

Issue 8 Winter 2015/16

Client's Newsletter



Brrrrrrr, the weather outside may be chilly but that hasn't stopped the amazing people we support. As always this edition of the newsletter is full of fantastic days out, college courses, Birthdays, holidays, theatre trips, sporting prowess and achievements galore!

Also, find out how to cook some delicious and hearty winter recipes, learn how to make some cute winter decorations for your mantelpiece and let your creative side run wild with our frosty colouring page.



Who is this bathing beauty? Find out on page 5



Wirral Diamonds on pages 16 & 17



Spectacular scenery on page 8



Ice hockey fun on page 33



Liam at Anfield on page 22



Birthdays galore in this issue



Owls on page 12



Sister Act on page 7



Julie tells us about her college course on page 4

Girl's day out



Victoria Griffiths and Sonia Parker decided to treat themselves to a girl's day out recently in Birkenhead, and by the looks of things had a splendid time!

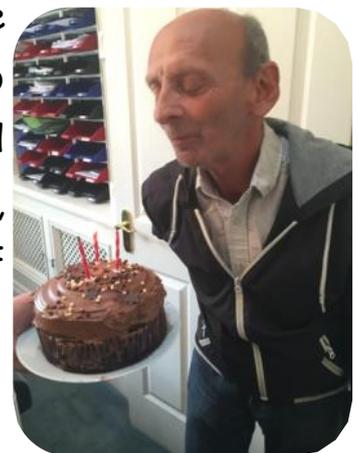


Birthday Boy



Visitors to The Lodge may have noticed how neat and tidy the garden looks, this is all thanks to [John Scaduto](#).

When it was his Birthday, we knew that we had to celebrate with him, and surprised him with a cake, candles and rousing chorus of Happy Birthday to you.



Liverpool Museum



Shrek The Musical



Tom Nelson, Mark Stockton, Emily Jones,, Amanda Graham, Kerry Cliffe, Laura Churchman, Carolyn Shaw and Sharon Blythe went to the Liverpool Empire to see Shrek the musical.

Everyone had an amazing time and got into the spirit of things by wearing Shrek ears!





Wirral Metropolitan College

By



Julie Bebbington



I started at Wirral Met college in September last year, which I was really made up about. I feel like I have done so well on the course and feel like I have progressed. I got a level 3 certificate for personal achievement, a maths certificate and an English certificate. I even got involved in a fashion show taking to the catwalk in

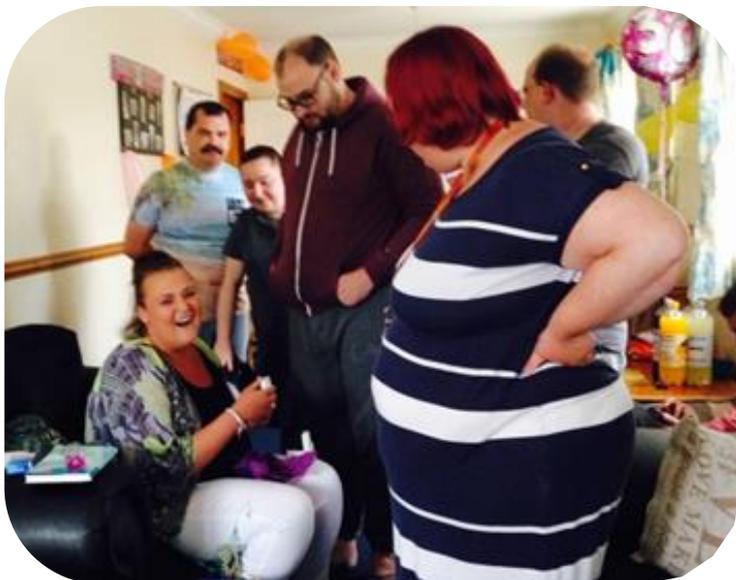
an outfit I designed myself.

I am really looking forward to starting my level 3 diploma in September and hoping to attend university after the 2 year course.



In July, our very own Danielle turned 30, and as it was such a special Birthday, the chaps at Salisbury Court decided to surprise her with a party.

What a wonderful surprise!



Blackpool Rock

By James Claxton



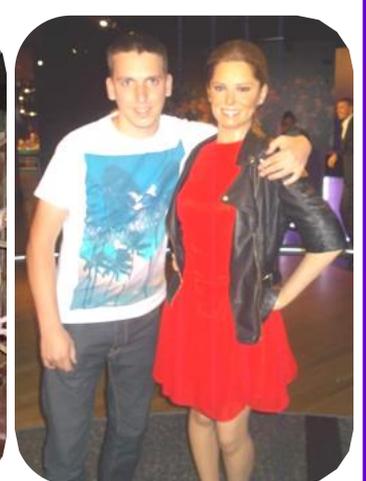
On the 14th of August I, along with 8 other tenants from Overpool went away to Blackpool for 4 days. We got the train from Overpool and arrived at Blackpool at 3pm. Once we had unpacked our cases at our hotel which was called Lawton's, we all went for a walk to have a look around at where everything was. We had our dinner at The Buccaneer restaurant then headed back to the hotel where we all had a drink before getting an early night for the next day.



