

Island News

The newsletter for One Housing residents on the Isle of Dogs

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Residents vote in favour of new homes

The residents of Bellamy Close and Byng Street have voted overwhelmingly in favour of plans to regenerate their area.

In a 100% turnout, 26 residents (83.9%) supported proposals to build around 150 new homes in their area - more than 50% of them affordable, including 24 for all existing Bellamy and Byng households.

This was our first regeneration ballot after a year working alongside residents to develop the new plans to deliver attractive and sustainable new homes within the constraints of the site.

The regeneration option was proposed after a number of residents raised concerns about living next to the 'Alpha Square' construction site, where three tower blocks and a number of commercial properties are going up, and asked us to explore opportunities to move them away from the noise, dirt and disruption.

We expect to submit the planning application to the council in the spring and will continue to talk to residents about the next steps through home visits, consultation events and via their resident steering group.

New rent levels set for 2020

As the start of the new financial year approaches, we will be writing to let you know how much your rent will be from April this year. The way we set rents is based on a formula that the government sets and takes into account things like the value and size of your home and average local income levels.

Back in 2016, the government passed the Welfare Reform and Work Act and, since then, tenants

living in homes for social rent have seen the amount of rent they pay go down each year by 1%.

This policy has changed and means that we, like other housing associations, can increase rents, which we rely on to maintain homes and pay for the services we provide.

The government formula that rents can go up by is based on the Consumer Price Index (CPI) plus 1%.

Please look out for your annual rent notice which provides details of your new rent and what to do if you receive Housing Benefit or Universal Credit.

If you sometimes struggle to pay your rent please do get in touch on 0300 123 9966 so we can help. We can check you're getting all the benefits you might be eligible for and also provide confidential help with budgeting.

Fire safety is for us all

Maintaining the safety of your home is our top priority and we work closely with authorities, like the London Fire Brigade (LFB), to make sure we achieve this.

We all have a role to play and, by understanding the common risks and knowing what to do to reduce them, you can keep yourself, your family and your neighbours safe. We've got lots of tips on our website at www.onehousing.co.uk/firesafety on how to keep safe when it comes to everything from barbecues, candles and cooking, to electrical appliances, heaters and smoking.

If you'd like to get fire safety advice specific to your home, the LFB offers free home visits. You can contact them on freephone 0800 028 4428, by email at smokealarms@london-fire.gov.uk or by texting 0786 002 1319.

You can also find details on our website at www.onehousing.co.uk/firesafety or the LFB website www.london-fire.gov.uk.

Regeneration your way

It's been a year since we handed residents the reins for regeneration on the island.

It's an approach that aims to deliver the homes and communities where you want to live – and good progress is already being made.

Before Christmas, in our first regeneration ballot, residents of Bellamy Close and Byng Street voted overwhelmingly in favour of the regeneration of their area.

They were heavily involved with developing the plans, which include building around 150 new homes, half of which will be affordable. [see page 1]

In three other areas of the island, we've been consulting with residents over how their neighbourhoods might look in the future and will continue to do so over the coming weeks and months as ideas develop.

Many of you have already engaged and spoken with us, and we encourage that to continue so that as many people as possible have their say, be that at community events, drop-in

sessions, one-to-one meetings or via phone or email conversations. Each area has appointed its own resident steering group, independent advisor and advocate to help residents consider the range of views.

The residents of Kedge House, Winch House and Starboard Way, for example, are already working with architects, who in December presented the first drawings of some of the regeneration options to the local community.

These drawings will be refined over the next six to 12 months to reflect resident opinion. At the end of the process, a final regeneration option will be put to a resident vote.

Residents from the Kingsbridge Estate and those from Alice Shepherd House and Oak House are likely to follow a similar course over the coming months.

These three regeneration areas were highlighted as requiring significant investment following a survey of the condition of our homes on the island. However, if you think that your neighbourhood might benefit from regeneration, do let us know.

Fifty ways your island will get better

Many of your neighbourhoods are starting to see the results of our Your Island, Your Ideas project.

We asked you what improvements you wanted to see where you lived. We then worked with resident groups every step of the way to find the best solutions. Now, over 50 of your ideas have been given the go-ahead.

Much of the investment will be in new signage, paving, lighting and plants. St John's is already brighter thanks to light upgrades and tree pruning across ten different areas, Barkantine's memorial garden is being re-imagined as a climate change garden and Stewart Street on Samuda has had paving removed and replaced with permeable paving.

