

Community News

Edition 13 | WINTER January 2025

Welcome to the 13th edition of Community News.

We hope you enjoy all the latest news, activities, upcoming events and items of interest from around our Woven communities.

Tenant Conference is back!

It was great to take part in the first ever Woven Tenant Conference in March 2024 and we are delighted to be sharing the news that the Conference is back again this year. Save the date - see inside.

Conference 24 brought tenants together from across Northern Ireland, joining staff and representatives from partner organisations for group sessions, workshops and presentations.



Would you like to join our Editorial Panel?

Community News is produced by tenants, for tenants; co-ordinated and compiled by the Editorial Panel and members of Woven's Homes & Communities Team.

We are on the lookout for willing tenant volunteers. Gain experience of newsletter production and share news with tenants across NI. Email: newsletter@woven.org.uk

Tenant Conference Returns!

We're Back!

We were delighted to invite tenants along to our first ever Woven Tenant Conference in Belfast last year and we are back again this year, this time at the Belfray Country Inn, Derry/Londonderry.

We hope this years event will be bigger and better with tenants from across Northern Ireland joined by staff and representatives from partner organisations.

There will be a series of workshops and presentations covering a variety of topics. Lunch and transport will be provided for all tenants wishing to attend.



Friday 28th February 2025



Belfray Country Inn, 171
Glenshane Road,
Derry/Londonderry, BT47 3EN



COMING SOON

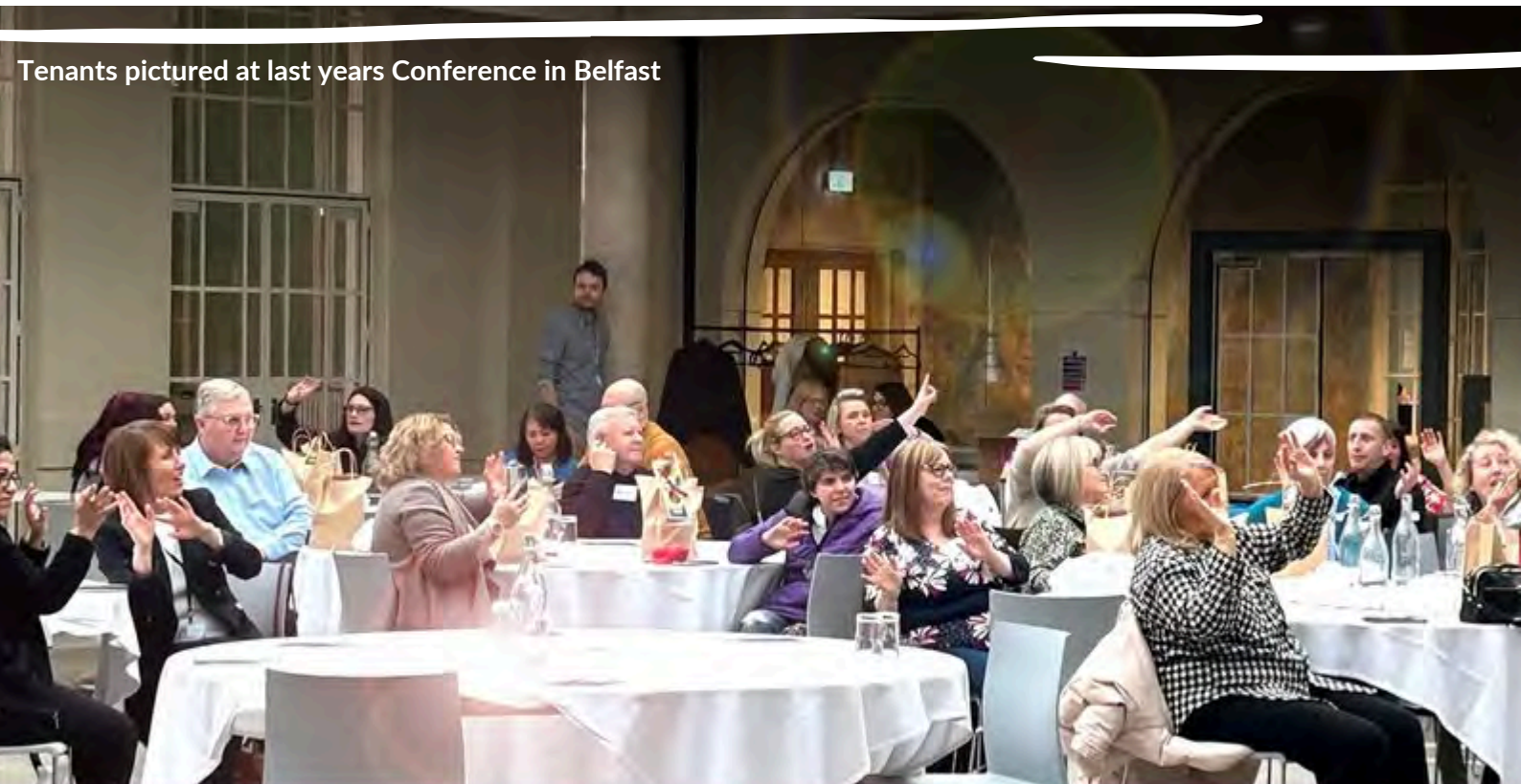


The event is still being planned, so please keep an eye on the Woven website and our Facebook page for further updates!

Want to be involved in helping plan this event?

Contact one of the Communities Team (their details can be found on the 'Dates For Your Diary' page

Tenants pictured at last years Conference in Belfast



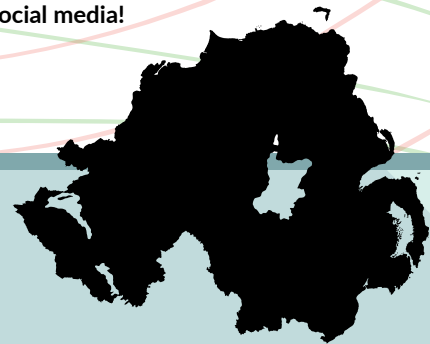
Out and About

