

BANGLA POST

ISSUE 44 – AUTUMN 2024

Quarterly newspaper for Bangla Housing Association Residents

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LONDON'S FIRST BANGLADESHI HEALTH INEQUALITIES SUMMIT

The inaugural Bangladeshi Health Inequalities Summit, organised by the London Bangladeshi Health Partnership (LBHP), took place on September 24, 2024, at Tower Hamlets Town Hall. See page 4 for more information.



LBHP Summit organisers: From left – Riyad Karim, Co-Chair (NHSE). Bashir Uddin, BHA, Sara Karim Coordinator, Sharmin Shajahan, Co-Chair (V4CE), Aoife Slattery Diabetes UK, Farid Akhtar, LBTH, Khasruz Zaman, Vice- Chair (Barts Health Trust) and Jacqueline Walker, NHSE.



Over 130 delegates attended the Summit

OUR SERVICES

Our telephone lines are available between 10.00am-4.00pm Monday to Friday. You can contact us on any of the two following mobile numbers. **07983 467 036** or **07519 715 039**

You may also text us or send a WhatsApp message on these numbers with your issues and we will ring you back as soon as possible.

To contact us by email:

Khadijah Ali: csa@banglaha.org.uk (repairs)

Fatima Begum: fatima@banglaha.org.uk (rent)

Leena Khan: leena@banglaha.org.uk (other tenancy matters)

During out of office hours: Contact Benz Constructions Ltd on **0203 576 2669**

Or Email: repairs@benzconstructionsLtd.com

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EDITOR'S COMMENT



Welcome to the autumn edition of the Bangla Post.

We are pleased to be involved in hosting London's first Bangladeshi Health Inequalities Summit. **See front page.**

We know the rising cost of living and energy bills are having a serious impact on household budgets. There are some help available to get you through this crisis. **See page 4.**

Don't forget to take your flu and Covid-19 autumn booster vaccines if you are eligible and have received a text from your GP. **See page 6**

We hope you will find this newsletter informative and interesting. As always, we welcome your comments. Please drop me an email: **bashir@banglaha.org.uk** or ring us on **07983 467 036** or **07519 715 039** to let us know what you think about this newsletter.

TENANTS SATISFACTION SURVEY

Please take part in our survey. Your feedback will help us to improve our services. Complete the survey by 1st November 2024, login to the below site.

<https://www.surveymonkey.com/r/MY39SRS>

You will also receive a text message from us with this link to the survey form. Please complete the questionnaire and submit by 01/11/2024.

MY TENANCY

You can access your rent account and other tenancy information by logging onto **My Tenancy** on the Bangla Housing Association's website. If you have not already registered for this service, please follow the instructions given below. You will need your email address (please make sure you update this with us).

1. **<https://banglaha.mytenancy.co.uk>**
2. Click on Sign Up
3. Enter Email Address
4. Enter Password
5. Landlord – Bangla HA
6. Enter tenant ref from Pyramid

If you would like to have your rent statement sent to you or if you have any problem with paying your rent, then please contact Fatima Begum on **07519 715 039** or email: **fatima@banglaha.org.uk**

PAYING YOUR RENT

To avoid accruing rent arrears we urge you to continue to pay your rent. If you are facing financial difficulties, please contact Fatima Begum on **07519 715 039** or email: **fatima@banglaha.org.uk**

You can pay your rent in the following ways.

- Using a rent card – you can pay your rent at any post office or any shops displaying Pay Point signs. If you need a rent card, please ring **07519 715 039**
- By Bank Standing Order – See our Bank details given below.
- Internet Banking: Paid directly into our Unity Trust Bank Account: -

Bangla Housing Association Ltd
Unity Trust Bank – Rent Account
Sort Code: 60-83-01
Account No: 20494421

Please use your property code or first line of your address as reference.

IF YOU CLAIM HOUSING BENEFIT OR UNIVERSAL CREDIT YOU MUST:

- Immediately inform the local Housing Benefits office about any change in your circumstances otherwise you may lose benefits.
- Remember to advise your bank to change you standing order if there is a change in your rent payable.
- Complete the "confirm your housing costs" page on the UC claim form.

For further information please contact Fatima Begum on **07519 715 039**.

HOW ARE WE PERFORMING?

We want to hear from our residents about how we are performing as your landlords. We strive to provide the best possible value for money services to our residents and customers. We know that we are not perfect, but it is our goal to listen to our customers and shape our services to meet their needs and aspirations. Therefore, your opinions and comments are important and valuable to us.

