

The Weekly Round-up

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

Friday 10 April 2020

Issue 3



Hello and welcome to EHA's third 'Weekly Round-up'...

This issue may come a little later due to postal restriction over the Easter weekend.

As always, please get in touch if you have ideas for articles, recipes, poems, useful tips or quizzes to keep in touch with other readers across Cumbria.

Contact Jenny on 01768 861435/
jenny.webb@edenha.org.uk or your scheme staff to contribute to the Weekly Round-up.

Weekly Top Tip:

You can grow carrots from their tops! Cut around 1cm from the top and place in water.

After a week or so they should start to develop more leaves, once a few leaves have grown plant into soil covering the top of the carrot completely.

Clap for carers

Every Thursday evening at 8pm, the nation unites to applaud those who are working on the front line to tackle Covid19 and keep the country running - staff across the NHS, carers, food retail staff, Postal staff to name a few. If you can do so, perhaps clapping out of your front window, join the nation's display of gratitude!

Simple recipes for self-isolation:

This week, why not try **Bacon, Onion and Potato bake**, another recipe from Pinch of Nom www.pinchofnom.com

Ingredients:

- 1 kg Potatoes peeled and sliced thinly
- 16 Bacon Medallions
- 2 Onions peeled and thinly sliced
- 1 Veg or chicken stock cube made up with 200ml of boiling water
- Sea Salt
- Freshly Ground Black Pepper
- 40 g Cheddar grated
- Low Calorie Cooking Spray

Method:

1. Pre heat the oven to 180°C.
2. Spread a layer of sliced onion on the bottom of an ovenproof dish.
3. Arrange a layer of potato slices and bacon on top of the onions, alternating a couple of slices and potato with bacon, next add another layer of onions. Repeat until you have used up all the bacon and potatoes.
4. Pour the made up stock over the top, then season with a little salt and pepper. Spray the top with cooking oil, and then cover with foil and seal.
5. Cook for an hour, then remove the foil and check that the potato is cooked. If not cover and return it to the oven for a bit longer. When it is cooked sprinkle the cheese over the top, then return to the oven for another 10 – 15 minutes or until the cheese has melted and is golden brown.



Local Authority updates

All council offices are closed for face-to-face contact; however, here are some service updates:

- **Eden District Council** –you can call 01768 817817 or emailing enquiry@eden.gov.uk
General waste, Garden waste and recycling collections continue as normal. Blue bags must be double knotted in line with regulation; otherwise, they will not be collected. Residents must disinfect the handles of bins and boxes before placing them out for collection and when returning them
Council tax If you are struggling to pay your council tax, please contact customer services. You may be able to claim Council Tax Reduction, and they can offer weekly and fortnightly arrangements too.

- **South Lakeland District Council** – you can call 01539 733 333 or email customer.services@southlakeland.gov.uk
Green bin, garden recycling and bulky waste collections garden waste collection is suspended, however other recycling and waste collections continue as normal.
Council Tax – contact customer services to find out about support available

- **Carlisle City Council** – you can call 01228 817200 or email: customerservices@carlisle.gov.uk
Green bin, garden recycling and bulky waste collections have been suspended our other recycling and waste collections continue as normal.
Council Tax – contact customer services to find out about support available

- **Allerdale Borough Council** – you can call 0303 123 1702 or make contact via the website: www.allerdale.gov.uk
Green bin, garden recycling and bulky waste collections have been suspended our other recycling and waste collections continue as normal.
Council Tax if you are struggling to afford to pay, you are encouraged to contact customer services advisors. You can reduce the monthly payment by spreading the costs over 12 months, rather than 10 and you may be entitled to help under the Council Tax Reduction Scheme and Hardship Fund.

Remember: Cumbria County Council have launched New emergency support line for people who are at high risk of becoming seriously ill as a result of COVID-19 and who do not have support available from friends, family or neighbours. Contact 0800 7831966 or COVID19support@cumbria.gov.uk

Easter word search

Bonnet	Hunt	Lambs
Eggs	Basket	Chick
Chocolate	Easter	Bunny



M	B	C	P	B	A	S	K	E	T
N	O	H	L	E	N	P	B	O	O
D	N	O	Y	S	A	G	X	T	M
Y	N	C	J	N	E	S	V	W	H
K	E	O	A	S	N	B	T	U	N
C	T	L	T	T	W	U	N	E	R
I	L	A	M	B	S	T	B	V	R
H	X	T	Z	C	Y	D	L	R	C
C	O	E	I	L	S	G	G	E	J
H	Z	S	Y	G	I	F	P	O	G

Keeping active – exercise at home

We've teamed up with local Personal trainer, James Pittam to bring you some exercises to try at home. Each week we will bring you a new exercise to try.

Hi I'm James and I'm a Level 4 Personal Trainer and Remedial Sports Massage Therapist running my own Health and Fitness Consultancy based at Penrith Leisure Centre. Before this I served as a Royal Marines Commando worldwide where a very high level of fitness always had to be maintained.

Since the lockdown for the Coronavirus outbreak, I have been training myself daily at home with my own morning exercise programme to set myself up for the rest of the day. No matter what your age or fitness ability, this can be done by most, and does not have to be too strenuous.

Whilst we are staying at home during this period it is important for all age groups, including the elderly, to stay active, maintain a routine and do regular exercise. This will lead to the following benefits:

- Release those feel good endorphins.
- Reduce stress and anxiety.
- Elevate your mood.
- Keep you mobile.
- Ease symptoms of arthritis, diabetes and heart disease.

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.

1. Shadow Boxing - 2 Sets of 20 Repetitions Each Arm (2 x 20)

Just like a boxer or a fighter, punch the air like you have an imaginary opponent. Alternate the punches using both arms. To increase difficulty try holding some small hand weights or 2 tins of canned food. Don't lock out your elbows.

