MANOR ESTATES HOUSING ASSOCIATION



# **LOCAL TENANT MATTERS**

## WHAT'S Inside

- Welcome
- Community Pantry
- Cost of Living
- What's on in your area?

### **Cost of living**

The price of energy, food and bills are all rising and many of us are feeling worried about our finances. You may find yourself in a position you have never been in before. There are services and advice that can help. Eligibility for some of these services may depend on your circumstances.

For more information visit – www.edinburgh.gov.uk/costofliving

#### Your Local Council Office

City of Edinburgh Council – North East Address: 101 Niddrie Mains Road, Edinburgh, EH16 4DS Tel: 0131 529 3111 Email:northeast.locality@edinburgh.gov.uk

If you need to get in touch with your local council office, the office opening hours are:

Monday to Thursday from 9am to 4.15pm
Friday from 9am to 4pm.
You don't need an appointment to visit
your local offices.

## Niddrie

Welcome to this special local edition of Tenant Matters that includes information directly relevant to your area.

## THE HAYS COMMUNITY PANTRY MEMBERSHIP INFORMATION

Community Renewal: Lifting Neighbourhoods Together and Castle Rock Edinvar invite you to join your local community pantry in The Hays. You can save on your shopping bills! For example you could get £15 worth of food for £3! You will have a choice of what food you would like

By buying produce at the pantry, you will support providing more food for you and your community at super low prices. You will also be helping the environment, as the surplus food is sourced from local supermarkets and food sellers where it may otherwise be wasted.

#### Where is it?

The Hays Community Pantry is at Castle Rock Edinvar, 3 Hay Avenue, Edinburgh EH16 4RW. Wednesdays (excluding holidays) 11am-2pm from 5th May 2021.

#### What can I expect to buy at The Pantry?

You can expect to find dry food (e.g pasta and rice), tinned foods, packeted and long-life foods, fresh vegetables, bakery goods, refrigerated items and toiletries.

#### What happens when I get to the pantry?

When you arrive at the pantry you will be greeted by one of our friendly staff/volunteers and asked whether it is your first time at the pantry and whether you have registered. You will then browse our store and choose the items you want and pay for them at our till (cash only at this time).

#### How do I join?

You can join with a one-off membership price of £1. Just contact us by email thepantry@communityrenewal.org.uk, or call 07738 760 601 or just come down when we are open, and we can take a few details from you and set you up before you shop.

#### Volunteering?

Are you also interested in gaining retail/customer service experience, membership administration or delivery driving? Would you like to do something for your local community? If so, just let us know when you contact us and you could be our next pantry volunteer







#### **COLD WEATHER ADVICE**

AS THE TEMPERATURE AT THIS TIME OF YEAR CAN DROP, WE SHOULD MAKE SURE WE CAN DO WHAT WE CAN TO PREVENT BURST PIPES AND FLOODING. HERE ARE SOME TIPS WHICH MAY HELP AVOID A DISASTER HAPPENING TO YOU:

KEEP YOUR CENTRAL HEATING ON, EVEN AT THE LOWEST SETTING AS THIS CAN HELP TO STOP PIPES FREEZING.

IF YOU ARE GOING AWAY DURING THE WINTER, LEAVE YOUR CENTRAL HEATING ON, THIS NEED ONLY BE ON A LOW SETTING.

IF YOU DO WANT TO TURN THE HEATING OFF, PLEASE ENSURE YOU TURN THE WATER MAINS SUPPLY OFF AT THE STOPCOCK (NORMALLY FOUND UNDER YOUR KITCHEN SINK) AND TURN YOUR TAPS ON UNTIL THE WATER STOPS RUNNING.

IF YOU DO GET A BURST PIPE OR LEAK:

- DON'T PANIC, TURN OFF THE WATER SUPPLY AT THE STOPCOCK.
- TURN YOUR CENTRAL HEATING OR ELECTRIC IMMERSION HEATER OFF.
- TURN ON ALL TAPS AND DRAIN THE WATER SYSTEM. KEEP SOME WATER IN YOUR BATH, THIS CAN BE USED FOR WASHING AND FLUSHING THE TOILET DURING AN EMERGENCY.
- CALL TO REPORT THE REPAIR ON 0800 093 8823.

IF YOU ARE GOING AWAY DURING
THE WINTER LET A NEIGHBOUR, RELATIVE OR
FRIEND KNOW AND GIVE THEM OUR
CONTACT DETAILS. REMEMBER, YOUR HOME
COULD BE AFFECTED BY FLOODING FROM
ANOTHER PROPERTY AND IT IS EASIER FOR
US TO DEAL WITH ANY PROBLEMS IF WE ARE
ABLE TO GAIN ACCESS QUICKLY.

BE PREPARED THIS WINTER! FURTHER ADVICE CAN BE FOUND AT WWW.SCOTTISHWATER.CO.UK

#### WHAT'S ON AND HAPPENING IN YOUR LOCAL AREA

**Parish Nursing** – Niddrie Community Church, 12 Hay Drive, Edinburgh EH16 4RY. Free drop in clinic Monday 12pm-3pm Health checks, health education, building relationships, referrals.

**Sports Social Group** (table tennis, badminton and basketball) at Jack Kane Sports Centre 208 Niddrie Mains Rd, Edinburgh EH16 4ND.- Wednesdays 4-6pm

Woodland Conservation Group with ELGT and Bridgend
Farmhouse – Tuesday mornings 10.30 -12.30pm in Craigmillar
Castle Park.

**Writing Group** - Thursday 3-5pm at The Thistle Foundation, 3 Queen's Walk, Edinburgh, EH16 4EA.

**Art Club** – Fridays 10-2pm at The Thistle Foundation, 3 Queen's Walk, Edinburgh, EH16 4EA.

Family support group (for people with family members experiencing addiction) – Mondays 12.30pm-2.30pm at Whitehouse 70 Niddrie Mains Rd, Craigmillar, Edinburgh EH16 4BG

**Pair 'a' dice games club** – Mondays 1-3pm at the Hays Community Hub , 3 Hay Avenue, EH16 4AQ.

'Let the People Sing' Craigmillar/Niddrie Recovery Forum - Last Tuesday of the month 4-5.30m Thistle Foundation 3 Queen's Walk, Edinburgh, EH16 4EA.

**Multicultural Youth Club** – Saturday afternoons (term time) 12-2 at the Hays Community Hub, 3 Hay Avenue, EH16 4AQ.

**Men's Group** – Friday's 3pm-4:45 at Thistle Foundation 3 Queen's Walk, Edinburgh, EH16 4EA.

"Stitch in time" sewing, embroidery and tapestry group – every Tuesday at the Hays Community Hub, 3 Hay Avenue, EH16 4AQ.

Drop in 10.30-12.30pm, Group session 1:30 -4pm

#### Craigmillar Festival

Open Community Meeting at Craigmillar & Niddrie Community Festival 2023 – Come join the conversation and get involved in CNCF 2023!

14 November: Whitehouse Café at 5.30pm



#### Sandy's Community Centre

76 Craigmillar Caste Avenue, E16 4DW Tel: 0131 661 4064 / Mob: 07504 627 853

Come and Get Cosy – With the cold winter months coming and energy bills soaring – why not drop by Sandy's on Thursdays 5-8pm for a warm cuppa and bowl of homemade soup and catch up with local people.