

## Bangla Chairman says Goodbye after 19 years of service



Above: Bangla Board members with Faruk Miah with the bag of presents in his hand. From left –Ifeoma Muoma, Moosa Bhamjee, Bashir Uddin (Director), Faruk Miah, Kabir Hussain, Ruth George, Cllr Saleem Siddiqui, Zillur Rahman and M A Nazim Rahman, the new Chairman of Bangla.

Faruk Miah, one of the founder members of Bangla Housing Association and Chairman of the Bangla Board of Management for last 9 years retired from the Board on 4 October 2010.

Faruk Miah has been a Bangla Board member since the Association was first established in July 1991.

On 18 October 2010, Bangla staff and Board members joined to pay tribute to Faruk Miah for all the hard work he has done for the Association over the last 19 years. The new Bangla Chairman, MA Nazim Rahman, read out from the framed tribute before handing it to Faruk Miah.

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*Season's Greetings and happy New Year to all our tenants and customers*

**Welcome to our new residents at Dickson House, Drummond Way, Islington.**

Bangla took over management of 4 new flats from Guinness Trust at their new development at Dickson House, Drummond Way, Islington on 1<sup>st</sup> November.

Residents have moved into their new homes from 8<sup>th</sup> November.

We wish our new residents all the best for the future.

### Christmas and New Year Holidays & Office Closure

Our office will be closed on Friday 24<sup>th</sup> December 2010 at 1.00pm and re-open on Tuesday 4<sup>th</sup> January 2011 at 9.00am.

See leaflet inside for details of who to contact in case of any emergency repairs when our office is closed

If the repair can wait until we are open then please do not contact our emergency contractors but ring our office when we are open to report the repair on Telephone 020 8985 1124

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## Your Rent Statements for period 4<sup>th</sup> October to 5<sup>th</sup> December 2010

Your rent statements for the above period are sent with this newsletter. Please check them and if you have any query then contact our office. If you are behind with your rent payments and if you do not make an agreement with us to clear the debt or if you do not keep to any agreements made to pay off your arrears then you could risk losing your home

If you have any problem with paying your rent then please contact Fatima Begum at our office

If you are claiming Housing Benefit then it is your responsibility to ensure that the Housing Benefit Office has your up to date information and to chase them if there is a delay in assessing your Benefits

## Priority Debt

Some bills and debts are more important than others because of what could happen if you don't pay. For example:

- If you don't pay your rent you could lose your home.
- If you don't pay your gas or electricity bills your service could be cut off.
- If you don't pay your Council Tax you could be sent to prison.

### Non Priority debts

- Credit cards
- Store cards
- Personal debts to friends and family

## Tenants' Focus group

The women tenants' focus group met on 30th November. They discussed the possibility of Bangla acquiring the empty premises over Bangla office. This will enable Bangla to expand its tenants and community engagement activities

The next meeting will be held 26<sup>th</sup> January 2011 at 11.00am at Bangla Office. We are looking for more tenants to join this Group. If you can join or need more information then please contact Fatima Begum at our office or email: [Fatima@banglaha.org.uk](mailto:Fatima@banglaha.org.uk)

We are also organising men focus group meetings. If you are interested to join and wish to attend these meetings please contact Bashir Uddin at our Office or email: [bashir@banglaha.org.uk](mailto:bashir@banglaha.org.uk)

## Paying your rent

You can pay your rent in the following ways;

- 1) Using a **rent card** – you can pay your rent at any post office or any shops displaying PayPoint signs. If you need a rent card please ring our office on Tel 020 8985 1124
- 2) By bank **Standing Order** – contact our office for a form
- 3) By **Cheques** or **postal orders** made payable to 'Bangla Housing Association' and send to our office
- 4) Paid Directly into **our Barclays Bank Account**: -  
A/C No. 60899089  
Sort Code: 20.46.57

Don't forget to mention your address with the payment.