The Communities Team had a busy couple of months as tenants, young and old, got into the Christmas spirit through a whole host of different activities.

We hope all our tenants had a relaxing Christmas and New Year!



There are plenty of events already planned for the coming months and lots of exciting ideas in the pipeline for the year ahead. Keep an eye out for posts on our website and social media! Any events local to you are often advertised via texts and flyers too!



Regional Panels



December saw the latest round of Regional Panels take place in Belfast and Dungannon. Panel members met for updates from Woven staff members and to discuss issues relevant to their local area. In Belfast, tenants enjoyed a Christmas meal at Hillmount Garden Centre and in Dungannon, tenants got the chance to see the proposals for the planned works and have a Q&A with the architects and Woven Development Staff.

The Regional Panels in the North West and the North Coast take place on January 14th and January 23rd.

If you're interested in joining the Panel or learning more, please contact your Community Involvement Officer (see Dates for Your Diary Page for contact info)



 Dungannon Regional Panel Meeting



January Blues

Content for this page provided by Community Assistant, Mandy Scullion

With all the excitement and hustle and bustle of the holiday season now over, you may feel a little down or low in spirits in January. So widespread is this feeling that it is commonly known as the 'January Blues'. Feeling this way is completely normal and is something that we all feel from time to time, but what can be done to counteract this?

1 Avoid Unrealistic New Year's Resolutions



While it's great to set goals and a wonderful idea to make resolutions to improve one's self, it's important to be realistic. Break down any goals into small steps that are achievable and which can be managed over time and do not lead to extra stress or anxiety. If you slip up or don't achieve your goals - don't beat yourself up, use it as a learning experience and try again.

