



National Plant a Flower Day

To celebrate National Plant a Flower Day idverde & RSPB are working in partnership to give us their top tips to brighten your garden and help your local wildlife thrive:



Wildflowers



March and April are ideal months for sowing wildflower meadows. Wildflowers are easy to care for and are a food source for pollinating insects. Butterflies also lay their eggs on wildflowers. Perennial meadows are great for poor soils, whereas annual meadows are better suited to rich soils.

Crops



March is great for sowing crops such as strawberries, peas and onions. Not only will you be able to use fresh ingredients in your meals, these crops will help to attract bees who will help your plants to grow and produce food.
Sow outdoors: broad beans, beetroot, carrots, peas, turnip, radish, spinach
Sow indoors: tomatoes, cucumbers, celery, sweet peppers, globe artichokes



Climbing Plants



Climbing plants are a great solution when you are limited in space. Native Ivy gives a strong dense layer of shelter and protection and provides a food source for insects during autumn and winter, especially important now that butterflies and bees are appearing far more frequently in December. Honeysuckle and Clematis are other suitable options, as they are a source of nest building material and attract a wealth of insects.

Thank you to idverde for their contribution to this months edition of Radius Mail.

Air Ambulance Charity Partnership

Radius aims for the sky with Air Ambulance charity partnership.

Together Radius staff and tenants will be encouraged to hold events to help raise vital funds for Air Ambulance as it provides support in emergency incidents.

Air Ambulance NI's helicopter crew compiling of a pilot, doctor and paramedic work 365 days a year for 12 hours every day. Our fundraising efforts will support them to provide their vital service to attend some of the most traumatic medical incidents while providing the best possible pre-hospital care.

If you would like to hold a fundraising event please speak to your Scheme Coordinator or Housing Officer. Make a donation: www.tinyurl.com/RadAANI.



National No Smoking Day 9 March 2022

Helping people quit smoking to reduce risk of heart and circulatory diseases.

The British Heart Foundation will be promoting smokers to be **"proud to be a quitter"** by stopping smoking to improve their health. It is never too late to benefit from stopping smoking.

The benefits of stopping smoking can include:

- Reduced health risks
- Increased energy levels
- Food tastes better
- You'll save money



There is support to help you quit:

- Speak to your doctor or local Pharmacist
- British Heart Foundation www.tinyurl.com/BHFSmoke
- Stop Smoking NI www.stopsmokingni.info

Radius Community Chest OPEN

We are CLOSING for applications on 18th March. Funding supports projects in Radius Communities with grants available from **£250 - £1,000**. To apply contact our Tenant Engagement Team on 0330 123 0888 or email tenant.engagement@radiushousing.org





CATCH IT.



BIN IT.



KILL IT.

A Shared Space

This space is all about you!

Here come the birthday girls...

Happy 90th Birthday to Mary at Inverary Fold.

Hope you had a great time celebrating.

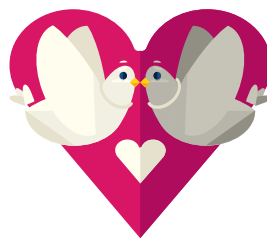
#birthdaygirl



Birthday Girl Hetty from Drumcor is 99!

She had a lovely day celebrating with her family.

#happybirthday #MrsIndependent



Wedding Bells at Inis Fold

Congratulations to Brian and Patricia

who said "i do" when they got married in February 2022!

#lovebirds #mr&mrs



Well done to **21 Radius Housing tenants** and members of the Woodvale and Greater Shankill Community who participated in a 12 week **Mindful Bodies Programme!**

Tenants at **St. Brigid's Fold** would like to give a big shout out and **massive thank you** to **Mary & Kerry** for all they do that makes St. Brigid's a great place to live.

#diamondgirls

#scheme coordinator



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

Keeping You at the Heart

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



If you would like to be kept updated on opportunities for our upcoming groups and to shape the services you receive, newsletters, funding and more join our **Register of Interest today** by:

- Phone: 0330 123 0888
- Email: tenant.engagement@radiushousing.org
- Speak to a member of staff

Contact Us

Housing Officer

To speak to your Housing Officer or the Communities Team please call our office on 0330 123 0888.

Report a Repair

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

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



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



Stay Connected...

Keep up with news from Radius Housing:

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

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