

Radius Annual Christmas Appeal

Radius is delighted to launch our 2020 Radius Annual Christmas Appeal.

This year the Radius Annual Christmas Appeal will be supporting the Salvation Army and St. Vincent De Paul to help families in need within Radius Communities across Northern Ireland.

As we are unable to hold our usual collection of toys, gifts and goods, you will have the opportunity to give a monetary donation. If you would like to make a donation please contact your Scheme Coordinator or make a donation online at www.justgiving.com/crowdfunding/radius-housing.

Together we can support those most in need this Christmas.



Pension Credit

Pension Credit is a benefit for people over state pension age topping up your income.

Pension Credit comes in 2 parts:

Guarantee Credit

Tops up your weekly income to a guaranteed minimum level:

- Single People £173.75
- Couples £265.50

Savings Credit

Extra money for those who reached pension age before 6 April 2016:

- Single People - £13.97
- Couples - £15.62

If you would like to find out more contact your Housing Officer on 0330 123 0888.

7 Tips for Christmas 2020

For some Christmas can be a challenging time, see our 7 tips for a healthy & happy Christmas.

1. **Drink Sensibly** take notice and be aware of your alcohol intake.
2. **Eat Healthy**, this can improve your mood and overall well-being.
3. **Be Active**, reduce anxiety, lifting your mood and improve self-esteem.
4. **Get Involved**, connect with old friends and make new ones.
5. **Relax** to reduce signs of stress.
6. **Sleep** and establish a routine for bedtime.
7. **Challenge yourself** by setting an achievable goal



A Shared Space



Congratulations to the new **Mr & Mrs McAleer** from Hillbank Fold who tied the knot during lockdown in April 2020.



Big 80th Birthday wishes and celebrations to Mrs Sheila David from all the Kingsway Family! Wishing you many more!



Shout Outs...

Big Thank you to the **County Down Rural Community Network** who have been delivering meals to tenants at **Glen Fold** thanks to an anonymous benefactor.

Fergus Fold have kindly sponsored "Stay Safe" leaflets for their local school Sunnylands Primary which looks at bullying, fire safety, internet advice and road safety!

Big thumbs up to **McIlroy Court** who have raised £240 for Macmillan and AwareNI!

If you have something you would like to share in our next newsletter get in touch: Call us 07542 672 833, email us tenant.engagement@radiushousing.org or contact your Scheme Coordinator.

Eileen Patterson Retirement



Director of Communities

Please join us in sending best wishes to Eileen on her retirement. We wanted to ask some questions before she goes...

What has been the highlight of your career?

The highlight of my time in Radius has definitely been the opportunities it has given me to meet so many wonderful people. That includes the staff, the tenants and the many partner organisations we work with. I have been so privileged to meet people who are making a real difference to so many people's lives and I have made some very good friends for life.

Describe your time at Radius in 3 words?

Busy, Unpredictable, Rewarding.

What do you plan to do first in your retirement?

Little did I know when I gave notice of stepping down from Radius that I would be looking forward to becoming a granny in early 2021 as my daughter is pregnant and my first grandchild is due to be born at the end of January. I am praying that all goes well and that my first few months will be filled with welcoming her new baby into our family.

What words of wisdom would you pass to the Radius Community?

Never forget what it is that Radius is here to do and when faced with a new customer, a new challenge, or a difficult situation just ask yourself, what can I do to help?

Eileen will be greatly missed, we wish her only the very best in her retirement and her new exciting role as granny.

National Grief Awareness Week



"You are not alone. We are here to support you" Cruse Bereavement Care

From 2nd-7th December grief awareness week focuses on bereavement support. Cruse is here to talk, contact them on **0808 808 1677** or visit their website at **cruse.org.uk**.



MINI BOREDOME BUSTER Christmas Wordsearch

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

Cookies	Presents	Christmas Tree
Santa	Sleigh	Candy Cane
Snowflake	Poinsettia	Mistletoe
Snowman	Sleigh	
Reindeer	Elf	

Get your Boredom Buster Christmas Pack



This month we have a bumper Christmas Edition Boredom Busters. Contact your Scheme Coordinator for your copy.