

BANGLA POST

ISSUE 46 – SPRING 2025

Quarterly newspaper for Bangla
Housing Association Residents

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HEALTH MELA

On February 18th, BHA hosted a health and wellbeing event aimed at raising winter health awareness within the Bangladeshi community. Participants were offered free flu vaccinations, as well as blood pressure and diabetes checks. Various stalls provided valuable information and advice on cancer screening, quitting smoking, healthy eating, and exercise. Additionally, there was guidance on maintaining health and wellbeing during the fasting month of Ramadan.

EID MUBARAK!

Our Muslim community celebrated Eid-ul-Fitr on March 31st, marking the end of the fasting month of Ramadan, which lasted from March 1st to March 30th. We extend our belated Eid Mubarak wishes to everyone!

SAVE MONEY AND ENJOY GROWING YOUR OWN NUTRITIOUS VEGETABLES THIS SUMMER!

SEE PAGE 6 FOR MORE DETAILS.



COST OF LIVING SUPPORT

THERE ARE A LOT OF HELP AND SUPPORT AVAILABLE FOR PEOPLE AFFECTED BY THE RISING COSTS OF ENERGY, BILLS, FOOD, AND OTHER ESSENTIALS. SEE PAGE 3

OUR SERVICES

Our telephone lines are available between 10.00am-4.00pm Monday to Friday. 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.

To contact us by email:

Khadijah Ali:

csa@banglaha.org.uk (repairs)

Fatima Begum:

fatima@banglaha.org.uk (rent)

Leena Khan:

leena@banglaha.org.uk (other tenancy matters)

During out of office hours:

Contact Benz Constructions Ltd on **0203 576 2669**

Or Email: repairs@benzconstructionsLtd.com

HAPPY EASTER!

We wish everyone a peaceful and enjoyable Easter holiday.

Please note that our office will be closed on **Friday, April 18th**, and **Monday, April 21st, 2025**. During these days, for emergency repairs only, please contact Benz Constructions Ltd at **0203 576 2669** or email repairs@benzconstructionsLtd.com

For all non-emergency repairs, please report them to us when our staff return to work on **Tuesday, April 22nd, 2025**, by calling **07983 467 036** or **07519 715 039**

MENTAL HEALTH & WELLBEING SUPPORT HEALTHY START FOOD VOUCHERS AND FREE VITAMINS

SEE PAGE 4

EDITOR'S COMMENT



Welcome to the Spring edition of the Bangla Post, our 46th issue.

We continue to face the rising cost of living, with everyday essentials and energy bills increasing. Low-income households are particularly affected, but there is support available for those most impacted. **See page 3** for more information.

We are always eager to engage with our residents and hear your views on how we are providing services. For more details, please read the article on 'Working Together with Our Residents' on **page 4**.

We hope you find this newsletter both informative and interesting.

As always, we welcome your feedback. Please email me at **bashir@banglaha.org.uk** or call us at **07983 467 036** or **07519 715 039** to share your thoughts on this newsletter.

Enjoy the longer daylight hours and the warm, sunny spring weather. Belated Eid Mubarak to our Muslim residents and Happy Easter to everyone celebrating.

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 Unity Trust Bank Account: -

Bangla Housing Association Ltd
Unity Trust Bank – Rent Account
Sort Code: 60-83-01
Account No: 20494421

Please use your property code or first line of your address as reference.

COST OF LIVING SUPPORT



Hackney

Help for households is a fund to help people with the rising costs of energy, bills, food, and other essentials. The government provides more information about eligibility and other support measures on its website. <https://helpforhouseholds.campaign.gov.uk>

Support guide for Hackney residents

Hackney Council has worked with a range of partners to develop a comprehensive guide outlining the help and support available to residents during the cost-of-living crisis.

