

**FEELING THE BENEFITS  
OF EXERCISE** PAGE 2**BICYCLE MAINTENANCE  
SUCCESS** PAGE 3**ESTATE  
IMPROVEMENTS** PAGE 4

## 100<sup>TH</sup> YEAR BIRTHDAY CELEBRATIONS

**Julia Gilbert of Charlotte Court was 100 on 25 September and celebrated in style with a party for family and friends, including her sons who flew from Australia for the occasion.**

Julia has been a tenant with IDS for 35 years, starting in August 1973 when she lived at 105 Coronation Avenue in Stoke Newington. She moved to her current flat at Charlotte Court in 1986.

Julia describes her life as happy but difficult at times. Her husband died in the second World War and she brought up her sons Jack, now 74, and Bryan, now 64, alone. She worked in a variety of jobs to make ends meet, including

tailoring, serving drinks and lunches to office workers and as a live-in carer. She also worked as a volunteer for Jewish Care until the ripe old age of 97. "That was one of the favourite times of my life" she said "I had so much fun and everyone I worked with was lovely".

Julia received a telegram from the Queen on her birthday and she was reported in the local newspaper as saying "I keep myself well and I try to see the best in everyone. I sometimes get told off by friends for never seeing the wrong in anyone, but I think what's the point of seeing the bad in people? You'll just aggravate yourself."

Our congratulations and best wishes to Julia.



Julia Gilbert

## BERNIE MYERS RETIRES AS IDS CHAIRMAN

**The IDS AGM was held on the 25<sup>th</sup> September. The event saw the retirement of Bernie Myers as IDS**

**Chairman. Bernie has been a member of the Board for seven years, the last five as its chair.**

**As a former Managing Director of Rothschild & Son, his contacts have been invaluable and he has commanded great respect from the rest of the Board as well as IDS staff.**



Bernie Myers and Jonathan Davies

Chief Executive Paul Westbrook says "I have found Bernie an extremely helpful Chairman to work with. He always goes to great lengths to diligently read every Board paper and despite his semi retirement from Rothschilds has also led a team there in the recent financing of the new Arsenal stadium whilst also serving as our Chair".

It is anticipated that Jonathan Davies will be elected as the new Chairman at the next IDS Board meeting. Jonathan is a solicitor and has been on the IDS Board for the last three years.

## FEELING THE BENEFITS OF EXERCISE



Keeping fit at Navarino Mansions Sheltered Scheme

During September keep fit instructor Kanako Arrowsmith ran a four week free taster session of standing & chair based exercise for tenants at Navarino Mansions Sheltered Scheme. The tenants have had a great time and agreed for the classes to continue. There will also be keep fit classes for other tenants on both the Navarino and Stepney Green main estates.

### Keep Fit Timetable

#### Navarino sheltered scheme

|        |                 |
|--------|-----------------|
| Monday | 2.45pm – 3.15pm |
|--------|-----------------|

#### Navarino general estate

|           |                          |
|-----------|--------------------------|
| Monday    | 7pm – 8pm                |
| Wednesday | 6pm – 7pm &<br>7pm – 8pm |

Stepney Green Court will run morning sessions on Mondays and Tuesdays for tenants on the estate.

## WIN £250 FOR A CLEAR RENT ACCOUNT

**From the beginning of April 2009 IDS will be introducing a prize draw where tenants can win cash prizes. There will be three prizes of £250, £150 and £100. Draws will take place in April, June, September and December.**

If your rent account is clear you will be automatically entered into the draw. You will still be eligible for the prize draw if your rent is paid by Housing Benefit as long as your rent account is clear.

Winners will be randomly selected by computer and will receive their prizes within two weeks of the draw.

We will publish the names of the winners in the issue of IDS' Newsletter following each draw.

If you are not sure whether your rent account is clear contact your Estate / Scheme Manager or Head Office on 020 8800 9606.

### CASH PRIZES:

Win £250,  
£150 & £100

# IDS SUMMER ACTIVITIES

**During July, auditions for the IDS Summer Talent Competition were held on all five main estates and all age groups were encouraged to come along and take part. In total there were 18 finalists.**



Talent Competition winners: Bella Kefia and Alexya Kirton

**The two winners were both singers - Alexya Kirton of Evelina Mansions won the Under 10's and Bella Keria of Evelyn Court won the under 16's category.**

The winners received a cheque for £100 and we hope that both will be back next year to defend their titles.



Youth group MIH's Ten Pin Bowling trip during the summer holiday

## BICYCLE MAINTENANCE SUCCESS

Safer Neighbourhood Teams with the Metropolitan Police, have been running a project at Evelyn Court called The Youth Cycle Maintenance Project. Over six sessions of two hours each, young people learn about keeping bicycles in top condition and at the end they receive bicycles which have been totally revamped as well as cycling helmets and security locks. The bikes are also security marked in case they are ever stolen. Maggie Cooke is hoping to organise another session for the Evelyn Court youth before Christmas.



Three of the boys who completed the Met Police bike project - left to right Ali Doldur, Baransel Altun, Serkan Kanidagli.

## FREE ENERGY SAVING LIGHTBULBS

Each IDS household will soon be receiving four free energy saving lightbulbs. These have been supplied by EDF Energy in partnership with The Housing Corporation. The lightbulbs will be sent directly to each home during November.

# ESTATE IMPROVEMENTS



Bernie Myers with Catherine and Sean from Technical Services

**A budget of £100,000 was approved by the Board of IDS to undertake a range of estate improvements during the current year. Following consultation with tenant associations and staff, four projects have been approved and work will commence in January 2009. The projects are:**

## Upgrading of CCTV at Stepney Green Court and Stoke Newington Estate

It was agreed that the CCTV at Stepney Green Court should be replaced with a digital system and that the CCTV at Stoke Newington should be extended to cover the rear of the blocks now that these were being put back into use.

## Bike stores at Evelyn Court

16 bike stores, bike stands & racks will be provided. Further discussions with the Tenants Association will be required regarding the placing of the bike stands & racks.

## Additional security at Clifford Lawton House

Following incidents where members of the public had gained access to the rear of the scheme it has been agreed to change / redesign the drive way gate and extend the CCTV to cover the rear court yard.

## New entrance sign and limited security works to garden at Nathaniel Court

Residents have reported that emergency vehicles have found it difficult to locate the property as it is set back from the main road. Residents from an adjacent estate are using the grounds as a pedestrian cut through, climbing over a boundary wall. Light weight trellis will be fitted to part of the boundary wall and a new sign will be erected at the entrance to the scheme.

# HOUSING CORPORATION TO FUND MAJOR REPAIRS AND IMPROVEMENTS

**Bids to the Housing Corporation for major repair and re-improvement funding are made each year. However, it was a surprise to receive additional funding in September 2008 having been informed earlier in the year that monies would not be made available.**

As a result of this funding, together with IDS match funding, the following projects will be undertaken at a combined cost of £1.2 million:

- Decent homes works - phase 5 at Evelyn Court
- Electrical rewires to 50 flats at Evelina Mansions
- Replacement of 28 boilers at Stoke Newington Estate
- Replacement of windows to the flats and common parts at Rebecca House
- Replacement of 33 kitchens at Stepney Green Court