



SPRING 2023

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



Youngsters strike it lucky with celebratory trip

Lyng youngsters were bowled over when Lyng Community Association decided to treat them to a celebratory trip.

Members of the 5-11 Club enjoyed a game of bowling at Tenpin in Dudley, followed by lunch, all funded by LCA as a thank-you for the group's fundraising efforts last year.

The volunteer-led club raised over £1,000 by organising sponsored walks, silences, obstacle courses, art activities and a penalty shoot-out.

They used the cash to pay for a day trip to Drayton Manor theme park to celebrate the group's 10th anniversary last summer.

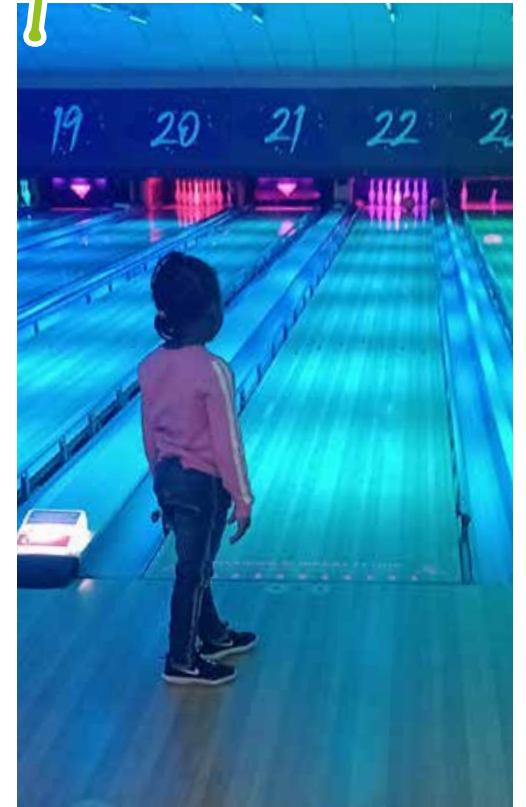
The LCA Board had originally agreed to match-fund the trip, but the club's fundraising success meant LCA only had to pay towards transport.

Our Community Events Co-ordinator, Amy Rushton, said: "Members of the Board were so impressed with the amount of money raised that they suggested we treat the 5-11 Club for their hard work.

"The children all had a fabulous time at the bowling alley, and were really pleased that their fundraising achievement was recognised with such a fun day out."



Friends wait their turn



Hoping for a strike

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

Have your say

We will be carrying out a tenant satisfaction survey in May, so you can give your feedback about Lyng Community Association and the services we provide.

All Lyng tenants will receive a paper survey through the post, as well as being contacted by phone so we can gather your views.

So look out for the questionnaire coming through your letterbox. It's a great opportunity to help us understand what we do well, what we can do better and how we can improve.

Bank Holiday office closing

There are quite a few Bank Holidays over the coming months, so this is when the LCA office will be closed:

- Friday 7th April – Good Friday
- Monday 10th April – Easter Monday
- Monday 1st May – Early May Bank Holiday
- Monday 8th May – Coronation Bank Holiday
- Monday 29th May – Spring Bank Holiday
- Monday 28th August – Summer Bank Holiday

The out-of-hours number is **0300 333 6540**. This is for **EMERGENCIES ONLY**, so engineers will only attend to make safe and/or contain. All reported repairs will be recorded, then booked in once the office re-opens.



Tackling condensation and mould

Our top priority is to keep you safe and comfortable in your home, so we treat any problems you may have with damp and mould very seriously.

We will always do what we can to help. Here we have put together some useful advice to help prevent such issues becoming a problem.



Not a Lyng property - this photo just shows how bad untreated mould can get

What is condensation?

There is always moisture in the air. When air cools, it can hold less moisture so water droplets appear as condensation on cold surfaces.

Condensation is different from damp, which is when moisture gets into the structure of a building due to (for example) rising damp from the ground or water from leaking pipes or roofs. Damp often causes a 'tidemark' but condensation does not.