On the Saturday morning we all walked down to the Blackpool tower so we could get the lift to the top. Once at the top we looked round the tower and at the views. We could see for miles out to the sea and all around Blackpool. After this we had lunch then went to The Sea life Centre where we saw all the fish and walked through the shark tunnel and saw lots of sharks and ray fish. Once we had done this we went to the Dungeons. In here we got taken on a tour where actors told stories about the old days. We then went to a Chinese restaurant for a meal.

Sunday morning after our breakfast we all walked to the Madam Tussaud's waxwork museum. We saw all famous people made out of wax. There were models of popstars like Olly Murs and TV presenters. The part I liked was the sport section and The Rovers Return where we all had a drink. So I can now say I have had a drink with Deidre Barlow. My favourite part was were all the tenants and staff had a group photo done were we all held a board in front of us with writing on it. Mine said "little monkey" After here we got a horse and carriage up to the Pleasure Beach were some of us went on all the rides. I went on Valhalla and Avalanche as well as a couple more. We walked back to town and had tea before going back to the hotel.

In the morning we all packed and got ready to come home. We got train back and arrived home at 2pm. I had a fantastic time and got loads of photos and keyrings to remember my holiday by.





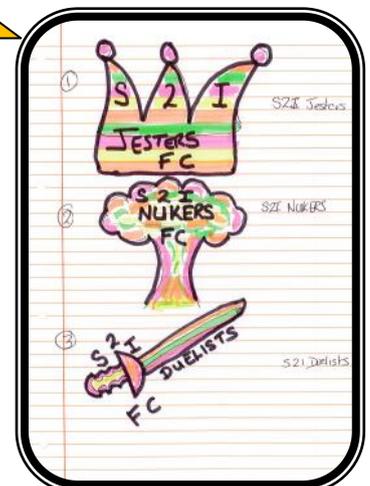
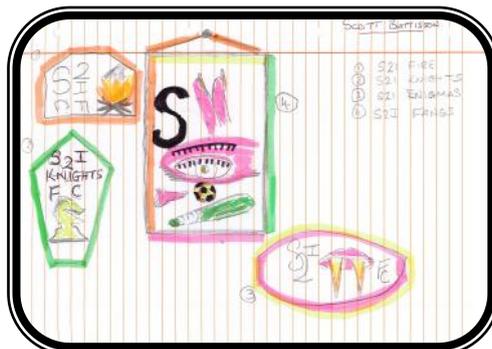
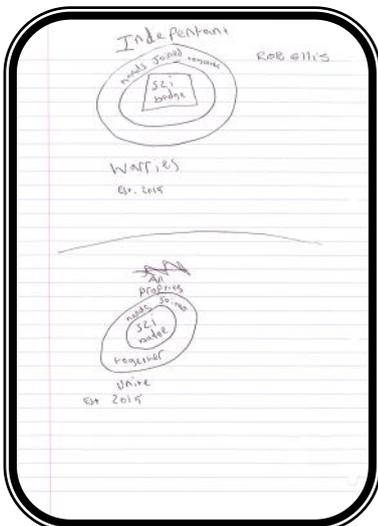
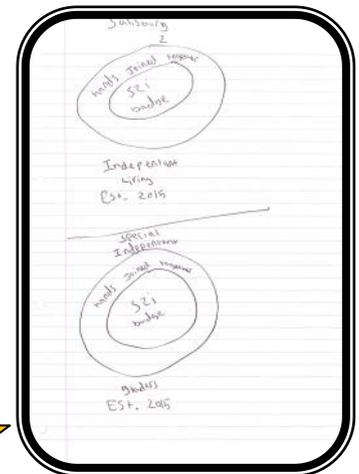
Football Competition



S2I had a competition to give a name and create a team badge for the newly formed football team.

We were inundated with the most amazing and creative designs. The judges had the most difficult time trying to choose a winner, in the end the decision was made and the winner was.....**Rob Austin** with Wirral Diamonds!

The judges liked the carefully thought out design, with the shape of the Wirral in the background and the heraldic symbol for Wirral in the middle. The judges also thought the team motto of Per Firmamentum Consequi, which is Latin for "with support, achieve" was a very nice touch



Council Meeting

By Rob Ellis

I attended a council meeting that took place in Birkenhead Town Hall in Hamilton square. It was attended by local councillors and the MP for Birkenhead Frank Field. I was very brave and spoke up about the amount of dog fouling in my local area and they had a debate about it and said they would put up CCTV so they can catch the dog owners who are letting their dogs foul and not picking it up. Frank field suggested a mobile CCTV in the areas that needs it the most.



I also mentioned the lack of street lighting in my local area and they said they will put up more lighting.

I would like to thank John Salisbury for supporting me to this meeting, I felt nervous and scared when I was talking but I was very brave by standing up and saying my piece.

