



**Nick Jones**

## **NICK JONES, MACE TREASURER, STEPS DOWN**

I've been Mace Treasurer for the past three years; helping to steer our organization through turbulent financial times into a quieter and more stable economic phase. Now it's time for me to stand down and let someone else take the fiscal helm.

I was originally approached by members of the previous Management Committee (MC) to take on the role of Treasurer – the prospect was daunting. Our financial situation was far from clear; Mace hadn't been audited for five years so we had no concrete way of knowing if we were solvent or not. The responsibility of untangling our books was further complicated by enormous debts that Mace then owed to Stadium Housing and Circle 33. We owed about £400,000 and our creditors were keen to see their money back.

A lot of my time in the first year was taken up with the auditor in an attempt to get our books up to date. At the same time our on-going negotiations with Stadium Housing tried to resolve Mace's debt with them of more than quarter-of-a-million pounds. After several meetings with Rowland and the Stadium board we eventually agreed a repayment plan on favorable terms (the debt would be repaid monthly without interest). We came to a similar interest-free arrangement with Circle 33; agreeing to repay our liability with them (of more than £130,000).

Three years on from those bleak and stressful days I now have pleasure in reporting to all Mace members that our fortunes have changed for the better. Our audits are fully up to date – I will present our latest audit at the next AGM before finally stepping down as Treasurer.

Even greater news is our debts are now history. As this copy of iMace reaches your home, our last installment will have been paid to Stadium Housing – we are now completely clear of that huge debt – and our final payment to Circle 33 will be made in May of next year.

This is a tremendous group accomplishment – one that we should all be very proud of. I want to take this opportunity to thank all our staff, Rowland, Felix, Susan, Muftao, Shorifa, Dantiza and Alexander for helping us to achieve it. Likewise I'd like to thank the MC for their support in some challenging decisions; as I should our chair, Margaret and Secretaries both past and present, Aleks, Carina and Gabriela. Finally I'd like to thank you, all Mace members, for enabling us to improve the fortune of an organization that plays a pivotal role in nearly 300 lives – as the provider of accommodation for single people.

Let me wish you all a merry Christmas and a happy, peaceful and prosperous New Year.



The hand over of Fordwych Road property Pg 3-4

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The Editor interviews Felix Okene the director of operations on the subject of the present housing situation and as well as possible changes in the future



**Editor:** The first question what would you say is wrong with the housing market at the moment?

**Felix:** Almost everything to do with housing I mean one of the biggest problems is the new build new housing development. In previous years the housing stock has dwindled. For an example from about 2009 to about 2010 there has been a gradual decline in housing development. The lowest number of any development that you can find in any housing development has been in recent times. From 1966 to 2001 we had massive development, which saw four hundred thousand homes per year. Comparing it to the current state you have about one hundred thousand new builds per year. That is a huge disparity in new housing development.

That has not helped. Secondly the mortgage lending in order for people to buy their homes there is stagnation in lending. The banks have not been lending to first time buyers. Another example is the high deposit required to get a mortgage. Today you have to pay twenty five percent or thirty percent of the asking price. First time buyers are in difficulty to afford these kinds of rates. Thirdly, and one of the most significant aspects of this problem is the increase in population. You now have a huge population increase. Between 2001 and 2010 you have about 2.5 million people added into the United Kingdom. And when you have an increased population with less housing for people to move into of course there will be a problem.

You also have a large influx of people coming into the country due to various agreements covered by the European Union and nowhere to live. There becomes a huge gap the by-product is that the housing gap becomes continuous. You will find that even though we have a depression at this moment in time, housing prices are not coming down. And why are they not coming down? Because of the supply and demand situation. There are so many people looking for housing that the pressure becomes so much that it is not effecting the price of housing. Especially in London. So these issues namely house prices not coming down, the increase in population and a lack of new property being built is affecting drastically the housing market. So it is very difficult.

**Editor:** So you would argue that the influx of people throughout the European Union have also exacerbated the housing market.

