Main picture: Ashton Colling (aged 5) with Paul Murphy from Blood Bikes Cumbria.
Hello and welcome to the September edition of Viewpoint.

Firstly a huge congratulations to my friend and colleague Jenny Webb and family who have welcomed their beautiful baby daughter, Iris to their family. Eddie Allen is the Community Development maternity cover and has taken to the role extremely well. If you have not yet met Eddie he is heavily involved with all our Community Development activities therefore I am sure you will soon get the chance.

We had a very successful 2015 Family Fun day with a record number of people attending and enjoying the event, further details of the event can be found within this edition.

The 2015 training programme is also going well, we looked at your views following previous training events and as requested we have focussed the programme on practical informative sessions. If you require further information on future sessions please don’t hesitate to contact me for details.

We continue to work in partnership with a vast number of agencies and voluntary groups. If you are interested in setting up a community group or Tenants & Residents group we can help with the set up and running costs. If you are interested in joining our Editorial Team, Eden Community Homes and Organisations, Scrutiny or similar panels we run please give me a call we are always on the look out for new members.

Sarah Bowman
Community Development Officer & Editor
Telephone: 01768 861417
Email: sarah.bowman@edenha.org.uk

This is the Eden Housing Association newsletter.

Niniejszy biuletyn jest kwartalnikiem wydawanym przez spółdzielnie mieszkaniową Eden (Eden Housing Association).

Bu, Eden Housing Association’in üç aylık haber bültenidir.

If you would like to receive future editions of Viewpoint on audio tape, or you know someone who would benefit from this service, please contact Sarah Bowman on 01768 861435 so we can add your name to the list.

We will do what is reasonable to provide information in alternative formats on request, including tape, Braille, large print and translations. If we encounter difficulties meeting your request, we will discuss the best solution for you.

Visit our website www.edenha.org.uk

Bu belgenin Türkçe’sini edinemek ya da Türkçe bilen birisinin size yardımcı olmasını istiyorsanız, bize başvurabilirsiniz.
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Last time I prepared my introductory article for the Spring Viewpoint, I was positively mentioning all of the great things that we were on with in supporting residents in our local communities and referencing the new affordable rented developments we were about to complete. Between then and now our Board has also reaffirmed its very strong commitment to doing the very best we can for our tenants and residents, over and above our statutory role as a landlord. Indeed our newly published Corporate Plan for 2015 – 18 sets out our renewed goals:

- Developing more high quality and desirable affordable homes
- Providing support to tenants so they can achieve and maintain their tenancy and enjoy independence and choice
- Improving affordability for households through a range of affordable warmth measures
- Working with others to help the local economy and protect our rural infrastructure
- Promoting and engaging in preventative health and well-being initiatives to benefit residents.

We aim to do all of this whilst being able to evidence good value for money. However, a major challenge to our plans has emerged in the shape of the recent announcements made by the government in its Summer Budget. We are still trying to get our heads around all of this, though at this stage there is scant detail.

The biggest challenge is presented by a decision to reverse a previous government ten year guarantee on rents (made only two years ago) and replace it with a four year mandatory rent reduction from April 2016.

### Impact on existing tenants

On the face of it, this could be considered potential good news for our existing and future tenants. Also proposed is an extension to the Right to Buy that could see housing association tenants be able to buy their home at a discount. However, households will be impacted in various ways depending on individual circumstances by the withdrawal and reduction of benefits, tax credits and what is being called ‘pay to stay’. This is where a household earning more than £30,000 a year will be expected to pay a market rent for the property.

### Impact on Eden Housing Association

The budget announcements certainly do not make achieving our aims any easier and it feels like this could be the end of affordable rented housing as we have come to know it.

The rent reduction plan and right to buy proposals certainly threaten our ability to provide new affordable rented homes and service provision over and above our statutory obligations. Indeed across the country there is expected to be a real threat to the viability of some housing associations.

Like I say, we are just beginning to work all of this out, but our initial estimates indicate we will see an income reduction of c£2.8 m over next four years because of the ending of the rent guarantee.

We are busy updating our financial business plans and reviewing all of our assumptions and forecasts. Opportunities to grow income from sources other than social and affordable rent may form part of our plans to mitigate against the risks faced.

