

# We ♥ Cheetham & Crumpsall

Issue 5  
Dec 2020

FREE

News and useful information on health, wellbeing and what's on for people living and working in Cheetham Hill and Crumpsall.

## A CHEETHAM & CRUMPSALL COMMUNITY CHRISTMAS!

Although Christmas is often regarded as a Christian festival it is still celebrated in some way by all of our other communities in Cheetham and Crumpsall. It gives families the opportunity to come together and spend some quality time in each other's company.

Winter is definitely here which means that Christmas is around the corner and whilst we'd usually be celebrating this, we know that this year's Christmas is going to be a bit different and tough for some of us so we wanted to focus on what we can do to keep our festive spirits raised.

We've had a long year that's meant we can't see family and friends as often as we'd like, it's meant that some of us have been working more than before, or some of us have lost our jobs. It's also meant that we've felt a sense of frustration and tiredness repeatedly over the last ten months. This year may have felt longer than any other year in the past.

**However, one thing that's become abundantly clear for us is that we have a strong community, who reach out to support each other.**

We have a community full of spirit and kindness. We've seen that all year through volunteers, donations, voluntary sector and NHS workers. We've seen it from local shops doing deliveries and businesses chipping in.

**Christmas is celebrated by lots of different communities in lots of different ways. The thing that generally stays common throughout though is the food & family element.**

We spoke to a volunteer at Cheetham Hill Welcome Centre who is Polish and she told us that she associates Christmas with the strong smell of sauerkraut being cooked with the additional scent of aromatic dried mushrooms, picked by her grandmother.



We spoke to Poppy who is the community champion at Tesco, and from Greek heritage. Poppy spent the first few years of her life in Greece and told us that most of the traditions are the same, however, St Nicholas (Santa) doesn't visit on Christmas, he visits on New Year's Day, so the festivities continue until then! When I asked Poppy what makes her think of Christmas she immediately replied with 'Greek desserts'. Poppy's favourites are Melomakarona - a semolina cookie dipped in honey and orange syrup and covered in walnuts or almonds.

Everyone at this newspaper can empathise with how you're feeling, we're a group of local voluntary sector & NHS workers, we also haven't been able to see friends or family or even work in our offices. That's why we created this newspaper; we wanted people who don't use the internet or don't get to see people often to feel connected to their community.

**That's why we've made this month's newspaper a little different with more activities than previous newspapers and some interesting recipes for you to try if you'd like to! Happy Christmas!**

### We asked Marysia & Anna what a Polish Christmas looks like?

**Marysia** - "Polish people celebrate Christmas on Christmas Eve or Wigilia. It is a meatless day and many years ago 12 courses would be served! It's not so many nowadays. One tradition is to set an extra place-setting for the unexpected guest. In the UK, in our family, this was to symbolise the family in Poland who could not be with us on this special day. The feast begins with a prayer and breaking of the "Christmas wafer" - opłatek - to symbolise the gift of daily bread and wishing each other blessings for the coming year."

**Anna** - "Our family starts the Christmas dinner as soon as we spot the first star in the sky with my mum ceremoniously bringing to the table a pot of crimson beetroot soup - barszcz, traditionally eaten with small dumplings. My grandmother always prepares an abundance of them as if she wasn't trying to feed only our family but the whole Polish nation."

However, the real highlight of the evening is carp - a type of fish usually eaten only at Christmas. At my home, it always rests in milk for the whole day to get rid of the "lakey" taste and then it is baked, covered in honey and almonds. Famously hated by all kids and most adults, plum kompot (a kind of a fruit stew) is poured into glasses and served next to each plate.

Late at night, after the midnight Christmas Eve service, or Pasterka, which is only attended by the most tenacious members of the family, the final part of the feast waits on the table - a cold platter of marinated fish. A Polish Christmas menu is definitely not for fans of turkey, but the unique sour and sweet tastes make it very special, especially when prepared by the joined forces of the whole family."

