

IMPROVING SERVICES FOR COSMOPOLITAN TENANTS

Porter Community GRANTS 2008

One of the roles of the Forum is to work with Diane Maddock, Community Development Co-ordinator, to manage the budget for the Porter Community Grants. This involves assessing applications made by local groups to fund community projects that will benefit local communities.

So far this year the Forum has assessed 12 applications and supported 8 projects.

Some of the projects that have received funding are as follows:

Torrington Drive Residents Association received funding towards their Annual Party for pensioners.

Rutland Morris Dancing Troupe was awarded a grant to support with their general running costs.

Leiria FC got a grant towards their pitch fees for the forthcoming season.

If you have a community group and are interested in applying for funding for a project you can either contact Diane Maddock on 0151 227 3716 or email dmaddock@cosmopolitanhousingco.uk. Alternatively you can download an application form from

www.cosmopolitanhousing.co.uk



**PLUS
INSIDE**

Recruitment Time, Halton Lodge Action Day,
Household Cleaning Tips

RECRUITMENT TIME



The Forum currently have 8 places available for residents who would like to get involved in helping to improve services of Cosmopolitan Housing Association. If this appeals to you please contact the Resident Involvement Team on 0151 224 0204 or email TIM@cosmopolitanhousing.co.uk.

The Forum would like to say thank you to Alf Beach, Ginger Ryland, Vikki Cierpicka and Brian Gibson for their contributions and time spent being a Forum member.

HALTON LODGE ACTION DAY



Bob and Tim from the Forum got involved with Halton Lodge Community Action Day on Wednesday 28 May 2008.

The event ran from 11am to 3pm and provided a host of activities for all ages including information from Cheshire Fire & Rescue, a voluntary litter pick by the Halton Lodge Young Leaders group, a poster competition display and information stalls from local groups including Age Concern, the local Credit Union and Halton Borough Council's Consumer Protection Team and Cosmopolitan's Road show.



The Mayor of Runcorn, Cllr Kath Loftus officially opened proceedings at Halton Lodge Community Centre where the majority of events took place.

A big congratulations from the Forum to The Lodge Community Group which has been set up to run Halton Lodge Community Centre. The group is currently working towards securing funding to improve the community centre.

DID YOU KNOW?

It has been recognized that eating cheese slows down tooth decay. Just why is not entirely clear, but it appears that, eaten at the end of a meal, the calcium and phosphate in cheese diffuses into the bacterial colonies present in the mouth (which attach to teeth) and blunt the rise of acids which damage the teeth.

Walnuts are a good source of omega-3 fatty acids, thought to reduce risk of cancer. They also provide protein, several essential vitamins and minerals, and antioxidants, yet are free of trans fats and cholesterol.

Ninety nine per cent of all pumpkins bought are used for decoration.

2008 Garden Competition

This years garden competition was a complete success, we the Forum would like to thank all participants and look forward to seeing you at the VERA Awards Ceremony in February 2009 where the winners will be awarded with their certificates and prizes!!! (date to be confirmed)



The Forum would also like to thank Herbert Taylor, Alan Heague and Mary Gibiluru who judged the competition. Also a thank you to Julie McNally of the Resident Involvement Team for organising another successful event.

Look out for next years Garden Competition!!!

History Corner

On Liverpool's docks the dockers gave themselves nick-names, to this day it still goes on. Here are a few:-

- The lazy solicitorHes always asleep on a case
- The SheriffThe foreman who says whats the hold up lads
- The Baker.....Keeps talking about me and my wife or girl
- JellypexHes only got one coat
- The reluctant plumber ..He wont do a tap
- Phil (fill the cot)Father of many
- Lino Hes always on the floor (short of money)
- BalloonForeman who says' don't let me down lads
- London FogHe never lifts
- The DestroyerAlways after a sub (wage advance)
- The cameraI will keep you in the picture

If you know of any other nick-names or if you have any interesting articles for the next edition of Forum News in April 2009, please forward them to the Resident Involvement Team or email TIM@cosmopolitanhousing.co.uk

HOUSEHOLD CLEANING TIPS

Air Freshener

Place one teaspoon baking powder soda in a spray bottle and add too it 2 tablespoons of white vinegar and two cups of clean water. After the foaming has stopped replace the spray top and shake well.

Ant Repellant

Wipe down the effected area with a solution of half vinegar and half water to keep ants at bay.

Windows, Mirrors and Glass

To clean glass add two tablespoons of vinegar to a small bucket of warm water. To finish off buff the surface with a clean dry cloth.

