

April 2025

Flippin' great!

Inside this issue...

Easter fun—P2



Bin strike—P7



What's on—11



As part of Adullam's National Coproduction Week, a pancake day session was organised at Rowans Court.

Shrove Tuesday or Pancake Tuesday is the day before Lent begins, a day celebrated by Christians before entering a 40-day period of fasting and prayer leading up to Easter. Christians traditionally emptied their larders and used up eggs, butter, and milk by making pancakes. We are now close to the end of Lent and the start of Easter celebrations.

Residents and staff got involved in the coproduction session by making pancake batter and then cooking their own pancakes. Residents who were fasting due to Ramadan still joined in and

took their pancakes to their room to eat once they could break their fast.

National Coproduction Week took place in March and was designed to get more of you involved in sessions and activities. Coproduction is about having everyone who is connected with a project or service working together to do something. It can also be staff and tenants coming together to improve a service or make a change.



Easter is here

Next weekend we have Easter Sunday (April 20) and whether you celebrate it as a religious holiday or simply enjoy the fun traditions like egg hunts and chocolate bunnies, Easter is a time of joy, renewal, and togetherness.

It is one of the most important holidays in Christianity, celebrating the resurrection of Jesus Christ from the dead. According to the Bible, Jesus was crucified on Good Friday and rose again three days later, on Easter Sunday. His resurrection symbolises hope, renewal, and the victory of life over death. Many people celebrate by attending church services, gathering with family, and enjoying festive meals.

Date change

Unlike holidays with fixed dates like Christmas (December 25th), Easter follows the lunar calendar. It is celebrated on the first Sunday after the first full moon following the spring equinox (March 21st). Because the moon cycle changes each year, Easter can fall anywhere between March 22nd and April 25th.



Easter fun

We have organised some Easter activities at Rowans Court which all Adullam tenants are welcome to attend.

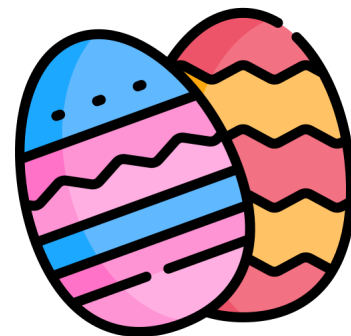
Come and join us on Tuesday, April 17 for an Easter Arts & Craft session between 2pm and 4pm. It will be fun, and you may discover an activity that turns into a new hobby for you. All equipment needed will be provided.

On Tuesday, April 22 there's a chance to join an Easter Egg Hunt and chase for chocolate. Who will find them? Children especially will love this.

Keep an eye out for posters advertising activities that we are putting on for you; they

Easter eggs

Eggs have long been associated with new life and rebirth, making them a perfect symbol for Easter. In Christian tradition, the egg represents Jesus' resurrection, just as a chick emerges from an egg, Jesus rose from the tomb. The tradition of decorating eggs dates back centuries. Today, Easter egg hunts and chocolate eggs are popular ways to continue this tradition. We have one taking place at Rowans Court on April 22.



Easter today

Easter is a time for family, faith, and fun. Whether you celebrate by attending a church service, enjoying a festive brunch, participating in an egg hunt, or simply indulging in some delicious chocolate, the holiday brings a sense of renewal and happiness. We wish everyone a happy Easter.

provide a chance for everyone to enjoy some time together and to get to know your team members better.

For those of you new to Adullam, Rowans Court is on Herbert Road in Small Heath.





School holiday offers

With the Easter school holidays here, many of you will be looking for ways to keep children and/or grandchildren entertained.

Eating out is a really good way for families to spend time together, and it doesn't need to cost a fortune, especially during school holidays when plenty of cafes and supermarkets have deals available.

In some places meals are free, in others they are reduced in price. The conditions vary, but here are a couple of examples.

As Asda, children aged 16 and under can eat for £1 when dining at any time of day in Asda Cafés. Children can have a hot or cold meal for just £1 and the store will include a free piece of fruit such as an apple, pear or banana when you buy the hot kids £1 meal deal. Alternatively, kids can have a £1 cold pick and mix selection that includes a sandwich, drink and piece of fruit, along with two treat items. Ella's baby food pouches are free for children under 18 months with any purchase.

If Morrisons is where you go to shop, you can get a bargain family meal out while you do your weekly shop. Children under 16 eat free at Morrisons cafe all day, every day, when an adult spends £5 or more on a meal.

