

HOT OFF THE PRESS

HEAR OUR THOUGHTS

Falcon HA newsletter



WELCOME TO THE AUTUMN EDITION OF HOT OFF THE PRESS!

As the leaves turn and the air grows crisp, we're embracing all the colours, comforts, and community that autumn brings. In this edition of Hot Off the Press, you'll find seasonal tips, cosy recipes, resident stories, and practical advice to help you feel warm, supported, and connected as the days grow shorter.

A very warm welcome to all our new tenants! We hope you're settling in and starting to make your new place feel like home. At FHA, tenants are always at the heart of what we do, and your views continue to shape and improve the services we provide.

So whether you're enjoying a hot drink, joining in autumn activities, or simply taking the season at your own pace, this newsletter is here to celebrate life across FHA and share useful updates, ideas, and inspiration.

Grab a cuppa, get comfy, and read on!

Autumn issue

SEE INSIDE - for Looking After Your Wellbeing This Autumn

As the nights draw in, it's more important than ever to take care of your mental health. Inside, we share simple ways to stay positive, connected, and cosy through the colder months.

INSIDE: NEWS • LATEST STATS • HOW TO CARVE THE BEST PUMPKIN • WINTER WARMTH TIPS • OCTOBER IS MENTAL HEALTH MONTH



HOW TO CARVE THE BEST PUMPKIN *(safely!)*



Pumpkin carving season is here! Nothing says Halloween like a glowing jack-o'-lantern on your doorstep. Whether you're carving a classic smile or a spooky masterpiece, here are our best tips for making it safe and fun.

STEP 1: CHOOSE THE PERFECT PUMPKIN

- Look for a firm, fresh pumpkin with a flat base so it doesn't wobble.
- Medium to large pumpkins is easiest for carving detailed designs.

STEP 2: CARVE SAFELY

- Always use proper carving tools!
- Carve in a well-lit area with a sturdy surface.

STEP 3: DESIGN & DETAIL

- Start with simple shapes for beginners (triangles, circles, stars).
- For advanced designs, tape a stencil to your pumpkin and trace it.
- Scoop out the insides thinly, it makes carving easier and helps your pumpkin glow brighter.

STEP 4: LIGHT IT UP SAFELY

- Use LED tea lights or glow sticks instead of real candles, which is safer and longer last-ing.
- If you do use candles, never leave your pumpkin unattended.

PRO TIPS

Sprinkle a little cinnamon inside your pumpkin - when lit, it smells like pumpkin pie!

Rub petroleum jelly on carved edges to slow down wilting.



SHARE YOUR CREATIONS!

We'd love to see your carved pumpkins! Email your photos with **#PumpkinPerfect2025** to **hello@falconha.org** and we'll feature our favourites in our winter newsletter.

*Thanks for being part of our community.
Stay cozy, stay creative, and have a spooky, fun Halloween!*

WINTER WARMTH TIPS FOR STAYING SAFE & COSY

As temperatures drop, it's important to stay warm, safe, and healthy. Here are some simple ways to keep the cold out and the warmth in this winter:



1 Dress in Layers

- Wear several thin layers rather than one thick one – it helps trap heat better.
- Don't forget hats, scarves, socks, and gloves – you lose a lot of heat through your head and hands!

2 Keep Warm at Night

- Use extra blankets.
- Wear warm pyjamas, socks, or even a hat in bed if it's very cold.
- Keep your bedroom door closed to stop heat escaping.

3 Eat and Drink Warm

- Hot meals and drinks throughout the day can help raise your body temperature.
- Try soups, stews, porridge, or warm drinks like tea or hot chocolate.

4 Warm Up the Space

- Keep windows and doors closed to reduce drafts.
- If you have heating, set it to a steady, comfortable temperature.

5 Make the Most of Natural Warmth

- Open curtains during the day to let sunlight in.
- Close them at dusk to keep the heat inside.

6 Stay Active Indoors

- Light movement, like walking around your room or gentle stretches, helps keep your body warm.
- Even small movements throughout the day can help boost circulation.



