

HANOVER TODAY

The newsletter for Hanover's residents



Inverbervie's finest citizen



Ally Ironside is the toast of the north east after he became Inverbervie's Citizen of the Year for 2015. Ally, of Hanover Court in Inverbervie, scooped the prestigious accolade for all the work he does at the development and in the wider area.

Ally, a retired mill worker who moved to the development five years ago, says he just loves helping people. As well as setting up the very popular social

committee at Hanover Court, he helps to arrange trips away for older people in the community, and helps to run a weekly day care facility.

He raises a fortune to pay for the events and says that although retired, he doesn't really have any spare time now as his volunteering work is his full time job!

Thanks to the Aberdeen Evening Express for the photograph.

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Welcome!

A warm welcome to your September edition of Hanover Today! We hope you've had a wonderful summer – judging by your gardens in our annual Hanover in Bloom feature, we think you did!

We've got a packed edition for you this time around, including a survey we'd be very grateful if you complete. The survey is designed to get your views of this newsletter and we really value your input – we'll also enter every reply into a prize draw.

We're eagerly awaiting your pictures and details of money raised in the forthcoming MacMillan Big Coffee Morning – we'll have a special feature in our next edition so do send your pictures along with details of how much you raised.

Finally, we'd like to apologise to newly married **Herbert Blackhall** who featured on the front cover of the last edition – we called him Mr Blackwood by accident. Sorry!

Ian Mountford
Editor

Dates for your diary

24 September:
Hanover's AGM, Edinburgh

25 September (and other dates):
MacMillan Big Coffee Morning

25 October:
Clocks go back 1 hour

2 November:
Deadline for policy feedback, competition entries and articles in next edition of Hanover Today.

Around the houses

Harley Court's got talent



Pictured above are some of the participants of the social evening and talent show that took place at **Harley Court** in **Falkirk** in June. A busy programme included line dancing, cabaret and an intriguing telepathy demonstration featuring 'Mystic Meg and Supernatural Sid'. Everyone enjoyed themselves so much they're hoping to make it an annual event. Pictured are some of the 'acts' – from left to right: **Marilyn Kennedy**, **Norma McCarron**, **Evelyn Walton**, **Audrey Bowie**, **George Smith**, **Mary Craig**, **Dot Drummond**, **Wilma Thomson** and **Ann Thomson**.

Edward's trilogy

Edward Street, resident of **Millan Court** in **Lumphanan** and a member of our newsletter's editorial group, has recently published his latest collection of novels.

Entitled 'The Ledbury Trilogy', the three books embrace an epic tale of the lives and loves of various characters around rural Herefordshire and Worcestershire. The first two instalments – 'In Green Pastures' and 'To Pastures New' are already available from Amazon and Lulu websites, and the third will be available very soon.

To Pastures New



Part Two of "The Ledbury Trilogy" of rural South Midland life and loves within the late 1960's and early 1970's

Edward C. Street

25 years at Hanover

Sadie Wyne of **Callieburn Court** in **Bishopbriggs** recently celebrated 25 years as a Hanover resident.

Sadie was born in Glasgow and met her husband Peter whilst serving in the RAF during the war. After they retired, they moved into Hanover's **Apsley Street** development in **Glasgow**. Peter sadly died in the same year but Sadie continued to live in Apsley Street until 2007, before moving into Callieburn Court, where she's been very happy.

All Hanover staff who've ever known Sadie would like to wish her a big congratulations. She's pictured here next to fellow resident **Matt McCrudden** (front, left) and staff from Callieburn Court behind.



VE Day celebrations



Residents at **Hanover Court** in **Stonehaven** (above) celebrated VE Day with a wonderful garden party, and thankfully the sun came out as everyone tapped their feet to the sounds of Glen Miller and enjoyed fantastic refreshments.

Day care centre users and staff joined residents of **Cameron Court** in **Forres** in a street party and VE Day-themed afternoon. The development was decorated with posters, bunting and even sandbags and camouflage netting. Pictured below are residents and day care users about to tuck in to their ration-themed tea.



Keir Hardie Court's 30th birthday

Keir Hardie Court, Hanover's sheltered development in **Bishopbriggs**, celebrated its 30th anniversary in July with a party at the development. More than 60 tenants and friends attended the day, and the event was marked by the planting of a celebration rose by **Tommy Greig**, who's lived at the development longer than anyone. He's pictured on the left, with his son Stuart.



Big lunch is big success

The annual and very popular Big Lunch took place at **St Mary's Gardens** in **Barrhead** in May. It's one of the development's most popular social events. First started with support from the Eden Project, St Mary's Gardens now runs its own event and welcomes a huge range of guests, including local MPs and MSPs, as well as former radio presenter Dave Marshall and his popular 'Yesterday Once More' reminiscence event. Pictured here are residents enjoying the day.



Splash!

Pictured below is a resident from **Sinclair Drive** in **Glasgow** getting a soaking – all for a great cause. They raised a fantastic £275 by holding a 'cold water challenge', involving brave residents having buckets of ice cold water poured over their heads!

In addition, a much drier strawberry tea raised another £60. Residents are yet to decide which good cause the money should go to but will let us know! Well done to you all.



