Spring Foreword

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Pictured:

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WELCOME TO THE SPRING ‘NEW LOOK’ EDITION OF SPIRIT QUARTERS.

Spring time is an opportunity to look ahead and this “new look” edition of Spirit Quarters is packed full of news from community groups in the area, together with an update on redevelopment plans and other local news, views and a great competition for you.

In the autumn edition I let you know that over a six to nine month period starting in October 2012, we would be carrying out a review of the master-plan to determine what we can realistically deliver in these tough financial times. The aim of the review is to provide certainty for the local community on which areas we intend to redevelop so that Whitefriars, Coventry City Council and its partners can make investment decisions to homes and the environment that aren’t going to be redeveloped.

We are on course to complete this review by the end of April and to be in a position to make recommendations to the various boards of all the partner organisations for consideration and approval. As there are 6 partner boards involved, it’s likely that the final approvals will not be received until the summer. It’s my intention to write to you in May to inform you of the recommendations that are being made.

I do understand any frustrations you may be experiencing from the uncertainty of not knowing whether your home will be redeveloped or not but I can assure you that we as partners are working hard to reach a conclusion that meets everyone’s priorities and needs to the best of our ability.

As you read through this magazine, I hope you’ll agree with me that despite the tough economic context in which we all find ourselves, there are nevertheless some great local achievements to be celebrated that offer examples of community spirit and hard work to the rest of the city.

KEVIN ROACH
Project Director
SPIRIT QUARTERS FOOTBALL TEAM

CALLING ALL BUDDING FOOTBALL PLAYERS TO JOIN SPIRIT QUARTERS F.C

The team will be playing on Sundays in the Coventry Alliance league and home games will be played at Henley College.

The team are sponsored by the Spirit Quarters redevelopment who have provided training essentials together with a brand new full kit with the shirts emblazoned with the Spirit Quarters logo.

John Samuels, the team organiser says “The sponsorship from Spirit Quarters has given us a real boost as we seek to establish a squad of players who enjoy playing football and mixing together. We really welcome new players to come along to training and become part of the team. All abilities from young adults to older players are welcomed with open arms”

Kevin Roach, the Spirit Quarters Project Director adds, “We are delighted to be able to sponsor the team as we share the values of a good team spirit and teamwork in representing Spirit Quarters. We wish the players and the team every success and enjoyment in their first season together”

Interested? John wants to hear from you, so please give him a call on 07580-501883 or alternatively come and speak to Tony at the Whitefriars Regeneration office on Hillmorton Rd.
Coventry Youth Service organise a full range of activities in the area for young people aged between 10 to 19 years of age. These activities are based locally at the Venny in Milverton Rd, and include art sessions, photography, DJ-ing and music.

For information on the latest youth activities at the Venny please contact Tracie Coombes or Dave Mills on 02476 618816.

Address: The Venny. Milverton Road, Wood End, Coventry. CV2 1HP

Telephone: 02476 618816

Website: www.coventry.gov.uk/ccm/navigation/education-and-learning/youth-service

£12,750 of funding has been secured from Sport England and Whitefriars Housing Group for a new pop-up boxing club at Henley Green Community Centre. The boxing club will be open three times a week from next month and will be run by an ABA affiliated coach from Red Corner Boxing Club. It’s open to male and females aged 11 and over. So if you want to get fit, learn boxing techniques and work towards competitive boxing then get in touch. Look out for more details over the coming months. For more details ring 02467 618770.

As well as the Spirit Quarters website, there’s a Facebook page where you can find all the latest stories, information and events from the area and it’s also an opportunity to have your say if you have a Facebook account, where you can comment on stories posted onto the SQ Timeline.

www.facebook.com/spiritquarterscoventry
The new sales office on Hillmorton Road, Wood End is the hub for the 230 new homes, which are part of the multi-million redevelopment of Wood End, Henley Green, Deedmore and Manor Farm, known as Spirit Quarters.

The Spirit Quarters scheme was launched in 2010 and the modern two, three and four bedroom homes in the first phase of development have now sold out. Developers Keepmoat are now releasing more homes in phase two of the development. Eamonn McInerney, Group Sales and Marketing Director of Keepmoat said, “with a good range of properties built to suit young couples, first time buyers or growing families, Spirit Quarters is a unique and great place to live, work and play and with a great community ‘spirit’, it’s proving very popular as the interest and sales so far suggest.”

