

## Competitions

Sadly, all outdoor events have been cancelled this summer so our competition winners for Little Mix have lost out. We'll find some way to make it up to them. No one won our competition for tickets for the Scotland v Israel EURO 2020 game so we thought we'd try another version. Instead of tickets you could win £50 cash. Interested? To be in the draw all you have to do is get your entry to us by 17.00 on Monday 18 May by emailing michael@blochairn.org. Here's the question: Scotland last qualified for a major tournament in 1998. Name the players in this photo who played for Scotland in the 1998 World Cup. Good Luck!



## Useful Phone Numbers

Heating/Hot Water Emergencies (James Frew Ltd)	01294 468 113 or 0870 242 5037
All Other Emergencies (City Building)	0800 595 595
Blochairn Housing Association (Staff on Call)	07976 569 939
Housing Benefit & Council Tax Revenue Centre	287 5050
Scottish Power	0800 027 0072
Scottish Power Emergencies	0800 092 92 90
Scottish Gas Emergencies	0800 111 999
Clean Glasgow	0300 343 7027
City Council - Pest Control and Cleansing	287 9700
City Council - Council Tax	0845 600 8040
Police SCOTLAND	101 (or, in an Emergency, dial 999)
CCTV Cameras - StreetWatch	287 9999
Social Work Services Emergencies	0800 811 505
Scottish Environmental Protection Agency (SEPA)	945 6350 or 0800 80 70 60
THISTLE Tenants Risks Insurance	0845 601 7007



## Contact Details

Web Site	https://blochairn.org/	
Michael Carberry (Director)	michael@blochairn.org	553 0023
Angela MacDonald (Housing Services Officer)	angela@blochairn.org	553 0022
Danielle Murphy (Housing Services Assistant)	danielle@blochairn.org	553 0021
Carol Niven (Finance Assistant)	carol@blochairn.org	553 0020
General	admin@blochairn.org	553 1601
Freedom of Information	foi@blochairn.org	553 1601

Scottish Charity No. SCO40816

Property Factor No. PF000257

8 May 2020

## Blochairn Housing Association Newsletter

### Covid 19 - update

#### Scottish Government

- Please follow the guidance and advice issued by the Scottish Government. There is a daily bulletin on TV and radio. You can also check the NHS Inform web site at <https://www.nhsinform.scot/>

#### Office

- The office reception remains closed
- Staff are working, communicating by telephone and email. Only essential home visits will be carried out
- Please tell us if anyone in your household is showing symptoms or suffering from the effects of Coronavirus. We will record your isolation and when it will end. Whilst in isolation we will not send staff or tradesmen to your house
- If you want to post documents for us, the letterbox is at the back door (car park area)
- The toddlers' play area at Blochairn Place remains closed

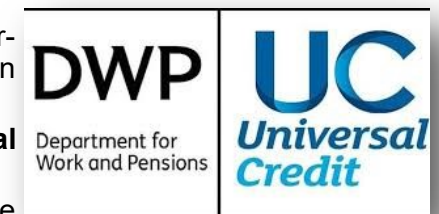


#### Support Services

- Patrick Hannon (Welfare Benefits Advisor) and Maureen McGowan (Financial Capability Officer) are working but will communicate by telephone and email from the GE-MAP office
- Geraldine Burgess (Tenancy Support Officer) is working from the Community Hub on Roystonhill

#### Rent

- Contact DWP if your income is affected by the current situation. You can apply for Universal Credit on line at <https://www.gov.uk/universal-credit>
- If you receive UC now please **update your Journal** to let DWP know about your **new monthly rent**
- If your income is affected and you already receive Housing Benefit let us know. You can phone us or email [angela@blochairn.org](mailto:angela@blochairn.org)
- If rent arrears are due to the Coronavirus affecting your income we will agree a reasonable plan with you when the situation is back to normal. But speak to us now if you are affected



#### Web Site & Facebook Page

Check our web site (<https://blochairn.org/>) and Facebook page (<https://www.facebook.com/>) regularly for information updates



#### Facebook



Our Facebook page has 833 "Followers". There's a mix of serious stuff but general interest and humour as well. Why not 'Like' and 'Follow' us?

