



Langstane News

Summer 2025 | Issue 48



Pennan Way, Ellon

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Tenant Portal available now!

We featured our new housing management system, HomeMaster, in our [Winter Newsletter 2023](#).

In this we informed our readers that as we developed our system it would mean the roll out of a tenant portal. The tenant portal is now available for you to sign up to.

Soft rollout and tenant testing

Some of you may already know this having spoken to a member of our [Customer Service Team](#) and gone through the sign up process.

We have also tested the portal with our 'My Voice Counts' tenant scrutiny group who attended a session in the office in July (pictured) to test the portal and provide feedback, so we know what works well and what, if anything, needs improvements.

To sign up for the portal, you can click the [Tenant Portal](#) link at the top of [our website](#), you will just need your email address.

What can I do on the portal?

When you sign up for the portal you will be able to:

- Check your personal details to make sure they are correct and up to date.
- Check your rent account balance and pay rent.
- Make a complaint about your neighbours, Langstane or our contractors.
- Log routine repairs (meaning those that can take up to 10 days). If you need to log an urgent or emergency repair, please continue to contact the [Customer Service Team](#) on 01224 423000 during office hours or for any emergencies outside of office hours call Orbis Protect on 0151 343 2906.



www.langstane-ha.co.uk



680 King Street, Aberdeen



North Guildry Street, Elgin

Welcoming Anne and Bob to the Leadership Team

We are delighted to welcome two experienced professionals to Langstane's leadership team, Anne as our new Director of Housing and Bob as Director of Property.

Anne brings over 20 years of experience in social housing, spanning homelessness, temporary accommodation, hostels, housing support, management and development. Her career began in housing admin at Angus Council, what she thought would be a temporary job quickly became a lifelong passion. Anne progressed through tenancy support and homeless officer roles before joining Aberdeen City Council as Senior Housing Needs Assessment Officer.

Anne then moved to Blackwood Homes and Care, where she was Housing Manager for the North region before leading the organisation's customer-focused digital transformation as Innovation Delivery Manager, later becoming Head of Digital Services and then Head of Housing.

"I'm passionate about social housing, it's an incredible sector. Providing homes, building communities, and supporting people makes it the best job in the world. After working in a large, national organisation, I was drawn to Langstane's more local focus, working closely with customers and partners to deliver real impact. I'm excited to be part of the next phase of our business plan, helping customers access safe, secure, and affordable homes in neighbourhoods they're proud of."

Joining Anne is Bob, who brings over 35 years of experience in construction, housing and property maintenance.

A qualified joiner by trade, he began his career in 1987 and moved into management in 1996 as Site Manager at Dundee City Council. He went on to work with Stewart Milne Homes North before joining Hillcrest Maintenance in 2009, where he rose from Operations Supervisor to Head of Maintenance, leading the organisation through a period of significant growth and development.

Most recently, Bob served as Service Manager for Dundee City Council's Construction Services from 2023 to 2025, overseeing service delivery and operational functions across the city.

"I'm really excited to be joining Langstane as Director of Property," Bob says.

"I'm passionate about delivering excellent services and making a real difference for tenants. I look forward to working with the team to keep improving how we manage and maintain homes."



Staff update

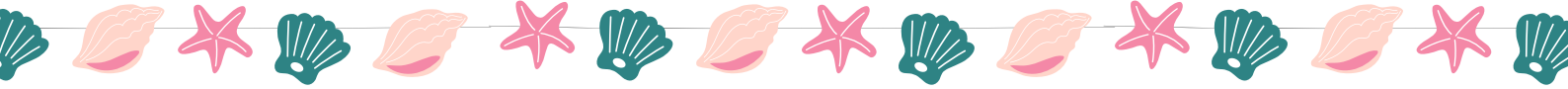


Steven joined as our temporary IT Manager in June 2025.

We are pleased to welcome Steven to the Association on a temporary basis as our new IT Manager.

Steven brings a wealth of experience in IT leadership across a range of industries and will play a key role in supporting and strengthening our IT services during this period. His technical knowledge and fresh perspective will be invaluable as we continue to improve our systems and services.

Steven said *"I'm really excited to be joining the Association and stepping into the housing sector for the first time. It's a great opportunity to contribute to meaningful work while bringing my IT experience to a new environment."*



Staff update

Monica joined Langstane in March 2025 as an Estates Assistant.

