



# YOUR HOUSING NEWSLETTER

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## HOTCROSS BUNS & HANDYMAN AT LONGFORD COURT

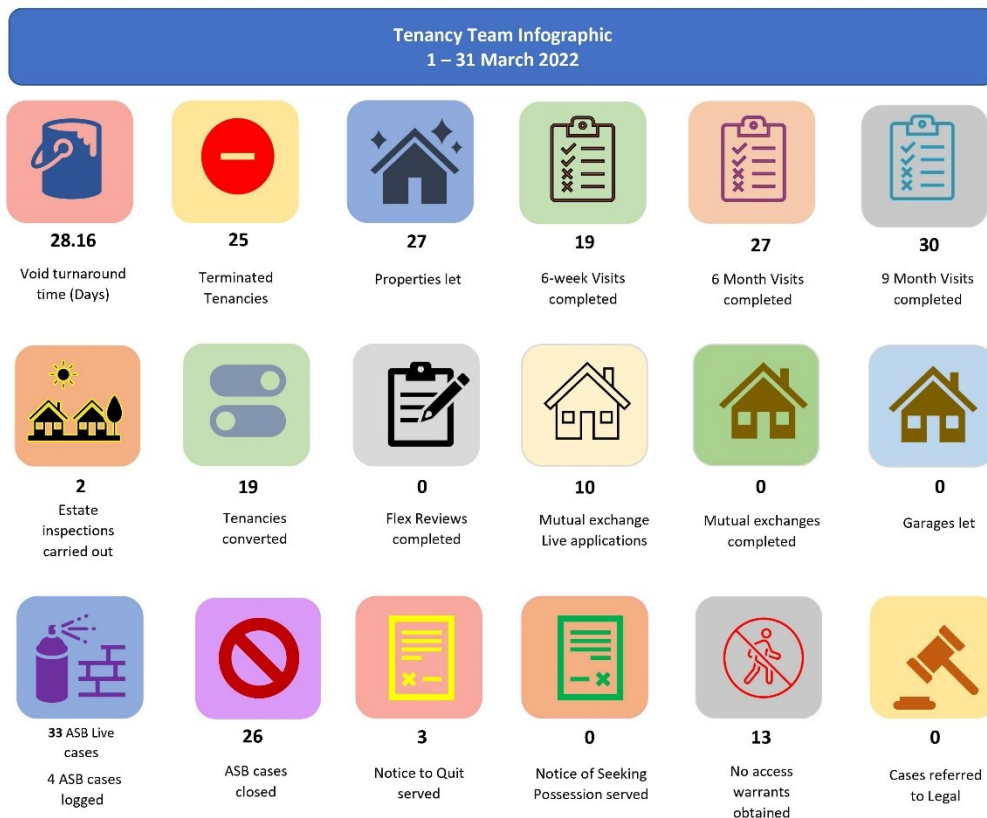


On 8th April, Mears held a Hot Cross Bun and Handyman afternoon at Longford Court. Barry and Lisa went along and hosted an Easter afternoon. Lisa provided residents with tea, coffee, and hot cross buns, while Barry carried out small handyman jobs for them, fixing loose fittings, adjusting doors etc. It was well received by residents, and they took the time to send an email of thanks afterwards.

Ricky & Elaine at Tesco very kindly provided the hot cross buns!

## TENANCY TEAM PERFORMANCE

Every month we share our performance with you, reporting on the work that we've done. This infographic shows how the Tenancy Team performed in March!



## JOIN OUR CUSTOMER SCRUTINY PANEL



# SPEAK EASY SCRUTINY PANEL



### How good is our housing service?

**JOIN US**

**01634 337533**  
TENANT.PARTICIPATION@MEDWAY.GOV.UK

- Free training
- Time Credit offers
- Transport costs paid for
- New skills and experience for your CV
- A chance to change the way we work
- Be part of a friendly team

The customer scrutiny panel are a group of residents who work to help improve our services. The panel will do independent checks to scrutinise our service standards and work with us to improve the service we offer to you. Through working in partnership with Housing Services, members will help improve our performance and outcomes to all our customers.

Members will be provided with training to help build confidence, and to increase awareness and understanding of performance information and the housing sector. The group will help us develop our services to reflect the diverse range of customers with different needs.

