

# Walton Churches Creation Care Project



## Winter Newsletter

The fluctuating temperatures this autumn and winter, with deep frosts, warm periods and torrential rain at times, have shown us that we are already experiencing the impact of climate change here in the UK. Indeed, 2022 was the warmest year on record here, despite the cold snap in December.

As stewards of God's creation, it is important for us to make every attempt to reduce our impact on the climate, both here and around the world. The small decisions we take can make a difference!

This is also a tough time for many of us financially, with energy bills a particular worry. But, by making some changes to the way we use our existing appliances, we can all save money and help to preserve the environment.

Please do send in your ideas, tips, or recipes for our spring newsletter in May. Gardening tips would be especially welcome. Send your suggestions to [waltoncreationcare@gmail.com](mailto:waltoncreationcare@gmail.com)

### Regular Warm Spaces in our area

**Drop in to warm up, share a hot drink and make new friends.**

#### WEEKLY

- Tuesday 9.30 -11.30am **Renew Wellbeing Café** at *Kents Hill Community Centre, Frithwood Crescent MK7 6HQ*
- Tuesday 2.00 - 4.00pm **Afternoon Tea** at *Milton Keynes Village Hall MK10 9AF*
- Wednesday 8.45-10.30am **Coffee Morning** at *St Mary's CofE School, Wafandun Lane, Eagle Farm MK17 7AA*
- Thursday 10.00am-12.00pm **Coffee Morning** at *St Mary's Church, Wavendon MK17 8LY*
- Friday 9.00am-12.00pm **Warm Welcome** at *Broughton Pavilion MK10 9NJ*
- Friday 12.00-2.00pm **Community Café** at *Wavendon Parish Centre, opposite St Mary's MK17 8LY*

#### MONTHLY

- 1st Friday of month: 9.30-11.00am **Coffee Morning** at *All Saints Church, MK Village MK10 9AF*



## Energy-saving tips

- If you have gas heating, it is actually cheaper to use that than to use an electric heater to warm up one room. Just keep your thermostat around 18°C, and try not to heat rooms you don't use.
- If you have to rely on electric heating, an inexpensive oil-filled radiator with thermostat works better than a fan heater, as the heat does not dissipate as soon as it turns off.
- If you have a smart meter and your supplier offers them, it might be worth signing up for energy-saving hours, where you are paid to reduce your normal energy consumption. Unless you use a lot of power, you won't earn a great deal of money, but you will also save the cost of the energy you didn't use!
- Using the oven is one of the most expensive methods of cooking. If you have a gas hob, that is much cheaper to use. Microwaves, slow cookers and air fryers also save energy. Some microwaves can be used as a small oven too. You can often cut oven-cooking time by starting your recipe off in the microwave.

### Speedy Root Vegetable Gratin

#### Ingredients

Seasonal root veg, leeks, and onion

Garlic or garlic granules (optional)

Milk or vegetable stock

Grated cheese or vegetarian alternative

#### Method

Peel, slice and layer the veg in a dish which is both oven and microwave-proof. Add garlic or granules to layers if liked. You might like to finish with a layer of sliced potato. Fill dish to about one third with stock and / or milk, season and top with grated cheese.

Microwave (covered) for short periods on High until vegetables are soft. Transfer to oven (180°C) for approximately 20 - 30 minutes until browned and crispy on top.



### Slow-cooked Chorizo and Bean Stew

#### Ingredients

Chorizo, sliced. Or use Hot Smoked Paprika for flavour..

Onion, garlic if liked, mushrooms, sweet peppers, chopped into small and even-sized pieces.

Tinned tomatoes. Tinned beans (drained and rinsed) - cannellini or flageolet work well. Alternatively you could use tinned lentils or chickpeas.

A dash of Worcestershire sauce to taste.

#### Method

Add uncooked vegetables first to your slow cooker. Then add the other ingredients. Cook in the slow cooker for 2 to 3 hours until tender. Remove lid to reduce sauce or decant into saucepan and thicken with cornflour.

This dish can be cooked on the hob in less than 30 minutes. Fry the vegetables and chorizo in a little oil before adding the beans and tomatoes.



We're sure you have lots of good ideas and recipes to share with us all.

Please send your suggestions to us at: [waltoncreationcare@gmail.com](mailto:waltoncreationcare@gmail.com)

so that we can all care for and support each other and protect our precious environment.

Looking forward to hearing from you,

*The WCCCP team.*