

Canning Housing
Co-operative Ltd



NEWSLETTER

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WELFARE REFORM

STATUS UPDATE

Rest assured, A strategic team within the Management Committee continue to attend seminars focusing around Welfare Reforms, to insure we as the co-operative are kept fully abreast of all changes and developments ahead of the curve allowing us to best plan and provision for every possible eventuality.

If any member 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 are trying to insure that every possible advantage is available to our members in preparation of the roll out of this service, paper documents for practice, background information, dates of commencement, we will keep you informed of new information and any changes.

Don't forget there is a computer in the office which can be accessed for use by members during office hours, allowing internet access and word processing.

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

NOTE FOR YOUR DIARY

A General meeting is upon us,

(In a correction to the last edition which wrongly stated this would take place in november "Sorry, but nobody is perfect")

The Meeting will take place in the co-op office (49 Canning)



SATURDAY
7/12/13

GET INVOLVED

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 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
or just pop your idea down on paper and drop it into the office
FAO: "The Editor"

THINK GREEN

We want to reduce our carbon footprint, can you help? Yes, If you give us your email address we can send you the newsletter by email and save some trees. There will still be one printed copy per household. Adding you to the list means we can keep you up to date with events going on the co-op and greater community.

CO-OPERATIVE EVENTS

You may have noticed we are trying to host more events to get our community together... Rather than posting dates in the newsletter there will be an event poster going up in every house prior to the event so your less likely to forget.

GARDENING CLUB

As we once again enter the season of scarves and gloves the gardening club will be going into hibernation.

CONVIVIAL EVENINGS

We will be heating a pan for some mulled wine for the next convivial so keep your eyes peeled for the poster with dates and details.

FILM NIGHT

And film night will be getting a re-boot with a fresh batch of popcorn, again look out for the poster with further details.

The website will continue to be updated with details of upcoming events so don't forget to check and if we have your email we will send you a reminder a couple of days beforehand.

GEORGIAN QUARTER COMMUNITY UPDATE

HALLOWEEN FESTIVITIES

Faulkner Square Gardens (at the end of canning street) will be hosting a Halloween event as it did last year.
Featuring; games, entertainment and prizes galore,
so get your self along!!!



THURSDAY


31/10/13 16:30

REFUSE AND RECYCLING COLLECTION

Refuse and recycling collections are in a process of change, you should have received a leaflet about this in the post, it will contain information about revisions to scheduled collection dates and an outline for how the service will work forwards.

It would also be advisable to check
“<http://liverpool.gov.uk/bins-and-recycling/bin-collection-dates-and-times>”
for more upto date information

DATES AS POSTED ON LCC WEBSITE

 Rubbish	Wed : 23/10/13	Wed : 30/10/13	Wed : 06/11/13	Wed : 13/11/13	Wed : 20/11/13	Wed : 27/11/13
	Wed : 30/10/13	Wed : 13/11/13	Wed : 27/11/13	Wed : 11/12/13		

FOOD AND DRINK

ROASTED CHICKEN W/ WINTER ROOT VEGETABLES

INFORMATION

(Serves 4 / Ready in 1.5 Hrs / High in fiber / 420 Kcal portion)

INGREDIENTS

- 1 Small Celeriac (peeled & cut into chunks)
- 400g Swede (peeled & cut into chunks)
- 2 Large Sweet Potatoes (scrubbed & cut into chunks)
- 2 Medium Parsnips (scrubbed & quartered)
- 2 Large cloves of Garlic (sliced thinly)
- 2 Tbsp Olive Oil
- Tsp Cumin Seeds
- A few sprigs of Sage
- 4 Skinless Boneless Chicken Breast Fillets (aprox 140g / 5oz each)
- 4 slices Prosciutto
- (steamed Broccoli / Savoy Cabbage for side)

METHOD

1

Preheat the oven to 200C/gas 6/fan 180C. Put the celeriac, swede, sweet potato, parsnips and garlic in a large roasting tin. Sprinkle with the olive oil and cumin, and season with salt and pepper. Toss the vegetables together so they are lightly coated in oil. Put in the oven towards the top and roast for 30 minutes.

2

Meanwhile, lay a couple of sage leaves on each chicken breast, then wrap each with a slice of prosciutto to enclose.

3

Take the roasting pan from the oven and turn the vegetables over. Now lay the chicken on top. Roast for 30- 35 minutes more, until the vegetables are tender and the chicken is done. Serve with steamed broccoli or lightly cooked Savoy cabbage.



WHY NOT TRY THIS WITH
SOME HOMEMADE MULLED
CIDER... THE RECIPE IS ON
THE BACK PAGE...

MULLED CIDER

INFORMATION

(Serves 6/ Ready in 1 Hr / Yummy)

INGREDIENTS

- 1 Pint Good Strong Cider (preferably scrumpy)
- 60ml Dark (or Spiced) Rum
- 300ml Steeped Apple & Ginger Tea
- 1.5oz Demerara Sugar
- 2 Clementines
- 4 Cloves
- 2 Cinnamon Sticks
- 2 Bay Leaves
- 2 Cardamom Pods

METHOD

Pour the cider, rum and herbal tea into a wide saucepan.
Add the sugar and place the saucepan over a low heat.
Slice the clementines in half and stick a clove into each half.
Add the clementines to the pan. Break the cinnamon sticks in half.
Add the cinnamon, bay leaves and cardamom pods to the saucepan.
Heat the saucepan until the mixture is almost boiling.
Turn down the heat once the pan is near to boiling.

To Serve Ladle the mulled cider into heatproof glasses with handles (or a good mug)

ENJOY!!

