

HOT OFF THE PRESS

HEAR OUR THOUGHTS

FHA newsletter

Spring Issue

WELCOME TO THE SUMMER EDITION OF HOT OFF THE PRESS!



As the sun shines brighter and the days grow longer, we're thrilled to bring you the latest Summer edition of Hot Off The Press, Falcon Housing Association C.I.C's quarterly newsletter. This season is all about connection, celebration, and community – and we've packed these pages full of fun, inspiration, and updates to keep you informed and entertained.



Inside, you'll find a colourful mix of stories from our residents and staff, exciting upcoming events, useful tips for making the most of the summer months, and heartwarming highlights from across our services. Whether you're looking for wellbeing ideas, community news, or just a cheerful read in the sunshine, there's something here for everyone. So grab a cool drink, find a shady spot, and enjoy the summer with FHA!

Happy Reading.

Disability Pride Month: Honouring Disabled Voices and Building a More Inclusive Future

The early August Bank Holiday is the perfect opportunity to shake off the last traces of spring and dive into a long weekend filled with relaxation, adventure, or a bit of both. Whether you're looking for outdoor activities, cultural experiences, or just a chance to unwind, there's something for everyone to enjoy during this holiday. Here's your guide to making the most of this annual break.

**Summer fun
next page
>>>>>**

SEE INSIDE - DISABILITY PRIDE MONTH - *What you can do to get involved*

**INSIDE: NEWS • SUMMER FUN IDEAS • RECIPES
DISABILITY PRIDE MONTH • UPDATES • COMPETITION**



SUMMER

Summer holidays are the perfect time to unwind, explore, and enjoy life to the fullest! Whether you're staying close to home or venturing further afield, there are plenty of fun and relaxing ways to make the most of the sunny season.



Picnic in the Park

Pack a basket with your favourite snacks and drinks, grab a blanket, and head to your local park. It's a simple yet joyful way to spend the day with friends or family.

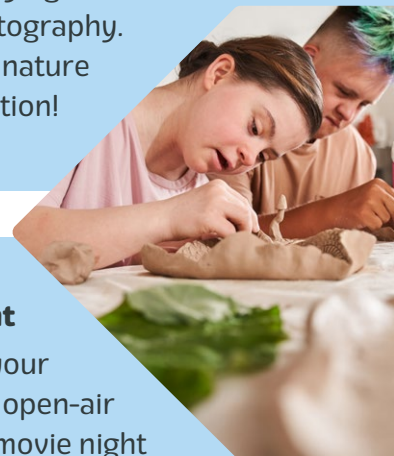
Beach Day

Feel the sand between your toes, take a dip in the sea, or just relax under a sunshade with a good book. Don't forget the sunscreen!



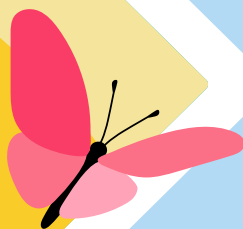
Get creative

Summer is great for trying new crafts, painting, or even photography. Use the sunshine and nature around you as inspiration!



Nature Walks

Explore a new trail or revisit a favourite spot. Being outdoors is great for your mental and physical health.



Outdoor Movie Night

Set up a projector in your garden or visit a local open-air cinema for a magical movie night under the stars.

Whatever you choose, the most important thing is to do what makes you happy. Summer is all about making memories, soaking up the sunshine, and enjoying the little things in life.



A big well done to Steve!

One of our tenants, Steve has quit smoking. He has tried to quit smoking before but this time he has done it. Steve is very proud of himself and so are we.

Steve's support worker said 'This is the second time Steve has quit smoking. Steve has done really well and even stopped Vaping.'

Steve said 'I had a lot of intension to give it up. This time I took it more seriously. I am now a lot less stressed and feel a lot better'



Disability Pride Month: HONOURING DISABLED VOICES AND BUILDING A MORE INCLUSIVE FUTURE

July marks Disability Pride Month, a powerful opportunity to celebrate the identities, experiences, and achievements of disabled people in the UK and around the world. While Disability Pride originated in the United States following the passage of the Americans with Disabilities Act in 1990, it has since grown into a global movement that resonates strongly here in the UK — where over 16 million people live with a disability.

Unlike awareness campaigns that often focus on limitations or charity narratives, Disability Pride centres on empowerment, visibility, and identity. It encourages everyone — disabled and non-disabled alike — to reconsider what inclusion truly looks like, from accessible public transport and inclusive education, to fair employment opportunities and authentic media representation.

In the UK, Disability Pride events and campaigns have been gaining momentum — from local marches and community festivals to digital storytelling initiatives that highlight lived experiences. These moments serve not only as celebrations, but as vital platforms for raising awareness and demanding systemic change.

WHAT YOU CAN DO THIS MONTH:

- ✓ **Listen and Learn:** Follow disabled creators, campaigners, and educators on social media.
- ✓ **Get Involved:** Support UK-based disability rights organisations such as Scope, Disability Rights UK, and Disabled People's Organisations (DPOs).
- ✓ **Audit Your Environment:** Whether at work, school, or in your local community — ask: Is this space truly accessible?
- ✓ **Start Conversations:** Encourage open, respectful dialogue about disability, identity, and inclusion.
- ✓ Disability Pride is about more than visibility — it's about creating a world where **disabled people are valued, heard, and included** every day of the year.

Together, let's work towards a society that doesn't just accommodate difference — but celebrates it.

