

theLink

December 2018

Time to celebrate and reflect



So, we're almost at the end of another year. As well as looking forward to any celebrations you may be having, it's also a time when we take stock and think about what's happened over the last 12 months.

We had a hot summer and fairly mild autumn, though now that it's finally turned cooler I've been forced to dig out my warm coat, gloves and, as you can see from my photo, a hat is also very much needed!

The HHT staff have all been busy and the development works are continuing. We've some reminders in this issue about services such as our befrienders' service, and don't forget the Dementia Café is always running on Wednesday afternoons at Abyssinia Court, as well as various other cafés

and activities around the borough. Patrick Gray reports on some of those in this issue of *The Link*.

We're having our Christmas party at the Hornsey Moravian Church again, on 12 December, and it will be great to see as many of you there as possible. The party is free for HHT tenants, so if you would like to come do get in touch with Solange Spyriadis using the Trust's contact details on the back page. Music will be supplied once again by 'Blow the Fuse' who always get people dancing, so come along and enjoy some great food, good company and maybe a bit of dancing.

Alwyn Lewis, Chief Executive

Lunch at Olive Tree House

By Indje Shahin

Tenants of Olive Tree House and HHT staff had another lovely Turkish lunch on November 5. It's a good chance to get together, eat nice food and for the tenants to meet a range of HHT staff.



Haringey Dementia Activity update

Patrick Gray, Haringey Dementia Friendly Communities Co-Ordinator, updates us on dementia friendly activity in Haringey.



As well as the Dementia Café at Abyssinia Court, there's some other activities around the borough which the Haringey Dementia Action Alliance (HDAA) is involved in which you might like to know about.



Everyone had a fun time at the October event at the Antwerp Arms

Antwerp Arms

This public house, overlooking Bruce Castle Gardens in Tottenham, is unique. It was saved from closure and redevelopment into luxury flats in 2015, and is now owned by and run for the benefit of the local community. Staff and volunteers became Dementia Friends in the spring and since the summer there has been a monthly dementia-friendly café there. Called 'Open House' it is a relaxed, informal event open to all and in recent months there has been a DJ, a Sporting Memories session focussing on Tottenham Hotspur, and a live singer.

The next session will be in the New Year – you can find out more by calling **020 8216 9289** or e-mailing **manager@antwerparms.co.uk**. The Antwerp Arms is at 168-170 Church Rd, Tottenham, N17 8AS.

Cakes & Ladders

Cakes & Ladders is a 'board game café' situated in a converted double decker bus in Wood Green. It is one of Haringey DAA's newest members. Its founders Hywel and Ruth are committed to outreach activities in the community with people who might find it difficult to get out, including those living with dementia. Every Tuesday they host 'Board Games for Wellbeing' where people can come along and meet people, play games in a cosy space and even get a hot drink – all for free. They're in Blue House Yard, the new small business development behind the Haringey Council building, opposite Wood Green tube station. N22 7TB.

Dementia Friendly training course

On 26th November I will be running a three-hour training course for anyone wishing to learn more about dementia and being more dementia-friendly. This course has been particularly targeted to employees of GP practices around the borough such as practice managers and receptionists but anyone who wishes to know more can come along. It is a free course run through the Haringey Wellbeing Network in conjunction with HDAA member Mind in Haringey. Places are limited and there may be a repeat of the course in the new year as there has been a lot of interest.

The Mall, Wood Green

In an effort to become a dementia-friendly shopping centre – and to encourage other shops in the area to be also – the cleaning and security teams from the centre are becoming Dementia Friends. More initiatives are to follow in the spring – the centre are considering a 'quiet time' in the centre which will mean the environment will be more relaxed and dementia-friendly.

Enjoying good times at the Dementia Café

By Elaine King,
Dementia Café co-ordinator



Hello everyone, I've been working as the new Dementia Café Co-ordinator for a little while now, and it's been really great meeting you all and making new friends. The café continues to be open to all HHT tenants and those from the N8 area. We're open on Wednesday afternoons from 2pm-4pm at HHT's Abyssinia Court housing scheme, (entrance on Weston Park near Denton Road).

We've continued to have interesting activities and talks. In November we had two chair-base sessions, one zumba and the other aerobics. On another day we had a guest from London Independent Living Services who gave us a talk on good nutrition for the elderly and also provided taster dishes for all who attended!

In December we had a little Christmas concert on the 5th and on the 19th we will have Christmas Carol singing and a chair-based exercise session.

I do hope to see you at the café soon. All are welcome, not just those living with dementia, their families and carers, but other Hornsey Housing Trust tenants and those living in the N8 area.

