



# WGN Newsletter

THE NEWSLETTER OF WYTHENSHAW GOOD NEIGHBOURS



We're celebrating the Coronation of King Charles III in this issue of our Newsletter – with official Coronation puzzles and recipes.

While the Coronation takes place on Monday 8 May 2023, our WGN lunch celebration will be the day after, on Tuesday 9 May at Northenden Social Club. We'll be serving a lovely springtime lunch - which may even feature a variation of the Coronation Quiche!

The Coronation will take place over three days. The first day (Saturday 6 May) will be marked by two grand processions and a religious service at Westminster Abbey. The second day will see global superstars and the Coronation Choir line up for a concert at Windsor Castle (Sunday 7 May). Monday 8 May is a special Bank Holiday proclaimed by the Prime Minister in honour of the Coronation.

## Interesting information

- This is the first time a coronation ceremony will take place on a weekend since 1902, when Edward VII was crowned King.
- For the last 900 years, the religious ceremony has taken place at Westminster Abbey, conducted by the Archbishop of Canterbury.
- Their Majesties will arrive at Westminster Abbey in a procession from Buckingham Palace, known as 'The King's Procession'. After the Service, Their Majesties return to Buckingham Palace in a larger, ceremonial procession – 'The Coronation Procession' – joined by other members of the Royal Family.
- The Royal Family's appearance on the Buckingham Palace balcony concludes the day's ceremonial events.



His Majesty The King and Her Majesty The Queen Consort.

Photo by: Chris Jackson



# Coronation Wordsearch



Can YOU discover the missing words?

