

Resident praises home improvements as maintenance programme begins

A resident who is amongst the first to have new windows fitted to her home as part of plans to make BVT properties more energy efficient has praised the work.

Joyce Whitehead was one of four residents to have new windows and a front door fitted to her home as part of a trial to ensure work can be done safely during Covid.

The trial, which took place in December, also aimed to check residents were happy with the process, standard of work and customer service.

Joyce, who lives in Bournville with her husband Nicholas, said: "I'm more than happy with my new windows and front door. My home is around 150 years old and I've lived here for 36 years and it certainly feels warmer now.

"I have COPD and arthritis so I was a bit worried about having the work done but the people fitting the windows were fabulous and made me feel very safe. I feel a little healthier since the work was done and much safer which was really important to me."



Resident Joyce Whitehead outside her newly fitted front door.

As part of work to make BVT homes warmer and more energy efficient, over 600 new windows will be fitted to properties in Birmingham and Telford, including installing bespoke new windows to 455 homes in conservation areas.

A total of 1,465 boilers will be replaced, 375 heating-systems upgraded and 1,575 new front

doors fitted during the five year maintenance programme.

Greg Lakin, Director of Assets at BVT, said: "We are pleased that despite the challenges of Covid we are still able to continue with work to make homes more energy efficient and subsequently warmer to live in.

"By carrying out a small trial before

we invest further, we have been able to ensure we can do the work in a Covid safe way and that residents are happy with the process and the products that we will use.

"The programme is all part of our wider commitment to providing great homes, making sure they continue to meet your needs, are well maintained and affordable to live in."

Scores of residents helped to shape the new BVT maintenance programme by attending pre-Covid drop-in sessions to share what was really important to them.

The maintenance programme will be carried out over five years and see an investment of £23m into homes.

If you are due to have any planned maintenance work done to your home in the next year, we will have written to you earlier this year. However, if you have any questions about planned maintenance work, you can email us at enquiries@bvt.org.uk or call us on 0300 333 6540.

Re-opening of community halls and buildings

Many of the community halls and buildings in our Birmingham and Shropshire communities had to temporarily close their doors as a result of Covid.

Groups that manage community buildings and spaces are in the process of planning how they can safely re-open in line with government guidance. Please keep an eye on noticeboards and social media for further details.

Latest on Covid and our services

We are still providing all our usual services despite Covid. Some are being provided in a different way to reflect government advice and keep you and our staff safe.

Our offices remain closed to visitors and we will update our website www.bvt.org.uk and social media as soon as we can re-open. If you don't have access to the internet, please ask a friend or family member to check for you.

Space to let at our Birmingham office

If you live near our Birmingham office, you may notice a sign offering space to let at 350 Bournville Lane.

The space available was occupied by architects Stride Treglown (previously Bournville Architects) which is moving into the City Centre.

If you have any questions about the space available, you can call us on 0300 333 6540 or email enquiries@bvt.org.uk

Free digital support for over 50s

Are you aged over 50, live in the Bournville area and want to improve your digital skills?

We are teaming up with charity ReCom to give 12 residents one on one support to help them gain confidence in using digital technology. You will be loaned a tablet and given internet access, with an individually tailored 12 week programme.

To find out more, please call John McHugh on 0300 333 6540.

Bitesize news

Deadline nears for applications to resettlement scheme

Did you know if you are an EU citizen, you and your family will need to apply to the EU Settlement Scheme to continue living in the UK after 30 June?

Applying is free and any EU national (including children) who wishes to stay must apply. For more information, you can go to www.gov.uk/settled-status-eu-citizens-families/applying-for-settled-status or if you have any concerns, you can call us on 0300 333 6540 and ask to speak to your housing officer.

Scout group on hunt for new members

Are you aged eight to 14 and tired of dull weekdays? Want to try something different, learn new skills and meet a whole new group of friends?

The 1st Weoley Hill (108th Birmingham) Scout Group are looking for new members and are encouraging young people to join. If you are aged over 18 and can spare a couple of hours a week, you can also volunteer with the Group.