Photo to come

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mo ea volorbis ari blabo. Unt esti quo torumet

Crouch End Picturehouse



Dementia friendly screenings

Crouch End Picturehouse has screenings for people living with dementia and their families, friends and carers. There is free tea and coffee from 10.30am, and the film starts at 11.00am. There is a 20-minute interval halfway through the film.

Tickets £4, accompanying carers free.

Booking: at the Box Office, Crouch End Picturehouse, 165 Tottenham Lane, London N8 9BY.

Online - www.picturehouses.com Phone - **020 7294 7908**.

Forthcoming screenings:



The Wizard of Oz (U)

Thursday 20 December

Director: Victor Fleming (with George Cukor; Mervyn LeRoy; Norman Taurog; King Vidor), 1939

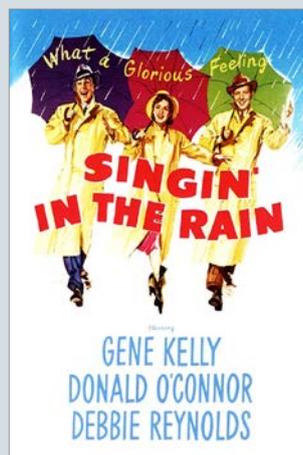
Starring: Judy Garland

Duration: 103 min

"Somewhere over the rainbow..."

When a tornado rips through Kansas, Dorothy (Judy Garland) and her dog, Toto, are whisked away in their house to the magical land of Oz. They

follow the Yellow Brick Road toward the Emerald City to meet the Wizard, and en route they meet a Scarecrow (Ray Bolger) that needs a brain, a Tin Man (Jack Haley) missing a heart, and a Cowardly Lion (Bert Lahr) who wants courage. The wizard asks the group to bring him the broom of the Wicked Witch of the West (Margaret Hamilton) to earn his help.



Singin' in the Rain (U)

Thursday 24 January

Director: Dir. Stanley Donen and Gene Kelly. USA. 1952

Starring: Gene Kelly, Donald O'Connor, Debbie Reynolds

Duration: 108 min

A nostalgic tribute to the Hollywood of a bygone era starring Gene Kelly as Don Lockwood, the swashbuckling silent star at a film studio grappling with the coming of sound.

Don't forget about your home insurance



Phil Johnson, Housing Services Manager

I wanted to remind you about the need for you to have home insurance. Hornsey Housing Trust's insurance provides cover for the structure and fittings of properties owned by us. It does not cover damage to or theft of your furniture or personal belongings in your home. It is your responsibility to take out home contents insurance and we strongly recommend that you do so.

Hornsey Housing Trust tenants can take out home contents insurance at a special low-cost rate with the My Home contents insurance scheme – a special insurance scheme for all tenants living in social and affordable housing. The scheme is provided by the National Housing Federation in conjunction with Thistle Insurance.

The scheme makes it easy and affordable for you to insure your belongings. Flexible regular premium payments, fortnightly or monthly by cash at any post office or pay zone

outlet, monthly by direct debit, annually by cheque, postal order, debit or credit card.

The standard contents insurance offers protection for your furniture, TV, clothing, carpets, electrical items, general household goods and decorations, as well as the replacement of external locks if your keys are lost or stolen. Further cover can be added for an additional cost, including for hearing aids, wheelchairs and mobility scooters.

Unlike with many other insurance providers, there is no excess on the policy – meaning you wouldn't have to pay the first part of the claim.

For more information, call Thistle My Home on **0345 450 7288**, or by email at **MyHome@thistleinsurance.co.uk**
More information at this website address:
<https://www.thistlemyhome.co.uk/>

Befrienders service

Link' readers will recall that earlier in the year a number of people were awarded certificates for having completed their training to be befrienders.

The befrienders service is run by Oluwatoyin (Toyin) Balogun, HHT's Support Services Officer for Abyssinia Court.

These volunteers can visit people, normally once a week, to chat and catch up on how they are doing, providing a very important link to the outside world, and regular companionship.

The befrienders are trained in skills such as listening, empathic understanding, boundaries, safeguarding, confidentiality and self-disclosure.

Anyone wishing to have a befriender visit them should contact Toyin at Abyssinia Court (see back page for contact details), and she will look to match you up with one of the befrienders for a weekly visit. If you yourself would like to become a volunteer then contact Toyin and she will tell you how the process works.

