

# Are you missing out on extra money?



If you've reached State Pension age you may be eligible for Pension Credit which gives you extra money every week to help with your living costs.

Millions of pounds of Pension Credit go unclaimed every year so it's worth checking if you're entitled to receive it.

## How much would I receive?

Pension Credit tops up your weekly income to £177.10 if you're single, or to £270.30 if you have a partner. You may receive more if you are a carer or have a severe disability.

## How can I work out if I am at State Pension age?

Working out your State Pension age can be tricky, but you can check your qualifying age easily online at [www.gov.uk/state-pension-age](http://www.gov.uk/state-pension-age) (if you need a hand to get online or you don't have a device check out the back page for details of how we can help).

## Parking

Our Sheltered Housing Schemes have limited parking available and spaces are on a first come first serve basis. It is not possible to guarantee a parking space for every tenant. Sometimes your visitors may need to use a nearby car park if there are no spaces available.



# Help to get online

You'll be surprised at how much you're able to do on the internet, it's an invaluable tool for so many people particularly those who can't get out much.



From ordering shopping to finding the best deals, connecting with friends and family and accessing entertainment and education. Using technology might seem daunting at first but we can offer help and support to get you started.

Wi-Fi is provided in all sheltered schemes (apart from bungalows) but if you don't have a device to get online you can borrow a tablet computer from us. Just ask your Sheltered Housing Officer for details.

If you experience any connection problems with the scheme Wi-Fi just call **01743 730 100** or email: [support@socialtelecoms.org.uk](mailto:support@socialtelecoms.org.uk)

Visit [www.learnmyway.com](http://www.learnmyway.com) for free online courses that will help you learn digital skills to stay safe and connected.



## My Winchester Tenancy

It's never been easier to access our services at the touch of a button 24/7.



Simply visit <https://mywinchestertenancy.winchester.gov.uk/> to:

- Check your account balance
- View and print rent statements
- Report a non urgent repair
- Check repair appointments
- Make payments
- Update your personal information
- Send and receive messages

## Useful contact numbers

- Age UK **0800 169 2081**
- Citizen Advice Bureau **03444 111 306**
- Independent Age **0800 319 6789**
- Andover Mind for Advocacy **01264 332 297**
- Hampshire County Council advice and assistance with care and support needs **0300 555 1386** or **0300 555 1373** (out of hours)
- The Silver Line information, friendship and advice for later life **0800 470 8090**

## Get in touch

Phone: **01962 855 335** Email: [shelteredhousing@winchester.gov.uk](mailto:shelteredhousing@winchester.gov.uk)

Web: [winchester.gov.uk/housing/older-persons-services/sheltered-and-extra-care-housing](http://winchester.gov.uk/housing/older-persons-services/sheltered-and-extra-care-housing)

WinchesterTenants @WinchesterCity



Summer edition 2021

# Sheltered tenants



NEWSLETTER

## Help us celebrate reopening

Lockdown was a tough and often lonely time for many people so we're all looking forward to a return to normality when regular social events and activities can once again resume in our sheltered schemes.

To celebrate the reopening of our communal lounges we will be holding a special afternoon tea celebration at every sheltered scheme.

Look out for details on the notice board in your scheme and please come and join us for a cream tea and a quiz to celebrate the reopening.



This will just be the start of regular, fun (and often free) activities where you can socialise and enjoy getting together with friends and neighbours.



## Win £25!

Joining in our activities is not just a fun way to enjoy companionship and keep physically and mentally active but can also win you £25! Everyone who attends activities each month will be entered into a prize draw to win a £25 shopping voucher. The more activities you attend, the better your chance of winning!

## Join in the fun!

From coffee mornings to quizzes and informative talks, there is something to suit everyone on our programme of sheltered housing activities. Don't worry if you've never joined in before, all our events are relaxed and welcoming and provide great opportunities to chat with neighbours and make new friends. Ask your Sheltered Housing Officer for details of what's going on in your scheme or pop along to the next information surgery where refreshments and fun activities will be provided. Keep an eye out for a full programme of activities and guest speakers that will be advertised in each sheltered housing scheme very soon.







## Thank you Chita

Residents in Chesil Lodge nominated Care Manager Chita Sungay to receive an award from the Mayor, for her dedication and commitment to looking after everyone so well.

Peter Eagling, a resident at Chesil Lodge says the award is well deserved "We are so lucky to have Chita, she is unfailingly cheerful, always optimistic and worked countless hours of overtime during a particularly difficult time of staff shortages and resident illnesses." Chita is employed by Radis Community Care.

## Calling all vehicle enthusiasts

If you're interested in historic vehicles and steam engines, as well as the tools and equipment used to make them, you'll want to join in On The Move Project, a free 12 week programme run by The Hampshire Cultural Trust to explore their collection of 60 historic vehicles.

