



Brush with fame: an audience with Dame Barbara



PICTURE: GABRIELLA BARANEK

Lights, camera:
tenant Oftaciana
Lucero filmed talking to
Dame Barbara Windsor
about volunteering in
Kensington & Chelsea

Every Monday morning, residents of Mary Smith Court and neighbouring sheltered housing schemes gather for their **Age UK coffee morning**. But in November, there was an extra frisson of excitement. Our showbiz correspondent, a star-struck Aidan McCarthy, reports. *More on this story on page 5*

Age UK ambassador and national treasure Dame Barbara Windsor was a surprise guest, invited to come along to talk to the coffee morning regulars about keeping active and avoiding isolation in your later years.

Generous to a fault

Dame Barbara, herself a youthful 79, gave a huge amount of her time, chatting to lots of people and even joining the line dancing towards the end of the morning.

The event was filmed and will be broadcast as a section on ITV's *Good Morning Britain* in early December – keep an eye out for it!

Oftaciana Lucero of Mary Smith Court was filmed talking to Dame Barbara about volunteering with Age UK. She said: 'Barbara was very interested, particularly in how volunteering can help isolated people.

'She is very concerned about the welfare of older people, and was very friendly. We all enjoyed the day, and were pleased to see so many people there – the coffee morning is for everyone, and all are welcome.'

It was enormous fun meeting a real icon of British culture, and many of you commented on how warm and friendly Dame Barbara had been.

Speaking to me briefly later, Dame Barbara said it had been 'wonderful' and said she was struck by how welcoming everyone was. We have assured her that she is welcome anytime she's in the neighbourhood!

WISHING YOU ALL A VERY HAPPY CHRISTMAS AND PROSPEROUS NEW YEAR

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Christmas party invitation

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What can you remember from the last 12 months?

All change next April: Women's Pioneer chief announces her plan to retire

After nearly 25 years as Women's Pioneer Housing's chief executive, **Janet Davies** has announced her decision to retire in April 2017.



PIC: MARK CRICK

Janet said: 'Deciding when to give up a job as rewarding and challenging as this was never going to be easy. Our work is important and there is always something new to learn, and I'll probably miss that most of all.'

'But the association's in great shape, with a fantastic board and staff team and the timing's right next year for a change, both for me personally and for Women's Pioneer.'

The process of recruiting Janet's replacement is already underway to ensure a smooth transition. We will print more on that – and on Janet herself – in the spring *Pioneer Press*.

Help us shine light on our long lost suffragette history

When we began looking into our history, we never expected to find so many names famous for their role in **suffrage history** or the scale of their involvement in our early decades. But to date almost all the research has been done by a volunteer, there's much more to do and she'd welcome a bit of help

We have found that we were set up to preserve and progress the advances women had made in the workplace during WWI by providing decent homes affordable on the very meagre wages then paid to women.

We want others to learn about this hidden chapter in suffrage history and to add new names to the list of known social reformers, like founder Etheldred Browning. We also want to celebrate the women they helped, many of them workplace pioneers.

Our bid for funding for the tools that will do this is now with the Heritage Lottery Fund. The tools, we hope, will include an online exhibition, lessons for school-age children and a permanent home for our archive.

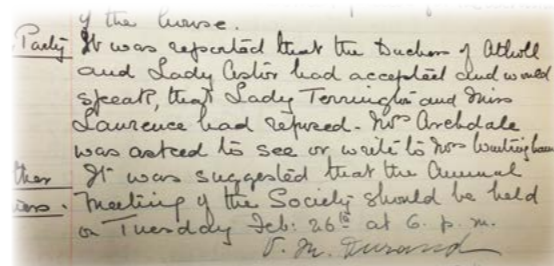
To make our project a success we'll need all hands on deck. Please don't wrongly think you have nothing to offer! If you're even faintly interested, call Aidan McCarthy on 020 8749 7112 for a chat or email us at info@womenspioneer.co.uk

Fancy turning detective? We will need help finding more about who was involved in our early years and how. We also want to know who lived in our properties and what sort of work they did, how these jobs changed during the 1920s and 30s, and how they compare with the job today. Your own work experience might prove useful here, or if you're looking for a job you might find some inspiration from these early workplace pioneers. As for your role, we think you could do most of it at home, with a computer and an internet link, or in our office. If any of this tickles your fancy, give us a call so we can find out what best suits your interests.