### Remember: COVID-19 guidance in place for Christmas - from Dec 23rd to Dec 27th only

**3 households can form a temporary Christmas bubble.** They can mix indoors in private homes and stay overnight. You can't go to a pub or restaurant with your bubble, but you can go to a place of worship.

**The bubbles will be fixed.** You will not be able to mix with two households on Christmas Day and two different ones on Boxing Day. Households in your Christmas bubble can't bubble with anyone else.

**People who are self-isolating should not join a Christmas bubble.** If someone tests positive, or develops coronavirus symptoms up to 48 hours after the Christmas bubble last met, everyone will have to self-isolate.

# Happy Christmas!

Kirismas Wacan

圣诞快乐

Christmas Mubarak

عيد ميلاد سعيد

Joyeux Noël

Wesołych Świąt

کرسمس

Kirîsmes u  
ser sala we  
pîroz be

Щасливого Різдва

## Welcome to the fifth and festive edition of our community newspaper for Cheetham and Crumpsall.

A lot has happened since our last edition in August and the We Love Cheetham & Crumpsall Newspaper Team have been really impressed with how well the paper has been received by the community.

We understand that times are tough at the moment and whilst we as a community are struggling, we are also pulling together in incredible ways. This is why we have put this paper together. We want to celebrate all the amazing work that has been happening in Cheetham and Crumpsall.

From community gardens, to health information and much more, things have really been moving in our area as lockdown measures have continued to be eased.

We just want to say a huge thank you to you - the residents, workers, businesses and charities who have shown strength, support and unity for those around us during a difficult period.

Our aim is to bring smiles and updates to you, but as fantastic as our team is - we can't know everything, or tell everyone. So we ask you to share with us any good news that you have and to share this paper with your friends and family, in hopes that we can pass on the good news in M8.

If you have any feedback or would like to have anything added to a future edition. Please email us at:



**community**  
**@incheetham.com**

Thank you for reading and we hope you find the information in the newspaper useful.

### Advertising Opportunities:

In future editions of the 'We Love Cheetham & Crumpsall Newspaper', we will be offering advertising space to local businesses and charities that wish to advertise themselves in the paper.

E-mail the address above for more information.



If you are online you can also follow us for latest news and updates on Twitter and Facebook at @WeLoveM8

## Get involved! Email us at [community@incheetham.com](mailto:community@incheetham.com)



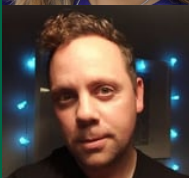
## MEET THE EDITORIAL BOARD

Our fantastic editorial board is made up of



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**Aaron Fletcher**

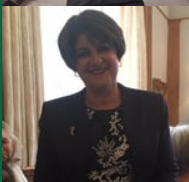
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### June Kelly

Abraham Moss Warriors

E: abrahammosswarriorsjfc@yahoo.co.uk



My name is June Kelly and I live in Crumpsall. I am 50 years of age and am also the CEO of Abraham Moss Warriors.

I have been running the Warriors, which is a community project offering sport and education sessions for the whole community, for the past 20 years and even during lockdown have managed to keep the club running on line to support all of our local families in their time of need in addition to the community gardening project we did at Smedley park to brighten up the area for the whole community to enjoy.

I have been very fortunate to have received both an MBE and a Pride of Britain award for the difference that the Warriors has had on the local community.

It was my idea to come up with this local newspaper as I felt that there are lots of amazing things taking place in our community but often people don't hear about it until after it has happened. We used to get the local Advertiser paper delivered which told us about all the great things but since that stopped there has been a gap in the market and hopefully this paper is starting to bridge the gap.

We hope you enjoy the paper and if you have any suggestions for further improvements please just get in touch all ideas welcome

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# Let's Talk Flu with Lizzie Hughes

As one of the Neighbourhood Lead who are responsible for much of the city wide work around flu, I am really passionate about ensuring people know their flu facts.

