

THE BRIDGE 12

The newsletter of the Tinkers Bridge Residents' Association
November 2016

TINKERS
BRIDGE
Residents Association

PANTOMIME TREAT FROM THE RESIDENTS' ASSOCIATION



Monday 19th December

Your Residents' Association has arranged a subsidised trip to see 'Snow White' at The Dec Theatre in Northampton, at the astonishingly low price of £4 a ticket. A 53-seater coach will leave the Meeting Place in Marshworth at 5.0 p.m. on Monday, 19th December. Please be on time.

Tickets can be purchased from Cassandra (6 Bascote) or Deanna (11 Hatton). We are reserving 15 tickets for Tinkers Bridge residents in the older age brackets until 1 December. After this date any remaining tickets will be sold to 1) any Tinkers Bridge Residents on Cassandra and Deanna's waiting list and 2) after that, if there are tickets remaining unsold, to folk on the waiting list from elsewhere who want to join us.

Many thanks to Councilor Kevin Wilson for providing the grant to cover the cost of the coach.



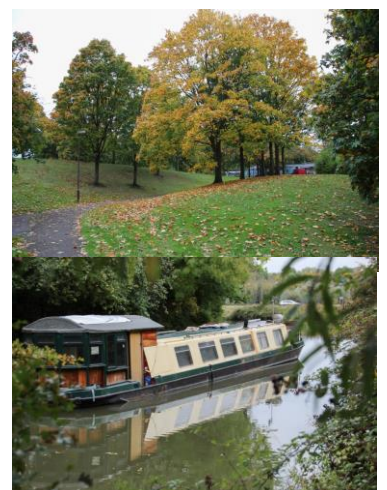
Monthly Meeting of the Tinkers Bridge Residents' Association

Thursday 24th November 2016,

7:30 to 9.00 p.m.

Tinkers Bridge Meeting Place, Marshworth

There will be a big welcome for all Tinkers Bridge residents.



PHOTOS BY DEREK WELLER & KATHY MANSFIELD HIGGINS

Letter from the Editor

Dear fellow residents of Tinkers Bridge,

I hope that you have had a good Hallowe'en and Guy Fawkes Night and are now appreciating crisp, cold and frequently sunny Autumn days. This month make sure you look at our Nature Table item and get busy in the kitchen with our warming Bolognese sauce from Slow Cooks' Corner.

We are beginning to think ahead to Winter and Christmas activities and a committee is working hard to obtain grants to subsidise these. We will need help to organise such events; this help could be on a 'one off' basis or otherwise. Thanks to Cassandra and Deanna for stepping up to help with the Pantomime trip on 19th December. Please contact thebridge@tinkersbridge.org.uk as soon as possible to find out more about volunteering. It is an excellent way to make friends.

Thank you, Terry, Derek and Barbara for volunteering to join the delivery team that makes sure you get The Bridge newsletter and other information leaflets from TBRA.

Terry and Derek have made an excellent job of re-doing the raised garden boxes in the Community Garden. If you are interested in gardening, please do volunteer to care for one of the raised garden boxes. For this please contact tinkersbridge@gmail.com.



*Best wishes
The Editor*



PHOTOS BY DEREK WELLER

We desperately need an Editor for The Bridge

The need is for someone with good English and writing skills to replace the editor who is leaving in December. The outgoing editor would give training.

If interested, please contact thebridge@tinkersbridge.org.uk.

See Facebook page at Tinkers Bridge OFFICIAL GROUP for up-to-the-minute estate news and comment.

One reason for going to Council meetings is to show the MK Council that we mean business, so it is important that they can see that we are from Tinkers Bridge. We have had some T-shirts printed with the message, 'I Love Tinkers Bridge'. If you would like to have a T-shirt please let me know, including what size you would like. **For further information or if you would like a T-shirt and/or a lift to a meeting, please contact TinkersBridge@gmail.com or ring Sheila on 07599 321448**

YOGA FOR BEGINNERS

We have been meeting for gentle yoga since the spring. It was new to all of us. Some decided it wasn't for them. Most have been using parts of their body they didn't know about before they started. All have been getting to know their body, feeling more confident - confident enough to show off a Warrior pose in a photo! We have got to know people we hadn't met before on our estate. Come and join us. You will be made welcome.



PHOTO AND TEXT: K. MANSFIELD HIGGINS

Tinkers Bridge Residents' Association Initiatives

Did you know that TBRA now produces an online calendar of events in Tinkers Bridge? David Lee displays this on the website and provides a link on the Tinkers Bridge OFFICIAL GROUP page. Please consult it for any late changes to meeting details. Thanks, David for organizing this.

Environmental Team

Ron Ellis and the team say "Thanks to the "A Team", our landscape team from WCC. They have been doing a great job clearing alleyways and cutting back shrubs. TBRA is grateful for all their endeavors. Thank you too to SERCO for clearing a lot of clutter on Tinkers Bridge."

Coffee Evening

The MacMillan Coffee Evening held on 4th October was a great success. Run by Cheryl and her Rainbows, Brownies and Guides. The funds raised amounted to £200. Many thanks to Cheryl and her team and to everybody who supported the event.

Tea Dance

The Tea Dance held on 5th October at the Moorlands Centre on Beanhill, was very well attended. 40 people enjoyed a sumptuous afternoon tea and a very lively dance session led by Accursio Romeo (who runs his own dance school). He took us through the steps and gave his time for free. A huge thank you to him, Louise and all those at Moorlands. Keep an eye open for the date of the next dance.

November Activities and Events

TBRA WORKING GROUP MEETING for committee members only: 7th Dec 2016 7:30–9 p.m. at The Link, Charles Warren Academy.

TBRA MONTHLY MEETING at the Meeting Place: 24th Nov 2016 See front cover box for details of this month's meeting.