**Felix:** Yes.

**Editor:** My second question, if the price of housing is too expensive at the moment why have they not fallen to date?

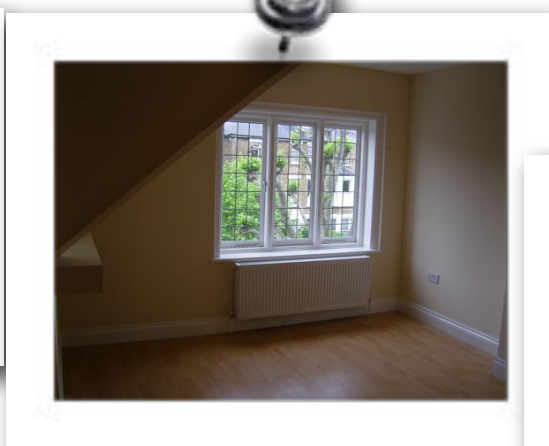
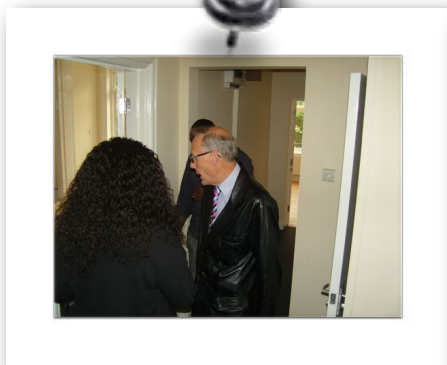
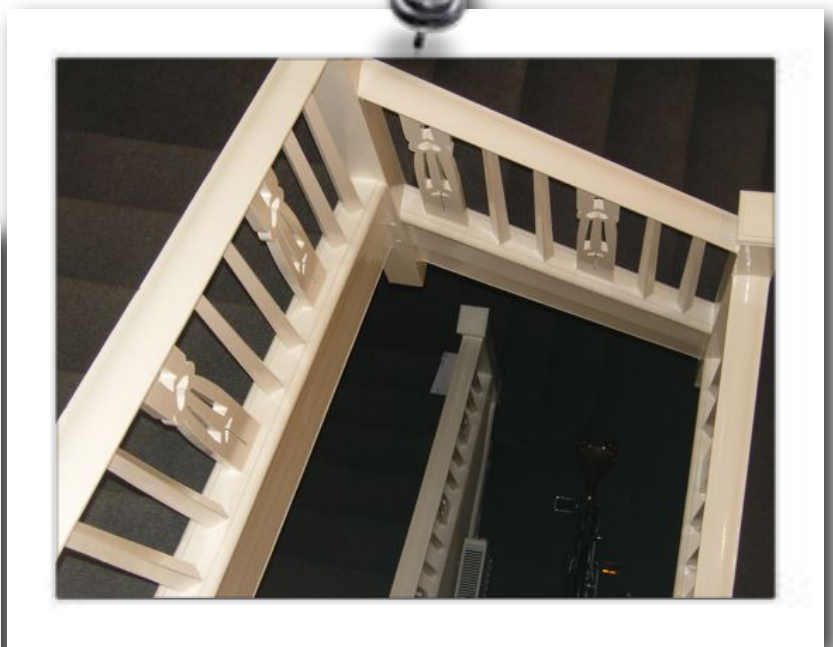
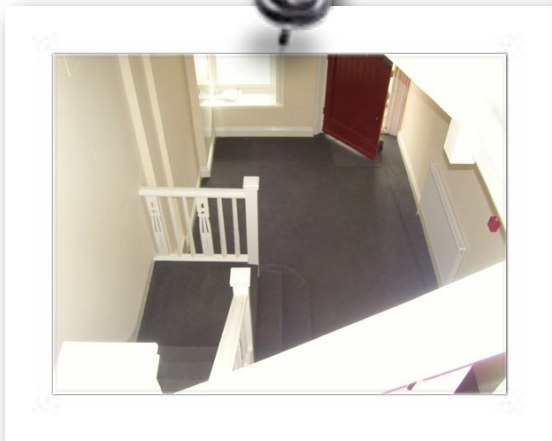
## Christmas ISSUE 2011

**Felix:** As I said earlier the house prices are not falling. Ok so recently house prices have dropped by two percent in the UK up to June of this year but coming back to the point of mortgage lenders because of the high deposit down payments this limits the number of prospective buyers. Into the market. The biggest market now in housing is to be found in private rental properties. The private rental market is growing at an astronomical level. In the late nineties to early two thousand the market in private property rentals was very very few. Now its sixty percent.

**Editor:** I gather that Roland are CEO will be doing an extended feature on the state of housing and what it means for Mace as an organization, so let me thank you and the rest of the staff for the excellent work you do on the members behalf.

**Felix:** My pleasure, and thanks.

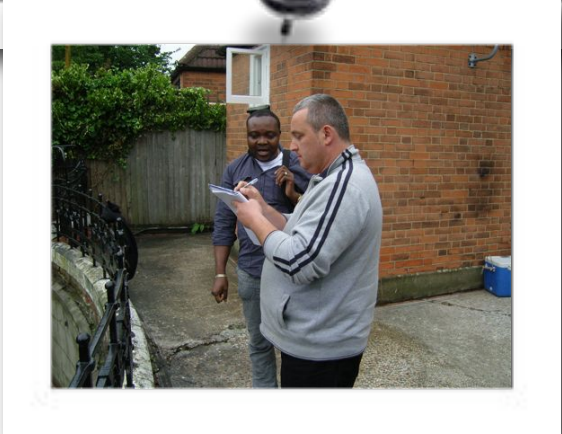
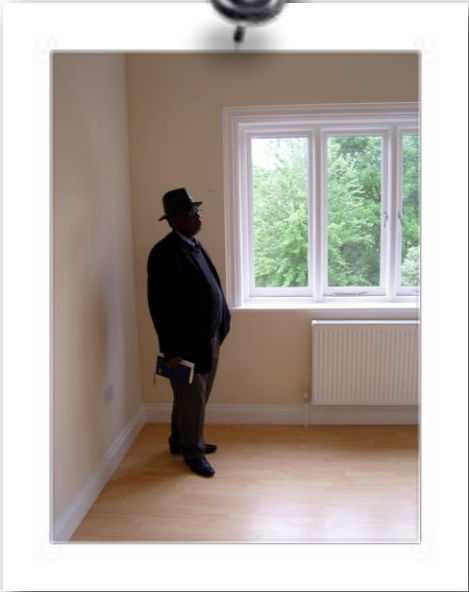
### The interior of the newly handed over Fordwych Road



