

# Southway Stories

community  
issue may 2020



P9

P20

## 14 DAY DECLUTTER GUIDE

Tidy your home  
and mind

## NEED FUNDING FOR A PROJECT?

Get support & get inspired



Information and  
activity booklets inside!



## Hello everyone

Like most people, including the Southway staff team, I am spending a lot more time at home and currently working from home. Our office at Southern Gate is temporarily closed, so I spend most of my day talking to people in video conferences or keeping in touch by phone.



We're all committed to continuing to deliver essential services to our tenants and the communities we work in. I'm really proud of how our staff have responded to challenges and continued to work. Our repairs team are carrying out essential repairs and gas servicing to keep your home warm and safe. They are all following strict guidelines on how to protect you and the themselves from risk when working in your home. They will explain to you what this means by phone before they arrive (and on page 4).

Our rents and advice teams are available to take your calls. If you are struggling to pay your rent or are facing financial difficulties, they are here to help, so do call or email and talk to us. If we know your situation we can help, and come to an agreement about your rent that works for you.

Other staff are working to keep our Quids In food service going, delivering food packages to over

250 homes a week. And the rest are learning every day how to work remotely, managing to keep our services going without the usual daily face to face contact with colleagues and customers.

We've seen some success over the weeks, in particular, the setting up of new Community Support Services so that we can be in touch with our older tenants and people with underlying health conditions and offer them support.

We've also continued to respond to your reports of anti-social behaviour and taken swift action when needed, to protect people in our communities (see more on page 16).

We are now starting to prepare for the end of the lockdown so that we will be ready to reintroduce all our services as quickly as possible. A very high priority will be delivering all the repairs that we have currently had to hold. We also want to be ready for an increase in demand for

our advice and support services. We have rushed out this edition of Southway Stories a little earlier than scheduled. This is so that we can share lots of current information and ideas of things to help you cope while we spend much more time in our homes.

We are all finding ways to adjust to this temporary lifestyle change. It can be tough, whether you live alone, with family or friends. I hope you find the articles here useful and interesting, and that you can while away a few hours reading. We have included things for all age groups and interests.

Do contact me if you want to make any comments or ask questions about how we are doing during this difficult time.

**I do wish you all well, and hope that you and your family and friends keep safe.**

*Karen*

## CAN WE CONTACT YOU?

Now more than ever, it's vital that we have up to date contact details for you, so we can keep you informed about your home and our services.

Send us your email address, phone number and any other details we may need to update using the 'Contact Us' form on our website. If you think we have the right contact information for you, but aren't sure, we encourage you to send us your details just in case.

***Your contact information will be updated on our in-house records and will never be shared to a third-party.***







## CHECK & CHAT

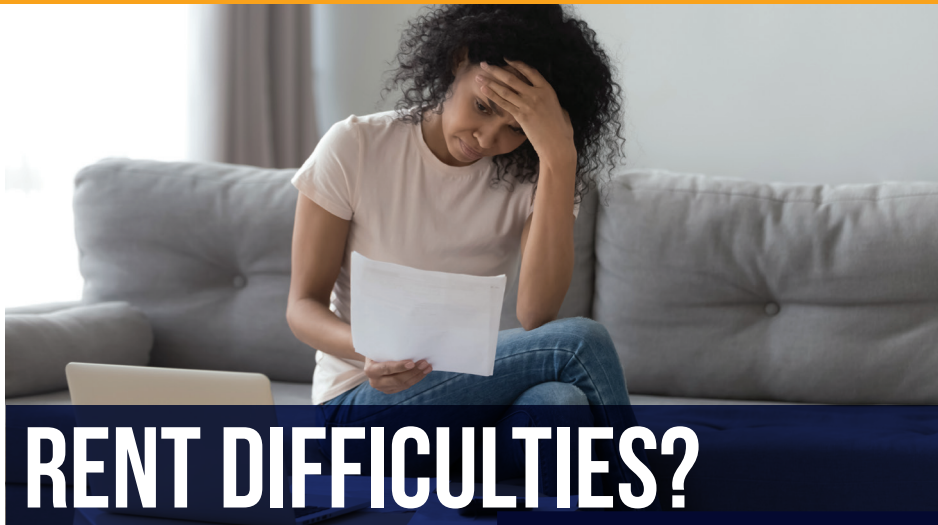
is our new service supported by over 30 volunteers from our staff and Board.

So far we've contacted over 1350 tenants in the vulnerable or over 70s category to check in, inform of the support available, and let them know we are here.

We've had around 140 requests for regular contact so far, so are now providing tenants with a weekly call back service to see if there are any new support needs – or simply check in and have a chinwag!

It's also helped us deliver 15+ emergency food packs for tenants who had no food while they were waiting for a more regular food parcel from the MCC emergency response.

**Our Community Support is here for anyone who needs it. If you think you could benefit from this support at this time, please contact us.**



## RENT DIFFICULTIES?

Southway is always here to help and we have an Advice Team on hand – now working from home – who will help you in a wide variety of ways if you are having trouble paying rent or any other financial difficulties.

SEE OUR ENCLOSED  
**MONEY BOOKLET**  
FOR MORE INFO



**Ms McDonald**, a Southway tenant, wanted to share her story with others to show the support available at a difficult time:

*"I've been having money troubles and felt very anxious and embarrassed at the financial situation I had got myself into. One day I plucked up the courage to come into the office and meet with my rents officer, Peter."*

*He was lovely, non-judgemental and said Southway was here to help so I can keep my home. We agreed a plan of action and looked through my finances and worked out a manageable payment arrangement to prioritise my rent payments. I felt so relieved afterwards I had a big cry, it was like a big weight had lifted off my shoulders.*

*Southway staff have reassured me that if I am struggling again, all I have to do is pick up the phone or call in so they are aware of my circumstances so they can do as much as they can to help and support me.*

*Asking for help was a big deal as I know I let my pride get in the way, but I no longer have sleepless nights. So just pick up the phone."*

E-mail **adviceteamreferrals@southwayhousing.co.uk** and our Advice Team will get back to you as soon as possible (you can also call **0161 448 4200**.)

