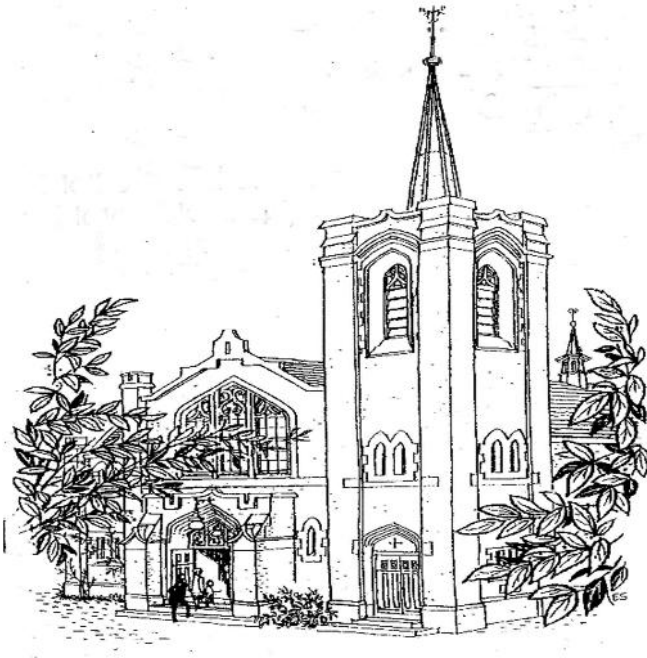


The Drive Methodist Church
Eastern Avenue
NEWSLETTER

February 2021



Minister: Revd. Mmasape Zihle

Website: www.drive-methodist.church

Church Mission Statement of The Drive Methodist Church

The Drive Methodist Church aims to be faithful to the commandments of Jesus, and the calling of the Methodist Church.

The calling of the Methodist Church is to respond to the gospel of God's love in Christ and to live out its discipleship in worship and mission, and to fulfil the promises detailed in the Methodist worship book.

Provide a weekly opportunity for all people to worship God in Christ, here at The Drive Methodist Church.

Enable people to grow and learn as Christians through mutual support and care.

Be a good neighbour to the immediate and wider community. Sharing our faith with others through pastoral care, church activities and communication.

Our Minister writes:

Finding strength to carry on.

Dear Friends,

Psalm 46.1-3 says "God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth gives way as the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging."

The first month of the year has come and gone; and as we begin the month of February, we cannot help but acknowledge the tangible sense of ongoing loss and grief due to the pandemic with a death toll of over 100 000 in this country. We each can name friends, family and others we know have died and were not mourned and sent off in our familiar ways in the last 10 months. It indeed feels like the earth is giving way from under our feet. Let us take courage in the knowledge that we are not alone. God continues to give us strength to carry on.

Proverbs 18.10 "The name of the Lord is a strong tower; the righteous run into it and are safe."

We continue to find ourselves in various states of lockdown and restricted movements which impact our sense of wholeness and well-being. Reports of mental illness especially among young people are on the increase, domestic violence and unemployment are at a record high. It feels like all we have is sad or bad news. Yet with God's help in life and death we are assured of safety through faith in God our source of being and strength to carry on.

Nehemiah 8.10 says; "Do not grieve, for the joy of the Lord is your strength."

Though so much seems bleak, the glimmer of hope shines on as the vaccine is rolled out. We continue to see and hear of great acts of human kindness through sacrificial acts of neighbourly care, frontline workers tirelessly serving those in need, and many others.

I am grateful to our church members who keep in touch with those who are alone, who prepare and dedicate flowers, donate to food banks, pray and encourage us.

When it feels hard may I offer the three scriptures above for strength to carry on. Knowing that God is our refuge - a hiding place in times of uncertainty, a constant present in times of trouble and the great one whom we can run to for protection and comfort.

May God lift you up above the storm and shield you against the harsh winds; and at the end of time may he lead you home.

With love and good wishes

Mmasape

We hold in mind and offer prayers for ...

Kathleen Taylor who has now returned home from a short stay in Queens Hospital. Kathleen continues to receive weekly treatment.

Liz Amar who reports that she feels back to health but is missing her friends who she enjoys talking to on the phone.

Susan, Diane's sister who is recovering from the Covid virus and missing her friends who are ill in hospital.

Colin, Ciaran and Clare as they make preparations for Pauline's funeral service and for Colins work team who have just lost two valued members to the virus.

