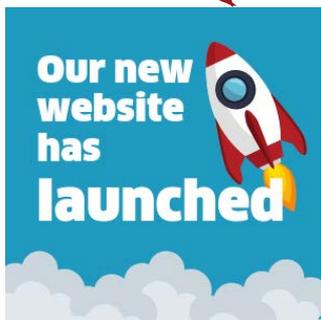


HOUSING PLUS FEBRUARY 2021



*Click
Here*



manningham
HOUSING ASSOCIATION



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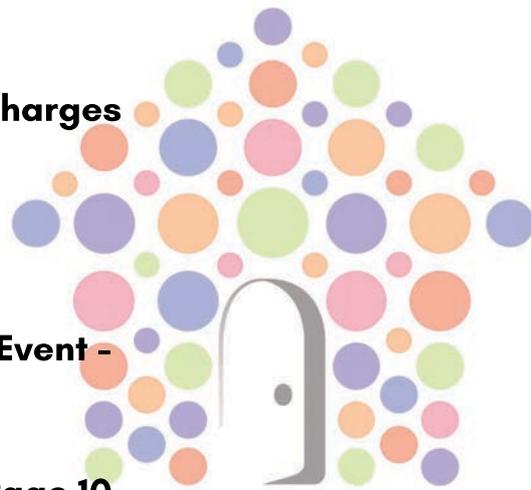
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manningham

HOUSING ASSOCIATION



Lockdown easing: Key dates

● Step one: 8 March

Schools open. Outdoor after-school sports allowed

Two people allowed to sit together outdoors

Care home residents allowed one regular visitor

● Step one: 29 March

Six people or two households allowed to meet outdoors

Outdoor sports facilities open, organised sport allowed

Travel outside local area allowed

● Step two: 12 April*

Non-essential retail and personal care open

Hospitality outdoors open

Indoor leisure eg gyms, swimming pools open

Self-contained holiday accommodation open

● Step three: 17 May*

Outdoors most social contact rules lifted

Six people or two households can meet indoors

Indoor hospitality and hotels open

● Step four: 21 June*

All legal limits on social contact removed

Hope to reopen final closed sectors of the economy

*Earliest possible date



International women's day 8th March 2021

How did it start?

International Women's Day, also known as IWD for short, grew out of the labour movement to become a recognised annual event by the United Nations (UN). The seeds of it were planted in 1908, when 15,000 women marched through New York City demanding shorter working hours, better pay and the right to vote. It was the Socialist Party of America who declared the first National Woman's Day, a year later.

Purple, green and white are the colours of International Women's Day. "Purple signifies justice and dignity. Green symbolizes hope. White represents purity, albeit a controversial concept. The colours originated from the Women's Social and Political Union (WSPU) in the UK in 1908," the International Women's Day campaign says.

To our Mannigham Housing Association women,

As you may be aware, International Women's Day is drawing near. To celebrate the event and enable all our partners and extended bodies with Mannigham Housing Association to showcase some of their work and individual skills; perhaps hidden and not yet explored or shared with the public, we have decided to host an International Women's Event.

This event will take place on Wednesday 10th of March 2021 from 11am - 1:30pm (2pm, for those who wish to stay behind and network).

This event is purposed to present an opportunity to advertise businesses and various projects as well as connect attendees with inspirational women.

And yes, we will have various giveaways, raffle draws and so much more!

For any enquiries and to confirm your attendance, please contact us on **07930 712348** or email **aisha.begum@manninghamha.co.uk**

Kind regards, Jabu

“

Purple, green and white are the colours of International Women's Day.

"Purple signifies justice and dignity. Green symbolizes hope. White represents purity, albeit a controversial concept. The colours originated from the Women's Social and Political Union (WSPU) in the UK in 1908," the International Women's Day campaign says.