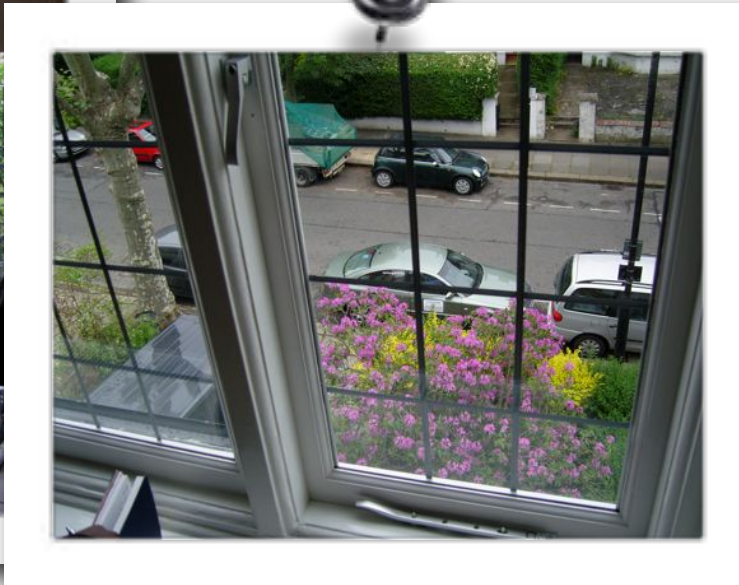
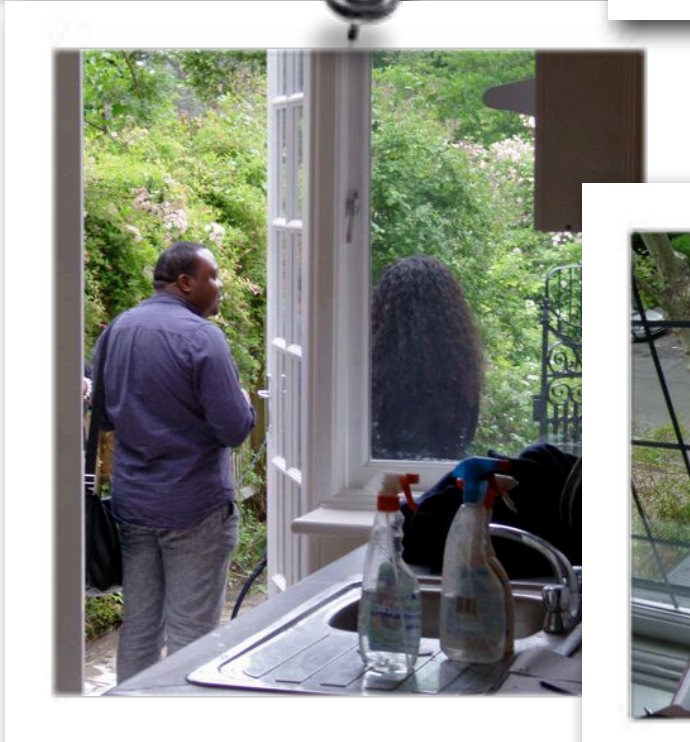
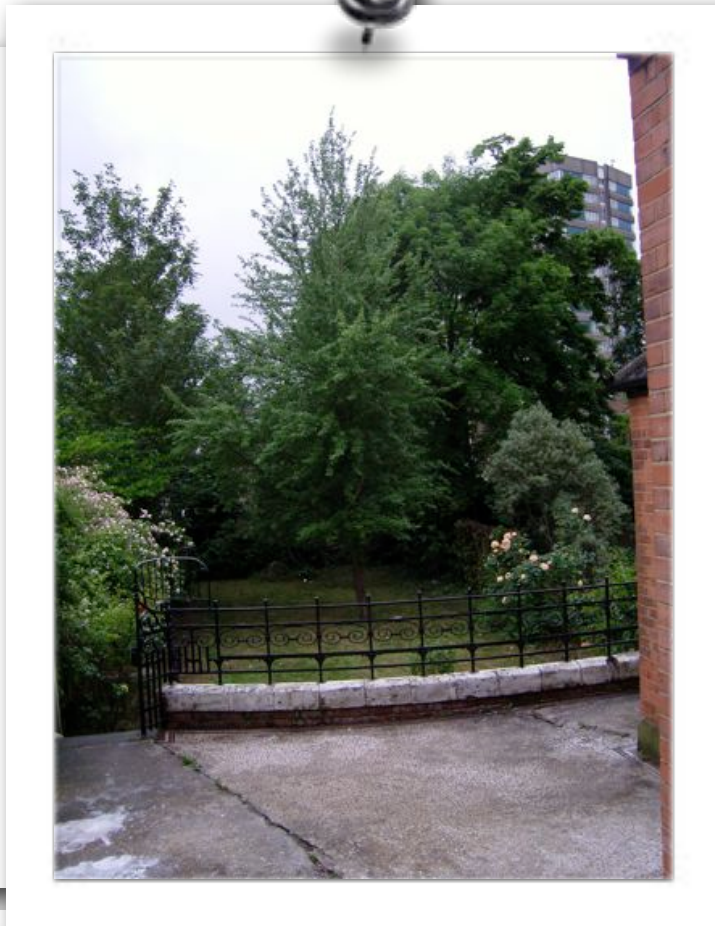
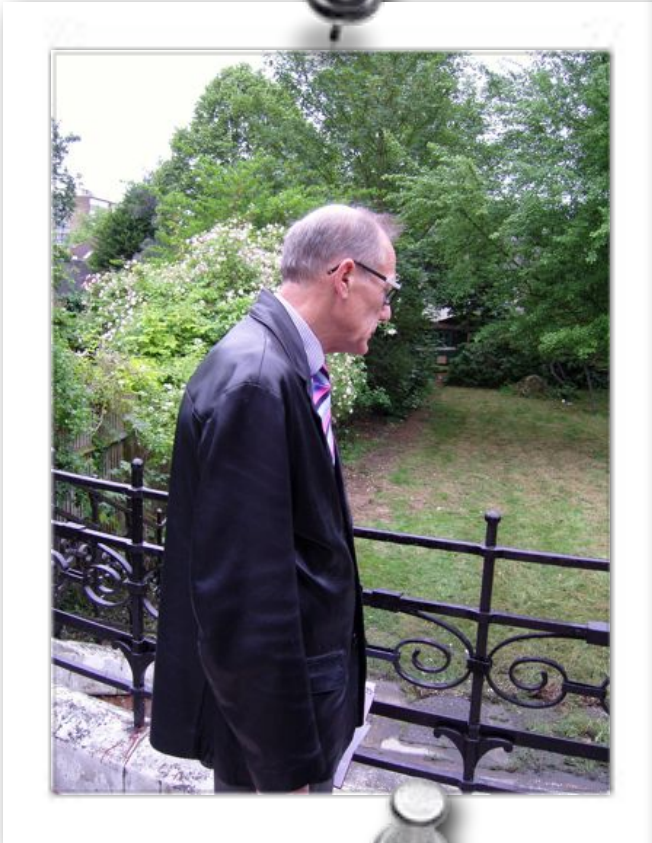
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90B Fordwych Road NW2