You will find a full list of places offering meal deals for children and young people by going to the news section of the www.madeformums.com website.



Free courses for Job Seekers

Birmingham Metropolitan College (BMet) offers an exciting selection of short free courses supported by local job centres, leading to accredited qualifications.

They teach skills that are valuable to local employers and help you back into work. Their teachers use a wide range of well-planned teaching, learning and assessment activities to help you do the best you can.

Your course is free if you are aged 19 years and over and receive Universal Credit (UC), Job Seekers' Allowance (JSA) or Employment & Support Allowance (ESA).

An in-depth interview and assessment will be carried out to check your level of English and how suitable you are for the learning.

You can find out what courses are available by asking your Tenancy Sustainment Officer for help or visit <https://www.bmet.ac.uk/our-courses/courses-for-19/free-courses-for-job-seekers/>

These courses are offered in partnership with DWP – you will need to have Job Centre approval before starting a course.

If you are interested in joining any of the courses, please contact them via email and provide the following – **full name, date of birth, mobile number and email address** and they will arrange for you to be contacted to start enrolment. You can contact them via **0121 362 1174** and by emailing AdultSkills@bmet.ac.uk.

Gold award

We are extremely pleased to announce that Adullam Homes Housing Association have been awarded a RoSPA Gold Award for health and safety performance. This is the ultimate sign of achievement in safety and excellence.

RoSPA stands for the Royal Society for the Prevention of Accidents which is the UK's leading accident prevention charity. For over a century, RoSPA has been at the heart of accident prevention, and is the only UK charity to work across safety in homes, on roads, in leisure, in education, and in work.

Achieving a RoSPA qualification demonstrates a commitment to excellence in safety practices, enhancing credibility and legal compliance. There are different qualifying levels and a RoSPA Gold is the highest available to us.

The awards acknowledge organisations, teams and projects across all sectors for their continued commitment to protecting lives. Thanks to our Health & Safety Manager Paul

Wilkins and our Health & Safety Champions for this wonderful achievement.

You will see the Award certificate has been put up on communal notice boards for everyone to take a look at.



Get growing

Following requests from lots of you for benches in communal gardens, we have already done this at Rowans Court and are looking to do the same at our Park Avenue scheme next.

You can see the great progression of the gardens at our Rowans Court scheme from the photos here. Residents there have been looking after the garden, maintaining and keeping an eye on its development.

There are lots of benefits to getting involved in gardening. Outdoor gardening improves your physical health, it boosts your mental health and protects your memory, and it relieves feelings of stress and anxiety.

By doing it with others gardening helps build new relationships and connections. It creates a beautiful space where you can relax, and, if you start growing your own fruit and vegetables you will begin to eat healthier.

Please get in touch with your housing officer and let them know if you want to be involved with Adullam's Gardening Project. Tell us what

equipment you need and what flowers or seeds you want to plant, and we can get growing!



How to contact us

If you have any questions or concerns, don't hesitate to contact us at 0121 271 0789 or email info@adullam.org.uk.

Adullam's mission is to provide the best support and services we can. Your feedback is vital in helping us improve and making sure we meet your needs.

Thank you for being part of our community. We look forward to continuing to support you in the year ahead.

Income Recovery Officer – Soulmaz Mosavi



Wi-Fi ADDED

We know how important being able to get information and to communicate are to you, and for that reason we are introducing Wi-Fi at all the supported properties we manage. This is why you might have noticed Wi-Fi charges on some rent breakdowns this year.

Making Wi-Fi available for you helps remove one of the things that can stop you from being what is called digitally included.

Digital inclusion means you have connection to the Internet and know how to use digital equipment so you can use these to take part in and keep up to date with social activity, learning, health, social and community events.