DINNER PARTY THAT PAID FOR HALF A HOUSE

Deciphering old records (happily these minutes were taken by someone with better handwriting than our founder) involves a bit of guess work and research. The minutes of this meeting in 1924 refer to a dinner party being planned to persuade the well-heeled to invest by buying shares or loanstock. The Hotel Cecil was chosen over the 'unsuitable' Hyde Park Hotel. The bill for the party came to £100 but it raised another £1183, enough then to pay more than half the cost of another house.

See if you can find out who the women referred to were, why they might have been asked to be guest speakers, and how board member 'Mrs Archdale' may have known 'Mrs Wintringham'.



DODGY JOKES PART 1

What do you get if you cross a shark and a snowman?

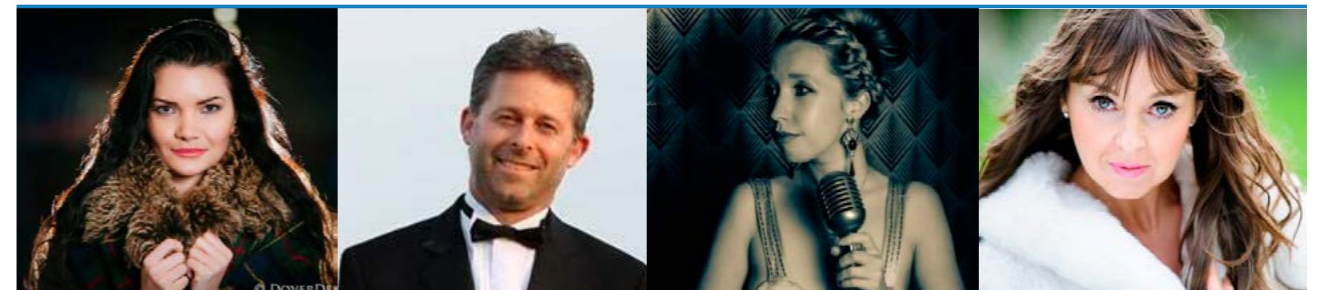
Frostbite.

WPH RESIDENTS ASSOCIATION Deadline extended for party tickets

13
DECEMBER
DEADLINE
for readers of
Pioneer Press

Christmas Party and Auction in support of The Resident's Association

(Women's Pioneer Housing)
St Peter's Church, Kensington Park Road,
London W11 2PN



Jennifer Brisk Mark Heller Jaymie Kym McMellon Rebecca Robinson

Saturday 17th December 2016 7.30pm

Pre-booking essential – Deadline 5th December

Performers

Mezzo Soprano Jennifer Brisk, Berlin
Pianist Mark Heller, Kent
Soprano Jaymie Kym McMellon, London
Soprano Rebecca Robinson, Kent

13
DECEMBER
DEADLINE
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The diverse programme offers Baroque, Classical, Romantic and Modern gems including Musical Theatre favourites

Food and drink will be provided by local delicatessen Mr. Christian's
Auction for Hamper and John Lewis donations

Please ring Maggie on 0207 229 8471 for more information. Payment will be cash, cheques or bank transfer. Cheques to be made payable to Women's Pioneer Housing Resident's Association and posted to Maggie Woonton, 23 Stanley Crescent, W11 2NA.

Tickets will NOT be available on the door.
£20.00 per person and £15.00 concessions.
(If this is too much for you please contact us)

Latest opinion poll – and how we will put it to good use

In the last issue we promised some feedback from our latest survey of your views and circumstances. Housing director Christine Desborough reports, and explains how we plan to use this useful information

We regularly ask you what you think of our services and to tell us a little about yourselves so we can make sure our priorities chime with your own.

