

ateb #2

AUTUMN EDITION 2018



Big Day Out...

...where all members of the family had fun and took part in high quality learning

ateb

better living solutions

Universal Credit is now here...

What's happening?

Universal Credit was rolled out across all jobcentres in Pembrokeshire on 5th September to replace new claims for these benefits:

- Jobseekers Allowance (Income based)
- Employment & Support Allowance (Income related)
- Income Support
- Working Tax Credit
- Child Tax Credit
- Housing Benefit

What difference will Universal Credit make to me?

- Claims are now made online
- Your housing costs will be paid to you instead of direct to ateb
- You will pay your rent to ateb every month when you receive your Universal Credit payment
- You will need to make a claim for Council Tax Benefit separately

What if I need some help with Universal Credit?

Simply phone or email our friendly Money Solutions Team!



Clayton, Cheryl and Sharon are ready to give all the advice and support you might need with making a claim, getting online and paying your rent. **Tel: 0800 854568**
email: moneysolutions@atebgroup.co.uk

UC *Universal Credit*

More information is available online at www.gov.uk/universal-credit



Making a Universal Credit claim

To make a claim online you'll need to have some information to hand. This can include:

Your personal information

National Insurance number



Your email address

Your phone number



Your housing information

Your address



Your landlord's address



How much rent you are paying



Your financial information

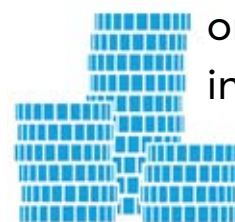


Your bank account details

Details of any savings you have



Any salary or other income



Go to www.gov.uk/universal-credit to make a claim.

This needs to be done in one sitting so please have this information with you when you begin your claim.



Engage to Improve, or e2i for short, is the body that works within ateb and with our customers, to hear your voice and to improve our services.

It's about putting you, our customer, at the heart of our service



Engage to Improve: How getting involved helps improve our services to you

- Any of our customers can have a go
- We listen to your opinion through chats, questionnaires and at events, every other month
- We turn your trending opinions into work for us to do
- We then create improvements in our services to you
- We discuss with you at monthly group sessions, how things are going

How do I start getting involved?

There are a variety of ways in which you can drop into this initiative and see what it's like.

What might I be doing?

We do serious things like research projects but we also do fun things like informal Chat 'n' Chips; The Big Day Out was run by e2i and we do smaller, community fun days too. There's something for everyone!

Please see the 'It's good to talk...' article on page 19 for up-coming events.

Who do I need to talk to?

Me, Ali Evans, Tenant Involvement & Community Investment Officer! There are so many different ways to get in touch. If you'd like to ask me anything about the e2i initiative, you can either:

Tel: 01437 774766 or 01437 763688

Text or call me 07500 446611

Visit us in person at **ateb**,

Meyler House, Haverfordwest SA61 1QP

Click [here](#) for our website

Click [here](#) for our Facebook page

Click [here](#) to email me

We welcome new recruits!

Universal Credit Results Report

Why did we carry out the survey?

With Universal Credit on the horizon, we wanted to gauge whether our customers are getting prepared for this change. We also wanted to identify as early as possible, whether customers wanted help and in what ways.

Who are on the Universal Credit Team?

Jayne O'Hara, Lee Bridges, Jane Robinson, Clayton Gobbi, Sharon Jenkins and Cheryl Morgans

What methods did we use?

A Survey Monkey questionnaire was created and used in the following ways:

- on the phone
- pop-up meet and greet via the digi-van
- social media eg Facebook and our website
- face to face: Money Advisors asked questions during home visits to our customers
- Tenants' Panel met and discussed this theme and reported the results of these discussions to e2i
- Research carried out about two years ago by the Money Advisor's Team was also used
- About 50% of our customers are on Housing Benefit (although a small proportion of these are over the age being affected by UC)
- We carried out this work from 1st June 2018 until 25th July 2018

PTO for the results!

