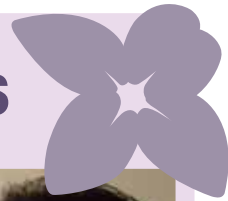


Tenants get online with new computers



New computers are being installed at several of the LiLAC properties. Together with free broadband provided by Progress Care Housing, the computers are starting to make a real difference to people's lives.

The equipment has been provided by Infostore, through Leeds City Council's 'Cities in Balance' funding. The Infostore website aims to provide accurate, up-to-date information for people over 50 in Leeds to help them live healthy, active and fulfilled lives.

But that's not where partnership ends. Some of the younger tenants are acting as mentors to help older tenants get experience of using the computers.

Julian Bublyk from Beeston said: "I have never been bothered with computers, but John Swainston (Julian's mentor) is brilliant with them. I didn't know what you could do. But



Carol O'Leary enjoys her new computer

I do like listening to Harper Valley PTA on You Tube!"

Carol O'Leary, from Beeston said: "I was a bit frightened at first, but now I can turn it on now, log on and get on the Internet. I've looked up about bus times and the doctors, but I like

listening to songs and watching old telly programmes best."

The computers are proving a great success and are really putting people back in touch with the world. For more information log on to: www.olderpeopleleeds.info



I'm proud of my room

Linda Witham has wanted to decorate her room for a long time, so she wrote to Progress Care Housing to ask for permission.

Linda, who lives in Yeadon has now had her room decorated and it looks beautiful. Linda said: "I chose the colour and the wallpaper myself and my brother did all the work as he is a professional painter and decorator." She added: "I am very proud of my new room and it always makes me feel very happy."

If you would like to decorate your room you need to ask for permission. Just write to us at the address on back page and we will write to let you know if this is ok.

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Brian's Green Fingers

Brian Levitt has been gardening all his life and the certificates on his bedroom wall are evidence of his skills.

"I used to love raking up leaves" said Brian, "but when I watched the gardeners the other day they were all using machines. I'm not sure how to use them, I prefer my old rake."

It is not surprising that Brian prefers traditional methods. He was a gardener for 36 years at Temple Newsam, one of the great historic estates in England with massive gardens originally designed by Capability Brown almost 250 years ago.

Brian has won many prizes for his beautiful gardens.



Brian is proud of his gardening certificates.

He told us: "I have grown some massive sunflowers and I love sweet peas. I used to grow potatoes, marrows and pumpkins."

Brian's previous home was rebuilt as part of the LiLAC project. Now Brian has settled in his new house we hope he will be able to have his own vegetable patch next year and grow some lovely fresh vegetables for his friends.



Brian's previous garden was a riot of colour.

You're hired!

If you think Sir Alan Sugar gives contestants a hard time on TV's 'The Apprentice', you haven't had to face an interview with our tenants!

In October LiLAC tenants Sally Marston, Elaine Harrison, Mary Myers-Norton, Phil Lomax and John Swainston put applicants for the posts of Supported Housing Officer and Supported Housing Assistant through their paces. They all

asked searching questions and at the end of the interviews decided who they thought were the best. Fortunately for Richard Jones and Kay McGrath the Tenants verdict was: 'You're hired!'

Sally said: "They were all nice, but I picked the ones who were friendliest."

Left to right: Mary Myers-Norton, Elaine Harrison and Sally Marston were on the interview panel



New faces

Lilac welcomes two new faces to the team. **Richard Jones and Kay McGrath will be based in Leeds.**

New Supported Housing Officer Richard Jones said: "The interviews took place over two days. The first day was a group session with other applicants. The questions were asked by

tenants and really made you think on your feet. The second day took the form of a more formal interview with 3 people on a panel asking questions. "As you can see, I got the job!"

New Supported Housing Assistant Kay McGrath said: "I am really pleased to be working for Progress Care. Every day is different and all the people are very friendly and helpful."



Richard Jones



Kay McGrath

Sunil likes it Hot!

Sunil Bhagra is a natural cook but it runs in the family. His Nan was Head Chef at the famous Bobby's Restaurant. Sunil says: "I've never had any lessons but learnt by watching my mum."

Sunil has been cooking himself for the last 6 years. He is not a great fan of any of the TV Cooks and when asked if he had any tips to stop you crying when peeling onions he said: "Not to worry as it cleans your eyes out!"

Sunil loves cooking curries but he also enjoys

baking cakes as well which aren't quite so spicy. Sunil often cooks for his friend where he lives at Spen Lane in Leeds but he catered for nearly 70 VIPs at the official opening of the new properties.

Why not try cooking Sunil's VIP Curry?



