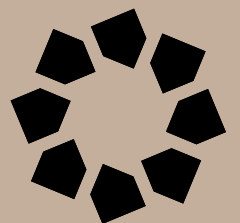


December 2024

Oaklee

Autumn & Winter Magazine



Dear Colleagues,

I am delighted to introduce this winter edition of the Oaklee Residentt newsletter. I hope that you find the content both informative and relevant to you as an Oaklee resident. The Resident Newsletter is now jointly produced by the representatives that sit on the editorial panel working alongside Oaklee staff that are responsible for marketing and communication. This gives the resident's voice much more influence and prominence in helping to shape this and future publications.

As we enter the dark and cold winter period it is good to see some of the helpful practical advice included in the newsletter for residents, helping to keep us all safe and warm this winter.

We are conscious that the cost-of-living crisis is a concern for residents. We ask that if you are struggling with household costs to contact your Housing Services Coordinator, there are also services at the back of Oaklee's Resident Handbook where residents can find additional support contact information.

I hope you enjoy this publication. If you would like to get more involved with the work of the Resident Forum or editorial panel just contact us through the tenantengagement@oaklee.ie email address with your details and our resident engagement officer will be in touch. We would love to hear from you.

Dr. Robert Sinnott



Getting Involved In Your Community



We at Oaklee are always looking for ways to engage more effectively with our residents and to provide opportunities for residents to become more involved and help us deliver the best possible services to our neighbourhoods. These are the various options open for you;

Join the Oaklee Resident Forum – the Forum meets via Zoom every 2 months and is chaired by an Oaklee resident. Meetings usually last about an hour, and are attended by a member of Oaklee management. The Forum is a fantastic resident engagement model and provides a great opportunity to find out more on key issues and challenges are impacting on Oaklee.

Editorial Panel – the editorial panel consists of Oaklee residents, the Oaklee Comms Manager and the Resident Engagement Officer. The panel works together to produce the Oaklee newsletters and gives input into other publications throughout the year. If you are interested in writing articles, photography, design or editing then this is the opportunity for you. The panel meets about 6 times per year either in person or virtually to discuss content.

Focus Groups – If you are not keen on joining the Forum or editorial panel but would still like to get involved then we also have opportunities for you to participate in our resident focus groups. These are informal virtual meetings to discuss specific themes with Oaklee members of staff. These are a great way to get the people's perspective and views heard.

Community Groups – You may just want to get involved in making your neighbourhood a great place to live, and a good place to start is by getting involved in a community group. The Oaklee Resident Engagement Officer can help support you in this either by linking you in with an existing group or helping you and others from your community start one up. The community voice is always stronger when we have a group to work with. There are so many benefits for your neighbourhood including better engagement with Oaklee staff, assistance to organise community events, reducing ASB, area clean ups and so much more.

Would you like to be more involved in any of these opportunities? If so contact the Oaklee Resident Engagement Officer richard.mealey@oaklee.ie to find out more.

Housing Agency Social Investment Funding

We had an Autumn event across several of our developments helping our residents plant new flowerbeds and trees generously funded by the Housing Agency Social Investment Fund. The programme features 13 initiatives across eleven different counties that were chosen for the funding which will see wildflower meadows, tree planting, bug hotels, hedgehog sanctuaries and fruit and vegetable growing schemes. We are also proud to announce we have received additional funding to carry out more of these works in 2025.

Thank you to everyone who helped out and we look forward to assisting our communities in 2025.



Our New Communities



We were delighted to start welcoming residents to our latest community in Adamstown. Residents continue to also move into developments across Dublin, Offaly and Kildare as we continue to deliver on our mission to change people's lives by providing them with secure and stable homes which enables them to live, thrive and prosper.

To keep up to date with all of Oaklee's latest news and projects you can visit our new www.oaklee.ie or contact your Housing Officer for more details.



Oaklee Resident Conference

The inaugural Oaklee Resident Engagement Conference, was held at end of September at The Hilton Hotel Kilmainham, Dublin. The conference brought together resident participation experts, board members, management and Oaklee community members from all over Ireland to discuss ways to empower residents and build stronger communities.

We are proud have launched such an important milestone in our Resident Engagement Strategy and look forward to continuing to work with the various resident groups across Oaklee in 2025.

