



SPECIAL POINTS OF INTEREST:

- The latest Welfare reform updates: Page 2
- See the recent upgrade work at Hepburn Court: Page 5
- Find out more about the Bethany House Running Club: Page 9

IN THIS ISSUE

- Boxercise at the TRC 2
- Taking the 'PIP' 3
- Bethany House coffee club 5
- Becki's Story 6
- Eat Better for Less 7
- Healthy Summer tips 8
- Nandos at Townsend House 9

Exercise is good for your brain

Aerobic exercise in your 20s may protect your brain in middle age, according to a US study.

Activities that maintain cardio fitness, such as running, swimming and cycling can lead to better thinking skills and memory 20 years on.

This doesn't mean you should hang up your running shoes if you aren't in your 20s any more. There is still hope, as exercise spurs brain growth whatever your age. As we get older, the birth of new brain cells slows, and brain tissue actually shrinks. Exercise may help to reverse that trend.

The best brain workouts involve exercise which integrate different parts of the brain such as co-ordination, rhythm and strategy. Activities such as dancing are a good example of com-

binning both physical and mental demands which can have a higher impact on cognitive functioning over exercise or mental tasks alone.



Exercise is good for your brain, as well as your heart

In general though, anything that is good for your heart is also great for your brain. Any kind of aerobic exercise helps to

keep you physically fit and healthy, but it also helps to improve brain function and acts as a "first aid" kit on damaged brain cells.

So why not try some of the activities at your scheme:

Bethany House: Running club, every Monday evening 6pm-7pm (find out more on page 9.)

Conway House: Boxercise, every Saturday morning 11.30am - 1pm.

Go to the Regular Events page of the News & Events section at www.sih.org to find out about all the different activities across our schemes.

If you still need a little more inspiration to encourage you to get active this summer, go to **page 8** for some more Summer tips for healthy living.

The new Sapphire website is Live!



Our new website address is www.sih.org

We are pleased to announce the launch of our brand new website—www.sih.org.

Designed with a fresh new look, user-friendly navigation, and updated with the latest information about all our services.

We hope you will enjoy our new site. If you have any queries, comments or suggestions please do let us know by submitting a feedback form, located in our new and improved 'Residents' Section'.

Go to www.sih.org today!

Boxercise Classes at the TRC



Develop your confidence and get fit too!

AirSports are offering Boxercise sessions to all Camden Pathway Clients, every Saturday at Conway House between 11.30am - 1.00pm.

The AirSports team have been visiting residents at Conway House over the last few weeks to let clients know what is involved in the Boxercise sessions and encourage them to get involved.

The sessions are designed to help develop confidence and communication, self-responsibility and overall healthy living.

Boxercise sessions are being held at the TRC at Conway House every Saturday morning 11.30am - 1.00pm.

You do not need to book a place, just come along if you are interested.

AirSports work across London, Essex and Kent offering a range of services for disadvantaged adults and young people aimed at tackling issues such as substance misuse, crime and offending behaviour, homelessness and employability. Their mission is to empower vulnerable individuals,

to develop the skills, confidence and resilience they need to fulfil their potential and play a positive role in their communities. To find out more go to: www.airsportsnetwork.com

WHEN:
EVERY SAT 11.30AM - 1.00PM

WHERE:
CONWAY HOUSE,
TRAINING RESOURCE
CENTRE (TRC)

Welfare Reform Updates

“The new Government has announced that the roll out of Universal Credit will continue as planned.”

The new Government has announced the roll-out of Universal Credit (UC) will continue as planned.

UC has already been rolled out to one in three jobcentres across the country, with plans to continue the national expansion over the coming months. This will still only be for simple new claims i.e. for single jobseekers with no

children, who would previously have been eligible for Job Seekers Allowance.

The local roll-out has already commenced in Brent and Hertfordshire and is due in Islington and Westminster between September and November 2015 and in Camden between December 2015 and April 2016.

If you are concerned about how you may be affected, please speak to your key worker or contact Head Office on 020 7485 8889/info@sih.org.

You should also speak directly to your Benefits Adviser at your local Jobcentre.

Gardening club- going from bench to bench

Nick relaxing in the sun on his finished bench



Nick has been using the TRC gardening club time to construct a garden bench for the Conway House communal garden.