This article is going to explain why having your jab matters and once and for all put to bed a few of the myths that you may hear.

I am fit and rarely ill but as someone who has always worked in the community, I have always had my flu jab so that I don't risk passing on the virus onto someone more vulnerable such as a pregnant woman or my elderly parents. I have the flu jab to do my bit to keep people that I care about safe.

The flu vaccine is really safe - evidence backs this up. It is offered every year on the NHS to help protect people at risk from flu and its complications.

This year more than ever we have been working hard with GPs and pharmacists to make sure that everyone who is entitled to a free flu vaccine takes up that offer. With covid about, the flu vaccine is really important to help keep people healthy.

This year we have seen the biggest flu vaccination programme in history with more people than ever being offered a free flu jab. In our neighbourhood we have been working really hard to support this and make getting your flu jab as easy as possible. If you are entitled to a free flu jab please do us all a favour and get it done!



"I have the flu jab to do my bit to keep people that I care about safe."

## Who can have the flu jab?

You can get a free flu jab if you:

- Are 50 or over
- Have certain health conditions
- Are pregnant
- Live in long-stay residential care
- Receive a carer's allowance or are the main carer for an older or disabled person who may be at risk if you get sick
- Live with someone who is at high risk from coronavirus (on the shielded patient list)
- Are a frontline health or social care worker.

## Can my child get a flu vaccine?

- Children aged 2-3 can receive the vaccine from their GP.
- School children are offered the nasal spray up to and including Year 7.
- If you disagree with your child having a vaccine containing porcine, you can ask for the non-porcine injection instead. You need to fill in the consent form to tell the school.



## Debunking Flu Myths

There are many stories that are told about the flu vaccine. We want you to make an informed choice based on the facts, so here goes with the top myths commonly heard about Flu.

### The flu vaccine can give you flu

The flu vaccine is not a live vaccine so it is impossible to get flu from the flu vaccine. It is true that a small number of people may have after effects such as headache or muscle pain. In this small number of cases this is just the body's immunity recognising the vaccine and causing a reaction. Most people do not have much more than an achy arm.

### I'm pregnant so I shouldn't have the flu jab it will affect my baby

You can have the vaccine whatever stage of pregnancy you are in. If you are pregnant you could get very ill if you have flu and that will be bad for your baby. Having the jab will also protect the baby against flu after they're born and during the early months of life.

### Vitamin C can prevent flu

No it can't and nor can garlic, ginger or turmeric. There is no evidence to prove that taking any of these will stop you getting flu.

### Once you have had the flu vaccine you are protected for life

No you are not. The viruses that can cause flu change every year so you need a new vaccination every year to protect you from the new viruses.

### Having flu is just like a heavy cold

A bad bout of flu is much worse than a bad cold. Flu symptoms come on suddenly and sometimes severely. They include fever, chills, headaches and aching muscles as well as a cough and sore throat. If you get complications caused by flu you could become seriously ill and end up in hospital.

## We work or live in Cheetham & Crumpsall. We've had our flu jabs, have you?



Look out for our giant **Vince the Virus** puppet around Cheetham and Crumpsall talking to people about Flu.

He has already been in Tesco's and visited Abraham Moss Warriors and been spotted on Cheetham Hill.

## Flu vaccine and Covid 19

- Flu vaccination this year is important because if you are at high risk from coronavirus then you're also more likely to be at risk of problems from flu.
- If you get flu and coronavirus at the same time the research shows you're more likely to get seriously ill.
- Every year people end up in hospital with complications from flu and some people die from it. Flu is a serious illness. The pressure on our hospitals and NHS services in Manchester is already under huge pressure from covid so it is really important that people stay as healthy as they can and reduce pressure on our NHS.