The latest adventures of Hugh Maguire

Hugh Maguire is no stranger to us – he's featured in previous newsletters, first as Scotland's oldest glider pilot and then when he visited Normandy to commemorate the 70th anniversary of the D-Day landings. Now Hugh, of **Tollgate House** in **Armadale**, has been to Buckingham Palace to commemorate the centenary of Blind Veterans UK. He's pictured here meeting HRH the Countess of Wessex, with his daughter Maria on the left and Major General Nick Caplin, Chief Executive of Blind Veterans UK, on the right.

Close knit bunch

The Knit, Tea and Chat Group of **Strachan Mill Court** in **Aberdeen** have been meeting for many years. The generous group knit a wide range of items for charity, with their wares going as far afield as Moldova and missions across the world, as well as helping babies closer to home at Aberdeen Maternity Hospital. They're pictured below with a selection of their goods. They also want to thank resident **John Robertson** for providing the tea!



A pair of diamonds

This happy couple are **John** and **Margaret Robertson**, of **Strachan Mill Court** in **Aberdeen**. They celebrated their 60th anniversary with a family celebration. Congratulations to you both!



Farewell to a dear friend

Popular resident **Margaret Skea** (pictured second left) is moving home, so friends and neighbours at **Regent Place** in **Broughty Ferry** thought it only right to see her off properly with a farewell coffee morning. Margaret was also presented with a stunning cake and bouquet. She's pictured with (left to right): **Blanche Torbet**, **Margaret Campbell** and **Sheila Robertson**. All the best for the future Margaret!



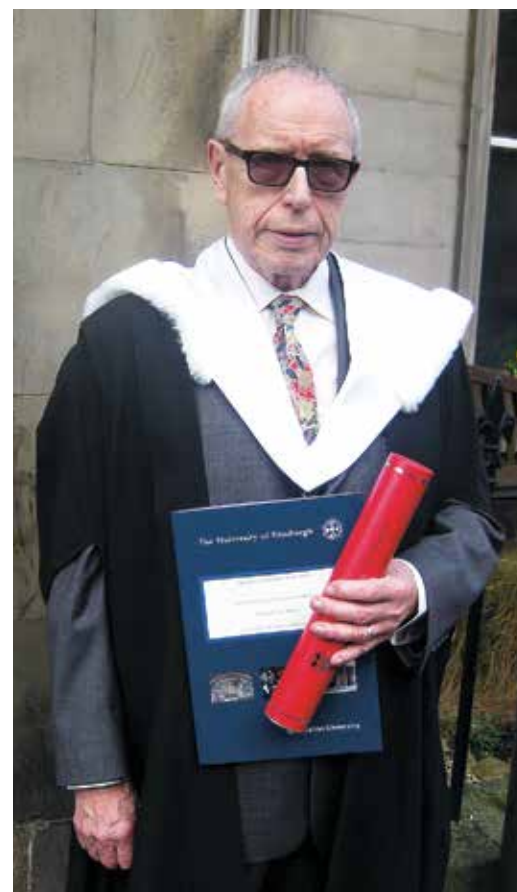
Afternoon tea raises big money

Residents of **South Lodge Court** in **Ayr** dug deep to raise a fortune for Ayrshire Hospice at a recent afternoon tea and, as you can see, there was an amazing turn out. A fantastic £500 was raised – well done everyone.

A helping hand for heroes



Residents of **Hanover Court** in **Broxburn** held a coffee morning on Armed Forces day to raise much-needed funds for Poppy Scotland. As well as this, they kindly sent home baking to staff at the Poppy Factory in Edinburgh – as you can see, they enjoyed their cakes! A fantastic £385 was raised – well done all.



Mel's artistic endeavours

Many of you may remember **Mel Wilson** as a member of Hanover's Board from 1995 to 2007. Mel, who is also resident at Hanover's **Carlyle Court** development in **Edinburgh**, has always been a keen artist and has now completed his degree in Art and Design at Edinburgh University. He studied part time and completed the course in six years – at the age of 83. We'd all like to wish Mel the warmest of congratulations.

Good causes at Causewayhead

Residents and staff of **Hanover Court** in **Causewayhead** teamed up with staff from the local Co-op to hold a charity coffee morning for Strathcarron Hospice.

They were given amazing support from family and friends, who donated baking, bric-a-brac and books to sell and other local businesses also donated prizes for a raffle.

Everyone involved worked really hard and the final total raised was £1,150 – well done!



Strawberry teas forever

Pictured here is a Strawberry Tea spread at **Rosewell Gardens** in **Aberdeen** in July. The hard work of the committee in providing a fabulous spread really paid off as everyone had a great day.





A railway trip back through time

The Good Companions, **Burnside Court** in **Buckpool's** social group, enjoyed a trip on the Keith to Dufftown railway for this year's summer outing. The trip included a 1940s themed event featuring a London Bobby, a member of the Home Guard, and even a spiv with counterfeit ration books!

A lunch including corned beef and spam sandwiches was also provided, and the return journey featured a trip to the Land Army Girls sculpture in Clochan. Residents told us they were treated like royalty, even when **Dot Bremner** (pictured, right) decided to stage a military coup!