She brings a diverse background, having worked eight years in the hotel industry, followed by roles as a nursery practitioner and baggage screener at Aberdeen Airport.

"I'm delighted to have joined the housing team. Everyone has been so supportive, and I really value being part of a team that works well together. I look forward to helping support our tenants and their homes."



Update on Rent Increase Consultation 2025

Our Rent Increase Consultation gave tenants the option to select the rent increase amount they felt was best. Below is an overview of the questions and responses along with the outcome in respect of your feedback.

- 1,646 emails were sent with 848 hard copies.
- Received 342 responses, giving a 13.9% response rate.

Are you in receipt of Housing Benefit or Universal Credit?

- Universal Credit: 36.7%
- Housing Benefit: 20.9%
- Not in receipt of benefits: 42.4%

Please select one of the following options for your preferred rent increase:

- 3.9% increase - 75.8%
- 4.4% increase - 24.2%



Actions

Our [Board of Management](#) reviewed all tenant feedback, making a decision to increase rents for 2025 / 26 by 3.9%.

All comments were reviewed, tenants were contacted where necessary and the appropriate action taken to deal with the issues raised.



Tenants who responded to question three were contacted directly by our [Tenant Welfare Advisor](#) and / or a member of our [Langstane Housing Support Service](#). We wanted to make sure that everyone who raised concerns or shared additional comments received the appropriate support and advice as quickly as possible.

You can find a full summary of the results of the consultation on our website, under the [Consultations and Feedback page](#). This summary includes key findings, common themes, and the actions we are taking in response to your feedback.

Thank you for taking the time to share your views with us. Your opinion really does make a difference and helps to shape the way we deliver our services, making sure we continue to meet the needs of our tenants in the best possible way.

[Your voice really does count](#), every comment and suggestion helps us improve and grow as a housing provider, and we are committed to listening and acting on what you tell us.

Gas Servicing and Electrical Safety Inspections

In 2024 / 25 we carried out 615 Gas Safety Inspections by using the master key to enter properties where appointments had not been made with our contractor, this was at a cost of approx £33,825 to the Association. This money along with the staff time involved in carrying out a master key service could have been spent on other improvements to your homes and communities.

As your landlord, it is our legal responsibility to make sure that your gas boiler is in safe working order. Performing an annual service is the only way for us to do this and it also helps us to identify any faults which cause problems with the boiler.

We want our contractor Heatcare to carry out this service on a day that is convenient for you, we will be able to offer you either an AM or PM appointment on your preferred day so we will try and engage with you well in advance of your service due date. The process we follow is detailed below:

First, our contractor Heatcare will write to you confirming an appointment for them to come to your property and service your boiler.



If this appointment is not convenient, you can contact them to rearrange it.

If we are unable to access your property at the initial appointment date, Heatcare will then come to your property and attempt to carry out the service without notice.



If they are unable to carry out the service for a second time, Langstane will write to you asking you to make an appointment with Heatcare to have your boiler serviced. We will also send you a text message encouraging you to contact Heatcare.



If we still do not hear from you, Heatcare will again attend your property to attempt to carry out the service for a final time. If Heatcare are still unable to carry out the service, Langstane will write to you advising that we visit your property on a specific date with the master key to gain access and allow Heatcare to carry out this service. If you have an external meter, your gas supply will be capped at this final visit without warning, and your heating, and hot water system will not work.

As you can tell, the above process is both lengthy and takes up a lot of staff time which could be spent on other things. It is vitally important that you book an appointment with Heatcare to have your gas service take place at the earliest opportunity to avoid additional costs to yourself and the Association. Should you fail to allow access for this safety check, and we have to use the master key, you will have to pay a fee of £55. This fee will be charged regardless of if you are inside the property or not on the day of attendance.

Electrical Inspections

Like your gas service, we must make sure your electrical system is safe. This is done through an Electrical Installation Condition Report (EICR), which checks your consumer unit, sockets, switches, and lights. These inspections are required every five years, and any necessary repairs will be arranged, though they may not always be completed on the day of inspection.

It is important we can access your home for this check. Our contractor will contact you to arrange a convenient appointment, and it is vital you engage with them. If you fail to provide access, we may need to enter with a master key, which will result in a £55 fee.