Audrey Taylor who is safe at home but missing her friends and awaiting results of hospital tests.

Elise , Michelle's Mum who is well cared for by her family but continuing to struggle with ill health.

The family and friends of Leotta as they grieve the loss of such a significant and loving lady in their lives.

Frank Sayers who after another blip with his health; remains well cared for at home .

Mike & Madeline Seviour and their family following the death of their Aunt and Uncle, Olive and Doug Hazard

Mmasape's friend Jenny who is grieving her mother.

Ruth's niece Millie, who is undergoing investigation after an admittance to hospital.

Those who are experiencing domestic abuse and find themselves unable or prevented from seeking the help they need to be safe.

While we remember and pray for our own church family, we reach out to our extended church families within the circuit who are also coping with loneliness, poor health and loss.

Please find the time to hold them in your mind and pray that they too will be given strength and comfort to overcome the difficulties they face.

It is so difficult in these dark times to stay aware of the multitude of gifts around us, stay hopeful and not lose sight of the future and what God has in mind for us all. **LB**

APPLAUSE



PLEASE for our

Cleaners **Clergy** scientists

emergency service workers

shop workers Nurses children

Carers DELIVERY DRIVERS

TEACHERS Parents **MIDWIVES**

pharmacies social workers

Foodbanks DOCTORS

government leaders volunteers

Who would you like to put on our applause page?

Congratulations to:

Phelo, who celebrated his 18th birthday



in January with a fabulous cake.

Happy Birthday, wishing you success

and happiness in the
ahead.



year



CHURCH ANNUAL REPORT REMINDER

**Please send your completed reports to
Brian Grinham by 28th February.**

Let's remember – to look after one
another....



HANDS



FACE



SPACE

In Remembrance

Lottie Alleyne

For anyone who, like me, has been going to the Drive Methodist Church for years, Lottie has been a constant. She was always there and always smiling but as one of the people I saw at Church but never knew very well.

That changed when I started visiting her about 4 or 5 years ago. I'd take my sewing or knitting along, and we would put the world to rights over a cup of tea and a Mr Kipling cake. She told me about her children, grandchildren, and great grandchildren who she loved dearly and was very proud of. I'd admire her photos, and everyone had a story to tell.

Lottie suffered greatly with her mobility in later years which meant she couldn't get to her beloved Church. However, she was greatly supported by her friends at Whitfield Court where she had lived for about 35 years.

Lottie was a dear friend, always interested in you, always caring and rarely complaining even when you could see she was in pain. She was very funny and a treasure trove of wonderful stories that I will cherish. I will miss our cups of tea but consider it a privilege to have spent that time with her and had the opportunity of getting to know her.

Rest in peace, Lottie.

Ruth Joyce

A Eulogy for Leotta - written and read at her
thanksgiving service by Maureen Hinds



To those of you who have heard me speak at Nan's 80th and 90th birthday celebrations you will know that we met in this church, 33 years ago. I am therefore honoured to be asked to deliver this tribute today.

Today we wish to thank God for the life of Leotta Alleyne, widow, mother, grandmother, great grandmother, sister, neighbour, relative, and friend of many in the UK, Fisherpond, and the wider Barbadian community at home and abroad.

Leotta Alleyne, formerly Smith, better known by friends in Barbados as Ottie and in the UK as Lottie and Nan, was born in Sweetvale, St George, Barbados on January 13th 1927. Her parents, Charles and Mildred Smith, were agricultural labourers. Her only sibling, Daphne Clarke, formerly Smith, predeceased her in 1995 and her husband Prince Alleyne in October 1997.

To my family, she was Nan, so please indulge me if I call her Nan from this point as I'm really not used to calling big people by their first names and Nan was most certainly 'big people'. In 1961, Nan made the decision to join her husband in the UK. No one had prepared her for the harsh winters or the racism that she would encounter, in responding to the call to come and help rebuild the motherland after World War 2. Life in England, where you would see those signs, no blacks, no dogs, no Irish was no bed of roses.

In 1963, her son Patrick (Shaka) was born, and in order to return to work, Nan sent him to Barbados to live with her parents and his three siblings (Pauline, Pat and Terry) in

Fisherpond. Nan and her husband embarked on building a home and future life for the family in London.

She made many friends along the journey and was able to help friends and relatives from Barbados settling in the UK. Cousins, Wavenie and Coreen, and friends, Rita Rouse and her children and her dear friend, Clyde who passed in 2015 were beneficiaries of Nan's caring and concerning nature.

