

# Panel pages...

...where tenants and leaseholders take over homes & people



## Hello, Welcome...

May I, on behalf of the 'homes & people panel' welcome you to the new reader's pages. But first, let me take this opportunity to explain something about who we are and the idea of these pages.

Believe it or not this panel is made up of people just like you, a collection of tenants and leaseholders. Not the 'great & the good', but people who live in this great city of ours. We help YHN decide what articles

go in the newsletter and now they have given us our own 2 pages to write our own articles.

Now after you have read or even just glanced at the pages, and you decide that you don't like them or appreciate them, who can blame you; after all there are always better ideas out there. But if that is the case, if you have any thoughts/ideas on what should be included, that would be of

interest to fellow readers, don't keep it to yourself, let us know!

I on behalf of the other members of the panel promise that we shall look at each idea that comes in, and we will try and give space to your articles.

So, thanks for reading!... I'm going back to listen to U2's new album (which is excellent).

**Jonny Mahon**

## Always there to help

**One panel member has described how she turned to YHN's Advice and Support Team to help solve her own money worries.**

She said: "We got into financial trouble after my partner lost his job in the building industry due to the recession.

"We were already in rent arrears and we also owed cash to electricity and gas suppliers. It was a real worry and we didn't know what to do.

"Thankfully the Advice and Support Team were really helpful. They contacted the companies we owed money to and explained our situation. They then helped us come to informal arrangements to help pay off the debt.

"It was such a relief to finally get it sorted. We are ordinary tenants who suddenly found ourselves in financial difficulties and the team really took a weight off our minds.

"If you have money worries, please don't ignore it. You have to do something about it and there is help out there if you need it."

Everybody needs help sometimes. YHN's Advice and Support team can help you stay in your home and its aim is to prevent homelessness.

The team can help with everything from benefits advice to debt counselling. It is not just for people who are in debt either, they can help

if you are working and worried about getting into money trouble.

The Advice and Support Team can be contacted through your local YHN Community Housing Office.



## Eyes down for five pounds

**There are few things more important in life than looking after your eyes and we've come across a great way of doing it for free.**

Take an eye test that can help identify short and long sightedness and will also help spot common health problems like diabetes, glaucoma and vascular disease.

CONCEPT EYE CLINIC has teamed up with the Millin Centre to offer free eye testing and spectacles to people on benefits, income support, pension

credit, job seekers allowance, tax credit or who are exempt from all NHS charges.

You may be entitled to free spectacles and you will get £5 CASH when you keep your appointment.

CONCEPT also offers discounts on an extensive range of designer frames.

The Millin Centre sessions are part of a pilot project and there are plans to roll it out to other areas of the city.

With a highly specialised and friendly team, CONCEPT is committed to bringing eye health care directly to those who need it most.

For the elderly and disabled, the team can come to you directly and provide eye tests at home with a dedicated after care service.

Concept are currently looking at offering a similar service at other locations across the city.

**To book your appointment at the Millin Centre telephone: 0191 272 5115.**

**If you would like more information about the eye clinic contact Christine:**

- 0191 276 0242
- [info@concepteyeclinic.com](mailto:info@concepteyeclinic.com)
- [www.concepteyeclinic.com](http://www.concepteyeclinic.com)

CONCEPT EYE CLINIC  
*The art of the optician*

**FREE EYE TEST**  
Every Tuesday  
at Millin Centre

**£5 CASH BACK**  
with appointment

Book your appointment now  
Please call the Millin Centre  
0191 - 272 5115

# Restart at Byker's heart

St Michael's Church has been at the heart of Byker's community for almost 150 years and there are plans to make it a part of everyday life.

Now a company called The Byker Centre is drawing up plans to completely revamp an area that will include the church and church yard and the Byker Community Centre and its community garden.

There are plans to set up a café within the church, revamp the community centre and regenerate the church grounds with a maze, play fountains, an art wall, an open air theatre and a peaceful garden.

There are also plans for a horticultural training area which could create jobs and encourage people to grow their own food locally. The church would continue to be a place of worship

several times a year.

