



## Latest updates for residents at Capitol Way

January 2023

### Cost of living help

Rising cost of living is a key concern for people nationwide and it can be overwhelming to keep track of what can be done to ease the impact of increased outgoings. We want to make it easy for resident to access useful advice and support that can hopefully reduce the rising cost of running your home this winter.

#### How we can help

- **Support with claiming benefits**

We have a Welfare and Benefits Advice team at Network Homes that can support you with claiming benefits. The team has helped residents claim more than £1.5million each year for the past three years and £2.4million last year. This includes housing benefit, Universal Credit, disability benefits, pension credit and carers allowance. We can also help with Discretionary Housing Payment applications. In some cases, we can help gain grant funding.

If you would like to speak to the team, please call **0300 373 3000** or email them at [welfareadvisors@networkhomes.org.uk](mailto:welfareadvisors@networkhomes.org.uk).

- **Charitable fund**

If you have had a change in circumstances that has reduced your household income or you're experiencing financial difficulties, you may be eligible to receive support from us through our charitable fund. The most common ways we support people through the fund is by providing food vouchers, beds and white goods. We've also helped with small electronics, energy vouchers (prepayment meters with a card or key only), and school uniforms.

You can find out more information and apply to our charitable fund by visiting the charitable fund page on our website at [www.networkhomes.org.uk/charitablefund](http://www.networkhomes.org.uk/charitablefund).

- **Cost of living hub**

We have a cost of living help section on our website where you can access the support we provide, top tips and information about support from external organisations. You can find it in the advice section or directly at [www.networkhomes.org.uk/costofliving](http://www.networkhomes.org.uk/costofliving).

#### Support from your local council

- **Brent Council cost of living help and advice**

For tips to support you through the rising cost of living you can visit Brent Council's cost of living support hub at <https://www.brent.gov.uk/cost-of-living-help-and-advice>





## 8 Ways to Keep Warm

1. **Block out draughts** - The best way to keep your home warm without turning up the heating is to stop the current heat from escaping.
2. **Use your curtains** – keep curtains open in the day to let light and warmth in if you receive sunlight during the day through the window, and close them before it gets dark.
3. **Lay down rugs** – if you have laminate or wood flooring, lay down rugs in your home.
4. **Dress in layers** – wearing more clothes, such as putting on a jumper or other layers, rather than one thick piece of clothing can help keep you warm.
5. **Socks and slippers** – keeping your feet warm by wearing thick socks and / or slippers in your home.
6. **Hot food and hot drinks** – eating hot meals and drinking warm drinks will help to warm you up.
7. **Hot water bottles** – use a hot water bottle.
8. **Keep moving** – stay active to boost your circulation. Try to move around at least once an hour and try not to sit still for long periods of time.

## Condensation, damp and mould

Too much moisture in your home can lead to damp and mould. Excess moisture can enter your home in several ways and the most common causes are from condensation and penetrative or rising damp. If too much moisture builds up and is left untreated, mould may start to grow.

There are a few things you can do to help reduce excess moisture in your home. Here are a few tips to try out:

- Close the kitchen and bathroom doors when they are in use. This will help prevent moisture reaching other rooms, especially bedrooms, which are often colder and more likely to get condensation.
- Avoid drying washing on your radiators, or if you do, then dry it in the bathroom with the door closed and the window open.
- Use saucepan lids when cooking.
- Put a small amount of cold water in the bath before you turn on the hot tap.
- Place furniture slightly away from the wall. Where possible, position wardrobes and furniture against internal walls.
- Wipe down condensation or water (including on window ledges and sills) with a cloth every morning, and ensure it is wrung out and dried properly between use.
- Ensure mechanical ventilation system within your flat remains switched on and that ceiling mounted air valves are clear. The system is supplemented by two boost functions.
- Where possible encourage natural ventilation by opening windows and using trickle vents on windows, to ensure air is circulating around your property.

To find out more ways to reduce excess moisture in your home, information on the causes of damp, mould or condensation, how to tackle it and how we manage these issues, visit the condensation, damp and mould page on our website at [www.networkhomes.org.uk/condensation](http://www.networkhomes.org.uk/condensation).





## Pigeons on your estate and around your home

There's a high cost each year to local authorities and housing associations to clean, repair buildings, and provide pest control proofing. If you feed pigeons around your home, you are encouraging them to roost and perch nearby. Pigeon droppings are acidic and can erode stonework, resulting in long term costly damage. The feeding of pigeons also attracts rats and mice, which take any uneaten food and can also cause a health risk to you and your family. Please do not feed pigeons anywhere on your estate.

## Please take recycling seriously

Recycling contamination occurs when materials are sorted into the wrong recycling bin (placing a glass bottle into a mixed paper recycling bin for example), or when materials are not properly cleaned, such as when food residue remains on a plastic yogurt container.



### What happens if I put the wrong things in my recycling bin?

If you put the wrong items in your recycling bin, the Council may not collect your bins. Sometimes things like nappies and food waste could spoil the rest of the recyclables and mean a whole load may need to be disposed of and not recycled.

Due to contamination of the recycling and the council then refusing to collect the bin, we have to arrange for our contractors to dispose of the bins at a cost which will be **service chargeable to all residents**. It is important to recycle properly to avoid such unnecessary additional cost to you.

### How to prevent recycling contamination

1. Rinse your containers as soon as they're empty and before placing in the recycling bin.
2. Sort your recycling materials.
3. Check the recycle material list to see what is accepted and how to sort it.
4. Follow your local council's recycling guidelines.
5. Remind other residents about the recycling guidelines as their actions could cause your recycle bin not to be collected by the council if it's contaminated.

