

H O T OFF THE PRESS

HEAR OUR THOUGHTS

FHA newsletter

Spring issue

WELCOME TO OUR SPRING NEWSLETTER



Welcome to the latest edition of Hot Off the Press, your seasonal update from across our supported housing community. As we move into spring, this issue is filled with ideas to help you enjoy the brighter days, look after your wellbeing, and make the most of everything the season has to offer.

Inside, you'll find simple and enjoyable suggestions for getting out and about, staying active, and trying something creative with our Fun Things to Do This Spring feature, along with a hands-on idea in Creative Corner: Spring Nature Collage. We're also pleased to share updates from our services, including recent decoration works that have helped refresh and brighten shared spaces for tenants.

This edition also highlights important awareness and wellbeing support, including a focus on Mental Health Awareness Week, reminding us all of the importance of checking in with ourselves and each other. For something a little different, we've included a quick and refreshing no-bake spring dessert to try at home, as well as helpful tips for looking after your home during the season.

Finally, you'll find a snapshot of our latest performance results, showing our continued commitment to responding quickly and effectively to repairs and maintaining our homes to a high standard.

We hope you enjoy reading this edition and find something useful, inspiring, or simply enjoyable as we head further into spring.

A Season of Fresh Starts

Explore simple spring activities, wellbeing tips and a creative nature collage project designed to inspire creativity, connection and positive wellbeing.

Get creative next page >>>>

SEE INSIDE -

Get a Spring in your step! - P5 >>

INSIDE: FHA UPDATES • FUN THINGS TO DO THIS SPRING
MENTAL HEALTH AWARENESS WEEK • RECIPES • COMPETITION



FUN THINGS TO DO *This Spring*

Spring is a great time to get outside, try new things, and enjoy the fresh air. A simple walk in a local park can lift your mood - take in the flowers, sunshine, and sounds of nature.

If you're feeling creative, try drawing, writing, or a small craft project inspired by the season. Gardening is another rewarding option, whether it's planting flowers, herbs, or vegetables.

Spring is also perfect for connecting with others. A picnic, shared meal, or even a chat in the sunshine can make a big difference. For wellbeing, gentle activities like stretching, yoga, or cycling are great ways to stay active.

SPRING WELLBEING TIPS:

- Spend a little time outdoors each day to boost mood and energy
- Keep a simple routine to help you stay balanced
- Stay hydrated and eat fresh, seasonal foods where possible
- Take breaks and practice relaxation, like deep breathing or mindfulness
- Set small, achievable goals and celebrate your progress

Most importantly, enjoy the season and take small steps towards something new - spring is all about fresh starts.



Creative Corner: Spring Nature Collage

Looking for something simple and creative to try this spring? Why not make your own nature collage!

Start by heading outside and collecting a few small, interesting items—like fallen leaves, petals, twigs, or even bits of grass. Try to choose a variety of colours and textures. Once you're back inside, arrange your finds on a piece of paper or card to create a picture or pattern. You could make a landscape, a shape, or something completely abstract—it's up to you.

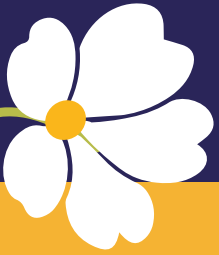
When you're happy with your design, glue everything down and let it dry. If you like, you can add drawings, labels, or a short poem to personalise your collage.

This activity is a great way to relax, get creative, and connect with nature. Plus, you'll have a unique piece of art to brighten up your space! Email a photo of your creation to your Housing Officer or to [Hello@falconha.org](mailto>Hello@falconha.org) and we will feature it in our Summer newsletter.



MENTAL HEALTH AWARENESS WEEK 11TH-17TH MAY:

TAKING TIME TO CHECK IN



This May marks Mental Health Awareness Week - an important opportunity to reflect on our wellbeing and support one another.



At Hot Off the Press, we recognise that mental health is just as important as physical health. Taking time to check in with how we're feeling, finding ways to manage stress, and reaching out for support can make a real difference in our day-to-day lives.

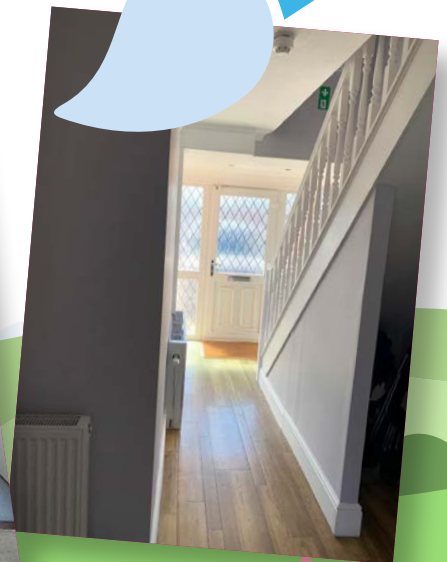
Throughout the week, we're encouraging residents to take part in simple, positive activities that support wellbeing. This might include spending time outdoors, joining a group activity, trying a creative session, or simply having a chat with someone you trust. Small actions can have a big impact.

It's also a reminder that everyone's mental health journey is different. Some days may feel easier than others, and that's okay. What matters is knowing that support is available and that no one has to face challenges alone.

Let's use this week to be kind to ourselves and each other, start conversations, and continue building a supportive community where everyone feels heard, valued, and understood.

