



BRIGHTON & HOVE
SEASIDE COMMUNITY
HOMES

Spring 2022 Newsletter



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If you have any comments, news stories or items you would like to see included in this newsletter, please email: info@seaside-homes.org.uk

Or phone: 01273 732061
and speak to a member of the team



Furniture recycling

BHCC's Estate Services team runs a furniture recycling project to help tenants in need. Last year the team provided more than 180 items, ranging from tables to fridges

The team welcomes donations of unwanted furniture and household items in good condition. Beds and mattresses are particularly needed.

If you have unwanted furniture which could help someone else, please call **01273 294769**.

Have you got a new email address or mobile number?

Let us know:

Tel: 01273 732061

Email: info@seaside-homes.org.uk





Latest News

Revaluit

Brighton & Hove's "pay-what-you-can" shop for refurbished electricals

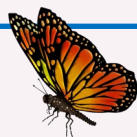
The stock has all been donated for reuse by the community through RevaluElectricals collection scheme, data erased and repaired by the fantastic team and volunteers from Tech-Takeback

12 Pavilion Parade

Brighton, BN1 1EE

Open Wednesday to Saturday

9am to 5pm



Keen to discover local wildlife?

People are being encouraged to spot and record nature on our doorstep as part of an international event called the **City Nature Challenge**.

You can get involved by using a smartphone app to record wildlife from 29 April to 2 May. For details visit www.thelivingcoast.org.uk/project/city-nature-challenge

Locally, City Nature Challenge is organised by University of Brighton, University of Sussex, The Living Coast and South Downs National Park.

Help with energy costs

With household energy bills likely to rise significantly this year, many people are understandably worried about fuel costs.



Heating your home to at least 18°C (65°F) is important for your health and immune system, especially if you are 65 or over, have reduced mobility, or an existing health condition such as heart or lung disease.

The government has announced that households in Council Tax Bands A to D will receive £150 towards increased fuel costs.

The one-off payment is likely to be made in April or May, but we're still finalising details of how the scheme will work.

Later in the year, energy companies will also give households a £200 credit, repayable over 5 years in £40 instalments. This will be administered by the energy companies.

There's more advice on what support you might be eligible for at:

www.brighton-hove.gov.uk/help-with-fuel-bills



Disabled person's bus passes

A reminder that if you have a disabled person's bus pass, it can now be used any time, seven days a week, on Brighton & Hove Buses, Big Lemon, Compass Travel and Stagecoach services in the city.

To find out more, visit www.brighton-hove.gov.uk/disabled-persons-bus-pass or call 01273 291924.

