

◆ The Sheltered Housing Herald ◆

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Welcome from Laura!



**Strategic Health &
Wellbeing Lead at the
Cambridge City Council**

Greetings to the Summer 2026 edition of the Sheltered Housing Herald.

This edition celebrates the wonderful sense of community across our sheltered housing schemes. Inside, you'll find stories from this year's Cambridge Garden Competition, highlights from our Summer of Love celebration, and an introduction to Fernanda, our new Social Work Student from Anglia Ruskin University.

We've also included practical advice to help you stay well during the warmer months, information on financial support that may be available to you, guidance from our Tenancy Sustainment Team, and an Activities Calendar packed with events taking place across our schemes.

Thank you to all residents, staff and partners who continue to make our sheltered housing communities such welcoming places to live. We hope you enjoy reading this edition and wish you a happy, healthy and enjoyable summer.



Blooming Success: Our Sheltered Schemes Shine in the Garden Competition!



Ditton Court shines in the Cambridge Garden Competition 2026

This year, City Council tenants and leaseholders across Cambridge once again took part in the Cambridge Garden Competition 2026. The competition celebrates the wonderful gardens created and cared for by local people and recognises the pride residents take in making their neighbourhoods beautiful.



Ditton Court

The competition opened in the spring, with judging taking place during the summer and prizes being awarded in September. This year, there were more than 17 entries, including a special Community Gardens category for gardens looked after by groups of people.

We are delighted to share that two of our sheltered schemes took part and achieved fantastic results:



Rawlyn Court

Both schemes showed great teamwork, creativity and dedication in caring for their shared garden spaces.

Why are gardens so important?



Gardens are much more than beautiful places filled with flowers. Research shows that spending time in gardens and green spaces can have many benefits for our health and wellbeing.

Studies have found that gardening can:

- 🌻 Help reduce stress and anxiety.
- 🌻 Improve physical and mental health.
- 🌻 Encourage people to spend more time outdoors and stay active.
- 🌻 Bring neighbours together and reduce feelings of loneliness.
- 🌻 Create a sense of pride and belonging within our communities.

Looking Ahead

The success of Ditton Court and Rawlyn Court shows how much can be achieved when residents work together.

Whether you enjoy planting flowers, watering plants, pulling weeds or simply sitting outside and enjoying the view, everyone can play a part in helping our gardens flourish.

Thank you to everyone who took part in this year's competition and helped make our sheltered schemes brighter, greener and more welcoming places to live.

Anyone who is interested in taking part next year can apply in the sprint. All the information can be found in the link below. We look forward to seeing even more wonderful gardens next year!



<https://www.cambridge.gov.uk/tenant-and-leaseholder-garden-competition>



Summer of love brings joy, friendship and magic



Summer Party at the Mill Road Community Centre



Summer of Love party

On 7th July, we held our annual Summer Party at the Mill Road Community Centre, with this year's theme celebrating the 1960s Summer of Love.

The event was organised to bring older people together to socialise, meet new people and have fun, and it certainly achieved that. Despite taking place in the middle of the heatwave, guests were able to keep cool thanks to the venue's excellent air conditioning. The Mill Road Community Centre proved to be a fantastic setting for the afternoon's celebrations.

Guests enjoyed a delicious afternoon tea provided by Turtle Dove Cambridge, a charity that supports young women into employment. The food and service were exceptional and greatly appreciated by everyone who attended.

Entertainment was provided by Jess from Jolly Old Time Entertainment, who sang a wonderful selection of songs from the 1960s and 1970s. Before long, the dance floor was full of people singing along and dancing to familiar favourites.

We were also delighted to welcome the Mayor of Cambridge, Maria Cleminson, who spent time chatting with guests and even joined in with the dancing.

The ever-popular raffle generated plenty of excitement. While the prize of a year's gym membership wasn't initially the most sought-after item on offer, one lucky winner eventually took it home!



A big thank you goes to everyone who attended and helped make the day such a success. It was wonderful to see so many people enjoying themselves, making new connections and sharing a memorable afternoon together.



Featured Sheltered Housing Scheme



Ditchburn Place



Ditchburn Place Scheme

Located on Mill Road, Ditchburn Place is at the heart of Cambridge City Council's Independent Living Service and serves as our main hub where our office staff are based. It's home to 17 sheltered housing flats and 36 extra care flats (which are designed for people who require assistance with daily living while retaining the privacy of their own home).

The site has a fascinating history. Originally opened in 1838 as the Cambridge Union Workhouse, it provided accommodation for some of the city's poorest residents. Workhouses were abolished in 1930, after which the building became the County Infirmary.

