

FOLD HOUSING NEWSLETTER
ISSUE 11

Hello Summer

FOLD HOUSING





Calling All Tenants!



We are currently working to update our Emergency Contact and Next of Kin details for all Fold Tenants.

Your **Emergency Contact** or **Next of Kin** is the person you would like contacted in the event of an emergency such as if we are unable to make contact with you over a long period of time.

These details are important for ensuring the safety and wellbeing of tenants and so it is essential that these contacts are up to date.

If you believe these details might be out of date, or if these details have changed for you, please contact the office at your earliest convenience.

You can call the Head Office on **01 822 8804** and we will update our system with the correct information.





What's Been Going On?



St. Kevin's College & Ballygall

Ballygall residents enjoyed a general knowledge quiz for their final activity with the Transition Year students of St. Kevin's College. Thank you to all of the tenants who took part in these activities over the weeks, and a massive thanks to the students who enthusiastically hosted various events over the course of the year. This was a massive success and we look forward to holding these classes again in September!



Earth Day with Cuil Duin & The Mews

The Mews and Cuil Duin came together on the 21st of April to celebrate Earth Day and spend some time cleaning up around the scheme. The event was attended by City Bin who sent a representative to give a talk on the importance of recycling for our environment. The schemes competed to see who could recycle the most and we're happy to announce it was a tie!



St. Agnes & The Rosary College

The tenant engagement team have worked with The Rosary College by St. Agnes to agree a space that events can be hosted for tenants. With the closure of The Hope Centre, a space close to tenants that was near by the scheme for those with reduced mobility was a high priority of the team. Thank you to The Rosary College who have agreed to allow Fold Housing space within the school for hosting events and classes. The first event was a quiz which saw several tenants turn up to take part. Well done to everyone who got involved!



Wellviews' 'Grow your Own' Initiative!

Wellview recently received two raised vegetable beds for tenants to grow various vegetables throughout the year. This is in an effort to increase biodiversity and encouraged tenants to get involved, providing tenants with an informal setting to socialise with their neighbours.



Places of Interest

We all love going to the park but did you know that the Phoenix park is the largest park in any European capital city?

It covers 707 Hectares and is home to Dublin Zoo, which opened on September 1, 1831.

The species of deer in the park are Fallow deer.

Riddle Me This!

What has a lot of holes but can still hold water?

Ans: A Sponge



Office Updates

Welcoming New Staff...

Fold Housing would like to extend a very warm welcome to several new employees who have joined the Fold Housing team in April and May 2023.

France McGregor and Cinthia Stuardo join the care team in Cherryfields while Yasmin Green and Blessing Etim joined the care team in Anam Cara. Shireen Flood joined the laundry team in Anam Cara. We also welcomed Liam Dunwoody to the Housing team as the new Maintenance Officer, and Colette Walsh who has joined as a second Tenant Engagement Officer.

We would like to wish all new members of staff the warmest welcome and best wishes to them in their new roles.

...And a Fond Farewell to Others

During the months of April and May we bid farewell to several Fold Housing staff. We wish Natasha King, Oluremi Adeyeri and Wanita Maher the very best in their new ventures and thank them for their hard work and commitment to Fold's residents and tenants.



Henrietta Street Tour

On Friday 9th June 2023 Fold Housing staff visited Henrietta Street Museum. The visit was organised by Fold's Wellbeing Committee. Staff enjoyed an interactive tour of the property hearing stories from its Georgian beginnings to tenement times.

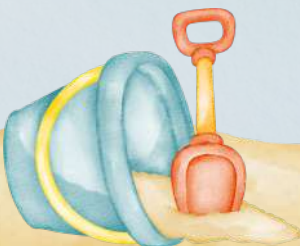
Tenant's stories were brought to life as staff heard of their changing circumstances, their experiences of family life and the impact politics had on their lives while living in tenement accommodation. A big thank you to the committee for arranging such an informative, engaging, and enjoyable tour.



Darkness into Light



A big congratulations to all our staff who participated in this year's Darkness into Light on 6th May. Walkers met at 4 am across multiple locations for a 5 km walk, ending at sunrise. All funds raised goes to support the services of Pieta House. Well done everyone!