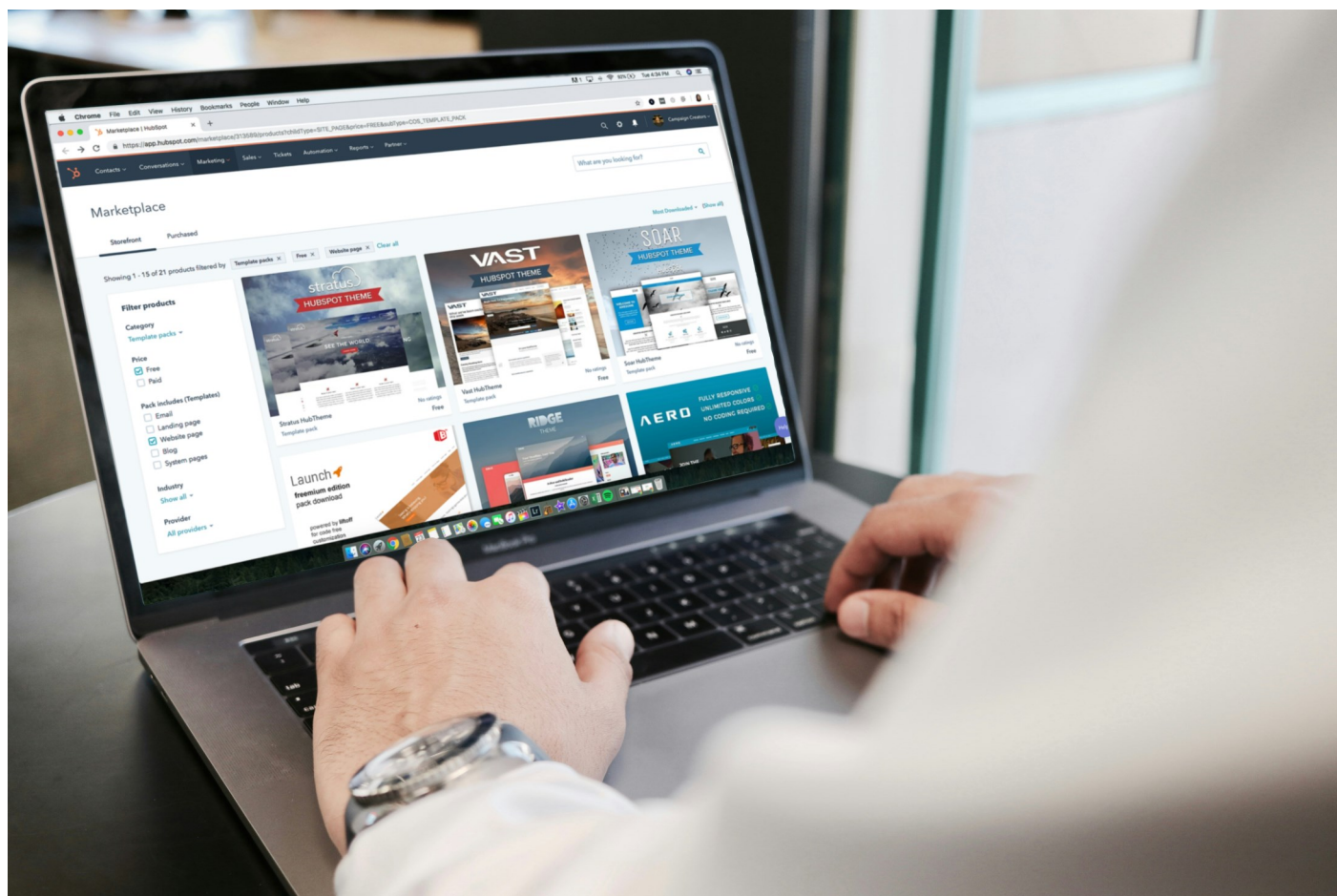
Digital inclusion allows everyone, regardless of their location or abilities, to develop and improve their digital skills. Among other things this helps with job opportunities.

However, there are many barriers that stop us from being Digitally Included. These are:

- **Access** - not everyone has the ability to connect to the internet and go online
- **Skills** - not everyone has the ability to use the internet and online services
- **Confidence** - some people are afraid of online crime, lack trust or don't know where to start online
- **Motivation** - not everyone sees why using the internet could be relevant and helpful

Adullam's own in-house ICT team has been working with external organisations to see what else we can do, as well as providing Wi-Fi, to remove other barriers that some of you might have.

You can find more information about Digital Inclusion on the NHS website at <https://digital.nhs.uk/about-nhs-digital/corporate-information-and-documents/digital-inclusion/what-digital-inclusion-is>



Tenant spotlight

We are excited to introduce a new section to the newsletter, dedicated to showcasing the skills and talents of you, our tenants.