The Group is currently meeting each Wednesday evening via Zoom for Cubs (eight-10 years) and Scouts (10-14). Once they return to face-to-face sessions, they plan to restart their Beaver section (six-eight years). For information on joining, please contact Isla Harrison (Assistant Cub Scout Leader) on 07837575263 or islakin7@gmail.com.



Joining the scouts is a great way to make new friends.



Resident Sheila Woodhouse helping to keep her community safe.

Residents take lead on good hygiene

Residents are helping to protect members of their community from Covid by taking the lead on good hygiene.

Chris Smith and Sheila Woodhouse volunteer to make sure shared areas at the Quadrangle, where they both live, are kept extra hygienic at the weekends.

Chris says he is happy to clean to help the community whilst Sheila, who has featured in this newsletter previously for her NHS fundraising efforts, says she wants to give something back and keep people safe.

Kathy Knight, Manager of the Quadrangle, said: "When Covid first struck we adapted our cleaning to meet the challenge caused by the virus. Sheila and Chris help keep the communal areas clean at the weekend. My thanks go to both of them for their commitment to protecting their community."

Do you know someone who has helped their community through Covid? Email Claire Page, PR and Communications Manager at BVT, at clairepage@bvt.org.uk

New Design Guide to launch by summer

A new Design Guide for the Bournville Estate is to be launched in the summer following community-wide consultation.

The Bournville Estate Design Guide was first introduced in 1985 for tenants and homeowners to use when applying to make an alteration to their home or garden.

Last year, we started a full review of the document with thousands of residents giving their feedback on how it could be improved.

Thank you to everyone who has taken part in the consultation and a special thanks to members of the Resident Sounding Group who continue to support the review.

For the latest updates on the review, you can go to our website www.bvt.org.uk/our-communities/bournville-design-guide-review. If you don't have access to the internet, please ask a friend or family member to check for you or call us on 0300 333 6540.

Two year project to tackle crime and improve quality of life

Work is under way to identify neighbourhoods of Telford and Wrekin to benefit from a £1.5 million investment to reduce crime and tackle anti-social behaviour.

The joint Safer Communities Project has been unveiled by Telford and Wrekin Council and the West Mercia Police and Crime Commissioner and will launch in April.

It builds on the success of the £550,000 Safer Streets project launched in Brookside last November and the aim is to roll the programme out to a series of neighbourhoods across the borough.



Postmistress Neeraj Soni

Postmistress steps down after three decades

The head of a post office is stepping down from the role after three decades.

Neeraj Soni, known affectionately as 'Nina' to customers, has supported her community through her work as a post mistress at Weoley Hill Post Office for 31 years. During this time, she has served with kindness and care, going above and beyond to help people in the role.

Despite the post office being targeted by armed robbers, Neeraj has always bravely returned to work. Now in her 60s, she has decided to step down to concentrate on other exciting areas of her life and was presented with flowers from BVT's Head of Communities, Arthur Tsang.

Vishal Soni, Neeraj's son, said: "She is a wonderful human being and has a spirit and resilience that is truly amazing. We have had eight armed robberies at the Post Office, and all eight times my lovely mother has been exposed to extreme and life threatening danger. Yet despite this, she always went back to work soon after because she truly loves what she does and is dedicated to providing for her community."

"My mother has relished the opportunity to support people throughout the years and as a result is deeply loved and respected by all. To me she is the best mother in the world and to many, an important part of this community."

Arthur Tsang, said: "We would like to say a huge thank you to Neeraj for her commitment to the community and the care she has shown to others."

Home & living

Routine repairs restart after Covid restricts work

Our routine repairs service has re-started again after it was temporarily paused in January to protect you and our staff from Covid.

You can now report routine repairs as usual by going to our website www.bvt.org.uk/your-bvt/report-a-repair, emailing enquiries@bvt.org.uk or calling 0300 333 6540.

There is a backlog of routine repairs so please do bear with us whilst we

work our way through this.

As part of our ongoing commitment to keeping you and our staff safe, we have also introduced weekly Covid testing for our repairs staff.

To keep up to date with all our services and how they are impacted by Covid, you can go to our website www.bvt.org.uk. If you don't have access to the internet, please ask a friend or family member to check for you or call us on 0300 333 6540.



Spring into action with these top tips.

