

senior news



an update for CBHA's older residents

summer 2008

Dispelling the myths of life in sheltered housing schemes

Living in sheltered housing means having your own flat, complete with own kitchen and bathroom - but with added benefits.

Residents can choose to stay in their flats when they

want or can spend time in one of the communal lounges.

Welcome Court manager Bola Baruwa said other CBHA residents might mistakenly think the two CBHA schemes were 'old peoples' homes' -

and have a certain amount of fear about ever living there - but this was not the case.

The schemes, which are open to those aged 60 and over, enable people to live completely independently but with added support available.

When an older person is not in a scheme, they might not see many people in a day. But at a sheltered scheme, they have the option of having social time with other residents and enjoying coffee mornings and other activities.

"They give the best of both worlds," added Bola.

Down to Margate for day at the sea



A day trip to Broadstairs near Margate was enjoyed by about 26 residents from Welcome Court and Doreen Capstan House.

The outing was one of the day trips on which residents from the two schemes team up.

In addition, residents at Doreen Capstan House have organised some further trips. In the residents' diaries for the next few months are:

July: day trip to Leigh on



Sea, Essex.

August: visit to Hyde Hall horticultural centre, Chelmsford.

September: Leigh Valley Park to enjoy the river.

October: sightseeing tour around London.

Meanwhile at Welcome Court, residents are having a summer fete on July 15, and going to Southend on Sea in August.

Scheme's new look

Doreen Capstan House has a fresh new look, following some refurbishment work this summer.

A launch party will be held later this month to mark the sheltered scheme's face lift.

Scheme manager Jill Brown said residents had been involved with choosing colours of paint and carpets.

They chose magnolia and terracotta for the corridors while the upstairs lounge was decorated in silvery blue.

The laundry and guest room have also been redecorated.

Jill said: "Most residents are delighted with the new look and they all love the new chairs in the lounges."

Darts, pool, bingo, lunch meetings and more

Activities at Doreen Capstan House include:
Monday pm: pool with other CBHA residents.

Weds eve: bingo, again with other CBHA residents from Cathall Road area. This has led to other residents supporting Doreen Capstan House in other events.

Thurs am: coffee mornings, often with speakers such as the police. On July 23, a credit union is booked to discuss what they can offer to residents.

Thurs pm: darts.

Residents living at Welcome Court enjoy a Ladies Who Lunch event on the first Wednesday of the month.

They are a chance for people to socialise and enjoy healthy food. Sometimes speakers come to the events which are part of CBHA's well-being programme.

Coffee mornings are held in the communal lounge on Tuesdays and Thursdays.

July 24 at Doreen Capstan House: inter-cultural day with food and information

Check out wide range of help from tenancy support team

Older CBHA residents are among those who can take advantage of the services offered by the tenancy support team.

Many people in the community could benefit from the wide range of the services CBHA provides but are unaware of what is available to them.

Tenancy support officer Angel Abisola said the team worked with other agencies to provide residents with support they might need.

Angel said: "Older or disabled people might need help temporarily or permanently. We want to help them stay comfortable and

happy in their home. This could include putting in adaptations such as hand rails, stair lifts and wet floor shower rooms. Many people with mobility problems can then function perfectly well while staying in their own homes."

In other cases, tenancy support might help a person move into a more suitable property - and help settle them in, introducing them to places and people.

Angel said: "For example, when someone from a minority group moves to a new area, we can help them find their feet, show them places to socialise that they can identify with."

Tenancy support also monitors the progress any residents with drug or alcohol issues are making by ensuring they attend any programmes they are on.

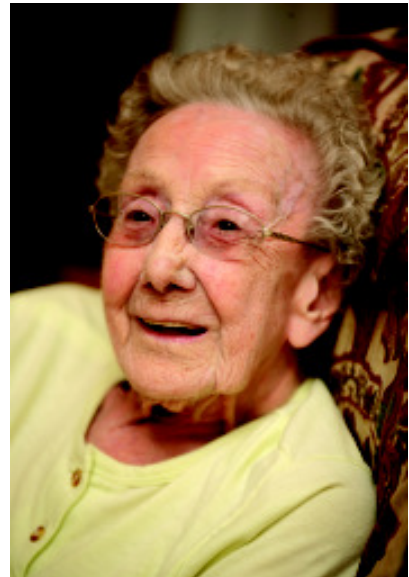
The team can refer people to social services if needed, for example, for help with children with learning difficulties or behavioural issues.

"We can also put people onto CBHA's other teams when appropriate. This could

be for employment and training advice and support or our youth services."

Anyone who would like to know more about what tenancy support could offer them can ring Angel on 020 7922 8568.

Violet passes away



Leytonstone resident Violet Moore, 89, has passed away. Violet, who loved children and reading, had been a widow for many years.

Neighbour Jacky Smith said: "Everyone liked her and people often popped in to see her."



A sheltered housing resident