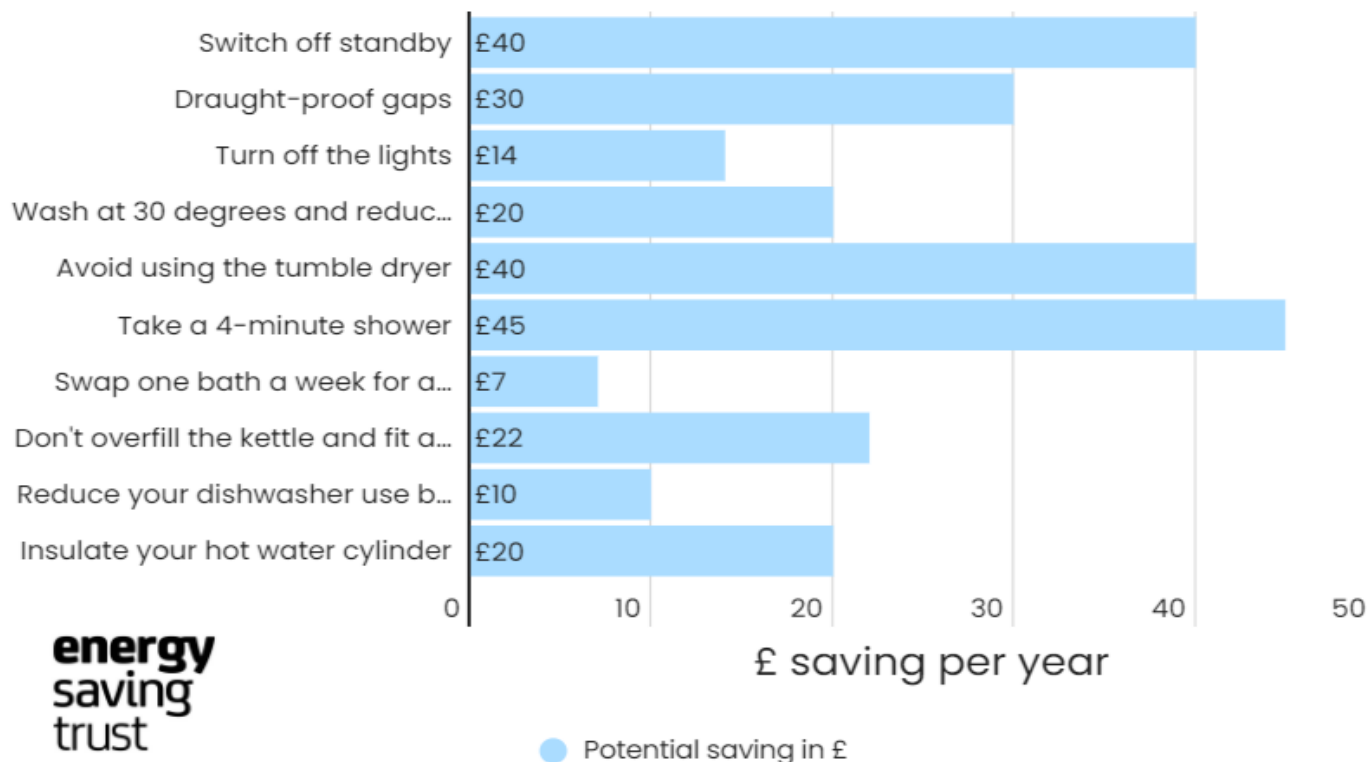


With energy bills at their highest level in years, we all need to consider how we can save money. The Energy Saving Trust have put together the top 10 tips to help you reduce your bills.

For full details visit: www.energysavingtrust.org.uk

How much could you save?

Add up the potential £££ savings available for each energy saving action.



You could also consider switching energy supplier—Energy Saving Trust advise:

If you're looking to switch energy supplier, there are many energy comparison websites available. We recommend using the [Citizen Advice Bureau's Comparison Tool](#) to find the best energy deal.

If you don't have internet access, you can phone the Citizens Advice Bureau on 03454 040506, and they will send you a factsheet with the deals available in your area.

To make sure you get the best deal, you'll need to have the following information to hand:

- The name of your current supplier.
- The name of your current tariff (this will be on your bill).
- The amount of energy you use.
- How you currently pay, and how you would like to pay with a new supplier.
- Your postcode.



LOCAL ENERGY ADVICE
PARTNERSHIP

☎ Freephone 0800 060 7567
✉ support@applyforleap.org.uk

LEAP offers eligible residents free home visits from a local, friendly and qualified Home Energy Advisor to help you save money and keep your home warm. They will:

- Check energy tariffs and help with switching to save money
- Install free, simple energy saving measures, such as lightbulbs and draught-proofing
- Give practical advice on heating systems and saving energy
- Arrange a free money advice consultation to help with benefits, debt and other money problems
- Make referrals for additional energy-saving home improvements, such as loft insulation or a new boiler.

Applying for (or referring others to) the service is quick and easy. It's available to homeowners, private renters and social housing tenants who meet any of the following criteria:

- have a low income
- receive tax credits
- receive housing benefit
- receive an income or disability related benefit
- have a long term illness or disability



LEAP -
The Energy and Money
Saving Service

If you, or someone you know, is living in or at risk of fuel poverty, apply now:

LEAP can also refer you to Heart (Home Energy Appliance Replacement):



We are here to support fuel poor and vulnerable households through the replacement of old, inefficient fridges, fridge/freezers, washing machines and cookers with modern, efficient alternatives.
info@applyforheart.org.uk

HEART works mainly with charities that support fuel poor and vulnerable households.