Sister Act



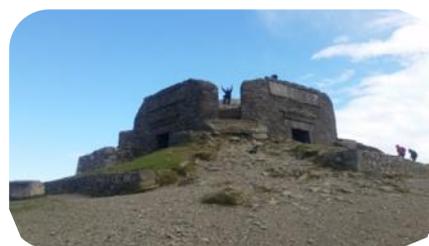
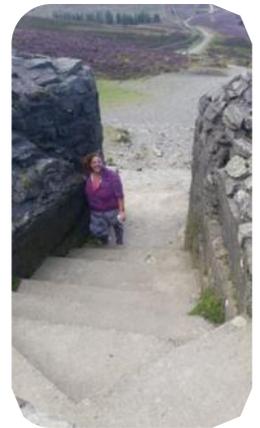
Laura Churchman, Amanda, Graham Judith Hill, Carolyn Shaw and Mark Stockton went to The Floral Pavilion in New Brighton to see the musical Sister Act. Everyone made a real effort and dressed up to get in the spirit. All the girls made wonderful nuns but Mark's monk outfit stole the show. Laura sang the whole way through.. what a great night!



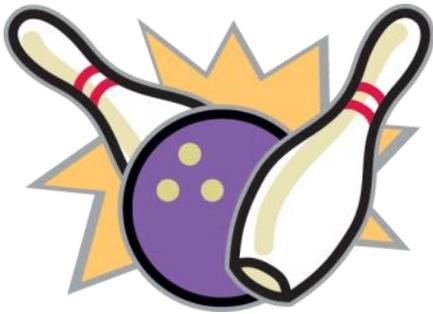
Moel Famau



Amanda Graham,
Mark Stockton and
Liam Holman took a
trip to Moel Famau
in North Wales.
Check out these
incredible views!



Kingpin



Richard McLellan organised a bowling competition which took place at the beginning of September. Everyone was invited to participate and as we can see from these fabulous photographs that a great time was had by all



Goulash and quiz night

On Friday 2nd October staff and tenants enjoyed a music quiz with **Paul Baker** making a Beef Goulash for all who got involved.

Paul carefully picked and shopped for the ingredients the day before and on the morning of the quiz, **Paul** and Chris Baines prepared the Goulash. Peeling and chopping the vegetables, seasoning the Beef, frying them off to seal the meat and adding tinned tomatoes and spices to the pan before transferring to two slow cookers. **Paul** left it to cook for six hours



before preparing boiled rice and serving everybody up with a tasty treat that all enjoyed. Cakes were served afterwards which **Julie Bebbington** had lovingly prepared.

After the meal an interactive music quiz DVD was put on and tenants teamed up with staff members to go head to head for the prizes.

Team **Scott** came in first place and the runner up prize went to **Paul Baker** and **Julie Bebbington**.

A great night was had by all!

ROYAL AIR FORCE **museum** COSFORD

By Scott Battisson

On the 23/9/15 Myself (Scott Battisson), Paul Baker, Mark Stockton and Staff visited RAF Cosford Air Museum. The museum contains Aircraft, a few ground vehicles (Tanks, Troop carriers), various armaments including Torpedoes, Missiles, Rockets like the V1 and V2 rockets the Germans used in WW2, it also has a Polaris Nuclear Missile broken in to sections, showing the works. It has a large collection of various engines from propeller to the latest Jet engines. We



had a lot of fun as RAF Cosford has 2 flight simulators, one was a flight with the Red Arrows and the other was a 4D simulator in which you get to experience an air battle through the eyes of WW1 Air Ace The Red Baron. While we were exploring the museum

Mark Stockton had us in hysterics when he said 'that plane can fly in the dark'



Some of the aircraft on display included a C130 Hercules Transport Aircraft, a full size Airfix model of a Spitfire by T.V. Presenter James May, all 3 V bombers, Vulcan, Valliant and Victor, used during the cold war as nuclear bombers. There was several helicopters including UH-60 Black Hawk gunship and American aircraft such as the F-111, the also had a few Soviet aeroplanes like the MiG 21, there was also a collection of experimental aircrafts that did not make it in to service.



There were also 2 souvenir shops and a cafe if you are hungry.

Some of our favourite aircraft were: Paul liked the full sized model of the spitfire, mine (Scott) was a Gloucester Meteor 2seater experimental aircraft, and Mark liked the Red Arrow Gnat. All in all it was a very enjoyable and fun day out had by all.



Work Experience

By Rob Ellis

I needed 350 hours of work experience for my college course and I have completed it. I did it at Chester FC. I worked on match days and I also worked on non-match days.

I have learned a lot there, I now know how to pull the perfect pint and how to set up the function room for different social occasions eg. Birthday parties, match days and other types of function. I learned how to clean the beer lines and change a barrel and helped with getting a delivery.



As the season is now closed, I am working in the ticket office and in the club shop selling football merchandise and new season tickets for the next season. I have really enjoyed it and I am going to work there until they are sick of me! I attend with my support workers and I would like to thank them for helping me achieve this.

