HAUNTED HOUSE TALK AUTUMN 2018

FOR RESIDENTS AND LEASEHOLDERS

THE WICKEDLY WITCHY EDITION

ZAP!

WHY SO SERIOUS?
You could win tickets to Comic Con!

PUMPKIN KRISPIES P 7

Ask Pam P 10
Money Talk P 12 - 15
Out & About P 28

facebook.com/lovehousetalk
Inside this issue:

- Adventure Playgrounds p 4
- Perfect Pumpkin Pie p 7
- Pedal Portsmouth Glow Ride p 8
- Let’s get passionate about pumpkins! p 9
- Money Talk p 12-15
- Win full weekend tickets to Comic Con! p 17
- Kick the habit with Stoptober p 20
- Food & Health p 20
- Sexual Health p 21
- A brief history of Witches p 25
- Out & About p 28

Contact us:
Resident development team:
Tel: 0800 032 1531
Email: participation@portsmouthcc.gov.uk
Civic Offices, Portsmouth PO1 2AL

Leaseholder services:
Paulsgrove & Wecock Farm ..................................... call 9283 4561
Buckland, Landport & Portsea................................. call 9283 4845
City South ................................................................. call 9284 1486
Leigh Park ................................................................. call 9284 1741

Area offices:
Buckland ................................................................. call 9260 6500
Somerstown ............................................................. call 9260 6300
Landport ................................................................. call 9260 6400
Leigh Park ............................................................... call 9230 6900
Paulsgrove ............................................................. call 9260 6030
Portsea ................................................................. call 9260 6200
Wecock Farm .......................................................... call 9260 6100
Out of hours .......................................................... call 9282 4244

You can get this Portsmouth City Council information in large print, Braille, audio or in another language by calling 023 9283 4479.

House Talk is produced by Portsmouth City Council. www.portsmouth.gov.uk

House Talk is printed on 100% recycled paper using vegetable inks. Please recycle this magazine when you have finished with it.

Intro

Hubble bubble, toil and trouble, bring me some stories quick at the double! Welcome my macabre mortals to the Wickedly Witchy edition of House Talk! This year’s Halloween issue we’ve summoned content from across the city and allowed it to materialise on these very pages. For comic, cartoon and movie lovers we have tickets up for grabs to Portsmouth Comic Con. There’s your usual features such as Money Talk, puzzles, Ask Pam and your horoscopes, plus a crypt’s worth of features for you to enjoy. Clear out your cauldron and concoct yourself a brew, settle down and rest your bunions, it’s time to relax.

Privacy Notice: Portsmouth City Council is a registered Data Controller, registration number 25578313 and aims to meet the highest standards when collecting and using personal information in accordance with data protection law. As your landlord we have a statutory responsibility to communicate to you information about your property, your rents, charges and associated facilities. This privacy notice tells you about how we collect and use your contact details to be able to do this.

Why do we collect your information?
Portsmouth City council uses your personal information to:

• Ensure you receive a personal copy of House Talk magazine and the statutory information provided within on rents, charges and associated amenities.
• Tailor our services and information to best meet your requirements.

How we use your information
Your name and address will be passed to our mailing partner, Holbrooks, who deliver House Talk magazine on our behalf.

How do we keep personal information secure?
Your information is kept secure by the authority and our partners, such as the printer of House Talk magazine (Holbrooks), who have signed a data protection agreement to prevent your details being shared.

Your name and address will only be retained by Holbrooks for House Talk magazine delivery whilst you are registered as a council tenant or leaseholder. Contact records will not be kept for longer than necessary, and will be deleted if you move out of council accommodation.

If you would like to know more about how the Council collects and uses personal data, please visit our website at Portsmouth.gov.uk and search ‘data protection’.

Advertisements: Whilst every effort has been made to ensure the accuracy of advertisements or sponsorship in this publication, Portsmouth City Council cannot accept any liability for errors and omissions. We will not accept any responsibility for claims made by advertisers and their inclusion in House Talk, and this should not be taken as an endorsement by Portsmouth City Council.

Competitions: Competitions in House Talk are open only to residents who live in a Portsmouth City Council property. They are not open to employees of PCC. One entry per household.
### Alternative Trick-or-Treat Ideas:

**Glow Sticks** make fantastic wizards wands, with the added bonus that parents will be able to more easily keep track of their children when they’re out trick or treating in the dark!

**Turn Raisin Boxes** into ghosts for a healthy treat that will make kids smile! This fun edible craft is a great one to make with your kids earlier in the day to get them in the mood for trick or treating. Just wrap the boxes in some white paper and draw on a spooky face!

**Plastic Bugs and Spiders** are fun to give out instead of chocolates. You can find them all over the place at this time of year; try the Halloween section of your local supermarket.

**Clementine ‘Pumpkins’** are quick and easy to make - all you need is a bag of clementines, a marker pen and some imagination! Or if you want something gross to make the children laugh, why not label up some yogurt covered raisins or small packets of popcorn as ‘Ghost Bogies’?

**Glow Sticks**

<table>
<thead>
<tr>
<th>Glow Sticks</th>
<th>Turn Raisin Boxes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make fantastic wizards wands, with the added bonus that parents will be able to more easily keep track of their children when they’re out trick or treating in the dark!</td>
<td>Turn raisin boxes into ghosts for a healthy treat that will make kids smile! This fun edible craft is a great one to make with your kids earlier in the day to get them in the mood for trick or treating. Just wrap the boxes in some white paper and draw on a spooky face!</td>
</tr>
</tbody>
</table>

**Plastic Bugs and Spiders**

- Are fun to give out instead of chocolates.
- You can find them all over the place at this time of year; try the Halloween section of your local supermarket.

