



Pioneer Press

THE NEWSLETTER FOR RESIDENTS OF WOMEN'S PIONEER HOUSING

A changed world

As I write this, the number of coronavirus cases in London has reduced considerably and lockdown restrictions are being eased. Nevertheless, this continues to be a worrying time for everyone, and we need to remain vigilant.

We are doing everything we can to keep you safe and to minimise the impact on our service. WPH staff continue to provide all our usual essential services, including repairs, estate services, allocations and lettings, housing management, property surveys, health and safety checks, tenancy sign ups and office based administration. Some non-essential repairs were delayed but these are now being tackled. The kitchen and bathroom programme was paused but is also now restarting.

However, the way these services are provided has changed. We are limiting face to face contact and are using innovative approaches such as virtual viewings where possible. All staff and contractors are required to use Covid secure working practices including maintaining 2m social distancing, washing hands regularly and wearing PPE. We take additional precautions where residents are shielding.

Our Wood Lane Office remains closed to the public save for pre-arranged essential appointments. We are asking residents to contact us on the phone, by e-mail or by using the forms on our website where possible. The safety of our residents and staff remains our top priority. We are



confident that the measures we have in place are above what is required to manage any risk. If any staff or contractors fail to use safe working practices please let us know.

Regular welfare calls have enabled us to offer support where needed e.g. by providing links to community hubs, befriending services or welfare benefits advice. Our financial inclusion officer Angela has seen a threefold increase in requests for advice as people have been furloughed or have lost their jobs.

Thank you for your patience and support during this time. We will continue to keep our services and our working practices under review, and may adapt them again if, for example, there was a second spike of Covid 19 cases in London. If you need any more information about any aspect of our work at this time please contact us on info@womenspioneer.co.uk. Stay safe.

Denise Fowler, Chief Executive of Women's Pioneer Housing.

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Health & Safety



During this unprecedented period of lockdown, WPH is working to ensure the continued health, safety and welfare of tenants within their homes.

We have been working with all of our contractors to ensure that they adhere to government guidelines on social distancing and the wearing of personal protective equipment (PPE) where appropriate. We are continuing with inspections and risk assessments and will carry out any remedial works that are required.

Gas Safety

The gas servicing contract started in May. Those of you with a gas appliance will be contacted by our new contractor, S & S Burners, to make an appointment over the next few months, depending on when your current gas safety certificate expires, if they have not already done so.

The government is keen that landlords carry out these inspections to ensure not only the safety of the tenant concerned, but also others within the building. We, therefore, encourage tenants to agree on appointments when S & S contact you.

If you need to contact them, then please call **02083307992** and ask for Lisa or Carl. If you have concerns regarding the precautions that the contractor will take when carrying out the inspection, then please raise them with S & S when the appointment is made. Alternatively, contact our Health and Safety Manager Michael Philips, on **0208 749 7112** or email repairsresponseteam@womenspioneer.co.uk

Fire Safety

As you are aware in the event of the fire alarms activating all residents should leave the building immediately. Some tenants have notified us that they may have difficulty leaving the building unaided or who have trouble hearing the fire alarm. We have completed Person-Centred Fire Risk Assessments for these tenants and have provided them with additional equipment to ensure their wellbeing in the event of a building evacuation.

If you feel that you require an assessment or have any concerns about evacuating the property, then please speak to our Health and Safety Manager, Michael Philips on **0208 749 7112** or email repairsresponseteam@womenspioneer.co.uk.

We are in the process of obtaining tenders to upgrade the fire alarm systems, and we will provide you with further details in the next couple of months.

We wrote to you in May advising you that we have entered into new contracts for fire alarm maintenance and have two contractors providing this service. The two companies are Chameleon Systems & Fire Safety Systems. Their contact numbers are on the fire alarm panel in your building and in the letter we sent. The Out of Hours number in this edition of Pioneer Press provides only the contact number for Fire Safety

Systems which you can call in an emergency even if your servicing is carried out by Chameleon. Fire Safety Systems will then contact Chameleon on your behalf.