Cabinet Member for City Development, Cllr Lynnette Kelly said, “Winning the Best Community Led Regeneration Scheme competition at the National Regeneration & Renewal awards proves what a successful model for community regeneration the Spirit Quarters project is, despite the tough economic context. Founded in strong partnerships, Spirit Quarters is already contributing to the overall development of Coventry by offering employment and training opportunities, apprenticeship placements and new family homes.”

Dianne Williams, Vice-Chair of the Moat House Community Trust said, “There is a strong community spirit here, the glue that holds the success of this development together. Spirit Quarters demonstrates what can be achieved when local residents are given a genuine voice from the outset. It is they who’ve helped to shape this development and who understand its benefits and remaining challenges.”

John O’Shea, Vice-Chair of Whitefriars Housing Group, which is one of the regeneration project’s key partners, said “Spirit Quarters is a shining example of what Whitefriars strives to achieve in ‘Creating Places where people are proud to live and work’. I am confident that with the continued support of the community and our partners - Coventry City Council, Moat House Community Trust and the Homes and Communities Agency, that we will continue to make the much needed changes that this area deserves.”
BUILDING HOMES AND DREAMS

In an area where 1 in 5 young people between the ages of 18 to 25 are not in education, employment or training, the Spirit Quarters development is playing its part in addressing this problem.

As part of the City Council’s Job Strategy for young people, the partnership of Keepmoat, Whitefriars, BAM Construct UK, City College Coventry and Coventry City Council are working together to provide local young people the opportunity to join their Shared Apprenticeship Scheme.

It provides young people with on-the-job training that makes them more sought after in the construction industry whilst supporting their further education. It then offers them the opportunity to progress their career further within participating organisations and improves their motivation and attitude to work whilst earning a wage.

A future Director? – Anthony Jones.

Nineteen year old Anthony Jones joined Keepmoat just under a year ago through the Coventry & Warwickshire Shared Apprenticeship Scheme and has made an instant impact.

No sooner had Anthony completed his contract and apprenticeship programme with Keepmoat to became fully qualified, he was then head-hunted by the Managing Director of a major carpentry contractor who was operating on site at the time. In gratitude for the opportunity given to him Anthony said: “The scheme and Keepmoat helped me get my first step on the ladder, I can’t thank them enough.”

From Unemployed to Self Employed – Kevin McShane.

After completing his NVQ L2 and Diploma bricklaying and requesting to join Keepmoat Kevin McShane decided on a self-employed career in the construction industry with the full backing of mentor Keepmoat Site Manager, Andy Stein.

Kevin said, “Becoming self-employed was the next step in my career path. Working with Andy and his team at Keepmoat gave me the confidence and support to go it alone; it was the best decision I’ve made. The whole team have guided me through the process.”

One of the country’s leading housing and community regeneration specialists, Keepmoat, is celebrating after scooping four gongs at this year’s Built in Quality awards.

Organised by Birmingham Building Control’s company Acivico, the Built in Quality awards are run alongside the annual West Midlands Centre of Constructing Excellence (WMCCCE) Awards which recognise the professionalism, excellence and innovation that lie at the heart of the West Midlands’ construction community.

Keepmoat is delighted after four of its developments were praised, with its Pannel Croft development named the winner of the Community category, its Snow Hill development scooping the Regeneration and Refurbishment award and its Showell Park and Spirit Quarters sites both winning recognition in the Housing category.

Spirit Quarters, the major redevelopment scheme of Wood End, Henley Green, Deedmore and Manor Farm neighbourhoods has won the national award for ‘Best Community Led Regeneration Scheme’ at the annual Regeneration and Renewal Awards from 223 entries across 14 categories.

Vicky Scott, resident and chair of Deedmore Residents Association, attended the event and proudly collected the award on behalf of the community. She said “This is an award for the whole community and has been a long time coming. For 12 years residents past and present have worked tirelessly and selflessly to create a community that we can all be proud of being a part of and living in.”
We’re a group of local people who meet on the second Thursday of the month, 7pm at Moat House Neighbourhood and Leisure Centre, Winston Avenue.

