



# PROGRESS People 22

Newsletter for Progress Care Housing Association Tenants

APRIL 2010

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# Badges galore!

*A vast collection of badges of all shapes, sizes and colours is tenant Trevor Lowe's pride and joy.*

**Trevor, of Astley, Manchester, has been collecting the badges for many years and says each badge has its own story to tell.**

He said: "I've been collecting badges, especially pin badges, from all the places I have visited and been on holiday to. Some from as far away as Australia and New Zealand."

Trevor mounts his badges on cork boards and displays them in his home. He often wears them on his jumper and coat too. "People often stop and chat to me about them," he told us. "I take great pride in arranging them and I

can tell a story about where I got them from, what transport I used and even what the weather was like!"



## Forum welcomes VIP

**Members of Progress Care Housing's Lancashire Tenants' Forum welcomed a very special guest to their November meeting.**

Sallie Bridgen, Regional Manager (North West), of the National Housing Federation, met with the Forum as part of Supported Housing Month North.

This special month was an initiative of events, visits and other activities about supported living take place throughout November 2009.

The Lancashire Forum was set up two years ago and members have explored topics

including tenants' rights, anti-social behaviour and how to make a complaint.

Sallie Bridgen said: "I was delighted to be invited to this meeting, and very impressed at the improvements the Forum members have made, and are making, to the services offered by Progress Care Housing."

"This group really shows how important it is and what a difference it makes to ask tenants for their help. I am looking forward



*Sallie Bridgen (centre) discusses a new booklet with Progress Care Housing tenants Tracey Lord and Anthony Kay*

to seeing the results of the new booklet on service charges that the Forum are currently working on."

# Tenants involved in research project

**Tenants living in our LILAC housing scheme in Leeds are taking part in a research project funded by the Big Lottery.**

The research is a partnership between Progress Care Housing Association, Leeds Metropolitan University and Leeds City Council. Its aim is to find out how moving from hostel-type accommodation to independent, supported living may help people to become more included in their local community.

This is ground-breaking research because it involves and trains tenants and their carers in choosing the right questions and carrying out interviews. The project, called

'Include Me In!', now has four tenant and two carer researchers working alongside two full-time professional researchers.

The research team has already been contacting our Leeds tenants, who are part of the Independent Living Project, to ask if they want to take part in questionnaires and interviews. We will be sharing our research findings so that the process of moving to independent, supported living can be improved.



# My presentation on Asperger syndrome



*My name is Dylan Wilson. I have Asperger syndrome, which is a form of autism.*

**“ I have lived in supported living for 6 years now. I have a part-time job where I do presentations about Asperger syndrome and how it effects me.**

I am employed by Autism Care UK who own care homes across the country. I share what I know about Asperger syndrome to the new care staff who are in training.

Autism Care UK also act as my manager when I do presentations to other organisations.

As well as having a job it's also important to help make people aware of Asperger syndrome as well as autism because there are still many people who don't understand what it is and how it affects people like us. ”

# Competition

**There is a £10 shopping voucher up for grabs in our spring wordsearch competition!**

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

There are 10 words hidden in the wordsearch relating to spring: Daffodil, Easter, Rain, Bud, Flowers, Rabbit, April, Puddles, Tulip, May. 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 return it to Alan Robinson-Greig at the address on the back page. Closing date for entries is 7th May 2010.

Name: .....

Address: .....

Tel No: .....

# Your newsletter

Tenants from Scunthorpe attended the newsletter panel meeting to give their views about the December issue of 'Progress People'. Left to right: Stephen Martin, Martin Allen, Simon Smith and Kim Grimbleby



# Amy's flower power!

*Amy Garner has epilepsy but she doesn't let this get in the way of her active life.*

**Apart from playing the drums, practising judo and going to the gym, Amy has a real flair for flower arranging, which she studied at college. She sent us photos of her fabulous arrangements.**

She told us: "I suffered encephalitis (a swelling of the brain) just before my 11th birthday that left me with epilepsy but I like to live a normal and active life. I like new challenges!"

Amy likes to raise money for the Encephalitis Society, a cause close to her heart. In 2008 she raised the fantastic sum of £789.76 by wearing her pyjamas in the town centre!



## Artistic achievement



*A collage created by two Progress Care Housing tenants has won first prize in an Arts Festival and been chosen for the cover of a calendar.*

**George Cann (left) and Brian Jordan, of Liverpool, Merseyside, made the collage from old Christmas cards, pictures of animals and birds, painted scraps of paper and cotton wool.**

It depicts Thingwall Hall, where Brian works once a week, and the surrounding gardens and woods. They included a photo of themselves looking out of the windows.

Support Worker Margaret Gorton said: "Brian and George were delighted when they discovered they had won the competition and that their picture was to be used on a calendar produced by Brothers of Charity." Sadly, since this picture was taken George Cann has passed away.



# Dealing with condensation!

Often when tenants have a condensation problem it is actually a ventilation problem. It happens when moist air comes in contact with a cold surface like a window pane. But it can be easily avoided by taking a few simple steps. Tenant Vicky from Lancashire with her top 10 do's and don'ts of condensation.