## Useful contact numbers

	Hackney	Islington	Waltham Forest
Service Centre	020 8356 3000	020 7527 1900	020 8496 3000
Housing and Council Tax Benefit	020 8356 3399	020 7527 4990	As above
Council Tax Queries	020 8356 3154	020 7527 2633	As above
Domestic Violence Unit	0800 056 0905	0808 2000 247	0208 558 6228
Noise reporting	020 8356 4455	020 7527 3258	0208 496 3000
Racial Harassment Unit	0800 056 0905	0207 230 2229	0208 496 3000
Victim Support	0800 056 0905 0208 356 4457	020 7272 0784	0208 503 6226
Rubbish Collection/Recycling	020 8356 6688	020 7527 2000	0208 496 3000
Bulky Waste/Street Cleaning	020 8356 6688 up to 5 items	020 7527 4900	0208 496 3000
Age Concern	0800 917 9830	020 7281 6018	0208 558 5512
Citizens Advice Bureau	0870 126 4013	0870 751 0925	0870 1264026
Mediation Service	020 8356 4794	020 7383 0733	0208 496 3000
Domestic Violence Advice	020 7683 1210	020 7683 1210	0208 2000 247
Parking Enquiries	0208 357 8877	020 7527 2000	0208 496 3000
Police	020 7739 1212	020 7704 1212	020 8520 3211
<b>Gas Leaks</b>	(TRANSCO) 0800 111 999	(TRANSCO) 0800 111 999	(TRANSCO) 0800 111 999
<b>Sewerage</b>	(Thames Water) 0845 920 0800	(Thames Water) 0845 920 0800	(Thames Water) 0845 920 0800

## Who is the mystery Rent Payer?

Someone paid £20 on 12 October at Barclays Crouch End Branch without giving their name and address. We need to know who it is so that we can credit the correct rent account.

## Reporting Repairs

If you need to report any repairs please contact Bangla office on 020 8985 1124. Please **do not** contact your main Landlords to report any repairs.

You may be recharged for any repairs carried out by your main Landlords because you reported it to them directly instead of reporting it to us in the first instance.

## Bangla Chairman says Goodbye after 19 years of service

Continued from page1

Here are some of the words of tribute which were read out by MA Nazim Rahman on behalf of Bangla staff and Board members;

'You were the last and the longest serving founder member of Bangla Housing Association.

'You worked passionately for the good of Bangla and its customers.

'You have been an inspiration to Board colleagues due to your conviction to achieve and make life better for the community

'In short, for us, you have been an inspirational leader and a devoted community champion.

'We wish you and your family all the best for the future and hope that you will keep in touch.

In reply Faruk Miah thanked the Board and staff for their kind words.

He said, 'I am pleased to say that currently Bangla has a skillful and committed management Board and staff team.

I would like new leadership to take the Association to the next phase of its Development and I will keep an interest in Bangla's progress.

I wish Bangla greater success in the future' Faruk Miah said.

## Healthy Eating and living

Follow the 8 tips given below;

1. Base your meals on starchy foods - About 1/3<sup>rd</sup> of the food we eat should contain food such as bread, cereals, rice, pasta or potatoes.

2. Eat lots of fruit and veg - Try to eat at least 5 portions of a variety of fruit and veg every day.

3. Eat more fish - Aim for at least two portions of fish a week, especially oily fish like Salmon, mackerel, trout, herring etc.

4. Cut down on saturated fat and sugar - eat less of red meat like beef and mutton. Eat chicken without the skin. Less of hard cheese, butter and lard, pastry, cakes and biscuits etc.

5. Try to eat less salt - no more than 6g a day - Eating too much salt can raise your blood pressure which can lead to heart disease and stroke

6. Get active and try to be a healthy weight - Physical activity including walking is a good way of using up extra calories, and helps control Our weight.

7. Drink plenty of water - We should be drinking about 6 to 8 glasses (2 litres) of water, or other fluids, every day to stop us getting dehydrated.

8. Don't skip breakfast - Breakfast can help give us the energy we need to face the day, as well as some of the vitamins and minerals we need for good health



## এই নিউজ লেটারে যেসব খবর রয়েছে।

১৯ বছর পরে বাংলার চেয়ারম্যানের বিদায়

আমাদের সকল টেনেন্টদের প্রতি রইল নতুন বছরের সুভেচছা

ইজলিংটন এলাকায় ডিকসন হাউসের আমাদের নতুন টেনেন্টদের স্বাগতম

## কৃসমাস ও নিউ ইয়ারের ছুটি

আমাদের অফিস আগামী শুক্রবার ২৪শে ডিসেম্বর ২০১০ ইং দুপুর ১.০০টার সময় বন্ধ হবে আর আগামী মঙ্গলবার ৪টা জানুয়ারী ২০১১ ইং সকাল ৯.০০টার সময় খোলা হবে।

