

shine

Information ~ News ~ Entertainment for sheltered housing residents

Autumn 2010

It Hasn't Happened – and we have to make sure it doesn't!

Imagine a fire alarm sounding in your block of flats.

Not a problem – its' gone off before. Nobody's taking any notice – bit of a nuisance really.

Then imagine someone shouting "fire, fire - get out".

You look to see if it's somebody fooling around and you start to cough and suddenly find it hard to breathe. The door to the neighbour's flat across the landing is disappearing in thick smoke.

Happily, nothing like this has ever happened in any of our properties and we want to ensure it doesn't.

Dorset Fire and Rescue have given us instructions to identify and remove flammable articles from shared corridors and take out obstructions that could injure or prevent people getting out of a smoke filled building.

Over the next few months, we have to look at communal areas, passageways and landings in multi-occupancy buildings to carry out these directives. We hope you will help and co-operate with us in making these areas as safe as possible.

We want to avoid the Fire Service issuing penalty notices and we're sure no one would want to be the cause of injury - or worse.

Bob Wright
visiting support services manager

Good Luck & Good Bye Glenda

Visiting support officer Glenda Furber has retired after 24 years' service.

Glenda had a get-together with residents and friends at Flaxhayes, Bridport, where she lives.

Bob Wright, our visiting support services manager, wished her a happy, healthy and active retirement.

Glenda began working as a warden in Bridport in 1986 for West Dorset District Council before the housing was transferred to Magna in 1993.

Glenda is looking forward to her retirement and says one of her first priorities is to get fit!



New lunch club

Sheltered scheme Wightman's Orchard in Piddletrenthide, just north of Dorchester, has set-up a new lunch club to enhance the local community on site and provide great food for the members.



Annette Wellman, Visiting Support Officer (VSO), is spearheading the idea with the residents, in an effort to bring the community together with the help of a great food initiative...

Local Food Links Ltd (LFL) is a community-owned social enterprise based at the Bridport Centre for Local Food, in West Dorset. It aims to make good food affordable and accessible and works with all sections of the community, in particular those who might benefit most from good food, including children, older people and families on low incomes.

'The Orchard' lunch club, which was re-established in July, intends to meet regularly, using the excellent service of Local Food Links to help maintain a healthy and hearty appetite!

I recently went along to the club's inaugural lunchtime gathering to meet Annette and the residents of Wightman's Orchard and talk with Suzie King and Sheryl Hunt, who are in charge of the production of the fine meals at Local Food Links. The food is prepared and cooked in the morning and then transported in thermal boxes so that it is still piping hot, to the site in time for lunch where it is then carefully served to residents in the comfort of their own communal hall. Meals cost £4.50 and can include a main meal, pudding and fruit.

Local Food Links was presented with the 'Catering Gold Mark' by HRH The Prince of Wales, on behalf of the Food for Life Partnership, in February 2009. It was the first caterer in the country to meet and even exceed the high standards demanded of this award. 50 percent of all ingredients produced in the local region, 30 percent of all ingredients produced organically, and all animal products are sourced from sustainable and humane sources.

Lynsey Williams, support services manager



War time treats are a hit

Well done to everyone at Webbers Piece who worked so hard to run the NAAFI during the Maiden Newton at War event in July.

It was very successful and many of the residents of Webbers Piece were involved.

They served up war time treats such as leek soup and cake made without fresh eggs.



90 Years Young!

Congratulations to Ralph George and Arthur Thurston who both celebrated their 90th birthdays recently.

Ralph and Arthur had a joint party with friends and family at Marshallsay Court in Chickerell. Around forty people came along to share the buffet (kindly put together by Jayne O'Malley and Linda Vinton) and sing "Happy Birthday".

Pictured: Ralph and Arthur with their birthday cakes.



Anyone for Lunch?

**Call - Suzie: 01308 428924 or
Jo: 01305 225920**

Do you live in Bridport, Lyme Regis, Charmouth,
Broadwindsor, Beaminster or the surrounding villages?

Would you like a hot meal for yourself or to share
with your friends and neighbours?

Perhaps you would like to learn some new cooking skills?



Lunch Clubs:

Local Food Links - is based in Bridport and wants to offer you the chance to enjoy an affordable lunch on a regular basis.

They will bring a freshly prepared two course meal to a communal room near you - all you need to do is help serve it up and wash the dishes.

Contact Suzie on 01308 428924.

If you live outside of these areas contact Jo on 01305 225920 for alternative suppliers of hot food.

Cookery Information:

Local Food Links would like you to join in with a new and exciting cookery workshops starting in Bridport in July

Topics include 'One Pot Meals' and 'Fish from Lyme.'

Workshops can be delivered in other venues near to you if there's a group of interested people:

Contact Suzie on 01308 428924.

Need New Equipment?

Dorset Partnerships for Older People Projects (POPP) is here to help and can provide small grants if you would like to start a lunch club but don't have everything you need.

Contact Jo on 01305 225920

It's Good to Talk

Suzie and Jo can come and talk to you and your neighbours about all these projects - ask your Visiting Support Officer to arrange a 'coffee morning' or 'afternoon tea' - or give us a call.