All the timber used for the project was recycled off cuts

from old pallets and crates, which Nick skilfully crafted to produce a very comfortable and attractive bench.

Nick used to make benches when he was in recovery for substance addiction and wanted to see if he still had the skills, which he most definitely does.

The communal garden at Conway House is really starting to flourish, with lots of lovely flowers, strawberry plants, potatoes and a herb garden growing nicely.

Nick's bench is a lovely feature to add to the developing garden. Good work Nick!

Taking the 'PIP'



Taking the PIP

The Pindrop Theatre Company performed a free forum theatre show at Bethany House on Wednesday 3rd June 2015.

The show, called 'Taking the PIP', is about a character called Sam, who is in the process of applying for the PIP (Personal Independence Pay-

ment), which is the new DLA (Disability Living Allowance). The aim of the performance, as with all Pindrop shows is to use the performing arts to encourage debate and promote social inclusion.

So what is Forum theatre?

Forum theatre is a type of theatre created by the innovative and influential practitioner Augusto Boal as part of what he calls his "Theatre of the Oppressed."

During a performance, audience

members are encouraged to stop the show and suggest different actions for the actors to carry out in an attempt to change the outcome. The strategy enables participants to try out courses of action which could be applicable to their everyday lives.

The show was a great success, promoting much discussion on the possible outcomes for Sam and what the future may hold for him.

To find out more about the Pindrop theatre go to:

www.pindroptheatre.com

Satisfaction Survey Prize Draw Winners

Congratulations to Mr Eugene O'Rourke and Mr Dominick McLoughlin who received gift cards for the fourth quarter of 2014/15 general needs maintenance satisfaction and gas inspection surveys.

Congratulations to Mr Eugene O'Rourke and Ms Dominick McLoughlin

All fully completed and returned maintenance satisfaction and gas inspection satisfaction survey forms are entered into a quarterly prize draw, with the chance to win a £20 gift card.

If you are a permanent general

needs resident and would like to be included in next quarter's prize draw please complete the survey form sent to you via the post or telephone survey, if contacted by a member of staff.

Alternatively, you can complete

the form online at www.sih.org

Go to the General Needs pages of the Residents' Section and click on [Repairs Feedback](#) and [Gas Inspection Feedback](#), where you will find our online survey forms.

My Home Energy Switch



[My Home Energy Switch](#) is a free, impartial energy comparison site which finds tenants the best price for their gas and electricity.

How does it work?

Tenants can call Freephone 0800 0014 706 (Mon-Fri) or simply go to: www.nhf.sbmswitch.co.uk, enter your postcode and current energy supplier information. Then let My Home Energy Switch do the rest.

The National Housing Federation has developed a number of free and completely impartial schemes

aimed at tackling financial exclusion among tenants.

Go to www.housing.org.uk to find out more.

Good Luck Mohammad



Mohammad receiving his cheque.

Mohammed arrived in the UK from Syria in 2009 and was given asylum as a political refugee. He joined the Conway House service in May 2014.

With the assistance of the Conway House Team, Mohammed has worked hard to turn his life around after the many struggles he has experienced in Syria and learning to adjust to a new way of life in the UK.

Due to his individual circumstances, dedication and focus,

Mohammad has successfully moved on from hostel life and has been assigned an unfurnished Housing Association bed sit.

Mohammed was awarded a one-off grant from Hampstead Wells and Campden Trust to help him with his move into independent living.

The money Hampstead Wells and Campden Trust provided has helped Mohammad to purchase furniture and other household items for his new home.

Congratulations Mohammad, from everyone at Sapphire, we hope you are very happy in your new home.

Hampstead Wells and Campden Trust are a charity providing grants to individuals or organisations, to help the sick, disabled, or infirm; and/or those who have suffered hardship or distress.

To find out more about Hampstead Wells and Campden Trust go to: www.hwct.org.uk

“By using ‘Donate Locate’ you are donating to a homeless charity and also helping the local outreach team locate homeless people”

Homeless app

An app has been created for London homeless charity, The Connection, which could change the way we give to homeless people.

