

BANGLA POST

ISSUE 35 – SUMMER 2022

Quarterly newspaper for Bangla
Housing Association Residents

EDITOR'S COMMENTS	2
MY TENANCY	2
PAYING YOUR RENT	2
FIRE SAFETY	4
GAS SAFETY CHECKS	4
USEFUL CONTACT NUMBERS	6
RESIDENTS MEETING	6
CHILDREN'S PAGE	7

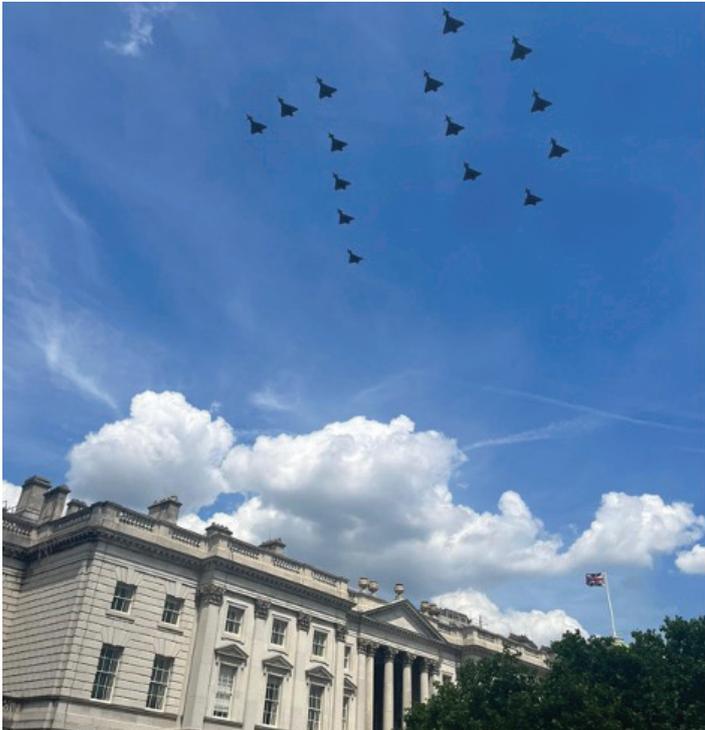
Bangla
Housing Association

The Nation and the world celebrated the Queen's Platinum Jubilee

Four-day national celebrations 2-5 June 2022



Her Majesty the Queen watching the flypast from her Buckingham Place balcony on 2.06.2022 (credit BBC1)



flypast over Buckingham Palace marking the Queen's 70 years on the throne. The Queen is the first British Monarch to celebrate the Platinum Jubilee. More pictures on the children's page.

BANGLA OFFICE OPENING HOURS

Due to the Covid-19 pandemic, Bangla staff are still working from home and occasionally going in the office. Our office will remain closed until further notice.

During normal office hours, you can contact us on any of the two following mobile numbers.

07983 467 036 or **07519 715 039**

You may also text us or send WhatsApp message on these numbers with your issues and we will ring you back as soon as possible. By email:

Shah Uddin: shah@banglaha.org.uk (for repairs)

Fatima Begum: fatima@banglaha.org.uk (for rent)

Leena Khan: leena@banglaha.org.uk
(for any other tenancy matters)

During out of office hours: Contact Benz
Constructions Ltd on **07895 114 008**
Or Email: repairs@benzconstructionsLtd.com

HELP WITH RISING COST OF LIVING

SEE PAGE 3 FOR DETAILS

COVID-19 UPDATE

SEE PAGE 3 FOR DETAILS

BANGLA TENANT BOARD MEMBER ELECTION

SEE PAGE 4 FOR DETAILS

**NOMINATIONS INVITED FOR ABRUS ALI BANGLA HA
BEST TENANT AWARD 2022** SEE PAGE 4 FOR DETAILS

ARE YOU AT RISK OF TYPE 2 DIABETES?

SEE PAGE 5 FOR DETAILS

EDITOR'S COMMENT



Welcome to the Summer edition of the Bangla Post.

We hope you enjoyed the Queen's Platinum Jubilee celebrations during the extended Bank holiday weekend 2nd to 5th June. See pictures in the front page and in the children's page of this newsletter.