Top tips for spring cleaning

Spring has sprung and can be the perfect opportunity to freshen up your home. If you are planning a spring clean, here are five tips you could try.

1: If you are looking to declutter, donating furniture you no longer use can be a good place to start. If you live in Birmingham, you can donate decent furniture to CT Furniture. Live in Telford? You can also donate unwanted furniture in a good condition to Reviive. Go to www.communitytransport.org/donate-furniture or call 0121 773 2858 or www.reviive.co.uk or call 01691 679817.

2: Clearing out your wardrobe is a great way to make space. Plus if you donate good quality clothes you no longer wear to charity, they can

benefit someone else.

3: Shower curtains can be prone to mould. Give yours a good clean by popping it along with your bath mat in the washing machine (following any cleaning instructions) and then hang it back in the shower to dry.

4: Bins can give off all sorts of unpleasant smells. To give your bin a new lease of life, try hosing the inside and wiping it down with anti-bacterial spray. Lining the bottom with newspaper, before fitting a liner, can help too.

5: Over the winter months, grime can build up on your windows. To avoid streaks, try washing your windows on a cloudy day so the sun doesn't dry them out too quickly.

The lowdown on applying for a home

If you are looking for a new home in Birmingham or Shropshire we have now made it even easier to find your perfect property.

We have launched a new online portal called BVT Homes which you can use to apply for a rented home with us. Here are some of your most frequently asked questions about BVT Homes and the answers.

How can I register with BVT Homes?

You can register by going to our website www.bvt.org.uk/homes-to-rent/applying-for-a-rented-home and following the link to BVT homes. Completing your application will take around 20 to 30 minutes and you will need your contact details, national insurance number and the name and telephone number of anyone supporting your move.

What happens after I complete an application?

Once you have done this and uploaded all the documents we have asked for, we will review, approve and release your banding within 10 working days. You will then be able to search and bid for a home.

When will you advertise homes?

Each week, usually on a

Wednesday, we will advertise available homes and ask you to let us know by midnight the following Sunday if you would like to be considered.

I can't find a property?

If you log-on and can't see any advertisements, it is because there are no homes available to let which are being advertised that week.

I don't have access to a computer or laptop?

The BVT Homes website is mobile friendly, meaning if you don't have access to a computer or laptop you can still register and apply via a smartphone or tablet. If you don't have either of these, or access to the internet, you can call us on 0300 333 6540.

Can I apply on behalf of a relative who isn't confident with websites?

Yes you can apply and bid for properties on behalf of a relative if they can't do it themselves.

For more information on BVT Homes, you can go to www.bvt.org.uk/homes-to-rent/applying-for-a-rented-home/. If you don't have access to the internet, please ask a friend or family member to check for you or call us on 0300 333 6540.



Looking to move home? BVT Homes can help.

Money & savings

Campaign helps scores of residents with food and fuel

Over 300 BVT households in Birmingham and Shropshire have received help with food and energy bills as part of a campaign to help those hit hardest by Covid.

Launched in December, the Well Winter campaign aimed to make sure no-one in BVT communities would go without enough food, warmth or essential items.

Support included BVT giving out food and fuel vouchers to those really struggling and directing people to support from other agencies. Whilst the campaign has now closed, help is still available if you need it.

Jess Allan, Community Development Manager at BVT, said: "We understand that times continue to be very difficult for many people and help is still available. If you know of someone who is struggling in any way, whether they have money concerns and have lost their job or they are suffering with their emotional wellbeing through loneliness, there are still people and organisations that can help."

Debt and money worries

Contact our friendly Income teams in Birmingham and Telford if you are struggling to pay your rent. They can look at whether you could apply for benefits and give you information on debt and other financial issues. The Project in Northfield also offer information and advice on dealing

with debt. Call 0121 453 0606 or email info@theprojectbirmingham.org

Food support

To use the B30 foodbank, please contact us on 0300 333 6540 and we'll complete a referral for you. To use the Northfield foodbank, call their hotline on 0121 411 2157.

If you live in Telford, call Telford & Wrekin Council on 01952 380400 or the Crisis Network Support Line on 01952 459258 to use the Telford Foodbank.

