

Because you're worth it

PETRA News

Parkhill Estate Tenants &
Residents Association

Number 170 January 2021

As the pandemic drags on, many struggle to stay upbeat. Looking after yourself has never been so important.

We *all* experience stress at times. During this lockdown, feelings of fear and anxiety may increase. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Remember, you can still maintain contact with friends and care for their mental health. Phone calls, texts or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

Staying healthy in mind and body: five simple steps

1. Take a break from watching the news and following social media
2. Exercise every day
3. Eat healthily
4. Get plenty of sleep
5. Avoid excessive alcohol or drug use

All in the mind

If you are struggling with your mental health, you are not alone. 1:4 of us will experience a mental health problem at some point in our lives. There are local organisations who can help you during this stressful time.

Havering Mind can be contacted on 01708 457040 or email: reach.us@haveringmind.org.uk

Tapestry's Care Call Service provides anyone who needs it with a call, to check on their health and wellbeing, and to ensure they have all they need. The caller will, if necessary, arrange for the delivery of urgent supplies, even puzzles and games, and will be happy to have a chat.

Tapestry's Telephone Befriending Service matches people with a volunteer who has a similar outlook on life and common interests, to provide companionship and to keep people connected to the local community. Call 01708 796600 or email: Hello@Tapestry-uk.org



People with **pre-existing mental health conditions or substance use disorder** should continue with their treatment and be aware of worsening symptoms during this difficult time. If you think you have new or worsening symptoms, don't hesitate to talk to your doctor or support worker.

**every mind
matters**

[www.nhs.uk/oneyou/
every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

Having good mental health helps us relax more, achieve more and enjoy our lives more. This website provides expert advice and practical tips to help you and your family look after your mental health

**Scared of your
partner or ex?**

Talk to us any time, day or night.

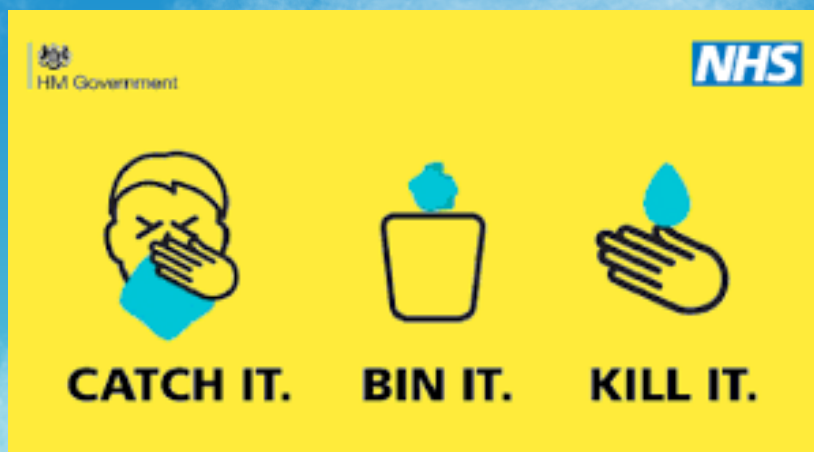


**STAY AT
HOME** 

**PROTECT
THE NHS**



**save
lives**



If it's not too late to say so - Happy New Year to Everyone!

I would like to say a big thank you to Janet Davis for all her hard work over the years and for keeping our estate up and running along with our team. Thank you also to the members of the Committee new and old, I look forward to working with you.

Thank you to the staff who were all on call over the festive period. They did the best they could dealing with the amount of rubbish, phone calls and emails. Hopefully we are now back to usual, including our regular refuse collections, until the next Bank Holiday.

So this is my first full year as the Petra Chair and unfortunately it's going to be as tough as last year thanks to due to the pandemic. We are limited as to what we can and cannot do due to the government guidelines, but we will certainly do our best to keep up the standard.

I just ask that all residents respect each other and be mindful that some residents are still going to work as key workers and that their children are getting up for school, so if you could minimise any noise that will be very much appreciated.

The office remains closed although the staff are still working. If you do need to come into the office you will need to make an appointment and a mask must be worn at all times.

Stay safe during this ongoing difficult time.

Suzanne Vine

National lockdown rules: stay at home^s

- Coronavirus (COVID-19) is spreading fast.
- Do not leave your home unless necessary.
- 1 in 3 people who have the virus have no symptoms, so you could be spreading it without knowing it.

Havering resident coronavirus helpline

If you, or someone you know, have concerns around care, urgent issues around health and wellbeing or lack of access to supplies including food and medicine please call our free to use helpline: 0800 368 5201

Monday to Friday 9am to 5pm. Saturday, Sunday and bank holidays 11am to 4pm for emergencies only. Email: covid19support@haverling.gov.uk

How are the kids?

Children are resilient, but these are tough times for them too. How can we help them come through unscathed?

The first four easy steps to staying fit and well listed on page 1 apply to children too, but they will need **your** support to follow them properly.

If you have school-age children, play your part in supporting their education. Take an interest in their online schooling. Helping them with their homework projects.

There is a wealth of high quality educational material on You Tube, and the BBC now has a dedicated Lockdown Learning zone on its website, with hours of daytime programmes dedicated to primary and secondary school education.

