

January 2015

# SHAL news



*where you come first*

**Woolavington**  
Spotlight on your neighbourhood

**New Year  
- New You!**

**WIN**

**Pedometer - page 3**  
**A Slow Cooker**  
- page 11

**PLUS**

- Meet the new staff
- Honey & Mustard Sausage  
Crock pot
- Wordsearch Winner

# Dear Reader

Happy New Year! We've had lots of changes here at SHAL and are really looking forward to an exciting New Year.

I hope that you'll enjoy reading this Newsletter and after all the overindulging at Christmas, we thought we'd run a healthy theme to help us all recover!

We now have three new members of staff John Shipley Operations Director (people), Jo Martin, Finance and IT Director and Mike Cooksley, Building Maintenance Operative to complete our team.

We are proud to support the Foodbank in Bridgwater so if anyone would like to donate all contributions will be gratefully accepted, there is a box in our reception. Alternatively, if you believe that you might need some help yourself please call in at the office and speak to Lee or Nicola who will be happy to help.



## SHAL raises money for Macmillan Cancer support

In September this year SHAL had a cake stall in King Square. Staff and their families baked the cakes and took it in turns to be on the stall.

We are pleased to say that we raised £233 for MacMillan Cancer support and hope to do the same this year.



Here's to a Happy and Healthy New Year.

*Angela Gascoigne  
Chief Executive*

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# 10 Ways to beat the bugs and blues!

We have 25 Pedometers to give away to SHAL tenants. Simply complete the slip below and return to SHAL. The first 25 replies will each receive a free pedometer (applications restricted to one per household)

### 1. Manage your personal stress

Stress can deflate your immune system leaving you more vulnerable to sneaky viruses. If you are feeling run down and over stretched it is time to slow down, sharpen your stress management skills and strengthen your immunity.

### 2. Exercise and energise

To keep your immune system health exercise is one of the best things you can do. Wrap up warm and go for a lovely big walk. This is even better than going to the gym because you will get lots of fresh air and natural daylight - and its free! Buy a pedometer to motivate yourself and aim to walk 10,000 steps a day.

### 3. Drink lots of water

It may not be your favourite drink but water is one of the best things you can do to keep healthy and it is vital for all bodily functions.

### 4. Boost your vitamin C

Vitamin C is at the top of the list among natural immune boosters for your body. So taking a supplement during the winter is a good idea or eating lots of delicious seasonal Satsumas is another good way. Hot water and lemon is also a great way to start the day and a much better alternative to coffee.

### 5. Eat yourself healthy

Certain foods like garlic, ginger, tomatoes and onions are all great for warding off colds. Plenty of fruit and fresh vegetables will provide you with antioxidants and a whole host of vitamins and minerals. So let healthy food be your medicine.

### 6. Take Echinacea

According to research taking the herbal remedy Echinacea can more than halve the risk of catching a common cold. It is available in liquid, tablets and delicious herbal teas.

### 7. Reduce sugar

Eating or drinking 100grams (8 tsp) of refined sugar, the equivalent to one 12oz can of sugary fizzy drink can reduce the ability of white blood cells to kill germs by 40%. The immune-suppressing effect of refined sugar starts less than 30 mins after eating/drinking and may last for 5 hours!

### 8. Drink alcohol in moderation

Excessive alcohol intake can harm the body's immune system in two ways. First it produces an overall nutritional deficiency, depriving the body of valuable immune boosting nutrients and secondly, alcohol, like sugar consumed in excess can reduce the ability of white cells to kill germs. It can also leave you depressed.

### 9. Wash your hands

It might sound obvious but it is important to wash your hands often especially before eating as this is one of the easiest ways to help prevent the spread of infections.

### 10. Sleep well

A good night's rest is one of the best ways to boost your immune system. The quality of your sleep is very important too so that you feel energised at the start of each day. Cutting out caffeine and alcohol will help. Try a warm bath with lavender oil it will work wonders.

