

MONTHLYINSIGHT



ARMED FORCES DAY
29 JUNE 2024

Stepway Banter and Brew - Worcester

Matt Jones and Sarah Morley from our Midlands office visited Stepway Worcester Veterans HUB for their Banter and Brew session on Tuesday 4th June.

The Veterans HUB is based at the Salvation Army in Worcester and provides support services to the veteran community.

Banter and Brew is held every first Tuesday of the month from 10am-2pm and offers free refreshments and support to veterans and their families. It's a great opportunity for them to just pull up a chair, join in with friendly banter and catch up with friends.

It was lovely to see such a hive of activity and the group were very welcoming. Thank you to all the staff from Stepway for telling us about the exciting developments going forward and hopefully we can assist in some way.

If you are a veteran and would like help and support, please get in touch:

Stepway Worcester Veterans Hub

Salvation Army, The Trinity, Worcester,
WR1 2PN

Office Number: 01905 745 253

Out of Hours: 07930 657 568

Email: worcestershire@stepway.org



The UK Armed Forces defend the UK and its interests. They are busy working around the world, promoting peace, delivering aid, tackling drug smugglers, providing security and fighting terrorism.



Housing 21
InBloom 2024
in partnership with Jefferies Contractors Ltd

*"Oh wow, this looks AMAZING !!!
Thank you so much to all at Jefferies,
this has made such a difference."
Rachel Southworth - Housing 21 Operations Manager*

Edyvean Court, Nuneaton



Armed Forces Day

As we are nearing the end of our contract with Amey Defence at Whittington Barracks in Lichfield, we would like to give a shout out to Armed Forces Day which is coming up on Saturday 29th June 2024.

Armed Forces Day is the nation's chance to show support for the people who make up the Armed Forces community, from currently serving service personnel to their families, veterans and cadets.

The National Memorial Arboretum will be marking this event across two days, with a range of fun interactive family activities. For further details, please visit their website:

[National Memorial Arboretum](https://www.nationalmemorialarboretum.org.uk/)

Or if you can't attend an event that week, please consider making a donation to Help For Heroes:

<https://donate.helpforheroes.org.uk/>



Volunteers Day- Nuneaton

On the 9th of May, 2024, Housing21 at Edyvean Court organised a volunteer day. This event is part of Housing 21 InBloom, a community initiative sponsored by Jefferies this year.

The launch day took place in April, and on May 9th, we provided volunteers to assist at Edyvean Court in Nuneaton.

During their time on-site, our operatives erected a wooden gazebo and also felted the roof. Additionally, we donated paint and painted their garden shed. We hope this will create a delightful spot for residents to enjoy during the summer, and with the addition of some new plants and flowers, it's sure to look amazing.

"Thank you, Sarah, for all your help in arranging the volunteer day. The gazebo and shed look great, and a huge thank you to Lee and Ivan and the other contractor who painted the shed."

"The residents and I really appreciate the volunteer day from Jefferies. Thank you."

Jane Morley – Housing 21 Local Housing Manager for Edyvean Court



Food Drive for Lichfield Foodbank

The Foodbank is dedicated to eradicating hunger and recently, our office has been actively participating in a Food Drive, collecting essential items from the Lichfield Foodbank list.

Lichfield Foodbank steps in during crises, providing nutritionally balanced emergency food and support for up to three days to local individuals in need. As part of a nationwide network of Foodbanks, supported by The Trussell Trust, they work tirelessly to combat poverty and hunger across the UK.

This is something that we'll definitely continue to help with as we believe that no one in our community should endure hunger.

Why not consider organising a Food Drive for your business? Every donation will be sincerely appreciated.

Visit Lichfield Foodbank website for drop-off locations, opening times and for further information:

[Locations | Lichfield Foodbank](#)



Lichfield Food Bank Donations

Can you have a rummage in your cupboards at home to see if you have any of the items on the list that you could donate?

Any donations greatly appreciated. Please pass to Sarah.