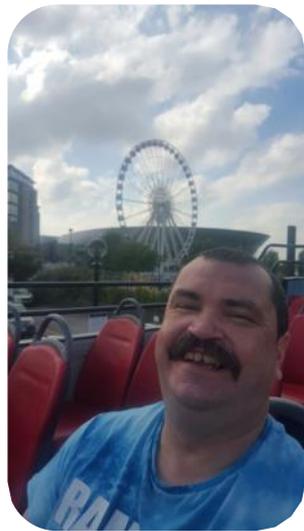
What a Hoot!



Sonia Parker, Richard McLellan and Ian Grain met a beautiful owl whilst out on a trip to The Grange in Birkenhead. Sonia even got to hold him. What an amazing experience!



Daytrippers



Phil Johnson
and Alan Price
took in the

sights of the historic city of Liverpool when they went on an open top bus tour

James Claxton at The Macmillan Ball

I went to the charity Ball for Macmillan at Chester Racecourse 10th October 2015

It was Fabulous evening with my brother Bradley and friends. The ball finished at 1am and then we went on to a nightclub in Chester.

Here are some of my favourite photographs of the evening

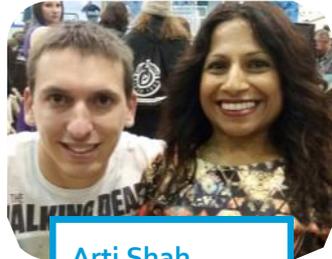


Our roving reporter James Claxton has been out and about on his travels again. We find out what he has been up to

Star spotter



Kiran Shah



Arti Shah



Chill Factor



Andrew Lee Potts



Dean Charles Chapman



Sefton Park Music Festival



Chris Rankin



Justin Lee



Julian Seager



Jed Brophy



Alan Tomkins



Mark Addy



Wirral Diamonds FC



On the 26th September S2I entered a team into the Liverpool All Abilities 7-a-side football league. We are called Wirral Diamonds. The name was chosen after a competition was held.

For the first set of games we had 12 tenants turn out for the team, I was our Captain and we went on to win all of our games.

A big part of our successful debut was down to everyone giving all they could. [James Claxton](#) and [Leon Pendergast](#) were our two standout players, leading from the front. As it is a mixed league, male and female players are allowed. A big thank you to all the tenants and staff that made our debut a memorable one.

Name/ Position	Played	Won	Lost	Drawn	Goals for	Goals against	Points
1- Wirral Diamonds	4	4	0	0	9	2	12
2- Liverpool	4	2	1	1	6	3	7
3- Active Sefton Aim Higher	4	1	2	1	6	5	5
4- Warrington W Pandas	4	1	2	1	4	7	4
5- LFC Lucas	4	0	4	0	0	8	0

By Scott Battisson



Training is every Sunday (except for match weekends) 11am-12.30pm at Birkenhead Park.

Subs are £5 per week

Manager - Dave Hughes

Assistant Manager - Danny Payne



Puzzle page



Jon King has lost his way in the park. Can you help him find his way back to The Lodge?

First Aid Awareness course



This S2i Course was held at the visitors centre in Birkenhead Park.

This was an interactive, Autism friendly course for people we support. We learned about what first aid is, how to stay safe ourselves and how to get help.

We learned what to do if someone isn't breathing. We practiced doing cardio pulmonary resuscitation, also known as CPR

We also learned about what to do if someone gets burnt or is bleeding and how to help with an Asthma attack.

The course was organised by Paula McCabe, who wanted to provide support for people we support to learn more about living independently and knowing what to do in a an emergency if we are not with staff.

It was also a good chance to catch up with friends from across the company for coffee and a chat.

We also got a goody bag with handy first Aid supplies and a certificate.



Hairspray the Musical

By James Claxton

hairspray



On Tuesday the 13th October I went to the Liverpool Empire theatre with **Elio De Julio**, **Paul Jennings** and **Beth Moulstone** to see hairspray the musical; we were supported by Wayne Banner.

We got the train to Liverpool at 17:15 and arrived in Liverpool at 18:00. We went straight to the box office and bought our tickets and then went over the road to Tso's Chinese all you can eat. We spent an hour in Tso's having our meal then went over to the theatre to get our seats. Once there **Beth** bought a souvenir mug and **Elio** bought 2 CDs.

We then went to our seats which were in the 7th row from the front so we could see everything perfectly.

The show started and lasted for 2 hours with a half an hour break. There was lots of dancing and laughter, the atmosphere was amazing.

This is a show I would recommend to anyone, it was fantastic and I would love to see it again if it's showing in Liverpool in the future.