Mini-poll turnout

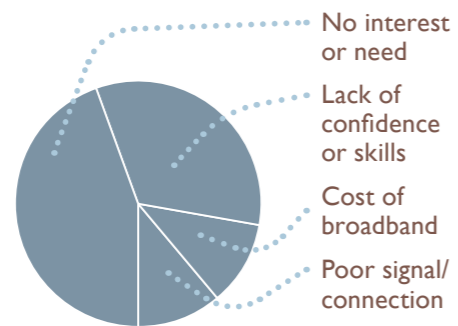
Our latest mini-survey got replies from 253 of you. That is enough to make it statistically valid, though the number of responses was much lower than the 496 responses of 2013.

So what were the main findings?

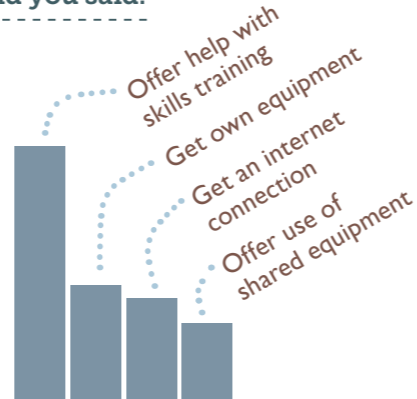
- The proportion of you **working** fewer than 16 hours a week is up slightly, but so is the number working more than 35 hours.
- Overall, you're **earning** more than in 2013 or, at least, those of you who replied to the survey are.

- Just over 50% of you get all or part of your rent paid by housing benefit, so you may earn more but your **incomes** are still modest.
- Most of you (58%) have access to the **internet** and 75% use it daily.

Asked why some of you don't use the internet, you said:



We also asked what we you thought we could do to help, and you said:



- Three quarters said your first choice for **communicating** with us was by post, with email the runner up.
- Your least preferred method of communicating was **social media** tools like Facebook or Twitter.
- One in five said you were unlikely to **recommend** us to others but 60% gave us a high score, saying you were highly likely to recommend us.
- Over half of you find us easy to **deal with** but one in five say you find us difficult to deal with.
- On the overall **quality of your home**, 83% are satisfied but 9% told us you are dissatisfied.

WHAT WE'RE DOING IN RESPONSE

- We're looking into ways to help more of you get **computer equipment and training**.
 - **Communication** is a big thing for lots of you. You didn't have much space to add comments so we didn't learn why you think we do poorly. We'll ask some of you in detail and come up with ways to do better.
 - Our **website** didn't come up much in your comments but we think this will change as younger tenants are more likely to use a computer or smartphone. Our new website will be more informative and better written. We will also add new features after the initial launch so in time you will be able to use it to check your rent account or report a repair.
 - We are not planning to use **Twitter** or **Facebook** as very few of you wanted this and a lot actively disliked it.
 - We've been looking at comments some of you made about the **state of your flats** and are thinking how to find money to make improvements. We're still at an early stage.
- And of course we'll carry on with the work that prompted so many of your very welcome compliments.



DODGY JOKES PART 2

Where did Santa Claus spend the night after being arrested?

In the tin cell

Here are some of the nice things you said about us:

I have lived in WP housing for over 20 years. The house I live in runs very smoothly. Well done.

Always find WPH staff polite and helpful.

My life has been much happier and safe. Keep up the great work.

You are great, thank you. Professional, friendly, polite and helpful.

As I will never have a home of my own this is the next best thing.

Women's Pioneer gave me a home when private landlords flatly refused because I was on benefits.

And here are some of your more brutal comments:

These are our homes. Let us know you are really listening.

Improve communication with tenants.

When you phone to complain they don't listen.

Always a battle dealing with them.

Service charge way too high.

Improve the speed of answering letters.

I don't trust them to do what they say.

Beat the isolation blues by volunteering in your spare time with Age UK

In the excitement of feeling touched by stardust, if only by association, we think it important not to forget that there was a serious reason for Dame Barbara's visit to Mary Smith Court (see story, page one) – the risk of greater isolation in our older years

University academics and other researchers claim loneliness and social isolation are risk factors for an early death that they compare to smoking 15 cigarettes a day, and worse for us than being overweight or inactive.

Older women are more likely to be lonely because on average we live longer than men, but it also means we are also likely to suffer more from bereavement if we outlive friends, family and loved ones.

Taking up new interests is one way to feel less lonely but so is keeping busy helping others. And that was the focus of Dame Barbara's visit - hearing from those of you who, like Oftaciana Lucero, have taken to helping others by volunteering with Age UK.