আমাদের অফিস বন্ধ থাকাকালীন সময়ে কোন জরুরী মেরামত কাজের জন্য যোগাযোগ করতে হলে এই নিউজ লেটারের সঙ্গে পাঠানো পৃথক কাগজে এর বিবরণ দেখুন। জরুরী অবস্থা ছাড়া এবং শুধুমাত্র ঐ ছুটির বন্ধ সময় ছাড়া আমাদের এমার্জেন্সী ঠিকাদারদের কাছে ফোন করবেন না। সাধারণ মেরামতের কাজের জন্য আমাদের অফিস খোলা হলে আমাদের অফিসে যোগাযোগ করুন।

আপনার গত তিন মাসের রেন্ট স্টেটমেন্ট ও আপনার রেন্ট কি ভাবে পরিশোধ করতে পারেন বিভিন্ন প্রকারের ঋণ পরিশোধ করতে কোনটিকে প্রাধান্য দিতে হবে

টেনেন্টস ফকাস গ্রুপ

প্রয়োজনীয় যোগাযোগ করার টেলিফোন নম্বর

মেরামতের কাজের জন্য রিপোর্ট করা

সাস্থ্য সমর্ন্তত খাবার ও জীবন যাপন

শিশু কিশোরদের পাতা

## Number Puzzles Answer

(See children's page)

Number Puzzle answer: 5

## Can we help?

If you need a copy of this document in your language or if you have difficulty in seeing this text then please tick the appropriate reply below and send completed form to our office. We will do our best to assist you

I need a copy in \_\_\_\_\_ (name of language) or in tape in English or in Large Print

Name \_\_\_\_\_

Address \_\_\_\_\_ Tel \_\_\_\_\_

# childrens page

## Well done again to Saqib

For the second time running, Mohammad Saqib Ullah is the winner of the word puzzle competition published in our October 2010 newsletter. Saqib lives in Vine Close, Hackney and he has won £10 book vouchers.

See below for another word puzzle in this issue.

## Word puzzle – Win £10 book voucher!

	H	I	S
W	A	Y	T
	K	O	L

How many different words can you make using the letters given in the grid above? Each word must contain the letter "W". You cannot use the same letter twice in one word.

Send your answers to our office at the address given below

The entry with the most correct words will win £10 book vouchers.

## Bangla's 20<sup>th</sup> Anniversary

Next year in July 2011 Bangla will be celebrating its 20<sup>th</sup> Anniversary. To celebrate this special occasion we are looking for ideas and suggestions from everyone including our young readers of the Bangla News.

If you can suggest anything which we like we will send you a complementary gift as an acknowledgement. Please write, email, telephone or visit our office with your suggestions. See our contact details on this page.

## Five -A-Side Football Competitions

This year's five a side football competition was held on 26 October in which 4 teams took part. Due to roof leak at the sports hall we had to stop the games on grounds of health and safety. This competition is being re-run.

**Date:** 23 December 2010

**Time:** 3.00pm -5.00pm

**Venue:** King's Hall Leisure Centre, 39 Lower Clapton Road, Hackney, London E5 0NU



**Above:** some of the participants from last year's 5 a side football competition.

To register your team for this exciting competition contact Bashir Uddin on 020 8985 1124 by Monday 20<sup>th</sup> December 2010.

Entry is free. Cup and medals will be presented to the winners.

Drinks and refreshments will be available to all participants

## Take part!

Do you know of any puzzles, jokes, stories or do you have any pictures that you don't mind sharing with our young readers? Why not send or bring them into our office and we will print them in the **Bangla News**. We will send you a complementary gift for taking part.

## Number Puzzle:

What is the missing number in the grid below?

1	6	7
9	0	?
4	8	2

Answer on page 3

## Contact us

Bangla Housing Association Ltd. 243 Lower Clapton Road, London E5 8EG. Tel: 020 8985 1124. Fax: 020 8533 5973

Web: [www.banglaha.org.uk](http://www.banglaha.org.uk) Email: [info@banglaha.org.uk](mailto:info@banglaha.org.uk)

### Office opening hours:

Monday to Friday 9.00am to 5.00pm. You are welcome to visit our office anytime during office hours, ring us on the telephone number given above or log on our website to report a repair, make an appointment or for any further information.

### Out of office hours:

For an emergency repair out of office hours ring our office number given above and follow instructions given in the answer machine.