



January 2021 Issue 2

manningham
HOUSING ASSOCIATION

HOUSING PLUS JANUARY 2021



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manningham
HOUSING ASSOCIATION

I hope you are all keeping safe and well during these extremely challenging times.

As you will already know the Government has announced another lockdown from 5 January 2021 until at least mid-February 2021. I just wanted to write and reassure you that during this lockdown Manningham Housing Association will continue to provide services to you. These include:

- Essential health and safety work in your home. This includes gas servicing, fire safety checks & maintenance, electrical inspections, and lifts servicing. These checks are essential to ensure that your home remains as safe as possible and ask that you help us by allowing access to your home when we need to.
- Emergency only repairs and maintenance services including emergency out of hours service during evenings and weekends. Unfortunately, we will not be able to respond to non-emergency repairs. To keep you, your families, and our contractors safe we need to minimise the number of people coming into your home.
- Homes which are currently undergoing major works such as kitchen, boiler and door/window replacements will continue to have this work completed until all the work is finished.
- Our Income and Financial support team will be available to help you if you do have difficulties in paying your rent. The team is there to help you if you are having any financial difficulties and need any support and guidance.
- Estate Caretaking services will continue as normal as well as cleaning services
- Our Community Investment team will be offering health and wellbeing, employment, community cohesion workshops and activities during this difficult time. These services have been developed to help our tenants and the wider Bradford community to get through the next few months which will be difficult for all of us and hope that you will make the best use of them.

Whilst we will continue to remain open to provide services to you, our offices will remain closed for the foreseeable future. This is to ensure we do not put you or our staff at any unnecessary risk.

Please do remember that when our staff or contractors visit your home, it is essential that everyone follows the social distancing guidelines. This is for everyone's safety. Unfortunately, if social distancing guidelines are not followed, then our contractors will leave your home without completing any necessary works.

I want to thank you for the support you have shown your community through such testing times as the level of compassion and community spirit we have seen since the pandemic started in March last year has been truly heart-warming. I would also like to thank you for the patience, support and understanding to MHA and this is very much appreciated.

I wish you well and that you remain alert.

Ulfat Hussain

Assistant
Chief Executive/Director of Operations

Visit www.manninghamhousing.co.uk for all updates as well on our Social Media.

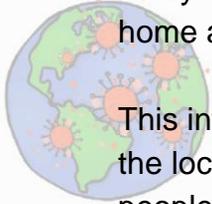


New National Restrictions from 5th January 2021

Introduction

The Government has announced a national lockdown.

A national lockdown means that everyone in the country should stay at home and away from other people.



This information explains the rules of the lockdown that will help to keep people safe from COVID-19.



COVID-19 is a new illness that is spreading around the world. It can affect your lungs and breathing.

Many people are getting ill and the NHS is getting very busy.



You must follow these rules to protect the NHS and save lives.

Remember

Many people who have caught COVID-19 do not feel ill. They could be spreading the illness without knowing they have it.

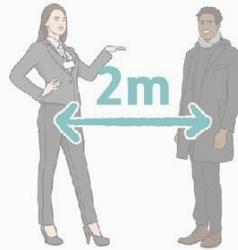
To reduce the spread of COVID-19 you need to remember:

Hands - wash your hands regularly, for at least 20 seconds.



Face - wear a face covering:

- when you are inside somewhere
- outside when you are near



People you don't usually meet.
Space - stay 2 metres apart from people you do not live with.

When you can leave home

You must stay at home.



You must not go out of your home unless you have a good reason.

This is the law.



You may leave the home to:

- Go to work, but only if you can't work from home
- Be a volunteer
- Shop for the basic things you need, like food
- Get medical help
- Get away if you are in danger
- Visit someone who is dying
- Take an animal to the vet
- Go to a religious service, a funeral or a wedding.



- Help children go to school or childcare
- Visit someone who is in your **support bubble**

A **support bubble** is where a person living on their own joins up with another **household**.

A **household** means people who live together in the same house.

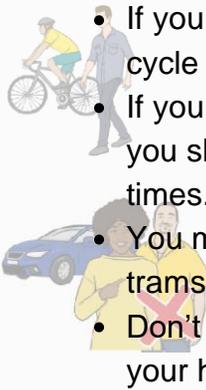
- Care for someone
- Help someone in an emergency
- Go to a **support group** - up to 15 people

A **support group** are people who meet to help each other with a certain issue.

