



Arawak Walton NEWS

Housing Association



Autumn 2019

What's Inside

PAGE 1 NEWS

Arawak Walton Fun Day
Investors in People Gold

PAGE 2 EVENTS

Manchester Cares, Lake District Trip,
Black History Month

PAGE 3 HEALTH AND WELLBEING

Books to Go, Swimming,
Halloween in the City

PAGE 4 ENVIRONMENT & STAFF NEWS

Recycling, Fly-tipping, Staff news

PAGE 5 NEWS / YOUR RECIPE'S

New homes, Community regeneration,
Your recipe – curried chicken pie

PAGE 6 HOW WE ARE PERFORMING

Arawak Walton performance statistics,
Competition winners - June

PAGE 7 PUZZLER

Spot the difference, Word search,
Competition prize draw



Arawak Walton Housing Association
Margaret House,
23 Manor Street,
Ardwick,
Manchester M12 6HE

Tel: 0161 272 6094 **Out of hours:** 0800 389 4616
Fax: 0161 273 4080
Website: www.arawakwalton.com
Email: contact@arawakwalton.com
Check us out on Twitter @arawakwalton and **facebook.**

ARAWAK WALTON FUNDAY



We held yet another successful Family Fun Day in August at Medlock Primary School in Ardwick and as usual was enjoyed by all who attended.

Adults and Children enjoyed all the activities such as arts and crafts, face painting, henna, tombola and the Bollywood dancing sessions where people really showed off their moves – the staff in particular.

We had hoped for the sun to shine on us however the heavens opened and down came the rain. This didn't stop the children running to the ice cream van which was kept busy all day.

As we expected our photo booth provided by Boothtube was a huge success! We had a few new stalls this year including upcycling plant pots, recycling games from BIFFA and CPR Training by volunteers at St John's Ambulance.

The Lord Mayor of Manchester, Councillor Abid Latif Chohan attended and spoke about the importance of Arawak Walton regenerating inner city areas. The Lord Mayor thoroughly enjoyed the day too and got involved with all of the activities.

Special thanks to our contractors; 4 Seasons, Delph, Hadfield and Britain LTD, Redmire, One Manchester, IJM Electrical contractors, and Barlows UK LTD who sponsored this event.

All the proceeds from the event have gone to two charities that are close to our heart; Families Against Violence and Sickle Cell Manchester.



Thank you to everyone who attended. If you were unable to attend this year, then we hope to see you the next year.

ARAWAK WALTON ACHIEVES INVESTORS IN PEOPLE GOLD



We are absolutely delighted to announce that following a rigorous first assessment process, we achieved Investors in People Gold accreditation.

Gold is one of the highest levels of Investors in People accreditation that can be achieved. In order to achieve accreditation the association had to undertake an intensive assessment process which involved a review of all of the ways in which we lead, support and manage people effectively.

Investors in People is the international standard for people management and the framework reflects the latest work place trends, essential skills and effective structures required to outperform in any industry. Our Chief Executive, Cym D'Souza, is absolutely thrilled with the achievement:

“This is a fantastic achievement that we are incredibly pleased and proud of.

It not only recognises our commitment to staff but also our aim to create a positive and stimulating working environment, where the needs of our tenants are at the heart of everything we do. It showcases how hard we have worked to create a workplace where our diverse teams respect skill sets, embrace teamwork and encourage endeavour to enable every member of our association to be the best they can be whilst enjoying what they do. We are very pleased to be on our Investors In People journey and building upon the result that we have achieved this year.”

Following our assessment, we celebrated by holding a Gold celebratory party for all of our staff to say thank you for their hard work and involvement in the assessment process.

For more information about Investors in People please visit: www.investorsinpeople.com

MANCHESTER CARES



Arawak Walton has enjoyed working with Manchester Cares to put on activities at our sheltered schemes.

As you can see from the pictures tenants at Daisy Bank Court had fun making non alcoholic cocktails. There were also activities at the other schemes: Birch Court, a Tech IT Workshop, Sycamore Court – Desert Island Discs and Bougainvillea Gardens, a Chair Based Exercise session.

We'll be working with Manchester Cares again later in the year and will publicise activities on our website and via social media.



COCKTAIL MAKING AT DAISY BANK COURT

If you would like to take part in any future 'Manchester Cares' events, or know anybody that may be interested, please contact Heather or Amy on 0161 207 0800

LAKE DISTRICT TRIP



Tenants and friends of Bougainvillea Gardens went for a day trip to The Lake District on Saturday 17 August.