**Clementine ‘Pumpkins’**

- Are quick and easy to make - all you need is a bag of clementines, a marker pen and some imagination!
- Or if you want something gross to make the children laugh, why not label up some yogurt covered raisins or small packets of popcorn as ‘Ghost Bogies’?

**Mini-Bottles of Cranberry Juice**

- Look great when re-labelled as blood juice!

**Kids get thirsty when trick or treating too so Mini-Bottles of Cranberry Juice** look great when re-labelled as blood juice!

- Bouncy balls, scary stickers and whistles make great little non-food gifts too. Why not mix it up a bit by throwing these different options into a bowl for a fun spooky dip! Also think about offering a bowl of non-food gifts in case a child with allergies stops by and then have a separate bowl for the fun food options!
Who do they want to be today? That’s the question awaiting Portsmouth young ones at our six free adventure playgrounds across the city.

Whether they’re a winning witch or a warlock in training, there’s plenty to fuel their imaginations materialising at our sites. No two playgrounds are the same, with some boasting unique facilities like splash pools, gardens, games areas, wood workshops and a tree house.

Each playground has a huge climbing structure designed to test kids’ agility, balance and imagination, and many have been co-designed and painted by the children themselves. Children are consulted and involved in decisions about their playgrounds and are encouraged to make their own choices and take risks in a secure environment.

It may not be Hogwarts, but there’s plenty to learn, see and experience! Activities include cookery, sport, arts and crafts, discovering nature, making friends, day and residential trips and much more, including a variety of indoor and outdoor activities designed to challenge, delight and inspire.

To check on general opening times and locations, or to find out more simply visit portsmouth.gov.uk and search ‘adventure playgrounds’.

Opening times for each site vary so please check the website for details.
A delicious summer of food and fun dished up

Healthier options are the order of the day this year as we launched our Summer Food and Fun programme in partnership with Warburtons, Food Portsmouth, Food Cycle, Portsmouth Food Banks, and Fareshare Southern Central. The project provided families’ with a delicious healthy option meal throughout the holidays, and encouraged them to try new things.

Summer Food and Fun is delivered across our six Adventure Playground sites and four Youth Clubs in Portsmouth and the surrounding area. The UK’s largest bakery brand Warburtons joined forces with the Portsmouth agencies to help support the scheme, providing an array of delicious bakery products for the children to enjoy. We want to ensure children and young people are out enjoying themselves, are engaging with new experiences, and eating a well-balanced meal.

To encourage as many people in the area to benefit as possible, young people have also been invited to join the many clubs and groups on offer at the sites, in recognition that these offer a safe space for families to come together.
Carving out a pumpkin with your children to make Jack O’Lanterns can be a lot of fun, but all that delicious pumpkin fruit just gets wasted. Why not put your pumpkin to good use this year with our delicious recipes!

**Perfect Pumpkin Pie**

Why not make a pumpkin pie or cheesecake with our recipes below, instead of throwing all that pumpkin away!

Serves 16

**Ingredients**

- 500g pumpkin
- 410g evaporated milk
- 2 eggs
- 175g dark brown soft sugar
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/2 tsp salt
- 350g plain flour
- 1 tsp salt
- 200g butter
- 125ml water

**Method**

1. Preheat oven to 200 C / Gas mark 6.
2. Cut pumpkin into chunks. Heat in saucepan over medium heat to boil.
3. Reduce heat, cover and simmer for 30 minutes until tender. Drain and cool.
4. Mash, drain and measure 500g of the mashed pumpkin.
5. Prepare pastry by mixing the flour and salt. Rub butter into flour, and add 1 tablespoon cold water to mixture at a time. Mix and repeat until pastry holds together.
6. Roll pastry out to barely a .25cm thickness. Transfer to pie dish, gently pressing pastry into the bottom. Cut off any excess. Pinch pastry around the inner edge.
7. Beat pumpkin with the evaporated milk, eggs, sugar, cinnamon, ginger, nutmeg and salt. Mix well and pour into dish. Bake for 40 minutes.
MICROWAVE PUMPKIN RICE KRISPIES CAKES

Ingredients (makes six)
- 6 cups of rice krispies
- 3 tbs butter
- 10oz marshmallows approx 1 bag
- Red and yellow food colouring
- Pack of fizzy string
- Cadburys fudge bar

Instructions
1. Use a small bowl to microwave the butter for approx 10 secs
2. Use a large bowl to microwave the marshmallows for approx thirty sec at a time. Stir and heat till the marshmallows are completely melted.
3. Add approx 4 drops of red food colouring and 2 drops of yellow food colouring then stir well into mixture to get an even colour
4. Mix the rice krispies into the marshmallow mixture
5. Form small balls into a pumpkin shape
6. Cut the fudge into pieces and place on the top of the pumpkin shape to use as a stalk.
7. Cut the green strips from the fizzy string, and add the pumpkin string to use as foliage.
8. Place in fridge to cool off (20mins)

TOP TIP!
Pumpkin mulch in your bins can attract flies and vermin. Why waste it when you can cook up some delicious dishes!'
Pedal Portsmouth Glow Ride: bigger, better and brighter

Saturday 10 November sees the return of the free, annual Glow Ride with a new location on Southsea seafront, a longer route and event village.

Be Bright, Be Seen! Get your ‘glow on’ and help us light up the night. Dress yourself and your bike with lights, hi-vis and glow-in-the-dark accessories to make this the brightest event yet.

New this year, the event village opens from 2pm with food, drink, music from Express FM, cycling-related activities and advice. Get your bike checked for free by our Bike Doctor team, security marked, or chat to local bike suppliers.

Starting at 4.30pm on Clarence Esplanade near the D-Day Story, cyclists will ride the 3km traffic-free, circular route along the Esplanade, across Southsea Common, to Clarence Parade and the Ladies’ Mile, accompanied by music from The Pompey Pluckers and Parasamba.

