

HEXAGON'S QUARTERLY RESIDENTS MAGAZINE

H **NEWS** HOME

SUMMER 2015

Hexagon



25 YEARS OF HEXAGON

**BE YOUR
OWN BOSS**

See page 09 →

**PARTY IN THE
PARK 2015**

See page 10 →

**MONEY
MATTERS**

See page 20 →



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WELCOME...

...to another edition of Home News.

In September 1990, Shackleton Housing Association merged with Solon South East to create a new organisation which was named Hexagon Housing Association. A lot has changed over those 25 years.

For example, as part of our core mission, the organisation has built a lot of new homes for those in housing need. As the housing crisis in London has gone from bad to worse, we have grown steadily, from providing around 1,300 homes in 1990 to 4,100 homes in 2015 to those who need a home.

On the financial side, a lot has changed too. In year one of its existence, Hexagon made a deficit; spending more money than it brought in. Over the years, we have evolved to become a social business with a strong financial foundation.

It is important to emphasise that our entire operating surplus is now reinvested in the business of providing new homes and fixing up the homes we have built over the past decades. As a not for profit social business and charity, we pay no dividends to shareholders. Every penny

we earn goes towards our core services that benefit our residents, which is why we strive to be as efficient and effective as possible.

Hexagon has built on those early foundations to take some major strides forward in many areas. At the same time, we continue to work hard to do things even better, much of this with your help as you tell us how we can improve.

In some ways 2015 has a similar ring to 1990. Too many Londoners continue to struggle to find secure, affordable homes. So, twenty five years on as we pause to reflect, we are reminded that our work is far from done, as the current London housing crisis intensifies.

Our commitment to putting our residents at the heart of what we do remains as strong as ever as we look forward to working even harder in the future to meet your needs and the needs of those who aspire to a safe, secure, and affordable home in the years ahead.



WOULD YOU PREFER TO RECEIVE THIS MAGAZINE BY EMAIL?



You can stop receiving Home News by post if you prefer simply by letting us know. For those of you who receive your rent statement with the magazine, this would mean that only your statement would be sent out in the post while the magazine would be emailed to you.

If you would like to take up this option, simply send your email address to getinvolved@hexagon.org.uk and we will arrange to email you the magazine every three months.



CELEBRATING 25 YEARS

This year we are marking 25 years of Hexagon. With a rich and varied history there is much to celebrate. We've come a long way over those 25 years; we now provide homes to 4,100 people compared to just 1,358 back in 1990.

There is a marked difference with the financial health of Hexagon - in 1990 we were running at a deficit of £845, whereas today we have a profit of £9.2m.

The only thing that hasn't changed much is the number of staff, 123 in 1990 compared with 125 now, all of whom are valued and playing their important part in the smooth running of Hexagon.

This year's Residents Day will celebrate our 25th anniversary. So why not come along and help celebrate our milestone event – see page 5 for details.

Vital Statistics for Hexagon Housing Association

£26.56M

Total income for 2014,
compared to £1.78M
from 1990

£181M 2015

Total
assets
less
current
liabilities

£9.8M 1990

£140M

£9.54M

Total loans

25 YEARS FOR HEXAGON IN CARE AND SUPPORT

In Home News we regularly feature articles about mental illness and general well-being which cover activities and events with residents in our highly successful rehabilitation services.

So how did Hexagon begin providing Care and Support services?

Prior to the 1990s most people with mental illness, dementia or learning disabilities were cared for in large institutions such as Bexley Hospital and Cane Hill Hospital. However since then the change in legislation enabled people with long-term care needs to live in their local community, in their own home with support or in a **residential care home**.

When Hexagon was formed in 1989, the first Director Tony Stacey saw the opportunity for Hexagon to contribute to meeting the housing, care and support needs of vulnerable residents. Through the 1990s Hexagon developed a range of care and support services for the frail elderly, and adults with mental illness and learning



The Athena Project

The first Athena Mentors presentation awards March 2015

(L-R) Ian, Garry, 'Desola, Tom McCormack, John, Catherine and Chris

disabilities. This model of care was the registered care homes.

Every effort was made to create homely settings, offering choice around things like the décor in the bedroom, the menus and the activities. This was a great improvement on the old institutions with their large wards and impersonal care and many residents settled well and moved on to more independent living in the community with lower support. But care homes still created a power imbalance with residents as recipients of care and staff 'in charge'.

In the early 2000s, a group of carers for people with learning disabilities pioneered the concept of self-directed support as a way for

people to take charge of their own support. It was trialled across six areas in England and demonstrated real sustainable benefits for people with no increase in costs. This work has strongly influenced government policy and led to the introduction of **personal budgets**, a system which tells people how much money is available for them and gives them control and choice about how the money is used to meet their needs.

“These are all about empowering people to be experts on themselves”

The last 5 years has seen registered care homes for people with learning disabilities and mental health needs being changed to **supported living**.

The focus is now on **empowering people** to be experts on themselves, to **understand their own conditions**, their strengths and needs, and how best to live with

these. There is greater awareness that mental well-being is best supported by having a purposeful routine, positive relationships with individuals, groups and communities, using the creative arts, undertaking physical activity and having goals and dreams.