Water Safety

Under normal circumstances, at this time of year, you would probably be organising summer holidays. If you plan to go away for more than a week, remember to run the taps and the shower in your flat for a couple of minutes when you return. This helps to reduce the risk of a bacteria's build-up within the pipes when they are not being used.

Accidents and Incidents

Although our Estates Services Officers and Scheme Managers carry out regular health and safety checks, please also report anything you see that could potentially cause an accident within the building (such as a loose stair nosing) by calling **0208 749 7112** or emailing repairsresponseteam@womenspioneer.co.uk

If you do have an accident while in the communal areas of your building, then please let us know immediately using the contact details above.

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In the meantime, if you have any questions please contact the Repairs team:
repairsresponseteam@womenspioneer.co.uk
.....

ONLINE FORMS

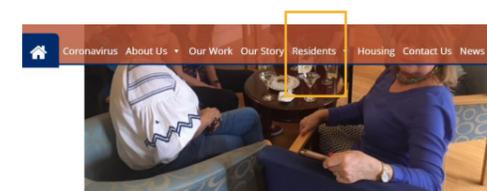


During this coronavirus pandemic, we have created different ways to make it easier for you to report repairs and tell us about anti-social behaviour

Our website now includes reporting forms, enabling you to report routine repairs at a time that suits you. The repairs online form enables you to add photos to your request which will help us understand the problem. You can find the repair form under

'Residents' > 'Report a repair' on our website.

Please do not use these forms for reporting emergency repairs, the quickest way to contact us is by calling 0208 749 7112 and selecting option 1.



Go to www.womenspioneer.co.uk Click on the *residents* tab on the top of the navigation (in yellow here)

Information and Services for residents



You will find the buttons when you scroll down the page. Here are all the forms.



You can also report instances of Anti-social behaviour using the online reporting form under 'Residents' > 'Report anti-social behaviour'.

If you would like to receive your correspondence from us by email as an alternative to letters by post, we can switch to email only correspondence. Sign up for email only under 'Residents' > 'Sign Up for email only'.

We would like to get your views about our website. If you could spare some time, do visit www.womenspioneer.co.uk and email us: Inajara.shuaber@womenspioneer.co.uk or info@womenspioneer.co.uk giving your views on what you do and do not like. We would love to hear back from you.

Let's Talk Rubbish!

Last year we had to deal with bulk rubbish and unwanted households items that had not been disposed of properly, which were a fire or health hazard and had to be removed. This forces us to use contractors which you and your neighbours have to pay for through your service charges.

Here are a few tips on how these costs might be avoided:

- All refuse should be wrapped and put in appropriate bags and placed in the bin. If the bins are full, place safely in bin area/cupboard

so not to cause an obstruction.

- Do not put general household waste in recycling bags/bins as the local council will not collect them and we will have to use and pay WPH contractors to clear them.

- If bins have not been emptied on collection day, you can contact the council and report a missed collection either online through the council website or by phone.
- If you have large items to dispose of, do not leave them by the bin area. Check the local council website for bulky rubbish removal.

- Some charities will collect items that are in reasonable condition.
- Check websites for free collection of unwanted items.

Your co-operation will make for a better environment for everybody and lower service charges.



Furloughing & Benefits



As usual, Angela Okwesa, our Financial Inclusion Officer will give you some useful tips on benefits

Have you been affected financially by the Covid-19 Pandemic? Here are a few tips on what to do.

Your employer might be able to use the government Coronavirus Job Retention scheme to pay you while you are not working. This is known as being a “furloughed worker” which means you will be paid 80% of your wages.

Claim Universal Credit

If you have been “furloughed”, or if you have been made redundant, you can still apply for benefits, but make sure to claim Universal Credit as soon as you can. Your claim will be processed, and you’ll be advised if you qualify. Although, please note, Universal Credit might not cover the full value of your rent. Even if that is the case, you might still be entitled to part of the cost of your lease, so you

must make your application as quickly as possible.

