

Welcome to the December Newsletter which is intended to keep residents informed on the progress of major works on your estate.

United Living would like to take this opportunity to thank you for your support and to wish you all a Happy Christmas and a very Happy New Year.

Programme update

As you are aware we are now onsite and works are underway.

We appreciate that the start dates for some of the elements of work may have changed. The programme is currently being reviewed and we will update you in the New Year.

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 are working proactively to protect people in light of the risks of COVID-19, acting immediately to stop the spread of the virus.

Christmas Holidays

Our Site will be closed

From

4pm 23th Dec 2020 - 9am 4th Jan 2021

For out of hours emergencies relating to our work please find the number at the bottom of the page.

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/S159

Site Team



Costi
Senior Site Manager



Leon
Resident Liaison Officer
07718 566 900



For out of hours
emergencies between
5.30pm – 8.00am,
please call

01322 660226

Important Safety Notice

If any of you have been identified as vulnerable or are shielding and self-isolating we will need to be aware and take extra measures. Leon will be talking to you all to understand your needs.

For most people, when the clocks go back it signals the start of winter. 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 neighbour 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.