Hexagon services have always remained up to date with latest developments. The Athena Project is an innovative service which is training people with lived experience of mental health difficulties to work as paid peer mentors supporting people to live as independently as possible.

The most significant piece of legislation today is the Care Act 2014 and promoting well-being

is the driving force behind this. It emphasises the importance of prevention, and local authorities are required to provide services which will prevent or delay the need for support by carers.

Hexagons services have come a long way in 25 years. By providing suitable accommodation and support we have enabled many people to live as independently as possible and we are very proud of our achievements.



Animals for Therapy

“We provide activities and therapy using gardening, animals, music, art and sports, and we work in partnership with local organisations and groups to offer our residents the opportunity to fulfil their potential.”

FREE

HEXAGON ANNUAL RESIDENT DAY



Where: Hallmark Hotel, Purley Way, Croydon, CR9 4LT

When: Saturday 19th September
2pm – 7pm

Our celebratory 25th Anniversary Residents Day has plenty for everyone including:

- Free Workshops
- Free Children's activities
- Prize draws
- Q&A with Hexagon directors
- Free 2 course hot meal
- Free crèche

Transport is available for a small fee. To secure your place for this exciting event book your ticket by Friday 21st August.

Call: 020 8768 7970

PAYING THE RENT

25 YEARS ON

There is a famous quote that “in this world, nothing can be said to be certain, except death and taxes”. Maybe we could add another certainty, for Hexagon tenants at least, the rent!

Same...but different

In lots of ways, nothing has really changed when it comes to the rent – it still needs to be paid, it is still charged weekly and it still goes up every year. It remains as ever Hexagon’s biggest and most important source of income and without it we would not be able to maintain your home, provide any services, or build more homes for other people in need of a decent place to live.

There have been some big differences though, in the way you pay your rent.

Going back 25 years, the options for paying the rent were limited. You could come into the old Shackleton office with your cash or a cheque, you could pay at a local bank branch, or you could send us

a cheque. All payments had to be manually entered into the accounts books, and the money taken up to the National Westminster Bank in Catford.

Sometime later came Giro, and rent books which you could use at the Post Office, and Standing Orders.

Our rent payment ‘big bang’ came in 2004 when we teamed up with a firm called Allpay and working with them we introduced plastic payment cards, PayPoint, telephone payments, internet payments and Direct Debits.

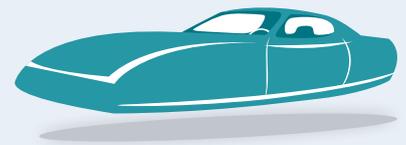
Other payment methods have come and gone including payzone and e-pay (remember them? No!, nor do we) and you could even pay the rent at Woolworths for a while before their sad disappearance from the high street.

Direct Debit is growing and growing and (excluding rents paid by Housing Benefit) is by far the most popular method of paying the rent these days.

In the world of Housing Benefit, payments changed from two-weekly to four-weekly, but apart from that nothing much changed until the Bedroom Tax was introduced in 2013, which cuts Housing Benefit for Hexagon tenants who are deemed to have a spare room.

And in the next 25 years?

In the future we are sure that the advances in technology will lead to further improvements in the way rent is collected.



AND FINALLY...THANK YOU!



The vast majority of Hexagon tenants pay rent on time and without fail. We don’t often thank you for it, but we really do appreciate it. As part of our 25 year celebrations we will be rewarding all our good rent payers with a chance to win some ‘thank-you’ prizes. So if you pay your rent on time, you may be hearing from us!



OH I DO LIKE TO BE BESIDE THE SEASIDE

Hexagon will be organising 5 coach trips to the sea side in August. We will be travelling in a 53 seat limo to Hastings. All who came last year had a great day out. So, don't miss out on all the fun!

£5 children | £10 adults

The dates for the trips are as follows:

Mon 10th Aug
Southwark

Wed 19th Aug
Greenwich

Thurs 13th Aug
Lewisham

Wed 26th Aug
Bexley

Mon 17th Aug
Croydon

Games on the beach will be:

Football

Frisbee

Rounder's and
much, more.

Volley ball

Kite flying

Let's not forget a pumping music system to keep the vibe going. (If you've got any tracks that you want to hear on the day bring your ipod or mp3 player along).

To book your seat, contact me NOW.

André Peters | Tel: 0208 768 7910

Email: apeters@hexagon.org.uk



BUSINESS START UP SUCCESS

We profile Roberta Francis who has previously done the Business Start Up course and here she tells us in her own words what she's achieved since completing the course.

ROBERTA FRANCIS



“My name is Roberta Francis. I am a trans woman and a Hexagon tenant. In 2012, after struggling with my identity for many years, I decided to come out as myself and stop living as a man and to make the transition as a woman. It was quite a big shock for those living in my local area to adjust to the fact that I was now living as a female. It takes time for people to adjust but most people are used to me now and I just blend in.

My working life has been affected because as a supply teacher I have been subjected to a lot of discrimination. Working for teaching agencies without a contract is difficult. There is still a mass of

misunderstanding especially in education.

However this experience has given me the opportunity to move towards other things in my life, namely starting my own social enterprise.

I started London Trans and Gender Non-Conforming Swimming group (TAGS) in July 2014 as a way of tackling head-on the lack of safe swimming space for trans and gender non-conforming swimmers. Through this initiative I managed to get Lewisham Council and Fusion pools to agree to provide a safe space.