Great Neighbour Awards

Fold is delighted to announce the launch of the new annual Great Neighbour Award!

As a resident in a Fold home this is your chance to recognise and thank a neighbour who makes a difference to you and your community. Each summer we will be asking you to nominate people who make an impact in your community and/or support their neighbours with kindness and care. We have two vouchers to the value of €150 that we look forward to handing to our Neighbour Heroes at the end of each summer.

Nominating a neighbour is easy, here is how:

1. Call your Housing Officer or Tenant Engagement Officer on 01 822 8804 and tell them who you would like to nominate and why.
2. Please give us as much detail as possible with some examples of what they do.
3. Our judging panel will then select the two Heroes from the nominations.

The *Great Neighbour Award* is being launched to mark the recent retirement of Peter Ayton from the Board of Fold Housing and his position as Chair which he has held since 2018.

The launch of this award will be a lasting legacy acknowledging the dedication and hard work of Peter. His time, given voluntarily, has ensured that Fold will continue to grow and have a positive impact on the lives of individuals and families that live in our homes and communities.



This award will help us celebrate people who are at the heart of Fold communities and are integral to helping them thrive. We also want to recognise those people who with their everyday actions support their neighbours enrich the lives of others.

Please get in touch with your nominations by 3pm on Friday 4th August



Housing with Care

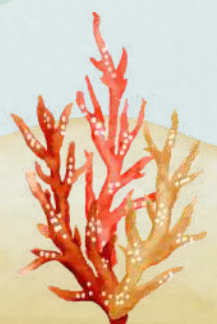
Cherryfields

Cherryfield's tenants have enjoyed a number of activities so far this summer with a visit to Knock, taking part in a bake sale, enjoying some farmyard visitors, and marking Elder Abuse Awareness Day!



Anam Cara

Anam Cara tenants have fit plenty into the summer schedule, celebrating Father's Day, enjoying ice cream in the sun, and visiting Skerries!





Tenant Engagement Strategy Launch



On Wednesday, 31st of May Fold Housing celebrated the launch of our first **Tenant Engagement Strategy**. This strategy was developed in collaboration with our tenant group which is comprised of tenants from a range of schemes across Fold Housing. We are delighted with the level of care and attention our tenant group invested into the creation of this document and we aim to deliver on all of the goals outlined within our action plan.

The strategy was launched with tenants and staff in attendance at Café No. 44 on site at New Dolphin Park. Speeches were given by Tenant Group member Imelda Doyle who played a significant part in the creation of the strategy, as well as from CEO Kath Cottier, Chairperson Belinda ó Conaill, and Tenant Engagement Officer Zoe Martin delivered some words on behalf of Supporting Communities who provided a wealth of support throughout the creation of the strategy.

Thank you to everyone who attended on the day. It was enjoyed by everyone and a great chance to see in real-time the collaboration between staff and tenants.



FOLD HOUSING TENANT'S GROUP
BUILDING COMMUNITIES TOGETHER





Summertime Quiz



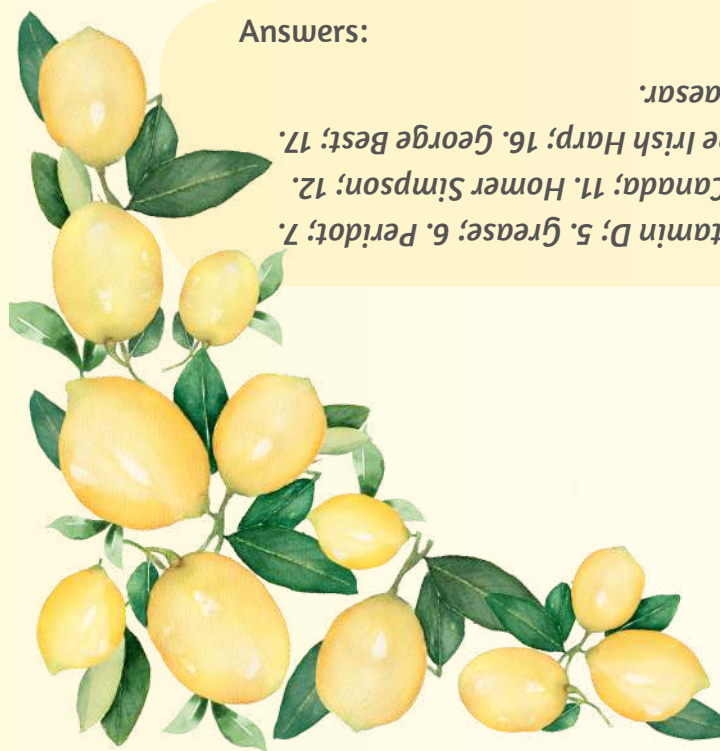
Our Editorial Panel have been hard at work creating this fun summer quiz. Why not take a break from the heat and cool down by testing your general knowledge!

