



YOUR HOUSING NEWSLETTER

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BE KIND TO YOUR MIND



It's natural to be feeling particularly low in light of the recent lockdown announcement. Mind have put together some great tips on looking after your mental health over the coming weeks; [click here](#) to read them.

IT TUTORIALS - WHAT DO YOU WANT TO LEARN?



As we find ourselves facing continued restrictions, the importance of technology in keeping us socially connected is becoming increasingly clear. To support residents who may not feel comfortable using their devices or the internet, we hope to produce short and easy IT videos for complete beginners.

But we need your help to get an understanding of what you need or would like to learn about! Please let us know by [filling in this quick survey](#).

FREE ACTIVITIES & COURSES

VIRTUAL COFFEE MORNING



Everyone is welcome to join this Coffee Morning for a friendly chat in a relaxed setting. You can come alone or join with someone you know!

Date: Monday 18 January

Time: 11am

Location: Zoom

[Click here to join the Coffee Morning](#)

ONLINE ACTIVITY SESSIONS FOR KIDS



If you're wondering how to keep the kids entertained in January, why not book onto these free online activity sessions? Children are encouraged to have a go at cooking, find out why it's important to eat a balanced diet and join in easy and fun workout sessions.

[Click here](#) to find out more information or phone 01634 333 741/ email change4life@medway.gov.uk to register your interest.

FITFIX FOR TEENAGERS



This friendly and relaxed weekly online group supports young people to break unhealthy food and drink habits and to be more active. Our leaders focus on helping young people to build up their confidence.

[Click here](#) to find out more information or phone 01634 333 741/ email change4life@medway.gov.uk to register your interest.

HEALTHY WAY ADULTS COURSE



Increase your confidence in making small changes that will make a big difference to your health with Healthy Way, a friendly and relaxed 12 week online course.

Start Date: Wednesday 27 January
Time: 10:30am - 11:30am

[Click here](#) to find out more information or phone 01634 334814/ email healthyway@medway.gov.uk to register your interest.

ORIGAMI TULIP MAKING



A relaxing free lunchtime workshop! Learn to create a paper origami tulip, perfect as a Valentine decoration and a few grouped together look great as a table centre.

Date: Thursday 4 February

Time: 12:30pm - 1pm

Location: Zoom

[Click here to enrol](#)

POP-UP VALENTINES CARDS



A relaxing and creative free lunchtime workshop! Learn to create a great pop up card, ideal for Valentines day or any other occasion.

Date: Thursday 4 February

Time: 1:15pm - 1:45pm

Location: Zoom

[Click here to enrol](#)

2021 CENSUS



Households across Medway will soon be asked to take part in the nationwide survey of housing and the population. Information from the digital-first census will help decide how services are planned and funded in your local area, like doctors' surgeries, housing or new bus routes.

Households will receive a letter with a unique access code in the post, allowing them to complete their questionnaire online. Paper questionnaires will be available on request. For more information, [click here](#).

TOP SAFETY TIPS FOR SMOKERS

Breathing in other people's cigarette smoke is called passive, involuntary or secondhand smoking. More than 80% of cigarette smoke is invisible and odourless.

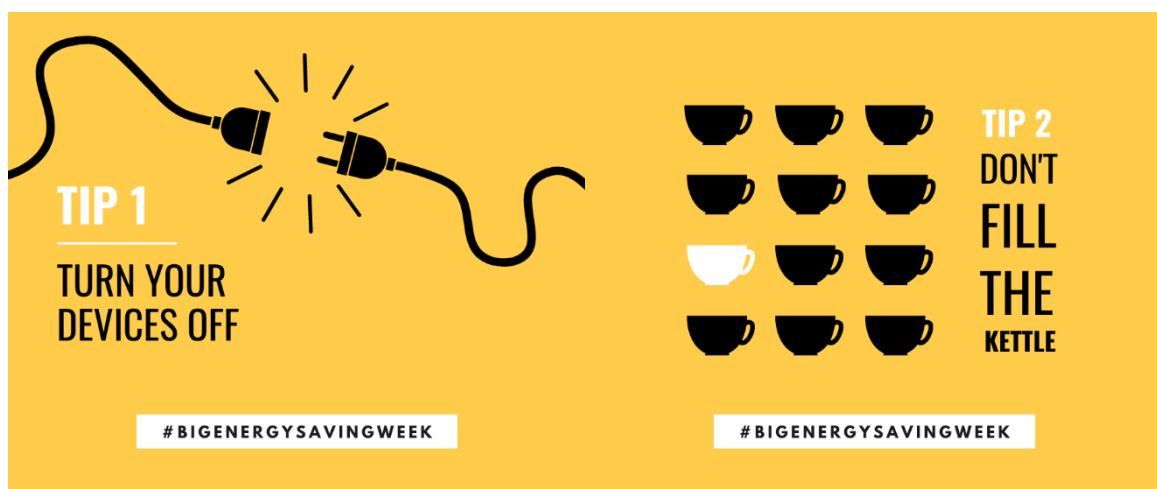
So no matter how careful you are, those around you still breathe in over 4,000 harmful poisons. If you're a smoker, the Kent Fire & Rescue Service can support you with safety in your home.