Younger children can take part in our mini assault course in the event village, or cycle the route ahead of the main event.

Glow Ride is open to all ages and abilities and is fully accessible for adapted bikes and child trailers. Accessible bikes can be pre-booked online.

Places are limited so we recommend that you book your free ticket in advance, online. You must bring your printed ticket with you to receive your free goodie bag and join the ride. Registration will be open from 2pm to 5.30pm.

To register and for more information visit portsmouth.gov.uk/cycling
Miss School, Miss Out!

Did you know that last year, one in five children in the city each had a total of one week of unauthorised absence from school? That means they missed out on lessons, school clubs and school trips leaving gaps in their learning, which could limit their future options in life.

Unauthorised absence includes time off for shopping, birthdays, holidays, visiting relatives, getting up late, days out and minor illnesses that children can attend school with.

Parents have a legal responsibility to get their children to school.

If a child misses 10 half-day sessions, the equivalent of a full week’s school, through unauthorised absence in one term, parents can be issued with a penalty notice and be required to pay a fine of £60.

Having trouble getting your children to school? Please talk to the staff at the school, they can help you to make sure they don’t miss out.

You can find out more at portsmouth.gov.uk/attendance
Dear Pam

I’m a bit embarrassed about getting in touch but I don’t really know who else to speak to. I’m 44 and after my (lengthy) divorce came through a few months ago I’ve been living it up a fair bit. I met my (now ex) husband at 16 so I never went out and enjoyed being single when I was young, and I’ve been hitting Tinder pretty hard to meet people. I must admit I’ve been making up for lost time and have had several sexual partners, I’m a bit worried as I’ve been getting some discomfort down below, but I can’t have caught something can I as I always used protection? I feel so ashamed, and I’m too embarrassed to see my GP.

Nicole

North End
Get crafty at the Leigh Park Resident Participation Centre!

Free School holiday craft session!

Looking for something to keep your kids occupied? Struggling to find things to do? It can be tough to keep your children entertained during the school holiday period. It can also be hard to come up with ideas that are productive, safe and cost friendly!

To help you with this, on Wednesday 24 of October, there’s a craft session taking place from 1pm - 2:30pm.

The session is free to the public and everyone is welcome regardless of their crafting skills. Come and get your kids involved in a friendly and safe environment where they can meet new people, learn new skills and most of all, have fun. Make sure to book in advance so you’re guaranteed a spot! Booking is essential children must be accompanied by parents or carer over 18 years old.

Please contact Becky to book your place on 023 9243 7945 or 07904 632726

Christmas Crafty sessions on Thursdays fortnightly

Got some time on your hands and want to get creative? We may have just what you need! To get into the festive spirit we’ll be holding Christmas craft sessions for anyone to attend. These will take place on Thursdays every 2 weeks, so there’s plenty of opportunity to get involved. Whether you’re a beginner or a pro in the world of crafts, people of all abilities are welcome to have a go.

The sessions will cover bauble and bead crafts, decorative mason jars, clay making and decorations, and jewellery making. Don’t miss out on your chance to learn new skills in the world of arts and crafts, the chance to meet new people, and potentially discover your next new hobby. We hope to see you there!

Please note that dates can be subject to change.
You may wonder how much rent and service charges we collect, and what it gets spent on. If you do, then here are the answers - these are what we expect in the year April 2018 to March 2019. The money is held in the ‘Housing Revenue Account’ which must by law be separate from our Council Tax account.

Collecting the rent and charges
The biggest amount of money we have coming in is from rents (£67.4m), followed by service, sheltered and heating charges (£14.9m).

Spending the money
The ‘big ticket’ items that your rent and service charges go on are:
- Repairs and maintenance - £24.5m
- Major repairs and improvements - £19.9m
- General Management - £15.1m
- Special Management - £14.6m
- Debt and interest payments - £7.4m
Our sort code has changed

Our bank sort code has changed – from 20-69-40 to 20-69-57.

This is a result of changes banks have made following the 2008 financial crisis.

If you make payments to us online or by telephone banking, the change might affect you. You might need to change our sort code when making payments.

Direct debits aren’t affected.

There’s no risk of your money going astray, because we have safeguards in place. Please start using the new code now.

We apologise for any inconvenience. If you have a query, you can email changeofbank@portsmouthcc.gov.uk

Data matching 2018/2019 - House talk Magazine

Portsmouth City Council is participating in an exercise to promote the proper spending of public money as part of the Cabinet Office 2018/2019 National Fraud Initiative (NFI).

We are required by law to protect the public funds we administer and will be sharing information provided to us (including data about tenants and leaseholders) with other bodies responsible for auditing or administering public funds in order to prevent and detect fraud.

For further information go to portsmouth.gov.uk and search for ‘National Fraud Initiative’.

Are you ready for Universal Credit?

Universal Credit is a new benefit that will eventually replace:

<table>
<thead>
<tr>
<th>Jobseeker’s Allowance</th>
<th>Housing Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Working Tax Credit</td>
<td>Child Tax Credit</td>
</tr>
<tr>
<td>Employment &amp; Support Allowance</td>
<td>Income Support</td>
</tr>
</tbody>
</table>

Universal Credit full service was introduced in Portsmouth on the 26 September. If you’re living in Portsmouth, Crookhorn or Wecock areas and are working age, need help with your living or housing costs, and are not already claiming benefits, you may now need to claim Universal Credit.

Universal Credit full service is due to be introduced in Havant on the 28 November, if you live in the Havant area, this will affect our Leigh Park tenants.