I would like to be entered into the draw for a free pedometer

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone No: \_\_\_\_\_

Return to SHAL Housing Ltd, 2 King Square, Bridgwater TA6 3DG

# SPOTLIGHT ON YOUR NEIGHBOURHOOD

Helen from Woolavington

*'I'd like to see Woolavington connect again.'*

### Tell us about yourself and how you got involved in your community?

I've lived here for 16 years. I've found my feet here. At first I didn't think there was much community to get involved in! But then the woman who ran the youth club asked me to take over. I said I would have a go. Now I run it on Wednesdays between 4.00pm and 6.00pm at the Village Hall. I run a Job Club there too on Wednesdays between 1.00pm and 3.00pm. You can bring laptops or use our free computers. If you are looking for a job you need to get confident on a computer and we can help. We get people of all ages. Often young people help the older ones!

Through the Big Local I got to know the history of the area. My focus is on bringing the whole village together. We're hard working people here. Sometimes it feels like people think we're different.

### What are your thoughts about the future of housing and your community?

I want to make sure that all the young people in this area get to know each other. We're trying to get a youth shelter put up. There's a lot to think about – where it goes, how we make sure it lasts, what's the latest style. I work with the parish council so they know what's needed. I'd like to see Woolavington connect again. Some of it is about the hill! The top end is going through tough times – the surgery closing, the pub going, and no-one knows what's happening to the shop. The playing field needs sorting out because it floods. We need to improve our image and our environment.

### What would you say to inspire others to get involved?

It's rewarding. A little bit of help can make a big difference. It's hard too. Parents work long hours but together we can improve things. I don't like to be in the limelight but I think about the long term. The police might come and sort the ASB but it's all of us together who will really make the difference.



**Village Hall**  
Job Club - Wednesday  
1.00pm - 3.00pm  
  
Youth Club - Wednesday  
4.00pm - 6.00pm

# Bridgwater Foodbank - How it works



### Food is donated

All food given out is donated, whether by schools, churches, businesses, individuals, or through supermarket collections. Such collections engage the public at supermarkets where they are met by volunteers who offer shoppers a 'foodbank shopping list' and ask them to buy an extra item with their shop. This food is then collected at the checkout before being taken to the foodbank warehouse.

### Food is sorted and stored

At the warehouse, food is sorted by volunteers according to type and 'best before date'. They also check it is undamaged (and that it can be used in a food parcel) and pack it into boxes and store it, ready

for use. Food is then taken to foodbank centres, where it is made up into food parcels for clients.

### Frontline professionals identify people in need

Care professionals such as doctors, health visitors, social workers, Citizens Advice Bureau staff, welfare officers, the police and probation officers, amongst others, identify people in crisis and issue them with a foodbank voucher.

### Clients receive food

Clients bring their voucher to a foodbank centre where it can be exchanged for three days supply of emergency food. Food parcels have been designed by dieticians to provide recipients with nutritionally balanced food.

### Clients are signposted to further support

Volunteers meet clients over a cup of tea or hot meal and are able to signpost people to agencies who can help resolve the longer-term problem. As foodbanks are an emergency food-provision service, it is important to get clients in touch with organisations who can help them address the underlying problem.

SHAL can now identify people in crisis and issue its own vouchers. If you think you would like to donate or if you are in need of help yourself please call in at the office.

**We are proud to support Bridgwater Foodbank**

## Honey & Mustard Sausage Crock Pot

(serves 4)

1. Preheat oven to 200°C/400°F/Gas 6.
2. Put mustard and honey in large bowl, add sausages and toss until well coated, set aside.
3. Put squash and pepper into large baking tray, drizzle over oil, season with salt and pepper. Put in oven and roast for 20 mins. Add sausages and roast for further 10 mins. Add tomatoes and roast for 10 mins or until sausages are cooked through and veg is tender.
4. Cut sausages into bite-sized pieces. Divide into mugs or bowls. Sprinkle with parsley & serve with crusty bread.

- 1 tbsp Grain Mustard
- 2 tbsp Runny Honey
- 8 quality Pork Sausages or Quorn Sausages
- 1 350g Butternut Squash (peeled, deseeded & cubed)
- 1 red pepper (chopped)
- 1 tbsp vegetable oil salt and pepper
- 1 400g tin chopped tomatoes
- Finely chopped fresh parsley

**A REAL WINTER WARMER. YUM!**

# Healthy Breakfast

(for people who hate breakfast!)

Get into the habit of eating breakfast even someone who always skips breakfast will be tempted to try these recipes.

Not hungry first thing in the morning? Pushed for time? Trying to lose weight? These calorie-counted treats will tempt you to rediscover the pleasure of breakfast.

