

HOUSING MATTERS

The magazine for
East Devon District Council
tenants and leaseholders

YOUR SPRING 2021 EDITION

By post, email, online or audio cd
eastdevon.gov.uk/housingmatters



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CONTRIBUTE: WE NEED TENANTS AND LEASEHOLDERS

Housing Matters is your magazine and keeping it relevant is only made possible with your help. We'd love to hear from you with your suggestions for articles. Send us a letter, article, photo,

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If you'd prefer to receive the magazine digitally to your email address or in an audio format through the post, please contact Tenant Participation (details below). *Housing Matters* is also available online at eastdevon.gov.uk/housing-matters.

ABOUT THIS MAGAZINE

Housing Matters is produced by East Devon District Council for tenants and leaseholders and is edited by tenants and council staff.

Editorial Group

Sue Saunders is an Exmouth tenant who loves reading and writing poems and is the chairperson of the Editorial Group.

Alan Thorpe has lived in Exmouth for six years. He served in the Royal Navy for ten years and 25 years in the baking industry. Being involved in this group has given him a new lease of life and an insight on how the magazine is produced.

Sue Williams is an Exmouth tenant and former paralegal, soldier and nurse who loves photography, gardening, DIY and playing music. She has undertaken several council training sessions on housing and social studies.

Yvonne White lives in Sidmouth and is on the Lymebourne and Arcot Park Resident Association committee.

Bev Anderson is Tenant Participation Assistant at East Devon District Council.

DATES TO GET INVOLVED BY

By 30 April | Your Mental Health Conference entry (page 23)
By 20 August | Your garden competition entry (page 14)

CONTACT US

Tenant Participation

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Write: East Devon District Council,
Blackdown House, Border Road,
Heathpark Industrial Estate, EX14 1EJ

SWITCH youth group

Phone: 01395 516551 ext. 1691
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Twitter: @SWITCHEastdevon
Facebook: SWITCHEastdevon

Keep up to date

Online: eastdevon.gov.uk/news
Twitter: @eddchome_people
Facebook: [eddchome&people](https://www.facebook.com/eddchome&people)
Instagram: @eddchome_people

Do you have a comment, compliment or complaint?

If you'd like to tell us something about the housing service, contact Tenant Participation who will be happy to help you (contact details left).

⚠️ Coronavirus (Covid-19): our offices aren't open to the public at this time

Blackdown House in Honiton and Exmouth Town Hall aren't open to the public. Please refer to eastdevon.gov.uk.

To request this information in an alternative format or language please phone 01395 517453 or email tenantparticipation@eastdevon.gov.uk (we consider requests on an individual basis)



Join other East Devon residents and download the free East Devon App from eastdevon.gov.uk/app Access council services on your smartphone, get councillor contact details, a recycling and waste collection reminder, and check local food hygiene ratings

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DISTRICT COUNCIL

General Needs Wellbeing Checks



BEV ANDERSON
Tenant Participation Assistant

Since the middle of April 2020 during the first Covid-19 lockdown, a few staff members were tasked to make wellbeing calls to our vulnerable general needs tenants.

We call tenants who were either aged 70 above, who have a vulnerability that requires shielding or who have been referred to us by a front line staff member as they had concerns about that particular tenant.

This has put me at the centre of one of the most important pieces of work to support the most vulnerable in East Devon as we navigate our way through this very difficult situation. The work I am doing also helps support the activities of the then new community hub, as well as community groups and volunteers, to ensure that all our collective efforts are focused on the right people, at the right time.

At the time of writing this article, 4720 wellbeing calls have been made by staff at East Devon District Council since April 2020 and I personally have made 2638 calls.

I am providing assistance for many vul-

nerable tenants who need repairs reporting, food parcels, community referrals to help get mediation, transport for critical care, occupational therapist support, or just a general weekly chat to those who are feeling lonely and isolated. The weekly chats often lead to offering advice on other matters such as burials, mental health support or passing on concerns to other departments within the council.

The support I provide to our tenants is tough at times especially when a loved one dies, although speaking with our amazing tenants and hearing their wonderful stories of courage and determination on how they are getting through the Covid-19 pandemic, has inspired me to write this article.

There are tenants who are decorating, knitting, sewing, gardening keeping themselves busy whilst supporting their community and charities.

It is an honour and privilege to speak to those who have asked for a weekly wellbeing call and hopefully with the vaccine role out, it won't be too long before we can all get back to normal and be with our families again, it might be nice to have an afternoon tea in one of the community centres for those tenants that wished to get together, when it is safe to do so. Keep safe and well.

**IN MEMORY OF HRH
THE DUKE OF EDINBURGH**
10/06/1921–09/04/2021

It is with great sadness that we have received the news of the passing of His Royal Highness Prince Philip, Duke Of Edinburgh.

On behalf of the District Council and the people of East Devon, EDDC Chair Councillor Cathy Gardner has sent a message expressing our deepest sympathies to the Royal Family.

If anyone has stories of meeting Prince Phillip and would like to share them with our readers, please email Tenant Participation – see page 2.



Supporting Generations of Families to Live Independently

SUE HODGES
Home Safeguard Manager

Want to feel safe, secure at home and want to know how to get help in an emergency?

East Devon's Home Safeguard personal alarm service can help you do this.

Enabling people to remain independent and safe in their own home is important. In East Devon, people are able to stay in their homes longer, thanks to the telecare alarm service, Home Safeguard.

The service, which is run by East Devon District Council, allows users to live independently and safe in the knowledge that help will reach them quickly if needed 24 hours a day, 365 days a year.

Supporting Generations

Service user, Charles says that Home Safeguard has enabled both him and his mother to live independently.

"As I sit here typing this I am looking at a small bright red button strapped to my left wrist. I'm always glad to see it there because it gives me the assurance that, though I live on my own and have a variety of medical conditions, (not least old age) and a tendency to fall, I am never more than a button press away from help.

"We first obtained our Home Safeguard alarm system when my mother, who lived with me, became increasingly frail, with bad knees and the first signs of dementia. It was wonderful for me to be able to go out shopping

and to appointments knowing that my mum could call for help if she ran into any difficulty. I gave keys to the house to trusted friends, and the company was able to ring any of these to check up on us if the alarm went off.

"After my mother moved into a care home I was delighted to take over her button and continue to use the system. Every month I raise the alarm to check that all is in order, and after a few preliminary beeps I hear a friendly voice addressing me by name and enquiring if I am alright. Once in a while someone from Home Safeguard will visit just to check that everything is in order, and to see if any adjustments are needed.

"I have not yet, in five years, had to use the system in an emergency, but I would not be without it for the world. The time to get it all installed was before I 'needed' it. I had

[Continued on next page →](#)

NATIONAL CARERS AWARENESS WEEK IS 10–16 JUNE

YOUR COUNCIL

← Continued from previous page

visions of lying on the floor with a broken bone thinking 'I wish I had a personal alarm system'. The decision to get the system installed was so obvious then.

"I belong to a number of groups locally and I am out every morning at one or another. It is fun to find out who else has a button and there are many. It's almost like being a member of a club with a common interest and I do not know a single person who regrets belonging. Perhaps it is not too strong to say that having an alarm system takes the fear out of living alone."

Not Just For Older People

Home Safeguard is not just for older people but for anyone who may be vulnerable

because of their specific needs such as younger people with learning disabilities.