Once you are in a full service UC area if you are already receiving benefits, certain changes in your situation may trigger a claim for UC, give you the choice as to whether to claim UC, or stay on existing benefits. If you are told to make a claim for UC you should check that this is the best option for you before you claim.
What do existing Universal Credit customers think?

We wanted to hear what existing customers think. We’ve kept their details anonymous so that they could give an honest opinion:

My work coach is really supportive

“After I made my application online I met with a Job Centre Work Coach. I was really nervous, but actually it was okay. They listened and really understand things I find difficult. You sign a ‘Claimant Commitment’ which says what you’ll do each week to get your money. I talked everything over with my coach and if I can’t do something I tell her why, but my friend signed to say she’d do loads of things she couldn’t do and then her money got stopped when she didn’t do them.”

I didn’t know how to make a rent payment

“I applied for Universal Credit when I went back to work. I’d been on Income Support for a few years, never needing to pay rent as my Housing Benefit was paid straight to my rent account. I got a job in community care but was gutted that my Child Tax Credit and Housing Benefit would stop and I’d have to claim Universal Credit. I contacted my Housing Officer in a panic. He explained it all to me and said I would need to pay my rent out of either my wages or my Universal Credit payment. I’d never paid my rent myself so didn’t know how! My Housing Officer helped and I set up a Direct Debit, the money goes straight out of my account before I spend it, I would really worry if I got any rent arrears so it’s good. Universal Credit was a shock but now I understand it all, it’s alright actually.”

For most people Universal Credit will mean:

- Claiming online and managing your claim with an online account
- One monthly payment towards your living and housing costs
- Payment made direct to your bank account
- Unlike Housing Benefit most people will be responsible for making their own rent payments

There are options and support available for people who will struggle with their Universal Credit claim. Your Housing Officer can:

- Give advice about when you will need to make a claim for UC
- Advise whether you will better off or worse off on UC
- Support you in making your claim
- Try to help you make your claim work for you. Eg: if you’d struggle with monthly payment or having responsibility for paying your rent
- Help you to get online
- Give you advice about opening a bank account
- Help you to plan a budget
- Help you to understand when and how to pay your rent

Need help?

Contact your Housing Officer. We will try to help with anything that you are struggling with. Further information about UC can be found at understandinguniversalcredit.gov.uk
I was caught out - they knew that I'd earned money

"I was receiving Universal Credit and found a job, I meant to ring the DWP to tell them but I was really busy and forgot. I was expecting my Universal Credit payment at the end of the month but it didn’t come through. I went to the Housing Office for help and we rang the DWP Helpline. They knew about my change of circumstances, even though I hadn’t told them. The DWP gets something called Real Time Information from HMRC, so they knew I had started a job and how much I’d earned. I didn’t get any Universal Credit at all because I’d been paid from my job. I’d already spent my wages because I thought I’d get my Universal Credit and planned to pay my bills with that, but I didn’t get anything. I had no money to pay my rent, Council Tax and bills. I wish I’d paid the important stuff because now I’m stressed about owing money.

My wages go up and down so I have to work out how much Universal Credit I’ll get each month

The amount of Universal Credit I get is worked out each month depending on how much money I earn within my ‘monthly assessment period’. My wages go up and down depending on how many shifts I get, which means I have to work out how much money I’m likely to earn in my assessment period, then work out how much I’ll get in Universal Credit. My Housing Officer helped me get my head around doing this so I could work out what to pay out on when. I’m paid weekly and normally paid 4 times within my UC assessment period, but last month I had 5 paydays. It meant that I got less Universal Credit that month. It could have been a horrible surprise but because I had already worked it out with my Housing Officer I knew that I had to use my wages to cover the bills that I’d normally have paid out of my Universal Credit.

I’m self-employed and I’m really struggling on Universal Credit

I’ve been a self-employed window cleaner for over a year but I’m not getting much business so I made a claim for Universal Credit. I have to call monthly to let them know what I’ve earned, so had to start keeping records of jobs, how much I’ve been paid and what I’ve spent on the business. Even though I don’t have much money coming in, Universal Credit still calculates the money I get based on me having an income of £274 pw - the equivalent of a full time minimum wage job. I’m thinking of quitting the business altogether. My Housing Officer has offered to put me in touch with someone in the Resident Development Team who could help me.

Are you claiming Universal Credit?

Tell us your experience by emailing us:

cro.portsea@portsmouthcc.gov.uk

If you need any support with UC contact your local area office, your Housing Officer and Money Advisors are here to help you.
Live, laugh and learn at The Learning Place!

The Community Learning Service is part of our Employment, Learning and Skills service and is based at our purpose built centre The Learning Place, 6 Derby Road in North End (just behind Pound Stretcher).

With a long history of community learning, our main aim is to provide high quality learning experiences for adults in Portsmouth. We assist hundreds of learners every year, building on skills to achieve their dreams, learning for leisure or helping to develop skills towards employment.

Classes that we run throughout the year include: arts and crafts, cookery, Functional English and Maths, and IT classes. The majority of our courses are free! We are renowned for our small, friendly service and welcome adults from a wide variety of backgrounds and ages.

We are also proud to be responsible for some of Portsmouth City Council’s apprenticeships, guiding learners from all ages through a new career path.

Want to find out more?

We’d love to see you, there’s something for everyone. Call us on 023 9262 1860.

Opening times

- 9am - 4.30pm Monday to Thursday
- 9am to 3:45pm Fridays.

We’re also available online at learnportsmouth.ac.uk and on social media at facebook.com/learningplace and at Twitter @learningplace1
Pow! Have we got a prize for you readers! Portsmouth Comic Con brings you the best of comic, film, TV and pop culture entertainment in the largest event of its kind on the South Coast. Attended by over 5,000 people in its first year and receiving rave reviews, Portsmouth Comic Con is back and better than ever with a full range of panels, displays, exhibitions and a Comic City to explore.

