

SPRING

NEWSLETTER 2023



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Giving Young Tenants Their Voice

Elderpark goes back to school to learn what community means to young people.

We've gone back to school to find out what matters to young people living in our community.

We have launched a trailblazing initiative called "Junior Community Voice" with two Govan schools to more fully understand what young people want to see from their neighbourhood. The move is a first for us here at Elderpark as we have never before directly engaged with school pupils on such a level.

The participating schools are St Saviour's Primary and Riverside Primary who share a campus in the city's Govan Road.

The initiative was created by Jonathan Giddings-Reid, our Community Regeneration Officer. Jonathan explained: *"Tenant participation is a vitally important part of any housing association's work."*

"And it is important that ongoing process engages with tenants of all ages – including the young - whose perspective on community can differ greatly from older generations."

"It is essential that the voices and needs of young people are listened to and acted upon. So who better to decide that than young people themselves?"

"The aim is create a conversation led by young people about what community is and how we can all influence what happens in our communities."

"We have had wonderful support from the headteachers and staff of both schools – without whom this would not be possible."

Jonathan has engaged with over 120 primary four, five and six pupils in a classroom lesson setting to get things moving.

One of the first achievements is to be the creation of a Junior Community Voice noticeboard at the schools.

Between six and eight young people will be elected by their classmates as "Voice Ambassadors" to lead the work.

This in turn will help relay information about what is going on in the community to young people while taking news of this activity home to parents and guardians.

The diverse range of languages spoken in Govan

– due in part to many Ukrainian children now attending Govan schools – will be taken into account with translation into English where appropriate.

Gary Dalziel, our Chief Executive said: *"We are 100 per cent behind our Junior Community Voice initiative as it represents further engagement with our tenants and the wider community. We are deeply impressed by the willingness of local schools to participate in what is genuinely a trail-blazing development."*

Elderpark Housing has a strong scholastic connection to Govan. We moved into our new offices two years ago in the restored 19th century former school known as Hills Trust which was bequeathed to the Govan community by renowned philanthropist Abraham Hills.

Many of the original features in the school - which educated tens of thousands of Govan children over many decades – were retained in a sympathetic and widely-admired restoration.



Back to school.....Jonathan outside the two primaries.

Warmer Together – A New Project In The Community

We are pleased to announce the launch of Warmer Together – a brand new initiative designed to create community togetherness.

The winter may be coming to an end but the recent snow in March reminds us that colder days are still with us.

Earlier this year Elderpark Housing in partnership with several brilliant community based organisations secured £27,000 from the National Lottery's Community Anchor Fund.

This lottery fund is designed to help communities and we are very grateful to the National Lottery for its generosity in helping the Govan community.

The partners involved are:

- Govan Youth Information Project
- Urban roots
- Sunny Govan
- Clyde Hall
- Safety Awareness Glasgow
- Govan Community Project
- Govan Pantry membership
- Govan and Linthouse Parish Church
- Gilded Lilly
- Dig In

The partners – using the funding provided – will offer events to support community activity and offer spaces for warmth and hot food.

Our Community Regeneration Officer Jonathan Giddings-Reid said: *"Rarely and not since the pandemic have communities faced such challenges which threaten wellbeing and community cohesion. This funding will allow us to tackle the cost of living crisis head on through a diverse range of activities with the aim of restoring community resilience and providing a helping hand."*

"We intend to engage with over 1000 people across Govan and enable our community to share, support and form strong sustained friendships, whilst receiving a balanced meal, hot drinks and having somewhere warm to sit and socialize."