**Continued over**
Of course, we will need to look at all areas of spending across the association and look to take some decisions about where our investment is making the biggest difference.

We have already begun engaging with our primary tenants and residents assembly, ECHO, to begin a conversation so that tenant preferences can also be included in our thinking.

A Board event is also being brought forward to early October to discuss these important issues.

**Your view**

As a tenant or resident interested in our work, I would love to hear from you – do you have a view on any of this? What are the things that matter most and make most difference to you in what EHA delivers as a landlord? Please feel free to drop me a line at john.clasper@edenha.org.uk

If you have any concerns at all, then again please contact us and we will help as best we can.

You can count on us to remain positive and to prioritise what is important to you.

I look forward to updating you on all of this next time.

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**Veterans’ Council**

At a recent Choice Based Lettings meeting, Mark Barrett from the Veterans Council came to introduce himself.

The Veterans Council help any ex-military personnel and their families with any issues they have. They sign post to agencies that can help and liaise with other charities such as the British Legion, Help for Heroes etc. Their website has an accredited directory of services which Eden Housing is part of.

If you or a family member are ex-military and would like assistance with education, health, employment, welfare or legal issues; please contact:

**Mark Barrett**  
**Armed Forces Community Engagement Officer**  
**Veterans Council**  
**Ground Office**  
**6 Southend terrace**  
**Penrith CA11 8JQ**

**Mobile:** 07860 945481  
**www.veteranscouncil.org**  
**mark.barrett@veteranscouncil.org**

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**A Big Chinwag**

To mark Age UK’s Big Chinwag day on 19th June, Eden Independent Living Advisor Samantha Winder organised a special gathering of residents at The Crescent sheltered housing scheme in Penrith.

A soundtrack of music from the 1940s was the backdrop to a good natter, as residents enjoyed a cup of tea and a selection of cakes, which were kindly donated by Booths’ Penrith store. A raffle was held, with the top prize a fruit basket donated by Starfruits of Penrith.

A grand total of £64.00 was raised on the day, and will be donated to Age UK Carlisle & Eden to help the charity combat loneliness in older people.
Community defibrillator fitted in Appleby

Appleby's first community defibrillator has just been installed thanks to the Eden Lifeline Project and strong local partnerships. The life-saving equipment has been fitted at the entrance of Rampkin House, the town's extra care housing scheme run by Eden Housing Association.

Eden Lifeline Project volunteers (a group of Community First Responders and HeartStart Instructors) aim to install a community Public Access Defibrillator (cPAD) at prominent points in every parish in Eden and in surrounding areas.

Eden Housing Association has been working with Appleby residents and Hilton and Murton First Responders to speed up and facilitate the process of having a defibrillator available in Appleby. They approached Cumbria Housing Partners for ‘Sense of Place’ funds to match the £1000+ raised locally and by the First Responder team.

Having received the ‘Sense of Place’ funding, the partners have been working to ensure the defibrillator was fitted at Rampkin House as soon as possible. The team from Hilton and Murton First Responders have completed the installation and provided training to Sylvia Ganner, the Rampkin House Extra Care Co-ordinator.

Christina Bainbridge, Hilton and Murton first Responder said “receiving the Sense of Place funding has meant we have probably installed the equipment six months sooner which could be a lifesaving amount of time for someone. We fitted the defibrillator at the entrance to Rampkin House inside the brightly coloured secure cPAD (community Public Access Defibrillator) box. It is accessed by calling 999 or 112 for the ambulance service.

Sarah Bowman, Community Development Officer for Eden Housing Association said “It’s great to have this level of reassurance in our community and the opportunity to save lives. The defibrillator is perfectly located to support older members of the community, but it is there for everyone and very simple to use.

It’s important to get the message across that the defibrillator can be used by anyone because the machine talks you through every stage. It is really important that we make sure as many people as possible know about the equipment and the first aid and HeartStart training available.”

Eden Housing Association has planned their first aid course to tie in with the HeartStart training and for the Appleby community; this will take place in September. The course will cover the basics of first aid, CPR, how to deal with serious bleeds, suspected heart attacks and strokes, as well as HeartStart training and will be run by Christina Bainbridge from the Hilton and Murton First Responders who are providing the training free of charge.