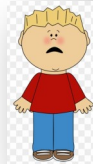




## Covid 19 - update

### Glasgow City Council Bulk Uplift & Refuse Collection & avoiding vermin

- Bulk Uplift is suspended.
- Don't put bulk items out until the Council reinstates its service. Keep your items in your home if you can. Otherwise, put them neatly at the bin store. Try to break up cardboard boxes and get them into the blue bins if you can. Check regularly to make sure your items are not causing any problems for your neighbours
- Blue bins are for recycling only
- Grey bins are marked 'Food Waste Only'. Make sure bags are biodegradable (compostable). Don't put plastic bags into the Food Waste bin otherwise the Council may refuse to empty it
- Rats were seen in a Blochairn Place bin store at the weekend so managing refuse disposal is even more important just now
- DO NOT leave refuse on the ground. It provides a food source for rats
- Please DO NOT send small children to dispose of refuse if they will have difficulty opening the bins. They might be tempted to leave the bags on the ground or put them in the wrong bin



### Repairs and Maintenance

- If you are in isolation we will not send staff or tradesmen to your house
- Our contractors will deal with emergency jobs only. Non-emergency repairs are suspended
- If a contractor comes to your home please respect the fact that he or she must exercise 'social distancing'. The contractor may wear protective clothing and will need to be 2 metres from anyone in the house
- Let us know if you do not want a tradesman to come to your house because you are self isolating or shielding
- Some trades are back at work in a limited capacity, mainly doing external work. They include gardeners, window cleaners and painters. Heating engineers are carrying out annual gas safety checks



## Some Lighter Stuff!

This is an actual Facebook post from a frustrated Hairdresser.

'Spent a bit of time the last few weeks answering questions from clients or FB friends on how to do this or that with their hair so thought I'd post some advice to help you all out over the next couple of weeks until this eases.

Q. What colour can I put in my roots until you open?

A. None you don't have a clue what you're doing and it'll turn out a riot. You've got this far and your no going anywhere and no one will see ye.

Q. How can I trim my own fringe?

A. You canny, so leave it alone. The suns out so put a kirbie in it tae get yer forehead tanned. Yer face is likely too fat for a fringe now since you have munched and boozed you're way through lockdown, so think of it as a positive yer fringe is noo halfway grown out.

Q. How can I give myself 2 or 3 layers, cause ma hair is awfy flat?

A. There's no such a thing as 2 or three layers so stop listening to shit on you tube and put yer hair back to its usual lazy bastard bun you wear all the time until the salons open again.

Q. How can I put a couple of foils in ma hair to get by?

A. Ye canny. Wait tae the salons are open.

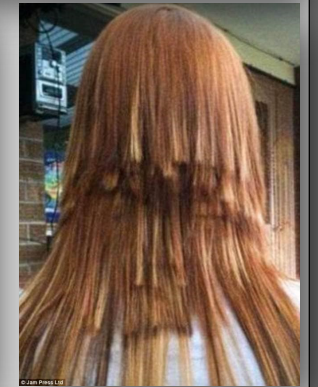
Q. How can I trim ma ends.

A. See above.

Although this is just a sample of a few questions I hope this helps you in your hours of need and boredom to get through the next couple of weeks.

As a final word of warning. Please remember that colour correction (the actual technical term for) the arse you have made of your hair and we have to fix it, is usually much more expensive than the service you normally receive. Think of this before you get creative.

Looking forward to seeing you all in the near future not just from the Maestro Hair Team but from all the hairdressers in every town. Regards. David x'



Me after taking a bath in antibacterial hand gel





## Some Lighter Stuff!

### Rest of the UK

Greeting: A polite welcome.  
 Ginger: A hair colour.  
 Baltic: Area around the Baltic Sea  
 Mince: Finely chopped pieces of beef  
 Minted: A sweet flavoured with mint.  
 Bird: A creature with feathers and wings.  
 Belter: A loud, forceful singer.  
 Tea: A hot beverage.  
 Dancing: To move to the sound of music.  
 Deck: A flat area for walking on.  
 Roaster: A cooking device.  
 Dinghy: A small boat.  
 Boot: A type of shoe.  
 Steaming: Producing steam.  
 Loaded: Full.



A wee Glasgow guy is at the Sheriff Court, in the witness box, being questioned by the plummy mouthed Advocate Depute (AD)

AD: 'You say you went to your friend's house that night. Why did you go there?'

WITNESS: 'Tae get a tap.'

AD: 'Is your friend a plumber?'

WITNESS: 'Naw.'

AD: 'Are you a plumber?'

WITNESS: 'Naw.'

The AD notices the court police officer rubbing his fingers together in the universal gesture of money. Daylight apparently dawns on the AD and he changes his line of questioning accordingly.

AD: 'So you went to the house to borrow money?'

WITNESS: 'Naw.'

AD 'Ah. You went to the house to lend money?'