**CORONAVIRUS**  
PROTECT YOURSELF & OTHERS

**HAVE YOU CHECKED ON YOUR NEIGHBOUR?**  
**ARE YOU WORRIED THEY MIGHT BE ISOLATED OR STRUGGLING?**

If you have a neighbour who needs some support – let us know! Our staff are here to provide as much support as we can to any tenants struggling because of coronavirus.

**CALL US ON 0161 448 4200 OR EMAIL [CONNECT@SOUTHWAYHOUSING.CO.UK](mailto:connect@southwayhousing.co.uk) WITH MORE DETAILS.**

## GAS SAFETY FIRST

By law, and for your safety, we must continue to do your scheduled gas servicing appointments.

We understand that at this time you may have reservations about letting people into your home. However it's vitally important that you do in these cases.

To make sure both our tenants and staff keep, and feel, safe, we've created new safety procedures for our visits following government advice.

Warren, our Gas Supervisor, talks you through the steps he and his colleagues take.

"Please don't be worried - we are fully trained and equipped to do these visits safely with your health as a priority. When attending for a visit we will always:

1. Contact customers by phone when outside to ensure you are not symptomatic. If there's no response to a phone call, we will knock/ring and stand at least 2m from the door.
2. Ask you to wait in another room or maintain a distance of 2 metres while we conduct our work.
3. Apply hand sanitiser/wash hands and have all PPE in place before entering the property.
4. Open windows before starting work.
5. Disinfect any area of work before starting work.
6. Avoid contact with all surfaces and items that we do not need to come into contact with.



7. Once the repair is complete we'll use wipes to disinfect any areas of work we have come into contact with.
8. On leaving the property remove all PPE and double bag it in bin bags provided."

### Thank you for your feedback:

***"Just want to say thank you to your repairman. I suffer with anxiety and he was very helpful and understanding when I explained my situation."***

***"Thank you to the gas engineer for the prompt and socially distanced visit at the time of coronavirus. I am very grateful for the support I have been given by Southway."***

## IT'S NEVER TOO LATE TO RE-TRAIN

Elaine Wilkinson Southway's Employment and Money Coordinator talks about her experience of retraining to get the worthwhile career she always wanted.





**In 1996 I was a 40-year old single parent on out of work benefits bringing up my 8-year old daughter. I had lots of jobs in my youth including waitressing, taxi driving and wood working. None had the career prospects or regular income I was after.**

Despite being older, I realised if I wanted a worthwhile career I needed to retrain. I signed up for an Access course at college. This sparked an interest in social science so I went on to enrol on a BA (Hons) Applied Community studies course at Manchester Met Uni, graduating with Honours in 2000.

This opened up lots of interesting opportunities and I landed a lecturing job at MMU which was very rewarding. In 2009 I by chance saw a job advertised at Southway Housing for a Financial Inclusion Officer, a job that fitted perfectly with the knowledge and skills I had gained during my years at MMU. I have now worked at Southway for over 10 years and tenants know me for the many projects and events I have been involved with, a job that has brought me tremendous job satisfaction.

My decision to retrain proved to be one of the best I ever made and led to the worthwhile career I always hoped to have.

**THIS COULD BE A GREAT TIME FOR YOU TO UPSKILL, GAIN A NEW QUALIFICATION, WORK ON YOUR CONFIDENCE AND SET YOURSELF SOME CAREER GOALS.**

Here is a list of some of the free training resources now available. More information is available on Southway's website, or you can contact the Advice Team for support.

**Future Learn:** A great selection of free online courses from top universities and specialist organisations. [www.futurelearn.com/courses](http://www.futurelearn.com/courses)

**Local services:** Barlow Moor Community Centre are continuing to offer training online including Level 1 Award in Volunteering and Level 2 Food hygiene. Call Janette or Becky on 0161 446 4805, selecting Option 4.

**Qualifications online:** Standguide are offering "Time to Learn" where you can upskill, get work ready or get a nationally recognised qualification online with your own tutor. Courses range from upskilling in numeracy and literacy and digital literacy to Level 2 in Customer Service in Health and Social Care settings. <http://www.standguide.co.uk/time-to-learn/>

**Sector-based training:** The Growth Company are running a selection of sector based training courses online if you want to get into a specific career.

**Self-employment:** The Growth Company offer advice on setting up in business and webinars are now running twice weekly. Business Coaches offer additional support. [www.enterprising-you.co.uk](http://www.enterprising-you.co.uk)

**NHS and Social Care careers:** The NHS careers hub are running a 'Pathways to Social Care' programme online starting in May. Contact Elaine Wilkinson or Kara Grant for more information on how to join.

**Confidence Building + Goal Setting:** If you want to improve your self-confidence and work on setting life and career goals, our upcoming online workshops could be just what you need. Get in touch with Kara on [k.grant@southwayhousing.co.uk](mailto:k.grant@southwayhousing.co.uk) or keep an eye on Southway's Facebook page for updates.

**Pure Innovations and Be Well** are organisations that help those with long term health conditions prepare to start, or return to, work, or find a suitable career. Be Well has 2 Specialist Employment Coaches working within the Advice Services Team so contact Southway to access this support.

**Check Southway's website for up to date information and support available during Covid-19 on employment, enterprise and training.**



**EnterprisingYou**

**ARE YOU SELF-EMPLOYED OR RUNNING YOUR OWN BUSINESS?**

**EnterprisingYou** is a government-funded programme specially designed to support self-employed individuals, including those who work in the gig economy and small business owners in Greater Manchester.

They provide support for and host webinars for self-employed people support during covid-19.