Portugal Holiday

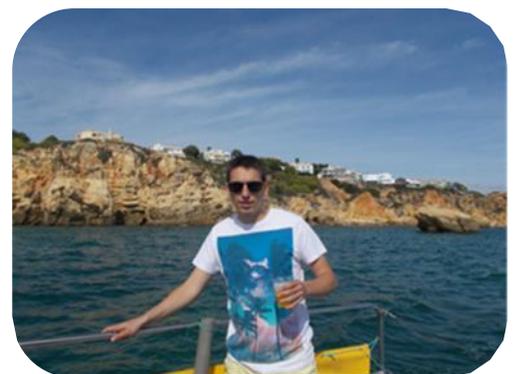
By James Claxton

In October, I went with my family to Vilamoura, Portugal. We stayed in a fabulous Hotel right on the beach. On the first day we had great weather so went on a boat trip to see the famous caves that were on the Algarve coast line.

The next day the weather was awful so instead of sunbathing we went to see a Roman archaeological site.

My Dad loves golf so we all went to see the Portugal Open golf tournaments and saw a lot of famous golfers!

On our last day in Portugal the weather improved so we spent the day around the pool and Jacuzzi we had a feast of crabs, prawns and fish all washed down with wine and cocktails!! I can't wait to go back to do some deep sea fishing.





Salisbury Court know how to throw a good party and **Phil Johnson's** Birthday was the perfect excuse to get the party banners out.

Here we see **Phil** with his Birthday cake.

It looks absolutely delicious!



Gardener's World

Move over Alan Titchmarsh, we have our very own **Tommy Abrams** to keep our gardens looking spick and span. **Tommy** helps out each week with the gardening and what a great job he does.

Here we see **Tommy** giving the lawn a trim at The Lodge



Traynor Court



Traynor Court has a beautiful new edition to the garden.

They recently installed a memorial

fountain, dedicated to our friend Nicola Toner



You'll Never Walk Alone



Liam Holman was supported to Anfield to watch Liverpool v FC Sion in the Europa League cup.

The match was a 1-1 draw.

This was Liam's first ever Liverpool match and he thoroughly enjoyed the experience



Macmillan Coffee Morning



Coffee and cake were order of the day at Traynor Court when they held a coffee morning. It was all in a good cause as it was in aid of Macmillan cancer support. Everyone worked hard to bring it all together, making posters, bunting and cakes to sell. The hard work certainly paid off as a massive £150.02 was raised.



Well done guys!





Terror 13



By James Claxton



In August I went to terror 13, a scare attraction in New Brighton with Elio De Julio and Wayne Banner. We made our way there on the train. Once we went inside we were greeted by a man with an axe and his Mother who was sitting at the desk and we had to pay her for our entrance, she was wearing a scary mask and costume and had a dog by her side.

We were then guided down the stairs into the underground tunnels, it was very dark and really scary, and we could hardly see the stairs in front of us. We were made to stand against the wall and 2 scary men in costumes came out and were trying to scare us. One in particular took a shine to Wayne and said he wanted to marry him then eat him for dinner.

We were then told to go into another room through a black curtain where there was a guy with a gun shouting at us and girls on the floor screaming for help, it was really scary and we were all a bit on edge. In the next room was a woman strapped to a chair screaming for us to help her, saying the doctor was going to kill her. It was really surreal. The next room there was a woman who had a girl in a cage shouting at her, she offered us dinner which was severed hands and chopped up fingers, it was really gross. We declined the offer of dinner and she screamed at us to get out of her house. As we were walking through the small corridor in the dark to the next room there were monsters jumping out of holes in the walls and chasing us with chainsaws to a room where there was a young girl on a bed laughing with her teddy and watching us as we walked around the room. On leaving that room the woman from the previous room was there again trying to offer us dinner to which we again declined. She then screamed at us to get out of her house which led us to the stair way out. Once we got to the exit I managed to get pictures with the tour guide and his mother sitting at the entrance.

It was a fantastic night and I would love to do it again.





Tom Nelson, Amanda Graham, Matthew Corcoran and Liam Holman having a fantastic time at The Southport Air Show



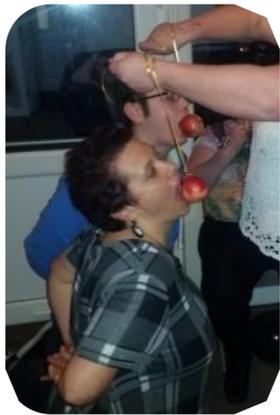
Halloween Chills



There were spooky goings on at Traynor Court this Halloween when they held a party.



Everyone had tremendous fun carving pumpkins, and playing traditional Halloween games.



Wem Carnival



Tom Nelson, Laura Churchman and Liam Holman enjoyed a day at the Wem carnival, where they enjoyed the locals displaying street acts, singing and fancy dress.

They also enjoyed sitting in the helicopter before it set off over the small town of Wem.



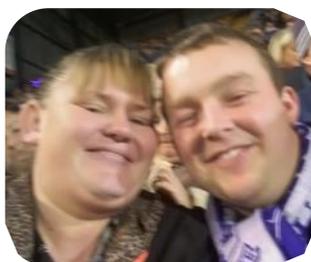
Laura and Liam even plucked up the courage to put a 6 foot snake around them, Laura's face says it all.



