

Tinkers Bridge Larder and Community Fridge

Saturday 9:00 - 11:00 at the Tinkers Bridge Meeting Place

Welcome to 2023 everyone. Tinkers Bridge Larder is open for new members.

Our community fridge has also grown and you will now find us on the community fridge website. We aim to save as much food as we can from being wasted and reach the people who so desperately need the food.

Please be considerate of others and only take what you will use.

Please bring your own bag.

A 50p donation towards petrol cost would be appreciated.

The cafe will be open on the second and last Saturday of each month starting January 14th.

January 14th & 28th

February 11th and 25th

March 11th & 25th

Diabetes UK will be with us on the first Saturday of the month and on January 14th Health Watch MK will be coming in.

www.mkcommunityfridge.org

Community fridges are registered food waste projects that provides food retailers and individuals with an outlet to share surplus food that would otherwise be thrown away.

The short life of the surplus food we share mean that we need to share it very quickly with visitors who would like to save it from being wasted. There are no criteria for receiving food from a community fridge and we therefore reach people who for whatever reason might not qualify or be able to access emergency food bank provision, need a top-up of their food bank vouchers or simply want to help with the excess of (mainly) bread and produce that is wasted and do a great thing by helping us to share this unwanted food.



MILTON KEYNES COMMUNITY FRIDGE OPENING TIMES

Coffee Hall (Woughton

Community Council)

Tuesday 10:00-14:00

Thursday 10:00-14:00

Conniburrow (Big Local

Community Hub)

Wednesday 17.00-19.00

Friday 12:30-14:30

Great Linford (Little Bookshop)

Monday 11:30-12:30

Friday 11:30-12:30

Tinkers Bridge (Meeting Place)

Saturday 09:00-11:00

2nd Saturday with cafe 09:00-13:00

St Mary's Community Centre

Saturday 14:00-15:30

Netherfield (Vineyard Chapel)

Tuesday 17:00-19:00

Thursday 11:00-13:00

Water Eaton (Church Centre)

Tuesday 14:00-16:00 (13:00 cafe)

Westcroft (Westcroft Pavillion)

Tuesday 14:00-16:00

Wolverton (The Old Bath House)

Wednesday 18:00-19:00

Saturday 12:00-13:30

A new initiative to help co-ordinate community work.
Come along on Tuesday 24th Jan for find out all about it!

How can MK: Communities support you and your work within the community?



MK: Communities is a new initiative to help coordinate community work.
You can use it to reach individuals in your area, facilitating the work you already do.

**Join us at the Coffee Hall, Community Centre,
Tuesday 24th January 2023, 5.30pm to find out more.**

You can register by contacting hello@hadithi.co.uk or on Eventbrite.



Our Warm Room

A delicious dinner is available and varies each week. In past weeks we have offered: Jamaican chicken curry & rice; vegetarian sausage pasta bake; cottage pie; sausage with onion gravy, mash & peas and a hearty meat casserole. There's always a vegetarian option.

Please let Deanna or April know if you are coming along so that the number of meals can be roughly calculated.

There have been more and more requests for take-aways as the weeks go by. The whole object of this venture is to provide a sociable warm space for people therefore this service won't be available as the norm. However allowances will be made if requested by locals who are unable to attend but are in need of a warm meal. This will be at the discretion of Deanna or April.

Thank you to all who volunteer and make The Warm Room happen.

'...this is a wonderful opportunity for the community to keep a check on the vulnerable.'

'Scrumptious food. Thank you!'

Tinkers Bridge Warm Room

Free hot meal & refreshments

**Every Thursday
5pm - 7pm**

Art classes



Thursdays
@
Coffee Hall
Community
Centre

Sign up for a 4 week introductory course at Coffee Hall Community Centre.
Course starts Thur 19th January then Thursdays 3.00-4.30pm (Term time only)
Book your spot now! Call Kevin on 01908 395 681
or email kevin.vickers@woughtoncommunitycouncil.gov.uk





5 WEEK
slow cooker
COOKING COURSE

FRIDAYS 12-4PM - STARTS 27TH JAN '23
NETHERFIELD MEETING PLACE

LIMITED PLACES!
TO REGISTER CONTACT
KEVIN ON 01908 108931

with Lisa Lovell

Woughton Community Council

REGISTRATION ESSENTIAL

Please contact Kevin in 01908 108 931 or email kevin.vickers@woughtoncommunitycouncil.gov.uk

Learn how to cook amazing meals using a slow cooker in this 5 week course led by Lisa Lovell. Lisa is an experienced cook who was recently featured in the BBC Good Food magazine. This 5 week course will show you how to use a slow cooker to create tasty, low cost meals that can be taken home to feed the family after every session. Lisa will also explain the benefits of building up a "larder" of herbs, spices and simple ingredients that can be used to make meals with what's left over in the fridge/cupboards.