During the Second World War it served as an emergency hospital before later becoming the Cambridge Maternity Hospital, where generations of local people were born. Many members of the local community have personal connections to Ditchburn Place - some tenants may have had children born here, while others may remember stories told by parents or grandparents who knew the building in its earlier days.

Residents benefit from a wide range of facilities, including the communal lounge, dining area, gardens and courtyards, laundry facilities, parking, and lift access to all floors. Extra care residents also have access to three meals a day, a weekly cleaning and laundry service, and on-site care support.



<https://www.facebook.com/cambridgeoph>

New Staff Announcement!

Welcome to our Social Work Student Fernanda



Hello everyone,

My name is Fernanda, and I am a final-year Social Work student at Anglia Ruskin University (ARU). I am currently completing my placement with Cambridge City Council's Independent Living Service.

I chose to study social work because I am passionate about supporting people through life's challenges and helping them achieve positive outcomes. I have always been interested in understanding people's experiences and how professionals can work alongside individuals to promote wellbeing, independence and choice.

During my placement, I am looking forward to meeting residents, learning from their experiences and developing my knowledge and skills as a future social worker.

So far, everyone has been incredibly welcoming and supportive, and I am really enjoying being part of the team.

A little about me, I can be quite shy when I first meet people, but I love talking, listening and getting to know others. I enjoy music and singing, and I have recently become a big fan of puzzles!

I am excited to be part of the Independent Living Service for the next few months and look forward to meeting many of you and learning from your experiences. Please feel free to stop and have a chat if you see me around the schemes!



The Big Conversation



Last week, Baroness Casey of Blackstock (Chair of the Independent Commission on Adult Social Care), launched the Big Conversation on Care.

Adult social care affects millions of people across the country. It supports older people, disabled people and people with long-term health conditions with a wide range of everyday tasks. It helps them to live independently and safely.

However, I'm sure many of you know and have experience to share about the fact that the system often doesn't work well enough for the people we care for.

Everything the commission captures through the Big Conversation will be brought together and considered alongside the other evidence gathered.

This will inform the Commission's recommendations to Government on the future of adult social care. It will help us answer some of the most fundamental questions about who care should be for, how we support our families and ultimately how we pay for care into the future.

Please do get involved and share your experiences. The conversation is open and includes opportunities to engage online, download easy read versions, contribute to a public panel and follow its progress over the coming months. [The Big Conversation on Care](#) | [The Casey Commission](#).



Advice from the Tenancy Sustainment Team



Hints and tips from our Sustainment team

Getting Ready for Winter: Financial Help You May Be Missing

Thousands of older people miss out on benefits and financial support every year because they assume they won't qualify. With winter approaching, now is a good time to check whether you're receiving everything you're entitled to.

Don't Miss Out

A quick benefits check could increase your income and provide valuable peace of mind. Our Independent Living Service and our Financial Inclusion Officers offer free and confidential advice and can help you find out what support may be available. Contact us to find out more



Financial Help



Could You Be Missing Out on Financial Support?

✓ 1. Pension Credit

Pension Credit can top up your weekly income if you are over State Pension age. You may qualify if your weekly income is below:

- £238 if you are single
- £363.25 if you have a partner

You could still be eligible if you have savings, pay rent or service charges, have a disability, or care for someone.

👉 Check online: www.gov.uk/pension-credit-calculator

✓ 2. Attendance Allowance

If an illness or disability means you need help with everyday tasks or staying safe, you may be able to claim Attendance Allowance.

✓ Your income and savings do not affect your eligibility.

Remember: it is based on the help you need, not the help you currently receive.

✓ 3. Housing Benefit & Council Tax Reduction

If you are on a low income, you may be able to get help with:

- Rent payments
- Council Tax bills

Even a small reduction can make a real difference.

✓ 4. Help with Energy Bills

You may be eligible for:

- Winter Fuel Payment
- Warm Home Discount

These schemes can help reduce your heating and electricity costs during the colder months.



Need some help?

☎ [Call 01223 457000](tel:01223457000) and ask to be referred to the Tenancy Sustainment Team for one-to-one support.



Healthy Living, Healthy You



Keeping cool in the heat

Summer is in full swing and with that comes heat. The sun might be fun when you are abroad but remember it can also be dangerous. Dehydration in the heat is common and could lead to heat exhaustion or heatstroke.

Some of the symptoms of heat exhaustion are tiredness, dizziness or headaches and nausea. The key signs of heatstroke include a very hot temperature, fast breathing and restlessness. Try to stay cool and ensure that you are well hydrated.