**Find out more at [www.enterprising-you.co.uk](http://www.enterprising-you.co.uk)**

# VOLUNTEERS GO ABOVE AND BEYOND FOR LOCAL FAMILIES

Volunteers Linda Duffy and Tanya Daly have started a fantastic support scheme where children living in particularly vulnerable environments will receive a delivery of a books, toys, games and treats to help to keep them occupied, put a smile on their face and to remind them that plenty of people care.

From home, Linda and Tanya have been raising funding and donations on the 'Burnage Community Blox' Facebook page.

Donated items are being brought to Westcroft, where volunteers organise them into age-appropriate packs and then distribute, with the help of teachers from 5 local schools.

The pictures show just some of what has been donated so far, with a **further £900** worth of items yet to come. This is truly inspiring work,

which we're sure will help to put a smile on the faces of countless children in our communities.

To learn more about the project or volunteer or donate, check out the 'Burnage Community Blox' Facebook page. If you need some support, please contact Southway.

***"Thank you to Matt at Westcroft for his support and all those that have supported us by donating. Please donate if you can so we can continue!"***



# SOUTH MANCHESTER COMMUNITY SEWS SCRUBS FOR NHS

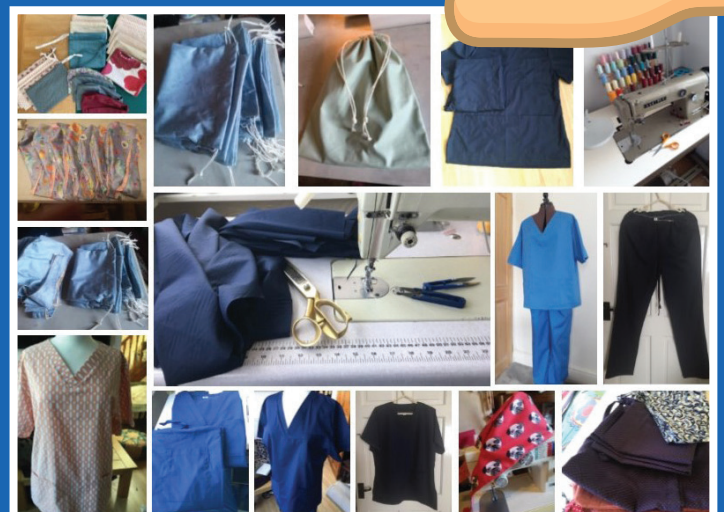
A group of like-minded people from across South Manchester have come together to support the NHS.

Manchester South Mini Scrub Hub (MSMSH) began with just a few members, and then set up on Facebook on 11 April, with numbers swelling to over 50 volunteers within the following week.

Founder member and West Didsbury resident Kerry Munro said, "It is really empowering to see the community coming together and helping each other at this critical time. The enthusiasm people have in wanting to play a role is heart-warming."

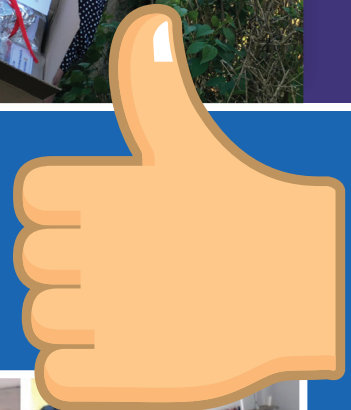
Members live across south Manchester and many are offering their skills whilst furloughed or in addition to their usual jobs.

The group is helping to supply the amazing NHS with much-needed scrubs and crucial items such as hats and drawstring washbags to help them deal with being on the front line during the Covid-19 crisis. There is a current shortage of these items, so this group and others alike all over the country are helping to protect the people who are doing their best to protect us all.



Every bag, hat or scrubs made and worn helps to save a life.

If you would like to join the group or donate materials, search Facebook for: **Manchester South Mini Scrub Hub Hive**. If you would like to donate money to support the group, visit our website.





# COMMUNITY UNITES TO SUPPORT THE MOST VULNERABLE

We are incredibly proud of the efforts of one Southway resident who quickly built a huge support network for the community during the coronavirus pandemic.



*"It's been an amazing experience and I've met some incredible people along the way. We have a superb team of admins & volunteers and without their help our group wouldn't be what it is today. It's been inspiring seeing our community come together at such an awful time. I'm very happy our group is able to help so many people. If you require help, do not hesitate to get in touch. Our helpline number is 0161 850 4774."*



Jen Savaris created the 'Dear Neighbour' page to further support the amazing NHS Volunteer Responders initiative, creating a platform for vulnerable people to receive help across Didsbury, Withington and Burnage (and some from further afield).

The page quickly gained over two thousand members, between them giving and receiving help with running errands, shopping for food, walking dogs, collecting prescriptions and other supplies, support with mental wellbeing, and much more.

Jen's intention for the Dear Neighbour group was for it to be a place where people could "come together as a community to help our neighbours and the vulnerable that cannot get food, medications etc." Since then, they have raised thousands of pounds in funding and donations, meaning they have been able to support food banks and organisations across Manchester, even donating produce to Southway's Quids In project.

If you would like to get involved, new volunteers are always welcome, as well as donations from those that are able to and want to do their bit for the community.



Their website [www.dearneighbour.co.uk](http://www.dearneighbour.co.uk) has a list of food items they need – you can text Jen on 07385722680 if you would like to contribute any.

You can view this fantastic group and sign up at [www.facebook.com/groups/dearneighbour](https://www.facebook.com/groups/dearneighbour).

# MANCHESTER MIND: MENTAL HEALTH SUPPORT FOR TENANTS

Manchester Mind have changed the way they work in response to the Covid-19 pandemic. Most services are now running, but in remote ways. The following are key services that will be useful to young people and adults affected by poor mental health and potentially struggling in this current situation.



