

PANTRY NEWS

The CORE Pantry, Upton Priory Newsletter
Charity number: 1181691



ROYAL VISIT TO THE CORE PANTRY

A huge thank you to all our members and volunteers who allowed us to host a very exciting meeting in the pantry on the 28th November. We are now allowed to disclose what was happening.

We were asked to host a meeting for Cheshire Community Fund to enable some discussions around Mental Health and wellbeing, Disability and Poverty with HRH The Duchess of Edinburgh, Sophie Wessex.



Fabienne was invited to join 3 other charities on the Poverty table. We also hosted other VIPs such as our new MP Tim Rocca, The Lord Lieutenant of Cheshire and The High Sheriff of Cheshire.

Our volunteers Wendy, Alison, Jane and Sam ran the cafe for the event and also met HRH. As you can imagine there was a lot of planning on changing the pantry times and the security around the visit so we all really appreciate you being so accommodating. We are still awaiting clearance on any photographs of The Duchess so will post on Facebook and have some printed in the pantry as soon as we are allowed.

(Photographs above show The High Sheriff of Cheshire with our team on the day - she was very interested in our service.)

CAMPFIRE CAROLS - 18th DEC 5.15pm

Following the success of last year's Campfire Carols we will be holding a Community Carol Service at the front of the church on the 18th December 2024. The time will be 5.15pm as the pantry should be a little quieter.

All volunteers, members of the pantry and members of the local community are invited to join us.

Carols, campfire, hot chocolate - we hope to see you there.

What's On:

SOCIAL PRESCRIBERS

- 11th December 2024 3-5pm
- 16th January 2025 11am-2pm
- 12th February 2025 3-5pm
- 13th March 2025 11am-2pm

CITIZEN'S ADVICE ENERGY SERVICE

- 30th January 2025 11am-2pm
- 26th February 2025 3pm-5pm
- 27th March 2025 11-2pm

POTENTIAL BREWED

- 5th December 2024 11-2pm
- 9th January 2025 11-2pm
- 23rd January 2025 11-2pm
- 6th February 2025 11-2pm
- 20th February 2025 11-2pm
- 6th March 2025 11-2pm
- 25th March 2025 11-2pm

PANTRY CLOSURES

Christmas Bank Holidays mean we will need to close for 2 weeks through Christmas.

- LAST PANTRY OF 2024
19th Dec 2024
- FIRST PANTRY OF 2025
8th Jan 2025



POTENTIAL BREWED

Potential Brewed are going to start visiting the pantry on a fortnightly basis starting on the 5th December. They say...

“We provide free internet access and face-to-face support to help you feel more confident online. Whether you need access to a laptop, printer, or scanner; or help to use services that are now online (such as emails, job applications, banking etc.); we can help. Come and have a chat with one of our team – we will be holding regular drop-in sessions, with no need to book.”

FIRST AID AND DEFIBRILLATOR TRAINING

Thanks to a generous donation, we now have a defibrillator. Once in place, it will be accessible to anyone in the community whenever the church is open.

We're pleased to share two of our team members, Fabienne and Sam, recently attended a full-day First Aid training session with Millie's Trust. Building on this, we arranged a Red Cross training session the following week for volunteers and we were delighted that 10 joined the session.



We're proud to say that everyone who participated in the training now feels confident in using the defibrillator—a big step forward in ensuring we can respond effectively in emergencies.

Two important and interesting apps/websites to look into...

- What3words - provide 3 words to pinpoint your location which is very helpful for an ambulance! The church uses [///wakes.hails.riders](http://wakes.hails.riders) for our front door.
- www.defibfinder.uk - This site shows any local defibrillators. Although not shown yet, if our church is closed, you can access Macclesfield Leisure Centre or Macclesfield Rugby Club.

COMING SOON - CITIZEN'S ADVICE TEAM

We are pleased to announce we will be part of a pilot scheme to locate a Citizens Advice Case Worker within The CORE Pantry during our opening times. The Case Worker will be able to work across the whole Citizens Advice support offer.

Citizen's Advice are currently recruiting for the role - we will see them in the pantry in the New Year.

Kindly printed by



Christmas leftovers Bubble and Squeak

INGREDIENTS

- 200g cooked turkey, shredded
- 200g roasted potatoes
- Any leftover vegetables
- 1 egg
- Oil
- Salt

METHOD

Chop potatoes and veg into chunks add to turkey.

Season well then add 1 whisked egg.

Shape into round shapes (using wet hands will prevent them sticking).

Heat oil (or leftover goose fat) in a frying pan.

Fry for 2-3 minutes on each side - listen out for the bubble and squeak noises.

TIPS

Jamie Oliver serves his with a poached egg on top.

Gordan Ramsey suggests if you are vegetarian or vegan why not try with chunks of feta or sundried tomatoes.

Joe Wicks (Lean in 15 author) uses coconut oil instead of oil or butter.

