

Winter Recipe

Chicken soup Trinidad Style

Ingredients

- 2oz yellow split peas
- 12oz seasoned chicken
- Oil –1 tablespoon
- Brown sugar—2 teaspoons
- Ketchup—1 Tablespoon
- 2/3 green bananas peeled
- Three quarters of a pound of yellow yam (or Dasheen)
- Half a pound of sweet potato
- Half onion chopped
- Seasoning—salt and black pepper , Browning (few drops of this)
- 8oz tin of tomatoes
- Knob of butter
- Plain flour



Method

Take 2oz yellow split peas, wash and boil in plenty of water for 30 minutes. Using 12oz seasoned chicken. Heat 1 tablespoon of oil in a wok or deep skillet, with 2 teaspoons of sugar until the sugar goes caramel. Put chicken into pot and cook for 20 minutes. After 5 minutes add 1/2 pint of water. Let simmer checking water. Drain most of the liquid away into a jug and keep. Add 1 tablespoon of ketchup cover and continue to cook for 5/10 minutes. Take out of pot and save.

Take 2/3 green bananas and 3/4 lb of yellow yam and 1/2lb of sweet potato (peel and chopped into cubes about 1 inch). Put a tablespoon of oil in the pan on high heat and add 1/2 an onion peeled and chopped. Add vegetables, then drain split pea water into chicken water and save, add split peas to mixture in pot and stir. Cook for a minute or two then add 1 pt boiling water . Add the other liquid saved and salt and teaspoon of seasoning and half a small tin tomatoes. Bring to the boil and simmer.

Make some small dumplings with plain flour and water. Pull off small pieces and roll in the hand, then flatten into a shield like shape. Put these into the soup after 25 minutes. At the same time add pepper, a few drops of browning, check salt and also add a knob of butter. Cook for another twenty minutes or so, check vegetables are cooked.



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Newsletter



Winter 2015

ISSUE NO 19

Steve Biko Housing Association Young Persons Achievers Event



Left to right: Steve Biko HA Director Tracey Gore, Amique, Ngunan Adamu, Centre:- Tiber Young People, (back—Mr Ben Osu) Far right: Beverley Williams Steve Biko HA Community Regeneration Manager

On 30th October 2015 Steve Biko Housing were proud to recognise the achievements of a number of young people from Liverpool at our 3rd Annual Young Achievers Awards Event held at the Everyman Theatre Hope Street who provided a great venue and technical support. This year we worked in partnership with B3 Media as part of the L8 Unseen Project and organised a Question Time as part of the event. A big thank you goes to Mr Ben Osu, Host for the evening, panel members Miss Shannon Simon and Joseph Ramsden from Tiber and Moderator Miss Gunan Adamu Producer/Presenter for Upfront Show BBC Radio Merseyside who led a young audience in discussing current issues on race, young people voting, and Immigration. The evening included Caribbean Cuisine and live entertainment by singer Amique, and DJ LSG. A special recognition award was presented to the Tiber Group in recognition of their hard work and achievements in developing the Tiber Square and developments on Lodge Lane L8. Three young people were the happy winners of £150 worth of High Street Vouchers. We look forward to 2016 Awards.

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Steve Biko Housing Association Appoints new Chair and Board Members

At the September 2015 Board Meeting, and AGM Steve Biko Housing Association Board formally appointed Ms Michelle Cox as the new Chair of Steve Biko Housing Association along with newly appointed Board member Ms Yvonne Davies.

At our Annual General Meeting held in Crawford House Upper Warwick St L8, Tracey Gore the Director bid a fond thank you and farewell to the previous Chair Alison Navarro, Vice Chair Mr Femi Sowande, Secretary Mike Bernard, and Tom McGuire, all long standing Board Members. Tracey, expressed sincere gratitude on behalf of the staff and Tenants for the commitment, vision and hard work of all the members who were leaving this year and welcomed Michelle Cox and the new Board Members to the organisation.