Celebrating the 80th Anniversary of Batman and Star Wars Weekend, the event on the 4 and 5 May 2019 Bank Holiday weekend at Portsmouth Guildhall promises hands on fun for all the family, with virtual reality experiences, retro gaming, robots, a steampunk deck and awesome cosplay competitions with event partners GoGeek.

Welcoming some of the finest artists and writers in the comic industry, the first international guests to confirm their attendance for 2019 include one of the most important figures of Marvel Comics and the industry, Roy Thomas and one of his key Marvel contemporaries, Steve Englehart.

We have a pair of tickets up for grabs for one lucky reader, to win simply answer the following question:

**In the latest Avengers:Infinity War, how many Infinity Stones is Thanos trying to find?**

To enter simply like our page on Facebook at Facebook.com/lovehousetalk and send us your answer.

* Early Access Full Weekend tickets for Portsmouth Comic Con are valid on Saturday 4 and Sunday 5 May, from 10am. The prize is not transferable and no cash alternative is available.

For more information on Portsmouth Comic Con or to buy Early Bird discounted tickets visit: Portsmouthcomiccon.com or call 0844 847 2362 (calls cost 7p per minute + network access charge)
Andy Gisby

Andy how did you hear about the RDS?
I heard about them though my Housing Officer in Leigh Park and Maggi my work coach at Havant Job Centre.

What did you need help with?
To start with I needed support coping with the loss of my mum who I cared for for 5 years. I had support for my depression and anxiety through coming to the centre and Maggi.

Outcome?
I received support by using the internet to start looking for work. Heidi approached Comserv for some voluntary work and with their support I have now been able to secure full time permanent employment. Heidi has provided me with the right tools for the job and I couldn’t be happier.

How did you find the service you received?
I found it very good and very helpful.

Would you recommend the service?
Yes I would recommend the services to others looking for support into employment. Thank you for all the support I have received over the last couple of years.

Comserv said that Andy is doing very well and has a good work ethic. This process has worked well and we will continue to help people into work. We both look forward to working together and looking at other projects.
Harry, Caitlin, Josh and Shane

The RDS service receive a lot of requests for CSCS cards, this is a certification required to work on construction sites. Harry, Caitlin, Josh and Shane all wanted to gain this certification. Working with PCMI in Portsmouth they all attended a 5 day course. This included the mandatory H&S and Fire Safety course, but also offered tasters in a variety of basic multi-trade skills covering plumbing, ceramic tiling and more. All the participants took part in CSCS practice sessions each day.

Here’s what they had to say about their experience:

How did you hear about the RDS?
Harry, Caitlin, Josh and Shane all heard about RDS through friends and family. Their experiences with RDS led to them recommending the service to others.

Was there anything any of you needed help with?
Josh needed help from RDS to find employment. Shane required help from the service in taking steps to practice and take the test.

How did you find the service you received?
Harry described the service as very good, professional and friendly.
Caitlin was happy she was able to use the centre’s IT suite to practice with the DVD on several occasions. This gave her the confidence she needed to take and pass the test.

Would you recommend the service?
They all said they would highly recommend the service.

Alongside this, Heidi has been working in partnership with Comserv who manage the repairs on all Portsmouth City Council Properties in the Leigh Park area. We were able to arrange for a representative to come to the centre to meet 10 residents all with an interest in getting into the construction industry, and some who had recently attended the CSCS course. Comserv discussed opportunities and vacancies either through an apprenticeship or general employment. The meeting was well attended with a lot of interest. A few of the attendees have applied for both the apprenticeships and general employment.

We’re proud of all their hard work and wish them luck!
Kick the habit with Stoptober

Stopping smoking is the best thing you can do for your health.

But that’s not the only reason to quit. You’ll also save money and improve the lives of those you love.

Last year, nearly 400,000 smokers in England quit smoking. If you want to join them, sign up to Stoptober - the 28-day stop-smoking challenge. If you can stay smoke-free for 28 days you’re five times more likely to stay quit for good. You’re also more likely to be successful at quitting if you get support.

Get inspired by watching Smoking & Me, which sees Portsmouth residents talk about their experiences of smoking and how it has affected their lives - search Quit Smoking on portsmouth.gov.uk for the video. You’ll also find details of local stop smoking support including drop-in clinics.

Or search Stoptober online for more on the national campaign, the different quit support available and details of how to sign up for free.

Meet the Health Development Team

We have some new recruits within the Housing service who have been tasked with supporting the health & wellbeing needs of the local children and young people. This new trio includes a project worker for each of the following remits:

- food and healthy eating
- sexual health and relationships
- alcohol and substance misuse

They will all be working across our local play, youth, and community sectors with the aim to raise awareness about these lifestyle areas and where possible to help prevent issues arising for the younger generations. You may see them in your local adventure playgrounds, youth clubs, and community centres across the city.

Food & Health

Welcome to Project Worker Joanne Donnelly (aka JoJo) who has a background in nutritional therapy and knows her stuff when it comes to healthy eating and cooking! JoJo has already visited all of our sites and delivered a range of cooking sessions for some groups of children and young people.
Sexual Health

Our project worker is Alice Roberts, she’s been part of the youth service since last year and has previous experience of working in sexual health and wellbeing roles. Alice has been engaging with those attending the Portsmouth youth services in order to talk about sexual health issues and encourage safer behaviour and healthier relationships in this area.

Sexual Health Week also took place during the last week of September and focussed on the theme of consent. Alice used this campaign during her work with young people to raise awareness about the importance of consent for sexual health and wellbeing.