This is an excellent opportunity to learn new skills that will save money on food and energy bills.

Venue: Netherfield Meeting Place, Farmborough, Netherfield, MK6 4HS



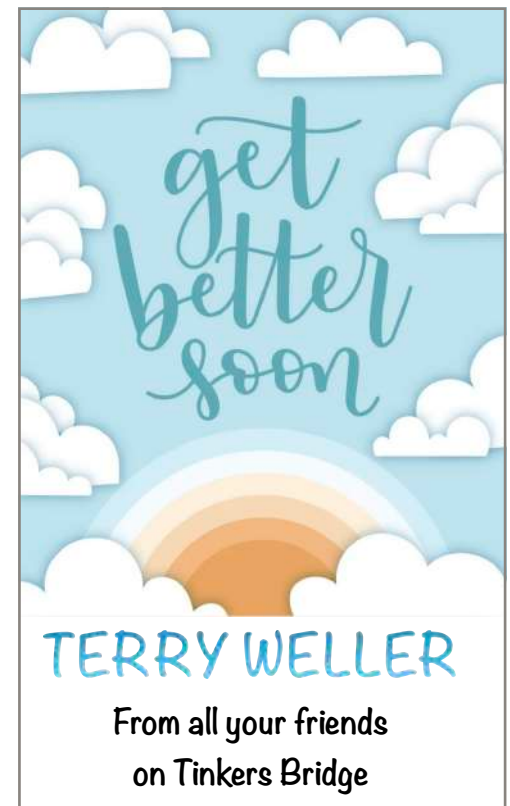
Bird flu and water fowl at Ashland Lakes

Allie Short says the main thing on her mind at the moment is keeping the water birds at Ashland well fed. Be mindful as there's been bird flu about and recently a cygnet and two geese died. Allie managed to save the other swans thankfully. There's more about this on our FB page.

She says bread is fine for the birds. It helps to keep their strength up and that helps their immunity - not

mouldy bread though. The Park Trust don't like it but it does no harm at all when given sensibly, as in only feeding what they can eat and not dumping massive amounts in the water. Other foods she recommends are wild bird seed, corn, peas, porridge oats. She recently made the geese a feast of mixed seed, layers of pellets and leftover Brussels sprouts put through the processor. They gobbled it up.

NOTE If you find a dead bird do not touch it !



Tinkers Bridge Christmas Event 2022

MASSIVE thanks!

Thank you to the manager of Tinkers Bridge Tesco for the discounted selection boxes, Bill Fuller for being Santa and Milton Keynes Council for funding the selection boxes and our Christmas event.

Thank you to Woughton Community Council, Woughton Clerk, Susan Smith, Donna Coventry-Fuller, Alison Jane O'Brien from Tesco, Deanna Dee Norris, Kerry King, Ruth McMillan, Ricky Hurst, Michelle Chafer, Callie Norris, Heather Happywitch Paterson, David Lee, Terry and Derek Weller, Storm Rennie and anyone else I may have forgotten. You all did a wonderful job. I'm so proud of all the volunteers on Tinkers Bridge.

April Rennie

Just some of the many comments:

'Another Santa and he's wonderful ... helpers have done us proud once again . Well done all involved...'

'It was absolutely amazing and the kids loved it'

'A big thank you to all of you not just for today but for what you have done all year'

'Thank you so much, my granddaughters loved the selection boxes and the personalised cards from Santa.'



Coats & Jackets

We are still in need of donations of coats and jackets.



Drop off donations at the the Netherfield Community Fridge, Vineyard Chapel, Tuesday 17:00 - 19:00 and Thursday 11:00 - 13:00

Councillor Maggie Ferguson, Netherfield

Next
**Residents'
Association
MEETING**
January 26th
7pm
ALL WELCOME
TB Meeting Place