# Showmen: The Hidden Community Living in Cheetham

**Many of us go to the fairground but what do you really know about the people who run the fairs?**

This month we are featuring a couple of members from a fantastic community living a different lifestyle in Cheetham Hill. Warren Cubbins has lived at the Showman's site for over 40 years. He lives with his wife Chantelle and 2 boys Christian and Alexander. We interviewed Warren and his eldest son Christian about their life.



Christian wearing the Mayor of Bridlington's mayoral chains.

## Chat with Christian:



**What are the best parts of being involved with the fairground?**  
Being able to see different friends week after week all over the country.

**How do you manage for missing lots of school?**  
I attend school whenever possible, but I have lots of homework from school when I am not able to attend but I feel I am learning things I could not learn at school.

**Is there anything you wish you could change?**  
Not really because it's what I have grown up knowing.

**Has anybody ever been racist to you for being a Showman's son?**  
No, not really but I know racism is out there.

**Do you have any hobbies?**  
Yes I like playing football and play for Abraham Moss Warriors as a midfielder and striker.

**What would you like to do in the future?**  
I would like to be a footballer when I am older but would not change being a showman.



## Chat with Warren:

**How long have you been living as a showman?**  
I was born into the showmen life like my parents and their parents before them.

**Can you tell me a bit about your life?**  
Being a showman is a lot of hard work and determination but also a lot of good times come with the togetherness we have within our community. I am also a football coach with local club Abraham Moss Warriors.

**Is there anything you wish you could change about your life?**  
Not really only other people's understanding of what we represent.

**How long have you lived in Cheetham Hill?**  
I have lived in Cheetham Hill for 40 years and I went to school at St Chad's Primary School then Our Lady's High School.

**Do you ever get abuse as a showman?**  
Yes absolutely, myself and my family before me have received abuse through the generations.

**What is the best part of being a showman?**  
The togetherness of our industry across the country. I have Showman friends from Scotland right down to London and beyond.

## K&K Home Delivery

Given the positive feedback from the community, we have been running our free delivery service again for the vulnerable and elderly in the local community. This includes bill payment services. We believe it is important during the winter period and will continue to offer this free service to the community for the foreseeable future.

Anyone who would like to know more about the service can contact us via:

0161 2052 110

@ConvenienceK

Or ask a friend or relative to ask in store and we will contact you.



## Northwards



### RETIREMENT PROPERTIES AVAILABLE NOW

Northwards Housing have retirement properties available in our retirement schemes. They are all 1 bedroom flats and some have level access bathing facilities.

To be eligible you need to be registered on Manchester Move and need to be aged 60 or over. We also accept applicants if they are aged 55-59 as long as they're in receipt of higher rate DLA or enhanced PIP. We're especially interested in talking to anyone who wants to "downsize" from a larger home they are finding too big to manage.

If you know anyone who may be interested, please get in touch. We can help applicants to register on Manchester Move if they don't have an application.

You can contact us on 03000 123 123 or take a look on [homes.manchestermove.co.uk](https://homes.manchestermove.co.uk)



# What makes you smile?

**Smiles were brought to many faces in North Manchester recently as the Rainbow Community Centre handed out hundreds of Smile Boxes.**

The boxes contained cream teas and a pack of information about Covid19 and an upcoming befriending programme called Village of Hope. This was made possible with funding from Comic Relief and The Caribbean and African Health Network (CAHN).

The befriending programme will initially target Black African Caribbean single parents and elderly people in the local community who will be contacted by phone at least once per week for a chat and to see if they need any help shopping, etc. This is so important with all the restrictions imposed as a result of COVID-19 as a way to help to alleviate the isolation felt by so many.

A Comic Relief grant administered by GMCVO has been secured for training for members from the Rainbow Centre and volunteers from the local community.

The driving force behind this initiative, Lesmond Taylor from the Rainbow Centre, said: "It's a privilege to connect and support many people in the local community in this way, we thank all our volunteers who brought smiles to the hearts of those they delivered to on their doorstep and I look forward to how this programme will develop in the near future."