URGENTLY NEEDED FOOD ITEMS	
TINNED MEAT	<input type="checkbox"/>
TINNED FRUIT	<input type="checkbox"/>
FRUIT JUICES	<input type="checkbox"/>
PASTA SAUCES	<input type="checkbox"/>
CEREALS	<input type="checkbox"/>

NON FOOD ITEMS NEED	
We also require donations of non food items - please see the list below. Please note that we can only accept items that are still in their packaging.	

NON FOOD ITEMS WANTED	
TOILETRIES - SHOWER GEL, SHAMPOO/CONDITIONER	<input type="checkbox"/>
WASHING UP LIQUID AND WASHING POWDER/TABLET/GEL	<input type="checkbox"/>
HANDWASH & TOILET PAPER	<input type="checkbox"/>
PET FOOD (CATS/DOGS)	<input type="checkbox"/>

Menopause Awareness Coffee Morning

During May Diane Danzebrink launched her new book **'Making Menopause Matter.'**

Diane started the Facebook group called **'The Menopause Support Network.'** She has been a beacon of light to so many women going through the menopause. The amount of support and information that she shares on her Facebook group has been invaluable.

In partnership with Worcester Community Trust we are currently organising a Menopause Awareness Coffee Morning for July.

We recently started work on refurbishing five community Hubs for Worcester City Council, the first being the Green Hub in Gresham Road which is near completion. We thought this would be a great place to hold a Menopause Awareness coffee morning which we can then roll out to the other four hubs when works have been completed.

If you are dealing with menopausal symptoms and live in Worcester why not come along to our coffee morning where we'll have lots of information available.

This is an opportunity to share our knowledge and have a chat with other women who are facing the same challenges.

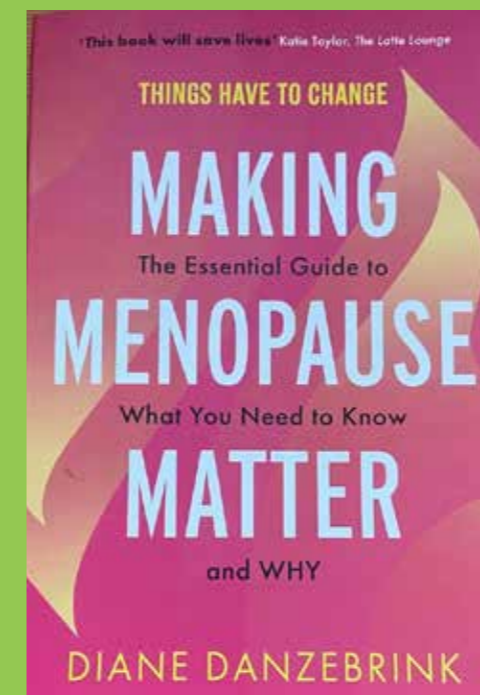
We'll post the date for July on our social media, so keep your eyes peeled!

In the meantime, if you urgently need help or information please visit:

www.menopausesupport.co.uk



COULD IT BE... MENOPAUSE?



WWW.MENOPAUSESUPPORT.CO.UK
#makemenopausematter

STOP LOAN SHARKS

Intervention . Support . Education



“Bite Back”



www.stoploansharks.co.uk

Stop Loan Sharks

During May we helped spread the word about Bite Back, an event that was organised by Worcester City Council.

Bite Back aimed to raise awareness about the dangers of loan sharks and promote safer alternatives, such as credit unions.

Your peace of mind matters and in today's challenging economic climate it's crucial to stay informed.

Although the event took place in May, we still want to spread the word and share the website address for 'Stop Loan Sharks' so that you can reach out if you're facing challenges.

www.stoploansharks.co.uk

@SLSEngland @StopLoanSharksEngland
#SLSEngland #StopLoanSharksEngland



Chasetown Football Club Donation: Women's and Under 18 Girls Teams

Jefferies like to give support to the communities we work in and given the clubs close proximity to our office in Cannock, we wanted to provide some training equipment to help support the women's and girls' teams which have recently been launched by the club.

Listed below are some of the items we've been able to provide for the club:

- 10 Training balls
- 4 Ball carry bags
- Holdall and bibs
- Flat discs
- Dome cones

Richard Lamb – Chief Executive of Chasetown FC said:

“Could I pass on our thanks for your support with the new Chasetown women's team and helping the under 18 girls' team as well. When we start training I will be in touch for you to come down to have some pictures with the team in recognition of your support.”

