



Joining Hands Church & Community Church & Community newsletter 3



Community Support



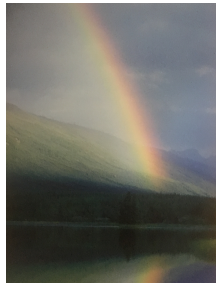
Avenue St Andrews church. The building work for phase 2 of the Avenue 2020 project is all finished . This is wonderful news, I'm sure everyone is looking forward to celebrating and being able to use the focus room once again.



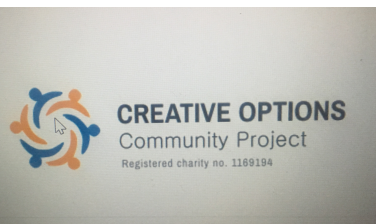
OARA - Outer Avenue Residents Association works together with the local community to make the neighbourhood a good place to live in and share. OARA have a strong link with Avenue St Andrew's church. They have a good community spirit and contribute in many ways to the local area. Check out their website on www.outeravenueresidents.co.uk

Postcards and offer of telephone support.

You are probably aware lockdown has started to ease for many but some of us are still shielding and taking extra precautions. Do please get in contact if you require any support, I am still available for telephone support or if you would like to share something. Email on beccy.gange.swhg@gmail.com or Tel: 07853 553499



Please take a look at Creative options ,community project they are a community based, member led charity providing support, training and encouragement especially for people with mental health issues or emotional distress. Activities are based on zoom at present creative-options.weebly.com



Passing the time....

The library now offer Borrowbox, which is a new service where you can download 10 ebooks and 10 eAudiobooks for free for 21 days. You will need your library card and pin. There is also a Borrow box App.

Update on

Scams

Being at home doesn't protect us from being targeted by scammers, be suspicious if you're contacted out of the blue, even if it's a name you recognise. You can report scams to Citizens Advice Consumer service 0808 2231133



Gardening

If you are a keen Gardener I would love to see some of your prize blooms. The RHS Chelsea flower show has gone virtual this year rhs.org.uk

City Catering Southampton 02380 332226. They are an independent charitable company that operate Southampton city councils meals on wheels. Tailored menus with a variety of meals. Please get in touch with them to set up delivery service .

Spinach and Potato Curry

“If you ever feel like cheating by using cans and pastes, but still want to be able to rustle up a genuine Indian meal, this is the dish to choose. You can keep the canned vegetables on ‘standby’ for when you need a speedy but tasty meal.”

Serves: 2-3

Preparation time: 15 mins. Cooking time: 5 mins.

Calories per serving: 150 Freezing: not recommended

Ingredients:

1. tablespoon oil (rapeseed or corn oil preferably, but whatever oil you have would do) 1 onion, chopped

2. bay leaves (optional)

1. teaspoon crushed garlic

2. fresh tomatoes, chopped finely, or 2 tablespoons canned chopped tomatoes

2 fresh green chillies, de-seeded and chopped finely, OR quarter to half teaspoon chilli powder 2 teaspoon rogan josh curry paste (or any other curry paste you have)

300g. tin of new potatoes, drained 270g. tin of

spinach leaf, drained Salt

- 1) Heat a wok or non-stick frying-pan with a lid and swirl in the oil. Add the onion, bay leaves, if using, and garlic. Fry for 3 minutes or so, until the onion is browned (but not burnt!)**
- 2) Stir in the tomatoes, chillies or chilli powder, curry paste and salt. Sit-fry for 2-3 minutes**
- 3) Add the potatoes and spinach and mix well.**
- 4) Stir in 2 tablespoons or hot water, cover and simmer for 5 minutes.**

(We had this the other day, and it was v. tasty. Used chilli powder and ‘fresh’ potatoes – a few new pots cooked and then chopped down a bit once cool enough to do that. Couldn’t get any chopped toms at that point, so chucked in some baby tomatoes we had. We’d also got some fresh spinach in a 250g bag from Iceland, so used that. It takes a while to wilt down in the pan, but if you keep moving it round, and make sure the sauce is not burning, it was fine. You wouldn’t have that problem of course with the tinned spinach.)