In addition to the pendant alarm service, Home Safeguard offers a range of sensors that can assist people with all aspects of their life, for example, a pill dispenser that dispenses medication as and when it needs to be taken or a temperature sensor that can monitor if the property becomes too cold. Monitoring of such equipment can help health professionals monitor ongoing health conditions.

A trusted service at a low cost, Home Safeguard has been running for over 32 years. For under £5 per week our personal alarm service gives reassurance that help can reach you, or a loved one, quickly when needed.

To find out more call 01395 578237, email homesafeguard@eastdevon.gov.uk or visit www.eastdevon.gov.uk/homesafeguard.

Annual Report Oversight

TIM LAURENCE-OTHEN Housing Projects Officer

We presented our 2019–20 Annual Report in the last edition of Housing Matters, which summarised the work carried out across the housing service over that year. This is part of our commitment as a landlord to be transparent in how we operate.

Unfortunately, we left out an important part of our work by mistake. To correct this error, we are happy to now summarise the work that our Tenant Participation Team undertook in 2019–20.

We increased the number of tenants on our **Key Player Register** to 113, up from 99 the year before. Our Key Players are residents who have asked to be involved in the housing services.

22 tenants attended the **free training sessions** on offer, this was a reduction on last year, where 33 tenants benefitted.

We allocated 13 **community initiative grants** throughout the year, up from 11 the year before. Please see pages 29 and 30 to see some of the latest projects to benefit from the grant.

We also had a slight increase in people attending the **tenant conference** (77 this year compared to 73 in 2018–19).

We had 43 entrants in our **annual garden competition**, an increase from 37 the year before. See page 14 to enter the 2021 competition.

We had a good sign up to the **home contents insurance scheme** in 2019–20 with 109 tenants taking up the insurance. This was a slight reduction from the previous year (114 sign-ups). Please see page 18 for more information on how to get affordable home contents insurance.

NATIONAL VOLUNTEER WEEK IS 1–6 JUNE



Individual Garden Maintenance Scheme

GRAHAM SYMINGTON
Housing Asset and Business
Development Officer

East Devon District Council offers qualifying tenants a basic subsidised garden maintenance service called the Individual Garden Maintenance Scheme (IGM).

This scheme operates during the spring and summer months and is designed to help tenants who are unable to maintain their own gardens due to ill health or disability.

The IGM scheme is not available to all tenants and to be eligible you and anyone else living in the property with you must meet the criteria for acceptance. Only those who can identify a genuine need for help and receive the necessary benefits will be accepted onto the scheme.

Cost

The scheme currently costs £50 per year and if accepted payment must be made in full and is not refundable.

The Scheme

We provide:

- Approximately five grass cutting visits per year (weather permitting). We don't collect the cuttings but freshly cut grass will be removed from paths using leaf blowers.
- We cut hedges twice a year, once in the spring and once in the late summer and we remove the hedge clippings.

We do not:

- Carry out any tree maintenance, maintain flower beds, pots or hanging baskets, remove grass cuttings or collect fallen leaves.
- Remove litter or household rubbish or work in unsafe

gardens where there are discarded items or where there is dog or animal mess and we do not clear this up.

- Do landscaping or renovation work or administer weed killer or other chemicals to your garden.

How do I Apply?

By completing an application form and medical self-assessment certificate in full, these forms are available by contacting the IGM Co-ordinator on 01404 515616 extension 2733. You must also send us proof that you are receiving one of the qualifying benefits mentioned. Completed forms should be sent to: The IGM Scheme Co-ordinator, Property and Assets, East Devon District Council, Blackdown House, Border Road, Heathpark Industrial Estate, Honiton, EX14 1EJ.

We will process your application and write to you within 28 days with a decision. If you are accepted onto the scheme, a member of StreetScene will contact you to make an appointment to assess your gardening needs.



What you need to know if you are considering a Mutual Exchange

TRACY HUMPHREY
Senior Housing Allocations Officer

If you are a secure or flexible tenant you are allowed to 'swap' your home with another Council or Housing Association tenant. This is one of your rights under Housing Law.

Who is eligible for a mutual exchange?

If you hold a secure or flexible tenancy you can swap your home subject to your landlord agreeing to the exchange. You cannot swap if you are on an introductory tenancy, have rent arrears or other outstanding debts or have a history of anti-social behaviour.

What are the benefits of mutual exchange?

- You are in control
- Greater choice
- Exchanges can be quicker than other re-housing options
- You can move anywhere

How do I find someone to swap with?
East Devon District Council subscribe to

Home Swapper, an online register of tenants wishing to move throughout the country. It is free for East Devon District Council tenants. To register log onto www.homeswapper.co.uk.

You will need an email address or a telephone number so that Home Swapper can contact you. They will try and match your requirements with other users, you can also use it to search for homes.

You could also advertise your home and look for advertisements in local shop windows or in local newspapers. Social media sites such as Facebook also have dedicated sites.

What should I do if I find someone to exchange with?

You should always visit the property you are thinking of moving into more than once before you apply to exchange. Please consider your personal safety when visiting a property or receiving a visit and have somebody with you. Make a list of your priorities for your new home and then inspect the property carefully to make sure it meets your requirements. Discuss what is to be left at the property and

whether any improvements have been carried out which will become your responsibility.

How do I apply?

All parties will need to complete an application form available from Housing Allocations, telephone 01395 517469 or email housingallocations@eastdevon.gov.uk.

If another landlord is involved we will exchange references with them. Once we have received your forms, you will be notified in writing within 42 days (six weeks) of our decision. During that time we will need to carry out various inspections and checks to your home. You must not move until you have our written permission to do so.

Mutual exchange is a choice, which allows greater flexibility in finding a home. It is not the only option for tenants looking to move but it is often quicker. Tenants considering a mutual exchange should be fully committed to the move when applying.

Are there any charges?

As part of the approval process and to ensure the safety of all our tenants we carry out checks to the property which include a gas and electrical safety check. Since 1 January 2016, we have been charging £50 to undertake an electrical test and £100 to undertake both electrical and gas checks.

These charges will be payable when submitting your application form and are paid for by the tenant leaving the property.

If the exchange falls through before the checks are completed we will refund the money. If the tests have been carried out and the exchange does not proceed, we will not refund the money as the cost has been incurred.

If the exchange falls through as a result of problems caused by a third party you will not be asked to pay again if you exchange within a six month period.

Each application to exchange will require new checks to be carried out and these will need to be paid for. The checks are carried out to make sure the property

is safe for the new tenant moving in and should be carried out as close to the proposed exchange date as possible.

What about repairs?

We will carry out repairs which are our responsibility. We will identify any repairs that are your responsibility and ask you to put them right before the exchange can go ahead. If you have made any alterations or improvements they will become the responsibility of the new tenant. Once the exchange has been agreed the new tenant will be signing to say that they accept the property 'as seen'.

So it's really important that you are happy with the condition of the property you are taking on as alterations carried out by the previous tenant become your responsibility.

Why might my application be refused?

An exchange might be refused if:

- You are in rent arrears or have other outstanding debts.
- You or the proposed tenant is subject to a possession order.
- Legal action has been taken against the tenant because of anti-social behaviour.
- The property is too big or too small for the people intending to move there.
- The property has been adapted for people with disabilities and these are not needed by the incoming tenant.
- If the property is supported accommodation you may only exchange with a person who needs and is eligible for supported accommodation.

Need further information?

If you would like further information please call Housing Allocations on 01395 517469 or email housingallocations@eastdevon.gov.uk

Do not forget, to start the process you need to add your home to the register by visiting www.homeswapper.co.uk or contact Housing Allocations for assistance if you do not have a computer.