## CHILDREN AND YOUNG PEOPLE

Counselling for young people aged 15-25 years of age; ring 0161 221 3054 and press option 2 or complete a form on their website [www.manchestermind.org/our-services/young-people/cyp/counselling/](http://www.manchestermind.org/our-services/young-people/cyp/counselling/) or email [cyp@manchestermind.org](mailto:cyp@manchestermind.org)

## LISTENING SERVICE

Open to young people up to 25 years of age who may be struggling with this period of social isolation. You can ring **0161 221 3054** and press option 1 or email [listenerscyp@manchestermind.org](mailto:listenerscyp@manchestermind.org)

## CYP ADVICE SERVICE

Young people up to the age of 25 who are having difficulty with benefits, debts and housing issues can ring 0161 221 3054 and press option 3 to get an appointment to speak to an advice worker. Alternatively, email [cypadvice@manchestermind.org](mailto:cypadvice@manchestermind.org) or check out the website [www.manchestermind.org/our-services/young-people/cyp/sorted/](http://www.manchestermind.org/our-services/young-people/cyp/sorted/)

## ADULT SERVICES

Adults having difficulty with benefits, debts and housing can ring **0161 769 5732** between the hours of 10am and 2pm Monday – Friday or email [info@manchestermind.org](mailto:info@manchestermind.org)

## LISTENING SERVICE

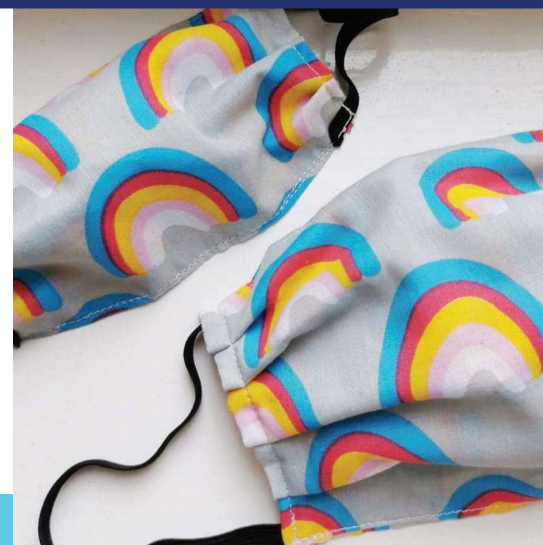
Adults who are struggling with their mental health, social isolation, worries and anxieties can access 0161 769 5732 between 10am-2pm or email [info@manchestermind.org](mailto:info@manchestermind.org)

## DIY FABRIC FACE MASK

We have been sent in a brilliant guide to making your own face mask from a Chorlton resident. Here are our adult and child masks made from rainbow fabric! They make a lovely gift and fun activity to share with children to teach basic sewing skills (or to learn yourself).

***See our pull out Activity Booklet for the Sewing pattern and Instructions.***

It's important to remember that a fabric mask isn't a substitute for a medical one. It won't stop airborne virus particles. But wearing it may make you feel more comfortable when out and about than wearing nothing. It can also help prevent us from touching our mouth and nose with dirty hands.





# 14 DAY DE-CLUTTERING/ CLEANING CHALLENGE

As most of us are currently spending long periods of time at home, we have a great opportunity to reduce clutter around the home. De-cluttering offers a lot of benefits, including;

- Reducing stress and anxiety
- Improving our sleep
- Boosting productivity & creativity
- Re-discovering lost treasures
- Ridding the home of allergens
- Saving money

By taking your de-cluttering journey one day at a time, you can make real progress towards a tidier, healthier home without getting overwhelmed. At the end of the two weeks, you can look back at how much you've achieved and celebrate your progress.

If you want to get de-cluttering, but aren't sure where to start, check out **Tidy Homes Tidy Minds' 14-day plan!**



**1** Clean and organise your fridge



**2** Clean and organise your kitchen cupboards



**3** Store away any food that was previously kept on the worktop



**4** Organise your Tupperware & cleaning supplies



**5** Clean and organise your junk drawer & remaining kitchen cupboards



**6** Clean remaining parts of the kitchen



**7** **REST DAY**



**8** Move onto the bathroom; dispose of any empty bottles or other containers



**9** Organise & clean bathroom



**10** Sort through & organise your wardrobe



**11** Sort through & organise any books/DVDs



**12** Clean & tidy your bedroom



**13** Clear out and organise your kids' wardrobes & drawers



**14** Donate any unwanted items & celebrate a job well done!



**DID YOU KNOW?** Our Tenancy Support Team runs 'Tidy Homes Tidy Minds', a scheme to help people affected by hoarding. It equips individuals with the skills and coping techniques to maintain their homes in the future, alongside better and safer living environments. **To find out more, visit our website.**



# GYM-FREE **NHS** RECOMMENDED! WORKOUTS & STRETCHES

We all know that physical activity is good for us, but how do we make sure we are keeping well whilst at home?

These illustrated guides are designed to help you work out effectively and be easy to follow. Created by the NHS and fitness experts, they can be used at any time from the comfort of your own living room. We've included a gentle seated yoga routine and a more challenging sofa strength workout, but there are lots more including stretches for back pain, stair workouts, and cardio circuits, on the NHS site\*.

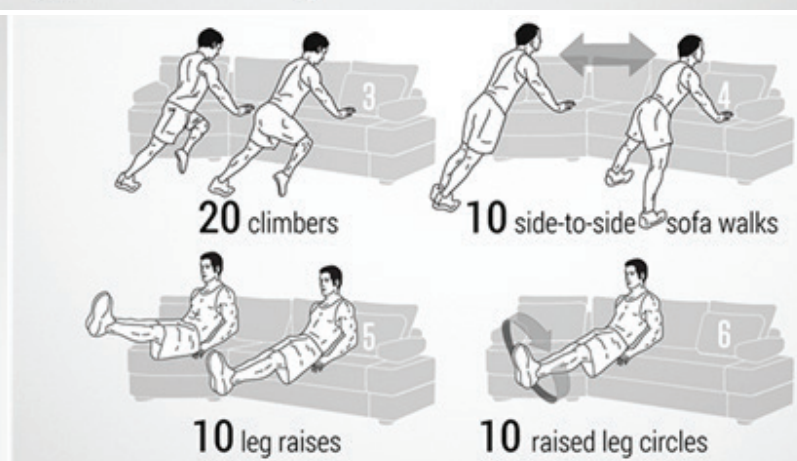
## IMPORTANT

*Don't exercise too hard. Keep your health and level of fitness in mind. Aim for moderate-intensity exercise, meaning you are slightly breathless and a little warmer than usual.*

If you have a health condition, check with your GP before you start.

