



HAIL

Housing Association for Integrated Living

HAPPENINGS

We hope that you enjoy this Spring / Summer 2016 edition of HAIL Happenings. In this information packed newsletter, we bring you up to date on what is happening in our organisation, upcoming events and all the usual features, including mental health supports, Recipe Box and Reader's Own. If you would like to contribute to the next edition of HAIL Happenings, contact Karolyn on (01) 883 2179 / Email: karolyn@hail.ie

Karolyn Ward, Editor

New Year Prize Draw Winner



Congratulations to Eugene Memery, winner of the HAIL 2015 New Year Prize Draw.

All tenants with a clear rent account at the end of December were automatically entered into the draw, with the winner being selected randomly from the HAIL rents database.

Eugene was presented with the €50 gift voucher by HAIL Housing Officer Suzanne Hynes.

Well done Eugene!

Peer Social Events Update

HAIL are continuing to support and develop Peer Support throughout the organisation. As part of this, we have been arranging regular social events in which clients and tenants have been enjoying a range of different activities. This year, HAIL have started holding monthly meetings open to all clients and tenants interested in becoming involved in the organisation of these social events. These meetings have been well-attended so far, and have made for interesting discussion. They are relaxed, informal meetings, in which tea and biscuits are served (how could you have a meeting without tea and biscuits?!). Staff are present but the discussion and ideas are really coming from the clients and tenants themselves. So far, we have arranged a 'Calendar of Social Events' up until July. We are really keen to hear from as many of you as possible and hopefully lots of you will get involved. These are your meetings, and your events. If there's something you'd like to see come to fruition, now is your chance to get involved!

If you are unable to attend the meetings but would like to get involved in the social events, please contact a member of HAIL staff who will keep you informed of upcoming events.

Monthly Cinema Club

One of the ideas that came from the Social Events Meetings, was to start up a monthly cinema club in which tenants and clients could meet up on a regular basis and go to see a movie together. could meet one another to go to a film together. These cinema meetups would be standalone events outside of the main monthly social event. A sub-committee consisting of staff and HAIL tenants has been formed to arrange these meetups. We're hoping to have these take place on a twice monthly basis. Our first outing has been arranged for Wednesday the 14th of April.

If you're interested in going, please text staff member Ronan O'Dulaine on 087 1380 022. Ronan will then text you with details of where and what time the meetup will be happening.

The film that we go to will be chosen by whoever is attending on the day!!

MONTHLY CALENDAR OF SOCIAL EVENTS

April	Leprechaun Museum / Pitch and Putt
May	Zoo
June	Karaoke
July	Sports Day
August	Fishing

Green Ribbon 2016



As you know, the month of May is Green Ribbon month. Throughout May, individuals, communities, businesses and organisations host events to encourage conversation about mental health. This will be our fourth year taking part in the campaign and we are very excited!

Each tenant will receive a Green Ribbon in the post which we ask you to wear throughout the month of May to get people talking openly about mental health and challenge the stigma of mental health problems. If you are not a tenant of HAIL, or if you wish to receive additional ribbons for family members / friends, contact a member of staff for your free ribbon.

You don't need to be an expert to start the conversation about mental health. Sometimes the most helpful thing you can do is to let someone know that you are there for them and simply listen.

Here are some tips for starting the conversation;

- **Talk, but listen too; simply being there will mean a lot**
- **Take your lead from the person; as a first step, ask them how best you can help.**
- **Avoid clichés; phrases like 'cheer up', 'I'm sure it'll pass' and 'pull yourself together' certainly won't help. Being open-minded, non-judgemental and listening will.**
- **Keep in touch; there are lots of small ways of showing support. Send a text or just ask someone how they are doing.**
- **Don't just talk about mental health; just be yourself, chat about everyday things as well.**

Keep an eye out for updates on HAIL Green Ribbon events taking place during the month of May!



Brid Dunne, HAIL tenant at last years HAIL Green Ribbon event in the Axis Theatre, Ballymun.



HAIL have joined Twitter and we invite you to come follow us for updates on housing and mental health @HAILHousing



HAIL Annual General Meeting 2016

The Board and staff of HAIL would like to invite you to attend the HAIL Annual General Meeting 2016.

This years meeting will take place on **Monday 13th June 2016, at 6pm** in the **Westbury Hotel**, off Grafton Street, Dublin 2.

All are welcome to attend and light refreshments will be served afterwards.



Housing Association for Integrated Living

Shamrock Chambers,
59-61 Dame Street,
Dublin 2.

Tel: 01 671 8444
Fax: 01 671 9591
Email: info@hail.ie
www.hail.ie

HAIL is a registered trade name of Housing Association for Integrated Living, a company limited by guarantee and not having a share capital. Registered in Ireland No. 109465, CHY No. 6796, Registered Office: Dame Street, Dublin 2.

Housing Management

Residential Tenancies (Amendment) Act 2015

The Residential Tenancies (Amendment) Act was published in July 2012 and signed into law by the President in December 2015. This Act amends the 2004 Residential Tenancies Act and brings tenancies within the non-profit housing sector under the remit of the Residential Tenancies Board for the first time.