I am pleased to say that after the deluge of rain we had on the Friday before we all enjoyed a lovely sunny day.

Starting off in Bowness we took in the spectacular scenery with a boat ride to Lakeside in Windermere and steam train from Haverthwaite.

We finished off with fish & chips in Bowness before heading back home to Manchester.



If you'd like to join us on one of our trips or activities please ring Lisa or Monika on 0161 272 6094 for more information.

BLACK HISTORY MONTH



During October the UK Celebrates Black History Month. Black History Month is to celebrate the achievements and contributions of Black people not just in the UK, but throughout the world and also to educate all on Black history.

There are many events to celebrate. Museums and art galleries have special themed exhibits, and there are also many special themed shows on the TV and Radio.

For more information about what's happening in Manchester visit
www.blackhistorymonth.org.uk/listings/region/north-west/manchester/

Keep an eye on our Twitter account
@arawakwalton
for special tweets through the month

HEALTH AND WELLBEING



Books to Go provides a free home delivery service for Manchester residents of any age who have difficulty leaving their home or have issues with access.

**0161 227 3800
bookstogo@manchester.gov.uk**



Become a Books to Go customer

Anyone who has difficulty leaving the home, or is caring for someone who does, can register for the free Books to Go service.

How does it work?

When you join you will be asked to give us an idea of what you like to read and experienced staff will choose books for you according to your preferences.

What can I borrow?

They have over 30,000 items of stock. Books in ordinary and large-print size, talking books, music CD's and films on DVD.

You can also access digital services anytime, where you can download e-books, digital versions of your favourite magazine, audio books and use an online reference library.

KEEPING ACTIVE WITH SWIMMING



Swimming works almost every muscle in your body without putting stress on your joints – it's a perfect way to stay healthy whatever your age and ability.

From swimming lessons and Swim Doctor sessions to Aqua Splash and the Tom Daley Diving Academy, Better offers everything you need to take the plunge, build confidence, develop lifelong skills and get active while having fun in the water.

Find your nearest pool:

**[https://www.better.org.uk/
what-we-offer/activities/swimming:](https://www.better.org.uk/what-we-offer/activities/swimming)**



HALLOWEEN IN THE CITY



Mark the arrival of Halloween with a weekend of terrifyingly good events in Manchester.

Featuring: a giant rooftop monster invasion, Trick or Treat trail, skeleton parade, and Room on the Broom. Plus, a creepy carnival, poisonous maze and all your favourites from CBeebies and CBBC.

For more events and details visit:

**[https://www.visitmanchester.com/
ideas-and-inspiration/halloween-in-the-city](https://www.visitmanchester.com/ideas-and-inspiration/halloween-in-the-city)**



RECYCLING



We all know we **SHOULD** recycle – but does it really make a difference?

If rubbish is not recycled it may go into landfill. Landfill rubbish rots and can produce a dangerous gas called methane. Methane absorbs the sun's heat and contributes to global warming.

Plastic bags and garbage thrown into our oceans kill more than 1,100,000 marine mammals, fish and sea creatures every year. It can be hard to imagine the real impact of dropping a few cans and bottles into the right bin, but your recycling really does make a **BIG** difference.

Here's how:

- Each pound of rubbish that you recycle is not only a pound saved from many years in a landfill, but also a saving of 2.5 pounds of carbon dioxide emissions.
- 20 recycled cans can be made with the energy needed to produce just one single new can

- Recycling one can saves enough energy to keep a 100-watt bulb burning for almost four hours or run your television for three hours!
- Every 20 glass bottles you recycle will save two pounds of carbon emissions; the equivalent of line-drying your laundry for six months.
- Each tonne of recycled paper saves 17 trees

So, for any dubious readers, please understand: Yes, it makes a difference when you recycle.

REMEMBER

It just takes more resources and more energy to make new things than to recycle old things.



FLY-TIPPING



We are experiencing a real problem with fly-tipping across several areas at the moment. This is costing the Association a lot of money to clear, leaving us with less to commit to making improvements to your home.

Much of the fly-tipping is a result of tenants failing to properly recycle, and is entirely avoidable.

We recently identified and recharged an Arawak Walton tenant in Whalley Range £168 for fly-tipping, and we are working closely with the Council's Compliance Team who will issue fines of up to £1000 for anyone we identify and report to them. You could also face prosecution. If you need advice about

recycling please contact us, but please do not dump your rubbish – it could prove to be very costly for you.

