

gateway news

SPRING 2022



Evolve pg 6



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community
gateway

Hello & Welcome



Dave Yates
Chair

I hope you all had a lovely Easter and are enjoying the beautiful Spring weather and brighter days.

This seems like the perfect time to be thinking about your garden. No matter how much space you have you can always brighten it up with some flowers. If you would like a tree planted in your garden or community area please get in touch with our GreenCare team.

Talking of gardening, the Moor Nook Allotments are now ready to use. So much hard work has gone into this regeneration, and I would like to thank everybody who has been involved in this project. You can read more on page 15.

Earlier this year Preston Vocational Centre (PVC) celebrated their 13th birthday! Since the centre opened, over 6,000 learners have received training and support and learnt valuable skills during their time at PVC. On behalf of myself and everyone at Gateway I would like to say a massive thank you to the PVC team for the wonderful work they continue to do.

I'd also like to say a big thank you to everyone who completed the Survey of Tenants and Residents (STAR). As a Gateway Model organisation, the feedback we have received will allow us to listen to your views, measure how we are performing in the delivery of our Corporate Plan priorities and shape our services accordingly. Results from the survey will be

published in the next edition of Gateway News.

Over the last few months we have been running a campaign to recruit new Tenant Board Members. We have had a very good response and the selection process is well under way. We recently said goodbye to Sue Lyons who has been a Tenant Board Member for nine years, so on behalf of all of us at Gateway I would like to say a big thank you to Sue for all her contributions and hard work.

I hope you enjoy reading this edition and I wish you all well.

Best Wishes

A handwritten signature in black ink that reads "Dave Yates".

Dave Yates



Rob Wakefield

Chief Executive

I can't believe we are already into May 2022 seems to be flying by.

I hope you're all keeping safe and well and are looking forward to brighter days and better weather.

It's great to see so many of you getting involved with our teams that are out and about in your local area. Being out in our communities, listening to tenants and working together to improve communities is a really important part of what CGA is all about. It's been a bit tricky over the past couple of years but we are now very much back out and about and doing some great things. Please do take the opportunity to come and see us and get involved when we are next in your local area.

It's one year since we launched our Gateway Promises – our service standards that were designed by tenants, for tenants. It's really important that we continue to deliver against these promises, and report to you on how we are doing.

There's a summary of our latest performance in this edition and much more detail on how we are performing can be found on our website. Our tenant committee, Gateway Central, keep a close eye on our performance and make sure we look to improve where we are not meeting the standards we have agreed with you.

Before wrapping up I'd like to echo David's comments about Sue Lyons, who formally retired as a Tenant Board Member in March. Sue has been a dedicated Board Member, one that championed diversity and made sure that the views of tenants were represented in Board discussions. Thank you Sue, you achieved a great deal while serving on the board.

Rob Wakefield

We're here to help

The recent rise in the cost of living is hitting us all hard and we know it will be affecting many of our tenants.

We know that some of you may be struggling to make ends meet at the moment. With fuels costs, energy bills and other household costs on the rise, we want you to know that we're here for you.

Whatever your circumstances, you are not alone. We are here to provide you with support if you're struggling, need some advice or just want someone to talk it all through with.

Here are just some of the ways we can support you:

Free advice and support

Our Tenancy Support Officers can make a huge difference to your income and quality of life. From carrying out benefit checks and making sure you are claiming all the benefits you are entitled to, to providing any additional support that may be available and helping you get household items and white goods like fridges or freezers.

Our specialist officers can help you find ways to improve your situation and manage your finances. They can also help with budgeting and provide helpful tips to make your money go that little bit further. Get in touch by calling **0800 953 0213** or email tenancysupport@communitygateway.co.uk.

The Purple Pantry

Why not pay a visit to our Purple Pantry and save a few extra £££s? The Purple Pantry is our food shopping membership scheme, which offers high quality food at affordable prices. The Purple Pantry is located at **Moor Nook Community Office, Langden Drive, Preston PR2 6HT**. To find out more about how it works, check our website, social media or contact our Tenancy Support team on **0800 953 0213**



The Purple Pantry



Improve your skills and employment prospects

If you have your eye on a career change or are currently out of work, we have a team who can help you.

We offer free support to get you back into work or training. Why not attend one of our Employability and Skills workshops where you can get help with CV writing, job applications, mock interviews and more. Or you could pop along to our Job Club where you can ask for help, look for jobs, volunteering and training opportunities. Contact the Employment and Skills team on **0800 953 0213** for more information.