Please send your comments by WhatsApp mobile: **07983 467 036** or **07519 715 039** or by email: **leena@banglaha.org.uk**

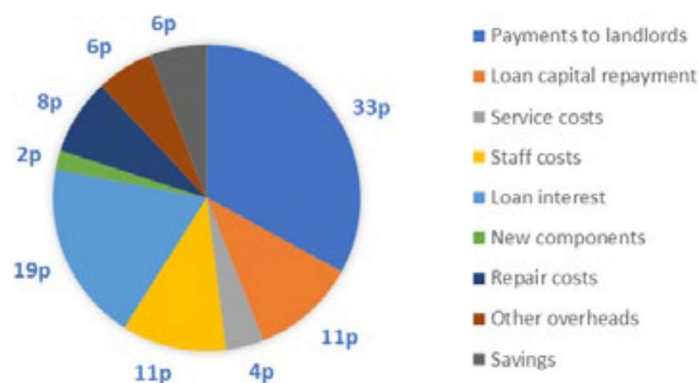
OUR HOUSING MANAGEMENT PERFORMANCE FOR YEAR 2023/24

Performance	Target	Achieved
Total repairs completed in target times	97%	96%
Gas service completed (CP12)	100%	100%
Re-let time	Within 10 days	10 days
Rent loss due to voids	0.10%	0.03%
Rent collected (as percentage of rent owed)	100%	98.18%
Rent arrears (as percentage of rent roll)	4.0%	3.44%
Replied to letters/emails (within 5 working days)	95%	95%

TENANT BOARD MEMBER REQUIRED

We are looking to Co-opt a Bangla HA tenant to join Shanaz Begum our current Tenants' representative on the Board. Training will be given, and your travel expenses will be paid for attending meetings with refreshments provided. It will boost your confidence and you will help Bangla HA to improve its services. If you or any other Bangla HA tenant you know who might be interested to join the Bangla Board, please contact Bashir Uddin on **07519 715 039** or email: **bashir@banglaha.org.uk**

HOW EACH £ OF INCOME WAS SPENT



SHANAZ RE-ELECTED BANGLA TENANT BOARD MEMBER

Continued from page 1.

Shanaz Begum has been re-elected to represent the tenants on the Bangla Housing Association's Board of Management for year 2024/25.

In the July 2024 issue of the Bangla Post we invited nominations from tenants as Shanaz's one-year term expired in July 2024.

By closing date for nominations on 31 July 2024 we did not receive any nominations and as Shanaz was seeking re-election, she has been duly returned to serve on the Bangla Board for another year up to July 2025.

Shanaz said "I believe that having a tenant voice is key to making the tenant-landlord relationship as best as it can be. That is why I decided to take up the post". You can contact Shanaz by email: **info@banglaha.org.uk**

COST OF LIVING SUPPORT

Help for households is a fund to help people with the rising costs of energy, bills, food, and other essentials. The government provides more information about eligibility and other support measures on its website. <https://helpforhouseholds.campaign.gov.uk>

Your local councils can help. Contact them as follows.



Support guide for Hackney residents

www.hackney.gov.uk/hackney-money-help



For advice on benefits, help with your bills and advice on ways to make your money go further in these difficult times.

Call us on **020 7527 8222**

Email: heretohelp@islington.gov.uk

Visit our website:

www.islington.gov.uk/benefits-and-support/cost-of-living-support



There is a range of support available to you during this cost-of-living crisis. To make sure you get the support you need:

Tel on **020 8496 3000** or visit:

www.walthamforest.gov.uk/benefits-and-money-advice/your-crisis-our-action

BENEFITS AND MONEY ADVICE

There are several helpful tools in the Benefits and advice page on our website. Please log onto the link below to find out more.

www.banglaha.org.uk/benefits-money-advice

BANGLA TENANTS WELFARE FUND

If you are struggling with cost-of-living crisis and need further advice and one-off financial assistance, please contact Fatima Begum on **07519 715 039** or email: fatima@banglaha.org.uk

LONDON'S FIRST BANGLADESHI HEALTH INEQUALITIES SUMMIT

Continued from front page

This event was funded by NHS Legacy and Health Equity Partnership, delivered by Bangla Housing Association as the anchor for the LBHP. It was supported by NHSE London, LB Tower Hamlets, V4CE, Diabetes UK and Barts Health Trust. This ground breaking event united over 130 key stakeholders from various sectors, including NHS England, NEL ICB, and the VCSE sectors, to address pressing health disparities within London's Bangladeshi community.

