

THE BANNER

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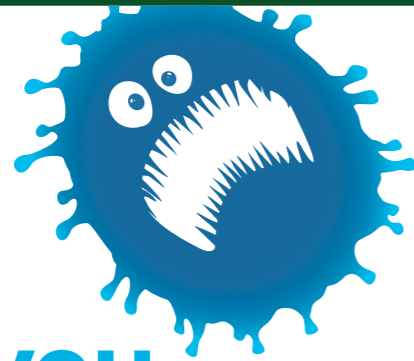
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Flu and you

Flu may be the furthest thing from your mind given the amazing summer we have had, but autumn and winter are just around the corner and this is the time of year when it is more prevalent.

Fevers, chills, extreme fatigue and aching muscles as well as the more cold-like symptoms of sore throats and runny noses are the unpleasant yet familiar symptoms of the flu and can really make you feel unwell.

Unfortunately colds and flu are highly infectious illnesses and are spread rapidly from those already carrying the virus, causing many people to become ill at the same time. 10-15% of the population develop flu each year.

100,000 flu particles can be projected into the air with just one sneeze and, travelling at 80 miles per hour, can reach distances of up to 30 feet away.

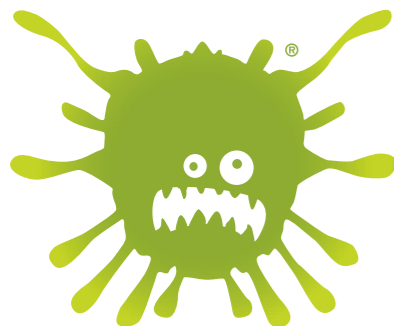
The government has a campaign to maximise the number of over 65's who are vaccinated against flu as they are particularly at risk from flu which can lead to more serious illnesses, including bronchitis or pneumonia.

The job is available from your local GP and is free to vulnerable groups, such as the elderly; however, last year 30% of over 65's did not have a jab.

Here are some tips to help you avoid the flu.

- Wash your hands often. You can pick up cold germs easily, even when shaking someone's hand or touching doorknobs or handrails
- If you sneeze or cough, do it into a tissue and then throw the tissue away.
- Clean surfaces you touch with a germ-killing disinfectant
- Germs can easily enter your body through the nose, eyes or mouth – so keep your hands away!

At risk groups need to get a flu jab every year, as the flu virus is constantly changing. Please contact your GP for further information.



Welcome Sue

We recently welcomed Sue Wilson to our Customer Services Team based at our Chester-le-Street head office.

Sue joined us in June and currently takes your calls along with Helen, Joyce, Lisa & Chantelle.



90th birthdays

In this edition we celebrate 90th Birthdays with four of our residents.

June brought the first two birthdays of this edition. Mrs Joan Dixon, of Blackhall, was the first to celebrate on the 6th; followed by Mrs Myrtle McPherson, of Easington on the 24th.

Mrs Lily Wilmot, of Gilesgate, was the only July birthday on the 2nd, and the final birthday of this edition, on 4th August,

was celebrated by Mrs Margaret Ward, of Delves Lane

Congratulations one and all!



Pot plant competition

A woman who swapped sunny Greece for even sunnier East Rainton has won first prize in our annual gardening competition.

Leda Gibbins was the overwhelming choice of the judges deciding who should win the DAMHA 2018 Pot Plant Competition.

The 58-year-old, who originally hails from Athens but now lives with her Hendon-born husband Jim in a DAMHA bungalow in East Rainton, was chosen for her outstanding display of flowers, which include petunias, sweet peas, begonias, dahlias, fuschias, sunflowers and much more.

It has been a real labour of love for Leda, who receives £50 cash for winning the competition.

She says: "I thought it would nice just to be shortlisted, so to discover I had won the whole competition was an amazing feeling.

"I started planning the garden early this year and this involved buying most of my flowers from Amazon.

"The fantastic weather we have been having has really helped, in fact it's almost like being back in Athens, although it has also meant I have had to do lots of watering so the flowers didn't dry out.

"On average I spend around 4 to 5 hours each week in the garden either planting, watering or maintaining the flowers.