In 2021/22 we helped secure:

Over £4 million

in additional welfare benefits and grants.



In 2021/22:

Over 6,600

families visited the Purple Pantry



In 2021/22:

Over 130 people

received Employment and Skills support





Gateway Promises

We launched our brand new, tenant-led, Gateway Promises last Spring. The 20 Promises were developed by tenants for tenants, and they set out the standard of service you can expect from us.

We report on how we are performing against each of the Promises on a regular basis. In addition, Gateway Central, our tenant committee, regularly review our performance against each Promise. You can review our performance by visiting our website and checking out our social media pages.



Find Out More - For more information and to view our full performance report, visit www.communitygateway.co.uk/our-performance or contact us on 0800 953 0213.

Some of the areas where we are doing well include...



Keeping your homes safe - We are meeting the government's Decent Homes Standard and completing all gas and electrical safety checks on time.



Keeping your neighbourhood clean and safe - We are removing any fly-tipping identified in your neighbourhood within the agreed timescales.



Supporting You - This includes helping you obtain welfare benefits and grants, supporting customers in older persons accommodation and helping customers into employment, training or to gain a qualification.

One of the areas where we can do more is ...



Visiting You - Reminding our Gateway colleagues to show you identification when visiting your home.



Facebook Live Q & A

As some of you may already have seen, we hosted a few live Facebook question and answer (Q&A) sessions with teams across Gateway, addressing queries and concerns you had about your home and neighbourhood.

In response to your feedback, we are holding regular live Q&A sessions on our Tenant-only Facebook Group, providing even more ways for you to get involved, have your say and get answers to questions that are important to you.

Our most recent Q&As were around fencing and property maintenance and repairs, and tenants had the opportunity to speak directly with the managers.

Over the new few months, the topics we will be discussing are grounds and estate maintenance, anti-social behaviour, property allocations and Select Move, and income and benefits.

Missed the live event?

You can find all the Q&As from the Facebook live events on our Tenant Involvement and Engagement Portal by visiting www.gateway2engagement.co.uk

Follow Us

Make sure to follow us on social media to keep up to date with the latest information and news.

 @CGAPreston

 @CGAPreston

 @CommunityGateway

 @CGAPreston

 /Groups/CGA Engagement Tenant-Only Facebook

We gather your views in many ways, these include, through our tenant engagement activities such as polls, comments and questionnaires, our tenant-only Facebook Group, strategic tenant committee Gateway Central, our Tenant Scrutiny Group, mystery shopping, as well as from the complaints we receive and much more.

Your feedback makes a real difference to the way we deliver our services. Here are some of the recent improvements we have made by listening to your views.

At Gateway we are committed to listening to your views and feedback to improve our services so we can provide the best possible service to you.



You said,
we did

YOUR NEIGHBOURHOOD

YOU SAID...

“ Sion Hub needs a revamp and some investment to modernise the facilities. ”

WE DID...

We carried out a consultation with community members, colleagues, partners and stakeholders on how we can improve Sion Hub. Following the feedback, we have started works to upgrade all our electrical and heating systems, each room will see new flooring and fresh paint work.

We even have new signage and furniture on its way as a result of your feedback. We look forward to welcoming you all back soon so keep an eye out for further information for the Relaunch Day.

YOUR HOME

YOU SAID...

“ Gateway often come to carry out a repair but are not able do it there and then. Is there anything that can be done to reduce the number of repair visits for one repair? ”

WE DID...

We have a team of multi-skilled operatives, who have more time allocated for certain repairs, to ensure they can complete the job, rather than just inspect at first visit. The operatives aim to carry out all repairs at your property at the same time. We always try to ensure they have the materials available to undertake the works there and then for the majority of jobs - causing minimal disruption to you.



YOU SAID...

“ Dog fouling has become overbearing at Farrington Park and litter is a big concern amongst residents. ”

WE DID...

Teams across Gateway worked together and had a look around the estate. They explained what responsibilities we have for addressing dog fouling.

In terms of litter, we arranged a clean-up day involving local families in half term and provided educational activities around recycling and looking after the environment.





Welcome To Rothwell Close

Late last year, we completed the refurbishment of Rothwell Crescent (now Rothwell Close), converting 26 one-bed flats into 13 two-bed modern family homes for rent, with private parking and gardens. This was a part of a massive regeneration programme in the area and our commitment to investing in new homes and improving neighbourhoods.