Top sexual health tips

• Choose contraception that protects against pregnancy and Sexually Transmitted Infections (STIs) such as condoms
• Condoms are available from our youth clubs but remember STIs don’t just affect young people, they affect people of all ages
• GPs can provide contraception and most pharmacies provide emergency contraception for free, whilst the Solent NHS sexual health clinic at St. Mary’s Health Campus can help you with all sexual health issues.
• If you’ve had unprotected sex it’s important to get checked out quickly - the sooner you find out if you have something the sooner you can get it treated.

Need more advice or information?
Visit letstalkaboutit.nhs.uk for more information.

Substance Misuse

A big welcome to our project worker Louise Glenn, who started with the team in September, and has wide-ranging experience in working with young people around alcohol and substances. Louise has been visiting our sites and introducing her new role to everyone, whilst using the opportunity to discuss risky behaviours.

Alcohol Awareness Week 2018 begins on 19 November this year and is themed around ‘change’. Louise will be encouraging conversations around alcohol during this time and raising awareness of the risks involved with alcohol misuse. Here are some top tips for cutting down on your alcohol use:

• **Make a plan** - before you start drinking, set a limit on how much you’re going to drink.
• **Set a budget** - only take a fixed amount of money to spend on alcohol.
• **Let them know** - let your friends and family know you’re cutting down so you can get support from them.
• **Take it a day at a time** - cut back a little each day, that way, every day you do is a success.
• **Make it a smaller one** - you can still enjoy a drink, but go for smaller sizes. Try bottled beer instead of pints, or a small glass of wine instead of a large.
• **Have a lower-strength drink** - cut down the alcohol by swapping strong beers or wines for ones with lower strength (ABV in %). You’ll find this on the bottle label.
• **Stay hydrated** - have a glass of water before you have alcohol and alternate alcoholic drinks with water or a soft drink.
• **Take a break** - have several drink-free days each week to feel the benefits for your mood, sleep, behaviour, immune system and heart!

Any questions?
Contact holly.easlick@portsmouthcc.gov.uk or marshada.chowdhury@portsmouthcc.gov.uk
A bloomin’ marvellous turnout!

The School in Bloom competition (SIB) focuses on schools, and competing schools are judged on their presentation, range and quality of plants and flowers by a number of judges in order to crown the best schools in bloom. 2018 ended in another strong and successful year. Like previous years, a number of local schools entered the competition in the hope of being one of the lucky prize winners!

Our judges have been very busy visiting all competing schools and judging their pots and grounds. The judges comprised of members of the Garden Club. These include Rosemary Dight, Carol Lawrence, Doreen Davey, Andy Greer, and Vanessa Salter. Heidi Golder and Becky Collins from our Resident Development Team were also part of the panel. The judges praised the competing schools on their very high standards, saying it was a very hard choice deciding on the winners.

The judges chose Barncroft, St Alban’s and Warren Park schools as winners of the competition. All three schools were Pot Winners. Warren Park were also awarded the overall School Ground Winners and St Alban’s claimed the Best Pot Award. Congratulations to all the winners and a well done to all the schools for participating!

To celebrate the overall success of the SIB competition, on Thursday 28 June a cream tea event was held at the RP centre. All judges and special guests the Lord Mayor and Lady Mayoress of Havant Peter Wade and his wife Janet attended the prize giving event. All schools were in attendance apart from Warren Park due to a prior event. The event was a great closing point to the competition this year, showcasing the effort and achievements that this year’s schools created as a result!
Be mindful of how others are coping

Mental health problems can affect anyone, at any time, but the World Mental Health Day on the 10 October is a great day to show your support for better mental health and to start looking after your own wellbeing as well as others.

This year’s theme is ‘Young people and mental health in a changing world’.

Young people’s emotional health is just as important as their physical health, but it can be hard to know where to find the right information and support. It’s a challenging time for young people, with many changes taking place both physically and mentally, educational pressures, peer pressures, it can be a lot to take, especially in a world now dominated by social media.

Keep an eye on the young people in your life, be they a child, niece, nephew or friend.

Here are some signs to look out for:

- Changes in appetite
- Alcohol and/or drug misuse
- Sleep problems, tired all the time
- Unexplained aches, pains or injuries
- Silent, withdrawn or distracted
- Incoherent speech
- Unable to concentrate, memory loss
- Tearful
- Uncooperative
- Drop in academic performance
- Erratic timekeeping
- Poor attendance
- Disruptive or aggressive behaviour
- Excessive risk-taking
- Lack of personal hygiene
- Overworking

Any of these can be signs that suggest a young person may need support with their mental health.

For more information visit Portsmouth.gov.uk and website and search for ‘mental wellbeing’.
New bin scheme to be rolled out

Portsmouth residents will soon receive new wheelie bins for waste as part of a move to protect weekly rubbish collections and encourage recycling.

The change follows trials across the city where the use of the new bins saw the amount of rubbish being disposed of reduce in some areas by around 20 per cent.

What goes in your recycle bin?

YES to:
• Aerosols
• Food and drink cans
• Plastic bottles (no lids)
• Card
• Paper

NO to:
• Glass
• Textiles
• Plastic bags
• Cartons
• Polystyrene
• Other plastics
• Foil
• Shredded paper

Glass and textiles can be taken to bring banks around the city.

Consortium Link Group update

Bill Childs has now stood down from the group. Interested in getting involved in housing issues? Please contact Bill on 023 92 83 4479 or e-mail bill.moody@portsmouthcc.gov.uk
A BRIEF HISTORY OF WITCHES

What we identify with a witch today, the green skin, the warts, the black pointy hat, and broomstick is far removed from the idea people had of them for around 300 years. Join as we peek behind the potions to find out where the idea of witches originated.

