



Residents' Bulletin

Issue 7 - Summer 2026

Making a difference to our residents' lives

Supporting better mental health at Phoenix House

To mark Mental Health Awareness Week, Phoenix House dedicated its coffee morning to discussing how we can lift our mood and improve our ability to cope with everyday life.



Remember, it's OK not to be OK. Please speak to a team member if you're feeling low and need a chat

Food bank donations to continue throughout 2026

Last year, residents at Phoenix House donated unwanted food items to a local food bank to support those affected by the cost-of-living crisis. The initiative was a great success, so donations will continue throughout 2026. If you would like to help, you can give:

- ✓ **Toiletries** – soap, shampoo, toothpaste, deodorant, etc.
- ✓ **Baby care items** – nappies, wipes, baby formula, baby toiletries, etc.
- ✓ **Non-perishable items** – tins, pasta, rice, sauces, cereals, etc.

Please speak to Nick or Tracey for more information

Fun, fun, fun at Phoenix House



Residents joined in the Grand National fun with a lively sweepstake and delicious cakes.



We celebrated St George's Day with a wonderful buffet, thanks to Nat and the catering team.



Ascot Ladies' Day saw residents dressing to impress. Congratulations Jeanette for your phoenix-themed hat which captured the spirit of the day.



Celebrations like these are what make our community so special!



There's always something to celebrate at Trinity Apartments

Our garden fundraiser bake sale and raised £92!

Thank you to everyone who donated.



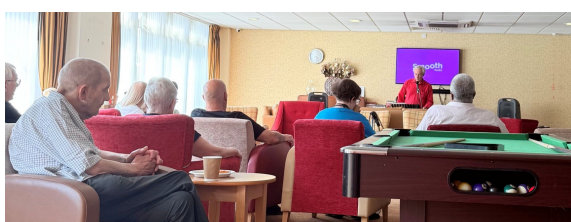
Charlotte is back with regular sessions to get everyone moving and shaking. Join in the fun next time!



Sam and Barbara are on a mission to get our garden looking beautiful!



Well done to Bob and Diane, worthy winners of our competitive St George's Day quiz.



We had a day of music, bingo and amazing food to celebrate Father's Day.



Have an idea, story, or suggestion for a future bulletin?

Please email louise.wilson@scha.org.uk or speak with your local manager.

Advice for hot weather



Close curtains or blinds in sun-facing rooms



Drink water regularly

Contact us if you experience problems such as:



- Windows that don't open properly
- Faults with ventilation or extractor fans



If possible, use communal areas, as they are cooler than individual flats



Check on neighbours who may need support



Don't use heat-generating appliances during the hottest part of the day



Open windows early morning or late evening when it is cooler

We are reviewing the provision of fans in communal areas during periods of high temperatures and how this would be managed

Congratulations and thank you

Our colleague Tracey (right) celebrated 10 years as scheme administrator at Phoenix House.



Residents' Scrutiny Panel (RSP)

The RSP, made up of members from five housing associations, continues its project focusing on the moving-in experience.

Housing updates



In accordance with H&S requirements, no items may be stored in communal spaces, and hallways must be kept entirely clear at all times.



Communal baths in the Extracare scheme support residents without suitable bathing facilities within their own flat or who require additional space or equipment. We're reviewing how they are currently used and whether any changes are required to access or arrangements.

Date for your diary



Give feedback or ask a question at our next Board and Senior Manager Surgery on Tuesday 08 September at Brighton and Oakfield Houses on Warwick Road. Please join us from 1pm in the lounge.

Want to know more about anything in this bulletin?

Our quarterly bulletins provide you with snippets of news, but you can find out more on our website. Visit www.scha.org.uk and click 'latest news' for more details, or use the QR code:

- Open your smartphone camera and point it steadily at the square for a few seconds
- A link should then pop up, and you can go straight to the page by tapping on it



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Have a comment to make or a question to ask?



Email adminstrator@scha.org.uk



Come along to a residents' meeting



Speak to a scheme colleague



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