An event poster for International Women's Day. It features a central illustration of a diverse group of women's faces. Above them, the text reads "INTERNATIONAL Women's Day". Below the illustration, it says "WEDS 10TH MARCH 2021 11:00AM-01:30PM". The poster lists "THEMES OF THE DAY: Skincare & Beauty Therapy, Mental Health & Wellbeing, Inspirational Women". It also mentions "THREE LIVE DRAWS!" and lists prizes: "1. Beauty Hamper, 2. £50 Amazon Voucher, 3. Cooked Meal & Cookbook". At the bottom, it provides Zoom details: "Join us via Zoom: Meeting ID: 94090227371, Password: 756889". The poster is decorated with colorful circles and a stylized flower.

Feb Food Project

HOLLINGS YOUTH ASSOCIATION

OVER 400 PARCELS
DELIVERED DURING
FEBRUARY



MHA RESIDENTS FEEDBACK

"Very great service, variety
of hot meals. Children
always looked forward to
receiving their meals"

"Quality of the service was
good and the food provided
were well cooked and tasted
nice"



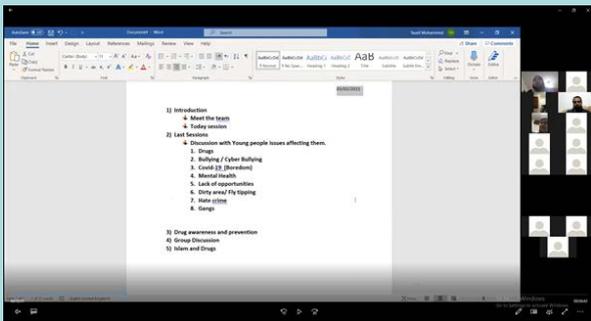
For more community activities
check our new website
[Click here](#)



WORKSHOPS

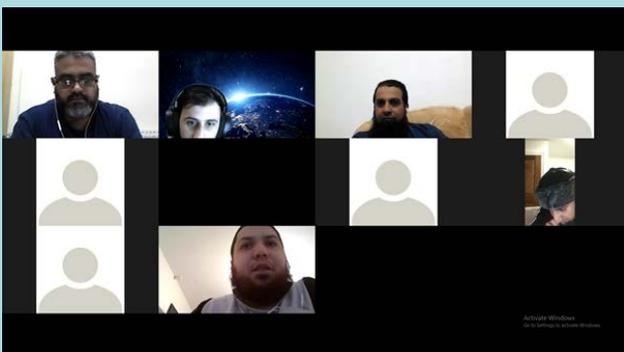
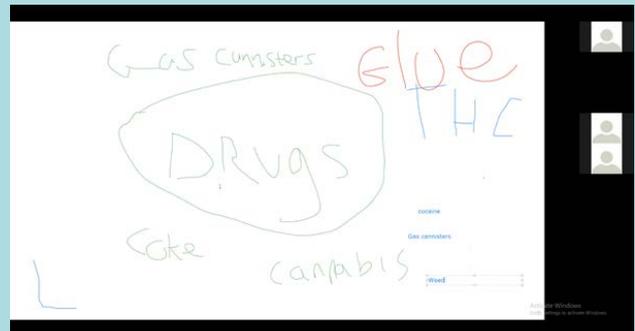
BY HYA

PART OF THE BUILDING BRIDGES BRADFORD PROJECT



Workshops delivered by HYA to educate young
people

Drugs workshop delivered to over
20 young people



Every friday from 8pm - 9PM ZOOM

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



Food stories are never a dull moment especially if told by a gifted orator. They leave you lip smacking, drooling and ready to up and go, seeing in your minds eye the very place being described. You immediately become a part of the scene and can smell the aromas wafting through the kitchen as a pit is slowing turning raw food into deliciousness, you hear the laughter of children as they run through, the chatting of the adults as they relive their pasts and the clanging of pots and pans as the cooking steady progress. Ahhhh, is all I can say as we were all transported to Fiji this evening during our Building Bridges Bradford project. We discovered the versatility of oatmeal and turned it into yummy bars, apple & cinnamon with all things nice granola and finally into milk. All very vievekicious! We have been truly inspired to try new dishes and create new ones from all that we learnt.