Dot-e our digi-van proved very popular for customers wanting 'face-to-face' chats

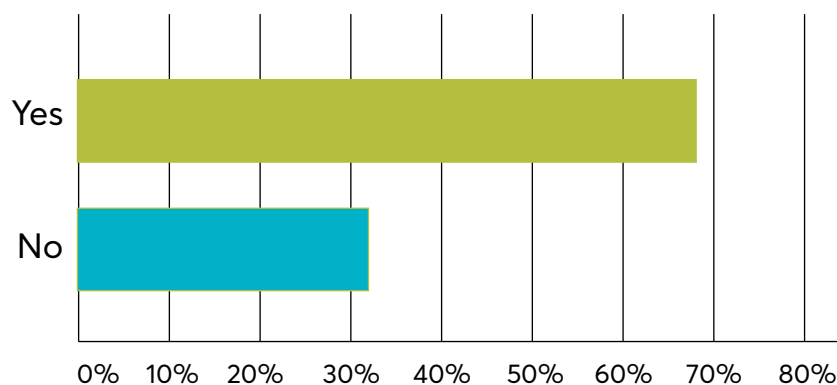


Throughout June and most of July, we gathered customer feelings about the switch-over to Universal Credit.

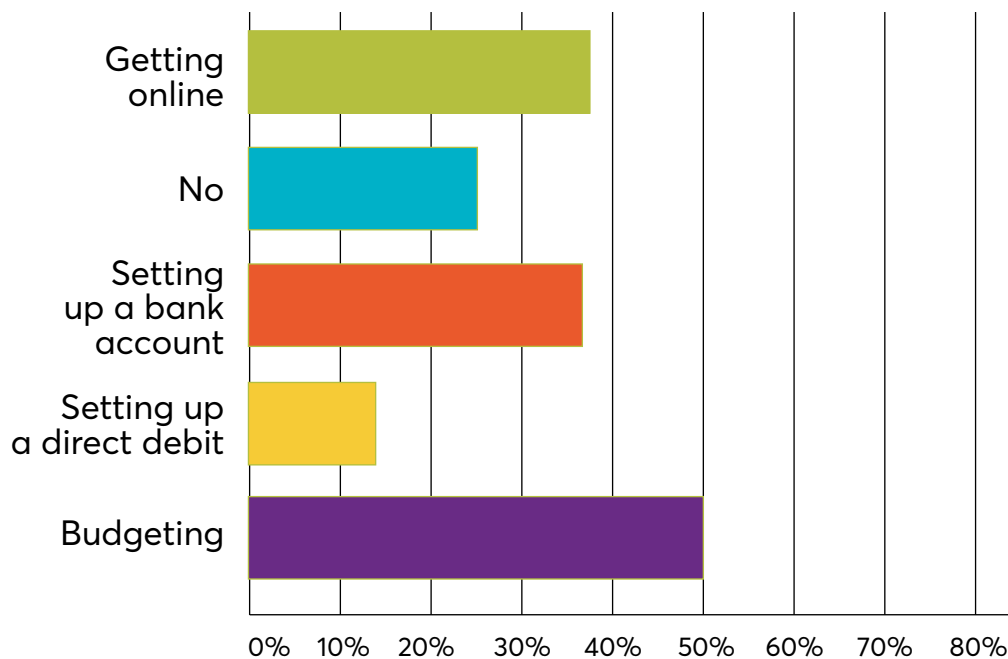
Thank you for your help if you were one of the people who gave us information. Please turn over for the results of this survey

The Universal Credit survey

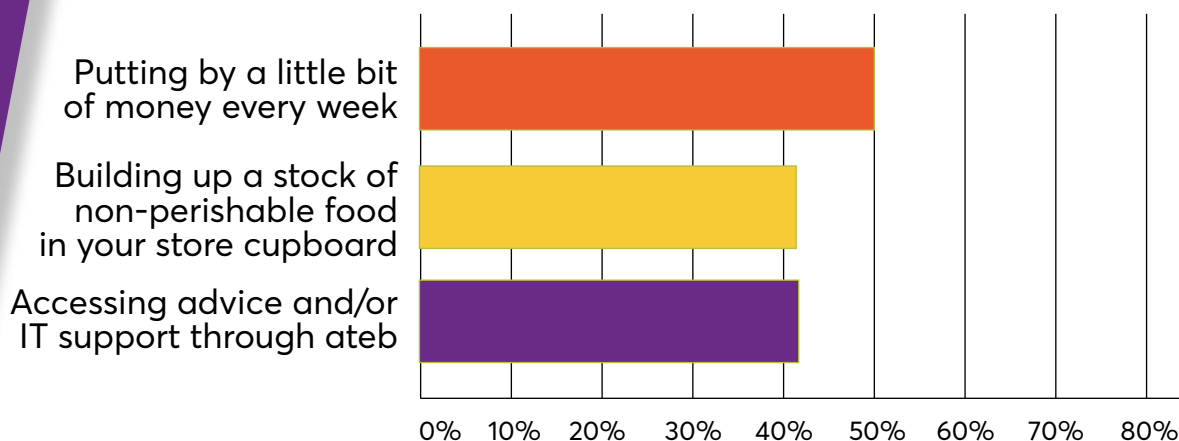
Have you heard of Universal Credit and how it might affect you?