• Get some exercise in a public outdoor place - like a park, beach or countryside
You can do this with your household, support bubble or one other person.



Travel

- 
- If you need to travel, you should walk or cycle if you can.
 - If you have to use buses, trains or trams, you should plan ahead and avoid busy times.
 - You must wear a face-covering on buses, trams or trains.
 - Don't share a car with anyone who is not in your household or support bubble.

Clinically extremely vulnerable



- Clinically extremely vulnerable means you are likely to be very ill if you catch COVID-19.

- 
- 
- If you are clinically extremely vulnerable, you will get a letter from your local health services telling you what you should do and what you should not do.
 - You should only go out if you have to like for medical appointments or exercise.

- 
- You should not go to work.

Where and when you can meet in larger groups?

Meeting larger groups of people is not allowed.

But you can meet people outside in larger groups for certain reasons.

These include meeting:

- 
- People for work or volunteering. This includes work in people's homes
 - Together, to look after children
 - People at school, college or training
 - Children who do not live in the same house as their parent
 - Children who are being looked after by the local council
 - Someone who is about to have a baby

Schools and colleges

Schools and colleges will only be open for:

- 
- Vulnerable children - children who would come to harm if they are not in school
 - Children of critical workers - workers who have to work, like doctors and nurses.

All other children will learn at home until the middle of February.

Nurseries will be open.

Universities will teach most students online until the middle of February.

Childcare

Nurseries and childminders can stay open for children who are too young to go to school.

Childminders should only look after school-age children if they are vulnerable or the children of critical workers.

Parents can form a childcare bubble. This is where 2 families join together to look after their children.

Nannies can carry on working. Nannies look after your children in your home.

- 
- 
- To do something the law says you must do
 - To care for a vulnerable person
 - For a wedding - up to 6 people
 - For a funeral - up to 30 people
 - The very best sportspeople
 - To move house.
 - Someone who needs help in an emergency
 - Someone who is dying
 - Up to 15 people can meet up if they are an organised group that supports each other.

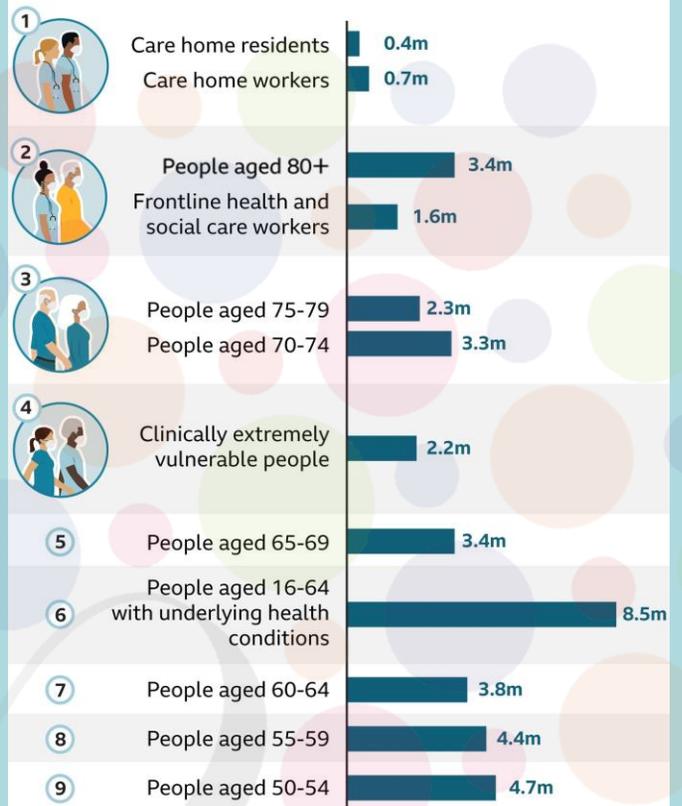
Who will get the Pfizer vaccine first?

- 1 Residents in a care home for older adults, & their carers
- 2 Everyone aged 80 & over, & frontline health & social care workers
- 3 People aged 75 & over
- 4 Aged 70 & over, & those who are clinically extremely vulnerable
- 5 Aged 65 & over
- 6 People aged 16 - 64 with underlying health conditions
- 7 Aged 60 & over
- 8 Aged 55 & over
- 9 Aged 50 & over

First batch will be given to NHS hospital staff and patients, and some care workers. Groups may overlap.