CORONATION

KING

QUEEN

CROWN

WESTMINSTER ABBEY

ROYAL

CELEBRATION

WINDSOR

STREET PARTY

CASTLE

BUCKINGHAM

CARRIAGE

THRONE

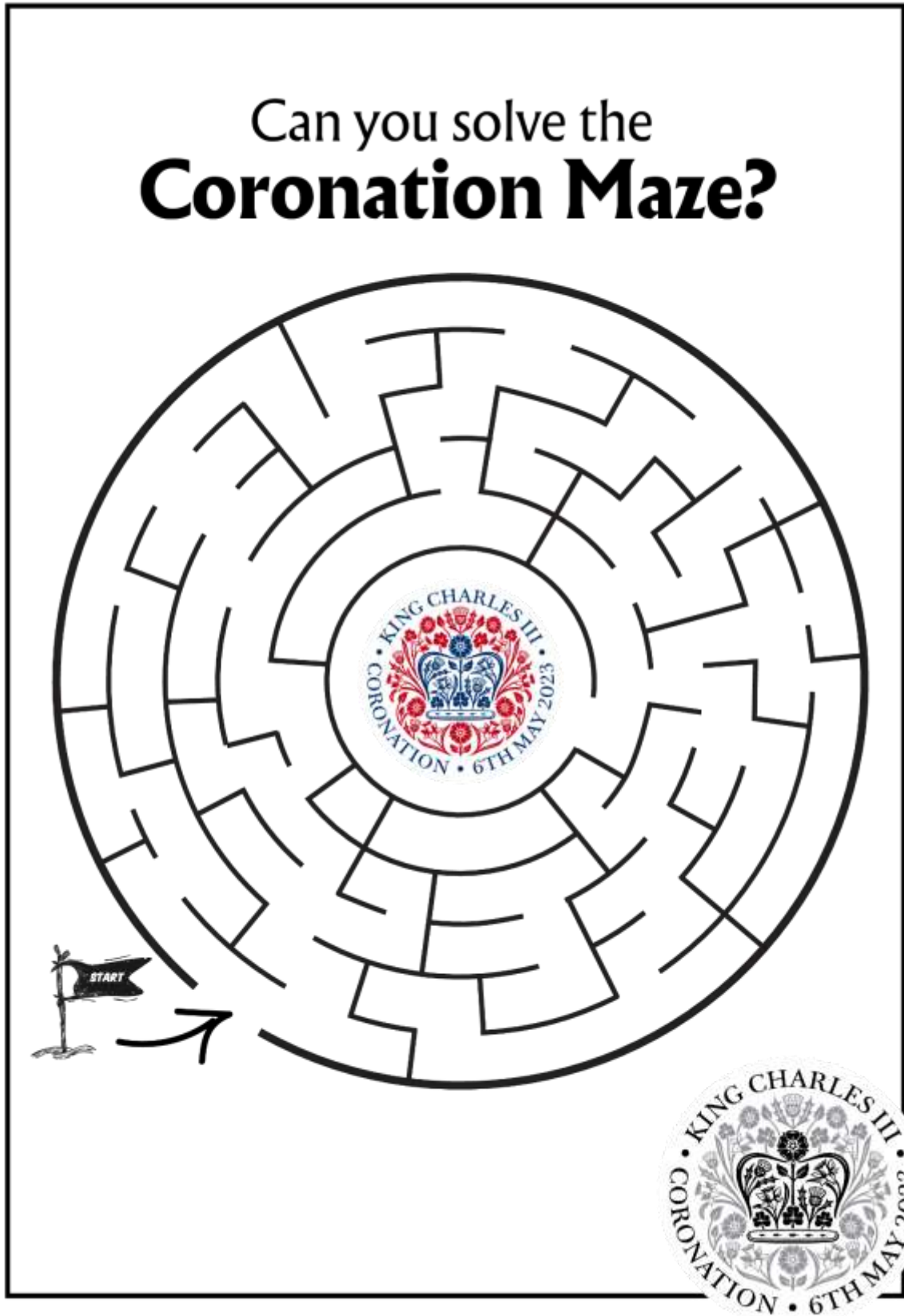
BUNTING

PALACE





# Can you solve the **Coronation Maze?**



## Recipes for a right royal occasion

You may have seen the [Coronation Quiche recipe](#) (with broad beans, spinach and tarragon). Quiche is pretty popular, but can be a bit tricky to make (although, you could use shop-bought pastry). We've explored the [coronation.gov.uk](https://www.coronation.gov.uk) website to check out the other 'official' recipes. One of the simplest is below, using pre-cooked or frozen prawns (obviously, if using fresh, raw prawns, do cook them beforehand!).

### GREGG'S PRAWN TACOS WITH PINEAPPLE SALSA

Makes 3 tacos

#### Ingredients

Taco shells x3  
 ½ Red onion  
 Handful of coriander  
 200g Pineapple chunks  
 (fresh or tinned)  
 1 tsp Crushed chilli  
 Olive oil  
 Juice of ½ a lemon  
 150g King prawns  
 (fresh or frozen)  
 1 tsp Garlic powder  
 Pinch of paprika  
 Handful of rocket  
 Sour cream



#### Method

1. Pre-heat your oven according to the instructions on your taco shell packet.
2. Put your tacos into the oven and cook according to the instructions on your packet.

*To make the pineapple salsa:*

3. Cut your onion in half (you only need half an onion for this recipe), then peel and dice the onion.
4. Pull the coriander leaves off the stems and chop them up.
5. Cut up the pineapple into small, bite sized chunks and add it to a mixing bowl along with the onion and coriander.
6. Add the crushed chilli, a drizzle of olive oil and the fresh lemon juice to your salsa and give it a good mix.

*For the prawns:*

7. In a clean bowl, mix the cooked prawns with the garlic powder and paprika until fully coated.

*To serve:*

8. Build your taco by layering rocket, salsa, prawns and spoonful of sour cream on top.

9. Enjoy!





## Energy saving

- helpful hacks to help you save £ on your washing machine usage



### Wash on a colder, shorter cycle

30°C is classed as a 'colder' cycle (but is not completely cold). Most of a washing machine cycle's energy usage can be attributed to heating the water. Whilst bedding, towels and underwear need a hotter wash (NHS generally recommends 60°C or 90°C, if heavily soiled), many things can be washed effectively at 30 degrees on a short cycle. This will result in much greater energy efficiency and save money.