Do you need any help with setting up Universal Credit?



How are you preparing for this situation?



Improvement Actions

We've listened to you and this is what we intend to do

Help with Universal Credit

Ten customers said they did want help with Universal Credit and they gave us their contact details so that we could get in touch with them

Action:

The details of these customers have been passed to our Money Solutions Team who will be in contact.

More visits from our digi-van to where you live

Tom, our Digital Support Officer, will continue with his plans to firstly provide pop-up support at our estates, sometimes with an Area Officer on board. Secondly, Tom will work in conjunction with the Citizens Advice Bureau and Pembrokeshire Council at joint estates

Look at how we can offer advice and help with unemployment

It was suggested that we could be offering help for some of our tenants to get back into work as this was felt to be one of the underlying solutions to this whole situation

Use the information gathered in the consultation to find who needs help the most

It was suggested that we do a data analysis exercise to identify who exactly will need support

These action points will be formally reviewed by e2i in the December Co-ordination Group session.

Co-ordination Group sessions are typically held on the 2nd Tuesday of every month in the Board Room of Meyler House at 10am. All staff and tenants are welcome.

We listened to our customers about their feelings towards the introduction of Universal Credit. We then looked at their responses and, based on these e2i consultation findings, we intend to take the following Improvement Actions

We had some positive comments as well!

When I was on the digi-van roadshow, participants often told us that they couldn't always understand the "long words" we were using on the phone but that it was easy to just "pop by the van" and talk to a human being.

So if you see our digi-van in your area why not 'pop in' and talk to us?

Improvement Actions

It was summer so our Independent Living Go-Getters got going!

It's wonderful to see such a bustle of continued activity from our array of Independent Living Schemes across the south of the county. The variety of events that residents, or with the help of their Scheme Co-ordinators, either put on at home or venture out, is enormous. It's an example to us all!

What struck us most is the driving force residents have in their relentless pursuit of group happiness and enjoyment.

De Clare Court headed off to Chapel Bay Fort



Tenants of De Clare Court enjoyed a trip to Chapel Bay Fort and Museum in mid July.

Chapel Bay is a military fortress, museum and café located in Angle. Built in 1817 and classed as an

ancient monument by CADW it's now privately owned and houses military technology and weaponry from throughout the ages.

All can be discovered with the help of their useful guides.

DCC tenants were kept engrossed for the 40min tour and then relaxed in

the Café eating the mouth watering cakes, sausage rolls and bacon sandwiches.



Hanoverians went exploring Carmarthen's jungle!

In July tenants and friends of Hanover Court, Milford Haven enjoyed a lovely day out exploring the National Botanic Garden of Wales followed by a chance to rest their feet in the Seasons Restaurant.



Back home, rain didn't stop play at Hanover Court

During the summer tenants at Hanover Court held a barbecue for tenants, family and friends.

Mike and Maggie very kindly barbecued in the rain, Sheila was in charge of the kitchen, Wally was tea boy, Mick and Rosemarie looked after the raffle and Kay and Sylvia cleared the debris away afterwards.

They raised £120 for the tenants' group funds and everyone had a really lovely afternoon despite the rain.

Mike, Maggie and Kay are some of the successful tenants who recently passed their Level 2 Certificate in Food Hygiene.



More away days from our Independent Living Go-Getters

Williams Court flies to Magpie's Nest Museum

In July, Williams Court tenants & friends had a very successful and interesting visit to the Magpie's Nest Museum in Templeton, followed by lunch at the nearby Bush Inn.

Everyone said how much they enjoyed the day. The museum and coach were paid for out of our Tenants' & Residents' association's funds.



Surf's up... Kensington Court holds a beach party!