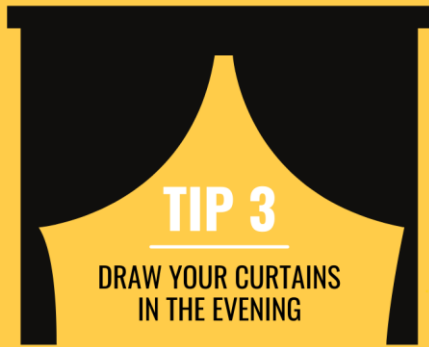
- 1) Avoid smoking indoors – keep an umbrella, raincoat and wellies by the door so there are no excuses for people not to smoke outside even if it's raining.
- 2) Ask visiting smokers to smoke outside with the door closed behind them, making sure nearby windows are also closed.
- 3) Always use a proper ashtray and fully stub out cigarettes. member never use
- 4) Keep matches and lighters out of the reach of children.
- 5) If you have an oxygen aid – always remember never use your oxygen near a naked flame, including all forms of smoking and e-cigarettes, gas and electric cookers.

Kent Fire & Rescue Service invite you to complete [this questionnaire](#) to help them in developing a fire safety campaign.

8 ENERGY SAVING TIPS

Making small changes around your home can make a big difference to the amount of energy you consume. We are sharing some simple energy saving tips for Big Energy Saving Week, which falls on 18 - 24 January. [Click here](#) for more energy saving advice.





TIP 3

DRAW YOUR CURTAINS
IN THE EVENING

#BIGENERGYSAVINGWEEK



TIP 4

DON'T HEAT ROOMS
YOU AREN'T USING

#BIGENERGYSAVINGWEEK



TIP 5

DEFROST YOUR
FRIDGE &
FREEZER
REGULARLY

#BIGENERGYSAVINGWEEK



TIP 6

CHECK YOUR

THERMOSTAT SETTINGS

#BIGENERGYSAVINGWEEK

TIP 7

PUT A
LID
ON YOUR
SAUCEPAN



#BIGENERGYSAVINGWEEK

8 TIP

DRY YOUR
CLOTHES

ON A LINE

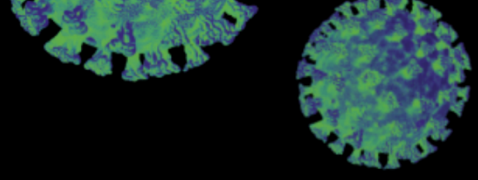



#BIGENERGYSAVINGWEEK

CRISIS GRANT SCHEME

Citizens Advice Medway is operating the COVID Crisis Grant Scheme for those in financial difficulty as a result of the pandemic. For more information or to apply, [click here](#) or call 01634 383760 between Monday and Friday.

COVID VACCINATION SCAM



GOV.UK/coronavirus

Beware of Scammers

Criminals are using the COVID-19 vaccine as a way to target vulnerable people by tricking them to hand over cash or financial details.

The NHS will never ask for this, vaccines are free.

Beware of: Fake text messages claiming to be from the NHS, asking for your bank details and social media messages offering to send you self-injection vaccines for a fee.

Speak up about fraudsters abusing COVID schemes.
Stay 100% anonymous by contacting Crimestoppers online
covidfraudhotline.org or phone 0800 587 5030.

The NHS will:

NEVER ask for payment - the vaccine is free

NEVER ask for your bank details

NEVER arrive unannounced at your home to administer the vaccine

NEVER ask you to prove your identity by sending copies of personal documents such as your passport

If you need to contact your Housing Officer, call the Duty Line on 01634 333344.

If you are struggling with finances, contact the Welfare Reform team on 01634 333344.