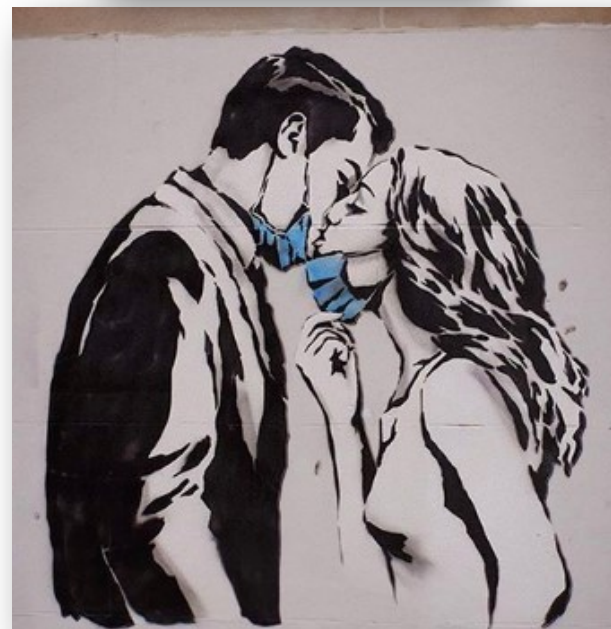
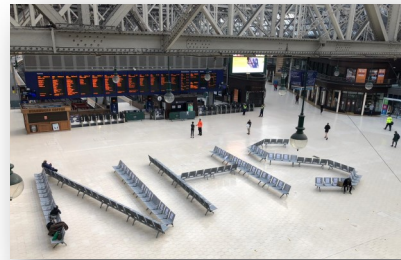
WITNESS 'Naw.'

In exasperation the AD says, 'You have told this court that you went to your friend's house to get a tap. Yet you are neither a plumber nor a money lender nor is your friend either of those. Please tell the court what kind of 'tap' did you go to your friend's house to get!'

WITNESS 'A Sellic tap.'

### Glasgow

Greeting: Crying; shedding tears.  
 Ginger: Fizzy juice.  
 Baltic: It's freezing.  
 Mince: Something bad.  
 Minted: To be wealthy or something good.  
 Bird: A female.  
 Belter: Amazing.  
 Tea: Dinner.  
 Dancing: A nightclub.  
 Deck: Hit the floor.  
 Roaster: An annoying person.  
 Dinghy: To ignore.  
 Boot: A mean woman.  
 Steaming: Drunk.  
 Loaded: To have a great deal of money.



## Royston Coronavirus Response Group

The Royston Coronavirus Response Group has gone from strength to strength and is now delivering 150 food parcels and 100 hot meals to Royston households every week. Tenant Support Officers, Geraldine Burgess and Tracy Blair, from the Simon Community are co-ordinating all the activity from the Roystonhill Community Hub. And lots of local people have volunteered for deliveries. If you need a hot meal or a food parcel please call us on 553 1601 or email [angela@blochairn.org](mailto:angela@blochairn.org) or [michael@blochairn.org](mailto:michael@blochairn.org).



A new addition to the service is the SATURDAY NIGHT FAKEAWAY from the NORTH GLASGOW HEALTHY LIVING COMMUNITY. NGHLC is a local charity at 59 Charles Street, dedicated to improving health & wellbeing through partnership working in north Glasgow. Established in 2004, it has considerable experience working with local residents and voluntary, public and private sector partners to develop and deliver a range of community led health improvement activities such as:

- Healthy eating cooking classes

- Large scale community events including the North Glasgow 5K Family Fun Run (NG5K) and Fun in the Park

- The Volunteering Tasters Programme and The North Glasgow Volunteering Framework Best Practice Guide

- The Northern Sole Mates Walking Network

- On a Budget Family Holiday Programme

- Accredited training courses including Health Issues in the Community

The **Saturday Night Fakeaway** provides a recipe, ingredients to make a healthier version of a traditional takeaway meal, activities for adults and children/families, lots of tips including positive mental health, physical exercises from home, budgeting/money saving ideas, and a weekly competition with a weekly prize winner(s).

Interested? Contact [info@healthynorthglasgow.co.uk](mailto:info@healthynorthglasgow.co.uk) or call 336 7000 and leave a message.



## Covid 19 - NHS Inform

Coronavirus (COVID-19) is the illness caused by a new strain of coronavirus first identified in Wuhan city, China. It can cause a cough and/or a fever/high temperature.

Generally, coronavirus can cause more severe symptoms in people with weakened immune systems, older people and those with long term conditions like diabetes, cancer and chronic lung disease.

This is a rapidly changing situation which is being monitored carefully.