Elsewhere, money has been pledged to make residents' lives easier, whether that's step-free access for buggies at Michigan House on Kingsbridge block or a drop curb for easy access to the bin at St John's community centre.

So what's happening by you? Here are some of the highlights.

Barkantine

- New LED lighting will make the Quarterdeck, from Tooke Pub to Topmast Point, around three times brighter. This will occur in collaboration with Liveable Streets.
- The Queen Mother memorial garden will be re-imagined as a climate change garden, which will be regularly maintained.
- With support from the Fire Brigade and local councillors, the application process has started to rename an unnamed estate road to 'Surgery Way', paying homage to the Barkantine Surgery.

Kingsbridge

- Entrances to the estate will be better lit for both motorists and pedestrians, with new LED lights and floodlights.
- Step-free access for buggies will be introduced at Michigan House.
- Uneven flooring will be levelled at the bottom of Montcalm House, removing any trip hazards in the area.

St John's

- Lights have been replaced and repositioned in ten areas, where light-obscuring trees have been cut back.
- New housing for community centre bins and a drop curb to make it easier for them to be moved and emptied.
- Significant improvement to paving in areas surrounding Ash House, Rugless House and Castalia Square.



Samuda

- A significant increase in plants and flowers will be visible on the estate.
- Further paving improvements will occur in areas near, Halyard House and the Manchester Road entrance to the estate.
- A new area for planting will be created behind Kelson House, alongside the Thames River walk.



We're creating areas for plants and greenery, like this one on Barkantine

Customers at the heart of office makeover

Our two offices on the Isle of Dogs are being refurbished to make them more welcoming, modern and useful places

for staff and residents. The functions of the offices will remain the same.

Plans include relocating the Millwall office's public entrance to face the Quarterdeck and to brighten up the place with a new glass-fronted façade. Reception areas in Millwall and Castalia

Square will get makeovers and will feature additional technology. Residents will be able to access our digital services from the new hot desk points and tablets.

Work will be staggered, with one office remaining open at all times.

Motorbike

passions stay on the right track



Top spot for island's first girls' football club

Young islanders are bending it like Bronze, rather than Beckham, as our girls-only football sessions get going.

The rise of women's football (and star players like England's Lucy Bronze) has inspired even more girls to play the beautiful game.

And in response to this demand, we've turned our rooftop pitch at the Phoenix Heights community centre into their own football club.

From 6-7pm every Wednesday - that's during the regular youth club hours - the pitch becomes home to One Phoenix FC. The name was chosen by the girls, who have also designed the club badge, strip and



It was all revved up and ready to go for a group of young residents who enjoyed a day of off-road dirt-track riding.

The 14-21 year-olds navigated the twists and turns of a muddy forest in Essex – taking a few spills along the way – as part of our new motorcycle course, run in partnership with London Borough of Tower Hamlets.

But the half-term thrills only came after two days in the classroom, where motorcycle training charity Avalon taught them how to express their passion for bikes safely and responsibly.

“We wanted to let them get their hands on a bike, while making them aware of their responsibilities as a motorbike rider,” explained Norbert Marjolin, our youth services manager.

Our young residents learnt how to maintain bikes and carry out safety checks. They also discussed the consequences of motorbike crime and listened to a father speak about a hit and run causing his son’s death.

“Someone died from someone being stupid,” said one participant. “This course is teaching us how to be smart on the road and about London.”

“We need more days like this because there are too many young people losing their lives on bikes,” added another. “If they come here they’ll learn how to ride them properly and how to maintain them properly and it will be a good experience for them.”

We hope to run similar courses in the future and direct people to other opportunities in the field.

posters encouraging others to join.

“They’ve taken charge,” says our youth development officer Sam Murfitt. He’s also an FA-qualified coach who will be teaching the 8-14 year-olds how to dribble, shoot, pass and defend as part of a structured training programme.

“We’d like to build a team to play some friendly matches,” he adds. “There’s no girls’ football on the island at the moment, so let’s see how they respond.”

New youth club for girls

Check out the island’s new youth club, just for girls. We’re running the after-school group for 13-16 year-olds in partnership with Tower Hamlets Council.

It takes place on Thursdays from 3.30pm to 6pm at St Andrew’s Wharf Youth Hub, Mast House Terrace, London E14 3RW.