Buckie's big cash bonanza

Hanover Court in **Buckie** have some bloomin' marvellous news – the development's social committee has successfully secured more than £9,000 in lottery funding to make their garden beautiful!

The funding, granted by Awards for All Scotland, was given after development manager Whitney Hale put a huge amount of effort into researching prices and completing the application – ably

assisted by residents **Annie Jappy** and **Dorothy Sage**.

The vast majority of the funding is going towards renovating the current outdoor area and work has already begun. The rest of the funds will also be used for bus trips and a Christmas dinner.

A poet's lament

Residents at **Plenderleith Court** in **Kelso** went on a day trip recently but unfortunately **Ivy Elder** couldn't attend as she was busy celebrating her birthday. She wrote this poem to commemorate the occasion:

The Trip

The other week at Plenderleith they all went on a trip

It was a super outing I heard and at milestones they let rip!

But I wasn't there.

First of all the bus went for a run around the countryside

And then, of course, they all had tea.

Good food you cannot hide!

But I wasn't there.

I wasn't there you see my birthday was on that day.

They all went off for a jolly jaunt without me – sad to say.

But I was glad when they came back to hear about it all.

The good, the bad, the in between

Best wishes to you all.

Happy Birthdays



Many happy returns to **George Hogarth** (above) of **Plenderleith Court** in **Kelso**, who celebrated his 90th birthday recently. He's pictured in the centre with his family.



Hats off to birthday girl **Frances McCarron** (above) of **Harley Court** in **Falkirk**, who turned 90 in May. Generous guests and wellwishers donated £1,000 to charity for her birthday, and Frances passed this on to Strathcarron Hospice, a local cancer care home in Falkirk.

Eileen Cassells (below) of **Lohead Court** in **Stewarton** celebrated her 90th in May and, as you can see, received a mountain of lovely gifts. Her family organised a big party to celebrate. Doesn't she look fantastic? Happy Birthday Eileen!



Hanover Court in **Tarves** has had three big birthdays in recent months, and they're all pictured here. From left to right is **Margaret Sheridan** (80), **Ted Leonard** (90) and **Margot Britton** (90). Between them they have certainly experienced life and could tell us all some interesting stories. Many happy returns to the three of you!



Isa Moore, of **Montgomerie Court** in **Ardrossan**, celebrated her 90th in May with a party in the lounge attended by friends and neighbours. She's pictured here with her son Ian. Happy birthday Isa!

From the Chief Executive

Hanover's staff conferences inspire and enlighten



Dealing with change, positive thinking and informative discussions on Hanover's re-structure were the hot agenda topics at our hugely successful staff conferences, which took place across Scotland in June.

Staff from the our housing developments and offices were treated to memorable talks and team-building games from Tree of Knowledge, who delivered hilarious yet motivating speeches on areas such as 'good' and 'bad' stress, improving working relationships and working towards common goals.

Our Directors presented plans for their new departmental structures and a dynamic and informative question and answer session provided much food for thought.

I delivered a wee motivational story of my own about how I went from being a reluctant jogger to running the London Marathon.

I was very pleased with the events. I was delighted to see and speak with so many of our staff and it was really good to meet up with old friends and welcome new faces.

Judging from the feedback, the conferences have been an outstanding success and Gavin and Dee from Tree of Knowledge have inspired us all – both personally and professionally.

At the conferences, I asked "Can we achieve a pure dead brilliant conference?" – and the answer has been an outstanding and resounding "Yes"!

Staff were encouraged to feedback their views, and all the responses have been carefully collated with a view to shaping future events. Comments included:

- "I hurt laughing! I feel happy and positive and learned so much about myself and where I can improve my attitude."
- "Good explanation of why change is necessary – made to feel easy with change and look forward to the benefits to me, our residents and our colleagues."
- "As a long-term member of staff having attended many conferences, I think this has been the best, most inspirational, interesting, positive and wonderful day."



News and information



Building is underway!

John Scott MSP was guest of honour at the start-of-work ceremony in Doonholm Road, Ayr; the latest building project by Hanover.

The new development will feature 28 amenity and general needs homes for rent and is a partnership project between Hanover and South Ayrshire Council. Costing just over £3m to build, and funded through grants and private finance, it's due to be completed in June 2016.

The Ayr MSP marked the occasion by digging the first sod of turf and said:

"I was delighted to attend and to help cut the first sod of this new development which will provide much-needed high-quality housing locally.

"This is a great example of partnership working between a housing association, the Council and the Scottish Government, and I very much look forward to the development being completed and families moving in."

Helen Murdoch, Hanover's Chief Executive, said "It's fantastic to welcome everyone to mark the start of building at our latest housing

development in South Ayrshire. I'd like to thank John Scott for taking time out of his busy schedule to join us.

"We have an excellent working relationship with South Ayrshire Council and this development is the result of that partnership.

"The site is in a beautiful location – perfect for older people's housing – and I look forward to seeing the development once it is completed in June next year."

Pictured here are Hanover staff, councillors, guests and John Scott MSP (centre) celebrating the big day.