It was a fun packed day and they are all waiting to go back next year.



Sparks in the park



We love Bonfire night, wrapping up snugly warm against the chilly night and watching the night sky explode with colour.

Every year Tranmere Rovers football ground hosts a spectacular firework extravaganza and Bonnie Hughes, Carolyn Shaw, Sharon Blythe, Tom Nelson, Richard McLellan, Liam Holman, Richard Morris and Laura Churchman went along to enjoy the show.



Comic Con

Here at S2I we love a good Comic Con and James Claxton is a regular visitor to many of them around the country, here is a small selection of the fabulous characters he met





I got up very very early, 5 o'clock in the morning and me and Mark Wallace left at 6.30am we got there at 8.30am. On arrival we went to the reception to book in, and

then had to wait till 09.00 so we had a walk round the site. At 09.00 we went to the meeting place to have a safety briefing and get fitted with the waterproof suits and harnesses and to be weighed. After all this we headed off to the first zip wire, this is called the little zipper, I was really excited and looking forward to it. We waited for our turn then when it got to us we stepped up to the instructors and they gave us another briefing; we were in a laying down position and waited for the go ahead; when that came the safety wires were taken off the zip wires and we were off.



The little zipper is 420 m long and we could reach a speed of up to 65 kph this lasted about 1 min and it was over. I really enjoyed this but was looking forward to the bigger one. To get to the big zipper we had to get on an old army 4 tonne truck that took us for a 4 mile trip to the top of the quarry it was a very bumpy ride and it was starting to rain, but it was worth it. When at the top we had another safety briefing

The big zipper is 1560 m long that's almost a mile and we can reach speeds of up to 165 kph; this was it, I was ready and so excited, and we were off again this one lasted about 1 minute 30 seconds, it was only a short time to do it but was well worth it. After it was over we headed back to reception to get changed and buy photos.



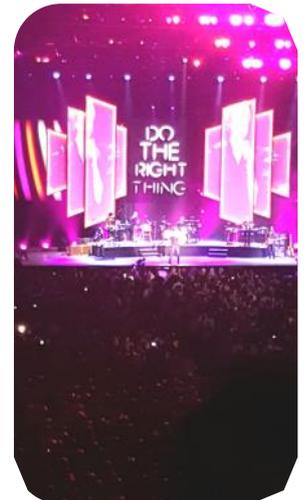
As we had not been out that long we went to Betws-y-Coed for some lunch, I had fish and chips. After this we had a walk round before heading home. This was an amazing day and now I want to go to the other attractions the zip world offer, but that is for another day.



Simply Red concert



Paul Baker, Scott Battisson and Mark Stockton went to see Simply Red at The Echo Arena in Liverpool



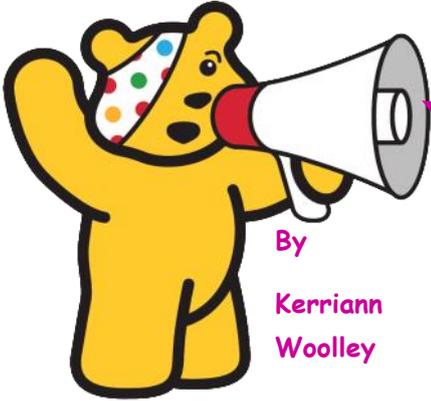
Farmageddon



James Claxton and Elio De Julio enjoyed a spooky Halloween when they went to Farmageddon. There were three different scary houses for James and Elio to explore and they got to sample the new attraction where you got to shoot the scary monsters with a paintball gun.

James tells us that he and Elio had a great time and are already excited to go again next year





By
Kerriann
Woolley

Children in Need

For Children in need I sent off for a fund raiser pack and made posters to put up around the company. Everyone came up with the idea of a fun day to raise money. Rob Ellis organised a raffle collection and Carrie Thomas came up with some other ideas to raise money. Before the fun day Tom Lavelle made cakes and cookies for tenants and staff to buy within the company. Joe Potter, John Carr, Rob Ellis and I did a sponsored walk with staff around the parks.

The night before Children in need, I along with Jennifer Tarry, Carrie, Rob and John all baked cookies and cakes. On the main day Joe, Jennifer, Rob, Carrie and I all had our faces painted and our hair sprayed all different colours. Rob, John, Carrie, Jennifer and I took it in turns to wash the cars of staff and management, sell cakes and do face-painting, crazy hair and raffles. Everyone wore their pyjamas for the day. Everyone called in from around the company and took part in helping raise money.

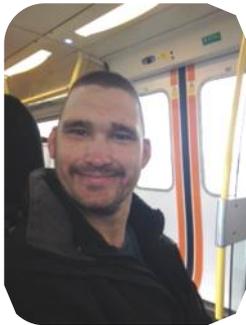
Tudor Court would like to thank everyone that got involved and came to help raise money for such a good cause.

A big congratulations, we raised a staggering £350!!!