In 1967 Nan's mother, suffered a stroke, and could no longer assist with the care of the children in Barbados. The decision was made to have Pat, Terry and Shaka join her in the UK while Pauline remained in Barbados to work and provide care for her Grandparents.

Nan's life took many twists and turns after her children arrived in the UK. But hard work to ensure that they had the best was always her main purpose. She worked for many years at London Transport. It was there that she met her dearest friend, Mrs Roberts.

Nan retired from London Transport in 1987 and moved to her new residence at Whitfield Court. It was a new Sheltered Housing facility, and being one of the youngest 'seniors', she became the life blood of the building, assisting many of the older residents like Beattie and Bert Simpson who were also members of this church. She enjoyed taking part in the social activities, especially the dancing and exercise classes. Many of Nan's friends and supporters of the past 33 years lived at Whitfield Court or visited her there. Her daughter Pat brought her friends to visit her Mum there, and they became Nan's friends too.

Barbados was always home and where she visited on many occasions, over the years. There are still some relatives and friends who remember her and send their condolences: Grace Gittens, Carmen Mapp, Charles Belle, Gwen Clarke. Many

younger relatives, who saw her as the Matriarch of the Smith, Yearwood, Sargent and Wilkinson family also send their condolences: Veronica and her family, Veda, Holdine, Louis and family, Vesta and son Patel, Vernon and family.

None of the other members of the family had reached their 'nineties', and everyone was proud of her, especially for her fantastic memory and incredible stories of the past generation. She was the griot – the storyteller and historian.

Nan was very proud of her family and their many achievements. She was a strong woman. whether or not you asked her. I can personally recall being on the receiving end of her sharp intellect and strongly held opinions especially about current affairs or fashion. The current Covid 19 pandemic generated much discussion. 5 years ago, she even chose her own hymns for today – she knew exactly what she wanted.

Nan loved fashion – she was a fashionista. Consequently, if I wore something that she didn't like she would reprimand me with ..." Maureen come here and let me see what it that you are wearing" and then proceed to tell me what was wrong with it and why she did not like it, irrespective of who the designer was and how much I had paid for it. Nan did not play, and I didn't argue.

Nan was very involved in the lives of her 9 grandchildren, Paul, Paula, Dirran, Dylan, Joshua, Tianna, Jyvarn, Tysharn, and Teyjah also known in the family as Lottie. She was also great grandmother to Liam, Amelia and Abigail. They all loved her very much.

So Nan, until we meet again, sleep well. We will always keep your memory alive and carry on your legacy. I am sure when the late, great, Maya Angelou wrote:

***"A great soul serves everyone all the time.
A great soul never dies.
It brings us together, again and again".***

She was probably thinking of a phenomenal woman like our Mum, our Gran, our Nan... Mrs Leotta Alleyne. May she rest in eternal peace and rise in glory. So let us give thanks to the Lord for his goodness and her long and productive life. His mercies endureth forever.

Amen, What an interesting and wonderful tribute. LB

Olive Hazard

We remember and pray for Olive and Doug, their children Jill and Richard, Mike and Madeline and their wider family and friends at this time of loss.

Olive's Funeral Details



A service for Olive took place on Monday 1st February 2.15pm at Seven Hills Chapel in Ipswich. The funeral service will be available for viewing for 28 days. Details are as follows:

Website: www.obitus.com/

Username: Heza5222

Password: 180717

Doug Hazard

Doug, who has been in fragile health, sadly died on the morning of his wife Olive's funeral. We remember them as a couple dedicated to the life and work of The Drive Church until they left to spend many happy years in Felixstowe. May they both Rest in Peace.

Olive and Douglas Hazard

Hearing the sad news that Olive & Douglas Hazard had passed away within two weeks of each other has reminded me of how much I owe them both.

Our paths first crossed in the early 1950's when I was tiny and we moved to Redbridge to be closer to my Grandparents so my Mum had support while my Dad was travelling with the RAF. My sister started attending Sunday School at the Drive Methodist and, in the fullness of time, so did I. When I was a child, they always seemed to be there, calm and efficient and always interested in what we were doing.

I grew up, got married and moved away, first to Berkshire then abroad, producing 2 children along the way and didn't see them for many years.