Members of the Development Committee Davis Mac-Iyalla the chair Margaret Shenton and Danny Liecier the editor and Development Committee member attended the handing over of the Fordwych Road property as well as the office staff and Ray Little Mace's consultant on property matters

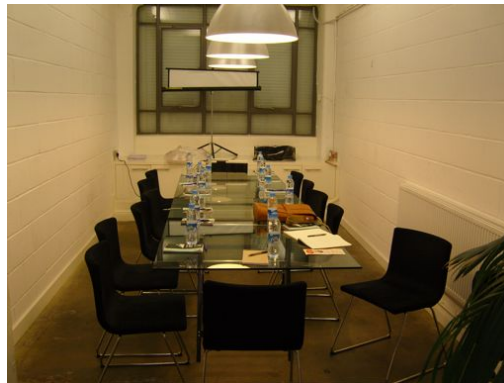


Christmas ISSUE 2011



The Hand-over of 90B Fordwych Road NW2 on 18th May.

The property is comprised of seven units, a one bedroom flat, a studio and four bedsits with kitchen facilities) but shared bathroom/toilets.



The Way Forward Meeting 21st May 2011

Some of the issues your Management Committee reviewed during the meeting with a view of enacting as part of its role within Mace.

- Diversity proactivity Transparency Providing leadership
- Affordable homes for single people Members using skills in furtherance to objective
- Providing secure and well managed housing
- Provide support for its members
- Partnership with other groups
- Cultivate and build new relationships with local authorities
- Ultimately be in a position to purchase new property.

## **JOIN THE MANAGEMENT COMMITTEE**

The Management Committee is the highest authority in the Co-op, responsible for the overall management and direction of the Co-operative. Any Mace member can join the Management Committee if you are interested in the future of your Co-op.

You will be required to make out time to attend Management Committee meetings on the last Tuesday's of every month. We will provide Training to enable you perform and understand your role as a Management Committee member.

To apply to join the Management Committee, you will be required to comply with the following:

- Passion and commitment
- Complete a nomination form (available in the office) and submit three days prior to the AGM.
- Give a three minutes verbal presentation at the Annual General Meeting stating your reasons to join the MC.

### **EXISTING MC MEMBERS WISHING TO CONTINUE:**

Any Management Committee member wishing to retire can do so at the next Annual General Meeting.

However, Management Committee members eligible to retire are those who have been longest in office, but between the members who became Committee members on the same day, those to retire shall be chosen by lot.

**A retiring Management Committee member is eligible for re-election without nomination.**

For further information please do not hesitate to contact the office.

### Curing condensation problems

Condensation on windows is easy to prevent. Below is all the information you need so that you will never have to mop up the windows again. This section will cover what condensation is, where it arises and finally how to tackle the problem.

Condensation dampness' is a condition that affects millions of homes in the UK and is particularly common in houses which are poorly heated and insulated i.e. have more cold surfaces and usually gets worse in winter. This problem can lead to staining and mould growth damaging wallpaper, wall surfaces, window frames, furniture and clothing. The tiny spores produced by this mould and higher numbers of dust mites due to the moist conditions can also increase the risk of illness such as asthma and bronchitis.

#### What is condensation?

All air contains a certain amount of 'invisible' water vapour. The higher the temperature of the air the more water vapour it can hold. Condensation frequently occurs when air carrying vapour comes into contact with a cool surface. At this reduced temperature less water can be held and it is deposited. It is for this reason that the bathroom mirror steams up after a shower or a window when you breathe on it.