0161 234 5004



cc-by-sa/2.0 - Fly tipping of Middleton by michael-ely - [geograph.org.uk/p/2308906](https://www.geograph.org.uk/p/2308906)

STAFF NEWS - NEW STARTER



Amanda Harris

Amanda is our New Finance Director who joined in July 19 from Irwell Valley Homes. She is a CIMA qualified accountant and also has a BA (Hons) degree in European Finance and Accounting.

She has worked in housing for over 22 years and has undertaken many roles within Finance - such as Head of Finance, Financial Accountant and Management Accountant. She's been involved in many partnership projects and joint ventures and enjoys working for a sector that puts tenants and communities at the heart of housing.

Welcome to Arawak Walton Amanda!

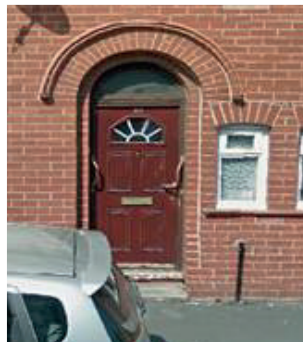
NEW HOMES



We are pleased to announce following the 25 properties acquired from Jigsaw in May 19, that we have renovated our first home and this has now been let to a tenant!

The renovation on the whole house took 2 months which included two living rooms, kitchen, bathroom and two bedrooms. As you can see from the photos it is a huge improvement to when we first bought it.

We wish our tenants all the best in their new home.



COMMUNITY REGENERATION



An owner/ occupier asked for help to improve the garden environment in the area, so we engaged with our partner and contractor One Manchester and carried out a Community Clean Up Day.

Thanks to One Manchester for providing the services of their Community Payback Team at one of our schemes in Newton Heath. They spent 3 days cutting back and weeding and it now looks fantastic!



BEFORE



AFTER

RECIPES – CURRIED CHICKEN PIE



INGREDIENTS:

- 2 tbsp cold pressed rapeseed oil
- 500g chicken breasts, cut into chunks
- 4 spring onions, sliced
- 3 garlic cloves, grated
- Thumb-sized piece ginger, grated
- 1 tbsp curry powder
- 1 large head broccoli, cut into florets, top of stalk thinly sliced
- 1 tsp soy sauce
- 250ml low-fat coconut milk, plus a splash
- 250ml chicken stock
- 1 heaped tsp cornflour mixed with 1 tbsp hot water
- 4 large handfuls kale
- 4 sheets filo pastry
- ½ tbsp nigella seeds



Remove with tongs and set aside.

Pour another ½ tbsp oil into the casserole dish and add the spring onions. Fry gently for a couple of mins, then stir in the garlic, ginger and curry powder. Cook for 1 min, then tip the chicken back into the pan, along with the broccoli, soy sauce, coconut milk, chicken stock and cornflour mixture. Bring to the boil, then stir in the kale. Once the kale has wilted, take the dish off the heat.

Mix the remaining oil with the splash of coconut milk. Unravel the pastry. Brush each sheet lightly with the oil mixture, then scrunch up and sit on top of the pie mixture. Scatter over the nigella seeds, then cook in the oven for 12 mins, or until the pastry is a deep golden brown. Leave to stand for a couple of mins before serving.