If you do not qualify for statutory sick pay

If you do not qualify for statutory sick pay from your employer (for example if you are on a zero-hour contract or are a temporary member of staff), you may be eligible for Universal Credit if any of these three points apply to you:

- You are following the government guidance to self-isolate because you have coronavirus or symptoms of coronavirus, or someone you live with has coronavirus or symptoms of coronavirus.
- You are self-isolating because the NHS has told you that you have come into contact with someone who has coronavirus.

- The NHS has sent you a letter informing you to shield because you are “extremely vulnerable”.

How do I apply for Universal Credit?

You will need to go to the Universal Credit website (<https://www.gov.uk/universal-credit>) and click on: "How to apply for UC".

If you have any questions, need help or assistance in applying for UC or any other state benefit you can claim or are just not sure what to do about any benefit issues, I will be more than happy to help. Contact Angela on 020 8749 7112 and choose option 2 or or send an email to HousingManagement@womenspioneer.co.uk

Domestic Abuse



The lockdown presents challenges and problems and, among the most at risk are people experiencing domestic abuse

The lockdown announced by the government in March presents challenges and problems for many people. Among the most at risk are people experiencing domestic abuse, or who find the lockdown itself contributes to a relationship becoming abusive.

WPH is committed to help

Women’s Pioneer are deeply committed to helping any of our residents who are in an abusive relationship and are proud to have been accredited by the Domestic Abuse Housing Alliance (DAHA) in 2017.

Although we are limiting face-to-face meetings, our team of Housing Officers remain available to talk to you if you are in need of help, or if you have concerns about a neighbour. There will always be a trained member of staff from our Housing team on duty to take your call during our usual operating hours (between 9.30-5.30, Mon-Fri). We can arrange

to call you back on a safe number at a time that is safe for you and talk to you about your experience and what we can do to make you safer.

How we approach domestic abuse

We do not expect you to have reported your abuse to the police (although we are happy to support you if you wish to do so).

We can offer:

- Referral to local Sanctuary schemes to improve the security of your home.
- Support with making an application for emergency accommodation with your local authority if it is not safe for you to go home.
- A transfer to another Women’s Pioneer Housing property (subject to availability).
- A referral to the Pan-London Housing Reciprocal Agreement to help you move to an area of

- London which is safer for you and without losing your social housing tenancy.
- Referrals to specialist domestic abuse services which can offer legal advice.
- If your case is considered high risk, a referral to a multi-agency case conference involving police, healthcare, child protection and other domestic abuse specialists to ensure information is shared, and a safety plan for you is drawn up.

If you think that your safety is at immediate risk, you should speak to the police on 999.

If you would rather speak to a service other than Women’s Pioneer, you should contact the National Domestic Abuse Helpline on **0808 2000 247**.



domestic abuse housing alliance

Allocations and lettings updates

We have continued to let vacant properties throughout the pandemic. We were amending our allocations and lettings policy, in line with government guidance from 24 March. It states- to only let to households who were at risk of harm, or had a medical need which the move would facilitate, were living in overcrowded or shared facilities or were nominated by the local authority as homeless.

Social Distancing

We put in place new arrangements to ensure the safety of our residents and

staff through social distancing. This included doing one viewing at a time, and signing paperwork in the large office board room, with at least 2 m between the housing officer and the resident at all times. Since 25 March viewings have been done virtually.

New Guidance

On 19 May following new government guidance, we moved back to our usual allocations and lettings policy but we try to avoid moving anyone who is shielding unless necessary. In some cases, the risk to

the health of staying in an unsuitable home is greater than the risk of moving. So we risk assess each case and work with residents who are moving to make any move as safe as possible. We are also supporting residents to carry out mutual exchanges.

If you are on the transfer list and waiting for an available property, please rest assured that you will be contacted when a property meeting your requirements is available.



Many of you have been spending far more time at home as a result of the nationwide response to coronavirus. This will almost inevitably lead to more regular noise being overheard from neighbouring flats - however, in most cases that noise has not been done with deliberate or targeted intent.