#### Where does this water come from?

We all produce water by drying clothes indoors, poor heating, calor gas heating, the boiling of vegetables, showering, rain and making cups of tea all produces moisture. It is just an on-going process that never stops.

#### Where does condensation dampness occur?

The most vulnerable areas will either be rooms where a large amount of moisture is produced, i.e. bathroom/kitchen, or on cold surfaces in other rooms where this moisture can travel to. The effects of this process may be visible, for example droplets of water on gloss painted windowsill's, but often the water droplets will soak into the wall and a problem will not be diagnosed until black mould patches start to appear.

The following areas are particularly prone to condensation:

- Cold surfaces such as mirrors, single glazed windows (above) and metal window frames.
- Kitchens and bathrooms.
- Walls of unheated rooms.
- Cold corners of rooms.
- Wardrobes/cupboards and behind furniture against an outside wall.

#### How to tackle condensation dampness

The major difference between condensation and other forms of dampness is that **you** have the ability to reduce or solve the problem just through changing behavior in the home. Try following these steps:

##### Reduce the moisture:

Normal activities such as bathing, washing and cooking all produce moisture which cannot be avoided. Simple changes however can prove effective in tackling condensation dampness. Steps to consider are:

- Keep lids on saucepans while cooking.
- Tumble driers should be vented to the outside.
- Avoid the use of bottled gas and paraffin heaters as these produce high levels of vapour.

## **Christmas ISSUE 2011**

However, the most effective course of action you can take is:

- When creating steam in the kitchen/bathroom open windows and close doors to these rooms. This will let moisture escape and prevent it from spreading through the house.

### **Increase ventilation:**

This is required so that moist air produced can escape, simply opening a window will do. A suitable level of ventilation will allow this without making occupants uncomfortable by causing draughts and making the room cold. It may be quite difficult to strike the right balance. It is for this reason many houses have built in ventilation measures such as trickle ventilators and extractor fans.

Kitchen and bathrooms with severe condensation problems should not be draught proofed.

### **Heating:**

Condensation is most likely to be a problem in homes which are under heated. Try to keep temperatures in all rooms above 15°C as this will reduce condensation forming on external walls.

### **Insulation:**

Following these steps should significantly reduce any condensation dampness problems you may have. If a problem still exists, insulating your home will have a threefold value in tackling the problem through:

- Warming the surface temperature of wall, ceilings and windows.
- Generally increase the temperature of the home.
- Reducing heating costs thus allowing the home to be heated to a higher standard more affordably.

**Felix Okene**

**Director of Operations**

## Christmas ISSUE 2011

I've kept in touch with Capital Growth since they gave us a grant for Stannard Hall vegetable garden eighteen months ago. So when they said they were visiting with representatives from the GLA late in August I wasn't surprised.

On the day I was informed that they would be with someone from Clarence House.

Capital Growth and a rep from the GLA duly arrived and then an important looking lady with two fawning secretaries and a plain clothed detective.

Amanda was charming and I took her around our garden explaining what Mace do and the general history of the area and park.

Then I escorted her to the greenhouse and along with Tori, the park development officer, showed her around the greenhouse. It was then that Amanda told us that HRH The Duchess of Cornwall would be visiting us on September the sixth and that I had to meet her at the gates of Stannard Hall, introduce residents involved in the garden, show her the garden and then escort her to the greenhouse in the park and introduce Tori who would show her around and we would have tea and cake after.

On the day, as the time approached, the roads were closed and I had the deputy Lord Lieutenant of Lambeth with the Deputy Mayor and Kulveer Ranger, the TFL spokesman on transport, accompany me at the gates of Stannard Hall.

HRH arrived on an old red LT bus with Rosie Boycott, the Mayor's sustainability officer, in tow. HRH shook my hand and said that she had heard a great deal about me. I gushed somewhat that I was extremely pleased to meet her.

I introduced her to Rowland, Sylvanos the caretaker, and his daughter, George, Taye, Oto and Ceri of Invisible food and then proceeded to take HRH and Ms Boycott around our humble garden. HRH is very knowing concerning gardening. We then walked down the road to the park and the greenhouse and I introduced HRH to Tori who then introduced Lady Avebury, the chair of the park committee and they proceeded to show her around the greenhouse.

We all had a chat and tea and cake in the greenhouse annex before the party left on the bus thirty minutes later. We were given a climbing rose in a lovely pot from Highgrove as a present.

HRH is charming and it was a pleasure and the tour was obviously enjoyable for her.

We were, as those involved with greenhouse and in the area were, lifted by the experience.

Alan Watson.

By Alan Watson



## Universal Credit & the benefit overhaul

### What is universal credit?

Universal credit (UC) is intended to be a new benefit which will replace:

child tax credit; housing benefit; income related employment and support allowance; income based jobseekers allowance; income support; social fund budgeting loans and working tax credit

### How will universal credit work?

According to the Government the new universal credit system aims to:

- improve work incentives through a combination of improved earnings disregards and/or lower benefit withdrawal rates;
- smooth the transitions into and out of work;
- reduce in-work poverty;
- simplify the system, making it easier for people to understand, and easier and cheaper for staff to administer; and cut back on fraud and error.

What this means is that basically everyone who is on low income should be able to claim universal credit. This means you may be able to claim it if you are unemployed and looking for work, working in a low paid job or are sick and unable to work.

