



SUMMER 2022

Lyng Community Association is on Facebook - so look us up and "like" us!



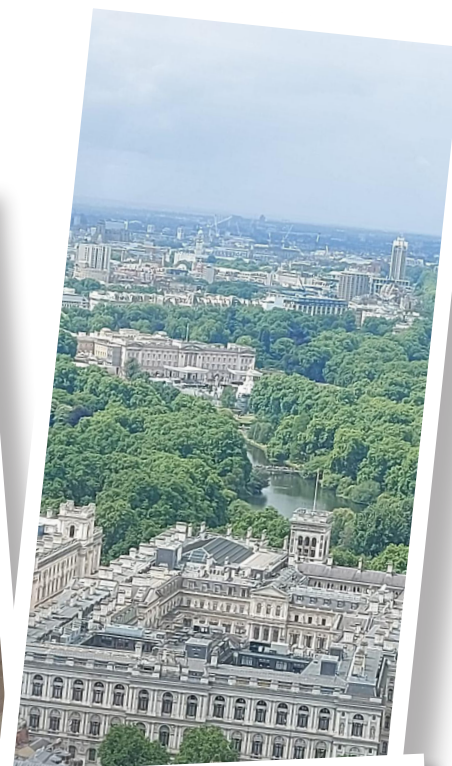
# Capital Jubilee festivities

Over 40 Lyng residents and their friends enjoyed an exciting day trip to London on the eve of the Queen's Jubilee celebrations.

The outing, in June, allowed the day-trippers to check out the capital's tourist sights and wealth of shops ahead of the national day of festivities.

Tony Nash, General Manager at Lyng Community Association (LCA), said: "Warm weather and all the excitement of London preparing to host such a historic milestone event made it a really unforgettable day for everyone who came along."

- Our annual trip to the seaside will be to the popular tourist destination of Llandudno on Thursday 25th August. Look out for booking forms, which we will be issuing in early August, so you can join us for another memorable trip.



## Summer play scheme

Lyng youngsters will be trying their hand at circus skills during LCA's summer play scheme in August.

The annual week of activities, for children aged 5-11, will also include circus-themed arts and crafts activities plus a trip to the circus in Blackpool.

Our play scheme is always very popular and space is limited, so places have to be booked in advance. We hope everyone has a great time this summer and look forward to seeing your child there!



Recent youth activities on the Lyng



## Office closing

The LCA office, at 3 Frank Fisher Way, will be closed on Monday 29th August for the Summer Bank Holiday.



# Have your say

**We are urging our tenants to have their say about LCA, our homes and services in a survey we will be carrying out later this year.**

LCA usually carries out a Tenant Satisfaction Survey every three years but our 2020 version was delayed by the Covid pandemic and further government restrictions in 2021 led to us re-scheduling it for 2022.

The survey gives you, our tenants, the opportunity to make your voice heard, focusing on how you feel about your home and your views on LCA, including the repairs service.

This year it will include a set of core questions drawn up by the Regulator of Social Housing, which will be used by all social landlords in their surveys, making it easier for tenants to compare different landlords.



LCA General Manager Tony Nash said: *"LCA exists to serve its tenants, and we know that feeling happy and safe in your home is a huge part of this. We want to know what we can do better and more about our tenants' needs."*

*"So we are encouraging all our tenants to fill in this year's survey. If you need some support to complete it, please get in touch so we can help."*

Survey results will be used to draw up an action plan tackling areas where we need to improve. We will produce a report, summarising the survey's findings and our action plan, which we will send out to all our tenants.

The survey will be run online, with an option to submit a paper version if you prefer. We'll keep you updated on how you can take part – just look out for details over the coming months.