[#newrecipes](#) [#foodstories](#) [#oatswilldoyougood](#)
[#learningfromeachother](#) [#culturecurator](#) [#foodhistory](#)



<  Building Bridges  

Cassava fritters. We stuffed ours with cheese and ham (had some that needed using up) and baked them instead of frying. We had as a side dish alongside some baked chicken and vegetables. A huge hit all round, everybody went back for seconds and we will definately make again and maybe try a different filling next time. This would definately not have been something I would have discovered or thought about making without this group so thankyou!! 🙌😊



Ministry of Housing,
Communities &
Local Government

Fighting Fit Project



Mindfulness Support

with Freelance Sessional Worker Eyarun Nessa



“I found the country walks very empowering as it helped me meet lots of new people. This has improved my wellbeing, meeting new people and getting fresh air. During Lockdown I was quite unwell, this was very refreshing for me.”

Outdoor Thai Chi and country walks pre-lockdown in December 2020.

Week 6 of Mindfulness Support discussing Phobias as part of mental health awareness. This group is working towards a Level 2 qualification.

“Awareness around different phobias is very interesting. Sharing my phobia with others and understanding that some of us have similar phobias has made me feel at ease. This course has impacted my life a lot. I am more aware about the different types of mental health issues we face in our daily life. This course has impacted me to make positive changes to my life.”

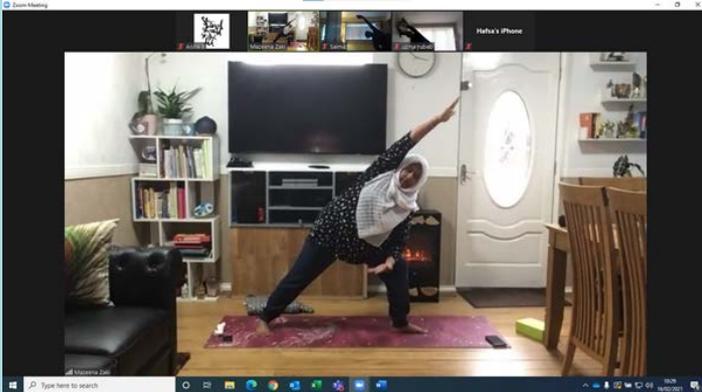


Learners are now on week 3 and enjoying their sessions.

The screenshots above are from the session Tues 16th Feb which was focussing on ‘Warrior pose’ and ‘Extended pose’ to alleviate pain and pressure. The impact that the sessions have had to the users are:

“I am able to use what I have learnt daily; this has made a major difference to my daily life for the last four weeks. This has impacted me in a positive way, I feel much happier.”

“During the last four weeks, I have learnt lots of new poses to begin my Yoga journey. This has made me feel very happy. It has resulted in my changed of mood which has impacted me positively.”



Online Yoga with Aishah Mazeena Zaki



Seated Exercise for BAME women 50+

These ladies suffer from mild disabilities to severe disabilities. These Seated Exercises are to be carried out whilst remained seated.

“I have not exercised in so long; I look forward to these sessions with Davinder every week. I feel young again! This makes me happy.”

“I like learning new exercises, I cannot walk too much as I have a lot of pain, this has helped my arthritis a lot. I have also made new friends.”

“I have learnt how to use WhatsApp to access these sessions, my son has taught me how to use it during lockdown. It helps me stay in touch with my friends. I have learnt lots of exercises whilst sitting down. I practise these every day. I really enjoy them.”

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!

WELFARE BENEFITS & FINANCIAL SUPPORT OFFICER



Advice & Support Service for Customers

Universal Credit
Housing Benefit
Budgeting
Fuel Poverty
Debt Management
Health
???