If you live in a block of flats, you should have access to communal recycling bins. These will have labels that clearly show what you can recycle.

## New ways to pay your rent and service charge coming soon

From the 1 April 2023, we will be making some changes to the ways you can pay your rent and service charge with us. We'll be replacing our existing payment provider, allpay, with a new payment provider, PayPoint. The changes in payment provider will mean new online payment links, a new payment app, and more places for you to pay in cash over the counter.





There's nothing you need to do right now to prepare for the change. However, if you currently use the Post Office to make a payment to us you may want to consider changing to another payment method ahead of the change on 1 April 2023, as we will no longer be able to accept cash payments made at the Post Office. You will still be able to make cash payments at other locations that display the PayPoint sign. You can find out about all the alternative payment methods we have available on our website at [www.networkhomes.org.uk/payrent](http://www.networkhomes.org.uk/payrent).

We will be updating the information about payment options on our website and in your My Network Homes online account ready for you to use from 1 April 2023. We will also let you know nearer the time how you will be affected and if there's anything you need to do depending on how you currently pay your rent.

## Anti-Social behaviour (ASB)

If you think you're experiencing ASB, please check out our ASB toolkit to help you identify ASB and understand the steps you need to take if you're experiencing it. You can find the toolkit on our website at [www.networkhomes.org.uk/asbtoolkit](http://www.networkhomes.org.uk/asbtoolkit)

## Estate inspection findings

Your Neighbourhood Officer, Shujaat Ali has identified the below disrepairs which he has flagged with our repairs team or TNQ to be actioned:

Repair identified	Location	Action taken	Any other notes
A4 fire exit door has no handle	Avery Court – 40 Capitol Way, A4 Ground floor bin room	Raised to repairs team	New Digi lock handle needed to be installed to the door
Bin room light sensors	All Avery Court Bin rooms	Raised to repairs team	All Avery court bin room light sensors to be checked to make sure they are working correctly
Bree Court door to the podium not locking	Bree court, by flat 9	Raised to repairs team	
B2 AOV not working	Bree Court, Bree 2 AOV	Raised to TNQ	TNQ to repair and update





## Upcoming estate inspections

The next estate inspections will take place on:

Day	Date	Time	Meeting point
Wednesday	4 January 2023	2.30pm	Car Park
Wednesday	1 February 2023	2.30pm	Car Park

If you would like to join Shujaat Ali, your Neighbourhood Officer, during the estate inspection or discuss a specific issue, you can meet him on the dates above. Please contact Shujaat on **0300 373 3000** or email [customerservice@networkhomes.org.uk](mailto:customerservice@networkhomes.org.uk)

## Fire safety strategy for your building

### Avery Court

The fire strategy at Capitol Way for Avery Court is a **Total Evacuation policy**. This means that if a fire starts you must evacuate your building immediately and you should exit as soon as possible to the designated fire evacuation point which is Asda lawns. Remember if you do need to evacuate because of a fire, do not use the lifts. Close the door behind you and safely make your way out of the building before calling the emergency services on 999. If you require an additional fire safety information or any assistance development your escape plan in the event of a fire, please contact Network Homes on **0300 373 3000**.

The scaffolding at Avery Court remains in place around the building. It is fully alarmed and has CCTV cameras with remote monitoring system in place. Please can you ensure that members of your household or visitors do not access the scaffolding at any time. Any unauthorised access will lead to police being called and if necessary, legal action taken against the perpetrators.

### Bree Court

**For Bree Court, the strategy has now changed to 'Stay Put'**. This means that in the event of a fire in Bree Court, you should stay in your flat, unless your own flat is on fire, you are affected by smoke, or you are otherwise instructed by a member of the emergency services. Please see <https://www.networkhomes.org.uk/media/14374/change-in-fire-strategy-may-faqs-final.pdf> for further information.

An EWS1 Form has now been issued for Bree Court. You can find it online on the link below. [ews1-external-wall-fire-review-nov-2\\_signed-bree\\_flat.pdf \(networkhomes.org.uk\)](#)

## New residents' information

If you are a new resident, then welcome to your new home at Capitol Way. Please check out our website for information about our services and important information you would need to know as a resident. You can also find previous updates about your scheme.

Visit our website at [www.networkhomes.org.uk](http://www.networkhomes.org.uk).

Latest update from Network Homes





Read previous updates about your scheme on our website at <http://bit.ly/3aPMIRb>

Read the latest issue of Network Life, newsletter for residents, on our website at [www.networkhomes.org.uk/networklife](http://www.networkhomes.org.uk/networklife).

## Important contacts

If you have any **issues with communal cleaning or grounds maintenance service**, call Pinnacle on **0330 332 0845** or email [networkhomes@pinnaclepsg.co.uk](mailto:networkhomes@pinnaclepsg.co.uk).

If you have any queries in the meantime, please contact Shujaat Ali by phone on **0300 373 3000** or by email at [customerservice@networkhomes.org.uk](mailto:customerservice@networkhomes.org.uk).

If you need to report a repair, check on the progress of an existing repair or need any other information get in touch by:

- Your My Network Homes account – [www.mynetworkhomes.org.uk](http://www.mynetworkhomes.org.uk)
- Phone – **0300 373 3000**
- Email – [customerservice@networkhomes.org.uk](mailto:customerservice@networkhomes.org.uk)

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