Sarah Bowman said “I would encourage local residents to join us at the training – it may even spur more people to become First Responders and the more of these we have, the greater our sense of security.”

For more information about the community defibrillator, or interested in the training, please contact Sarah Bowman, Eden Housing Association’s Community Development Officer on 01768 861400 or email sarah.bowman@edenha.org.uk
Hackthorpe Play Area

The whole community will benefit from this new play area but particularly young people up to mid teens as the play equipment is designed particularly for this age range to provide play opportunities for all abilities.

By creating a local play area, accessible without a car journey, all those young people can access and enjoy the new equipment throughout this summer and many more years to come. The equipment will stimulate the young people improve their health through increased outdoor physical play. The new play area will provide the community with an area for social gatherings and increase interaction between residents of all ages and strengthening community ties.

The total cost of the play area was £52,680 with match funding received from Cumbria County Council, Eden Community Fund, Hansons Quarries, Cllr Neil Hughes (CCC), Penrith Lions, Finn Family Fund, Kendal Calling, Lonsdale Estates, Ullswater Grassroots Trust (Cumbria Community Foundation), AW Jenkinson, Penrith Lottery, Frieda Scott Charitable Trust, Hadfield Trust, Cumbria Waste Management Environmental Trust, Lowther Parish Council, Eden Community Fund, Andrew Sayer, The QTS Group, Log Cabin Lakeland, Stephen R Taylor Groundworks, Metcalfe’s Plant Hire Ltd and Eden Housing Association. Many thanks to all the funders for their financial and ‘in kind’ support.

The opening event on Saturday 18th July saw an estimated 150 residents attend. Kieran Barr, play area representative said, “it was a fantastic turn out and wonderful to see the young people playing on the park and really enjoying themselves.”
Royal approval for Cumberland News 200 Quilt

Heysham Gardens resident Edna Kane was thanked by Robin Burgess, Chief Executive of Cumberland Newspapers Group Ltd. For her contribution to the Cumberland News 200th Anniversary Quilt.

The finished Quilt is the work of a multitude of Cumbrian groups and individuals; including the W.I., Embroiderer’s Guild, Girl Guides and numerous primary and secondary schools, with each taking on the challenge of creating one square.

Edna’s square takes centre-stage, and features Carlisle’s ramparts silhouetted against an orange sky, with the dates 1815 – 2015 below. Commenting on her inspiration for the piece, Edna said: “For me the ramparts represent the backbone of Carlisle, just as the Cumberland News has been the backbone of Cumberland (and now Cumbria) for the last 200 years”.

One of the first to see the quilt at Cumberland Newspapers offices was the Princess Royal, who visited in late July as part of the 200th anniversary celebrations. She was very impressed with it and commented that it seemed to reflect the newspaper’s involvement in all aspects of community life.

EHA’s new website was launched in June 2015

You can use the website to read our latest news, report a problem, make a payment, or find out about job vacancies within EHA.

There are also links to the Cumbria Choice website for help with finding a new home and to the Eden Independent Living website to find out about support for our tenants who need additional help to enable to live independently.

In addition there is an area which lists Frequently Asked Questions (FAQ) which may give you the answer to simple questions – especially helpful if you’re looking for the answer to a question outside of our normal working hours.

We hope you’ll agree that the new website is clear and easy to use but if you think there is anything we’ve overlooked that should be on there, please get in touch to let us know. You can view the website at www.edenh.org.uk
Grant funding helps Appleby Edibles get growing

A new community group which aims to help people grow their own vegetables has received grant funding from Eden Community Homes & Organisations (ECHO) and Cumbria Community Foundation.

Appleby Edibles has created a mini ‘Kew Gardens’ in a redundant poly tunnel at Appleby Heritage Centre.

The group’s aim is to provide members with small garden plots in which they can grow their own vegetables and learn from one another about the great variety of produce that can be grown.

The group has been successful in receiving set up grants from Cumbria Community Foundation and an ECHO grant for a shed and tools from Eden Housing Association.

Penrith Action for Communities Transition (PACT) arranged a visit to the site for anyone interested in learning how to grow vegetables.