The first phases of vaccination aim to reach millions of people

Estimated number of people in each of the vaccine priority groups



Government estimates 25 million in priority groups

(some people will fall into more than one category shown)

Covid-19 vaccine
The NHS will get in touch when it's your turn to be vaccinated
 Find out about the roll-out at nhs.uk/CovidVaccine

Are the vaccines halal?

Muslims understandably need to be sure that the vaccines are **halal**. Rumours spread on social media and on WhatsApp groups suggested the vaccines might contain gelatine or other animal products, or tissue from aborted foetuses.

None of these things is true. Imams at 100 mosques across the country confirmed this in Friday prayers on 22nd January 2021. They encouraged worshippers to accept vaccines. Some have put details online of their own vaccinations.

Could a vaccine give you Covid?

Traditional vaccines like the Oxford AstraZeneca use modified viruses to trigger an immune response. The Oxford vaccine uses elements of an inactivated virus that gives chimpanzees the common cold. You cannot get Covid from this vaccine.

Places to find out more

Contact local GP

The Voice newspaper put readers' questions to a Black vaccine expert, Dr Tolullah Oni: [www.youtube.com/watch?v=2oE3IGOMXc4&ab_channel=Doctors of the World](https://www.youtube.com/watch?v=2oE3IGOMXc4&ab_channel=Doctors%20of%20the%20World)
 Written/audio advice in 60 languages from Doctors of the World: www.doctorsoftheworld.org.uk/coronavirus-information
 Video advice for the Bangladeshi community from Bangla Housing Association: youtu.be/JbYm8JHXJKA
 Short videos in Sylheti, Gujarati, Tamil, Punjabi, Urdu explain Covid-19 vaccines: www.bbc.co.uk/news/uk-55171293

Are there are better ways to protect yourself against Covid-19?

Early in the pandemic, some myths on social media suggested that drinking alcohol and eating high alkaline foods would protect you from Covid-19. This isn't true.

Some health and wellbeing online influencers suggest that vaccines stop your body from protecting you naturally. This is not true either.

It is true that eating well and taking care of yourself are good for your general health. Taking Vitamin D – which most people living in the UK particularly people of colour) lack – is also highly recommended for boosting your immune system

Providing school meals during the coronavirus (COVID-19) outbreak

Support for pupils who have to stay at home

Under normal circumstances, schools do not provide free school meals to eligible children who are not in school. During the national lockdown, we expect schools to continue supporting children eligible for benefits-related free school meals who are at home during term time.

Schools may consider working with their school catering team or food provider to provide good quality lunch parcels to eligible free school meal pupils who are at home.

The steps schools take during this national lockdown period will depend on local circumstances.

This could include:

providing lunch parcels through the school catering team or food provider

providing vouchers for a local shop or supermarket

using the Department for Education (DfE)'s national voucher scheme, which will reopen on 18 January 2021

Schools can work with their school catering team or food provider to provide lunch parcels to eligible free school meal pupils who are at home. The Government provides schools with funding to cover benefits-related free school meals. Schools can claim for additional funding of £3.50 per week for each eligible pupil receiving lunch parcel provision at home.

Providing local vouchers

If the school has confirmed with the school catering team or food provider that it is not in the best interest of pupils to provide lunch parcels, you can consider other local arrangements, which might include vouchers for local shops and supermarkets.

Redeeming the vouchers

Once families have received their voucher, they will be able to redeem them in-store at the selected retailer by either: presenting the voucher on a smartphone or tablet presenting a paper copy of the voucher. Families are free to select the most appropriate lunch for their child. When selecting products, we encourage families to consider health and nutrition. The school food standards and NHS Eat Well may act as a useful guide for families.



Coronavirus Job Retention Scheme – CJRS(Furlough)

Extension of the CJRS (Furlough Scheme)

On 31st October 2020, the Government announced that CJRS/furlough scheme would be extended. The Job

Support Scheme (JSS), which was due to start on 1st November 2020, has now been postponed until furlough ends.



Key points of CJRS

- Furlough extended until (at least) December 2020.
- All employers with a UK bank account and UK PAYE schemes can claim the grant regardless of whether they have previously made a claim for the CJRS.
- The employer can either put staff on furlough full-time or to work part-time and be furloughed for hours not worked (flexible furlough).
- Employees qualify for the scheme if they have been on the employer's PAYE payroll on or before 30th October 2020.
- Employees on furlough will continue to get 80% of their salary, (capped at £2,500 per month).
- The Job Support Scheme (JSS) will start once furlough ends.

