

## Canning Housing Co-operative Limited

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# Newsletter

Welcome to your latest edition.

## WELFARE REFORM!

### Status Update:

Members of the Management Committee continue to attend seminars focusing around Welfare Reforms, to keep ourselves as the co-operative fully abreast of all changes and developments ahead of the curve allowing us to best plan and provision for every eventuality.

If anybody has any concerns regarding welfare reform please do not hesitate to contact the office and we will offer as much support and guidance as possible.

### Universal Credit

We "The management committee" are actively pursuing a template style copy of the online universal credit Document, so we can have it available for anybody who may require it to review and prepare all necessary information, As currently the form only exists in an online format and does not allow a user to go back to a previous page once it has been completed.

If you feel you would like advice or support regarding universal credit again please do not hesitate to contact the office and we will offer as much support and guidance as possible

Think Green! We will be disseminating the newsletter via email going forward, along with one printed copy per household, If you would still like to receive a personal hardcopy then drop us an email or message via the website etc, and we will insure you get one.

### The "Co-operative" Bank...

Members of the Management committee are meeting with representatives of the co-op bank and our own financial advisory services to insure that all our financial interests are being managed suitably. These include the Freehold Purchase loan we have with the co-op bank, Also our current account and savings. We are currently looking into diversifying our investments across a number of credit unions within Liverpool. This situation is being closely monitored and we will keep members appraised of any changes as and when they occur.

Get involved with your community...

As Ever...

Do you have a burning issue that you wish to share with our community, or just a really great recipe?

If so then share away, all submissions for the newsletter should be directed by email to: [submissions@canningco-op.org.uk](mailto:submissions@canningco-op.org.uk) or just pop your idea down on paper and drop it into the office FAO: "The Editor".

Alternatively do you have ideas for future events or activities within the Co-op if you do share them with us all, please submit these to: [events@canningco-op.org.uk](mailto:events@canningco-op.org.uk) or just pop your idea down on paper and drop it into the office FAO: "The Editor".

Editor



A Note for all of your Calendars:

The next general meeting will be...

**October 19<sup>th</sup> 2013**

(Location to be confirmed closer to the date)

## Letters to the Editor...

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### *CANNING HISTORY PROJECT "Update"*

*(an opportunity to get involved in your local community & history)*

*All the supporting letters have been received, the project timeline has been completed and the funding application has been submitted.*

*Lets all keep our fingers crossed for a positive response.*

*But more importantly lets give a big "Cheers"  
to the steering group for getting it this far!!*

*Liz Dolan*

*David Bateman*

*Len Reid*

### *Thanks!!!!!!*

*(Keep your eyes peeled for the next update, and as ever if you want to get involved just get in touch - [canninghistory@canningco-op.org.uk](mailto:canninghistory@canningco-op.org.uk))*

### *Whats all the Buzzzzzzz about....*

*(Got a Bee in your bonnet? No? Want one?)*

*We are exploring the possibility of erecting bee hives in some of our gardens and have applied for funding to trial this in two gardens...*

*We'll keep you updated of any and all progress and as ever if you are interested in bee'ing involved get in touch via the normal channels.*

## Canning's Co-operative Events:

### “Gardening Club”

The Next Meeting of the Gardening Club will be:

**25/08/2013**

(And will then be the LAST SUNDAY of the month)

So all you green fingers get ready!!

### “Convivial Evening”

The next Convivial Evening is planned for:

**30/08/2013**

(And will then be the LAST FRIDAY of the month)

Wine & Cheese has been knocked up a notch or two, same rules, bring share enjoy :)

Wine, Food, Stories, Music, All welcome to trade.

### “Movie Night”

We want to try and kick start something new...

A Movie night... Bring wine and beer if you want, we'll supply the popcorn.  
Movies will be chosen by vote on the website so keep checking the events page.

The First Film Night is planned for:

**14/09/2013**

(And will then be the SECOND SATURDAY of the month)

### “A polite reminder...”

If you change any of the details we have for you, most significantly your phone number please inform the office so that we can update our records, allowing us to keep in contact with you, we may also need to give your number to a contractor doing work on your property so having these details up-to date and on file allows us to insure that everything happens as and when planned.