These charities can help qualifying households to replace old and inefficient appliances (typically appliances will be at least eight years old).

Referrals will also be taken from existing [LEAP Local Authority](#) partners, [Connect for Help](#) and from energy company funding partners.



Seaside Homes properties are managed by the Temporary Accommodation Team at Brighton & Hove City Council as is the repairs and maintenance service for your home.

Based on the information provided by our Managing Agents, here is a summary of performance during quarter 3 of 2021/22



40 Properties Re-let during Quarter 3



97.22% Rent Collection Quarter 3



473 Repairs completed to date 2021/22

BHCC REPAIRS UPDATE

In order to address the large backlog of repairs the Council have taken on additional tradesmen.

Despite this there is still a backlog of repairs due to the impact of the pandemic which will take some time to clear. The Council are prioritising repairs around safety issues, those that have a significant impact on residents and those likely to cause damage to properties.

You can report a repair by:

Phone: 01273 294409 or 0800 052 6140

Or by using the online form at: www.brighton-hove.gov.uk/repairs

Tackling Anti-social behaviour together

Anti-Social Behaviour – Report it to sort it!

What is Anti-Social Behaviour?

Anti-social behaviour can be any action likely to cause harassment, alarm or distress.

It could include unruly or drunken behaviour, threatening or abusive language, graffiti, criminal damage, noise pollution, Drug and alcohol misuse/abuse, Neighbour Intimidation, off road bike and vehicle annoyance, Racist / Homophobic behaviour / harassment or other relevant crime.

Reporting Anti-Social Behaviour

If you are harassed or victimised, if antisocial behaviour is affecting your quality of life or making you fear for your safety or the safety of others, contact your local Neighbourhood Policing Team or local police station directly and report it by **calling 101**.

If the situation is an emergency (if someone's life or health is threatened) **call 999**.

All complaints are treated as confidential under the Data Protection Act, so you don't have to worry about your identity being revealed.



Gas servicing: Did you know it is a legal requirement for us to service your gas boiler once a year?

Gas servicing is vital to keep you safe. It is so important for your safety that it was one of the internal maintenance tasks we were able to maintain throughout lock down.

Even though the service is due annually, we will get in touch with you before the renewal date. We do this to make sure we can get access and allow time should any repeat visits or parts be needed.

Please don't ignore the requests from us to book in this ESSENTIAL work. We have to ensure this is done. As the renewal dates gets closer we may have to force entry to the property to meet our legal obligations and service the boiler. So please help us help you by booking in your gas service when you get the letter.



Get Involved

Did you know that Seaside runs both a Decorating and Gardening Scheme for tenants?

Whilst it's your responsibility to maintain your home, we appreciate that this can be difficult for a variety of reasons. This may be your first home and you simply lack the necessary tools or you are living on a budget and can't afford the additional expense.

Both our decorating and gardening scheme offers two options;

Option 1: B&Q decorating vouchers or garden hand tools for those who can carry out the work themselves.

Option 2: For those tenants who are physically unable to do the work and have nobody who can do it for them, we offer assistance to get works done.

Full details about both schemes can be found on the website:

www.seaside-homes.org.uk
or call: 01273 732061 and talk to a member of the our team



Seaside SMS Alerts

All the latest news and courses from Seaside direct to your mobile. Select what you want to hear about and we will only send you information on the categories you request. Plus you can change your mind at any time

- Training Courses
- Kids Activities
- FREE Monthly Prize Draw
- Money and Benefits Advice
- BAME
- Disability Matters
- 50+ Activities and Training
- Virtual Panel
- Teens Stuff

To find out more visit: www.seaside-homes.org.uk/sms-alerts/



Sahaja Yoga Meditation ^{UK}

FREE Meditation

Cornerstone Community Centre

Tuesdays 8pm to 9.15pm.

Call: 01273 202610 for more details

Brighton & Hove Healthwalks

Brighton & Hove Healthwalks provide a program of 18 free weekly walks in locations across Brighton & Hove and the surrounding countryside.