In debt to Scottish Power? Help is at hand

If your utilities are provided by Scottish Power and you're struggling to pay off a debt with them, then help may be available. The Scottish Power

Hardship Fund helps customers on a low income, or who receive certain benefits, who are struggling to pay their bills by clearing or reducing the debt.

To find out more, call **0808 800 0128** (free from a BT Landline and most mobile providers) or go to **www.SEDhardship.fund**.

Get involved in creativity festival

Luminate, Scotland's creative ageing festival, returns in October with a range of events across the country aimed at older people. Subjects as diverse as poetry workshops, film screenings, photography exhibitions

and other events will take place with many offering free or low-cost admission prices.

For more information, go to **www.luminatescotland.org** or call **0131 668 8066**.



A 5-star rating for Morris Court

Morris Court Housing with Care facility in Dalry has been awarded a clean sweep of five stars in every area after its recent inspection by the Care Inspectorate.

The inspection took place over two dates in May and inspectors spoke to residents, relatives and care and support staff. It highlighted that staff were motivated and encouraged choice and independence. Comments from residents in the report included:

- “I couldn’t be better looked after. It’s a lovely place here with lovely gardens.”
- “I’m pleased with the way my mother is looked after – she’s happy and safe in her environment.”
- “I enjoy my work as a Support Worker with Hanover, I feel that my employer gives me every opportunity for on-the-job training.”



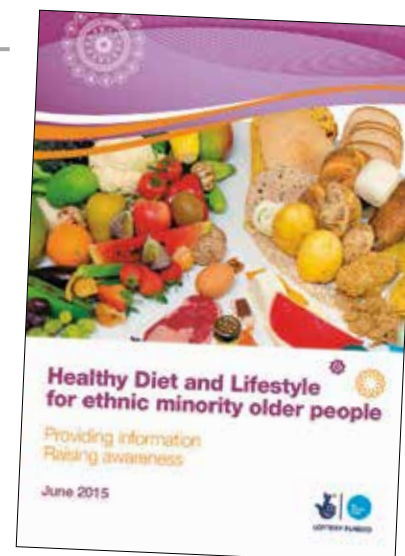
The five-star (‘very good’) rating was given for quality of care and support, quality of management and leadership and quality of staffing. We’d like to say a huge ‘well done’ to all involved!

Two new guides to help with health and money

We’ve produced two new information guides in partnership with Bield and Trust Housing Associations that you may find interesting.

- **The Easy Guide to Benefits for 60+** is a newly updated guide that helps all older people (not just Hanover residents) find their way through the maze of benefits and allowances you can and can’t claim.

- **Healthy Diet and Lifestyle for ethnic minority older people** was produced after evidence showed that people from a black or minority ethnic background faced many barriers to accessing information on diet and lifestyle. It features a range of tips to help people eat more healthily and exercise better.



Both brochures are available in the publications area of our website: www.hanover.scot/publications, or from your development manager.

Services for blind veterans now available to all

The Scottish War Blinded is a charity that provides support to armed forces veterans who have a serious visual impairment. The charity has now made it’s services available to all armed forces veterans, no matter how sight loss

occurred. All referrals to the charity are followed up with home visits to assess any needs and support can include help with re-learning vital skills, companionship, budgeting support and liaising with other support services.



If you or anyone you know are interested in the services Scottish War Blinded offer, call **0131 229 1456**, email **enquiries@scottishwarblinded.org** or visit **www.guidethem.org**.

Board Profile

Derek Fothergill

What's your background?

I first came to Scotland from the north east of England 30 years ago, to work as Project Manager on the building of the Borders General Hospital in Melrose. I loved Scotland so much I never went back! In total, I spent 47 years in the construction industry, beginning as a Management Training Scheme Apprentice at John Laing (now Laing O'Rourke) Construction, and eventually becoming Managing Director – a position I held for more than 25 years.

I worked with housing associations throughout my career and was always impressed with the good work they did, so after retiring thought I'd like to give something back. Although I've only served on Hanover's board for two years, I've been very busy; getting involved in the organisation's re-structure, re-branding and also playing an active role in the Property and Development sub-committee. I aim to pass on my wealth of experience and business skills to benefit the association.

What do you enjoy the most about serving on Hanover's board?

Hanover is an excellent place to work. I consider myself to be very much a people person and love to get out and meet residents at every opportunity. Some of the folk I've met are amazing people with wonderful life stories to share. I find this the most enjoyable part of my role and it's important to remember that this is what our business is about – providing the very best for our residents.



And what don't you enjoy?

There's nothing I don't enjoy about being on the board – so far! The board members have very diverse skills and hopefully, with my commercial background, I can complement them in a big way.

What do you see as the biggest issues facing Hanover in the future?

The future for Hanover and other housing associations is challenging, with the growth in the ageing population and the demands to maintain and improve the services provided within a continuing fiscal and austerity-driven arena. However, Hanover is well-placed with a talented, enthusiastic, committed and dedicated staff team. It's a pleasure to be a part of this.

What do you do when you're not working?