ON THE FRONT COVER



Property and Asset Update

What we were able to provide over the whole Covid-19 period, from March 2020 to the present day

SOPHIE DAVIES
Housing Business and Customer Improvement Manager

The first national lockdown that was imposed in March 2020, had a massive impact on the service within Property and Asset that we were able to provide with regard to our contractors, carrying out repairs, void (empty homes) works and planned works within your home.

Whilst the first lockdown impacted daily life for all of us across the nation as a

whole, we had to completely change our way of working, resulting in our offices closing, our officers working from home and our contractors furloughing operatives.

Our Property and Asset team created and managed phased repair plans and communication plans with each contractor following government guidance on the works we were allowed to carry out to your home. During our first lockdown, we had to close all of our reactive repairs and planned works, carrying

out only essential emergency repairs and gas safety checks.

During the period of the first lockdown, March to August 2020, Ian Williams carried out 865 emergency repairs. We also ensured that our void properties were still being worked in and ready to be occupied as the demand for housing was still high during the lockdown period. Ian Williams completed 117 void properties and Liberty Gas were also carrying out essential and emergency gas repairs.

To date, over the three lockdowns and managing the backlog of reactive repairs between March 2020 and January 2021, we have carried out 10,616 repairs to our occupied properties.



Opposite: Sam Williams,
Housing Repairs Assistant
taking your calls

This page: contractors
carrying out repairs

During the same period of time, we have completed 222 void properties, allowing families to move into their homes.

We understand that some tenants may be concerned about having repairs done at this time, as we are still in the midst of Covid-19. We are continuing to carry out reactive repairs, servicing of gas and electrical checks throughout the current lockdown. Please be aware that non-urgent reactive repairs may have slightly longer waiting times.

Prior to and when attending your home, to ensure your safety, as well as that of our operatives' safety we will:

- Ask if anyone in your household has Covid-19 symptoms or are self-isolating due to a positive test result.
- Wear the appropriate Personal Protective Equipment (PPE) and maintain social distancing.

If anyone in your household has Covid-19 symptoms then we will only conduct repairs of an urgent health and safety nature, for example, making safe a major water leak or a loss of power, or gas issues. In these cases staff will wear appropriate PPE including disposable overalls, gloves and a face covering. We would ask you to:

- Open the doors to allow access,

minimising the surfaces the operative needs to touch

- Clear your items away from the area that the operative needs to work in
- Where possible, stay in another room
- Always maintain social distancing keeping two meters away from the operatives.

If you have reported a repair to us and you need to self-isolate or have tested positive for Coronavirus, please let us know as soon as possible, we can then rearrange this appointment for you, by calling our Housing Repairs Team on 01395 517458.

Gas Servicing

We have a statutory duty to carry out the gas servicing in your home to ensure your gas appliances are safe.

Our operatives will ask a set of pre-screening questions before carrying out any works. Further, the operative will wear Personal Protective Equipment and ensure all surfaces are wiped down.

If you are self-isolating due to you or one of your family members displaying symptoms of Covid-19, you have been contacted by Track and Trace to self-isolate or have been diagnosed with Covid-19, please call Liberty Gas directly on 0800 328 3455

prior to your appointment so they can re-schedule it for after your self-isolation period.

If you smell gas, or if you have concerns about the safety of your appliances, you should call the gas emergency service provider on 0800 111 999, and switch off appliances until the gas emergency supplier, or a registered gas engineer, has attended and advised that the appliances are safe to use.

Planned/Programme Works

All of our Planned Works Contracts, for example, kitchen/bathroom modernisations, heating upgrades, external refurbishment/decoration, re-roofing and fire safety work will continue.

Cyclical Servicing/ Compliance Works

All our cyclical servicing/compliance programmes, for example, electrical testing, legionella checks, overhead track hoist servicing, asbestos surveys, lift/stair lift servicing will continue to ensure your homes remain safe.

We will be regularly updating our social media and website to reflect our current stance on works to your properties, in the meantime, stay safe and well.

We are currently carrying out all works to our properties adhering to social distancing and government guidelines. At present the government has advised that tradespeople can continue to work in people's homes as long as they adhere to the strict government guidelines.



Wild East Devon

WILL JONES Events and Volunteer Officer

Wild East Devon manage ten nature reserves across the district from Axminster to Exmouth including the award-winning Seaton Wetlands. We operate a thriving outdoor learning service and deliver great public events for all ages. The team deliver practical habitat management, provide a range of volunteering opportunities, deliver an inspiring educational service to schools and community groups, and deliver a programme of outdoor events to bring families closer to nature.

All ten of our nature reserves offer great walking throughout the year with various routes available using public

and permissive footpaths. Our flagship reserve is Seaton Wetlands, situated on the Axe Estuary linking Seaton with Colyford. In 2019 it was voted the best nature reserve in England and it's easy to see why when you wander through the beautiful marshland and reedbeds alongside the River Axe. It's also our most accessible nature reserve, there are five bird hides and nearly three miles of level trails and boardwalks suitable for wheelchairs, bikes and pushchairs.

Holyford Woods and Knapp Copse are two vast, beautiful woodland nature reserves nestled in picturesque valleys near Seaton and Honiton respectively. They share characteristics with our smaller reserve Honiton Bottom, such as a pretty stream, oak, ash and hazel abound, handy crevices in which bats can roost and tangled roots providing nest sites for weasels and wood mice.

In Sidmouth our Delderfield reserve towers over the seafront offering stunning views over the red cliffs from Peak Hill. On the other side of the town, Fire Beacon Hill is one of our two heathland



Clockwise left to right: our brilliant team of volunteers, Knapp Copse near Honiton offers a multitude of wildlife habitats, we run an educational events programme including apple pressing, family fun at Seaton Wetlands, Fire Beacon Hill offers fantastic views of coast and countryside

nature reserves, the other being spectacular Trinity Hill near Axminster. Both offer stunning views and are perfect for winter walks. We also own and maintain large, scenic parts of the South West Coast Path in East Devon including at Branscombe and Seaton.

We have three nature reserves in Exmouth: The Maer with its sandy soil near the seafront, the nationally important Exmouth Local Nature Reserve wildlife sanctuary on the estuary and Hillcrest, the urban woodland in the heart of the town.

We deliver a number of projects in East Devon including our Wild Exmouth project to encourage green space usage within the town, an over-55s outdoors club, wild swimming and more.

Throughout the year we run outdoor events to get families out into their local countryside, from festival days

to guided tours. For up-to-date events listings please visit our website.

We have a team of around 200 fantastic volunteers who donate their time through practical conservation, visitor engagement, photography, charcoal-making, events, wildlife surveying, tour guiding and more. Please get in touch if you're interested in getting involved.

We are a staff team of nine rangers and are a department of East Devon District Council. For more information on any aspect of our work visit our website www.wildeastdevon.co.uk or follow us on social media @wildeastdevon.

Please note, if you are visiting our reserves during the Covid-19 pandemic we have some restrictions in place including a temporary closure of some of our visitor infrastructure. Check our website for up-to-date information.

GET INVOLVED



Above: a few of the winners from the 2020 garden competition

Garden Competition 2021

BEV ANDERSON
Tenant Participation Assistant

In recognition of the fact that we are not able to travel to come and judge your gardens in person again this year, we thought we would do the same as last year.

So, you do not need to let us know in advance that you are entering, but if you decide to take part you will then need to send one photo of your garden taken

on 20 August 2021 and email it to tenantparticipation@eastdevon.gov.uk.