Please look out for contact from Heatcare Oil & Gas Ltd, RH Electrical, or Richard Irvine and arrange your appointment as soon as possible.

Planned maintenance update 2025 / 26

Electric Heating

(Subject to grant funding award)

- 37 Bloomfield Road, Aberdeen
- 34-38 Mansfield Road, Aberdeen
- 210 Victoria Road, Aberdeen
- 1-30 Thornton Court, Laurencekirk

Replacement Bathrooms

- 21a-m Constitution Street, Aberdeen
- 1-19 Anderson Court, Fraserburgh
- 3a-f Kirk Street, Peterhead
- 1-20 Cromarty Court, Findhorn

Replacement Windows

(Subject to planning approval)

- 381 George Street, Aberdeen
- 403-405 George Street, Aberdeen
- 3 Back Path, Banff
- 6a-c Cross Street, Fraserburgh
- 5-7 Culbert Street, Portsoy

Radiators

- 22-37 Uphill Lane, Peterhead
- 21 Constitution Street, Peterhead

Replacement Kitchens

- 12-14 Fraser Place, Aberdeen
- 42-44 Marischal Street, Aberdeen
- 559-565 King Street, Aberdeen
- 35-37 Forbes Street, Aberdeen
- 1-14 Michael Fair Court, Alford
- 1-18 Pinewood House, Port Elphinstone
- 1-6 Skene Street, Peterhead
- 1-6 Guildry House, Elgin

Please note all works are dependant on budget.

Your Right to Repair - annual reminder time!

We have a legal duty to carry out certain small, urgent repairs called 'Qualifying Repairs' within set timescales in accordance with the Scottish Secure Tenants (Right to Repair) Regulations 2002.

If we fail to respond within that set timescale, you have the right to arrange for certain repairs to be carried out by an approved alternative contractor and you may be entitled to compensation if the timescales are not met.

It is important that you talk to us **before** you exercise your Right to Repair. We will provide advice on the steps you must follow. This will make sure you avoid spending money you cannot claim back. If you don't want to talk to us about it, please take advice from somewhere like your local Citizen's Advice Bureau. Further information on the Right to Repair Scheme is available on our website.

Here is a list of the qualifying repairs, and the timescales set out in the Regulations (timescales are in working days and start the day after the repair is reported or inspection is carried out):

1 day

- Blocked flue to open fire or boiler
- Blocked or leaking foul drains, soil stacks or toilet pans where there is no other toilet in the house
- Blocked sink, bath or drain
- Loss of electric power
- Insecure external window, door, or lock
- Significant leaks or flooding from water or heating pipes, tanks, cisterns
- Loss or partial loss of gas supply
- Loss or partial loss of space or water heating where there is no alternative heating
- Toilet not flushing where there is no other toilet in the house
- Unsafe power or lighting socket or electrical fitting
- Water supply - loss of water supply
- Unsafe step or path

3 days

- Partial loss of electrical power
- Water supply - partial loss of supply
- Unsafe timber flooring or treads
- Loose or detached banister or handrail

7 days

- Mechanical extractor fan internal kitchen or bathroom not working

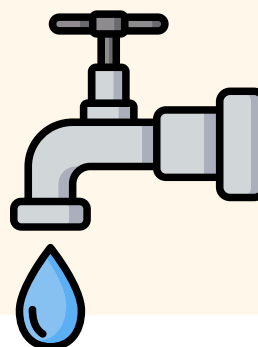
Please note

Your Right to Repair can be cancelled if you fail to provide access to your home for either an inspection or for the qualifying repair to be carried out.

We have a list of approved contractors that can be found on our website at [Right to repair scheme](#)

or

on request by calling our [Customer Service Team](#) on 01224 423000.



You said. We did!

You said

The back garden at 139 King Street was overgrown and concerns were raised as the block is not included in the gardening contract.

Before



We did

Following a site visit, we arranged a one-off clean-up of the back garden to tackle the weeds and improve the space.

After



Tenant Corner



Question

Tenant asked for a response from the Association to the recent publication of the 'Report of the Independent Working Group on Anti-social Behaviour' and how this will affect Langstane tenants.

Langstane's response

The Association is aware of the report and its findings. We will work with any recommendations from the Scottish Government, particularly regarding housing allocations, while continuing to follow the law.