Tenants from Kensington Court made the most of the glorious weather by holding a BBQ Beach themed party

Tenants and staff joined in by dressing for the occasion, whilst reminiscing and dancing to the tunes of The Beach Boys & Bob Marley.





De Clare Court's 2018 Dog Show

Best in show – Whippet called Troy owned by Sonia Bristow from Neyland.

Reserve Best in Show – Beagle called Cleo owned by Wendy Bidey from Llangrannog

Best Puppy in Show – Dachshund called Pickle owned by Glenda Lewis from Aberaeron

All pictured with the Judge Mrs Valerie Prevett

Would YOUR tenants' group benefit from £500?

It's not just Independent Living tenants who can benefit from financial help from ateb! Any tenant wishing to start up, or take part in, a tenants' group or association is eligible for up to £500 per year (depending on requirements) to help them to socialise and/or improve their immediate environment.

For more information click [here](#) to contact me at ateb.

Ailnor Evans – Tenant Involvement & Community Investment Officer

Re-naming The Key magazine competition winner

We are delighted to be able to let you know that our winner of the £50 Re-naming The Key Competition was Angela Hobson of Tenby.

Angela wrote to us with the crisp, clean single word suggestion of **SOLUTION**. We liked the way this idea fitted into our new wave of aiming to achieve simple, straightforward, no fuss



messages. Angela explained that she had come to this idea because **SOLUTION** is one of the translations of the word ateb. We took Angela's idea one step further in terms of simplicity and decided to go with **ateb** itself!

Thank you very much to everyone who contributed with your great ideas and congratulations to Angela

Pembrokeshire In Rhyme

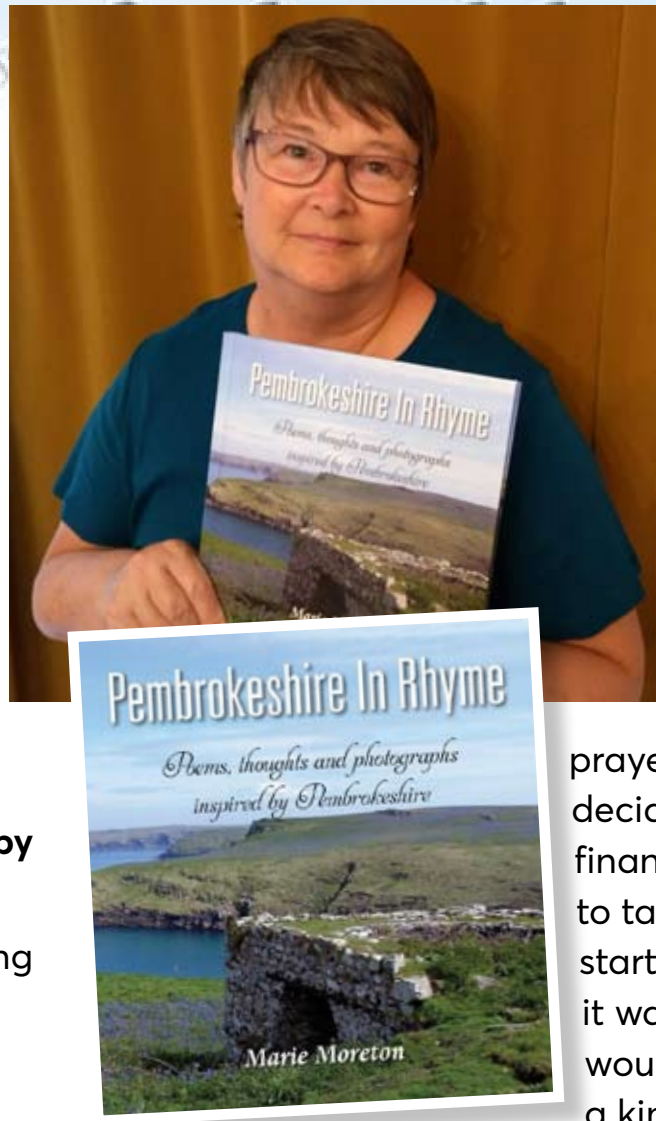
'If you write it, it will come'

Hello, I'm Marie Moreton, an ateb teanant, and I just wanted to let you know that I have just had my second book published by Grosvenor House Publishing Ltd on a self publishing route. It's called "Pembrokeshire In Rhyme" and it is a collection of my poems, thoughts and photographs inspired by Pembrokeshire.