It is important that it is taken on this date, so that all will be judged equally, for example if there has been a storm the night before, then all our gardens will be showing signs of it and if we have had a very hot summer then all our gardens will be looking less than usually lush and green.

When you send us a picture of

your amazing garden, please tell us your name, address and if you are happy for it to be put on our social media sites, as we would love to be able to share them with others, without releasing your identity or address of course.

The photo entries we receive will be passed to Kieron Bewes to judge from a distance and we will have a prize for first, second and overall winners to celebrate.

NATIONAL GARDEN WILDLIFE WEEK IS 1-7 JUNE



GUEST CONTRIBUTION

Project Food Has Moved



KERRY MORGAN
Project Food

We will be continuing our cooking sessions for the foreseeable future.

Project Food (previously called HALFF) have moved! We have been extremely fortunate to have been offered fantastic facilities, kitchens and office space in Axminster Hospital, Chard Street, Axminster.

This will allow us to increase the support we offer to the local community, give us space to teach and make us easily accessible to all.

I think even when we

return to 'normal' we will still continue with online sessions as these seem to suit some of our customers more than the in person sessions.

We run online cooking demonstrations every Monday and Friday at 11am via Zoom. Just sit back, relax and watch, no need to be prepared to cook along.

One to one sessions are available at any time. These can be a demonstration or cook along sessions.

We are also offering tablets (free of charge) to people that would benefit from these sessions but don't currently have sufficient technology to access online services.

Please contact Project Food on 07305 004631 or email kerry@project-food.org.uk if you could benefit from one of these and we will be happy to help.

Annual tenant conference cancelled

BEV ANDERSON
Tenant Participation Assistant

It is very disappointing to have to cancel the conference again this year, but the health and safety of all our attendees is our highest priority. Given the seriousness of the Covid-19 outbreak, we believe this is the right decision.

Given the number of uncertainties we face as a nation in the coming months, we feel we are unable to reschedule a date for the 2021 tenant conference this year. We apologise for any inconvenience and look forward to welcoming you back to events in 2022.

Thank you for your understanding at this unprecedented time.

GET INVOLVED



Competition results Best Dressed Christmas Trees and Card

BEV ANDERSON
Tenant Participation Assistant

Thank you to all those who entered the best dressed Christmas tree and card competition which was promoted in our winter 2020 edition.

Our team of judges reviewed all the Christmas tree entries and voted for the following winners: Overall winner is A Dunn of Honiton who wins

a food hamper donated by Ian Williams. Runners up who wins £20 each are J Rundle of Sidmouth, H Dunn of Honiton and K Hunkin of Exmouth

The youth best decorated Christmas card competition winner is Coby Dunne aged 4 from Combe Raleigh who wins £30. Unfortunately we only received one entry and therefore no runners up.

Winning entries



Winning entries

Budding artist or keen photographer winners

TIM FAIRHEAD
Mobile Support Officer

In the winter 2020 edition of Housing Matters, we incorrectly printed the wrong surnames of the winners and have rerun the below article putting in the accurate information. We apologise for this error and any distress caused.

Following the competition for your submission of art or photography to go in our community centre guest bedrooms, the teams have chosen the winners as follows:

Burnside community centre winning entry - blooming flowers by Samantha Statham. Woodbury community centre - Jacobs Ladder by Samantha Statham.

The standard of entries were all excellent and we would like to thank all of those who submitted their work.

As an addition, the Woodbury team were so impressed by Daniel Shepard's (aged 11) picture of the jetty and boardwalk, they would like to hang it in the community centre at Churchill Court, Lympstone for all of the visitors there to admire.



Stay Scam Aware

Dave Whelan
Anti-Social Behaviour and
Community Safety Coordinator

Trading Standards is warning us all to beware of scams following reports that fraudsters are sending fake texts offering a Covid-19 vaccine.

Among the difficulties Covid-19 has brought into our lives, it has given rise to an increase in scams as fraudsters try to exploit our uncertainty.

In one Covid-related scam, fraudsters are sending text messages containing a link to what police call an “extremely convincing” fake NHS website.

The scam message reads ‘we have identified that you are

eligible to apply for your vaccine’ and prompts you to click on a link for further information or to ‘apply’ for the vaccine.

Once on the website you are asked to input your bank details to register for a vaccine. Remember, the NHS will never ask for payment details.

There are lots of other Covid-related scams too, such as: Test and Trace scams where criminals contact potential victims claiming to be from the Test and Trace service but are really trying to get their

For more information visit
[www.devonsomersettradingstandards.gov.uk/
scams-rogue-traders-and-doorstep-crime](http://www.devonsomersettradingstandards.gov.uk/scams-rogue-traders-and-doorstep-crime)

personal information or trick them into handing over money.

Doorstep crime where there are many genuine groups assisting the most vulnerable, however, be alert for individuals who may take your money under the false pretence of helping.

Tips to help you stay safe

- ✓ If you get a text or email that asks you to click on a link or provide information such as your name or payment details, delete it.
- ✓ Never give out your bank/card details, PIN or passwords over the phone, online or on your doorstep.
- ✓ Don’t ring the number a caller has given you to check it’s genuine. Always look the number up for yourself.

What to do if you’ve been scammed

- ✓ Report scams and get advice through Citizens Advice. Call 0808 223 1133 or visit their website at [www.citizensadvice.org.uk/
consumer/scams/what-to-do-if-youve-been-scammed](http://www.citizensadvice.org.uk/consumer/scams/what-to-do-if-youve-been-scammed).
- ✓ Report the scam to Action Fraud on 0300 123 2040 or at their website [www.actionfraud.police.uk/
reporting-fraud-and-cyber-crime](http://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime).

GUEST CONTRIBUTION

Insurance Makes Sense

WILL MORRISON
Account Executive,
Thistle Insurance
Services Limited

Your landlord does not cover your home contents and personal belongings. So, it's a good idea to consider what a home contents insurance policy would cover you for. When you move into your property, you should think about protecting your personal possessions and home contents. These include your furniture, carpets, curtains, clothes, bedding, and electrical items. And don't forget your jewellery, pictures and ornaments. All tenants and leaseholders are eligible to apply for the Crystal Insurance Scheme, which can cover your home contents and belongings against, fire, theft, water damage and flood. Reasons to choose the Crystal Insurance Scheme: Apply over the telephone or complete an application form. Covers theft, water damage, fire and many more household risks.

Covers tenants improvements (up to £2,000 or 20% of the sum insured). Covers theft or attempted theft of contents in sheds, outbuildings and garages (up to £3,000). Covers damage to external glazing for which you are responsible for. Covers replacement and installation of locks for outside doors or windows and alarms, if keys are lost or stolen. You don't need to have special door or window locks (just a lockable front door). All postcodes are included. Flexible regular Pay-As-You-Go payment options (fortnightly

and monthly premiums include a transaction charge). Limits and exclusions apply, a full policy wording is available on request. If you would like a member of the Crystal Insurance team to call you back at a convenient time to discuss cover, optional covers available and premiums. Visit www.crystal-insurance.co.uk and request a call back today. Protect your belongings against fire, theft, flood and much more. For further information or to apply for cover call Crystal Insurance on 0345 450 7286 or email crystal@thistleinsurance.co.uk.

