

The Eden Round-up

For tenants & Residents of Eden (EHA), Mitre & Lyvennet

Friday 1 May 2020

Issue 5



Hello and welcome to EHA's fifth 'Round-up'...

We will be circulating the newsletter to you less frequently as it seems we are all settling into these strange circumstances we have found ourselves in. Eden Housing Association is also developing new ways of keeping in touch. We anticipate that the next issue is to be circulated around 22 May.

Its been great as I have started getting a number of you contributing to the content of the newsletter, which is the whole idea of building a different sort of community during these times.

Please get in touch with your poems, tips, craft work and interesting stories to keep this newsletter about you, and your community.

As before, you can also opt out of receiving the newsletter, by contacting as below.

As always, if you would like to contribute, or feed-back to me, please contact Jenny on 01768 861435/ jenny.webb@edenha.org.uk or your scheme staff.

Top Tip:

If you have ran out of self-raising flour (I have!), you can replace with plain flour and a baking soda... for every 3 cups of plain flour, add two teaspoons of baking powder... back to baking!

Simple recipes for self-isolation:

I thought we probably deserved a treat this time – a three-ingredient honey cake! I got this from thehappyfoodie.com. Simple and sweet 😊

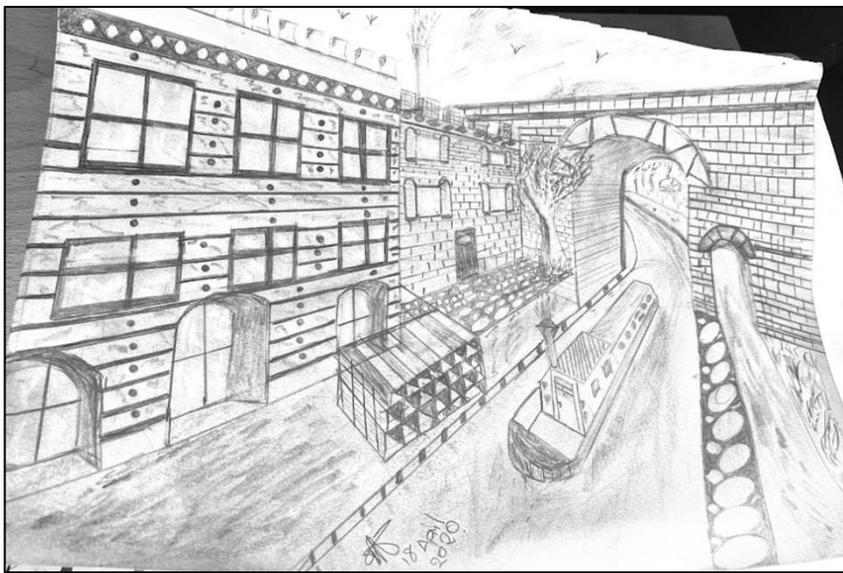
Ingredients

- 4 eggs
- 5 tbsp runny honey
- 150g flaked almonds (or 125g ground almonds, 25g flaked almonds)

Method

- Preheat the oven to 190°C/170°C fan, and grease and line the cake tin.
- Separate the eggs, and whisk the whites to stiff peaks. Beat the yolks with 4 tablespoons of the honey, mixing well.
- Blitz 125g of the flaked almonds in a food processor to grind them. Put the remaining 25g on a baking sheet and, as the oven gets hot, pop them in for 5 to 10 minutes to toast them. Keep an eye on them; they will colour very quickly.
- Mix the ground almonds with the egg yolks and honey, and gradually fold in the egg whites using a metal spoon, being careful not to over-mix and beat out all the air.
- Transfer the mixture to the cake tin and bake for 25 minutes, lowering the temperature for the final 10 minutes to 180°C/160°C fan.
- Allow the cake to cool completely in the tin before turning it out on to a wire rack. Drizzle the final tablespoon of honey over the top, before sprinkling over the toasted almonds.

The cake will keep for 1 to 2 days in an airtight tin – if it lasts that long . . .



Isolation brings creativity

This week's artistic offering comes from Robert Roberts from The Crescent in Penrith; a beautifully detailed pencil drawing. I'm glad many of you are finding solace in getting creative during these strange times.

