

Community News

Edition 9 | December 2023

Welcome to the 9th edition of Community News

We hope you enjoy all the latest news, activities, upcoming events and items of interest from around our Habinteg communities.



Habinteg
Housing Association (Ulster) Ltd

Homes | Lives | Communities

Christmas wreath making workshops have been taking place at schemes across NI - this one in Strabane



Christmas events are underway across our communities - such as this festive lunch in Dungannon



*Merry
Christmas
& Happy
New Year
to all*

Would you like to join our Editorial Panel?

Community News is produced by tenants, for tenants; co-ordinated and compiled by the Editorial Panel and members of Habinteg's Homes & Communities Team. We are on the lookout for willing tenant volunteers. Gain experience of newsletter production and share news with tenants across NI. Email: newsletter@habinteg-ulster.co.uk

Out and About

Another busy few months across our schemes!

Here is a selection of photos from some recent community events.

Be sure to follow Habinteg on social media and keep an eye out for flyers and text messages, so you don't miss any events in your area!

If you have ideas for an event you'd like to see, please contact one of our Community Involvement Officers!



A big Habinteg Happy Birthday to Ardnaclowney tenant Michael O'Hare who recently celebrated his 70th birthday!

Michael is a regular attendee at events and even hosts his own quizzes at Ardnaclowney House for other tenants.

We hope you enjoyed your day Michael!



Cookery @ Greeves Park



Polish Celebration Day @ Portrush



Wreath Making @ Conway Walk



Belfast History Tour

WHAT'S COOKING?

Thanks to funding from the Big Lottery, tenants from Castle Gardens and The Cloisters were recently able to take part in a 6-week cookery course. Vanessa McMinn from Victory Nutrition and Hannah Griffin from Hapi Nutrition led the weekly sessions focussing on healthy eating, understanding nutrition and cooking on a budget followed by live cookery demonstrations!

Tenants all received a brand new air fryer for completing the course so they can recreate the healthy recipes at home. A similar project was run in Greeves Park in Strabane, pictured above.



Out and About



MYSTERY SHOPPER



TENANT CONSULTATION

Get Involved!

A number of tenants recently undertook a Mystery Shopping Exercise, facilitated by Supporting Communities to provide valuable feedback on Habinteg's services. Tenants have also recently met at a number of consultation events, Policy Panels and Regional Panels. Interested in getting involved? Contact a member of our Communities Team.

What our tenants say:

Tenants have said it has encouraged them to get out of the house, meet new people, make friends, learn new skills. They now have a new hobby and appreciation of photography and feel it has improved their mental and physical health and are looking forward to sharing their photographic art which will be on display at some of the schemes as part of planned works!

BELFAST EXPOSED



Belfast Exposed was founded during The Troubles bringing together local photographers to reflect Belfast from the inside. Following great initial interest and success, it has grown into a leading photography organisation with a mission to enrich people's lives through photography.

Having recently received funding, Belfast Exposed have been running a photography course for Habinteg tenants down in Dungannon.

Community Assistant, Mandy Scullion recently caught up with Sam Robb, Engagement Officer to learn more about Belfast Exposed:

What training do you offer?

We offer many different training programmes that supports artist's and curators alike including youth programmes and therapeutic photography programmes and wellbeing workshops We believe photography is for everyone.



What do you enjoy most about your work?

As an artist as well as a photographer I have always loved being creative I greatly enjoy helping and teaching others both art and photography as a way not only to creatively express themselves but also help participants to improve their mental health and well-being.

Where can we find out more?

Belfast exposed houses five public gallery's exhibiting world class art which responds to contemporary currents in photography and politics and is home to an archive of international significance. The gallery is open 11:00am to 5:00pm, Tue-Sat. More info can be found on our website www.belfastexposed.org which also has our contact info.



AREA IN FOCUS: Lisburn and Castlereagh



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Homes | Lives | Communities



LCCC
Lisburn & Castlereagh City Council

- Coronation Court, Maze
4 bungalows
Completed in 1995
- Johnston Way, Lisburn
37 properties completed 1995
Houses and bungalows including
8 wheelchair accessible properties
- Laganville Park, Lisburn,
13 properties completed in 2015
Houses and apartments



From left to right:
Johnston Way,
Lisburn
Laganville Park
Lisburn



Habinteg
housing
in L&C

Around the District

Habinteg tenant Dave Maher looks at things to do in the Lisburn and Castlereagh area!