Help with energy bills

Some utility services have dedicated charitable trusts that can help you with your bills. They include Severn Trent Charitable Trust www.sttf.org.uk and British Gas Energy Trust www.britishgasenergytrust.org.uk. We also work in partnership with a specialist energy service called Energy Angels. They help new and existing tenants find the best tariffs in the market with their no obligation, price comparison service. Go to <https://energyangels.co.uk/bvt/> or call 01902 585 503 to find out more.

There is also lots of support for older residents through local neighbourhood network schemes and for families with children through the local early help partnerships. To be signposted to these service, you can contact your housing officer or a member of our Community team on 0300 333 6540.

Make savings this spring

As we enter spring, our partners at Energy Angels have shared their top tips for being more energy efficient.

Being efficient with your energy is not only good for the environment but it can also benefit your finances. Here are their five top tips.

- 1: Keep an eye on your heating. As it gets warmer, now is a great opportunity to be more proactive with your heating. We know British weather can be a bit all over the place but keeping on top of the thermostat and radiator temperatures could save you a good chunk of energy and money.
- 2: Speaking of heating, keep it clean. Dusting and vacuuming around radiators keeps them running

efficiently. You can do the same with your washing machine, dryer and cooker. Keeping the filters dust free and the hob clean ensures they're running well and saving energy.

3: Don't stand by and switch off. Turning your appliances off at the plug instead of leaving them on standby can save you £35 a year.

4: Use the eco options. Running the washing machine at 30, using the dishwasher on eco and making sure when you use either that they're both full, is a great way to be more efficient and save money.

5: Finally, check you're on the cheapest energy tariff. Head to <https://energyangels.co.uk/bvt/> to get a free energy comparison and save money on your bills.



Make savings with Energy Angels this spring.

Take five to keep safe from scams

A national campaign is urging people to stop and think before parting with money or information to keep themselves safe from scams.

Take Five offers straight-forward and impartial advice to help you protect yourself from preventable financial fraud including email deception, phone-based scams, online fraud – particularly where criminals impersonate trusted organisations – and doorstep scams.

You can find a whole raft of advice

on the Take Five website <https://takefive-stopfraud.org.uk>. If you don't have access to the internet, please ask a friend or family member to share this information with you.

Please also remember that our staff will always have ID, which they will happily show you, and repairs and maintenance appointments are always made in advance. If you have any doubt about the identity of a caller pertaining to be from BVT, please call our Customer Services team on 0300 333 6540.



Campaign has given a helping hand to those struggling.

Skills & involvement

Volunteers take community spirit online

Residents are using their social media skills to help create a welcoming and friendly online community.

A community-based group has been set up on Facebook and has recruited volunteers to share positive things that are happening in their communities today.

This could be photos, community news, local activities and events, thank you's or news from community partners.

Jess Allan, Community Development Manager at BVT, said: "We're keen to recruit as many local people as possible from our different areas

to make the group a vibrant and positive place to find out about very local news and stories.

"If you are interested you must be confident in using social media, particularly Facebook, and be prepared to post content on a regular basis."

If you would like to find out more about this, please contact our Community team by emailing communityadmin@bvt.org.uk and ask for a role description. To join the Group, please go to the BVT Facebook page and select Groups www.facebook.com/Bournville.Village.Trust

Together with Tenants Webinars

Many of you will be aware of the Grenfell Fire tragedy a few years ago in which many people lost their lives.

Since then, the government and the housing sector have been looking at how to improve things for tenants and ensure nothing like this happens again.

Last year the government published a paper on social housing which brings in new standards, making it clear what all social housing tenants can expect from their landlords.

At the same time the National Housing Federation worked with tenants and came up with a Together with Tenants charter. It highlights six areas where housing associations need to improve. These are relationships, communication, voice and influence, accountability, quality and when things go wrong that it is sorted out quickly and easily.

During February and March, the Federation brought together

housing associations from across the West Midlands to hold webinars to discuss and share with tenants how new ways of working can be embraced.

The sessions explored how commitments within the Together with Tenants charter were being made real and what else still needs to happen. It was an opportunity for both tenants and housing association staff to get together and discuss innovative ways to improve.

At BVT we invited all tenants who are members of Village Voices to attend the webinars and advertised the sessions on social media. We will be following this up with further opportunities for tenants to contribute to BVT-specific discussions.