Keeping cool might be easier than you think. Here are our top five tips for keeping cool:

5 top tips to survive the heat:

- 1 Drink plenty of water! And remember caffeine in coffee and tea dehydrates.
- 2 Eat your hydration! Foods like watermelon and cucumber can help maintain fluid intake.
- 3 Stay in the shade! Make sure to stay in the shade and wear a hat in the sun.
- 4 Avoid the peak heat! Try and stay inside between 11am and 3pm.
- 5 Close your blinds! During the day, keep your blinds closed to block out the sun.

Hopefully these tips can help you tackle the heatwave and stay safe. Remember water, shade and try eating your hydration (alongside an ice cream of course). If you feel unwell in the heat, you can get advice from NHS 111. Enjoy the sun and don't forget to wear sunscreen.





Activities Calendar



Join us for our exciting activities program

	Lichfield Road Community Hall 173 Lichfield Rd, CB1 3SJ	Ditchburn Place Mill Rd CB1 2DJ	Ditton Court Ditton Lane CB5 8UD	School Court Thoday Street CB1 3BN
Monday	Strength & Balance - 2pm Residents £3, Community £3.50		Bingo- 2pm COST -£5.20	Strength & Balance - 10am Residents £3, Community £3.50
Tuesday	Bingo – 2pm	Coffee Morning 10.30 COST 50p		
Wednesday	Social Club 2pm	Strength & Balance – 11am Residents £3, Community £3.50	Coffee Morning 10am Wednesdays COST £1.00	
Thursday				Coffee Afternoon- 2pm COST 50p
Friday			Strength & Balance - 11am Residents £3 Community £3.50	

Please note: Most activities are run by tenants and there will not be a member of staff on site for every activity. For more information about activities, please phone the Independent Living Service on 01223 457199



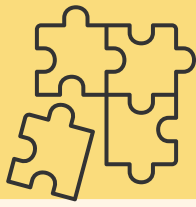
Activities Calendar



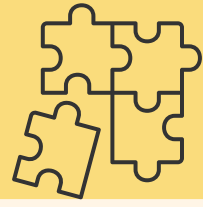
Join us for our exciting activities program

	Brandon Court Prospect Row CB1 1DZ	Talbot House Fisher's Lane CB1 9JQ	Mansel Court Mansel Way CB4 2EU	Whitefriars Chesterton High St CB4 1NN
Monday	Informal <u>Crafts</u> 11am COST £1		Coffee Morning 10am Mon/Thu/Sat COST £1	
Tuesday		Strength & Balance - 2pm Residents £3 Community £3.50		
Wednesday	Strength & Balance - 11am 11am COST £1		Strength & Balance - 10am Residents £3, Community £3.50	Coffee Morning 11am 1st Wednesday of month COST £1
Thursday	Film Night 3 rd Thursday of the month 6pm COST £1			
Friday	Coffee Morning 10am COST £1	Coffee Afternoon 2pm COST 80p	Bingo First Friday of month 2pm COST -£5.00	

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Puzzle Corner



Welcome to your puzzle page! Take your time, have fun, and enjoy a little brain exercise.

Word Scramble

Unscramble the letters below to find summer-themed words.

1. F O W L R U N E S

— — — — —

2. D R A N G I N G E

— — — — —

3. Y O D H A I L

— — — — —

4. D I S A E E S

— — — — —

5. N I P C I C S

— — — — —

6. S L O M B O S S

— — — — —

Bonus Challenge

Spot the pattern: What number comes next?

2, 6, 12, 20, 30, ?

Answers

1. SUNFLOWER 2. GARDENING 3. HOLIDAY
4. SEASIDE 5. PICNICS 6. BLOSSOMS
Bonus: 42 (differences increase by 2 each time)



Thank you for reading this issues



As we come to the end of this edition, we would like to thank all our residents for taking the time to read our newsletter and stay connected with what is happening across our Independent Living communities.

We hope you have found the updates, resident stories, and service information useful and informative. Your views and experiences are incredibly important to us, and they help shape the services and support we provide.

We would also love to hear what you think about this newsletter. Whether you enjoyed a particular article, have ideas for future topics, or have suggestions for how we can improve, your feedback is always welcome.

Every comment helps us make sure future editions reflect the things that matter most to you.

Thank you for being part of our community. We look forward to hearing from you and sharing more news and updates with you in our next edition.

**Have feedback on this edition? Get in touch with us
with your thoughts:**

Email: resident-involvement@cambridge.gov.uk

Phone: [01223 458323](tel:01223 458323)