

BANGLA POST

ISSUE 33 – WINTER 2021

Quarterly newspaper for Bangla Housing Association Residents

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Season's Greetings and Happy New Year to all our Residents and Customers

BANGLA HA CHAMPIONING THE VACCINE TAKE UP CAMPAIGN IN THE COMMUNITY IN HACKNEY

SEE PAGE 3 FOR DETAILS



Pictures: Bangla staff and volunteers handing out translated vaccine information leaflets at the Hackney Central Mosque after Friday prayers on 03/12/2021.

COVID-19 OMICRON VARIANT

To prevent the spread of the new Covid-19 Omicron variant the government has made it compulsory for everyone to wear face masks when using public transport, in the shops and any crowded venues from 30/11/2021. Everyone is also 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:

Stay home: Stay at home if you feel unwell and take a PCR test

Stay safe: Hands, face, space, ventilate and work from home if you can to stop the spread of the virus

Get vaccinated: Get your Covid-19 and flu vaccinations including the booster jab.

Get tested: Take regular rapid tests.

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BANGLA'S SERVICES

Due to the ongoing 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 email us:

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, for emergency repairs only please ring or text Darv Ltd on

07516 976 995 or **07388 016 706**

When reporting please say you are a Bangla Housing tenant then say your address.

CHRISTMAS AND NEW YEAR HOLIDAYS

Our staff will be on leave from Friday 24th December 2021 at 1.00pm until Tuesday 4th January 2022 at 9.00 am.

During this time for emergency repairs only and for the period 1.00pm on 24th December 2021 and 9.00am 4th January 2022 please contact Darv Ltd on 07516 976 995 or 07388 016 706

For all non-emergency repairs please report them to us when our staff are back at work on the 4th January 2022 on Mobile: 07983 467 036

RECHARGEABLE REPAIRS

SEE PAGE 4

TIPS FOR STAYING WARM THIS

WINTER SEE PAGE 4

FIRE SAFETY

SEE PAGE 5

EDITOR'S COMMENT



Welcome to the Winter edition of the Bangla Post.

Unfortunately, it appears we are still in the depth of the deadly pandemic. The new threat is the Covid-19 Omicron variant which, over the last couple of weeks, has been spreading extremely fast in our communities.

In Hackney and other parts of London the infection rates have increased by almost 50%. Therefore, it is very important for all of us to remain alert and protect ourselves and others around us by following the governments regularly updated public health advice on the pandemic.

Bangla is at the forefront of working with and supporting the NHS and Council's public health teams by reaching out to the communities with public health message of how to stay safe and to increase the take up of the vaccines in the community. See the article on the front page about this work.

Please do take all the vaccines including the booster dose and the flu vaccine as being advised by our health professionals.

We wish you a safe and peaceful Christmas holidays and a happy and prosperous 2022.

YOUR RENT STATEMENTS AND 'MY TENANCY'

You can now access your rent accounts using your email and password. You must use the same email as the one we have on our records as your email. Therefore, you must make sure we have your up-to-date email. To view your rent account, and other information related to your property and to log into your **'My Tenancy'** accounts you will need to create your own password using your email and ID. If you haven't already created your own log in password, please contact our office for your unique ID.

If you have any query on your rent statement or if you have any problem with paying your rent then please contact Fatima Begum on 07933006717 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 07933006717 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 07933006717.
- 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).

BANGLA HA CHAMPIONING THE VACCINE TAKE UP CAMPAIGN IN THE COMMUNITY IN HACKNEY

Continued from front page

Bangla Housing Association is working in partnership with the City and Hackney Public Health and the NHS North East London CCG in a campaign to increase the take up of the Covid-19 vaccine amongst the South Asian and other BME communities in Hackney. Bangla produced translated leaflets which we are hand delivering at the local Mosques and Community Centre's and to all our contacts using social media.

Bangla staff are attending vaccine pop up clinics supporting the work of the Hackney Volunteer Centre, City and Hackney Public Health teams. Bangla received a grant from the Hackney Giving to deliver this important life-saving project from October 2021 to March 2022.

This work is a continuation of Bangla's award winning and highly praised National Lottery funded Bangla Covid-19 Advice Project advising and helping the community through the pandemic from October 2020 to March 2021.

COVID-19 OMICRON VARIANT



Continued from front page

All adults aged 18+ now can get a booster vaccine three months after their second dose. For further information and to book your vaccination appointment log on to NHS website: www.nhs.uk

Advice from the NHS and Government: Everyone must now wear face coverings again in public transport and in shops, as well as in places such as libraries, community halls, hairdressers, banks and post offices.

Mask-wearing is one of the best ways to help keep each other safe because it has been proven to slow the spread of all forms of Covid-19. This is important at this busy time of year when shops and public transport are busier than usual with festive shoppers.