Answers can be found at the bottom of the page.

1. In which city will the 2024 Summer Olympic games be held ?
2. SPF is an abbreviation found on sunscreen, but what do the letters S,P,F actually stand for ?
3. In which country are you able to visit the Summer Palace ?
4. Can you name the essential vitamin that comes from sunlight ?
5. The song Summer Nights is from which movie ?
6. What is the birthstone for August ?
7. Who had a hit with the song , Summertime Blues ?
8. Which year in the 1960's was known as the Summer of Love ?
9. What does solstice mean in Latin ?
10. Which country has the longest coastline ?
11. Who met and fell in love with Marge Bouvier in a 1974 Summer camp ?
12. Name the fictional seaside town in Home and Away ?
13. What type of dance will be introduced to the Olympics for the first time in 2024 ?
14. In which county was the actor Cillian Murphy born ?
15. What musical instrument is on Irelands coat of arms ?
16. Belfast City Airport is named after which Irish sportsperson ?
17. Where was the actor Pierce Brosnan born ?
18. What Gothic horror novel did Bram Stoker write ?
19. In the United States, what is the best selling BBQ meat sold throughout the Summer ?
20. The month of July is named after who ?

Answers:

1. Paris; 2. Sun Protection Factor; 3. China; 4. Vitamin D; 5. Grease; 6. Peridot; 7. Eddie Cochran; 8. 1967; 9. Sun stands still; 10. Canada; 11. Homer Simpson; 12. Summer Bay; 13. Break dancing; 14. Cork; 15. The Irish Harp; 16. George Best; 17. Drogheda; 18. Dracula; 19. Hotdogs; 20. Julius Caesar.



Mould & Condensation 101

With the plentiful wet weather we are so used to, your home can become a breeding ground for mould and mildew. We have comprised a handy guide on steps that you can take to reduce the growth and spread of mould in your home.



What is Mould?

Mould you find in your home is an airborne spores that thrive in warm, damp conditions. It can form on most surfaces including textiles, wood, tile, and painted concrete. During cold weather, we tend to keep doors and windows closed which reduces ventilation and can cause the build-up of humid air. This allows condensation to gather, forming the perfect damp conditions for mould to grow. Luckily, there are steps you can take to stop this.

1. Open Windows

While it can be tempting to batten down the hatches until spring, try to ventilate your property as much as possible. Kitchens and bathrooms are at the highest risk of developing mould. When cooking or showering, open a window or two for a short time to allow the moisture to flow out of the property.

2. Keep Doors Shut

Since kitchens and bathrooms are the most at risk for mould, try to confine excess moisture to those rooms when in use. This can be achieved by closing the door when cooking, or when using the shower. This stops the moisture from travelling through the property.

3. Clean Carpets

If you notice a musty, unpleasant odour in carpeted rooms, it is important to take action. While invisible to the naked eye, mould could be spreading underfoot.

3. Clear the Clutter

We've all heard of doing a 'spring clean', throw away or recycle old bric-a-brac and clothes. The more belongings we have, particularly stuffed in cupboards and wardrobes, the less space air has to circulate – and air circulation is vital for controlling mould growth.

4. Don't Dry Clothes Indoors

It may be tempting to put your clothes on a clothes horse or radiator to dry them indoors, but without ventilation, the moisture will evaporate from the clothes and settle on the ceiling and walls, contributing to your mould problem. Consider investing in a tumble dryer instead, and if that's not possible, open plenty of windows when airing your clothes.