Job Support Scheme (JSS)



The Job Support Scheme (JSS) will be introduced once furlough comes to an end.

It has been developed to protect jobs in businesses who are facing lower demand over the winter months due to Covid-19. Employers will continue to pay its employee for time worked, but hours not worked will be paid between the employer and Government, through wage

support. As it stands, this will ensure employees earn a minimum of 73% of their normal wages, and as a result, it is hoped the employees will keep their jobs.

Self- Employment Income Support Scheme (SEISS)

The first two SEISS grants have ended but due to the ongoing covid-19 pandemic, the scheme has been extended until April 2021.

The 3rd SEISS grant will cover a 3-month period from 1st November 2020 until 31st January 2021 with applications open from 30th November 2020.

Self-employed workers will be able to claim 80% of their normal profits for November, then 40% for both December and January.

This increases the total grant available to 55% of trading profits for November to January, with the maximum grant increasing to £5,160.

The 4th grant will cover a 3-month period from 1st February 2021 until 30th April 2021. The Government will review the level of the fourth grant and set this in due course.

SEISS claimants may also be able to claim Universal Credit.



FINANCIAL SUPPORT

**Rent Payments
Online
Phone
Direct Debit**

If you are facing financial hardship contact the Income Team or the Finance Support Officer. If you are struggling to pay gas, electric or water bill, contact your supplies and enquire about support Schemes.

**Benefits Calculator
Universal Credit
JSA (Job Seekers Allowance)
Employment and support
Allowance
Self-employment income
Support Scheme
Council Tax Reduction (Bradford)
Change of Circumstances
(Bradford)**

**MHA
Welfare, Benefits and Financial
Support Officer
Faisal Khan: 01274 377 215**

**Income Team
Mansha Khan: 01274 377 206
Zahid Hafajee: 01274 377 239
Sharon Dunwoodie: 01274 377 213**

**Universal Credit helpline: 0800 328 5644
Tax Credits Helpline: 0345 300 3900
Housing Benefit: 01274 432 772
Step Change Debt Advice: 0800 138 1111
Citizens Advice (Bradford): 0344 245 1282
Citizens Advice UC Helpline: 0800 144 8444**

Community activities

A MONTHLY NEWSLETTER

Let's Get On Project

Since March 2020, we have been running the Let's Get On project funded by the **National Lottery Community Fund**. The project will allow people to enjoy taking part in **Arts & crafts activities**, with the opportunity to learn **English and Basic Computer skills** and **Improve communication skills**.

Furthermore, the project will give people the chance to visit places such as museums and art galleries and further understand British culture and heritage.

For more information contact Tausif Mohammed

Mobile: 07930712140 email
Tausif.mohammed@manninghamha.co.uk

Fighting Fit Project

Fighting Fit is our Health and Wellbeing Project. This project aims to support MHA tenants and the wider community to improve their health and wellbeing. The Fighting Fit project will support people struggling with mobility issues, lack of physical activity and experiencing Mental/Physical health as a result of Covid-19. Activities for this project include healthy cook and eat sessions; Boxer-cise, dance-cise and wheelchair exercise sessions.

For more information contact John Aitkens
Fighting Fit Co-ordinator,
John.Aitken@manninghamha.co.uk
and mobile number 07811360571

BAME Ladies Smashing Boundaries

The BAME Ladies Smashing Boundaries is funded by Sports England. This project is delivered by Manningham Housing across the Bradford District. This project supports people who are struggling with weight management, suffering from health conditions such as stress, anxiety and depression or lacking confidence and self-esteem. This project aims to bring people together to reduce their social isolation, improve confidence, encourage assertiveness and build positive relationships by meeting new people. BAME Ladies Smashing Boundaries project will allow women to get involved in physical activities through boxercise/ Zumba and yoga sessions so people are able to live a healthier life.

For more information contact Tausif Mohammed
Mobile: 07930712140 email
Tausif.mohammed@manninghamha.co.uk

Building Bridges Bradford Funded by Ministry of housing, communities and local Government

We have recently launched the Building Bridges Project funded by the Ministry of Housing, Communities and Local Government which aims to support members of the community to build positive relationships with their neighbours and provide support for communities impacted through the Covid-19 pandemic. This project will provide many different activities, such as help with job applications, CV-building, application form support and interview practice. The project will provide outdoor activities such as yoga, bangra-cise, walk and talk group to improve health and wellbeing. Building Bridges project will include training around understanding different faith groups, cultures, and heritage. Furthermore, the project will provide assertiveness training.