The standard of entries goes up each year and it's always difficult to choose a winner

It's become a lovely hobby."

Judges Gordon Parkin, Chairman of DAMHA, and Steve Fergus, Vice-Chairman, were both very impressed with Leda's efforts.

Gordon said: "The standard of entries goes up each year and it's always difficult to choose a winner, but Leda's garden was outstanding and she is a very deserving winner.

"Ideally we would give everyone who entered a prize, but we would like to congratulate those who did for their efforts.

"It's lovely to see the lengths people go to ensure their homes are nice both inside and out."

Second prize went to Elija and Auriol Taylorson, of Horden, and third prize was awarded John and Lesley Middleton, of Sherburn Village.

The judges would also to commend the schemes at Hopper Street, Dairy Lane and Ferryhill which had put together wonderful displays across the whole groups of homes.



The Great DAMHA Bake Off

Who better to turn to when getting someone to make you a 120th anniversary cake than a woman who came tantalisingly close to appearing on The Great British Bake Off?

We turned to Sue Lewis when we needed a large cake making to mark our 120th birthday this year.

Sue, who lives in one of our homes in Lumley, near Chester-le-Street, was the logical choice after narrowly missing out (she was first reserve) on the 2017 edition of The Great British Bake Off (see January 2018 edition of The Banner).

She jumped at the chance and after being given a brief which involved celebrating the past and

looking forward to the future, she produced a stunning cake which was unveiled recently at our residents' forum.

The front of the large sponge cake resembles one of the new bungalows DAMHA now build across the North East and when you turn it around, there's a mine shaft complete with edible coal, a coal truck and even a pickaxe.

Sue even made a display board (non-edible aside from the lettering) for the cake to stand

on which celebrates 120 years of DAMHA.

Producing the cake involved using 50 eggs, 18 blocks of butter, 3,175 grams of flour, 3,175 grams of caster sugar, 3,200 grams of icing sugar and 6 jars of strawberry jam.

Sue, who only took up baking as a hobby around five years ago, said: "I was delighted when I was asked to make a cake for such a special occasion. It was difficult because I had to make it big enough to ensure there

was enough for all the residents at the forum to have a piece, but I am really pleased with the result."

Paul Mullis, DAMHA Chief Executive, said: "The cake really had the wow factor and we would like to thank Sue for all her effort and hard work in making something which is very befitting of our 120th anniversary."

Grand designs

We are using a logo drawn by a six-year-old boy to celebrate our 120th anniversary.

To mark our 120th birthday we invited the year 2 children at Cestria Primary School in Chester-le-Street to design an anniversary logo.

After doing research with the help of their parents and teachers, the children worked very hard on their designs.

The standard was very high, but after lots of deliberation, we chose

the logo created by six-year-old Oliver Johnson.

Oliver's design features a miners' head lamp illuminating the words 'Durham Aged Mineworkers' Homes Association', with '120th Anniversary' running along the bottom.

His design is being used on the front cover of this newsletter, as well as being put on our website.

It was also used on a banner paraded at the Durham Miners' Gala on 14th July (see page 6).

For winning the competition, Oliver has had his logo framed and received a £10 book voucher. We also donated £120 to the school to buy books, and some sweets for all 58 year 2 children at Cestria.

DAMHA Chief Executive Paul Mullis said: "Cestria Primary School is very close to our head office and we have forged good links with them, including inviting the children to sing to residents at our annual forum in December 2017.

"We, therefore, knew just who to turn to when we decided to run our logo competition and we couldn't be happier with the results.



"The standard of entries was extremely high and it made the judging very difficult, but we thought Oliver's design perfectly captured us as an organisation, and we are pleased to be able to use his logo during the rest of our anniversary year.

"We would like to thank all the children for their hard work; they did a fantastic job."

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▶ This year had extra special significance given DAMHA is celebrating its 120th anniversary

A day to remember

The weather couldn't have been better for the 134th Durham Miners' Gala and this one had extra special significance for DAMHA.



This followed the tradition parade of banners through the streets of Durham. This year, we were delighted to welcome as our guest David Orr, Chief Executive of the National Housing Federation. David, in one of his last roles before he stands down a Chief Executive in September donned a DAMHA tie and walked with our banner.