Well done to everyone



Southport



Tom Nelson and Mark Stockton went to Southport to watch Tranmere Rovers play Southport in a derby match. They stayed overnight in a hotel called The Balmoral Lodge and spent the day wandering around Southport enjoying the attractions before cheering Tranmere Rovers on later in the evening. Mark told us his feet were aching



because they had walked so much!

Caravan Capers



When Amanda Graham went to the caravan for a holiday, an adorable Boxer dog went along



too. Judging from the pictures it looks like he enjoyed his holiday as much as Amanda did!



Ice Hockey



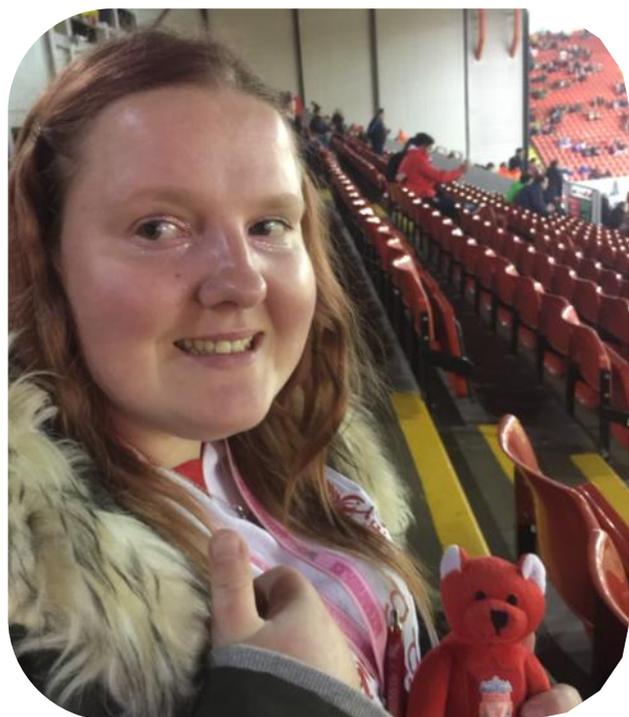
Liam Holman, Tom Nelson and Paul Baker went to Deeside to watch Deeside Dragons beat Widnes Wild at ice hockey



Tom and Liam presented the man of the match awards at the end of the game they also got to meet Dylan the Dragon who is the club mascot



Liverpool Lass



Julie Bebbington enjoyed watching Liverpool play at Anfield



Pasta Perfect



Rob Austin showed us his skills in the kitchen when he prepared the S2I favourite "Bainsie's famous sausage pasta". He gathered the ingredients which consisted of pasta, sausage, mushrooms, peppers, pasta sauce and a secret ingredient, and then went about cooking the dish and created a delicious meal.



Rob even did the washing up afterwards! Well done Rob, it looks fantastic!



Absolute Bowie

By Hayley Worrall



On the 20/11/15 I was supported by Dave Hughes to the O2 academy to watch a David Bowie tribute act. After being made to wait outside for ages in the freezing cold we eventually got in! The band was brilliant. They did two sets; the first was all about Bowie's early Ziggy Stardust numbers. The second was all his eighties classics such as China girl, Modern love, Absolute beginners and many more. It was a great night with a fantastic atmosphere. The band was amazing and the singer really did look like David Bowie.



I intend on going back to the O2 in the near future to watch other bands. One being The Wailers which were Bob Marley's original back-up band which I am really looking forward to.



Multi Gym



Richard Morris decided that he wanted to start a new healthier lifestyle, so he went out and purchased a new multi gym, the only problem was that it came flat packed, but Richard wasn't fazed by this at all; he got his screwdriver out and proceeded to build it himself. Here we see Richard with the finished article. Well done Richard, enjoy keeping fit!



RAF Stafford

In October Jordan Forrester and John Carr went to the RAF museum in Stafford for the day. They both got up early and went in the car with staff. Once there, they walked around and looked at the all the big planes and helicopters. They both said they really enjoyed seeing



the aeroplanes and took lots of photographs. John and Jordan had lunch in the café there and they got something from the gift shop. On the way home, Jordan and John said that they had had a great day.

Holidays are coming



The first sign that Christmas is around the corner is when the Coca-Cola truck rolls into town.

James Claxton,



Elio De Julio, Martin Royle and Sara Matamalas got into the festive spirit by going to Liverpool to see it



Deck the halls



Rob Jones hasn't had a Christmas Tree in 17 years and has always put off getting one every year. This year however, the chaps at Salisbury Court managed to convince him to get one and decorate it. Judging by his beaming smile we would say that he's very happy with it, what a proud moment for Rob, it looks festively beautiful!



Season's Greetings



Father Christmas paid a visit to Salisbury Court when they all got together to have their Christmas lunch. They must have all been on his nice list this year as they all received a gift



How to make sock snowmen



For this craft, you will need a pair of long socks, rice, buttons, pins and scraps of fabric



First, cut off the top of the sock from the foot.



Turn the sock inside out and attach a rubber band tightly to the top of the sock. Then turn the sock right-side out again.