There is an interesting story of how this book happened, or rather, how both of my books happened.

Have you ever seen the film Field of Dreams? In it Kevin Costner is asked by a voice to take a step of faith and build a baseball field. Kevin Costner has doubts and lots of questions, but the voice tells him, "If you build it, they will come." By the end of the film you see that he did build the field and "they", the visitors, did come.

My story can be likened to this. It has always been a dream of mine to write a book, but I never did anything about it because of lack of finance.



I have been writing poems and other writings on and off for years. Then, in 2015 when people saw some poem photos that I had made, I was told by many that I had a gift and that I should put them in a book.

Being a woman of faith, I thought and prayed about this and soon decided to not let lack of finance hold me back, but to take a step of faith and start writing. I felt that if it was meant to be then it would somehow happen; a kind of "If you write it, it will come" scenario.

To cut a long story short, it did happen, the money for publishing both books did come and both books were published. The money came through donations from 3 people who believed in me and my gift.

So my first book "Full and Overflowing" was published in December 2016 and my second book "Pembrokeshire in Rhyme" was published in July 2018.

Thank you for reading this and God bless you.

Quiz night

The ateb Events & Charity Committee organised what was a very successful quiz night on 20th June.

Thanks to the staff efforts (especially Gareth Williams, top right, who made a fantastic Quizmaster) and their donations and support we raised a fantastic £256.00 for our chosen local charity, Pembrokeshire Mind.

Congratulations to the winning team Artificial Intelligence, pictured right!

It was great to see staff socialising and having fun together which, in turn, helps to build up good communication channels between departments.

Six teams entered the ateb quiz and even the 5th place team had a prize!

Lots of money was raised from the raffle with prizes being donated by ateb staff and also a kind donation from the organisation.



Being food smart is easy to do – especially when you know how!

Hey big saver!

Being food smart isn't just healthier; it can be cheaper, too. Here's how:

- Swapping takeaways for home cooking can save a staggering £800 a year.
- Try Change4Life's healthier Food Smart recipes for delicious fish and chips, super stews and easy curries and start saving today!
- Always write a shopping list. Only buying what you really need can help bring your shopping bills right down.
- Want to save on fruit and veg? Try buying what's in season. It's usually cheaper and will be at its tastiest. Check out your local Food Coop: ruralregeneration.org.uk
- Make vegetables the main event! They tend to cost less than meat, so adding more veg to your meals can cut your food bills, as well as cutting back on fat.



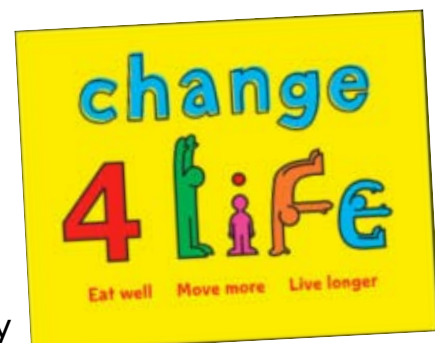
Food smart snacks

If your family raids the cupboards as soon as they get in, try these quick and simple snacks.

- Snacks don't have to be salty! Swap crisps for rice cakes or breadsticks, dunked in lower fat cream cheese
- Fancy something fizzy? Mix pure fruit juice with sparkling water for a great alternative to sugary colas
- Got a sweet tooth? Forget the cakes or biscuits; dried fruit like bananas, raisins and slices of fruit bread are great for munching on when you're on the go
- Pick cereals with no added sugar. You can always sweeten it up with a bit of chopped fruit
- Swap white toast and honey for an energy-packed banana on wholegrain toast

Not a part of Change4Life yet?

Register online by clicking on the Change4Life logo and they will send you a free copy of this **Food Smart brochure**. You could win a £100 cookery set too! You will also receive great stuff from them in the future including tips, recipes and competitions.



Try a healthy pudding

Fruit-packed Jellies

Frozen mango chunks and raspberries are piled into glasses and set in sugar-free jelly for a fruity pudding or snack.