To mark our 120th anniversary, our banner was taken into Durham Cathedral for the traditional blessing and service.

Among the guests this year included Labour Leader Jeremy Corbyn and Gala stalwart Dennis Skinner.

On the Riverside there were rides for the children and numerous stalls and marquee.

DAMHA Chief Executive Paul Mullis said: "The Big Meeting is always one of the highlights of the year but this year had extra special significance given DAMHA is celebrating its 120th anniversary in 2018.

"We were delighted to have David Orr as our guest and being able to take our banner into the Cathedral was a real privilege."



Raising awareness

Imagine watching your six-month-old baby having a seizure.

Then, think what it must be like seeing your child growing up and often having 30 seizures in a single day.

What if this also led to them losing the ability to speak and restricting their development?

Can you contemplate your child becoming an adult but having the mental capacity of a three-year-old?

Thankfully, for the majority of people in the UK, this is something they don't need to worry about, but for DAMHA residents John and Freda Glover this is a reality they have had to live with for the past 28 years.

In 1989, Freda gave birth to the couple's daughter, Vicki. Until she was six months old, Vicki was a normal, healthy baby, but one day, she had a seizure. Vicki was taken to hospital and diagnosed with epilepsy.

As she got older, the seizures worsened and at one point John and Freda, who live in Jarrow, estimated she was having up to 30 a day.

The seizures impacted on Vicki's development and by the age of four she had lost the ability to speak and now, in 2018, she is effectively still a child trapped in an adult's body.

In 2017, after generic testing, Vicki was diagnosed with Dravet's Syndrome, a rare and severely disabling type of epilepsy which



starts in infancy and is often referred to as a 'catastrophic epilepsy'. It was only identified as a condition in 1978 and latest research shows it affects approximately 1 in 19,000 people.

John and Freda, now they know Vicki has Dravet's, are hoping to raise awareness of the condition not only because early diagnosis can help, but also to prepare others for this truly life-changing event.

They explain: "After a test last year we discovered that Vicki's had a mutation in one of her genes that caused the Dravet's.

"There is unfortunately no cure and whilst she had been on medication for epilepsy all her life, she requires constant care because she is effectively still a child, even though she is nearing her 30s.

"This means we have had to have our house adapted to meet her needs and when we take her out it needs to be in a special chair because of the risk of her having seizures and also because with the mental capacity of a 2-3-year-old, it means she can do things which children of that age will do, like running across a road without looking.

"We are also constantly worrying about sudden unexpected death in epilepsy (SUDEP) which has a higher risk in people with Dravet's.

"Only those living with this condition will understand the impact it has, not only on the person who has it, but on families too.

"Because it is so rare, no one really understands what you go through as parents, but whilst it's difficult, and we worry what will happen when we get older and we are unable to care for Vicki any longer, what we want to do is

Only those living with this condition will understand the impact it has

make as many people as possible aware of Dravet's Syndrome so they are more prepared if this ever happens to their family."