Vaccines remain our best single line of defence. Experts remain confident that the current vaccines will provide protection against the new variant, but the extent of this continues to be investigated.

The government is urging everyone who have not been vaccinated to do so; or get your booster if you are 18 and over and have been double vaccinated at least three months ago. For the latest information about the pandemic and the booster vaccination log on to NHS website: www.nhs.uk

WINTER BENEFITS

Warm Home Discount Scheme: You could get £140 off your electricity bill for winter 2021 to 2022 under the Warm Home Discount Scheme. The money is not paid to you - it's a one-off discount on your electricity bill, between October and March.

You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Contact your supplier to find out. This discount will not affect your Cold Weather Payment or Winter Fuel Payment if you are eligible for them.

Cold Weather Payment is paid if you are getting Pension Credit, Income Support, income-based Jobseeker's Allowance, income-related Employment and Support Allowance. Universal Credit or Support for Mortgage Interest.

You will get a payment if the average temperature in your area is recorded as, or forecast to be, zero degrees Celsius or below over 7 consecutive days. You'll get £25 for each 7-day period of very cold weather between 1 November and 31 March. The Cold Weather Payment scheme runs from 1 November 2021 to 31 March 2022.

Winter Fuel Payment: If you were born on or before 26 September 1955 you could get between £100 and £300 to help you pay your heating bills. This is known as a 'Winter Fuel Payment'. You will get your Winter Fuel Payment automatically if you are eligible. You should get your money by 14 January 2022. If you do not get your payment contact the Winter Fuel Payment Centre on Telephone: 0800 731 0160.

Any money you get will not affect your other benefits.

RECHARGEABLE REPAIRS



A rechargeable repair is any repair.

- 1) Which is not the landlord's responsibility but is carried out by the landlord.
- 2) When a repair is only necessary solely or primarily because the tenants, a member of their household or invited visitor has deliberately caused damage to the property or the repair is needed because of the tenants' neglect.

For a full list of repairs which are tenant's responsibility please contact Anisah Rahman, Customer Services Advisor on 07983 467 036

If you are required to pay for a rechargeable repair Bangla staff will explain why you are charged and how much. If you cannot pay in full in one payment you will need to make an agreement to pay in small instalments over a reasonable period of time. Bangla will pursue any unpaid rechargeable repair cost from the tenant at the County Court

A repair is not rechargeable, if it is the landlord's responsibility or is necessary due for wear and tear.

EMPLOYMENT TRAINING

Bangla has joined up with other Providers in offering free employment training to our residents who are currently unemployed or are on low paid jobs but wish to improve their skills to secure better jobs.

This training programme includes Accreditation, Training and Work Placements. Participants will also be supported in developing CVs, writing supporting statements, and doing job search. It will help to boost confidence and the chances of securing employment quickly.

If you are interested in going on this training programme and to find out more, please contact Leena Khan at our office: Tel. 07519 715 039 Or Email: leena@banglaha.org.uk

TIPS AND TRICKS FOR STAYING WARM AND SAFE THIS WINTER



Here are some simple tips for keeping your home warm and stay safe for little or no extra cost.

- 1) **Use your curtains:** Open your curtains and let the sunlight in during the day to make use of this free heat. When it gets dark, shut your curtains, which act as another layer of insulation and keep warmth in your rooms.
- 2) **Use timers on your central heating:** Programme your boiler to turn the heating about 30 minutes before you get up in the morning – but at a lower temperature is cheaper than turning it on just as you need it at a higher temperature. But don't leave heating on low all day for heat when you don't need it.
- 3) **Move your sofa:** By moving sofa from the radiator, hot air can circulate freely. The same goes for your curtains or drying clothes – keep them away from the radiator so that you can get the most out of your heat source.
- 4) **Remember the 'Three-foot-rule':** Space heaters are a great way to add extra heat to colder rooms, but always remember to keep anything flammable at least three feet away from the heater at all times. Flammable items include clothing, rugs, bedding and curtains. Also remember to place the heater on a hard, non-flammable, stable surface and to turn it off completely before leaving the house.
- 5) **Turn down the dial:** Research shows that turning your thermostat down by 1°C (34°F) could cut your heating bill by up to 10 per cent. So, keep the dial at 18°C (61°F), minimum recommended by Public Health England and save money.
- 6) **Block out the draughts:** Self-adhesive rubber seals around doors and windows and door draught excluders are relatively cheap and easy to install. They will help to keep the warmth in your home and could save you money.

Please keep a look out for any elderly neighbours who might need help this winter.

FIRE SAFETY

While Bangla is responsible for ensuring your buildings are safe and meet all fire regulations 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 phones, tablets, e-cigarettes and so on, always use the charger that came with your device as counterfeit chargers can be deadly. Many fail to meet UK safety regulations. Also, do not leave items plugged in once they are fully charged.

Faulty electrical goods can also cause fires. 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.

