

Hextol

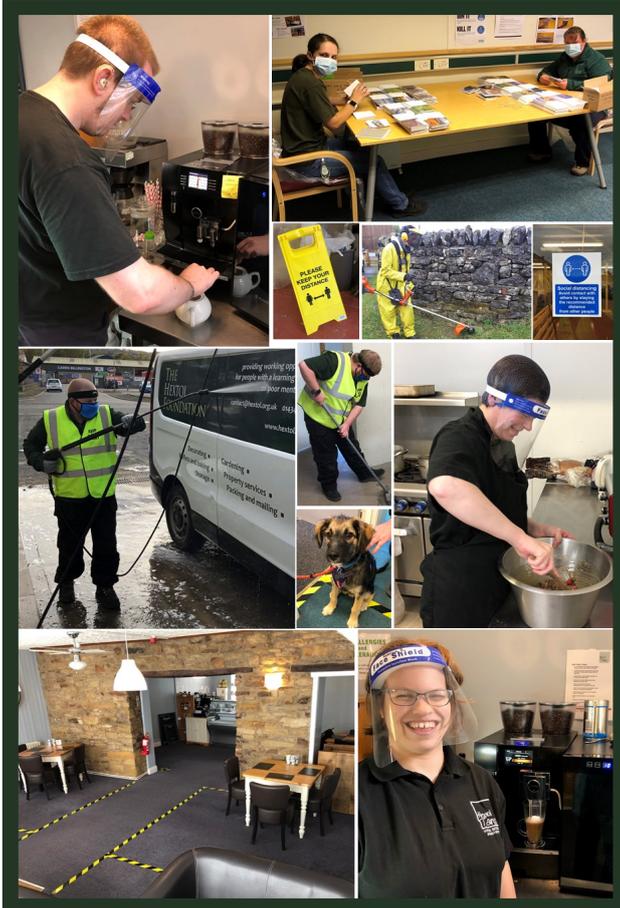
Issue 22

18th November
2020

happenings

THE
HEXTOL
FOUNDATION

FOR WORKING OPPORTUNITIES



National Safeguarding Adults Week 2020

16 to 22 November 2020

With shops closed and Black Friday just around the corner at lot of you will be shopping online. If you're an Amazon user you can help us by shopping with Amazon Smile and selecting us as your chosen charity. We then receive a small donation from Amazon every time you shop.

smile.amazon.co.uk



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The Hextol Foundation
The Hextol Tans



@HextolCharity



Don't forget the deadline for your decorated stars is Friday 27th November. We can't wait to see all of your festive designs!



These pictures were taken before the current lockdown started and show how the way we were working had changed but also how many of our businesses were back up and running.

The pictures appeared recently on our Twitter feed to say thank you to the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund for their support.

This is one of a number of grants we've received recently. As well as providing vital funds it is great to know that the work we do is so well recognised and appreciated.

Thank you to all our funders.

It's #SafeguardingAdultsWeek 2020

The week is organised by the Ann Croft Trust and we share their aim to live in a world where people live safely, free from the risk of abuse. Everyone has the right to be treated with dignity and respect.

If you are worried about the mental or physical safety of someone you know, don't keep it to yourself. Tell us, or someone else.

Great service pays off

Before the current lockdown started the Tans was busy 6 days a week. Little did we know, one of our customers worked for a Scottish Solicitors' Firm. He was so impressed by our mission, our volunteers and how we work, he recommended us for a grant from a charitable trust he is connected with. We were thrilled to receive £2000 out of the blue!

This grant was not the first we have received after people have come across us when visiting the Tans . We have been overwhelmed by the positive feedback and reviews we've received since we opened the Tans in 2016. We now have a 5 Star TripAdvisor rating as well as a lot of recent compliments on how safe our customers feel with our COVID measures.

Well done team!

DID YOU KNOW?

Eggs yolks and oily fish like salmon are rich in vitamin D

Between April and September the human body can get its fill of vitamin D from being outside in the sunlight, but during the darker winter months many of us don't get enough. Boost your daily dose with some vitamin rich foods to keep your bones and immune system healthy.



(Don't worry-no salmon were harmed in the making of Rebecca's quiche!)

Salmon and Broccoli Quiche

For the pastry:

275g plain flour

100g butter

Pinch of salt

1 egg, beaten

For the filling:

1 cooked salmon fillet

1/2 head broccoli, cut into small florets

100g strong cheese, grated (cheddar works well but use your favourite)

200ml double cream

6 large eggs

Salt and pepper

- Weigh the flour, butter and salt into a bowl and rub together until it resembles breadcrumbs
- Add the beaten egg and mix until pastry forms (you can add a splash of cold water if it's too crumbly)
- Roll out the pastry so it's slightly bigger than the greased 20cm quiche tin and then gently put the pastry in, pressing it into the grooves of the tin as you go. Trim the excess pastry from the edges
- To 'blind bake' the pastry, get a piece of greaseproof paper slightly larger than the tin and lay in on top of the pastry. Pour in some baking beans* and bake for about 10-15 mins until the pastry is mostly cooked.
- Bring out of the oven and carefully remove the parchment and beans. Crumble the cooked salmon into big chunks and spread evenly on the pastry. Next sprinkle over the broccoli and cheese.
- In a jug, beat the eggs, cream and salt and pepper.
- Pour the mix slowly over the salmon, cheese and broccoli so it fills all the gaps but make sure it doesn't overflow!
- Bake for 25-35 minutes until golden brown and middle is set and firm to the touch.

*if you don't have baking beans, just use raw rice or lentils.