Which? found that: "Washing at 30°C uses 38% less energy than washing at 40°C." However, they recommend that: "If you wash at low temperatures, it becomes even more important to run a regular monthly maintenance wash with a washing machine cleaner." \*1

To remove stains before washing, use a bit of 'Vanish' or other stain remover, or: "Try dabbing the garment with lemon juice and baking soda before loading into the machine." - Vivien Fodor, laundry category manager at home appliance brand Indesit.\*2

Some washing machines have intensive programs to help shift stubborn stains. Special cold-water detergents can also be helpful to ensure items are cleaned effectively.

## Avoid using your washing machine during peak energy hours



Households on time-of-use tariffs are charged varying amounts for energy usage, relating to what time they switch on their appliances.

Peak use hours in the UK are widely acknowledged to be between 4-9pm.

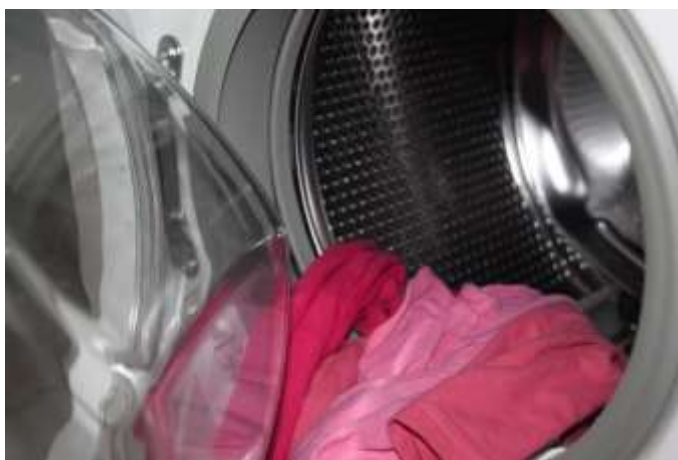
Therefore, it's more cost-effective to run your washing machine during 'off-peak' hours if you can (although you might need to be wary about offending neighbours by running it too late at night).

### Wash full loads

Your washer will use about the same amount of energy no matter the size of the clothes load, so do a full load.\*3 Don't over-fill it, or it can damage the machine (before switching it on, your hand should fit in the drum space with no more room).

## The mysterious Eco Mode!

Many washing machines now have an Eco Mode, but research indicates that most of us don't use it and don't really understand what it does!



\*The benefit is that it washes at a much lower temperature (saving money, as Eco Mode uses between 35 – 59% less energy than a standard hot cycle), but the cycle has to be much longer to achieve the same level of cleaning. It lasts hours, but if you're in the house anyway, and that's not a problem, it could be an option. It also saves in water usage too – handy if you have a water meter.

**P.5 References:** \*<sup>1</sup> [Which.co.uk/reviews/washing-machines/article/washing-machine-temperature-guide-aLiyf2p96y4d](https://www.which.co.uk/reviews/washing-machines/article/washing-machine-temperature-guide-aLiyf2p96y4d) / Ref\*<sup>2</sup>: **Express** article by Angela Patrone, Sun April 16 2023: updated April 17, 2023: [express.co.uk/life-style/property/1758395/cheapest-time-to-use-washing-machine?](https://www.express.co.uk/life-style/property/1758395/cheapest-time-to-use-washing-machine?)  
Ref \*<sup>3</sup>: [energy.gov/energysaver/articles/16-ways-save-money-laundry-room](https://www.energy.gov/energysaver/articles/16-ways-save-money-laundry-room): Scott Minos  
**P.6 Reference:** \* [inthewash.co.uk/laundry-and-ironing/cost-to-wash-clothes-uk/](https://www.inthewash.co.uk/laundry-and-ironing/cost-to-wash-clothes-uk/): Jan 3, 2023 by Jess Harrison



## Covid Spring Booster Campaign at Wythenshawe Forum Vaccination Hub

If you are aged 75 or over before 30 June 2023 you are invited to have a Covid Booster. You can have your jab at the Wythenshawe Forum Vaccination Hub. There are 5 remaining dates in May. Book now.