Our aim is to protect the park, moat and wildlife by organising work days including litter picks, bulb and wild flower planting, hedgerow clearing and hedge laying. We work closely with the parks department of Coventry City Council to ensure that park services are properly maintained. We’re open to anybody who uses the park and cares about it.

We have planned work days every second weekend of the month. On work days we meet in the park near the mosaic from 10am and work until approximately 2pm on both Saturday and Sunday. Anyone interested in helping should just turn up on the day, all equipment and refreshments are provided and you can do as much or as little as you want.
WOOD END COMMUNITY CENTRE

Sitting in the heart of Wood End, the community centre plays an important role in supporting residents from mums and tots to hot dinners for pensioners.

Recently the centre has worked hard with Coventry City Council’s Neighbourhood Action team to secure a £10,000 grant. The centre is required to provide specific evidence that meets the criteria set out by the council. These include consulting with the residents about local needs and meeting all Health and Safety measures.

We are working with Carol Speed from Neighbourhood Action and Tony Greenwood from Whitefriars to secure more funding to support our summer community events. The centre is also supporting the newly formed residents group who meet once a month to plan activities and events for the community.

The centre time table is:
Monday - Mums and Babies - 9:00am - 11:30am
Tuesday Thursday and Saturday - Bingo - 8:30pm – 10:00pm
Wednesday - Pensioners Lunches - 1:00pm – 3:00pm
Friday - Martial Arts - 7:00pm - 9:00pm

The centre is also available for hire for private or community activities.
For more information pop into the centre and talk to Clare or call 024 7661 4379

MOAT HOUSE CAFE

Located at the heart of Moat House Leisure & Neighbourhood Centre, the Café is run and supported by Moat House Community Trust; providing a place to meet or eat for residents, Leisure Centre users and centre based staff alike.

Recently re-vamped with a fresh menu, additional staff & new layout Moat House Café has something for everyone including hot food: a bowl of warming soup, jacket potatoes and paninis, not forgetting Fish Friday and our very popular all day breakfasts.

You can also select from a range of sandwiches and baguettes or healthy salads.

All our food is freshly prepared on the premises and we will do all we can to accommodate individual tastes.

So pop in anytime and give us a try; our friendly team will be pleased to welcome you anytime, if it’s for just a drink or snack

Opening Hours:
Monday – Thursday 8am-8pm
Friday 8am – 6pm
Saturday 10am – 4pm
Sunday 10am – 4pm

MOAT HOUSE COMMUNITY TRUST

Moat House Community Trust & Moat House Leisure & Neighbourhood Centre are celebrating their 4 year anniversary with a ‘Family Day’.

The event will take on a Caribbean theme and as well as the usual fun and games there will be Caribbean music, face painting, bouncy castles, arts & crafts, food stalls and its very own beach.

Come along to join in the celebrations - Saturday 20th April 12.00 midday until 5 pm.

Tables are still available by contacting Marianne Murphy at Moat House Community Trust - 024 76622964 - £5.00 each.

COMMUNITY SPIRIT QUARTERS

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SPIRIT QUARTERS | RESIDENT GROUPS

WOOD END RESIDENTS ASSOCIATION

Due to the regeneration of Wood End and many new families moving into the area a new residents group is being developed to represent the community.

The aim of the new group is to:

• Carry out consultation, to meet the needs of Wood End’s diverse community.
• Plan and organise community activities and events.
• Communicate with local services to ensure local provision is met and residents are kept informed.
• Be a true representation of the community of Wood End.

The group have asked local primary schools to help them design a logo that can be used on future letterheads and flyers.

They are also planning to have a stand at Moat House Leisure Centre’s fourth anniversary celebrations in April to promote the group and encourage other residents to join or offer support.

The group meets once a month at Wood End Community Centre, Hilmorton Road. Call Carol Speed at Neighbourhood Action on 024 76785910 or speak to Tony Greenwood at Whitefriars Housing Regen Office for more information on the next meeting.

DEEDMORE RESIDENTS ASSOCIATION

Chaired by Vicky Scott with Vice Chair Sheila Black, Deedmore Residents Association meets every third Thursday of the month at 12.30pm in the Moat House Leisure and Neighbourhood Centre.

The association works with the community to deliver a place they are proud to live in and shout about. It works closely with Whitefriars Housing, West Midlands Police, Coventry City Council and Moat House Community Trust in order to achieve this.