**Yoga tips:** to release tension in your limbs perform each move slowly and smoothly, and breathe deeply throughout.

**Sofa tips:** turn your couch into a workbench to strengthen your muscles, for the length of a 30-minute TV show!





# PARENTING IN LOCKDOWN



## Charris Worthington

Tenancy Support Co-Ordinator for Southway's Positive Parenting Scheme offers some supportive advice at an unusual time

This is an uncertain and confusing time for both adults and children, but remember you aren't alone.

### Your family home might seem like it's functioning differently, with less structure to your days and a lack of normal routines and boundaries.

It is important to remember and recognise that we all cope in different ways and that includes our children, who may be missing their extended family and friends. But there are some real positive opportunities to connect with your family at this time.

## ROUTINE

Children thrive on routines and boundaries that we as parents put in place.

It is important to try keep some simple routines going in your family home, for example

- Try keeping your wake up time, bed times and meal times the same every day
- Try to maintain bath times and bed time stories each night

Continuing to apply some consistency and simple routines will help and benefit the whole family.

## HOME SCHOOLING

A lot of us will be finding home schooling challenging, stressful, difficult and emotional. My advice

is to try to stay calm, do what you can and have some fun with your children.

Teachers will be working hard at home and at school preparing work for our children for when they return to school, to bring them back up to their educational standards.

Downtime is necessary too and we have plenty of advice and activities in Southway Stories this month.

## STRONGER TOGETHER

Your children need your strength, your laughter and your calmness right now. Enjoy your time together, make good memories and most of all have fun together.

Though it may seem a small detail it's a crucial one - give your children more cuddles, more one-on-one playtime and an extra dose of patience and forgiveness!

## LOOKING AFTER YOURSELF

On top of all this we as parents will have worries that our children won't and don't need to be aware of; bills, uncertainty of employment, finances. Southway has lots of services in place to help you so don't struggle. Give us a call and see if we can help.



## COLOURING COMPETITION!

You'll find a colouring book within this edition of Southway Stories – and we want you to post your entries (via photograph) on our Facebook page (facebook.com/southwayhousing) or you can send them to **communications@southwayhousing.co.uk** or via our website.

The winners will get fantastic "stay at home" prizes; a top quality, age appropriate board game. The categories are as follows:

- Under 5 years
- 5 to 11 years
- 11 to 16 years

*(You only need to send one completed page of the colouring booklet for us to judge)*

# DIGITAL SAFETY FROM YOUR HOME

As many of us have had to adapt to life working from home or with more time on our hands during lockdown, the internet has become our lifeline.

Online shopping, looking for health information and news updates and staying in contact with loved ones means the need to be aware of online safety has never been more important.

**We have put together four tips for keeping safe.**

**PASSWORDS** Scammers can use clever equipment to predict your password. Avoid names and obvious dates like birthdays. Short statements or personal phrases can work well with some capital letters and numbers included. Most importantly don't use the same password for everything!

**BE SUSPICIOUS** The phrase 'better safe than sorry' is a good one to apply with online links and emails. Online competitions and surveys or amazing deals are often scams. If something sounds too good to be true it probably is!

**KEEP SOFTWARE UPDATED** If you use a laptop make sure you have antivirus software and that it is up to date; usually you will pay for this by subscription. Always do regular updates on apps on your phone to keep your information safe.

**BEWARE DOWNLOADS** Unless you have searched a website yourself and know it is genuine, don't click on links or download information; it's a way to install a virus. If you use apps always check your privacy settings to be sure you are only sharing the information you want to share.

**Report scams to Action Fraud to help protect others. Call 0300 123 2040 or visit [www.actionfraud.police.uk](http://www.actionfraud.police.uk)**

**AgeUK** have useful easy to understand advice about internet security available at [www.ageuk.org.uk/information-advice/work-learning/technology-internet/internet-security](http://www.ageuk.org.uk/information-advice/work-learning/technology-internet/internet-security)

## SPOT A SCAM:

- **Unsolicited messages**
- **An urgent tone**
- **Poor grammar & spelling**
- **No names used**
- **Fake domains**





# VOLUNTEERS NEEDED!

Now more than ever it's important that everyone has access to and knowledge of using the internet; it can help us to keep in touch with family and friends, find entertainment, work from home, shop and more. Unfortunately, there are still people who are missing out on this because they're unsure about being online.

This is where our Digi Champions come in – volunteers from the community who advise others on how to get online and surf the web with confidence. By becoming a Digi Champion, you can make a real difference to someone else's everyday life, helping them to discover new ways to socialise, shop for the things they need and stay active during this very difficult and, for many, isolated time.

You don't need to be a computer whizz or complete extensive training to help out, just general knowledge of using computers and navigating the internet. Does this sound like you? Get in touch with us to sign up.

## NEED HELP TO ACCESS OR USE COMPUTERS OR THE INTERNET?

Being online has so many benefits and can really keep us stay connected at a time when we may be feeling far apart from family, friends and the rest of the world.

If you need help accessing a computer or the internet, our Digi Champions are here to help. Digi Champions are local volunteers who will guide you through using a computer and discovering all the fantastic benefits the internet has to offer. There's no charge and you can ask the Digi Champions to tailor their advice to your needs; for example, if your priority is staying in touch with friends and family, they can help you to set up an email account or advise you about social media.