I renewed my acquaintance with them in 1978 when my children and I returned to England to stay with my parents after my marriage broke up. We attended The Drive Methodist, and my children went to Brownies and Guides (I know Jo remembers my daughter, Samantha, from that time there). They always chatted to me at Church and this is when Olive & Douglas made the biggest impact on my life.

One day, whilst helping at a church Brownies and Guides event, Douglas came over to see how I was doing. I told him my sorry tale, how I was trying to get us a home of our own

with limited funds and 2 kids, had just returned to work after a 12 year gap, couldn't get any help from any housing associations or the Council. He listened for a while then said "have you put your name on the Church Housing List" whereupon I said "the what?" He went on to explain that it was a registered charity run by various churches and the rents were subsidised. So he helped me get my name on the list and about 3 years later, my name came up and I was offered a lovely 2 bed roomed flat in Argyle Road, Ilford where we lived very happily for 10 years.

However, one of the conditions of renting the flat was I could stay there while the children lived with me but when they left home, I couldn't live in that flat and would be moved to a bedsit. Whilst it was great that they would promise to give me somewhere to live, I knew I didn't want to live in a bedsit. So, I needed to buy a place but had no deposit because it's hard to save when running a home with kids. I got a job in a bank hoping for a cheap mortgage but that didn't work out. Then a friend told me about the Tenants Incentive Scheme which was a Government run scheme designed to help people in my position who wanted to buy a place but didn't have the necessary deposit, where you could apply for a one-off grant that would be the deposit to buy a place, thereby freeing up the flat for someone else. I applied and after 3 years, was awarded a one-off grant that was enough for a deposit on the house where I now live in Hainault and when I retired 11 years ago, I finished paying my mortgage and the house was finally mine.

So, if Olive and Douglas, but especially Douglas, had not taken an interest in my welfare all those years ago, I wouldn't be in the fortunate position I am now with a secure roof over my head that is paid for. Although they moved to Felixstowe many years ago, I always kept in touch by Christmas card and in 2013, I included a letter explaining how life had turned out

for me and said big THANK YOU for huge contribution they had made to my future.

They were a lovely couple with hearts of gold, true Christians who will be sadly missed.

Ruth Joyce



Recollections of Olive and Doug Hazard

I first met Olive in 1979 after we had both joined Ilford Choral Society. After they moved from Ilford in 1991, Olive joined a choir in Felixstowe. At about the same time, Olives niece Madeline Seviour was able to join Ilford Choral Society because of a change of rota at work.

Olive and Doug were founder members of INTA (Ilford National Trust Association), for which they worked very hard until their move to Felixstowe.

I began attending The Drive Church in 1981 and was one of their early recruits to INTA and Peter Sharp and I ran the 'shop' at meetings for a few years while Doug was the treasurer. We stopped when Leah and Henry Lewis took over as joint treasurers.

Many years ago, INTA had their Christmas Lunch at Cordy's of Felixstowe and Olive and Doug came to see us.

Peter and I twice visited their beautiful bungalow and garden in Felixstowe, and I used to phone Olive from time to time. I last spoke to Doug last Autumn when his daughter Jill was checking phone messages and called me.

Susan Ruckes

Pauline Rodway



The funeral details for our friend Pauline are as follows:

Thursday, 11th February 3.00pm at Forest Park Crematorium.

The live broadcast will be available 5 minutes before the start of the service.

As Pauline wished, the service will only be available to view while it is taking place and will not be available at a later time. Colin suggests; if you cannot access the service, give Pauline a thought and have a cup of tea with her instead.

Rather than flowers, Pauline requested a donation to environmental charities such as Water Aid or World Land Trust or even your own favourite charity.

Please contact Colin for details of the Live link.



PAULINE RODWAY

When there was a request for volunteers to help the elderly and those shielding, Pauline was one of the first to volunteer. Until her illness, Pauline shopped for my friend Viera and for me, for which we are very grateful. Thank you Pauline.

Susan Ruckes



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Food Donation Collection

Thank you, friends, from The Drive, Barkingside and Seven Kings churches for your generosity and support with the food collection that took place on Saturday 9th January. It was a big success and the donations that filled my car along with cash donations of £150 were used to provide much needed food for a small group of people I regularly deliver to, with the bulk going to the Redbridge Foodbank.

A further collection will be made when it is safe to do so.