Please send me your work and I will share as many as I can. They will be submitted as competition entries too. Please email me on jenny.webb@edenha.org.uk or speak to a member of your scheme staff.

Morrisons Doorstep Deliveries

Morrisons stores are now offering doorstep deliveries, I thought it would be useful to show the items on offer, call 0345 611 6111 to order yours and make payment over the phone

Morrisons | Doorstep Deliveries

Our Morrisons Doorstep delivery service is available to vulnerable and elderly members of the community, unable to go shopping in-store. Please select your items from the below essentials list. Call 0345 611 6111 and select option 5 to place your order. Your order will take 24 hours to process and payment will be taken through a contactless card by the delivery driver, please have this ready.

DAIRY		FOOD CUPBOARD	
Milk - 2 pints	<input type="checkbox"/>	Pasta	<input type="checkbox"/>
Butter	<input type="checkbox"/>	Beef Oxo Cubes	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	Beef Gravy Granules	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	Ready Salted Crisps multipack	<input type="checkbox"/>
BAKERY		Cornflakes	<input type="checkbox"/>
Bread	<input type="checkbox"/>	Custard Creams	<input type="checkbox"/>
FRUIT		Chopped Tomatoes	<input type="checkbox"/>
Bananas	<input type="checkbox"/>	Tomato Soup	<input type="checkbox"/>
Oranges (Tangerines/Clementines)	<input type="checkbox"/>	Marmalade	<input type="checkbox"/>
Apples	<input type="checkbox"/>	Self Raising Flour	<input type="checkbox"/>
Grapes	<input type="checkbox"/>	Sugar	<input type="checkbox"/>
VEGETABLES		DRINKS	
Potatoes	<input type="checkbox"/>	Tea	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>	Coffee	<input type="checkbox"/>
Carrots	<input type="checkbox"/>	Diet Lemonade	<input type="checkbox"/>
Tomatoes	<input type="checkbox"/>	Diet Coke	<input type="checkbox"/>
Lettuce	<input type="checkbox"/>	FROZEN	
Cucumber	<input type="checkbox"/>	Chips	<input type="checkbox"/>
MEAT & FISH		Scampi	<input type="checkbox"/>
Chicken Breast Fillets	<input type="checkbox"/>	Peas	<input type="checkbox"/>
Unsmoked Bacon	<input type="checkbox"/>	READY MEALS	
Sausages	<input type="checkbox"/>	Cottage Pie	<input type="checkbox"/>
Corned Beef (Fresh)	<input type="checkbox"/>	Lasagne	<input type="checkbox"/>
Corned Beef (Tinned)	<input type="checkbox"/>	HOUSEHOLD	
Chicken Slices	<input type="checkbox"/>	Toilet Roll 4 pack	<input type="checkbox"/>
Beef Mince	<input type="checkbox"/>	Kitchen Roll 2 pack	<input type="checkbox"/>
Salmon Fillets	<input type="checkbox"/>	Ariel Liquid	<input type="checkbox"/>
		Bleach 750ml	<input type="checkbox"/>

Local Befriending and Counselling Service – Leave a Light On (LALO)

Cumbrian charity Leave a Light On, was set up in response to the COVID-19 pandemic to provide support to NHS staff and keyworkers across the UK in many different ways.

As well as supporting NHS staff and keyworkers, their Counselling and Befriending team offers 1-1 virtual support over the phone to anyone who may need it. Their aim is to provide a friendly, caring voice for those in isolation, who might be facing loneliness; anybody in need of a general chat; and anybody with a specific need for counselling support due to medical challenges they may have.

Each member of the team is required to adhere to a policy relating to confidentiality and safeguarding, so anybody using this service can rest assured that their privacy and safety is paramount.

If you know anybody who may benefit from our Counselling and Befriending team, you can contact us in the following ways:

- Call Richard on 07586456495,
- Email lalorecovery2020@gmail.com,
- Message their Facebook page – search 'Leave a Light On'

Mental health and emotional wellbeing is every bit as important as physical health, and we are keen to make sure nobody is left feeling alone at this difficult time.

Thank you to Sheena Graham, Penrith for sending this useful local information for us to share.

Keeping active – exercise at home

We hope you gave last week's exercise a go, and are ready for another from local Personal Trainer, James Pittam.