If you would like to make a difference to our service delivery and assist us with continuous improvement, please contact our Community Development Officer on [tenant.participation@medway.gov.uk](mailto:tenant.participation@medway.gov.uk) or 01634 337533.

## **MEARS: WHO ARE OUR SUB-CONTRACTORS?**

From time to time, a Mears' sub-contractor may attend your property, or you may see them around. This list gives you information of the sub-contractors that Mears use.

- TW Drainage - Drainage issues
- Astar - Kitchens, Bathrooms, Flooring, Plastering & Artexing
- ASI - Asbestos Testing
- Astra - Asbestos Removal
- Certus - Security Systems & Doors
- TWC (The Window Company) - Windows & Doors
- FLM (Reakt) - Fencing
- H & S Electrical Services - Electrical works
- Zendrill Scaffolding
- A E Evans - Aerials
- LW Burt & Castlepoint - Boiler works
- Superior - environmental cleans
- DSM/Overbury - Empty property works
- Firex - Fire Proofing

## **MUTUAL EXCHANGE**

If you're looking to move to a new area or want something smaller or bigger for you or your family needs, mutual exchange could be the answer. Mutual exchange helps provide you with more control over the moving process and lots more choice.

We're registered with Homeswapper, which is free for our customers. Homeswapper can help you find a mutual exchange partner and guide you through the process of swapping your home with other social housing customers throughout the UK! Visit <https://www.homeswapper.co.uk/>

## FREE OUTDOOR GYM SESSIONS

Medway Physical Activity Team are launching free Outdoor Gym physical activity sessions this May- join us for 'A Walk in the Park' to become more active outdoors and make the most of our local parks and green spaces. The weekly sessions are suitable for adults of all ages and abilities. Please call the number on the bottom of the poster for more information and to book your space.

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

**Medway COUNCIL**  
Serving You

Join us for a  
**WALK IN THE PARK**

FREE ACTIVITY SESSIONS FOR ALL ABILITIES

**Rainham Rec Tues 10.30am  
from 3<sup>rd</sup> May ME8 7PR**

**Wainscott, Choir Close Weds  
10am from 4th May ME3 8FP**

**High Halstow Sports Field at  
10am from Friday 6th May  
ME3 8SQ**

Try out the  
Outdoor Gym  
Equipment

GET FIT  
AND  
HAVE FUN

MEET  
NEW  
FRIENDS

GO AT YOUR  
PACE, YOUR  
WAY

CALL 01634 333720 TO BOOK YOUR SPACE



## TRI TOTS FOR 2-4 YEAR OLDS

Need a hand with a picky eater?

TriTots is a FREE group helping 2 to 4-year-olds explore healthy foods through fun and play. We will be enjoying crafts, messy play and more.

Booking is now open for the first week of May at the All Faiths Children's Community Primary School, Gun Lane, Strood, Kent, ME2 4UF. [Click here to find out more.](#)

To book, phone us on 01634 333 741 or email [change4life@medway.gov.uk](mailto:change4life@medway.gov.uk).

## GUIDANCE ON MANAGING DEBT

**MEARS**<sup>®</sup>

Guidance on  
Managing Debt



Struggling to manage your money? You are not alone..

At a time when you often don't know where to find the information you need to help yourself move out of debt, [this document by Mears](#) will signpost you to just some of the organisations where you can get that support and information you need.

Offering tips and advice on money saving ideas around your home, and information from organisations with all the debt know-how, this document aims to be a signpost towards dealing with your debt worries or money concerns, to help move you into a debt free future.

## DID YOU KNOW...

**Did you know...**

It takes just 20 minutes for your health to start improving from quitting smoking, with many changes occurring within the first 72 hours

**World No Tobacco Day**  
Tuesday 31st May 2022

**After 20 minutes**  
Blood pressure and pulse go back to normal. Also circulation improves.

**After 24 hours**  
Carbon monoxide will be eliminated from the body. Lungs start to clear out mucus and debris.

**After 72 hours**  
Breathing is easier and energy levels improved.

**After 8 hours**  
Nicotine and carbon monoxide levels in the blood are reduced by half. Oxygen levels return to normal.

**After 48 hours**  
Body is now nicotine free! Sense of taste and smell will have improved.

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

Interested in stopping smoking?  
Call: 01634 334800  
Email: [medwaystopsmokingservice@nhs.net](mailto:medwaystopsmokingservice@nhs.net)