

Welcome to your monthly Newsletter. We hope that you find the information that we have provided, useful.

Your cooperation since the major works started at Lisson Green has been fantastic and very much appreciated by all of the team at United Living. A big thank you to you all.

## COVID-19 SAFE WORKING PRACTICES ON SITE

Keeping you and our teams safe during these uncertain times is our top priority. Our new systems of work will ensure we take every step possible to ensure the health and safety of every person we come into contact within the course of our daily work including staff, clients, residents, supply chain and general public.

We remain committed to protecting our clients, their residents and our employees by safely completing all our work in line with Government guidelines.

## Local People, Local Jobs

United Living are very fortunate to have found Bayazid, a Westminster resident, to join our team.

Bayazid is working with United Living as a Resident Liaison Officer which is a very important role as he is the first point of contact for Westminster residents.

Bayazid has lived in Westminster his whole life and is based on the Lisson Green Estate which is a major works project. Bayazid knows the area well as he previously worked for the MBS youth centre on Church Street and now when he visits residents the parents remember him from there.

Bayazid feels that it is a real benefit to his role to have a wealth of local knowledge as he understands what it is like to live in Westminster and can offer advice on local services to the residents. There is also the great advantage that living locally means less carbon emissions caused by travel.

Bayazid enjoys engaging with the local community and looks forward to becoming more involved in community projects, Bayazid has already taken part in the annual bulb planting scheme organised by Westminster Council.



## Site Team



**Romeo**  
Site Manager



**Shirajul**  
Assistant Site Manager



**Bayazid**  
Resident Liaison Officer  
07500 082 380 or  
0800 988 257

For out of hours  
emergencies  
relating to our work  
please call:  
**01322 660226**

## Works last month

Blocks	Prestart surveys	Communal decorations	Lighting	Flat doors	Window repairs	Ventilation
Estate Wide	✓					
Tickford			✓	✓	✓	
Simpson			✓		✓	
Padbury	✓	✓	✓		✓	✓
Olney	✓	✓	✓		✓	✓
Linslade	✓	✓	✓		✓	✓
Lavendon	✓		✓		✓	✓
Horwood	✓		✓		✓	✓
Kimble	✓				✓	
Hardwick	✓				✓	✓
Risborough	✓				✓	✓
Fulmer	✓				✓	
Dinton	✓				✓	
Fingest	✓				✓	
Swanbourne	✓				✓	
Jordon	✓				✓	
Wycombe	✓				✓	
Turville	✓				✓	
Verney	✓				✓	
Cottesloe	✓				✓	
Gayhurst						



Communal Decorations

### Works starting in November

Blocks	Pre start surveys	Loft Insulation	Communal decorations	Lighting	Flat doors	Window repairs	Ventilation
Estate Wide	✓						
Tickford			✓				
Simpson					✓		
Padbury							
Olney							
Linslade							
Lavendon			✓				
Horwood							
Kimble							✓
Hardwick							
Risborough							
Fulmer							✓
Dinton							✓
Fingest							✓
Swanbourne							
Jordon							
Wycombe							
Turville							
Verney							
Cottesloe							
Gayhurst							

### "The Riddler"

Which is the only number to contain the same amount of letters as its value?



Answer: Four

### Pre-start Surveys

Pre-start surveys continue for those who have made appointments. If you do not have an appointment please contact Bayazid on **0800 988 257**, email **Bayazid.Miah@unitedliving.co.uk** and he will arrange this for you.

### Top winter tips

With Christmas just around the corner and winter fast approaching, for some, especially if you are older or have older relatives, it can be a more difficult time when you may need a bit of extra help or support. There are lots of things you can do to keep healthy and well in winter, and we've developed top tips of things to consider and ways to prepare for winter.

We hope that people with concerns about wintry conditions, carers and families, find this guide useful.

### Prepare for bad weather

Keep an eye on weather forecasts, particularly severe weather warnings from the Met Office.

- Stock up on store cupboard basics such as soup, tinned fish and long-life milk in case you can't get out of your home for a few days.
- Nominate a friend or neighbor who can collect essentials such as prescriptions on your behalf.
- Keep a list of useful and emergency contacts by your phone.

### Stay well & Stay warm

- Don't take any risks in bad weather. If you have to go out, make sure you wear shoes with a good grip.
- Try to eat a balanced diet and eat small portions at regular intervals throughout the day.
- Drink plenty of fluids.
- If you can, get up and move around. If your mobility is more limited, do some chair exercises to help you stay warm and active.
- Have your flu jab - book your appointment now if you haven't already done so.
- Good hand hygiene can prevent the spread of viruses.
- Have a hot drink regularly and if you find moving about difficult, have a flask handy.
- Wear warm clothes in layers.

### Stay in touch

- Know how to contact your neighbours by phone – it's easy to lose touch in the winter when people aren't out and about as much.
- Continue to go to your social activities with friends or at the local Community Centre. If you can't get out for any reason, call them to let them know and ask to keep in touch by phone.
- If you can, get a mobile phone (as it does not rely on your electricity supply) and keep it charged.

### More information

You can find details of the project including all correspondence on the Westminster website using the following link: [www.westminster.gov.uk/yourhousing/V120](http://www.westminster.gov.uk/yourhousing/V120)

### Help is at hand

If you are feeling worried or isolated during this extremely stressful time. The following numbers may help you;

**NHS Helpline if you are worried about health issues – phone 111**

**Covid-19 Helpline if you are worried you have Corona Symptoms – phone 119 for advice on how to book a coronavirus test**

**Samaritans – 116 123 help is available 24 hours**

**Police for non-emergency calls 101  
for all emergencies 999**