If you know of anyone from the Black African Caribbean Community who may need a listening ear or some assistance in these difficult times, please contact us.



**0161 740 1652**

GMCVO



CAHN

FUNDED BY  
**COMIC RELIEF**

## Answer Cancer Help us detect cancer earlier in North Manchester

Answer Cancer, also known as the Greater Manchester Cancer Screening Engagement Programme, has been working with community groups, residents' associations, places of worship and other voluntary sector organisations to encourage people to take up breast, cervical and bowel screening. Screening rates across North Manchester are low but Answer Cancer wishes to change this and encourage earlier diagnosis of any problems.

It is important that people attend their screening appointments and talk to their GP about any unusual changes or symptoms. The earlier we can detect cancer the more likely successful treatment is. If you are worried about your health, please seek health care. Despite coronavirus restrictions your health services are open.

**We are looking for people to become Cancer Champions.**

Cancer Awareness Training is offered free of charge to those willing to become Cancer Champions. Together with Answer Cancer staff, Cancer Champions deliver awareness sessions in the workplace, to friends and family and to local community organisations. We also provide training to help raise awareness of prostate cancer so we get information out to men. So far over 300 people have signed up as community cancer champions.

Cancer Awareness sessions can be delivered in different languages so if any community organisations are interested in having a session delivered or you wish to get involved as a cancer champion please contact us

Email: [engagement@answercancergm.org.uk](mailto:engagement@answercancergm.org.uk)

Tel: **074 695 968 70**

Website: [www.answercancergm.org.uk](http://www.answercancergm.org.uk)

Twitter: [@AnswerCancerGM](https://twitter.com/AnswerCancerGM)

Due to Covid-19 restrictions, awareness sessions are now being held via zoom but it is very easy to book a session.

**Eat well, live well, and get checked!**

## Polish Beetroot Recipes

### Ingredients for beet kvass (kwas):

- 1.5-2 kg of beets
- 2 litres of water
- crust of rye wholemeal bread (sourdough)
- 2 teaspoons of salt
- a few cloves of garlic
- allspice
- teaspoon of sugar

### Instructions for beet kvass (kwas):

1. Peel the beets, cut into thin slices, put in a large jar or stoneware jar. Add the peeled garlic, salt, sugar and allspice, pour over previously boiled slightly warm water and add the bread crust.
2. Cover the jar with a cloth and put it in a warm place.
3. After 5 days, strain and pour into bottles, store in the refrigerator. Beets can be used in a salad.

### Ingredients for borscht (barszcz):

- 1.5 litres of water
- 0.5 kg of beet
- 1 parsley root (or parsnip)
- 1 onion
- ½ celeriac
- 1 carrot
- 1 clove of garlic
- 5-6 dried mushrooms
- half a litre of beet kvass
- salt, pepper, lemon juice and sugar to taste

### Instructions for borscht (barszcz):

1. Boil peeled vegetables (apart from beets), mushrooms, garlic and spices in a pot with water.
2. Grate the beets on a large-mesh vegetable grater.
3. Add the beetroots to the stock after about 20 minutes. Do not cover the pot with a lid so the borscht does not lose its clear red color. Cook for another 20 minutes.
4. Season the borscht to taste, boil again.
5. Set aside for about half an hour. After this time, strain the borscht into another pot.
6. Add the beetroot kvass and mix.
7. Serve on its own in a tea cup or in a soup bowl with tiny mushroom filled dumplings.



# In Conversation with Cleaner Crumpsall



We hear from Dave & Kath from Cleaner Crumpsall volunteers about some of the ongoing projects and how we can get involved.

Originally, we started as six separate neighbourhood groups who were concerned about litter and dog fouling, it was depressing and frustrating seeing the state of the area.

As we had supported each other's projects, shared equipment and looked after each other, we decided to come together as Cleaner Crumpsall - one big cleaning community.