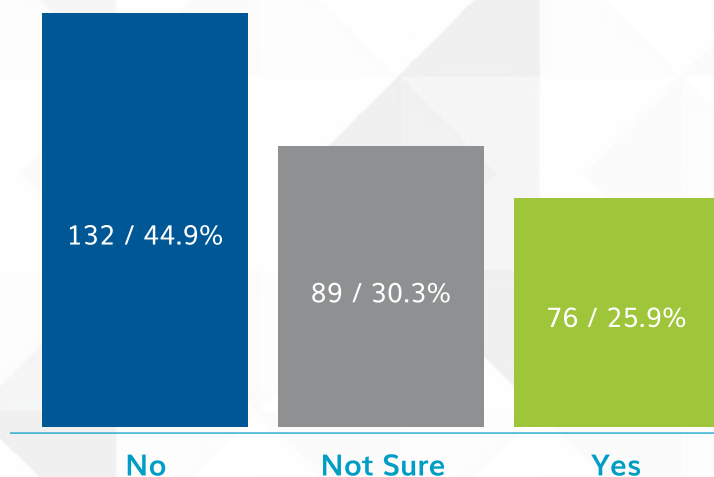
The Results of the Rent Review Survey

The primary role of the survey was to assess a proposed review of 6% was acceptable to our tenants. To put this in context, we produced a leaflet for residents which took account of the impact of soaring cost of living, but also the need to maintain services, particular our maintenance service. This was identified as the most important service by tenants but the costs have increased dramatically.

The results were as follows.

Result	Number	% of Response
Yes it is Acceptable	76	25.09%
Not Sure	89	30.30%
No it is not acceptable	132	44.9%

Is the Rent Review Acceptable?



Key Points

- The largest single response to the survey was 'No' with 44.9% disagreeing with the proposal to increase
- The remaining 56.2% of respondents either agreed with the increase or were not sure.

The Committee in determining whether to approve the 6% rent increase concluded that:

- There is an undoubted concern from tenants about the impact the cost of living and in particular energy costs inflation is having on their welfare and finances. It is not surprising that around 45% of respondents indicated they did not agree with the increase.
- The alternative to a rent increase is a potential reduction in the investment in our homes and communities. Such a reduction could result in the Association providing fewer non-core housing services, including wider role/regeneration and welfare rights which would invariably have an impact on the more vulnerable members of our communities. It may also deter us from achieving our ambitious business plan which places an emphasis on supporting our communities to thrive. But this requires a level of income to allow us to deliver on these plans.
- Failure to implement the rent increase could result in a reduction in our maintenance spend which includes day to day repairs, compliance in relation to tenants' safety and major investment programmes. As maintenance is the most important service to our tenants, as noted by 45% of respondents, then any reduction in available resources could result in deterioration in this service. Most of our income goes on expenditure. Failure to apply a 6% increase would result in an increase in the life span of component parts (windows / kitchen etc.).
- Response times for repairs would be slower and indirectly this would have a long term impact on the quality and desirability of our homes.

The result was that the Committee approved the 6% rent increase which came into effect on the 1st April. If you have any question about your rent please contact your Housing Officer.

A Tartan Triumphant Return Of The Elderpark Burns Supper

Tenants tuck in as community comes together to celebrate Bard

Elderpark welcomed back our traditional tenants' Burns Supper for the first time in three years.

Because of the pandemic the traditional highlight in the community's social calendar could not take place.

But those who came along to Elderpark Community Centre more than made up for it with haggis, neeps and tatties and dancing to the Highland Fling.

The event took the form of a traditional celebration of Burns with the star attraction of the haggis being piped in while staff performed the much-anticipated recitals.

Following the meal, the evening was rounded off with some live entertainment and dancing. Our Housing Officer Lynn Reid who led the team organising the supper said: "We hope everyone enjoyed themselves on this occasion which marked a welcome return for our Burns supper. Elderpark recognises the importance of companionship and togetherness – especially for some of our more isolated or vulnerable tenants – and we hope the Burns Supper was enjoyed by them all."

Among those attending were a number of Polish residents of Govan who enjoyed their first ever Burns supper and brought an international perspective to the occasion. Polish-born Elzbieta Belczak said: "It was wonderful to celebrate Scottish culture in what was a magnificent night. I had a great time and all of us are very grateful to Elderpark Housing for organising the Burns Supper. I was even up dancing."

Charlotte Craig of the charity Impact Arts which runs a "craft café" held at the same venue as the supper said: "I have spoken with a few of the members and they said it was an absolutely fantastic night. They had so much fun and felt very taken care of and it is much appreciated."

Our Management Committee members Anne McEachan & Maureen McDonald said it was the "best Burns supper the Association had ever organised."

Tenants Andy and Phylis Monaghan said: "It was great wee night and we were impressed by the friendliness and attention we received from the young people from Aberlour and association staff."