Are you ready for Universal Credit?
UC Universal Credit

Advice available in English, Urdu & Punjabi

For further information ring MHA on 01274 77 11 44
Faisal Khan - Welfare Benefits & Financial Support Officer

Case Study:

Mr M is a taxi driver with 3 young children. He has been unable to work through the pandemic due to the lack of work and the associated costs of running the taxi, such as: costs of hiring a car, taxi insurance, base rate, and fuel. As a result, he applied for the SEISS and has been given 2 awards so far and which alongside his tax credits and child benefit have been the family's only income.



Mr M had believed he would soon be back at work and did not want to apply for Universal Credit and go through the inconvenience of changing benefits. However, as the pandemic has lasted longer than anyone had ever predicted and with increasing rent arrears he sought help to clarify what options he had.

Mr M was supported with a benefit calculation, which showed he would be better off with making a UC claim as this would at least help him with his rent payments. Mr A and his wife were supported with making a joint UC claim and an application for a Council Tax Reduction was also submitted. Upon receipt of Mr M's first UC payment, we applied for a DHP and Free School Meals. Unfortunately, his energy supplier had closed the applications for Warm Home Discount, so we were unable to apply for the £140 utility grant. He also did not qualify for the Yorkshire Water grant as his annual water bill was under the discount applicable threshold.

Mr M's CTR and Free School Meals application for his 3 children was successful. The family are now getting a £646.67 discount on the annual council tax for the year and his 3 children now qualify for Free School Meals. But even better was to follow soon; Mr M's DHP was granted and he was awarded £1200, which effectively reduced his rent arrears from £1608 down to £408.

Furthermore, Mr M has also been advised on employability support available through the MHA Community Investment Team. However, he said was ok for now but would consider this offer of support going forward.

Mr M is very happy with the outcomes and the support he has been provided so far:

"Thanks for all your help, I really appreciate it and you've really helped me out a lot".



Process for reporting April 2021 rent charges for UC claimants

Please note your new rent and service charge for 2021 will take effect from 12 April 2021.

April 2021 rent charge letter will be sent to you before the change is applied.

If you are claiming Housing Benefit you will not need to do anything as we will provide this information to the local authority.

If you are currently in receipt of Universal Credit it is your responsibility to inform the DWP (Department of Work and Pensions) of your new rent/service charge for 2021.

The easiest way to do this is when you receive a notification in your on-line journal "To Do" folder of your online portal asking you to provide details of your new rent and service charges. Log on to your Universal Credit account. Click on Home and choose A new to-do "Report any changes to your housing costs" will be in your "To-do List".

Three things you need to report –

- 1- Date of rent charge change
 - 2- Your new April 2021 rent
 - 3- Eligible services charges
- All this information will be on your rent increase letter.

Examples of what you need to do:
If you are on Universal Credit, on your online UC account "To do list" you will be asked to complete the following 3 boxes to report your new rent for 2021. Please note, the new rent for 2021 for all MHA tenants will start on 12/04/2021.



For more information & benefit advice check out our new website

Complete these sections and your new April 2021 rent will be updated in time for your next Universal Credit payment.

Confirm your housing costs

Date of change

Did your housing costs change on 5 April 2021?

Check the letter from your landlord for the date of the change.

Yes

No

[Continue](#)

Confirm your housing costs

Changes to your rent

You are currently charged £100.00 per week in rent.

Your landlord should have written recently with details of changes to rent or eligible service charges.

Are you still charged weekly for your rent?

Yes

No

How much is your new rent per week?
Do not include any service charges or rent arrears.

£

[Continue](#)

Confirm your housing costs

Changes to your service charges

You are currently charged £5.45 per week in eligible service charges.

Your landlord should have written recently with details of changes to rent or eligible service charges.

Are you still charged weekly for your service charges?

Yes

No

How much are your new eligible service charges per week?
Only include 'eligible' service charges. They will be listed separately on the letter from your landlord.

£

[Continue](#)

Once you have entered all the required information, you will have to check and confirm that the information entered is correct. You can make changes if the information you have entered is incorrect.

If you pay by **DIRECT DEBIT** your payment will be recalculated by us and you will be notified of the new amount to pay in accordance with the terms of the Direct Debit Guarantee.