As a community we have been on the brunt of much negativity: sensationalised press coverage feeding on negative stereotypes, which feeds into transgender stereotypes. It is difficult for many trans people to access something as small as a public swimming space. This can be because of the fear of getting to the pool, the fear of being mis-gendered or ridiculed or even being physically attacked.

We have been provided with a wonderful swimming space by Fusion and Lewisham Council and we also provide a body positive yoga space for those who wish to be in a space that will not judge them because of their body size or shape.

We are setting up as a Community Interest Company and hope to grow as a community initiative. As a group we have managed to get some funding. Hexagon's Business Start Up programme has helped me build on a foundation of knowledge. I have also felt very relaxed and comfortable going to Hexagon's Office and as a transperson this is very important for me.

I would recommend the Start Up programme for developing knowledge and getting support. It has helped me with not only the strategic side of business, but also the practical side.”



BE YOUR OWN BOSS

A total of 18 Hexagon residents have completed the initial Business Start Up Programme. This is an intensive programme designed to equip residents with the skills, knowledge and belief to start their own business. Nine of the residents have now embarked on the next exciting stage, supported by Tree Shepherd, a social enterprise committed to supporting individuals to develop, launch and run a successful business.

There are some really exciting new businesses being developed by Hexagon residents, such as:

RTS Lingerie

is planning to launch a mobile bra fitting and lingerie shop. Carol is using her years of bra fitting experience to develop the business. She will be visiting people in the comfort of their own home where they can benefit from a bra fitting service and find out what fit is best for them. Carol is really thrilled about the prospect of launching her new business. She said “I’m so excited I can’t sleep! I can’t wait to start it.”

Anchor Parenting Support Services

Offering parenting workshops and family management. Nichola is a qualified Trainer with experience of facilitating parenting workshops and delivering 1-2-1 parenting support. She has worked closely with families and young people for over ten years and is a mother of five. The idea is to provide parenting support for parents under 25 years old in Lewisham and surrounding boroughs.

Unique Abyssinia

is a traditional products business specialising in authenticated goods from Ethiopia and other African countries.



The overriding focus means that Unique Abyssinia is in the business of sourcing and providing a unique traditional feel for customers who are keen to discover their roots and/or ‘live’ the experience.

Silverset Counselling Service

works with adults, young people and the elderly offering confidential long and short term counselling therapy; crisis listening; and coaching/mentoring. It’s a business set up by Sharon Palmer which also offers home visits for the disabled, elderly and housebound who could benefit from counselling therapy. For more information, please visit their website at www.silversetcounselling.co.uk



ARE YOU INTERESTED IN RUNNING YOUR OWN BUSINESS?

We have an exciting new programme starting this September. The programme kicks off with a 7 week training course (1 day a week). Once accepted onto the course, you will then be assigned a mentor who will support you on the next steps of setting up and launching your business once you’ve completed the course.

The course starts on Thursday 10th September.

We are able to help towards childcare and travel costs associated with you attending this programme.

Interested?

Want to secure your place?
Then get in touch straight away:

Nicky Gelder

Tel 020 8768 7913

Email ngelder@hexagon.org.uk





PARTY IN THE PARK

Saturday 5th September

Party in the Park is a great, free festival providing music and entertainment for the community. It is an annual event that will take place in Fordham Park, Deptford on September 5th.

With over 50 live acts performing on 5 stages this year's Party in the Park will cater for all musical tastes from disco to reggae, punk rock, soul, and folk.

The festival will host a wide range of performances and activities from various artists and community organisations. As well as book stalls, a beer tent, arts and crafts, food stalls and activities for

children. The event will also include a housing action area called, "Tent City – Housing for Our Community". A Hexagon stall focusing on the great work that Hexagon has achieved in the community will feature in the housing action area and a number of different talks, presentations and workshops will occur that deal with a range of housing issues in London today.

So come down and check out the large number of brilliant and diverse performers. It's a great way to wrap up the end of the summer break.

More information regarding the band line up will be realised in due course at pitpndx.co.uk



Great Activities



Get involved



Fun for all the family

Hexagon

THE NEXT GENERATION

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Hexagon Youth Mag



Apprenticeships & traineeships p1-2

Self Defence
Classes p3

Seaside Trip
to Hastings p2



APPRENTICESHIP UPDATE

From seeing an advert in The Next Generation Jesse applied for a multi trades apprenticeship. He has now completed his NVQ Level 1 in Multi Skills. Unfortunately for the scheme that Jesse was attending the funding got pulled part way through. In response, we managed to set Jesse up with a Dry Lining traineeship 2 days a week and a paid work placement 3 days a week for 5 months working on one of Hexagon's developments. What could have been a bad situation has now turned out even better as Jesse now has a job and is on a traineeship.

Keep up the good work Jesse!

If you would like to get on to an apprenticeship or traineeship please contact me on:

André Peters
0208 768 7910
apeters@hexagon.org.uk

YOUR CORNER

I am searching for YOU, the readers of the Next Generation Magazine, to send in articles and art work. This is your space to fill with stuff that will be of interest to you and others.

So don't be shy. Previous articles include: fashion, fiction stories, art work and much more.