We start with the art of Diamond Painting and a piece that has been completed by our clearly creative tenant Michelle Bogues. Diamond Paintings are a relatively new art form that combine the precision of cross stitch with the sparkle of mosaics. This is rapidly becoming a new favoured hobby because of its many benefits which include boosting creativity, reducing stress, and offering a satisfying sense of accomplishment upon completion.



We're sure you'll agree this piece by Michelle looks fantastic.

If you are interested in picking up Diamond Painting as a hobby or would like Adullam to organise a coproduction session that any residents can attend, please make your Tenancy Sustainment Officer aware.

The next achievement we would like to

highlight is the garden improvements that have been actioned at one of our schemes called Millbrook. Hadrat who lives there has been helping and volunteering with gardening which is making a huge difference to the surroundings and appearance for everyone who lives at Millbrook.

Well done and thank you Hadrat. The photos of the garden show just how much has been done.



If you would like us to showcase your talents/skills or volunteering work in the next newsletter, please let a member of Adullam staff know before June 2025.



Rent uplift

As the new financial year approaches, we would like to update you on the rent and service charges for 2025-2026. We have already sent you a breakdown of the new charges, explaining what they cover, why some have increased, and which ones are eligible for Housing Benefit.

To ensure full understanding, we organised drop-in sessions where tenants could meet with our team leaders and Income Recovery Officer. These sessions took place at our sites, including Walter Moore House, Rowans Court, and Park Avenue, giving tenants a chance to discuss the new rent proposals and ask any questions they may have had.

Rent consultation

A rent consultation session at Walter Moore House in West Brom was highly valuable, providing tenants with the opportunity to ask questions and share their concerns about the reasons for the rent and service charge increases. It also allowed us to explain how tenants' payments are used and gave us a chance to listen to feedback. We are pleased to report that the session was successful, as we were able to address the concerns raised and provide clear answers to all who attended.

Feedback

During the rent consultation, we collected valuable feedback which will help guide our rent decisions for the 2025-2026 financial year. For those who could not attend in person, we invited them to submit questions through Slido.com. We also encouraged tenants to take part in our Tenant Budget Consultation Survey.

The feedback we received gave us a deeper understanding of your concerns and provided useful suggestions on how we can improve our services moving forward.

How your rent is used

At Adullam, it's important to understand that



we are a non-profit organisation. We do not make a profit from the rent we charge. The money we receive goes directly toward covering essential expenses, which include:

- Ensuring legal gas safety standards are met.
- Carrying out maintenance and improvements (e.g. upgrading kitchens and bathrooms).
- Meeting health and safety standards.
- Covering utility costs (gas, electricity, and water).
- Paying staff, such as cleaners, concierges, finance teams, HR, and managers.
- Meeting rent and Council Tax requirements.
- Funds are used solely to ensure the safety, comfort, and wellbeing of you all.

Income Recovery Officer – Soulmaz Mosavi



Bin strike

You will not have failed to realise that your bins have not been collected, this is because of strike action by City Council workers. Birmingham bin workers are currently on an all-out strike.

Here is advice from Birmingham City Council about how to deal with the situation.

What should I do about my missed collections?

You should continue to put your bins out as usual, and the Council will get to them as soon as possible. This might be on a weekend. Alternatively, you can dispose of your refuse and recycling at one of Birmingham's five Household Recycling Centres, you will need to **book a slot before you visit**. The Household Recycling Centres (HRCs) have extended their opening hours, as listed below.

Weekdays (Monday to Friday)

- Tyseley, Perry Barr, Kings Norton HRCs: 8am to 8pm
- Castle Bromwich and Sutton Coldfield HRCs: 8am to 6pm

Weekends (Saturday and Sunday)

- Tyseley, Perry Barr, Kings Norton: 8am to 6pm
- Sutton Coldfield and Castle Bromwich: 8am to 4.30pm

Slot bookings will also reflect these opening times to allow more people to attend.

Should I let the Council know when my bin is not collected? We will be aware of bins not being collected; however you can also report your missed bin collection on the Council's website.

Will I still receive assisted collections?

Yes, you will still have your assisted collection service provided. This is a priority collection.

Is the Council still taking requests for replacement bins? The Council has paused taking requests for replacement or additional

bins. If you ordered a missing residual bin (grey lid) that has been paid for, or a garden waste bin, before the pause, they will aim to deliver your bin as soon as possible. If you do not have a residual waste wheelie bin (grey lid), you can temporarily use bin bags instead of your wheelie bin.