**Special thanks goes to local young people involved with the children's charity Aberlour who once again served the meals taking such good care of those attending.*



A very warm welcome to our new members of staff

A big hello and welcome to our new staff and a big thank you to Elaine Somerville. Elaine who was our Housing Manager has left Elderpark after 16 years of service to pursue a career away from housing. We wish Elaine all the very best!

Rachel Cooper Housing Manager



"I have worked in the social housing sector for around 9 years and have worked in various positions within housing management departments. I also volunteer as a member of a management committee for a community based housing association. I enjoy working within the sector and contributing towards making a positive difference by focusing on customers and enhancing communities. In 2021 I graduated with a MSc in Housing Studies from the University of Stirling and I am currently a Chartered Institute of Housing Chartered Member."

I am looking forward to becoming an integral part of the Elderpark team and contribute to leading on the delivery of a highly efficient housing management service."

Georgia Gentles Temp Customer Service Advisor



"I started in Elderpark in February 2023 on the customer services team. I am really enjoying my new role - especially helping tenants with all their different enquiries. Every day is different. I have not worked in a housing association before and I am excited to learn all the different services that Elderpark provides."

Danny Leabody Customer Service Advisory



"I started in Elderpark on a temporary basis in November 2022 and I have enjoyed every minute of working here. I am delighted to have secured a permanent contract and am fully focused on providing the best service possible to our tenants and service users. I am looking to grow my career at Elderpark and am hoping to be here for years to come."

Rent Matters



Ways to pay your rent:

- Set up a direct debit
- Via telephone
- Pay online
- In person (either at the post office, at a PayPoint)
- Via AllPay App

If you are struggling to pay your rent, please contact your Housing Officer.

Cost Of Living Help – What Is Coming

We are always looking at ways we can support our community throughout the cost of living challenge.

Meanwhile, the UK Government has been delivering what it calls **"Help for Households."** You can find out more at this website [www.gov.uk/help forhouseholds](https://www.gov.uk/help-forhouseholds)

In late January it was announced what will happen in 2023 and 2024 with regard to ongoing "Cost of Living Payments". These payments will be made between Spring 2023 and Spring 2024.

They are:

- **£301** for people on an eligible low income benefit, to be paid during spring 2023
- **£150** for people on an eligible disability benefit, to be paid during summer 2023
- **£300** for people on an eligible low income benefit, to be paid during autumn 2023
- **£300** for pensioner households, to be paid during winter 2023 to 2024
- **£299** for people on an eligible low income benefit, to be paid in spring 2024
- Further guidance will be published when more details have been announced and this will be before the first payment is due in the coming spring.

With regard to help on fuel bills, the UK Government has been running its **Energy Bills Support Scheme**.



This has delivered £400 off bills since October and ran out in March. This automatic, non-repayable discount was given in six instalments of either £66 or £67 per month.

The Scottish Government has also been doing its bit to help alleviate the pressure on household incomes. It has listed a number of ways of getting help.

If you require support in accessing any of these payments please contact Jacqui Andrews on **0141 440 2244**.



Help is available for every household

Find out more: gov.uk/HelpForHouseholds

Energy and household costs

Home Energy Scotland is helping people to reduce their bills, use energy more efficiently and create warmer homes. For advice and to find out what support you're eligible for call **0808 808 2282** or visit **homeenergyscotland.org**.

Depending on your circumstances you could get a discount on your council tax bill or be entitled to benefits to help pay for housing. Visit **gov.scot/costoflivingsupport** for further information.

Money and debt advice

If you need advice on how to manage your money or debt, you are not alone and there is support available. You may be able to get help with rent arrears or mortgage repayments or be eligible for a budgeting loan. Please see the organisations listed below to find out about the services and help available to you.

Benefits and income

Visit **gov.scot/costoflivingsupport** for information on benefits and payments available and access to free online benefits calculators. The Money Talk Team are also on hand with advice at **moneytalkteam.org.uk** or on **0800 028 1456**.



If you already get certain low-income benefits or tax credits you could be eligible for other cost of living payments. The Scottish Welfare Fund can also provide crisis grants if you need financial help in an emergency. More information is available at **gov.scot/costoflivingsupport**.