Walk-ins are accepted, but booking is preferable as it allows the staff to manage vaccine stock and patient numbers for each clinic (e.g. to avoid unwanted queues).

You may have already received an invitation from NHS England by letter or text (or from other related organisations).

Bookings can be made online, including via the NHS website: [nhs.uk](https://nhs.uk) (type in 'Covid booster' in the search bar to take you to the correct page).

## Wythenshawe Forum Vaccination Hub cont.

### Can't book online?

If you are unable to book appointments online, you can call 119 free of charge.

You can speak to a translator if you need to. If you have difficulties communicating or hearing, or are a British Sign Language (BSL) user, you can use textphone 18001 119 or the NHS 119 BSL interpreter service.

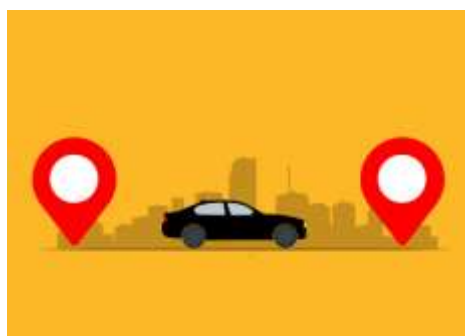
### Not been Covid vaccinated before?

For people who've not previously been Covid vaccinated, but would now like to be, primary courses for 1<sup>st</sup> and 2<sup>nd</sup> doses are being offered during this Spring Campaign.

### Walk-in clinic dates at Wythenshawe Forum Vaccination Hub:

Wed 10 May:	4pm – 6pm
Sat 13 May:	10am – 12pm & 2.30pm – 4.30pm
Wed 17 May:	4pm – 6pm
Sat 20 May:	10am – 12pm & 2.30pm – 4.30pm
Sat 27 May:	10am – 12pm & 2.30pm – 4.30pm

### Need help getting to the Forum for your booster?



#### Ring Manchester JabCab

Free transport to get to a vaccine or booster

A free service for people who usually can't get to/from a vaccination centre by walking, driving or using public transport. It can be used for people's first, second or booster jabs.

### To book:

Call Street Cars on 0161 228 7878 and give the reference:  
ManchesterJabCab

When booking, give your address, the vaccine centre you will be going to (i.e. Wythenshawe Forum Vaccination Hub) and the number of passengers.

## Join us for our weekly WGN activities.

New members are welcome to enjoy one FREE 'try-it-out' visit.  
Bring a friend or a neighbour – the more, the merrier!

### Tuesdays:

Coffee Morning at Wythenshawe Amateurs Football Club:

11am – noon: tea/coffee & toast: £1.50

Lunch at Northenden Social Club:

12.30 – 2pm: bread roll & selection of sandwich fillings, chips and a cake: £3

### Fridays:

Coffee Morning co-hosted with Emmaus South Manchester at St. Andrew's Church, Brownley Road:

10.30am – noon: tea/coffee & toast: £2

## Meet our fundraising superheroes

Long-time Wythenshawe Good Neighbours volunteer, Stephen, and our very own Sam Days are putting in the hard miles to raise funds for our community group this May.

Stephen's been getting in 'peak' condition for the Yorkshire 3 Peaks Challenge to support WGN, and in memory and deep respect for the life of his nephew, James William Cordiner, who sadly passed away last summer.



The circular 40km walk (almost 25 miles) takes in Pen-Y-Ghent, Whernside and Ingleborough peaks - a combined ascent of 5,200ft in under twelve hours. Phew!

Sam's training to do the Great Manchester Run 10k for the second year on the trot! A great effort to raise funds for us.



We wish them well with their fundraising endeavours. If you, or someone you know would like to sponsor them, donations of any amount are very welcome. Call our office to find out how: 0161 905 3898 (or see us at a lunch or coffee morning).

WGN is funded by:



Featured images by pixabay.com: P.2 Bunting by Clker-Free-Vector Images. P.5 Cartoon person by Peggy and Marco Lachmann-Anke / Time by Gerd Altman. P.6 Vaccination by Alexandra Koch. P.7 Taxi by Mohamed Hassan.