We work closely with partners to help sustain tenancies and prevent homelessness. Our own Support team, recently highly graded by the Care Inspectorate, also assists new tenants, especially those with a history of homelessness, to reduce the risk of repeat homelessness or tenancy failure. To read the full report [please click here](#) or visit <https://www.gov.scot/>

Results of Tenant Satisfaction Survey 2024

As featured in our [Winter News 2024](#), Knowledge Partnership completed an independent satisfaction survey in November 2024. The results were presented to our Board of Management earlier this year.

We are constantly trying to improve the homes and services we offer, so we were pleased to see improvements in some areas of performance, such as, increase in overall satisfaction and with the quality of repairs. However, the results do show a dip in satisfaction in areas such as management of the neighbourhood, so we have created an action plan to address the issues highlighted.

The table below shows our key results and areas of focus. Please visit our website at www.langstane-ha.co.uk for the full tenant satisfaction survey and to review our action plan. If you have any feedback, comments or suggestions on things we can do to improve, please contact our Customer Service Manager, Rebecca, to share your thoughts. You can reach her at customerservices@langstane-ha.co.uk.

	2021	2024
Percentage of tenants satisfied with overall service provided by Langstane Housing Association	78.6%	81.5%
Percentage of tenants who feel landlord is good at keeping them informed about services and decisions	90.1%	87.2%
Percentage of tenants satisfied with opportunities provided to them to participate in Langstane's decision making	95.3%	85.8%
Percentage of tenants satisfied with the quality of the home	78.3%	81.2%
Percentage of tenants satisfied with repairs service provided by Langstane (for those who have used the service in the last 12 months)	75.8%	75.9%
Percentage of tenants satisfied with the management of the neighbourhood	82.3%	69.5%
Percentage of tenants who feel the rent for their property represents good value for money	70.8%	73.5%

Garioch 10K Team Challenge!

Employees from both our Aberdeen and Elgin offices completed the Garioch 10k Team Challenge in Inverurie on 11 May.

Big Congratulations to Team Langstane who came in second on the big day!



Congratulations!



We have recently completed both our Tenant Satisfaction Survey and Rent Increase Consultation and had five lucky winners. The prizes were:

Tenant Satisfaction Survey

2 x £50 and 1 x £100 shopping vouchers for a shop of their choice.

Our winners were:

- John from Kemnay
- Alex from Aberdeen
- Trudy from Forres

Rent Increase Consultation

2 x £50 shopping vouchers for a shop of their choice.

Our winners were:

- William from Aberdeen (pictured)
- James from Forres



We would like to thank all those who took part, and we hope our winners enjoy their vouchers. Please take part in our surveys and consultations. Responses are reported to our [Leadership Team](#) and [Board of Management](#) to help inform their decisions.

Results of our consultations are published on the 'Getting Involved' page on our website.

Your voice really does count.



Tackling Anti-Social Behaviour Together

Everyone deserves to feel safe, respected and comfortable in their home and we are committed to creating supportive communities in neighbourhoods people can be proud to live in. Anti-social behaviour (ASB) can have a serious impact on people's quality of life and the area as a whole. We understand that some tenants need help to manage a tenancy and where that is the case we offer support from our Housing Officers and dedicated Housing Support Service.

Where criminal activity takes place, we have a zero-tolerance policy to this in our neighbourhoods. There are steps we can take to tackle such behaviour and it's important that tenants work with us to address these issues by reporting incidents to Langstane as well as Police Scotland. We're here to support you. When you report ASB, our team will listen, offer advice, always respecting your confidentiality and safety. If you experience or witness anti-social behaviour, please don't stay silent – [contact us](#) and Police Scotland.

RTS Meter Switch-Off from 30 June 2025

The Government has confirmed that Radio Teleswitch Service (RTS) meters will be switched off in phases from 30 June 2025. The switch-off will happen area by area, not nationwide. You'll be contacted when it's happening in your area.

The first stage affects around 600 households over three weeks in select areas. Vulnerable households will be closely monitored during this phase. Even if your meter works for a while after this date, you should arrange a replacement as soon as possible to avoid losing vital functions.

Why Are RTS Meters Being Switched Off?

RTS meters, introduced in the 1980s, are now outdated and can't be properly maintained. The small number still in use means the infrastructure won't be updated.