If you would like to know more, please contact our Community team by emailing communityadmin@bvt.org.uk or call 0300 333 6540.

Five things to know about making a complaint

In April last year, we introduced a new way to manage complaints. It is shorter and places a greater emphasis on empowering our staff to resolve your complaint as early as possible. Here are five things you need to know about making a complaint.

1 You can make a complaint in a variety of different ways. You can go to our website www.bvt.org.uk/your-bvt/give-us-your-feedback, email enquiries@bvt.org.uk, write to us, call our Customer Services team on 0300 333 6540 or speak to a member of staff directly.

2 Whilst we will always close each stage of a complaint in writing, you told us you would prefer us to pick up the phone and talk to you. Our new policy encourages regular contact, preferably by phone.

3 We will aim to resolve your complaint straight away. If our Customer Services team can't do this, they will signpost you to the team that can.

4 We have reduced the number of formal stages from five to two. The new process has a two stage formal complaints and feedback process following the initial restorative stage.

5 You can now request an independent review of the stage one decision by contacting our Customer Services team, when:

- Not all aspects of your complaint were addressed at stage one.
- If you feel the response to your original complaint was not fully justified and any wrong has not been adequately addressed or rectified.
- If you provide evidence that warrants an independent review of a stage one complaint.

For more information about making a complaint, please go to our website www.bvt.org.uk/your-bvt/give-us-your-feedback



Health & wellbeing

Free ways to boost your wellbeing

A multi-purpose community centre is offering free resources and opportunities to support people with their mental and physical wellbeing.

Sense Touchbase Pears, based in Selly Oak in Birmingham, are leaders in inclusive arts, sport and wellbeing and are dedicated to helping people lead creative and active lives.

Though their doors may be temporarily shut, they have developed arts, sports and wellbeing sessions which can be accessed online. For their free video content (which is also BSL interpreted and captioned), please go to www.youtube.com/playlist?list=PL3cz6p9Us2bNgIFma-n8A4qtD0j6N0-pq

You can also sign up to their fortnightly email at www.sense.org.uk/get-support/arts-sport-and-wellbeing/. The email includes:

- Live activity sessions over telephone or Zoom
- Written crafts and sports cards
- Videos to watch at a time to suit you.

They also have a programme for older people in the community who may be experiencing isolation due to Covid. If you are aged 65 or over and would like to receive an arts or crafts kit, or would like to reach out on behalf of someone else, email olivia.thiessen@sense.org.uk or call Olivia on 07584422759.



Sense Touchbase Pears offers inclusive arts sessions like these.

Free fruit and veg for kids

Did you know if you're on a low income and have children aged under four, you can get free vouchers for fruit, vegetables, formula milk and vitamins?

NHS Healthy Start is quick and easy to apply for and worth £6.20 per child per week (children under one) and £3.10 per person per week for pregnant women and children aged one to four.

You qualify if you're at least 10 weeks pregnant or have a child under four

years old and you or your family get Income Support, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance*, Child Tax Credit with a family income of £16,190 or less per year, Pension Credit; or Universal Credit with no earned income or total earned income of £408 or less per month for the family.

To find out more and apply, go to www.healthystart.nhs.uk or call 0345 607 6823.

Lunch treat eases lockdown blues

Older residents in Birmingham enjoyed a lunch treat as part of plans to help beat the lockdown blues.

Residents at the Quadrangle in Bournville were served homemade shepherd's pie and trifle for dessert, all delivered straight to their doors.

Kathy Knight, Manager of the Quadrangle, said: "Prior to Covid we had so much going on at the Quadrangle but sadly we have not been able to be together for nearly a year now.

"I think residents really enjoyed the lunch and I received some lovely compliments, it hopefully brightened up a day in a week with very bleak weather."

If you would like to apply for a home at the Quadrangle (Bournville Almshouses), you can contact us

direct for an application form by emailing enquiries@bvt.org.uk or calling us on 0300 333 6540.



Kathy Knight preparing lunch time treat.

Stress Awareness Month – top tips

Did you know that April is Stress Awareness Month? For many people Covid has added to feelings of stress and pressure. However, according to charity Mind, there are steps you can take to help you cope with being under pressure.

