



Adullam
Homes Transforming Lives

Tenant newsletter

Autumn 2025

Super award successes

Thank you and well done to all of you who took part, attended, and came away with a win or highly commended at this year's **Adullam Excellence and Inclusion Awards.**

This is the second year we have run an awards event, and yourselves and staff were invited to make nominations in six different categories.

The awards event took place at Staffordshire County Showground, and it was great to have some of you there. Trophies and certificates were presented by Adullam's Chief Executive Alison Sargent.

There were several successes for Birmingham tenants in the awards. In the Community Award, Rowans Court resident Akim Kogut was highly commended.

Utilising the space within her patio area via communal garden Akim grows all types of vegetable produce. She achieves this in a small space and says it can be replicated throughout the Association.

The judge said: "Akim shares her produce with other tenants, benefiting their food income and enhancing their wellbeing. She is an asset to her community."



In the Tenant Voice Award, our Tenant Scrutiny Panel (TSP), made up of residents from Birmingham, was Highly Commended.

The TSP helps Adullam meet the Social Housing Regulator's Consumer Standards. It sees tenants directly debating and influencing changes based on tenant and resident feedback.

The judge in this award said: "It is really impressive that people are volunteering their time, working together and collaborating with a commitment to making a positive difference."

Everyone who was nominated for an award received a certificate, recognising their achievements and successes.

Inside this issue...



Staying Warm
Page 2



Garden great
Page 5



Join in!
Page 7

Stay warm and well

Cold weather can affect your health, particularly if you are elderly or have a long-term health condition such as diabetes or heart disease.

Here are a few tips on keeping your home warm and ways of looking after yourself in the cold.

Wear several layers of clothes, this keeps you warmer than one chunky layer. Wrap a scarf loosely around your mouth when outdoors, a hat also helps.

Use a hot water bottle or an electric blanket in bed – but don't use both together.

Have at least one hot meal a day and have hot drinks regularly.

Try not to sit still for more than about an hour – get up and stretch your legs on a regular basis if you are able to. If you find it difficult to walk about, stretching your arms and legs can also help keep you warm.

You should treat minor winter ailments like colds or sore throats promptly. NHS England provides information on steps you can take to manage colds or sore throats yourself.

Have stocks of food and medicines in the cupboard to avoid the need to go out when it is very cold and untreated pavements are icy.

Try to reduce draughts in your property. Fit draught excluders around your doors and windows. You can buy these for reasonable prices at DIY stores and shops such as B&M, Dunelm, and Home Bargains.

Keep your bedroom windows closed at night. Closing the curtains in all your rooms will help to keep heat in.



Put foil behind radiators on external walls to reflect heat back into the room and improve energy efficiency. Using a specialized radiator reflector foil is better than regular kitchen foil, as it is designed to be more durable and more cost-effective, long-term.

Try not to dry washing on your radiators. If you do this it prevents the heat from coming out to warm the room, and it creates condensation which can lead to damp and mould in your property.

Awaab's Law is a new law that came into force on 27 October, 2025. This new law requires social landlords to fix reported damp, mould, and emergency repairs within strict timeframes. If you are concerned about Damp or Mould in your property, please call Customer Services on 0121 271 0789. You will also find more information and advice on our website, www.adullam.org.uk

Small changes can make a big difference and we hope these tips help you stay warm and well during winter.

Changes for the better

Work has been carried out on our block of eight flats and bungalows at Long Street, Birmingham to help reduce anti-social behaviour and improve the lives of our tenants there.

There had been long-standing issues with anti-social behaviour (ASB), particularly relating to drug dealing and people using the rear fence of the property to get into the grounds to avoid them being seen on the main road.

Adullam has taken action on tenancies and provided neighbours with access to the ASB app to help them make reports, alongside the CCTV that is fitted at the location.



Also as part of the measures we have cut back the bushes alongside the road and fitted a different fence to prevent people being able to easily jump over it.

A careful balance has been achieved, taking into account avoiding the ground floor tenants losing light in their properties because of a fence being installed.