For more information contact Mohammed Sheraz (Community Cohesion Manager)
Mobile: 07930712275 email
Mohammed.sheraz@manninghamha.co.uk

Join MHA Online Activities



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Watch out!!!

Activity Booklet Coming Soon



Meet Zafar MHA Employment Officer

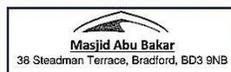
Zafar has helped 100s of people with CV support, employment, Training give him a call and see how he can help you

Dear Zafar,

I would just like to thank you immensely for helping, supporting, guiding, signposting and advising me throughout my job search. Thanks to your time, patience, perseverance, motivation, direction, I have now secured employment at one of the places that you recommended. I have greatly benefited from your help, support, guidance throughout my job search. You gave me the motivation that I was lacking, self-belief and encouragement in not giving up. I found you approachable, helpful, supportive and always positive. Thank you for helping me with my C.V., pep talks, job search, mock interviews, and encouragement. I would definitely recommend you to others, as I certainly have benefited from your services.

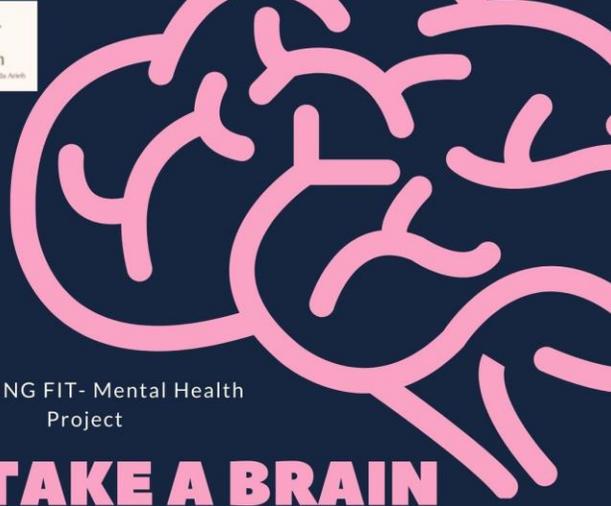
Kind regards,
Samina Shah

Partner Organisations:



Projects Funded by:



FIGHTING FIT- Mental Health Project

TAKE A BRAIN BREAK...

'A series of FREE live workshops and courses to support you to better your mental health throughout these uncertain times!'

ALL COURSES DESIGNED AND FACILITATED BY AWARD-WINNING MENTAL HEALTH COACH MIRANDA ARIEH AND WILL INCLUDE WORKSHOPS ON 'CONFIDENCE BUILDING', 'SELF-COMPASSION' & 'PRACTICAL MINDFULNESS'...

DATES & TIMES:
Every Friday throughout February & March 2021 / 2-4pm
For full details & to enrol, please contact:
hello@mirandaarieh.co.uk or text 07932676007

Instagram
Twitter
Facebook:
@MirandaArieah




BE KIND TO YOUR MIND...

MEN'S MENTAL HEALTH AND WELLBEING GROUP



JOIN OUR 6 WEEKS ADVICE & SUPPORT COURSE: (1 HOUR ONLINE SESSIONS)

CONTACT TEJ BIRK FOR MORE INFORMATION ON: 07930 712 163

Topics Include:

- What is mental health?
- What affects your mental health and creates barriers to positive mental health?
- Mental Health difficulties & signs
- How are relationships & family is affected?
- How and where to get help?
- maintaining the road to recovery!





Manningham Housing Association are pleased to share the wonderful news

Our national Lottery Funded 'Fighting Fit' Programme now has 18 online activities up and running which are free to join. Our team has been busy developing activities to increase wellbeing and encourage active lifestyles as well as providing opportunities to socialise and stay connected during these difficult and challenging times. All activities are completely free of charge, prioritising MHA tenants, however, non-tenants are welcome to join depending on the capacity of projects.

All 'Fighting Fit' activities are online due to current restrictions and include some of the following: healthy eating cooking, physical exercises such as yoga and chair-based exercise, music therapy, arts and crafts, financial advice and much more. We are also pleased to announce our new men's and women's mental wellbeing groups, which will provide a much-needed chance for people to get together and share experiences and feelings, especially the impact of lockdown measures.

We have also launched our Manningham Housing menu of choice which provides full details of our fantastic range of community initiatives.