Be aware of your neighbors

Your neighbours can not normally live

Being a good neighbour

while making no noise at all, and it is not reasonable to expect them to do so. At the same time, we ask everyone to be aware of their neighbours and to try to keep noise to a reasonable level at all times but especially after 11am and early in the morning. You may not think that things like shutting a door quickly or running down the stairs, for example, would cause upset to your neighbours, but they can. Good neighbourly behaviour should be followed at all times, but in particular in the current circumstances.



Three years after Grenfell

Following the third anniversary of the Grenfell Tower tragedy, and as the Black Lives Matter (BLM) campaign gathers momentum, we discuss the issues raised with WPH staff and residents.

WPH Chief Executive Denise Fowler:

Three years after Grenfell, 56,000 people in this country still live in buildings clad in flammable material. As we remember the lives lost, it is vital that lessons are learned, buildings made safe and tenants empowered. Although WPH has no buildings with such cladding, fire safety remains a top priority and we place great emphasis on listening to our residents. Many of the people who died at Grenfell were from the BAME community. Recent BLM demonstrations remind us of the structural inequality in our society and the pressing need to tackle the global issue of racism. We work hard to ensure WPH is inclusive – from recruitment and staff development, service delivery and resident engagement to social events – but we still have more to do. We are committed to promoting diversity and playing our part in the fight against racism, prejudice and discrimination.

Housing Officer Lorna Morris, whose parents were members of the Windrush generation, lives near Grenfell Tower:

What is going on in this moment in history seems to be shining a light on issues which have been going on for a very long time. People are sitting up and taking notice, joining together in solidarity and questioning how much has really changed in terms of entrenched racism all over the world. Life is hard for black people – we live in fear for our children and grandchildren. My son and my brother are regularly

stopped by the police while they are just going about their daily life. I hope George Floyd's death was not in vain. I hope it has opened people's eyes and made them realise that, collectively, we can change things so that something positive can come out of tragedy.

WPH resident Leyla Rahman also lives near Grenfell Tower:

After the fire we came together as a community to support the people who survived. But, for things to change, it has to come from the top – and that's true for the BLM campaign too. As a black woman with two children, I have experienced racism and discrimination personally and professionally. There has been change but not enough. Black people are still treated differently. We all have to do our part to promote fairness and change people's perceptions, to make them realise we are all part of the human race and that we are all one.

Our ancestors fought for us to get where we are today. We still have a long way to go but I hope we'll get there.

WPH resident Kellie Campbell, grew up in Luton in the '80s:

After the recent BLM protests in London, a work colleague asked me 'What side do you choose?' I said 'It's not about sides.' The fundamental message is that no-one should be judged because of the colour of their skin.

At the end of the day, we all bleed, breathe and eat the same. Let's

emphasise the similarities, not the differences between us. It should be about promoting fairness for everybody, after all. I think that, instead of dwelling on the past, we should be positive, look towards a brighter future and focus on changing the present to eliminate prejudice – so that we can make everyone's lives better.

WPH resident Jo Ghelmini grew up during the era of segregation in America in the '50s and '60s:

We have seen progress over the past 50 years but it's not enough. Racism is endemic in our culture and it is time for us to come together and take action. It gives me hope to see so many young white people at the BLM marches.

As individuals, we must challenge racism whenever we encounter it. Collectively, we must take up the banner too. We, at WPH, should also play our part in the same way that black women drove anti-racism campaigning in America in the 1960s – they were pioneers too.

I feel this could be a pivotal moment for change. We cannot alter history, we don't want to erase it, but we must learn from it.



Grenfell Tower three years after the tragedy



Kitchens and Bathrooms replacement contracts updates

We tendered this contract towards the end of last year, but due to the lockdown have been unable to start it. However, we are now pleased to advise that having worked with the contractor to ensure that they can carry the work out safely, we will be commencing the works at the end of June.

If you are in the programme for 2020, we will be contacting you to confirm whether you wish to proceed and then the contractor, Breyer, will contact you to make an appointment to survey your kitchen or bathroom and to give you the colour choices.



