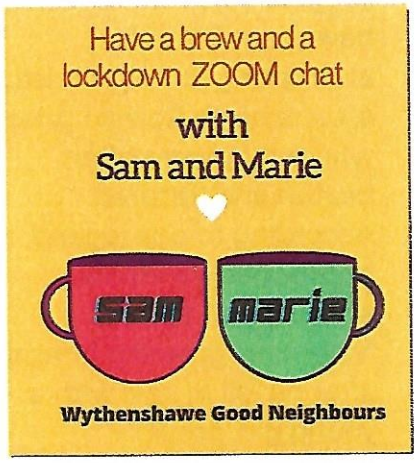
WGN Newsletter

THE WEEKLY NEWSLETTER OF WYTHENSHAWE GOOD NEIGHBOURS



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Every Tuesday

11am till Mid-day

Happy Valentine's Day

by Marie Greenhalgh

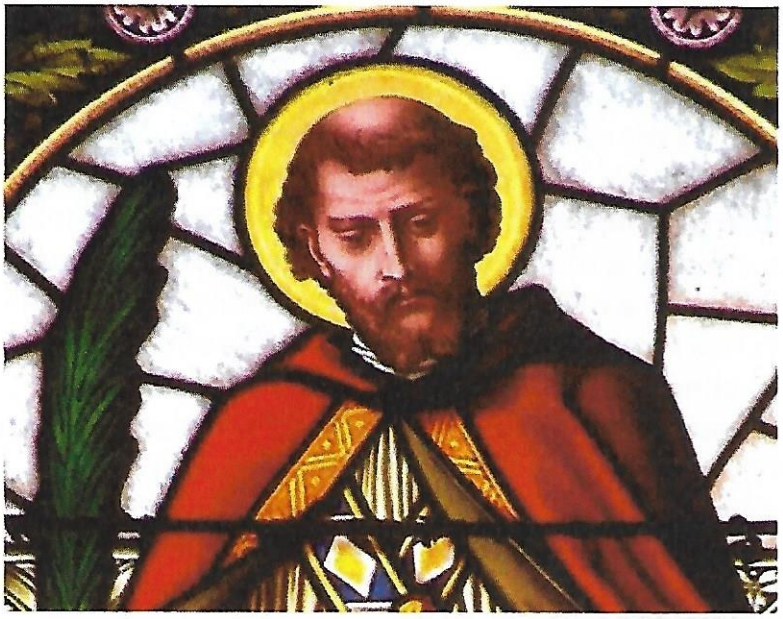
Valentine's Day isn't just for couples it's for anyone to join in. It's the perfect occasion to show love and affection to family and friends. Why not use it as an excuse to write a letter. It doesn't have to be a love letter but it can be a much needed contact with someone and could make a difference to their day. Many people of all ages feel forgotten and unloved because of the marketing pressures to buy roses and chocolates etc. Buy yourself some fresh flowers, send an open card to a family member or a friend. We have enclosed our fabulous heart postcard you could use to send special greetings to a friend or write a Valentine's message to our staff and volunteers I'm sure they would love that. **Happy Valentine's Day folks.**

A Story of St Valentine ...

by Marie Greenhalgh

Valentine's Day occurs every February 14th. Across the world sweets, chocolates, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and where did these traditions come from? We can find out about the history of Valentine's Day, from the ancient Roman ritual of Lupercalia that welcomed spring to the card-giving customs of Victorian England. Saint Valentine, who according to some sources is actually two distinct historical characters who were said to have healed a child while imprisoned and executed by decapitation.

The history of Valentine's Day, and the story of its patron saint, is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite? The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome.



When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Still others insist that it was Saint Valentine of Terni, a bishop, who was the true namesake of the holiday. He, too, was beheaded byClaudius II outside Rome. Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl, possibly his jailor's daughter, who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today.