In December 2021, we offered the last remaining property on Rothwell Close – a semi-detached with garden and parking space to Mum of three Alison.

Alison and her husband Darren are chuffed to bits with their spacious new home on Rothwell Close in Ribbleton, here's what they had to say.

"My husband is an Elvis tribute act, with a lot of touring equipment, so it's the incredible amount of storage space that really swung it for us."



"Then there's lovely touches like the spacious L-shaped kitchen and lounge which is light and airy, quality modern finishes to the bathroom and a large balcony with patio doors leading into our bedroom."

"The location is a bonus – it's so peaceful. I really can't fault Gateway – every time I have rung for anything, they have been brilliant." - Alison

"It's the security and safety that being with Gateway provides too – you just don't get that with privately rented and we know that if we need any work doing, we just need to ring up and someone will be round. We have already advised other family members to get themselves signed up." - Darren



Welcome to our first shared ownership home!

Earlier this year, we handed over the keys for our first shared ownership house at Lightfoot Lane 'Bartle Fields', Fulwood to a mum and her four children.



The detached property features four-bedrooms, with off-road parking, front and back gardens and a garage.

These are our first-ever shared ownership homes and are part of our aim to build new homes and offer a wider choice of homes and tenures to you.

The development will include **89 properties** (**53 affordable rented homes** and **36 shared ownership homes**) with a range of one-bed apartments and two, three and four bed homes.

Keep up to date with where and when we are building new homes by visiting the 'Homes in Development' page on our website www.communitygateway.co.uk.

Our GreenCare Team

Here's a roundup of what our GreenCare team have been up to this year!

Tree Maintenance Programme

Our regular tree-maintenance programme was interrupted due to COVID-19, which affected the availability of tree surgeons, and the recent Winter storms caused many tree emergencies.

As we moved into April, the tree surveying programme resumed in full swing. The tree surveys inform us of any urgent and recommended works and if a garden or green-space could accommodate a new tree - allowing us to identify potential homes for future tree-planting. All routine maintenance works are then planned on a neighbourhood basis, most of which take place in the Winter months (i.e., out of bird-nesting season).

The current tree maintenance policy is to increase the number of trees in neighbourhoods and to only arrange tree works for the following reasons:

- To protect residents and passers-by from potential harm
- To protect property from potential damage
- To ensure that the tree is kept in a good state of health



tree planting

Tree Planting

In Autumn 2021, we committed to plant 70 new trees over 12-months to contribute to the Queen's Green Canopy which marks the 70th Jubilee year.

We have planted 37 new trees so far, mostly in response to customers asking for trees in their garden and we are also working with Ingol Primary School to plant trees with the children.

If you do not have a tree in your garden or would like more, we offer a variety of small-garden trees that either bear fruit, Spring blossom or have beautiful Autumn leaves. So, if you would like a tree in your garden, or in your local community let us know!

Meet our Jubilee Tree!

In March, Chief Executive Rob Wakefield, and Chair of the Board Dave Yates planted our Jubilee tree at The Courtyards - our flagship Extra Care Scheme in Ingol, for the Queens Green Canopy. The tree is one of 70 trees we will be planting this year to thank Her Majesty for 70 years of service to the nation!



Residents' Green team

Several of our environmentally minded customers responded to our invitation to form a resident's green focus group. The group will help the GreenCare team develop a range of guides to help customers 'mystery shop' and provide feedback about how well communal areas and green spaces are maintained.

The group will also advise us how to gather more in-depth feedback from residents and will offer direction on new planting schemes and other green initiatives. The aim is for residents to help us deliver safe, clean and attractive communal and green spaces. Want to get involved? More details can be found at the bottom of this page.



Bee Friendly



We are passionate about conserving the environment and improving the green spaces in our communities. The GreenCare team have been busy preparing ground for over 7,000m² of new Spring flower beds across our neighbourhoods to add to the Queen's Green Canopy.

Over Winter, GreenCare have been busy creating wildlife havens across Preston. Our 'Bee-friendly' areas are Gateway's commitment to help improve your local greenspaces, support pollinating insects and help reduce harmful air pollution.

We have responded to your feedback and have installed signs to explain the reason for the 'muddy patches' (as they looked over Winter) and hope that the quality and length of the floral show improves year-on-year as the flower beds bloom.

Get in touch with our GreenCare team

So whether you would like a new tree, have suggestions for where you think new planting will improve a communal area or greenspace, or if you would like to get involved in the next planting projects please contact the GreenCare team.