For more details and to request your copy please contact John on the 'Fighting Fit team' on 07811360571 or email: John.Aitken@manninghamha.co.uk.

Partner Organisations:



Projects Funded by:



Meet MHA Community Partnership & Investment team



Nasir Hussain
Community Partnership and Investment
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Nasir.Hussain@manninghamha.co.uk
07387412102



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Community Partnership & Engagement
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Nadia Sultana
Administration
Support Officer
Nadia.Sultana@manninghamha.co.uk
07501684436

MHA Food Bank Support

Happy New Year and thank you so so much for all of your support over 2020! Even though no one was expecting it and it has been such a difficult year, the compassion and generosity that you and Bradford's community has shown have been a shining light in the darkness.

Over 2020 together we fed 14,205 people (5666 last year), people who would have gone hungry without your support. On average, we fed 263 people and gave 4 Tonnes of food away every week. We've had an army of 60 regular volunteers with another 130 people volunteering at some point during the year.

This is an incredible achievement to meet this huge rise in the need for emergency food parcels. Over December we also gave out over 500 Christmas hampers and presented throughout December which was a joy to be able to spread a little bit of Christmas joy.

Some of these families are below.

Arabela (below) said: Thank you for helping us with food and gifts for my children. I wouldn't have had a Christmas without you.'



Mum from Thornbury primary said, (her kids below): I'm on Universal Credit and I've been capped and I'm a single mum with 6 kids so we've been really struggling. It's been really hard this year. These presents will be lovely to give the kids and has made Christmas a bit less stressful. I've had a nice ½ hour in Foodbank too as I'm always just at home with the kids.



MOULD PREVENTION



Signs of Mould

- Air conditioning or heating smells weird
- Grout between your shower tiles is dark
- Wallpaper is peeling
- Signs of a cold that does not go away
- Dark or colour spots on wall
- If you're asthmatic and it is worsened when staying at home for long periods of time.
- Feeling itchy
- Past flooding

Effects of Mould

- Nasal Congestion
- Wheezing
- Chest Tightness
- Coughing
- Throat irritation

Mould Prevention

- Identify the area of the problem
- Dry wet Areas immediately
- Prevent moisture with adequate ventilation
- Buy mould resistant products
- Clear or Repair roof gutters
- Improve airflow in the home

CENSUS 2021

The census is a **unique survey** that takes place every 10 years in **England and Wales.**

By taking part, you'll help **inform decisions** about services that **shape your community.**

Things like **healthcare, schools and colleges** and **public transport.**



census 2021



WEST YORKSHIRE POLICE
www.wy.police.uk

ActionFraud
www.actionfraud.police.uk

Courier Fraud

How to beat the fraudsters

Most common scams can be prevented by following just a few simple steps. Next time you receive a request for your personal or financial information, here's what you need to remember - your bank or the police will never:

- Ask you to transfer money out of your account
- Ask you to withdraw money to hand over to them for
- Send someone to your home to collect cash, PINs, cards or cheque books
- Phone and ask you for your full PIN or full banking

For more information, visit actionfraud.police.uk/beatthecourierfraudsters

Winners of our Pay by Direct Debit prize draw

Winners:

of our latest prize draw are:

1. **Mr Umair Rafique** – £100 Prize winner
2. **Mr Anwar Khan** - £50 prize winner
- 3 **Miss Alexandria Mary Firth** £25 winner

As a continued effort to encourage our customers to pay their rent by direct debits, we will continue to have this prize draw 4 times a year

First Prize - £100

Second Prize - £50

Third Prize - £25

Terms and Conditions apply; Competition open

to existing and new direct debit customers. To qualify, the customers will need to show three consecutive months of payment on their rent account via direct debit with no failed payments.

The Benefits of paying by Direct Debit

Direct Debit is a quick and simple way of ensuring that your rent charge is paid to Manningham Housing Association and should minimise the risk of you going into arrears with your payments.

You can set up a direct debit weekly, fortnightly, and monthly.

Once the direct debit is set up, your rent charge will be collected from your account on the agreed date.

The next prize draw will take place on January 2021. To qualify, customers will need to show three consecutive months payments.

"You've got to be in it to win it"

**Set up a direct debit
Please call us on 01274 771144 and we will
help you set one up.**

Thank you to our
partners and our
Fundors



HOLLINGS YOUTH ASSOCIATION



COMMUNITY
FUND