Digi  
Champs



## WANT TO HELP GET OUR COMMUNITIES ONLINE?

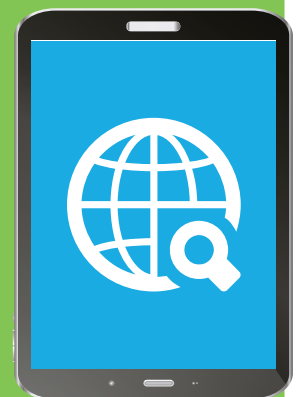
## BECOME A SOUTHWAY DIGITAL CHAMPION TODAY!

### NO WAY TO GET ONLINE?

**If you don't have access to the internet or computer equipment, please let us know.**

**We have access to laptops and tablets that we can send straight to tenants' homes as part of our loan scheme.**

We will be prioritising those most in need first; for example tenants with children who need access to the internet for school, and people who are vulnerable and isolated.



**For more information about any of these things, contact our Digital Inclusion Officer Joe, by emailing [j.sandwick@southwayhousing.co.uk](mailto:j.sandwick@southwayhousing.co.uk) or calling our Customer Hub.**

# DELICIOUS BULK RECIPES

ON A  
BUDGET

**Mad Dogs** Street Project provide food and clothes for the homeless of Manchester. You have possibly seen them before, hand-delivering home cooked meals to people in the streets on a cold evening.

**This means they know a lot about making budget-friendly, balanced and tasty food that you can cook at home in large quantities!**

*"We've put our recipe book on Southway's website for you to try. Here are two of our favourites, because they're simple and can be easily adapted around what's in your cupboard."*

**Jim Hutton**, Southway Board member and Mad Dogs volunteer.



LENTIL DAHL

4 SERVINGS

Such a cheap and tasty dish to make! It's also vegan as long as you use a vegan oil.

Lentils	250g	Salt	2 tsp
Red Onion	1	Cumin Seeds	1 tsp
Turmeric	1 tsp	Vegetable Oil	
Chilli Powder	1 tsp	Coriander (fresh)	handful

## METHOD

1. Wash lentils well until water runs clear.
2. Add the lentils to a pot with enough water to cover by about 4cm. Add turmeric and chilli powder.
3. Bring to the boil and cook for 5 minutes with the lid on. Then turn down the heat to a simmer. Cook with the lid on until tender. The length of time depends on the type of lentils used.
4. Stir occasionally to ensure the lentils are not sticking to the bottom of the pan. Once cooked, take off the heat and add the salt.
5. In a frying pan, heat the oil. Fry the cumin seeds until they start sizzling. Be careful not to burn the seeds.
6. Add the onions and fry until caramelised on a low heat. Add the cumin seeds and onion mix to the dahl. Add fresh chopped coriander to the dahl.



CHILLI CON CARNE

4 SERVINGS

Chilli can be served with rice, jacket potato, vegetables, or wraps as a burrito or even on toast!

White Onion	1	Kidney Beans	1 tin
Garlic	2 cloves	Tin Tomatoes	1 tin
Green Chilli	1	Tomato Puree	3 tbsp
Vegetable Oil		Sugar	1 tsp
Minced Beef	500g	Salt	2 tsp
Chilli Powder	1 tsp	Pepper	½ tsp
Cayenne Pepper	½ tsp	Lime	½
Ground Cumin	1 tsp	Coriander (fresh)	handful

## METHOD

1. Finely chop the onion and crush the garlic. De-seed the green chilli and chop finely. Set aside.
2. Heat the vegetable oil in a large pot on a medium heat. Fry the onion until softened
3. Add the garlic and green chilli.
4. Add the minced beef and turn up the heat. Break up the meat using a wooden spoon. Cook until browned.
5. Add the chilli powder, cayenne pepper and ground cumin. Stir through.
6. Add the drained kidney beans and stir through. Add the tinned tomatoes and tomato puree and a splash of warm water. Bring to the boil, then turn down to a simmer for 15-20 minutes until the sauce is thick and rich.
7. Season the chilli with sugar, salt, pepper and finish with fresh lime juice.

TIPS

If using red lentils or moong dahl, they do not need soaking before cooking ↑

To make veggie chilli, replace meat with sweet potato, quorn or more beans. →



# HELPFUL FOOD SWAPS

The last few weeks have shown us that being creative with food isn't just fun, it's necessary!

Whilst shop workers are working hard to ensure their shelves are well stocked, the disruption caused by coronavirus has meant that some foods are harder to find than usual. By discovering creative substitutes for missing ingredients, we can still cook our favourite meals using ingredients that are readily available. Below, we've put together some helpful food swaps for common cooking and baking ingredients, so you can make your favourite dishes or try out new recipes.



*\*All substitutions are 1:1 unless otherwise noted!*

## BAKING

### Baking Soda:

1 TSP = 1 TBSP baking powder

### Buttermilk:

1 cup = 1 cup plain yogurt or 1 cup milk (*preferably not fat-free*) + 1 TBSP vinegar or 1 TBSP lemon juice (*the acid will curdle the milk and thicken it*)

**Cornstarch:** Flour, arrowroot, potato starch, tapioca

**Light Brown Sugar:** 1 cup = 1 cup granulated sugar + 1 TBSP molasses or ½ cup dark brown sugar + ½ cup granulated sugar

**Milk Chocolate Chips:** Chopped milk chocolate bar

**Semisweet Chocolate Chips:** Bittersweet chocolate chips

**Vanilla Extract:** Bourbon or rum

## DAIRY

**Butter:** Coconut oil

**Milk:** Oat milk, almond milk, soy milk, cashew milk

**Sour Cream:** Plain yogurt

**Whole Milk:** 1 cup = 1 cup – 3 TBSP skim milk + 3 TBSP half-and-half, or 1 cup skim / low-fat milk + 2 TBSP melted butter