What Happens If You Don't Replace It?

When RTS is switched off in your area:

- Heating & Hot Water Issues - Systems may not switch on/off correctly, or may stay on constantly.
- Your supplier may struggle to bill you correctly for off-peak usage.
- Some tariffs linked to RTS may no longer be available.

Avoid these problems by replacing your meter now. This is not something the Association can repair or resolve, if you don't arrange to have your meter replaced, we will not be able to fix any issues with your heating, hot water, or billing caused by the switch-off.

For more information about the Radio Teleswitch Service switch-off, including what it means for you and what steps to take, visit:

www.homeenergyscotland.org/RTS-switch-off

My Voice Counts tenant scrutiny group - an update!

We just wanted to provide a quick overview of what our tenant group have been doing since last year. See below for a quick rundown on their activities.

December

Christmas get together to round up the year and wish each other well for the festive period.



February

First meeting of the year to plan activities for 2025. The group wanted to start with a face-to-face review with staff to discuss the Rent Increase Consultation 2025.

The group (pictured) also received Google Chromebooks which were gifted to the Association by Harper Macleod.



April

Our former Director of Housing along with staff from Housing Services, Rent Management and Property Services attended the meeting to discuss the Rent Increase Consultation 2025.



July

The group completed some testing of our new tenant portal which went live in June and helped us review our Tenant Participation Strategy.



The group now have their own webpage which can be viewed here [Tenant Scrutiny Group](#). The page was designed and created jointly by the group and staff.

You will find plenty of helpful detail on the new webpage, including:

The function of the group and what scrutiny is

How you can get involved

Full meeting notes

The partnership agreement

If you are interested and would like a chat about learning more or joining the group please contact our Customer Participation Officer, Samantha on 01224 423120 or email customer.participation@langstane-ha.co.uk.

Housing Perks - an update!

We introduced Housing Perks in our Financial Newsletter 2024 and now we want to provide readers with an update on the success of the project. So far...

- We have had 493 customers sign up for Housing Perks
- £123,928 has been spent through Housing Perks
- £5,446 has been saved on the app

The top three most popular brands are:

- ASDA
- Sainsburys
- Tesco

The app is totally FREE for our tenants to download and can be used by every member of your household. All you need is your tenancy reference number.

If you don't know yours you can call our Customer Service Team on 01224 423000 and ask or you can find it on any recent letter sent by our Rent Management Team.



Homewards and Langstane: Making Houses Feel Like Home

Prince William visited Aberdeen to mark the delivery phase of Homewards, a five-year locally led programme working to demonstrate it is possible to end homelessness. In Aberdeen, this work is being brought to life through a series of targeted initiatives focused on both housing and community collaboration.

One key milestone is the Homewards Aberdeen Innovative Housing Project, which has already unlocked 31 homes by bringing empty properties back into use for people at risk of homelessness. But finding a house is only the beginning, the next step is making it a home.



Photo credit: Kensington Palace



Photo credit: Kensington Palace

To support this, Homewards worked with local Coalition member Langstane Housing Association, a registered social landlord, to furnish and equip these homes. By convening local and national businesses, Homewards and Langstane helped make sure each home was ready for its new tenants, encouraging longer tenancies and helping prevent a return to homelessness.

This initiative was supported by Homewards Activator IKEA, along with Bosch, DFS Group, Dunelm, The Furnishing Service, Glencraft, The Multibank and Somebody Cares, demonstrating the power of collaboration in tackling homelessness from every angle.

Homewards recognises that homelessness cannot be ended by housing alone. Through local partnerships like the one with Langstane, the programme is helping to build not only homes, but lasting solutions, proving what's possible when we work together.

Tenant attends celebratory TPAS conference

The Tenant Participation Advisory Service (TPAS) Scotland held their annual tenant conference in Clydebank from 20 – 22 June 2025.

This year TPAS were celebrating their 45th birthday. So, for 45 years TPAS have been supporting tenants and landlords to learn and get involved in participation activities, helping them tackle important housing issues in their communities. Attending the conference this year was Kevin from Stonehaven (pictured).

