



**Habinteg**  
Housing Association (Ulster) Ltd

# Community News

**Welcome to our first tenant-led newsletter. Every three months, we will bring you the latest news, activities, upcoming events, and other items of interest about our Habinteg communities.**

This newsletter has been produced for the tenants by the tenants. We took time during the pandemic to work together to represent our fellow tenants, give our communities a voice, and an opportunity for the newsletter to reflect tenant views, interests, what is meaningful and most important to them. It would not have been possible without the help from Supporting Communities and Habinteg staff.

The team would like to thank Siobhán O'Neill from Supporting Communities for her excellent training, knowledge and skills which were invaluable in helping to create the newsletter. Supporting Communities is an independent charitable organisation that champions tenant and community participation helping to empower tenants, groups and communities (<https://supportingcommunities.org>).

## IN THIS EDITION

**MEET THE TENANTS**

**CALENDAR OF EVENTS**

**HABINTEG TIPS ON  
STAYING HEALTHY**

**ACTIVITY CORNER**

## Meet the Team



Cavell Moore  
Mid Ulster  
Tenant for 1 year



Dave Maher  
Mid & East Antrim  
Tenant for 5 years



John Conlon  
Belfast  
Tenant for 7 years



Kelly Doherty  
Derry & Strabane  
Tenant for 7 years



Kim Doherty  
Derry & Strabane  
Tenant for 6.5 years



Lynne Morrow  
Mid Ulster  
Tenant for 3 years

We would love your feedback and ideas for future newsletters.

Get in touch and let us know!

To reduce costs and the impact on the environment, future editions will be available on our website.

However, if you would like a printed copy, please get in touch with us before

15th October 2021 at 5.00 pm



## Here's more about the Team

The Peace Bridge represents communities coming together, celebrating diversity and equality, and working together to build a better future - that is what Habinteg has done with us. We are from all areas of Northern Ireland with different experiences, and we have come together as one. We wanted our picture on The Peace Bridge in Derry/Londonderry for our first group photo.

Here are a few reasons why we joined the team:

- Good communication between the landlord and tenants is vital
- To benefit our community
- To give back to the community for helping me
- Previously involved in other activities with Habinteg
- An opportunity to explore new interests
- Get to know tenants from other parts of the province and make friends
- To build a working and positive relationship with Habinteg
- To have a voice
- Participate in other tenant panels within the scheme
- To have a chance to work closely with the company to build a good connection between tenants and staff



### Let's hear more from Cavell

**Ciaran:** When did you move into your Habinteg home?

**Cavell:** In March 2020, the first day of lockdown to be exact.

**Ciaran:** You have been involved in different activities with Habinteg - tell me more.

**Cavell:** During lockdown, my mental health took a turn for the worse. Thankfully I received a diagnosis of my health condition, but due to restrictions, I was unable to meet with anyone which exasperated it. I saw Habinteg advertising Zoom courses on their Facebook page to which I applied. It suited me perfectly as I didn't have to leave the comfort of my own home. The first course I enrolled on was healthy eating. It helped my mental health and also gave me the boost in my confidence that I needed to get me back on track with my life.

**Ciaran:** Why did you join the newsletter team?

**Cavell:** I want to give back to the Habinteg Communities Team that were there for me when I needed them most.

**Ciaran:** Do you think more tenants should get involved?

**Cavell:** More tenants should get involved because it is about the tenants.

Would you like to join our newsletter team?

For further information, email [newsletter@habinteg-ulster.co.uk](mailto:newsletter@habinteg-ulster.co.uk)

## Showcasing Habinteg's Homes and Communities

Habinteg has around 2,500 homes across Northern Ireland from single properties and small schemes of six to 10 to the largest of around 160 homes in one scheme. In future editions, we will be showcasing our homes and communities in each council area, starting with Antrim and Newtownabbey Borough Council. We will be giving you a local and varied flavour, highlighting the diversity of schemes, services, locations and communities across the province.



The blue border on the map indicates the North West and Hollywood areas.  
The North West office covers from Enniskillen to Ballycastle and the  
Hollywood office is responsible for the rest of the region.

## Tenant Spotlight

### Brians Well's Covid-19 Hero

By John Conlon

In 2020 when the world was turned upside down for everyone, one long time resident, Joseph McConville decided to do what he could to cheer up his West Belfast neighbours. Joseph decorated his home and street with flags, banners and bunting to celebrate and give thanks to the NHS. After having to deal with his wife contracting Covid-19 and being grateful she made a full recovery, he wanted to show his appreciation and gratitude to the NHS. All of the neighbours loved what Joseph did with the street. One resident said "he managed to bring the street together at such a trying time. He is really trying to keep our community together."