1 Identify your triggers. Working out what triggers stress can help you anticipate problems and think of ways to solve them. Even if you can't avoid situations, being prepared can help.

2 Organise your time. Making adjustments to the way you organise your time could help you feel more in control of tasks you're facing and more able to handle pressure.

3 Address some of the causes. Although there will probably be lots of things you can't do anything about, there might still be practical ways you could resolve or improve issues that are putting pressure on you.

4 Accept things you can't change. It's not easy but accepting there are some things happening to you you probably can't do anything about will help you focus your time and energy more productively.

Mind also advises that it's important to remember that different things work for different people and to only try what you feel comfortable with. For more tips, go to www.mind.org.uk/information-support/types-of-mental-health-problems/stress/dealing-with-pressure/



Addressing causes of stress can help you manage it.

Community & people



A Paw-fect beginning for new Academy

If one of Bournville's newest business owners Lakhi Thindal looks familiar there is a good reason. Lakhi was one of the contestants to make the final of BBC One's hugely popular dog grooming show Pooch Perfect.

The owner of Posh Pets Academy, on Mary Vale Road, spoke to us about starring in the show and his hopes for the future.

How did you end up appearing on Pooch Perfect?

I was competing at the Grooming Show with one of my poodles and there was an announcement over the loud speaker about the show. I didn't think much of it. In the end my best friend Michelle put me forward.

What was it like starring in the show?

It was amazing. The effort they put into the sets, we were all gobsmacked. They really cared for the dogs' needs and it was cool, calm and quiet which also helped us to relax. The highlight was getting through to the final. The hardest part was the Covid side of things as part way through filming Manchester went into lockdown. It was also hard seeing people you knew and not being able to give them a hug when they left.

Is there anything you have learnt about yourself from being a contestant?

I was always very self-critical about my work and could take

things quite personally but I've learnt that you can't satisfy everyone. I've also learnt that I can work under severe pressure.

What do you enjoy most about what you do?

Working with animals. I've always been an animal person. Apparently as a child, I would round up horses and take them back to my grandma's home in India thinking they were lost! For me when a dog goes out wagging its tail and my clients know their dog is well maintained and healthy too, as we check for any lumps and bumps, I'm happy.

What are your hopes for the future?

Whilst I have worked in the industry for 28 years, we are classed as a new business so I'm looking forward to having an official opening for Posh Pets Academy. I'm also hoping to expand and I've just started teaching too. At the moment, due to Covid, we are only offering welfare grooms. If your dog is in desperate need, please contact me.

For more information on Posh Pets Academy, go to <https://poshpetsacademy.godaddysites.com/> or email neela33@gmail.com

Funding boost for groups helping your community

Community groups in Birmingham and Telford that are working to help those hit hardest by the impacts of Covid have been given a funding boost.

BVT has awarded grants totalling £17,500 to 15 grassroots groups as part of a commitment to support communities through the pandemic.

Many of the organisations to receive grants are run by volunteers and rely heavily on donations and fundraising to provide frontline services that offer a lifeline to many.

Those to have benefitted in Birmingham include Eco-Birmingham, Free@Last, Just Caring, the Life House Project, Masefield Community Garden, Northfield Community Partnership Future Proof Project, Riverside Performing Arts, Small World at St David's Church, Smartlyte, St Francis Community Centre and The Project in Longbridge.

Groups to have received grants in Telford are Recharge (Telford),

Telford Crisis Support, Christmas Smile Telford and Challenging Perceptions in Telford.

Here is just some of the feedback from the groups that have received grants.

Riverside Performing Arts:

'Due to the generous grant given to us we will be leading a project at the Up and Down Club, a support group for children with Downs Syndrome and their siblings. We have also been able to offer a performance at Victoria Specialist Education School across all age ranges.'

Northfield Community Partnership Future Proof Project

'We also used some of the money to purchase blankets and socks to supplement our Christmas hampers for Future Proof citizens. We also purchased a jet washer to clean pathways and slabs to make them safer and are looking to purchase some ladders and a new drill to supplement the gardening/handyman equipment.'



L-R Clare Gladstone and Kathryn Groombridge from Small World with Cheryl Garvey from BVT.