Between the 15th and 18th century superstition played a huge part in people’s lives, the belief that a dark spirit could possess someone’s body was strong throughout Europe. Between 1482 and 1782 around 100,000 people were accused of witchcraft, and around 40–50,000 were executed. Most accused were women, deemed weaker of spirit, but also the poor, widowed and elderly. Witches weren’t always seen as women however, one in five were male, and in some places such as Russia, more males than females.

In the 16th and 17th-century witch trials were created following witchcraft being made a crime under law, and witches were prosecuted by the state. In England, witchcraft became a crime in 1542. Most accused of being witches were hanged, the penalty for murder at the time. In other areas such as Scotland, or those accused by the Spanish Inquisition, they were burned.

In most cases people were accused for no more reason than being older, widowed, or quite often the person accused could be a local community ‘healer’ or maker of herbal poultices for wounds or injuries, the equivalent of a doctor or nurse today. Ironically, in 1689, as witch hunting wound down across Europe, English rulers William and Mary started a war with France in the American colonies, ravaging regions of New York, Nova Scotia and Quebec, and sending refugees into the county of Essex, specifically Salem Village in the Massachusetts Bay Colony.

The refugee situation caused a strain on Salem’s resources and aggravated the existing rivalry between wealthy families and those who depended on the agriculture. The Puritan villagers believed all the quarrelling was the work of dark forces and witchcraft. This resulted in perhaps the most famous witch tale of all time ‘The Salem Witch Trials’, originating from two children who accused three local women of being witches, and resulting in 20 people executed.

These days when we think of witches our minds instantly go to the iconic look of the Wicked Witch of the West from the Wizard of Oz, but centuries ago they took the idea of dark magicians very seriously, and as a result thousands of innocent men and women paid the price for their unfounded superstitions.

Credit to Suzannah Lipscomb and Jess Blumberg for their research into the subject.
Southsea Skatepark launches free admission for young people with leisure cards

The charity which took over the running of Southsea Skatepark in 2011 has continually strived to make the park a place where people of all ages can be active and get creative - taking part in skateboarding, skating, BMX, scootering and more in a safe space in the heart of Southsea. As a charity we want the park to be a place where people can be active, discover new friendships with different social groups, be inspired and learn to express themselves.

As part of our aims to increase access to Southsea Skatepark, from the 27 of July 2018 all visitors under the age of 16 with Portsmouth City Council Leisure Cards will now be able to enter the skatepark for free!

To further encourage children getting involved, we will also be offering free hire of helmets, skateboards and scooters. It’s important to give young people the means to not just try out these sports and lifestyles in a supportive and safe environment, but to also come with their friends, increase their self-confidence and, of course, have fun too.

For opening times and for more information visit: southseaskatepark.org.

To find out about Leisure Cards in Portsmouth and eligibility visit portsmouth.gov.uk and search ‘leisure card’

Follow the Skatepark on social media

@parksouthsea
@southseaskatepark
facebook.com/southsea.skatepark.7/

Across: 3. (Crow) 5. (Pumpkin) 8. (Broomstick) 10. (Cat) 11. (Cauldron) 13. (Candle) 14. (Vial)
Down: 1. (Garlic) 2. (Owl) 4. (Mushroom) 6. (Castle) 7. (Witch Hat) 8. (Bat) 9. (Cobweb) 12. (Spell)

WITCH THEMED CROSSWORD

See if you can guess all the words to this witch themed crossword!

Across
3. A black bird seen with witches
5. A large orange plant that is carved during Halloween
8. Witches use these to fly
10. Trusty feline animal that witches have
11. A large pot used to make potions and spells
13. A light source using a wick and wax
14. A small container made of glass to hold potions

Down
1. Cooking ingredient made of cloves - used by witches for potions and spells
2. A bird that hoots
4. Fungi that’s used in witch recipes
6. Witches live in these big homes
7. Pointy headwear that witches wear as part of their outfit
8. Winged creature that stays in the dark
9. Spiders create this - can be old and dusty
12. Witches cast these on people
**Aries 21 March - 20 April**
You’ll test the limits of your own mental and physical endurance and capabilities. If you smoke and want to quit, now’s the time to commit. If anyone offers you a helping hand, accept it no matter how scary it may be!

**Taurus 20 April - 21 May**
Simplicity, competition and building bridges are important in the coming months. Put in more effort to make things easier, prepare for more competition and try to bring people together!

**Gemini 21 May - 21 June**
You’ll be taking a step back for the rest of this year, avoiding sticky situations and turbulent waters. You’ve come so far, take this time to sit back, relax, and reflect on all that you have achieved in 2018.

**Cancer 21 June - 22 July**
If you’re thinking of making some major changes in life now is the best time to do it. Planning on taking on further study or have a tough decision to make? Risk yields reward, so give it a go! The RDS team could help you learn new skills or get that new job.

**Leo 22 July - 22 August**
Overall perfection is the aim of the game. You’ll favour energy and moving forward over anything else. Make the most of this time and take advantage of this opportunity.

**Virgo 22 August - 22 September**
You appreciate helping others and being precise at work. You’ll also evaluate your priorities. Make sure to have a look at what is going on around you and have a good think about things, are you really eating as well as you should be?

**Libra 22 September - 22 October**
Nothing is impossible for you in the coming months! Great ideas and completed tasks will be going like clockwork. You’ll be at your best! The Park and Ride is giving prizes away for their one millionth customer, will it be you?

**Scorpio 22 October - 21 November**
Now is the best time to stretch your wings and start to fly into the world. Go with your heart opposed to overthinking things. It may work out for the better. Experience new things, arts and crafts could open your world and make new friends, why not join a group?

**Sagittarius 21 November - 21 December**
Savings savings savings! Don’t allow debt and spend only on essentials this quarter. If you don’t need it, it’s probably not the best idea to spend out on it. If you have debt problems speak to the Money Advice team, they’re there to help you.