Winter wordsearch



See if you can find all the words in this Winter-themed wordsearch

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

CHRISTMAS
COLD
DECEMBER
FESTIVE

FIREPLACE
FROST
GLOVES
HIBERNATE

ICE SKATING
JANUARY
SNOWFLAKE
SNOWMAN



*You are invited by Hornsey Housing Trust
to share in our*

Christmas celebration

*at the Hornsey Moravian Church,
Priory Road, London, N8 7HR*

No charge for tenants

Join us on

Wednesday the 12th December 2018

From 1:00pm to 4:30pm

*Please let the Trust know if you need assistance
to get to the venue.*

*It will be a traditional Christmas menu with a
vegetarian alternative.*

*Please note photographs will be taken for publicity purposes such as the Link –
please inform a member of staff if you do not wish to be photographed on the day.*

Christmas tips

If you are cooking a Christmas meal make sure you give yourself enough time and plan it properly. Rushing cooking can lead to accidents.

Christmas can be a time when people overspend so it's important to give yourself a budget and make sure you can stay within your means.

Find some good recipes for making the most of your Christmas leftovers – if you have a computer there are a lot of recipes available online. And maybe you have one of your own that you can pass on to others.

Make sure you have a pair of scissors handy to open any presents!

If you are putting up decorations in your home, make sure to keep them well away from heat sources such as light fittings, radiators and so on. Make sure your smoke alarm is working.

If you are lighting any candles make sure to put them out before going out or going to bed, and don't put them on your Christmas tree if you have one.

Jackson's Lane on Christmas Day

Jackson's Lane is once again opening its doors on 25 December to host a Christmas meal for older and disabled people in the area, who would otherwise be spending Christmas Day alone.

Guests arrive through the generosity of volunteer drivers and enjoy a hot Christmas meal, a drink or two, some fantastic entertainment, gifts, and a visit from Santa!

They have been holding this Christmas Day event for over 40 years, and the day is entirely volunteer-led.

If you would like to go to Jackson's Lane on Christmas Day, the details are:

Jackson's Lane
269a Archway Road
London N6 5AA
General Enquiries: 020 8340 5226

If you are interested in volunteering on Christmas Day 2018, please email christmas@jacksonslane.org.uk to register your interest.

JACKSONS LANE

Black History Month event

*By Oluwatoyin Balogun,
Support Services Officer for
Abyssinia Court*

Tenants of HHT attended a Black History Month Event that took place in November at Barnet African Caribbean Association (BACA).

Tenants from Abyssinia Court, Palm Tree Court, Margaret Hill and Olive Tree enjoyed a lovely day at BACA where they were treated to a three-course meal and various entertainment. Ping Wing, a comedian/singer, came to perform for us, plus a street dancer, and to work off our food we had an exercise class, with beautiful songs to end the day, sung by one of their staff.

A day in the life of...



Gary Martin

Universal Credit & Benefits Specialist

I started working for the Trust on the 9th July, primarily to help tenants with welfare benefits. Welfare reform is ongoing, but not always in what I would consider the right direction! Living in Walthamstow, it is not a bad journey in, routinely arriving just after 8am. This gives me time to settle in before the day starts in earnest.

The main focus of my role is on trying to ensure all tenants receive their correct benefit entitlement and are able to pay any charges unmet by benefits.

I know many of you may have heard about Universal Credit. It's important to know that this is a welfare reform for working age people only. So those over pension age need not panic! I've welcomed the opportunity to reassure some of you that you would not be affected, as you are over pension age. I want to make sure all tenants are able to pay their rent, and sustain their tenancies.

Some tenants may require much more hands-on support than others, as time allows, I have not yet met and assessed all tenants, but it is on my to-do list. Some people are concerned over the benefits system itself, and its complexity. I have managed to identify a fair few who

have not been getting their correct entitlement, and we have completed forms to make this happen, the system can be frustrating but we will get there.

The Trust has properties across the borough of Haringey, so travel takes up time, but it's good to get out and meet tenants to see first-hand how they cope, day to day. This also helps me to identify those missing out on benefits or other entitlements. I am also happy to take phone calls, and requests for information. If when you call you can be ready with details of your income and situation, I can gain a better understanding of how I may be able to help, or refer you on to a place of support where necessary.

We are a small team, and receive tons of phone calls each day, as well as tenants coming in to see us. So part of my role involves answering calls, and helping people at reception.

Overall, Hornsey Housing Trust aims to support tenants and their health and wellbeing, with a range of services which many other social housing providers do not provide. Long may that continue!