You said, we did

In this newsletter, we will explain how we are listening to your views and acting on them.

You said: 'We are fed up of the parking problems on and around St Joseph's Avenue in Bournville.'

We did: Staff from our housing and estates teams worked closely with

residents in the area, meeting with them to discuss concerns and ways that the issues could be resolved. As a result, Birmingham City Council has now sent consultation letters to all residents on proposed new parking restrictions for the area. Residents, BVT and local Councillor Oly Armstrong worked closely with the Council and the Royal Orthopaedic Hospital on the issue.

Puzzles & fun

Quiz

1. Originally which country is brie cheese from?
2. How many times has Andy Murray won Wimbledon playing singles?
3. The Mona Lisa was painted by which artist?
4. What planet is furthest from the sun?
5. A baby rabbit is called what?
6. What is the capital of Iceland?
7. Who plays Leanne Battersby in Coronation Street?
8. What is typically the strongest muscle in the human body?
9. In the film Die Hard what is the name of the skyscraper?
10. How old was Mozart when he wrote his first piece?

Answers: 1: France. 2: Twice. 3: Leonardo da Vinci. 4: Neptune. 5: A kit. 6: Reykjavik. 7: Jane Danson. 8: The masseter (main jaw muscle). 9: Nakatomi Plaza. 10: Five.

Spiced chicken and vegetable **soup recipe**

Ingredients:

- 2 tsp vegetable oil
- 1 medium onion, chopped
- 1 garlic clove, crushed
- 2 carrots, chopped
- 250g swede or turnip, chopped
- 1 apple, peeled, cored and chopped
- 1 tbsp curry powder
- 1/2 tsp cumin seeds (optional)
- 1l reduced-salt vegetable or chicken stock
- 400g tomatoes, chopped
- 200g cooked chicken, skin removed, chopped
- 50g frozen peas
- 4 tbsp low-fat natural yoghurt
- 1 pinch fresh mint (optional)

Method:

1: Heat the vegetable oil in a large saucepan and gently fry the onion

and garlic for 2 to 3 minutes, until softened. Add the carrots, swede or turnip and apple, and cook for another 2 minutes.

2: Stir in the curry powder and cumin seeds (if using) and cook gently for a few seconds. Pour in the reduced-salt stock and add the tomatoes. Bring up to the boil, then reduce the heat and simmer, partially covered, for about 20 minutes, or until the vegetables are tender.

3: Add the cooked chicken and peas and simmer gently for another 3 to 4 minutes. Ladle the soup into warm bowls and serve each portion topped with 1 tablespoon of yoghurt and a few mint leaves (if using). Serve each portion with a wholemeal roll.

Recipe courtesy of Change4Life. For more Change4Life recipes, visit www.nhs.uk/change4life/recipes

Wordsearch

This time around our wordsearch is just for fun

1. Ash
2. Cherry
3. Hawthorn
4. Hazel
5. Larch
6. Sycamore
7. Chestnut
8. Willow
9. Yew
10. Elm

W	J	T	I	L	U	V	W	J	R	O	S	P	A	L
O	G	I	U	E	V	N	R	D	B	E	Q	X	I	L
L	D	M	T	N	T	O	Q	J	H	M	P	P	A	J
L	H	F	A	E	T	Y	G	W	A	Z	K	R	Z	N
I	M	A	T	Y	F	S	E	J	Z	B	C	V	W	D
W	M	S	W	R	J	Y	E	X	E	H	N	X	K	C
A	E	B	D	T	E	K	K	H	L	D	S	P	U	V
C	X	V	E	U	H	I	T	P	C	Y	E	K	A	M
D	P	P	Q	Q	W	O	L	N	U	C	F	D	K	J
V	Q	Y	V	N	E	U	R	C	H	E	R	R	Y	Q
M	T	F	W	O	T	P	H	N	B	O	B	R	P	N
X	E	L	M	U	D	S	D	J	V	D	U	X	X	L
P	P	J	N	U	A	L	N	A	H	U	V	Z	V	G
U	F	Z	W	Q	K	E	R	O	M	A	C	Y	S	X
I	F	S	T	P	X	H	Z	O	B	D	L	B	B	D

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