

CETRA NEWS

August 2024

CEDARS ESTATE

CETRA



Useful Numbers

Transco Gas Safety
24hr (for gas leaks)
0800 111 999

**Clapham Town Safer
Neighbourhood Team**
020 8721 2825

Lambeth Council
020 7926 1000

Heating and Hot Water
0800 091 2140
0208 722 3436
Pod4@smithandbyford.com

TW Drainage
0800 121 6122
OOH@twdrainage.co.uk

**Out Of Office
Emergency Repairs**
020 7926 6666

**Noise Nuisance - Rapid Re-
sponse
Night service 10pm-3am
(Fri-Sat 10pm- 5am)**
020 7926 5999

CETRA Office
020 7926 7555

CETRA's email
cedars@lambeth.gov.uk

CETRA website
www.cetra-housing.co.uk

PAID BULK COLLECTION SERVICE FOR THE CEDARS ESTATE

As Lambeth currently does not offer a paid bulk collection service to TMO Estates such as Cedars Estate, CETRA is please to introduce a new paid service for the disposal of large items.

This new service provides a convenient and responsible way to dispose of white goods and other large bulky items. Below, you will find the cost associated with the collection of individual items

| | |
|---|---------|
| Per Tonne Bulk | £175.00 |
| Fridge Freezer - large | £100.00 |
| Fridge Freezer - small | £70.00 |
| POPs - large - (sofa, sofa beds, armchairs, futons, carpet) | £45.00 |
| POPs - small (kitchen & dining chairs, stools, office chairs with cushion and foam) | £25.00 |
| Tyres | £30.00 |
| Tyre - truck size | £130.00 |
| WEEE - large (TV, microwave, tumble dryer) | £85.00 |
| WEEE - small (hairdryers, toaster) | £10.00 |
| Mattresses | £45.00 |

How it works

1. Send us Photos: Simply email pictures of the items you would like to dispose of to cedars@lambeth.gov.uk. This will help us assess the size and type of the items.
2. Receive a Payment Link: After viewing your items, we will send you a payment link. The cost will base on the size and quantity of the items

Once the payment is received, you may leave the items out on Wednesday morning. PLEASE ensure that the items are placed outside of the white gate, either on the grassed or cobbled areas, be mindful not to block any garages.

The service will be available starting on Wednesday, 28th August, 2024.

For more details, kindly review the inserted letter included with the newsletter.

Should you have any questions or require further information, please do not hesitate to contact CETRA office at 020 7956 7555 or email to cedars@lambeth.gov.uk.

Thank you so much for your attention, and we are looking forward to assisting you with this new service.

MOULD AND DAMP—THINGS TO CONSIDER

There are lots of factors that can cause damp and condensation, which can be challenging to managed. Here are some actions that all residents should consider preventing damp and mould in their home:

- Avoid drying clothes on radiators or in room. Instead, please use your personal balcony, or bathroom with fan on.
- Ensure vents are not covered. Vents should be free of obstructions.
- Maintain a sufficient space between walls and furniture to allow for proper airflow.
- Avoid obstructing radiators with furniture, as this restricts their efficiency.
- Please cook with lids on pots and pans to reduce excess steam and prevent condensation.
- Please use your extractors as often as possible.
- Ventilate your property for at least 10 minutes in the morning, and at night. The longer the better.
- Use vented tumble driers.
- Keep the trickle vent on windows open.

HOW TO DEAL WITH MOULD AND MILDEW AT HOME

Mould and mildew are two types of fungi that thrive in moisture-rich areas like bathrooms. You can find it on ceilings and walls, around window frames and on tile sealant or grout.

Mould and mildew - what's the difference?

Mildew is the first stage of mould and can be easily removed with a good cleaner, while mould is black or green and is a sign of a much larger infestation. It can penetrate below the surface of the affected area and cause serious damage if left untreated for a long time.

Removing mould

When removing mould, nasty spores might be released into the air, so it's vital you wear protective goggles gloves and a face mask. You should also open windows so the spores don't spread to other areas of your house.

Some remedies for mould removal include

Borax. Mix one cup of this cheap, natural cleaner with four parts water and brush into the affected area. When finished, wipe away with clean water and allow to dry before spraying the area with white vinegar to stop re-contamination.

Vinegar. Spray mild white vinegar onto the area and leave for around an hour before wiping away with warm water. Dry the surface thoroughly with a towel to prevent regrowth.

Baking soda. Mix one teaspoon of liquid soap to one cup of baking soda and some warm water to make a paste, before applying to the mouldy area. Leave for an hour before clearing away.

Bleach. If the other methods don't cut it, mix one part bleach to two parts water and apply to the area using a spray bottle. Allow to dry, spray for a second time and scrub using a brush – repeat until the mould has gone.

Specialist spray. There are many mould-busting products available on the market, just make sure you research reviews beforehand.