Although I've retired from full-time employment, I still feel the need to remain active. Aside from being on Hanover's board, I undertake mentoring with young business entrepreneurs and am involved with getting-into-work programmes through The Prince's Trust, as well as a small amount of consultancy work in the renewables and passive housing sector.

I'm a Hibernian supporter and a cricket and golf fanatic. I also like cycling, hill walking and enjoy my time with my five grandchildren. I love my holidays to the usual European resorts, but recently had a most interesting visit to Vietnam and Cambodia.

Our policies – your views



We are committed to consulting with you as much as possible. This new, regular feature in Hanover Today gives you the chance to review and comment on our policies.

All of our policies are usually reviewed every three years (but sometimes more often). When they are due to be reviewed, we will let you know in this newsletter. We can't include copies of full policies in the newsletter, however we will give you a brief summary of what each policy is about. You can then contact us to request a full copy to review and to feed back your views to us.

In the future, we also plan to offer this facility on our website, where you'll be able to comment directly by sending us a message – watch this space for more details.

You can get copies of the policies from your development manager, or by contacting Anne Douglas (adouglas@hanover.scot or call **0131 557 7469**). You should also use Anne's contact details to feed back your views.

The policies under review for September – November are:

Adaptations (for tenants only):

- This describes arrangements for responding to requests from tenants to carry out alterations or improvements to your property, and for dealing with situations where alterations or improvements were carried out without permission.

Management of Challenging Behaviour (for tenants and owners):

- This sets out our principles for the promotion of a safe environment for residents, service users and staff when faced with incidents involving challenging behaviour.

Complaints (for tenants and owners):

- This provides an overview of how we deal with complaints from service users and members of the public.

The deadline to feed back any comments is **Monday 2 November**.

In December's Hanover Today

We'll feature the best pictures of your MacMillan Big Coffee Mornings. Please email or post your photographs to the usual address.

Hanover in Bloom

Thanks to all of you who sent in pictures of your stunning gardens in the summer sunshine!



Hanover Court, Broxburn (above)

Residents **Audrey & George Martindale**, **George Troup**, **Claire Lynch** and **Sandra Stirling** give up their own time, effort and money to make the gardens of Hanover Court look beautiful, and we think you'll agree what a wonderful job they do.

Hanover Close, Earlston

Green-fingered resident **George Sorrie** moved to **Hanover Close** in **Earlston** at the beginning of the year, bringing his prized garden tubs with him. He quickly set about transforming the development's garden into a blaze of colour. But the story doesn't end there.

George noticed the local café had put some garden tubs out to the rubbish, and asked if he could take them instead. Not only did John – the café's owner – give George the tubs but he also donated a fantastic £100 to the development to spend on filling them with beautiful flowers.

As you can see, Hanover Close is now looking bloomin' marvellous, thanks to George and also John of Rhymers Tower Coffee Shop.



Coppice Court, Grantown-on-Spey (below)

The residents of Coppice Court work very hard in their gardens and haven't been featured in Hanover in Bloom before, so we're only too happy to oblige!



Liddells Court, Bishopbriggs (below)

Resident **James Flaherty** is a recycling genius. He recycles these soft drinks bottles before passing them onto other residents to hang them in the gardens at the developments, filling them with lovely plants and flowers.



Hanover Court, Dunblane (below)

This is Hanover Court's newest resident. He doesn't have a name yet but makes the other residents smile every time they pass him!



St Margaret's Court, Juniper Green (above)

This pretty pink rose in the garden of the sheltered development is more than 30 years old!



Plenderleith Court, Kelso (above)

These beautiful pots are the work of resident Lindie Cooney.

Homes for rent

Looking for a new home?

Do you know anyone who would be interested in moving into one of our developments? Or are you looking to move to another location?

Here's a list of developments where we have properties available to rent. If you or anyone you know are interested, please contact the area offices using the phone numbers or email addresses provided.

We also welcome applications for other areas. If you're interested in moving to an area not on this list, please still contact us as availability can quickly change and we may still be able to help.

Some of the properties we provide a factoring service for are also available for sale on the open market. Please see our website or contact any one of our area offices for more information.

Note that these details are correct at the time of writing.

East

Telephone 0131 557 7404, email eastinfo@hanover.scot

Larkhall: Glengowan Court (very sheltered)

West Linton: Broomlee Court (sheltered)

North

Telephone: 01343 548585, email: northinfo@hanover.scot

Dufftown: Aigan Court (sheltered)

Buckie: Hanover Court (sheltered) (pictured below)

Keith: Taylor Court (sheltered)

Aviemore: The Green (sheltered)

Lumsden: Hanover Court (sheltered)

Huntly: Granary Street (sheltered)

Macduff: Doune Court (sheltered)

West

Telephone: 0141 553 6300, email westinfo@hanover.scot

Motherwell: Baillie Court (sheltered)