Several residents were recognised for their tireless efforts this year throughout their communities and were presented with the community spirit award from Oaklee's CEO. The conference also involved an open discussion with all residents about what Oaklee can improve in the future and we look forward to implementing this feedback as the company continues to grow in 2025 and beyond.



Oaklee's Community Spirit Champion - 2024

As part of recognising the excellent work completed by Oaklee residents in their communities this year, we held an overall vote on the day for “Oaklee’s Community Spirit Champion” and votes were cast by residents present on the day. The story of Oaklee resident and passionate gardener, Tomas Novac, captured the attention of fellow residents and he was voted as the worthy recipient of this prestigious award.

Tomas moved into an Oaklee development in 2022 and immediately put his talented gardening skills to use. Tomas is a landscaper. He doesn’t have a background in gardening, but he has a keen interest in it. “I like to understand plants,” he tells Oaklee. He likes to know about them, the soil they like, the places they will grow best and has a particular interest in biodiversity planting, planting that is native and appropriate to the area.



Between Tomas, Gerard, and Housing Officer Angela, they organised a planting workshop with the residents of Walkinslough Court. Residents learned how, even though they lived in apartments, they can still have plants on their balconies.

They learned what plants would thrive and what wouldn’t survive. In a hands-on fun-filled day, Tomas showed them how to make the planters, loosen the roots and then plant them in pots, for balconies. He showed them how to take care of their balcony gardens and make the most of their small spaces. Since then, Tomas has held workshops across many Oaklee developments in order to teach residents simple gardening tricks to improve their communities and overall well-being.

Winter Wellness

It's really important to look after your well-being over the course of the winter months.

In spite of chilly weather, you can follow some simple winter wellbeing steps that Mental Health Ireland suggests help us all to stay well this winter.

Keep active, be healthy

Yes, it's cold out but, provided you wrap up well, it is important to try to get outdoors. Breathing in the fresh, crisp air and enjoying the sights and sounds of winter keeps your mind sharp. Why not set up a walking group in your estate? Our Community Development Officer can help you with this and supply you with reflective safety jackets.

Stay connected

Loneliness and isolation can hit you at this time of year, lots of people can go into hibernation with the dark and long days. Try to meet up with friends and family, get out for a coffee, or join a local community group of your interest to meet like-minded people. You can help to spread some seasonal cheer by checking in on older neighbours or getting involved with your community.

Get some shut-eye

Your mood and how you sleep are inextricably linked. Good sleep keeps us on top form and it's one of the most important parts of day-to-day wellbeing. Sleep lets your brain and body rest and recharge. A good night's sleep will improve your concentration and immune system, which is particularly important during winter when there are so many viruses circulating.

Be gentle, generous, and patient with yourself

It's ok to prioritise your own well-being during Winter. Think about what you need and what you need to do to get it. How you can make the seasonal holidays meaningful for yourself? If you're worried about feeling lonely or isolated this Christmas, think of some ways to help pass the time.

Windows

For your safety, your family's safety and that of other residents in the scheme we advise that window restrictors remain engaged. The restrictor should only be disengaged so the window can be opened fully for maintenance purposes. Following maintenance or cleaning you should ensure the restrictor is once again fully engaged. Never leave a window in a fully open, or a reversed cleaning position - not even for a second. This will also help ensure the security of your property and reduce the risk of anything falling from the window.



Christmas Tree Advice

If you choose a real tree, use it with a base that allows for watering of the tree. This will keep the tree hydrated, greener, shed less, and last longer and more resistant to fire.

- Use low-energy, low-heat LED Christmas tree lights. Never use candles.
- Before putting up lights, check all the wiring for fraying, kinks or broken connections.
- Throw the lights out if you find any.
- Don't overload sockets and avoid the use of extension leads.
- Unplug lights when you go to bed or go out.
- Don't use timer switches.
- Don't place a candle on a television or other surfaces, such as plastic or fibreglass.
- Never place a real candle in or near a real Christmas Tree.
- Never leave a candle burning when you leave a room. Not even for a moment.
- Do not overload sockets. Keep cables tidy and avoid a trip hazard

Energy Saving Tips

- Recommended temperature for sitting rooms and bathrooms is
- 18-21°C.
- Lowering your thermostat by one degree can reduce your heating bill.
- Avoid blocking radiators with large furniture to ensure heat distribution.
- Use thermostatic radiator valves in occupied rooms and turn them off in unused ones.
- Heat all rooms occasionally to prevent condensation and mould.
- Close curtains and blinds when it gets dark to retain heat.
- Draught excluders at doors help keep rooms warm.
- Unplug devices to save energy as they consume power on standby.