New kitchen from the Kitchen and Bathroom Replacement Program

WOOD LANE: TIME CAPSULE



Wood Lane projection

Later this year WPH will be embarking on the most significant single new development that it has undertaken in its one hundred year history. This is the new development at Wood Lane that will provide eighty new one-bedroom flats. It seems fitting that this event, together with the one hundred years celebrations are recorded for future generations and historians to provide a picture of what life was like for WPH tenants and staff.

Therefore it has been suggested that we bury a time capsule in the site. A time capsule is a historical collection of goods, photographs or articles that are buried and intended to provide information to future generations or archaeologists.

We would like suggestions from tenants as to what they think should be included in the capsule. Some ideas so far have been information from the Heritage project, photos of flats and buildings, copies of Pioneer Press, tenants handbook etc. However, what we would also like is something from tenants that illustrates what it is like living in a WPH property as well as what life is like for women living and working in London.

These are just suggestions, and we are open to any ideas that you may have that you feel should be included.

If you would like to give ideas or suggestions about the time capsule please contact us: inajara.shuaber@womenspioneer.co.uk

Women's Pioneer Garden Competition 2020 - update

Calling all our creative gardening residents!

In the last edition of Pioneer Press we invited residents to submit entries to our annual gardening competition. This is a very popular event and is an opportunity for our many skilled gardeners to showcase their not inconsiderable talents. Our intention was that we would judge the competition in July.

We have had to revise our plans due to the effects of the pandemic. It will be neither safe nor practical to invite judges to view the entries, and in addition we will be unable to hold the celebratory afternoon tea. However all is not lost! The Resident

Engagement Scrutiny Panel has decided that the competition should go ahead in a different format, it will be digital on-line, therefore we invite residents to submit photographs of their entries in the following categories:

- Individual garden
- Indoor plants
- Window box
- General Needs communal garden
- Sheltered Housing communal garden
- Balcony display.

If you would like to enter, please



Gardening competition of 2019

contact Women's Pioneer on 0208 749 7112 or email info@womenspioneer.co.uk to ask for an application form.

You can pick up a form from your scheme manager if you live in one of our Older Women schemes, or download one from our website. It will not be possible to collect a form from 227 Wood Lane because reception is closed.

Closing date: 31/07/2020
Email your picture to: inajara.shuaber@womenspioneer.co.uk



FUN STUFF



This new section was created by Siddiqua Akhtar who is a WPH tenant. She will write about the fun stuff. We hope this section can make you laugh and relax even during difficult times.

Here Siddiqua takes on the role of Agony Aunt responding to an imaginary tenant "Bored of Kensington"

Bored of Kensington

Dear Bored of Kensington,

You may be very practical. You may be very good with your hands, but have you thought of going deeper? Indulging your creative self. Drawing, painting, not a wall in your house, but on canvas, or writing. It doesn't have to be a novel, although it did wonders for JK Rowling. It can be a short story, a fifteen minute play, or a poem. "A poem?!!", I hear you say. "Where would I even start???" Inspiration is everywhere. Just look



out of your window, or in a newspaper or magazine for visual stimulation. It will come! Here's an example of a poem I wrote at the height of lockdown madness based on seeing the accompanying image. The image was so evocative, it took me 45 seconds to write. That's inspiration.

**"For every field I walk, and see,
 A stand alone,
 majestic tree,
 Unique and beautiful, there's every chance,
 One might uproot and do a dance.
 Struck by lightning and by thunder
 I find I'm sometimes left to wonder**

**"You've lost a limb?",
 "You're gnarled", "You're fat!"
 Or "What God awful thing is that?!!!"**

Author: Siddiqua Akhtar

Art Exhibition 2020

"I paint flowers, so they will not die." Frida Kahlo



Art can be beneficial to our mental health, uplifting our spirits when we face challenges and is also fun.

The current pandemic has changed the way we work and how we relate to each other. Unfortunately, we cannot host live events with residents,

so would like to invite you to a Virtual Annual Art Exhibition. It will be different this year presenting the art exhibition online but still offering you an opportunity to share your artistic talents with other residents and the wider public.

