

Independent Living Service

Newsletter



JULY 2017

SERVICE UPDATE



Letters have been sent out to all tenants advising that as of 1st May **Laura Wilderspin** has taken over as Housing Services Manager, Supported Housing. Laura has attended the schemes coffee

mornings to introduce herself to tenants and will be visiting again shortly with our interim head of service **Anita Goddard**.

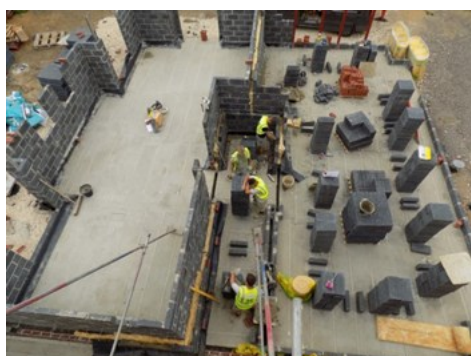
Laura says 'Thank you for the warm welcome that you have given me as I have been round visiting, it has been great to meet some of you and get an insight into what goes on within each scheme. It has been a busy first

month getting to grips with everything but I very much look forward to meeting more of you and working with you as we go forward.'

Laura's wedding took place on 17th June and we wish her and husband Jon all the best for the future — and is now **Laura Adcock**.



DITCHBURN REFURBISHMENT



As you may have noticed if you have been past recently, the Ditchburn Place refurbishment is now underway! Burmaside House, at the front of the site, has been demolished to make way for an extension to the main building and the foundations have been laid. In addition to this, work has also started on refurbishing the existing flats, with bathrooms and kitchens being ripped out to make way for new, more modern facilities. The whole scheme will also benefit from a new heating system and replacement pipework to bring everything up to date.

The work is expected to take around 30 months to complete and it is being done in phases to allow our current tenants to still live on site. Tenants affected by the first phase have been moved to other flats within the scheme and are settling in with the help and support of the care staff on site. We will continue to keep you updated as work progresses.



HISTORY

Who put the Saffron in Saffron Walden



The original name of this little town in Essex was called Walden, from the Saxon words for 'Valley of the Britons' and in 16th-17th centuries it was discovered that the soil and climate was ideal for growing the autumn flowering Saffron Crocus. The flower was valuable as the extract from the stigmas was used in medicines, as a condiment, in perfume, as an aphrodisiac and as an expensive dye.

Although this crocus is a purple flower it produces a yellow dye for cloth, hence the name. Saffron is a colour that is a tone of golden yellow, the colour of the tip of the saffron thread, from which Saffron spice is derived. (The first recorded use of the word 'saffron' as a colour name in English was in 1200 AD).

Each crocus has three stigmas and it takes about 160,000 flowers to produce 2lbs of dried spice. And because it is so labour intensive it is one of the most expensive items in the world, an ounce of Saffron costs more than an ounce of gold and so in medieval times Saffron Walden became one of the richest towns in England.

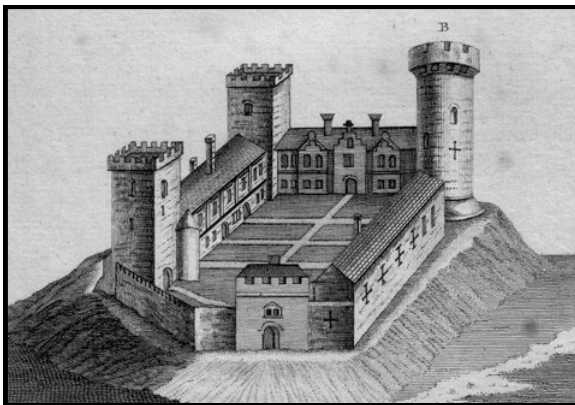
If you visit Saffron Walden see how many beautiful old Medieval houses are still standing, all paid for by the rich merchants who made fortunes from Saffron.



Cambridge Castle

In 1066 AD Duke William of Normandy invaded Britain, defeated King Harold and took over the country. Twenty years later William (who is now known as William the Conqueror) ordered three castles to be built across eastern England.

The one at Cambridge (then called Grantabridge) was on the old Roman route from London to York. The first Cambridge castle was built of wood by Picot the high sheriff, in a motte and bailey design, and 27 houses had to be destroyed to make room for it.



THIS PRINT DATING FROM 1784 SHOWS THE CASTLE IN ELIZABETHAN TIMES

It was built on the highest part of the town because it commanded an excellent view over the river which was used for transporting all major goods from ships at Kings Lynn, the equivalent to our modern motorways.

It was rebuilt in stone in the 13th century and greatly expanded but it fell into disuse in the following years and eventually was used as the county gaol. It was finally demolished in 1842, a lot of the stone being used in a number of college buildings.



This is all that is left of the motte on which the castle stood. It is freely open to the public every day and from the top on a clear day you can see Ely Cathedral and it's a great way to see the city of Cambridge. Take the kids they will enjoy it.

NEWS

DANCING IN THE MUSEUM PROJECT



The Independent Living service has recently been involved in a pilot project with the Fitzwilliam Museum and local organisation DanceMoves, which promotes Music and Movement to improve both Mental and Physical Well-being. This project is also aimed at tackling social isolation among people aged 60 or over.