Sunil's VIP Curry

Ingredients (feeds four people)

- Vegetable Oil
- Salt
- 3 small onions
- 1 bulb of garlic (about 10 Cloves)
- Garam Masala – 1 table spoon
- 4 Fresh chillies (Or 1 table spoon of chilli Powder)
- Ground turmeric – 1 table spoon
- 4 chicken breasts diced
- Cherry tomatoes – optional

Then invite your friends round and see how impressed they are with your cooking skills!

Method

- Heat the vegetable oil in a large pan
- Add the chopped onions into the oil and soften for a few minutes
- Add the chopped garlic and season with the salt
- Next Add Garam Masala and the chopped chillies (or chilli powder)
- Then add the turmeric
- Now add the diced chicken let the meat brown off with the spices and onions
- Add water to make a rich curry sauce
- If you like tomatoes add several chopped tomatoes while the sauce simmers
- Leave the pan to simmer until the sauce is reduced and thickens and the meat is tender. This usually takes between 45 and 60 minutes. Stir the mixture occasionally to ensure the meat is evenly cooked.

Pet's Corner

Do you have a pet or know an animal that is special to you? Send us a photo with a short description and you might see them in next issue's 'Pets' corner'.

Mary Myers-Norton
from Cookridge, Leeds
loves looking after horses.

Mary works every week at Hope Pastures, in Leeds who rescue and re-home horses that have suffered abuse. Although some horses may be old and some not in the best of health, they are all cared for and loved and can

spend the rest of their days in a safe place.

Mary says: "I love it and I would come every day if I could. I feel really close to the horses but I prefer brushing and combing them to mucking out!"

She is pictured here



grooming Prince, who seems to be happy being pampered as much as Mary is enjoying doing it.

Christmas cover arrangements



The Progress Care Housing Association offices will be closed from midday on Friday 24th December 2010 and will re-open at 9.00am on Tuesday 4th January 2011.

In the event of a housing management emergency on 27th, 28th December and 3rd January 2011 please contact our Control Centre on 01772 436756

On 29th, 30th and 31st December 2010, please telephone 0845 2416041 and press 1 as though reporting a repair.

Please explain the housing management problem to the repairs operator who will organise a member of the housing management team to contact you.

Lovell Respond Christmas Cover Arrangements

Reporting Repairs

The Lovell Respond offices will be closed from 4:30pm on Christmas Eve. The offices will re-open on Tuesday 4th January 2010.

During this time please report emergency repairs only on 0845 2416041 and press 1 when asked to do so.

For emergency repairs please see page 29 of the Tenants Handbook.

Please remember builders, white goods suppliers and contractors are often closed over this holiday period. We may only be able to make a situation safe and not be able to carry out a full repair until the New Year.

Useful Addresses and Telephone Numbers

LiLAC
Progress Care Housing
New Pudsey Court
101 Bradford Road
Pudsey
Leeds
LS28 6AT

Opening hours

Monday – Friday
9.00am – 5.00pm

For all enquiries

Tel: 0845 241 6041
Fax: 0845 241 6042

Email:

enquiries@progressgroup.org.uk
www.progressgroup.org.uk

Christmas wordsearch

There is a big box of chocolates up for grabs in our Christmas wordsearch competition!

There are eight words to do with Christmas hidden in the wordsearch. We have circled the first one, can you find the others? Once you have circled them all,

fill in the form below with your name and address, cut it out and post it to: Andrea Wilson, Tenant Services Manager, at the address on the right. Closing date for entries is 14th January 2011.



Name

Address

Tel No.

A	C	X	D	E	F	A	Q	W	H
N	X	H	I	B	A	U	B	L	E
G	R	B	R	P	Y	G	T	S	U
E	T	T	Y	I	M	I	O	N	Q
L	C	I	K	R	S	F	W	O	B
K	R	N	D	U	A	T	P	W	N
F	V	S	X	G	N	K	M	M	O
D	E	E	R	Z	T	F	W	A	C
S	J	L	U	F	A	H	I	N	S
F	N	T	U	R	K	E	Y	R	K

CHRISTMAS • SNOWMAN • ANGEL • BAUBLE
• SANTA • TURKEY • TINSEL • GIFT



LiLAC News is published by Progress Care Housing Association and sent to our LiLAC tenants.

If you have any suggestions for the newsletter please get in touch.

Write to: Andrea Wilson,
Tenant Services Manager
Progress Care Housing Association
Warwick House, Kilnhouse Lane
Lytham St Annes,
Lancashire FY8 3DU

Email:

awilson@progressgroup.org.uk
Tel: 01772 450888
Fax: 01253 642001