Donate Locate allows you to donate a small amount, either £1, £3 or £5, to The Connection when you see a homeless person. The app also records their location on a hotspot map via your phone's GPS. This then enables the charity's

outreach team to easily locate homeless people in the area.

We're often told not to give money directly to homeless people in case they spend it on alcohol or drugs. However when you see someone on the street you do feel as though you want to do something to help them. This app helps solve that old moral dilemma of giving money directly or just walking on.

By using Donate Locate you are donating to a homeless charity and also helping the local outreach team locate homeless people.



Donate Locate is currently available on the App store

Wise up to waste



The North London Waste Authority have created an informative and straight forward website giving advice on how to waste less and recycle more:

If you would like some good ideas on how to reduce your food waste and transform your leftovers with some

quick and easy recipes, then this could be the website for you.

It isn't just food waste though, it covers a whole range of recycling or, better still ways to 'upcycle' your old stuff, with suggestions like 'Give and Take days' and 'Swishing' (get together with

friends/family to swap clothes etc.)

It even tells you who to contact to stop all that unnecessary junk mail coming through your door.

So why not 'Wise up to waste' today at:

www.wiseuptowaste.org.uk

Refurbishment works at Hepburn Court



Residents relaxing in the lounge

kitchens and bathrooms have been installed and new flooring and blinds have been fitted throughout the hostel.

The new laminate floor in particular has been a huge success. The laminate makes the whole space easier to keep clean and many of the smaller children are now happily crawling around with greater ease.

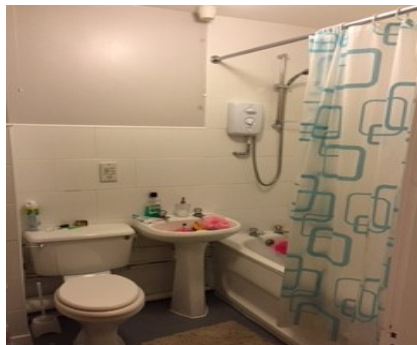
“The place feels a lot bigger and brighter, especially the laundry room, which feel a lot more spacious”

Sapphire’s planned refurbishment and upgrade works have been progressing well, with a complete refurbishment of our 12 bed family hostel in Hertfordshire.

All the rooms, including the communal hallway, lounge and laundry room have been painted. New



If you have any comments in regards to any recent upgrade or refurbishment work to your accommodation, you can complete a feedback form, either online at www.sih.org or in person by completing a hard copy of the same feedback form at your scheme reception or head office.



Abosede Jonah, a Project worker at Hepburn Court, commented “The place feels a lot bigger and brighter, especially the laundry room which feels a lot more spacious, as the machines are now side by side which provides more room. All the residents are really pleased.”



Bethany House Coffee Club

CLASH will be coming to Bethany House for their usual monthly session on 7th July. Kaylee and Rachel will be attending to discuss sexual health with a focus on LGBT month and helping to raise awareness.

Shani from SWISH will also be attending on 21st July and 18th August. Come along to ask any questions you have about sexual

health and receive a handy SWISH bag with condoms, keychain and personal alarm.

Louise from ISIS will be available on 28th July and 25th August to chat about well being, drugs and mental health.

All coffee mornings at Bethany House are held on Tuesdays from 10am—12pm.



Bethany House coffee club: every Tuesday 10am-12pm

Becki's Story



Becki at Townsend House

“Although it was tricky at first, the staff at Townsend House were always there to help me”

I came to Townsend House in August 2014, after my relationship with my mum had become too difficult for me to stay at home. I had recently become unemployed but I was actively seeking new employment, as it is important to me for my future.

Within a week of arriving at Townsend House I got some good news, I had been offered a job as a Customer Service Advisor for a retail outlet in Borehamwood.

The role was only part time but I was always willing to take on extra shifts, as I think it is important to be flexible and I wanted to get as much experience as I could. I even worked the occasional overnight shift and helped to set up the shop displays for the store's launch.

Due to my hours varying every month my housing

benefit entitlement changed monthly too, which meant I had to manage my budget to make sure I had enough money to cover the essentials, such as rent, bills and food costs when I worked less hours.

Although it was tricky at first, the staff at Townsend House were always there to help me and I now feel confident with managing my budget, in spite of my ever changing wages.