If any of you are interested in volunteering with Age UK in Kensington & Chelsea, call them on 020 8969 9105 or email volunteer@aukc.org.uk. If you live in a different borough, please call 0800 678 1174.



Closing for the Christmas break

Our offices will close for the Christmas to New Year break at 1pm on Friday 23rd December, reopening as normal at 09.30am on Tuesday 3rd January.

If you need an emergency repair done while our office is closed, please see the list of contractors providing our Christmas cover on page 10. Do remember to let us know if you had to call out an emergency contractor when we reopen for business in January.

DODGY JOKES PART 3

What do snowmen eat for their lunch?

Icebergers

Around the houses



Women's worth

The Fawcett Society has warned that it will take another 60 years to close the gender pay gap on the current slow rate of progress. It points out that the jobs women do are most likely to be low paid, and they are less likely to get bonuses or be promoted to higher paid, senior roles. But it adds that jobs traditionally done by men are far better paid than those where most of the workers have long been women. In the science, technology, engineering and manufacturing sectors, 90% of the workforce are male. By contrast, 80% of care workers are women. A recent US study, says the Fawcett Society, found that when women move into male-dominated sectors, pay rates fall. The society has called on the government to insist that companies employing over 250 staff publish an action plan for eliminating gender pay differences, with penalties for not complying.

Gas survey

Thanks to all of you who responded to our recent gas survey. It was carried out because we need to be sure which of your homes use gas-fuelled appliances. Those of you who responded will be entered into a prize draw in the new year. Good luck!



DODGY JOKES PART 4

What do elves sing to Santa?

Freeze a jolly good fellow!

SOUND FINANCE

EVERYTHING YOU NEED TO KNOW ABOUT JOINING A CREDIT UNION



Money is always tight at Christmas so it helps if you've saved a bit but high street banking is a minefield for anyone on a low or erratic income. **Your Credit Union** explains how it can help

Your Credit Union supports people who want to put all their debts into one basket, take out short or long-term loans, or save for a rainy day.

We have been in partnership with Women's Pioneer Housing since 2012. If you are not sure what we do, we hope this straightforward guide helps.

Why you might like to join

Your Credit Union offers savings accounts and affordable loans to our members. This can often mean helping those who are not able to access ordinary bank loans.

What does the credit union do?

We are an alternative to banks, building societies and payday or doorstep lenders. Credit unions are co-operatives – run by the members, for the members – so there is no profit for fat cat shareholders.

How do I join?

You do not have to be rich or poor. You can open a savings account if you can make a minimum deposit of £15. We will open your account with £10 and take the other £5 to help pay for running costs. There are no further costs to membership, ever. Once you join you can have a savings account and can apply for affordable loans.

How easy is it to apply for a loan?

As soon as you become a member of Your Credit Union you can apply for a loan for any sum between £50 and £7500. There are no arrangement fees, no hidden costs, and no early payment penalties. The quicker you pay it back the less you pay in interest.

How easy is it to save?

You can make direct transfers on a regular basis from your bank account or desposit money by phone into your account with a credit or debit card.

Why save with us?

As a member you become an investor, directly helping the local community. You are not just another customer but an active member of a highly-successful financial co-operative and credit unions usually pay yearly dividends to members.

Other things you might not know about us

We offer a 'Banking Buddy' service for members who want to open a current account with a high street bank but lack the confidence to go on their own. We also provide free credit reports and advice on how to boost your credit score.

Call us on ☎ 020 7605 6341 to arrange a time to come in to have a chat with us at 346 High Street Kensington.



Domestic abuse: a blight on lives and worse at Christmas

WHERE AND HOW TO GET HELP

Christmas will be a time of joyful celebration for many of us. Sadly it is also the time of year when **domestic abuse** rates rise markedly. Housing inclusion manager Aidan McCarthy offers some timely advice

Domestic abuse is endemic in our society. It is not just physical violence as the abuse can also be verbal, sexual, psychological, financial or emotional. It is designed to hurt and control.

Criminal intent

We typically think of domestic abuse as something that happens between couples but it can also affect adults who are intimate, or have been, or who are family.