The healthwalks are short, social walks with an emphasis on improving health and making new friends. 80% of people who take part say that it has benefitted their physical or mental health and a third say it has helped with an existing health condition. Over 90% say they have made new friends

For full details contact the Healthy Lifestyles Team on: **01273 294589** or email:

healthylifestylesteam@brighton-hove.gov.uk



Pilates—Chair Based

Cornerstone Community Centre

Fridays 11.15 to 12.15pm



Patching Lodge

Thursdays 12.30 to 1.30

or 2.00 to 3.00pm

For more details contact John on:

07730 008737

Email: johnrignell@yahoo.co.uk

Cost: £2

Ping & Short Tennis 50+

Wednesday 10.30 to 12.00pm

King Alfred Leisure Centre

Contact: 01273 294589

Cost:

£2 for 1 hr

£2.50 for 1.5 hrs





Get out and about this Spring

**FREE or low-cost events taking place
this April to June 2022**

Emmaus Spring Fair

Saturday 9th April 2022

Brighton Marathon Weekend

8th to 10th April 2022

Cadburys Easter Egg Hunt Devils Dyke

Friday 15th to Monday 18th April 2022

Festival Funfair—The Level

From 28th April to 8th May 2022

Brighton Festival Children's Parade

Saturday 7th May 2022

Historical Commercial Vehicle Run

Sunday 8th May 2022

London to Brighton Mini Run

Sunday 15th May 2022

Brighton Carnival

Saturday 11th June 2022

Can I claim Attendance Allowance?

Attendance Allowance is available to people over state pension age who would benefit from help with washing, dressing, or eating, due to a serious illness or disability. If you get giddy when you have a shower, take a long-time dressing, or perhaps need lightweight saucepans because you find it difficult to lift anything heavy, then this allowance might be worth a look.

The benefit is not means tested and it's not necessary for you to be receiving assistance already. There's also no need for anyone to visit you at home - if you would benefit from support, then you meet the criteria.

You need to complete a form to claim attendance allowance which can be downloaded via the gov.uk website: www.gov.uk/government/publications/attendance-allowance-claim-form

Nobody likes filling in forms, but it's important they are done correctly to give you the best chance of success. Both Age UK and the Citizen's Advice Bureau offer great advice and tips on how to complete the forms on their websites, and you can also call a helpline for free on 0800 731 0122 or textphone using 0800 731 0317.

MONEY MATTERS



Wave Community Bank (Formerly the East Sussex Credit Union) is a local not-for-profit co-operative that benefits the local community.

Wave offers savings schemes, cost-effective flexible loans and basic bank accounts to anyone living in East Sussex.

Contact Wave on: 0300 303 3188 or by email: info@wavecb.org.uk

When claiming Universal Credit paying the rent will be your responsibility.

You may be used to the council paying your Housing Benefit direct to your rent account. If you are entitled to UC your payment will include your housing costs, **you will be responsible for ensuring your rent is paid in full.**

If you think you might struggle to adjust to receiving your benefit payment on a monthly basis, in arrears, you can find out how prepared you are for UC on gov.uk or by talking to a work coach at the Department of Work and Pensions.

After making your initial claim, it will take at least six weeks for you to receive your first Universal Credit payment. When required, **it is important to claim UC immediately as benefit will be awarded from the date you complete your claim.** The quicker you claim, the quicker you will receive your first payment.