- 100g frozen mango chunks
- 100g frozen raspberries
- 300ml boiling water
- 300ml cold water
- 1 sachet sugar-free jelly (any flavour)



Preparation time: 10 mins

Setting time: 2-3 hours

Nutritional info: 10.5kcal/44kJ per 100g

What to do:

Share the frozen mango chunks and frozen raspberries between 4 serving glasses (there's no need to defrost them)

Sprinkle the sugar-free jelly crystals into the just-boiled water and stir well. Leave for 2-3 minutes to dissolve completely, then add the cold water and stir again.

Share the jelly liquid equally between the glasses, then transfer to the refrigerator to set for 2-3 hours.

Tips:

You can use other fruits in place of the mango and raspberries. It can be fresh, frozen or canned in fruit juice.

You can't use fresh kiwi, papaya or pineapple in jellies, as they contain an enzyme that stops the jelly setting.

Always keep bags of frozen fruit in your freezer. It's great for making fruit smoothies and for adding to porridge.



Quality Assurance Assessors

Many opportunities at ateb are set up on a drop-in/drop out basis – we don't want you to feel tied to a long term commitment.

However, some things need that longer term approach and may crop up in the form of a **project**. A group currently operating within **ateb**, made up of customers and staff together, is called the **Quality Assurance Assessors**.

This is a small band of people who are interested in how ateb looks after its customers – you – and carries out research projects looking at the inner goings-on of this housing association. Each project ends with a list of suggested changes, all of which are discussed and many of which are carried out.

The **Quality Assurance Assessors** are a part of **e2i** (Engage to Improve) and help to provide the information we need to make your living experiences better.

If you feel you'd like to try out being a part of this group, please get in touch with me, Ali Evans, Tenant Involvement & Community Investment Officer
Tel: 01437 774766 or 01437 763688
Text or call 07500 446611

Click [here](#) to email me

Visit us in person at **ateb**, Meyler House, Haverfordwest SA61 1QP

We welcome new recruits

Well, what
a resounding
success the

Big Day Out

was this year,
with over 420

visitors!

I think
it's safe

to say

that

everyone

had

a fantastic

day out!



Getting together

The purpose of the Big Day Out is for members of the community to get to know each other a little bit better, learn something new and move upwards in life.

Getting healthier

There was a theme of healthy lifestyles where visitors of all ages tried out kick-boxing, healthy cookery sessions and all-ability bowling.





Getting hands on

Beautiful birds of prey starred in interactive sessions with interested parties young and old. Visitors also made bird boxes and explored the local wildlife with Pembrokeshire Coast National Parks.



Getting information

Vital services such as Fincap Training Solutions, Prime Cymru, Busnes Cymru, Cymraeg i Blant and Save Easy all provided interactive facilities so that visitors could really benefit from these services.

This event welcomed all members of the community and ateb staff were on hand all day to offer support.



...and finally, a big THANK YOU to all who attended, helped out, had a go, got stuck in and generally contributed to the fun of the day. You were fabulous!

Raffle Prizes at Big Day Out

Due to the spectacular generosity of ateb's contractors and local businesses we had some fabulous prizes to give out again this year. Sponsors and contributions include:

ateb's contributing contractors:

- Catering Academy
- R & M Electrical
- Barry Watts Aerial Services
- Tickety Boo Cleaning
- Apple Blossom Cleaning
- Hale Construction
- Arcswood CIC
- Gardners Grounds Maintenance
- Master Painters & Decorators
- Travis Perkins Managed Services
- Carl Griffiths Building & Groundworks
- K O Carpets
- Morganstone

The winner of the R & M Electrical donated SMART TV was Neil Hooper from Milford Haven. Neil told ateb that he "really needed a TV" and that, having been to the Big Day Out, was seriously considering joining the Meads Leisure Centre to take a up a new activity.



Local business sponsors included:

- Aquaphobia Ramsey Island Power Boats
- Heatherton World of Activities
- Folly Farm
- Vincent Davies

Contractors' contributions included:

- NOW TV Box with Internet streaming and 2 free months of Sky Entertainment package
- Family of 4 ticket to Folly Farm
- £50 Coco Restaurant Voucher
- Silver Fox 20" BMX bike
- 32" Smart TV



All prize winners have now been identified and contacted.

'So, what did you think of the Big Day Out?'

When participators at the Big Day Out were asked, 95% of them said that they agreed that they'd enjoyed this year's Big Day Out.

The most popular reason for this enjoyment was the fact that they were getting out and that their children were having fun.

'Did attending the Big Day Out event change anything?'