Carpet Shampoo

Add one cup of vinegar to 5 litres of warm water. Clean the carpet with a soft brush dipped in the solution. In case the carpet colours are not fast; always test on an inconspicuous area of the carpet before using.

Competition CORNER

Why did the shipyard foreman wear bowler hats? First correct answer wins a £5 shopping voucher.

Please send your entries to: TIM@cosmopolitanhousing.co.uk or contact the Resident Involvement Team on

0151 224 0204

If you wish to have this newsletter translated into your own language, please write your name and address and tick the box against your language. Then return the form to Cosmopolitan Housing Association.

This document is also available in large print, braille and audio tape on request.

Nëse e dëshironi të përkthyer në gjuhën tuaj këtë fletushkë:-,
ju lutemi shkruani emrin tuaj, adresën dhe shënimi në kutinë që është përkrah
emrit të gjuhës suaj.
Pastaj kthejeni formularin te *Cosmopolitan Housing Association*.

Emri.....

Adresa.....
.....
.....

Shqip Albanian

यदि आपनि এই निউज लेटर आपनार भाषाय अनुवाद करते चान ९- ताहले दया करे आपनार नाम, ठिकाना पूरन करन
एवंग आपनार भाषार बिपरीते टिक चिह्न दिन । तारपर फर्मटि 'कस्मोपोलिटन हाउसिंग एसोसिएशन'-एर निकट फेरर
पाठान ।

नाम.....

ठिकाना.....
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Bengali বাংলা

इस पत्रिका (न्यूजलेटर) का अनुवाद यदि आपको अपनी भाषा में चाहिये
तो कृपया नीचे अपना नाम और पता लिख कर भाषा के खाने में टिक
का निशान लगाएँ तथा इस फॉर्म को वापिस कॉस्मोपोलीटन हाउसिंग
एसोसिएशन को दें।

नाम (Name).....

पता (Address).....
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.....

हिंदी Hindi

Haddii aad jeceshahay in wargeeyskaan lagu turjimo luuqaddaada:-
Fadlan soo buuxi magacaga, cinwaankaga tik'na sii sanduuqa
luuqaddaada ku qoran. Markaa ka dib u soo celi fomka
Cosmopolitan Housing Association.

Magaca.....

Cinwaanka.....
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Soomaali Somali

إذا أردت ترجمة هذه النشرة الإخبارية إلى لغتك :-
الرجاء إكمال اسمك وعنوانك ووضع إشارة في الخانة بالقرب من لغتك وتم قم بارجاع الاستمارة
إلى "كوزموبوليتان هاوزينغ أسوسياشن".

الاسم.....

العنوان.....
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Arabic عربي

如欲要求我們把本通訊翻譯成翻體中文 :-
請以英文填寫你的姓名、地址，並在你需要的文字版本旁邊的空格
加上√號，然後把表格交回 **Cosmopolitan Housing Association**。

姓名.....

地址.....
.....
.....

翻體中文 Cantonese

ਜੇ ਤੁਸੀਂ ਇਸ ਨਿਊਜ਼ਲੈਟਰ ਦਾ ਤਰਜਮਾ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਕਰਵਾਉਣਾ ਚਾਹੁੰਦੇ ਹੋ:
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਆਪਣਾ ਨਾਂ ਅਤੇ ਪਤਾ ਹੇਠਾਂ ਲਿਖੋ ਅਤੇ ਆਪਣੀ ਭਾਸ਼ਾ ਦੇ ਨਾਂ ਦੇ ਸਾਹਮਣੇ ਵਾਲੇ ਡੱਬੇ
ਵਿਚ ਸਹੀ ਦਾ ਨਿਸ਼ਾਨ ਲਾ ਕੇ ਇਹ ਪਰਚਾ ਕੌਸਮੋਪੋਲੀਟਨ ਹਾਊਸਿੰਗ ਐਸੋਸੀਏਸ਼ਨ
(Cosmopolitan Housing Association) ਨੂੰ ਭੇਜ ਦਿਓ।

ਨਾਂ.....

ਪਤਾ:.....
.....
.....

ਪੰਜਾਬੀ Punjabi

اس خبر نامے (نیوز لیٹر) کا ترجمہ اگر آپ کو اپنی زبان میں درکار ہو تو برائے مہربانی نیچے اپنا نام اور
پتہ لکھ کر زبان کے خانے میں ٹیک (صحیح) کا نشان لگائیں اور اس فارم کو واپس 'کاسموپالین
ہاؤسنگ ایسوسی ایشن' کو دیں۔

نام (Name).....

پتہ (Address).....
.....
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Urdu اردو



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