

Hextol

Issue 28

6th Jan 2021

happenings

THE
HEXTOL
FOUNDATION
FOR WORKING OPPORTUNITIES

Happy New Year!

Welcome 2021!

I hope you have all had a safe and happy Christmas.

The start of the new year is not what any of us wanted, but we're getting used to that! A new year bringing new challenges.

As a result of the increasing number of COVID cases, and the current lockdown, we have decided to close to our volunteers. This is not a decision we take lightly because we know how much you enjoy your time here, but we think it is the right thing to do at the moment. As soon as we believe we can re-open safely we'll do it!

We will be keeping some of our services open, including the warehouse and gardening, but they'll be operated without volunteers, just like they were during the first lockdown last year.

In the meantime please get in touch if you want to speak to us or if you're worried about someone. We will do our best to help where we can.

I'm already looking forward to welcoming you back – whenever that might be – and until then make sure you follow the rules and stay safe.

Bruce

STAY AT HOME 

**PROTECT
THE NHS**



**save
lives**

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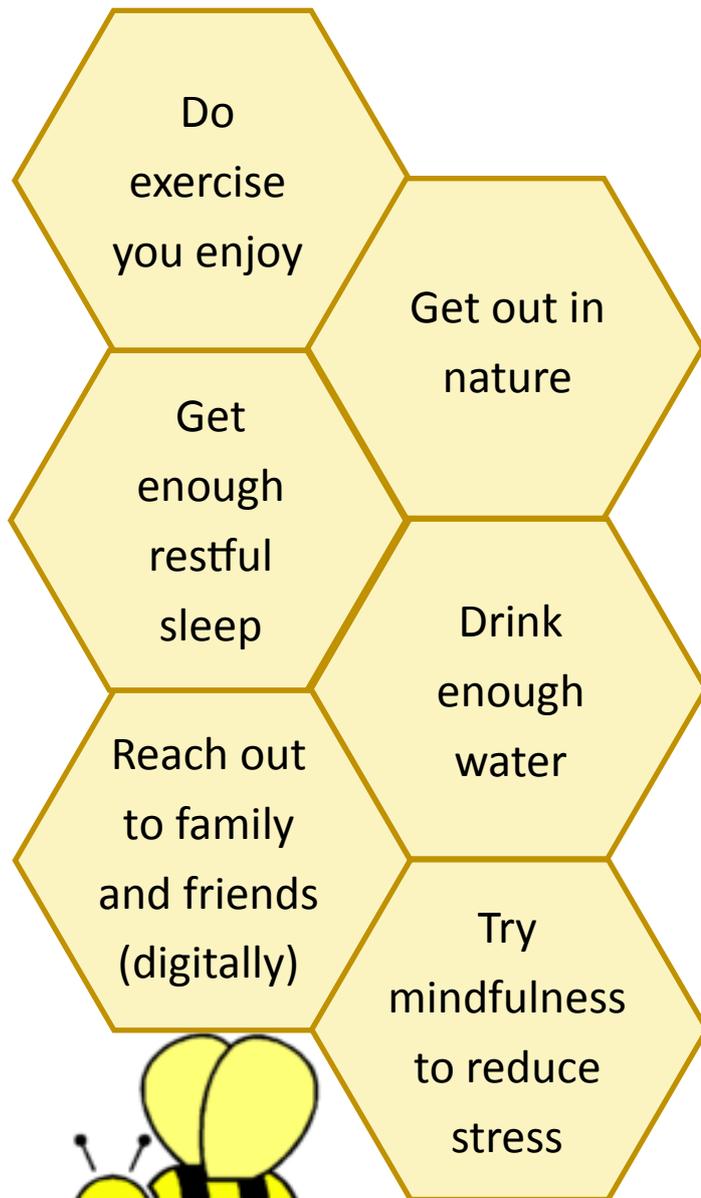
The Hextol Foundation
The Hextol Tans



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Rather than New Years' Resolutions, why not try setting achievable goals instead:

For example: I will go for a 10 minute walk outside everyday for the rest of January



Although it may not feel like it at the moment, the days are getting longer with more daylight each day. In fact, by 15th February 2021 (hopefully the end of lockdown) we will have an extra 2 hrs and 19 mins of daylight!

Things may seem gloomy but we have so many great things to look forward to! Here are a few we thought of...

Burn's Night 25th January

Australia Day 26th January

Chinese New Year 12th February

Valentine's Day 14th February

Pancake Day 16th February

...can you think of any others?

Are you having a go at Veganuary? Each week throughout this month, we will be including a recipe that we would be using in the Tans so you can still enjoy delicious vegan food this Veganuary!

Mexican Bean Burgers

2 x 400g tins kidney beans, rinsed and drained
100g breadcrumb
2 tsp smoked paprika
small bunch coriander, stalks and leaves chopped
Juice of 1 lime
Salt and pepper

1. Tip the beans into a large bowl and roughly crush with a potato masher. Add the breadcrumbs, smoked paprika, coriander, lime juice and seasoning and mix well with a fork.
2. Divider the mixture into 6 and shape into burgers with wet hands. Place on a lined baking tray and bake in a 200°C oven for 15 mins or until golden on the outside and hot in the middle.
3. Put in buns and top with your favourite flavourings like mayo, chilli sauce, salsa, tomato or avocado!
(You can chill in the fridge or even freeze these and feel free to swap the breadcrumbs for gluten free)

