



**Co-operative
Housing News**
Autumn 2022

Dear Member,

Welcome to the Autumn Edition of Co-operative Housing News.

I hope you and your families are keeping safe and well during these colder months.

Summer proved to be a season packed with activities and the establishment of Member Associations across the country. We're delighted to see Members playing a meaningful part in their communities helping to organise events for neighbours and working towards collective goals. If you would like to find out more about setting up a Member Association in your area you can contact your Housing Officer or Anthony Burrowes, Member Engagement Manager, anthony.burrowes@cooperativehousing.ie

Remember, if you have any events or activities that you have organised in your community, please contact us at members@cooperativehousing.ie to have them featured in future newsletters - we're always interested in hearing your stories. The team wishes you and your loved ones a pleasant Autumn.



Kieron Brennan

CEO

Co-operative Housing Ireland



Tell us how we're doing

In the coming weeks we will be conducting a Members' survey.

This is to find out how satisfied you are with the service provided by Co-operative Housing Ireland. You will receive notification of the survey by text, email, and online. It won't take long to complete and we'd encourage every household to fill it in. As a thank you you'll be entered into a draw for a one-4-all voucher.



Setting up a Member Association

During 2022 there have been many CHI communities interested in setting up a Member Association.

The following communities have started the process:

- Brookhill, Carrigaline, Co. Cork
- Barraduff, Killarney, Co. Kerry
- Cashen Court and Cashen Close, Listowel, Co. Kerry
- Moinéir, Clonmacken, Co. Limerick

- Millrace, Carlow, Co. Carlow
- Graigue na hAbhainn, Graiguecullen, Co. Laois

Each Member Association is excited about working together as a group and building on their hopes and values to create the type of community they want to live in. Currently, the committees are putting together the plans for their first events.

The Member Engagement team along with your local Housing Officer, will provide support to Members interested in establishing a Member Association. If you would like to find out more about setting up a Member Association in your area, contact your Housing Officer or Anthony at anthony.burrowes@cooperativehousing.ie

Gardener's Corner



What to consider in Autumn

Autumn has arrived bringing its own set of tasks to keep your plants looking well. It's important to keep weeding and deadheading as required. In August, CHI's Growing Community met and discussed what to do to ensure colourful blooms throughout the year not just in spring and summer. This takes some consideration and planning when planting. Having evergreen trees and shrubs with vibrant foliage ensures a colourful backdrop to seasonal flowers all year round. If insects and slugs cause problems in your garden, you can try strategically placing plants that attract those pests away from your other prize blooms. A good example of such a plant is Hosta which is a slug magnet!



Here are some eco-friendly and cost-effective tips to help your garden grow

- Curry powder around plants deters cats digging
- A sprinkle of old coffee grinds can be used as an animal and insect repellent around pots and flowerbeds
- Custard powder can be used as a rooting powder on slips of plants/ trees you are trying to grow
- Placing a cutting into a potato and then planting it in the ground will help it to grow

If you would like to contribute to the Gardener's Corner and have some valuable tips to share you can get in contact with **members@cooperativehousing.ie**

Tips from an avid gardener

Gerry, a Member from Amharc Muileann, Limerick, shares some tips and advice on gardening.



What inspires you to garden?

I find it relaxing and I feel that it relieves stress.

When you go outside and talk to your garden, talk to the flowers- which I do on a regular basis- it makes me feel better. I had an accident a couple of years back and felt that being able to spend time in the garden had a hugely positive impact on my mental health, recovery, and sense of well-being.



How long have you been growing for?

I have been growing things for most of my life, I started out very young.

In the second last house I lived in I didn't grow flowers at all, I had it set up like an allotment growing a variety of fruit and vegetables, it took over the whole place. Everything that I grew I shared out amongst my neighbours.

What do you like most about growing?

I love getting out and digging in the dirt with my bare hands. I find it brings me closer to nature. I love to see what will happen when I plant things in a few small pots.

I enjoy when people passing by compliment my garden, I feel a great sense of achievement.

