



N.A.S.H NEWS

NATIONAL ASSOCIATION OF SAFETY HOMES

*Happy New Year
to all our members and readers*

ISSUE 4 VOLUME ONE



Date: February 2007

Welcome to the new look magazine



Page 2

What's inside

Page 3	Larne Archery Club awarded sponsorship.
Page 4	New property protection site on the net!
Page 5	The polish Welfare Association
Page 6	Test your hearing with R.N.I.D.
Page 7 - 13	You ask us



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Antrim Road Ballymena



Award

Larne Archery Club benefits to the tune of £500

Another first for N.A.S.H

Following a successful application to N.A.S.H for sponsorship, Larne Archery Club was recipient of our first ever sponsorship award, the magnificent sum of £500. The award is to be used to help the club stage what is known as a "FITA 900" competition at Larne Rugby Club on the 23rd June 2007. Formed as recently as 2003 the club boasts a number of record holders both of Northern Ireland and British titles. To many, archery would be a little known sport and the Board of Management, in keeping with our policy of openness and accountability, deliberated long and hard on the granting of such a substantial sum and the merits of the grant. It was however eventually decided that given the record status of club members and the growing interest in the sport, offering our financial assistance was the right approach to take. Mr Allan Hughes Chairman of L.A.C. accepted the award on behalf of the club and said, "This is a tremendous boost for us and the club really appreciates the help N.A.S.H has given us"





New property protection site;-

www.immobilise.com

Immobilise is the worlds largest FREE "off-site" register of possession ownership. In association with its sister web site, it is also the worlds largest searchable register of stolen goods and blocked mobile phones.

Immobilise can be used by members of the public and also by businesses to register their company assets using their free upload service. Uniquely via an Immobilise account UK users can record any registered item as lost or stolen and this appears on the Police National Stolen Equipment Database. Don't forget to also report it to your network so they can block the SIM card and the IMEI number. Immobilise is the only ownership registration service supported by all the UK Police forces, and the mobile phone industry **for the registration of mobile phones**. It is also supported by the Metropolitan Police, GLA and TFL for the registration of bicycles. After you have registered your first item you can add as many other items to your account as you wish. It's not just phones, laptops and ipods that get lost and stolen, pets do too. 5700 dogs and cats are lost or stolen every week and you can protect yours today by registering for 12 months FREE Pet back Protect - worth £49.95! You get a FREE Pet back ID tag from the Missing Pets Bureau that gives your pet 24 hour support with an emergency free phone number and protects your identity with a unique serial number that stops your personal details falling into the wrong hands.

Possession ownership registration via [Immobilise.com](http://www.immobilise.com)



(unless anyone can tell me otherwise), unless there is a policy in your church insurance (a case of God will provide?). Hope this helps



028 9024 4039

Victim Support NI, Annsgate House,
0-74 Ann Street, Belfast, BT1 4EH

Local Branches

Ballymena, Belfast N & W, Belfast S & E, Derry /
L'Derry, Lisburn, Lurgan,
Newry, Omagh

Court Witness Service

028 9023 2523

To Join N.A.S.H Call—07880952144

Make an announcement to start the Clean-up. During the Clean-up, this group will roam around the Clean-up area, making sure everything is running smoothly. The Site Supervisors will also make sure all the teams have what they need, and are picking up all the litter in that area and obeying the safety rules.

The Site Supervisors must call on the adult volunteers for help if dangerous litter is found. If there is an area that is not being cleaned up, the Site Supervisors should find a team to clean it up. When the whole area is cleaned up, the Site Supervisors should announce that it's time to bring the bags to the sorting stations. After the sorting is complete, the Site Supervisors must ensure that the disposables, recyclables and reusables are stored properly and taken to the appropriate places.

Safety Guidelines:

Call your local chapter of St. John Ambulance or Red Cross. Tell them what your plans are for a Community Clean-up and ask for a complete list of safety procedures.

Put together a First Aid kit that includes

- band aids
- gauze and medical tape for bandages
- aspirins (for headaches during the Clean-up)
- tweezers
- disinfectant
- gloves
- scissors

Make sure everyone participating in the Clean-up understands and follows these safety guidelines:

1. Never handle waste materials with their bare hands.
2. Wear heavy work gloves to protect hands.
3. Wear boots, long sleeves and trousers to prevent scrapes from grasses and rocks,
4. Treat wildlife with respect and caution.
5. Broken glass, rusty nails, and used hypodermic needles are sometimes found in outdoor sites even school playgrounds. Handle with care and make sure you have a plan in place for handling dangerous materials.