From an energy-boosting "apple pie" porridge and protein-packed scrambled eggs, to a nutrient-rich green smoothie and sugar-free granola bars, there's something for everyone. Start off with a light bite such as a piece of fruit or a low-fat yoghurt. After a while, your morning appetite will naturally increase and you'll probably find you eat less throughout the day, including snacks.

If you're short on time in the morning, think about ways of gaining time by keeping breakfast simple, either by waking up 10 minutes earlier or getting other chores out of the way ahead of time.



## Apple Pie Porridge

Serves: one adult

Preparation time: 10 minutes

Cooking time: 5 minutes

Calories per portion: 345kcal (1,443kJ)

### Ingredients:

50g porridge oats  
200ml apple juice (with no added sugar)  
100ml semi-skimmed milk  
1 medium dessert apple, diced  
1 pinch of cinnamon

Throw all the ingredients into a saucepan. Heat and stir until boiling, then lower the heat and simmer gently for five minutes, stirring often. Spoon the porridge into a serving bowl and add a sprinkling of cinnamon.

## Or you could try:

- muesli, fresh fruit and low-fat yoghurt – fruit added to your muesli counts towards your 5 A Day. Low-fat yoghurt provides calcium and protein and is low in fat, but watch out for the sugar content in low-fat yoghurt. Go for muesli with no added sugar.
- porridge with mashed banana and dried blueberries – put oats and a handful of dried blueberries in a bowl and add semi-skimmed milk. Heat in the microwave for 3-4 minutes, stirring every so often. When cooked, stir in the mashed banana which is a healthier substitute for sugar or honey. For best results, use a very ripe banana.
- baked beans on wholemeal toast – not only are they naturally low in fat, baked beans are also packed with fibre and protein, making them a vegetarian source of protein. Look out for reduced salt and sugar ranges.
- breakfast cereals can be high in sugar, with some containing up to 37% of the white stuff. Try switching to lower sugar cereals or those with no added sugar, such as plain whole wheat cereal biscuits, plain shredded whole grain pillows and plain porridge.

*These are just some of the recipes available on the NHS website at <http://www.nhs.uk/livewell/>*

Research suggests that people who eat breakfast are slimmer because they tend to eat less during the day, especially high-calorie snacks.

# Keep warm, keep well this winter

Cold homes have a significant impact on people's health. One of the best ways of keeping yourself well during winter is to stay warm. Keeping warm over the winter months can help prevent colds, flu or more serious health conditions such as heart attacks, strokes, pneumonia and depression.

## Keep your home warm

• If you have reduced mobility, are 65 or over, or have a health condition such as heart or lung disease, you should heat your home to at least 18C and make sure you wear enough clothes to stay warm. It's a good idea to keep your bedroom at this temperature all night.

• If you're under 65 and healthy, you can safely have your house cooler than 18°, if you're comfortable.

• You can also use a hot water bottle or electric blanket (but not both at the same time) to keep warm while you're in bed.

## Eat well in winter

Food is a vital source of energy, which helps keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.

## Wear warm clothes

Wrap up warm, inside and out. Layer your clothing to stay warm

and wear shoes with a good grip if you need to go outside. If possible, stay inside during a cold period if you have heart or respiratory problems.

## Help your neighbours in winter

Check on older neighbours or relatives to make sure they're safe and well. Make sure they're warm enough, especially at night, and have stocks of food and medicines so they don't need to go out during very cold weather.

If you're worried about a relative or an elderly neighbour, contact your local council or ring the Age UK helpline on 0800 00 99 66.

## Cold weather benefits

You may also be able to claim financial and practical help with heating your home. Grants available include the Winter Fuel Payment and Cold Weather Payment.

## Winter Fuel Payment

A Winter Fuel Payment of between £100 and £300 is available if you were born on or before July 5 1952.

