

Spring/Summer 2020



Local Trust | Big Local
North Meets South (NMS)
is by residents, with residents & for residents
of Marks Gate & north Chadwell Heath
www.nmsbl.org.uk



HELP WITH CORONAVIRUS

We're all in this together, for as long as it takes.
Please follow the government's advice and stay well.
Here are some tips and ideas to help in the meantime.

IN THIS ISSUE:

- Help with Coronavirus
- Recipes & puzzles
- Extra support for children & young people
- Happy to help



Beware of scammers and loan sharks!

There are always unscrupulous people who try to take advantage during hard times. Local groups have been working with the council to agree a contact point for people living in Chadwell Heath ward. If you or someone you know needs help with any of these, or if you're able to volunteer to help with any of these, do get in touch:

- Picking up medicine
- Food shopping
- A friendly chat

Please call **020 8597 8076** Monday to Friday, 10am-3pm, or email churchoffice@stchads.church, or get in touch via the council: **020 8215 3000** or bdcan@lbbd.gov.uk

Money Advice

Find out what Coronavirus means for you and what you're entitled to:

<https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you>

Citizens Advice

Coronavirus and what it means for you:

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

Universal Credit Helpline: **0800 144 8444**

Advice Line: **0300 330 9038**

Doctors of the World UK has the latest NHS coronavirus guidance in 34 languages: <https://www.doctorsoftheworld.org.uk/>

Extra help for Marks Gate and north Chadwell Heath residents

Can you spare any non-perishable food or household essentials - canned or packet food, toiletries or cleaning products? Eastern Avenue Baptist Church is happy to receive and give out your much appreciated donations to local people in need. Visit Eastern Avenue Baptist Church, East Road, Chadwell Heath RM6 6YJ, Tuesday or Friday, 10.30am-12pm. Please bring a bag, and your council tax as ID.

You can also pick up supermarket gift cards from North Meets South to help meet your costs in these uncertain times. Would you like fresh fruit & veg delivered to your door? NMS may be able to help with that too. **Ring Ola on 07419 285 839.**



RECIPES, PUZZLES & HOME-SCHOOL IDEAS

SAUSAGE & BEAN CASSEROLE

- 1 tablespoon olive oil
- 8 reduced-fat pork sausages
- 1 onion, finely chopped
- 1 celery stick, finely chopped
- 1 carrot, peeled and finely chopped
- 2 garlic cloves, finely chopped
- 400g tin chopped tomatoes
- 400ml chicken stock (made up with $\frac{1}{2}$ stock cube)
- 1 teaspoon smoked paprika
- 400g tin cannellini beans, drained and rinsed
- 100g sliced greens



PLEASE BE CAREFUL USING ANTIBAC GEL AROUND ANY KIND OF OPEN FLAME - IT COULD CATCH FIRE!

1. Heat the oil in a large, lidded nonstick frying pan or flameproof casserole dish over a medium-high heat. Add the sausages and cook for 5 minutes, turning frequently, until browned all over. Remove from the pan and set aside on a plate.
2. Add the onion, celery, carrot and garlic to the pan. Cook over a medium-high heat for 10 minutes until softened and lightly golden. Return the sausages to the pan along with the tinned tomatoes, stock and smoked paprika. Season lightly and stir. Bring to the boil, then reduce to a simmer for 20 minutes until the sauce has thickened slightly.
3. Stir in the beans and greens, then cover and simmer for a further 5 minutes until the greens have softened. Spoon into bowls and grind over some black pepper to serve.

Courtesy of Tesco



WACKY CAKE

- 200g plain flour
- 200g caster sugar
- 4 tablespoons cocoa powder
- 1 teaspoon bicarbonate of soda
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon vanilla extract
- 1 tablespoon cider vinegar
- 6 tablespoons vegetable oil
- 250ml water

1. Preheat oven to 180 degrees C / Gas 4.
2. Mix flour, sugar, salt, bicarbonate of soda and cocoa together in a 8x20cm ungreased cake tin.
3. Make three wells or holes. Pour oil into one, vinegar into the second one, and vanilla into the third. Pour the water over the top and stir well with a fork.
3. Bake for 30 to 40 minutes, or until a skewer inserted comes out clean. Dust with icing sugar or your favorite topping.

Courtesy of All Recipes





RED LENTIL & CARROT SOUP

- 1 white onion, finely sliced
- 2 teaspoons olive oil
- 3 garlic cloves, sliced
- 2 carrots, scrubbed and diced
- 85g red lentils
- 1 vegetable stock cube, crumbled
- 2 tablespoons chopped parsley

1. Heat the oil in a medium pan, add the onion and fry for 2 minutes.
 2. Add the sliced garlic and diced carrots to the pan, and cook briefly over the heat.
 3. Pour in 1 litre of the boiling water from the kettle.
 4. Stir in the lentils and stock cube, then cover the pan and cook over a medium heat for 15 minutes until the lentils are tender.
 5. Take off the heat and stir in the parsley.
 6. Ladle into bowls and scatter with extra parsley, if you like.
- Courtesy of the BBC

TV Wordsearch: Can you find all the words to the right?