The association is always looking for new members to join, so if you’re interested, please call Vicky on 07886189752.
HENLEY GREEN RESIDENTS ASSOCIATION

Henley Green Residents Association meet bi-monthly – generally on the 2nd Thursday of each month at 6.30pm, (next date 13th June) – the group meets at Henley Green Community Centre.

The Association are chaired by Alan Tyrrell, who together with the other members, has worked hard in giving up his time for the benefit of the area over many years. The Henley Green Association has a long tradition of putting on successful community events and working with agencies to bring about the best for the Henley Green area.

Alan says, “Come and join us at our meetings, you will be warmly welcomed. The meetings give you a chance to share your views on local matters or you can come along and just listen to find out what’s happening in the area. Updates and actions are provided by Whitefriars, The Police, and City Council. Working together we are getting things done and we want you to join us”

Further details on the association and meetings please contact Alan Tyrrell, on 024 76 612272.

MANOR FARM RESIDENTS ASSOCIATION

Manor Farm Residents Association meets on the third Monday of each month (next dates – 20th May, 17th June) at Henley Green Community Centre at 11.00 am. The aim of the Association is to represent the Manor Farm community in making the area a better place to live.

At these meetings, local residents receive updates and discuss issues with representatives from Whitefriars Housing, together, the Police, the Neighbourhood Action team and the Neighbourhood Warden service. Residents are able to air their views on a whole range of issues affecting Manor Farm, especially the future of Manor Farm in relation to the housing development review, as well as looking to the agencies to promptly respond to issues such as estate appearance, policing and support with community activities.

Pat Watson, the Chairperson of the Manor Farm Association says, “Please come and join us, everyone welcome. It is a great way to keep informed on all that’s happening in Manor Farm. You can meet other residents and with everyone working together the group can really help influence positive change in the area”

For further information, and how you can get involved, please contact Pat Watson, or Lorna Round, Secretary on 024 76 618770.
ANTI-SOCIAL BEHAVIOUR TACKLED IN BROAD PARK ROAD

When Angela Foran, Community Connection Officer for the City Council’s Neighbourhood Action Team, attended a Henley Green Residents Association meeting twelve months ago, many of the older residents were expressing fears to go to their local shops on Broad Park Road because of gangs hanging around. In response Angela spoke to the Traders, Police and Wardens and engaged those hanging around the shops. She pulled together a working group to put a plan together to tackle the problem and soon realised that a range of different measures were needed to make a difference.

The aims of the working group were to make the street feel cleaner and brighter with a sense of community ownership, for the police to increase their presence, to improve security and to establish a boxing club.

Angela persuaded some of those hanging around on street corners to paint over some graffiti and replace it with an image as a memorial to a young man who died in the area; Angela also engaged over 40 residents to paint a community mural with artist Kate Turner, which depicts the history of Henley Green and features a centre piece of a community shield.

The police increased their patrols and installed a new security camera.

All the activity of the working group is now paying off as traders notice more local people using the shops and that they no longer have large gangs hanging around. The mural and dove shutter have received positive comments from the community and incidents of anti-social behaviour are down.
SERVICES PROVIDED BY WOOD END HEALTH CENTRE.

This programme aims to help prevent heart disease, stroke, diabetes and kidney disease. Everyone between the ages of 40 and 74, who has not already been diagnosed with one of these conditions, can have a check to assess their risk of these diseases and will be given support and advice to help them reduce or manage that risk. Just make an appointment with the nurse or GP to arrange this.

CHLAMYDIA

This is one of the most common sexually transmitted infections in the UK and the most common preventable cause of infertility. It’s common in people who are sexually active and under 25 years of age. You are at increased risk if you’ve had a change of partner or more than one partner. In most cases there are no symptoms. The test for Chlamydia is a simple urine test. There is no need for an examination. If you would like more information please make an appointment to see the practice nurse.

OTHER LOCAL G.P’S IN THE AREA

Dr Jayaratnam & Partners
Wood End Precinct
100A Hillmorton Rd, CV2 1SG
Tel: 024 76619996

Dr Lal-Sarin & Partners
Wood End Health Centre
67B Deedmore Rd, CV2 1XA
Tel: 024 76612929

Henley Green Medical Centre
Henley Rd (corner of Hermes Crescent),CV2 1AB
Tel: 024 76614255

PATIENT REFERENCE GROUP

At the Wood End Health Centre there is a Patient Reference Group. This is a group of patients who meet with the doctors on a regular basis to discuss issues in the practice, and ways in which to improve the practice for patients. If you would like to be involved please contact Nikki or Sharone who can discuss this further.