This is also a good time to remember that reading aloud to your child, or having them read to you, is not something that has to be confined to the little ones. All ages benefit from this sharing of stories and knowledge, including the adults!.



Letterbox Lotto!

Every month we give away three gift vouchers each worth £25 to PETRA residents! Go online to find out more.

www.Petratmo.weebly.com

PETRA'S VISION

A safe, pleasant neighbourhood where people want to be part of a vibrant, caring community

News in brief

The office remains closed to visitors, but Caroline is working flexible hours. She is however usually on site 9 till 4 weekdays if residents wish to phone or email her. In an emergency, where an office visit is necessary, an appointment must be made and a face covering worn.

Maintenance guys Bradley and Tim are not carrying out routine work inside of flats currently, though they will respond in an emergency.

Building site, temporary pathway

Work on the site of the old sheltered housing complex has been suspended. It will presumably resume as soon as the lockdown eases. We have been warned to expect the hoardings to be moved across the road shortly, blocking off that part of our access road including parking spaces.

The building company will be installing a temporary pathway alongside the newly positioned hoarding, for the convenience of our residents. The affected area of lawn will be returned to its present state as soon as the building works have been completed.

Parking permits

Residents voted for the introduction of parking permits a while ago in anticipation of the problems that will be caused by the new development. The Council has now agreed to allow us to tender for this project. We will be seeking bids for the job from three specialist companies used to providing this service on estates like ours.

Once a supplier company has been agreed, residents are likely to be asked to pay a very small one-off payment for each parking permit (in the region of £3). PETRA may need to pay a small administrative charge for the provision of permits.

Thereafter, residents' parking spaces will be guaranteed, while those not entitled to park here will risk being fined every time they do so. We will keep you informed of progress on this matter.

Jenny's shift

Many key workers live on our estate, including firefighters, shop workers and nurses. We are proud of them all. Here Jenny Burns, Parkview resident and mother of three, tells us what it has been like recently working as a healthcare assistant at Queens Hospital, Romford

The last 10 months have been a struggle for everyone at Queens. I've never known the hospital to be so busy.

At times ambulances have had to queue up outside waiting for beds to become available, and patients have had to make do with a bed in a corridor rather than a ward.

Many of us have felt scared at times going into work, anxious that we might bring the virus home to our families. But we are all doing our best, many of us have now been vaccinated, and the PPE and the procedures we have in place offer good protection.

If I am at increased risk of catching Covid, then I'm grateful that I have a young family. If I lived with an elderly relative or other vulnerable person, I would be more concerned.

I work across the hospital in a number of different wards, but not in intensive care. Still, I have cared for many seriously sick patients. Those with Covid will often but not always have other underlying health conditions.



I try not to bring the stress home with me, though I can't help but remember all those who have died. Each and every one of them leave an imprint on my mind.

It's difficult to say how this experience affects me. I'm certainly more aware than most of the need for us all to take sensible precautions. I get upset when I see people being reckless. The other day an Amazon driver told me he had only recently recovered from Covid. He seemed to think you were free of Covid once 14 days had passed since your test. This is NOT always the case! Adding insult to injury, he was not even wearing a face covering!

My message to residents is take care, think of others, and if you have any of the symptom, get a test! There are several walk-in test centres across Havering.

Noisy Neighbours?

We've all had them. Some of us may even be them! So here's your reminder that noisy neighbours can cause untold misery.

With us all having to spend so much time at home - and often finding it hard to sleep at night because of our lack of activity - it is all the more important that we show consideration for others.

- >Loud arguments
- >Loud music
- >Loud DIY projects late at night

They can all cause a disturbance, so please, turn it down!

Estate manager Caroline or even the Council itself can get involved in serious, prolonged cases, but first the advice is to try and 'nip it in the bud' by having a friendly talk with your neighbour, giving them the chance to recognise the disturbance they have been causing, and do something about it.

Sometimes people really don't know that they are causing a problem and are happy to change their behaviour. However, do be careful if you think the person could be the aggressive type.

If you have spoken to your neighbour or the person causing the issue and they either refuse to change their behaviour or ignore your requests then contact the PETRA office or visit the Havering website where you may be asked to give details and complete diary sheets logging each incident of nuisance noise over a number of days or even weeks.



Events

Coffee mornings

Cancelled until further notice. We hope to resume them as soon as possible.

Committee meetings

Formal meetings have for now been cancelled. Committee members will be kept informed of new arrangements.

CONTACTS

PETRA

Opening Hours: 7.30am - 1600pm
(Closed 12pm - 13.00 for lunch)

Suzanne Vine, Chair

Caroline Edwards, Estate Manager

Bradley Pavey, Repairs and

Grounds Maintenance Officer

Tim O'Shea, Part-Time Repairs

and Maintenance Officer

All based at the PETRA office

Tel: 01708 475358

Email: petratmo@aol.com

www.petratmo.weebly.com

Homes and Housing,

Havering Council. Tel: 01708
434000

Email: homes@havering.gov.uk

Website: www.havering.gov.uk

Out of Hours Emergency telephone
number: 01708 756699

(We answer the PETRA office
phone up until 5pm.)

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