“Please see the photo of various items which have arrived today covering what your money has paid for. Thanks so much for your support.”

The ladies from our Cannock office are looking forward to visiting the club once the training sessions begin to see the teams in action!

“For me, women's football is finally getting the spotlight it has deserved for so long and, having spoken in length with Richard Lamb and Ant Fawcett, they are in agreement that Chasetown wants to showcase women's football and provide a clear pathway for the existing girls teams at the club.”

Jo Sheerin- Manager



Chasetown Football Club



Listen Up, Speak Up

As the majority of our work takes place in occupied properties, this is a great resource that we have emailed out to our site operatives.

Thanks to Jayna Kawa from the NSPCC for sending over the information and hopefully we'll be able to help fund a Speak Out, Stay Safe workshop at one of the primary schools within the Worcester area.



It takes a village to raise a child. And it takes a community to keep children safe.

The NSPCC have a free 10-minute digital training course which is available to everyone to help people learn what to do if they are ever worried about a child or family.

You can access the training by visiting:

<https://www.nspcc.org.uk/support-us/listen-up-speak-up/>

NSPCC Let's help to spread the word!

Donation- PGA Golf Professional

We are thrilled to express our support for Rachel, a seasoned PGA Golf Professional who has made Whittington Heath Golf Club in the Midlands her base. Her expertise in golf instruction is inclusive, catering to individuals of all ages and skill levels, through both group and one-on-one sessions.

Rachel's impressive career spans 27 years, including an initial 6-year stint on the Ladies European Tour. Her dedication to teaching golf full time is evident and commendable. Interestingly, Rachel also took a golf hiatus for 7 years in Australia, during which she acquired a new skill set and qualified as a Carpenter!

As a token of our support for her continuous learning and development, we at Jefferies are delighted to contribute a donation of £100 towards her training pursuits.



Donation- Mates in Mind

Jefferies annually supports Mates in Mind, a prominent UK charity dedicated to combating the stigma around mental health.

Mates in Mind actively fosters positive mental wellbeing in workplaces across various industries, with a particular focus on construction and related sectors. Their mission is to equip employers with clear information on mental health support and guidance, enabling them to address these crucial aspects within their organisations.



For further information, please visit: www.matesinmind.org



Student Work Experience

This week, we had the pleasure of working with a student from the Erasmus Darwin Academy in Burntwood, Staffordshire. Even though he is still in school, he's been quite busy helping us out!

We arranged for him to go with one of our experienced team members to visit a construction site to make a site inspection. They looked at how things were being built and how work was monitored and recorded.

During his time in the office he undertook some quantity surveying tasks such as studying drawings and preparing quotes for roofing and external wall insulation tenders. He also completed an online Asbestos Awareness Course, which will be great to add to his CV when applying for jobs later on.

We're excited to give other students in the Midlands area a chance to learn and help out too. Whether it's shadowing our team, doing small tasks, or just being part of the action, we believe in giving young people a taste of the real world.



Men's Health Week
You are not alone
If you, or someone you know, needs support, please:
Call the Samaritans: 116 123
Text "BEAMATE" to 85258
Speak to your colleague:



**Be a mate
Be the change**

www.matesinmind.org

Find out more



Testimonial



Housing 21 resident said: "My husband and myself recently moved to Redditch. We have just had a new shower room fitted. And I would like to give a massive shout out to Tony the fitter for all his hard work and to say what a fantastic job he did. Never once did he not clear up at the end of the day. He always had a smile on his face. And a big thank you also to his brother-in-law John and the other fitters that did their part in the renovation... also, I would like say a big thank you to Sarah Whitehead the court manager for all the help you have given us."



Condensation, damp and mould

We have put together an information sheet on condensation, damp and mould that we are currently sharing with residents on some of the projects we are working on.

It has some useful tips on how to reduce condensation in your home and a few pointers on how you can reduce your energy bills by taking a few simple steps within your home.