## Cold Weather Payment

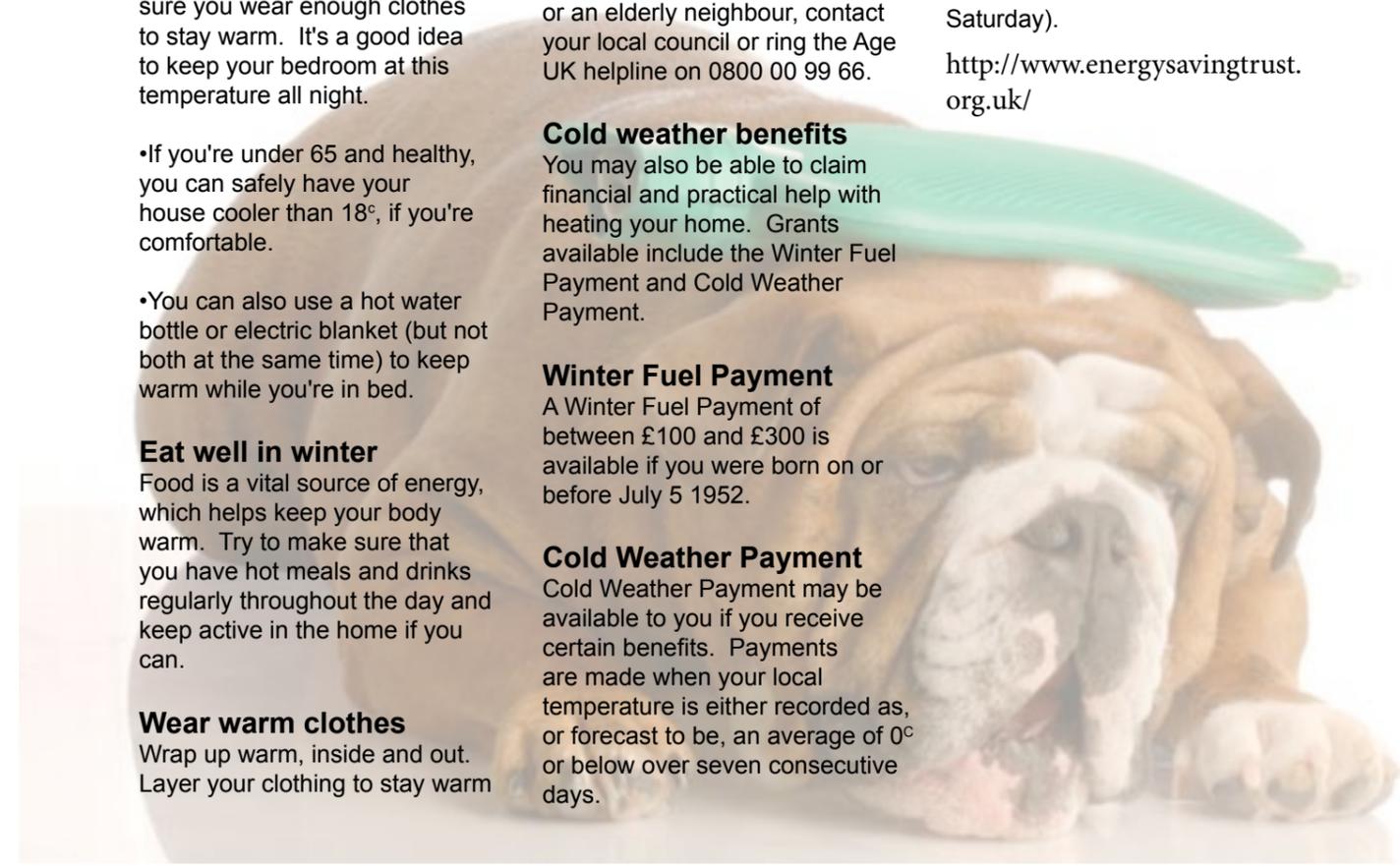
Cold Weather Payment may be available to you if you receive certain benefits. Payments are made when your local temperature is either recorded as, or forecast to be, an average of 0° or below over seven consecutive days.

You'll get a payment of £25 for each seven-day period of very cold weather between November 1 2014 and March 31 2015.

## How to reduce your energy bills

The Energy Saving Trust (EST) has advice on how to reduce bills and make your home more energy efficient. They can also advise on grants and schemes available around the UK. Find out more online from the EST website [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk) or call 0300 123 1234 (9am-8pm Monday to Friday and 10am-2pm Saturday).