This guide gives information on financial support for:

- everyone
- households on low incomes
- disabled residents
- pensioners
- council tenants and leaseholders
- businesses

To access this guide, log onto below Hackney website: www.hackney.gov.uk/hackney-money-help

Other agencies

For free and impartial advice and support log onto the following websites:

StepChange – www.stepchange.org

Entitledto – www.entitledto.co.uk (benefits calculator)

Turn2us – www.turn2us.org.uk

Citizen's advice bureau: www.citizensadvice.org.uk

ISLINGTON

If you live in Islington and If you're worried about money, we can give you friendly advice on benefits, help with your bills and give other advice on ways to make your money go further in these difficult times.

Call us on **020 7527 8222**

Email: heretohelp@islington.gov.uk

Visit our website:

www.islington.gov.uk/benefits-and-support/cost-of-living-support



For the residents of Waltham Forest

Your crisis, our action: cost of living support: Struggling with the cost of living? We're taking action, together.

If you need advice or support to pay your bills, heat your home, get quality food that's right for you and your family, or access the right type of benefits, there is a range of support available to you. We're focusing on these four areas to make sure you get the support you need:

Tel on **020 8496 3000** or visit:

www.walthamforest.gov.uk/benefits-and-money-advice/your-crisis-our-action

BANGLA TENANTS WELFARE FUND

If you are struggling with cost-of-living crisis and need further advice and one-off financial assistance, please contact Fatima Begum on **07519 715 039** or email: fatima@banglaha.org.uk

WORKING TOGETHER WITH RESIDENTS

At Bangla HA, we are committed to involving our residents in shaping and delivering our services. We aim to ensure that our residents can see and feel that we are successfully meeting the following seven objectives:

- 1) **Safety** – Ensuring your homes are safe and secure.
- 2) **Performance** – Keeping you informed about how Bangla HA is performing in terms of repairs, complaints, health and safety issues, and financial management.
- 3) **Complaints** – Handling complaints promptly and fairly.
- 4) **Respect** – Treating you with dignity and respect.
- 5) **Engagement** – Providing opportunities for you to voice your opinions and concerns.
- 6) **Quality Homes and Neighbourhoods** – Maintaining your home in good repair.
- 7) **Home Ownership** – Supporting you in taking your first step towards home ownership, offering a pathway to other opportunities if your circumstances allow.

Our Commitments:

We strive to serve our tenants to the best of our ability, believing that all our tenants deserve excellent service. If you are unhappy with any aspect of our services, we want to hear from you. Please contact Leena Khan at 07519 715 039 or email leena@banglaha.org.uk. You can also request a copy of our complaints policy. Residents Meetings:

Our next Bangla Residents Forum meeting will be held virtually via Zoom on Wednesday, 28 May 2025, from 6:00 PM to 7:00 PM. The following items will be discussed:

- **My Tenancy** – Tenants can access their rent accounts and other information using a unique ID and password via the Bangla HA website.
- **Engaging with Our Residents** – Continuously improving our services through resident feedback.

All Bangla tenants are welcome to join this meeting. For the link to join the meeting and for any further information, please contact **Leena Khan** at **07519 715 039** or email leena@banglaha.org.uk.

EID HEALTH MELA IN TOWER HAMLETS

BHA in partnership with Dorset Community Centre supported by the NHSE London is hosting an Eid Health Mela for the community on **10 April from 11.00am -1.00pm** at Sundial Community Centre, 11 Shipton Street, London E2 7RU. All welcome!



Digital mental health and wellbeing support for Londoners | Good Thinking

www.good-thinking.uk

Hackney Residents could apply for Health Start vouchers!

People who are more than 10 weeks pregnant or have a child under four, can get help from the NHS to buy healthy food and milk. You can check your eligibility and apply by visiting: bit.ly/healthy-start-hackney or calling **0300 330 7010**

Free Vitamins!

Free vitamins for pregnant people and new mothers: www.hackney.gov.uk/healthy-start

Rose vouchers enable pregnant people and those with children under four to obtain fresh fruit and vegetables from local shops and markets. Contact alexandrarose.org.uk; or call **01252 726 171**.

BOWEL CANCER WORKSHOPS

BHA is hosting two workshops to raise awareness about Bowel Cancer Screening in the Community supported by the NHS Bowel Cancer Screening programme. There will be two separate sessions.