The Private Residential Tenancies Board was initially formed for the private rented sector in 2004 to provide a system of obligatory tenancy registration as well as dispute resolution for tenants or landlords in the private rented sector.

The move to bring all tenancies in the non-profit housing sector under the remit of the Residential Tenancies Board (as it will be known from 3rd April 2016) is part of a wider move by the Department of the Environment, Community and Local Government (DECLG) around the regulation of the sector and the alignment of rights for public and private sector tenants. The government announced the intention to include Local Authority tenancies under the remit of the RTB in the future, although there is no timescale for this as yet.

How will this affect HAIL tenants?

Each HAIL tenancy will be registered by staff with the Residential Tenancy Board. In the coming 12 months HAIL tenants will be asked to sign a new tenancy agreement.

All tenants will be provided with a new Tenant Handbook which will have some changes as laid out in the Residential Tenancies (Amendment) Act 2015.

All changes to tenancies and tenants handbook will be explained in detail before tenants are asked to sign them.

Further information can be obtained from www.prtb.ie

HAIL housing staff will be in touch with all tenants in due course.

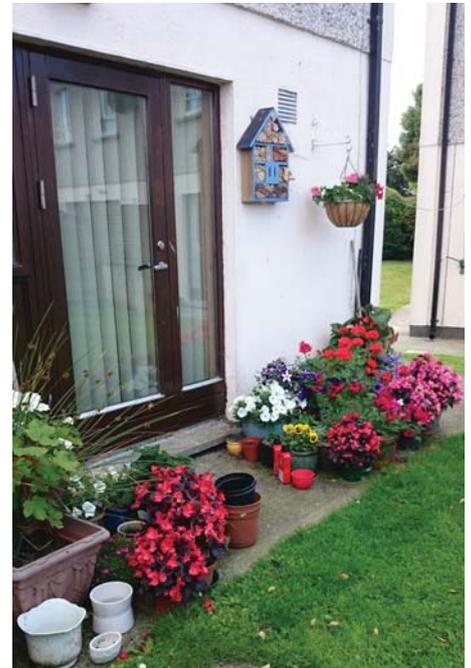


Maintenance

If you are a tenant of HAIL, enclosed with this newsletter, you will find a flyer reminding you of the new maintenance reporting process and your housing officers contact details.

You will also receive a magnet displaying the HAIL emergency maintenance contact details. We would encourage you to display it in an easy to reach place where you can find it should a maintenance emergency arise.

HAIL Gardening Competition 2016



The winning garden from last year's competition, Joyce Scully, Edenmore

Following on from the success of the HAIL Gardening Competition over the past two years, HAIL are delighted to announce that our competition will be taking place again this year.

There are two categories;

1. Gardens

2. Balconies / Patio Areas

- There will be a first, second and third prize within each category.
- The prizes will be a generous gift voucher for a garden centre in the winners' local area.
- The judging will be based on colour, design, use of space and maintenance (lack of weeds etc.).
- Judging will take place in July 2016.

To enter the competition please call Marcela in the Dame Street Office on (01) 671 8444.

The closing date for expression of interest is Friday 24th June 2016.

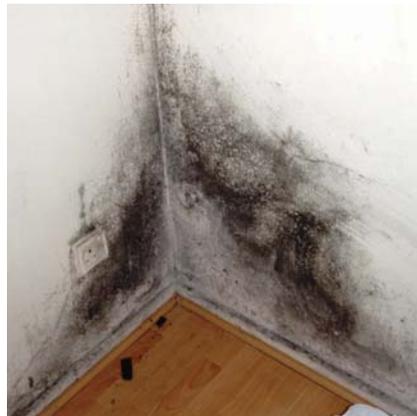


Tips on How to Manage Condensation in your Home

Do your windows look like this?



Are your window surrounds or, walls or ceilings going mouldy like those in the pictures?



What is condensation?

- Condensation occurs when 'moist' air hits a cold surface such as walls, windows, mirrors & tiles

What does condensation look like?

- It appears as wet patches on walls, ceilings and around windows which in turn leads to mould growth. The spore that cause mould growth is everywhere but only grows where there is poor ventilation.
- It is not dangerous to health nor will it destroy the surface it is on.

What causes condensation?

- Drying clothes inside; lack of ventilation when bathing or cooking; lack of ventilation in bedrooms, inadequate heating

How do I prevent condensation?

Ventilation is essential

- When cooking or bathing keep the extract fan running and windows open
- Keep lids on pots when cooking

- When sleeping, keep a vent open. **DO NOT BLOCK UP VENTS**
- Wipe condensation off windows and surfaces with a towel every morning
- Do not use bottled gas heaters as they give off water vapour
- Heat your home
- Open windows as far as security precautions allow
- Do not dry clothes on radiators

How do I get rid of mould & prevent it coming back?