When asked if people would do things differently in future, having been to the

Big Day Out, some people said they were considering doing voluntary work. One person said they were now considering learning Welsh. Others said that they appreciated wildlife more.

Another comment was that they would try harder to look for work.

Finally, one person said that now they would look into how their children could learn rugby.

Your feedback is always welcome.

It's good to talk – and here's your chance to be heard at Meyler House!



We have a whole host of interesting activities going on at ateb's Meyler House this autumn. Do please call in and join us. Everyone welcome at the events marked with an asterisk* especially new-comers! Light refreshments and travelling expenses are available to tenants

October 8th 10:30 – 16:30

Tai Ceredigion's visit to ateb

One of our neighbouring housing associations are coming to visit us! This falls on a standard Tenants' Panel Day, so the day will start with a couple of hours of Tenants' Panel followed by a buffet lunch; then we will all go on a brief excursion, showing our guests some of the delights of Pembrokeshire!

All welcome* - please book your space with Ali if you'd like to go on this excursion.

9th October 10:00 – 10:30/10:45

Co-ordination Group Review Session

We will be looking at how the improvement actions from the February Handover survey have been carried out – we have some good examples to discuss with you!

9th October 11:00 – 12:00/12:30

Following the CGRW session above we will have the third of the **Summer Refresher Sessions*** about Tenants' Panel & the Quality Assurance Assessors' Team.

If you've been to one of these sessions, please come to this one, because this will wrap up this short programme

ateb e2i TEAM

and we'll be proposing new Terms of Reference for both groups based on what you've told us

23rd October 10:00-15:00

Tenants' Network*

This is your opportunity to meet many other Housing Association and Council tenants & share your views; the session is facilitated by the Tenant Participation Advisory Service – 3 spaces available usually, per housing association – we especially welcome people who have not been on this before. **Please contact Ali if you'd like to go on this**

13th November 10:00 – 11:00/12:00

Co-ordination Group Session

Where we will be looking at the immediate results of the October's Tenant Engagement Survey and discuss improvement actions. We will then set up December's survey – Planned Improvements

For further information please contact me:

Ali Evans, Tenant Involvement & Community Investment Officer

Tel: 01437 774766 or 01437 763688 Text or call 07500 446611

Click [here](#) to email me

Visit us in person at **ateb**, Meyler House, Haverfordwest SA61 1QP

A good summer helped our new homes building programme...

Square and Compass

As you can see work is progressing well at the new solar village near Square and Compass with the installation of the solar panels under way.

The roof area and orientation of the houses has been maximised so as to get the greatest solar gain possible, and there will be monitoring systems incorporated within each home so that our customers can make the very most of the sun as a "free" resource thus cutting their fuels costs.

There are four new family homes each having two bedrooms and they are expected to be completed early next year.

Thornton Road, Steynton

It's full steam ahead at the development in Steynton.

Once completed the street names will be known as Plas Peregrine, Stryd Shearwater and Pen Puffin and named after the seabirds that visit Pembrokeshire's islands. The names were chosen by Milford Haven School Council.

It is expected that the first of these new homes will be ready soon after the festive holiday.



Three Meadows (Albert Town)

After the site clearance, works are moving ahead on the development at Three Meadows at a pace.

The development will provide a mixture of flats, bungalows and houses, in total 87 new homes, which will be completed in phases – the first phase ready in late Spring to early Summer 2019.



Maes Y Ysgol, Johnston

Work on the site in Maes Y Ysgol is also progressing nicely.

The development, consisting of 26 new homes is a mix of houses, bungalows and flats is expected to be ready for customers in the Spring 2019.

As with the vast majority of our new homes some solar panels will be installed to help with the utility costs.

Tudor Mews, Rocky Park

The homes reported as 'nearing completion' in ateb's summer newsletter have since been finished. The customers moving into their homes are some of the first to experience our improved handover procedures.

Having collated the results from the Handover survey and listened to what our customers said, we have made improvements to our service delivery.

This includes returning once our customers have had a chance to settle in to get feedback on their satisfaction with their new homes. Members of our housing solutions and property services teams are in attendance to offer further advice should this be necessary.

Another first is the launch of our new re-vamped "Meet your neighbour" day. This event is specifically open to the new residents of Tudor Mews and Rocky Park and is designed to give our customers an opportunity to get to know each other and those in the local community. On call on the day will again be members of the property services, housing and money solutions teams along with Tom and our Dot.e digital inclusion van.