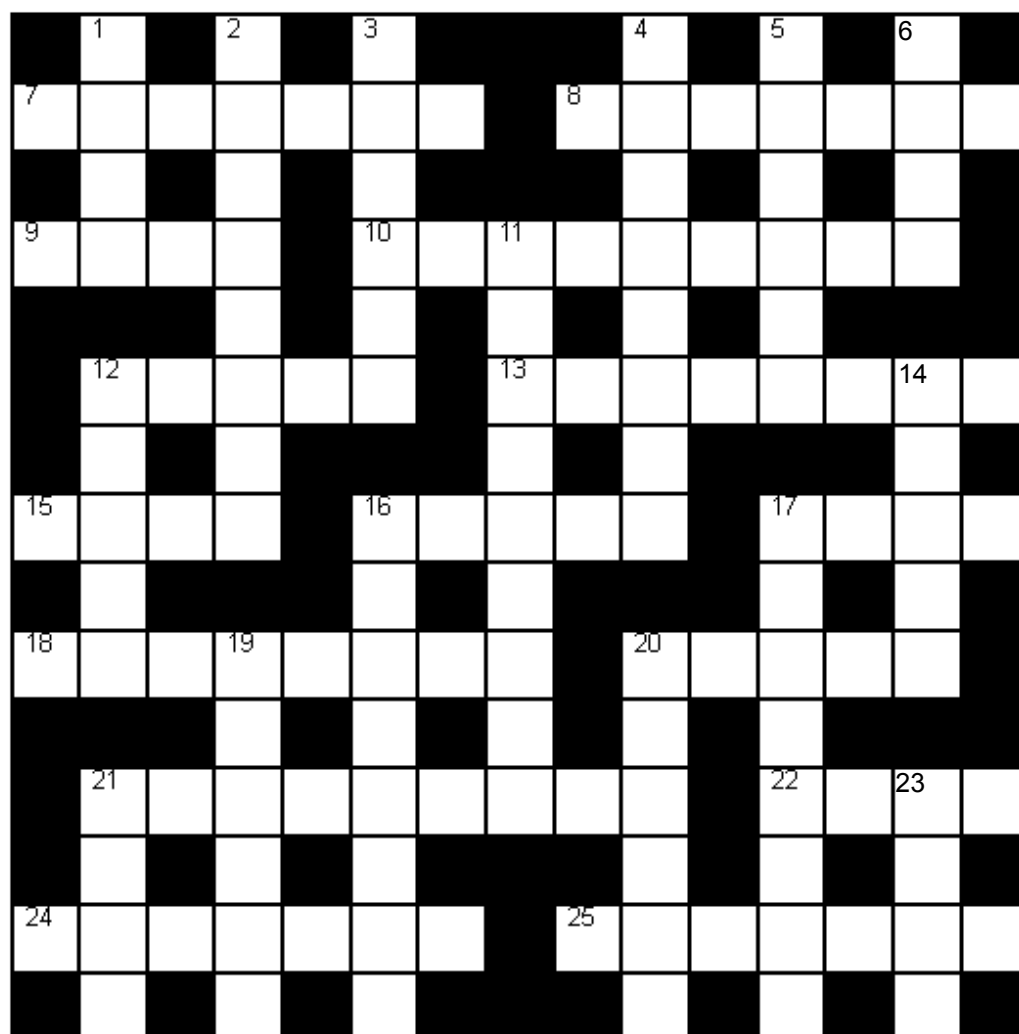


Email: suzie.king@localfoodlinks.org.uk

J.Mitchard@dorsetcc.gov.uk

WIN a £20 Gift Voucher

Can you solve this Crossword puzzle



Across: 7 Refrained from supporting a tedious man (7), 8 Gun company occupied by receiver (7), 9 Company project (4), 10 Ship's follower hung about an old sailor (9), 12 Get an order for the middleman (5), 13 Rates ski resort as "one star" (8), 15 Carefully analyse Kipling's work, in a way (4), 16 It gives height in flight (5), 17 Pound in silver received in church (4), 18 Bizarre article about posh operatic lady (8), 20 Gets rid of depression (5), 21 Bond fired at random, contrary to orders (9), 22 Pained expression when top of finger is cut off (4), 24 Artist's bow tie? (7), 25 Helped with the dishes but forgot part (5,2)

Down: 1 List of biblical books held by academy (4), 2 Only males go in at such a meeting (8), 3 This was not played when we were at school (6), 4 A tyrant will appear the day Riot Act is reformed (8), 5 Swallow or dove circling over ancient city (6), 6 A bit of an eye for a girl (4), 11 Top military reportedly outlawed musicians (5,4), 12 Last word to the French about to expire (5), 14 Stories that may be written down — or up (5), 16 Sailor climbs ropes — these? (8), 17 Collected and wrote notes (8), 19 Called about religious instruction, being enthusiastic (6), 20 They take food off plates when rinsed off (6), 21 Give a signal and slow down (4), 23 The essential point for lawbreakers, say (4)

Please cut out & send your completed Puzzle to:

Mark Pickersgill, Magna Housing Association, Naden House, Poundbury Road, Dorchester DT1 1PJ

The winner will be picked at random out of 'The Magna Hat'.

Closing Date for Entries: Friday 15th October 2010

Your Details

Name _____

Address _____

Winner of the Summer edition of Shine was Mr J Davis, Lubbecke Way