TRAINING & DEVELOPMENT

Our Tenant Engagement Team are always on the look out for free and low cost training courses and other activities in the local area. If you would like to hear about upcoming opportunities why not sign up to our SMS alert service, www.seaside-homes.org.uk/smsalerts/, and we'll text you as and when they come up! Here are just a few courses that are due to start soon:

CV & Interview Skills Workshop

25th & 26th April 2022

4pm to 8pm

Adult Education Hub

Top Floor, Tarner Childrens Centre

Ivory Place

Brighton

<https://adulthoodeducation.brighton-hove.gov.uk>

Tel: 01273 292828

Email: AEH@brighton-hove.gov.uk

Food Foundations Community Cookery Class 13th April to 4th May 2022

Wednesdays 10am to 1pm

The Community Kitchen

Queens Road

Brighton

[Food Foundations – Community cookery course – Brighton and Hove Food Partnership \(bhfood.org.uk\)](#)

Tel: 01273 234810

Email: tash@bhfood.org.uk

Get Started in Office Work 27th June to 1st July 2022

9.30am to 2.30pm

Adult Education Hub

Top Floor, Tarner Childrens Centre

Ivory Place

Brighton

<https://adulthoodeducation.brighton-hove.gov.uk>

Tel: 01273 292828

Email: AEH@brighton-hove.gov.uk

Opening Doors

Free short courses for jobseekers

If you're aged 19+ and the following criteria apply, you qualify for one of the free Opening Doors programmes.

- Unemployed and in receipt of means tested benefit
- Employed and earning less than £17,374.50 annual gross salary

For full details email:

OpeningDoors@gbmc.ac.uk

If you would like to apply for funding assistance to attend a training course or other activity, call the tenant engagement team on: **01273 732061** or find out more details by visiting:

www.seaside-homes.org.uk/newpossibilitiesprogramme

Top fridge tips

Follow these simple storage tips to help keep foods, including leftovers, fresher for longer and reduce the risk of contamination.

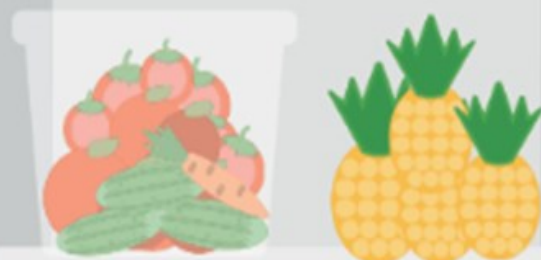
Top shelf

The top shelf is for ready-made foods, or anything containing eggs or cream. Always remember to keep food covered. If you are defrosting meat, make sure that the meat is covered and kept on the bottom shelf, separate to everything else.



Middle shelf

The second shelf should be fruits and vegetables, which can be placed on the shelf as long as they aren't covered in dirt. Any veg that is naturally covered in dirt (potatoes, onions, swede) should be kept in a cool, damp place, preferably away from other veg, as the dirt carries a serious risk of cross contamination with other veg that may be eaten raw.



Bottom shelf

The bottom shelf should contain the raw meat which should always be stored in a container or wrapped and kept away from other foods. It's much easier to clean a container than to mop up leaks from raw meat from the bottom of the fridge.



Healthy recipes



Prep: 10 mins



Easy



Serves 4

Cook: 10 mins

Parmesan spring chicken

Ingredients

1 egg white

5 tbsp finely grated parmesan

4 boneless, skinless chicken breasts

400g new potatoes , cut into small cubes

140g frozen peas

good handful baby spinach leaves

1 tbsp white wine vinegar

2 tsp olive oil

Method

STEP 1

Heat grill to medium and line the grill pan with foil. Beat the egg white on a plate with a little salt and pepper. Tip the parmesan onto another plate. Dip the chicken first in egg white, then in the cheese. Grill the coated chicken for 10-12 mins, turning once until browned and crisp.

STEP 2

Meanwhile, boil the potatoes for 10 mins, adding the peas for the final 3 mins, then drain. Toss the vegetables with the spinach leaves, vinegar, oil and seasoning to taste. Divide between four warm plates, then serve with the chicken.

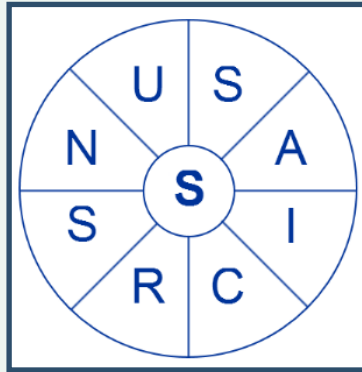


Recipes courtesy of: bbcgoodfood.com

Make a cuppa, put your feet up and get your thinking cap on!