If you pay by **STANDING ORDER** you will need to contact the Income Team who will be pleased to advise you what the new payment will be and then you should notify your bank to amend the standing order, or you can do this yourself if you use internet banking.

If you pay by **ANY OTHER METHOD** (Cash payments, AllPay Card, internet banking, debit card) please contact the Income Team on 01274 771144 who will be pleased to advise you how much you need to pay.

Our Vaccination Awareness event aims to arm Manningham Housing Association tenants with key facts on the importance and benefits of taking up the vaccine and provide a snapshot of relevant local initiatives.

Timings	Agenda	Speaker
6.00pm – 6.10pm	Welcome / Introductions / Housekeeping and MHA Community Partnership Update	Nasir Hussain / John Aitken (MHA)
6.10pm - 6.20pm	Dr Shahidul Chowdhury – A GP's perspective	Dr Chowdhury
6.20pm – 6.30pm	Dr Haroon Hussain (Clarendon Medical Centre, Bradford) - A GP's Perspective	Dr Hussain
6.30pm – 6.40pm	Professor Wright - Director, Bradford Institute for Health Research	Professor Wright
6.40pm – 6.55pm	Q&A Session	All
6.55pm – 7.00pm	Final words and event close	John Aitken / Tejinder Birk / Aisha / Begum (Fighting Fit)

VACCINATION AWARENESS EVENT

Join us to hear what our guest speakers have to say about Covid19 Vaccination:

- Presenting the facts about the vaccine
- Dispelling any myths and concerns
- What you need to know about vaccinations locally
- Q&A session

Wednesday 17th March, 6-7pm Via Zoom:
Meeting ID: 9688912 9175
Passcode: 048701

Please do encourage family and friends to come along.
To book your place contact:
john.aitken@manninghamha.co.uk
or call: 07811360571

For details of any other Manningham Housing projects visit our newly re-designed website:
www.manninghamhousing.co.uk



MANNINGHAM HOUSING ASSOCIATION PROUDLY PRESENTS:

BUILDING BRIDGES BRADFORD CELEBRATION EVENT

2020/21



DATE/TIME: TUESDAY 9TH MARCH 2021
• 18:30 PM - 20:00 PM •
CONTACT: SUMAN.BIBI@MANNINGHAMHA.CO.UK
LOCATION: ZOOM
MEETING ID: 914 7112 9754
PASSCODE: 008373





COVID-19 vaccination First phase priority groups

Priority	Risk group
1	Residents in a care home for older adults and Staff working in care homes for older adults
2	All those 80 years of age and over and Health and social care workers
3	All those 75 years of age and over
4	All those 70 years of age and over and Clinically extremely vulnerable individuals (not including pregnant women and those under 18 years of age)
5	All those 65 years of age and over
6	Adults aged 18 to 65 years in an at-risk group*
7	All those 60 years of age and over
8	All those 55 years of age and over
9	All those 50 years of age and over
10	Rest of the population (to be determined)

* Blood cancer (such as leukaemia, lymphoma or myeloid), diabetes, dementia, a heart problem, a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma, a kidney disease, a liver disease, lowered immunity due to disease or treatment (such as HIV infection, steroid medication, chemotherapy or radiotherapy), rheumatoid arthritis, lupus or psoriasis, have had an organ transplant, had a stroke or a transient ischaemic attack (TIA), a neurological or muscle wasting condition, a severe or profound hearing disability, a problem with your spleen, hip, spine or neck, or you have had your spleen removed, are seriously overweight (BMI of 40 and above), are severely mentally ill.



MHA STEP CHALLENGE

We had a tough month working really hard on the step challenge! Our 12 participants deserve big applause!