2 Get Back Into A Routine



Getting out of bed and going back to or starting a routine that promotes physical and mental wellbeing is proven to not only elevate your mood but adds to your overall wellbeing. You should try to go to bed and wake up at the same time, eat breakfast, make your bed etc everyday. These small wins throughout the day add up and create good habits.

3 Get As Much Daylight As Possible



Getting enough sunlight and vitamin D increases our happiness also improves our sleep cycle and overall mood. So if you can, get out for a brisk walk and soak up some of those feel good vibes which are especially important in the winter months. Vitamin D supplements are also readily available and can help boost your levels!

4 Eat Well



You don't have to go on a super strict diet or put the leftover Christmas chocolates away but eating a healthy balanced diet incorporating lots of fruit & vegetables will provide you with much needed vitamins, extra energy and boost your mood. It is the perfect time of year for hearty stews and soups packed full of winter veg!

5 Exercise



Any physical activity adds to your overall health, even a simple walking routine helps release endorphins that makes you feel happier, so not only is exercise good for your physically but mentally too. So this year why not go out for a walk everyday, join your local Parkrun, take up Yoga or hit the gym!

6 Take A Social Media Break



While social media is great at connecting people, it is important to be mindful that it can be a cause of stress or anxiety in your life. Be mindful to expose yourself only to positive content and don't compare your life to what you see on screen as most of it is heavily curated, edited and filtered. Why not take a break in January - you might not miss it as much as you think!

7 Connect With Family And Friends



Most of us are busy and often faced with time limitations but remember to make time for family and friends and not just virtually but in the real world! Get together and spend time with one another even if it is just a cuppa at home, it will add to your relationships and mental wellbeing. Why not cook a meal for them, or go for a walk together and combine some healthy eating and exercise!

8 Treat Yourself



It is important that you make time to do something nice for yourself. Often we put ourselves last on the priority list and whilst it is wonderful to help others, remember to put yourself top of the list and do something that adds to your own wellbeing. Make time for yourself where you can.

IMPORTANT

If you are struggling, remember you are never alone. Talk to a friend, a family member, or a work colleague - talking things through with someone else can help ease your worries and provide clarity.

Feeling sad or lonely is a normal human emotion that we all feel from time to time, however if you are experiencing prolonged spells of unhappiness or are concerned about your mental wellbeing, please reach out to your GP, a counsellor or an organisation such as the Samaritans Free Phone: 116 123 (24hrs a day , 365 days a year).

Healthy New Year

Lots of us use the New Year as a time to eat healthy after overindulging during the holidays. These recipes are healthy, warming and filling. Perfect for the colder nights!

Spiced Carrot and Lentil Soup

Ingredients

- 2 tsp cumin seeds
- pinch chilli flakes
- 2 tbsp olive oil
- 600g carrots, washed and coarsely grated (no need to peel)
- 140g split red lentils
- 1 litre of hot vegetable stock
- 125ml milk
- plain yogurt
- naan bread, to serve

Serves 

Method

- Heat a large saucepan and dry-fry the cumin seeds and chilli flakes for 1 min.
- Scoop out about half and set aside.
- Add the oil, carrots, lentils, stock and milk to the pan and bring to the boil.
- Simmer for 15 mins until the lentils have swollen and softened.
- Whizz the soup with a stick blender or in a food processor until smooth.
- Season to taste and finish with a dollop of yogurt and a sprinkling of the reserved toasted spices. Serve with warmed naan breads.



Slow Cooker Beef Stew

Ingredients

- 1 onion, chopped
- 2 celery sticks, finely chopped
- 2 tbsp rapeseed oil
- 3 carrots, halved and cut into chunks
- 2 bay leaves
- ½ pack thyme
- 2 tbsp tomato puree
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes or stock pots
- 900g braising beef, diced
- 2 tsp cornflour (optional)
- ½ small bunch parsley, chopped

Serves 

Method

- Fry the onion and celery in 1 tbsp oil over a low heat until they start to soften.
- Add the carrots, bay and thyme, fry for 2 mins, stir in the puree and Worcestershire sauce, add 600ml boiling water, stir and tip everything into a slow cooker.
- Crumble over the stock cubes or add the stock pots and stir, then season with pepper.
- Clean out the frying pan and fry the beef in the remaining oil in batches until browned, then tip each batch into the slow cooker.
- Cook on low for 8-10 hrs, or on high for 4 hrs.