I love bringing the birds and bees into the garden and I plan to build a bug motel and see how that turns out. I built a fairy house from an old log and a hanging basket turned upside down as the roof.

I grow potatoes, beetroot, lettuce, carrots, onions, tomatoes, rhubarb, and strawberries. I do my own baking, cooking and make homemade marmalade.



Community Clean Up in Aisling

In July, the Members in Aisling estate in Co. Clare held a litter pick.

A group of enthusiastic young Members turned out on the day. Everyone donned hi-vis jackets and gloves, and with litter pickers in hand, proceeded to clear all the litter across the estate.



They cleaned up with gusto as if challenging the record for the fastest, most efficient, litter pick ever. Afterwards young people enjoyed an ice cream while adults had coffee. During the well-earned break, Members discussed planning more activities and events in Aisling. A planning group is now coming together with great anticipation for next year. We look forward to hearing of more successful events in Aisling.



Baunacloka Member Association

Last year, Baunacloka Heights set up their Member Association and have been actively planning events for their community.



Last Christmas, the Member Association organised an event and invited Santa to visit the estate and he popped around to each house with a gift for the children.



At Easter, there was another fun event for the children on the estate with a visit from the Easter bunny and there were lots of easter eggs enjoyed by all!

On top of fundraising to organise community events the Baunacloka Member Association collects donations for their chosen charity. This year's chosen charity is Mid-West Simon. It means a lot to the Members in Baunacloka to be able to give to worthwhile cause.

The planning has begun for the Christmas 2022 event and a colouring competition with lots of great prizes too!



It Takes a Village

This year CHI in collaboration with Soar ran a programme called 'It Takes a Village'.

The concept comes from the belief 'it takes a village to raise a child' emphasising the significance of community in the development of young people and the importance of cultivating good mental health and well-being within a community.

There were two workshops for young people, one in Carlow in June and the other in Cork city in July.

In the workshops there were activities and discussions about:

- Stepping outside your comfort zone
- Challenging what it means to be a teenager
- Figuring out what holds you back from being you
- What it means to be a leader in your community

Some feedback from the young people that attended was that the workshop allowed them to think about different supports available, and what they would do if a friend was going through a difficult time.

There were two workshops run for adults online with the first held in July and the second in September.

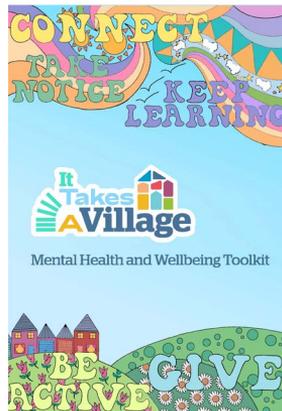
The discussions and activities that took place in the workshops focused on:

- Ways to connect with the young people in your community

- Using your experience as a teen to connect to the teenager in your life
- Learning what teenagers want adults to know
- Developing skills on how to have difficult conversations with teenagers

Feedback from the adults that attended was that the workshop gave them new insight into what life is like being a teenager, better understanding of how to communicate with the young person in their life, and the importance of looking after their mental health.

As part of the programme, there was an opportunity for CHI to create a mental health and well-being toolbox which is packed full of information, great resources, and helpful activities for young people and adults. This toolkit will be circulated to each household within CHI.



CHI is very grateful to the Housing Finance Agency for the financial support to delivery this project.

Visit <https://www.soar.ie/support-available/> for information about resources and support in your area.

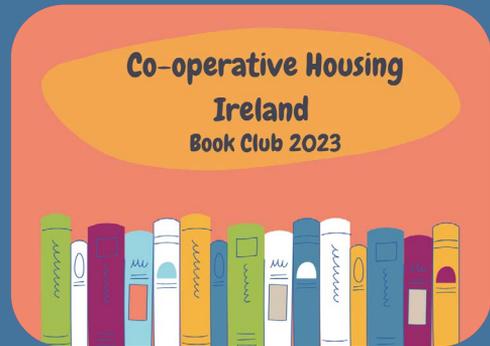
Book Club

Nikki Carney shares her experience of being a member of the 2022 book club 'All Booked Up'.