Mmasape

SUPPORT REDBRIDGE FOOD BANK

Jubilee Church - 14 Granville Road Ilford IG1 4JY

Website www.redbridge.foodbank.org.uk/

020 8518 0056

Apart from food- Urgently needed are toilet rolls, shampoo, shower gel, size 5 & 6 nappies.

News of meetings from Jan and John



Bible Reading Group

It has been a difficult year for this group. At one time, an age ago, there were ten of us meeting monthly over coffee and cake to discuss what we thought about a particular section of a book from the Bible that we had all agreed to read that month. Roy would always have a wooden spoon and manage to say something none of us had ever thought of to say, Corinne would remember a particular sermon or event from 40 years ago which was relevant to our reading and Betty would always have prepared some wise and thoughtful notes.

Since Covid 19 appeared on the scene we're having a monthly Zoom Meeting and Pauline, with her wisdom and fun briefly joined.

We have shared many happy memories together. But we look forward with hope, to a time when we shall meet in person again and share together our unique, God given, insights on what the Bible means to us. Thank you to all members of this group past and present for your commitment to one another and to the Scriptures. New members are welcome, no experience required!

Bible Reading Group, Friday 26th February, we shall be meeting by zoom at 11:00am and a link will be placed on the Bible Reading Group WhatsApp. We shall be discussing 1 Peter Chapter 3.



Prayer Group

Some years back, in the distant past before anybody had ever heard of the word Covid, there was no prayer meeting at the Drive Methodist Church. At that time, we were aware that some people are not people who extemporise in prayer and wanted to enable everybody to have an opportunity to join in, hence the introduction of a monthly prayer sheet and a monthly prayer meeting in the church vestry. People who could not get to the prayer meeting could also have a sheet and pray along with us at home. Betty and Elsie were able to join in without leaving their house. We are aware that this year there has been more opportunities for our Church to be united in prayer through WhatsApp and Zoom. We know a few people who are not on WhatsApp or Zoom who find the Church prayer sheet helpful so will keep this up even for the one or two. But we thank God that we as a Church are finding new ways to unite in prayer and are open for God to do a new thing.

Church Prayer Meeting - Thursday 25th February, 7:15pm - 7:45pm. The Prayer sheet can be found on the Church Website. We cannot meet in person, but we can still be united in Spirit.



A big thank you to all who provide us with regular thoughtful prayers and services to feed our minds and our souls.



Find-A-Feeling



WORD SEARCH PUZZLE

S	E	C	H	S	S	D	S	D	L	A	O	W	I	C
F	T	S	O	T	D	D	U	W	H	N	E	S	T	O
E	I	I	E	N	T	H	O	P	E	F	U	I	A	D
U	O	E	D	T	F	R	U	S	T	R	A	T	E	D
L	I	L	O	C	R	I	C	I	T	A	T	S	C	E
T	O	S	S	I	E	O	D	L	O	A	U	U	D	S
H	L	N	E	X	C	I	T	E	D	F	I	O	O	I
A	I	D	E	K	C	O	H	S	N	A	R	L	K	R
P	F	E	N	L	R	S	U	O	I	T	U	A	C	P
P	T	R	R	H	Y	D	C	F	P	D	F	E	U	R
Y	S	O	A	R	S	U	O	V	R	E	N	J	H	U
E	T	B	G	I	H	O	P	E	F	U	L	R	O	S
N	C	N	E	R	D	R	T	R	O	A	F	E	D	A
W	A	P	D	R	E	P	I	P	T	E	T	E	S	A
L	S	U	I	O	T	T	L	T	R	H	O	Y	G	S

SURPRISED
NERVOUS
AFRAID
CAUTIOUS
CONFUSED
ECSTATIC
EXCITED

ENRAGED
HAPPY
ANGRY
FRUSTRATED
BORED
JEALOUS
WORRIED

PROUD
PROUD
CONFIDENT
LONELY
SHOCKED
HOPELESS
SAD



Holocaust Memorial Day

27th January 2021

To mark HMD 2020, Chief Rabbi Ephraim Mirvis, Archbishop of Canterbury Justin Welby and Senior Imam Qari Asim have come together and written a special prayer which is intended to be used by people of any faith at their HMD activity.

Loving God, we come to you with heavy hearts, remembering the six million Jewish souls murdered during the Holocaust.

In the horrors of that history, when so many groups were targeted because of their identity, and in genocides which followed, we recognise destructive prejudices that drive people apart.

Forgive us when we give space to fear, negativity and hatred of others, simply because they are different from us.