TOP TIP

If you want to thicken the gravy, mix the cornflour with a splash of cold water, then stir in 2 tbsp of the liquid from the slow cooker. Tip back into the slow cooker, stir and cook for a further 30 mins on high.





Housing for all

The 'Housing for All' Shared Housing Programme helps to shape a more integrated, diverse, vibrant and stable society.

The Programme emerged from Northern Ireland Executive Together: Building a United Community (T:BUC) Strategy. It reflected the NI Executive's commitment to:

- improving community relations
- continuing the journey towards a more united and shared society

The Programme supports 12 Housing Associations, including Woven, working on 77 developments with a total of 2,490 units.

Over 40 developments have been completed and are now celebrated as Shared.

Housing Associations work with Local Advisory Groups across the Shared housing communities, allowing local residents and community groups to shape the places they live and work in and benefit communities and individuals within a five-mile radius of the Shared development.

Each Shared neighbourhood is supported through the development and delivery of a five-year Good Relations Plan. This is managed by the Housing Association developing the shared scheme and it includes 'bonding' programmes which are delivered to the new shared neighbourhood residents, and 'bridging' programmes which are delivered between the new shared residents and residents from surrounding communities.

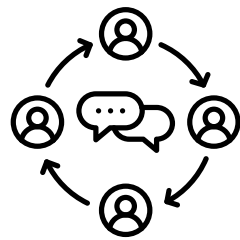
Benefits of Housing For All

- ✓ Help shape more inclusive communities
- ✓ Promote tolerance and respect
- ✓ Funding allows for community projects to be ran for all our tenants, young and old.
- ✓ Tenants have an opportunity to input into the design of their neighbourhood agreement
- ✓ Funding for delivery of social events for both tenants and residents of the surrounding community

woven

Housing For All Schemes

- 📍 Church View, Holywood (pictured)
- 📍 Girona Close, Portrush
- 📍 The Beeches, Melmount Road, Sion Mills



Check out the next page to see what 'Housing For All' looks like in Woven communities...



Housing for all

What does *Housing for All* look like on the ground? Below are some photographs from community events that took place across Woven schemes and in the surrounding communities thanks to *Housing For All* funding. This is merely a snapshot of the many events ran last year.

Girona Close, Portrush



Herb Garden Workshop

Church View, Holywood



Mural Painting

Sullivan Close, Holywood



Gardening Workshop

The Beeches, Sion Mills



'Meet Your Neighbour' Event

Upper Newtownards Road



Summer Street Party

All Holywood Schemes



Belfast Peace Tour

Millstrand Primary School



Chinese New Year Celebration

Millstrand Primary School



Polish Celebration Day



**SPORT
CHANGES
LIFE.**

Tenants in Holywood have been having fun practicing Boccia, in partnership with Sport Changes Life and funded via Housing for All.