Preventing further growth

- Once you've removed the mould, you don't want it to return. **Proper Ventilation** is a key to stop regrowth so its important you use your extractor fan or leave windows open in you kitchen when cooking.
- Open a window after your shower.
- Cleaning your bathroom regularly using vinegar in a spray bottle will help, too, and don't forget to check for leaks and blockages that could be causing mould infestations.

BIN IT—DON'T BLOCK IT

Bin it—don't block it, it is a campaign aimed at prevent sewer and drain abuse by urging people not to dispose of anything other than water, human waste, or loo roll down the drains.

Our drains and sewers were not designed to cope with products such as wet wipes and sanitary items, which can easily cause blockages if flushed down the toilet. It also affects your boiler function as well. We have had a few reports from some tenants regarding heating and hot water not working and this is normally due to the sink being blocked with food debris.

One of the biggest and major problems is pouring cooking fat down the sink, as it sets hard and blocks sewers and drains. This often leads to narrowing the width of the main stack pipe and causes severe blockages in the main interceptor. In both cases this will lead to back surging of sewage into the properties. **These problems could easily be avoided by simply dispose of their rubbish and food waste in the bin.** Here's how you can help;

- Ignore claims on products such as wet wipes that say they are flushable. These items do not break down when they are flushed away, so must be disposed of in the bin.
- After cooking, allow fat and oil to cool down before disposing of it in the bin or in a suitable container.

RECYCLING-NO PLASTIC BAGS

Some Residents on the Cedars Estate are still disposing of their household rubbish, contained in plastic bags or in black bin liners, in the recycling bins provided on the Estate.

Please be advised that the bin collectors will not collect any recycling items that are in plastic or black bags.

The items must be disposed of INDIVIDUALLY!



CRIME/ANTI SOCIAL BEHAVIOR

Please be vigilant and mindful of any suspicious activities or individual, and report instances of crime and anti social behaviour to the police immediately, as well as take preventative measures to ensure that you are not the victim of any crime; all entries, doors, windows, garden gate, garage door, etc., have adequate locked installed.



NOISE

Please be considerate of others and take steps to minimize any disturbances.

Keep Noise Levels Down

Be mindful of the noise you create, especially during early morning and late evening hours. This includes loud music, conversations, and any other activities.

Below is the guideline as to when the building works can be carried out:

Monday– Friday: 8am to 6pm

Saturday: 8am– 1pm

Building works are not permitted on Sunday or Bank Holidays.

Be Aware of Pets

If you have pets, be considerate of their behaviour and noise levels. Ensure that they do not disturb your neighbours, especially during quiet hours.

SOUTH EAST LONDON MIND INFORMATION SERVICE

CETRA is please to share information about a valuable resource available to our community: the South East London Mind Information Service. This safe, and confidential telephone and email service is designed to help individuals find the right support for mental health concerns.

Who can benefited?

- Individuals experiencing mental health challenges.
- Family members seeking support or guidance.
- Professionals working with mental health clients.
- Anyone in the community looking for mental health resources.

Access the Service

Phone: call 020 8159 8355 on Monday, Wednesday, and Thursday between 9am and 5pm.

Email: informationservice@lambethand-southwalkmind.org.uk

Your mental health and well-being are important. Whether you are seeking support for yourself or a loved one, South East London Mind is here to assist you.

LAMBETH WORLD CUP AT FERNDALE COMMUNITY SPORTS CENTRE!

Fullham FC Foundation is hosting two exciting free football tournaments this August at Ferndale Community Sport Centre in Lambeth. Bring your friends, and family to enjoy and have some fun watching football.

| | Girl's Free Football Tournament | Free Football Tournament |
|------------|--|--|
| Event | Lambeth World Cup Girls | Lambeth World Cup |
| Date | Friday, 23rd August | Saturday, 24th August |
| Format | 6-A-Side teams (8 players max per squad) | 6-A-Side teams (8 players max per squad) |
| Age Groups | Junior: 11 to 13 Senior: 14 to 17 | Senior: 16-18 |

Location: Ferndale Community Sport Centre, SW9 8BP.

ESTATE INSPECTION

CETRA would like to remind all residents that **NO** items except for live plants can be left on communal balconies or in any other communal areas.

Even if you are short of storage space, **DO NOT** leave items on balconies, stairwells, landing or shared internal spaces as this is a **FIRE & TRIP HAZARD** and is a safety at risk to everyone.

Please keep to these rules so that all communal areas are safe and ensure you are not in breach of your tenancy.

- All paths to and from your home must be kept clear
- Do not store/leave any items outside your front door including bikes, buggies, and or scooter
- Do not chain bikes or any other items to Communal Balconies, Bannisters or Buildings
- Do not store anything inside intake cupboards

To keep everyone safe, **CETRA WILL REMOVE** and dispose of any items found in communal areas without further notice. Some items may be stored for 28 days before disposal.