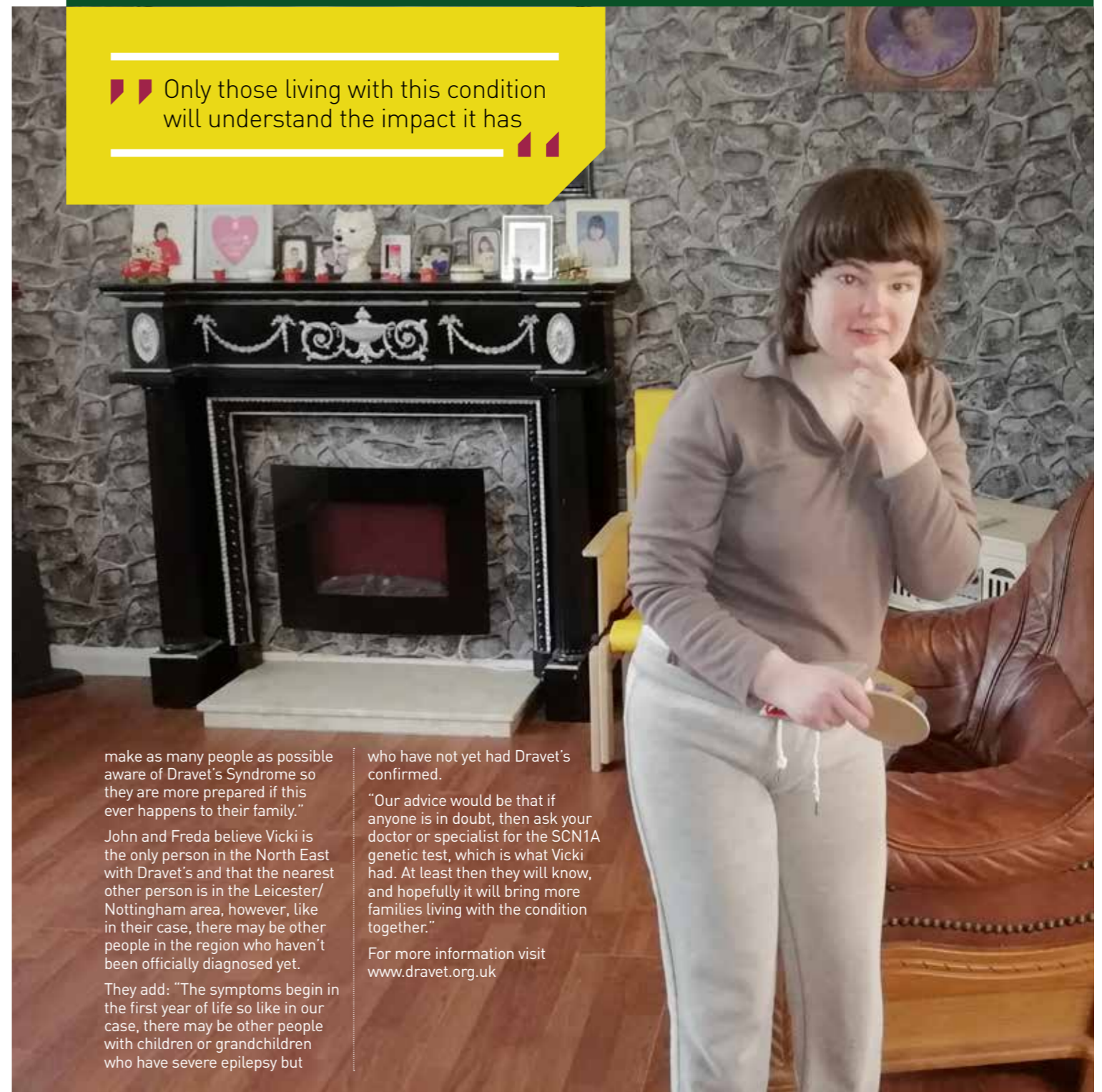
John and Freda believe Vicki is the only person in the North East with Dravet's and that the nearest other person is in the Leicester/Nottingham area, however, like in their case, there may be other people in the region who haven't been officially diagnosed yet.

They add: "The symptoms begin in the first year of life so like in our case, there may be other people with children or grandchildren who have severe epilepsy but

who have not yet had Dravet's confirmed.

"Our advice would be that if anyone is in doubt, then ask your doctor or specialist for the SCN1A genetic test, which is what Vicki had. At least then they will know, and hopefully it will bring more families living with the condition together."

For more information visit www.dravet.org.uk



New homes

Residents have moved into the first of over 100 affordable homes being built by DAMHA over the next five years.

The first scheme we have completed is at Eshwood View, Ushaw Moor.

We invested £600,000 building five two-bedroom bungalows.

DAMHA opened 20 homes at Eshwood View in 2006 and after further land became available, it meant we were able to add the new homes next to our existing properties.

Among the first residents to move in was 75-year-old Terry Ramm.

Moving into the bungalow has enabled him to leave the large family home he shared with his wife Veda, who sadly passed away on 31st December 2017.

He said: "Veda and I had been on the waiting list because she had Alzheimer's and I have arthritis which was making getting up and downstairs more difficult."

"Veda would have loved the new house; it's only five minutes' walk from our old home, it's in a lovely quiet area and with everything on one level, it's much easier to manage."