One of Joseph's great loves is football. Recently he ran a sweep for the Euros, again getting the whole street involved. He again decorated the entire street with the flags and colours of every nation involved. Our community is very diverse and Joseph goes out his way to bring everyone together and involve everyone. Joseph has a great sense of community spirit and we are all looking forward to his next project!

In each addition, we will shine the spotlight on one of our tenants! If your neighbour deserves a mention, get in touch by emailing [newsletter@habinteg-ulster.co.uk](mailto:newsletter@habinteg-ulster.co.uk)



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"He (Joseph) managed to bring the street together at such a trying time. He is really trying to keep our community together."

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BRIANSWELL RESIDENT



## Tips on Staying Healthy

It is said, you are what you eat - and what you eat improves your mood and wellbeing. Each quarter, we will let you know what fruit and vegetables are in season.

By making use of seasonal vegetables, you will be supporting your local farmers and greengrocers, while reducing the impact on the environment.

With thanks to the Vegetarian Society and the British Dietetic Association, here is a list of UK grown produce that are in season over the next three months.



Aubergine, Apples, Beetroot, Blackberries, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celery, Celery, Chestnuts, Chicory, Cranberries, Chillies, Courgette, Cucumber, Elderberries, Kale, Leeks, Lettuce, Marrow, Onions, Parsnips, Pears, Peas, Potatoes, Pumpkin, Quince, Radishes, Red Cabbage, Rocket, Runner Beans, Savoy Cabbage, Spinach, Spring Greens, Spring Onions, Summer Squash, Swede, Sweetcorn, Sweetheart Cabbage, Tomatoes, Turnips, Watercress, Wild Mushrooms, White Cabbage.

Get a recipe book - for free!



For each edition, we will look at seasonal foods and give you a recipe to try, which will include some of the ingredients. Below is a link to our favourite recipe book - you can view or download over 100 pages of recipes - for free! It has been produced by Safefood, the public body responsible for raising consumer awareness of issues relating to food safety and healthy eating across both the Republic of Ireland and Northern Ireland.

[https://www.safefood.net/getmedia/0c08a846-05a6-4fd8-92aa-7916259fd9a4/101\\_square\\_meals.pdf](https://www.safefood.net/getmedia/0c08a846-05a6-4fd8-92aa-7916259fd9a4/101_square_meals.pdf)

## Fancy butternut squash & sage risotto for tea?



Follow the recipe for Kim's autumnal favourite!

### Ingredients

1kg butternut squash, peeled and cut into bite-size chunks  
 3 tbsp olive oil  
 bunch of sage, leaves picked, half roughly chopped, half left whole  
 1½l vegetable stock  
 50g butter  
 1 onion, finely chopped  
 300g risotto rice (we used arborio)  
 1 small glass white wine  
 50g parmesan or vegetarian alternative, finely grated



### STEP 1

- Heat the oven to 220C/200C fan/gas 7. Toss the squash in 1 tbsp oil together with the chopped sage. Scatter into a shallow roasting tin and roast for 30 mins until brown and soft.

### STEP 2

- While the squash is roasting, prepare the risotto. Bring the stock to the boil and keep on a low simmer. In a separate pan, melt half the butter over a medium heat. Stir in the onions and cook gently for 8-10 mins until soft but not coloured, stirring occasionally. Stir the rice into the onions until completely coated in the butter, then stir continuously until the rice is shiny and the edges of the grain start to look transparent.

### STEP 3

- Pour in the wine and simmer until completely evaporated. Add the stock, a ladleful at a time, and stirring the rice over a low heat for 25-30 mins, until the rice is cooked al dente (with a slightly firm, starchy bite in the middle). The risotto should be creamy and slightly soupy.

### STEP 4

- At the same time, gently fry the whole sage leaves in a little olive oil until crisp, then set aside on kitchen paper. When the squash is cooked, mash half of it to a rough purée and leave half whole. When the risotto is just done, stir through the purée, then add the cheese and remaining butter and leave to rest for a few minutes. Serve the risotto scattered with the whole chunks of squash and the crisp sage leaves.



## Calendar of Events

The Habinteg community involvement calendar will highlight a theme each month to promote tenant activities. We will follow Covid-19 guidelines so therefore, activities may change to online to ensure everyone's safety. Keep an eye on the website.



### September

8th September - International Literacy Day 2021

International Literacy Day is celebrated around the globe. Let's take part by completing the word search on page 11 and returning to us for a chance to win a £5 book token!



24th September – Macmillan Coffee Morning

People all over the UK host their own coffee morning and donations raised on the day are made to Macmillan. For further details on how to sign up and plan your event, visit <https://coffee.macmillan.org.uk>



### October



Hallowe'en Activity – check out the colouring-in competition to keep you busy over the Hallowe'en holidays on page 12

Breast Cancer Awareness Month

This is an annual campaign to increase awareness of the disease. Visit Habinteg's website for information on future activities. Visit [www.breastcancernow.org](http://www.breastcancernow.org)

### November

13th November - Kindness Day

Visit <https://www.randomactsofkindness.org/kindness-ideas> and be inspired by some of the examples of how you can improve someone's day.