We Want Your Recipes of Resilience

by Kathryn Wolstencroft

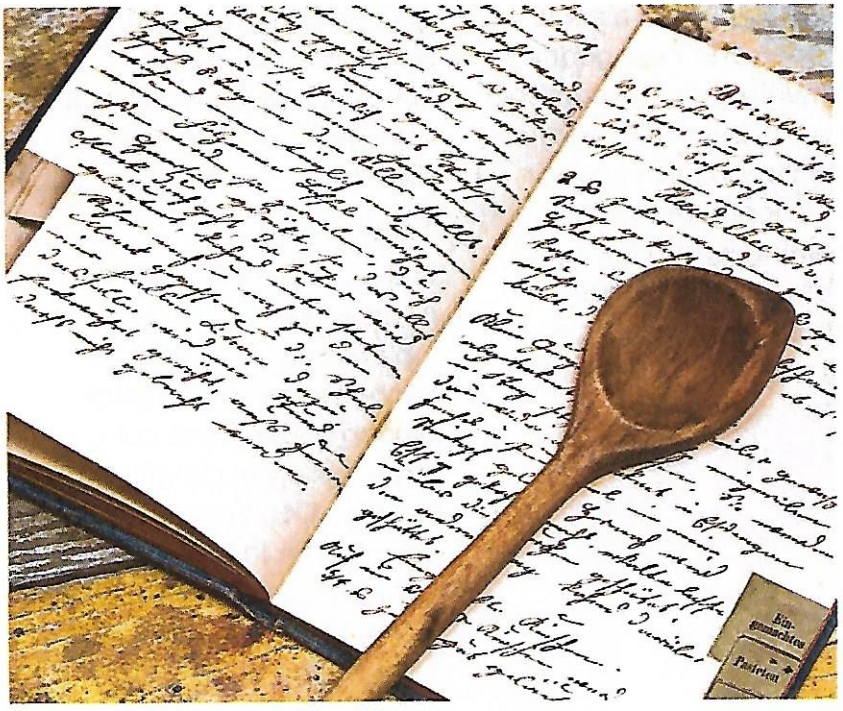
The content for the resilience resource packs is coming together! We have a new idea that you might like if you're a keen cook, or even if you're not especially, but you're getting bored with the same meals during lockdown.

We'd like to include a section featuring some of your favourite, simple recipes! We're thinking of recipes for one or recipes for two people that are straightforward to make and tasty, using ingredients that aren't too expensive and that most people will either have in their cupboards or fridge, or can buy easily.

If you'd like to share a recipe, please submit a maximum of two per person/household. It might not be possible to feature all of them in the resilience resource pack, so if you don't see yours there, it will make an appearance in one of our forthcoming newsletters. It could be a family favourite that you've been cooking and enjoying for years, or something new that you've tried during lockdown - or even something you invented yourself! Sweet or savoury, all your ideas are welcome!

Please submit your recipe when we deliver the next newsletter. Don't forget to write your first name and the initial of your surname on the recipe, or say 'anonymous' if you prefer us not to feature your first name alongside your recipe.

With Valentine's Day and recipes in mind, we have added a couple of Valentines themed recipes this week. If you have enjoyed any of the recipes we have addedd to previous newsletters let us know by phone and we will add them to the resilience pack too.



"I loved the corned beef burgers, really tasty, you can add that one!"

A PANCAKE CAKE TO MAKE

by Samantha Days

Ingredients

250g plain flour
2½ tbsp caster sugar
3 eggs
450ml semi-skimmed milk
1 tbsp melted butter
1½ tsp vanilla extract
sunflower oil, for frying
6½ tbsp lemon curd
¼ tsp cornflour
2½ lemons,
2 zested and juiced,
½ sliced to decorate
750g low-fat Greek yogurt.

Method

Put the flour, 1½ tbsp sugar and a pinch of salt in a mixing bowl and stir to combine. Make a well in the centre and add the eggs. Pour in 100ml milk and whisk until you have a thick, smooth batter. Whisk the butter, vanilla extract and remaining milk into the batter until combined.

Set a 27cm nonstick frying pan over a medium heat and lightly brush with sunflower oil. Spoon a small ladle of batter into the pan, swirling it so the mixture covers the surface in a thin, even layer. Cook for about 1 min until the edges start to curl and the underside turns golden. Flip and cook for 1 min more until golden, then transfer to a plate. Repeat to make all the pancakes (you should have 20-25 in total), brushing the pan with more oil if necessary. Leave to cool completely.

Put the remaining sugar in a small bowl with the juice of 1 lemon, stir until dissolved, then set aside. Put 5 tbsp of the lemon curd in a small saucepan and heat gently. Meanwhile, mix the cornflour in a small bowl with a splash of the lemon juice and stir until smooth, then add in the remaining lemon juice and stir into the lemon curd. Simmer gently for 2 mins, stirring constantly, then set aside to cool to room temperature.

Stir the remaining lemon curd into the yogurt along with half the lemon zest. Put one of the pancakes on a serving plate, drizzle with about ¼ tsp of the lemon-sugar syrup and spread with 1½ tbsp of the yogurt. Repeat with the remaining pancakes, syrup and yogurt, layering them until you have completed stacking the cake. Chill for 30 mins to firm up slightly..

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Top Tips

Make the pancakes several hours ahead. Stack them on a plate between sheets of kitchen paper or nonstick baking paper. Once cool, wrap loosely in clingfilm until needed. Don't assemble the cake too far in advance, as it could become stodgy if it is left to set in the fridge for too long.The pancakes can be frozen too..