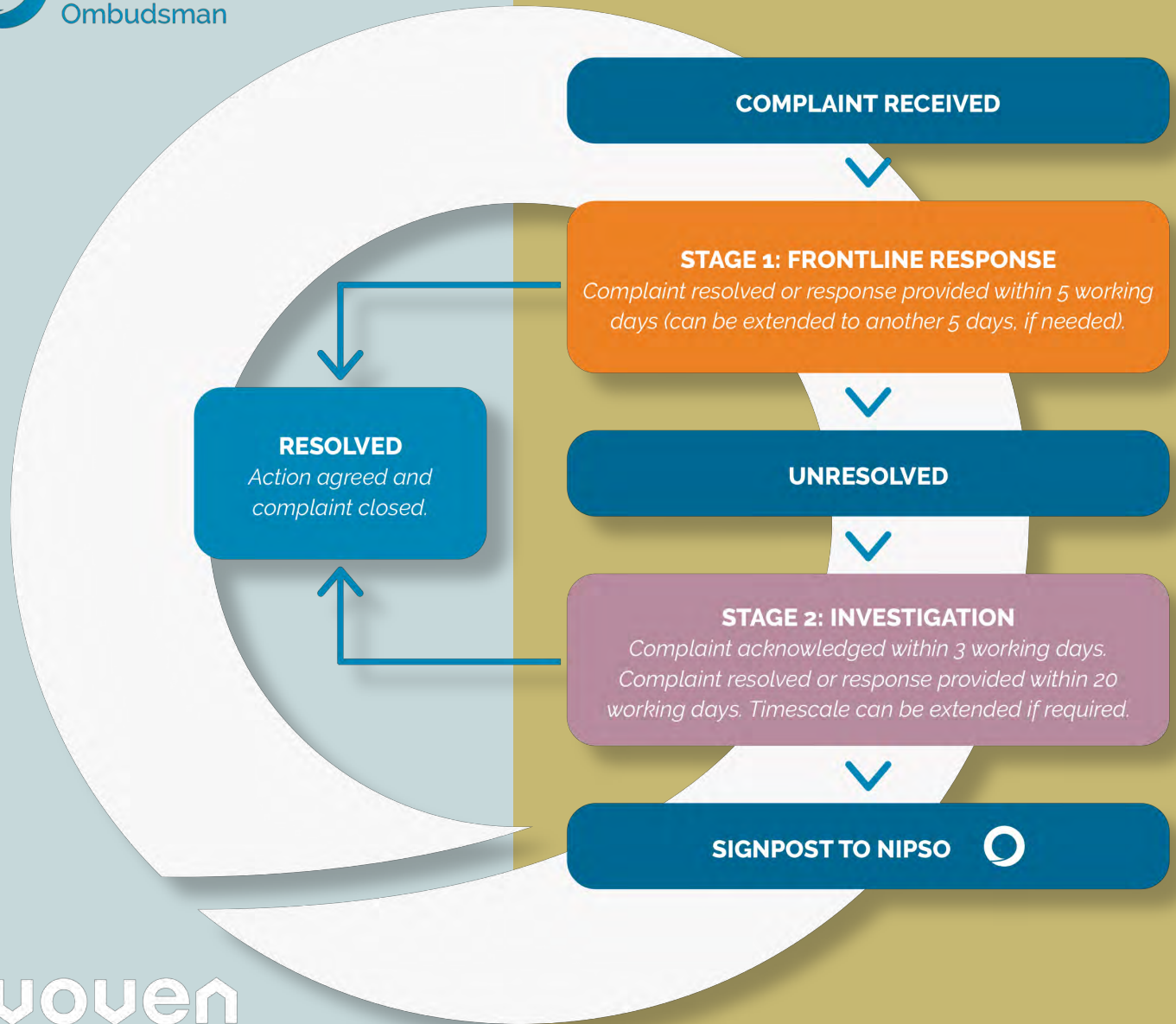
Boccia is a precision ball sport, played from a seated position and related to bowls. It is a Paralympic sport but can be played by anyone, regardless age, gender, ability or disability.

Later this year, our tenants are going to take on other Housing Associations in a Northern Ireland wide competition!



NEW MODEL FOR COMPLAINTS HANDLING

Woven is in the process of reviewing its Complaints Procedure and is working towards adopting the NI Public Service Ombudsman's (NIPSO's) new **2 stage Model Complaints Handling Procedure**. Staff Training is taking place in early 2025, well ahead of any statutory requirement and we will be keeping tenants informed of our plans for implementing the new process.



woven

The new two stage model is designed to be a more consistent and streamlined approach to complaints handling throughout public bodies. The is to help complainants understand how to make a complaint and what level of service to expect when they do so. In conjunction with this change, Woven will be implementing recommendations from the Tenant Policy Review Group - including a dedicated complaints email and ticketing system.