The Crystal Insurance Scheme is a product name arranged and administered by Thistle Tenant Risks a trading style of Thistle Insurance Services Limited. Thistle Insurance Services Limited is authorised and regulated by the Financial Conduct Authority FRN 310419. Registered in England under No. 00338645. Registered office: Rossington's Business Park, West Carr Road, Retford, Nottinghamshire, DN22 7SW. Thistle Insurance Services Limited is part of the PIB Group. For information about what we do with personal data please see our Privacy Policy at www.crystal-insurance.co.uk/Privacy-Policy





Smoking in the home

MICHELLE DAVIDSON
Senior Compliance Surveyor

One in three fire deaths in the South West are caused by smokers' materials. Don't become the next victim, follow our advice to keep safe.

✓ The best way to protect your family from the dangers of smoking inside the home is by choosing to smoke outside. Not only are you drastically reducing the risk of a fire in the home, but you are also providing a cleaner, healthier living environment for your loved ones.

✓ Make sure cigarettes, cigars and pipes are properly extinguished when you have finished smoking.

✓ Don't leave lit cigarettes, cigars or pipes unattended as they can easily over-balance as they burn down, land on a carpet or newspaper and start a fire.

✓ Never smoke in bed, if you need to lie down, don't light up!

✓ Use a proper ashtray that won't tip over easily and is made of material that won't burn.

✓ Never tap ash or empty an ashtray into a wastepaper basket.

✓ Empty ashtrays frequently, wet the contents before emptying them into a metal bin outside the home.

✓ Take extra care if you smoke when you're tired, taking prescription drugs, or if you've been drinking. You might fall asleep and set your bed or sofa on fire.

✓ Keep matches and lighters out of the reach of children and consider buying child resistant lighters and match boxes.

If you're trying to give up smoking, you can find lots of useful advice on how through the NHS website: www.nhs.uk/better-health/quit-smoking.

For Fire Safety checks please contact Devon and Somerset Fire and Rescue Service on 0800 05 02 999 or email firekills@dsfire.gov.uk.

The above wording and safety advice on using E-cigarettes and more information can be found at Devon and Somerset Fire and Rescue Service website, please visit www.dsfire.gov.uk

Above: fire safety check being done



GUEST CONTRIBUTION

Top Ten Tips for Becoming Plastic Free



VICTORIA
Plastic Free Champion

If you have made the decision to reduce the plastic in your life you might be wondering where to start. It can be quite daunting when we read figures about the amounts of plastic in the oceans and see the likes of David Attenborough telling us we need to reduce to save the planet and then get overwhelmed. So we asked our social media followers to come up with their 10 Top Tips for starting your plastic free journey. They are easy and inexpensive – some will even save you money!

1. Take your own bags shopping. The plastic bag tax has reduced

use in the UK by 95% and the charge is set to increase from 5p to 10p in April to try to hit that last 5%. Making sure you always have a bag with you, or a stash in the car, will spare those forgetful moments and save your pennies.

2. Have a reusable coffee cup
In the UK we use 7 million coffee cups A DAY! The majority of which can't be recycled. Take a reusable cup and get a discount on your drink at big names like Starbucks but also in lots of the local independent cafes.

3. Use a refillable water bottle. Bottled water has to be the biggest consumer scam but it's so easy to pick up a bottle on the go when you're thirsty. Take a refillable bottle with you and look out for the refill sign where shops will provide you with water free.

4. Carry a reusable straw. Are you a bamboo or a steel kind of

person? Reusable straws come in all shapes and sizes and prevent something being used once before being thrown away.

5. Buy from local shops, plastic free. How about buying your fruit and veg from the greengrocer or nails loose from a hardware shop? It often works out cheaper to buy the amount you need rather than 40 of something in plastic that you might never use.

6. Take your own containers to the shop. Butchers and fishmonger are often happy to weigh produce and put it in a container you have bought with you, reducing those thin plastic bags which can't be recycled.

7. Have milk delivered in glass bottles. This is something which is growing fast. Doorstep milk deliveries have had a resurgence over the past few years and several companies deliver in East

Devon. You can even buy plant based milks in glass bottles now!

8. Cook meals from scratch – no ready meals or takeaways. Cooking from scratch is healthier and cheaper so choosing to avoid ready meals is win, win, win. Things can be cooked in bulk and frozen so you don't have to cook every night and, if you do fancy a takeaway once in a while, tell them you'll bring your own containers to put it in when you order.

9. Save extra portions in repurposed jars and containers. When buying things in a container always think about

how it could be re-purposed when empty. Glass jars can be used for refills, sturdy plastic can go in the freezer. Yoghurt pots can be used as paint pots, beer traps, telephones on string...the list is endless!

10. Use a bamboo toothbrush. 264 million toothbrushes are thrown away in the UK each year. All plastic, non recyclable. You can buy bamboo ones which reduce that waste massively or even coconut based heads for your electric toothbrush.

We hope this list gives you some ideas for your plastic free journey. Let us know how you get on, or if

you have any to add, on our social media @plasticfreeottery. We also have a list of which shops are part of the refill in Ottery and bring your own containers schemes and which give money off for bringing your own cup there and on our website plasticfreeottery.org.

We know lots of you clean the beach on your walks or organise your own mini beach cleans, Plastic Free are out every Sunday at 8.30am starting at both Orcome and The Marina, Exmouth (and finishing at Hangtime) but we cant do it all so we would just like to say thank you for all that you do to keep us plastic free.

RECIPE



SQUARES

The perfect treat with a cup of tea. And great for packed lunches and picnics too!
Serves: 16 (121 kcal per portion)

INGREDIENTS

100g low-fat spread
4 tbsp golden syrup
250g porridge oats
1 apple cored and chopped
50g ready-to-eat apricots (chopped)
50g sultanas or dates
½ tsp ground mixed spice (optional)
1 egg (beaten)

METHOD

1. Preheat the oven to Gas Mark 4/180°C/ fan oven 160°C. Grease a 23cm shallow square cake tin with a little reduced fat spread, then line the base with greaseproof paper
2. Melt the remaining reduced fat spread in a large saucepan with the golden syrup. Take care that the mixture doesn't get too hot.
3. Remove the pan from the heat and add the porridge oats, apple, apricots, sultanas and mixed spice (if using). Stir well, add the beaten egg and mix again.
4. Tip the mixture into the prepared tin and level the surface. Bake for 20 to 25 minutes until firm. Cool in the tin for about 20 minutes, then cut into 16 squares.

TIPS

- Store in an airtight tin, or pack in freezer wrap or a freezer box and freeze for up to 3 months.
- If you like, melt the reduced fat spread and golden syrup in a large microwaveable bowl for 40-50 seconds on high, then add the remaining ingredients as above.
- Choose high fibre porridge oats to provide extra fibre in your diet.

IN YOUR COMMUNITY

Focus on Mental Health

ALEX HIGGINS
Community Development
Worker

Community Development
have recently been supporting
Parent+Support Hub. Led by

someone with lived experience,
they support parents and
families of young people with
mental health issues. They have
online materials that you might
find helpful about how to look
after yourself as the parent as

well as how to communicate well
with your teenager in crisis. They
run twice weekly online peer
support meetings and there is
even free or low cost counselling
available for anyone over 16 who
needs it. See their flyer below for

PARENT + SUPPORT HUB

Support Hub for Mental Health Caregivers
Now Offering Parental Minds Counselling

BESPOKE SUPPORT PLANS

- Emotional support for parents/carers
- Information on mental health issues
- Educational Needs
- Financial Needs
- Resources
- Sharing insights on relevant services

REGULAR SUPPORT

- Support Calls
- Whatsapp
- Emails
- Text
- Facebook

POST COVID-19
Cafe-Style meetings

Text/whatsapp Support: 07907 614 516
E-mail: parentplus@parentalminds.org.uk
Facebook: /PPSHUB

Supporting Families ; Mental Healthcare

MENTAL HEALTH NATIONAL AWARENESS WEEK IS 18–23 MAY

more info about what they offer and how to join.

