

# Panel pages...

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



## Welcome to the Summer 2010 issue of Homes & People

First of all, some sad news. Colin Smith, who was part of the Homes & People panel for many years, sadly passed away in April. He will be greatly missed by the other members of the panel, and all the staff he worked with at YHN.

Over the years, Colin regularly got involved in YHN's customer feedback events and provided a number of articles for these panel pages,

including puzzles, recipes, poems and news that he felt was of importance to his fellow tenants. By giving his time to the Homes & People panel, and the many other YHN meetings and workshops he attended, Colin helped to improve YHN services for tenants and leaseholders across the city.

To recognise Colin's contribution to YHN and their customers, YHN's

Customer Involvement team will be presenting an award in Colin's memory at the annual 'Make a difference' celebration event, which thanks the tenants and leaseholders who have got involved and given their time to work with YHN to improve services. Look out for more details coming soon...

**The Panel**

## Vegetables with Cheddar and Spring Onion Sauce

Tuck into a healthy plateful of lightly cooked fresh vegetables with a delicious cheese and spring onion sauce

### Ingredients

- 200g cauliflower, broken into florets
- 200g broccoli, broken into florets
- 200g carrots, sliced
- 200g sugar snap peas or fine green beans, trimmed
- 200g baby corn
- 2 medium courgettes, sliced

### Sauce:

- 20g low fat spread
- 6 spring onions, trimmed and finely chopped
- 40g plain flour
- 300ml (1/2 pint) semi-skimmed milk
- 50g mature Cheddar cheese, grated
- Ground black pepper

- 1 Put the cauliflower, broccoli and carrots in a steamer positioned over a large saucepan of steadily boiling water. Steam for 10 minutes, then add the sugar snap peas or green beans, baby corn and courgettes. Steam for about 10 more minutes, until the vegetables are cooked, yet still retain a little crunchiness. Alternatively, the vegetables can be cooked in a small amount of boiling water until tender.
- 2 When you have added the second batch of vegetables, start to make the sauce. Melt the low fat spread in a saucepan and add the spring

onions, cooking them gently for 2-3 minutes to soften them. Stir in the flour and cook gently over a low heat for 1 minute. Remove from the heat. Gradually add the milk, stirring until it is mixed in. Return to the heat and bring up to the boil, stirring all the time until the sauce thickens.

- 3 Add the cheese to the sauce and stir over a low heat until melted. Season with some pepper.

- 4 Share the vegetables between 4 warm plates. Pour the sauce over each portion and serve at once.

Serves: 4



# Did you know?

If you live in a council home, you are responsible for keeping your garden clean and tidy.

This means you should cut your grass regularly, and make sure that any trees and hedges you have do not block public footpaths or your neighbour's property. Keeping on top of your gardening can sometimes seem like a big job, but don't worry, help is at hand!

YHN has a Garden Care service which may be able to help you. The service is available to all tenants, no matter where you live in Newcastle. Gardeners will visit you 11 times over the year to work in your garden, carrying out jobs like cutting the grass, planting bulbs, trimming hedges and picking up litter.

There is a weekly charge of £7.66 for the service which is added to your rent so you don't have to worry about keeping up to date with payments.



Contact your local Community Housing Office or ring the Garden Care admin team on 0191 278 1899 to find out more.

Or if you fancy getting your hands dirty, why not find out more about how to make the most of your garden at one of YHN's training courses? These courses are free to tenants and leaseholders - see page 20 for details of courses coming soon.

# Do your bit to help keep your estate clean and tidy



Everybody is responsible for helping to keep the shared areas of estates safe, well maintained and in good repair. If you notice a problem on your street, you should report it. Don't assume someone else will!

## Envirocall

Envirocall is Newcastle City Council's single point of contact for all environmental issues within the city, including:

- Bin collections
- Bulky article collections (charges apply)
- Dumping and fly tipping
- Graffiti
- Grass and shrub maintenance
- Gritting and snow clearance
- Litter and street cleaning
- Pest control
- Road and footpath repairs
- Street lighting
- Traffic signals

You can make a report to Envirocall by:

Phone: 0191 274 4000

Text phone: 0191 211 4944

Fax: 0191 211 4803

Email: [envirocall@newcastle.gov.uk](mailto:envirocall@newcastle.gov.uk)

Online: [www.newcastle.gov.uk](http://www.newcastle.gov.uk)

**Remember, keeping estates clean and tidy is everyone's responsibility - if you notice a problem with the state of your street, report it!**

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)