Let us know if anyone has helped you with a random act of kindness.

You will receive a lovely prize of bulbs to plant for spring flowers!



19th November - International Men's Day

To find out details of the local men's shed programmes across the region, visit [https://menssheds.ie/shed\\_county/ulster/](https://menssheds.ie/shed_county/ulster/)



## Activity Corner

This issue's activity corner has a spooky feel with a Halloween craft and some ideas to 'spookify' your scheme!

### Spooky Schemes!

Most of us can remember Halloween rhyming, but it seems to be happening less and less each year. With COVID and safety fears, it looks like it may die out completely.



Why not start a Halloween trail in your scheme? Get together with some of your neighbours and set up a trail for the kids to follow.

Each house could host a different activity that the kids can follow along. By making it a trail, you control the numbers at any one point so you're mindful of COVID, and you're with your neighbours so it's safer.

If you do have a spooky Halloween trail, take pictures and send them to us at [newsletter@habinteg-ulster.co.uk](mailto:newsletter@habinteg-ulster.co.uk)

## Slime Recipe

This method makes a ball of flexible slime close to silly putty in texture. It stays clean in your hands, making it a good choice for little kids.

Makes 1 small ball

Takes 10 minutes

**100ml PVA white glue (children's craft glue or CE marked glue)**

**½ tsp bicarbonate of soda**

**gel food colouring**

**1 tsp contact lens cleaning solution**

**glitter (optional)**

1. Squeeze the glue into a mixing bowl (look for a bottle in a 100ml size if possible so you won't have to measure it out). Add the bicarbonate of soda and mix well.
2. Add a drop or two of your chosen gel food colouring. Less colouring gives a pastel colour; the more you add, the brighter the colour. Mix until well incorporated.
3. Add the contact lens solution drop by drop and mix. The slime will begin to form, going stringy before coming away clean from the bowl into a ball. If you want to make puffy slime you can add a blob of shaving foam.
4. Once it has formed, take it out and knead it with your hands. It will be sticky at first but after about 30 seconds you'll have a smooth and pliable ball. Add glitter at this point, if desired, and work in with your hands. Store in a pot with a lid.



## Word Search

Give our Habinteg-themed word search a go to be in with a chance of winning a £5 book token!



U	C	M	E	I	N	F	T	M	S	E	V	I	L
H	O	L	S	C	N	F	N	A	I	I	N	I	H
N	M	N	S	O	S	R	E	I	T	V	U	N	O
F	M	O	F	M	T	I	M	N	E	T	G	U	M
E	U	I	S	M	N	E	P	T	N	N	E	I	E
I	N	T	M	U	E	N	O	E	A	E	N	T	S
G	I	A	G	N	D	D	L	N	N	M	G	R	I
I	C	M	N	I	I	S	E	A	T	E	A	A	I
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I	O	N	O	S	O	S	F	M	G	V	E	N	T
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ENGAGEMENT  
 TRAINING  
 INVOLVEMENT  
 VOICE  
 INFORMATION  
 COMMUNITIES  
 TENANTS  
 MAINTENANCE  
 FRIENDSHIPS  
 HOUSING  
 FUN  
 HOMES  
 RESIDENTS  
 COMMUNICATION  
 DEVELOPMENT  
 LIVES

### **How to enter:**

**Find and mark all of the words, cut out this page and hand it to your community assistant or housing officer**

**OR**

**If you want to keep your newsletter intact, take a photograph of it and email it to us at [newsletter@habinteg-ulster.co.uk](mailto:newsletter@habinteg-ulster.co.uk)**

**Closing date: Friday 15th October 2021 at 5.00 pm**



Name:

Address:

Phone Number:



## Halloween Activity Ideas

- Halloween Biscuits - All you need is plain shortbread or biscuits, different colours of icing and maybe some sweets like strawberry laces or M&Ms to decorate.
- Pin the Hat on the Witch - Get a picture of a witch and cut off the hat. Use a blindfold (or close the kids eyes) and pin the hat onto the drawing.
- Plastic Disposable Cup Lanterns - Turn a plastic cup upside down, paint them or if they're white they can make spooky ghosts. Kids draw a face on the cup with a black sharpie pen. Putting an LED tea light under the cup makes a quick lantern.
- Zombie Rocks - Paint stones green. Let the kids paint zombie faces on the green rocks.



## Children's Colouring Competition



The competition is open to all primary school children!

We have 2 of these craft kits up for grabs!

We will pick a winner from entries received from P1 to P3 and P4 to P7 children.

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