IMPROVEMENT WORKS

We have recently carried out some decoration works in some of our properties. Tenants at the property are really happy with their newly painted stairs and hallway.



WELCOME TO THE TEAM

FHA Update

Since our last newsletter, we're pleased to share an update on both new starters and fond farewells within the team.

Over the past couple of months, we have strengthened our team with the addition of a new Housing Officer. Jen joined us in March and will be covering the North West.

This appointment reflects our commitment to enhancing engagement with our tenants and improving service delivery. By growing the team, we're aiming to increase our presence across our communities, with more regular visits and opportunities to connect directly with tenants.

Our Team will be out and about over the coming months, and we hope you give them a warm welcome when you see them.

We would also like to take this opportunity to thank those who have recently left the organisation for their valued contributions and wish them every success for the future.

FOCUS ON PERFORMANCE

You've told us that reliable services and timely repairs matter most to you. We regularly monitor our performance across key areas, including repairs and re-letting homes, so we can continue improving the services we provide.

Here is a quick look at how our performance has been since January 2026

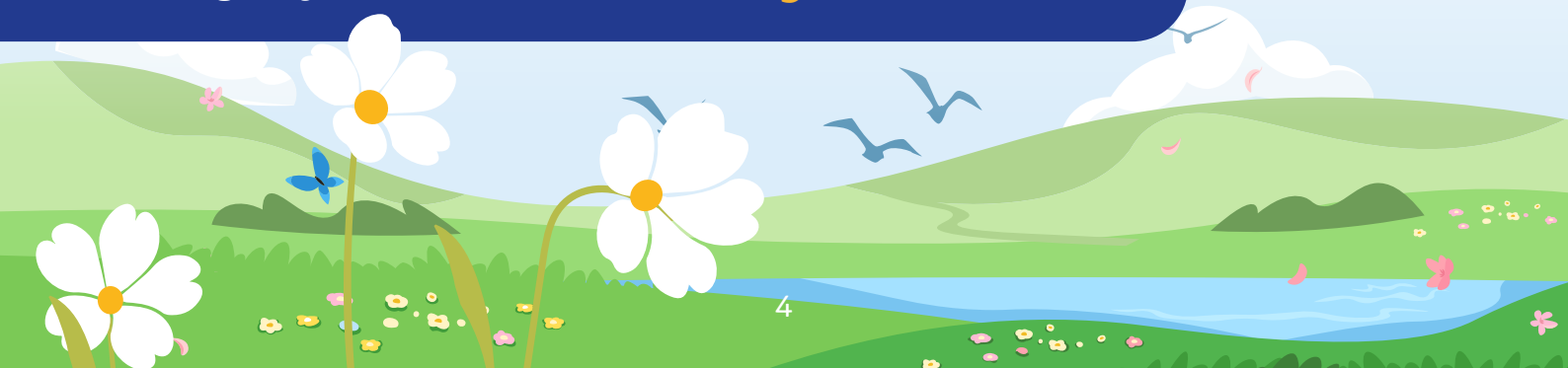
Average time to complete emergency repairs **1.2 days**

Average time to complete urgent repairs **6.4 days**

Average time to complete routine repairs **14.1 days**

Emergency repairs completed within target **95.9%**

Average days to re-let our homes **187 days**



Looking After Your Home in Spring

Spring is a great time to freshen up your home and take care of small tasks that help keep things clean, safe, and comfortable.

Start with a simple tidy and declutter—open windows, let in fresh air, and clear out anything you no longer need. Small changes can make your space feel brighter and more relaxing.

If you have outdoor space, a quick tidy or adding a few plants can really lift the area.

A little care in spring can help your home feel fresh, welcoming, and ready for the new season.



No-Bake Spring Dessert: Lemon Yogurt Berry Pots

This light and refreshing dessert is perfect for spring and takes just minutes to prepare - no oven needed!

Method

1. In a bowl, mix the yogurt with lemon zest and a small squeeze of lemon juice.
2. Add honey or sugar to sweeten, if needed.
3. In small glasses or pots, layer the ingredients: start with berries, then yogurt, then a sprinkle of granola or crushed biscuits.
4. Repeat the layers until the glass is full.
5. Top with a few fresh berries and a little drizzle of honey

Chill in the fridge for 30 minutes if you have time, or serve straight away. This dessert is light, fruity, and perfect for enjoying in warmer weather..



Prep Time: 10 minutes
Chill Time: 30 minutes

Ingredients

- Natural or vanilla yogurt
- Lemon (zest and a little juice)
- Honey or sugar (to taste)
- Mixed berries (strawberries, blueberries, raspberries)
- Granola or crushed biscuits

Competition time



Can you spot the 5 differences between the two jugs of spring flowers? If you can you could win a £25 voucher, send us a photo to hello@falconha.org and we will announce the winner in our next newsletter.



Until Next Time

We'd love to hear from you!

If you have any ideas, stories, or photos you'd like to share please get in touch at hello@falconha.org.



As we wrap up this spring edition of Hot Off the Press, we hope you've enjoyed reading about the activities, ideas, and updates happening across our community. Spring is a time for fresh starts, growth, and connection, and it's been great to share ways to make the most of the season - whether through creative projects, wellbeing tips, or simple everyday moments.

Thank you to everyone who contributed to this newsletter and to all residents and staff who continue to help make our supported housing community a positive and welcoming place to live.

We look forward to bringing you more updates, stories, and ideas in the next edition. Until then, enjoy the brighter days ahead and take care of yourselves and each other.

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