We recently became aware of Recovery Devon. What an inspiring organisation. They are advocates for people with mental health issues being seen and being heard. As part of this they have created two books (so far) full of stories, art work and poetry 'Beyond The Storms' charts the recovery journeys of those who have reached a place where they can look back and reflect on what has helped and hindered their recovery, whilst 'Riding The Storms' captures the essence of how it feels to experience ongoing struggles,

day in, day out. As a special offer at the moment all three books can be ordered completely for free from www.recoverydevon.co.uk/book-shop.

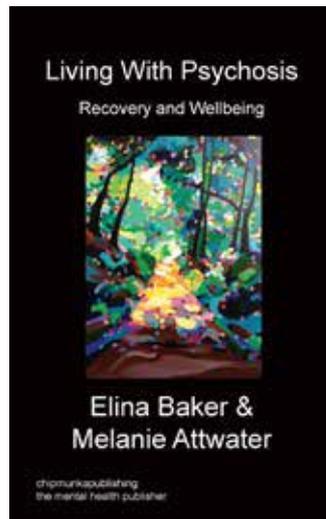
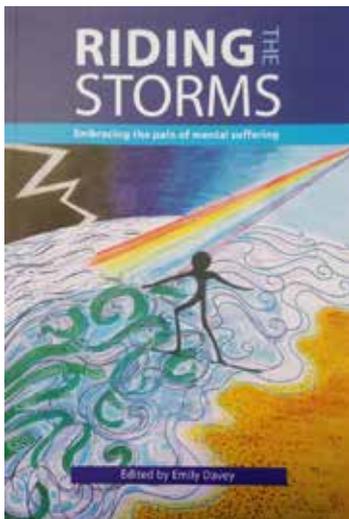
Talkworks is another great service available to anyone who needs it. They are a free confidential NHS Talking therapy service. You can refer yourself either by calling them on 0300 555 3344 or filling out an online form at www.talkworks.dpt.nhs.uk.

Once they have received your referral, they will arrange an initial appointment, which will last between 40 to 50 minutes and can be either face

to face or over the telephone.

They will look at options with you which are usually based on Cognitive Behavioural Therapy (CBT). CBT looks at the way that thoughts, feelings and behaviours interact, sometimes in a helpful and sometimes in an unhelpful way.

As well as individual work, face to face or on the telephone, they also offer online CBT programmes including Silvercloud, which is a flexible self-help and learning programme and a range of courses to look at sleep and managing anxiety and low mood. Their waiting times are less than 6 weeks.



Publications available to support mental health recovery

Mental Health Conference

AARON CLARK
Community Development Officer

After the pandemic put a stop to last year's Mental Health Conference, plans are now underway to get it up and running again for Mental Health

Awareness Week being held from 18 to 23 May.

As it stands, we hope to be in a position to hold the event at a physical venue by then, but all guidelines and protocols will be followed to ensure we are able to meet safely. A crucially

important day for the calendar this year, more so now than ever. More details will follow through social media and those who signed up previously will be sent reminders. If you would like to be book your place, please email me at aclark@eastdevon.gov.uk.



Left: Anna Mathews with her cat
Above: Littleham

GUEST CONTRIBUTION

What on earth is a Squilometre?

JOJO SPINKS
Interwoven Productions CIC

OK, firstly, let's clear up one thing - "Squilometre" is a made up word! Please don't be alarmed if you've never heard it before. It's just our way of saying that we concentrate our efforts on one neighbourhood at a time (roughly one square kilometre). Although truth be told, no one ever draws a square on a map. There are, at the time of writing, five Squilometres in Devon and the Littleham Squilometre is the latest.

There are some other defining characteristics of a Squilometre way of working:-

Activity is facilitated by a resident Place Champion

A volunteer who lives locally and really cares about their place and its people. The Place Champion for Littleham, Exmouth is Anna

Mathews who is bringing lots of great experience, working with the Great Place Scheme with Torbay Culture to her home ground. See more about the Place Champion role below.

Squilometre activity goes street by street

The very first project for the Littleham Squilometre will be on Littleham Road itself. In normal, pre-Covid times, a street project would last around 9 months. (Anna will be collecting votes all the while for which street to move onto next). We'd bring together a "Street Pod", a steering group, of local residents who find a variety of ways to attract other residents to join them, culminating in a final street celebration with something for everyone. This street by street approach provides the best opportunity to ensure that we can ask everyone

what they need to take part and have a say in what happens. Whether it is physical/mobility support, translators, signers or extra safeguarding measures, the Place Champion and Street Pod will be supported to find the answers. The result can be beautiful! Past Squilometre work has included inter-generational tea parties, community stargazing, pop-up exhibitions and street heritage tours - all created by residents to share with neighbours in celebration of their own place.

The learning potential

Anna will be receiving extra training in heritage interpretation so that she can help Littleham residents uncover the heritage of their streets. To a Squilometre tenant every place has important heritage and a myriad of stories to tell. We also believe that residents have the right to reveal and share in that heritage in any way that is meaningful to them. They don't need to have it re-framed or re-interpreted by anyone else. Past projects have seen residents create their own heritage trails and interpretation boards as well as presenting the results of their findings to local interest groups. And, of course, every single place has its own ecology, wildlife, night skies and geology. All these

aspects hold fascinating opportunities for rich, shared and highly relevant learning right there on the doorstep!

The Pandemic has meant that these face-to-face activities are on hold for now, but Anna managed to arrange a special input at Littleham Primary School about the Jupiter/Saturn Conjunction at the tail-end of last year, and is running an Open Group on Facebook, sharing snippets of Littleham heritage to keep the discussion moving. Please do come and join her there: www.facebook.com/groups/357294985720584.

Anna's further training in heritage research from Interwoven Productions CIC has been paid for by East Devon District Council and we're grateful to Deirdre Ryan, EDDC Community Development Worker, for her role in that. Anna's work for you, the Littleham community, is offered voluntarily, and we're also so grateful to her and the other Squilometre Place Champions for their whole-hearted participation. They're very special people and we're always looking to recruit others. If you would like to serve your own neighbourhood,

inside a supported and learning framework, then please do get in touch: JoJo Spinks, Interwoven Productions CIC on 07855 935137 or email jojo@interwovenproductions.com. Look up their webpage for more details at www.interwovenproductions.com.

Or you can contact Anna directly with your Littleham thoughts, memories or pictures at anna@littlehamsquilometre.org or visit their webpage at www.littlehamsquilometre.org.

Free fun activity packs for you

DEIRDRE RYAN

Community Development Worker

Interwoven Productions, creators of the Squilometre, invite tenants of EDDC to take advantage of their free resources available online. Three activity packs help residents of all ages have fun, connect to each other and discover the unique character of their place.

Pack 1

Ages 7-12 Local History

This resource pack is designed specifically for ages 7-12 with lots of research hints and tips. Great fun for adults too.

Interwoven have provided a Facebook page to share your work and check out what others have discovered but make sure you watch the video for guidance on sharing safely.