We are not fully out of the Covid-19 pandemic yet. People are still falling ill with Covid-19 and are being hospitalised. It is still important for everyone to adhere to the Covid-19 health advice. See page 3

The current rising cost of living, rising fuel bills and the rising petrol prices are having a serious impact on household budgets. There are some help available to get you through this crisis. See page 3.

We hope you will find this newsletter informative and interesting. As always, we welcome your comments. Please drop me an email: bashir@banglaha.org.uk or ring us on 020 8985 1124 to let us know what you think about this newsletter.

As people are now able to go out and meet their friends and relatives after two years of restrictions due to Covid-19, we hope you will enjoy going out this summer's glorious hot and sunny weather.

But please still take care and follow the current Covid-19 health advice from the government and the NHS.

We hope you have a healthy, fun filled summer. Enjoy!

MY TENANCY

You can access your rent account and other tenancy information by logging onto **My Tenancy** on the Bangla Housing Association's website. If you have not already registered for this service, please follow the instructions given below. You will need your email address (please make sure you update this with us).

1. <https://banglaha.mytenancy.co.uk>
2. Click on Sign Up
3. Enter Email Address
4. Enter Password
5. Landlord – Bangla HA
6. Enter tenant ref from Pyramid

If you would like to have your rent statement sent to you or if you have any problem with paying your rent, then please contact Fatima Begum on **07519 715 039** or email: **fatima@banglaha.org.uk**

PAYING YOUR RENT



To avoid accruing rent arrears we urge you to continue to pay your rent. If you are facing financial difficulties, please contact Fatima Begum on 07519 715 039 or email: fatima@banglaha.org.uk

You can pay your rent in the following ways

- Using a rent card – you can pay your rent at any post office or any shops displaying Pay Point signs. If you need a rent card, please ring 07519 715 039
- By bank Standing Order – See our Bank details given below
- Internet Banking: Paid directly into our Barclays Bank Account: -
Bangla Housing Association Ltd
A/C No. 60899089
Sort Code: 20.46.57

Give first line of your address as reference (Flat/ house no. and name of your block /Street).

RISING COST OF LIVING CRISIS

Get a free SHINE assessment and access a range of services with one call: ·

Energy and bills advice – advice on energy saving, billing and metering, heating systems and controls ·

Electricity discounts – register for £140 off winter electricity bills with certain suppliers

Water discount – half price or capped water bills for eligible customers ·

Energy Doctor home visits – review energy bills, check heating controls and fit energy efficiency measures such as low energy light bulbs, draught proofing, reflective radiator panels and water saving devices

Energy debt support – support with payment plans and methods, supplier mediation and grant applications to clear arrears

Bill comparisons – help to compare all the gas and electric deals on the market to find out if you could save money with another supplier or tariff

Extra Care Services – if you have additional needs, you can get support in power cuts, accessible utility bills, supplier password systems etc.

Income Maximisation – benefit checks and budgeting advice

Fire safety check – a visit from London Fire Brigade to check fire alarms and help prevent accidents

Air pollution alerts – helping those with respiratory issues plan days out

London Taxicard – subsidised taxi journeys for people with limited mobility or visual impairments. More services are available.

All services are subject to eligibility and many subject to local provision.

SHINE is delivered by Contact:
Tel.: 0300 555 0195 or 0207 527 2001
Email: contact@shine-london.org.uk
Web: www.shine-london.org.uk

For more information on benefits and support:
log onto: www.gov.uk

HELP WITH THE RISING COST OF LIVING EXPENSES

All households on benefits will receive £326 by the end of July 2022 in their bank accounts with a second payment of £324 in the autumn (£650 in total) from the government. To be eligible for the first instalment, people must have started claiming benefits by 25 May 2022.

All homes regardless of their income will get £400 towards their energy bills this autumn, along with a £150 council tax rebate.

There will also be a separate £300 payment for pensioners, and a £150 payment for disabled people, both of which will be paid on top of the £650 cost-of-living payment.

COVID-19 UPDATE

In London Covid 19 infection rates are still high. Everyone is being reminded to follow the 4 steps for Covid wellbeing to ensure we protect ourselves, those around us and to stop the spread of the virus:

Get vaccinated to protect yourself and others

Ventilate your space by letting fresh air in when meeting indoors.

Wear a face covering especially in crowded spaces.