Find out more and sign up online at: <https://hampshireculturaltrust.typeform.com/to/klxBOY>

## Help keep our communal gardens looking blooming lovely

We want everyone to benefit from the communal gardens in our sheltered housing schemes and we have gardening contractors to keep these outdoor areas maintained. Please help us to keep the shared gardens safe and attractive for all residents to enjoy by following our garden guide:

- You're welcome to use your own garden furniture (chair or lounger) but please remove all items at the end of the day and store them within your own boundary or property or communal shed.
- You need to seek our permission before placing any pots, tubs, permanent furniture or water butts in the communal grounds. This is so we can ensure these don't obstruct residents or the work of our grounds contractors. Talk to your Sheltered Housing Officer for details.
- Please do not build any structures such as walls, decking or patio areas or remove any grassed or planted areas in the shared garden.
- Please respect your neighbours privacy when using the communal areas.

### Got a good gardening idea?

If you've got a suggestion on how we could improve the communal garden where you live, please get in touch with the Neighbourhood Services team, by emailing: [nservices@winchester.gov.uk](mailto:nservices@winchester.gov.uk) or calling **01962 848 400**.



Our photos show the lovely gardens at King Harold Court, where tenants have asked permission for pots and a corner to tend to. If you request to add your own plants or tubs to your communal garden please remember that the Council cannot accept any liability for them.

## Free group activities to enjoy in Winchester

**Exercise not only keeps you physically fit but can also help to lift your mood and reduce stress and depression.**

So if you're feeling low, or just want to get out and enjoy the summer weather, why not join in a free walking or yoga group?

### Wellbeing Walks

Hour long walks suitable for beginners. Meeting points are:

- Wednesdays at 10.30am meet at Colden Common Community Centre
- Wednesdays at 9.15am meet at Kings Walk Opposite the Antiques Market
- Thursday's at 10.30am meet at The Square, Bishops Waltham

For more details visit [www.winchester.gov.uk/sport/active-lifestyles-scheme/health-walks](http://www.winchester.gov.uk/sport/active-lifestyles-scheme/health-walks)



### Community Yoga

Every Sunday 9.30-10.30am at the Garrison Ground (the field right next to the new Winchester Sport & Leisure Park, SO23 9NR).

Book your place online at <https://parkyoga.co/winchester/> and don't forget your yoga mat or towel.

### Free tea and cake

Pop into Hope Church Winchester in The Middle Brook Centre every Monday 1-2.30pm for a free cuppa and a chance to chat.



## Struggling with grief or feeling lonely?

Butterflies Bereavement Support is a local group that provides grief support and counselling services, along with a Friendship Buddy Service for anyone who feels lonely and isolated – not just the bereaved.

For more information visit [www.butterfliesbereavement.co.uk](http://www.butterfliesbereavement.co.uk) or call 02381 550066.

## Mental health support

The pandemic has made many people feel more stressed or anxious; feelings which can be overwhelming and cause strong emotions. If you're struggling to cope with your mental health there is help and support available:

- Call Samaritans on **116 123** or email [jo@samaritans.org](mailto:jo@samaritans.org)
- Text **SHOUT to 85258** –the UK crisis text service is available 24/7 for anyone who needs immediate support. [www.giveusashout](http://www.giveusashout)
- Mental health experts offer help if you feel low, worried or anxious, visit [www.solentmind.org.uk/](http://www.solentmind.org.uk/)

You can also speak to your Sheltered Housing Officer if you are feeling mentally unwell, lonely or bereft. We are here to listen and help.



## Extra Care

**If you would like the reassurance of knowing support is on hand if and when needed, but want to remain living independently in your own home, then a move into our Extra Care Sheltered Housing could be the answer.**

We have three Extra Care Sheltered Housing schemes in Winchester city centre, all offering a safe and secure environment with care and support staff onsite 24 hours a day. As well as the comfort of knowing support is available, Extra Care residents also benefit from a range of onsite facilities and the opportunity to join in social activities if they choose.

One and two bedroom apartments are available to enable couples with differing care needs to live together and be part of a real community.

If you move into one of the schemes we will draw up a personal care plan with you, which sets out the level of support and care you need.

### Winchester's Extra Care Sheltered Housing Schemes:

- Danemark Court is designed to meet the needs of tenants with an ongoing need for assistance with personal care.
- Matilda Place offers a more supportive environment for those with a diagnosis of a cognitive impairment such as dementia.
- Chesil Lodge opened in 2018 to provide elegant apartments and facilities including a hair and beauty salon, landscaped gardens, a guest suite and a restaurant.

To be eligible for Extra Care housing you need to have been assessed as needing assistance with several personal care needs to maintain your independence.

To find out more information about Extra Care Housing and how to apply to live in one of our schemes:

- Visit [www.winchester.gov.uk/housing/older-persons-services/sheltered-and-extra-care-housing](http://www.winchester.gov.uk/housing/older-persons-services/sheltered-and-extra-care-housing)
- Telephone Housing Allocations on **01962 840 222**
- Talk to your Sheltered Housing Officer