<http://www.energysavingtrust.org.uk/>



# How to stop condensation

## – tips that work!

### Before you can stop condensation you need to understand what condensation is and how it is formed.

Condensation occurs because the moisture in warm air can no longer be held as vapour and returns into its liquid form when it comes into contact with either cooler air, or more importantly, a cooler surface.

To stop condensation from occurring it is important to stop or reduce the contributing factors that cause condensation. This can be done by reducing moisture production, increasing ventilation, improving insulation and by using specialist equipment.

### Reducing moisture production to reduce condensation

Without moisture, condensation cannot form. It's not possible to stop moisture production altogether, but there are a number of very simple tips you can use to reduce the level of water vapour and therefore condensation:

- Dry washing outside
- Cover saucepans when cooking
- Vent your tumble dryer outside
- Avoid using paraffin or flueless bottled gas heaters

**Do not** do the following to try to reduce condensation as this will not help - instead it will have the opposite effect and make your condensation problem worse!

#### Do not:

- Turn your radiators or storage heaters off
- Turn off or isolate extractor fans
- Dry your washing on radiators
- Put too many clothes in your wardrobes/cupboards
- Use washing up liquid to wipe down mould
- Paint over mould. It must be properly cleaned and painted over with special mould resistant paint.

Increasing ventilation to remove moisture reduces condensation. The day to day lifestyle of a person produces moisture through a number of simple, common household tasks such as cooking, showering, and of course - breathing. It's impossible to stop these tasks producing moisture. Consequently, it is important that the impact of these activities are reduced through ventilation.

### It is possible to remove this moisture by:

- Opening a window when someone is in
- Increase ventilation in the kitchen and bathroom particularly whilst showering or cooking
- Shut the bathroom/kitchen doors when cooking/bathing
- Ventilate cupboards and wardrobes and do not block vents in chimneys
- Opening the window vents often found in UPVC windows

### Heating your home more to reduce condensation

Making sure that your property is properly heated is very important and is an effective way to reduce condensation. If your property is not sufficiently heated you will find that condensation is created at a much faster rate than if it were adequately heated. Just think of those winter days when its very cold outside and you can see your breath as you breath in and out. This is water vapour that condenses almost immediately as your warm breath hits the cold air.

- Keep low background heat on all day (if possible)

### Use of equipment to reduce condensation

Many people experience problems with condensation. Thankfully, there are a couple of great solutions to help reduce the occurrence of this problem.

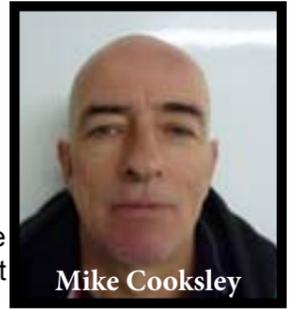
- Dehumidifier – this portable appliance reduces the level of humidity in the air. The dehumidifier works by drawing in air and passing it over a cold metal coil which cools the air causing the water vapour to condense to water and collect in a container.
- Extractor fans – installing extractor fans in areas of the home that create lots of moisture such as the bathroom and kitchen. When cooking and bathing use an extractor fan to expel unwanted moist air created by steam.

Emma Chisnall from Bridgwater was the lucky winner of September's Wordsearch. Emma won a £50 voucher to spend in ASDA just in time for Christmas.

## Welcome

We have a new Building Maintenance Operative - Mike Cooksley joined us in January this year.

If you report a repair it may well be Mike who comes out to see you. We would like to welcome him to the team and hope that he enjoys working with us.



Mike Cooksley

## Meet John Shipley our new Operations Director (People)

John also joined SHAL in January and is really looking forward to being a member of the team. He will be working closely with the Housing Management section so you may well get to meet him. We wanted to find out more about him so asked him a little bit about his life.

### 1. Do you have a family?

I've been married for 21 years to Helen who works for the Alzheimers Society and we have two children - Alice (20) and Ben (17).

### 2. What do you like best about your job?

I've always enjoyed working with people, both as colleagues and customers. Everyday, someone makes me smile.

### 3. What do you dislike about it?

Nothing I can think of but ask me again in 6 months' time!

### 4. Did you always want to work in housing?

I always wanted to work in organisations that made peoples lives better so have always been in those that provided care, support and/or housing.

### 5. Do you have any hobbies?

I sing with the Great Western Chorus of Bristol, eight-times UK Champion Choir.