WELCOME TO OUR NEW DOCTOR

Welcome to Naomi Gaston, a new doctor joining the Wood End Health Centre from April. Naomi will be working part-time to complete her GP training. She is coming from University Hospital Coventry & Warwickshire, where she has been working in obstetrics and gynaecology.
Police in Coventry have donated £500 to a local charity to help support their work with communities across the city.

The City Mission, a Christian charity based on Deedmore Rd which has been going strong in Coventry for 30 years, received the cash donation from local police officers.

The charity offers a range of support for residents across Coventry by hosting activities such as lunch clubs and entertainment for elderly people, a meeting place known as the ROC Café for young people and even counselling and helpline services for those in need.

The money donated has been made available through the Police Property Act (PPA), a fund obtained through the sale of property seized as part of police investigations.

PCSO Natalie Brannigan, from the Henley neighbourhood policing team, said: “We’re so happy to be able to support a charity that does such fantastic work with Coventry communities and has such a positive impact. Some of the funds have already been put to great use and spent buying new equipment for the young people that use the ROC Café.”

They are also part of a foodbank both referring and providing food, they run a Cook and Eat Well cooking course to promote healthy living and also a parent and toddler group called Little ROC. Darren Burgess, Director at Coventry City Mission, said: “We offer a range of support services for our communities regardless of age, religion, social or ethnic backgrounds. Like many charitable organisations, times are tough when it comes to finances. We’re extremely grateful to the police for their support and we will really benefit from their kind donation.”

To find out more about the work of the Coventry City Mission and how you can get involved please visit their website at www.covcitymission.org.uk.

For regular updates and local news from Coventry Police visit their website at www.coventrypolice.org.uk, follow them on Twitter @coventry_police or find them on Facebook at www.facebook.com/coventrypolice.

EMPTY PROPERTIES IN WOOD END: IT’S NOT A PLAY AREA

A reminder to parents to keep an eye on their children to ensure they keep away from the open land in the vicinity of Hillmorton Rd, Bretford Rd and Lapworth Rd. The empty properties have been stripped out inside and are awaiting demolition. The area is regularly monitored but children must not treat this land as a playground.

If you spot suspicious behaviour, call the non-emergency police number 101. In an emergency ring 999.
COMMUNITY SAFETY | SPIRIT QUARTERS

HENLEY NEIGHBOURHOOD POLICING TEAM
ASK LOCAL RESIDENTS TO ‘SPRING INTO ACTION’ TO PREVENT CRIME.

After a long winter many residents want to make the most of the warmer weather, but officers are reminding local communities that warmer weather might also be welcomed by opportunist thieves. Residents are being encouraged not to let criminals spring clean their belongings.

Traditionally reports of thefts from sheds and gardens can increase as days become longer and lighter. Sergeant Adrian Murray, responsible for policing Henley ward, said: “During the winter months some simple steps followed by the public have helped to minimise reports of opportunist crime. And with the public’s help we are confident this will continue throughout the year.

At the end of a long day in the garden it may be tempting to leave equipment such as spades and ladders in the garden. But while these items are relatively inexpensive they could be used to gain access to your property.”

Officers are offering the advice below to keep gardens and sheds safer:

- Put away all tools and equipment. Ensure sheds are locked when not in use.
- If you have a burglar alarm, extend it to cover outbuildings and sheds.
- Photograph valuable garden plants or ornaments.
- Register property online at www.immobilise.com.
- People acting suspiciously should be reported to police on 101. If a crime is in progress or criminals are nearby, dial 999.

For home and garden security advice, visit: www.safer-homes.org

WE ARE HERE TO LISTEN

Representatives from:

The Police  
Whitefriars Housing  
Coventry City Council Neighbourhood Action

are available to talk to you about your concerns and ideas to improve the neighbourhood on:

Tuesday 16th April 2013 10am-12noon  
Broad Park Centre, Logan Road

Thursday 16th May 2013 6pm – 8pm  
Henley Green Community Centre

For more details call Angela Foran on  
(024) 7678 5910

Report a crime on 101 or dial 0345 113 5000 (15p per call) for your local station. To report anti-social behaviour dial (024) 7683 1300 and report loan shark activity to 0300 555 2222. In an emergency or to report a crime in progress call 999.