KEY MESSAGES

by Marie Greenhalgh

You are being urged to keep your wits about you over a new coronavirus vaccine scam which is targeting vulnerable and older people. Some residents have received phone calls to say they will be having their Covid-19 vaccinations at home and will receive a visit at a certain time and date. They are then asked to provide personal details other than their name to make a payment, or press a number on their keypad. Councils across the country have warned that the NHS does not charge for the vaccine and any calls such as this should be treated as a scam.

If you are over 70 and have not been vacinated you can call 119 to book an appointment or go online ***www.nhs.uk/covid-vaccination.***
The callers booking vaccinations will not ask for any other personal details other than asking you to confirm your name, and certainly will not ask for any money. We feel that reports of scam phone calls targeting older residents waiting for a Covid-19 vaccine are extremely concerning. If this warning does not concern you, because you have had you 1st and 2nd dose, please do pass this information on the friends and family.

Unfortunately, anyone who receives a call that asks them to press a key to be forwarded to make an appointment for a vaccine will likely instead receive a large charge on their phone bill.

"Please make your families, friends and neighbours aware and to be on their guard."

TWITTER SCAMS

On Twitter, consumer expert Claer Barrett explained how the latest text scam that is doing the rounds this week, works."The link leads to this fake, yet convincing, website to fool you into entering card details. A big clue this is fake? - spelling errors. Plus, you don't need to pay. The NHS is free at the point of use. Good advice if in doubt, call your GP," she said.

Key Meassages (Contd)

by Samantha Days

The winter lockdown is probably making you feel down and experiencing some anxious moments. There are fewer hours of daylight and it is more difficult to engage in outside activities like exercise, meeting friends, nipping to the shops. This feeling is common no matter what your age. Lockdown 3 is particularly associated with a newer more infectious strain of the virus, which could itself heighten feelings of uncertainty about what to expect. Long-term stress is a very serious problem and we have all been in a long term stress situation for the past year. Mostly, we are coping so at this point of reading, take a deep breath and pat yourself on the back.

We all hoped that 2021 would start differently and we are getting fed up but we do have that optimistic note of the vaccine. What we know is that we need to look after ourselves as we are not out of the woods yet. It's important for each of us to reach out for help if we need to, whether that's to friends, family, a doctor, a counsellor, a teacher or Marie, Sam and Kathryn at Wythenshawe Good Neighbours. We are rather like the advert, if we don't know how to help you, we definitely know someone that can. What we do know is it's a good idea to take the pressure off as much as possible, and do things that we enjoy or which help us relax if we can.

Focus on self-care and resilience. Our friends in Wythenshawe Waste Warriors would highly recommended people immersing themselves in nature. We live just a short walk away from most of the parks and woods in Wythenshawe. There is quite a lot of nature that we can bring to our life, spotting different leaves, having window boxes on our window so that birds can come to our window even if we don't have a garden.

Some Top Tips

- Switch off from the news and social media to avoid information overload
- Stay connected by finding ways to talk to friends and family even if you can't in real life.
- Keep up a daily routine, but thread through a bit of variety.
- Be spontaneous, laugh a little, laugh a lot.
- Notice what works for you
- Look out for triggers or signals that are signs you are feeling down.
- Be Kind to yourself.
- Remember you are surviving during a global pandemic, this is the only achievement that matters on 2021

Valentine's Day Cup Cakes

Ingredients

175g of butter
200g of light sugar
50g of Cocoa
140 g of self raising flour
2 large eggs
8 squares of white chocolate

Decoration

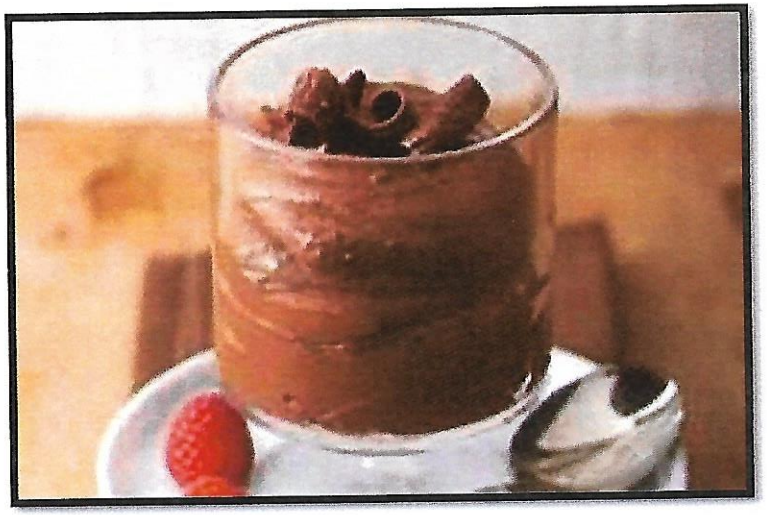
150g of softened butter
300g of icing sugar
1 tsp of vanilla extract
2 tbsp of Cocoa
8 large white chocolate buttons