Damp and condensation can cause mould to form in your home. Left untreated, this can be bad for your health as the mould spores can cause coughs, skin irritations and eye problems, as well as worsening asthma symptoms.

How to deal with condensation

- Wipe down windows and sills when condensation appears on them.

- Fit condensation channels or sponge strips (available cheaply at most DIY shops) to windows to collect the moisture.

How to deal with mould

Brushing or vacuuming mould can release spores, increasing the risk of breathing problems. So, instead:

- Wash down mould-affected walls, ceilings and paintwork with a fungicidal wash (closely following the manufacturer's instructions).
- You may need to strip badly affected wallpaper.
- Re-decorate with a fungicidal paint.
- Dry clean mould-affected clothing, and shampoo affected carpets and soft furnishings with a suitable cleaning product.



How to reduce condensation

• Produce less moisture

- 1) Cover pans when cooking and do not leave kettles boiling.
- 2) Do not use paraffin or bottled gas heaters, as they produce a lot of moisture (as well as posing a fire risk).
- 3) Dry washing outside, if possible. If not, dry it in a heated, well-ventilated room with the door closed. Use an extractor fan, if fitted. If you have a tumble dryer, make sure it is vented to the outside.

• Improve ventilation

- 1) Keep a small window ajar or trickle vent open in occupied rooms.
- 2) Open windows wider and use extractor fans,



if fitted, in kitchens and bathrooms when you cook, wash up, bathe or dry clothes.

- 3) Close kitchen and bathroom doors when in use, to prevent moisture circulating to other rooms.

- 4) Do not over-fill wardrobes, and leave sufficient space to allow air circulation between the backs of large furniture and walls. Avoid putting them against external walls.

• Improve insulation and reduce draughts

- 1) Make sure your loft and cavity walls are insulated.
- 2) Fit draught proofing to doors and windows, except in rooms affected by condensation.
- 3) Do not cover airbricks or other permanent forms of ventilation.

• Keep your home warm

- 1) Keep low background heat on all day, even if you are out. This allows the structure of the building to warm up as well as the air.
- 2) Contact Sandwell Council to find out about benefits and support available to help you pay your fuel bills.

For more detailed advice, go to

https://www.sandwell.gov.uk/downloads/file/31190/condensation_booklet

Remember: If you are worried about condensation, damp or mould in your home, please contact us as soon as possible so that we can assess the problem and see what we can do to resolve it.

Brightening up the Lyng

A longstanding Lyng resident is doing his bit to make sure the estate is blooming lovely this spring.

Michael Hill has spent the last three years tending the communal garden in front of his flat in Charity Bick Way, with LCA helping out with the cost of new plants.

The 71-year-old former foundry worker lived for many years on the old estate with his late wife Rita, and they returned 18 years ago after the Lyng's regeneration.

He said: *"My wife was over the moon when we came back here, it was like we had won the lottery. It's lovely on here now, I've got good neighbours, we all know each other and look out for each other.*

"The communal garden outside my flat was a mess so I started looking after it when my wife was ill. I wanted a purpose in life, something to do.

"I enjoy working on it. I've planted it with shrubs and flowers, so it looks really nice when it's all in bloom. People walk by and say 'your garden's beautiful' but it's for everybody to enjoy."

LCA General Manager Tony Nash said: *"We were delighted when Mr Hill volunteered to look after the garden for us. He's done a great job and we really appreciate his hard work."*



Michael checks the garden

Make a difference

If you'd like to get more involved in shaping the future of our estate and Lyng Community Association, we'd love to hear from you.

We are currently looking for tenants to join our Board of management, which makes decisions about LCA, our homes, services and community activities.

To find out more about what's involved, and how we can support you in this role, please get in touch. Call our office on

0121 525 5969 or email us at

info@lyng.org.uk

Festive family fun

Lyng residents of all ages got into the spirit of festive merrymaking thanks to LCA's fun-filled programme of Christmas events.