'Being a part of the CHI book club has been brilliant. I'm grateful to have been able to join and for the books we've been gifted by CHI.

To meet other Members from all over the country via Zoom has been the best, the chats and connections we've made are wonderful, we laugh together every time we connect, and I look forward to staying in touch with everyone after our year of this club has ended.

We've all read books we may never have chosen ourselves, so we're expanding our literary taste as we go which is a great opportunity. 'The Year of the Witching', 'The



'Silent Patient', and 'After the Silence' have been three of my favourites. The countdown is on now for the next meeting and I love how we can check in with each other for a chat in between the meetings too, sometimes we want to vent about an awful book, but we're guaranteed to have a laugh with each other either way. If you have the opportunity to join for next year, I highly recommend it. Anthony and Christine have been fantastic guides for the club, and I hope the initiative can continue for years to come.'

New Book Club

Are you interested in joining our book club?

We are looking for new Members to join in 2023. Members vote on a book for the group to read, read it (of course!), and meet online to have a chat about the book on a Tuesday evening once every 4 to 6 weeks.

Sign up for the book club here: by emailing members@cooperativehousing.ie



Art Competition

CHI's annual Art Competition is on its way.



This year's theme, 'where the light gets in' was chosen by the Member Engagement Working Group. The closing date is 30th November. The artwork will be judged by two external artists. The competition is open to EVERY AGE group and will be judged in age groups as below.

The completed artwork needs to be sent by email to anthony.burrowes@cooperativehousing.ie

The prizes this year are:

Age Category	Winner	Runner Up
0-3 Year	A Large Basket of Art Supplies	Basket of Art Supplies
4-10 years	€100 voucher for an art shop	€50 voucher for an art shop
11-16 years	€150 one for all voucher	€70 one for all voucher
17-25 years	€150 one for all voucher	€70 one for all voucher
25+ years	€150 one for all voucher	€70 one for all voucher

Or posted to:

Anthony Burrowes, Co-operative Housing Ireland, 123 Avondale Park, Tyrrelstown Road Mulhuddart, Dublin 15

To sign up and get more information about the competition, email members@cooperativehousing.ie

CHI Annual Art Competition

This years theme is

'Where the light gets in'

Competition Open to All Age Groups **Closing Date - 30th November**



Walk to Connect

This year, with the support of a Member-led working group, CHI hosted a series of walks entitled 'Walk to Connect'.



CHI will be looking to recruit a new team of Members who are interested in walking to join the working group in 2023. If you are interested in being part of this working group, email the Member Engagement Manager, Anthony, at: anthony.burrowes@cooperativehousing.ie.

Walk to Connect featured three planned walks in Howth, Dublin, Killarney, Kerry, and Clashganny, Carlow. The walks were an opportunity for CHI Members and Staff to meet. The experience of those who participated was positive.



Island Key Art Work

Over the past eight months Housing Officer, Dara Sheehy, and Members in Island Key have worked together on a project to make the area a brighter place for themselves and the young people in the community.

Members worked collaboratively with street artist, Shane Sutton, to create a unique piece of street art. The Spaceman is the culmination of hours of consultation between the community in Island Key and Shane.

The Spaceman was chosen by Members to inspire the young people in the community while still evoking a sense of nostalgia. The artwork overlooks the apartments and was unveiled by the Members and Lord Mayor of Dublin, Caroline Conroy in September.





Members gathered to unveil and celebrate together, many of whom had watched the artist painting from their balconies. There was an ice-cream van on the day and local baker Maria Hennessy made cupcakes for everyone who came along to enjoy. Local young people got

together to draw pictures of space, aliens, and other intergalactic themes to be incorporated in AR Instagram filters, an idea from the artist to make the piece more interactive. Local Members, Riley and Annabell Campbell launched a toy rocket to mark the event.