Support for families

Support is available to help with a range of family expenses including childcare and school costs. Eligible children can access 1140 hours of funded childcare. The Scottish Child Payment helps families on low incomes with a weekly payment for every eligible child. Best Start payments can help towards the costs of being pregnant or looking after a child. The Money Talk Team are also on hand with advice at **moneytalkteam.org.uk** or on **0800 028 1456**.



Support for older or disabled people

There is a range of benefits designed to support older people; from pension credits that can help to cover living costs for those on lower incomes, to winter fuel payments and free bus travel. To find out if you could be eligible for pension credits call the Pension Service helpline on **0800 731 0469**, or for general advice contact Age Scotland on **0800 12 44 222** or by visiting **agescotland.org.uk**.

Additional support is available for adults and younger people living with a disability, from disability payments to winter heating assistance and free bus travel. Visit **gov.scot/costoflivingsupport** for more information.

Support for carers

If you are caring for someone you could also be entitled to claim a carer's allowance. Find out more at **gov.scot/costoflivingsupport**, or call Carers UK on **0808 808 7777**.

Advice Direct Scotland

Provides a range of services that can help with cost of living issues. This includes energy and debt advice, as well as access to the Scottish Government's Home Heating Support Fund. They also have a free benefits calculator on their website to check entitlement. Visit **www.advisedirect.scot** Call **0808 800 9060**.

Breathing Space

A confidential phone line for anyone in Scotland over the age of 16 and feeling low, anxious or depressed. Visit **www.breathingspace.scot** Call **0800 83 85 87**.

Citizens Advice Money Talk Team

Get free, confidential advice locally about what benefits and grants you're entitled to, as well as help and support on making your money go further and how to manage debt. Visit **www.moneytalkteam.org.uk** Call **0800 028 1456**.

Energy and household costs continued

Social Security Scotland

Apply for a benefit or find out what to do if you've already applied and need more help. Visit www.mygov.scot/benefits Call **0800 182 2222**.

StepChange Debt Charity Scotland
Free, impartial debt advice and practical solutions to help you take back control of your finances. Visit www.stepchange.org Call **0800 138 1111**

admin@elderpark.org or call **0141 440 2244** to make an appointment.

Fuel Energy Advice

Would you like to get advice regarding your gas and electricity? Our Fuel Advisor Patricia will be able to assist. Please contact admin@elderpark.org or call **0141 440 2244** to make an appointment.



Reminder of our free services for tenants

Financial Inclusion Service

Do you need help accessing benefits, are you on the right benefits? Do you need help filling out a form or just general welfare advice? Our Financial Inclusion Officer Jacqui will be able to help. Please contact



Message to Dog Owners

We understand that owning a dog can have a positive impact on a person's life and dogs can become an essential part of the family. Dogs provide companionship and love and can play a huge part in preventing isolation and loneliness for many people living on their own.

Tenants require the Association's permission to keep a pet in the family home as outlined in the tenancy agreement, the Association wouldn't unnecessarily withhold permission to keep a dog but grant permission only on the understanding dog owners are in control of their dogs and don't allow their dogs to cause nuisance to other tenants or damage to the property, including backcourts and drying greens.

Over the winter months we have seen a rise in the number of backcourts being covered in dog mess and also drying greens and lawns damaged by dogs being exercised in the backcourts.

The backcourts are not dog toilets or dog exercise yards and dog owners should refrain from treating them as such.

The vast majority of dog owners behave responsibly and don't allow their pets to cause any nuisance to others, however, a small minority continue to behave irresponsibly. We have recently removed permission from some dog owners to keep a dog as the not acted responsibly and we will enforce this legally where we have sufficient evidence to do so.

Please be a responsible dog owner, pick up your dog mess and don't allow your dog to cause nuisance to others or damage property.



Estate Management News

Service changes

As a regulated social housing provider Elderpark Housing Association has a responsibility to achieve value for money for the services provided to tenants and factored owners, this means that every 3-5 years we will put a number of service contracts back out to tender.

To ensure transparency and honesty in the procurement of services the Association will register tender opportunities on the Public Contracts Scotland website which is the official procurement site for all of Scotland's public bodies, including Housing Association's

The Association recently put the close cleaning and bulk uplift contracts back out to tender and we are pleased to announce that both services have been procured at competitive prices which enables us to minimise any rise in service charges, even taking recent inflation into account.

Both contract tenders were completed in January and resulted in new contractors being appointed.

