

UNIQUE SLEEP FACTS



- Your brain cleans out toxins only during deep sleep
- Short naps boost memory as much as a full night's sleep
- Sleeping less than 6 hours increases sugar cravings
- Poor sleep disrupts gut bacteria within 48 hours
- Dreams help process emotions and reduce stress
- Sleeping in a cool room improves deep sleep quality
- Lack of sleep makes vaccines less effective
- Your body burns calories even while dreaming

Get on Your Bike this September



Residents and businesses in Birmingham are being encouraged to get on their bikes throughout September.

The city council is supporting **Cycle September**, run by cycling platform Love to Ride, to promote the benefits of cycling.

People can log their bike trips on the Love to Ride app and win prizes. Anyone can take part.

Consequences of Fly Tipping

Sadly, despite asking everyone to only place domestic, household rubbish in to the bins at Holly Rise, some residents have failed to grasp the fact that not only is fly tipping an offence, it shows a lack of respect for their neighbour's well being and safety. Hopefully, the council's seizure of a vehicle involved in repeated fly tipping, will make anyone thinking of fly tipping think twice before embarking on this course of action.



A guide to reducing

Condensation in your home



What causes condensation?

Condensation is more likely to occur in rooms where there is a lot of moisture, such as bathrooms and kitchens, and in rooms where there are a lot of people. In the UK, condensation problems occur more in the winter, when warmed air comes into contact with cold surfaces, or unheated parts of the home and turns into water droplets.

Where does moisture in the air come from?

Moisture is in the air all around us and there are lots of normal day-to-day activities that increase moisture in our homes, such as cooking, showering or bathing, washing and drying clothes.

When warm air comes into contact with colder parts of the house, such as an unheated room, or at night when the temperature drops, the moisture turns into condensation.

Homes which are unoccupied during the day can become cold, then suddenly warm again when everyone comes home.

How you can help

To minimise the impact of condensation on windows, sills and tiling wipe these down regularly particularly during the winter months.

As a tenant it's your responsibility to try and manage the moisture produced in your home.

YOUR ULTIMATE GUIDE TO BETTER SLEEP

- ROUTINE**
Set up a regular sleep routine.
- NO CAFFEINE**
Don't drink caffeine after 2 P.M.
- LIMIT FOOD**
Stop eating 3 hours before bed.
- DEVICES**
Put your devices on airplane mode until morning.
- ADJUST**
Sleep in the darkest room possible.
- ASK FOR HELP**
Check if you snore or mouth-breathe, and if so, seek help from your healthcare team.
- VITAMINS**
Don't take a multivitamin before bed.



Billesley Indoor Tennis Centre

Free gym sessions between 11am - 12 noon every day for Birmingham City Council Tax payers.

Bathroom / Kitchen Sealant

Over time sealants around basins, sinks, baths and showers can show signs of mould or may lift away as they regularly come into contact with water and are exposed to high humidity levels.

Maintaining and/or replacing these seals are a tenant's responsibility (see Clause 7.3 Conditions of Tenancy). Regular cleaning and maintenance can prevent them looking unsightly and keep them water tight. Paistely's "Mould & Stain Cleaner" has been recommended by a Southam House resident to do just this.



Vehicles seized in crackdown on uninsured drivers

Dozens of vehicles have been seized across Birmingham as part of a multi-agency operation targeting illegal motorists.

Officers stopped motorists and seized vehicles for offences including no valid insurance, no vehicle tax, and arrested disqualified drivers.

Did you know that every 20 minutes, someone becomes a victim of an uninsured or hit-and-run driver in the UK? That's more than 26,000 people a year whose lives are impacted, often with devastating consequences.

If you are caught driving an uninsured vehicle, there is a fixed penalty fine of £300 and 6 points on your licence



utterly UNCLUTTERED

Instantly Declutter

BY TOSSING THESE ITEMS!

- | | |
|--|------------------------------------|
| ✓ Expired Spices | ✓ Old toothbrushes |
| ✓ Plastic containers with missing lids | ✓ Broken or stretched-out hairties |
| ✓ Unused utensils | ✓ Broken toys |
| ✓ Worn out socks | ✓ Games with missing pieces |
| ✓ Extra hangers | ✓ Old school papers |
| ✓ Single earrings with no match | ✓ Dried markers or pens |
| ✓ Old, flat pillows | ✓ Expired coupons |
| ✓ Old greeting cards | ✓ Old receipts & bills |
| ✓ Expired makeup & skincare products | ✓ Dead batteries |
| ✓ Dried up nail polish | ✓ Old takeout menus |

Remember, broken or unwanted costume jewellery can be left at the office to be donated to Alzheimer's Research.