If you have a partner you will make joint claim for universal credit.

### Conditionality

As universal credit sets out to improve work incentives there will be conditionality requirements set according to your individual capability and circumstance. There will be four broad conditionality groups:

- full conditionality – If you are a jobseeker
- work preparation – this will apply if you have a disability or a health condition which means you have limited capability for work at the current time
- keeping in touch with the labour market – if you are a lone parent or lead carer in a couple with a child over age one but below age five
- no conditionality – if you have a disability or health condition which prevents you from working.

### Sanctions

Under Universal Credit there will be three levels of financial sanctions if you fail to comply with your work related activity requirements.

### How much is UC?

So far we have no details on how much you will get under universal credit. This will depend on your level of income and other family circumstances.

### Earnings and income disregards

The aim of universal credit is to ensure that everyone will be better off in work than staying out of work and on benefits. Capital limit for universal credit will be £16,000 (both for single claimants and couples making a joint claim).

### What if I am sick or disabled?

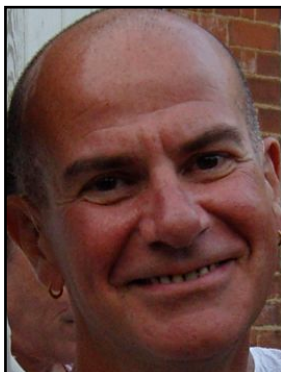
If you are getting employment and support allowance (ESA) you will eventually be moved onto universal credit. There will still be a work capability assessment under universal credit.

### Timetable for UC

- New Claims - between October 2013 and April 2014.

## Christmas ISSUE 2011

- From April 2014 - You may be moved onto UC if it is considered that you will benefit from this.



- **Muftao  
Abdullah**

### Where can I get more information?

Department for Work and Pensions (DWP) Business Plan 2011-2015. For information:

[www.dwp.gov.uk](http://www.dwp.gov.uk)

## CHRISTMAS DRINKS, SOMETHING TO MULL OVER...

Nothing smells more Christmassy than a saucepan of mulled wine; to my mind it's the very essence of the season. So try this easy-to-follow recipe to get yourself and your friends or flatmates in festive spirit and warm winter cheer. If you don't drink alcohol, then substitute orange juice for wine and leave out the brandy!

### Ingredients

1 bottle red wine  
60g Demerara sugar  
1 cinnamon stick  
A pinch of grated nutmeg  
1 orange, halved studded with 3 or 4 cloves  
1 dried bay leaf  
60ml brandy (optional)

### Preparation method

Put the wine (or juice) in a saucepan with the orange halves, sugar, bay leaf and the spices.

Heat gently until the sugar has dissolved – making sure you don't boil the liquid

otherwise you'll burn out the alcohol! Taste to see if you want the mixture sweeter, and add a little more sugar needs be.

Take the pan off the heat and stir in the brandy if you are using it. Strain the drink into heatproof glasses and serve at once. CHEERS!

## HAVE A VERY VEGGY CHRISTMAS: SQUASH & SAGE PIE

Here's a delicious and easily made vegetarian option for the festive season...

### Ingredients

a 500g pack of puff pastry  
Flour for dusting  
1 teaspoon wholegrain mustard  
4 tablespoons mascarpone  
1 tablespoon breadcrumbs, fresh or dried  
6 sage leaves, chopped, plus a few extra to decorate  
2 garlic cloves finely chopped into a paste  
the top end of a butternut squash (about 250g), thinly sliced into rounds  
1 egg, beaten

### Preparation method

Heat the oven to 200C/180C fan/gas 6. Roughly halve the pastry, but make one half a tiny bit bigger. Roll the slightly smaller half out on a floured surface to a circle about 15cm in diameter. Spread over the mustard, leaving about a 2cm gap around the edge. Mix the mascarpone, breadcrumbs, chopped sage and garlic together and season generously.

Arrange a few squash slices, overlapping, to cover the mustard. Spread with some of the mascarpone mixture. Repeat, making slightly smaller circles with the squash each time, and spreading mascarpone between each layer until the top is just one slice of squash and you have made a rough dome shape on the pastry.

Thinly roll out remaining pastry. Use to cover the squash dome, gently pressing down on the veg to push out as much air as you can. Press the pastry edges to seal. *At this stage, you can cover and chill the pie overnight, or freeze for 1 month. Defrost before continuing.* Brush with beaten egg, then poke a tiny steam hole in the top and gently score patterns over the surface. Dip a few sage leaves in the remaining egg and stick on top. Transfer to a baking sheet and bake for 35-40 mins until a skewer poked through the steam hole goes through the veg easily.

## OR HOW ABOUT TURKEY WITH A TWIST?

Turkey is the most traditional of birds at Christmas, but the meat can be a little boring. Why not try this easy and very tasty alternative...