## OIL

**Olive Oil:** Avocado or grapeseed oil

**Canola Oil:** Sunflower oil, safflower vegetable oil, corn oil

## SEASONING & SPICES

**Chili Powder:** Dash of hot sauce + oregano + paprika + cumin

**Cinnamon:** Nutmeg

**Cumin:** Chili powder

**Mustard:** Horseradish powder, dry mustard powder, wasabi powder

**Wasabi:** Prepared white horseradish

## CONDIMENTS

**Chinese Mustard:** Dijon mustard

**Ketchup:** ¼ cup = 2 TBSP tomato paste + 2 TSP cider vinegar + 2 TSP granulated sugar + 2 TSP water

**Mayo:** Greek yogurt or mashed avocado

**Tahini:** 2 TSP peanut butter + 1 TSP sesame oil



## EVERYBODY NEEDS GOOD NEIGHBOURS

With the ongoing changes to our everyday lives social distancing has brought, we need to respect and consider our neighbours now more than ever.

**Southway resolves a lot of neighbour nuisance cases through intervention; however, sometimes this behaviour doesn't change and escalates, meaning our only option is to consider legal action. Here are a couple of examples of recent anti-social behaviour complaints we responded to and their outcomes:**

### CAR PARKING

Two neighbours were in a dispute over on-road car parking.

Neither party wanted to talk to the other and they refused help from professional mediators paid for by Southway.

The issue escalated, ending in an assault. Southway had no other option but to commence legal action. A twelve-month injunction was awarded with the power of arrest attached, so if the tenant who caused the assault approached their neighbour, they could be arrested. There have been no further reports since.

Southway has limited tools with parking and we ask residents to be considerate to neighbours; no one has rights above anyone else unless there is a designated car parking space within the property's boundary.

### PERSISTENT NOISE NUISANCE

A resident reported their neighbours had lots of noisy visitors, and were arguing and playing loud music in the early hours.

They were asked to record the noise, using smart noise recording software, called the Noise App. Southway interviewed the neighbours who denied the allegations and a tenancy warning was issued. The noise continued and was recorded by the resident.

The brave resident came forward as a witness and Southway applied to the courts for an Anti-Social Behaviour injunction and the noise ceased.



## THE COMMUNITY CENTRES ARE STILL OFFERING SERVICES REMOTELY.



**Tel:** 0161 448 8232

**Email:** westcroftcommunitycentre@gmail.com



**Tel:** 0161 446 4805 Option 4:  
*Learning & Benefit Support*

**Text:** 079857 40669

(call back service)

**Email:** janette@barlowmoorca.co.uk  
or becky@barlowmoorca.co.uk

CONTACT  
THEM TO  
FIND OUT  
WHAT'S ON!



Community-Minded Ltd

### OLD MOAT LEARNING HUB

**Tel:** 0161 446 2131

**Email:** oldmoatlearninghub@gmail.com





# QUIDS IN POWERS ON!



Our Quids In Food Clubs help people who are in receipt of benefits. Members pay a weekly fee and attend a food club nearest to their home to pick up food worth substantially more than the weekly charge.



**Clubs are run from community buildings across the Southway area – there are five altogether.**

We were faced with a dilemma about how best to run the clubs as we didn't want to put any of our members or staff at any risk. But we knew that members needed the clubs more than ever and many asked us to stay open if we could.

We came up with the solution of delivering the food to members. Because our operational staff are only carrying out gas servicing and emergency repairs, they have been able to help by making the deliveries.

It is working extremely well and we have received some fantastic feedback from our members. We have also suspended payments as a temporary measure.

***"Thank you so much for the food delivery and thank you to the lovely man who delivered it."***

***"Thank you to everyone who has made this possible at this time."***

***We now have 40% more members than we did before lockdown, meaning we are at capacity."***

**If you would like to join the waiting list or make an enquiry about Quids In please email [quidsin@southwayhousing.co.uk](mailto:quidsin@southwayhousing.co.uk).**

# FREE BOOKS!

Think the libraries are closed? Think again! Manchester Libraries are now providing an excellent selection of free e-books and audio books, so we can get lost in imaginary worlds whilst staying safe at home.

You don't even need a library card – you can sign up for free online and lose yourself in as many books you can. There's also a great selection of magazines and comics available to download, also completely free!

**Visit the Library section of [manchester.gov.uk](http://manchester.gov.uk) to find out more.**





# SEEDS OF RECOVERY

What better way to look forward to the future than to sow some seeds, plant out some seedlings, and start flower and shrub cuttings and watch them grow?

## GETTING STARTED

If you are interested in starting to grow your own vegetables, herbs, flowers and other plants, you just need one of these:

- a small piece of open ground
- plant tray or plant pot
- hanging basket

You don't need to landscape your garden or grow lots; even a few tasty vegetables can make a healthy addition to your weekly meals and help cut your household budget.

New plants can also hugely improve the look of outdoor spaces, and gardening is great for relaxation, and as gentle exercise for all the family.

## GETTING IDEAS

There are lots of websites giving advice on what to grow and when, such as [www.rhs.org.uk](http://www.rhs.org.uk) and [www.nsalg.org.uk](http://www.nsalg.org.uk). You can pick up a variety of seeds and plants at your local supermarket or online (or take advantage of Southway's offer of free seeds above).

If you can't get far and don't want to spend too much, sharing cuttings with your neighbours (with their permission of course) can be very rewarding. I've just discovered how easy this is to do with geraniums!

## SUMMER SUGGESTIONS

My recommendations at this time of the year would be fast-growing crops like beetroot, turnips, radishes and salad mixes. Runner beans and French beans are also a great, tasty option and can be started in pots on a sunny windowsill. You can even get a late crop of potatoes if grown in a pot outside your door.



**Tips from Steve Goslyn,**  
previous Southway  
Board Member

## FREE SEEDS

If you would like a packet of seeds of your own, email [communications@southwayhousing.co.uk](mailto:communications@southwayhousing.co.uk) and we will arrange to send you some.