I used the skills I gained in retail to successfully obtain an administration position for a telephone answering service. This has given me more regular hours, which is great and there is also the possibility for future development within the company which I am really excited about.

I also volunteered to help set up the counting area and transport the votes for the

recent general election. I really enjoyed being part of the election process and would definitely volunteer again.

I have worked really hard over the last few months and it really feels as though it is starting to pay off, as I was put forward for a nomination to Hertsmere Council's housing register. I was recently offered my own independent accommodation which I have accepted.

I have really enjoyed my time at Townsend House as it has helped me to prioritise what is important. I am now focusing on purchasing items for moving in to my own place and planning a successful future in administration.

Share your news with Sapphire



Is there anything happening that you would like us to know about? Maybe there is a party coming up; or the celebration of a national day? Do you know a Sapphire resident who has recently achieved an award or passed an exam and you would like to congratulate them in the next issue?

Maybe you have a poem or a piece of writing that you would like to share? If you have why not get in touch by emailing: TheInformed@sih.org

You can also share your ideas and comments by contacting us via twitter - [twitter@sih_org](https://twitter.com/sih_org) our by using our feedback forms (either online at www.sih.org or via your scheme reception and Head Office.)

Keep us Informed

Eat Better for Less



Summer
Fruit
Smoothie

Quick, affordable recipes for everyone to enjoy

This issue's Eat Better for Less recipe is a summer fruit smoothie.

Smoothies are a brilliantly easy way to add lots of nutritious fruit and vegetables to your diet.

Prep time: 10 mins

Cook time: 0 mins

Serves: 1

Did you know...

The Roman general Lucullus introduced cherries to Europe in 72BC and named the cherry tree 'Cerasus' after a town of that name in what is now Turkey.

From breakfast to supper, a homemade smoothie can boost energy levels, keep you feeling fuller for longer and make it easy to digest all the natural vitamins, minerals and antioxidants you need. Preferable to fruit juices (they are a better source of fibre), they even appeal to kids, who will happily drink all kinds of fruit and veg whizzed up with yoghurt and honey.

Ingredients

- 225g/8oz cherries,
- 225g/8oz mixed frozen berries,
- 1 orange
- Orange peel from orange
- 1 banana
- 150ml of natural plain yoghurt
- 1 or 2 teaspoons of honey if required

Method

1. Measure all the ingredients into a food processor and whiz until smooth. Alternatively use a hand-held blender.
2. Pour into a tall glass and enjoy.

Top tips to serve the perfect smoothie

1. Choose your ingredients based on what's in season. Seasonal produce contains all the nutrients you need for the specific time of year.
2. Go for pure, whole ingredients, e.g. fruit, vegetables, nuts and seeds.
3. Sweeten your smoothies naturally with fruit. If necessary, you can add some honey, fruit juice or dates, but ideally, get used to enjoying smoothies that aren't so sweet.
4. If you need extra sustenance add a complex carbohydrate (e.g. cooked quinoa or oats), a protein (e.g. egg, almond powder) and/or a fat (e.g. avocado, coconut oil, flaxseeds, coconut milk, peanut butter, tahini, almond butter or nuts). Brilliant when you want to whizz up a smoothie that will keep you going until lunchtime.



Healthy Summer

“Pick one outdoor activity such as taking a walk, playing games such as tag rugby with friends.”

Five Summer tips for healthy living

In the warmer, longer, lazier days of summer, the living may not always be easy, but your life probably feels less chaotic. Even adults tend to adopt a ‘school's out’ attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.

Give your diet a berry boost - Have a cup of mixed fresh berries such as blackberries, blueberries, or strawberries every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.

Get dirty and stress less - To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots. Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the ground, being mentally grounded can help relieve physical and mental stress.