ADD YOUR STAMP ON THIS MAGAZINE AND SEND SOMETHING IN.

Contact me on: André Peters
Tel: 0208 768 7910
Email: apeters@hexagon.org.uk
Text: 07903 342 9071



WHAT'S THE DIFFERENCE BETWEEN AN APPRENTICESHIP AND TRAINEESHIPS?

Struggling to decide between starting an apprenticeship or traineeship? Or would you just like to know the difference between the two?

We have listed a few points below to bear in mind if you are wondering what to do.

Apprenticeships and traineeships cost you nothing as the employer and government cover your training costs. However, on an apprenticeship you will earn money, at least £2.68p/h up to £150 per week, although many employers pay more than this. Employers are not required to pay young people on traineeships, although they must support them with money for transport and meals.

Apprenticeships last between one and three years, depending on the level of training, and apprentices get a recognised qualification upon completion. Traineeships last between six weeks and five months and should be seen as high quality work experience, designed to prepare young people for the workplace or an apprenticeship, and to improve English and Maths skills.

Neither pathway guarantees a job upon completion. An employer is likely to keep an apprentice on as a full time employee when they finish their training, because they have invested time and money in the young person's development. At the end of a traineeship, employers usually interview the trainee for an apprenticeship or other position within the company, and failing that, should provide an exit interview and reference to help the trainee secure an apprenticeship elsewhere.

Apprenticeships and traineeships are no longer just for blue-collar jobs such as construction and engineering. You can train in just about anything, from accounting to journalism, so do your research first and see what's out there!

ARE YOU BETWEEN 16-24 AND WOULD LIKE TO ATTEND AN UNPAID* WORK PLACEMENT?

*travel expenses and lunch vouchers provided

This will give you the opportunity to gain valuable work experience and possible entry onto a fully paid apprenticeship programme.

Hexagon is currently working in partnership with an external organisation to provide IT Traineeships.

Sounds like something for you?

Give me a call and let's see what we can arrange.

Duration: 6 weeks to 6 months

Training locations: Training centres & local employers in London

Course content:

- PC maintenance
- Computer systems and customer care
- Digital portfolios
- Functional Skills (English, Maths & ICT)
- Employability skills

Contact: André Peters
0208 768 7910
apeters@hexagon.org.uk



FUN IN THE SUN

Hexagon will be organising 5 coach trips to the sea side in August. We will be travelling in a 53 seat limo to Hastings. All who came last year had a great day out. So, don't miss out on all the fun!

£5 children | £10 adults

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- Frisbee
- Rounder's and much, more.
- Volley ball
- Kite flying

Let's not forget a pumping music system to keep the vibe going. (If you've got any tracks that you want to hear on the day bring your ipod or mp3 player along).

To book your seat, contact me NOW.

André Peters | Tel: 0208 768 7910 | Email: apeters@hexagon.org.uk





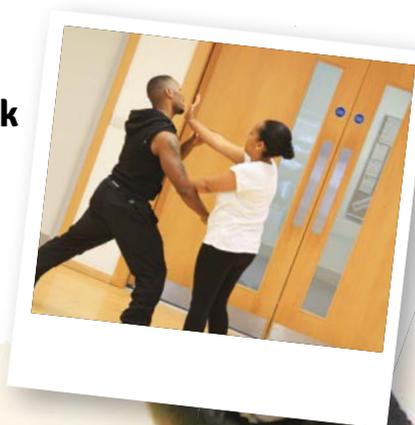
If you haven't liked us yet check us out [Hexagon Youth Mag](#)



SELF DEFENCE

Numbers are growing at the weekly self defence session down at the Deptford Lounge. New equipment has been bought for all the residents to enjoy, such as boxing gloves to use whilst they are there on the pads. Residents are also enjoying learning how to defend themselves as well as keeping fit. The sessions encourage you to become more aware of any potential dangers, increases your confidence and, let's not forget, it's loads of fun.

You can also catch a look at some videos on the [Facebook page](#).



TENANT CENTRAL TRAINING AT HEXAGON

On a glorious Saturday morning in May, 14 Hexagon residents voluntarily gave their time to attend a free Tenant Central training session at our Head Office in Sydenham.

The session was facilitated by Tenant Participation Advisory Service (TPAS) consultant, Raj Kumar. This was part of a national programme of training supporting tenant involvement, delivered by TPAS and funded by central government.

Raj led our group of committed residents on “Understanding Performance”. The exercises included:

- Developing skills to set and monitor targets;
- Examining how performance information is presented;
- Asking the right questions to become a better “critical friend”.

The session carried on into the afternoon where key performance information and bench marking became clearer for the residents who are on the Performance Review Group and the Repairs Group.

All 14 residents found that the training session was very valuable and feedback from those who attended included “Raj is brilliant, he makes things so much clearer

“Raj is brilliant, he makes things so much clearer and has made me quite confident”

and has made me quite confident” and “the course was excellent, it gave me the right tools to help in my various activities.”

Everyone completed personal action plans and agreed to be “much more proactive” by organising pre-meetings and they also asked for further events in team building.

We would like to thank all our residents who get involved to shape our service delivery by making recommendations on how we can improve on our performance. In particular a big thank you to those of you who participated in this training and we’re glad you made it home in time to watch the FA Cup final.