So far, three sessions have taken place involving tenants from Mansel Court, Stanton House and the Community Hub. Each session consisted of looking at a painting together, a viewing of a gallery, music, dance and singing with

refreshments. Transport was provided and this was a fully funded project by the Arts Council grant awarded to the Fitzwilliam Museum.

This has been very successful and the Fitzwilliam have secured further funding to continue for two more terms. It is hoped that this will be rolled out to others across the city at a later date.

We have been notified that the BBC would like to film the residents taking part in the activity which is scheduled to take place on Monday 31st July.



LEARN TO USE A COMPUTER

Come and Learn With Us – The 60+ Getting On Line project is currently running groups in **Stanton House, Whitefriars and Lichfield Road**. We will shortly be opening further groups in the Cherry Hinton and Queen Edith area to meet demand. We offer a sociable and supportive environment to people over 60 in the city, all abilities are welcome and our trained Digital Champions will offer support to learn how to use a computer/laptop/ipad.

Whether it's the first time you've used one or you have one of your own and want to learn more, we can take you through every step, help to find financial options, social support and show you how to be safe on-line.

If you are interested in coming along to one of our sessions please **call 01223 458004** or email Clara.Gomez-Serrano@cambridge.gov.uk

NEWS

CHARITY

A BIG thank you to all schemes for your support in fundraising for throughout the year. We are pleased to let you know that the total amount raised was £330.



Tenants at Ditton Court present the cheque on behalf of all sheltered housing tenants



You have selected to support 'Arthur Rank Hospice' this year and all schemes should have now received their collection tins.



ADULT LEARNING & SKILLS AWARD

The Independent Living Service has been nominated for the category of Excellent Partner in the delivery of digital Inclusion in the City. In addition to this Noreen Jones has been nominated for the category of Inspiring Volunteer. The presentation up will take place on Wednesday, 12 July 2017.

Many of you will know Noreen who not only volunteers as the Mansel Court Treasurer and Digital Champion she also volunteers with the Women's Centre as a trustee alongside being a full time carer. Noreen works alongside her colleague David to deliver 2 digital groups to people in sheltered housing and the wider community.

SSRA UPDATE - A reminder that Kathy Salmons has stepped down as Chairperson for the SSRA along with committee members Vic and Ronni Brown. To date no volunteers have come forward and James Bull, Resident Involvement, is looking at ways to continue the SSRA and it is hoped a new residents association will be set up in the near future. If anyone would be interested in standing

**A REMINDER THAT YOU CAN FOLLOW US ON FACEBOOK
CAMBRIDGE OLDER PEOPLE'S HOUSING**

facebook

EVENTS

JAMES BOND THEMED EVENING



*Is this the next
James Bond?
Or is this our
very own
Brooke Bond*



The Independent Living Service held their annual social event in June – James Bond themed evening – which was enjoyed by both sheltered tenants and the community. Thank you to everyone for making it such an enjoyable and fun evening.



SCHEME BBQs DATES

Rawlyn - 29th May
Ditton Court - 6th July
School Court - 20th July
Lichfield/Neville Road - 21st July

Whitefriars - 28th July
Stanton House - 2nd August
Talbot House - 18th August
Mansel Court - 24th August

DITCHBURN SUMMER FETE

Will be taking place on Saturday, 5th August 10am – 3pm all welcome. Any donations of bric-a-brac, books, raffle prizes would be most welcome. If you would like to help on the day please contact Lesley Holland at Ditchburn Place on 01223 457199.



Please let us know if you have any items/articles that you would like to be included in the next newsletter through your ILF or contact Jacqui Goodchild 07717 515909

COFFEE TIME

SUMMER WORDSEARCH

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

ANTS
 AUGUST
 BARBECUE
 BEACH
 BEES
 BICYCLE
 BLUE SKY
 BOATING
 BREEZE
 CAMPING
 FISHING
 FLIES
 FLOWERS
 GARDENING
 GOLF
 HAT
 HIKING
 HOLIDAYS

JULY
 JUNE
 MOSQUITOES
 PICNIC
 SANDALS
 SOCCER
 SOLSTICE
 SPRINKLERS
 SUNBURN
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SUNTAN
 SWIMMING
 U V RAYS
 WASPS
 ICE CREAM
 HOT

BACK IN THE DAY JULY 1955

Winston Churchill resigns as prime minister
 Bird's eye fish fingers go on sale
 First British woman's newsreader
 Launch of ITV Channel
 Ruth Ellis was hanged for her crimes
 Stirling Moss wins British Grand Prix



CAROL'S RECIPE CORNER

Starting with this summer's edition, I thought it would be nice to share some recipes with you – an easy one to start with....

Chocolate Biscuit Cake

125g (4oz) Butter
 60g (2oz) Caster Sugar
 2tbs Cocoa Powder
 2tbs Golden Syrup
 2tbs Milk
 60g (2oz) Raisins

250g (8oz) Biscuits (Digestives/Rich Tea - put in bag and roughly crush)
 1/4tsp Vanilla Essence
 7inch square tin lined with baking paper
 Place butter, sugar, cocoa, syrup and milk in pan and gently heat, simmer until melted. Add crushed biscuits, raisins and vanilla and press into tin. Chill in fridge until set.



If you have any tasty treats you'd like to share please give it to your ILF or send to jacqui.goodchild@cambridge.gov.uk