Method

1. Heat oven to 180C/160C fan/ gas 4 and line a muffin tin with eight paper cases. Melt the butter in a small pan, then leave to cool for 5 mins. Tip the sugar, cocoa and flour into a food processor and whizz to get rid of any little clusters of sugar that are sticking together. Tip in the melted butter and eggs, and blitz to make a smooth batter.

2. To decorate the muffins, tip the butter and sugar into a large bowl, add the vanilla and beat with an electric hand whisk until really smooth. Thinly spread a little of the vanilla mixture over the top of the cakes to cover them, taking the icing down the sides to meet the paper case. Beat the cocoa powder into the rest of the icing, then put in a piping bag fitted with a large star nozzle and pipe hearts onto the top of each cake. Add a chocolate heart to decorate for the final flourish.

Valentine's Chocolate Mousse



Ingredients

- 1 punnet fresh strawberries sliced
- 3 tbsp quark or fat free soft cheese
- 1 tsp Choc Shot (Chocolate spread or sauce)
- 1 packet Sugar Free Chocolate Pudding
- 500 ml skimmed milk

Instructions

1. In a large bowl whisk the Jelly and Sugar free pudding and the milk for 3 minutes
2. Add in the 3tbsp of quark and 1tsp of Choc spread or sauce and whisk for a further 2 minutes
3. Split the mixture into 4 portions (roughly 163g a portion)
4. Time to fill the glasses! Alternate layers of chocolate mousse and the sliced strawberries. Use roughly 5 strawberries per glass.
5. Place the glasses into the fridge for an hour - this will help the mixture set
6. When ready to serve remove from fridge, and garnish with a strawberry! If you want to make it into more of a deconstructed cheesecake, sprinkle some biscuit crumbs on the top.

Helpful Contacts

Here are a list of helpful contact numbers and websites. If you do not have access to the internet please contact us to print off any documents for you on **0161 905 3898**

Manchester Community Response Hub (Manchester City Council) **0800 234 6123 (Monday to Friday 9am-5pm)** For help with food, medicines, company, fuel bills and online services.	**NHS** **111** if you have concerns about your health
Age UK **0800 169 6565** Call for your local number. Provides help and Information for people in later life.	**Independent Age** **0800 319 6789** Advice and Support for older people on a range of topics.
SilverLine **0800 4708090** Helpline for 55plus, call for a chat!	**Citizens Advice** **0800 144 8848** Free independent and confidential advice by telephone
Samaritans **116 123** If you want to talk through concerns, worries or troubles.	**Refuge** **0808 2000 247** National Domestic Abuse Helpline
Carers UK **0207 378 4999** Advice and support for carers and their families.	**Admiral Nurse Dementia Helpline** **0800 888 6678**
Alcoholics Anonymous **0800 9177650**	**Narcotics Anonymous** **0300 999 1212**
Greater Manchester Bereavement Service **0161 983 0902**	**Greater Manchester Victim Support** **0161 200 1950** For support with any crime including domestic abuse
Greater Manchester Police If an Emergency **999** Non-emergency **101**	**Veterans Gateway** **0808 802 1212** Support and advice for veterans and their families.

Contact Details for Wythenshawe Good Neighbours

To get in touch by phone:

0161 905 38398

To write to us:

Wythenshawe Good Neighbours

Flat 6, Thorngrove House

9 Thorngrove Avenue

Manchester

M23 9PQ

Name:_____ Date:_____

Words Associated with the St Valentine Story and Valentine's Day

Unscramble the words below which you can find in the story of St Valentine or typical words associated with the day. Hand back your completed form to your visiting volunteer to be in with a chance to win a fabulous prize. Or post to;

Marie and Sam Room 6 Thorngrove House Thorngrove Ave M23 9PQ

1. OSHBIP _____
2. NISAT _____
3. EUSIYMTORS _____
4. FEOLRWS _____
5. COCALTHSOE _____
6. OSSRE _____
7. CENATNI REMO _____
8. LPAIUECRLA _____
9. CVTAORIIN ELGDNAN _____
10. ISHROTY _____
11. EHT OCTCAHLI CCURHH _____
12. ENVTSLIANU _____
13. ORRPEEM ASLUIDCU _____