CHILDREN'S CHRISTMAS

3rd December 2016 2p.m.–6:30 p.m. See Front page.

REGULAR ACTIVITIES

WCC ADVICE SERVICE OPEN ACCESS: Everyday between 11am–2pm at WCC Offices in Netherfield.

WCC JOB CLUB: Every Monday between 1 p.m. and 3 p.m. at WCC Offices in Netherfield.

MOBILE LIBRARY visits TB Meeting Place on alternate Fridays: 18th Nov

RAINBOWS', BROWNIES' AND GUIDES' GROUPS meet in the TB Meeting Place every Tuesday **during term time only**

Rainbows 5–6 p.m.

Brownies 6 p.m.–7:30 pm

Guides 7:30–9 p.m.

GENTLE YOGA FOR BEGINNERS on Monday evenings, 7–8 p.m. at the Meeting Place

(Ring 07523427073 to check if the session is taking place on Monday evenings at the meeting place 7:00 to 8:00 pm as usual). Free to residents of Tinkers Bridge.

HEDGEROWS FAMILY CENTRE

01908 239000

Mondays, 9–10 a.m. & 11:30 a.m.–3 p.m. Cafe and children's activities

CAFE Tues, 10–11:30 a.m. Baby Clinic; 10:30–3 p.m.

MUCKY PUPS FOR BABIES & CHILDREN Weds 10–11 a.m.

AEROBICS Thursdays, 12:15–1:30 p.m. £1 a session. (No crèche) 12:30 to 2:30.

ART COURSE for those with mild to moderate depression: Thurs 12:30–2:30

CAFE Fridays, 9–10 a.m. & 11–1 p.m.

On 23 Nov from 10:30 a.m. a family photographer will be available.

DIGITAL PHOTOGRAPHY COMPETITION LAST CALL FOR ENTRIES!

We invite residents to submit their best **digital** photographs. There are three age groups – under 13s; 13–19; adults over 19. The subject is AUTUMN. Each person may enter only **one** photograph.

Prizes will be awarded for each age group, where there are worthy winners. We hope to be able to publish the best entries; by submitting an entry you give us permission to publish the photograph should we so wish and also to name you in print.

Submit your entry by 30 November to thebridge@tinkersbridge.org.uk; please include your name, address, phone number and email address as well as your age group, category and title/description of the photograph.

Nature Table – Feed the Birds

When winter comes, there isn't much food available for wild animals, including garden birds. It's a good idea to feed the birds but, if you start feeding them, please keep on throughout the autumn and winter months. The birds become dependent upon the food you provide and will expect to find some on your bird table; if there is none there they will starve.

What you need – either a clean bird table or a bird feeder placed well out of reach of marauding cats. Disinfect these regularly to prevent birds getting sick.

Birds need nourishing foods such as seeds and fats, not bread. You can buy seed mixes and fat balls from super markets and garden centres. You can also make your own fat balls to string up on tree branches. Avoid giving birds bread crumbs. Also please make available a bowl of fresh clean water every day. Please provide your cats with bells on their collars.



HEDGEROWS FAMILY CENTRE

Landlands Tel: 01908 239000

This is a wonderful local facility for families living in Tinkers Bridge and surrounds. We've given you in the regular activities section just a sample of the sessions on offer day by day. Play sessions (for adults as well as children!) and health clinics are interspersed with café, adult classes and socials. You can also, for a small fee, use the new Toy and Book Library from which to borrow toys and books for your child to play with at home. So make friends and stay healthy at Hedgerows.

WCC DROP IN ADVICE SESSIONS

Tues 1st December (and first Tues of every month until further notice) 11 a.m.–1 p.m.

No appointment necessary

The following services are on offer at Woughton Community Council offices, 33-37 Farthing Grove, Netherfield, MK6 4JH. You just drop in and ask for the agency you want to consult.

MK Council (Welfare provisions, Housing benefits, Discretionary awards, Home swapper)

Job Centre Plus (Income support, Job seekers' allowance, Employment support allowance)

ReThink Mental Health (support for all mental health problems including depression/anxiety, bipolar, suicidal thoughts)

Your MK (Council house repairs)

Stonewater (local housing association)

Money Matters & Money Lifeline (Debt issues; budgeting assistance)

Swan Credit Union (safe savings and ethical loans)

BIG ENERGY SAVING NETWORK

Citizens Advice Milton Keynes has been awarded a grant by BESN for the second year running. The grant will help CAB to assist vulnerable consumers to save money on energy by holding special events. Consumers will be asked to bring along their recent energy statements and CAB staff will offer advice and practical help with, for example, switching energy supplier and/or applying for a warm home discount. Secondly, it will help CABMK to offer training in this area so an employer or a group can provide the same help for others. please contact carol.muldownie@mkcab.org.uk or tel: 01908 545188

Slow Cooks' Corner

Recipe for Bolognese Sauce for 4 people

INGREDIENTS

1 tablespoonful of olive or rapeseed oil
700g of raw lean minced beef
2 large onions -chopped
1 clove of crushed garlic
100g of chopped mushrooms
1 x 425g can of chopped tomatoes
2 teaspoonful of oregano
Pinch of sea salt
Ground black pepper
300 mls of beef stock
2 tablespoonsful of tomato puree or paste

METHOD

Heat slow cooker on high
In a large pan, sauté the onion and garlic in the hot oil until transparent - remove onto a plate
Brown the minced beef in the same pan for about five minutes
Stir in the onions and the rest of the ingredients and season to taste
Bring to the boil
Transfer to slow cooker
Make sure the lid is a tight fit
Cook on HIGH for 30 minutes and then on LOW for 6-8 hours
Delicious with mashed potato or pasta.