To participate you need to take

pictures of your artwork and send them to us by email to Inajara.shuaber@womenspioneer.co.uk

Entries must be submitted by August 31st. We will post the collection of artworks on our website also featuring your work across our social media channels, so you will need to be willing to see your work publicised. This will be a chance to use your creativity and showcase what you are working on with different people.

Please share with us your paintings, photography, sculptures, embroidery, collages, poetry, designs and any other form of work that you use to develop your creativity.



Art Exhibition of 2018

NEW STAFF

We welcome Laura Dodsworth and Lottie Whalen who joined us in June working on our National Lottery Heritage Funded project. Laura and Lottie will work on a job share basis as our Project Lead completing the project outcomes. We thank Sue Kirby, our former project lead, for her work and look forward to her joining us at future events.



Laura Dodsworth



Lottie Whalen

Do not look now: Answer to our Hollywood Golden Age Quiz

1. Boris Karloff
2. Noel Coward
3. Gregory Peck
4. Into sp Jack Lemmon and Tony Curtis
5. Gone With The Wind
6. Kansas
7. North By Northwest
8. Play It Again, Sam
9. Citizen Kane
10. The Jazz Singer

TEST YOUR KNOWLEDGE

What do you know about Hollywood Golden Age? Try your memory with this Quiz prepared by Aidan McCarthy.



- 1** In the 1930s, which actor played the monstrous lead roles in Frankenstein and The Mummy?
.....
- 2** Who wrote the screenplay for Brief Encounter?
.....
- 3** Who played Atticus Finch in the 1962 adaptation of To Kill A Mockingbird?
.....
- 4** Marilyn Monroe co-starred with which two actors in Some Like It Hot?
.....
- 5** Hattie McDaniel became the first African-American person to win an Academy Award for her appearance in which 1939 epic?
.....
- 6** From which American state is Dorothy transported in The Wizard Of Oz?
.....
- 7** Which Alfred Hitchcock film sees Cary Grant climbing Mount Rushmore?
.....
- 8** Which Woody Allen film is named after a misquoted line of dialogue from Casablanca?
.....
- 9** What is the name of the first film directed by Orson Welles, often considered the greatest movie ever made?
.....
- 10** Which 1927 film starring Al Jolson was the first "talking picture" produced in Hollywood?
.....

10 INTO THE KITCHEN AT FORK-POINT



SPANISH-STYLE CHICKEN BAKE



INGREDIENTS

1 medium onion cut into 8 wedges
1 medium red onion cut into 8 wedges
500g new potatoes quartered lengthways
8 whole garlic cloves unpeeled
8 medium tomatoes quartered
75g chorizo
8 boneless, skinless chicken thighs
½ tsp sweet smoked paprika
½ tsp dried oregano
1 green pepper deseeded and cut into strips
Flaked sea salt
Freshly ground pepper

COOKING METHOD

Put the onions, potatoes, garlic and tomatoes in a large roasting tin and season with sea salt and ground pepper. Toss everything together lightly and roast for 20 minutes. While the vegetables are roasting, skin the chorizo and cut into 5mm slices. Put the chicken thighs on a board and

carefully slash each one 2 or 3 times with a knife. Season all over with black pepper. Mix the paprika and oregano together and set aside. Take the roasting tin out of the oven, scatter the chorizo over the veg and turn everything a couple of times. Place the chicken on top of the vegetable and chorizo and sprinkle with the paprika and oregano. Season with a little salt and return to the oven for 20 minutes. Take the tin out of the oven. Holding one corner carefully with an oven cloth, lift the tin a little so all the juices run to the opposite end, then spoon and drizzle the juices back over the chicken. Tuck the pepper strips loosely around the chicken and vegetables. Turn the oven up to 220c/fan 200c/gas 7. Put the tin back in the oven for another 20 minutes or until the peppers are just softened and the chicken is golden and crisp. Squeeze the garlic out of the skins and enjoy!

Free things to do during the lockdown

WATCH A FILM

Netflix and Amazon Prime are not your only options, and you do not necessarily have to pay for a subscription to watch plenty of excellent films. Openculture has a great list of 1150 free movies you can watch online right now.