Winter Walks

Lagan Valley Regional Park



A natural gem, Northern Ireland's first and only Regional Park, offers walking and cycling trails, as well as opportunities for birdwatching and enjoying the scenic Lagan River. It's located between Stranmillis and Belfast and Union Locks. It covers 5,229 acres and extends for 11 miles along both sides of the river Lagan. It's a designated area of O.N.B. and if you are lucky, you may see Otters and Kingfishers on your journey. There is no charge and it really is worth a visit. More info. at www.laganvalley.co.uk



A Day at the Park!

Wallace Park



A Victorian style family-friendly 26 acre park with play areas, walking paths, and beautiful green spaces, perfect for a relaxing day out. Dating from 1884 it retains its original layout, although in 2010 it underwent a major refurbishment which was completed in 2012. The duck pond and Victorian bandstand were restored and pathways, new lighting, CCTV and seating installed. It has a children's play area along with a sports pavilion and tennis courts. Admission is free. The perfect place to visit for a day in the fresh air when the family are all together! More info at www.lisburncastlereagh.gov.uk

It's All History!

Irish Linen Centre and Lisburn Museum

Discover the history of linen production in Lisburn and explore local heritage at this informative museum. As you might imagine, the museum features the history of Irish Linen, an industry which played such an important part in the life of Northern Ireland for so many years. It also houses various exhibitions on the history of Lisburn and its local poets, writers and personalities. It has a museum shop, cafe, and best of all, free guided tours and workshops. More info. at www.lisburnmuseum.com



Dave says:

In this issue we are looking at the The Lisburn and Castlereagh Council Area, probably not the first place that springs to mind as a holiday destination, but it does in fact offer a mix of historical, natural, and cultural attractions, making it a worthwhile destination for a day out or a longer stay.

Dave's Festive Fave ★★★★★

Dundonald Ice Bowl



If you feel that any of the above is a little too safe why not try ice skating at the only Olympic size public ice rink in Northern Ireland, conveniently located close to Ulster Hospital! For the less adventurous among us there is also Tenpin Bowling and Indiana Land for the under 12's. The ice skating is priced at £8 per person, with family rates available.

While I have no desire to try it myself, I think this could be good fun for all the family this Winter! Get 'Bolero' on repeat and off you go. Good luck with that now. More info at www.theicebowl.com

Gone To The Dogs!



Drumbo Park Greyhound Track

Located at Ballyskeagh Road, Lisburn where Saturday night is race night! You can make a group booking for tables overlooking the track. and the table is yours for the whole evening, with buffet food available.

Alternatively, pay on the door for £10 per adult if you want a 'no frills' evening of greyhound racing. This will give you access to the ground floor lounge bars and outside terrace. never been to greyhound racing, but it sounds like good fun. More at www.drumbopark.com

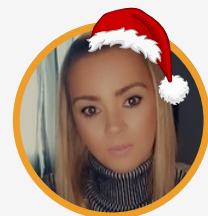


<http://www.habinteg-ulster.co.uk/>

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Cooking with Cavell!



A lot of us have an air fryer these days or maybe it is on your Christmas wish list? Habinteg tenant Cavell Moore looks at how to get the most out of yours!

DO'S

&

DONT'S

Shake the basket ✓

Shaking during the cooking process helps to redistribute the food and ensure even cooking. Shake the basket every few minutes.

Understand the timings ✓

Air fryers cook quicker than a conventional oven. Familiarise yourself with your machine to avoid overcooking. (See handy guide on this page!)

Clean the air fryer regularly ✓

Making sure you clean your air fryer regularly will reduce a build-up of stuck on food and lingering food smells.

Overcrowd the basket ✗

It's important you leave enough space for the hot air to circulate and cook the food evenly. Overcrowding means food might not cook properly.

Use too much oil ✗

Using too much oil will make your food greasy and unhealthy. Most foods will not require oil but if they do, a light covering with a cooking spray is all that's required.

Cook anything wet/saucy ✗

Saucy foods, or foods with a wet coating (such as batter) will not cook well in an air fryer, as they will likely fall through the tray and just make a mess!