### 6. What has been your greatest achievement so far?

Bringing up my children to be well-rounded, pleasant adults.

### 7. What trait do you dislike in others?

Rudeness - there is rarely an excuse for it.

### 8. What do you think are your faults?

My wife has a very long list that would answer that question.

### 9. When and where were you happiest?

1978 - going to see lots of punk bands in the north-east where I was born.

### 10. Who are your dream dinner party guests (choose 5)?

Bill Clinton, Bob Dylan, David Bowie, Bill Bryson and Roger McGough.

### 11. What one item would you take with you to a desert island?

An i-pod with eternal battery life.

### 12. How would you like to be remembered?

With a smile.



John Shipley  
Operations Director (People)

# Useful Information Page

## SHAL Out of hours Emergencies - 01278 444344 (Press 1)

- Sedgemoor District Council - 0845 4082540
- Taunton Deane Borough Council - 01823 356356
- South Somerset District Council - 01935 462462
- West Somerset District Council - 01643 703704

Anti-social Behaviour  
Hotline 0800 298 2009

- Sedgemoor Clean Surroundings, Waste & Recycling - 0845 408 2543
- Sedgemoor Environmental Services - 0845 408 2546
- South Somerset Refuse Collection - 01835 462462
- Taunton Deane Waste Services - 01823 356346
- West Somerset Refuse Collection - 01643 703704

- Crimestoppers - 0800 555 111
- Wsex Water plc - 01225 526000
- EDF - 0800 365000
- Bitish Gas - 0800 0480202
- Bristol Water operations - 0845 7023797
- Street Lighting (Somerset County Council) - 0845 3459166
- Environment Agency Floodline - 0845 988 1188
- Dental Helpline - 0845 7697691
- Citizens Advice Bureaux - Bridgwater - 01278 455236
- Taunton - 01823 282235

Somerset County Council - Children, Young People, Learning - 0845 345 9122

- www.avonandsomerset.police.uk
- www.environment-agency.gov.uk
- www.freecycle.org
- www.homefindersomerset.co.uk
- www.homeswapper.co.uk
- www.shal.org
- www.somerset.gov.uk
- www.sedgemoor.gov.uk
- www.somersetwaste.gov.uk
- www.southsomerset.gov.uk
- www.tauntondeane.gov.uk
- www.visitsomerset.co.uk
- www.westsomersetonline.gov.uk

For FREE and independent advice about all aspects of saving energy at home, information about grants available to help pay for measures and advice on recommended installers, call your local Energy Efficiency Advice Centre 0800 512012

You can report repairs by email to [repairs@shal.org](mailto:repairs@shal.org) via our website [www.shal.org](http://www.shal.org) or by telephone 01278 444344

### Text Me!

Did you know you can text general enquiries to SHAL on

**07786202923**

We will get back to you as soon as we can.



### Do you have an Apple or Android smart phone?

#### You can now pay your rent through the AllPay App!

- To start using the App you will need to download it from your App Store, or Google Play and register.
- All you need to complete registration is your AllPay card and debit/credit card.
- Free and fast to download
- Secure Payments on the go!

To find out more go to [www.shal.org](http://www.shal.org) and click on "pay rent" or visit the AllPay website



Our wordsearch this time is all about health and well-being. The prize is a slow-cooker so that you can produce lots of tasty, healthy and economical meals. So why not have a go. Entries must be returned to SHAL by 23rd February and the first entry drawn out the "hat" will win!

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

# COMPETITION

- Badminton
- Cycling
- Diet
- Energise
- Exercise
- Fitness
- Football
- Fruit
- Gym
- Happiness
- Healthy
- Nutrition

- Physical
- Running
- Scales
- Spinning
- Swimming
- Training
- Vegetables
- Vitamins
- Walking
- Weight
- Well
- Yoga



Win  
a Slow-Cooker!

Name:		
Address:		
Tel No:		
Signed:		Dated:

Competitions in this Newsletter are not open to members of staff or shareholders of SHAL or their relatives. By entering this competition competitors agree that the collection of any prize will be photographed and SHAL Housing Limited is given the competitor's consent to publication of such photographs in any form. Where entries are made by children their parents/legal guardians must give such consent. All competitors/parents/legal guardians must sign and date the entries.



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[www.shal.org](http://www.shal.org)

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