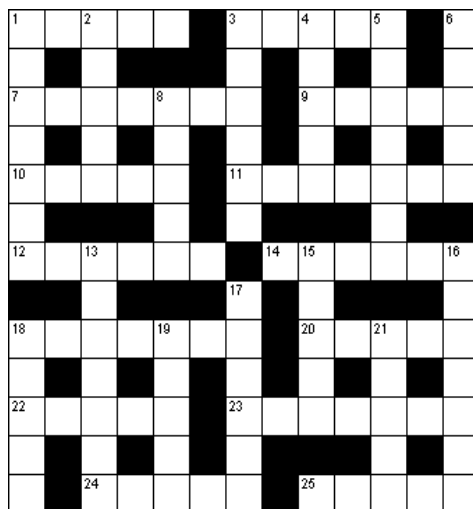
Get outside to exercise - Pick one outdoor activity such as taking a walk, playing games such as tag rugby with friends, cycling or jogging and it will help you get rid of that cooped-up feeling in no time.

Be good to your eyes - To protect your vision, wear protective eyewear. Wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.

Sleep well - Resist the urge to stay up later during long summer days. Instead pay attention to good sleep routines by keeping to your usual bedtime and wake-up schedule. It's also a good idea to avoid naps during the day, unless you take them every day at the same time, for the same amount of time.

So there you have it, five simple ways to boost your health this summer. Try one or try them all. They are so easy you won't even know they are good for you

Puzzle Mania



Across

- 1. Mariners (7)
- 3. Path (5)
- 7. Disregarded (7)
- 9. Send out (5)
- 10. Military command (5)
- 11. Mythical beast (7)
- 12. Taste (6)
- 14. Movie house (6)
- 18. Bet (7)
- 20. Deduce (5)
- 22. Awkward (5)
- 23. Roamed (7)
- 24. Finished (5)
- 25. Small boat (5)

Down

- 1. Utensil (5)
- 2. Possessed (5)
- 3. Boredom (6)
- 4. Legal excuse (5)
- 5. Svelte (7)
- 6. Beer mug (5)
- 8. Relating to country life (5)
- 13. Tycoon (7)
- 15. Dialect (5)
- 16. Condense (7)
- 17. Worshipped (6)
- 18. Forgo (5)
- 19. Graded (5)
- 21. Criminal (5)

Bethany House Running Club



Get fit and meet new people

The Running Charity is the UK's first running-orientated programme for homeless and vulnerable young people. Engaging them in regular running-based activities with qualified fitness professionals to empower and instil confidence in all participants.

The regular fitness sessions last for one hour, starting at 6pm – 7pm. If you haven't been to a session yet and you are interested in taking part then all you need to do is sign up at reception for the next weekly session.

The Running Charity has started a regular running club at Bethany House. The first session was held on Monday 15th June and has been growing in popularity since. The club is available to any age and has a flexible approach so it can be tailored to suit your personal fitness levels.

Running is as good for your mind as it is for your body. It is a great way to get fit, relieve stress and anxiety, gain confidence, meet new people and discover a passion. The session is flexible and relaxed, ensuring no-one is excluded.

Find out more about The Running Charity at:

www.therunningcharity.org

WHEN:
EVERY MON 6PM-7PM

WHERE:
MEET AT BETHANY HOUSE RECEPTION

Nando's come to Townsend House

A big thank you to Nando's in Borehamwood, who continue to donate left over chicken to our Townsend House residents.



Nando's freeze the chicken at the end of each day to ensure it remains fresh. Townsend House staff then collect the chicken from the store on the last Thursday of every month.

This yummy looking curry was created by Townsend House resident Rosie, using chicken donated by Nandos.

Townsend House residents have written a thank you card for the Nando's staff, which they have displayed on their notice board, along with photos of the lovely dishes Townsend House residents have created with the donations.

Thank you once again from all Townsend House residents and staff.

“This yummy looking curry was created by Rosie, using chicken donated by Nando's”

We are on Twitter



Did you know that Sapphire Independent Housing is on twitter? For all the latest Sapphire news and upcoming events follow us on twitter. You will be able to find information on what is happening at our schemes as well as links to helpful organisations, ways to get involved with Sapphire and much more.

You can find us by following the twitter link on the Sapphire website: www.sih.org or by going to [twitter@sih_org](https://twitter.com/sih_org)

Crossword solution





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The Informed is a quarterly publication. Our next issue will be out in September 2015. Please send any comments, questions and story ideas to:

TheInformed@sih.org

For a PDF version or any previous issues of **The Informed** please visit the Residents' Section of our website: www.sih.org and click on publications.

If you would like this publication in large print please contact Joanne McGahon on 020 7485 8889

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