RED THROUGH AND THROUGH!

One of our tenants dyed his hair red in support of his favourite football team, Manchester United. He has also put on his Manchester United football shirt to cheer them on.



OCTOBER IS MENTAL HEALTH AWARENESS MONTH

Let's talk, listen, and look after ourselves, together

This October, we're shining a light on something that matters to all of us: mental health. Whether it's feeling low during the colder months, managing anxiety, living with a mental health condition, or simply needing a listening ear – your mental wellbeing matters.

At FHA, we believe there's no health without mental health – and this month is all about starting conversations, breaking down stigma, and making sure everyone knows they're not alone.

World Mental Health Day
10th October 2025

This year's theme is "Mental Health is a Universal Human Right", reminding us that everyone deserves access to support, understanding, and respect – no matter who they are or where they're from.

It's a great time to reflect, reach out, and support each other.

LOOKING AFTER YOUR MENTAL HEALTH

Here are a few simple ways to support your wellbeing this month – and beyond:

- ✓ **Talk to someone you trust** – a support worker, a friend, or family member.
- ✓ **Stick to a routine** – regular meals, sleep, and activity can help keep you grounded.
- ✓ **Spend time outside** – even a short walk or sitting in fresh air can boost your mood.
- ✓ **Join in activities** – creative groups, gentle movement, or social time can help you feel connected.
- ✓ **Ask for help early** – don't wait until things feel too much. You deserve support.

You Are Not Alone

We all have mental health, and it's okay to talk about it. Whether you're having a good day or a tough one – you matter, and your voice matters. Let's keep supporting each other, this month and always.

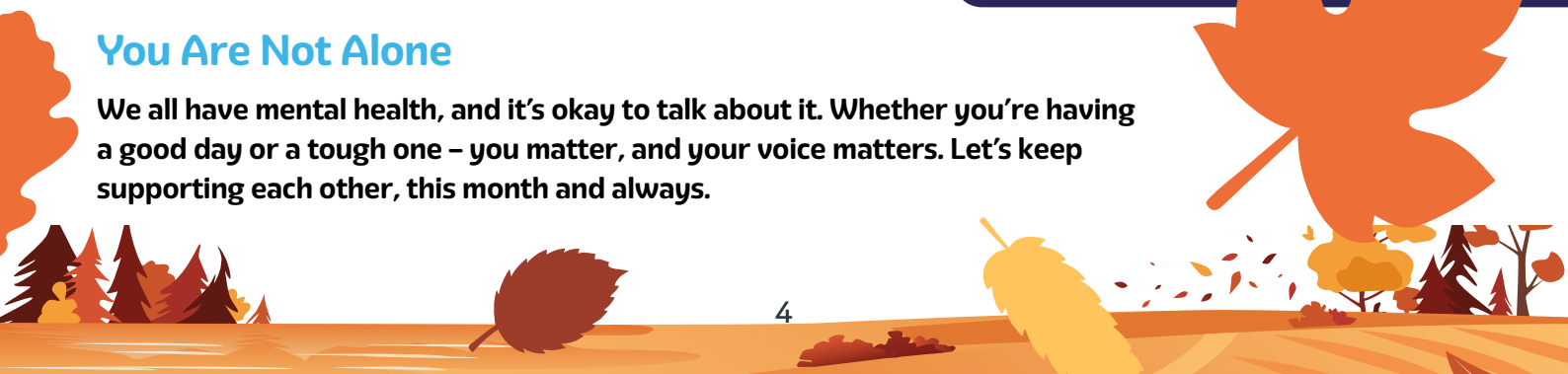


Support You Can Reach Out To



If you need extra support at any time, these organisations are here to help:

- Samaritans – 116 123 (24/7, free)
- Mind – 0300 123 3393 / mind.org.uk
- SHOUT – Text 'SHOUT' to 85258 (free, 24/7 text service)
- Your GP – can help with referrals to mental health services



CONGRATULATIONS ON THE NEW JOB.