In the light of God, we see everyone as equally precious, manifestations of the Divine and can know the courage to face the darkness.

Through our prayers and actions, help us to stand together with those who are suffering, so that light may banish all darkness, love will prevail over hate and good will triumph over evil.

Amen

Susan's Christmas 2020

This is the first time I have spent Christmas Day here since moving to my present home in 1980. From 1980 to 2004 I was with family on the Essex or Suffolk coast. Peter Sharp and I have stayed at a Colchester Hotel from 2005 to 2019. Peter was at his Dagenham home for Christmas 2020.

It felt strange not going to a Christmas Day service at St Andrews Church Marks Tey as we always receive a warm welcome there. A few years ago, there was a Methodist Church opposite Marks Tey Hotel and Peter and I enjoyed Christmas Day services there with no worries about the journey home. The church closed but the building continued to be used up to January 2020.

I have had no turkey dinners since the first lockdown- not even for American Thanksgiving. – but I don't feel deprived. One Christmas Day at Marks Tey Hotel Peter and I had cheese and ham rolls as we were too late to book Christmas lunch but a buffet breakfast and evening bar snack more than compensated. This year I missed seeing the Queens speech on television. but I enjoyed singing carols with Classic FM and LISTENING to her Majesty at 3pm. The Queen set an example by staying at Windsor. Perhaps it was a welcome change from the usual family gathering at Sandringham?

It was fun taking part in the `recording' of `Hark the Herald' outside my front door. Many thanks to Andrew for all his hard work. The Annual Carol Service took place in a different form, but without the mince pies.

On the evening of Christmas Day, my neighbours and I met on the landing for savouries, mince pies and a glass of something. We chatted for a couple of hours and once again, no worries about the journey home.

Sue, looks as though you made the most of your alternative Christmas celebrations.

Barking Dagenham and Ilford

Methodist Circuit helps home schooling.

The schools work arm of the Barking Dagenham and Ilford Methodist Circuit (known as the Religious Education Resources Project) has been able to resource a local school with nine laptops through an initiative with the Samaritans Purse Charity. The laptops and tablets, funded by the Billy Graham Evangelist Association, partnered with the Samaritans Purse Charity, were for families in need of devices for home schooling, but required a partner church to enable the gift. By becoming a partner with the Samaritans Purse, the BDI Circuit enabled this gift to proceed and the school was delighted to have closer links with both the schools project and the Circuit.

This has been a wonderful opportunity for the Circuit to do something positive during lockdown and there is a further possibility of helping other schools in a similar way in the future.

The Religious Education Resources Project has served local schools within the BDI Circuit for 19 years and has continued to provide schools with Zoom sessions about Christianity during lockdown when school visits were not possible. Please see the RERP website for further information at www.rerp-methodist-church.org.uk

What a valuable scheme for our local children. Well Done !

What's happening at Wesley's?

Free Family Activity Packs

Explore the history of John Wesley's House and Wesley's Chapel through the theme of play this February half-term. Sign up to receive a postal pack that contains playful activities inspired by the site and the people that have lived here over the years, sing sounds to tell stories and recreating your own version of John Wesley's House.

Order one ticket per pack, you will be asked for your address once a booking has been made. Book your pack here: <https://familyactivitypacks.eventbrite.co.uk> It will be posted out in time for February half-term (15th February). ***Tickets are available until Friday 12th February.***

Virtual Open Day

John Wesley's House will be 'open' for another Virtual Open Day on **Wednesday 17 February**! Check out the Families page on the website on the day for activities for all the family including 18th century recipes, at home trails and Curator's Picks. Just click here:

<https://www.wesleysheritage.org.uk/family-visits-projects/>

Wesley's Wednesday Challenge

Wesley's Wednesday Challenge is back for February! The theme will be the Georgians. John Wesley was a Georgian, and this Challenge will help you discover more about this time and how people lived. Download from the Families page of the website

<https://www.wesleysheritage.org.uk/family-visits-projects/> or via social media channels. **dot to dot**





FOOD MEMORIES from Anne

Beef Casserole and Dumplings

In 1966 I was given the gift of a cookery book compiled by Marguerite Patten. I was eager to try out some of the recipes and chose to make a casserole given the name of 'Steak Elizabetta with Mustard Dumplings'.

It became one of my most used recipes and was a favourite with my family and friends. My eldest child renamed it 'Dumpsy Dinner' and to this day she continues to call it by that name.

