

# Panel pages...

...where tenants and leaseholders take over Homes & People



## Welcome to the Winter 2011 issue of Homes & People

Hi all and welcome to our first edition of the Panel Pages for 2011. In this issue we have included a piece about the Credit Union and how you might find it helpful after the Christmas and new year strain on your wallet.

We also have a piece on rookie golf from the perspective of one of our panel members, along with a few more hints

and tips to stay nice and warm during the winter.

We wish all YHN customers a happy new year and hope you enjoy reading the Panel Pages as much as we do writing them.

**Ian Norton**

If you have any ideas for articles for Homes & People or want to get involved then contact: The Customer Involvement team, YHN House, Benton Park Road, Newcastle upon Tyne, NE7 7LX. Call 0191 278 8723 or e-mail [getinvolved@yhn.org.uk](mailto:getinvolved@yhn.org.uk)

## Start a savings habit in 2011

Start the new year the right way with a credit union account that helps you save and borrow money safely.

Credit unions are based across the city and are a really easy way of managing your money. By joining a credit union, you can start a good savings habit by saving as little as £1 a week. Once you're a regular saver you can borrow money from the credit union at an extremely reasonable rate and feel safe and secure that you've borrowed from a legitimate and regulated lender.

Why not find out how your local credit union could help you?

Northern Money can tell you where your local credit union is and how to get in touch – visit [www.northernmoney.org.uk](http://www.northernmoney.org.uk) or call 0191 279 4881



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# Keeping warm and well

As we head into 2011, it's probably safe to say that the worst of the winter weather isn't over yet! Here are our top tips to keeping warm, well and safe while it's cold outside.

**Keep warm** - It is very important to stay warm. We are all more likely to catch colds and flu in winter, but the cold weather can also trigger some more serious health problems so make sure you wrap up warm when you're inside and out.

**Keep well** - Try your best to eat a healthy diet in winter - lots of hot hearty soups and stews are not only good for the soul, but help you stock up on the nutrients you need. We like to look at [www.allrecipes.co.uk](http://www.allrecipes.co.uk) for new recipes, but we also often pick up recipe cards from supermarkets like Morrisons, Tesco and Sainsbury as they often have reasonable priced recipes.

It's also important to remember that any new year resolutions that we make we probably aren't going to keep! So whatever you decide to do, keep it simple, like walking instead of always taking the bus. Gyms are good but can be pricy to keep up, so maybe go swimming instead. Remember that whatever you decide to do it's better to do one new thing than doing nothing at all!

**Keep safe** - Remember that older people are particularly vulnerable to the effects of the cold and dark weather so if you have an older person as a relative or neighbour, keep an eye on them and help them out if they need help to clear their paths or a hand with their shopping.

And remember, there's no Accident and Emergency Department at Newcastle General Hospital anymore - Newcastle's A&E is now at the RVI.

**Caroline and Neil Smith**



# Keeping fit indoors and out

It's important that during the winter months we continue to get fresh air and exercise - even though the weather is not at its best, I recommend getting out for at least ten minutes a day and trying to get some form of exercise to stay active.

One of the ways I do this is by getting off the bus a stop early to walk an extra bit home. Another way is to play rookie golf, an indoors game for people of all ages and abilities. The game is

designed so that everybody can play together, even if you have a disability or use a wheelchair. It's often played in sheltered housing schemes in Newcastle - it's a great opportunity for communities to get together.

Like all sports, it has its health and safety rules, but these are more common sense than risk, such as making sure there is no one near you when you use the club. Other than that it is very enjoyable and a great way to keep active and get together with friends.

**June MacDonald**