The close cleaning contract is now provided by Mainline Facilities Ltd based in Orton Place Ibrox.

The bulk uplift contract is now provided by Orbis Ltd who are based in Helen street Govan.

We are pleased that locally based companies were successful in acquiring these contracts and keeping employment opportunities in Govan.

Fire Safety

Fire Safety In the Common Areas

Tenants may have noticed that new fire safety posters have been put up in all our tenements and new build flats.

The posters have been put up to provide information to residents that Fire Safety Scotland regulations 2005 strictly prohibit the storing of any item on the stairways and landings of multi occupancy buildings, including tenements.

Fire safety regulations are designed to keep residents and firefighters safe in the event a fire breaks out by;

1. Prohibiting flammable materials such as furniture and cardboard being stored in communal areas where it can easily be set alight or
2. Preventing stored items such as prams, bikes etc causing an obstruction to residents trying to leave the building or obstructing firefighters tackling a fire.

Help us keep residents safe by storing items in your home or other areas set aside for storage such as close cupboards, or bike sheds where these are provided.

For further information on fire safety or storage call **0141 440 2244** or email our estates Inspector Jim Fraser at jim.fraser@elderpark.org



Vacant Land Near Office

Many of you who live near our offices may have noticed a piece of unused and derelict land. It is sandwiched between the new housing we built at Nethan Street and where our office is. We are looking at ways we can regenerate this site to bring a benefit to the community.

While things are still at an early stage, we are looking at a number of options in keeping with our vision of creating a vibrant community where everyone can prosper.

Crucially, we will be engaging with YOU – our tenants and the wider community - to establish what you would like to see created and it might, by way of example, have an educational purpose, somewhere people can grow food, a garden or have a recycling initiative. The possibilities are endless.

But however it turns out, the prospect of new life for old ground is something of benefit. We would anticipate the community would have a significant role in looking after it.

If our plans progress well we hope to bring you more news in the summer edition of this newsletter as we seek funding to make this initiative a reality.

Watch this space!



Maintenance News

A New Gas Contractor for Elderpark

Your housing association has a new gas contractor with effect from April 1 2023.

City Technical Services (UK) Ltd have taken over the role of servicing your boiler, responding to breakdowns and carrying out gas safety checks.

The business is a Glasgow based company with over 20 years' experience in installing, servicing and maintaining gas appliances with a 24/7, 365 days a year call centre.

We would like to take this opportunity to welcome the business to Elderpark.

The appointment of City Technical Services (UK) came about our previous contractor Kingdom Gas stopped trading and very quickly we had to arrange a new gas contractor to carry out the legal requirement to service your gas appliances as well as deal with boiler breakdowns.

From July we began working with GasSure who stepped into the breach and assisted us with our legal requirements on gas safety and boiler breakdowns.

During this period we engaged with a number of tenants to review our Gas Servicing Policy and also began a procurement exercise to have a new gas contractor in place for April 2023.

Following a robust selection process, City Technical Services (UK) were successful and obtained the contract for two years with additional annual extensions following this period for a further 3 years, resulting in a potential 5 year contract should good customer satisfaction and performance be achieved.

We would like to thank you for your patience and understanding over the last 9 months or so as we went through the transitional period by engaging with 3 gas contractors. We would also like to thank GasSure for stepping in.

The City Technical Services (UK) number for breakdowns is **0333 2020708**, and we will inform you of the new number to call should you have a boiler issue. This will also appear

on our website, via text and by letter to those tenants who don't have digital access.

If you would like more information on how we procured our new Gas Servicing and Maintenance contractor then please call **0141 440 2244** and ask for the Maintenance Team or alternatively email **admin@elderpark.org**



At your service....Elderpark staff and representatives from City Technical Services (UK)

Right to Repair legislation

Under the Housing (Scotland) Act 2001 Tenants have the right to have small urgent repairs carried out by their Landlord within a given timescale. This is called the Right To Repair Scheme. The scheme covers certain repairs up to the value of £350. These repairs are known as "qualifying" repairs. If the qualifying repairs are not completed within the timescale tenants shall receive compensation of £15 for the first date and £3 per day until the repair is completed, up to a maximum of £100.

There are prescribed timescales tenant responsibilities and situations where the timescales can be extended and include, weather and waiting on parts, and no access being provided for inspection or the actual repair works.