If you would like a PDF version of this information, please email support@jefferiesltd.co.uk

Tenant Feedback



Condensation, damp and mould

No one wants to live in a damp home. Damp can cause mould on walls and furniture and cause wooden window frames to rot. It's also unhealthy.

Some damp is caused by condensation. This can lead to a growth in mould that appears as a cloud of little black dots.

How to reduce condensation at home

- 1. Produce less moisture**
Single things make a huge difference, like keeping lids on pans when cooking, drying clothes outdoors (not on radiators), venting your tumble dryer to the outside and avoiding paraffin heaters or fuel-less bottled gas heaters.
- 2. Let the damp air out and the fresh air in**
Extractor fans are a good way to get rid of most air and steam so that less condensation forms. They use little electricity and don't add much to your bill.

If your home doesn't already have extractor fans then it is worth getting them fitted in the bathroom and kitchen. Fans that run on a timer, humidistat or pull cord (e.g. when you turn on the bathroom light) typically have a rating of 8-30W, so would cost about 10p if they were on all day.

Stop moist air getting into the rest of your home. When cooking or bathing, keep the kitchen or bathroom door shut and open the window so that the steam goes outside instead.

Meanwhile, let fresh air circulate to avoid mould forming where the air is still. Make sure there is a gap between your furniture and the walls, and give wardrobes and cupboards a good airing sometimes.



3. Insulate and draught proof your home
Warm homes suffer less from condensation, so you should make sure your house is well insulated. This means insulating your loft to the recommended depth of 270mm (about 11 inches), and your cavity walls (if your house has them). Your windows and external doors should be draught-proofed, and you should consider secondary glazing if your windows are draughty.

Condensation is not the only cause of damp

'Penetrating damp' is caused by moisture entering the house through leaking pipes, a damaged roof, blocked gutters, gaps around window frames and cracked or defective rendering and brickwork. All these problems can be remedied.

'Rising damp' is due to a defective (or non-existent) damp course. This will leave a 'tide mark' about 1m above the floor. Rising damp is a job for a qualified builder.

Newly built homes can sometimes feel damp because the water used during construction (in cement, plaster etc) is still drying out.

Condensation, damp and mould

4. Heat your home a little more

While you don't want to waste money heating rooms you don't use, very cold rooms are more likely to get damp and mould. Set the thermostat radiator valve to 1 in unused rooms so the radiator gives out a little bit of heat whenever you have the heating on. If you don't have central heating, consider using a room heater with a timer and temperature control. Remember, unused rooms will need a good airing from time to time.

More tips

You can catch condensation dripping from windows with condensation channels and sponge strips (available from DIY shops). If you wipe down windows and sills in the morning this will also help, but be sure to wipe out the cloth rather than dry it on a radiator.

In extreme circumstances you may need to invest in a dehumidifier. These can help a lot but cost anything from £40 to £200 and larger ones can be quite costly to run.

If you already have mould on your walls and ceilings then you need to clean it off properly. An effective method is to start by cleaning off the mould with spray containing bleach. This will help remove the staining that persistent mould can leave behind. Leave to dry overnight and then spray the affected area with an anti-fungal wash and allow that to dry. Always follow the manufacturer's instructions and consider wearing a face mask when spraying.



You could also treat the affected area with a mould-resistant paint, available from most major hardware stores.

Tips for lower energy bills

Give your clothes a day in the sun and give your tumble dryer a rest. Clothes dried in the fresh air feel great, and there are drying bars to winter too.

Catch 'em early. Encourage children to switch off electric toys and lights that they're not using. They'll soon get the hang of saving energy.

Be a friend to your freezer. Defrost it regularly to help it run more efficiently.

Buying a new appliance? Check the energy label, and buy a rated grade for the most efficient.

Don't over-fill the kettle. Just do make sure you cover the metal element at the base.

Dodge the draught. Fit draught excluders to your front door, letter box and any hole, and draw your curtains at night to keep the heat in.

Turn your heating down by 1 degree. You'll hardly notice the change in temperature, but it'll make a big difference to your heating bill.

Keep light. Make sure all the lights are turned off when you go to bed. If you want to light a room or a hallway, use a low-energy night light.

If you still experience issues with damp and mould and you rent your property, please report this to your landlord or social housing provider.

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