## Emergency repairs explained

**Members of the LCA team are sometimes asked what we class as an emergency repair. So, here, we have put together a list of examples to help.**

Emergency repairs include:

- **Fire damage**
- **Flooding**
- **Burst pipe**
- **Severe storm damage**
- **Gas leak**
- **Blocked flue**
- **Major fault with the electricity supply**
- **Unsafe electrical fitting**
- **Damage to doors or windows which means your home is insecure**
- **Blockage in the main drains, soil pipe or toilet (if there is no other toilet in your home)**
- **Heating or hot water loss for elderly or vulnerable customers.**

Complete loss of your water or electricity supply would also be an emergency but might be caused by a problem with South Staffs Water or your electricity provider, so you would need to contact them.

Any other event that needs immediate action to ensure your safety or security would be considered an emergency too.

**Remember, you may be charged a call-out fee if:**

- the repair you reported is not a genuine emergency
- you have deliberately caused the damage
- you are not at home when we visit in response to your emergency repair request.

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# Landmark birthday **thrills and spills**

**Members of our 5-11 Club had a thrilling day out of fun and excitement at Drayton Manor earlier this summer. The event was organised to celebrate the volunteer-led group's 10th anniversary in July.**

Club members, together with volunteers, made the most of the huge variety of rides at the popular Staffordshire theme park.

The group's volunteers ran a range of fundraising events before the big day to ensure the trip was free for its members.

LCA General Manager Tony Nash said: "We are really proud of the club volunteers who raised a truly excellent £1,175 through sponsored walks, silences, obstacle courses, art activities and a penalty shoot-out.

"It was a remarkable fundraising achievement, which resulted in club members being able to enjoy a fantastic day out which they are still talking about on the estate."

**The 5-11 Club, which runs activities and games for children aged 5-11, meets every Monday at 4.30pm-6pm in the Church of the Good Shepherd with St John, Lyttleton Street, West Bromwich.**

**It costs £1 per session, including drinks for the children, plus an optional 50p charge for the tuck shop.**



## Lyng youth activities

**As well as the 5-11 Club, LCA runs a range of other activities for youngsters on the estate.**

Lyng Youth Club, for 12-17-year-olds, meets every Tuesday (during term time) at the Church of the Good Shepherd with St John from 4pm. There is no charge to attend.



It's a chance for young people to meet up in a safe environment and get involved in fun activities and supervised trips. Members lead the club, with the support of youth workers, so they can choose the kind of things they want to focus on.

For the under-fives, our booming Toddlers Group meets at the church on Tuesdays and Thursdays (during term time) from 9.15am-11am.

Sessions include fun activities, play, crafts and games aimed at developing children's skills and independence, plus support for parents in a friendly and informal environment.

All staff are DBS checked and safeguarding trained. The cost is £2.50 per family per session. For childminders, the charge is £2.50 for the first two children, then £1 for each additional child. There are hot drinks for parents and snacks for the children, with trips out offered to regular attenders.

## Family fun day

**Why not start the summer holidays by joining us at Lyng Community Fun Day?**

There will be a host of entertainment at the event, on Sunday 31st July from 11am-2pm, at the historic Oak House Museum, in Oak Road, West Bromwich.

With free entry and just a five-minute walk from the estate, there's no excuse for not popping by!

You can browse the many stalls, win prizes on the raffle and tombola, enjoy the range of entertainment, do some craft-work, sample different foods and even try out the bouncy castle.

**• If you'd like to hire a stall (just £10 per table) to sell your wares at this event, please email [swelch.lca@btconnect.com](mailto:swelch.lca@btconnect.com)**



# Struggling with energy bills?

If you're struggling to pay your energy bills and getting into debt with the supplier, you may be able to apply for a grant to help pay it off.