Fill the sock with rice. Make sure to pack it down as you go so the sock gets a nice round base.



Rubber band the top of the sock closed and put another rubber band 3/4 of the way to the top for the head of your snowman.



Now, decorate! Tie a scarf around your snowman's neck and add eyes using bobble head pins or glue on buttons for the eyes and nose and buttons down the front



Use the toe of your cut socks to fashion a stocking cap.



This is such a quick and easy craft that it would be simple to create a whole family of snowmen for your mantelpiece



Bacon lentil soup



This hearty and filling soup is perfect to warm you up on a cold winter day; this recipe makes a large pan of soup and you can freeze portions to eat at a later date and is so simple to make.

Firstly chop up three large carrots, two parsnips and two leeks into small pieces and set aside

In a large pan, gently fry off a packet of bacon bits or rashers of bacon chopped up. When the bacon has browned slightly, add the vegetables in to the pan and gently cook for another couple of minutes. Add boiling water to the pan so that it covers the

vegetables and bacon by a few inches along with two vegetable or chicken stock cubes. Let this simmer.

After about 20 minutes add a third of a packet of red lentils and let the soup simmer for another half an hour, by this time the lentils and vegetables will be soft; at this stage have a little taste to see whether you need to add any salt or pepper, bacon can be salty so you may not need to add any salt. You can either serve the soup at this stage if you prefer a chunky soup or you can use a hand blender to blitz it up to make a thick smooth soup.

Sausage Casserole

Ingredients

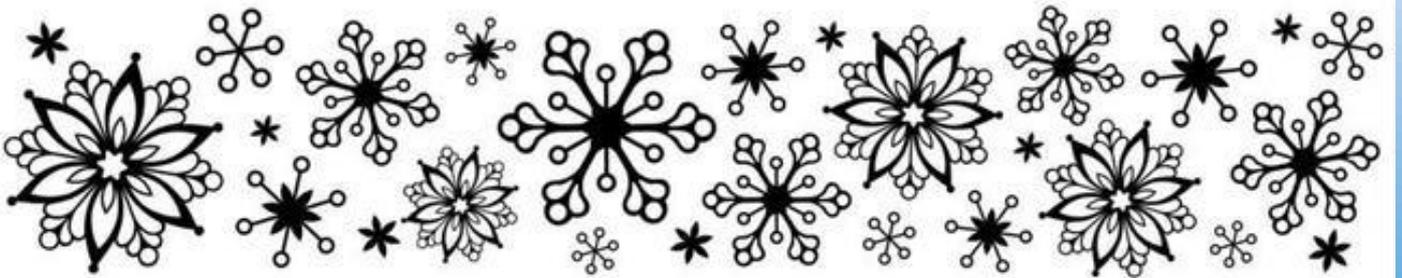
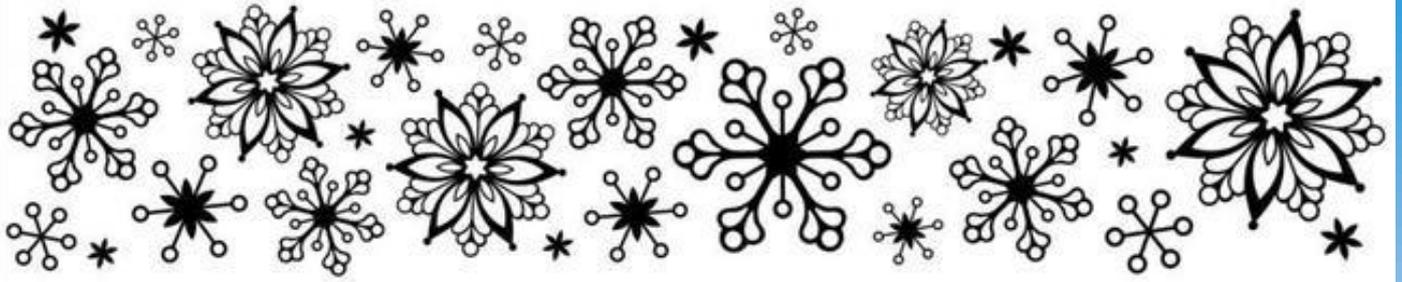
- drizzle of olive oil
- 1 onion, finely sliced
- 1 pack of sausages
- 3 garlic cloves, finely chopped
- 1 pack of chopped Casserole Vegetables
- 1 can chopped tomatoes
- 500ml water
- 2 chicken or beef stock cubes
- 1 can of chickpeas drained (optional)



Heat the oil in a large pan and fry the onion and sausages over a medium heat for about 5 minutes, stirring until the onions are soft and the sausages are browned all over.

Add the garlic, cook briefly, then add the vegetables, tomatoes, chickpeas, water and stock cubes and bring to the boil. Simmer over a gentle heat for 25-30 minutes until the sausages are cooked through and the sauce has thickened.

Serve with mashed potato or pasta.



Send your coloured in page to the lodge, with your name on to be featured in the next issue of the newsletter