Please visit www.hexagon.org.uk/residents/getting-involved to find out how you can help to influence how Hexagon’s services are delivered.





BECOME A DIGITAL CHAMPION

Do you enjoy using a computer and the internet?

Do you have a bit of spare time and are enthusiastic about helping others get online?

If so, why don't you think about becoming a Digital Champion?

As a Digital Champion you will support others to get online, helping them to learn the basics of the internet through one to one or group support.

Being a Digital Champion is a great way of making a real difference to other people, it is also a great way to learn new skills, build your confidence and develop your CV.

You will receive:

- FREE training
- Support from other Digital Champions
- Reimbursement of your travel costs and other expenses relating to your role

If you are interested, please get in touch:

Nicky Gelder

Tel 020 8768 7913

Email ngelder@hexagon.org.uk

WANT TO IMPROVE YOUR COMPUTER SKILLS?

If you have access to the internet and want to improve your computer skills then check out 'Learn My Way'. It is a fantastic way to learn something new online, built especially to make getting online easy.

The Online Basics package is the first step along the road for absolute beginners to the internet, starting out with keyboard and mouse skills, simple searches and getting a first email address.

For those who have mastered the basics, Online Plus provides a great way to progress to more in-depth learning, adding job hunting, shopping, socialising and managing money online to the repertoire of skills available to learners.

The courses are free, all you need to do is visit Learn My Way (www.learnmyway.com), complete a short registration form online, choose your course and you're off!

You can try the free online courses at home, work your way through with a friend or family member, or go to your local UK online centre for some friendly help and guidance. If you are not sure where your nearest Centre is, please contact us and we will check this for you.

To find out more contact:

Nicky Gelder

Tel 020 8768 7913

Email ngelder@hexagon.org.uk

WHY GET ONLINE?



WANT TO LEARN HOW TO GET ONLINE AND GET THE EQUIPMENT FOR FREE?

Contact us today to secure your place on one of our courses

Attend four 2 ½ hour sessions.

During the sessions you will learn the computer essentials:

- Computing basics
- Getting online
- Using email
- Using the internet to:
 - Look for work
 - Access services
 - Save money

All participants who complete the course in full will receive a refurbished laptop and a wireless dongle with 12gb of data usage pre-installed (by plugging this in your laptop you will be able to access the internet for free for the next 12 months).

FREE LAPTOP

+

FREE DONGLE

=

FREE INTERNET

Interested? Secure your place today
Call our Customer Services Centre on **0208 778 6699**

STOCK IMPROVEMENT

Hexagon's Stock Improvement team provides improvements to residents' homes through various programmes such as estate improvements, window replacements, kitchen and bathroom renewals, aids & adaptations and cyclical redecorations.

Errol Grant (Project Surveyor) recently managed a project to convert one bedroom into two and also installed a staircase to the garden. The resident who received this improvement wrote in to say a big thank you for all the work that was carried out to her home.

Josie Fletcher, whose home had the improvement, explains "Now my kids have their own bedroom because you converted one room into two. So now my daughter gets time in her own bedroom to study, and my son loves the fact he has his own bedroom to play in and I don't have to share with my son. Thank You. We also have a garden now as you put stairs there so we have access to the garden. Thank you for these things which have had a very good impact in my and my kids lives. Once again thank you."



"Thank you for these things which have had a very good impact in my and my kids lives."

DO YOU HAVE A SPECIAL INTEREST?

ARE YOU FRIENDLY AND OUTGOING?

ARE YOU CARING?

MY TIME PROJECT AT NEWSTEAD RD

Newstead Rd is a mental health project based in Lee. Residents at Newstead Rd receive a weekly personal budget to spend on "My Time". My Time allows residents to fund activities that interest them and to pay for "My Time" workers to help them pursue their interests.

We are looking for enthusiastic individuals to support residents to assist them to explore creative, artistic and recreational pursuits and opportunities. This could be anything from gardening, music sessions, creative writing, teaching residents IT skills to canoeing! My Time workers have said that they find the work rewarding and fun!

Work is on a flexible basis so it can work around you and the residents. Pay is £10p/h. Full disclosure and barring (DBS) checks are necessary.

If this sounds like you we'd love to hear from you!

To find out more contact:

Magda Tyra

Phone: 020 8768 7915

Email: mtyra@hexagon.org.uk



ACADEMY NOTICE BOARD

Training the Trainers Course

Are you interested in delivering a workshop or a short training course? If you are, then this may be the course for you. The Training the Trainers course will run over four days and is aimed at anyone who is interested in learning how to deliver more than a 10 minute PowerPoint presentation and actively engage people in learning.

The training will include session planning, how people learn, different participative teaching methods, management of the group and the learning environment and the role of the trainer.

Interested? Please contact Magda Tyra.

LOOKING FOR FLEXIBLE PAID WORK?

Newstead Rd is a mental health project based in Lee. Residents at Newstead Rd receive a weekly personal budget to spend on "My Time".

Work is on a flexible basis so it can work around you and the residents. Pay is £10p/h.

See page 18 for further details

UNPAID WORK PLACEMENT IN HEALTH AND SOCIAL CARE

You will shadow a support worker in one of our residential homes in Lee catering for people with mental health conditions. Duties include supporting tenants to live independently, e.g. help with cooking, menu planning, budgeting, going shopping. This is a part time position once a week. We will organise the DBS check. We will also cover travel expenses and provide lunch vouchers.

