

Residents' Bulletin



Keeping Hanover residents informed during the Coronavirus crisis

Looking forward - staying safe

On Thursday 18 June, First Minister Nicola Sturgeon announced new measures that would see Scotland enter phase two of the coronavirus lockdown exit strategy. Perhaps the biggest change is that anyone who has been shielding can now leave their property to exercise outdoors, on the proviso that physical distancing is maintained.

Non-contact sports have also been approved and non-shielding people can also meet outside with two other households (up to 8 people), again, providing that physical distancing has been acknowledged. Face masks/coverings must still be worn on all public transport and non-essential travel is not permitted.

While this new easing of measures is welcome, Hanover's approach still remains very cautious. The safety and wellbeing of both our residents and our staff remains our highest priority and we are continuously considering our policy and position in relation to lockdown measures. However, we are conscious that many of our residents remain vulnerable to coronavirus.

We will not be opening communal areas or guest rooms on developments in the near future. We are planning with a view to opening them in late autumn but, as always, this remains dependent on whether the pandemic has been successfully brought under control.

We appreciate that you are keen to be able to use these spaces and we hope that you understand the need for caution.

We are hugely grateful to the vast majority of our residents who have shown remarkable patience and forbearance during these difficult months. Sticking to the rules has not been easy but everyone who has done so has contributed to keeping themselves and their friends, family and neighbours safe.

Our staff are working diligently behind the scenes to maintain the delivery of services and we are working hard on strategies to get our workforce back onto developments and into offices in a safe and managed way. However, we can confirm that our north and west area offices will remain closed to the public until early 2021

We are continually introducing new, safer ways of working. One example of this is in relation to the occasions on which we pay money to residents. Instead of posting out cheques, we will be depositing money directly into the bank accounts of residents. We will send out letters and guidance when this occurs. We remain keen to work closely with residents, and we encourage you to get in touch with any concerns you may have about paying your rent or service charges.

We are also now working with our contractors and slowly re-allocating our void properties. Please be reassured that this process is being carried out in a careful controlled way and in accordance with Government Guidance.

Please remember that you can reach us Monday to Friday, 9am – 5pm on 0800 111 4646 and via telecare at all other times.

A message from the Chief Executive

As some of you may already have heard, after 26 years with Hanover, I have announced that I will be retiring later this year.



I love my job and it is a privilege working in this sector. It has been a fantastic journey working with people who continually go above and beyond, individually and collectively. Hanover is well placed to go from strength to strength, seizing opportunities to provide more quality housing, creating more beautiful places for people to live and super places for people to work in. Much has changed over the last 26 years but the one thing that has remained is the dedication of our staff and their drive to do the best for our residents.

I have so many lovely stories to tell about the work of Hanover, but honestly these stories belong to you, our residents and to our staff. They capture rich passionate accounts of what naturally happens in the flow of Hanover, in the flow of everyday life.

There is still work to do, we will continue to navigate Covid-19, together. Work has begun on the search for a new chief executive to lead Hanover but I look forward to enjoying these last few months with you.

Helen Murdoch

Snippets

We have **extended the deadline of our childrens' picture competition to Friday 10 July.**

The competition is open to children aged 16 or under and we have split the judging into age groups of 0-6, 7-11 and 12-16 and areas, East, West and North. Prizes will be given to all age groups/area winners and we will also present a grand prize to the overall winner of the competition.

To enter, just send an image of the artwork to communications@hanover.scot with the subject line 'Children's Drawing Competition'. You can also post your entry to Communications, Hanover (Scotland) Housing Association Ltd, 95 McDonald Road, Edinburgh, EH7 4NS.

If you experience difficulties in making payment for your **rent**, it is imperative that you contact our housing staff on 0800 111 4646 to discuss your options. We have also put financial information, advice and resources on our website at **www.hanover.scot/coronavirus/**

A free helpline has also been set up by NHS Inform for those who do not have symptoms of coronavirus but are looking for general health advice - **0800 028 2816**.

Hanover Blether is YOUR Facebook page, so why not come on over and join us for a Blether - go to <https://www.facebook.com/groups/HanoverBlether/> and join the group!

