



Adullam
Homes Transforming Lives

Tenant newsletter

July 2025

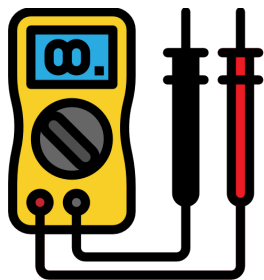
Everyone can join in!

Inside this issue...

You say, we do



PAT testing



New activity



Hey everyone!

We're always looking for ways to better engage with you and to make our community even stronger. To help with this, we'd love to hear from you about the types of groups and activities you'd be interested in joining in with.

Here are a few examples to get your ideas going:

- **Workshops and training** – covering subjects such as home maintenance, tech skills, or financial know-how.
- **Community events** - Social gatherings, BBQ, or holiday celebrations.
- **Discussion groups** – Meetings at different levels such as for specific schemes, areas, and regions so you can chat about community improvements and discuss concerns.
- **Volunteer opportunities** – Working together on local projects to give back to the

community.

- **Tenant Scrutiny Panel** – This is a more formal group with Terms of Reference. The members review and assess services, policies and procedures. They are not there to deal with individual issues.
- Let us know what you think! Having you included is super important to us, and we're excited to hear your ideas! Speak to any member of the Adullam team to share your



You say, we do

As a result of your feedback regarding garden maintenance, we're pleased to let you know that we've taken action on several sites and the improvements can be seen. Have a look at the before and after photos with this article.

Our goal is to ensure that all communal gardens are well-maintained and enjoyable for everyone.

While we're encouraged by the progress so far, we still need your input to ensure we're meeting your expectations. Please continue to let us know how well the gardens are being maintained. Your feedback is invaluable in helping us monitor the quality of work and to making any necessary adjustments.

Thank you for your ongoing support in keeping our community thriving.

One of the things brought up, was in relation to litter at St Andrew's Court, where residents said they would like the litter to be removed to make the patch look more welcoming.

We recently had a handyman visit St Andrew's to help with litter picking — but we'd love those of you who live there to get involved too.



Before



After



St Andrew's Court visit

A visit by Adullam's Head of Adult Services Jenny Morgan to different sites in Birmingham gave her a chance to meet with some of you and get feedback on what improvements you want to see.



After

Very soon, we'll be receiving equipment and supplies so that everyone can take part. A cleaner site means a safer, more welcoming space that we can all be proud of.

If you'd like to help out or find out more, please contact your TSO (Tenancy Sustainment Officer) or Housing Coordinator.

Staying safe in the heat

We had an unusually warm spring this year, and summer temperatures so far have had several periods of being high. There is still a chance we could get more very warm periods, so here are some useful tips to help keep you safe during periods of hot weather.

Although our bodies benefit from sunlight, too much exposure to the sun's rays can damage the skin and cause burning. Our bodies can become overheated during hot weather, which can lead to health problems, so we all need to ensure that we protect ourselves properly during these conditions.

Find useful advice here: <https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/staying-cool-in-a-heatwave/>

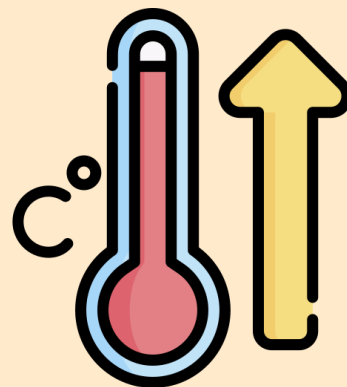
Protecting yourself from direct sunlight:

- Wear light clothing or wear loose-fitting clothes
- Wear a hat to protect your head from burning
- Stay in the shade whenever possible
- Use a high factor sunscreen of at least SPF30 on any exposed skin

- Drink plenty of water to avoid dehydration.

If you're indoors:

- Consider opening windows. Sometimes it may be better to keep the windows closed, draw the curtains, and use a fan
- Try not to sit in direct sunlight, especially behind glass
- Ventilate the area as much as possible
- Stay hydrated by drinking water regularly.
- Keep an eye on elderly neighbours, young children, and pets — they're more vulnerable to heat.
- Let's all stay safe and comfortable for the rest of summer!

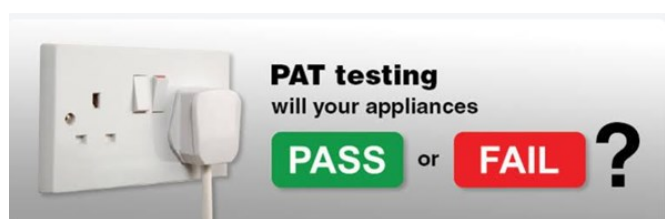


PAT Testing

What is PAT testing?

PAT testing or (PAT stands for Portable Appliance Testing) is a system of electrical equipment testing and record maintenance where all portable electrical appliances are tested and checked to see if they are safe. Testing includes a thorough visual inspection of the appliance before a series of electrical tests are performed.

If you would like to have your electrical appliances PAT tested, please contact Customer Service by calling 0121 271 0789.



SO MUCH TO ENJOY!

Birmingham is buzzing with activity, and there's something for everyone in our vibrant community! From lively festivals and cultural celebrations to informative workshops and family friendly gatherings, there's always something exciting happening.