Over the years I have adapted the recipe, adding tomatoes, herbs and vegetables. The following amounts provide enough for approximately four people according to appetite and taste.

500g (1lb) Braising Steak

1 heaped tbspn flour

Half tspn dry mustard

Salt and pepper

Vegetable oil

Mixed herbs to taste

1 litre water

2 cans tomatoes

*1 leek, chopped.

*2 medium carrots, sliced.

*1 large pepper, chopped.

*200g mushrooms, sliced.

2 onions, chopped.

*2 Knorr rich beef stock cubes

Pearl Barley optional

Coat the meat in the flour, seasoned with salt /pepper and mustard. Heat the oil in a deep pan, lightly fry the onions and then the meat until lightly browned. Stir in the tomatoes and the water. Add all the above items* and season well. Simmer for about 20minutes and then place in a casserole dish with lid.

Place in centre of oven (fan oven 150c. Gas mark 4) and leave for at least three hours.

Mustard dumplings

4 ozs SR Flour, half tsp dry mustard, 2ozs Atora Suet.
Mix together, season and add a few tbs cold water.
Knead well and shape into 4-6 small balls. 30 mins. before serving turn oven up to 200c Gas 8/9 place dumplings in casserole.

NB. For a vegetarian choice the meat and beef stock can be omitted and veg such as swede, turnip and parsnips can be added. Atora vegetable suet can be used for the dumplings.

The casserole is even tastier if stored in fridge overnight.

Mmm sounds tasty Anne.

**So do you have a family recipe with a fond memory ?
Do send it to me for our next newsletter.**



Riddle 1

What's the least number of chairs you would need around a table to sit four fathers, two grandfathers, and four sons?

Riddle 2

Morgan was making apricot jam. She put all the apricots in the pot and stirred them up. Then she remembered she had to add 1 ounce of lemon juice for every two apricots! How did she figure out how much lemon juice to put in?

Answers on back page

A Sourdough tale

Considering myself a reasonable baker, I thought I would take up the challenge to make a sourdough loaf. I made, fed and nurtured the sourdough starter as though it was a baby and after carefully following the process of mixing, stretching and prodding I finally placed two large unwieldy portions of dough in the oven to bake, along with water to create a sauna like state and encourage the bread to have a good crust. Soooo exciting.....

Time up - I removed two nicely browned but 'weapon heavy' loaves from the oven. In fact, they reminded me of the dummy loaves you see in a mock-up Tudor kitchen setting. I knew they were inedible and so I carved them into substantial chunks and placed a huge pile on our garden table as a 'treat' for the birds. The resident wood pigeons cooed and eyed them with suspicious interest.

The next day, the bread was gone! My goodness, those pigeons must have been desperate. However, that evening a clearer picture emerged when we found sourdough weapons under our pillows. No, it wasn't the bread fairy but Flo our spaniel who loves to leave gifts under or on our pillows...just like the little chocolates they place on your pillow when you're staying in a posh hotel; except ours are usually chews or maybe a Yorkshire pud Flo has been given if I make a roast.

Although several weeks have passed, Flo has consistently left sourdough bedtime gifts for us. Some she has dug up from her burial hoard in the garden and others she has deposited around the house in the laundry basket, in shoes, in a box of photos, behind a radiator etc. She likes to be there when we find her gifts, expectant of a joyous thank you.

As she attempts to eat almost everything we put out for the birds, I'm a little disappointed that even she didn't rate my bread.

Lorraine. Have you had a baking disaster you would like to share?

Pharmacies launch ANI codeword scheme to offer 'lifeline' to domestic abuse victims

The government has teamed up with independent pharmacies and Boots to launch a domestic abuse Ask for ANI codeword scheme. From 14 January victims of domestic abuse will be able to access much needed support from thousands of pharmacies across the UK, backed by the government.

The Ask for ANI scheme allows those at risk or suffering from abuse to discreetly signal that they need help and access support. By asking for ANI, a trained pharmacy worker will offer a private space where they can understand if the victim needs to speak to the police or would like help to access support services such as a national or local domestic abuse helplines

Pharmacies can provide a safe space for victims to sound an alarm if they are isolated at home with their abuser and unable to get help in another way.

The Prime Minister committed to launch this scheme at the Hidden Harms summit last year in recognition of the impact of Covid restrictions on the ability of victims to reach out for help and support. The scheme was initially proposed by survivors as something that would have helped them.