Pictured: Carol Thornton (front) receiving an ECHO grant cheque from Eileen Soulsby, secretary of ECHO, and Jo Scott, ECHO treasurer, watched by (Left to right) Carl Bendelow, Lynn Winder, Mike Eden and Anne Preston-Green.
Flying start for our first joint community event

Key local organisations came together at the weekend (Saturday 11th July) to create a value for money family fun day ahead of the summer holidays. In the past Eden Housing Association (EHA), has worked with Inspira and ECHO – the EHA Residents Assembly to create a fun day held at Penrith Rugby Club.

This year PRUFC became a partner to create a truly joint venture, with funds raised being shared between EHA’s nominated charity Hospice at Home Carlisle and North Lakeland, Penrith RUFC Youth Rugby team and the Great North Air Ambulance.

The day was officially opened by ECHO Chair Hugh Harrison, who thanked partners for supporting the event and urged families to feedback on what they would like to see in the future.

The aim of the day was to create fun activities for families to enjoy – with the activities costing no more than £1 per go. There was also entertainment from Penrith’s Town Band, Cheerleading demonstrations, performances and workshops by Astral Circus, and personal appearances from the Llamas of Llama Karma Kafe.

Families enjoyed meeting Fire and Rescue who brought along a Fire Engine and talking to members of the newly established Blood Bikes Cumbria team. Children had the chance to become crime scene investigators with the PCSO’s and decorate cupcakes thanks to the Bell Group.

New this year was the bouncy castle disco which was a real hit with youngsters and the Bungee Eliminator for the big kids (and grown-ups). Eddie Allen, Community Development Officer at Eden Housing Association said “This is the fourth Fun Day we have worked on and it just gets better. Working jointly with Spike Johnson at Penrith RUFC Rugby Club has made everything run smoothly and we were able to attract a wider cross section of the Penrith community.

“Our challenge was also to find something different and this year we certainly hit the mark in several areas – there’s been great feedback from families – especially for the new Disco Dome bouncy castle and circus skills workshops. The event is also a good way to introduce the community to special organisations that make an impact on our lives. Blood Bikes Cumbria has only been running for a year but the team make a vital contribution to our community, it was good to see lots of people finding out what they do.”
In the morning the packed car park was buzzing with the car boot sale and the afternoon saw plenty of action on the field.

Assessing the success of the day PRUFC’s Spike Johnson said “Working together on a joint Family Fun Day means we can include more events and activities and hopefully raise more funds as a team. The massive support from Eden Housing Association to fund the entertainment means we can work towards becoming a sustainable event in the future and still raise funds to support our key causes. This year we managed to raise £1,567.23, which is up on last year’s £800 total. It’s been a real team effort and we look forward to doing something bigger and better next year.”

For more information about working in communities with Eden Housing Association contact Eddie Allen on 01768 861435 / Sarah Bowman on 01768 861417 or email eddie.allen@edenha.org.uk / sarah.bowman@edenha.org.uk
Growing appeal for community poly-tunnel project

The first of the 2015 training events run by Eden Housing Association (EHA) took place under plastic earlier this year.

Held in the newly established community poly-tunnel on Greystoke Road, Penrith the EHA ‘Grow Your Own’ training was combined with an open day designed to introduce the community to the new poly-tunnel and the idea of growing fruit and vegetables together.

The idea for a community poly-tunnel sprouted at one of EHA’s previous training sessions and was prompted by local resident Malcolm Carruthers. Eden Housing Association researched local initiatives that could help bring the poly-tunnel project to life, securing £6,204 funding from Eden District Council’s Local Welfare Assistance Fund.

EHA pulled together a range of local organisations and volunteers who have worked to ensure the poly-tunnel was ready for the 2015 growing season and was finally completed in April. Helping to get the project off the ground were Atkinson’s Builders, the Salvation Army, Freegle, the Health and the Well Being Hub at Penrith Hospital and a group of volunteers.

The poly-tunnel will grow produce that can be used by the community, it also involves recycling, composting and collecting rainwater in butts to fertilise and water the plants that are grown.

To celebrate completion of the poly-tunnel and to encourage people to become involved, the EHA Community Development team focused their first training session on growing produce, inviting Lynn Barnes from Vista Veg – the local vegetable box scheme to be trainer for the day. Lynn kindly donated compost, pots and seedlings to kick start the spring growing in the tunnel.