Please keep a look out as more information on changes will be provided in due course.

RESPONSIBLE PET OWNERSHIP

Pets can bring companionship, joy, and countless benefits to their owners. For many, they are part of the family.

It's important to remember, however, that keeping a pet comes with responsibilities - to your pet, to your neighbours, and the wider community.



Applying for permission to keep a pet

To ensure a safe and harmonious environment for everyone, it is a requirement that tenants who wish to keep a pet, complete an application for permission.

Before bringing a pet into your home, it is essential to complete an application for permission. This process ensures that pets are suitable for the property type and environment and helps Woven manage potential concerns - space, noise or safety.

Here's what you need to know about the application process:

▶ **Contact Your Housing Officer:** Reach out to your housing officer to request a pet application form.

▶ **Provide Details About Your Pet:** Include information such as the type, breed, size, and number of pets you wish to keep. This helps Woven assess your home as a suitable environment for the pet and if the pet complies with the policy.

▶ **Wait for Approval:** Do not bring a pet into your home until you have received written permission to avoid any potential breach of tenancy agreement.

Tips for Responsible Pet Ownership

- Train your pet to behave appropriately, especially in communal areas.
- Provide your pet with adequate water, shelter and veterinary care.
- Clean up after your pet in both your home and shared spaces. Always dispose of waste responsibly.
- Ensure your pet doesn't cause excessive noise that might disturb others.
- Prevent your pet from causing damage to your home, communal areas, or gardens.



Tenant Zone

Cold Weather Health Advice

February is the coldest month of the year on average so whilst we have experienced some cold weather recently, there may yet be more to come! It is important we stay safe and look after each other during the cold weather, Below is advice from nidirect:

- wear warm clothes - layers are best, including a hat and gloves
- heat all rooms you use during the day - living room to around 18 to 21°C and the rest of your house to at least 16°C (61°F)
- if you can't heat all your rooms, make sure to keep one room warm throughout the day
- get your heating boiler and appliances serviced yearly by a registered engineer
- never use an electric blanket and hot water bottle together as it could cause electrocution
- wear bed socks and thermal underwear at night
- make sure you have enough food and medicines
- take regular hot drinks and food
- check the weather forecast regularly
- take care outdoors, especially if roads and pavements are icy
- if outside in icy conditions, wear boots or shoes with suitable grips
- keep your mobile phone charged

Think about friends, family or neighbours who may be less mobile:

- pick up essentials such as food, gas and electricity top-ups and repeat prescriptions for them



Welcome to Tenant Zone! This section is all about our tenants. Got a photo, a story, a poem or anything else to share? Get in touch and we could feature it here.

This is also your opportunity to get involved and have your voice heard.



Pets Corner



It wasn't just our human tenants that enjoyed getting festive! Here is Moonpie from Castle Gardens in Dungannon getting into the Christmas spirit!



WE WANT YOU!

Want to join our Editorial Panel and get involved in writing articles as well as designing and editing the Woven Community Newsletter?

Or do you just have a story you want to tell? Maybe you have an article you think other tenants would love to read?

If so, get in touch at newsletter@woven.org.uk



woven

MENU OF INVOLVEMENT

Tick against any you're interested in
and hand to a member of staff.

 **Lead involvement**  **Regular involvement**  **Casual involvement**

Residents' Forum: Meet with Forum representatives from schemes across NI and have real input to the services provided by Woven.

Up to 8 online meetings twice per year. Training Provided.



Tenant Scrutiny Panel: Work with staff to examine services provided by Woven and help to identify and recommend improvements.

Up to 8 online meetings twice per year. Training Provided.