Stay home if you're feeling unwell or test positive for COVID-19.

Wash your hands regularly for at least 20 seconds.

People who are fully vaccinated and have received all the three jabs including the booster jab are less likely to get seriously ill than those who have not been vaccinated if they are infected by Covid 19. So, the advice is to get the first, second and the booster jabs to be fully vaccinated. For children under 16 years get advice from your GP or the NHS before getting their vaccinations. For people over 75 years old and with any immunosuppressant illness can now receive the Spring booster jab for more protection against Covid-19

For further information and to book your vaccination appointment log on to NHS website: www.nhs.uk

BANGLA TENANT BOARD MEMBER - ELECTION

Every year in July the tenant Board member has to stand down, but they may seek re-election by all Bangla tenants. Your current representative and the Tenant Board member is Shahnaz Begum.

Shahnaz is seeking re-election and is looking to serve in the Bangla Board for another year for as long as Bangla tenants would support her.

However, you may nominate yourself or another Bangla tenant for this position. To do so and for any further information please contact Bashir Uddin on 07519 715 039 or Email: bashir@banglaha.org.uk. The closing date for nominations is 31 July 2021.

If there are no other nominations, then Shahnaz Begum will be re-elected as the tenant representative for another year up to July 2022. However, if there are other nominations then there will be a ballot to decide the tenant representative on the Bangla Board for one year up to July 2023.

ABRUS ALI BANGLA HA BEST TENANT AWARD

Continued from page1.

Abrus Ali was a tenant of Bangla HA who served on the Bangla Board for 17 years and a strong supporter and advocate for Bangla HA. He passed away in May 2021. In his memory and to commemorate his strong ties with Bangla Housing the Board of Bangla HA has agreed to set up an annual award for Best Bangla tenant (s) for each year starting from 2021.

The award will comprise of a certificate and a gift hamper presented by the chairman of Bangla HA at the Bangla Annual General Meeting held in September of each year. The Best tenant will be selected by a panel comprised of two Board members and the Bangla Chief Executive. Any Bangla tenant and staff can nominate a Bangla tenant for this prestigious annual award named Abrus Ali Bangla Best Tenants Award.

You can send in your nominations to Bangla HA by email to: bashir@banglaha.org.uk or by a letter sent to Bangla office and addressed to Bashir Uddin by 31 August 2021. You must mention the name and address of your nominee and in no more than 200 words state why they deserve this award. You must also ask your nominee for their permission before you send their nominations

FIRE SAFETY



To minimise any risk of fire at your home or in your building please follow these simple rules:

- Do not leave any items in the communal areas.
- Do not smoke in the internal communal areas.
- Do not use a barbecue anywhere inside the building or in the balcony.
- Do not use faulty electrical items.
- Do not leave the kitchen unattended when cooking.
- Be careful when using lit candles.
- Make sure your smoke alarms are working.
- If you are concerned about fire safety at your home, please contact Bangla on 07519 715 039.

GAS SAFETY CHECKS



Landlords are required to carry out gas safety checks annually. When we contact you to give access for these inspections, please keep the appointment and help us to keep your home safe.

If you have any query about gas safety inspections at your home, please contact Shah Uddin on 07983 467 036 or email: shah@banglaha.org.uk

Please note: If you smell gas contact Transco immediately on 0800 111 999

ARE YOU AT RISK OF TYPE 2 DIABETES?



These are the risk factors:

Age: If you are white and over 40 years. If you are African-Caribbean, Black African or South Asian and over 25 years.

Ethnicity: African-Caribbean, Black African or South Asian

Weight: Carrying extra weight around your middle

Blood Pressure: If you've ever had high blood pressure.

Family History: 2-6x more chance of developing it if parents, sibling, or child has diabetes.

Identify your risk and self-refer now by using the Diabetes UK risk tool visit:
www.preventing-diabetes.co.uk/know-your-risk

If you're found to be at risk, the Healthier You NHS Diabetes Prevention Programme will help you:

Taking Charge - Understand ways to feel more in control of your health now and for the future

Eating Well - Support you to eat nourishing foods and achieve a healthy weight

Moving More - Understand how physical activity is crucially beneficial to prevent type 2 diabetes and will support you to become more physically active

For more information on the programme visit www.preventing-diabetes.co.uk

You can also find more useful information on the Diabetes UK website: www.diabetes.org.uk

Congratulations to Gulcin Ozdemir



We are pleased to report that Gulcin, a Bangla HA resident and a former Bangla Tenant Board Member, has been elected an Islington councillor in the May 2022 council elections. Congratulations and our Best Wishes to Gulcin.