When will bin collections get back to normal? The Council hopes to return to normal collections as soon as possible, we are sure it will be announced all over the place when they do.

If the Council doesn't collect my bins, can I withhold my Council Tax? It is a legal responsibility to pay Council Tax, and you are urged to continue doing this. The current situation is the result of industrial action taken by Unite the Union, not due to the Council's actions. Council Tax is collected to fund Council services generally, not just bin collections.



NEW TEAM SHAPE

We have decided to have an internal restructure and change the number of Tenancy Sustainment Officers we have in the team.

Currently we have eight Tenancy Sustainment Officers, and one Housing Coordinator, managing over 250 properties across Birmingham. We have researched the number of supported tenants in service and their length of time with us, and we have reviewed the Tenancy Sustainment Officers' patches and locations.

From our findings we have concluded that we only need six Tenancy Sustainment Officers.

We have also moved 31 tenants from supported accommodation into general needs accommodation.

In line with the changes, due to be completed in April/ May 2025, you may have a new Tenancy Sustainment Officer that will be

supporting you.

Birmingham Housing Management Team members have been given extra training and advice in regard to recruitment, so that we can ensure the right people are employed into our service.

If you would like the opportunity to be on an interview panel, please get in touch with your current Tenancy Sustainment Officer.

If you have any questions about the restructure, please do not hesitate to contact either of the Team Leaders using their details below.

Destiny Gooden – Team Leader North – 07458090488

Iman Nur – Team Leader South - 07356103857

ASB App – capture the evidence

The ASB App is a service that Adullam funds to support tenants suffering from Anti-Social Behaviour (ASB). It is available to every one of you, free of charge.

The App is an all-round tool that allows you to record, monitor, and report anti-social behaviour (ASB), such as noise, nuisance, and disputes simply using your mobile phone.

With the App you can make an ASB report 24 hours of the day, seven days a week. You are able to upload videos or pictures of behaviour happening as it takes place. You can keep these stored with your case/ claim. It means you have got concrete evidence which helps Tenancy Sustainment Officers, and police if necessary, to deal with cases.

If you have any issues relating to the ASB App, including not being sure how to use it,

please contact your Tenancy Sustainment Officer and they will be more than happy to help you.



HomeSwapper

HomeSwapper is the UK's largest community of social housing tenants looking for a house swap/mutual exchange. It's a user-friendly, quick and easy way of finding both local and national moves with 500,000 social tenants currently on HomeSwapper.

Adullam Homes Housing Association's commitment to HomeSwapper means that our tenants can sign up for the service free of charge! We currently have eight live applications with HomeSwapper and want to encourage more of you to sign up.

A house swap/mutual exchange is where one tenant agrees with another tenant to swap homes. This means that the tenant 'assigns' their interest in a tenancy to another person. The tenancy itself continues on the same basis, the tenancy does not end, neither does a new one start. It is the tenant who changes.

Tenants of Adullam Homes Housing Association may swap/exchange with:



- Other Adullam Housing Association tenants
- Tenants of Local Authorities
- Tenants of other Registered Social Landlords
- Tenants of Charitable Housing Trusts
- But **not** with:
- Tenants of private landlords

You need our written permission to exchange and there are certain circumstances where we may withhold that permission. To find someone to exchange with, you can register at www.homeswapper.co.uk

If you have any questions regarding HomeSwapper, please contact **Imran Khan - 07458090487**

ASB awareness week

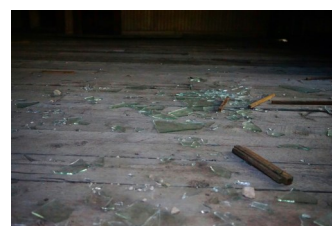
Each year there is a week dedicated to raising awareness of anti-social behaviour (ASB).

The week is supported by all police and fire forces in the country local authorities and thousands of housing providers including Adullam .

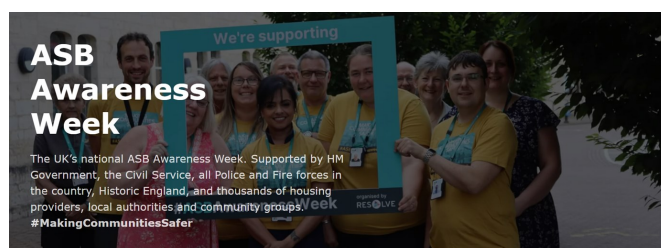
In 2024, for example, some of our projects organised resident meetings with discussions taking place about the subject, workshops for tenants were organised, displays were put on communal noticeboards, and feedback forums took place.