Workshop for **women only** will be held on Thursday 8 May 2025 at 11.00am – 12.00pm at BHA office.

Workshop for **men only** will be held on Thursday 15 May 2025 at 11.00am – 12.00pm at BHA office

All participants will receive £10 shopping vouchers as a 'thank you' gift.

To join these workshops and for further information please contact **Leena Khan** on **07519 715 039** or email: leena@banglaha.org.uk

DIABETES WORKSHOPS

BHA in partnership with LBHP and V4CE delivering two workshops for the community in Tower Hamlets on 14 April and in Newham on **30 April 2025**. Supported by NHS NEL ICB. For further information contact **Leena Khan** on **07519 715 039**.

FIRE SAFETY



While Bangla HA is responsible for ensuring your buildings are safe and meet all fire regulations, as residents, there are also many precautions you can follow to help minimise the risk of fire.

Do not leave any items in communal areas: They could prevent you or your neighbours from evacuating the property safely in an emergency. Leaving prams, pushchairs, bicycles, shoe racks etc. can cause trip hazards.

Do not smoke in the internal communal areas: If you do wish to smoke indoors – never smoke in bed, and don't smoke in an armchair, or on a sofa. Take extra care when you are tired, taking prescription drugs or have been drinking alcohol.

Do not use a barbecue anywhere inside the building or in the balcony: Some of our leases say you are not allowed to have barbecues. If this is the case for your property, please respect these rules. If you are using barbecue in the garden, keep it away from sheds, fences, garden furniture, trees or shrubs.

Fire caused by electrical items: Electrical fires are common, but many can be easily avoided. Scorch marks, flickering lights, hot plugs and sockets, fuses that blow or circuit-breakers that trip for no obvious reason could all be signs of loose or dangerous wiring. If you have any doubts, get them checked by a qualified electrician. Keep to one plug per socket, rather than using extension leads and adapters.

In the event of a power cut: call 105, a free line which will put you through to your local electricity network provider who can give help and advice.

When charging devices: Always use the charger that came with your device, as counterfeit chargers can be deadly and often fail to meet UK safety regulations. Do not leave items plugged in once they are fully charged.

Faulty electrical goods: If you have a concern about a product, stop using it and make your concern known to the retailer, manufacturer, and local Trading Standards office. You can check whether an appliance has been recalled by visiting www.electricalsafetyfirst.org.uk/product-recalls

DAMP CONDENSATION AND MOULD

Report damp or mould as soon as you notice it to Bangla Housing on mobile numbers. **07983 467 036** or **07519 715 039**

To help minimise condensation:

Open windows regularly, especially in kitchens, bathrooms, and bedrooms, to allow moisture to escape.

Use extractor fans (if provided) while cooking, showering, or drying clothes indoors to reduce moisture buildup.

Keep vents clear: Ensure air bricks, ventilation holes, and fans are not blocked by furniture or clutter. Proper airflow is essential for keeping the air dry.

Manage Condensation:

Avoid drying clothes indoors without sufficient ventilation. Use drying racks near open windows or in a room with a dehumidifier, or dry clothes outside when possible.

Use a dehumidifier in rooms where condensation is a problem, especially during colder months when the air tends to be more humid.

Close internal doors when cooking or showering to contain moisture to certain rooms, then ventilate these areas thoroughly afterward.

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 Ahad Tajud at **07983 467 036** or email ahad@banglaha.org.uk

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



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**

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

ENJOY GARDENING AND GROW YOUR OWN VEGETABLES THIS SUMMER!



Growing your own vegetables is not only rewarding and healthy but also a great way to save money. While it's wise to grow what you enjoy eating, it's best to choose crops that require minimal maintenance and are quick to harvest. Ideal choices include courgettes, beans, beetroot, tomatoes, rocket, radish, and potatoes.

You can cultivate these vegetables in pots or directly in your garden. Opt for a sheltered, sunny spot for most vegetables. However, some exceptions like salad leaves and certain herbs can bolt (run to seed) in full sun and thrive better in partial shade. Prepare the soil by removing weeds and adding well-rotted compost or manure, then rake it level.