Disability Pride Month is
not just a celebration —
it's also a call to action.
It's a time to:

**Challenge stigma
and stereotypes**

Elevate disabled voices

**Recognise the barriers
still faced in society**

**And ultimately, reframe
disability as a natural
and valuable part of
human diversity**

SUMMER IS FOR

enjoying the little things

There is something lovely about spending a quiet afternoon making a simple treat or trying a fun recipe at home. These easy ideas are a wonderful way to relax and have fun - no fancy equipment needed - just a few ingredients and a little time.



COOL DOWN WITH HOMEMADE ICE LOLLIES!

Making your own ice lollies at home is easy, fun and a great way to cool down on a warm summer's days.



Here's how you can make them:

You'll need:

- Some fruit juice or squash
- A few bits of fresh or tinned fruit (optional)
- Small plastic cups or empty yogurt pots
- Lolly sticks, teaspoons, or plastic spoons

What to do:

1. Pour the juice or squash into the cups.
2. Add a few bits of fruit if you like.
3. Put a stick or spoon in the middle of each one.
4. Pop them in the freezer for a few hours or ideally overnight.

Once they're frozen, they're ready to enjoy!

A perfect treat to share with your friends or neighbours and they're healthier and cheaper than shop-bought ones too.

EASY NO-BAKE SUMMER CHEESECAKE

This no-bake cheesecake is cool, creamy, and perfect for summer. You don't need an oven—just a fridge and a few simple ingredients!

That's it! A cool and creamy treat with no baking needed,

Great to share with others or to just enjoy with a nice cup of tea!

Which one will you try?



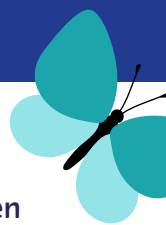
You'll need:

- 50g (about 10) digestive biscuits
- 75g (about 3 tablespoons) of butter
- 200g cream cheese (like Philadelphia or a supermarket own brand)
- 150ml double cream
- 50g sugar (about 3 tablespoons)
- A few strawberries or other soft fruit (fresh or tinned)

What to do:

1. Crush the biscuits in a bowl (you can use a rolling pin or the bottom of a mug).

2. Melt the butter in the microwave or in a pan, then mix it into the crushed biscuits.
3. Press the mixture into the bottom of a dish or cake tin to make the base. Put it in the fridge for 20–30 minutes.
4. In another bowl, mix the cream cheese, cream, and sugar until it's smooth and thick.
5. Spoon the mixture onto the biscuit base and smooth it out.
6. Add fruit on top—like strawberries, raspberries, or slices of peach.
7. Put it in the fridge for at least 2 hours (overnight is best) until it's firm and ready to eat.



We have completed some decoration works at one of our properties. Following the decoration of the living room, the tenants bought some canvas' for the wall to make it look homely. We think it looks fab.



We also decorated the living room at another one of our properties, we showed our tenants some wallpaper samples and they chose a lovely grey pattern to match the rest of the living room. The tenants are really happy with it and enjoy spending time in there watching TV.

PERFORMANCE

Here is a quick look at how our performance has been since April 2025.

Average time to complete emergency repairs **1 day**

Average time to complete non-emergency repairs **5.8 days**

Average time to complete routine repairs **12.1 days**

Emergency repairs completed within target **87.40%**

Average days to re-let our homes **129 days**

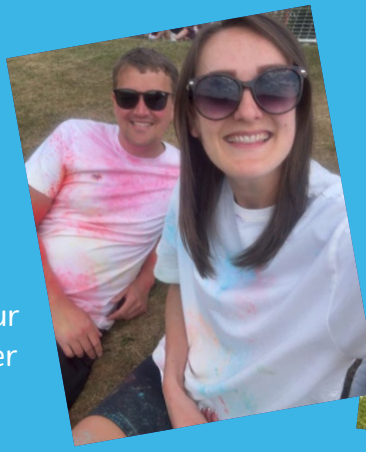


FHA UPDATE

We welcomed a new Housing Officer Rob Kilpatrick for the South West portfolio in May. Rob has been visiting properties and will continue to do so over the coming months.

SPONSORED RUN

FHA recently sponsored a local school's colour run in the North. Our Property Asset Manager took part representing Falcon HA.



WIN WITH OUR SUMMER WORDSEARCH

Find the 20 hidden summer-themed words and be in with a chance to win a £25 voucher! Words can appear horizontally, vertically, or diagonally. Once you've found them all, take a photo of your completed puzzle and send it to hello@falconha.org. Be sure to include your name, email address, phone number, and where you live for your chance to win!

WORD LIST: SUNSHINE, ICECREAM, BARBECUE, PICNIC, HOLIDAY, SANDCASTLE, FLIPFLOPS, SWIMSUIT, SUNGLASSES, LEMONADE, SUNFLOWER, BEACH, HEATWAVE, POOL, SUNSCREEN, TRAVEL, HAMMOCK, RELAX, SEASHELL, ADVENTURE

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

THINGS TO DO (THAT DON'T COST A FORTUNE)

Explore castle ruins, picnic in National Parks, visit quirky museums (ever been to the Pencil Museum in Keswick?), or find a local festival. Many attractions are free or low-cost, and you're supporting the local economy while you're at it.



THE JOY OF THE LITTLE THINGS

Staycations remind us that holidays aren't about how far you travel, but how much you enjoy. It's the mid-morning bacon butty from a local café, the spontaneous pub garden stop, the thrill of beating your mates at crazy golf, or finding that perfect ice cream van.

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