Whilst we are staying at home during this period, it is important for all age groups to stay active, maintain a routine and do regular exercise. A moderate level of activity and exercising can help you maintain your health at any age, providing physical benefits as well as having a positive effect on your sense of wellbeing.

3. Wall Press Ups – 2 x20

Face a wall and place both palms flat to the wall level with your ears. Walk your feet back a few inches so you are leaning against it. Complete a press-up movement by bending your arms and taking your nose towards the wall, and then fully extend your arms. Increase difficulty by increasing the angle of lean of your body.

In the next issue, we'll include a fourth exercise to build up your routine – stay safe and keep active.

See image below for guidance:



Poetry corner

A big thank you to Clem Greenhow from Heysham Gardens for sending his poem about the current situation; he sums it up with beautiful honesty.

Covid 19, Covid 19

*Covid 19, Covid 19,
A disease the world has never seen,
Creating havoc in it's wake,
How much more can the nation take?*

*Countries in lockdown, economies reeling,
It is a wonder that many are feeling,
Fear for one's safety, the welfare of others,
Elderly loved ones such as fathers and mothers?*

*Our NHS is doing us proud,
But we must avoid creating a crowd,
This dreadful virus is so contagious,
That coughs and sneezes will sorely invade us.*

*Shelves in the shops are looking so bare,
Of essential products which should be there,
Due to some people taking more than they need,
Forgetting that some have a family to feed!*

*Buildings closed down, due to this situation,
Our children not receiving their education,
How will the world be when this is all over?
It may take some years for us all to recover,
But, as her Majesty says, "Recover we will"
This old world of ours cannot stand still!*

Clem Greenhow, Heysham Gardens

Please get in touch with your poems on 01768 861435 or jenny.webb@edenha.org.uk, or speak to your scheme officer who will assist

Quiz answers

Here are the answers to the food quiz last week, don't know about you but it made me feel rather hungry! How did you do?

1. Pizza, 2. Pistachio, 3. Pitta, 4. Pretzel, 5. Piña colada, 6. Paella, 7. Pâté, 8. Parsnip, 9. Prosciutto, 10. Papaya, 11. Pomegranate, 12. Pakora

Carlisle Eden Mind – Services Continue:

Carlisle Eden Mind continues to offer a range of services for local people at this difficult time. We are very aware that some people are struggling with a range of issues including anxiety, economic concerns and the stress caused by living in this new and very challenging way. We are here to help offering confidential, professional, non-judgemental support. Our main services are:

Mindline Cumbria - Mindline Cumbria provides support, information and guidance for people who are facing mental health issues or caring for those who might be in difficulties. This is a local service delivered from Cumbria by Carlisle Eden Mind for the whole of the county.

The service is available every day of the year:

Telephone number 0300 561 0000, Monday-Friday 12 noon-11pm

Weekends and Bank Holidays 5pm-11pm.

Also our text service is available. Text 'Mind' to 81066 followed by your question.

Webchat and email support via our website www.mindlinecumbria.org

Connect - The Connect service provides support for people, in the Carlisle and Eden areas, with mental health issues who are facing economic crisis or hardship including debt, benefits, housing issues, loss of employment, relationship breakdown etc. To access support dial 01228 370633 or email connect@cemind.org

If you have any general enquiries please contact us on 01228 543354 and leave a voicemail or email enquiries@cemind.org.

Until next time...

The next issue will be issued after 22 May.

Please do get in touch if there is information you would like to see included in future editions on 01768 861435 or email me jenny.webb@edenha.org.uk

If you would like to opt out of receiving the Round-up please let me, or let your scheme staff know.

In the meantime, please take care and make sure you ask for support if you need it.

Eden Housing Association

Quiz Time

This week – Clem from Heysham Gardens has sent us some cryptic questions for you to answer with the name of a destination in Cumbria. A further 10 questions will be included in the next issue. Thank you Clem, something a bit different, with a local theme ☺

1. A Farmer could do this to raise capital
2. In reverse, sounds like a heavy hairpiece
3. Neither shoe, nor slipper
4. There are no tall dwellings here
5. There must be many Scottish churches here
6. Sounds a good place for juicy Victoria's
7. This river crossing sounds ill
8. Any gratitude I had for this village, I take back
9. Busy insects are venerated here for their holiness
10. A feline campanologist

Answers will be given in issue 6 – good luck!