Asset Team member Matt has fitted a trellis-style fence along with a gate to the car park entrance to improve security without making tenants' properties dark or closed in.

We have listened to what the residents said were issues here and have taken action.

We are looking forward to seeing positive results from Matt's hard work and Adullam's investment in the property improvements.

STANDING TOGETHER

Safeguarding Week & White Ribbon Day 2025

This month (November), two important campaigns, Safeguarding Week and White Ribbon Day, invite us to think about how we and others are being treated.

Safeguarding Week 2025

Safeguarding Week ran from November 17 - 21. Its theme this year: "Prevention – Act Before Abuse". Safeguarding isn't just a policy. It's a promise. A promise to look out for one another, to spot the signs of harm, and to help before it's too late.

During this week, and throughout the year, we encourage everyone, tenants, neighbours, colleagues to learn, notice, and speak up. Violence and harm can touch anyone. Awareness makes all the difference.

Learn the signs - Know how to spot abuse or neglect. Awareness is the first step to prevention.

Open gentle conversations - talk with your friends and neighbours about safety and support. Small chats can make a big difference.

White Ribbon Day 2025

White Ribbon Day falls on November 25 and



marks the start of 16 days of activism against gender-based violence. It's a time to reflect on how each of us can help end violence against women and girls.

Effective ways in which you can be a part of White Ribbon Day include wearing a white ribbon as a visible sign of support and starting gentle conversations - talk with those around you about respect, consent, and safety.

Helplines

If you or someone you know needs help, support is there. [You can talk to a member of Adullam staff, and there are national helplines you can contact.](#)

National Domestic Abuse Helpline:
0808 2000 247 — 24/7

Men's Advice Line: 0808 8010 327

Women's Aid: <https://www.womensaid.org.uk>

In immediate danger? Call 999

Improved garden space

A discussion between Andy, one of our residents at Haldane Court, and Tenancy Sustainment Officer Imran Khan about planes passing over the garden of the property from nearby Birmingham Airport has resulted in the making of several pieces of new garden furniture.

Andy has extensive experience in carpentry and offered to make the furniture in his free time. He did everything from drawing the plan to assembling it all.

Timber for the first table set was provided by Matt from Adullam's Assets team.

The size of the garden at Haldane means Andy has decided to make a second one, allowing residents the chance to enjoy the garden space.

Residents have all put their ideas together from the placement of the bench and the choice of paint colour.

Also, not forgetting a separate co-production of litter picking which encouraged them all to enjoy their green space in a cleaner environment.



With offcuts Andrew made a few planters after collaboratively discussing with other residents what they thought he should do with the leftovers.

The bin store was falling apart so he used the timber that he can resurrect to make another picnic bench and has started making a brand new bin store which is under works.

The changes have been welcomed by residents.

Jack Reade mentioned he thinks the benches are a great idea and make the garden more welcoming.

Nathan Woodhouse said that he has wanted something like this for a while and is pleased that this has now been completed. He added that when his kids visit he will have chippy tea there and do activities like colouring rather than be stuck inside.

Wayne Yates said he feels this will bring togetherness in the block and a sense of community.

Well done everyone, the improvements are a great achievement.

What's on – free things to do

MIDLANDS ARTS CENTRE (MAC)

Looking for something creative and Christmassy to do this season? MAC in Cannon Hill Park has some fantastic free events coming up:



LIGHT PAINTING – FREE DROP-IN



Hexagon Theatre | 31 Oct | 10am - 12pm & 1pm - 3pm

Make shapes, write text and express your creativity, guided by an experienced photographic artist and educator. Participants will receive a digital or printed copy of their final image to take home.

- Free, drop-in activity.
- First come, first served.

FESTIVE BIRD DECORATIONS – FREE DROP-IN

Terrace Gallery | 15 Nov | 10am–12pm & 1pm–3pm

Join Birmingham artists Juneau Projects to make your own bird-inspired festive decoration. Take it home or add it to MAC's giant Christmas tree!

- Free, drop-in activity (while materials last).
- First come, first served.



