. They can also support you if you have had problems with the police or have any questions about the criminal justice system. It is an independent community-led group and is not connected to the police. You can also talk to them anonymously if you wish.

If you need help, contact them on **020 7704 2040** or by email on **help@galop.org.uk**. Alternatively, they have lots of really useful factsheets on their website **www.galop.org.uk**.



Health

London Irish Centre – Ciara, your new Health Navigator



The London Irish Centre has been commissioned by Innisfree Housing Association to support and promote the wellbeing of our older tenants.

Meet Ciara, our Health Navigator from the London Irish Centre. Ciara's role is to support the health and wellbeing of the Irish community in London. She runs a number of groups and activities that aim to engage members of the older community and reduce social isolation, such as art, music and exercise.

Ciara works with Innisfree tenants to signpost and refer to appropriate services for their needs. Since providing the Health Navigation Service at Innisfree, clients have received advocacy, been supported to appointments, attended events such as the Irish Breakfast at the London Irish Centre, and much more!

Advice and Outreach Service:

There is a drop in and appointment service where you can speak to an adviser for help on a range of matters such as benefit advice, applying for a passport, opening a bank account and a host of other services. Contact them to see if they can help.

Wellbeing Service:

There is a wide range of activities, talks and information as well as a lunch club, with the aim of combating social isolation in the aging population. If you wish to attend the centre or get added to the mailing list, you can be sent the full calendar of events. Call to refer yourself or someone you know who may benefit from the service.



The London Irish Centre is based at 50-52 Camden Square, London, NW1 9XB and you can call them on **0207 916 2222** or email info@londonirishcentre.org.

Keeping you fire safe in the summer

Wow, it's been hot! So, we thought we would take the opportunity to share some summer safety tips.



fire doors – please don't prop open fire doors, it makes them ineffective in preventing fire from spreading.



barbeques – when you are having a BBQ make sure you keep it out from under roof edges, and away from fences, shrubs and trees. NEVER use a BBQ on a balcony or in an enclosed space, and NEVER leave it unattended.



aerosol cans – don't leave them near a window in direct sunlight. They can heat up and explode.



mirrors and glass bottles – if they sit in direct sunlight for long periods they can set fire to curtains and even wooden window ledges.



fans and air conditioning units – make sure you don't overload electrical sockets or extension leads, they can overheat and burst into flames.



smoking – always use an ashtray and NEVER throw lit cigarette ends or matches from a balcony or window.



always check your **smoke alarm** regularly



Find out more here
www.thistlemyhome.co.uk or
 call 0345 450 7288 for a quote.

Make sure you have contents insurance. Your furniture and other treasured items are not insured by Innisfree. **My Home Contents Insurance** is arranged on behalf of the National Housing Federation by Thistle Tenant Risk. They have flexible payments and do not charge an excess on claims.

Gas Safety Checks – Our responsibilities

As your Landlord we have three main responsibilities under UK law:

- 1. Maintenance:** gas pipework, appliances and chimney/flues need to be maintained in a safe condition. Annual servicing is recommended unless advised otherwise by a Gas Safe registered engineer. Any gas appliances owned by yourselves are not our responsibility, however the connecting pipework and flue (if not solely connected to the tenant's appliance) remains our responsibility to maintain.

- 2. Gas safety checks:** gas appliances, pipework and flues must be safety checked annually by a qualified Gas Safe registered engineer. Here at Innisfree our programme of safety checks operates on a ten monthly cycle so you will be contacted up to

two months in advance of the expiry date on your current safety certificate. We are not responsible for safety checks on gas appliances owned by yourselves or any flues that solely connects to your own gas appliances.

- 3. Record:** a record of the annual gas safety check (LGSR) should be provided to you by our Gas Safe contractor within 28 days of completion of the safety check.



If you think you have not received a copy of your latest LGSR please contact our maintenance team **020 7625 1818** (Option2) or via e mail maintenance@innisfree.org.uk and we will arrange for a copy to be sent out to you.

Other matters

Are you being cyberbullied?

Cyberbullying is any form of bullying that takes place online. This could be blackmail/threats, abusive comments, trolling, spreading rumours, sharing embarrassing pictures or creating fake profiles on social networking sites.

If you are a victim and the bullying is taking place on a social networking site (Facebook, Snapchat, Twitter etc.) you should contact the site directly as they have policies in place to remove inappropriate material and if necessary, the bully's account.

If the bullying is, for example, threatening and abusive, or inappropriate images, you should contact your local policing team via

the **non-emergency 101 number** and report the matter. The behaviour could potentially amount to a criminal offence.

If the victim is a child or young person then they can report it on the Childline website. There is lots of information on the website or they can contact them on **0800 1111** for more help and guidance.



Innisfree

Who to contact

When contacting us, please dial 020 7625 1818 and select one of the following options:

- to report a fault with your heating or hot water system press 1
- for all other repair and maintenance enquiries press 2
- to discuss your rent account or make a rent payment press 3
- for all other tenancy matters and general enquiries press 4

www.innisfree.org.uk

Innisfree Housing Association,
190 Iverson Road, London NW6 2HL

Tel: 020 7625 1818

Fax: 020 7328 9943

Email: housing@innisfree.org.uk

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InnisfreeHousingAssociation/](http://www.facebook.com/InnisfreeHousingAssociation/)



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