REDUCING ENERGY BILLS



9 simple tips for saving energy in the kitchen

- 1) Use a microwave** to cook food because its relatively small size means that a stronger level of heat can be focused on whatever's being cooked.
- 2) Be water conscious.** When you're boiling food in a pan, make sure you only use the amount of water needed to cover the amount of food you're cooking, because boiling water you don't need can waste a lot of energy.
- 3) Use a slow cooker to cook** - they only use about as much energy as a light bulb.
- 4) Defrost frozen food** in the fridge overnight or while you're at work so that you don't need to use the energy of a microwave to defrost more quickly.
- 5) Use glass or ceramic dishes in the oven** because they retain heat better than their metal counterparts.
- 6) Invest in a fan-assisted or convection oven,** which circulates heat throughout the oven. This means the heat doesn't have to be as high as it would in a normal oven.
- 7) Use a pan which is the right size** for the amount of food you are cooking - this means you won't waste energy while heating a bigger surface area than you need.
- 8) Use the right size hob** for the pan as a bigger burner will waste energy and a pan that's too big will take longer to get to the right temperature.
- 9) Keep heating rings clean.** - any food that sticks to the ring will absorb heat, which will make it less efficient.

Check on the online U Switch comparison site to see if you can save on your energy bills by switching your supplier. <https://www.uswitch.com>

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.

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.

RESIDENTS MEETINGS

Our next Tenants Ficus Group meeting will be held virtually via Zoom on Thursday 10 February 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 using their unique ID and password via Bangla Website which is currently being processed.
- Bangla office staff current working arrangement and how we can further improve our services to our residents.

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

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

CHILDRENS PAGE

COVID-19 PANDEMIC



Stay alert, stay safe!

The new Covid-19 Omicron variant is spreading and infecting people extremely fast. Therefore, you must follow the governments advice on how to keep yourself and your family safe from this virus. Do get the vaccine if you are offered it and follow the following advice from the government:

Stay home: Stay at home if you feel unwell and take a PCR test

Stay safe: Hands, face, space, ventilate and work from home if you can (if working) to stop the spread of the virus

Get vaccinated: Get your Covid-19 and flu vaccinations including the booster if you qualify.

ACTIVITIES FOR THE HOLIDAYS

The Woodland Trust: has a huge range of outdoor (and indoor) activities and challenges. They also have crafts that you can make with objects you collect on your walk. As well as worksheets you can fill out to identify trees, seeds and flowers. Or checklists of things to spot as you wander through the woods. With so many games and challenges to choose from, you can plan out a week of outdoor fun in the woods. And they're all free.
Log onto: <https://www.woodlandtrust.org.uk>

Your local library: In the school holidays libraries often run some free and fun family events that you won't want to miss. From arts and crafts to storytelling- there's something for kids of all ages. It's a cosy way to spend an afternoon with the kids. Search for your local library on the UK Government website: <https://www.gov.uk/local-library-services>

HEALTHY LIVING WORD SEARCH

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

PLAY JOGGING FRIENDS
FRESH AIR PARK WATER
CLEAN FRUIT VEGETABLES
OUTDOOR HAPPY EXERCISE

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

WORDS OF WISDOM

“Some people come in your life as blessings. Some come in your life as lessons.”

— Mother Teresa

“The true sign of intelligence is not knowledge, But imagination”

— Albert Einstein

“You can't go back and change the beginning, but you can start where you are and change the ending”

— C.S. Lewis

“Try to be a rainbow in someone else's cloud.”

— Maya Angelou

“Push yourself, because no one else is going to do it for you?”

— Unknown

DIRECTION TO BANGLA OFFICE

CONTACT US



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

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

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.

এই নিউজলেটারে যেসব খবর রয়েছে।

আমাদের সকল টেন্যান্ট ও
গ্রাহকদের প্রতি রইল নতুন
বছরের শুভ কামনা।
কৃসমাস ও নিউইয়ারের ছুটিঃ
আমাদের কর্মীরা শুক্রবার, ২৪শে
ডিসেম্বর ২০২১, দুপুর ১টা
থেকে মঙ্গলবার ৪টা জানুয়ারী
২০২২, সকাল ৯টা পর্যন্ত ছুটিতে
থাকবেন। আমাদের অফিস বন্ধ
থাকাকালীন সময়ে কোন জরুরি
মেরামত কাজের জন্য এই
নিউজ লেটারের প্রথম পৃষ্ঠায়
দেয়া বিবরণ দেখুন।
সম্পাদকের মন্তব্য।

আপনার রেন্ট স্টেটমেন্ট
এবং '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।
এই শীতকালে গরম থাকার
জন্য টিপস এবং কৌশল।
শীতকালীন আর্থিক সাহায্য।
রিচার্জবল মেরামত। দরকারী
যোগাযোগের নম্বর। বাচ্চাদের
পৃষ্ঠা।