

The Larder and Community Fridge

Thank you to Faith Dimensions, Tesco Tinkers Bridge, Morrisons, Tesco Bletchley, Tesco Kingston, Sainsbury's Willen, Aldi Kingston, KFC Stadium, Bath House (Helen Innes) for your constant support of our Community Fridge.

Milton Keynes Community Fridge

A simple solution to wasting less through the sharing of good quality food to benefit the people of Milton Keynes
mkcommunityfridge.org

As you are already aware our Community Fridge opening time is Saturday 9am -11am. If you visit any of the community fridges take your own bag and limit items to 10 per person.

Girl pack is available every Saturday at our Community Fridge for free.



Fridge opening times 2022

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

Netherfield (Vineyard Chapel)

Tuesday 17:00-19:00

Thursday 11:00-13:00

Westcroft (Westcroft Pavillion)

Tuesday 14:00-16:00

Wolverton (The Old Bath House)

Wednesday 18:00-19:00

Saturday 12:00-13:30

TB LARDER

In answer to a complaint ...

I understand people have some medical issues and I try to be fair and accommodate them. I think we've done quite well.

However the queue is too long and so is the waiting time. We work as fast as we can. Some people are fantastic, bring a list and are quick, while others take ages and come with no list so we really do need to hurry you along.

Suggestions for how to shorten queue times would be greatly appreciated

Sometimes I have to ask members to take fewer items to allow all to be able to receive. No one is forced to do this. We have a high membership and occasionally donations from Sofea are smaller than usual.

We suggest a donation of 50p to help cover petrol costs of volunteers collecting food. This is not compulsory. However, I spend five days collecting food donations and use a lot of fuel so rely on donations to enable me to continue.

I'd like to point out that the Community Fridge has nothing to do with the Larder, however Fridge collections significantly top up the Larder

I'm happy to stop our Community Fridge if people do not want this service!

Any ideas/suggestions would be greatly appreciated. Thank you. *April Rennie*

I THINK WE ALL AGREE THAT APRIL AND HER TEAM OF VOLUNTEERS ARE DOING A GREAT JOB.

Woughton Priorities Consultation

To ensure Woughton Community Council is addressing the needs of the community they would like your feedback on how they can help through this coming difficult period. Your feedback is important because it will help them draft a budget for next year that priorities the needs of the residents. The survey can be accessed and submitted online by following the link: <https://www.surveymonkey.co.uk/r/WCCcostofliving>



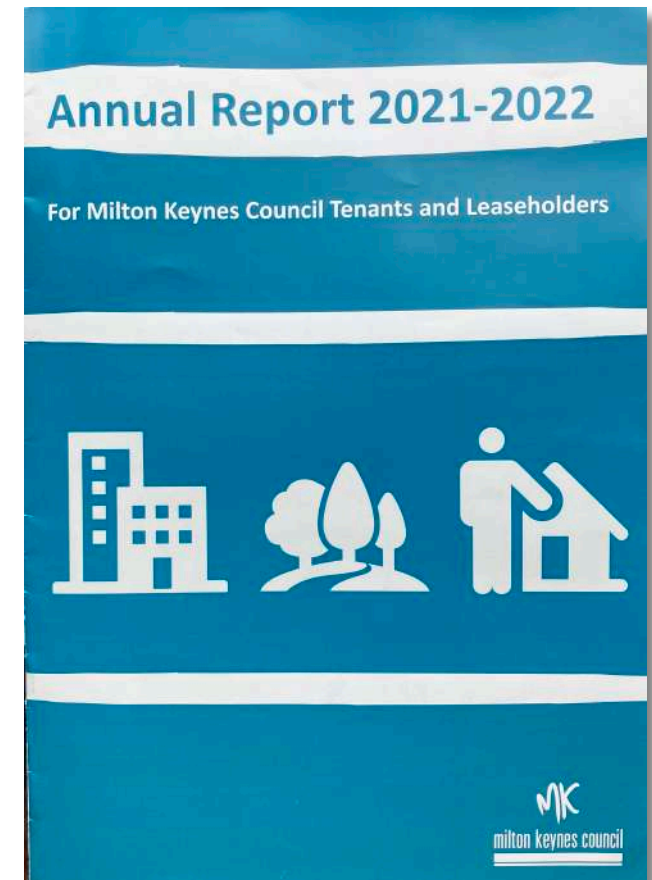
Smart phone users can access the survey via the QR code.



MK Council Tenants and Leaseholders

The annual report for 2021- 2021 and can be viewed and downloaded now.

<https://www.milton-keynes.gov.uk/sites/default/files/2022-08/Annual>



Spending all day in bed
Faking a smile
Cracking jokes and acting the clown
Being emotionally distant
Over eating or not eating at all
Skipping work to sleep
Not showering for days at a time
Social isolation

**Please check in on your friends, even the funny ones
- they can hide it the best**

Woughton Advice Service



We offer a free, confidential, advice and support service for the residents of Woughton.

You can get in contact through email, over the phone and in the post!

We can offer advice and support with any issue:

Help with Housing issues

Support with Benefits

Advice on debt/money issues

Education and Employment Advice

Referrals and signposting to other services

Support with any issue you have

Serving the estates of Tinkers Bridge, Peartree Bridge, Netherfield, Leadenhall, Eaglestone, Coffee Hall, and Beanhill.