She also explained about soil content and what needs to be added to grow healthy produce before the team set about planting the first vegetables in the poly-tunnel.

Chris Cant, from Penrith and Eden Freegle, said: “We planted cucumbers, lettuce and tomatoes which will be harvested as our first summer salad. It was a great way to get the project off the ground and we were pleased to fund the training through our ‘Grow Your Own’ project, which is part of the Sustain Eden programme financed by the Big Lottery Fund and managed in Eden by Cumbria Action for Sustainability (CAfS).”

Sarah Bowman, Community Development Officer at Eden Housing Association said “the feedback from those attending has been very encouraging – both in terms of people wanting to grow their own veg at home, and in support of the new poly-tunnel. We are currently building a committee to support the running of the poly-tunnel project and are asking for volunteers. Local resident Malcolm Carruthers has played a key role in getting the project up and running, there were so many seedlings donated by Lynn, that Malcolm spent the following two days making sure they were all planted. He has kindly agreed to become Treasurer and is helping build the committee with us, so if anyone is interested in offering support, we look forward to welcoming them.”

For more information about this project, or to get involved, please contact Sarah Bowman, Eden Housing Association’s Community Development Officer on 01768 861400 or email sarah.bowman@edenha.org.uk
BTEC Diploma in Horticulture, Newton Rigg.

Some five years ago I attended my first gardening courses run by Eden Housing.

I was really impressed with the course run in partnership with Newton Rigg College. The second year I attended the course, I spoke in more detail with the teaching staff, who suggested I attend one of their open evenings and so it was I found myself signed up to do a Diploma in Horticulture, this was September 2013.

The course was one day a week for two years during which time we were taught about plant identification, plant and soil science, garden design, garden history (a fascinating subject), landscaping skills, as well as many other gardening related topics.

One of the highlights of the course was a work placement, I was lucky enough to get one of the few places offered by Hugh Fearnley-Whittingstall’s, River Cottage gardens in Dorest.

I have a lot to thank Eden Housing’s courses for, give them a go, you never know where it might lead.

Scaws Multi Use Games Area (MUGA) funds boost

At the July meeting of Scaws Tenants and Residents Association, a grand raffle was drawn, with proceeds to be added to the Scaws M.U.G.A. (multi-use games area) fund.

Acting chair Peter Armstrong introduced David Whipp, Chair and Mayor of the newly formed Penrith Town Council; who addressed committee members before drawing a total of 33 fantastic prizes.

After congratulating all the winners, thanks were given to all who had donated prizes and helped make the draw such a success: a magnificent total of £1193.00 was raised for the fund.
A new communal area standard has been introduced by the Scrutiny panel to address issues of cleanliness and tidiness in some of the Association’s properties which have communal spaces; this was raised during the panel’s scrutiny of Void Turnaround procedures.

A poster outlining the standard will be displayed at relevant schemes to highlight tenants’ responsibilities to maintain the area, though many uphold these responsibilities.

It is hoped that the introduction of the standard will improve the condition of some of the communal areas, making it more pleasant for all who live there.

Eden Housing Association’s first Apprenticeship

Eden Housing are delighted to say a big ‘congratulations’ to Max Stoddart on successfully completing his Business Administrator Apprenticeship with the Association, passing his NVQ2/NVQ3 and City and Guilds Level 2 and 3 in Business Administration along the way.

This is the association’s first successful Apprenticeship which has involved Max undergoing three years of training with Gen2 whilst working within the Housing / Corporate Services team. After a lot of hard work Max has passed his apprenticeship and qualification with flying colours, and we are all very proud of him at EHA.

It has been fantastic to have someone within our Association who has had the drive to continually develop their skills and knowledge. Max is currently providing cover in the role of Customer Advisor within the Housing Team and we wish him all the luck in whatever he goes on to do. We are sure he will have a promising and rewarding career.

If you have any questions about the standard or the work of the Association’s Scrutiny Panel, please contact Eddie Allen on 01768 861435 or email eddie.allen@edenha.org.uk

Cleaning Code of Conduct
for Communal Areas

Please keep all shared areas such as entrances, stairways, corridors and landings clean and free from obstructions.