## Georgian Quarter Community News...

### New kid on the block...

We have a new community support officer...

Her Name is *Lauren MacKenzie*

She will be organising drop in surgeries at the German Church

When we have the dates and further details they will be posted on the website and in the next issue of the newsletter!

### REFUSE, RECYCLING & GARDEN WASTE COLLECTION...

 <b>Rubbish</b>	Wed : 21/08/13	Wed : 28/08/13	Wed : 21/08/13	Wed : 04/09/13	Wed : 11/09/13	Wed : 18/09/13
 <b>Recycling</b>	Wed : 28/08/13	Wed : 11/09/13	Wed : 25/09/13	Wed : 09/10/13	Wed : 23/10/13	Wed : 06/11/13
 <b>Garden waste</b>	Mon : 26/08/13	Mon : 09/09/13	Mon : 23/09/13	Mon : 07/10/13	Mon : 21/10/13	Mon : 04/11/13

### Green Fingers Unite...

Fancy Growing your own? Becoming self sufficient (veg wise anyway)? Or do you just have green fingers and nothing to do with them?

If this sounds like you, then you might be interested to know there are secure allotment patches up for grabs just on the doorstep of our community, (by the Rialto) where you can grow what you please (to eat not smoke) fruit , veg, herbs, etc...



If your interested then Contact Anne:  
[georgianquartercommunity@canningco-op.org.uk](mailto:georgianquartercommunity@canningco-op.org.uk)  
 (yes it's a mouthful)



Do try this at home...

## "Pan-fried scallops & chorizo"

*With parsley salad*

### Info & Nutrition:

*Serves 4*

*Cooking Time: 15 Mins*

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*(259 kcalories, protein 20.2g, carbohydrate 1.4g, fat 19.3 g, saturated fat 4.4g, fibre 0.6g, sugar 0g, salt 1.44 g)*

### Ingredients:

*Olive Oil*

*Sherry Vinegar*

*1 \*Shallot, finely chopped*

*1 Chorizo Picante, roughly sliced*

*12 Scallops, cleaned*

*Bunch of Parsley, rough chopped*

*Pickled Roasted Red Pepper strips*



### Method:

#### Step 1.

*Whisk 3 tbsp olive oil with 1 tbsp sherry vinegar and the chopped \*shallot, season with salt & pepper*

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#### Step 2.

*Heat a little olive oil in a small pan, then fry the chorizo until cooked through and coloured. In a separate pan, heat a little olive oil, then sear the scallops for a minute on each side until golden and crusted, seasoning as you turn. Then toss the parsley and pepper strips with a little of the dressing made earlier and arrange on the serving plate with the scallops and chorizo.*

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#### Step 3.

*Enjoy your meal :)*

*(\*You can substitute a small red if you can't find any shallots)*



## "Wines 'o' the Month"

*A selection of wines to suit different tastes & budgets*

### Red

#### Pinot Noir

*Aldi - £4.49*

*Soft, smooth & fruity with rich red fruit aromas & lush berry flavours.*

### White

#### Gavi

*Aldi - £4.99*

*Refreshing and aromatic with a perfect and intriguing balance of tangy lemon, weighty fruit and a subtle waxy nuttiness.*

#### Oyster Bay Merlot

*Sainsbury's - £10.99*

*Ripe plum, berry fruits and hints of spice, accentuated with a nuance of oak and an elegant, lingering soft texture.*

#### First Cape Special Cuvee Sauvignon Blanc

*Tesco - £10.99*

*A wonderfully crisp and refreshing Sauvignon Blanc from the Western Cape region.*

#### Campo Viejo Rioja Gran Reserva

*Sainsbury's - £11.99*

*A wine with great structure and elegance with a long, lingering finish.*

#### Chateau Demoiselle De Larrivet Haut Brion

*Sainsbury's - £22.99*

*Aromas of apricot and white peach, orange rind and grapefruit, A very pleasant sharp fresh white.*