RUBBISH AND BULKY WASTE

Do not dump rubbish around your estate.

Dumping large items of rubbish at your estate is illegal and is a health and safety risk. Tenants must take responsibility for arranging their own collection. If you see someone dumping a large item, please call us on 07983 467 036 or 07519 715 039 so that we can take action. If we arrange a collection, then we will recharge the costs to the perpetrator if we know who they are.

Bulky Waste Collections

Councils usually provide this service for a small charge. For Hackney residents on HB the council will provide this service free of charge. For bulky items, such as fridges, cookers and furniture please contact your Council on the following numbers:

Hackney: 020 8356 6688

Islington: 020 7527 2000

Waltham Forest: 020 8496 3000.



Save water, reduce your water bills, and help fight climate change.

It's easy. Follow the top tips by logging on to:
<https://watersworthsavings.org.uk/>

KEEPING COMMUNAL AREAS CLEAR

Please do not leave items in communal areas, such as stairwells and corridors, as these pose a risk in the event of a fire. We recently wrote to all residents to explain that we would be using contractors to remove any unclaimed items from communal areas, including bicycles and prams. Any items removed will be disposed immediately and Bangla cannot be held responsible for them.

RESIDENTS MEETINGS



Our next Tenants Focus Group meeting will be held virtually via Zoom on Wednesday 27 July 2022 at 6.00pm -7.00pm.

The following items will be discussed.

- My Tenancy – How Bangla tenants will be able to access their rent accounts and other information – Feedback/review
- Bangla office staff current working arrangement and how we can further improve our services to our residents.
- Consulting on Bangla policy/reviews

All Bangla tenants are welcome to join this meeting. For the link to join this meeting and for any further information about these meetings please contact Leena Khan on 07519 715 039 or Email: leena@banglaha.org.uk

COVID-19 TEST KITS FOR FREE

Anyone can come to our office and collect a free set of LFT Test kits. Before you come, please ring on 07983 467 036 or 07519 715 039 to reserve your Test kits. As the supply of these Test kits are limited, they are given on a first come first served basis.

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 up to 5 items	020 8356 6688	020 7527 4900	0208 496 3000
Parking Enquiries	0208 357 8877	020 7527 2000	0208 496 3000
Police	020 7739 1212	020 7704 1212	020 8520 3211
Gas Leaks	(TRANSCO) 0800 111 999	(TRANSCO) 0800 111 999	(TRANSCO) 0800 111 999
Sewerage	(Thames Water) 0845 920 0800	(Thames Water) 0845 920 0800	(Thames Water) 0845 920 0800

THE QUEEN'S PLATINUM JUBILEE

The Queen and members of the Royal Family at the Buckingham Place Balcony watched by thousands of people gathered at the front of the Place and watched by millions of people throughout the world on the TV on 02.06.22. From 2-5 June 2022 the nation and the world celebrated the Queen's 70 years as the British Monarch.



Queen Elizabeth II was crowned Queen on 2nd June 1953 at the Westminster Abbey which was watched live on TV by over 20 million people all over the world.



Fly-past over Buckingham Place 02.06.22



Bangla Residents children celebrating the Queen's Platinum Jubilee at home on 02.06.22

SHARE YOUR PLATINUM JUBILEE PICTURES

Did you, your family and friends take part in the Queen's Platinum Jubilee Street parties? Do you have any pictures or stories about the Platinum Jubilee that you would like to share with our young readers? Why not send them to us via WhatsApp on 07983 467 036 and with your permission we will print them in our next issue of the Bangla Post.

SUMMER WORD SEARCH

Can you find the following 12 words in the grid below?

