



YOUR HOUSING NEWSLETTER

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GROW AT HOME

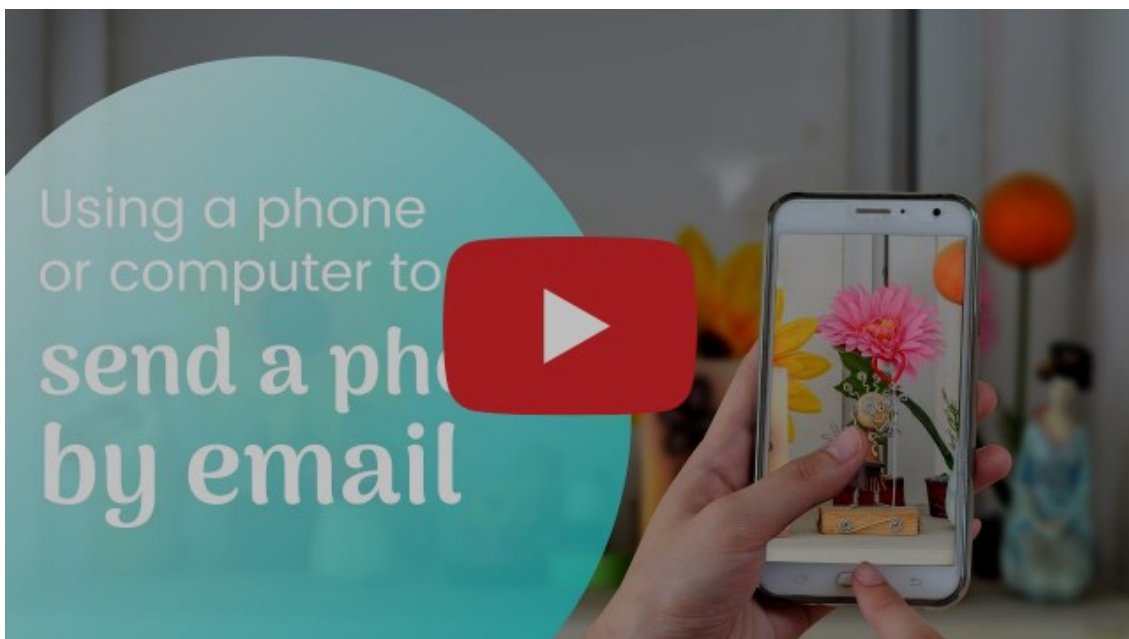


Growing your own plants or vegetables can be a rewarding and uplifting experience. Spring is here, and it's the perfect time to bring some colour to your home!

We've teamed up with Kent Wildlife Trust to offer Medway Housing residents **FREE** seed packets of your choice along with easy planting instructions to get you growing. To register your interest, [email us](#) or call 01634 3337533.

Make sure to share your progress pictures with us along the way and use the hashtag #GrowAtHome on social media!

IT TUTORIAL: SENDING A PHOTO BY EMAIL



Did you find this video helpful? Let us know whether or not you find these videos useful and whether that we should keep creating them. We don't know without your feedback! [Email us.](#)

ESTATE INSPECTION UPDATES

Our estate inspections monitor the condition of housing estates for our residents. The latest estate inspection results are out now! How did your area fare? You can see the inspection results [here](#).

We are also pleased to announce that residents will be able to attend estate inspections again from 17th May! All residents must adhere to social distancing and wear a face covering.

ESTATE CLEANING SURVEY RESULTS

Thank you to everyone who took the time to complete our Estate Cleaning Survey. We will be using all your feedback to work with Norse to look for any areas to develop the service. You can see the results below



85%

we were satisfied with the service



89%

said that cleaning was completed on the expected day



90%

said that the stairs were swept and mopped



87%

said that the handrails and banisters were cleaned



88%

said that the bin areas were clean and tidy

FREE ACTIVITIES & COURSES

LUNCHTIME YOGA

Take some moments to strengthen and mobilise gently and at the pace which suits you. Sessions are accessible for beginners of those with previous experience.

Date: 26th April - 7th May (5 sessions)

Time: 12:00pm - 12:30pm

Location: Zoom

Cost: Free

[Click here](#) to enrol

SASHIKO SEWING

Learn and enjoy creating Sashiko, a traditional Japanese hand-stitching/ embroidery technique, by enrolling on this free course!

Dates: 27th April - 13th July (12 sessions)

Time: 6:30pm - 7:30pm

Location: Zoom

Cost: Free

[Click here](#) to enrol

LUNCHTIME DOODLE ART

Learn to create simple patterns that build into something beautiful, and make doodle part of your daily self-care.

Dates: 28th April - 26th May (5 sessions)

Time: 12:00pm - 12:30pm

Location: Zoom

Cost: Free

[Click here](#) to enrol

JAPANESE LANGUAGE

Learn to speak basic Japanese for practical situations! Your lessons will focus on different themes each week and practising between sessions will help to develop your speaking skills.

Dates: 28th April - 14th July (12 sessions)

Time: 7:00pm - 8:00pm

Location: Zoom

Cost: Free

[Click here](#) to enrol

LUNCHTIME PILATES

Join us for a short pilates session designed to stretch and strengthen and help improve your mind-body awareness.

Dates: 29th April - 27th May (5 sessions)

Time: 12:00pm - 12:30pm

Location: Zoom

Cost: Free

[Click here](#) to enrol

ORIGAMI CRAFT

Learn and enjoy origami, a traditional Japanese paper craft making, to create a range of different objects closely linked to Japanese culture.

Dates: 30th April - 16th July (12 sessions)

Time: 12:30pm - 1:30pm

Location: Zoom

Cost: Free

[Click here](#) to enrol

COFFEE MORNINGS

Join this fortnightly Coffee Morning hosted by A Better Medway for a friendly chat!

Date: 10th May

Time: 11:00am

Location: Zoom

Cost: Free

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

CAPTAIN TOM 100: A FAMILY CHALLENGE



Captain Tom inspired the nation by sharing his hope for brighter days as he walked 100 laps of his garden, hoping to raise a small amount to help those on the frontline. **Take part in Captain Tom 100, a challenge for everybody, anywhere and anytime.**

All you need to do is think up your best Captain Tom 100 ideas, it could be baking 100 cakes, climbing 100 stairs, running for 100 minutes, practicing music for 100 bars, hopping 100 laps

of the garden, covering 100km on your bikes, tell 100 jokes or anything at all.

- View ideas and get support in the [FREE fundraising pack](#).
- Take on your 100 challenge anytime over the weekend of **Friday 30th April – Monday 3rd May**, Captain Tom's birthday weekend.
 - Encourage friends and family to sponsor you or take up their own challenge.
 - Share on social media **#CaptainTom100**

[Click here](#) to find out more!