See image to the right for guidance:

Next week we'll include a second exercise to build up your routine – stay safe and keep active.

Poetry corner

Here follows a poem, written by one of our residents at Heysham Gardens, June Wilkinson.

I would like to encourage other readers to send me their poems – either ones you have written, or their favourite ones which are poignant at the moment, and I will try to publish one with each newsletter.

Thank you June for, hopefully, starting a wave of creativity!

*Oh Dear, what can the matter be,
Life at Heysham is not what it used to be,
No bingo, no quiz, no living history,
What a sad state of affairs!*

*We went out last night to join in on the clapping,
But we had to ensure there was no 'back
slapping',
We kept our distance away from each other,
And enjoyed the chance to chat to another.*

*We may be alone, but we're cared for, and well,
Thanks to all the staff who turn up without fail,
At Heysham we all look forward with glee,
Once more we all will be happy and free.*

Contact me on 01768 861435 with yours!



Easter 2020

This Easter may be like no other before, we will all spend it either alone or with members of our immediate household. Many of our readers will miss attending places of worship, visiting family, trips or meals out. Remember this is not forever, and we must stay at home to stop the spread of Coronavirus, save lives and save our NHS. **Please stay at home this weekend.**

Gina Bracken and Debi Wilkinson, our Independent Living scheme staff have provided a few Easter bits to help keep is entertained over the Bank Holiday weekend. Quiz answers will be published next week – good luck!

Five Little Easter Eggs

Five little Easter eggs, lovely colors wore;
(hold up five fingers)
Mother ate the blue one, then there were four.
(bend down one finger)

Four little Easter eggs, two and two, you see;
Daddy ate the red one, then there were three.
(bend down next finger)

Three little Easter eggs, before I knew,
Sister ate the yellow one, then there were two.
(bend down next finger)

Two little Easter eggs; oh, what fun,
Brother ate the purple one, then there was one.
(bend down next finger)

One little Easter egg; see me run!
I ate the very last one, and then there were none.
(bend down last finger)

Easter Quiz

1. What is the traditional name for painting Easter eggs?
2. Lent, a season of fasting before Easter Sunday lasts for how many days ?
3. Where would you find the world's largest Easter egg?
4. What does the Easter symbol represent?
5. What is another name for Easter Sunday?
6. 75/% of people eat which part of the Easter bunny first?
7. When is Easter celebrated?
8. Which country has the tradition of eating Hot Cross buns at Easter?

Georgina's Easter Tips for the long weekend

- Easter Egg Hunt for the kids – place an egg or picture of an egg in your window for local children to hunt on their daily walk.
- A spot of home baking - Easter Buns, Ester Simmel cake with the 11 marzipan balls on top for the 11 Apostles - the 12th being Judas and we all know what happened to him! Easter Cup Cakes with egg nests on top with the kids - for the adults you could flavour the butter icing with baileys!
- Make Pace eggs, boiled eggs with different patterns from boiling them up with onionskins, wrapped in either foil or string - then you can eat them with a lovely salad later in the day.
- A bit of flower arranging - a few daffodils and foliage out the garden will look lovely in your hall or front window.
- Don't forget to wear your eater best on Sunday with an Easter Bonnet as well, so come on everyone get your creative juices running and have a fab time with all the old traditions!
- There will be some Easter services on the TV as well which will be very convenient as the local churches are not open just now.

Happy Easter Everyone!

EHA - Easter opening times

Our offices remain closed to the public, however you can contact us by calling 01768 861400 or email enquiry@edenha.org.uk.

We are only booking emergency repairs:

Our staff and contractors will ask you if you have been diagnosed or are in isolation/quarantine for Covid-19/Coronavirus and we will only attend to absolute *risk to life* emergencies if that is the case.

Due to the Easter Break our staff will not be available to answer calls or emails between 5pm on Thursday 9 April and 9.00am on Tuesday 14 April.

If, you have an out of hours emergency repair over the Easter Break please contact our out of hours service on 01768 861434 or 0800 3581401

In response to government advice regarding the corona virus, our offices will remain closed after the 14th April, however our staff are still available to answer telephone enquiries on 01768 861400 or by email on enquiry@edenha.org.uk Monday to Friday 9.00am to 5.00pm

COVID-19 latest guidance:

We continue to receive reports about neighbours who are not following the Government instructions to stay at home.

People over the age of 70 and those with serious health conditions should be self-isolating.

The only reasons to leave home are:

- ✓ **To shop for basic necessities or pick up medicine**
- ✓ **To travel to work when you absolutely cannot work from home**
- ✓ **To exercise, once a day, alone or with members of your household**

- × **Do not meet others, even family or friends**
- × **Do not allow children to play outside your garden or with others who don't live in your home.**
- × **Do not allow visitors to your home who do not usually live with you.**

A message from our Queen

The Queen's address to the nation on Sunday evening helped convey the scale of the current situation and British resilience wonderfully. Here are a some highlights:

"I hope in the years to come everyone will be able to take pride in how they responded to this challenge. And those who come after us will say the Britons of this generation were as strong as any. That the attributes of self-discipline, of quiet good-humoured resolve and of fellow-feeling still characterise this country. The pride in who we are is not a part of our past, it defines our present and our future."

"The moments when the United Kingdom has come together to applaud its care and essential workers will be remembered as an expression of our national spirit; and its symbol will be the rainbows drawn by children."

"We should take comfort that while we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again."

Until next week...

Enjoy the Easter weekend but please stay at home. Issue 4 of the Weekly Roundup will be shared next week.

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

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

Eden Housing Association