Wood End Chippy
102 HILLMORTON ROAD WOOD END COVENTRY

See below for fantastic daily offers....

Senior Citizen Offer
Buy any fish – get chips FREE
Valid daily - between 12 – 2pm
Spend £15.00
Get 1.5ltr bottle of pop - FREE
Spend £10.00
get can of pop – FREE
FREE CHIPS with any other hot food item purchased.
(excluding scallop) ON PRESENTATION OF THIS VOUCHER – strictly 1 voucher per customer
OPEN Mon – SAT 12-2pm & 3.30 – 9pm
UNDER NEW MANAGEMENT
ALL offers valid to 31st July 2013
The Sowe Valley Project is looking for people who like tea/coffee, biscuits and good banter to help improve the River Sowe in your area – is this you!? If you fancy joining us and helping to make a difference (and enjoy a good brew) come along on: Saturday 20th April, 10am – 1pm, Wyken Croft Nature Park to spring clean the Sowe! Meet at 10am by the Pirate Play Area on Hermes Crescent, Manor Farm, CV2 1HY. Friday 10th May, 10am – 3pm, Almond Tree Avenue to continue the spring clean and remove any pesky balsam! Meet at 10am outside the old Methodist Church (now empty) on Almond Tree Avenue. All you need to do is turn up, wear old clothes and wellies (if you have them) and bring a packed lunch! But if you do have any questions or would like to know more then contact Lucy Hawker on 07818 579302 or email Lucy.hawker@wkwt.org.uk You can also search for the Sowe Valley Project on Facebook and ‘Like’ us today to keep up to date with all our news and events!

The Sowe Valley Project, Managed by Warwickshire Wildlife Trust, has received a further £91,259 through the Access to Nature Programme, a scheme run by Natural England and funded by the Big Lottery Fund. It is also supported by the Environment Agency and Coventry City Council. Unfortunately people are allowing their dogs to foul on our pavements and grassed areas. If it's you please stop and start CLEANING IT UP If you know who it is or have observed someone letting their dog foul without cleaning it up please inform Animal Welfare Services on: T: 0500 834 333 E: animal.welfare@coventry.gov.uk Thank you from the Friends of Moat House Park
Recently the Government launched the Green Deal, a new way for householders to make improvements in the energy efficiency of their home. There’s no upfront cost – instead the cost is repaid over a period of time through your electricity bill. It can cover things like loft and cavity wall insulation, solid wall insulation, replacement boilers and windows, and the repayments you make should be no more than what you save through the improved energy efficiency of your home.

To find out more about the Green Deal, you can contact the Government’s Energy Saving Advice Service on 0300 123 1234 or visit www.gov.uk/greendeal. If you decide to look into it in more detail, you’ll need to arrange for a Green Deal Assessor to visit you – the Energy Saving Advice Service can tell you about approved assessors. Some Green Deal Assessors may charge for their service, so check this when you make an appointment.

In addition to the Green Deal, there’s also another Government scheme called the Energy Company Obligation (ECO). Under the ECO, energy companies are set targets to provide help with insulation and heating. At the moment, the City Council and housing associations like Whitefriars are talking to the energy companies to see if they can invest in areas of Coventry. If successful, then the insulation projects will be publicised locally once they’ve started.

One particular type of help that is available is the Affordable Warmth ECO. To be eligible for this you have to be either an owner occupier or a private tenant, and you have to be in receipt of certain benefits. If you fit the eligibility criteria, then you could get full funding for loft and cavity wall insulation and boiler repairs or replacement. The City Council can advise you on your eligibility and can refer you to one of the energy companies – to find out more call Andy Littlewood on 024 7683 2330.

