

money aside in readiness as restaurants and cafés are not cheap? Do you need to speak to family or friends to arrange to eat at their homes? If so, and they're on a tight budget, you may want or need to contribute financially. Of course, you could always use the microwave in the office, although you may not want to stand in the queue if everyone arrives at the same time. 😊

If you have pets, have you thought about how the works may impact on them? You may want to arrange for them to go on holiday which could be costly. Likewise, if you've been thinking about getting a pet, it might be better to postpone the decision until after the retro-fit has been completed.

All this may seem a lot to think about and a great upheaval. However, what everyone needs to keep in mind is the end result will be warmer, drier, cheaper to run, more modern homes.

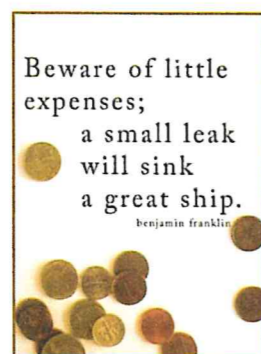
There will be elements of the programme you feel are unwelcome and unnecessary. However, it has been designed to meet the council's legal obligations to provide safe, affordable housing. It also takes into account proposed changes in legislation that will probably be implemented in the next 5 - 10 years. For example, by 2030 all rented homes should have a minimum energy performance certificate (EPC) rating of C.

As always, if you have any questions or concerns please come and have a chat with me or talk to a member of your resident committee. If we don't know the answer, we may know a person or organisation that does.

Which brings me around to letting everyone know the **Annual General Meeting** will be on **Wednesday, 8th July 2026 at 7pm** This will be the last AGM before the 5 year continuation ballot which will take place in 2027. If you think living within the Holly Rise TMO is better than living in a standard council property, you may want to consider if there's anything you could do to help ensure

it carries on. If you don't know if it's better, have a chat with friends or family who live outside of Holly Rise so you can compare the level of support, service and information they receive from the council. If you're not currently a shareholder, you could pay £1 to join as the more residents who are members, the stronger the TMO's presence will be with external organisations. Alternatively, if you have a little more time, you might want to join the committee, help with the communal litter picks, deliver newsletters, re-design the website, shred archived paperwork, etc. In return, you'll meet more of your neighbours, develop more of an understanding of what goes on behind the scenes, help to secure the TMO's future and, if you need a reference for a job or college course, this can be provided.

Having now read the longest message I've ever written, I just want to say a huge "thank you" to all who have helped and supported me over the past 3 years. I can hardly believe 3 years ago I'd never heard of a TMO. This job has been one of the most rewarding I've done in my 45+ years working career. However, as time marches on I'll be retiring at the end of this financial year *i.e.* 31st March 2027 so if anyone would like to know more about what it's like to be the Housing Manager at Holly Rise in 2026 please come and have a chat with me. The one thing I can guarantee is anyone who takes on this role won't be bored. Every day brings new challenges and with the legislative changes planned, I believe the need for TMO's will only increase if residents want their voices to be heard.



Jane

The next committee meeting will be on Wednesday, 6th May 2026

| WHAT TO EAT | |
|---------------------------|---|
| WHEN YOUR BODY NEEDS HELP | |
| Headache | Bananas  |
| Constipation | Apples  |
| Sore Throat | Honey / Tea  |
| Dry Skin | Salmon  |
| Toothache | Cloves  |
| Low Energy | Oranges  |
| Insomnia | Kiwi  |
| Bloating | Yogurt  |
| Weak Memory | Blueberries  |
| Stress | Green Tea  |
| Dehydration | Cucumber  |
| Inflammation | Pineapple  |

Simple Cost Effective Ideas to Help Calm the Mind

Sometimes we all feel overwhelmed by life. It can be challenging to get up and get going. Next time you're feeling low, try some of these easy to do ideas to reset your mind. Just because they're quick and simple, doesn't mean they won't have a positive effect on how you're feeling.

- ☺ Open the curtains/blinds
- ☺ Watch the sunrise on a new day
- ☺ Take deep breaths for 2 or 3 mins
- ☺ Stretch out your whole body like a cat
- ☺ Hug someone
- ☺ Take a walk across Billesley Common
- ☺ Listen to the birds sing for 2 or 3 mins
- ☺ Be kind to those around you and yourself
- ☺ Think about what you've got, not what you haven't got
- ☺ Talk to a friend or neighbour
- ☺ Chat to someone at the bus stop
- ☺ Put down your mobile and stop scrolling
- ☺ Watch the sunset



26 Things to Declutter in 2026

1. Clothes that no longer fit
2. Clothes with holes, paint, stains, etc
3. Odd socks, laddered tights
4. Underwear with holes, no elastic, too tight
5. Worn out, tatty shoes
6. Things you have more than of (*duplicates*)
7. Expired or no longer needed medications
8. Foods past their "Use By" date
9. Kitchen equipment you never use
10. Cracked mugs, bowls, plates
11. Containers with missing or broken lids
12. Plastic take-away boxes
13. Old towels and bed linen
14. Cushion covers and throws that don't match your decor
15. Chargers and remotes for items you no longer have
16. Instruction booklets for things you no longer own
17. Menus for takeaway shops you'll never use
18. Old receipts
19. Birthday, anniversary, thank you cards from acquaintances
20. Materials for hobbies that no longer interest you
21. Books you won't read again
22. Magazines or newspapers you've read
23. Last year's calendar, planner, diary
24. Old or expired cosmetics
25. Toys children have outgrown
26. Dead plants