Festive recipes from Betty Joyce, Hawthorn Court resident

Christmas Cake - Ingredients

- 230 grams sultanas
- 230 grams raisins
- 170 grams currants
- 100 grams glace cherries, rinsed and quartered
- 100 grams dried apricots quartered
- 50 grams chopped mixed peel
- 6 tablespoons brandy
- 250 grams plain flour
- ½ teaspoon cinnamon
- ½ teaspoon mixed spice
- ¼ teaspoon ground nutmeg
- 50 grams flaked almonds
- 50 grams ground almonds
- 50 grams mixed chopped nuts
- 1 orange zest
- 1 lemon zest
- 250 grams softened butter
- 250 grams dark brown soft sugar
- 4 large eggs
- 4 table spoons black treacle.
- Cake tin – deep 20cm round or 18cm square, lined with greaseproof paper base and sides, 1 inch over top.

Christmas Cake - Cooking Method

1. Place all the fruit into an oven proof bowl and pour brandy over and mix well. Place in oven at 60 degrees for 2 hours. Remove and set aside.
2. Reset over to 140 degrees
3. Sieve flour and spices into a large bowl. Stir in almonds, mixed nuts, orange and lemon zest.
4. Place butter and sugar in another large bowl and whisk until soft and fluffy after about 8 minutes, scraping down the sides as you go. Beat in the eggs one at a time, then mix in the treacle mixing well.
5. Gradually fold in the flour, spices and fruit mixes over 3 or 4 instances. Mix well.
6. Spoon the mix into prepared tin and smooth the top.
7. Loosely cover with a double sheet of greaseproof paper and place in centre of oven at 140 degrees for 1 hour.
8. Reduce over to 120 degrees and bake for a further 2 ½ to 3 hours.
9. Remove from oven, cool for 15 mins and poke holes in top and pour in 2 tablespoons brandy. Allow to cool in tin overnight.
10. Next morning remove from tin and remove lining paper. Wrap cake in a double layer of greaseproof paper and then tin foil. Store in dark cupboard start the maturing process.
11. Feed it every 3 weeks with 2 tablespoons of brandy or rum or whiskey poured over the top to stop it drying out.
12. Don't feed it 2 weeks before icing so a crust can form and makes it easier to ice.

Helpful numbers and information

50808 TEXT SERVICE	An anonymous, free and 24/7 text messaging mental health service for any age group. 'From calming chats to immediate support during a mentalhealth or personal crisis – big or small'.	Text HELLO to 50808 to start a conversation.	www.text50808.ie
MONEY, ADVICE & BUDGETING SERVICE (MABS)	MABS will advise and help with all money matters including budgeting, debt and dealing with creditors. Contact for general support or due to a specific financial difficulty.	National Helpline: 0818 07 2000 (Monday to Friday, 9am – 8pm). WhatsApp: 086 035 3141. Or contact the local MABS office to make an appointment.	www.mabs.ie/en/contact
FAMILY RESOURCE CENTRES	Family resource centres provide family support services, often including individual and group programmes.	Go to the website to find your local Family Resource Centre and details of the services they provide. www.tusla.ie	www.tusla.ie/services/family-communitysupport/familyresource-centres/findfamily-resource-centre
SAGE	Sage is a support and advocacy service for older people, vulnerable adults and people with disabilities. They will meet with you, assess your needs and provide support, advocate and signpost to other services.	Go to the Sage website or contact the Information & Advice/Rapid Response Service on 1850 71 9400 (365 days per year, 8am – 10pm)	www.sageadvocacy.ie/contact
FRIENDS OF THE ELDERLY	A national, free and confidential 'Friendly Call Service'. Regular phone calls from a trained volunteer to listen, share conversations and offer support.	Call 01 873 1855 or contact via email: info@friendsoftheelderly.ie	www.friendsoftheelderly.ie
ENABLE IRELAND	Enable Ireland is a national children and adult disability service providing support and advocacy.	Call 01 872 7155 or e-mail: hello@enableireland.ie to see what services are available in your region.	www.enableireland.ie



132 James's Street
The Liberties
Dublin 8, D08 PK25

+353 (01) 400 2650
enquiries@oaklee.ie
oaklee.ie

Oaklee