Activities are chosen by the girls and have so far included baking, music workshops, henna, face painting and arts and crafts. New joiners are welcome.

Free training to unlock your future

New year, new you and all that. Give yourself a personal or professional makeover by signing up for one of our free winter workshops at the Phoenix Heights community centre. Whether you want to learn how to look after children or mental health, deal with interviews or bad behaviour, make a wallet or a necklace, there's a training course on the island to help you.

And this time round we're offering more accredited courses, giving you the chance to get qualified for a particular job. Our new Childcare Level 2 course is something that local residents have been asking for.

If you successfully complete the course, which will run for two days a week for five weeks from March, you will earn the employer-recognised qualification required to work as a childminder or in a nursery. Don't miss the induction day on 25 February.

If you'd prefer an office job, our new accredited Business Admin course will give you the tools you need.

So don't pass up the opportunity; sign up today and make the most of 2020. Call 0207 428 4327 or email training@onehousing.co.uk

Courses near you this winter

13 February 10am-1pm

Introduction to Project Management (World of Work)

20 February 10am-4pm

How to identify and manage stress (Health and Wellbeing)

25 February 10am-12pm

NEW INDUCTION DAY Childcare Level 2 accredited course – minimum qualification needed to work as a childminder or in a nursery (World of Work)

From 3 March (then every Tuesday and Wednesday for five weeks. Induction day on 25 February must be attended)

Starting in March (dates to be confirmed)

NEW Accredited Business Administration four-day course (World of Work)

3 March 10am-1pm

Introduction to Emotional Intelligence (Lifeskills)

5 March 10am-1pm

Confidence at Interviews (World of Work)

10 March 10am-4pm

Safeguarding Adults and Children Level 2 (World of Work)

11 March 10am-1pm

Staying safe online for adults and families (Lifeskills)

17 March Time to be confirmed

Wallet and purse making (Creative Fun)

18 March 10am-4pm

Paediatric First Aid Level 2 (Health and Wellbeing)

19 March 10am-4pm

Mental Health First Aid (Health and Wellbeing)

24 March 10am-2pm

Communication Skills (Lifeskills)

25 March 10am-4pm

How to manage difficult and challenging behaviour (Lifeskills)

26 March 10am-1pm

Emergency First Aid Level 2 (World of Work)

27 March 1-4pm

Jewellery Making (Creative Fun)



Time to talk work

If you need help choosing a training course, finding a placement or landing a job, why not book a free one-to-one advice session with our employment coach on the island?

Iqbal Uddin can help you with everything from creating a CV and practising for interviews to getting the right qualifications and securing work.

Give him a call on 07717 692911 or pop into the Phoenix Heights community centre to make an appointment.



Yoga and new CVs boost women's work prospects



A group of Islanders left our first Women into Work course with new-found confidence, clear goals and certificates of achievement.

The residents spent a day a week for five weeks at the Phoenix Heights community centre, learning both practical skills and mental resilience to boost their employability.

They wrote CVs and cover letters, practised job applications and interview techniques and discussed the right thing to wear. They also tried out yoga, meditation and ways to handle nerves and rejection.

"This pilot project is designed to support women who are experiencing barriers into

employment, such as mothers who want to work around their children or those who are not confident English speakers," explains our employment coach Shirley Miller. "The programme offers traditional employment advice and helps participants develop the right mindset."

Delivered in partnership with training consultancy Haptivate, the course also provides the women with a ready-made support network of fellow participants and professional contacts.

"Everyone felt included and looked after," says participant Ambia. "I enjoyed the group activities and the course provided great clarity."

Models wanted

Do you fancy a free photo shoot?

We're offering a £20 shopping voucher and a set of professional pictures to resident families who are happy to pose for the camera in their One Housing homes.

The photographs will feature on our website and in our publications. If you're interested, email: corpcommunication@onehousing.co.uk

Get the message?

We're looking for residents to help us craft our communications messages – whether that's information about fire safety, our annual report to residents or helping us with an information campaign. It's important we get feedback and input from you so we know we're communicating the right information, clearly and effectively.

If you're interested, please get in touch by emailing: corpcommunication@onehousing.co.uk

A small price for peace of mind

Are you ready for the unexpected? If your sofa, television, freezer or carpet got destroyed, damaged or stolen, would you struggle to buy a replacement?