Bingo and Karaoke Night



Join our Bingo and Karaoke night via Zoom

CHI with the support of the Member Engagement Working Group, will host a combined festive-themed Bingo and Karaoke night via Zoom on 9th December. There will be fun, laughter and prizes throughout!

We encourage everyone to sing along (you don't actually need to be able to sing) to all of the 80's, 90's, 00's classics for an hour with other CHI Members. This will be a night to remember. There might even be a spot prize or two.

If you are interested in joining sign by email: members@cooperativehousing.ie

CHI FESTIVE THEMED BINGO AND FAMILY ZOOM-A-OKIE

9th December
19:00 - 21:00

Play Bingo hosted by members
Sing a Song as a group
Have a laugh with CHI Members

Wear your favorite disco outfit for a chance to win some spot prizes



Newtown Court

Congratulations to the Newtown Court Gardening Group for placing third in the City Neighbourhood awards which took place on 15th September.



The garden in Newtown Court has taken a lot of hard work and commitment from the Members there. We hope that you celebrate your achievements and enjoy your garden for many years to come.



CHI Members present cheque to Mid West Simon



Pictured are Sandra Kearney and Susan Grimes, CHI Members who live in Baunacloka Heights, Mungret, in Limerick.

They presented Maura McMahon, Events & Donor Relationship Manager for Mid West Simon, a cheque for €250 to Mid West Simon on behalf of the Member Association of Baunacloka Heights following a community fundraiser. Christine Meehan, CHI Member Engagement Officer, supported Members in organising the donation.



LtoR Sandra Kearney and Susan Grimes from Baunacloka Heights, with Maura McMahon, Mid West Simon, and Christine Meehan, CHI.

Slánú Community Employment Programme

Are you based in Tallaght? Are you aged 18-25 years and looking for support with problem Drug or Alcohol use? Slánú is a special Community Employment programme providing community-based rehabilitation for young adults.

Their programme runs Monday-Thursday from 10am-3pm. It is designed to provide stability, routine and rehabilitation where participants can actively engage in a therapeutic process of recovery.

The main aim of Slánú's programme is to support people in their recovery. They do that by providing various FETAC modules, supporting personal development and creating individual learner plans.

If this is of interest to you, contact the Slánú Community Employment Programme on **(01) 462 6033** - Email: **Reception@carp.ie**

Community Clean Up Hero!

Stephen Saw, a Member living in Rivercourt, Carlow, has taken it upon himself to ensure that the estate continues to be a beautiful place to live.

Since moving in a few months ago, he has swept every single inch of the estate all the way out to the local GAA pitch. He weeds his own flower bed and his neighbours. Stephen listens to his music while he is working and picks litter daily. If you see Stephen in Rivercourt, help him with the litter pick if you can.



Keeping a community clean may start with one person, but it is easier and more fun if you have a group supporting you.

CHI launches homes in Ros Leamhain, Ennis, Co Clare

Last month, CHI launched 69 new homes in Moínear, a development in Ros Leamhain, Ennis, Co Clare.

The Cathaoirleach of Clare County Council, Cllr Tony O'Brien officially opened the estate. Speaking about moving into her new home in Moínear, CHI Member, Amanda Shannon said, "I have a vision for this place, to make it a nice and relaxing home. I'm going to put a desk in here to work at. I've already found one that measures, but my first thing to do is create calm in the space. I'm going to paint it a nice clean colour like white or grey, but something with a warm undertone to it instead of a cool one."



CHI welcomes its 4000th Member



CHI welcomed its 4000th Member in July.

Alison Glynn and her daughter, Isabella, received the keys to their forever home in Monéir, Clonmacken, Co. Limerick. Speaking about receiving the keys to her new home, Alison said, "I was renting my last home. It was very expensive and needed a lot of work done to it. It wasn't a very nice place. I'm so happy to be in this new CHI home. Everything is up to standard and I feel safe and secure here. Isabella, my daughter loves it. She's fifteen and has autism. She loves walking and there are a lot of places nearby where we can go, and my mam is very close which is lovely."



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