**Together we have been clearing up the streets and local woodlands, winning six North West In Bloom Outstanding Awards.**

Cleaner Crumpsall is a lovely way to bring the community together - we're made up of all ages, ethnicities and backgrounds. What we love is that people who can't do much due to age or health concerns still come down to support us.

When we do a local clean up, there is a great community atmosphere. After a litter pick we often go down to the Labour Club. People bring refreshments and snacks.

Coming together is a great way of communicating with the local people - someone knows a little bit of something and they can then pass it on to others. It's a great place to meet new people. We've had absolutely amazing support from the local councillors, council teams and police too.

**Everything we do is for the community and with the community. People care for each other and have a vested interest in the same thing.**

What we really want people to know is that everything they do to make Crumpsall cleaner matters. Even if it's just tidying the street in front of your house, it matters.

We'd like more residents to join us. It's a fabulous hobby and we've met a lot of nice people. Anyone can feel lonely but this is a space to work together and listen.

Cleaning the community is therapeutic. In the past when people say "why should I do this?" or they don't feel they make a difference, but when people join us on a clean up day, they love it and keep coming back.

Our volunteers congratulate each other, build each other up and have a real sense of pride. I've had residents come over after a clean up to say they've started doing it in their own gardens.

Dave, one of our volunteers, had a stroke, but has grown and grown in terms of confidence and health since working with the project.

Our work is good for our mental health and physical health as we walk through the woods, make a difference to the community and make friends.

We do more than just litter picking though. Last year we helped to organise Crumpsall's first Christmas tree at a the Methodist Church. Over 100 people turned up, we had a band and food. We're working to have a live tree put into the grounds permanently for the community to all come together in future years.

**If you'd like to get involved, contact us [dkmac81@hotmail.com](mailto:dkmac81@hotmail.com) or 07941 846 770**



Photos by Fran Ryan

# Become an Ambassador for the Royal Exchange Theatre



**The Royal Exchange Theatre are looking for ambassadors in Cheetham and Crumpsall.**

In May 2019, the Royal Exchange Theatre set up a group of passionate and enthusiastic people from Cheetham & Crumpsall as part of the Ambassadors project from their Local Exchange.

The Ambassadors were brought together to put on 'The Den', a 2-week-festival from the theatre that will take place in Cheetham & Crumpsall with a miniature version of the theatre popping up inside a local venue.

'The Den' was due to take place in August 2020, however COVID has pushed that back by at least 12 months. So new

ambassadors will really be able to get their teeth sunk in to the challenges ahead.

**As an ambassador, you would be part of not just bringing people to theatre, but bringing theatre to people. You will join an incredible group of people who are passionate about Cheetham & Crumpsall, the arts and bringing arts to Cheetham & Crumpsall.**

It's a wonderful opportunity to be part of a huge project, become actively engaged with a huge theatre company, see plenty of shows and be part of a group of caring, passionate and driven people.

Aaron Fletcher (Owner of Buzzin' Sounds Recording Studio and editor for this

newspaper) is an ambassador for the theatre and we asked if he could tell us a little bit about what it's like being an ambassador.

"This is one of the most exciting projects I've ever been part of. This is an opportunity to do something really quite unique and bring something special to the people of Cheetham & Crumpsall. The ambassadors are amazing people and the theatre really believe in not just the project but the area of M8."

Ambassadors must be aged 15+ and be available for one meeting a month on Tuesdays at 5:30pm.

**Apply by e-mailing: [philippa.crossman@royalexchange.co.uk](mailto:philippa.crossman@royalexchange.co.uk)**



# Festive Fun

Although Christmas may be different this year due to lockdown it is still a time for friends, family and fun! Why not try these puzzles. Happy Christmas!