Facebook group:

#ConnectMe

Ages 7-12 – Local History

Pack 2

Ages 13 to adult - Local History

This Resource Pack is designed for age 13 to adults with lots more links, tips and resources on revealing the hidden secrets of your own home.

Again, we'd love you to share the product of your research and creativity.

Facebook group:

#ConnectMe

Age 13 to Adult – Local History

Pack 3

Celebrate your Street - Together

This Resource Pack, supported with a 15 unit online course, tells you everything you need to know to research the history of your own street and animate your neighbours to share a street celebration.

Please let EDDC Community Development know if you're using the 'Celebrate your street' pack. We can give you extra support and help with funding by calling 07889 645574 or emailing communitydevelopment@eastdevon.gov.uk.



Sunflower grown during lockdown

TENANT CONTRIBUTION

The year 2020

SUE DAWSON
Exmouth tenant

The year started much like any other. Then came news of Coronavirus. It didn't at the time seem too worrying, how wrong we were. March arrived and with it came lock down, everything closed except essential shops. Fortunately our council and housing department were there for the tenants. Everyone had to stay home, no visits to family or friends. We could exercise just once a day.

We had queues at the shops, with priority given to the older generation and key workers to shop on certain days. This virus was proving to be deadly and it was costing the lives of so many people. Neighbours were looking out for each other, in some ways this dreadful bug brought out the best in people, though unfortunately it also

highlighted those totally selfish individuals who really did not care about anything or anyone other than themselves. The least said about those individuals the better.

There will be many who have suffered the loss of a loved one, so those of us who have not been affected by loss or severe health issues should be thankful we still have our family and friends. There was clapping on a Thursday night for the NHS, we owe such a debt of gratitude to those selfless NHS staff and other carers who kept going when at times there must have seemed no end in sight.

To all the delivery drivers, the shop assistants who kept going to work and everyone who helped to keep us safe, we should be so grateful. Thanks must go to East Devon District Council Housing department for arranging the general need wellbeing calls, these have helped many tenants during the various lockdowns.

Neighbours shopped for others who were isolating, this meant masking up like Bonnie and Clyde, before waiting patiently in the queue at the shops. No going for a coffee afterwards. Everyone kept in touch

with neighbours on a daily basis, if only to see they were feeling okay, it was lonely for so many, often on their own the whole time. I wrote, yes that strange form of communication, to people I do not see very often, they were all pleased to receive a letter.

Then there was the 'to do list' now that occupied our time, I can tell you. Cleaned windows, changed curtains, painted rooms, cleaned carpets, turned out cupboard's, cleaned furniture, sorted out wardrobes, cleaned doors and doorframes, wiped down radiators, had a spring clean of the garden store cupboard's, in fact if it was not secured down then it was cleaned. I even promised myself to start one of my needlework projects, but have been so busy that is still waiting for when I have time. There was the baking, gardening, even grew red pepper from seed for the first time. Having a sunflower plant grow unexpectedly from a seed in with others given by a neighbour. People put out cuttings of plants for others to take home. This was something I did too. Some people put puzzles, books and jigsaws for others to borrow, these are things I saw on my daily walks. During this very sad time there have been so many small but very kind deeds.

Many special occasions couldn't be celebrated, for example, birthdays and anniversaries. My sunflower which was such a pleasant surprise and made me smile, was a reminder that small things can make us happy and, we all have something to be thankful for. Did you notice how the birds seemed to sing more loudly, or

was it just they could be heard so much more clearly than before, with everything so much quieter than it used to be?

By autumn we thought perhaps things were getting better, there was a vaccine being produced, places were allowed to open and people could now see other family members, but this was not to last. In November came the second lockdown, there had been a spike in the number of people infected with the virus. It was hoped it could be curbed and people would still be able to celebrate Christmas, as restrictions were eased a little. We would be allowed to see a family member on Christmas day but no staying overnight. There would be no New Year's Eve celebrations, no parties or travelling to another area for New Year.

So 2021 dawned and within a few days, 4 January in fact, came the third lock down. The number of people with the virus was rising at an alarming rate and it was feared the NHS would not be able to cope with the number of people needing intensive care. To those brave dedicated workers who are once again on the front line, we thank you so much for your dedication and hard work.

We can only hope the vaccine will make a difference and hopefully this lock down will come to an end in February as first muted. In the meantime we must do all we can for each other and fill our time best we can.

Keep to the rules and stay safe. Perhaps think of my unexpected sunflower and the smile and hope it brought. As for me, think it is time to get out the needlework and of course there is that 'To do list'.

Advice and Support for (Almost) All Who Need It

ALEX HIGGINS

Community Development Worker

Honiton Community Advice Service set up as a new community group late last year. They can help people all over East Devon, except Exmouth.

As a completely independent service they are a friendly voice on the phone and can provide free, confidential, impartial

information and advice on a range of subjects including problems with benefits (including disability benefits and form completion), debt, money, housing, employment, family, personal issues, consumer issues and immigration.

They offer advice to anyone facing any kind of problem, enabling them to gain the knowledge and confidence to decide on their next steps. They

have great relationships with other community groups to help ensure people can get the best and most appropriate support when they most need it.

Their friendly volunteers can be contacted by email at honitonas@hotmail.com. They will then work with you to establish the best way to communicate and provide the help you are seeking.



TENANT CONTRIBUTION

Sleeping Babies: Wedding Dresses Turned Into Baby Funeral Clothes

CAROLE KING
Exmouth Tenant

I am an amputee and veteran who served in the Her Majesty Forces for eight years. In 2019, I started making dresses for sleeping babies and premature babies, in order to help parents at a time when things are more important and it is one less thing to think about.

This all came about after a health set back, when I had to rest. Dresses are donated by friends, friends of friends within social media and by word of mouth and more importantly by ladies that I have made gowns for.

I count myself very lucky to be in a position of such high trust for ladies to hand over their wedding dresses, for me to cut into gowns.

I don't ask for money and the gowns are not sold, I just give my time to my small hobby of making clothes. This is all done in my spare time at home in memory of my younger sister who died aged 19. The ladies all get photos of their finished gowns then they can have a reminder of what I have done.

So far I have made 30 dresses and nine waistcoats, with each outfit taking several

hours to complete due to the complexity of the original dresses, which these have been given to the Royal Devon and Exeter Hospital's neonatal ward for those who have lost children.

It's the ladies I think of mostly, they're the ones that are generous and need the credit, as giving away their wedding dress is a big thing.

I am currently working on at least 30 more outfits after being flooded with requests, once the news of my work spread on social media.

This is just a nice way in helping grieving mothers, parents and families. Bringing the community together.

If you would like to donate any dresses or need further information, please get in touch through Facebook at Geraldine's Angels or email legless06@hotmail.co.uk.



A small sample of some of the amazing clothes made



GUEST CONTRIBUTION

Pool table for Exmouth Men's Shed

DAVID LEY
Joint Project Leader

Men's Shed offers support for people who may find engaging with meaningful activity something of a challenge, or who may be looking for social involvement, to offer skills or to build friendships. To that end we work together on projects which are creative and which provide opportunities to develop skills, give a sense of purpose, and have conversations with new friends.

On an average day we would expect 20 or more men to meet at the Shed and be involved primarily in woodworking activities. Some of these will be their own projects, others will be for the wider community who will come to us with requests for items or repairs.

Whilst working together is our main focus, relationship building is also important so the provision of the pool table gives our men a great chance to

relax, to laugh together and engage in the kind of interaction that sport offers.

