



CATCH IT.



BIN IT.



KILL IT.

New Year Clear Out: Hints and Tips

The New year is a great time for a fresh start, a big clear out can seem like alot of work but getting started is only half the battle. To help you through check out our hints and tips...



Know your limits and don't bite off more than you can chew. Set your self an achievable target such as clearing out a drawer rather than a whole room.



Be Prepared by making sure you have everything you need to hand such as, bin bags, cleaning supplies etc.



Check the dates on food and medication stored in your home to ensure they have not expired.



Decide where it will go and think if it can be reused or recycled. This includes recycling things in the right bin and/or making a donation of reusable items to a charity.



Get help if you need support. You may have a family member or friend in your bubble who loves a good clear out.



Put the kettle on and have a break. Don't wait until you are overtired and fed up as it'll make it harder to start again.



The Drawer of Doom is usually full of old batteries, phones and unidentified keys. Do you really need them?



The one year rule if you have something in your wardrobe or a drawer that you haven't thought of or used in the last year you may want to consider getting rid of it or passing it on to someone who will use it.



Sentimental clutter can be one of the most difficult things to sort as it is the memories that are associated with it that we truly cherish and take with us. Think about keeping the things that bring you joy and remember that you can always take photos before you decide to get rid of any items.

Take5 steps to wellbeing **Connect - Be Active - Take Notice - Keep Learning - Give** - tinyurl.com/Rad5STW

Beat the January Blues

There are lots of ways to boost your mood and help you feel better.

AwareNI have three great tips to help you improve your health & well-being:

Exercise

Is a great way to fight drepression and boost your mood. You dont need to join a gym - a walk in the fresh air is perfect.

Eat Well

Grab something from the fruit bowl instead of the biscuit tin aiming to eat 5-10 pieces of fruit and vegetables each day.

Seek Help

Depression symptoms can often go unnoticed, if you have the following symptoms for more than 2 weeks you should seek help:

- feeling of hopelessness
- low energy
- difficulty Sleeping
- loss of interest in daily activities
- tearful & emotional

Depression can affect anyone at any stage in their life, but the important thing to remember is that help is available. **For more information visit www.aware-ni.org**

Be Water Wise

*NI Water is calling on us to be water wise as water usage has increased by **12 litres per person per day!***



It's time to take stock of our water usage and find out how much we are wasting. Making some simple changes can make a big difference. Here are some simple things we can do at home:



Turn off the tap when brushing your teeth - a running tap can use 6 litres of water per min.



Use a bowl for washing vegetables or fruit - this water can be reused to water your plants.



Make full use of the washing machine - make sure your machine is full before switching it on.



Fix leaking taps - a dripping tap can waste 60 litres of water a week.

NI Water is the biggest user of electricity and cleaning water is energy intensive. These little changes protect our water supply and save energy too.



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January Money Saving Tips

January is a great time to assess your finances and consider cutting back and compiling a budget to better understand and manage your income.

Take note of your household income and outgoings - Compile a budget and make it as realistic as possible and try to stick to it as best as you can. The Consumer Council Home Budget Planner can be a great place to start, download at: tinyurl.com/RadBudget

Look at your income and ask can you increase it? - Get a benefit check to ensure that you are receiving all your benefit entitlements. If you wish to find out what you're entitled to or discuss your benefit entitlement contact our Welfare Advice Team at Radius.

Prioritise expenditure - Take a look at your outgoings, prioritise your spending and reduce your non-essential spending. Remember things like rent, utilities and tv licenses are a priority. Look at what you spend your money on and ask is it needed and can I get it cheaper elsewhere. Shop around for better deals.

If in deficit take action - If there's more going out than coming in it's important you make changes and cut back on non essential spending.

Save a little for a rainy day - Start small by saving a small amount on a regular basis to help build a pot of savings.



Keeping You at the Heart

At Radius we want to keep you at the heart of all we do.

Consultation is OPEN to help shape our **NEW Tenant Engagement Strategy 22-25**. We want to co-design this strategy with you.

Consultation is open until 14th January 2022 so there is still time for you to take part.

Register Your Interest...

If you would like to be part of designing our new strategy together, we would love to hear from you please get in touch via:

- Online tinyurl.com/TE2225
- 0330 123 0888
- tenant.engagement@radiushousing.org
- or speak to a member of staff.

A Shared Space

This space is all about you!



Big thank you to all the local schools who created and delivered Christmas Cards/Crafts to tenants in our sheltered housing in December 2021 to brighten their day. #OperationChristmas

Congratulations to **Forthriver Fold** on winning our **Christmas Quiz 2021**. Big shout out to **Tom** for winning best Christmas Jumper and **Malton Fold** for their lovely sing-a-long of Jingle Bells!

If you have anything you would like to share in our next newsletter please speak to your Scheme Coordinator or email us at tenant.engagement@radiushousing.org

Welfare Advice

Providing advice, support and advocacy on all aspects of benefit entitlement.

Radius Welfare Advice Officers are on hand to support our tenants & residents. Support can be given by telephone or video call.

Get in touch...

To find out more or for referral to our Welfare Advice Team:

- Call our office 0330 123 0888
- Speak to your Housing Officer
- Email info@radiushousing.org



Reporting a Repair

To report a repair in your home please get in touch:

- ☎ 0330 123 0888
- ✉ responserepairs@radiushousing.org
- 🌐 radiusrepairs.org
- 🗣 Speak to a member of staff



Stay Connected...

Keep up with news from Radius Housing:

- 📘 facebook.com/RadiusHousing
- 🐦 twitter.com/RadiusHousing

Housing Officer

If you need to contact your Housing Officer or our Communities Team call our office on 0330 123 0888.

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