Domestic abuse mainly affects women, but men too can be subjected to it. And it can affect anyone, no matter what your class, age, income, ethnicity, or sexuality.

Women are far more likely to be seriously injured or even killed by a

domestic abuser. One in four women will experience domestic abuse at some point in their lifetime. Every week in the UK, two women are killed by a current or former partner.

It is also a problem that gets markedly worse at Christmas. There are many reasons for this. There is huge pressure on people to feel happy and, if they're not, tensions will rise and unhappy memories can be triggered, even exaggerated. Money worries can add to the emotional strain.

Add to this the greater likelihood that the person dishing out domestic abuse might be drinking to excess, and separated or divorced partners are more likely to have to come into contact with each other.

WHAT TO DO IF YOU ARE BEING ABUSED

If you are experiencing domestic abuse your housing officer can give you advice and guidance, and can also make referrals to specialist agencies who may be able to offer more direct and targeted support and help.

However, as our offices are closed over the Christmas period – from 1pm on Friday 23 December to 9.30am on Tuesday 3 January – there are other support services that you can contact if you need help or advice.

In an emergency, call 999 – your own safety is paramount. If you can, stay with someone you know and trust and where you will be safe – a friend or family member, for example.

If you do not have anywhere safe to stay, your local council will be able to talk you through your options. Unfortunately this is not something we can arrange as we do not have the authority to identify and allocate a temporary home for people in your situation.



Domestic abuse can affect anyone, no matter what your class, age, income, ethnicity or sexuality.

Call ☎ 999 if you are in danger

For advice or guidance call the **National Domestic Violence Helpline** on ☎ 0808 2000 247 www.nationaldomesticviolencehelpline.org.uk

The 24-hour National Domestic Violence Helpline (see above) is run by Women's Aid and Refuge. Calls to this number do not show up on bills for a landline. Their website gives lots of useful information, including how to hide the fact that you have been reading it if you are concerned about using a shared computer.

We are currently reviewing our procedures for domestic abuse with the help of the Domestic Abuse Housing Alliance (DAHA). We hope to become one of the first housing associations to get DAHA's formal accreditation once our work with them is complete.

WORRIED ABOUT SOMEONE ELSE?

If you have concerns about a friend or neighbour this information is still relevant. You can report domestic abuse to the police, or discuss your concerns with the National Domestic Violence Helpline.

You can of course also talk to your friend or neighbour. Although it is a very personal situation, they may welcome the chance to talk about it if you raise the matter sensitively.

Around the houses

Paying the rent

From your survey responses we can see that most of you prefer to pay your rent using a bank standing order. Second choice was the Allpay card or direct debit from your bank account.

Some of you are now phoning our secure payment line to pay by credit or debit card over the phone. If you would like to do this please phone our switchboard ☎020 8749 7112 and they will connect you to a colleague who can take the payment

Making a complaint

A reminder that we now have a faster procedure for dealing with complaints about our service, having adopted all five recommendations put to our board by the tenant scrutiny panel.

If you think we have treated you unfairly or our service was poor, please call us to ask for a complaints form or to make an appointment on ☎020 8749 7112. If you prefer, you can email your concerns to us at info@womenspioneer.co.uk

If you would like independent advice please contact your MP or councillors or contact the Independent Housing Ombudsman ☎0300 111 3000. www.housing-ombudsman.co.uk



HOUSING NEWS

Right to buy: Brexit plans take priority over RTB extension

Two recent statements from government sources reveal that the promised extension of **right to buy** to assured housing association tenants has moved down the government's list of priorities, writes housing director Christine Desborough

The government's election promise to give the right to buy to assured tenants of housing associations has been put on ice because of the vote to leave the European Union.

Press report

A 3 November report in magazine *Inside Housing* credits the news to the government official leading on the scheme at the Department for Communities and Local Government.

Senior civil servant Hilary Davies said: 'The new government is supporting right to buy, but you can imagine what is at the top of their to-do list currently.'

Meanwhile new housing minister Gavin Barwell has admitted that councils will need 'plenty of time' to prepare for the levy the government hopes will pay to replace homes sold under the right to buy - the higher value asset levy.