You don't have to insure the contents of your home, but it can bring peace of mind. Many insurance companies sell policies that protect your belongings against fire, theft, water damage and other risks.

One option is the MyHome scheme, which offers low cost cover to our residents.

You won't get charged any excess – that's the fixed sum of money some policies require you to pay whenever you make a claim. And your home doesn't have to meet any minimum security requirements, such as having certain types of lock fitted on your doors and windows. Flexible



payment options are also available.

For more information on MyHome, call 0345 450 7288, email myhome@thistleinsurance.co.uk or visit thistlemyhome.co.uk.

You do not need buildings insurance. We insure the structure of your home (including walls, floors, ceilings, roofs, fitted kitchens and built-in cupboards) against everything from earthquakes to vandalism.

What's On Across The Island

Strafford Street Friendship Club

40 Strafford Street, E14 8LT
Mondays, Wednesdays, Thursdays
and Fridays Friendship Club
Lunch and activities for Island
pensioners Phone 020 7987 4561 or
email islandfriends1@hotmail.com for
more information

Virginia Quays

27-35 Sexton Court,
Newport Avenue, E14 2DU

Mondays, 4.30-7.30pm
Youth Club for 8-16 year-olds,

Sport, art, cooking and more
Tuesdays, 10am-1pm

Thursdays, 10am-1pm
Women's Group

Fridays, 12-2pm
Jummah prayers for men

St John's Community Centre

Glengall Grove, E14 3NE
Mondays, 2-4pm
Over 50s dance classes

Second Monday of the month, 7pm
St John's Leaseholders meeting

Third Monday of the month, 7pm
St John's TRA meeting

Tuesdays, 8.45am-3.15pm
Over 50s activities

Tuesdays, 4.45-6.45pm
Dance class for 4-8 year-olds (ballet
and modern)

Wednesdays, 10.30am-12.30pm
Bengali Women and Children Group

Thursdays, 9am-4pm
Baby Group

Saturdays, 10am-12pm

TRA football training Professional
coaching for boys aged 8-18

Barkantine Hall Community Centre

12 The Quarterdeck, E14 8SJ

Thursdays, 6-9pm
Craft Club Share and try new skills,
like knitting, drawing or card making

Phoenix Heights Community Centre

140a Byng Street, E14 9AR

Wednesdays, 4.30-7.30pm
Youth Club Sport, art, cooking and
more for 8-16 year-olds



Samuda (Club 55)

Samuda Estate Bengali Association
55 Stewart Street, E14 3JH

Mondays, 7-8.30pm
Samuda Estate Bengali Association
Men's Group

Tuesdays, 9.30-10.30am Women's
exercise classes – Community
Driving Change Term time only.
£1 donation

Wednesdays, 9.30-10.30am
Women's netball with Netball England
coach – Community Driving Change
Term time only. £1 donation

Thursdays, 10am-12pm
Samuda Bengali Women's Group
Arabic classes

Thursdays, 6-7.30pm
Martial arts

Saturdays, 10.30am-12pm
Martial arts

Communities Driving Change

The way we eat, exercise, relax and
socialise can all affect the way we
feel. That's why Tower Hamlets
Council has been working with
residents at Samuda to identify local
health and wellbeing issues and
design a new range of activities that
address them.

Whether you want to get fitter, eat
better, make friends or try a new
hobby, there'll be something on at the
Samuda Community Centre to help.

On Tuesday mornings (9.30-
10.30am), there's a new term-
time exercise class for women
(£1 donation), while Wednesday
mornings are a chance to play
netball. The women's sessions are
led by a Netball England coach.

From late February, older people
will be able to come along to coffee
mornings, weight management and
arts and crafts sessions.

And from April, we'll be inviting
residents with breathing problems
to start 'Singing for your life'. The
free sessions, run by the local GP
network, are designed to improve
breathing in a fun-filled atmosphere.

Contact Us



Telephone: 0300 123 9966

email: on ask@onehousing.co.uk

Website: onehousing.co.uk

Our local offices:

12 The Quarterdeck
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London E14 3PQ

Translation

This document is also available in other languages, larger print and audio
format on request. For more information please call our Customer Contact
Centre on 0300 123 9966

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talagalay dadka aragga ka laxaadka la'ama iyadoo maqal ah iyadoo la soo wacayo 0300 123 9966.

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