The summit concentrated on several vital health issues affecting the Bangladeshi community:

- Early Onset Type 2 Diabetes: A growing concern among individuals under 40.
- Pregnancy and Diabetes Management: Addressing the unique challenges faced by pregnant women with diabetes.
- Vaccine Uptake: Strategies to improve COVID-19 and influenza vaccination rates.
- Breast Cancer Screening: Increasing awareness and participation in screening programs.

The success of the summit has paved the way for future collaborations. As one attendee remarked, "I look forward to seeing the outcomes following this summit." The LBHP aims to develop a strategic work plan based on insights gathered during the event.

A comprehensive post-event report is scheduled for release in November 2024, detailing discussions and proposed actions to address health inequalities in the Bangladeshi community.

BANGLA HOUSING ASSOCIATION'S AGM

BHA's 33rd Annual General Meeting was held on 18th September 2024 via Zoom. At this meeting the Chair of the Association, MA Nazim Rahman presented the Annual Report and Treasurer, Margaret Aboraa presented the audited accounts for the year 2023/24 which were approved by the members.

You can read our Annual Report for year 2023/24 on our publication page of our website:

www.banglaha.org.uk



FIRE SAFETY

While Bangla HA is responsible for ensuring your buildings are safe and meet all fire regulations, as residents, there are also many precautions you can follow to help minimise the risk of fire.

- ✓ Do not leave any items in the communal areas.
- ✓ Do not smoke in the internal communal areas.
- ✓ Do not use a barbecue anywhere inside the building or in the balcony.
- ✓ Do not use faulty electrical items.
- ✓ Do not leave the kitchen unattended when cooking.
- ✓ Be careful when using lit candles.
- ✓ Make sure your smoke alarms are working.
- ✓ If you are concerned about fire safety at your home, please contact Bangla on 07519 715 039.



GAS SAFETY CHECKS

Landlords are required to carry out gas safety checks annually. When we contact you to give access for these inspections, please keep the appointment and help us to keep your home safe. If you have any query about gas safety inspections at your home, please contact Shah Uddin on **07983 467 036** or email: **shah@banglaha.org.uk**

Please note: If you smell gas contact Transco immediately on **0800 111 999**.



KEEPING COMMUNAL AREAS CLEAR

Please do not leave items in communal areas, such as stairwells and corridors, as these pose a risk in the event of a fire. We will remove any items left in the communal areas, including bicycles and prams. Any items removed will be disposed immediately and Bangla cannot be held responsible for them.

DO NOT DUMP RUBBISH AROUND YOUR ESTATE

Dumping large items of rubbish at your estate is illegal and is a health and safety risk. Tenants must take responsibility for arranging their own collection.

If you see someone dumping a large item, please call us on **07983 467 036** or **07519 715 039** so that we can take action. If we arrange a collection, then we will recharge the costs to the perpetrator if we know who they are.

Bulky Waste Collections

Councils usually provide this service for a small charge. For Hackney residents on HB the council will provide this service free of charge. For bulky items, such as fridges, cookers and furniture please contact your Council on the following numbers: Hackney: **020 8356 6688**, Islington: **020 7527 2000**, Waltham Forest: **020 8496 3000**

RESIDENTS MEETINGS

Our next Tenants Ficus Group meeting will be held virtually via Zoom on Thursday 14 November 2024 at 6.00pm -7.00pm.

Agenda:

- My Tenancy – How Bangla tenants are able to access their rent accounts and other information using their unique ID and password via Bangla Website.
- Tenants' activities and workshops
- Any Other Business

All Bangla tenants are welcome to join this meeting. For the link to join this meeting and for any further information about these meetings please contact Leena Khan on **07519 715 039** or Email: **leena@banglaha.org.uk**



Why should we get vaccinated?

“ Vaccines can lower your risk of serious, life changing illnesses. They help to protect you when you most need it. ”

Nurse Abigail, Clinical Lead, UCLH

Get your Flu and COVID-19 vaccinations and reduce the risk of serious illness to you and your family in colder months

The injectable vaccines DO NOT contain porcine (pork) or any animal de-rived products. They are proven to be safe and can be asked for as an alternative to the (flu) nasal spray for children.