Here are the top 3 top winners:

1st place John Green

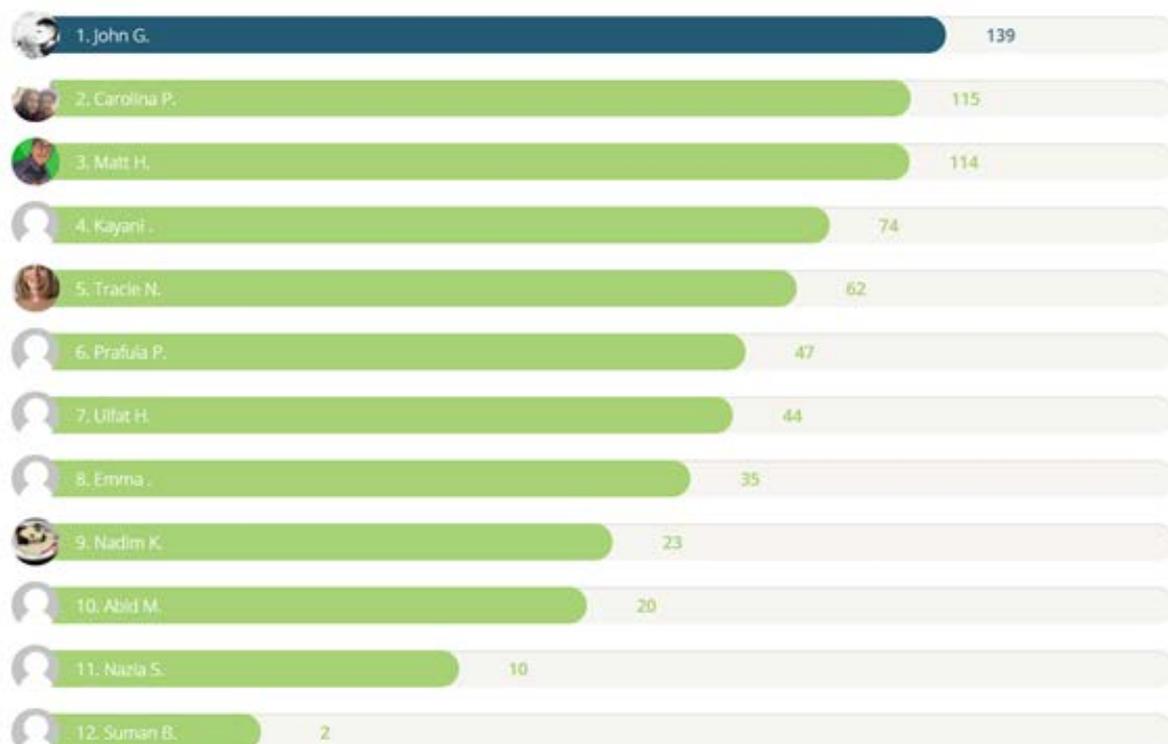
2nd place Carolina Padovezi

3rd place Matt Hayes

John walked an average of 13900 steps per day! (about 7 miles)

Thank you to everyone that joined and enjoyed this challenge; it was very nice to 'compete' with you. Well done!

We got great feedback from the participants, join you too the next challenge!



CENSUS 2021

census
2021

Helping everyone take part in Census 2021

The census is happening in March 2021.
By taking part and encouraging others to do
the same, you'll help make sure you and your
community get the services you need.

Office for National Statistics

www.census.gov.uk

EU11A

census
2021

مردم شماری 2021 میں شرکت کرنے کے لیے ہر کسی کی مدد کرنا

مردم شماری مارچ 2021 میں ہو گی۔
خود حصہ لے کر اور دوسروں کو بھی ایسا ہی کرنے
کی ترغیب دے کر آپ یقینی بنائیں گے کہ آپ کی
کمیونٹی کو وہ سروسز ملیں جن کی آپ کو ضرورت ہے۔

www.census.gov.uk

Office for National Statistics

EU11B04

Census 2021

Helping everyone take part in Census 2021

Knowledge

You have a unique understanding of your community's interests and the challenges it faces. This knowledge allows us to plan support that help everyone take part.

Awareness

Your community links can help us spread the word about what the census is and why it matters to everyone. This will build trust in the census and increase support.