C	G	M	R	D	R	A	M	A	S	N	O	E	S	WATCH
V	S	U	D	T	F	O	O	T	B	A	L	L	N	COMMERCIALS
C	R	S	S	E	I	R	E	S	W	E	C	C	R	WESTERNS
S	A	I	M	S	M	O	C	T	I	S	S	S	E	MOVIES
S	E	C	C	R	R	Y	L	I	M	A	F	L	T	FOOTBALL
S	M	I	C	O	M	M	E	R	C	I	A	L	S	PROGRAMS
I	F	A	V	C	O	S	D	A	G	I	H	H	E	ROLES
N	S	I	R	O	S	G	R	G	S	C	I	O	W	DRAMAS
G	T	S	C	G	M	R	N	E	T	E	A	S	T	FUNNY
I	A	O	R	S	O	O	B	A	R	A	L	T	M	SINGING
N	R	A	I	E	S	R	W	O	M	U	C	S	R	RERUNS
G	S	P	M	S	N	C	P	F	U	N	N	Y	S	SOAPS
R	E	S	E	R	O	L	E	S	N	S	O	S	S	SITCOMS
O	O	T	T	C	A	P	R	G	T	S	F	R	P	HOSTS

Can you spot the 15 differences between these pictures?



EXTRA SUPPORT FOR CHILDREN & YOUNG PEOPLE

Free home learning packs for primary school children:

- <https://classroomsecrets.co.uk/free-home-learning-packs/>
- <https://www.hamilton-trust.org.uk/blog/learning-home-packs/>
- <https://www.planbee.com/free-teaching-resources/free-home-learning-packs>
- Carol Vordeman is offering free maths classes for 4-11 year olds at www.themathsfactor.com
- Amazon is offering free streaming of children's books and audio stories while schools remain closed: <https://stories.audible.com/start-listen>

Confidential help:

Kooth: Free, safe, anonymous. Online chat, support and counselling for young people. Monday to Friday 12pm-10pm, and Saturday to Sunday 6pm-10pm: www.kooth.com

Childline: Free and confidential help for under 19s dealing with any issue. Phone anytime, day or night on **0800 1111**

HAPPY TO HELP



Expert help with housing and homelessness: Shelter's free helpline is open every day of the year: 8am-8pm weekdays, 9am-5pm weekends. Ring **0808 800 4444**. In real emergencies only call: **0808 1644 660**

Night shelter: Hope 4 Barking Night Shelter operates all year round for single homeless people aged 18+, who are sleeping rough in Barking & Dagenham. Ring **07527 192 161** or email contact-us@h4bd.org.uk

Foodbanks:

Barking Foodbank:

United Reformed Church, Mill Lane, Chadwell Heath RM6 6RS.
Call **020 8861 0660** or **07507 648948**

Collier Row & Romford Foodbank:

The Wykeham Centre and Church House, Market Place, Romford RM1 3AB. Ring **07548 674958**

Dagenham Foodbank:

RCCG House Of Faith Connections, The Beacon, 104 New Road, Dagenham RM9 6PE. Phone **020 8595 0122** or **07983 431070**

The Silver Line: Free and confidential helpline providing information, friendship and advice to older people. Open 24 hours a day, every day of the year. Phone **0800 4 70 80 90**

Samaritans: A safe place to talk any time, about whatever is affecting to you. 24 hours a day, 365 days a year. Call free: **116 123**

Mental Health Direct:

Free and confidential NHS service for anyone in a crisis or severe distress. Open 24 hours a day, 7 days a week: **0300 555 1000**

Domestic Violence Helpline:

Free, confidential, 24 hour helpline for **women**: **0808 2000 247**. Translation is available, and BT Type talk for hard of hearing. Call **999** if in immediate danger

ManKind Initiative: Confidential helpline for **male** victims of domestic abuse and domestic violence. Ring **01823 334244** Monday to Friday, 10am to 4pm. Call **999** if in immediate danger

StepChange Debt Support:

For free practical help and advice, ring **0800 138 1111**. Monday to Friday, 9am-5pm

For other useful contacts like these, visit North Meets South's Community Links page at www.nmsbl.org.uk/links

Council Service Guide

Social isolation and social prescribing

If you are feeling isolated or lonely:

Telephone: **020 8724 8018**

Email: socialprescribing@lbbd.gov.uk

Homes and Money Hub

For advice about debts, money, making payments:

Telephone: **020 8724 2115** or **020 8227 2927**

Email: homesandmoneyhub@lbbd.gov.uk

Housing

For advice on your housing position:

Telephone: **020 8724 8223**

Email: housingadvice@lbbd.gov.uk

Jobs

For advice about jobs:

Telephone: **020 8724 8870**

Email: barkingjobshop@lbbd.gov.uk

Vulnerable Adults

Worried about those who might need social care support...

020 8227 2915

Email: IntakeTeam@lbbd.gov.uk

**Want to get in touch
with North Meets South?
Contact Ola on 07419 285 839
OR email
nmsworker17@gmail.com**

Please note: All information is currently correct but could change as the situation progresses.