Turkey Croquettes

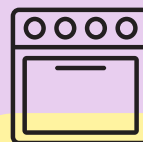
Got leftovers this Christmas, whip these up in no time in the air fryer!

In a large bowl, combine mashed potatoes, a shallot and chopped up turkey and season how you like (try rosemary and sage!). Shape into 12 1" thick patties.

Dip into a beaten egg and cover in breadcrumbs ensuring an even coating. Spray with a light coating of oil and cook for 5 minutes at 180C



Temperature Conversion



10 minutes
15 minutes
20 minutes
25 minutes
30 minutes
45 minutes
60 minutes



8 minutes
12 minutes
16 minutes
20 minutes
24 minutes
36 minutes
48 minutes



Had enough of turkey and mince pies over the Festive period? Why not try this versatile curry recipe. A winter warmer of a different variety, packed full of flavour.

Ingredients

- 450g stewing beef or lamb
- 10ml of vegetable oil
- 1 large onion
- 1 garlic clove
- 2 dstsp curry paste
- 1 apple, peel and grated
- 2 low-salt beef stock cubes dissolved in a litre of boiling water

Utensils

- Casserole dish
- Frying pan
- Wooden spoon
- Chopping board
- Chopping knife
- Vegetable peeler
- Measuring jug

Time

Prep: 15 minutes

Cooking: 2 hours

Serves



Method

- 1) Pre-heat oven to 180C / 350F / Gas Mark 4
- 2) Cut meat into 2cm cubes
- 3) Heat oil
- 4) Fry meat, onion and garlic over a low heat until browned
- 5) Place mixture in a casserole dish
- 6) Add the curry paste the the juices in the pan
- 7) Cook for 3 minutes
- 8) Add grated apple and stock
- 9) Stir continuously to avoid lumps
- 10) Bring to the boil and add to meat mixture in casserole dish
- 11) Cook in oven for 90 minutes



Top Tips

- This is a perfect recipe to try in the slow cooker if you want a richer flavour with even more tender meat! Simply follow steps 2 - 10 and cook on low for 6 hours
- This is a great base for a whole variety of curries, change up the paste you use to switch your heat preferences
- This is an ideal recipe for batch cooking if you have room in your freezer. Make sure you defrost food fully before eating.
- Why not make a turkey curry this Christmas? A great and tasty way to use up leftovers!

Tenant Interview



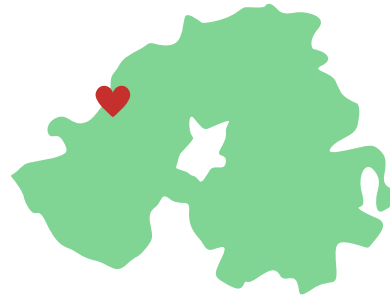
Lyne Owens, from Strabane, has been a Habinteg tenant for 16 years. She has recently joined the Editorial Panel and regularly gets involved in other Habinteg events. Community Involvement Officer, Tom Cummings caught up with Lyne for a chat recently

What is your favourite thing about where you live?

I am originally from the Philippines, where we only have wet and dry seasons, so the change in seasons over here is my favourite thing! I love seeing the cherry blossoms in full bloom, especially when the leaves change colour in Autumn. I love the little hill where we live as it reminds me of my hometown of Quirino Hill.

What do you like to do in your spare time?

I am a Jehovah's Witness and take an active role in volunteering. Outside of this, I like to watch Asian dramas and movies. That makes me feel like I am at home and I will watch them whilst eating Asian snacks or food.



Why did you want to get involved with Habinteg?

I like to take part and be aware of what Habinteg can contribute to its tenants. I am a little voice but hope, even in a small way, I can help my community. I also want to be an example to children who will be the next generation of tenants

What is the best piece of advice you'd give to other tenants?

It would be lovely for all to reach out and see what Habinteg are offering so they can take part and enjoy and get to know their neighbours. In my country we have a Filipino value called "Bayanihan" which means the spirit of unity and cooperation. If a family needs to move, neighbours will literally help each other carry their house, showing kindness & friendship to achieve their goal. These values are very important to me and I think we could learn a lot from them when it comes to helping our neighbours!



Who Do You Think You Are?



Habinteg tenant Dave Maher recently looked into his family tree and writes now about what he found and how you can get started on your journey into discovering your families past!