Keep lids on pans when cooking and do not let pans or kettles boil any longer than necessary



Do not put furniture



Avoid drying clothes indoors, do not put them over the radiators. Using a tumble dryer is better. If you have no alternative, open a window to allow air to circulate.



Keep rooms ventilated. For a bath, open a window



Keep the house as warm as you can afford. It is best to have the heating on for longer periods at a lower temperature rather than on for short bursts.



If condensation does form on windows, wipe it off

## Did you

An average household produces 12 pints (12 litres) of water



report damp in their homes the  
 ne caused by condensation. This  
 ure in the air comes into contact  
 ke a window pane or cold wall.  
 avoided by taking some practical  
 Kay, who lives in Darwen,  
 husband Anthony, tell you the  
 ondensation.



in front of radiators



for example, when running  
 to let the steam escape.

## know?

and produces 21  
 water vapour a day.



# Pet's corner



## Here are more photos of our tenants and some of the animals they enjoy.

If you have a pet or like to visit an animal centre or farm,  
 why not send us a photo? Send a short description along  
 with your name, address and telephone number to the  
 address on the back page. You might see your photo in  
 the next newsletter.



**Paul Cousins, of Oswaldtwistle,  
 Lancashire**

"I have been feeding 'Greedy' the cat for  
 about one and a half years. I think Greedy  
 is a female cat and she gets her name  
 because she eats everything. She is a  
 stray and comes into the garage when it is  
 cold and I feed her on cat biscuits."



**Liz Holden, of Cookridge, West  
 Yorkshire**

Liz is pictured with her pet guinea pig  
 'Rosie'. Liz told us: "Rosie is two  
 and half years old and I have had her  
 since she was a baby. Rosie lives in a  
 hutch in my garden, I can see her from  
 my bedroom window."

## My favourite room

### My kitchen

"I enjoy helping in the kitchen  
 and cooking tea for my  
 boyfriend."

**Rachel  
 Mewse**



Rachel Mewse, Cleethorpes, Lincolnshire



# Work, rest and play

Here are more photos of our tenants' activities.

If you have a job, hobby or sport you like doing, we would love to see a photo of it. Send your photo to the address on the back page, along with your name, address and telephone number and a short description of what you are doing in the photo. Your support worker may help you with this. You might see yourself in the newsletter!



Christopher Bush of Boston, Lincolnshire, had a fantastic time when he stayed at Center-Parks with two of his support workers. His parents sent in this photo of Christopher and told us they always look forward to seeing the newsletter. They said that Christopher is very happy in his Progress Care home: "He loves being out in the garden with his support staff during the summer and watching his local football team Boston United play at home games."



Martin Allen has worked at Tesco in Scunthorpe for 18 years. He loves going to work and has made lots of friends. His task is collecting the shopping trolleys from around the car park, but he also helps customers pack their bags and lifts them into their cars for them.



Mark Holmes of Scunthorpe is pictured here at work in the kitchens of 'Cafe Ivy'. Mark does a bit of everything, including serving at the counter, preparing the food, washing up and clearing the tables. Those cakes look delicious!



Chris Turner, Barry Spencer and Matthew Cokayne (pictured left to right above) of Syston, Leicestershire took part in the Special Olympics games in Leicester, winning two medals each. The games included unihoc, bowling, wheelchair push and ball kick. The men had trained hard for their events and were excited for the day to finally arrive.



Andrew Whiting took the brave decision to do a 14,000 feet sky dive on a recent family holiday in Australia. This picture was taken from a DVD that Andrew was given of the whole incredible experience. He said: "I had a really exciting time and now I want to try more adventure sports, such as white water rafting!"



# My favourite recipe



**Maureen Mahoney of Blackpool, Lancashire, sent in her favourite recipe for an easy Cauliflower Cheese dish.**

### Ingredients

- 400g potatoes
- Cauliflower
- Packet of cheese sauce
- Jar of ovenbake creamy sauce
- 200g cheese, grated

### Method

- Wash and peel potatoes • Cut into equal sized pieces • Drain and mash
- Cut cauliflower into pieces • Cover with water in a saucepan, bring to the boil and simmer for 5 minutes • Drain then mix with potatoes, with a little of the grated cheese • Make up cheese sauce as instructed on the packet • Mix the cheese sauce and half a jar of the creamy sauce into the potato and cauliflower mixture • Place the mixture into an oven proof dish • Cover the top with the remaining grated cheese • Place in the oven (180C / 350F / Gas mark 4) until the cheese has melted and started to crisp.

# New face for Tenant Involvement Team

*Welcome to our new part-time Tenant Involvement Co-ordinator, Peter Loosemore. Peter joined the tenant participation team in February.*

**You may recognise Peter as he already works for the Progress Care Housing as a part-time tenant co-ordinator for the LILAC project in Leeds.**

Peter said he is really looking forward to getting to know other Progress Care Housing tenants and making sure people have a chance to get involved.

He said: "I believe tenant involvement is about a lot more than just sitting in meetings. Tenants should be at the heart of all decisions and consulted on every policy that affects them."