Personal belongings or rubbish should not be left in these areas. If items need to be removed by the Association, this may be recharged to tenants.

The above is your responsibility as a shared tenant and is enforceable in your tenancy agreement.

Please contact 01768 861400 or 0800 358 1401 if you have any concerns regarding the above
As well as welfare needs and behavioural work, we also pay veterinary bills for annual vaccinations, neutering, any treatment required and micro-chipping for the dogs. While an animal is with us we provide care, companionship and understanding and do all we can to find it a good home.

2015 is Eden Animal Rescue’s 20th Birthday

We are absolutely delighted to be able to share the news that Eden Animal Rescue has purchased Moorlands Head Farm, Newbiggin, Temple Sowerby for the location of our new rescue centre. What an amazing way of marking 20 years of hard work by many individuals and the amazing generosity of so many people who have supported us over those years.

The purchase has been possible thanks to a number of significant legacies. Although we can’t thank those people, we will ensure we honour their wish that the animals in our care have the best possible experience with us.

The new centre has seven acres of land, will see improved dog kennelling, a new purpose built cattery and small animal area.

After nine years at Hardendale, buying Moorlands Head makes good economic sense and we hope to have the new centre operating by winter - a tremendous challenge. The conversion work is estimated at £150K and our normal running cost of £130K pa will still need to be covered. So we face a very exciting and daunting few months ahead. Meantime, we will continue to care for all our animals at Hardendale as we always have.

Sim Court donated a cheque for £116 following a fund raising event in memory of a very well loved tenant who sadly died but who had a real passion for animals and would be very happy this donation will go to help the wonderful work that is done at Eden Animal Rescue.

Pictured are Tony Wolfe, Eden Animal Rescue, Julia Cannon and Jenny Soulsby Eden Housing Association.
Charity triumph for Team Eden Housing at Shap
Sixteen members of staff, aged between 19 and 55, represented ‘Team Eden Housing’ at Total Warrior held at Shap. The team has raised £880.00 for the Association’s chosen charity, Hospice at Home Carlisle and North Lakeland.

Contestants had to complete a 10k course crossing rivers and Shap Fell; as well as 30 punishing obstacles that included crawling through mud, jumping over fire and climbing 12 foot walls. The organisers describe it as one of the toughest 10k events on Earth.

Property Repairs Assistant, Sara Baglee said: “I can’t believe I actually did it. I was so scared leading up to the day, but we stayed together and made it to the end as one team. It was the toughest thing I have ever done and I absolutely loved it.”
Dates for your diaries

October

- North Pennines Walking Festival – 26th September to 4th October
- Alston Community Market – 3rd October
- Eden Valley Horse Trials, Armthwaite – 3rd and 4th October
- Shmini Arzeret (Jewish) – 5th October
- National Garden Scheme, Newton Rigg College – 7th October
- Orton Farmers Market – 10th October
- Colin Caygill Antique Fair, The Rheged Centre – 11th October
- Halloween at Kirkby Stephen East Station – 31st October

November

- Life head sculpture in class in Greystoke Cycling Café – 1st November
- Remembrance Sunday 2015 – 8th November
- The Winter Droving – 14th November
- Christmas Festive Fun Day, The Rheged Centre – 22nd November
- Appleby Sparkle Day – 28th November
- Advent (Christian) – 29th November

December

- Santa Event at Kirkby Stephen East Station – 5th December
- Bodhi Day (Buddhist) – 8th December
- Santa Cruise and Christmas Magic, Ullswater Steamers – 12th December
- Rheged Christmas Food and Gift Fair – 13th December
- Brough’s Farmers Market – 19th December

Eden Carers

Do you provide help and support to a loved one, relative, friend or neighbour, who could not otherwise manage without your help?

If you provide:
- Physical help
- Help with medication
- Personal care
- Emotional support
Then you are a CARER.

Eden Carers offers information, support and the opportunity to meet other carers at social events. We can help you to find out:
- How to access respite/time out
- What benefits are available
- What services are available to carers

For help and more information contact us Eden Carers on 01768 890280 or email us on enquiries@edencarers.co.uk

EdenSave Credit Union Can We Help?

Save as much or as little as you can, whenever you can.

Receive a share of any dividend.