We're delighted to share that one of our tenants in Peterborough has recently started a new role at Deafblind UK Rainbow Court, where she supports people living with sight and hearing loss.

After a life-changing car accident, our tenant faced a long and difficult road to recovery. Battling through both physical and emotional challenges, she remained determined not to let her health issues define her future. Congratulations on your new job.

A NEW COSY LIVING ROOM

We have also carried out some decoration works at one of our properties in Seaham. Following this, the tenants clubbed together to purchase new artwork for the walls and ornaments to give it a homely feel. They are very happy with their new cosy living room.



PERFORMANCE:

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



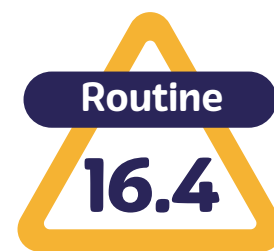
DAYS

Average time to complete emergency repairs



DAYS

Average time to complete urgent repairs



DAYS

Average time to complete routine repairs



93.8%

Emergency repairs completed within target



191 DAYS

Average days to re-let our homes

Mental Health and Wellbeing This Autumn

Looking after ourselves as the seasons change

As the days get shorter and the weather gets colder, it's completely normal to feel a little more tired, low, or less motivated than usual. Autumn can be a beautiful time of year, but it can also bring challenges for our mental health – especially for those affected by seasonal changes.

Here are a few gentle ways to take care of your wellbeing this season:

1. Get Some Daylight

Try to spend time outside during daylight hours if you can, even for a short walk or a cuppa by the window. Natural light can help lift your mood and support healthy sleep patterns.

2. Create a Cosy Routine

Colder months are perfect for creating a comforting daily routine. Make a warm drink, listen to calming music, or wrap yourself in a soft blanket. Small, familiar rituals can help you feel more settled.

3. Stay Connected

It can be tempting to withdraw during colder weather, but staying in touch with others is really important. Whether it's chatting with a support worker, joining in a group activity, or sending a message to a friend – connection helps.

4. Rest, But Don't Hibernate

It's okay to need more rest, but try to keep a regular sleep pattern and avoid long naps during the day. Gentle activity, like stretching or walking, can actually boost energy and mood.

5. Ask for Support

You're never alone – if things feel heavy or overwhelming, speak to a member of staff or support worker. They're here to listen and help. You can also access mental health services or talk to your GP if needed.

Taking care of your mental health doesn't mean doing everything perfectly – it means listening to yourself and reaching out when you need a little help. Be kind to yourself this autumn.

WARMING AUTUMN RECIPES TO TRY

Hearty Vegetable Soup

Perfect for warming up and using up veg!

Instructions:

1. Fry the onion gently in a little oil until soft.
 2. Add the rest of the vegetables and stir.
 3. Pour in the chopped tomatoes, water and stock cube.
 4. Bring to a boil, then simmer for 30 minutes until everything is soft.
 5. Blend if preferred smooth. Serve with bread or toast.
- Great for batch cooking – freeze extra portions!*

Ingredients:

- 1 onion, chopped
- 2 carrots, chopped
- 2 potatoes, diced
- 1 stock cube (vegetable or chicken)
- 1 tin chopped tomatoes
- 500ml water
- Optional: peas, sweetcorn, herbs

Easy Apple Crumble

A classic autumn dessert

Instructions:

1. Preheat oven to 180°C. Put sliced apples into a baking dish.
2. Rub butter into flour with your fingers until it looks like breadcrumbs.
3. Stir in the sugar (and cinnamon if using).
4. Sprinkle the crumble mixture over the apples.
5. Bake for 30–35 minutes until golden. Serve with custard or yoghurt.

Can also use tinned fruit to make it quicker!

Ingredients:

- 3 apples (peeled & sliced)
- 100g plain flour
- 50g butter
- 50g sugar
- Optional: cinnamon or raisins



Spot the difference

Can you find all 10 spooky differences hiding in our Halloween scene?

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