With the best will in the world, I don't think such an event is insurable



The Polish Welfare Association offers its help to N.A.S.H. Safety Homes!



Everyone I am sure by now has encountered some of our Polish visitors who have recently arrived in Northern Ireland seeking employment and a "decent wage". Many of these people speak limited English and because of this there are those out there who try to take advantage or think of these persons as less well educated than we might be. Very often this is not the case and I personally have met many who have arrived here

with university and college degrees amongst their many other achievements.

It is with the utmost of pleasure that The National Association of Safety Home's accepts a kind offer of assistance from the Polish Welfare Association and in particular that of their representative Katrina Kordula.

The Association will provide a 24 hour translation service to all our safety home owners in the event that they encounter a Polish national who has found themselves in difficulty or distress. You can contact the Polish Welfare Association yourself, if need be, by calling the following number for advice or assistance 07745501785.

On top of this service, Katrina has helped us produce a phrase card that will be sent to all safety home personnel and may help by initially establishing some basic contact. On the card are simple phrases that help our safety home owners understand and take appropriate action thus rendering the proper assistance to the caller.

R.N.I.D Free Hearing Test

Are you over 50 and think you might have hearing difficulties?

The Royal National Institute for the deaf have made available a, "self hearing test" line that you can call anytime and test your own hearing. Its really simple to use and at the end of the call you will be told if you have a problem or not with your hearing.

CALL **08456005555**

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N.A.S.H hopes to repeat it's successful balloon race:

To help boost funds the board of management have agreed to the running of a second Balloon Race competition, which, it is hoped will be every bit the success the 2005/6 challenge was.

This year we are pleased to have the support of the Ross Park Hotel (SEE ADVERTISEMENT) and Sportsbowl Ltd. who has provided the bio-degradable balloons.

Tickets will be on sale through any of our safety homes or by contacting us direct with your order. Remember, every penny raised is used to the benefit of local communities and organisations.

make sure all the volunteers remain within the right area, and that everyone knows where washrooms and other important areas are located. Site Supervisors will have other important jobs on Clean-up Day.

Sorting Group

Before Clean-up Day, the Sorting and Audit Group will be responsible for making sure there will be Audit forms for each of the teams. Ask each team to make their own, or make and photocopy forms, with three columns headed:

DISPOSABLES RECYCLABLES REUSABLES

The Sorting and Audit Group also needs to make sure there is a sorting station to bring all the bags to, and a system for sorting the disposables, recyclables and reusables.

Check all the equipment and make sure everyone has their gloves, three bags per team, pens, their notebooks or clipboards, and other necessary equipment.

Make sure all the children have their permission forms.

Double-check the teams to make sure everyone is part of a three-person team.

How the Teams Workgroup

The three-member teams should agree which two people will begin by being the litter collectors. The third person will have the job of record-keeper. Agree to switch jobs during the Clean-up so everyone does both jobs. The litter collectors will place disposables, recyclables and reusable in three separate bags. The record-keeper will place one check for each item collected under the correct heading on the Audit form.

On the Community Cleanup Day:

Make an announcement so all participants understand what the safety rules are, and where the First Aid point is. Make sure everyone knows the boundaries for the Clean-up. Point these out, or do a "walk-around" of the area with the whole group to show them the boundaries. Point out other important areas. Organise the teams and give them their own areas to clean up. Check each team to make sure they have all their supplies. Remind the teams to separate the waste into categories while it is being collected. If a team has any questions during the Clean-up, they should ask the Site Supervisors.

Equipment and Supplies Group

Every person participating in this project will need:

- safety gloves
- rakes, brooms, dust pans for the group (maybe school, church and volunteers have these)
- large heavy-duty garbage bags (at least three per team)
- pens/pencils
- clipboard with paper, or a notebook (one of these per team)

In addition to picking up disposables, recyclables and reusables, your clean-up team may find some dangerous litter, like broken glass. You will need a strong cardboard box or a large metal tin to collect this material. The Equipment and Supplies Group can make sure you have one. Then it becomes the Safety Group's responsibility.

Your Equipment and Supplies Group can find out how many students can bring gloves, how you will get garbage bags (maybe people can bring them from home), and make sure all the equipment gets to the right place at the right time.

Scheduling Group

Creating a schedule and making sure it's running smoothly is the job of the Scheduling Group. Set a time and date for your project. If you are working with schools make sure the parent permission forms (if required) go home with students on time. Make sure equipment and supplies will be in place before the Clean-up date. Remind everyone of the schedules, and make announcements when necessary.

