



CATCH IT.



BIN IT.



KILL IT.

## WELCOME...Loma Wilson, Director of Communities

*In December 2020, we welcomed Loma Wilson as our new Director of Communities.*

*Lets find out more about her favourite things...*



**TV Show:** I'm a huge fan of Strictly Come Dancing (even though I've 2 left feet!). I've watched every series since it started in 2014. I also love crime fiction programmes that keep me on the edge of my seat.

**Food:** I'm definitely not a fussy eater and I love all types of food from different cultures, especially seafood dishes. However, I must admit that I'm a chocoholic and I don't go a day without some!

**To relax:** Apart from a bar of chocolate in front of a thriller, I really value time with family and friends (when regulations allow). At weekends I head out with friends for forest or mountain walks and a good catch up over a coffee - socially distanced of course!

**About your job:** I've worked in social housing management for 23 years and I've loved every minute of it. It is a challenging job, no 2 days are the same, but there are great rewards too. Housing is the glue for a healthy community and I am often amazed at the difference staff make on a daily basis to residents' lives



### Are you of state retirement age? You may be eligible for Pension Credit

If you and your partner are over state retirement age you may be entitled to Pension Credit, even if you think you aren't entitled please request a benefits check. Pension Credit helps pay for your living costs.

Radius has 3 dedicated in-house Welfare Advice Officers engaging with our tenants daily providing advice, guidance, information & advocacy on all elements of benefit entitlement.

To find out more or for a referral to our Welfare Advice Team speak to your Scheme Coordinator or Housing Officer.

## Let's Get Digital!

**Did you get a tablet for Christmas or do you have one gathering dust in the box?**

Sign-up for our digital training to see how you can enhance your life through keeping in touch online and using online services on your tablet or smartphone.

To express your interest contact your Scheme Coordinator



## Operation Christmas

Big thank you to all who participated in Operation Christmas 2020! **3,367** of our residents received a Christmas decoration and dinner.



## National Houseplant Week

11th - 17 January 2020

Houseplants enhance your decoration and brighten up your home. Indoor gardening is great, not only does it make our homes look great but houseplants also have health benefits that you might not even know about. From improving the air we breathe to help lift our mood during the dark nights of winter.

### Would you like to join in?

Do you have a magnificent indoor plant that you would like to share with us or would you like to take part but need some seeds? We have a limited amount of Basil, Parsley and Cress seeds available for you to grow inside over the winter. If you would like some seeds or to send us your best indoor plant photo with the chance to **win a £20 voucher** please contact your Scheme Coordinator or email us at [tenant.engagement@radiushousing.org](mailto:tenant.engagement@radiushousing.org)





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## Have Your Say!

*Keeping you at the heart of all that we do...*

We want to hear from you and provide you with opportunities to have your say on the services you receive. Our Tenant Engagement Team are here to support you to have your say, share ideas for service improvement and make a positive difference from your armchair to Radius Board.

**Register your interest or find out more contact:**

Lesa (07803897719)/Christine(07542672833)  
tenant.engagement@radiushousing.org.

## Hello January!

*Check out our top tips on beating the January blues.*

**Stay in touch** with friends and family. It's not easy at present, write them a letter, pick up the phone or send a message to let them know you are thinking of them.

**Look after yourself**, if you have over indulged over the festive season, set achievable lifestyle changes for a healthier, happier you. Get physical to improve your mood. Don't forget to spoil yourself with a treat now and then.

**Help your community and health service** by following government guidelines and practicing social distancing. This is the greatest gift.

**Focus on what you can do.** Don't get stuck in a rut, dwelling on things out of your control can be a waste of time and energy.

**Give**, do something nice for a neighbour or friend. Thank others, smile and be kind.

**It's good to talk** if you are feeling blue, worried or need support please don't keep it to yourself. There are lots of people out there who want to give you support and reassurance. Speak to your GP, family or friends. Call for support if you need immediate help over the telephone:

- Lifeline (0808 808 8000)
- The Samaritans (028 9066 4422)

## A Shared Space



Big thank you to East Down Rural Community Network who donated dinners to tenants at **Hamilton Fold**.



Well done to all at **Fletcher Lodge, Tonic Fold, Maine Fold & Neilbrook Fold** who took part in our Festive Advert last year! *If you have something you would like to share in our next newsletter get in touch: contact your Scheme Coordinator or email us at tenant.engagement@radiushousing.org.*

## Winter Wonderland

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

Nippy  
Snowball  
Hot Chocolate  
Snowflake  
Frosty

Icicle  
Skating  
Wonderland  
Sledding  
Frozen

Blizzard  
Skiing  
Snowfall  
Glistening  
Winter

**Contact your Scheme Coordinator for your copy of the January Boredom Busters!**