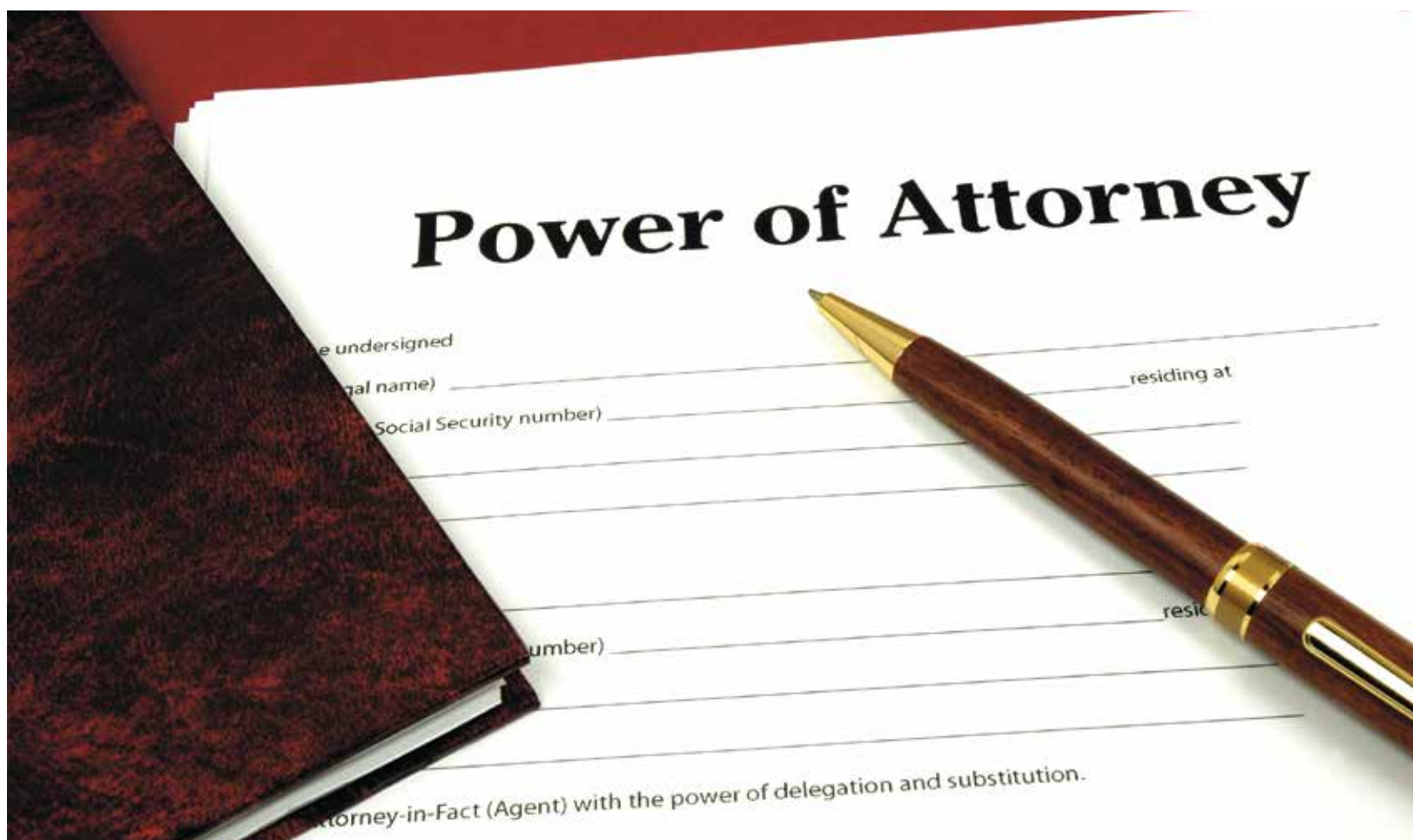
Kilmarnock: Creighton Court (sheltered)

Lennoxtown: James Hemphill Court (sheltered)

Paisley: Lochfield (amenity)



Money Matters



The Importance of Power of Attorney

What is Power of Attorney?

A Power of Attorney (PoA) is a document that gives someone else legal authority to make decisions on your behalf. Having a PoA lets you plan what you want another person to do for you if you become incapable of making decisions about your affairs in the future.

What types of Power of Attorney are there?

There are three types:

Continuing PoA:

This gives powers to deal with money or finances. This type of PoA is only to be used if you become unable to make decisions about your affairs, and it must clearly state this.

Welfare PoA:

This enables someone to make decisions about your health and welfare, but only if you are unable to do this yourself.

Combined PoA:

This is the most common type of PoA and is a combination of both continuing and welfare powers.

Why should you get a Power of Attorney?

If you should lose the ability to make decisions yourself, no one has an automatic authority to make decisions about your life unless a PoA is set up in advance.

If there is no PoA, then in most cases another person would need to go to court to get the authority to act on your behalf. This could be very costly and time consuming at what could already be a stressful and emotional time for everyone. As well as this, the person who gets the authority to act on your behalf may not fully know your wishes, or may not even be the person you would have chosen to do this.

Where can you find out more?

The Office of the Public Guardian (Scotland) (visit www.publicguardian-scotland.gov.uk or call 01324 678300) and Age Scotland (visit www.ageuk.org.uk or call Silver Line free on 0800 4 70 80 90) can provide useful information. However, a PoA is an important legal document and you are advised to consult a solicitor for advice and help in creating one.