Access

Your networks can help us reach people in your community who need support to take part. This will make sure they're included.

Find out more

Find out more about working together to support your community.

Read more about the census at www.census.gov.uk

Follow the census @Census2021



علم

آپ کی اپنی کمیونٹی کے مفادات اور اس کو درپیش مشکلات کی منفرد جانکاری ہے۔ یہ علم ہمیں ایسی سپورٹ مہیا کرنے کی منصوبہ بندی کرنے میں مدد دے گی جو حصہ لینے میں ہر کسی کی مدد کرے گی۔

آگاہی

آپ کی کمیونٹی کے ساتھ روابط ہمارا پیغام پہنچانے میں مدد کر سکتے ہیں کہ مردم شماری کیا ہے اور یہ ہر کسی کے لیے اہم کیوں ہے۔ اس سے مردم شماری کے لیے اعتبار سازی ہوگی اور سپورٹ میں اضافہ ہو گا۔

رسائی

آپ کا نیٹ ورک ہمیں آپ کی کمیونٹی کے ان لوگوں تک پہنچانے میں مدد کر سکتا ہے جنہیں حصہ لینے کے لیے مدد کی ضرورت ہو۔ یہ یقینی بنائے گا کہ ہر کسی کو شامل کیا جائے۔

مزید معلومات حاصل کریں

اپنی کمیونٹی کو سپورٹ کرنے کے لیے مل کر کام کرنے کے بارے میں مزید معلومات حاصل کریں۔

مردم شماری کے بارے میں مزید پڑھیں www.census.gov.uk

مردم شماری کو فالو کریں @Census2021

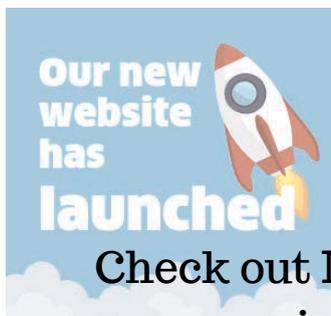




Coronavirus support

- Furlough to be extended until the end of September
- Government to continue paying 80% of employees' wages for hours they cannot work
- Employers to be asked to contribute 10% in July and 20% in August and September
- Support for the self-employed also to be extended until September
- 600,000 more self-employed people will be eligible for help as access to grants is widened
- £20 weekly uplift in Universal Credit worth £1,000 a year to be extended for another six months
- Working Tax Credit claimants will get £500 one-off payment
- Minimum wage to increase to £8.91 an hour from April
- State of the economy and public finance
- UK economy shrank by 10% in 2020
- Economy forecast to rebound in 2021, with predicted annual growth of 4% this year
- Economy forecast to return to pre-Covid levels by middle of 2022, with growth of 7.3% next year
- Borrowing to total £234bn in 2021-22
- No changes to rates of income tax, national insurance or VAT
- Tax-free personal allowance to be frozen at £12,570 from April 2021 levels to 2026
- Higher rate income tax threshold to be frozen at £50,270 from April 2021 levels to 2026
- Corporation tax on company profits above £250,000 to rise from 19% to 25% in April 2023
- Rate to be kept at 19% for about 1.5 million smaller companies with profits of less than £50,000
- Stamp duty holiday on house purchases in England and Northern Ireland extended to 30 June
- No tax charged on sales of less than £500,000
- Inheritance tax thresholds, pensions life time allowances and annual capital gains tax exemptions to be frozen at 2020-2021 levels until 2025-26

<https://www.google.co.uk/amp/s/www.bbc.co.uk/news/amp/uk-politics-56266773>



Check out MHA new website

www.manninghamhousing.co.uk

MANNINGHAM HOUSING ASSOCIATION

Manningham Housing Association, Bank

House, 30 Manor Row, Bradford, West

Yorkshire, BD1 4QE

OPENING HOURS:

Monday - Friday, 09:00 - 17:00

MAIN RECEPTION:

01274 771144



Ministry of Housing,
Communities &
Local Government



Department for
Digital, Culture,
Media & Sport

