



# Community share

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## COOKING CORNER

### Recipe:

This recipe is used in our Young Chefs sessions and can be great to do with children, very tasty too.

### Potato Wedges

(a healthy alternative to deep fried chips and fries)

#### Ingredients

(Serves 1)

- 1 medium white potato
- 1 medium sweet potato
- Sprinkle of salt and pepper
- 1 tsp of paprika (or other herb or spice you like)
- 1 tbs vegetable or olive oil



#### What to do:

- Preheat gas oven to mark 7, electric oven to 220 °C, or fan assisted electric oven to 200°C
- Scrub the potatoes clean
- Cut the potatoes into chunky wedges
- Put the potatoes in a bowl and add the paprika, salt, pepper and oil and mix them all together
- Put the potatoes on a roasting tray in one layer, skin-side down
- Cook in the hot oven for 25 to 30 minutes or until golden, crisp and cooked through. To tell if they're cooked, poke one or two with the tip of a fork — it should go in easily.

#### KHL top tips:

- This method works with parsnip and butternut squash
- Did you know, potatoes are an excellent source of vitamin C?

## SPOT LIGHT

### On Conversation Cafes:

Here at KHL we know how hard it can be not being able to have a proper chat with someone, so we have set up 'conversation cafes' for people to be able to book a regular weekly slot with one of our volunteers. You can talk to us about anything you would like, we can also give support and advice in many areas.

So instead of feeling down, make yourself a cuppa, pick up the phone and give us a call on 01535 577177. We would love to hear from you.

## VICKI'S QUIZ

### Football Teams and Stadiums.

Can you get them all?

1	SCALY ALTECRAP
2	BRUSH OLD MIDGE
3	THICULLY
4	EFFI HELD SANDY WEEDS
5	FLANDIE
6	LANDED RUNS
7	DREAD LLANO
8	GOVERN HAND HOOT ALIBBIN
9	DETEST INANE CHURM
10	BADDEST FORM RIG

Check next week's issue for answers.

If you prefer this newsletter by email or have anything that you would like to share with the community just get in touch

## POETRY CORNER

### A Caravan Poem (Almost in motion)

Hitched up and ready, but we can't go  
Unable to travel but yearning to tow  
From our window we look to the beckoning road  
Our vehicle wanting to carry its load

So we must seek out adventure in photos of days  
The sun did shine to tempt us to stray  
But our travels for now must be all in the mind  
To be happy and loving and caring and kind

But the good times, the great times, the family  
Will continue our journeys to be by the sea  
With laughter and love and cake and tea  
The world will re-open, just you wait and see.



## USEFUL NUMBERS

- Bradford Council/Keighley Hub: 01274 431000
- Keighley Pathways: 01535 608631
- Adult Social Services: 01274 618400
- Carers' Resource: 01756 700888
- NHS Advice: 111
- Dementia Friendly Keighley: 07452 773788
- Keighley Healthy Living: 01535 677177

Quiz answers from Issue 3 : I hope you did better than us, did you get them all?  
1: 12 inches in a foot, 2: 10 commandments 3: 76 trombones led the big parade, 4: 1 Kelly's eye, 5: 52 cards in a pack, 6: 21 spots on a die, 7: 18 holes on a golf course, 8: 168 spots on a domino set, 9: 12 old pennies in a shilling, 10: 6 balls in an over.

## EXERCISE IDEAS

Some of us love to get some exercise and some of us hate the idea, but here at KHL we have been trying ways of making exercise something to look forward to.

Most people know that some of the main benefits of exercise are to improve energy and fitness levels, help weight loss, give stronger muscles and bones, and support better mental health. But exercise has lots of amazingly positive side effects too.

Exercise can help you to relax and improve the quality of your sleep, just what we need in these strange and confusing times. It can also increase your self-esteem and make you feel happier.

We have a dedicated Youtube Channel (subscribe so as not to miss anything) which includes an octogenarian skipping, lots of balance exercise, our FitStart programme (for those who have less confidence) and our very popular dance exercises.

Our videos are added weekly so there is always something new to try.

[https://www.youtube.com/channel/UCONy0OYq\\_cHbkT4-yn3Gqvq](https://www.youtube.com/channel/UCONy0OYq_cHbkT4-yn3Gqvq)

## YOU TUBE

Have you had a look at our KHL YouTube channel? Full of activities including exercise, art, patchwork and recipes. Why not subscribe to be sure not to miss any? Just search 'Keighley Healthy Living' on YouTube.