Healthwise

Don't keep quiet about falling!



The thought of falling can often prey on your mind. You may have fallen before or may have suffered an illness which can make you feel weak and unsure of yourself. You may have never fallen before and just be concerned about it happening.

Being worried about falling can become a serious problem if you don't address it. You may become more cautious, limit yourself to what you can do and lose confidence in carrying out normal tasks like going out or doing household chores. It can also make you anxious or depressed. You may also worry that

if you do look for help, you could end up losing your independence.

It's important not to let thoughts like this get to you. Taking positive steps to get help will tackle the issue. In fact, receiving the right advice from the right people is likely to help you feel more – and not less – independent. This is the case whether you've had a fall already or if you're just worried about the future.

The first step is to speak to your GP. They'll give you details of your local falls prevention service,

who will work with you to get your confidence back, regain your balance and strength if you need to, and ultimately reduce your risk of falling.

Remember – don't keep quiet if you're worried about falling. Speaking to people will help.

Poet's Corner

Back again, by Edward Street, Millan Court, Lumphanan

Back off and let me be,
for surely you must see

I want to be alone; now,
please get off the phone!

My back is full of pain,
(it's that trapped nerve – again)

And agony persists, with ev'ry
turn and twist.

I find it hard to stand,
e'en with a helping hand

And moving, harder still,
despite determined will.

I've rubbed in lots of balm,
when trying to keep calm,

And make the problem ease,
or, better, let it cease!

What a sorry state to be,
and think of only me,

When others have it worse!
So ends my selfish verse.

Kind hearts

A massive 'thank you' to everyone who's been in touch to let us know about their fundraising efforts in the last few months. As always, we'll tally up the information we receive and give you a running total. So far this year, Hanover residents have:

raised more than £6,337; and knitted more than 722 items

You all deserve a huge pat on the back and special mentions go to residents of **Muirfield Court** in **Gullane**, **Strachan Mill Court** in **Aberdeen** and **Craigview** in **Bo'ness** (for knitting more than 600 items) and residents of **Harley Court** in **Falkirk**, **Hanover Court** in **Causewayhead**, **South Lodge Court** in **Ayr**, **Hanover Court** in **Broxburn** and **Sinclair Drive** in **Glasgow** (for raising more than £3,000).

Let us know what fundraising efforts you've gone to by getting in touch using the details opposite, and we'll ensure we add the totals for next time!

Contact us



Write to: **Ian Mountford, Editor,**
Organisational Services,
Hanover (Scotland) Housing Association,
95 McDonald Road,
Edinburgh EH7 4NS

Telephone: **0131 557 7437**

Email: **hanovertoday@hanover.scot**

The deadline for receipt of articles for Issue 76 (December 2015) of Hanover Today is **Monday 2 November**.

Our website features a wealth of information, including copies of important Hanover documents and contact details – go to **www.hanover.scot** for more information.

You can read more about what Hanover residents are up to on our Facebook page – **facebook.com/hanoverscotland** and you can also follow us on Twitter (**@hanoverscotland**)

We can produce this newsletter in other formats, like braille, audio, large print or a foreign language. If you use email, we can also email the newsletter to you instead of sending a printed copy. This saves trees and postage costs. If you're interested in any of these options, get in touch using the details above.

Legal information given in this newsletter is given in good faith and is based on Hanover's understanding of the law. The accuracy of Hanover's views is not guaranteed and readers seeking legal advice specific to their own circumstances should contact a solicitor or a Citizen's Advice Bureau.

Prize sudoku

We're offering a £25 prize to the winners of this edition's Sudoku competition. As usual, your task is to fill the grid so that every row, column and 3x3 box contains each of the numbers 1-9. Once you've completed the grid, fill in your name and address in the spaces provided and send your details and the completed puzzle to us at the address above by **Monday 2 November**. If your name is the first drawn out of the hat for each of the north, west or east areas, you'll win £25. The correct grid from last time is below.

Name.....

Address.....

.....

Postcode

3				6		5		
	5	2				1		9
	6	9	5			8		
		5	6					2
6					5		7	1
				2	4	3		
8	9	3			6	7	1	
				5		6	9	
	1		7	3				8

1	6	8	3	9	2	4	7	5
2	4	3	6	5	7	1	9	8
7	9	5	1	4	8	6	2	3
6	5	1	8	7	9	3	4	2
3	8	9	4	2	1	5	6	7
4	2	7	5	6	3	8	1	9
9	3	6	7	8	4	2	5	1
8	7	4	2	1	5	9	3	6
5	1	2	9	3	6	7	8	4

The winners of the last Sudoku competition were: **Isabella Smith** of **South Lodge Court** in **Ayr** (west), **Charles Gallacher** of **Hanover Grange** in **Grangemouth** (east) and **Elenor Thom** of **Lesmurdie Court** in **Elgin** (north). Congratulations!

Prize crossword

Once you’ve completed the grid, fill in your name and address and send your details to us at the address on the inside back cover by **Monday 2 November**. If your name is the first drawn out of the hat for each of the north, east or west areas, you’ll win £25!

Name.....