If space is limited, you can grow salad crops in window boxes, pots, or growing bags. Avoid overcrowding plants and thin them out if necessary—always follow the spacing guidelines on the seed packet. To deter slugs and snails, use physical barriers such as copper tape. For vulnerable plants like salad leaves and courgettes, start them indoors and transplant them outside when they are strong enough to withstand pests. Use wildlife-friendly slug pellets (made with iron phosphate) as a last resort.

In hot weather, water regularly to keep the soil moist.

When your crops are ready to harvest, take pictures and send them to us via WhatsApp at 07983 467 036 or 07519 715 039. We will feature some of the best photos in our newsletter. If you prefer to remain anonymous, that's perfectly fine—we won't mention your name or address.

Good luck and enjoy your vegetables!

WORD COUNTS! (SEE CHILDREN'S PAGE)

Here are some answers.

Bang Bangs Bangla Bash Banish Bingo Bush
Gain Gains Halo Hail Housing Hang Hangs
Loan Long Lung Lush Sing Song Sang Slug
Using

If you've got these and more – Well Done!

EXCESSIVE USE OF MOBILE PHONES



Excessive use of mobile phones can have several negative effects on children and young adults. Here are some key points to consider:

Sleep Problems: Using mobile phones late at night can interfere with sleep patterns, leading to insufficient rest and fatigue.

Eye Strain: Prolonged screen time can cause eye strain, headaches, and even long-term vision problems.

Anxiety and Depression: Excessive use of mobile phones, especially for social media, has been linked to increased levels of anxiety and depression.

Addiction: Some children may develop an addiction to their phones, leading to compulsive checking and difficulty putting the phone down.

Impaired Relationships: Overuse of mobile phones can negatively impact relationships with family and friends, leading to feelings of isolation.

Cyberbullying: Increased screen time can expose children to cyberbullying, which can have severe emotional consequences.

Reduced Attention Span: Constant notifications and multitasking on mobile phones can reduce attention span and impair cognitive function.

Academic Performance: Excessive phone use can distract from studies, leading to poorer academic performance.

Tips for Healthy Mobile Phone Use

Set Boundaries: Set specific times for phone use and sticking to them.

Promote Physical Activity: Balance screen time with physical activities and outdoor play.

Unsafe Contents: Keep away from unsuitable contents for children and young people .

Face-to-Face Interactions: Set aside time for face-to-face social interactions to build strong, healthy relationships with family and friends.

WORK EXPERIENCE AT BHA

If you are in Year 10 at a secondary school or studying at a college and looking for a one- or two-week work experience placement as part of your studies, we can help you. If you are interested, please ask your tutor to contact us at 07983 467 036 so we can arrange your work experience placement at BHA.

Here is a statement from Cristina Lastovici from B6 College following her work experience placement at BHA:

“During my work placement at Bangla, I met new people who were very helpful and kind. I learned many new skills that will help me in my future jobs. Not everyone has this chance, so I want to thank Bashir and Fatima for their help. Overall, it was a good week for me. Many thanks to everyone at Bangla HA.”

WORD COUNTS!

See how many words you can make from the letters in ‘Bangla Housing’