Hello again! In this issue I thought I would share my knowledge of Ancestry research, which is minimal really, but you have to start somewhere! I was originally drawn to it by a request from my father in law to look in to his family background. He had almost no information, but sufficient to get me started. It was amazing how quickly his tree grew, and surprising how new snippets of information appeared to trigger 'lost' information in his brain.

My first suggestion is that you define your search goals, then collect as much information as possible from older family members. I have found, certainly in my family, that one or two people tend to hold records and photos, these records may not appear important at first, but in research everything has its uses. It goes without saying you will first need to organise your research tools and materials. A computer would be a great help, but a good smart phone will do the job also, just not as quickly. Your local library may be able to help out as far as computers are concerned, and perhaps point you in the right direction as regards research.

There are lots of databases and tools online, plus genealogy websites like Ancestry, MyHeritage, FamilySearch, Findmypast etc.

You can start your tree immediately, with you, and work backwards and forwards from there. The sites will give you hints as you go, obviously the more information you can provide the better the results. Most of these sites provide a DNA testing service, Ancestry is probably the best known and the one I use but once you have your result on one site you can upload it to another site, as I did from Ancestry to Myheritage. This increases the coverage and the results are truly amazing.

I should warn you that once you get started it can become addictive very quickly. If you can get another family member involved so much the better. Sometimes they can spot a connection that you might have overlooked. One thing I discovered in the course of my research was the sometimes tenuous link to the truth my ancestors had. Dates and ages were changed to suit the occasion, marriages in particular, and names were regularly misspelt.

This can be so frustrating but adds to the satisfaction if and when you eventually figure it out.

All of the DNA test providers will give you a very comprehensive breakdown of your DNA results and a list of relatives, both close and distant. I had contact recently from a second cousin in Wales who is 70 years old and he only found out recently, following a DNA test, that his parents, both dead, were not his biological parents. It was a very interesting story of long held family secrets, and it was so nice to be able to tell him about his father's family.



TAKE NOTE!

You can register with most sites for free to get you started, but inevitably you will have to pay a monthly or yearly fee, or indeed pay by search, but this is not recommended. The rates are not exorbitant for the enjoyment you will get from the sites, but as always, have a good check around to find the one that suits you best. The FamilySearch site, which is operated by the LDS, or Mormon Church, is free, but they do sometimes link to third-party sites, and therefore charges may be payable to them.



Tenant Zone



Welcome to Tenant Zone!
This section is full of
useful information for
Habinteg tenants.

This is also your
opportunity to get
involved and have your
voice heard.



In the next Edition, we will be looking
towards Spring!

Do you have an idea, a story or a photo
to share? Or would you like to help us
make the next Newsletter?

Get in touch today at:

newsletter@habinteg-ulster.co.uk

Photo Competition!



We are running another photo competition, so grab your camera (or even just your phone!) and get outside over Christmas and get snapping. The best photos will win a prize and feature in the next edition of our Newsletter. Please send all entries to newsletter@habinteg-ulster.co.uk by **Friday 2nd February 2024**. Please include your name and contact number. Open to all ages!



Christmas Holidays

Please note that the
Habinteg Office's will
close at 4:45pm on
Thursday 21st December
and will re-open on
Thursday 28th December.

For out of hours
emergency repairs
Freephone 0800 7313081.

All at
Habinteg
want to wish
a Merry
Christmas
and a Happy
New Year to
our tenants!



Give us a follow!

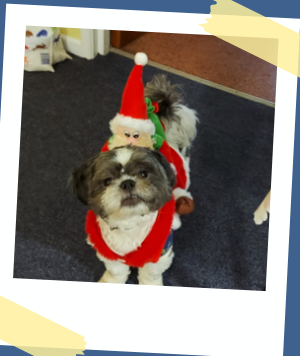


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Pets Corner



Editorial Panel member, Lynne Morrow's dog Roxie was getting in the Festive spirit early this year - lets hope Santa Paws gets her everything on her list! Want your pet to feature in the next edition? Send a photo to newsletter@habinteg-ulster.co.uk



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info@habinteg-ulster.co.uk



Winter Freeze advice

Every year, during spells of cold weather, households face the risk of damage to their home and belongings as a result of freezing and burst water pipes. With a few simple precautions, the risk of damage can be considerably reduced.