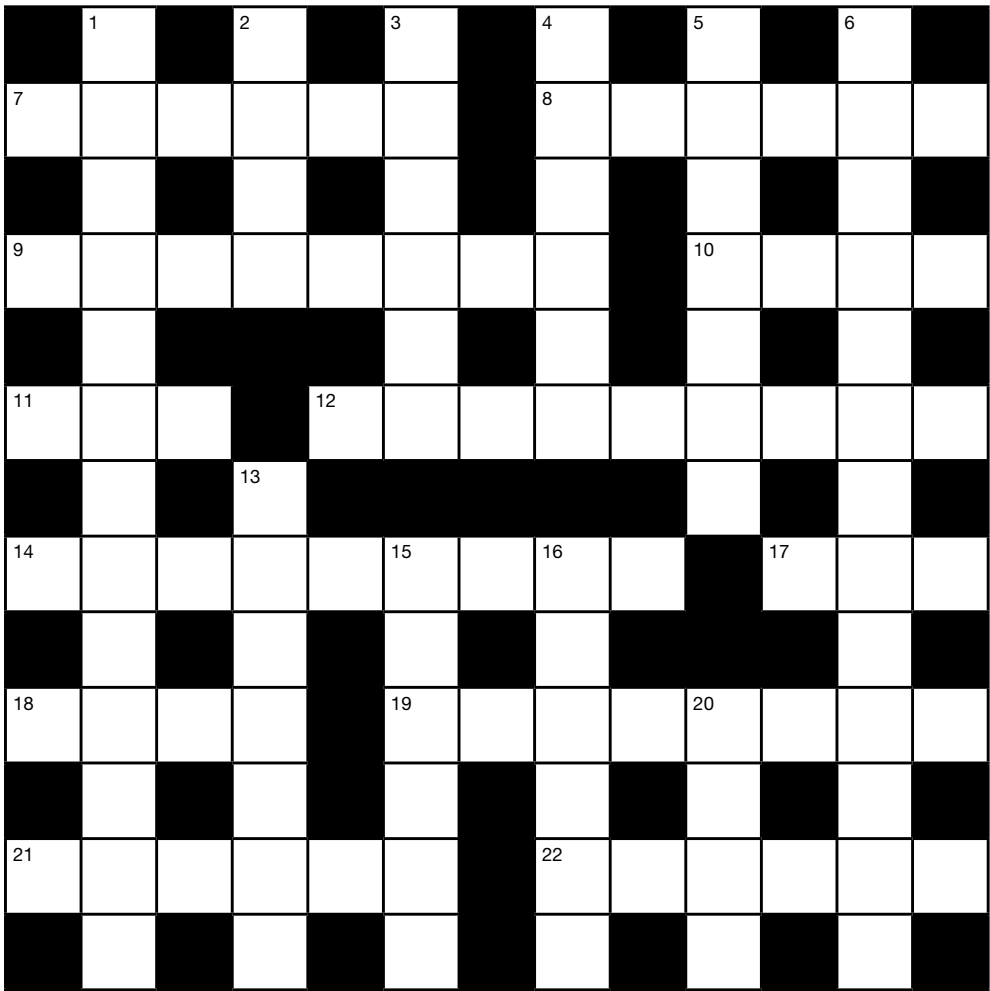
.....

Address.....

.....

.....

Postcode



Across	Down
7&5 Mountains of South Wales whose summits were named after their use as sites for signal fires (6,7)	1 Author of the ‘Five towns’ novels (6,7)
8 Standards of perfection (6)	2 Measure of land (4)
9 Star used in navigation or astronomy (8)	3&17 District of Liverpool made famous by Ken Dodd (6,3)
10 Source of sugar (4)	4 A looking-glass (6)
11 Poem intended to be sung (3)	5 See 7
12 Shrub whose flowers range from pink to blue, depending on soil chemistry (9)	6 Hollywood actor and director, who became Mayor of Carmel (5,8)
14 See 16	13 Deadly disease of animals and humans, also known as ‘Woolsorter’s Disease’ (7)
17 See 3	15 Surname of author of ‘Pride and Prejudice’ (6)
18 Measure equal to 2.54 centimetres (4)	16&14 Belgian guitarist known for his ability to combine gypsy music with jazz (6,9)
19 Birds with deeply forked tails which winter in Africa and fly to Europe in summer (8)	20 Machine for weaving cloth (4)
21 Colourless gas of the series of paraffin hydrocarbons (6)	
22 Upright pin on a sundial (6)	

The winners of the last crossword were: **John Hamilton** of **Apsley Street** in **Glasgow** (west), **Ann Gibson** of **Parkway Court** in **Alloa** (east) and **Jacqueline Smith** of **Granary Street** in **Huntly** (north) Well done!

The answers to the last crossword are: ACROSS: 5 Chronicle 8 Pear 9 Mnemonic 10 Carols 11 Sarong 13 Shekel 15 Grumpy 16 Foxglove 18 Epee 19 Buddhists DOWN: 1&2 Sherlock Holmes 3 Biceps 4 Alto 6 Decathlon 7 Kidnapped 12 Roulette 14 Lloyds 15 Gaelic 17 Glum