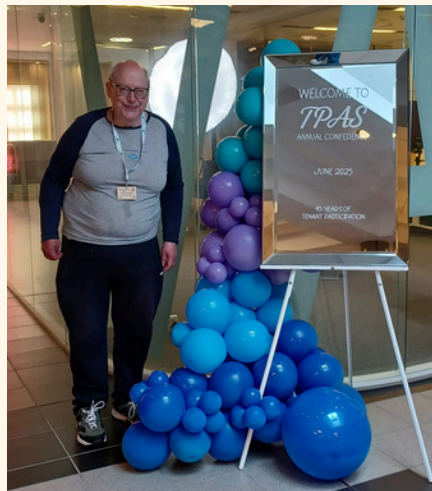
Here are Kevin's thoughts on this year's event:

"From the Highlands to Fife to the Borders it was a great way to meet social housing tenants from across Scotland."

"The conference was really interesting, and I appreciate the opportunity to attend. I particularly enjoyed the sessions on tackling poverty and national participation."

"Meeting like-minded tenants was a highlight along with being part of discussions on such issues as the importance of housing to the Scottish Government."

"I would encourage other tenants to get involved, as you may get the chance to be involved in these types of activities."



You said. We did!

We use your complaints, feedback, and suggestions to improve our services.

You said you would like us to visit you and complete neighbourhood walkabouts to tackle on-going issues. These requests came from tenants in Aberdeen City, Aberdeenshire and Moray.

Outcome:

So far this year we have completed seven [neighbourhood walkabouts](#) at the following schemes:

- Temple View, Banff, Aberdeenshire
- Auchmill Road, Bucksburn, Aberdeen
- Beech Court, Kemnay, Aberdeenshire
- Fraser Court, Aberdeen
- Charlotte Gardens, Aberdeen
- Langstane Place, New Elgin, Elgin
- Forbes Court, Elgin



From these visits we created action plans which staff and tenants can use to monitor the progress of the issues noted during each visit. These are public documents and can be found on our website [neighbourhood walkabouts](#). We will continue to work with tenants to overcome these issues and improve the quality of our communities.

Financial News 2025 - now available!

This year's edition of our Financial Newsletter is now available.

The newsletter is available on our website [Financial Reports and Annual Reviews](#) however, if you would like a printed copy please contact our [Customer Participation Officer](#), Samantha who will post a copy to you.



Andrew Gives Blood 930 Times!

One of our tenants Andrew has been celebrated for donating blood 930 times. In 1982 Andrew donated his first pint of blood. 42 years later he attended an awards event at Aberdeen's Beach Ballroom to recognise the contribution he has made by giving lifesaving blood donations through the years. Below is Andrew's story.



"When I donated my first pint of blood I had no qualms about needles or the sight of blood, enjoying a biscuit and coffee with everyone else.

Over the years I would be greeted like an honoured guest, getting to know the staff and catching up each time as I lay there visit after visit, where thank fully I was able to give blood on a monthly basis.

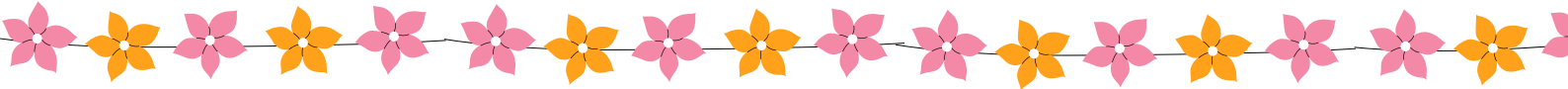
It was Birmingham where I first started donating and I received a number of awards and certificates, including a bowl, plate and a goblet. I do miss the staff that I got to know but by the time I reached my 500th donation I was living in Dewsbury.

I wanted to share my story to encourage others to donate as it can not be underestimated how important and lifesaving it really is. I now live in Aberdeen I am up to 930 donations with a target of 1000 which I am so hopeful to achieve."

To learn more about becoming a donor please visit the NHS give blood website using this link: www.scotblood.co.uk/giving-blood/

Coming soon!

We promised to include a 'Meet the Clearers' section in a future publication, this will feature in our Winter News.



Adaptations – looking after you in your home

Langstane recognises that medical adaptations can significantly enhance the quality of life of our tenants, allowing you to remain within your own home for as long as possible. A medical adaptation is a multi-agency process, and we acknowledge that as such, we rely on other agencies to assess the needs of our tenants or a member of the household. We are awarded some funding from the Scottish Government's Registered Social Landlord (RSL) Adaptations Programme for us to carry out adaptations.