- HOLIDAY
- SEASIDE
- FLOWERS
- SUNSHINE
- PICNIC
- TREES
- FRUITS
- FUNFAIR
- MUSIC
- WATER
- BIRDS
- ICE CREAM

S	W	T	G	J	K	O	Z	F	I
E	N	I	H	S	N	U	S	R	C
A	P	I	C	N	I	C	Y	U	E
S	H	P	A	Q	L	W	T	I	R
I	H	O	L	I	D	A	Y	T	E
D	M	S	E	E	R	T	R	S	A
E	P	E	H	F	B	E	D	K	M
U	F	L	O	W	E	R	S	D	X
F	U	N	F	A	I	R	U	C	M
K	H	I	V	B	C	I	S	U	M

SOME FACTS ABOUT QUEEN ELIZABETH II

1. The Queen Elizabeth II is the first British Monarch to celebrate the Platinum Jubilee after having been on the throne for 70 years (1952 -2022). She was only 25-year-old when she became the Queen following the death of her father, King George VI on 6 February 1952. The Queen was crowned on 2nd June 1953.
2. Queen Elizabeth II is the only person allowed to drive without a driving license and travel without a passport
3. Queen Elizabeth II has been served by 14 British Prime Ministers including Winston Churchill.

DIRECTION TO BANGLA OFFICE



Our office is at 100
Morning Lane,
London E9 6LH

(see map above)

It is about 5 minutes' walk
from Hackney Central
Station and Mare Street.

It is about 5 minutes' walk
from Hackney Central
Station and Mare Street.

Bus routes along Mare Street:

38, 48, 55, 106, 254,
277 and D6

Bus routes along Morning Lane:

30, 236, 276 and W15

CONTACT US

Please note: Due to the Covid-19 pandemic, our office will remain closed until further notice. But you can contact us on the following numbers and email.

Mobile: 07519 715 039

Mobile: 07983 467 036

Web:
www.banglaha.org.uk

Email:
info@banglaha.org.uk

এই নিউজলেটারে যেসব খবর রয়েছে।

রাণীর প্ল্যাটিনাম জয়ন্তী উদযাপন।
বাংলা হাউজিং এর সেবা।
জীবনযাত্রার ক্রমবর্ধমান খরচে সহায়তা
সম্পাদকের মন্তব্য।
বাংলা অফিস খোলার সময়। সাধারণ
অফিস চলাকালীন সময়ে নিম্নলিখিত
নম্বরে আমাদের সাথে যোগাযোগ
করুন ০৭৯৮৩ ৪৬৭ ০৩৬ অথবা
০৭৫১৯ ৭১৫ ০৩৯
কোভিড-১৯ আপডেট।
বাংলা হাউজিং এর ভাড়াটে বোর্ড
সদস্য নির্বাচন।
আরুস আলী বাংলা হাউজিং এর শ্রেষ্ঠ
ভাড়াটে পুরস্কার ২০২২ এর জন্য
মনোনয়ন আহ্বান।

‘মাই টেন্যান্সি’: আপনি এখন
আপনার ইমেল এবং পাসওয়ার্ড
ব্যবহার করে আপনার রেন্ট
স্টেটমেন্ট অ্যাক্সেস করতে পারবেন।
বিস্তারিত জানার জন্য আমাদের
অফিসে যোগাযোগ করুন।
গ্যাস নিরাপত্তা চেক। বাসিন্দাদের
সভা। দরকারী যোগাযোগের নম্বর।
বাচ্চাদের পৃষ্ঠা।
এই নিউজলেটার পড়তে বা
বোঝতে অসুবিধা হলে ০৭৯৮৩ ৪৬৭
০৩৬ অথবা ০৭৫১৯ ৭১৫ ০৩৯নং এ
ফোন করে আমাদের জানান।

CAN WE HELP?

You can ask for this
document in large print,
on audio tape or in
another language.
Please contact us on
020 8985 1124.

আপনি এই ডকুমেন্টটি বড় হরফে,
অডিও টেপে বা অন্য যে কোন ভাষায়
অনুরোধ করতে পারেন। দয়া করে
আমাদের সাথে যোগাযোগ করুন
০২০ ৮৯৮৫ ১১২৪ নম্বরে।

Haddaad u bahan tahay warqad
far waa weyn ama CD afkaaga
ah fadlan nagala soo hadal
numbarkaa 020 8985 1124

Bu belgeyi büyük baskı, ses bandı
veya başka bir dil olarak
isteyebilirsiniz. 020 8985 1124
'ü arayarak bize ulaşın.