**Capricorn 21 December - 20 January**
Be on your guard as the weather cools down, you could be accident prone around the home. Be sure to get that overdue check up with your GP and take care when you are travelling or commuting.

**Aquarius 20 January - 19 February**
You will easily be able to find the right path in whatever you do. You’ll also be able to solve the trickiest of situations. A productive few months are ahead of you! Planned on starting a fitness programme or healthier diet? Now’s the time to make that change, you can do it!

**Pisces 19 February - 21 March**
Meeting and forming new friendships will be the aim of the game for you Pisces, this could be through a group, activity or club so don’t sit at home, get out there and join new activities. On top of this, you’ll be maintaining existing friendships. The social butterfly in you will flourish!

---

**Make sure you’re registered to vote**

If you’ve recently moved house you’ll need to register at your new address.

You can register online [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote) with your national insurance number.

For more information visit [portsmouth.gov.uk](http://portsmouth.gov.uk) and search ‘register to vote’ or call 023 9283 4074.

---

**YOUR VOTE MATTERS**

**DON’T LOSE IT**
## October

### Mondays (term time) - Tots and Toys
Empower Centre, Kingston Road, 9.30am-11am. Free stay and play for ages 0-5, plus free breakfast.

### Monday-Friday - Advice Centre
Oasis The Venue, 10am-4pm. Independent advice for over 50s.

### Tuesdays - Job Club
Oasis The Venue, 2pm-4pm.

### Every other Wednesday - Kurling
Oasis The Venue, 2pm-4pm.

### Second and last Sundays - Car Meet
Port Solent, 10-12 noon

### 8 October - 17 January - Interior Architecture & Design Exhibition
Portsmouth Guildhall, Monday - Friday 9am-5pm, Saturdays 10-2pm. By students from the University of Portsmouth.

## October

### 10 The Rising of Continents and Sinking of Oceans
Portland Building, University of Portsmouth, 6pm. Talk by Prof Craig Storey

### 12-15 Created in Portsmouth Trail
Round Tower and Hotwalls Studios, 10am-4pm

### 14 Waterside Market
Port Solent, 11am-5pm

### 15 Streets for the People
St John's Cathedral, 7.30pm. Talk organised by Portsmouth Friends of the Earth

### 17 Milton Neighbourhood Forum
Mary Rose Academy, 7pm.

### 17 Eastney Area Community Association AGM
Eastney Community Centre, 7pm.

### 21 The Traders Keep
Round Tower, 10am-4pm

### 21 Open Studios
Hotwalls Studios, 11am-4pm

### 23 Kids Club
Port Solent, 11am-4pm. Halloween Disco Party

### 23 Southsea Skiffle Orchestra
Zodiac Suite, Portsmouth Guildhall, 12pm.

### 24 Messy Church
Empower Centre, Kingston Road, 4pm-5.30pm.

### 25 Kids Club
Port Solent, 11am-4pm. Silly Scott and the Creation Station

### 25 Old Portsmouth & Gunwharf Quays Neighbourhood Forum
Cathedral House, St Thomas's Street, 7.30pm

### 26 Table Top Sale
Eastney Community Centre, 12.30pm-2.30pm.

### 26 Stand Up’s SEN Halloween Party
Stamshaw & Tipner Community Centre, 3.30-5.30pm. £2 per family

### 26 Soufra
No. 6 Cinema, 7pm. Free, but online booking required. Part of Journeys Festival International

### 26 Halloween Theatre
Explosion! Museum, 7-10pm. £14. Three spooky ghost stories in the atmospheric grand magazine (18+)

### 26-27 Halloween Festival
Explosion! Museum, 10am-4.30pm. From £8. A witches and wizards-themed family weekend

### 26-27 Halloween Scare Attraction
Explosion! Museum, 8.30pm-1.30am (30-minute slots), £10. Face your fears (18+ only)

### 26-27 Oktoberfest Portsmouth
Guildhall Square, 6pm-11pm (plus 12pm-5pm Saturday). From £15

### 27 Messy Cathedral
Portsmouth Anglican Cathedral, 2pm-3pm.

### 28 Crafts in the Tower
Square Tower, 11am-4pm.

### 31 Haunted Halloween Ghost Tours
Groundlings Theatre, 7pm-11pm. Adults £18, concessions £16, children £14

## November

### 1 WW1 Sacrifice and Remembrance Presentation
Becket Hall, Portsmouth Cathedral, 7pm-7.45pm

### 1-10 Frankenstein
Groundlings Theatre, 7.30pm. Adults £18, concessions £16, children £14

### 3 Southsea Beach Clean
Meet near Rocksby’s Cafe, 10am-12pm.

### 4 Messy Church
St Luke's Church, 3.15pm-5.30pm

### 8 Gunwharf Quays Fireworks Extravaganza
Gunwharf Quays, 6pm. Live performances and a fireworks display

### 11 Waterside Market
Port Solent, 11am-4pm

### 18 The Traders Keep
Round Tower, 10am-4pm

### 18 Open Studios
Hotwalls Studios, 11am-4pm

### 18 Crafts in the Tower
Square Tower, 11am-4pm

### 20 Southsea Skiffle Orchestra
Zodiac Suite, Portsmouth Guildhall, 12pm.

### 21 So Who Is The Performer? Going the full ‘psycle’ in elite sport
Portland Building, University of Portsmouth, 6pm. Talk by Prof Richard Thelwell

### 24 Messy Cathedral
Portsmouth Anglican Cathedral, 2pm-3pm.

## December

### 1-2 Christmas Market and Open Studios
Hotwalls Studios, 10am-4pm

### 1-2 The Traders Keep Christmas Special
Round Tower, 10am-4pm

### 2 Messy Church
St Luke's Church, 3.15pm-5.30pm