Junior Savers under 16 are welcome.

EdenSave offers loans up to £7,500 with no hidden or arrangement fees.

EdenSave lends to individuals, small businesses and voluntary organisations.

To join us and start to save, for a quote or to apply for a loan or to find out more about us; visit our website or call us at 34 Devonshire Arcade, Penrith.

We are also at Alston, Appleby and Kirkby Stephen
For opening times and full details visit www.edensave.com or call us on 01768 890065

© 2015 EdenSave Credit Union Limited. Firm reference number: 587639. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority.
Kid's Quiz

Across
2  
[Image of autumn leaves]
3  
[Image of fire]
6  
[Image of scarecrow]

Down
1  
[Image of rake]
4  
[Image of squirrel]
5  
[Image of acorn]

Readership Survey Results
I am delighted to report a very positive response to the Viewpoint readership survey featured in the last edition. We received 56 responses and from those 81% enjoyed reading and wish to continue receiving copies with 85% confirming it was clearly set out with useful informative articles.

Adults Quiz – All the answers to the six questions below are to be found inside Viewpoint somewhere, try finding them to be in with a chance of winning £20 worth of vouchers!

1. What was the total amount raised at the Community Family Fun Day held this year?  
2. What was the name of the Appleby group who received a grant from ECHO?  
3. What has been fitted outside the extra care scheme Rampkin House as a part of a community project?  
4. What charity featured on the front cover?

Kids Competition

Name ____________________________ Address ____________________________________________________________
Postcode __________________________

Adult's Competition

Name ____________________________ Address ____________________________________________________________
Postcode __________________________

Answers
1 __________ 2 __________ 3 __________ 4 __________

Return your slip to Sarah Bowman, Eden Housing Association, Blain House, Bridge Lane, Penrith, Cumbria CA11 8QU before 26th October 2015
Eden Housing Association’s Training Programme

We’re now past the half-way mark for the 2015 Tenants’ and Residents’ Training Programme, with some great feedback received for sessions held so far.

All of our training sessions take place in a relaxed, informal atmosphere, with refreshments provided. Sessions are free, and we are happy to reimburse reasonable transport and childcare costs.

There’s still time to reserve a place at the five remaining sessions, all of which offer the chance to top up on valuable practical, and even life-saving, skills!

Take a look at what’s on offer and book your place by contacting Eddie on 01768 861435 or eddie.allen@edenha.org.uk

<table>
<thead>
<tr>
<th>Training Course</th>
<th>Date and Time</th>
<th>Location</th>
<th>Provider and Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Start</td>
<td>Monday 21 September 2.00pm – 4.00pm</td>
<td>Rampkin House Scattergate, Appleby</td>
<td>Learn the skills to help save someone’s life in this two hour session, provided by your qualified local first responders. Learn CPR, how to deal with serious bleeds, suspected heart attack and strokes.</td>
</tr>
<tr>
<td>Good Taste!</td>
<td>Monday 12 October 10.00am – 2.00pm</td>
<td>Sim Court Penrith</td>
<td>Local cookery teacher Anne Macdonald takes us on a journey of subtle flavours and cuisines from around the world, with a healthy twist. What’s produced will be your lunch!</td>
</tr>
<tr>
<td>Good Taste!</td>
<td>Monday 19 October 10.00am – 2.00pm</td>
<td>Mill Gardens Hartley Road Kirkby Stephen</td>
<td>A handy recipe book will be provided for you to take home.</td>
</tr>
<tr>
<td>Good Taste!</td>
<td>Monday 26 October 10.00am – 2.00pm</td>
<td>Wasdale Shap</td>
<td></td>
</tr>
<tr>
<td>Get in Gear: Basic Car Maintenance</td>
<td>Thursday 15 October 4.30pm – 6.30pm</td>
<td>Ullswater Applied Learning Centre Ullswater Community College Penrith</td>
<td>Skills to keep you travel-ready and keep your car in good condition and safe on the road.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ullswater Community College Applied Learning Centre Wetheriggs Lane, Penrith</td>
<td>Held using the fantastic facilities at UCC’s Applied Learning Centre by tutor Ian Hardy.</td>
</tr>
</tbody>
</table>

*Note change of date from training programme brochure.*