Getting involved in local events is a fantastic way to connect with your neighbours, discover new interests, and contribute to the spirit of our city. So, why not step out and explore what Birmingham has to offer. You might just find your new favourite pastime or make lasting memories. Below we have handpicked a few ideas:

- **Birmingham Museum and Art Gallery and its collection** – Free admission

The Birmingham Museum and Art Gallery holds a collection of Pre-Raphaelite art that includes around 2000 fine and decorative pieces, from oil paintings, tapestries, drawings, sketchbooks, stained glass and related cartoons, to prints, illustrated books, watercolours, ceramics, and archive material. Furthermore, the Birmingham Museum and Art Gallery holds

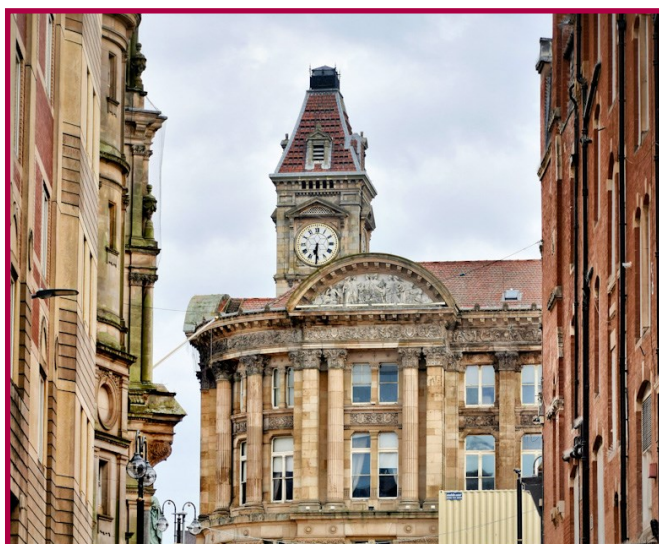


Photo by Adam Jones on Unsplash

collections covering ceramics, jewellery, metalwork, archaeology, ethnography, industrial history, local history and natural history.

- **Free Jazz Fridays**- Live events – every two weeks at the Symphony Hall Birmingham since Friday, July 4. Future sessions will be on August 1, August 15 etc.
- **Eastside City Park** - Why not spend a few hours at Eastside City - the first urban park created in Birmingham for 130 years which lines the front of Millennium Point on Curzon Street in the city centre. Features include 310 trees, formal lawns, public squares, and a canal feature running 188m and incorporating 21 jet fountains. The park also incorporates the existing Science Garden, which forms part of the neighbouring Thinktank Birmingham Science Museum.
- **Beginner Cycling Sessions** - Thursday 6.30pm to 7.30pm - Laurel Road Community Sports Centre, B21 9PB 0121 523 6802
- **Yoga** Every Thursday 6.30 pm to 7.30 pm £2 per class. Nishkam Centre, 6 Soho Road, Handsworth, B21 9BH – Havinder Singh Padhaal 0121 515 4229
- **Runwiththebeard** – Get fit. Make friends and run together. Free running sessions suitable for beginners and intermediate runners. Every Thursday 7pm at the Clem Dench Scouting HQ, Hamstead Hall Rd, B20 1HX. Led by qualified UK Athletics Run Leaders Chan 07957351121 and John 07720435048.

New doors fitted

We're excited to share that new composite front doors have been installed, offering improved security, energy efficiency, and a fresh modern look.

Dozens of you were contacted by Urban Stone Property who worked for us to fit new front doors on your home.

You were given a choice of two different styles and five colours and were also able to choose when your new door was fitted.

We think they look great and hope you agree that involving you in decisions about them has helped everyone get what they wanted, when they wanted it.



Register your appliances to help keep your home safe

Would you know if one of your household appliances had a fault?

Probably not. By registering them (old ones as well as new) you will never miss out on appliance recalls. You will also be the first to know of any safety repairs or recalls.

It is completely free of charge.

Registering is a wise safety precaution.

In a very small number of cases, manufacturers may identify problems with an appliance once the product has been in use for some time. They then need to contact you to get the fault corrected.

Go to www.registermyappliance.org.uk for details and to register.



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.

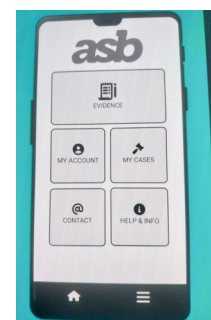
The App is an all-round tool that allows you to record, monitor, and report anti-social behaviour (ASB), such as noise, nuisance, and disputes, simply using your mobile phone.

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.



Sparkling idea

We're thinking about introducing a new activity to our community: a diamond art class! Diamond art is a relaxing and creative craft where you place tiny, sparkling resin 'diamonds' onto an adhesive canvas to create beautiful designs.



We think it could be a great way to destress, express your creativity, and connect with others within Adullam.

Before we get started, we'd love to hear your thoughts. Would you be interested in attending a Diamond Art class? What days/time would work before for you? Let us know by getting in touch with your Tenancy Sustainment Officer. Your feedback will help us make this a great experience for everyone!

Emma O Driscoll, a resident with Adullam Homes, is already involved in diamond art. She says it helps keep her mind occupied, and busy. Family and friends have asked for her to complete designs for them, following on from how impressed they are with her work. You can see some examples here of the types of beautiful art that can be created.



We hope you'll consider giving it a try with us.