<http://www.openculture.com/freemoviesonline>

TOUR ANCIENT ROME

You may feel cut off from the rest of the world, but you can time travel. Current technology means that you can explore other cities and even different times online, such as this virtual tour of ancient Rome.

<https://www.futurelearn.com/courses/rome>

PAINT WITH BOB ROSS

Got any paint and brushes lying around? You will be pleased to know that 403 episodes of the timeless Joy of Painting have been added to YouTube so you can listen to his soothing tones while you paint.

https://www.youtube.com/channel/UCxcnsr1R5Ge_fbTu5ajt8DQ

VISIT THE MOMA

A vast number of art galleries and museums around the world have digitized their collections and are now offering free virtual tours. New York's MoMA is just one of the incredible galleries that you can visit from your sofa, where you can enjoy Pollock and Monet without the crowds.

<https://artsandculture.google.com/partner/moma-the-museum-of-modern-art?hl=en>

POP INTO THE TATE

See Tate Britain for free. Although you will miss out on the lovely river walk to the gallery, you can drop in at any time and view your favourite pieces from the comfort of your own home.

<https://artsandculture.google.com/partner/tate-britain?hl=en>

EXPERIENCE THE BRITISH MUSEUM

home to incredible artefacts from around the world and is still open to virtual visitors.

<https://britishmuseum.withgoogle.com/>

COOK SOMETHING NEW

One good thing about being home a lot is that you can finally spend time cooking things from scratch. Jack Monroe's recipes are specifically created for people on strict budgets

<https://cookingonabootstrap.com/>

STRETCH OUT WITH A YOGA CLASS

If you are trying to de-stress and stay healthy during lockdown, you will be pleased to know that plenty of yoga studios are now streaming online courses for you to join in with. Here is a good one.

<https://www.youtube.com/user/yogawithdriene>

MEDITATE

Meditation and mindfulness does not just help people stay calm – practitioners around the world rely on it to help them focus, remain present, and appreciate what they have. It's a simple concept that can be hard to master, but you can start now, at home, and see if it works for you.

<https://www.mindful.org/how-to-meditate/>

Ordering repairs

Call the team directly Monday to Friday between 9.30am and 5.30pm:

☎ **0208 749 7112 select option 1 or 0208 743 4422**

The emergency numbers to the left are only to be used for a situation that cannot wait.

Contact us

Our Wood Lane office is closed except for prearranged essential appointments.

Phone us: ☎ **020 8749 7112**

Email: info@womenspioneer.co.uk

Feedback: feedback@womenspioneer.co.uk

Or you can write to:
227 Wood Lane, London, W12 0EX.

Twitter: [@womenspioneer](https://twitter.com/womenspioneer)
Instagram: [@womenspioneer](https://www.instagram.com/womenspioneer)

Interested in joining the **Pioneer Press editorial panel?**
Email: inajara.shuaber@womenspioneer.co.uk

Emergency out of hours numbers

If you have an emergency repair out of hours, details of who to contact for the different types of repairs can be found below. Our repairs line **0208 749 7112** provides a recorded announcement of our emergency contractors and their telephone numbers. You will not be able to report a repair if you dial this number, but you will be able to listen to an audio recording of who to call.

Building Maintenance

(roofing, windows, carpentry, plumbing and electrical):

24 Hour Solutions Ltd -
0845 544 2842

Confirm when calling that you are a WPH tenant

Locksmiths

Hagan Locksmiths
0800 865 4808

Power cut to the whole house:

UK Power Network
0800 056 6341 or 0333 32 32 105

Gas leak:

National Grid
0800 111 999

Lift breakdown:

Specialist Lift Services
01732 455 771

Problems with Warden call systems:

S.E.A
01322 619 155

All heating and hot water including individual boilers, radiators, heating controls and communal boilers:

S&S Burners
020 8330 7992

Please leave your full name, telephone number and address when calling S&S Burners. They will be able to contact you as soon as possible.

For fire alarms, in a shared part of your building:

Fire Systems Ltd
0208 619 1035