CHRISTMAS ARTS MARKET – FREE ENTRY

MAC Foyer & Bar | 29 & 30 Nov, 6 & 7 Dec | 11am-5pm

MAC's Christmas Arts Market is back!

Browse and buy unique gifts from local designer-makers, including ceramics, jewellery, paintings, prints, textiles and more.

What to expect:

- A wide range of handmade, high-quality gifts.
- The chance to meet and chat with the makers.
- Seasonal drinks, snacks and meals at the **KILN Café** (including a Sunday roast – no washing up for you!).

How to get there

- **By Bus:** Services 1, 35, 45, and 47 all stop near Cannon Hill Park.
- **By Car:** MAC has a pay-and-display car park, but spaces can be limited at busy times.
- **By Bike/On Foot:** Located inside Cannon Hill Park, MAC is easy to reach on foot or by cycle paths.
- **Accessibility:** MAC is fully accessible, with lifts, accessible toilets, and wheelchair access throughout.
- Accessible and companion tickets can be booked online.

What's on – free things to do

FREE WOMEN ONLY ZUMBA | HANDSWORTH

Timetable: Mondays | 11am - 12pm

- **Location:** 38A Victoria Rd, Handsworth, Birmingham B21 0SA
- **Suitable For:** Women only
- **Price & Booking:** FREE. Limited space so call [0121 551 9020](tel:01215519020) for booking info.

FREE women-only Zumba group for all ages and abilities every Monday at the Handsworth Baptist Church, with a health and well-being group discussion.

FREE CHILDREN'S BOXERCISE CLASS | ALUM ROCK

- **Timetable:** Tuesdays | 3:30pm - 4:30pm
- **Location:** 80 Anthony Rd, Alum Rock, Birmingham B8 3AA
- **Suitable For:** Children only
- **Price & Booking:** FREE. Limited space so call [0121 752 1930](tel:01217521930) for booking info.



Paint & Sip

Paint & sip competition

For Adullam tenants & residents

Prizes to be won

1st	2nd	3rd
£25	£15	£10

Refreshments provided

Event details

3rd December 11am-2pm

34 Dudley Street, Walter Moore House, West Bromwich, B70 9LS

If travel arrangement is needed please let your TSO know.

Come and join us!

We have organised a coproduction event for December that will give you the chance to get out, spend time with others, and have a chance of winning a cash prize.

Have a go at painting, and enjoy refreshments while you do so. All free of charge! You don't need any painting experience, everyone is welcome to join in.

The event is taking place at Walter Moore House, Adullam's head office, in West Brom.

There is no need to worry if you don't have transport or can't manage the buses or trams, contact your Tenant Sustainability Officer (TSO) and they will help to organise something.

We really hope you will come along.

Christmas and New Year waste collection schedule confirmed

Plans for waste and recycling collections in Birmingham over the Christmas and New Year period have been confirmed.

There will be no collections on Christmas Day or Boxing Day. Households with collections scheduled for these two days will have collections on 29 and 30 December respectively.

While every household on other days will get a collection they will be on alternative days to their usual collection days.

Traditionally, waste crews have never worked Christmas Day or Boxing Day, but there will be a collection on New Year's Day. However, residents' usual collection days will be different so please make sure you check before putting out your bin.

The city's network of Household Recycling Centres will be open every day except for Christmas Day and Boxing Day. Please book a slot before going.

Scheduled collection date	Actual collection date
25th December	29th December
26th December	30th December
29th December	31st December
30th December	1st January
31st December	2nd January
1st January	3rd January
2nd January	4th January
5th January	5th January

How to get in touch with us

Customer Services - 0121 271 0789

(Monday to Thursday 9am to 5pm and Fridays 9am to 4pm)

Email: info@adullam.org.uk

Out of Hours contact (EMERGENCIES ONLY)

Landline: 0121 643 0883

Mobile: 07920 720 900

Repairs: repairs@adullam.org.uk

Head Office: Walter Moore House, 34 Dudley Street, West Bromwich, B70 9LS

Website: www.adullam.org.uk

Use the online form on the Contact Us page to send an email directly to us.