This year the week runs from June 30 to July 6 and Adullam has already made plans for it. We will be concentrating on support for victims of ASB and on helping make everyone aware of the different ways available for reporting ASB.

Training sessions for our staff have been organised, making sure they are fully up to date with our policy and can provide the best support possible throughout cases.



If you have any ideas or requests about what you would like to see during the week, please let your Tenancy Sustainment Officer know, we welcome your involvement.



My Home Contents Insurance Scheme
Designed for tenants in social housing



My Home
Contents Insurance



Are you covered?

Your Landlord does not insure your furniture and belongings. However, we can offer all our tenants and residents the chance to insure their home contents and belongings.

The My Home Contents Insurance Scheme can cover most of your household contents such as furniture, carpets, curtains, clothes, bedding, electrical items, jewellery, pictures and ornaments, caused by specific events such as, theft, water damage, fire and many more household risks.



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Some of the benefits are:

- Storm and flood damage is covered, excludes damage caused by frost or anything that happens gradually.
- Cover for damage caused by escape of water, such as a burst pipe or a leaking washing machine, the policy does not cover the equipment or appliance.
- Tenant's liability – We will pay up to 35% of the contents sum insured for damage to your landlord's fixtures and fittings which you are legally liable for as a tenant. There is no cover available if your home is unoccupied for more than 60 days in a row
- Flexible Pay-As-You-Go options: Online purchases by Direct Debit only (4.6% transaction fee applies). Other methods, like fortnightly or monthly cash payments via swipe card (46p transaction fee applies) or credit/debit card, are available by calling us.

These are just some of the features, limits and exclusions of the Policy. For more information about our policy, please refer to the Insurance Product Information Document (IPID) and Policy Wording, which is available upon request.

Tel 0345 450 7288 (Monday - Friday 9.00am-5.00pm)

E myhome@thistleinsurance.co.uk W thistlemyhome.co.uk

Request a call back at www.thistlemyhome.co.uk/call-back

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Easter recipe

This mini egg cheesecake is topped with a cute chocolate nest, which perfect for an Easter celebration. If you want to keep it simple there are lots of lovely mini eggs mixed through the cheesecake, too. It's a no-bake recipe, so dead simple to make, but it needs a few hours to set (or ideally overnight).

Ingredients

For the base

- 250g/9oz chocolate digestive biscuits
- 80g/2¾oz unsalted butter, melted, plus extra for greasing

For the filling

- 680g/1lb 8oz full-fat cream cheese, at room temperature
- 90g/3¼oz icing sugar
- 1½ tsp vanilla bean paste
- 320ml/11fl oz double cream
- 320g/11½oz sugar-coated chocolate mini eggs, roughly chopped, plus extra to decorate

For the chocolate nest

- 30g/1oz shredded wheat cereal
- 70g/2½oz dark chocolate, broken into small pieces
- 15g/½oz salted butter

Method

1. To make the base, line the bottom of a 20cm/8in springform or loose-bottomed cake tin with baking paper and lightly grease the sides.
2. Add the biscuits to a food processor and blend to a fine crumb texture. Alternatively, add them to a food bag, seal and bash with a rolling pin. Pour the biscuits into a bowl and stir in the melted

butter.

3. Tip the biscuit mixture into the tin and use the back of a spoon to press down firmly and evenly. Place the tin in the fridge to chill.
4. To make the filling, place the cream cheese, icing sugar, vanilla and half of the double cream in a large bowl and beat until smooth and thick. Stir in the chopped chocolate eggs.
5. In a separate bowl, whip the rest of the double cream until it forms stiff peaks. Fold this into the cream cheese mixture.
6. Pour the filling into the tin and level the top. Leave to chill in the fridge for at least 6 hours or overnight.
7. To make the chocolate nest, crush the wheat cereal in a bowl and set aside. Set a heatproof glass bowl over a saucepan of gently simmering water, making sure the water does not touch the bowl, and add the chocolate and butter. Stir occasionally until the chocolate is completely melted.
8. Pour the chocolate onto the wheat cereal and stir until completely coated. Line a small bowl with cling film and spoon in the chocolate nest mixture, pressing firmly up the sides to create a nest shape. Place in the fridge to chill until solid.
9. When ready to serve, remove the cheesecake from the tin. Unmould the chocolate nest and place it on top. Fill the nest with mini chocolate eggs, letting some spill over onto the cheesecake before serving.