WINDOWS INSTALLER

Window Installation. Two weeks unpaid work placement with a Hexagon contractor which will lead to paid employment.

Duties include:

- Shadowing of Window Installer
- Preparing the site, making sure it is clean and tidy
- Measuring
- Removing old windows and fitting new ones

While on placement travel expenses and lunch vouchers will be provided.

Location : Across Hexagon properties

Requirements: Reliable, committed and enthusiastic.

UNPAID ADMIN WORK PLACEMENT

Would you like to gain experience and confidence in the admin field?

We offer a one day a week placement in a residential home in Lee.

Duties include:

- Updating and maintaining files
- General clerical duties
- Basic use of IT

We will cover travel expenses and provide lunch vouchers.



TO BOOK YOUR PLACE AND TALK ABOUT ABOVE OPPORTUNITIES PLEASE CONTACT MAGDA TYRA USING THE DETAILS BELOW:



020 8768 7915



mtyra@hexagon.org.uk



MONEY MATTERS

Universal Credit – the new monthly benefit replacing six existing benefits – is on its way. Some residents in Croydon and Southwark will be the first to be affected, and if you lose your job or experience another change to your entitlement to benefits, you will need to claim the new benefit rather than Job Seekers' Allowance and Housing Benefit within the next few months.

Why is the change in these areas coming so soon?

The change is coming quickly to some areas because, before the main national roll-out of Universal Credit, the Government is trying out a new digital service in a few postcodes in areas where Hexagon has homes. The postcodes where this is being tried begin with CR0 4** from 10 June onwards and postcodes CR0 2** and SE1 5** from 4 November onwards (the ** stands for the remaining letters of the postcode). If your home is in one of these postcodes you will be in the areas where the trial is happening. This will only impact you if you become newly unemployed or change your circumstances, leading you to need to make a new benefit claim.

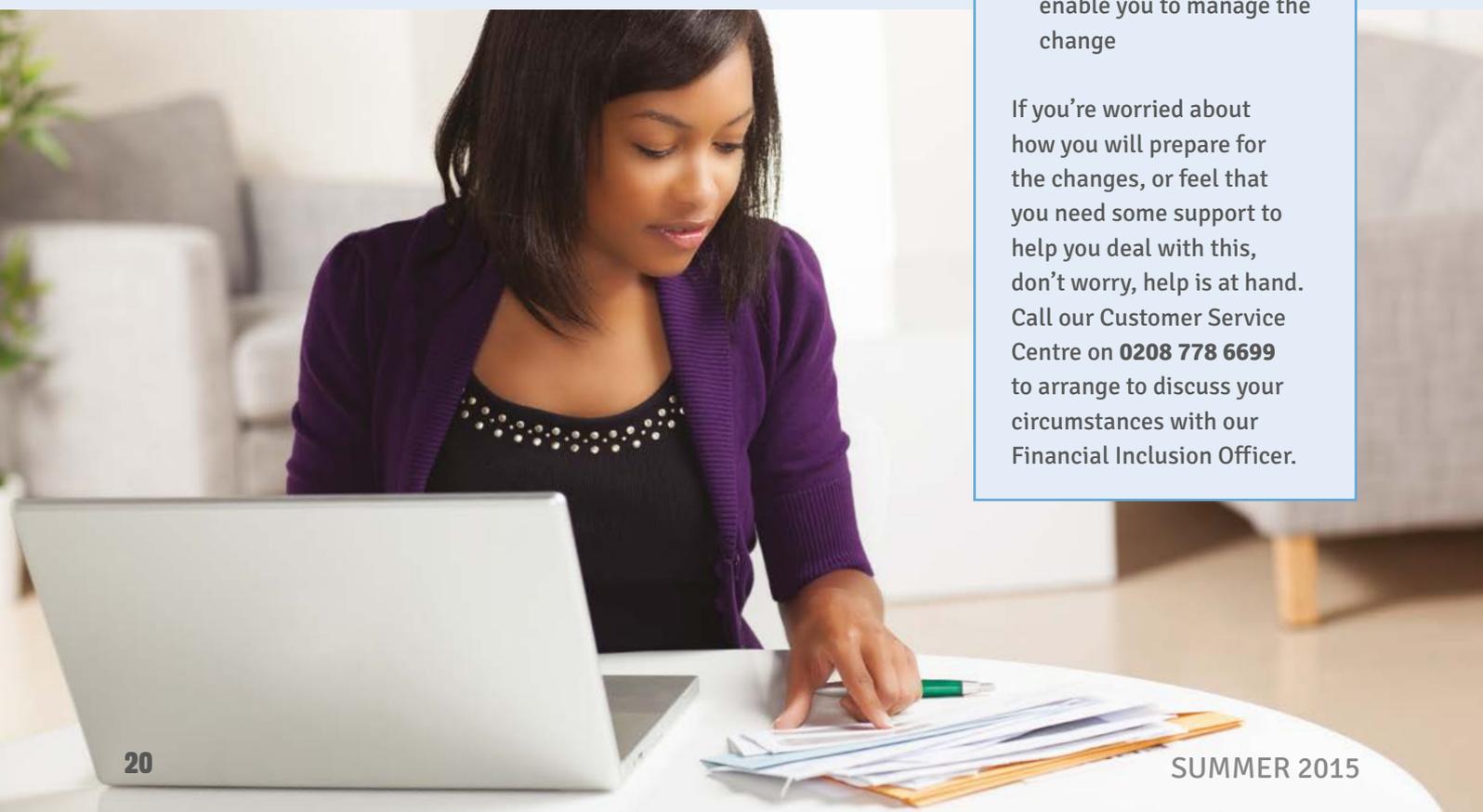
When you make your claim, the Job Centre advisor will ask you who you pay your rent to and how much it is. Even if you are used to having your rent paid by Housing Benefit direct to us as your landlord, you need to make sure the benefits people know that your landlord is Hexagon. (Take your tenancy agreement and a rent statement to the appointment.) If your benefit entitlement does not change, you won't be affected yet (but see the last paragraph on page 21).