"Many of our tenants have great stories to tell and their experiences can act as an inspiration to other people who are living independent lives"

**If you would like to get involved in our tenant meetings please call us on 01772 450890.**



# Tenants take part in interview

*As part of his interview Peter was asked to give a presentation to a panel that included two tenants; Anthony Kay (below) and David Robinson from the Lancashire Forum.*

**Anthony and David told us what they thought of Peter's presentation by completing a feedback form. Their views helped us to decide to give Peter the job.**

This approach has been used before when interviewing for LILAC housing staff but not for other areas of the Progress Care Housing team. It proved very successful and the tenants very much enjoyed the process.

Anthony said he really

enjoyed doing the interview. He said: "I'm looking forward to taking part in more interviews in the future if any more staff are recruited."

He added: "I hadn't realised that it was quite stressful doing the interview as well as being interviewed. It taught me how to stay calm when I am under pressure."



## Useful Addresses and Telephone Numbers

### HEAD OFFICE

Progress Care Housing Association  
Unit 9, Kings Court, King Street,  
Leyland, Lancashire PR25 2LE

### Opening hours:

Monday-Thursday 9.00-17:15  
Friday 9.00-16:45

Tel. 01772 450888

Fax No. 01772 426173

Web: [www.progresscare.org.uk](http://www.progresscare.org.uk)

Email: [enquiries@progressgroup.org.uk](mailto:enquiries@progressgroup.org.uk)

### LEEDS OFFICE

For Independent Living Project  
(LILAC) tenants only:  
Unit 1-2, Square Street,  
Bradford BD4 7NQ

### Opening hours:

Monday-Friday 9.00-17:00

Tel. 0845 241 6041

Fax No. 0845 241 6042

Web: [www.progresscare.org.uk](http://www.progresscare.org.uk)

### REPAIRS

There are now a number of different arrangements for repairs, so please check the details given to you when you signed for your tenancy to find the correct telephone number to ring.

Remember: Repairs lines are usually very busy first thing in the morning. If your repair is not urgent please try phoning later.



This newsletter is available on either audio tape or CD. If you do not already get a copy, then you may phone 01772 450890 or write to our Tenant Involvement Team either at our Head Office address above or by e-mail at: [progresspeople@progressgroup.org.uk](mailto:progresspeople@progressgroup.org.uk)

If you need the newsletter in another format, like large print or Braille, or an alternative language, or want additional copies, please let them know.

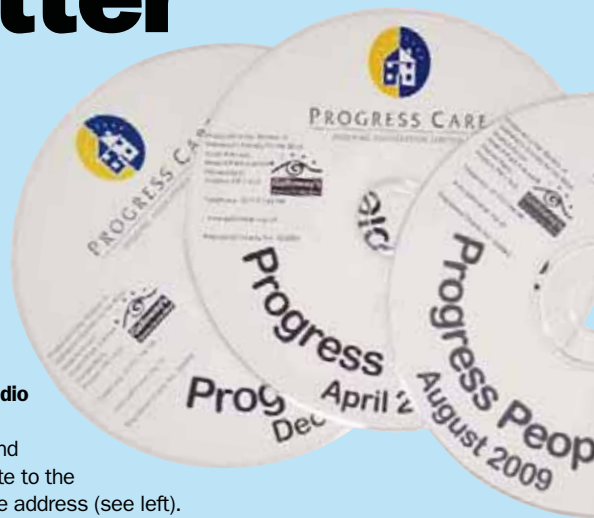
'Progress People' is published by Progress Care Housing Association and sent to our supported housing tenants, support agency partners, service commissioners and tenants' relatives. If you have anything to say about the newsletter or our service, or a subject you think would make a good article, please get in touch.

# Newsletter on CD

From August this year your 'Progress People' newsletter will no longer be available on audio tape.

If you currently receive the newsletter on tape and would like a CD please return the slip that you will receive with your audio tape of this issue.

If you do not already get an audio CD and would like one, please phone, email or write to the tenant involvement team at our head office address (see left).



# JOKES

If you know any jokes, please send them in!

What did the bunny say when he only had thistles to eat?  
"Thistle do!"



How do eggs stay healthy?  
They "Egg-exercise".

# WINNERS' CORNER

Here are the names of the lucky tenants who have won prizes since the last newsletter.

### Newsletter feedback questionnaire £20 vouchers:

Sharon Greig, Accrington, Lancashire

### Newsletter 'spot Santa's hat' competition £10 voucher:

Paul McKinn, Liverpool, Merseyside

### Progress Group quarterly draw October - December £150 vouchers:

A New Progress Housing tenant from Bamber Bridge, Lancashire



Sharon Greig won £25 vouchers in the newsletter feedback questionnaire draw. She told us: "I bought a radio and headphones with my vouchers. I enjoy listening to music and the news on my radio."

You can write to:  
Tenant Involvement Team,  
Progress Care Housing Association,  
Unit 9, Kings Court, King Street,  
Leyland, Lancashire PR25 2LE.  
You can email at:  
[progresspeople@progressgroup.org.uk](mailto:progresspeople@progressgroup.org.uk)  
or telephone on 01772 450890.