His statement casts doubt on the likelihood of it starting next April as expected. Mr Barwell said the 'controversial policy' would need 'quite a notice period' before being introduced.

From where we stand, it seems likely that right to buy for assured housing association tenants will be delayed well into next year.

MOBILITY AIDS AND ADAPTATIONS

If declining mobility or flexibility is making it hard for you to manage at home, we might be able to help. Every year, we arrange and fund minor aids and adaptations. Typically this means fixing handrails to help you get in and out of the bath, or fitting taps that are easier to turn.

Larger projects, like creating a wet room or installing a bath hoist, need to be arranged through your local council and are normally paid for with a disabled facilities grant. We always permit these works as long as they are done professionally and we are first sent plans of what is proposed.

Housing inclusion manager Aidan McCarthy manages our smaller aids and adaptations works. If you would like him to visit you at home to discuss what sort of help we can offer please call him on ☎020 8749 7112 or email info@womenspioneer.co.uk. Aidan can also refer your case to your local council if what you need is changes on a larger scale.



DODGY JOKES PART 5

What do the tiniest elves learn at school?

The elfabet

Chair's view: scrutiny panel progress report

Service charge enquiry complete

We're delighted to say that our report on **service charges** is now finished and ready to be presented to the board.

We're very grateful to everyone who contributed and are very happy with both the content of the report and the recommendations we've made.

We'll be presenting at the board meeting at the end of January and, although it will probably be me making the presentation, I am looking forward to it!

Useful training

I was able to attend a **training course** on chairing meetings in October, which I found really useful.

We focused on the practical aspects – making sure everyone has a chance to make their points, ensuring people don't talk over each other and keeping things relevant to the agenda. I'm enjoying putting the things I learned into practice.

Estate services officers next on list for scrutiny panel enquiry

Our next subject for scrutiny will be the **ESO service**, which we will start to look at in our January meeting.

As always, we're keen to talk to anyone who would like to contribute to our review, so please don't hesitate to get in touch.

Either send an email marked for my attention to info@womenspioneer.co.uk or call ☎020 8749 7112 and leave a message for me so that I can give you a call back.

**MARCIA DAVIES, CHAIR
TENANT SCRUTINY PANEL**

Strong turnout for second 'meet the managers' event



PICS: MICHAEL WATERS

An impressive turnout for our second **Meet the managers** in October has prompted us to promise to repeat the events twice a year, writes housing inclusion manager Aidan McCarthy

Our second 'meet the managers' for 2016, held at Mary Smith Court in October, saw a turnout just as good as that for our event in May. We are determined now to hold one every six months or so.

Our usual collection of managers attended, and we were very grateful to housing assistant Michael Waters, who greeted our guests, made sure the managers stuck to their timetable, and provided tea and biscuits.

Spending time face to face with you is of great value to us and we hope that those of you who came along also found it useful. If you weren't able to make it, we hope that we'll see you at one of the events in 2017.

We want to hold at least one away from Earl's Court. If any of you could suggest a suitable venue we'd be very grateful. Email info@womenspioneer.co.uk or call ☎020 8749 7112 and ask to speak to Michael Waters.



Give your tree a new purpose after Christmas: recycling collections

If you are having a **real Christmas tree** this year, please make sure it gets recycled in the new year. Not all councils had published their recycling information when *Pioneer Press* went to print so please also check your local council's website

Camden:

Temporary recycling points are usually available throughout the borough in early January. Details have not yet been confirmed but you can visit <http://news.camden.gov.uk/recycle-your-christmas-tree/> in the new year to find out more.

Westminster:

The council will shortly be announcing details of recycling points throughout the borough. Full details will be published on the council's website www.westminster.gov.uk

Ealing:

Please check with the council on ☎020 8825 6000.

Harrow:

Recycling can be done daily at the Forward Drive depot in Wealdstone.

Hammersmith and Fulham:

There are usually tree recycling spots across the borough and LBHF is rightly proud that it recycled a record number of trees last Christmas. For details of locations, check out www.lbhf.gov.uk/recycling-and-rubbish

Hillingdon:

Christmas trees can be recycled via the kerbside recycling service. Please make sure all decorations have been removed, cut the tree into pieces (less than 3 feet), and place it next to your garden and food waste.