Maintenance News Continued

The following timescales apply for "Qualifying" Repairs:

- Blocked flue, toilet, sink, etc.
- Significant leaks from toilets, drains, sinks, baths etc.
- Loss of water, gas, electricity
- Partial loss of water, electricity
- Unsecure external windows, doors, locks
- Unsafe access, steps, flooring
- Unsafe lighting or sockets
- Toilet not flushing
- Unsafe access to a path or step

1
Day

- Unsafe timber flooring, stair

3
Days

- Fan in kitchen or bathroom not working

7
Days

These timescales are for the next day and don't specify that the works need to be completed during working hours, some may spill out over into out of hours times.

Full details of the Right to Repair Regulations can be found the Scottish Government website – <https://www.gov.scot/publications/right-repair/>

However all qualifying repairs should be explained to you when reporting a repairs that is deemed as a qualifying repair. You don't need to do anything to claim compensation as we are obliged by the legislation to check and contact you regarding compensation.

If you would like more information on the Right to Repairs scheme then please call **0141 440 2244** and ask for Customer Services Team who shall be happy to discuss the process in relation to Right to Repair, or alternatively email admin@elderpark.org

New Reactive Repairs contractor - 2023

It has been a very difficult time for arranging and issuing repairs with Covid-19 and a trade skills shortage affecting our ability to organise every repair to be completed on time. We have also experienced contractors walking away from the social housing sector forcing Elderpark

Join your local Association and help your Community

Elderpark Housing has been part of the local community for nearing fifty years and we are keen to encourage local people to participate in its activities. If you want to influence the direction of the Association, the best way is to get involved!

Share membership is available at a cost of **£1.10**. As a member, you would be entitled to attend and vote at the Annual General Meeting which is held in June and any special general meetings which may be convened.

You would also be eligible to become a Committee Member by nomination and election at the Annual General Meeting and could nominate other shareholders for election. Members may also be temporarily co-opted to serve on the Management Committee at any time between Annual General Meetings. Contact corporate@elderpark.org for more details.

Take a moment and follow us on both Twitter: [@ElderparkHa](https://twitter.com/ElderparkHa) and Facebook: www.facebook.com/ElderparkHa for all our latest news and upcoming events.



Maintenance News Continued

Housing Association to source and transition other solutions in a short period of time and we thank you for your patience and understanding over the last 3 difficult years.

We are currently in the midst of another procurement exercise to have in place a new contractor who can sustain excellent customer service and quality of workmanship for a potential 5 year period. This legal exercise in contractor selection process takes time and we won't be in a position to commence with a new contractor before the 1st June 2023 at the earliest. Our aim is to un-earth a customer and quality focused contractor who understands the needs of our tenants and our requirements in providing an efficient repairs service. In the meantime our local contractors David Mitchell and Go-Wright will continue to support and carry out our repairs and void service.

Thermostatic Mixing Valves

A selection of our tenants homes who reside in our newer properties built from 2010 onwards had their bathroom fitted with a Thermostatic Mixing valve (TMV's). These TMV's are designed to prevent water coming out of the hot water tap at a temperature above 43 degrees Celsius, to prevent scalding.

These TMV's need to be serviced to ensure that they are working to continue to prevent scalding and to mitigate any legionella possibly manifesting. We shall be writing to those tenants in the coming weeks advising them of the dates that our Water treatment Specialist will be in their area to service these valves. Please assist with this important service regime as it may prevent scalding and any potential legionella outbreaks. Should you wish to discuss further then please call **0141 440 2244** and ask for the maintenance Team who shall be happy to discuss this further with you, or alternatively email maintenance@elderpark.org

Stone Work Survey

The Association owns and maintains a significant number of sandstone tenement buildings dating back to circa 1910. A lot of these tenements were refurbished and sandblasted in the 1980's and now some 40 years later, are starting to show some signs of fatigue, wear and tear, and in some areas the sandstone is cracking and de-laminating from the external structure.

Therefore, as a responsible landlord we have a commissioned an architect who specialises in sandstone Victorian tenements to survey our flats to determine what remedial works we need to carry out over the next few years.

