



## James Treadgold

James Treadgold, a resident at Eshwin Hall, Esh Winning recently took part in an international football tournament in Amsterdam, Holland. James plays as a centre-half and represented Beamish FC in the competition.

James and the team put in a fantastic performance making it to the final and coming out as runners up in the competition overall.

The trophy was won in all too typical fashion in the end, with the Germans running out as the winners overall on goals scored. All despite a gutsy performance in the final from James and the rest of the Beamish FC team.

We believe, to the best of our knowledge that James is the first tenant we have had who has had the honour of representing his country in an international football tournament.

Well done James!

## The Peoples Parliament – County Durham

The Parliament is having an event on September 3rd at County Hall, Durham called 'PIP event' the event will be from 9.30 – 12.30. There will be a talk from Welfare Rights in the council chambers about the new PIP benefit (Personal Independence Payment) that is taking over from the DLA benefit (Disability Living Allowance) and there will also be stalls in the foyer of groups that offer services to people with disabilities.

The timetable for the day will be as follows:

8:30am	Stall holders and displays arrive and set up
9:30am	Registration - Public & officers arrive
9:30 – 10:20am	Market stalls & Information stands
10:30 – 11:00am	Personal Independence Payment presentation – Council Chamber
11:00 – 11:15am	Tea and Coffee
11:20 – 11:40am	Questions and answers session – Council Chamber
11.40 – 12:30pm	Market stalls & Information stands

At the event everyone will be encouraged to give feedback on what they thought of the displays and presentations through a number of different methods.

There will also be an opportunity for people to ask any questions privately with the County Durham Welfare Rights Team, should you have a personal issue over the new Personal Independence Payment.



Issue 1 – August 2013

# NEWSLETTER

## Eshwin Hall Garden Planters

Tenants living at Auckland Home Solutions apartments at Eshwin Hall discussed the need to be able to grow some flowers and vegetables, however due to the land at the rear of the property being very stony and difficult to cultivate this was proving difficult. Auckland Home Solutions provided the tenants with four large purpose built raised beds, these raised beds were painted by the tenants with a green water based preservative. The tenants decided that they would like to grow a range of flowers, shrubs and vegetables in these containers and the results can be seen below. Tenants who planted up the containers were Amy, Alan and Nina.



## Some Useful Contact Numbers

AHS Emergency Contact Number – 01388 665 153

NHS Direct – 111

Police non-emergency – 101

### Durham Contacts

Durham County Council Safeguarding – 03000 268 198

Durham County Council Welfare Rights – 03000 268 968

Durham Social Care Direct – 0845 784 50 50 10

### Sunderland Contacts

Sunderland City Safeguarding – 0191 566 1736

Sunderland City Welfare Rights – 03000 268 968

Sunderland City Social Care Direct – 0191 566 3300

## Social Evening for Eshwin Hall Tenants

Alan Ridley the concierge for AHS Eshwin Hall Apartments in Esh Winning organised a social event for the tenants, this was held in a local pub in the village, Alan organised a singer for the event this also included some karaoke and a disco. Pie and peas was served and enjoyed by all. Those attending also played prize bingo during the evening.



This event was a big success and another will be planned for later in the year.

## Craft Evening and supper at Prince Bishops Court

In June we held a craft evening in the social room in Prince Bishops Court. Paul Belcher, a local artist from Consett devised a workshop which was agreed with the tenants to make some animal masks.

Fifteen tenants aged from 18 years to 80 years attended the evening, tenants had been saving plastic bottles, yoghurt pots and pop bottles for a week prior to the event as these items were needed to form the structure for the masks. Paul brought plaster bandage which he cut into strips, these strips had to be soaked in water and then applied to



the plastic recycled items. This proved to be a messy business!! Layers of the plaster strips had to be applied to form a smooth coat over the structure. Once this had been applied the mask had to be left for ten minutes to dry. When the masks were dry Paul provided water based paints and paint brushes for tenants to decorate the masks they had made.

Once the masks had been painted and set aside on a plate to dry the Pizzas arrived and all the tenants tucked in to a feast of food, all agreed that it had been a great evening!!

## Margaret Scarlett Prince Bishops Court

Margaret Scarlett who lives in Prince Bishops Court in Bishop Auckland has recently completed a sponsored walk for Crook Pathways Day Services, Margaret has raised over one hundred pounds by completing this walk, this will be used to subsidise outings and social events for the members. The walk started in Crook town centre and went on a nine mile circular route finishing back at the centre. Margaret said that she enjoyed doing this walk and was glad that the money she raised was being put to good use.



### Wordsearch Competition

Find all ten words for your chance to win £10 in high street shopping vouchers.

The closing date for entries is 1 October 2013.

All completed entries should be handed to a member of staff. Good luck!

Words:

BISHOP AUCKLAND	SUNDERLAND
DURHAM	HOUSING
SUPPORT	CONCIERGE
INDEPENDENCE	ANDREW
NICOLA	CHRIS

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

## Fire Procedure

<b>If you hear a smoke alarm</b>	
<b>If you discover a fire</b>	
<b>Close all doors if possible</b>	
<b>Do not stop to collect personal belongings</b>	
<b>Leave the building using a fire exit</b>	
<b>Find a staff member immediately</b>	
<b>Staff will contact emergency services</b>	
<b>Form a line outside of the building</b>	
<b>Wait outside until a member of staff advises you that it is safe for you to return to your flat</b>	

## Free advice and support service

An organisation known as the Housing & Support Alliance runs an advice service Monday to Friday, between 9am-4pm. This service is free to people with learning disabilities and their families. They can help with most things about housing, support and rights for people with learning disabilities, including:

- supported living, supported housing, home ownership options and renting privately
- welfare benefits
- rights to housing and support
- tenancies
- mental capacity

Their telephone number is 0845 456 1497