5. Clean Extractor Fans

Over time, extractor fans in your kitchen or bathroom can become clogged and lose power. Keep them running smoothly by cleaning them regularly. Extractor fans are essential for filtering humidity and bad odours outdoors.

6. Use a Dehumidifier

Dehumidifiers drastically reduce humidity levels, making your home less hospitable to mould, mildew and dust mites. If used regularly, moisture levels in the air will drop. They can be really beneficial for allergy sufferers, as they reduce dust build-up too. Dehumidifiers come in all shapes, sizes and prices. Talk to your local home appliance supplier for information on getting the best dehumidifier for your home.

So, What should you do if you find a patch of mould in your home?

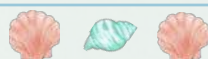
Don't panic, there are many options available from homemade sprays made with white wine to anti-mould sprays in hardware shops.

Pick up a bottle of the white stuff in any supermarket and put it into a spray bottle. Spray it on the surface where mould is growing and scrub with brushes or sponges. If you are worried about vinegar irritating your skin, wear rubber gloves. While vinegar fumes are not toxic, you might want to wear a mask to block the strong smell. Not only does it effectively remove mould but cleaning your house with vinegar regularly will stop it growing back.

If all else fails, bring in the big guns! Go to your local hardware store and ask about anti-mould products.

What's Going on In Your Area?

The **Crumlin and District Active Retirement Association (CADARA)** was established in 1984 and consists of members ages 50 years and over. CADARA meet in the **St. Agnes Parish Hall** and partake in activities such as art, sequence dancing, walking, cards, and every Wednesday night they hold a sing-a-long. If you are interested in joining this group, **application forms** can be found at the **Parish Hall reception**. For more information, contact the parish office on **01 455 5368**. The office is open **Monday to Friday, 9:45-12:45pm and 2:15-4:45pm**.



Dolphin House Community Centre in Dolphin's Barn are hosting a number of interesting classes and activities on a weekly basis for those who wish to get involved. There is a **line dancing** class on **Wednesday's** from **12-1pm**, the community **knitting group** from **7-9pm Wednesday**, the **Beginner Computer/Smart Phone Training** from **10am** in the community center every **Thursday**, and **'Get Fit' classes** with Hannah on **Fridays** from 10-11am. For more information please contact the center on **01 454 4682**.



The **Lorcan O'Toole Day Centre** is an open and communal facility supported by the HSE and DCC for those in the **Dublin 12** area. The centre hosts a range of activities including afternoon teas, computer classes, hairdressing, painting, bingo, and massage. For more information on how to get involved, contact **Ellen** or **Thomas** on **01 455 4532**. The centre is located at **Lorcan O'Toole Court, off Kimmage Road West, D12 A030**.



Northside Homecare Services are offering a **Meals on Wheels** service to those living in the **Dublin 5, Dublin 7, Dublin 11, and Dublin 15** areas. This service provides nutritional meals with high quality ingredients that are delivered directly to your home. There is a cost of €5.50 per dinner and desert. To avail of this service, please call **01 805 8574** or alternatively email **mow@northsidehomecare.ie**. The service can also be contacted via WhatsApp on **087 285 1280**.



Friends of the Elderly is a referral based organisation dedicated to tackling loneliness and social isolation amongst older people. They provide various services aimed at increasing the social engagement of those **aged 60 and over who live alone or who feel lonely**. The service can be provided either in person or can simply be a chat on the phone. If you are interested in this service, you can make a self-referral by completing a referral form and sending it via email to **info@friendsoftheelderly.ie** or by posting it to **Older Persons Coordinator, Friends of the Elderly, 25 Bolton Street, Dublin**
1. Call **01 873 1855** if you would like to have a form posted to you.



A watercolor illustration of a seashell with a fan-like pattern of purple, pink, and blue. The shell is centered against a light teal background. The text "Hello Summer" is written in a dark blue, cursive font across the middle of the shell. The top and bottom of the image feature stylized, wavy teal and green lines representing waves or clouds.

Hello
Summer



Get in Touch!

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Fold Housing



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