You can get your winter vaccinations at a local walk-in service, or by booking online through the NHS website, or you can call 119 free of charge and speak to a translator if you prefer.

FREE ENGLISH, MATHS AND DIGITAL SKILLS CLASSES FOR HACKNEY RESIDENTS

Free digital skills courses up to Level 3.

Join a class today and gain a qualification that will boost your confidence and help support you into employment.

Classes take place across the borough throughout the week

For more information and to reserve your place in a class, please contact our curriculum support team: **020 8356 5055**, email iag@hackney.gov.uk or scan the QR code.

Courses include all levels up to GCSE English and maths.

Join a class today and gain a qualification that will boost your confidence and help support you into employment.

Classes take place across the borough throughout the week.

For more information and to reserve your place in a class, please contact our curriculum support team: **020 8356 5055**, email iag@hackney.gov.uk or scan the QR code.

USEFUL CONTACT NUMBERS

	Hackney	Islington	Waltham Forest
Service Centre	020 8356 3000	020 7527 1900	020 8496 3000
Housing and Council Tax Benefit	020 8356 3399	020 7527 4990	As above
Council Tax Queries	020 8356 3154	020 7527 2633	As above
Domestic Violence Unit	0800 056 0905	0808 2000 247	0208 558 6228
Noise reporting	020 8356 4455	020 7527 3258	0208 496 3000
Racial Harassment Unit	0800 056 0905	0207 230 2229	0208 496 3000
Victim Support	0800 056 0905 0208 356 4457	020 7272 0784	0208 503 6226
Rubbish Collection/ Recycling	020 8356 6688	020 7527 2000	0208 496 3000
Bulky Waste/Street Cleaning	020 8356 6688 up to 5 items	020 7527 4900	0208 496 3000
Parking Enquiries	0208 357 8877	020 7527 2000	0208 496 3000
Police	020 7739 1212	020 7704 1212	020 8520 3211
Gas Leaks	(TRANSCO) 0800 111 999	(TRANSCO) 0800 111 999	(TRANSCO) 0800 111 999
Sewerage	(Thames Water) 0845 920 0800	(Thames Water) 0845 920 0800	(Thames Water) 0845 920 0800



LONDON



London is one of the most diverse capital cities in the world. Over one third of Londoners are foreign-born. Its population together speak more than three hundred languages.

Over the last centuries immigrants from all over the world came here to live. They came here to escape persecutions, to fill the vacancies in the railways, shipbuilding, textile mills, heavy industries, the NHS and many other economic sectors. London is one of the most culturally rich and vibrant cities in the world due to its diverse population.

Millions of tourists from all over the world visit London every year. Iconic attractions include, Buckingham Place, London Eye, Madam Tussauds, Houses of Parliament and Boat rides on the Thames. The Shard, The London Zoo, Kew Gardens and the Royal Observatory Greenwich are also very famous for their historical and scientific significance.

But locally, where you live you will find there are many buildings, parks and streets also have historical importance. Visit your local library or ask your elders to find out more about them.

Most of all make friends and get to know your neighbours, school mates and visit your local community centres, mosques, churches, temples, synagogues and other places of worship. This will help you to understand about different religion, cultures, languages and customs of different communities living in your neighbourhood. By doing this you will become wiser. more knowledgeable and a better citizen helping to forge a more peaceful, inclusive and cohesive neighbourhood in which you live in.

AUTUMN WORD SEARCH

Can you find the following words in the grid below?

- LEAVES
- MAIZE
- ORANGE
- COATS
- CLOUD
- TREES
- FALL
- BREEZE
- NUTS
- BROWN
- YELLOW
- POPCORN
- COLOUR
- HARVEST
- HONEY
- PUMPKINS

D	H	U	L	W	K	O	R	A	N	G	E	H
J	H	P	E	S	U	V	U	I	L	G	S	A
F	O	Y	A	E	P	W	O	A	P	W	E	R
T	N	T	V	E	E	T	L	P	O	U	T	V
C	E	R	E	R	X	Y	O	X	M	A	Z	E
X	Y	W	S	T	A	O	C	U	P	E	X	T
H	Z	O	L	S	B	J	F	H	K	G	S	M
N	C	L	K	A	C	F	A	D	I	R	H	Y
R	V	L	J	D	U	O	L	C	N	R	C	N
O	B	E	G	X	Y	Z	L	M	S	T	W	Y
C	M	Y	B	R	O	W	N	D	V	N	M	V
P	T	V	F	C	K	A	L	W	R	Z	C	B
O	Y	K	D	V	L	R	A	N	S	C	T	E
P	W	N	U	T	S	P	E	Z	E	E	R	B

TAKE PART – WIN £50 VOUCHER

Can you write an essay or a poem (no more than 300 words) or do a sketch, drawing or painting on an A4 size paper on the title:

My Neighbourhood

Send a picture of your work by email to **bashir@banglaha.org.uk** or by WhatsApp to **07519 715 039**. Entry closing date: 16 December 2024. Best three entries judged by our panel will win 1st, 2nd and 3rd prize of £50, £40 and £30 shopping vouchers.