Kensington and Chelsea:

RBKC asks that residents compost their trees if possible. If that's not possible, there will be special kerbside Christmas tree collections and also drop-off locations throughout the borough where you can take your tree. Full details of the service can be found at www.rbkc.gov.uk/bins-and-recycling

Wandsworth:

The council usually collects trees as part of its regular rubbish collections in the first two weeks of January. This has not yet been confirmed for this year, but keep an eye on the council website www.wandsworth.gov.uk for more information.

THE 2016 SPECIAL BRAIN-TEASER

It has been an extraordinary year, with some high points, some low and some that went off the scale, and we're not going to mention them at Christmas. **Aidan McCarthy** comes up with a list of brain-teasers that skip lightly past the unpleasantry



- 1 Max Whitlock won gold medals in which two gymnastic disciplines at the Rio Olympics?
- 2 What was won by Candice Brown this year?
- 3 Who was elected as Mayor of London on 5 May 2016?
- 4 What was the name of David Bowie's final album, released shortly before his death?
- 5 Which football team unexpectedly won the Premier League in May?
- 6 Samsung ceased production of its Note 7 mobile phone this year. Why?
- 7 Where did Tim Peake live between 15 December 2015 and 18 June 2016?
- 8 Jerome Silberman died on 29 August 2016. By what name was he better known?
- 9 England's football team were knocked out of this year's European Championships by which unfancied side?
- 10 How many candidates formally stood for the leadership of the Conservative party this summer. A bonus point if you can name them all.



Emergency repairs over Christmas

Our offices will close for the Christmas to New Year break at 1pm on Christmas Eve, reopening as normal at 9.30am on Tuesday 3 January. If you have a genuine emergency during this time please call the number below for the type of repair you need.

Plumbing, electrics, or other problems that need to be dealt with by a builder:
Just 24/7 ☎020 8979 2220

Broken windows or if you're locked out or have lost keys (you will have to pay for this):
Just 24/7 ☎020 8979 2220

Power cut to the whole house:
UK Power Network ☎0800 056 6341 or ☐0333 32 32 105

Gas leak – if you smell gas or suspect a gas leak:
National Grid ☎0800 111 999

Lift breakdown: 21st Century Lifts
☎020 8676 5700

Heating and hot water system for all flats in your property:
S&S Burners ☎020 8330 7992

Gas fires and boilers that we have installed in your flat:
Daynight ☎07860 234 899

Faulty fire alarm in a shared part of your building: Chameleon ☎01757 244 511. Leave your name, address and phone number, and a brief description of the problem. The duty engineer will call you back at once.

TV aerials and entry phones: this is not an emergency situation and can wait until we reopen.

DON'T LOOK NOW: ANSWERS TO THE 2016 BRAIN-TEASER

- 1 Floor and pommel horse
- 2 The Great British Bake-Off
- 3 Sadig Khan
- 4 Blackstar
- 5 Leicester City
- 6 The batteries kept catching fire.
- 7 The International Space Station
- 8 Gene Wilder
- 9 Iceland
- 10 Five: Michael Gove, Andrea Leadsom, Liam Fox, Theresa May, Stephen Crabb.

INTO THE KITCHEN AT FORK-POINT

quick and easy turkey and potato curry

courtesy of corporate services administrator Kim



INGREDIENTS (SERVES 4)

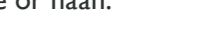
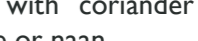
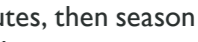
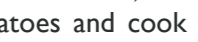
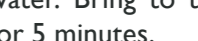
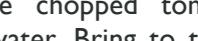
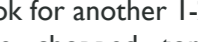
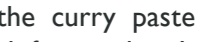
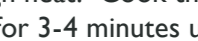
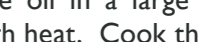
- 1 tablespoon of sunflower oil
- 2 tablespoons of curry paste
- 1 large onion thickly sliced
- 2 garlic cloves, crushed
- 1 green pepper, deseeded and chopped
- 400ml can of chopped tomatoes
- 300g leftover turkey, diced
- 300g leftover diced cooked potato (boiled or roasted)
- 2 tablespoons of mango chutney
- small pack of coriander, roughly chopped
- rice or naan bread to serve