Some people are at higher risk of developing severe illness with coronavirus. These people should strictly follow physical distancing measures. Their household and other contacts should also strictly follow physical distancing advice.

Some groups of people are considered to be at extremely high risk of severe illness with coronavirus. These people should strictly follow shielding measures. Their household and other contacts should strictly follow physical distancing measures to protect them.

If you have an underlying health condition or take medicines regularly but you're not sure whether or not you fall into one of the more vulnerable groups, you should phone your GP practice and say you want advice about your underlying condition or your medicines.

People who are considered to be extremely vulnerable to severe illness will receive a letter giving them further advice, but if you remain unsure, contact your GP.

The most common symptoms of coronavirus are a new continuous cough and/or a fever/high temperature (37.8C or greater). A new continuous cough is where you:

- have a new cough that's lasted for an hour
- have had 3 or more episodes of coughing in 24 hours
- are coughing more than usual

A high temperature is feeling hot to the touch on your chest or back (you don't need to measure your temperature). You may feel warm, cold or shivery. Some people will have more serious symptoms, including pneumonia or difficulty breathing, which might require admission to hospital.

If you've developed a new continuous cough and/or a fever/high temperature in the last 7 days, stay at home for 7 days from the start of your symptoms even if you think your symptoms are mild. Do not go to your GP, pharmacy or hospital. Read our stay at home guidance for households with possible coronavirus infection.

Only phone 111 if:

- your symptoms worsen during home isolation, especially if you're in a high or extremely high risk group;
- you are breathlessness develops or worsens, particularly if you're in a high or extremely high risk group
- your symptoms haven't improved in 7 days

If you have a medical emergency, phone 999 and tell them you have coronavirus symptoms.



## Covid 19 - NHS Inform

If you live with other people and have symptoms, they'll need to stay at home for 14 days from the start of your symptoms even if they don't have symptoms themselves. If they develop symptoms within the 14 days, they need to stay at home for 7 days from the day their symptoms began. They should do this even if it takes them over the 14-day isolation period. Your whole household should follow our stay at home guidance for households with possible coronavirus infection. You can send an isolation note to your employer as proof you need to stay off work because of coronavirus. You don't need to get a note from a GP.

You should start planning now for how you would manage a period of self-isolation just in case everyone in your household needs to stay at home. Your plan might include talking to your neighbours and family and exchanging phone numbers of household contacts; making a plan for those in your home who are considered vulnerable; creating a contact list with phone numbers of neighbours, schools, employer, pharmacist and your GP; setting up online shopping accounts if possible; ensuring adequate supplies of any regular medication, but do not over-order and talking to any children or young people in your household as they may be worried about coronavirus

Testing is being offered to symptomatic health and social care key workers, people working in essential services (and others who cannot work from home) and those over 65. It's also being offered to members of their household with symptoms. People who have come to Scotland to work, study or claim asylum (including refugees) will not pay for any coronavirus tests or treatments they need.

Because it's a new illness, we don't know exactly how the virus spreads from person to person. Similar viruses spread by droplets in coughs and sneezes. You can reduce your risk of getting and spreading the infection by avoiding direct hand contact with your eyes, nose and mouth; maintaining good hand hygiene; avoiding direct contact with people that have a respiratory illness and avoiding using their personal items such as their mobile phone; covering your nose and mouth when coughing or sneezing with disposable tissues and disposing of them in the nearest waste bin after use; following the guidance for households with possible coronavirus infection if someone in your household has symptoms; making sure everyone in your household follows the Government advice to stay at home as much as possible and to stay away from other people; making sure everyone in your household follows the physical distancing advice, especially anyone in a vulnerable group and helping those at extremely high risk of severe illness with coronavirus to follow the shielding advice.

You can't catch coronavirus from food. But it is possible to catch it if you touch an infected surface or object and then touch your mouth or nose.

Wash your hands with soap and water or alcohol hand sanitiser before eating and drinking, and after coughing, sneezing and going to the toilet.

Currently, there's no vaccine and no specific treatment for the virus.

There's no evidence to show a link between ibuprofen, or other non-steroidal anti-inflammatory medications (NSAIDs), and catching or making coronavirus worse. Paracetamol or ibuprofen can be used to help with the symptoms of coronavirus if needed, unless your doctor has told you paracetamol or NSAIDs are not suitable for you. Use these medications according to the instructions on the packet or label and do not exceed the recommended dose

NHS inform has setup a free helpline (0800 028 2816) to help with any questions you have about coronavirus that you can't answer online. The helpline is open from 8.00am to 10.00pm each day.