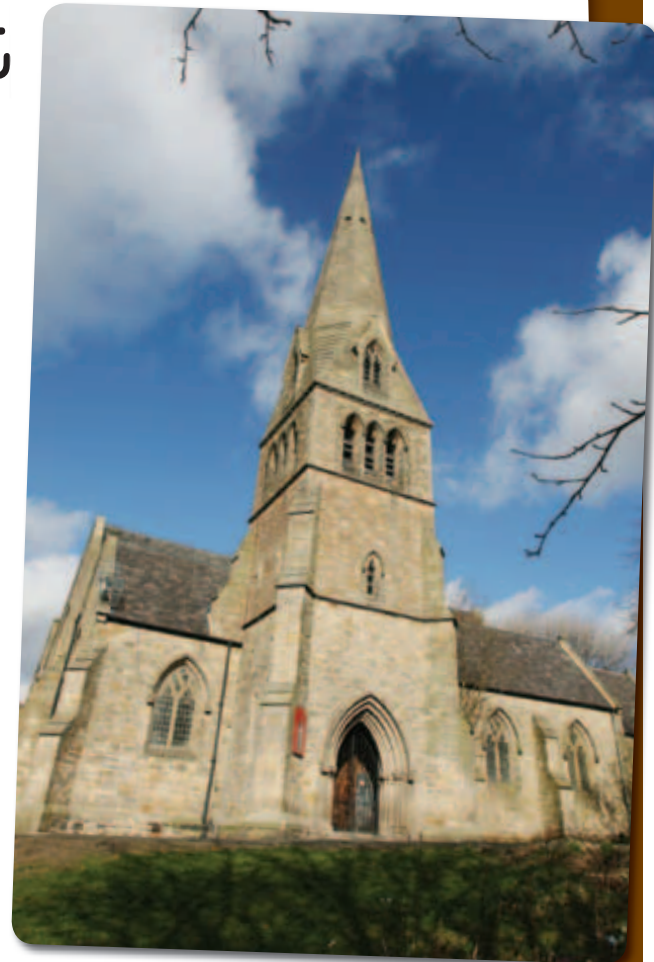
The church has stunning views overlooking Newcastle and Gateshead and the Tyne Gorge and hosts group lunches and tea dances.

The people of Byker have been asked about the plans and they have received 90 per backing from residents.

Now the community is gathering support and identifying people who may be prepared to make the dream a reality.

If something is happening in your local area and you want people to know about it then let the homes & people panel know!

**If you live in the East End of the city and would like to get involved telephone Rev John Sadler on 0191 228 9590.**



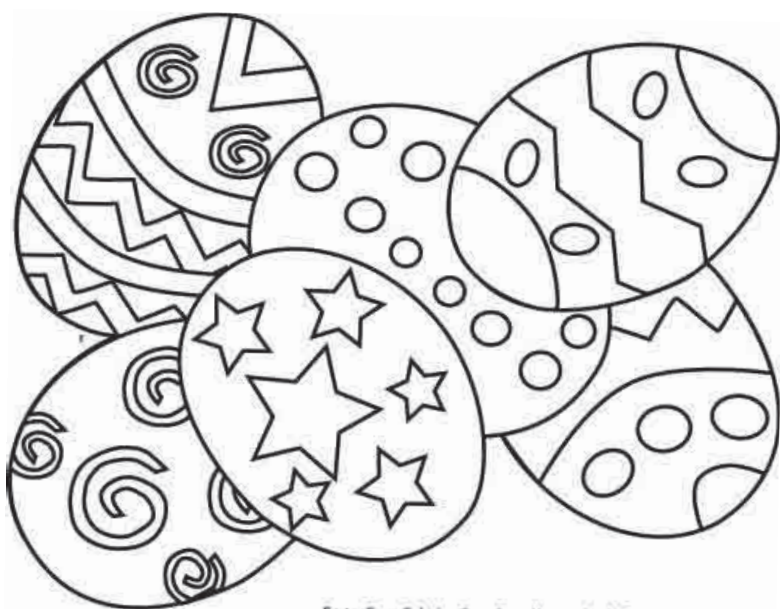
## Puzzle time!

Put a number from 1 to 5 in each square so that all 5 numbers appear in each row, column, row and outlined area

		3	1	
	4			
5		4		
4		1		

## Kids only!

colour the picture in and try not to go over the lines!



Easter Eggs Coloring Page <http://parenting.lee-hansen.com>

## Spring recipe

Everyone is feeling the pinch with the credit crunch but there is no need to do without nutritious food. Local green grocers have good bargains and small ingredients can be found in local weigh shops. Why not grow your own herbs on a window sill in old yogurt pots? Good fun for all and you will have fresh herbs all summer.

**Basic sauces: Tomato sauce**

**What you need:** 1tbsp olive oil • 2tbsp white wine vinegar • 1tsp dried oregano • 2 medium onions (diced) • 2 400g tins tomatoes • 2-4tsp tomato puree and water

**Method:** In a medium pan, heat the oil, add the onion and gently fry for 4-5 mins. Remove from the heat, add the vinegar then tinned tomatoes and oregano, top up with water and bring back to the boil then simmer for 15-20mins. Thicken with tomato puree.

This sauce can be made in bulk then portioned and frozen it can be used as a base for chilli con carne, bolognese vegetable soup or pasta sauce.

**Tell us what you made with the sauce!**



You can send your ideas to:

The homes & people Panel, c/o Tenant Involvement Team, YHN House, Benton Park Road, Newcastle upon Tyne, NE7 7LX.