

Fire Alarms / Smoke Detectors

As everyone knows having a fire alarm / smoke detector helps save lives, but when was the last time yours was checked? It should have been checked by the Gas Safety Engineer when they completed your annual boiler inspection. If it was out-of-date or not working, they should have replaced it.

For peace of mind, check yours today. If you can't reach it or are not sure how to do it, you could always take advantage of the free West Midlands Fire Service Home Check and they should do it for you. See the communal noticeboards in the foyers for details of how to contact the Fire Service.

Have you quit smoking and want to inspire others to do the same?



Why not become a smokefree advocate?

Becoming an advocate matters because quitting can feel hard, lonely and out of reach. Hearing from someone local who has been through it can make support feel more human, more believable and within reach.

This campaign wants to bring forward real Birmingham voices that can encourage others, give hope and help more people take a first step.

If you have quit smoking and would be happy to share what helped you, please [email victoria@raisemyvoice.co.uk](mailto:victoria@raisemyvoice.co.uk) for more information.

A £100 gift card is available as a thank you for people who take part.

Support Local Small Businesses

AdminArrow
Form Filling & Application Support for Women

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| Benefits Support <ul style="list-style-type: none"> • Universal Credit • Housing Benefit • Housing Applications • Child Benefit • Personal Independence Payment (PIP) • Disability Living Allowance (DLA) • Income Support • Pension claims • Maternity Benefits | Additional Support <ul style="list-style-type: none"> • Council Tax Reduction • Free School Meals • Healthy Start Scheme • Carer's Allowance • Public Transport Pass • Disability / Carers Cards |
| Citizenship & Settlement <ul style="list-style-type: none"> • Indefinite Leave to Remain (ILR) • British Citizenship applications • Visa extensions & updates • Spouse visa applications • UKVI account uploads • Life in the UK Test guidance • Appointment booking | Work & Education <ul style="list-style-type: none"> • CV writing • Job applications • Nursery applications • School applications • College applications • University applications |
| Passport Services <ul style="list-style-type: none"> • First passports (adult & child) • Passport renewals • Lost or stolen passport replacements | Contact Us <p>• Email: adminarrow@gmail.com</p> <p>• Phone / WhatsApp: 07784 627444</p> <p>• Location: Birmingham</p> <p>• Languages Spoken: Arabic & English</p> <p>• Working Times: Monday - Friday 10:00 AM - 3:00 PM</p> |

Please note: This is a private service. AdminArrow provides administrative form-filling support only and does not offer legal immigration advice.

Garage Availability

Following the refurbishment of the garages last year, there are now only 3 available to rent.

If you think you may like one, especially over the next 1 - 2 years whilst the retrofit take place, please apply on-line via your Brum account. **Go to:**

[Apply to rent a garage](#) | [Rent a garage from us](#) | [Birmingham City Council](#)

If you do not have a Brum account or access to the internet, pop in to the Holly Rise office for help.

You must be over 18 and living or working in Birmingham.

The next committee meeting will be on Wednesday, 3rd June 2026 at 5:30 pm.

Beautiful Balcony Competition

Don't forget to enter the Holly Rise 2026 Beautiful Balcony Competition. Send in your photographs by Tuesday, 30th June 2026 to be in with a chance of winning a Gift Voucher. The winning entry will be decided by residents who attend the AGM on Wednesday, 8th July 2026



Personal Safety

With so many surveyors on site as part of the retrofit programme, it is more important than ever to be vigilant against opportunist scammers.

Never let anyone into the blocks unless you are personally expecting them and if someone you don't know knocks your door, always ask to see ID, if it is not clearly visible. Genuine callers will expect to be asked.

DOORSTOPPERS
We **DO NOT** buy from Doorstep Sellers

"Sorry I don't recognise you, I'm not letting you in"

Birmingham City Council



External Key Safes

If you currently have or know who has/had an external keysafe, could you please let the office know by Tuesday, 2nd June 2026? Some may need to be removed as part of the retrofit of the front porch areas.

WHY YOU NEED WATER Drink 2 to 3 liters of water daily

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|--|---|
| SKIN: 80% Maintains elasticity, hydration, and a healthy appearance. | BRAIN: 75% Boosts concentration, cognitive function, and memory. |
| BONES: 24% Essential for structure, density, and joint lubrication. | BLOOD: 85% Transports nutrients, oxygen, and removes waste. |
| LUNGS: 90% Supports respiration and clears airways. | MUSCLE: 75% Enhances physical performance, prevents fatigue, and aids movement. |

If you don't like drinking water, try adding some lemon, mint leaves or peeled cucumber to give it some flavour without adding lots of sugary calories.

Alternatively, try eating foods with a high water content.

EAT YOUR WATER
@change.begins.with.you

| | | |
|-----------------|----------------|------------------|
| Rockmelon 90% | Watermelon 92% | Oranges 87% |
| Peach 88% | Pineapple 87% | Strawberries 92% |
| Blueberries 85% | Grapefruit 91% | Plums 85% |

| | | |
|---|---|---|
| Strawberry Banana Smoothie <ul style="list-style-type: none"> • 1 banana • 1 cup strawberries • 1/2 cup yogurt • 1/2 cup milk • 1-2 tsp honey (optional) | Green Smoothie <ul style="list-style-type: none"> • 1 cup spinach • 1/2 apple • 1/2 cup pineapple • 1/2 banana • 1 cup almond milk • 1 tbsp chia seeds (optional) | Mango Smoothie <ul style="list-style-type: none"> • 1 cup mango chunks • 1/2 banana • 1/2 cup orange juice • 1/2 cup yogurt • 1/4 cup coconut milk |
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