One final cautionary note: beware of doorstep traders offering insulation; please always make sure you know who they are and don’t let them into your house unless you are absolutely sure that they can be trusted. Always ask for identification, and bear in mind that officers from organisations like the City Council and Whitefriars always carry identification cards with them.
Cooking instructions:

1. Chop the bacon into ¼-inch pieces, cook until crisp, remove from the fat, and set aside.
2. Cut the pork meat into small cubes, add to the fat in the pan, and brown the meat lightly.
3. Mix in the onion and cook it until it is tender. Cover the meat with hot water and simmer, covered, until it is well done.
4. Add the garlic, apples, prunes, Borowik mushrooms, vegetables, and tomatoes and continue cooking for about 5-10 minutes.
5. Combine the sauerkraut with the meat along with sausages and the reserved bacon. Add the red wine and stock. Mix these ingredients together and season with salt and pepper to taste. Cook uncovered, until the sauerkraut is tender and the bigos is of the consistency you prefer.
7. Serve with crusty white bread or if you prefer traditional Polish bread.

If you want to include an ethnic recipe in a future Spirit Quarterly, please call in to see Tony at the Whitefriars Regeneration Office based at the Old Health Centre, Hillmorton Rd (next to St Chads church), or give him a call on 02476 587061. Also, if you are interested in linking in with other residents from differing backgrounds and cultures please also get in touch with Tony who will be happy to discuss.

BIGOS
(HUNTERS STEW)

To reflect the diversity of the Spirit Quarters community, in this edition we’re showcasing a Polish dish called “Bigos” (Hunters Stew) This is a stew dish, which is considered the national dish of Poland. It’s a hearty, long-simmered meat-and-sauerkraut stew that goes back centuries. We hope you will enjoy trying it.

To enhance the flavour it is best made the previous day and then reheated on a low heat before serving.

Suggested ingredients:

1/2 pound of bacon.
1 pound lean pork.
1 large onion.
2 garlic cloves, finely chopped.
2 cups cooked dried Borowik wild mushrooms (Boletus)
2 apples, cored and cut into chunks.
2 or 3 prunes, cut up into pieces.
2 root vegetables (swede, turnip, or carrot), cut into chunks.
1 pound smoked sausages (Kielbasa), cut into small chunks.
1 can of plum tomatoes
1/2 pound of sauerkraut (pickled cabbage)
1/2 cup of red wine.
1/2 cup of stock (vegetable or meat).

A few Allspice Berries
Salt and pepper
SPOT THE DIFFERENCE

For a chance to win the following prizes in our ‘Spot the Difference’ competition, see if you can circle 5 differences in the bottom picture compared to the top picture from one of the new show homes on Hillmorton Road, Wood End.

£20 gift card from Toys"R"Us

4 free games of bowling tenpin

Meal voucher - £30.00 in value Pizza Hut

Closing date 26th May 2013

You can drop off your cut out entry form to the following locations:

1) Moat House Cafe
2) Whitefriars Regeneration Office
3) Craven Connections,
4) Wood End Community Centre
5) Riley Square, Whitefriars office

Name: ________________________________

Address: ________________________________

____________________________________

E-mail address: __________________________

Phone number: __________________________

Age (please circle):

0-16  16-25  26-35  36-45  46-55  Over 55
Dates for your diary

Friends of Moat House Park 11th April @ 7.00pm
Venue: Moat House Leisure Centre
(generally 2nd Thursday of every month)

Manor Farm RA 15th April @ 11.00am
Venue: Henley Green Community Centre
(generally 3rd Monday of each month)

Deedmore RA
Thursday 18th April @ 12.30pm
Venue: Moat House Leisure Centre
(generally 3rd Thursday of every month)

Regeneration Action Team (RATS)
Thursday 18th April @ 6.30pm
Venue: Whitefriars Regeneration office, Hillmorton Rd
(generally every 6 weeks on a Thursday)

Henley Green RA
Thursday 11th April @ 6.30pm
Venue: Henley Green Community Centre.
(generally bi-monthly 2nd Thursday of the month)

Henley Ward Councillors
Cllr. Ed Ruane, Tel: 07817 218137, Email: ed.ruane@coventry.gov.uk
Cllr. Lynnette Kelly, Tel: 024 7671 1682, Email: lynnette.kelly@coventry.gov.uk, Twitter: @lynnettekelly
Cllr. Kevin Maton, Tel: 024 7646 1835, Email: kevin.maton@coventry.gov.uk, Twitter: @Cllr_KevinMaton

If you would like to contribute or get involved please contact the
Spirit Quarters Regeneration Team
(024 7658 7065) or Purple Patch (024 7662 2964).