Depending on which supplier you are with, you can find out more on these websites:

- British Gas Energy Support Fund – <https://britishgasenergytrust.org.uk/grants-available/>
- Scottish Power Hardship Fund – <https://community.scottishpower.co.uk/t5/Extra-Help/Hardship-Fund/ta-p/53>
- Ovo Energy Fund – <https://www.ovoenergy.com/help/debt-and-energy-assistance>
- E.ON Energy Fund – <https://www.eonnextenergyfund.com/>
- EDF Energy Customer Support Fund – <https://www.edfenergy.com/for-home/help-centre/faq/extra-support-when-you-need-it?steps=23147#chapter-23146-6>
- Bulb Energy Fund – <https://citizensadviceplymouth.org.uk/bulb-energy/>
- Octopus 'Octo Assist' Fund – <https://octopus.energy/blog/struggling-to-pay/>

If you can't get a grant from your supplier, you may be able to get help from the British Gas Energy Trust. Before applying, you need to talk to a debt advisor, then check out

<https://britishgasenergytrust.org.uk/grants-available/>

## Looking ahead

Once the colder weather bites, you may be eligible for the Winter Fuel Payment to help with heating your home.

If you were born on or before 26 September 1955, you should get this annual payment automatically in November or December – along with an extra £300 this year. But sometimes you need to apply. Check out <https://www.gov.uk/winter-fuel-payment>

Cold Weather Payments are one-off payments to help cover extra heating costs when it's very cold. You'll be paid automatically each time the temperature drops below a specific temperature for a set period of time.

To be eligible, you need to be on Pension Credit, Income Support, income-based Jobseeker's Allowance, income-related Employment and Support Allowance or Universal Credit. Find out more at <https://www.gov.uk/cold-weather-payment>

## SAVINGS BOOST

**The government's Help to Save Scheme is a type of savings account which allows people on certain benefits to get a 50p bonus for every £1 they save over four years.**

Under the scheme, you can save up to £50 per month in an easy-access account so you can withdraw cash if you need it.

To qualify, you need to be a UK resident receiving Working Tax Credit or on Universal Credit (having earned £658.64 or more from paid work in your last monthly assessment period).

Find out more at <https://www.gov.uk/get-help-savings-low-income/how-to-apply> or call 0300 322 7093.

# Eat well for less

Here are a couple of tasty, nutritious, low-cost recipes to help you and your family eat well for less.

## Breakfast burritos (Serves 4)

### Ingredients

- 4 soft wholewheat flour tortillas
- 6 eggs
- 4 tablespoons 1% fat milk
- 2 tomatoes, finely chopped
- 2 spring onions, finely chopped
- 1 pepper, deseeded and finely chopped
- 2 teaspoons vegetable oil
- 40g reduced-fat hard cheese, grated
- 1 pinch ground black pepper

### Method

- 1) Lay out the tortillas and preheat the grill.
- 2) Beat eggs and milk together. In another bowl, mix tomatoes, spring onions and pepper, seasoning with black pepper.
- 3) Heat half a teaspoon of vegetable oil in a non-stick frying pan and pour in a quarter of the beaten egg mixture. Cook over a medium heat for a few moments to set the base.
- 4) Layer one tortilla with the cooked egg, a quarter of the tomato mixture and 10g of cheese. Grill to further set the egg and melt the cheese.
- 5) Roll up the tortilla and slice in half, or wrap in foil to serve later.
- 6) Repeat to make the other 3 tortillas.



## Brainy beans on toast (Serves 4)

### Ingredients

- 1 red pepper, deseeded and finely chopped
- 4 spring onions, finely chopped
- 1 tin (420g) reduced-salt and reduced-sugar baked beans
- 150g mushrooms, sliced
- 16 cherry tomatoes, halved
- 4 medium slices wholemeal bread
- 4 teaspoons low-fat spread
- freshly ground black pepper

### Method

- 1) Put the pepper and spring onions into a large saucepan with 3 tablespoons of water. Cook for 2-3 minutes over a low heat, until the water has evaporated.
- 2) Add beans, mushrooms and cherry tomatoes to the saucepan. Heat gently for 5-6 minutes, stirring often, until the beans are piping hot.
- 3) Meanwhile, toast the bread, then spread each piece with low-fat spread. Pile the beans over the toast and serve, sprinkled with black pepper.

For more easy recipes and other tips to help you and your family eat healthily while saving money, check out the Healthy Sandwell website at <https://www.healthysandwell.co.uk/food-and-recipes>