For some answers see page 6

SPRING WORD SEARCH

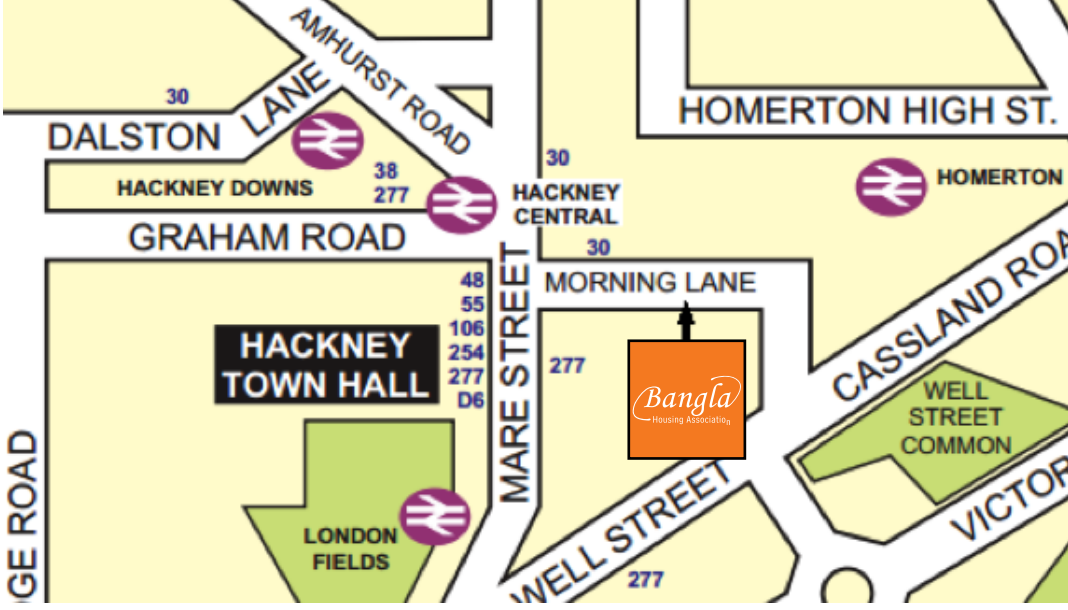
Can you find the following 12 words in the grid below?

- SPRING
- PLAY
- BIRDS
- SUNSHINE
- PARK
- GARDENING
- GREEN
- FLOWERS
- WARM
- DAFFODILS
- DAYLIGHT
- WALK

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

DIRECTION TO BANGLA OFFICE

CONTACT US



You can contact us on the following numbers 10.00am-4.00pm Monday to Friday and email.

You can visit our offices by appointments only.

Mobile: 07519 715 039

Mobile: 07983 467 036

Web:
www.banglaha.org.uk

Email:
info@banglaha.org.uk

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.

Bus routes along Mare Street:

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

Bus routes along Morning Lane:

30, 236, 276 and W15

এই নিউজলেটারে যেসব খবর রয়েছে।

স্বাস্থ্য মেলা: বাংলাদেশি কমিউনিটিতে শীতকালীন স্বাস্থ্য সচেতনতা বৃদ্ধির লক্ষ্যে ১৮ ফেব্রুয়ারি বিএইচএ অফিসে একটি স্বাস্থ্য ও সুস্থতা বিষয়ক অনুষ্ঠানের আয়োজন করা হয়।

ইস্টার ব্যাঙ্ক হলিডের ছুটি: ১৮ এবং ২১ এপ্রিল ২০২৫। জরুরি মেরামত কাজের জন্য এই নিউজ লেটারের প্রথম পৃষ্ঠায় দেয়া বিবরণ দেখুন। জীবনযাত্রার খরচ সহায়তা।

সম্পাদকের মন্তব্য। সাধারণ অফিস চলাকালীন সময়ে নিম্নলিখিত নম্বরে আমাদের সাথে যোগাযোগ করুন ০৭৯৮৩ ৪৬৭ ০৩৬ অথবা ০৭৫১৯ ৭১৫ ০৩৯

‘মাই টেন্যান্সি’: আপনি এখন আপনার ইমেল এবং পাসওয়ার্ড ব্যবহার করে আপনার রেন্ট স্টেটমেন্ট অ্যাক্সেস করতে পারবেন। বিস্তারিত জানার জন্য আমাদের অফিসে যোগাযোগ করুন। আপনি যদি আপনার ভাড়া পরিশোধ করতে অসুবিধার সম্মুখীন হন তবে আমাদের অফিসে যোগাযোগ করুন। বাসিন্দাদের সভা। অস্ত্রের ক্যান্সার কর্মশালা। দরকারী যোগাযোগের নম্বর। বাচ্চাদের পৃষ্ঠা। এই নিউজলেটার পড়তে বা বোঝতে অসুবিধা হলে 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.