## Christmas

q	w	z	v	d	o	n	n	e	r	d	v
x	m	c	o	m	e	t	y	c	p	k	h
h	a	c	b	l	i	t	z	e	n	g	a
q	l	d	a	n	c	e	r	n	e	h	r
z	s	c	a	r	r	o	t	s	e	e	u
c	h	f	j	c	h	i	m	n	e	y	d
p	r	e	s	e	n	t	s	d	c	j	o
w	j	d	v	i	x	e	n	l	u	t	l
s	l	e	i	g	h	i	z	e	p	o	p
j	d	a	s	h	e	r	k	e	i	y	h
m	i	l	k	r	b	w	y	v	d	s	z
o	r	q	e	y	p	r	a	n	c	e	r

reindeer	Comet	Dasher	carrots
Rudolph	Dancer	Cupid	milk
Prancer	Donner	sleigh	toys
Vixen	Blitzen	chimney	presents



## I SPY

### How Many Do You See?

_____	_____	_____	_____
_____	_____	_____	_____

## A Christmas Tree

Designed by Joost Langeveld

Much more origami on: [www.joostlangeveldorigami.nl](http://www.joostlangeveldorigami.nl)

Only the front of the square piece of paper is coloured.

<b>1</b>		This is the front of the paper. Turn the paper.	<b>7</b>		Repeat step 5 and 6 on the other side of the model, see pink line.
<b>2</b>		Make a valley-fold over these two lines.	<b>8</b>		Make a valley-fold over the line below, on the right.
<b>3</b>		Make a valley-fold over this line.	<b>9</b>		Turn the model.
<b>4</b>		Fold the brown piece back to the right by making a valley-fold over this line.	<b>10</b>		Fold the top of the tree to the backside by making a mountain-fold on the line below. Then, fold the top of the tree back to the front by making a valley-fold over the upper line.
<b>5</b>		Make this valley-fold over the upper layer of the model. The corner at the arrow goes a bit downwards (in the direction of this arrow) when you make this fold.	<b>11</b>		Repeat step 10 two more times over these 4 lines.
<b>6</b>		Here a part of the fold in step 5 is already made. Now, flatten everything by pressing on the model from above.	<b>12</b>		The christmas tree is ready!

## Melting Snowman Cookies



### Ingredients:

- 200g fondant icing sugar
- 6 white marshmallows
- 6 large cookies
- 24 mini chocolate beans
- 6 pretzel sticks
- tube black writing icing

### Instructions:

1. Put the icing sugar into a bowl and add cold water a teaspoon at a time until the mixture is runny but thick enough to coat a spoon.

2. Ask an adult to snip the marshmallows in half using wetted scissors.

3. Spoon a little icing onto each cookie and attach half a marshmallow.

4. Using a little icing, stick the other half of the marshmallow on top at an angle.

5. Drizzle a little more icing onto the cookie to make melting snow.

6. Break the pretzel sticks in half and place on the cookie for arms.

7. Stick orange chocolate beans on for the noses.

8. Stick three chocolate beans on each cookie to represent buttons.

9. Using the writing icing, pipe small blobs for the eyes and mouth. Leave to set.



# Celebration recipes from around the world



## Gungo Rice & Pigeon Peas - Jamaica

3 cups rice, I used Jasmine brown rice  
1 (14-ounce can) coconut milk  
2 1/2 cups water  
1 (15-ounce can) pigeon peas  
1 small onion, chopped  
2 green onions, chopped  
3 cloves garlic, minced  
1 teaspoon ginger, grated  
1/4 teaspoon allspice  
2 sprigs thyme  
1 1/2 teaspoons salt, or to taste  
1 Scotch Bonnet pepper

1) Wash rice in a large mesh strainer, drain and set aside. Add coconut milk, water, pigeon peas, onion, green onions, garlic, ginger, allspice, thyme, and salt to a large pot on medium-high heat.

2) Bring to boil, and allow to cook for 3 minutes. Add rice and Scotch bonnet pepper and bring to boil again, cover pot and reduce to simmer for 40-45 minutes or until rice is tender.

3) Fluff rice with a fork and serve.

