

5 Steps to looking after your mental health at home...

Working in partnership with our corporate charity Aware NI.

Find out more about Aware NI and the support services they provide at www.aware-ni.org.



Connect

Keep in touch with your friends and family.

Be Active

Light housework & exercise, walking or do some gardening.

Give

Caring for others and offering support to a friend or neighbour.

Keep Learning

Read books, watch documentaries or learn a new craft.

Take Notice

Relax, enjoy your surroundings and breathe.

Welfare Advice

Radius' dedicated Welfare Advice Officers are on hand to support our tenants and residents.

Providing advice, support and advocacy on all aspects of benefit entitlement. Support can be given by telephone or video conferencing.

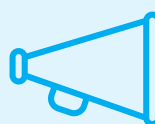
If you would like our Welfare Advice Team to contact you please call our office on 0330 123 0888 and speak to your Housing Officer or email info@radiushousing.org for your referral.



Community Corner

Opportunities for you to have your say in how Radius provides their services to you and your community.

From filling in a survey or attending virtual meetings from the comfort of your own home, participating in Service Improvement Groups, right through to representation at Radius Board.



If you would like to get involved contact our Tenant Engagement Team on 07542 672 833 or email us at tenant.engagement@radiushousing.org.

A Shared Space

This shared space is all about YOU!

We are looking for your:

- Good news stories
- Poems
- Recipe's
- Words of wisdom
- Big birthdays and more...



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.



Violet is 100!

Radius would like to say a big Happy 100th Birthday to Violet McKnight from St. Paul's Fold, Belfast.

Men's Health Awareness Month

November is the leading men's health charity helping men across the world live happier, healthier, longer lives.

Find out more about the work they do at uk.movember.com. If you have grown a magnificent moustache in support of Movember send us your photo.

Find out more at movember.com

Reporting a Repair

Radius Assets Team respond to your repairs 24/7.



To report a repair you can:

- Contact your Scheme Coordinator
- Call us: 0330 123 0888 (Option 1)
- Email us: ResponseRepairs@radiushousing.org
- Visit our website radiushousing.org

If you have an **EMERGENCY OUT OF HOURS** repair contact Radius Connect 24 by pulling your cord or call our office on 02890 42 10 10.

Meet The Team

Denise Smyth, Good Relations Officer works on the Housing Association Integration Project (HAIP) bringing together people from different communities in NI and the border counties. Here are a few of her faves:

Movie: **Grease**
 TV Show: **Supernatural**
 Song: **Anything by Meatloaf**
 Food: **Hot Sicilian Pizza**
 Words of Wisdom: **Go for it**
 Memory of HAIP: **Winning the More than Bricks and Mortar Award for our project.**





Time to get your pen out and thinking caps on for our first edition of Boredom Busters Mini's...

Radius Riddler

Riddle me this...



- 1) David's father has three sons: Snap, Crackle and _____
- 2) What can you hold in your right hand, but not in your left? _____
- 3) A little pool with two layers of wall around it. One white and soft and the other dark and hard, amidst a light brown grassy lawn with an outline of green grass. What am I?

Someday

You will find what you are looking for or maybe you wont. Maybe you will find something much greater than that.

Annette Kelly, Little Penny Thoughts

Metal Detector

Can you find all the metals in this months word search?

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

- | | | | |
|-----------|-----------|----------|---------|
| Lithium | Copper | Iron | Mercury |
| Manganese | Magnesium | Tungsten | Iridium |
| Gold | Platinum | Cadmium | Lead |
| Zinc | Cobalt | Titanium | |
| Nickel | Silver | Tin | |

Where in the World?



Digital Champions Wanted

Radius is searching for volunteers in our communities to become **Digital Champions**.

- Do you know the basics of using a tablet?
- Do you have your own tablet?
- Would you like to share your knowledge with others?

If yes, to the above please email us at tenant.engagement@radiushousing.org.



What's on the Menu?

Rosemary's Fudge

A treat sweet to keep or to share with others...

- | | |
|--------------------------------|---------------|
| 1 kg sugar | 1/2 pint milk |
| 1 tin sweetened condensed milk | 2oz butter |
| 1/2 tsp vanilla essence | 1 tbsp syrup |

1. Put milk, butter and syrup into a large heavy saucepan. Bring to the boil.
2. Add sugar & condensed milk and bring to boil again.
3. Simmer for 25-30 mins, stirring occasionally.
4. Cool for 5 mins and beat for a further 5 mins.
5. Test before taking off the heat (put a little fudge in cold water, if it sinks its ready)
6. Place in a greased swiss roll tin and leave to cool completely.
7. Cut into squares and enjoy!

New Contact Details?

If you have changed your contact details please contact your Scheme Coordinator/Housing Officer.