Counselling and therapy help

After looking at support plans and exploring the common themes that you said you needed support with, we found that the most frequently mentioned goal that we can help with was better management of mental health.

To help with this, we can refer you, our tenants, to counselling and therapy sessions.

Counselling and therapy help by concentrating on:

- Improved communication and people skills.
- Greater self-acceptance and self-esteem.
- Ability to change self-defeating behaviours/habits.
- Better expression and management of emotions, including anger.

You may ask what the difference between counselling and therapy is. Broadly speaking, counselling tends to be focused

on one specific issue and considered a short-term treatment. You may learn coping techniques and problem-solve the issue with your counsellor. On the other hand, psychotherapy tends to treat a broader range of issues and more complex problems.

If you are interested in being referred to counselling or therapy, please inform your Tenancy Sustainment Officer, and they can arrange a session to help you.

If you are a general needs tenant and would like to access counselling or therapy, we have listed a few below that you can contact to self-refer:

- Pattigift Therapy
- Living Well Consortium
- Birmingham Healthy Minds
- RSVP Counselling



BIRMINGHAM

What's On

Murder Mystery Experience – March 11th, 2025 – December 31st, 2025

Get ready to immerse yourself in an exciting and exclusive adventure. Explore the city like never before with our cutting-edge mobile app as your trusty guide.

Under Spaghetti: Walking tour beneath Spaghetti Junction – March 16, 2025 – June 29th, 2025

Under Spaghetti walking tour takes you to a startling and unique space few people seek out - beneath the Gravelly Hill Interchange also known as Spaghetti Junction.

The Lanchester Marionettes – March 20th, 2025 – April 30, 2025. (Free entry)

In the early 1930s Waldo performed in Malvern, and it was here he met Muriel Bell, who he later married. In 1936 they formed the Lanchester Marionettes and opened a theatre at their home, Foley House, in Malvern. The Lanchesters fast became the premier puppet company in Britain performing before Royalty at Buckingham Palace and even having a play written for them by George Bernard Shaw, who described Waldo as "the chief living puppet master". In 1951 they moved to Stratford upon Avon, opening a puppet centre opposite Shakespeare's birthplace. After this move, they retired from big performances. This exhibition will look at a range of their marionettes (puppets), from their earliest to the some of the final ones they made and performed.

Beyond the Canvas – March 18, 2025 – June 7, 2025. (Free entry)

As part of 25th anniversary celebrations, Rugby Art Gallery & Museum presents its first major exhibition in partnership with the Ingram Art Foundation. This show explores diverse styles and techniques that shaped 20th century British sculpture. It features

works from both the Rugby Collection and the Ingram Collection. It's designed to ignite curiosity and spark

conversation for both adults and children alike.

The Rusty Players Orchestra – March 20, 2025 – October 21, 2025

Do you play an instrument? Did you used to play one but haven't for a while? Are you a beginner? Do you simply lack confidence in your playing? If you answered 'yes' to any of these then The Rusty Players Orchestra (Black Country) is for you! Back in 2019, The People's Orchestra introduced a new ensemble called The Rusty Players Orchestra. The idea behind the group is to provide mentoring and performance opportunities for musicians who feel 'a little rusty.' Rusty could include people who have not played for a while, have just started on an instrument, or simply lack confidence. Rusty provides a safe, friendly, and supportive environment for musicians to have fun making music. Mistakes are encouraged, as they are the best way of improving, and confidence is boosted. The Black Country group rehearses at the Newhampton Arts Centre, Wolverhampton; rehearsals are on Tuesday evenings from 19:00-21:00.

These are just a few highlights we wanted to share. By visiting the website below, you can get the full details of these, explore all the events happening in Birmingham throughout the year, and identify what interests you. Please visit: <https://visitbirmingham.com>

If you and a group of fellow residents would like to attend the same event, we can arrange a coproduction session to make it happen. Please let your Tenancy Sustainment Officer know.



EID WORDSEARCH



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LUNAR
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