



Newsletter

March 2009

Easter Greetings from all at SNAP

Bury St Edmunds Office Now Up & Running

Good News — After a very long but exciting wait, our Bury St Edmunds office is now open! Our Bury St Eds, Babergh, Forest Heath and Mid Suffolk teams will now be based at this office.

The address is: Enterprise House, Lamdin Road, Bury St Edmunds, IP32 6NU. Contact Number is 01284 748380

Sponsored Abseil

Some SNAP staff members will once again be taking part in the sponsored charity abseil at Ipswich Hospital in July. All will be abseiling down the side of the maternity block which is 150ft above ground level. All sponsorship raised will be donated to the SNAP Welfare Fund to help support services users in need. If you would like to sponsor the SNAP team please contact Lynn Allum on 01473 742690



Congratulations

We would like to say a big congratulations to Claire Kent and her husband on the birth of their baby daughter. Caitlin was born on Tuesday 24th February at 2.18 am, weighing 8lb 3oz. Mum and baby are both doing very well and we wish the Kent family all the best. Christine Threlfall has now settled in to her role at the SNAP office, she is now with us while Claire is on maternity leave. Christine will be sharing her working week with the Bury office. We say goodbye to Lisa Cook and wish her well with her pregnancy and we say congratulations and welcome to 4 ASW's who will be starting their new positions within the next few weeks.



Service User Info

Are you receiving the correct benefits???

Find out by logging on to :

www.entitledto.co.uk/entitlementcalculator.aspx Service Users who have access to the internet can now check they are receiving the correct benefits and amounts by logging on and answering a few standard questions.

Those Service Users within the Suffolk Coastal area can now apply for housing benefit/council tax benefit on line at www.suffolkcoastal.gov.uk

Choice Based Lettings

How will it work in the Ipswich Area?

From early February anyone currently on the Housing Register will be written to and asked to register. Their current application will be closed—This whole process will be web based and to register a 24 page form will have to be completed. Area office staff are being trained in this process. There will be access to a computer and staff to help in all area offices. Someone will no longer be able to clarify position on Register as this is dependant on interest expressed—Website address is

www.gatewayhomechoice.org.uk —There are 4 dedicated staff employed to help with this online process and helpline number to contact them **01473 433123**. You can also contact this number to report change of circumstances or go online to update application.— Those in band A or B can receive a newsletter which will detail available properties.— Those who register will be banded from A to E. They will have a username and password to log in to the system, express an interest in a property.— Those in Hostel accommodation will be at Band C and then when they are ready to move on they will be placed in Band A.— Property will be advertised for a week although if no one “bids” on the property it will roll over to the following week.— System is able to bid automatically for those who are unable to do so. It will also bid for homeless families if they have not bid within 3 months.— Any supporting information such as doctors letters, letters from advocates can still be sent to IBC and will be scanned onto their application.— those with a specialist need (such as someone who needs a ground floor flat due to mobility problems) can have a direct let and will receive an offer.— viewing will normally be done whilst the property is still occupied and the prospective tenant will be accompanied by Housing Officer. If the property is in state of disrepair or if the current tenant is quite chaotic, viewing can be delayed until property is empty.— Homeless people should still go to IBC to declare themselves as homeless and they will be assisted to complete form if required.



March 2009

Mothers Day



Cheap Mothers Day Ideas



It's Mothers Day and you don't have enough money to

buy an expensive gift for your mum. Don't get disappointed, there are a number of cheap gift options available in the market around Mother's Day. You can also make inexpensive gifts for your mum at home. Always remember that its the feelings that count rather than cost of the gift. Cheap Mother's Day gifts, if given with love, mean a lot more than the expensive ones.

- *Pluck flowers from your own garden, make a beautiful bunch with them and tie it with a ribbon. It will be one of the perfect cheap Mother's Day gifts that you can give your mum.
- *Buy an inexpensive wall hanging from the market, which has some beautiful Mother's Day quotes on it.
- *Take out some old photograph, which reminds both of you of happy memories put it in a sweet frame.
- *Buy a novel of her favourite author, gift wrap it nicely and present it to your mum.
- *Gift her a beautiful vase, full of artificial flowers. Since they won't dry up and will last forever.
- *Buy her a photo album and fill it with the photos that remind you of all the special moments you have spent with your mum.
- *Make your very own card and write a poem or a loving note inside.

Happy Mothers Day Poem

MOTHER

Mother you filled my days with rainbow lights,
 Fairy tales and sweet dream nights,
 A kiss to wipe away my tears,
 Ginger bread to ease my fears,
 You gave the gift of life to me,
 And then in love, you set me free,
 I thank you for your tender care,
 For deep warm hugs and being there,
 I hope that when you think of me,
 A part of you, you'll always see

Feedback, comments or questions ?

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www.snappartnership.org

Top Tips For Saving On Your Shopping



£££ Buy loose. Any food that has been prepared and packaged is more expensive than the same food that is knocking around loose in those trays. Choose it yourself and knock pounds off the final price **£££** Make a shopping list and stick to it. This will help you avoid all those impulsive buys that send your bill shooting up. **£££** Cheaper cuts. Don't plump for pricey cuts of meat. Instead go for cheaper options from your local butcher such as neck or tongue. Another good tip is to switch from chicken to turkey for the fast saving. **£££** Buy in bulk. A bag of potatoes or rice will be cheaper the more you buy. It could also be the basis of meals for the month. **£££** Don't shop when you're hungry. Research has shown that your food bill rises by as much as 20% when you go shopping on an empty stomach. Fill your boots first, then go to the supermarket, you'll notice a big difference. **£££** Try supermarket own brands or saver brands, some are just as good as the named brands. **£££**

Give Blood

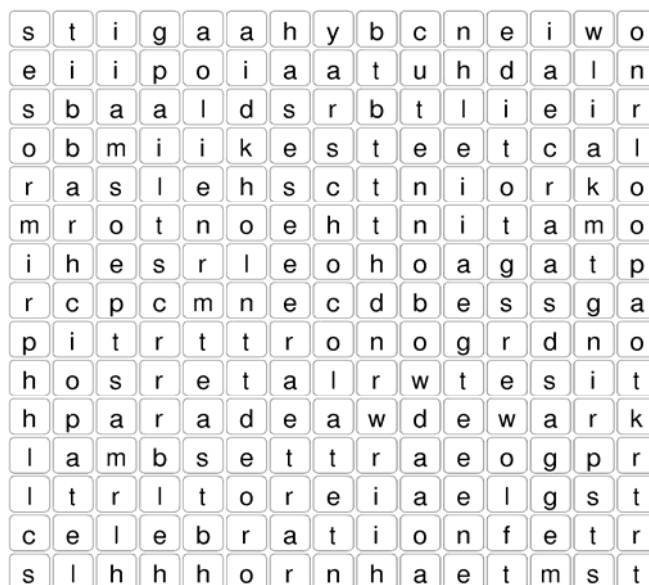
An urgent appeal has gone out from the NHS for people to give blood

It comes as cold and flu take their toll on thousands of vital donors. Blood donations have fallen by thousands each day because of winter illnesses.

The blood authority has called on everyone who can to get down to their local blood collection session and give blood.

To find out how you can give blood call 08457 711 711

Easter Word Search



Words to find: basket, bonnet, celebration, chick, chocolate, egg, flowers, holiday, hotcrossbun, lambs, parade, primroses, rabbit, spring.