Equipment and adaptations

Equipment and adaptations make an important contribution to supporting older people and disabled people to live safely, comfortably and independently at home.

Examples of community equipment include:

- home nursing equipment including pressure relieving mattresses, hospital beds and commodes.
- telecare products such as flood detectors, motion sensors and falls monitors.
- sensory equipment such as flashing doorbells and text phones.

Examples of housing adaptations include:

- replacing a bath with a level access shower.
- improving access to the home by widening doors or constructing a ramp.
- fitting lower work surfaces to make the kitchen easier to use.

These alterations are preventative measures. They help to reduce the number of emergency hospital admissions through falls and other accidents, and also reduce the need for home care or long-term admission to a care home. If you think you may qualify for these please contact the following occupational therapists for assessment:

Aberdeen City

Bon Accord Care Centre
0800 141 2339

OTDuty@bonaccordcare.org

<https://www.bonaccordcare.org/services/occupational-therapy/>

Requests for minor adaptations may be made directly to the Association either by telephone or on our website

<https://www.langstane-ha.co.uk/medical-adaptations-self-referral>

If you need help with this please contact our Customer Service Team on 01224 423000 or email info@langstane-ha.co.uk

Aberdeenshire

03456 08 12 06

Moray

01343 563999

accesscareteam@moray.gov.uk



Samaritans are always there to listen

If you need someone to talk to or are in need of support please contact Samaritans Scotland.

They are available 24 hrs a day, 365 days a year on the details below:

Please use the details below:

- Call their FREE number: 116 123
- Website: www.samaritans.org/samaritans-in-scotland/
- Email: jo@samaritans.org
- Post a letter to: Freepost SAMARITANS LETTERS



Rainbow fried rice

This simple to make meal for two is a fantastic way to use up your delicious leftovers.

Preparation and cooking time: 20 - 30 minutes

Ingredients

- Any vegetable you want, such as, mushrooms, peppers, red onion, spinach or green beans.
- 200g cooked chicken (or another meat)
- 1 egg
- Ginger – finely chopped (2 inch cube)
- Crushed garlic (2 cloves)
- Coconut oil (1 table spoon)
- Tamari soy sauce (1 table spoon)
- Sesame Oil (1 table spoon)
- Brown rice (400g cooked)
- Optional – 1 chilli
- Optional – roasted cashew nuts (small handful)



Recipe

- Use a wok to melt the coconut oil and fry the vegetables, garlic, ginger and chilli (if added).
- When the above ingredients have browned crack the egg in and mix quickly.
- Add the cooked chicken, brown rice and tamari, frying for a few minutes.
- When the ingredients are nearly ready add in the spinach once chopped, mixing for 30 seconds.
- Turn the heat off, stir in sesame oil, mix thoroughly and serve. If wanted then cashew nuts can be added as garnish.

Source: Love Food Hate Waste

Emergency Numbers

Emergency Repair Cover when our offices are closed:

- Please contact Orbis Protect 0151 343 2906

The call will then be passed to an appropriate contractor for your area. Response time for attendance will be 4-6 hours.

- Gas (Heatcare Oil & Gas) 01343 842 042
- Gas emergency 0800 111 999
- Electricity - Power Cut 0800 300 999
- Loss of Water Supply 08000 778 778

You can also visit our website for more on our out of hours repairs service: <https://www.langstane-ha.co.uk/repairs/>

Get in touch with us



680 King Street, Aberdeen, AB24 1SL



7 North Guildry Street, Elgin, IV30 1JR



<https://www.langstane-ha.co.uk/>



01224 423 000



info@langstane-ha.co.uk



[/Langstane](#)



[/Langstanehousingassociation](#)



[/company/langstane-housing-association/](#)



[/langstane_ha/](#)

Legal information

- Registered under The Co-operative and Community Benefit Societies Act 2014 No. 1916R(S)
- Registered with The Scottish Housing Regulator No. HEP 145AL
- Registered Scottish Charity SCO11754

- A member of the Scottish Federation of Housing Associations
- Property Factor Number PF 000666
- Registered Letting Agent No. LARN2001005
- Landlord Registration number 900480/100/24071