Be prepared

Universal Credit is a monthly payment paid in arrears and includes the money for your rent. You will be responsible for using this money to pay us as your landlord. So, get prepared:

- Make sure you have a bank account which you can use
- Find out where you can access the internet if you don't have access at home
- Improve your skills online
- Plan a monthly budget to enable you to manage the change

If you're worried about how you will prepare for the changes, or feel that you need some support to help you deal with this, don't worry, help is at hand. Call our Customer Service Centre on **0208 778 6699** to arrange to discuss your circumstances with our Financial Inclusion Officer.



What if I don't live in the selected postcodes or my entitlement does not change?

The changes will still affect you over time, as eventually, all working age residents receiving Housing Benefit will move to the new benefit. Universal Credit is gradually being “rolled out” to all parts of the country on a geographical basis. The first people to be affected will be single people making a new claim for what would have been Job Seekers’ Allowance and they will go onto Universal Credit before existing benefit customers.

We now know that this process will start in boroughs where Hexagon has homes from December 2015 onwards – that is, in Bexley, Bromley, Croydon, Greenwich, Lewisham and Southwark. Depending on your household circumstances, you may be affected in 2016 and there will be large numbers of existing benefit claimants moving onto the new benefit over the subsequent couple of years. So, for most people, there is no need to panic but get ahead by following our “be prepared” tips on page 20.



DON'T FORGET TO REGISTER ON OUR WEBSITE

Following the launch of our new website www.hexagon.org.uk in February almost 300 residents have registered their account on the website. This means that they can access ‘on-line’ services such as report a repair, send us a compliment, comment or complaint etc. which gives them the added benefit of a log of all communications they have sent, for ease of referring back to.

We want to encourage as many residents as possible to make use of this new facility as we believe it will help us to improve the way we communicate with you.

As a reminder you will have already been sent a username and password and a handy, easy to use, step by step guide to logging on to enable you to register on the website. If you have lost your username and password details, or have any problems logging on and getting started or simply want to give feedback on the website, please contact the Customer Services Centre at customer_desk@hexagon.org.uk

If you are not on-line and would like to report an issue to us, please continue to contact the Customer Services Centre directly on 020 8778 6699 / Freephone 0800 393 338 (for repairs).

FOOD FOR THOUGHT...

WHAT HEALTHY EATING IS ABOUT

Jacqui Fergus, a proactive and community involved Hexagon resident, is a single mother of 5 children (2 of which are twins) and a grandmother of two. However that does not get in the way of her passion, namely the desire to feed her family, her friends and more recently her community with life-enhancing information and demonstrations on nutritional and healthy ways to eat on a budget.

'The Healthy Eating Community Road Show'

Following on from a recent Open College Network (OCN) short cookery course (sponsored by Hexagon) to become a Healthy Eating cookery club tutor, Jacqui couldn't wait to put all she had learnt on the course together with her past training and working experiences as a chef into its intended purpose. She spent two months organising the event sitting her OCN exam (which she passed successfully) only two days prior.

And what an enlightening event it transpired to be. Jacqui demonstrated how to prepare baked stuffed sea bass, roasted chicken pieces seasoned with a special jerk sauce, pizza using naan & French baguettes as a base and delicious made-to-order fruit smoothies in less than a minute using an efficient appliance called "The Nutribullet". What was more amazing is everyone who attended had the opportunity to eat a plate of the sumptuous food Jacqui had demonstrated and that her team of assistants had prepared in the kitchen on site.

Aside from the recipe demonstrations from Jacqui there

was also an informative workshop on 'Food & the Brain' facilitated by Helen Raphael, another Hexagon resident who is launching her motivational workshop, training and psychotherapy business called HABITS. Those attending were given information on the integral role of amino acids (protein) in neuron (brain cell) production, Omega 3 in the structure of neuro-transmitters (brain chemical messengers) and a brief outline of a Motivational Intervention (M.I.) technique to encourage, kick start and maintain a healthy lifestyle.

The feedback from all the attendees was phenomenal: 100% of attendees said they would definitely attend another event like this and responded that there is a need for such informative events in the community. They enjoyed the food demonstrations, 'what to feed the brain' and the M.I. techniques to create change. Over 70% rated the whole event "excellent" with the rest rating it as "very good". When asked to name one thing they had learnt the responses ranged from, "you are what you eat", "how easy it is to cook healthy meals", "how foods help the brain", and "healthy eating...healthy brain".