The scheme will be initially available through all Boots stores across the UK as well as 255 independent pharmacies. There will be an on-going sign-up process open to all pharmacies.

Concerned about a rough sleeper? Tell someone.

If you want to tell us about someone sleeping rough, you can contact **Street Link on 0300 500 0914** who will take note of all the information that you provide and arrange for the rough sleeper to get access to local services and support.

Help for rough sleepers.

In Redbridge there are a number of agencies and accommodation providers offering advice, support and shelter to help rough sleepers get off the street.

These include:

- a 16-bed hostel for rough sleepers (Jason Lee House)
- the Welcome Centre where a range of services are available, including advice about health, benefits, a meal and washing facilities.
- ongoing support for rough sleepers who have been resettled.
- Redbridge outreach services will assess the needs and link the rough sleeper in with services to help get them off the street.

NHS VOLUNTEER RESPONDER

DELIVERED BY

THE ROYAL

VOLUNTARY SERVICE

- Do you need some help at this time?
- Do you need help to isolate due to a health condition?
- If you need a hand with collecting shopping or prescriptions.
- Would you like someone to call you for a chat?

Our **NHS VOLUNTEER RESPONDERS** are

here to help

CALL 0808 196 3646

or go to

nhsvolunteerresponders.org.uk

BOVVERED

`Have you cleaned your room up. I bet it's in a mess?'

I hear her calling through the door.

She's big time with the stress.

`AM I BOVVERED'.

`You better do your homework or its going in the bin.'

She's not the one who gets the grief,

when I don't hand it in.

`AM I BOVVERED'.

`Turn that music down right now it's doing my head in'

Well stuff your ears with cotton wool,

and you won't hear the din.

`AM I BOVVERED'.

`If you keep eating all those sweets your teeth will rot away.'

Says she who had some false ones fitted,

Just the other day.

`AM I BOVVERED'.

`Am I bovvered'. Well yes I would be if she stopped her moans

`Cos one thing is for sure

The nagging means she's Bovvered

And she loves me more and more! ANON

` Lets sing' - One More Step



One more step along the
world I go, One more step
along the world I go;
From the old things to the
new, keep me traveling
along with you

**And it's from the old I
travel to the new, keep
me traveling along with
you.**

Round the corners of the
world I turn, more and more about the world I learn;
And the new things that I see, you'll be looking at along with
me.

**And it's from the old I travel to the new;
Keep me traveling along with you.**

As I travel through the bad and good, keep me traveling the
way I should;
Where I see no way to go, you'll be telling me the way, I
know

**And it's from the old I travel to the new;
Keep me traveling along with you.**

Give me courage when the world is rough, keep me loving
though the world is tough;
Leap and sing in all I do, keep me traveling along with you

**And it's from the old I travel to the new;
Keep me traveling along with you.**

You are older than the world can be, you are younger than
the life in me;
Ever old and ever new, keep me traveling along with you

**And it's from the old I travel to the new;
Keep me traveling along with you.**

Daniel Shiells



We pray

God of grace we give thanks to all who welcome the
stranger, for extending a hand of friendship to the outcast
and marginalised.

Lord of all creation guide us through our decisions in the
face of challenge and change.

Protector of the vulnerable, we bring before you all who are
trapped, lost and scared, give to them courage in dark times
and hope for the future.

Amen

Helplines and Support

Victim Support 08 08 16 89 111 is here to help anyone
affected by crime. Because we're an independent charity,
you can talk to us whether or not you've reported the crime
to the police. We are here just to support you.

Freephone www.victimsupport.org.uk/help-and-support/get-help/support-near-you/east-england/essex

Domestic Abuse Call Refuge's National Domestic Abuse free 24 hr helpline for confidential advice, on **0808 2000 247**. To access further information, and the live chat service www.nationaldahelpline.org.uk. If you are in immediate danger, call 999.

Mind for mental health support

Infoline: 03001233393 Email: info@mind.org.uk

Samaritans If you need someone to talk to urgently and in confidence — the Samaritans are able to offer 24hr emotional support. 08457 90 90 90, for the cost of a local call, or alternatively visit their website at www.samaritans.org.uk.

Childline

You can talk to us about anything. No problem is too big or too small. Call 0800 1111 or via 1-2-1 chat between 7.30am and 3.30am every day.

riddle answers:

1. Four. The four fathers could be grandfathers and are definitely sons already.
2. She counted the stones.