As you would expect this type of work is expensive due to the nature of the work and cost of replacing some localised areas with new stone and therefore, will have an impact on other works we had planned over the next few years. This will mean that some replacement programmes like kitchens and bathrooms, etc will need to be reviewed, and will almost certainly result in programmes being extended whilst we re-direct the planned maintenance budget to repairing and safeguarding the structure of our Victorian built sandstone tenements.

We shall continue to carry out other replacement programmes but at a lower scale.



Springtime Recipe

CRUSTLESS VEGETABLE QUICHE

YIELD: 8 Servings

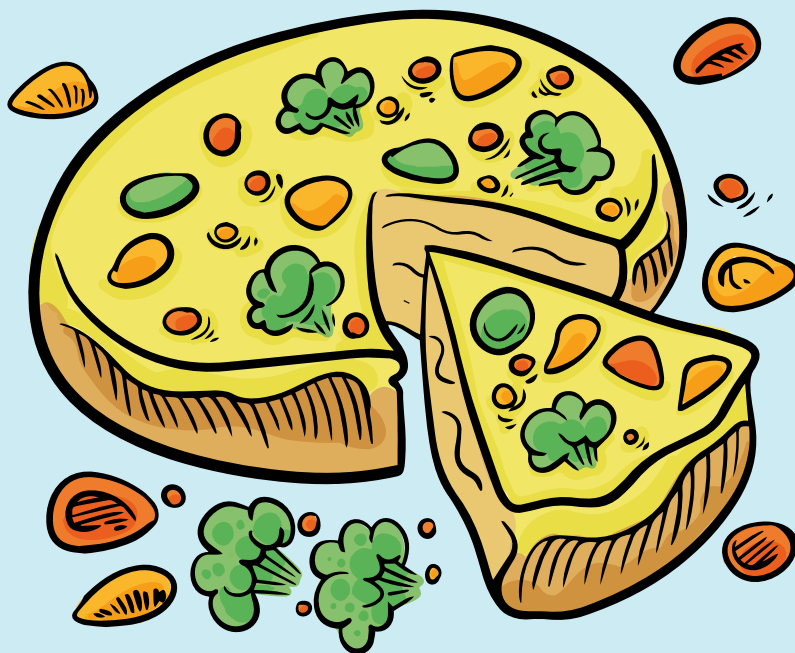
PREP TIME: 20 minutes

COOK TIME: 1 hour

TOTAL TIME: 1 hour 20 minutes

Ingredients

- 1 tablespoon olive oil
- 1/2 cup diced yellow onion
- 1 cup diced red bell pepper
- 3 cups chopped broccoli florets
- 3 tablespoons sun dried tomatoes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon red pepper flakes
- Kosher salt and fresh ground black pepper to taste
- 5 eggs
- 3 egg whites
- 16 ounces low fat cottage cheese
- 1/4 cup low fat milk
- 1 cup shredded cheddar cheese or Mozzarella can also be used



Instructions

1. Preheat oven to 375° F. Spray a 9 inch pie plate with cooking oil and set aside.
2. In a large skillet heat the olive oil over medium-high heat. Add the onion, bell pepper and broccoli to the skillet. Season with the spices, salt and pepper and sauté for 4-5 minutes or until the vegetables have softened. Remove the skillet from the heat and let the vegetables cool while you prepare the filling.
3. In a large bowl whisk together the eggs, egg whites, cottage cheese, milk and shredded cheese until the eggs are completely broken up and combined with the other ingredients. Pour in the vegetables and stir together.
4. Pour the quiche filling into the prepared pie plate and bake for 45-55 minutes or until it's set. Test it by sticking a knife into the centre and if it comes out clean it's ready. Let the quiche cool for several minutes before serving.

Easter Activities

Q: What do you call a rabbit with fleas? *Bugs Bunny*

Easter Wordsearch



Rabbit
Hop
Chocolate
March
Hunt
Eggs
Find
Basket

Spring
Holiday
Easter
Candy
Sunday
Bunny



Easter Office Closure Dates

Good Friday

Friday 7th April 2023

Easter Monday

10th April 2023



Ways to get in touch

- Telephone: 0141 440 2244
- Email: admin@elderpark.org
- Live chat on website: www.elderpark.org
- Write to us: 65 Golspie Street, Glasgow, G51 3AX



@ElderparkHA