Set up teams can be set up in advance so that everyone has partners. Groups of three are sociable, and people can motivate one another through repetitive tasks. These are jobs for the Scheduling Group, too.

If you have to travel to the Clean-up area, the Scheduling Group can be responsible for planning how you will get there and get back. If this is a big job, you can create a Travel Group to make these plans and make sure car sharing is arranged.

Site Supervision Group

Everyone participating in the Clean-up should know where the area is located, and what the boundaries are for the Clean-up. The Site Supervision Group can make a map of the area and provide directions before the Clean-up Day. On Clean-up Day, this group will

Peter Millar asks about the legalities of community clean up programmes:

I have been approached by a churches group interested in developing a community clean up programme in order to get people in the community to take pride in their area. A Dream-scheme type programme has been mentioned.

Could you offer me some advice regarding the management of this type of project and also information regarding insurance and H&S. I would also be grateful if you can forward me some information on case studies or groups we could contact who have ran similar programmes.

ANSWER

Consider involving as wide a spectrum of the community as you can. For an example, consider involving a local school (so that it can be part of their environment studies and citizenship studies all at the same time). Elderly people, if they are unable to do heavy work, enjoy using litter picker sticks so they don't have to bend. Therefore, offer options in your activities, so everyone can get involved in choosing different activities for different lengths of time.

For **Dreamscheme** local groups go to: http://www.dreamscheme.org.uk/findout_local.htm

You should consider listening to a teenagers' project on Womans Hour Archive: http://www.bbc.co.uk/radio4/womanshour/2002_40_thu_02.shtml

If you are considering something in the order of a social enterprise, a sustainable community cleanup to be carried out over years, you might investigate The New Economic Foundation and its toolkit for local economic renewal:

http://www.neweconomics.org/gen/tools_alchemy.aspx

The one on **Wake up the Local Economy** might be a good start, providing presentations that you can tailor to your own needs to present to and motivate your local group.



BizFizz is also something that might help you attract start-up funding for such a project:

<http://www.bizfizz.org.uk/>

BizFizz coaches offer free, confidential business support to anyone who wants to start or expand an enterprise, and is backed up by a panel of local people who provide practical support, key contacts and local know-how. The currency of BizFizz is passion. Unlike conventional business support, the BizFizz coach is not focused on meeting performance indicators such as target numbers of clients processed or grant applications. Instead, the coach is free to allow people to find their own path, to start from where they are, and sometimes to decide they are not ready yet.

Having run such a project myself my local area I know there's a lot of waste that gets

abandoned, fly-tipped (where it lies because the council cannot afford to clean it up). Some of it ends up in our schoolyards, streets, our stream beds and parks.

Management of the Project:

A community cleanup project could be managed in the following way:

Carry out a Community Cleanup Survey

You choose a public place to clean up (park, churchyard), and then have a look at some of the rubbish you find and decide what could be reused. The purpose is to make the area a cleaner and safer place for animals, adults and children and enhance the use of and the civic pride in the area.

The objective is to collect all the litter in an area, sort it, and classify it as reusable, recyclable or disposable. Decide what effect the waste is having on the environment, and how its removal has improved the environment as part of community information (parish magazine, public noticeboard, school project, leading to evidence need for local bottle bank, waste paper recycling project etc).

Preparation:

1. Form a Clean-up Leaders group to plan the clean-up and take care of all of the details. The Clean-up Leaders will break the pro-

(Continued on page 9)



ject down into tasks, and task groups can then be formed to work on each part of the project. For instance, you may want to form:

- a) a Safety Group
- b) a Research Group
- c) an Equipment and Supplies Group
- d) a Scheduling Group
- e) a Site Supervision Group
- f) a Sorting and Audit Group

Choose an area for your Community Clean-up:

This can be your school yard, a local park or high street.

Safety Group

Read the "Safety Guidelines" at the end of this section, and make sure to follow them carefully. The Safety Group will make sure everyone understands the safety guidelines before Clean-up Day, and that all of the guidelines are followed. This group will also make sure that there is a First Aid kit fully stocked and ready to go on Clean-up Day.

Make sure children are supervised by adults.

NOTE: If you'd like to have media or special guests at your Clean-Up, see "Guests and Media Group" activities in the Reuse Fair project

Research Group

You'll need to find out what permission is required to do a clean-up in your chosen area. If you have chosen a park, your Parks Department or Public Works Department can help you with these details. Your Research Group can find out what permission is needed and make sure you get it on time.

You will also need to plan what to do with all the litter you collect. Your Research Group can find out where the garbage will be disposed of, how the recyclables can be recycled, and what you can do with the reusable materials you find.

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