- Wipe mould off immediately with water using a sponge or cloth
- Apply a mould removal product available from DIY stores. (Read instructions carefully before using it & use rubber gloves)
- **DO NOT** use washing up liquid
- **DO NOT** paint over mould. It must be properly cleaned first and then special paint used to prevent mould recurring.

Recipe Box



Easy Oven Frittata!

Ingredients

- ½ Tsp Olive oil
- 85g pasta – Fusilli or Macaroni
- 1 leek or
1 bunch of scallions chopped
- 85g frozen or canned sweetcorn
- 85g frozen peas
- 1 red pepper, deseeded and chopped
- 2 large eggs
- 150ml semi-skimmed milk
- 1 tbsp. fresh thyme leaves
- 50g extra mature cheddar
- 2 tbsp. finely grated parmesan

Method

1. Heat oven to 190C/fan 170C/gas 5. Grease a 1.2 litre baking dish with the olive oil.
2. Cook the pasta in salted boiling water in a large pan for 8 mins. Add all the vegetables and cook for another 2-3 mins until the pasta is tender and the vegetables slightly softened. Drain, then tip into the baking dish and mix well.
3. Beat together the eggs and milk in a jug and add the thyme. Mix the two cheeses together and add most of it to the egg mixture, then season. Pour into the baking dish, stir gently, and then scatter the rest of the cheese on top. Bake for 35-40 mins until set and golden. Cool for a few mins, and then serve with a green salad.



On the morning of Friday 26th February participants from HAIL embarked on the 1916 Rebellion Tour, which was a great success. The walking tour consisted of a 2 hour narrated historical tour starting at the International Bar off Wicklow street leading through to significant locations, such as Trinity College, the G.P.O, Moore street and finishing up at Dublin Castle.

The tour guide was very informative and the route provided a backdrop to the historic events of 1916. This tour proved to be a really enjoyable and memorable experience for all involved. The good weather was much appreciated by all.

Thanks to all attendees.



Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental ill health, through the promotion and provision of high quality services.

Shine offer a wide range of mental health support services including;

- Email support service phil@shineonline.ie
- Counselling
- Educational courses
- Resource centres
- Groups
- Family Support Initiatives
- Information helpline 1890 621 631

Visit www.shineonline.ie for further information

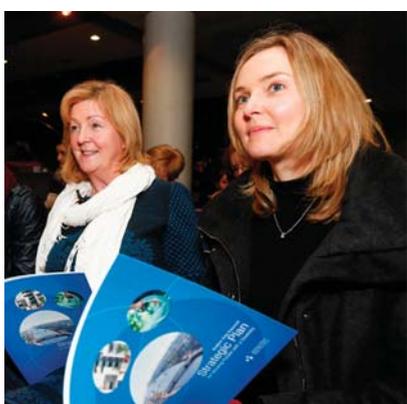
Reminder: Annual Rent Review Form

Please remember, if you have received an Annual Rent Review Form, to return it to HAIL in the stamped addressed envelope provided by **Friday 29th April 2016.**

Strategic Plan for Housing People with a Disability



Dublin City Council's Strategic Plan for Housing People with a Disability was launched at event on Monday, 25th January, 2016. HAIL attended the event and one HAIL tenant spoke very eloquently about her experiences of being housed by HAIL and the supports offered to her. The City Council, the HSE, disability-specific housing associations, including HAIL and disability service providers, have developed the plan with each group contributing to a specific role in the process. The strategy is part of a wider national agenda designed to enable those with disabilities to take part in mainstream society.



HAIL Support Worker Anne Mulligan (left) and Project Leader, Paula McNulty (right) from the HAIL Slán Abhaile Project.



Patricia Cleary, CEO, HAIL with Cormac O'Donnell, Project Manager, DCC Strategy for Housing People with a Disability.

The plan outlines the pathways that the Council will take in order to house people with disabilities. The plan also describes the personal supports required for the disabled person to live independently. Some relate to medical needs, but most are social support requirements. The routes to affordable and suitable homes for people with disabilities includes renting a home from the Council (social housing tenancy), subsidised rental housing in the private sector and adapting the owners home to meet their needs (Housing Adaptation Grants). The Plan recommends that more attention be paid to design issues to take account of the specific needs of those with disabilities when houses are being built or renovated. It also recommends involving the prospective tenant in the design process where possible.

HAIL welcomes the introduction of the Strategic Plan and look forward to being involved in its implementation.

Reader's Own

Coming of Spring by Patrick Clifford



Winter has passed and the cold is giving way.
 Looking forward to a brighter longer day.
 Nature comes alive as it starts to bloom.
 I get a lift with the sun shining through my room.
 Everybody anticipates the coming of spring.
 Animals stop hibernating and the birds start to sing.
 People are happier with their faces a glow.
 As the magic of spring is in full flow.
 Now that spring is here it's like a dream.
 Peace you find from the sound of a running stream.
 Spring is a spiritual time it's just some facts.
 If you are feeling low a walk in nature helps you relax.
 So never forget the power and wonder of spring
 With that warmth and loving feeling it can bring.