The Annual General Meeting included video messages for the Chair and outgoing members from Mrs Biko in South Africa and from Obenewa Amponsah (Steve Biko Foundation CEO), and Tenants Rose McLaughlin and ex Board member Mr Rupert Austin, thanking them for their drive and commitment to ensuring the work and vision of the Board continued the ethos and legacies of Steve Bantu Biko in delivery of their work in improving the lives of people in diverse communities.

A short film of the SA-UK Arts in Activism project which had taken place over the summer with two groups of young people was screened to the audience along with a live performance delivered by KOF a key Music Director involved in the project. Food was provided by Beverley Thompson (Scheme Manager and lunch club volunteers).



Left Alison Navarro exiting Chair and right new chair Michelle Cox



Director Tracey Gore with Femi Sowande, Alison Navarro and Tom McGuire



KOF providing live entertainment

TRAINING OPPORTUNITIES FOR TENANTS 2016

Steve Biko Housing 'Tenant Inspectors'

Are you interested in learning skills you can use on your CV to job seeking?

Or just interested in assessing the standard of properties before they are Let to new Tenants? You will need to attend both training sessions which will be taking place on the following dates and times:

Wednesday 10th February 2016 11am to 2.30pm

Friday 12th February 2016 11am to 2.30pm

Training Venue: Hector Peterson Court, Danube St L8

After the training we ask you to sign up and agree to carry out 3 inspections with the staff during 2016. We do offer rewards for involvement, Travel and Lunch and help with childcare.

We are members of TPAS—Tenant Participatory Advisory Service

You can attend one of their Regional meetings being delivered in the North West on 9th March 2015. These meetings enable you to meet other tenants in your region. Please let us know if you would like to attend.

TPAS provide lots of training to help tenants understand their landlord and be more involved. See their website at www.tpas.org.uk

2016 Coffee Mornings Open to All Tenants

at Hector Peterson Court Danube Street,
Liverpool 8 off Smithdown Road L8



Tenants Topics

Friday 29th January – 10.30am - 12pm

Friday 19th February – 10.30am – 12pm

Friday 18th March – 10.30am – 12pm

Refreshments Provided



Key Messages for the over 65s

- Protect yourself against flu by getting the jab. Ask your GP or pharmacist for details.
- It is important to keep warm in winter both inside and outdoors. Heat your home to at least 18° C or 65F° keep your bedroom windows closed on cold nights, keep active when you are indoors, wear several layers of light clothes.
- Check your heating, cooker is working properly
- Make sure you are receiving all the help to heat your home that you are entitled to.
- If you start to feel unwell, even if it just a cough or cold, don't wait until it gets worse, seek immediate advice and help from your pharmacist. The sooner you get advice the better, pharmacists are here to help you stay well this winter. If you can't get to the pharmacy yourself, ask if someone can take you
- Make sure you get your prescription medicines before Christmas Eve
- If you've been prescribed antibiotics or any other medication, make sure you take them as directed
- If you do need help over the holiday period when your GP surgery or pharmacy is closed call NHS 111 or visit www.nhs.uk who can direct you to a local service that is open

THE STAY WELL THIS WINTER CAMPAIGN CAN HELP YOU ALSO visit their website at www.nhs.uk/staywell for more information.

GENERAL TENANTS MEETINGS FOR 2016

3RD FEBRUARY 4.30pm at Hector Peterson Court, Danube St L8

6TH APRIL 5.30pm

**Tenant Improvement Group meetings at Steve Biko Housing Office
3 Yanwath Street, Liverpool L8 OXP**

20th January 12.30pm to 2.30pm

17th February 12.30pm to 2.30pm

16th March 12.30pm to 2.30pm

Lunch is provided—please ring Beverley Williams 0151 734 4933 to let her know you are attending

Travel provided for those requiring support to attend.