You can get in contact to for advice and support:

01908 395681

WAS@woughtoncommunitycouncil.gov.uk

WCC, Local Centre, Garraways, Coffee Hall MK6 5EG



We Need Your Help!

Volunteers are needed to help run
the Tinkers Bridge Larder & Community Fridge
and for TB events



We need people to pack, pick, organise, drive and
generally be flexible and helpful.

Interested? Contact April Rennie at the Larder



SPICY PUMPKIN SOUP

1 pumpkin, about 1.5-2kg (save the seeds – toast them in a dry pan to serve)
1tbsp garam masala
2tsp ground coriander (uses spices to suit your taste)
2tsp ground cumin
1/2 to 1 tsp chilli flakes or powder, plus a pinch
3tbsp olive oil
1 onion, finely chopped
Ginger, peeled and finely chopped
2 garlic cloves, finely chopped
900ml veg stock (or chicken stock if it's what you have)
100ml double cream or crème fresh, plus extra to serve (or thick plain yogurt)

Note: to save energy the pumpkin could be cooked in a slow cooker (4.5 hours on low) or microwave rather than the oven

Heat the oven to 180C/160C fan/gas 4. Cut the pumpkin in half and remove the seeds with a spoon. Cut into wedges or chunks (keep the skin on) and tip into a bowl. Put the garam masala, and 1 tsp each of the coriander and cumin into a small bowl and mix with 2 tbsp of the oil and season. Drizzle over the pumpkin and toss well to coat in the spiced oil. Transfer to a baking tray, spread out evenly and roast for 40-45 mins, turning halfway through cooking, until the pumpkin is very soft when pierced with a fork. Leave to cool on the tray for a few minutes.

Heat the remaining 1 tbsp olive oil in a large saucepan and fry the onion with a pinch of salt for 10 mins until soft. Add the ginger, garlic and remaining



Friday 28th October 11am
on the grass next to the Meeting Place

Don't waste the 🍷 !
Recipe cards will be available
🍷 & Green Pea Curry, 🍷 Pumpkin cake
🍷 pie (and more ...)

'Who knew you could do so much with a pumpkin?'
Pumpkin Rescuer, Tinkers Bridge MK

spices and chilli flakes, fry for a few more minutes until fragrant. Pour in the stock and bring to a gentle simmer.

When the pumpkin is cool enough to touch, use a spoon to scoop the soft flesh from the skins. Add the soft pumpkin to the stock pan, discarding the skins. Remove from the heat and blitz the soup with a hand blender until creamy and smooth. Season to taste, adding extra chilli or garam masala if you like. Put back over a low heat and stir in the cream. Bring to a gentle simmer, then serve in bowls with a drizzle more cream and a pinch of chilli to serve. Top with toasted pumpkin seeds, if you like.



TINKERS BRIDGE
Residents Association


Woughton Community Council

HALLOWEEN DISCO
Saturday 29th October 4pm – 6pm

TB meeting place
Face painting (TBC), Bring items and make a costume
Hotdog, a drink & a goodie bag



Dates for your diary....

Saturday October 22

CITIZEN ADVICE at the Larder

Saturday October 22, Noon - 3pm

APPLE DAY

Woughton Community Orchard, run by the Parks Trust. Come along to celebrate all things apple with us at our community orchard at Woughton on the Green. It will be an afternoon packed full of fun activities and tasty treats for everyone. Learn more about amazing apples, what varieties we have and how to grow them. Take part in crafts and games and explore our orchard. This event is free to attend.

Thursday October 27th 7.30pm

TB RESIDENTS ASSOCIATION MEETING

Meeting Place, all very welcome

Friday October 28, 11am

PUMPKIN CARVING & MORE

on the green by the Meeting Place (see poster on page 4 for more detail)

Saturday October 29, 4 - 6pm

CHILDREN'S DISCO

Meeting Place, (see poster on page 4 for more detail)

Saturday December 3rd

CHRISTMAS MARKET

calling all stalls, book now, £5 a stall, Meeting Place

Saturday December 17th, 3 pm

CHRISTMAS EVENT

Santa is coming to TB so **get your children's names down**. All under 16s will get a selection box from Santa. Then Santa will be at the meeting place for any photos, there will be something to eat and a hot chocolate.

NOTE - TB KEBAB VAN

The van will be closed due to holiday between October 9th to 26th.

Thank you for understanding. ALI

MK Communities Drop in

Coffee Hall Community Café at the Meeting Place, Wednesday 12 Oct 22, 10.30am onwards

Are there everyday household tasks that you struggle with?
Shopping, cleaning, gardening?

Would a friendly helping hand make things easier?

Or do you have spare time where you could help someone in need?



The MK Communities project could be just what you need.
We provide an opportunity to connect people, to try and make sure that little things don't become big problems.

Come along to Coffee Hall Community Café at the Meeting Place on Wednesday 12 Oct 22, from 10.30am onwards, to find out more and register. Or if you'd like a time slot, contact hello@hadithi.co.uk.



The launch of the **MK Communities project**
Come along and see how you can get involved in this exciting new initiative, offering support to people across Woughton.