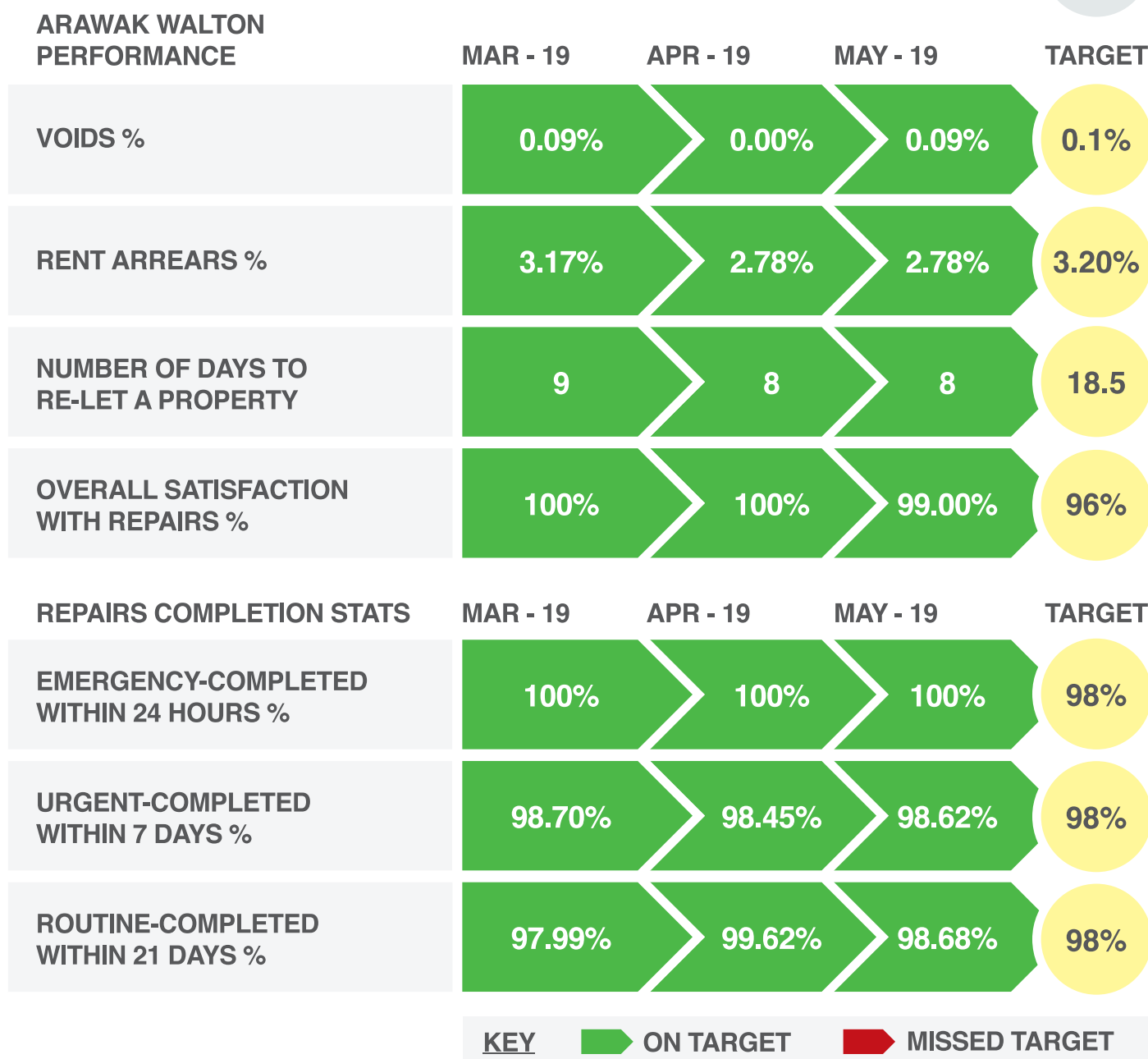
<https://www.bbcgoodfood.com/recipes/curried-chicken-pie>

METHOD:

Heat oven to 220C/200C fan/gas 7.
Pour 1 tbsp oil into a flameproof casserole dish.
Add the chicken, season and fry for 4-5 mins on a medium heat, turning, until lightly browned.

Do you want to share your homemade recipes with us to share in our newsletter?
Email bst@arawakwalton.com

HOW ARE WE PERFORMING



PUZZLER COMPETITION WINNERS



Congratulations to our June Newsletter Winners who have all won a £10 Gift voucher!

Ms Ros Atta

Ms Nirmal Kaur

Mrs Kagiso Irene Nakedi

PUZZLER



Complete the word search and spot the difference along with the survey question and send them back to us along with your name and address
Arawak Walton Housing Association, FREEPOST NWW7441A, Manchester, M12 9AQ

You will be entered into a prize draw to win a £10 gift voucher.

Three winners will be selected. We will reveal the winners in the next Newsletter! Good luck!

Good luck! ★★

Must be submitted by 31st October 2019



SPOT THE DIFFERENCE There are 5 differences - circle the differences on image 2.



HALLOWEEN WORD SEARCH

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

GHOST	HOUSE	PUMPKIN	MASK
PATCH	TRICK	CROW	PARTY
APPLE	CAT	BATS	BROOM
BOO	CANDY	NECK	FANGS
SPIDER	ORANGE	BLOOD	MUMMY

Please answer the following questions and send them along with your competition entry in order to be entered into the prize draw.

Q: IF SOMEONE IS CAUGHT FLY-TIPPING, WHAT IS THE MAXIMUM FINE THAT MAY BE ISSUED BY THE COUNCIL'S COMPLIANCE TEAM?

A:.....

Name:

Address:.....

Telephone:.....

Email:.....