## Chopan Kebab - Afghanistan

450 grams lamb cubes  
salt to taste  
1 tsp yoghurt  
2 tsps olive oil  
1/2 tsp onion powder  
2 cloves minced garlic  
2 tsp chopped fresh coriander  
2 tsp chopped parsley  
1/2 tsp black pepper  
1 chunky-cut capsicum  
1 quartered onion pieces separated  
1 chunky-cut tomato

1) In a mixing bowl, take all the ingredients except the meat and vegetables and mix well.

2) Dip the meat in the marinade covering it completely and let it soak in it for two hours or if you have time, then overnight.

3) Heat up your grill to medium high and put the meat and vegetables on skewers.

4) Grill the kebabs for about 8-10 minutes or till done.

## Honey Cake - The Ukraine

3 large eggs, room temperature  
1 cup sugar  
1 cup liquid honey  
1 cup corn or olive oil  
3 cups flour  
1 tsp baking soda  
2 tsp baking powder  
1 tsp cinnamon  
1 cup milk

1) Beat eggs with mixer, gradually adding sugar, until light.

2) Blend in honey, then oil. Blend well with each addition.

3) Sift dry ingredients together. Add flour mixture to egg-honey mixture alternately with milk. Mix until well blended.

4) Bake in a greased and floured angel food pan, or a 12 cup Bundt pan, at 325°F for 60-70 minutes, or until an inserted tester comes out clean

For a nice easy lemon glaze, just add enough fresh lemon juice to a cup of sifted icing sugar to make a glaze you can drizzle.

## SUPPORT FOR EU NATIONALS BY EUROPIA

**Europaia support EU nationals with a variety of services, including the Europaia Emergency Fund.**

Since April 2020, vulnerable EU nationals living throughout Greater Manchester have been able to easily apply for grants between £30-£60 as a part of the Europaia COVID-19 Emergency Fund. The grants are to help EU nationals struggling financially as a result of the pandemic to buy essential supplies such as food and medicine.

Since the launch of the Europaia Emergency Fund, Europaia has distributed over £3,000 to over 70 EU nationals and their families throughout Greater Manchester. Here's what some of those who received the grant thought of the service:

"Amazing staff and service. Really helped my family through this hard time."

"Very good and simple process."

"Europaia is an organisation thinking about other citizens - very important."

To apply to the fund, please submit an online application form. The form is available in 5 European languages: English, Lithuanian, Polish, Romanian and Russian.

Please contact [fund@europaia.org.uk](mailto:fund@europaia.org.uk), call 03333 449647 or visit the website: <https://europaia.org.uk/europaia-emergency-fund> form more information.

To donate to the Europaia Emergency Fund, please visit: [bit.ly/DonatetoEuropaia](https://bit.ly/DonatetoEuropaia)

Europaia Free Services include: EU Settlement Scheme Support, Legal Surgery, Welfare Advice and more. For more information, please visit: [www.europaia.org.uk](https://www.europaia.org.uk)

## Have your say on the exciting new plans for North Manchester General Hospital

We are really excited by the plans for the North Manchester Health Campus on the North Manchester General Hospital site that is proposing two new hospitals offering acute and mental health care plus a range of supporting services and facilities for the community.

It's a once in a lifetime opportunity to create some fantastic facilities and could be a key part of our neighbourhood. We need local people to have their say and share their support for the plans and ideas as part of a consultation taking place until the end of January.

Look out for leaflets over the coming weeks or you can check out the plans, the dates of some virtual events to hear more and find out how to have your say at:

[www.mft.nhs.uk/transforming-the-future-at-north-manchester-general-hospital](https://www.mft.nhs.uk/transforming-the-future-at-north-manchester-general-hospital)

## Useful Numbers:

**Manchester Mind:** 0161 769 5732

**Manchester Council Community Hub:** 08002346123

**Greater Manchester Bereavement Service:** 0161 983 0902

**Samaritans:** 116 123

**NHS advice:** 111