Before he retired Terry was a painter and decorator, as well as being a keen amateur gardener. He is already putting his skills to good use.

He adds: "I like to keep busy so I have painted the step at the entrance to the front and back of the house and started to grow flowers."

"I obviously miss Veda very much but luckily I have my family and friends close by and I have even made a new friend, my next door neighbour, George, who I enjoy chatting to."

Next up for DAMHA will be a 19-home scheme which is underway in Houghton-le-Spring and this will be followed by a 13-home scheme in Philadelphia. Both schemes will complete in 2019.

A further 75 new homes will then be built before 2022. This represents a total investment of £12 million.



I like to keep busy so I have painted the step at the entrance to the front and back of the house and started to grow flowers.

Word Search Fruits



R	A	W	A	Y	R	Y	A	Y	A	P	A	P	B
B	N	E	E	R	L	R	A	B	B	Y	E	E	L
N	A	E	B	R	M	R	N	E	A	R	W	A	U
B	N	S	A	E	P	E	R	N	N	R	A	I	E
R	A	A	P	B	E	B	E	P	E	E	T	B	B
S	B	L	B	K	E	P	O	E	A	B	E	N	E
E	S	I	R	C	A	S	A	P	T	W	R	K	R
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N	P	R	I	B	B	N	M	L	T	T	L	M	M
A	A	A	K	C	O	R	E	R	L	S	O	O	N
R	R	A	R	M	A	E	L	I	M	E	N	E	C
O	G	S	E	G	N	M	P	E	B	R	K	I	T
S	P	L	A	E	E	L	P	P	A	B	E	W	I

- LIME
- BLACKBERRY
- BLUEBERRY
- WATERMELON
- ORANGE
- BANANA
- PAPAYA
- LEMON
- KIWI
- STRAWBERRY
- GRAPE
- APPLE



Our performance

The table below outlines our performance for the period from 1st January to 30th June 2018. A green shaded box indicates we met our target, amber means we were close to target and red means we failed to meet our target.

1st January to 31st March 2018		
Service Area	Target	Result
Arrears	0.75%	0.43%
REPAIRS & MAINTENANCE		
Satisfaction with repairs	90%	90.6%
Repair Appointments kept where made	100%	99.9%
LETTINGS		
Satisfaction with lettings service	92%	91.8%
Re-let times (days)	26	37.7
Complaints resolved at 1st stage	80%	100%
TELEPHONE CALLS		
% answered within 7 seconds	96%	97.5%
% of calls dealt with at first point of contact	65%	67.9%
Percentage of letters responded to within 5 working days	90%	93.4%
1st April to 30th June 2018		
Service Area	Target	Result
Arrears	0.75%	0.50%
REPAIRS & MAINTENANCE		
Satisfaction with repairs	90%	88.9%
Repair Appointments kept where made	100%	99.9%
LETTINGS		
Satisfaction with lettings service	92%	91.8%
Re-let times (days)	26	37.7
Complaints resolved at 1st stage	80%	100%
TELEPHONE CALLS		
% answered within 7 seconds	96%	97.5%
% of calls dealt with at first point of contact	65%	67.9%
Percentage of letters responded to within 5 working days	90%	94.1%

Recipe Corner

Our very own resident 'Star Baker' Susan Lewis has kindly agreed to provide recipes for each edition of The Banner. Here is our latest creation.



No Bake Lemon Cream Pie

Method:

Mix crushed biscuits with melted butter, place in 8inch tin or serving dish. Press the crumb mix firmly into the base place in fridge until cool.

Whip the cream until fairly stiff, add the condensed milk and whisk until combined. Pour in the lemon juice and zest and whisk well.

Pour into biscuit base and leave in fridge until set. About 2 hours.

Place lemon curd into a bowl and microwave for 20 seconds until you can pour it over the top of the lemon pie. Enjoy.

Ingredients:

175g biscuits crumbled. (Any biscuits will do, I use whatever is left in the bottom of my biscuit tin)

75g butter melted

250ml double cream

340g tin condensed milk

Juice and rind of 2 lemons

1 tablespoon of lemon curd to decorate.



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