This event has certainly given Jacqui a taste for more. She is

already in the early stages of planning another event. "This time I'd like a whole day, to have use of the whole building, to have cookery activities for the children, physical activities like Zumba or yoga and invite and have Jamie Oliver in attendance" she expressed excitedly.

Jacqui's zeal to support her community is infectiously admirable.

Jacqui along with those involved in the organisation and participation on the day would like to give a special thanks to the Hexagon Community Investment Team for their generous financial donation and loan of equipment and to Sainsbury's for their contribution of cooking ingredients for the day.

by Helen Raphael



JACQUI'S HOME MADE GARLIC BREAD

- 1 French stick – sliced into 10 pieces
- 2 oz butter
- 2 cloves of garlic (crushed)
- 1/2 a teaspoon of chopped parsley

Mix together the butter, parsley and crushed garlic.

Spread on one side of the French bread.

Place on baking tray in hot oven on gas mark 7/ 250°C for 10 minutes until golden brown.

YOGHURT BUTTONS

Ingredients

- 1 x 125g pot mixed red fruit yogurt (you could also use mixed yellow fruit yogurt)
- A few strawberries, sliced

Line a large baking sheet with baking paper.

Spoon teaspoonfuls' of yogurt onto the lined tray, spreading the yogurt slightly with the back of the spoon to make a neat round shape measuring about 4cm in diameter. You should get about 10 buttons.

Top each yogurt round with a slice of strawberry, if using, then put the baking sheet in the freezer for 1 hour until the yogurt buttons are firm. Peel the buttons off the paper and serve immediately.



KIDS CORNER WINNERS

Congratulations to **Zeinab Diallo** (SE8), **Susan Hoxton** (DA14) and **Tony Odukoya** (SE1) who each won the last Kids Corner competition!



AUGUST
BEACH
BIKINI
BOAT
CAMPING
FAN
FISHING

HAT
HOT
ICE CREAM
JULY
LOTION
MOSQUITO
SHORTS

SUNBURN
SUNGLASSES
SUNTAN
SWIMMING
TENT
VACATION

Find the words in the puzzle grid above. Words may go forwards and backwards or across and down. If you think you have found all the correct words in the wordsearch, please send in the details by Friday 7th August.

Send your word search entry to: Resident Involvement Admin, Hexagon Housing Association, 130-136 Sydenham Road, London, SE26 5JY.

Three correct entries will be drawn at random. Each will receive a £10 Love2Shop voucher.

SUMMER SIZZLERS

How do teddy bears keep their den cool in summer?
They use bear conditioning!

What do frogs like to drink on a hot summer day?
Croak-o-cola.

What does the sun drink out of?
Sunglasses.

GET IN TOUCH

Repairs Freephone

☎ 0800 393 338

If you need to report a repair (except gas central heating and hot water) please call the Repairs line. This number is staffed from 8am – 5pm, Mon – Fri. When phoning outside of office hours you will be forwarded to the Emergency Out-of-hours Repairs number (shown below).

General Enquiries

☎ 020 8778 6699

If you have any general enquiries, including rent or estate services, please call the General Enquiries line. This number is staffed from 9am – 5pm, Mon – Fri.

Gas Central Heating/ Hot Water problems

☎ 0800 206 1367

Emergency Out-of-hours Repairs

☎ 020 3701 3518

Other ways to contact us

@ Customer_desk@hexagon.org.uk

🖱 www.hexagon.org.uk

📱 Text: 07537 400 5287

✉ 130-136 Sydenham Road,
London SE26 5JY, United Kingdom

TRANSLATIONS

Always happy to translate!

Chinese

永遠樂於翻譯！

Eritrean

"ንሽነተርጉመልኩም ኩሉግዜ ሕጉሳት ኢና!"

French

Toujours heureux de traduire!

Portuguese

Sempre feliz a traduzir!

Vietnamese

Luôn luôn vui lòng phiên dịch!

Urdu

ترجمے کے لیے ہر دم تیار

LARGE PRINT OR BRAILLE

If you would like this edition of Home News in large print or braille, please contact Hexagon, giving your full contact details.

COMPETITION TIME

Congratulations to J Calverley (SE23), M Holden (SE22) and Christine Matthews (SE26) whose entries were drawn for the last Competition Time and who each receive a £20 voucher.

The answers to the last Competition Time were:

- | | |
|--------------------------------------|-------------------------------|
| 1. How much money you have coming in | 4. 65 |
| 2. First Sunday in June | 5. 1 in 3 or one-third or 33% |
| 3. 16 | |

To enter this edition's Competition Time, simply answer the following:

1. Who facilitated the recent resident training held at Hexagon?
2. Where will this year's Residents Day be held?
3. What was the name of Hexagon's first Director?
4. How many residents have registered with the Hexagon website?
5. How many residents have completed the Business Start Up programme?

Please send your entries, by post, to:

Resident Involvement Admin, Hexagon Housing Association, 130-136 Sydenham Road, London, SE26 5JY

Or by email to: getinvolved@hexagon.org.uk

Three correct entries received by 7th August will be drawn at random and will each receive a £20 shopping voucher.

The competition is open to all Hexagon residents. The editor's decision is final.

WIN £20