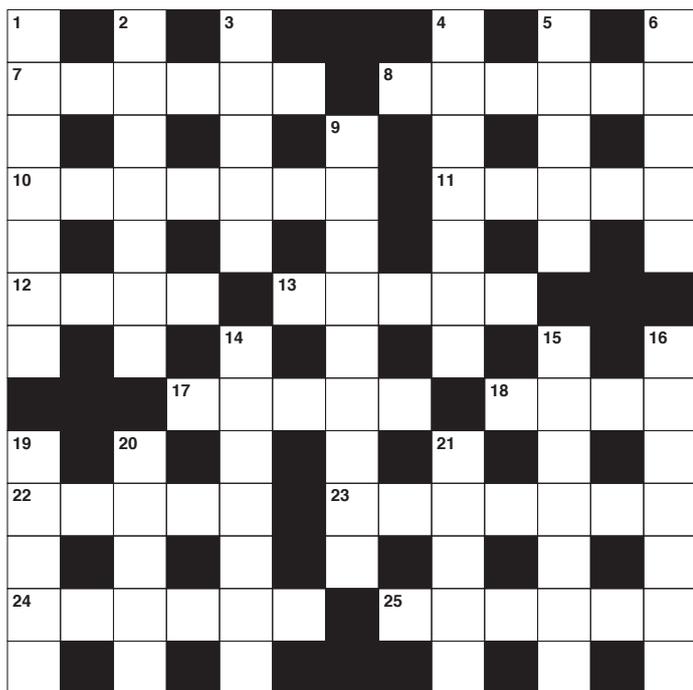
Solutions to the puzzles on pages 4 and 8

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

4	8	6	3	2	9	5	7	1
9	1	5	6	7	4	3	2	8
2	3	7	1	5	8	6	4	9
7	2	8	4	6	1	9	3	5
3	5	1	2	9	7	4	8	6
6	9	4	5	8	3	2	1	7
1	6	9	7	3	2	8	5	4
5	4	2	8	1	6	7	9	3
8	7	3	9	4	5	1	6	2

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

Crossword



Across

- 7 The boss at a newspaper (6)
- 8 Formal assessment (6)
- 10 Raise an ____ : show surprise (7)
- 11 Electronic message (5)
- 12 Military unit (4)
- 13 Exit (5)
- 17 Annoyed (5)
- 18 Heap (4)
- 22 Dramatic musical work (5)
- 23 A precise point in time (7)
- 24 Small in degree (6)
- 25 Brawn; strength (6)

Down

- 1 Experienced serviceman (7)
- 2 Difficult choice (7)
- 3 Fret (5)
- 4 Merit (7)
- 5 Direct competitor (5)
- 6 Increase in size (5)
- 9 Possession of (9)
- 14 Respire (7)
- 15 Provide money for (7)
- 16 Therein (anag) (7)
- 19 Small rodent (5)
- 20 Start (5)
- 21 A point in question (5)

Sudoku

4	8		3		9		7	
9	1						2	8
2		7	1					
		8			1			
3				9				6
			5			2		
					2	8		4
5	4						9	3
	7		9		5		6	2

Solutions to the puzzles are on page 7

Staff

- **Alwyn Lewis** – Chief Executive
- **Jonathan Steinberg** – Finance Director
- **Phil Johnson** – Housing Services Manager
- **Lesley Sullivan** – Property Services Officer
- **Darren Eade** – Temporary Financial Controller
- **Samantha Scantlebury** – Finance Officer
- **Mark Dibblin** – Asset Manager
- **Barbara Moore** – Housing Support Coordinator
- **Carla Pedwell** – Corporate Services Manager
- **Maria Reyes** – Housing Officer
- **Gary Martin** – Universal Credit & Benefits Specialist
- **Solange Spyriadis** – Housing Support Officer

Support Services Officers

- **Oluwatoyin Balogun** – Abyssinia Court
- **Rexford Godfrey** – Margaret Hill House
- **Indje Shahin** – Olive Tree House
- **Petula Quamina** – Palm Tree Court/Sheba Court

Contact Hornsey Housing Trust

Telephone: 020 8340 6374
 (Office 9am – 5pm weekdays)
Fax: 020 8341 1134
E-mail: admin@hornseyht.co.uk
Web: www.hornseyht.co.uk

Don't forget we have a 24-hour, 7-days-a-week Emergency Repairs service – call 020 8340 6374 at any time if you have an emergency repair to report

Other useful numbers

Haringey Housing and Council Tax benefits
 020 8489 2800

Gas leaks (National Grid)
 0800 111 999 (24hours)

Noise nuisance (Haringey Council)
 020 8489 1000 (9:00am – 17:00pm)
 020 8348 3148 (17.01pm until 08.59am)

Crime stoppers
 0800 555 111

Rubbish and recycling (Veolia)
 020 8885 7700

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