COOKING METHOD

Heat the oil in a large pan over a fairly high heat. Cook the onion and pepper for 3-4 minutes until starting to soften and brown slightly. Stir in the curry paste and garlic, then cook for another 1-2 minutes. Add the chopped tomatoes and 150ml water. Bring to the boil and bubble for 5 minutes. Turn the heat down, stir in the turkey and potatoes and cook for another 2-3 minutes, then season and add the mango chutney. Scatter with coriander and serve with rice or naan.

prep 5 mins

cook 15 mins



free events January to March



Tues 13 to Sat 17 December COLOURS OF AFRICA

Paintings by Ugandan school children and local artists. At The Tabernacle, Notting Hill, 35 Powis Square, W11. From 9am to 10pm. Exhibition of village life in Uganda.

Sat 17 to Sun 18 December HACKNEY FLEA-MAS MARKET

Abney Hall, N16. From 11am to 6pm. Over 30 vintage traders with original decorations, mid century furniture, retro clothes, and yesteryear winter wonderment.

Until Tuesday 20 December THE CITY GARDENER

RHS Lindley Library, 80 Vincent Square, SW1P. From Monday to Friday, 10am to 5pm. Urban gardening depicted in 18th and 19th century books and artworks.

Sunday 25 December THE PETER PAN CUP

Hyde Park W2. Race starts at 9am. The Serpentine Swimming Club's annual race across the lake. The event has been held each Christmas Day since 1864, named after its patron, author JM Barrie.

Until Sunday 1 January POP UP PARK

London Dock, Wapping, E1. A first glimpse of London Dock in this temporary landscaped open space.

Until Saturday 7 January AMERICAN HISTORIES

Pi Artworks, 55 Eastcastle Street, W1. From Tuesday to Friday - 10am to 6pm, Saturdays - 11am to 6pm. Drawings by 10 New York-based artists.

Until Sunday 8 January CHRISTMAS MARKET IN LEICESTER SQUARE

Leicester Square, WC2. Traditional Christmas market with hand-picked seasonal treats and surprises.

Until Thursday 12 January SHINE 2016

The Goldsmiths Centre, 42 Britton Street, EC1M. From Monday to Friday - 9am to 6pm. New talent in design and craft, showcasing jewellery, silver and allied trades.

Fri 13 Jan to Sat 25 February STRIKE SITE

Pi Artworks, 55 Eastcastle Street, W1. From Tuesday to Friday - 10am to 6pm, Saturday - 11am to 6pm. Sculpture, paint and print work together to create a sense of place.

Fri 27 January to Sat 18 March ELVIRE BONDUELLE

Ronchini Gallery, 22 Dering Street, W1. From Monday to Friday - 10am to 6pm, Saturday - 12pm to 5pm. First UK solo exhibition of new works by this French artist.

Until Saturday 28 January INDIA'S GATEWAY:

GUJARAT, MUMBAI & BRITAIN

Redbridge Museum, 1st floor, Central Library, Clements Road, Ilford, IG1. From Tuesday to Friday - 10am to 5pm, on Saturday - 10am to 4pm. What links Gujarat, Britain and Redbridge?

Until Friday 17 February A BITTER ROAD:

BRITAIN AND THE REFUGEE CRISIS OF THE 1930s AND 1940s

The Wiener Library, 29 Russell Square, WC1B. From Monday to Friday - 10am to 5pm, Tuesdays - 10am to 7.30pm. Exhibition on the treatment of Jewish and other refugees in Britain in the 1930s and 1940s, from government policy on asylum to help offered by humanitarian aid organisations.

Weekly

VARIOUS FREE CLASSES

At the Katherine Low Settlement, 108 Battersea High St, SW11 3HP. See www.klsettlement.org.uk

Weekly at Mary Smith Court MONDAY COFFEE MORNINGS

Starting 11am.

WEDNESDAY ART CLASSES

Between 2pm and 4pm;

ENGLISH CLASSES

Classes due to start in New Year – check for details closer to the time. See www.womenspioneer.co.uk for details or call ☎ 020 8749 7112.



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These numbers are only to be used for a situation that cannot wait until our office reopens.

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