Locate your Stop Cock

- ◆ Your stop cock controls the water supply entering your home. It is usually in your kitchen, below the sink unit though in some houses elsewhere. Find out where yours is located, should you need to close it in the event of a burst pipe. Check it can be opened and closed easily.
- ◆ If you are planning to be away from your home for lengthy periods, during spells of cold weather, turn off the water supply at the stop cock.* This will minimise any damage to your home, should a burst occur in any of your pipes.

Heating/Fuel

- ◆ In period of adverse weather conditions, check that there is enough oil to run oil fired central heating or credit to run gas fired central heating.
- ◆ Ensure that your heating system is left running - even if at a low temperature and for short periods, throughout the day - when you are away from the property. A minimal, regular supply of heat will greatly reduce the risk of frozen pipes.
- ◆ If possible, leave the trap door to your roof space slightly open to allow warm air to circulate.

Thawing Out Frozen Pipes

- ◆ Turn off the water supply at the stop cock. Don't leave any taps running or dripping, as the exit of water down the plughole may be restricted if the down pipes or drains are frozen.
- ◆ Protect everything around the pipe that appears to be frozen to avoid damage if it bursts.
- ◆ Never attempt to thaw out frozen pipes by switching on your immersion heater or central heating boiler.
- ◆ Check for leaking joints or bursts in the pipes.
- ◆ Gently heat any frozen pipe sections, from the end nearest the tap. Use a hairdryer on low or a heated cloth/hot water bottles wrapped around the pipe. Do not warm them too quickly or they may burst. NEVER apply a direct flame.

Burst Pipes

- ◆ Turn off the water supply at the stop cock immediately.*
- ◆ Switch off your immersion heater, central heating boiler and, if there is any chance that water could come into contact with electrical wirings or fittings, your electricity supply
- ◆ Open all COLD water taps to drain the system. DO NOT TURN ON THE HOT TAPS AS YOUR HOT WATER CYLINDER MAY COLLAPSE IF THE PIPES LEADING TO IT ARE FROZEN.
- ◆ Warn your neighbours so they can take steps to minimize damage to their property.

IT IS IMPORTANT TO REMEMBER TO MAKE SURE THAT YOUR HOT WATER SYSTEM IS REFILLED BEFORE YOU RE-LIGHT BOILER OR SWITCH ON THE IMMERSION HEATER.

Dates For Your Diary

Take a look at what is happening at Habinteg and further afield over the coming months! For more information about any events on your scheme, please contact the Community Involvement Officer for your area

Habinteg Events

North West Regional Panel
January 2024 (TBC)

Sullivan Close Clean Up
11th January 2024

Belfast History Tour
(Holywood Tenants)
12th January

North Coast Regional Panel
January 2024 (TBC)

Dungannon Regional Panel
23rd January 2024

Sion Mills Advisory Group Meeting
23rd January 2024
St Theresa's Hall

Belfast Regional Panel
5th March 2024

Residents Forum (Central Meeting)
March 2024
July 2024
September 2024
Venues TBC

Regular events will run on our schemes across Northern Ireland in 2024, we are currently planning our programme for the New Year. Keep an eye out for texts and flyers to see what is happening near you!

Happy
Holidays



The following dates are Bank Holidays in Northern Ireland :

Monday 25th December - **Christmas Day**
Tuesday 26th December - **Boxing Day**
Monday 1st January 2024 - **New Year's Day**

Find Habinteg's Christmas opening times on the [Tenant Zone page](#)

Other Events

Christmas at Mount Stewart
Newtownards
Until 31st December 2023



Christmas at Ulster American Folk Park
Omagh
Until 31st December 2023



Winter Circus by Tumble Circus
Belfast
Until 2nd January 2024



Stargazing Evening
Armagh Observatory and Planetarium
Various dates in Dec, Jan, Feb and Mar



Sperrins Walking Festival
Gortin
23 - 24 March 2024



For more information visit discovernorthernireland.com, or your local Council's website and discover what is happening in your area!



Be sure to check Habinteg's social media pages for information about community events in your area! Want to find out more about what is happening where you live, or have an idea for something you'd like to see? Contact the Community Involvement Officer in your area!

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