We will accept multiple entries from anyone or from any one household. All winning entries will be published in our next issue of this newsletter, Bangla Post

MOTIVATION

“motivation” comes from the word “motive” which means to “move” – or to take “action.”

Clarify what you want to achieve in life. Create a plan of action by writing down the steps you need to take to accomplish your goals. Then take action.

DIRECTION TO BANGLA OFFICE

CONTACT US



Our office is at
100 Morning Lane,
London E9 6LH

(see map above)

It is about 5 minutes' walk
from Hackney Central
Station and Mare Street.

Bus routes along Mare Street:

38, 48, 55, 106, 254,
277 and D6

Bus routes along Morning Lane:

30, 236, 276 and W15

You can contact us on
the following numbers
10.00am-4.00pm Monday
to Friday and email.

You can visit our offices by
appointments only.

Mobile: 07519 715 039

Mobile: 07983 467 036

Web:

www.banglaha.org.uk

Email:

info@banglaha.org.uk

এই নিউজেলটারে যেসব খবর রয়েছে।

লন্ডনে বাংলাদেশের প্রথম স্বাস্থ্য

বৈষম্য সম্মেলন।

আমাদের সেবা। সাধারণ অফিস চলাকালীন

সময়ে নিম্নলিখিত নম্বরে আমাদের সাথে

যোগাযোগ করুন ০৭৯৮৩ ৪৬৭ ০৩৬ অথবা

০৭৫১৯ ৭১৫ ০৩৯

ভাড়াটেনদের সন্তুষ্টি সমীক্ষা।

আমরা কেমন পারফর্ম করছি?

বাংলা হাউজিং এসোসিয়েশনের বার্ষিক

সাধারণ সভা। সম্পাদকের মন্তব্য।

আপনার ভাড়া পরিশোধ করা। অগ্নি নিরাপত্তা

জীবনযাত্রার ক্রমবর্ধমান খরচে সহায়তা।

আপনার ফ্লু এবং কোভিড - ১৯ শরণ বৃষ্টির

ভ্যাকসিন নিন।

শানাজ বাংলা বোর্ডে ভাড়াটিয়া প্রতিনিধি

হিসেবে পুনরায় নির্বাচিত হয়েছেন।

‘মাই টেন্যান্সি’: আপনি এখন আপনার

ইমেল এবং পাসওয়ার্ড ব্যবহার করে

আপনার রেন্ট স্টেটমেন্ট অ্যাক্সেস করতে

পারবেন। বিস্তারিত জানার জন্য আমাদের

অফিসে যোগাযোগ করুন। ভাড়াটেনদের

সভা। গ্যাস নিরাপত্তা চেক। দরকারী

যোগাযোগের নম্বর। বাচ্চাদের পৃষ্ঠা। এই

নিউজেলটার পড়তে বা বোঝতে অসুবিধা

হলে ০৭৯৮৩ ৪৬৭ ০৩৬ অথবা ০৭৫১৯

৭১৫ ০৩৯নং এ ফোন করে আমাদের

জানান।

CAN WE HELP?

You can ask for this
document in large print,
on audio tape or in
another language.
Please contact us on
020 8985 1124.

আপনি এই ডকুমেন্টটি বড় হরফে,
অডিও টেপে বা অন্য যে কোন ভাষায়
অনুরোধ করতে পারেন। দয়া করে
আমাদের সাথে যোগাযোগ করুন
০২০ ৮৯৮৫ ১১২৪ নম্বরে।

Haddaad u bahan tahay warqad
far waa weyn ama CD afkaaga
ah fadlan nagala soo hadal
numbarkaa 020 8985 1124

Bu belgeyi büyük baskı, ses bandı
veya başka bir dil olarak
isteyebilirsiniz. 020 8985 1124
'ü arayarak bize ulaşın.