Editorial Panel: Meet with staff to create and review content for Woven's Community Newsletter.

4 to 5 online meetings for each edition (Quarterly).



Regional Panel: Meet with staff to discuss 'everything Woven' to help steer our services and community events.

4 meetings or outings per year.



Scheme Walkabout / Inspections: Join staff to walk around our housing schemes and help identify areas for improvement.

4 scheme Walkabouts per year



Community Events: Work with staff to survey the interests of their community and be involved in organising relevant community events.

Join in with events in your area as and when you can.



Interested Tenant Register: Join our list of local tenants, interested in being kept up to date with events and opportunities in your area .

Take part as often as you wish.



Tenant Surveys: Tenants can have their say on the services and opportunities provided by Woven by completing short surveys.

Take part as often as you wish.



Active Tenant: Tenants who are willing to get involved in organising and planning local activities on their own schemes.

Take part as often as you wish.



Policy Panel: Tenants reviewing and making recommendations on Woven Policies.

Take part as often as you wish.



Name

Address

Tel/email

Dates for your Diary

Your Communities Team

Margaret McLaughlin
 Senior Officer for Tenant
 Engagement & Community Services
 margaret.mclaughlin@woven.org.uk
 07376627940



Deirdre Nash
 Community Involvement Officer
 deirdre.nash@woven.org.uk
 07485396524



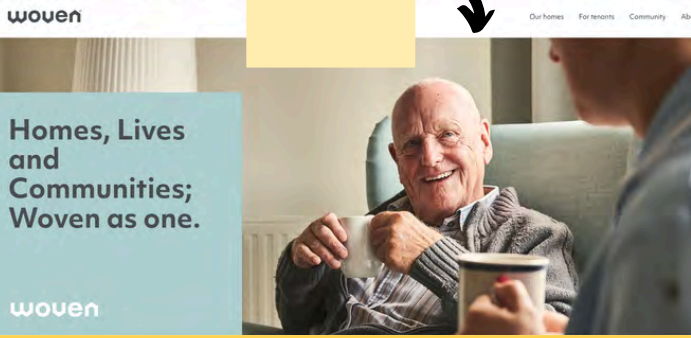
Philip Whyte
 Community Involvement Officer
 philip.whyte@woven.org.uk
 07817057846



Tom Cummings
 Community Involvement Officer
 tom.cummings@woven.org.uk
 07485396526



Find our latest
 events online at
www.woven.org.uk



Events



woven

homeslivescommunitieswovenasone

JANURAY
 2025

Community Involvement Events
 & Tenant Engagement Activities

DATE	EVENT
8	Bingo @Conway Walk TC
8	Coffee morning and bingo @Clifton Park DN
8	Mystery Shopping Report @Laganwood House MMcL
10	Newsletter Group Meeting - Regionwide TC
13	Tenant Engagement Review @the Junction, Dungannon MMcL
14	NW Regional Panel @Exchange House DN
15	Bingo @Ardnaclowney TC
TBC	New Year event with Krakens Chip Van in Portrush DN
20	Residents Forum Meeting - Regionwide DN
21	Quiz @Ardnaclowney TC
23	North Coast Regional Panel @Clifton Park DN
27	Hollywood Advisory Group - Hollywood PW



Follow us on Facebook for event updates and photos!

Other Events

Check out these events taking place across Northern Ireland in the coming months



The Out To Lunch Festival
 The Black Box, Belfast
 4th - 26th January

With a vibrant line-up of live music, theatre, comedy and more, this event draws artists and audiences from all over the world!

www.cqaf.com



NI Science Festival
 Various Locations
 12th - 23rd February

This festivals offers a wide range of events focusing on the wonders of science, technology, engineering, art and mathematics!

www.nisciencefestival.com



Love LegenDerry Food Month
 Various Locations
 All of February

This event offers an immersive experience that celebrates authentic local flavours and the artistry of its chefs and artisans!

www.legenderryfood.com



woven