### Ingredients

1 over-ready turkey, about 6kg  
125g butter  
1 lemon, zested and halved  
2 large onions, peeled, 1 halved and 1 thickly sliced  
2 bay leaves  
2 teaspoons of a mix of ground cinnamon, ground cumin and sweet paprika  
1 sprig thyme, leaves pulled off and finely chopped  
tablespoon pomegranate molasses (optional)  
1 orange, zested and halved  
Olive oil  
2 cinnamon sticks  
2 glasses white wine

### For the gravy...

1 tablespoon flour  
200ml white wine or red wine  
600ml chicken stock  
A pinch each of ground cinnamon, ground cumin and sweet paprika  
Squeeze of orange juice

### Preparation method

Heat the oven to 180C/fan 160C/gas 4. Mix the butter with the lemon and season well. Gently push your fingers under the turkey's skin, starting from the neck end of the bird, easing the skin away from the flesh over both the breast and tops of the drumsticks – you'll have to slide your whole hand in to reach this far. Spread the lemon butter under the skin, pushing it as far in as you can, then smooth the skin back into place. Put the onion halves and bay leaves in the turkey cavity.

Mix the spices and thyme with the pomegranate molasses, if using, orange zest and enough oil to make a brushable paste. Brush all over the turkey breast. Push the halved orange and cinnamon sticks into the turkey.

Arrange the sliced onion in the bottom of a large roasting tin to act as a trivet for the bird and pour in the wine. Sit the turkey on top and cover both the bird and tin completely with foil to make a tent. Cook the turkey for 40 minutes per kilo, basting once or twice.

Take out the turkey and turn up the oven to 220C/fan 200C/gas 7. Remove the foil and return to the oven for a further 30 minutes or until the skin is golden. To test if it is cooked, pierce the fattest part of the thigh with a skewer – the juices that run out should be clear and not pink; keep cooking if the juices are pink and check again after each 10 minutes. If you like your turkey meat almost falling off the bones, test by wiggling the leg - it should give slightly if the meat is ready to come away from the bones.

Rest the turkey, covered loosely with foil, for at least 30 minutes and up to an hour before serving.

To make the gravy, pour away any excess fat from the roasting tin but keep the onion slices – a fat separator will help with this. Set the tin over a medium heat, then sprinkle over the flour. Stir through and cook for 2 minutes, turning the onion over in the mixture to extract the flavour. Slowly stir in the wine, stock and juices and add a pinch of each spice and a squeeze of orange juice. Bring to a boil, scraping bits from the bottom, then simmer over a low heat for 15 minutes. Season and sieve into a jug and serve with the turkey.

## Christmas ISSUE 2011

### WHITHER MACE AFTER ONE YEAR INTO THE 5 YEAR DEVELOPMENT STRATEGY?

The Management Committee approved and adopted the 5Year Development Strategy of the Co-op on 30 November 2010.

The Co-op has made the following progress since the adoption of the Strategy:

- Mace has made a breakthrough in the London Borough of Camden. The Council supported Mace in its bid to bring an empty property to use. The Council assisted the landlord with grants to do-up his empty property on the basis that it was leased to Mace for 5years. Although the Council exercised some nomination rights, a greater number of people housed in the property are all Mace members.
- Camden Council has further assisted Mace with grant funding to another landlord to refurbish another property on behalf of the Co-op. The work on the property is in progress and will be completed before the Christmas. Again, Camden will exercise some nomination rights and the rest of the units will be given to Mace members.
- Mace is also waiting patiently for the courts to grant Camden a vesting order to enable the Council to enter a 17 year sublease with the Co-op in respect of 16, 1bed flats, 2, 2bed flats and 15 studio flats. The flats have been empty for over 3years. The courts have taken a very long time to respond to Camden's application for the vesting order. There is nothing the Co-op can do about the Court process. However, it is hoped that the waiting will be over before the end of the current financial year.
- With the Co-op's presence in London Borough of Camden, Mace can proudly state that it is now helping 9 London Boroughs (Barking & Dagenham, Camden, Enfield, Hackney, Haringey, Islington, Lambeth, Newham, and Tower Hamlets, in reducing homelessness amongst single people. It was covering 8 London Boroughs at the time when the Development Strategy was unveiled.

The Co-op was able to persuade its existing partners to increase their allocation to Mace. Thus, both Newlon and Circle 33 Housing Associations allocated 6 and 9 bed spaces to Mace, respectively. The Co-op further added 1bed studio from the Private Sector. Mace members currently occupy these.

Mace actually housed 76 single homeless people during this 12month's period of the development Strategy. The Co-op is indeed providing homes for the homeless.

Work In Progress:

#### a) **THE CO-OP'S STATUS:**

The Co-op as part of the Development Strategy, wanted to ascertain whether its status as a Mutual had negative impact on development. And if so, suggest a way forward within the 5year Development Strategy time frame. After careful assessment and review of Mace's operations and current environmental challenges faced by Social Landlords, the Development Committee decided that Mace should continue to develop as a mutual Co-operative.

Organizations do not operate in a rigid environment. Thus, the Co-op should continue to review its position on all matters that affects its activities to meet new challenges and opportunities. This must always be done in the spirit of the Co-operative movement. **Continued**

### Continued

In conclusion, the Coop 's 5 year Development Strategy is on course. The Co-op is meeting its stated vision by using a mixture of approaches to achieve its objectives. These objectives would not have been achieved without the work of the Mace Development Consultant, the staff, the Development Committee and the support of the Management Committee.

**An objective teamwork always guarantees winning ways and Mace is winning.**

**Mr. Davis Mc-Iyalla**  
**Chair, Development Committee**



### About us

Mace was set up in 1974 as a self-help housing association to house 'creative' individuals and homeless people. It was set up by graduate students from University College and was the original idea of Tom Goodman who was then the secretary of ACME Housing Association. ACME provided housing and studio space for artists. MACE is an anagram of ACME.

