



# YOUR HOUSING NEWSLETTER

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## SUFFOLK COURT TASTER DAY

We held an Activity Taster Day at our HFIL scheme, Suffolk Court, on 11th February. Residents enjoyed a healthy lunch alongside some boccia, salsa dancing, chair aerobics, exercise to music and pilates! We would like to thank Medway Sport for delivering another great day of activities!



## COMMUNITY CLEAN UP DAY



The Great British Spring Clean returns and we want you to get involved!

We will be supporting Keep Britain Tidy and joining the #BigBagChallenge to pick as much litter as we can on 25th March. Our litter pick will start at James Street at 10am and Patricxbourne Avenue at 2:30pm. Come and join us!

If you feel your area would benefit from a litter pick, let us know by emailing [tenant.participation@medway.gov.uk](mailto:tenant.participation@medway.gov.uk).

Pledging to take part in the Great British Spring Clean couldn't be easier, [simply pledge as an individual, or a group!](#)

Every individual act to protect the environment makes a difference, but when we all come together, the difference we make is huge.



## DEVELOPMENT AND PLANNED WORKS

### DEVELOPMENT

Works on our phase 4 project in Twydall are progressing well. The project which will deliver 28 new homes at Eastcourt Lane, Lynsted Road and Woodchurch Green is on track to complete before the contract end date of Nov 22.

Pictures below show the roof construction at Woodchurch Crescent and above ground floor construction at Lynsted Road garage site.



### PLANNED WORKS

The next 2-year planned works programme as been drafted and officers are in the process of formatting/ validating the data before final sign off. STG are completing some stock condition surveys to a number of properties that form the programme to make sure the correct properties are being included in the programme. It is important that our tenants allow our contractors access to complete these works in order to make sure that our homes are compliant and kept in good condition.

We are still on track to give Mears first site of the programme mid-February. The aim is to provide Mears with two years of work upfront to allow them to plan their work more efficiently and provide Mears and Medway with a better calibre of contractor.

We are also out to tender or going out to tender shortly for the following works:

- Pitched roofing
- Fire Front Doors
- Passive fire stopping
- General needs fire servicing
- Scheme boiler replacement to Esmonde House and Flaxmans Court

## **ENERGY**

We are in the process of finalising the procurement of our energy management software. Parity is an award winning provider of environmental and energy software solutions which identifies the most effective way to reduce the energy impact of residential properties within the social housing sector. Parity is a modelling tool which looks at historic EPC data, applies a number of scenarios and solutions, considers buildings physics and identifies potential programmes of energy efficiency retrofit works. This piece of software will enable us to review our properties energy performance, create future cost projections and will be used to report on the energy performance of our properties going forward.

## **TRAINING COURSES FOR TENANTS**

As Tpas members, our residents can access a number of training courses. We have put together [this training calendar](#). If you are interested in any of these courses, please let us know!

## **KEEP WARM KEEP WELL TOOLKIT**

Mears have put together this simple guide to give hints and tips to help you keep warm, keep well and keep you safe in your home whilst being mindful of keeping costs down during the winter months.

[Keep Warm Keep Well Toolkit](#)

## **TENANT SATISFACTION MEASURES - YOUR VIEWS**

The Regulator of Social Housing is seeking views on its proposals for tenant satisfaction measures (TSM) which are part of implementing changes to consumer regulation set out in the Government's 'The Charter for Social Housing Residents: Social Housing White Paper'. The TSMs will apply to all social housing landlords, including local authorities, housing associations and other registered social housing providers.

### **This consultation closes at 6:30pm on 3 March 2022**

The measures would provide data about social housing landlords' performance and the quality of their services to help tenants hold their landlord to account and help the Regulator of Social Housing in its future consumer regulation role. They look forward to hearing from landlords, tenants and anyone with an interest in social housing.

[Click here](#) for the online survey link to the consultation

To find out more or to access an easy read version of this information, [please click here](#)

## **BETTER CONNECTED FOR OVER 65S**

Do you know someone aged 65+ struggling with loneliness?

Better Connected is a free service for people in Medway, helping those aged 65 and over to make new connections, enjoy new hobbies and become more social.

To find out more or to sign up, phone 01634 333 013 or visit [medway.gov.uk/betterconnected](http://medway.gov.uk/betterconnected).

## NO SMOKING DAY



**45-year-old Lee smoked since he was 18 – but encouragement from his niece and the COVID-19 crisis spurred him to keep going with his quit attempt. He has now been smokefree for nearly five months!**

Why not consider giving quitting a go this NO SMOKING DAY – 9th March 2022. No Smoking Day is an annual health awareness day in the United Kingdom which is intended to help smokers who want to quit smoking. Search #nosmokingday for more information.

To help you quit your way, why not get in touch with us and take a look at the FREE support options we have available.

Phone: 01634 334 800

Email: [medwaystopsmokingservice@nhs.net](mailto:medwaystopsmokingservice@nhs.net)

## WHAT ARE E-CIGARETTES?

The most reported reason for using an e-cigarette is to assist with stopping smoking or to reduce cigarette consumption. They are the most popular aid to quitting smoking in England.

E-cigarettes are not completely risk free, but they are significantly less harmful than smoking. Using an e-cigarette does not involve burning, meaning they don't produce tar or carbon monoxide, which are two of the most harmful components of tobacco smoking.

As with any rechargeable device, it is important to charge it with the correct charger and not to leave an e-cigarette unattended whilst charging. You should also ensure that you buy from reputable suppliers. E-cigarettes & e-liquids must be kept out of reach of children.

Medway Stop Smoking Service is an e-cigarette friendly service. To help you quit your way, why not get in touch with us and take a look at the FREE support options we have available.

Phone: 01634 334 800

Email: [medwaystopsmokingservice@nhs.net](mailto:medwaystopsmokingservice@nhs.net)



The infographic features a collection of e-cigarettes and e-liquid bottles on the left. The main content is organized into several colored geometric shapes: a yellow speech bubble at the top right, an orange octagon on the middle left, a teal rectangle on the middle right, a teal triangle at the bottom left, and a green hexagon at the bottom right. The footer contains the Medway logo and contact information.

**WHAT ARE E-CIGARETTES?**

E-CIGARETTES, ALSO KNOWN AS VAPES, ARE A BATTERY-POWERED DEVICE THAT HEATS A SOLUTION, USUALLY CONTAINING NICOTINE, TO PRODUCE A VAPOUR THAT IS INHALED BY THE USER.

**E-CIGARETTES DO NOT CONTAIN TOBACCO**

**WHY DO PEOPLE USE E-CIGARETTES?**

**ARE E-CIGARETTES DANGEROUS?**

**ARE THERE HARMFUL HEALTH EFFECTS FROM E-CIGARETTES?**

DONT FORGET!  
NO SMOKING DAY  
MARCH 9TH 2022  
**#TODAYSTHEDAY**

**A BETTER MEDWAY**  
Easier ways to be healthy

**INTERESTED IN STOPPING SMOKING?**  
CALL: 01634 334800  
EMAIL: [MEDWAYSTOPSMOKINGSERVICE@NHS.NET](mailto:MEDWAYSTOPSMOKINGSERVICE@NHS.NET)



## **LOSE WEIGHT USING ONE OF OUR FREE APPS**

We've partnered with two great weight loss apps to help people in Medway access them free of charge.

Oviva is perfect for people looking for tailored support. You will be paired with a personal coach who suits you and your lifestyle - whether you work nights, or speak Spanish as a first language.

ShapeUp4Life is best if you enjoy learning with other people, as you will take part in group workshops and weekly exercises classes.

[Find out more](#)