

Communal Litter Pick

The Fortem Customer Liaison team will be carrying out a communal litter pick on **Tuesday, 2nd June 2026** between 11am - 12noon. Why not go along, meet the team and join in?

Dressing Table and Stool



H: 120 cm (47")

W: 80 cm (31½")

D: 40 cm (16")

Contact Jane to collect from the office

Resident Engagement Event

Kineton House
Ludlow House
Claverdon House
Woodstock House
Southam House
Kenilworth House

Where:
The Community Room
Flat 3, Kineton House
Billesley, Birmingham, B13 0RB

When:
Wednesday, 3rd June 2026: 11:00 AM to 3:00 PM



Holly Rise Newsletter May 2026



Housing Manager's Message

In April's newsletter there was quite a lot to think about in preparation for the major retrofit due to start soon.

Many of you will already have had some type of survey completed and there will be more to come. It's vital everyone allows access to their properties for these crucial planning assessments to take place. The sooner they're done, the sooner materials can be ordered and work can begin.

To try to ensure everyone is fully aware of what is going to happen over the coming months, Fortem have organised another Open Forum session. This will be on **Wednesday, 3rd June 2026** between 11am - 3pm in the meeting room at Kineton House. Please pop along if you have any questions or concerns. If you can't make it, please have a list of questions to ask Barbara or Hefza from Fortem's Customer Care team when they come to see you about your kitchen and bathroom options.

Having said that, if you're unsure about anything, please speak to a member of your resident committee or contact me. If we don't know the answer, we may be able to find out on your behalf.

In the meantime, please note the TMO's Annual General Meeting will take place on **Wednesday, 8th July 2026** at 7pm. The venue has yet to be confirmed, but hopefully it will be local to allow as many people as possible to attend. If you would like to know more about becoming a committee member, please speak to an existing member, come along to the next meeting or have a chat with me. Up to 12 residents can join. Nomination forms will be sent out shortly.

And finally, the issue of inconsiderate parking continues to cause frustration and conflict. All residents are reminded that NO vehicles should be parked immediately in front of the communal entrances. These MUST be kept clear for emergency vehicles at all times. Minutes could mean the difference between life and death and it could be you, a family member or a friend, paramedics need to reach.

An audit has been taken to ensure all vehicles parked are taxed and have a MoT. Three did not and one did not officially exist with DVLA. Please note, the council and DVLA reserve the right to remove such vehicles, fine the owners and/or crush them. If one of these vehicles is yours, please address before Monday, 1st June 2026.

Jane

HEAT SAFETY & ANTIDEPRESSANTS

If you or someone you know is taking antidepressants like:

- Sertraline
 - Citalopram
 - Fluoxetine
 - Duloxetine
 - Mirtazapine
- Or other SSRIs/SNRIs

→ Be aware: these medications can make it harder for your body to stay cool and hydrated in **HOT WEATHER.**

TO STAY SAFE IN THE HEAT:

- ✓ Stay hydrated
- ✓ Avoid direct sun when possible
- ✓ Rest in the shade or cooler indoor areas

"The secret of change is to focus your energy not on fighting the old, but on building the new"

(Socrates)

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses

HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated



Congratulations



Following nomination by the Holly Rise committee and residents, Tom Lawrence, was recently announced as the winner of the Birmingham City Council Staff Appreciation Award. Well deserved recognition for all the effort Tom puts in helping to keep the blocks and gardens clean and tidy.

Repairs Reporting

Remember to report all repairs as soon as you see them.

Don't let a small issue, become a big one !!!



To the office: 9am - 5pm Monday
To the office: 9am - 1pm Tuesday to Friday
Via telephone: 0121 441 1195
Via mobile: 07563 807 844
Via WhatsApp
Via email: hollyrise@outlook.com
Via website: hollyrisehousingco-opltd.co.uk

Alternatively, please speak to a member of the resident management committee.

Urgent "Out of Hours" repairs should always be reported directly to Birmingham City Council on 0121 216 3330 i.e. Saturday, Sunday, Bank Holiday, or after 5pm and before 9am in the morning.