With the restrictions imposed by lockdown, Hanover staff have had to find new ways to work and to continue delivering services to residents. Some staff have found their jobs changing quite dramatically. Jacob usually runs our conference centre at head office. With the centre closed, he has redeployed his skills to manage the Hanover Buddies phonecall scheme as well as become a Buddy himself.



News and Information

During the Coronavirus crisis, it's best to do as much as you can to stay active indoors. This is especially important if you're an older person who may be more vulnerable to the illness. If you have limited mobility, or aren't as fit as you used to be, it can be hard to know what sorts of exercises are safe to try at home. It's important to stay as active as possible though, even in these challenging times.

Before you start any exercise programme it is recommended you talk to your doctor. Here are some ideas for remaining active indoors.

Regular standing

If you sit down a lot during the day, try to get up once an hour. If that's not possible, moving your arms and legs for a few minutes will help.



Standing without help

Work towards pushing up from sitting in a chair to a standing position without using a walker or leaning on someone else. Sit on a chair without arm rests. Lean forward. Put your weight on your feet while leaning forward. Stand up by straightening your knees. Sit down again.

Repeat this as many times as you feel able. Try to do this exercise 3 to 5 times a day.

Gentle stretches

Try some gentle stretches in bed or a chair every day to keep supple.

While sitting or lying, bring your toes towards your shin (Fig. a) and then point them toward the floor (Fig. b). Repeat for both feet.

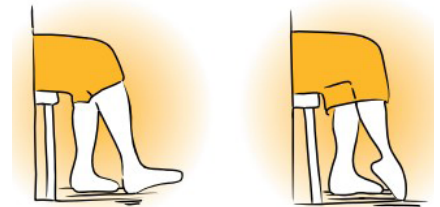
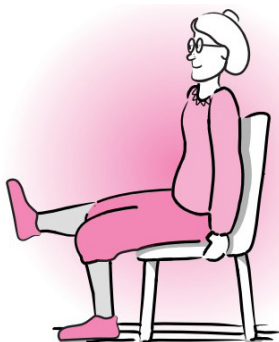


Fig. a

Fig. b



Sitting on a chair, lift your leg up off the seat, keeping your knee bent. Return to starting position and repeat.

Sitting on a chair, pull your toes up, tighten your thigh muscle and straighten your knee. Hold for about 5 seconds, if you can, and then slowly relax your leg. Repeat for both legs.

Sitting on a stool, let your back drop and get rounded, then use your back muscles to straighten your back and arch it (but not too much!).

Walking between rooms

Walk from one room to another and back if you're steady on your feet, and time how long it takes. Try to beat your time each day.

Around the Houses



Hanover resident **William Hodgson** and his wife have been using the lockdown to practice their hobbies.

Since the end of March, **Mrs & Mrs Hodgson**, who reside at **Hanover Court, Causewayhead**, have been helping to raise spirits at the development by painting, crocheting and completing jigsaws.

Some of the paintings have been displayed at the development and the crocheting has allowed Mrs Hodgson to knit for friends and family.



David Hood, a resident at **South Lodge Court** in **Ayr** has recently had a book published about his life and career as a professional artist, called 'My Life in Four Chapters'.

Mr Hood's remarkable life includes many personal and professional achievements, including his work as an artist and an illustrious career with the RAF.

Mr Hood was recently able to celebrate his 90th birthday with a socially distant party with his 21 grandchildren and 19 great-grandchildren.

Just for fun - Sudoku

Staying at home during lockdown can be boring, so we thought we would add a Sudoku puzzle to this bulletin.

There are no prizes, it is just for fun and we will publish the solution in the next issue.

The answers to the crossword in the previous edition are as follows:
 ACROSS 5 Mel Brooks, 8 Faro, 9 Umbrella, 10 Strife, 11 Taster, 13 Jigsaw, 15 McEwan, 16 Ignatius
 18 Lily, 19 Lambrusco
 DOWN 1 Aerobics, 2 Obtuse, 3 Korbut, 4 Skye, 7 Illegally, 12 Sherlock, 14 Whitby, 15 Mosque, 17 & 6 Alan Partridge

		4	1	7	8			
		8					3	1
9	1			3		4		6
8					7	1		2
2		6			4			
7			3	2	9		4	8
		9	6					4
	8				1			
	6	5	4		3	8		