There are often half a dozen men gathered around the table giving each other encouragement and lots of bantering together. As a result we see stronger friendships and an improved sense of well-being. It's certainly an activity a number of our men look forward to.

This is an activity being missed while we're closed because of Covid rules. Many of the men who regularly come are waiting for the day when they can get together for a game again. As soon as the situation changes and we're able to reopen safely, we're as keen as anyone to start working and playing again!

We are very grateful for the support given by EDDC in purchasing the table and the contribution it makes to the overall success of the Men's Shed.

Above: Men's Shed members enjoying the pool table prior to lockdown

IN YOUR COMMUNITY



Residents enjoying the film prior to lockdown

Bigger screen for movie club at Bidmead, Exmouth

TIM FAIRHEAD
Mobile Support Officer

Before Covid-19, the Burnside Mobile Support Officers (MSOs) arranged to watch a film at Bidmead Community Centre, Exmouth once a month. The attendance was approximately 20 to 30 people and enabled residents living in EDDC supported housing to get out and be part of the community and share a film experience together. The previous television was

an old 40 inch screen, but after making an application for a bigger 50 inch screen, the Community Initiative Fund Panel saw how much this could support the local community and granted a fund for a larger screen.

The film group met up before the lockdown and watched their monthly film on the new screen. Those attending all commented on how the improved picture quality made it easier to see the film.

They all wished to thank the Community Initiative

Panel for supporting the new purchase. The residents are already excitedly waiting to hear when the next film date can be arranged.

If you are resident of East Devon District Council living in supported housing in Exmouth and would like to attend the film club in future, please contact the Burnside MSOs direct on 01395 277401 for information on films and dates. It is hoped to resume the film club as soon as Covid-19 restrictions allow.

TENANT CONTRIBUTION

Fund helps to brighten up communal garden at Harepath

TONY WOODMAN
Harepath Tenant Association
Chairperson

We are rightly proud of our award winning communal gardens here at Harepath Road in Seaton. We have won the gold and silver awards over the past few years in the East Devon District Council's garden competition and each year

we aim to improve. Gardening can be an expensive job and as we expand, finding the necessary money can be hard to find. In 2019 we successfully applied for a grant from the community initiative fund towards the cost of some of the plants and compost. This was a tremendous help and enabled us to brighten up even more of our gardens. We

grow many plants ourselves and raise money but with council support it made a big difference. It proves the value of working together. We are extremely grateful and in particular would like to thank Bev Anderson for her advice and support. Looking forward to this year and hopefully a hat-trick of wins.

TENANT CONTRIBUTIONS

Raising funds by making crafts for charity during lockdown



VAL MARCHANT
Branscombe tenant

During lockdown I wanted to do something to keep myself occupied as I suffer from anxiety and missed being able to go out and doing some of the things I normally would do. So I decided to start making little felt animals and birds. I thought I could have a coffee morning at home to raise money for the Honiton Hedgehog Rescue.

Obviously due to the lockdown I was unable to have coffee mornings and I spoke to my friend Hazel who runs the Hideaway on Seaton sea front, who kindly offered to sell them in her store for me. So far we have raised £130 towards an incubator for the baby hedgehogs.

I have enjoyed making them so much it was nice to think I was doing something to help plus keep myself occupied during lockdown.

Above: a few of the crafts made to help the hedgehog charity



Tenant bouquet

Mrs Betty Weatherley aged 76 of Newton Poppleford, would like to nominate her neighbours Pete and Irene Spiller for a 'good neighbour' bouquet for all their help.

When my husband Ray died two years ago it was 3am, I shouted for help

and Pete rushed over and tried to resuscitate him until ambulance came, unfortunately Ray could not be saved and passed away.

Irene and Pete are always available for a chat, they also help with shopping and their son in law who is a gardener comes every month to cut my grass and hedge. They are a huge support to me and

great friends. Pete and Irene also help another neighbour called Val who has cancer. A massive thank you for all your continuous help, it is very much appreciated.

If you would like to nominate a neighbour for helping you during difficult times, please contact Tenant Participation (see page 2 for details).

KEEPING YOUR PERSONAL DATA SAFE | AN EXPLANATION FROM THE COUNCIL

Any personal information which you provide will be held and used by East Devon District Council for the purpose of resident involvement.

Your information may be provided to a third party acting on our behalf. Your information may also be shared within East Devon

District Council for the purposes of carrying out our lawful functions. Otherwise your personal information will not be disclosed to anybody outside East Devon District Council without your permission, unless there is a lawful reason to do so for example, disclosure is necessary

for crime prevention or detection purposes.

Your information will be held securely and will not be retained for any longer than is necessary. There are a number of rights available to you in relation to our use of your personal information depending on the reason for processing.

Further details about our use of your personal information can be found in the relevant Privacy Notice which can be accessed at eastdevon.gov.uk/media/2505620/landlord-services-administering-a-tenant-participation-and-involvement-scheme.pdf.

TENANTS' VIEWS

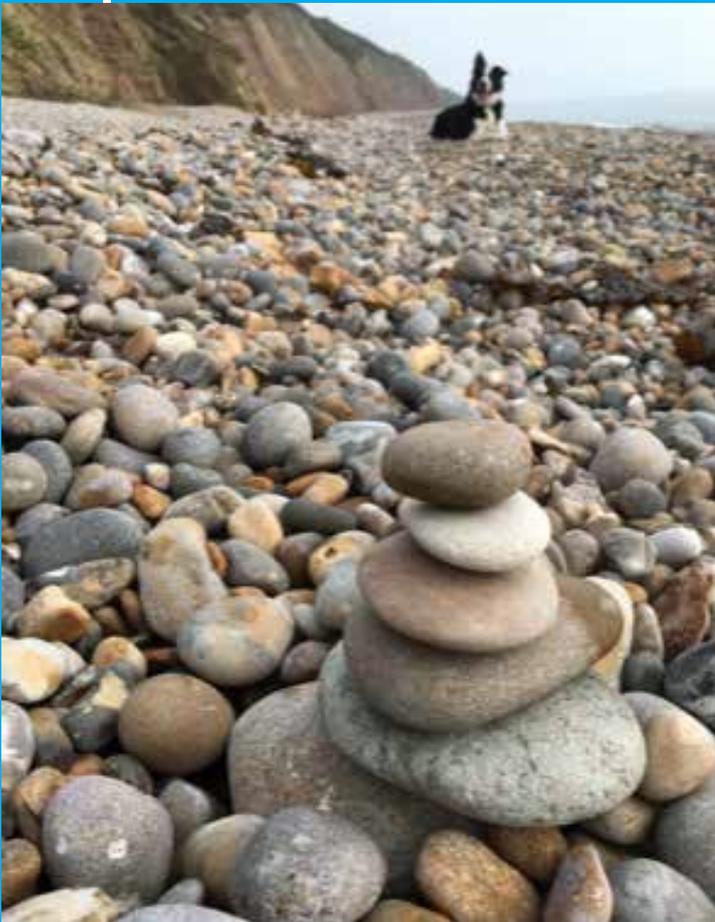


SEND US YOUR PHOTOS
THIS IS OUR REGULAR PHOTO
FEATURE, A GREAT AND QUICK
WAY FOR YOU TO GET INVOLVED.

HOW DO I SEND YOU MY PICTURES?

Please don't send images of people, as it makes getting their permission difficult. **Send us a digital photo:** email high resolution JPG images to tenantparticipation@eastdevon.gov.uk.

'Billy on Axmouth Beach'
- Mrs B



'Boris and Sam on the beach'
- Mrs M