Mace decided to concentrate on short-life housing, as this was the quickest way to get its members housed. It was set up before co-ops were well developed and decided not to register with the Housing Corporation since its objectives were to benefit its members.

Mace received its entire initial housing from the GLC. This was allocated to members who renovated the houses at their own expense in exchange for a peppercorn rent. Later, higher rents were charged in exchange for houses being renovated by the association. Mace later branched out into London Borough of Islington and worked with the New Islington and Hackney Housing Association (NIHHA).

### **MACE HOUSING CO-OPERATIVE.**

The Housing Co-operative came about as a means of looking at ways of housing members of Mace Housing Association on a permanent basis. At the time there seemed very little option of moving into permanent accommodations for people who had been in Mace for several years.

## Christmas ISSUE 2011

The Co-op. was set up as "fully mutual" in 1986 to try and provide permanent places for members who had no other means of finding secure permanent property.

### OUR MISSION STATEMENT

Mace Housing Co-op's objective is to provide housing for single homeless people. We aim to ensure that all our activity is characterized by, and provides, equality of opportunity. We aim to provide responsive quality services, which are carefully monitored, for their effectiveness and value for money. The Co-op is committed to informing, listening to, and partnership with, our tenants and to actively encourage their participation. We recognize, and value, our employees and the crucial role they play in achieving our mission.

!

**Angela Heskey** a trainee counselor who specializes in Cognitive Behavior

Therapy (CBT).

As a CBT psychotherapist, she specializes in:

- Phobias
- Addictions
- Depression
- Eating disorders
- Anxiety attacks
- Low self-esteem
- Lack of confidence
- Life management

Angela is offering her skills to MACE house members for a minimum amount of cash. (£8.00 per hour)

She can help members with issues that are affecting their lives by helping them gain skills to manage their lives.

Angela is also a Holistic and Sports therapist and run a very small mobile business called Karma Place.!

She is willing to offer a 30min massage on a specialist massage chair for a minimum amount of cash (£5.00 per 30min) for MACE housing members.

During this 30min massage, I will be focusing on relieving stress and tension from areas of the body:

- Scalp
- Neck
- Shoulders
- Arms/Hands
- Upper and Lower Back

I believe that well-being should be for every one, regardless of their financial situation and hope that this is something that can benefit all at MACE housing.

# Mace Competition

The competition is open to all Mace members. The prize, a £25 pound voucher to be awarded to the person who answers a single question correctly. All you have to do to enter is to ring the office with your answer. All names and answers will be put in a hat and the winning entry will be notified by phone. The winners name and photo will appear in the next edition of iMace.

We hope that you have enjoyed this christmas issue of iMace and will contribute articles for it in the future. The newsletter is getting bigger and more information packed.

Question: *Who was the first Chair person of Mace?*

Good Luck!

## Christmas ISSUE 2011



My dear Mace members and Staff,

Seasons greetings and wishing you a joyful Christmas. Let us cherish the beautiful spirit of Christmas by spreading peace, love, goodwill, kindness, tolerance, and forgiveness. I hope the new year brings hope and good health. I would also like to take this opportunity to thank all the selfless volunteers at Mace the staff, Management committee members, our contractors and partners.

Peace to all of you

Margaret. Shenton  
Chair.

## *Tit Bits News! Tit Bits News*

### *Maternity leave/New temporary staff:*

*Dear Mace members, Shorifa put to bed a baby boy on 4<sup>th</sup> October 2011. The baby arrived two months early and Shorifa is now on maternity leave until further notice.*

*Meanwhile, we have a new rent officer whilst Shorifa is on maternity leave. Am sure some of you must have met Alex Achebe. He will be with us until Shorifa resumes duty sometimes in 2012.*

## *Tit Bits News! Tit Bits News*

### **Annual General Meeting**

*We are approaching a time in the year when we begin to think and plan for our annual jamboree: where all members meet to discuss the Co-op's performance in the previous financial year; elect new members of the management committee and look ahead to the New Year with increased optimism.*

*Please pencil in the last Tuesday of January being 31<sup>st</sup> January 2012, but we will confirm the date before the New Year.*

***Merry Christmas everyone and a very Happy New Year!***

## **MAAS** Free Advice and Advocacy from Mace.

### **Introduction**

Mace Advice and Advocacy Service ( MAAS ) was set up to provide support to members of Mace who fall into at least one of the following

*The following are the major areas of Advice and Advocacy:*

### **Area Example**

**Debt Counseling** Advice on how to manage debts;  
Identifying useful sources for  
Debtors.

**Education** Further education, Understanding  
school notices; communication with  
teachers regarding kids'  
performance.

**Employment** Understanding job seeking  
information or procedures; general  
understanding on labour rights.

**Housing** Public housing application  
procedures; making maintenance,  
disputes between members

**Immigration** Attending general interview with  
officers in applying for visa/passport.

**Legal** Legal aid applications;  
requests for police assistance

**Medical** General medical consultation and  
treatment

**Social Welfare** Understanding service information;  
expressing needs to handling  
officials/workers.

**Translation** Translation from ethnic languages to  
English and vice versa.

**Mace Advice and Advocacy Service (MAAS)**