Steve Biko Housing and Pine Court Housing Joint Elders Lunch Event

On Saturday 7th November 2015, Merseyside's only two BME (Black, Minority & Ethnic) Housing Associations Steve Biko Housing Association and Pine Court Housing Association joined forces to organise their second joint lunch event in Liverpool; treating their older residents to a selection of cultural cuisine, health advice and information, fun and entertainment.

The event took place at Pine Court's Chung Hok House in the Liverpool Anglican Cathedral precinct. Steve Biko Housing Association and Pine Court Housing saw this as a perfect opportunity for their residents to mix with other elders from the city. The event was also attended by Councillor Gerard Woodhouse, who introduced his role as Mayoral lead for older people in Liverpool.



Cllr Gerard Woodhouse said: "I am thrilled and proud to support the coming together of different cultures in an act of friendship and community for the community lunch event at Chung Hok House. We work to promote equality and diversity for all residents in Liverpool and to provide services that respond to the diverse range of customer needs and aspirations. This is a great example of that partnership working."

Various health activities were available: mini pampering sessions, free raffle prizes draw and including free fresh fruit and vegetable packs as part of a healthy eating initiative. A range of Caribbean and Arabic food was prepared by the Afro Caribbean and Friends Lunch club volunteers from Hector Peterson Court and volunteers from the Chinese Wellbeing Team who are dedicated to physical, mental and social wellbeing, independent living and community support who prepared food at Chung Hok House kitchen. This was served to the Elders, staff and volunteers on the day.

SHELTERED SCHEMES



Our Sheltered Schemes offer independent living in flats; one of our schemes has a warden on site. They are based in Liverpool 8 and Liverpool 17 areas, close to shops, bus stops and local amenities. All schemes have full disabled access and Communal garden areas. If you or someone you know are over 55 and looking for a new home please collect and complete an application from our office at

3 Yanwath Street, L8. Our waiting lists are currently open for all schemes.

Warmer Winter Tips

If your heating is not working, ask yourself:

Is the electricity supply on?

Is the timer set properly?

Is the thermostat turned up high enough?

If your system is still not working, contact the repairs service on 015 726 2222, in the mean time you can;

- ◆ Close all internal doors to reduce heat loss and movement of warm air around your home
- ◆ Draw your curtains or blinds
- ◆ Wear extra clothing
- ◆ Have plenty of hot meals and drinks
- ◆ Be a good neighbour and check on the elderly and vulnerable

If you have no hot water:

1. Check to see if the heating system is still working
2. Contact the repairs service on 0151 726 2222

If you have a burst pipe:

1. Turn off water at the stop tap (usually in the kitchen or bathroom).
2. Turn all cold taps on to drain the system
3. If water is going into or near electrical equipment, turn the electricity off at the consumer unit (Fuse Box)
4. Put a bucket under the leak, wrap a cloth around the pipe, and fasten with tape
5. Contact our repairs service 0151 726 2222

Warmer Winter Tips Continued...

If your electricity goes off:

1. Check your Fuse box
2. If any switches have tripped to the 'off' position, put them back to 'on'.
3. If the switch will not reset, you may have a faulty appliance or wiring to check. Contact repairs service for advice 0151 726 2222
5. While the supply is off, switch off any electric fires or heaters, and avoid opening freezer doors.
6. If all house and external street lights are off call your electricity supplier to report this.
7. If smoke or sparks are coming from sockets or switches, turn off the electricity at the fuse box and report it to the repairs service.

Other Handy Household tips

- ◆ Check the batteries on smoke alarms regularly
- ◆ Know where your stop tap is and test it
- ◆ Keep a torch handy
- ◆ Keep your mobile phone charged if you have one
- ◆ Listen or watch the news to hear about the weather and any warnings
- ◆ Keep the heat in your home this winter by hanging heavier lined curtains and closing them of an evening
- ◆ Adjust your heating thermostat to ensure you have constant circulation of heat

Reporting repairs early helps to prevent a problem getting worse!