This Spring themed word wheel is made from a 9 letter Spring themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter S.



WORDSEARCH



- Bellflower
- Carnation
- Daisy
- Jasmine
- Peony
- Sunflower
- Marigolds
- Lavender
- Aster
- Dahlia
- Allium
- Ginger
- Heather
- Iris
- Orchid



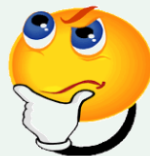
S	U	N	F	L	O	W	E	R	Y	W	E	A	F	D
L	T	S	G	D	L	V	X	G	F	O	S	G	H	A
J	G	J	U	M	H	K	M	K	V	T	Y	K	P	I
X	I	E	V	A	E	B	S	T	E	U	B	F	D	S
V	N	W	P	R	A	H	X	R	A	P	L	U	I	Y
K	G	O	Z	I	T	Z	W	P	D	F	X	O	H	U
G	E	A	B	G	H	J	D	A	H	L	I	A	C	E
R	R	S	U	O	E	Y	F	P	X	D	W	S	R	I
E	I	J	H	L	R	C	A	R	N	A	T	I	O	N
D	M	A	R	D	P	I	Q	T	O	L	K	P	D	Q
N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

Easy

Sudoku Challenge

Medium

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



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

Countries of the World Word Scramble

- kednmar _____
- cioemx _____
- zARBil _____
- hcian _____
- ainid _____
- adnaac _____
- tgfaisaahnn _____
- nartegina _____
- gedlna _____
- trucky _____
- ocbdmaia _____
- cdeilna _____
- afrcne _____
- eknya _____
- helci _____
- naeetlshnrd _____
- ornyaw _____
- eiringa _____
- wdseen _____
- pjaan _____



Find the 12 differences between the two pictures below.



Seaside's properties are managed by Brighton & Hove City Council's Temporary Accommodation Team. As our managing agents, they are your first point of contact:

Temporary Accommodation Team:

01273 294400 then select one of the following options:

Housing Officers:

Option 4, then option 1

Credit Control Team:

Option 3

Anti-Social Behaviour:

Option 4, then option 2

Other Useful Numbers

BHCC repairs Helpdesk

0800 052 6140 or

01273 294409 (landline)

www.brighton-hove.gov.uk/repairs

Noise Nuisance

01273 294266 or

01273 293541 out of hours

Adaptations (Access Point)

01273 295555

Citizens Advice Brighton & Hove

0300 330 9033

Moneyworks Brighton & Hove

01273 809288 or 0800 988 7037

For more information about Seaside Homes, training and events, getting involved and lots more, visit our website:

www.seaside-homes.org.uk

What to do if your energy supplier goes bust

If your energy supplier has gone bust, you will be contacted by Ofgem and they will nominate a new supplier. To help we've noted below what will happen

1. Take a meter reading, sit tight and don't switch suppliers

You can cancel your direct debit if you want to. You will continue to move to your chosen supplier if you already have a switch in progress.

2. Wait for Ofgem to appoint a new supplier.

You don't need to do anything. Your supply won't be disrupted and it should only take a few days. Ofgem's safety net will protect your supply and any money you have paid into your account if you are in credit.

3. When the new supplier contacts you.

Ask to be put on their cheapest tariff or shop around and switch if you want to. You won't be charged exit fees.

You can find further information on Ofgem's website including lots of frequently asked questions and a list of recent supplier exits and take over suppliers.

<https://www.ofgem.gov.uk/information-consumers/energy-advice-households/what-happens-if-your-energy-supplier-goes-bust>

How to report a racist incident

If you have experienced or witnessed a racist incident, you can report it to:

Community Safety Team Report incidents online at www.brighton-hove.gov.uk/asb or call **01273 292735** to speak to a community safety caseworker during office hours

Sussex Police In an emergency dial **999**
If it is not an emergency, contact the police on **101**

You can also email the police at contactcentre@sussex.pnn.police.uk or report online at www.sussex.police.uk