...the lovely weather also helped with our improvements programme

Painting

Due to the awesome weather early in the summer the planned improvements team are pleased to report that between 90 & 95% of the external painting contract is complete ahead of schedule.

As you can see from the photos the results are impressive and we have some very happy tenants...

"Hi. I've just had my house painted and they have done a fantastic job! The men are very polite too!"

"I've just had my house painted and I would like to praise the excellent work that we have received. It is also nice to see familiar faces as you have kept to the same company who are very pleasant at all times"



De Clare Court's new lift

The lift installation at De Clare Court reported in the summer edition of this newsletter is now nearing completion. One customer was even drawn to write a poem about it:

The New Lift

*There is a busy little corner, contractors vans and pipes,
We watch this creeping vine of engineering in the heights,
The backdrop of 'Scots Pine' and 'Shrub Borders' in colour
We fortunately call this place home and talk with humour,
There is also this escape route hiding, just a little path,
We must be careful not to tell Amy or get a little wrath,
This secret way is a little bumpy and needs some refit,
However we must be patient for the money men to sit,
The question is "Will it be ready for Whitsun?", perhaps,
We will be spoilt for choice when it's finished, see 'Chaps'*

Central heating systems

Following on from the gas installation at Williams Court which is supplying tenants with a more economical means of heating, Marychurch Court is the next on the list.

This is progressing well with the installation of the gas main already being completed and it's ateb's own in-house team who are fitting the individual boilers and central heating systems.

Kitchens

Did you know that when your kitchen is due to be replaced that you have a choice of designs within our range?

Here are a few of the combinations that have been installed this year...



Other contracts

Window replacements

The large works of new window replacements at Hanover Court, Tenby have started as have those at Anson Way, this is expected to be completed very soon.

Smoke alarms

Steve Warrender, our contracted electrician, is carrying out the replacements of smoke alarms in various locations.

Fencing

As you can see the fencing contract is almost done so the planned improvements team have been kept on their toes.



Bathroom replacements

Our bathroom replacements programme led to a satisfied customer sending in a comment about her new bathroom

"I just want to say thank you for everything my bathroom is now complete. I am over the moon with the finished result, it looks amazing! Nothing has been too much trouble for the contractors doing the job..."

Planned maintenance contractors list

Keep an eye on the ateb website as shortly there will be a list of our planned maintenance contractors published. Along with this will be details of how you will be contacted to arrange access prior to any works carried out at your home.

Level 2 Food Hygiene Tenants Success

Eight of our hard working customers set forth earlier on in the summer and studied their way through the Level 2 Food Hygiene course.

This Level 2 course has been designed to help anyone who handles, prepares or serves food.

Many of our customers either prepare and serve food for their own groups of fellow tenants but some actually make food to sell at summer fetes and events.

This course has helped some of these people to understand their legal responsibilities and to recognize the best ways to control food safety hazards, control temperatures, store and prepare food, keep good standards of personal hygiene and premises cleaning. **Hats off to these eight ateb customers and we hope you have some great BBQs and some better weather!**



Senior Citizens' Christmas Hamper Draw

We have FIVE fabulous festive Christmas Hampers to give away!

If you are 55 years of age or older then this is your chance to enter our free prize draw. There will be FIVE winners ... one from each of our five areas. All five hampers will be delivered in plenty of time for Christmas! Winners' names will be drawn out of the hat by members of the Tenants Panel on Monday 12th November 2018.

Please return your entry form to Meyler House (click logo below for address) no later than Monday 12th November 2018 or email your name, address and telephone number details by clicking this [link](#).

Name: _____

Address: _____

Post code: _____ Tel no: _____

I will be 55 years old or over on 12/11/18. Please enter me into the Senior Citizens' Christmas Hamper Prize Draw.



Rules of entry The Senior Citizens' Christmas Hamper Draw is open to all people who are tenants of ateb and aged 55 or older on Monday 12th November 2018. Only one entry per qualifying person please. Photo of hamper is for illustrative purposes only, actual contents will vary.

Talking to us is easy!

For all contact details, how to find us, email and phone numbers simply click on the **ateb** logo

ateb
better living solutions

We're on social media!

Click on their logos to join in