Over 100 children and parents joined us for the Christmas Craft Day in December, creating Santa plates, cookie cups and reindeer food.

The event included a Christmas card-making competition, judged by LCA Chair Wendy Bodenham, with prizes presented to the four winners – Harper (0-3 years), Cara-Marie (4-6 years), Callie-Mae (7-9 years) and Logan (10+ years).

Our Christmas Party the following week also proved popular, attracting 100 children and parents for dancing, games and a visit from Santa.

Later in the month, a coachload of 50 tenants and their friends enjoyed our day trip to Nottingham's Winter Wonderland and Christmas Markets – where a great time was had by all!



Nottingham's Christmas market



Festive craftmaking



Meeting Santa

What's on

Here are a few dates for your diary, with community events and activities we have planned. But remember, these are provisional dates so, if you're interested, check with us at the LCA office to find out the latest arrangements.

- **Tuesday 11th April** – Community Cinema, 'Encanto', with snacks on offer for a small donation to raise funds for our clubs.
- **Friday 19th May** – Quiz/Horse Racing Night, raising funds for community events. Venue to be confirmed.
- **Tuesday 13th June** – Toddlers Group trip to Burntwood Alpaca and Animal Farm, including the 'Big Toddle' for Barnardo's.
- **Saturday 17th June** – Community trip to Stourport.
- **Saturday 1st July** – 5-11 Club trip to Blackwell Adventure activity centre.
- **Saturday 8th July** – Youth Club trip to Blackwell Adventure.
- **Saturday 15th July** – Community fundraising event, to be confirmed.
- **Saturday 5th August** – Community trip to Cardiff and Barry Island.
- **Monday 14th - Friday 18th August** – Summer Play Scheme for children aged 5-11, with a pirates and mermaids theme.
- **Thursday 28th September** – Macmillan Coffee Morning.
- **Saturday 28th October** – Community trip to Warwick Castle, with Halloween events.
- **Saturday 25th November** – Christmas Craft Morning.
- **Saturday 2nd December** – Community trip to Manchester Christmas Markets.
- **Saturday 9th December** – Children's Christmas Party.

We are also hoping to organise various adult courses throughout the year, covering subjects ranging from sign language to first aid for children.

Keep an eye on LCA's Facebook and Twitter pages for further dates and details on how to book.

Youth groups booming

Our youth groups continue to thrive, with young people from the estate making the most of a host of activities in recent months.

The Toddlers Group marked World Book Day with a photograph competition to find the best picture of children reading their favourite book. One of our youth workers, Stacey, kindly donated prizes, which were much appreciated.

Meanwhile, our Youth Club remains popular, with the teenagers recently celebrating Pancake Day.

- **The Toddlers Group meets at the Church of the Good Shepherd with St John on Tuesdays and Thursdays (during term time) from 9.15am-11am.**
- **Lyng Youth Club, for 10-17-year-olds, meets every Tuesday at the Church of the Good Shepherd with St John from 4pm-7pm.**



Winner of the Toddlers Group World Book Day competition picks up her prize

Need a helping hand?

As the cost of living spirals, times are pretty tough at the moment with many of us struggling to make ends meet.

But there's lots of help available, including the Cost of Living Payment and a share of Sandwell Council's Household Support Fund, both of which are made automatically to people who are eligible.

There are also low-cost broadband and phone service packages, called 'social tariffs', for people on low incomes – with some as low as £15 per month.

- Find out more about the financial help available at <https://helpforhouseholds.campaign.gov.uk/>
- Get in touch with Sandwell Council's Welfare Rights Team for support with budgeting, debt advice and claiming benefits. Call **0121 569 3158** or go to <https://www.sandwell.gov.uk/welfarerights>
- Check out the free or low-cost activities being run in Sandwell to keep children entertained during the school holidays at <https://www.sandwell.gov.uk/holidayactivitiesandfood>

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