Herbs are excellent too, for flavour and if you have limited space. My favourite for the summer is basil, grown from seeds on a warm and sunny window or in a greenhouse.

## TOP TIPS

Plants and most flowers need lots of sun. All need water – but not too much! My top tips are to garden regularly, keep your space weed-free, keep the slugs at bay (remove their hiding places) and don't forget to enjoy the experience.

## SNAP HAPPY?

### WE WANT YOUR NATURE PHOTOS!

**It is more important than ever to celebrate and embrace nature, especially in our gardens, yards and from our balconies (from a socially appropriate distance).**

Taking inspiration from competitions across the city we would like to invite you send us your nature photos – it could be a leaf/flower/bird/insect/tree/anything you see. A panel of tenants will judge and announce winners in the next Southway Stories (and contact you personally).

**Winners will receive a beautiful selection of flowers sent directly to their home!**

Just send your entry **before June 15th** to [communications@southwayhousing.co.uk](mailto:communications@southwayhousing.co.uk).





# WHAT TO LOOK OUT FOR IN JUNE

On a warm sunny day at this time of year, you are likely to see butterflies. These three types are distinctive and are all flying now. These photos are from my garden and street in Manchester in the last week! **By Debbie Wallace**, Southway's Urban Ranger



## PEACOCK BUTTERFLY

A large butterfly with distinctive eye spots used to startle birds which intend to eat it. The backs of the wings are dark so it can look quite dark in flight. This butterfly is common in gardens and parks.



## ORANGE-TIP BUTTERFLY

A small white butterfly. Males are easy to identify because they have distinctive orange wing tips, while females have dark grey wing tips. They are commonly seen near hedgerows and grassland.



## SPECKLED WOOD BUTTERFLY

Often seen in patches of sunlight on bramble bushes, they will fly up to see off other butterflies and are always seen chasing each other! They are common in gardens, parks, hedges and woodland.

## WANT TO BE ABLE TO IDENTIFY MORE BUTTERFLIES?

Butterfly Conservation's free butterfly I.D. phone app will help. The best part is, by recording the butterflies that you see, you can make a real contribution to their conservation! Download it at [www.butterfly-conservation.org](http://www.butterfly-conservation.org) You can download more butterfly activities from their website.

## How to build a bug hotel



wildlife  
watch



### You will need:

- Wooden pallets x4



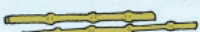
- Bricks



- Plastic bottles\*



- Bamboo canes



- Straw



- Leaves



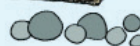
- Tiles



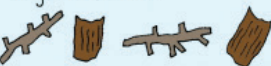
- Cardboard



- Stones/pebbles

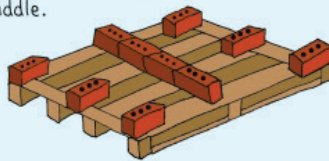


- Twigs/loose bark

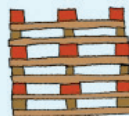


\*Use old plastic bottles for this, and always recycle after use.

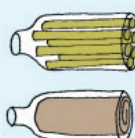
- 1 Place a wooden pallet in your chosen location. On top of the pallet, line bricks around the corners and across the middle.



- 2 Place your next pallet on top of this and repeat the process for all of your pallets.



- 3 Cut off the top two-thirds of your bottles. Fill up half of them with bamboo canes/plastic straws and the other half with rolled up cardboard. Place these inside the hotel.



- 4 Fill in the remaining spaces with bricks, leaves, pebbles, stones, tiles, loose bark and straw.



- 5 Add in any extra materials that you want to recycle e.g. old pipes, carpeting, toilet tubes, old plant pots. Be creative - add a welcome sign or give your hotel a name!



Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2015



# Minehead

STYLISH LIVING | WITHINGTON

New high-specification apartments in Withington available to buy through Older People's Shared Ownership.

A fantastic opportunity for those looking to rightsize but keen to stay in the local area. If you would like to be a part of this new 'Age Friendly' community, get in touch to find out more.



Now  
50% Reserved  
We're taking  
reservations  
as usual



Call Gecko Homes on 0330 995 1333  
or email [sales@geckohomes.co.uk](mailto:sales@geckohomes.co.uk)



If you've been inspired by the projects in this newsletter, and would like help to start your own, apply to our Beautiful South Fund.

## BEAUTIFUL SOUTH FUND

The Beautiful South Fund is a grant for groups or individuals to deliver a project with the theme of neighbourliness. Projects can receive up to £2,500, offering an exciting opportunity for local people to bring their community-focused projects to life.

All project applications are reviewed by the Beautiful South Fund Decision Making Panel, a group of Southway tenants, who decide whether or not projects meet the criteria to receive the funding. To be approved, the project must be aimed at positively impacting the community and benefitting a majority of Southway tenants.

Since the Fund's inception in January 2019, it has already funded some fantastic projects, including; a

'Communita Party' in Withington, a new shed and gazebos for a tenant group in East Didsbury, a community orchard in Chorlton, cooking and craft sessions in Chorlton, and dance sessions in Burnage.

With the current coronavirus measures in place, we're encouraging you to think of ideas that can benefit the community within the boundaries of social distancing; recently, the fund awarded a grant to the Manchester South Mini Scrubs Hub (MSMSH), who are sewing protective equipment for hospital staff (read more about them on page 8). We would love to hear your ideas on how else the fund can be used to

support local people during these uncertain times.

If you have an idea that you don't think will work with social distancing, don't worry!

We're still welcoming applications for projects to take place once these measures come to an end.

**To apply for the Beautiful South Fund, please complete the application form on our website and email it to [m.ward@southwayhousing.co.uk](mailto:m.ward@southwayhousing.co.uk). If you would like to talk through your idea first, please call 0161 448 4200 and ask to speak to Maureen Ward.**