Call **0800 953 0213** or email
GreenCare@communitygateway.co.uk.



Spring Garden Advice

As a Gateway tenant you are responsible for ensuring your garden is always well maintained.

Spring and Summer are the perfect time to pay your garden some attention. Well maintained gardens help brighten up the area for everyone.

Most of our tenants take great care of their gardens which has a huge impact on the rest of the community and is greatly appreciated.

If you wish to report any unkempt gardens or are concerned someone might be struggling to maintain theirs, please contact our Tenancy Management team on **0800 953 0213** or at **Tenancy.Management@communitygateway.co.uk** so that we can work with them to improve it. Thank you for helping us look after our communities.

Gardening Tips

May and June are perfect months to plant bedding plants ready to take advantage of the Spring rain and longer days.

To mark the launch of Gateway's 'Bee-Friendly' initiative, we have included seven tips for making your garden wildlife friendly from our in-house GreenCare team.

- If you have a lawn, let your grass grow at different heights. Plants like clover are good food sources for bees and flying insects.
- Create a bug hotel by using a natural garden feature. These can be made from pruned stalks, and small logs. They just need to have holes and be able to collect small amounts of water.
- Choose plants that are labelled 'bee and butterfly friendly'.
- Use natural weed control where you can and pack in bedding plants so that weeds have no room to grow. If you do use weedkiller, read the label carefully as some are harmful to bees and insects.
- Plant varied plants and flowers to flower in different months.
- Make a container pond or bee drinker. These can be shallow and filled with rocks for safety, but will house water insects and provide water for flying insects. You may also get frogs moving in!
- Attract birds using bird feeders with seeds or dried fruit and nuts.



We hope the weather allows you to enjoy your garden and local greenspaces. If you have any gardening questions or want to know about our approach to maintaining greenspaces, please contact the team by emailing **GreenCare@communitygateway.co.uk**

Allotments Now Open



As the first Housing Association based on the Gateway Model, we are passionate about making sure tenants have a real influence on how we do things and how we deliver our services.

Last year, we consulted with the local community, who told us they would like us to invest in the Moor Nook allotments site.

It's been a true collaborative effort with the whole of Gateway working together, along with Community Payback and Let's Grow Preston. Morrisons Riversway and Barton Grange also kindly donated plants.

40 people came along to our grand open day in March, including the local community, new plot holders, schools

and partner organisations. We put on refreshments, a free raffle, children's crafts and a plant sale and were also able to find out more about what people wanted to use the allotments for and what they would like to see in the future. We also took names of those interested in training and educational opportunities in horticulture.

We are pleased to say that phase one of the redevelopment is now complete, with all 13 plots let.

We're beginning Phase 2 which includes creating more plots, horticultural training from Let's Grow Preston and training and advice for plot holders on managing their allotments.

If you are interested in being involved in any way, scan the QR code below to go to our Tenant Involvement and Engagement Portal or email get.involved@communitygateway.co.uk





Out and about in the community

Our 'Gateway in the Community' initiative enables teams from across the whole of Gateway to work together to deliver more targeted activities to benefit our communities. Everything we deliver will be as a result of what people tell us they want to see in their area.

Here's a roundup of what teams across Gateway have been involved with in the past few months.

Farrington Park Environmental Project

The Community Engagement team supported Farrington Park Community Centre through our Community Fund to deliver a project for the young people who attend the youth club.

An environmental themed day was planned for them during February half term, which was both fun and educational.

The project saw the children and parents take part in a 'green day' on the estate where they did a fantastic job collecting litter. Preston City Council kindly loaned litter pickers and provided bags for the litter.

The final part of the project involved them making crafts from recycled items that they had been collecting, tying in perfectly with Global Recycling Day which took place in March.



Out and About

We know that a lot has changed in the last two years. So the Community Engagement team have been out across each of our community areas speaking to residents and finding out what more we can do to benefit you and help you shape our services.

It was great to catch up with so many of you at The Filberts coffee morning, The Spires games night and the breakfast club at Farringdon Park, to name a few. We met some new faces wanting to get involved and you gave us lots of ideas and suggestions about what we should focus on.

Over the coming weeks we will continue to be out and about finding out how we can work together to make your neighbourhoods even better places to live.

To see all the feedback gathered from our visits, check out our Tenant Involvement and Engagement Portal www.gateway2engagement.co.uk



ready, steady, cook!

Are you passionate about your community and want to help us deliver our services?

Get involved by contacting us on **0800 953 0213** or emailing get.involved@communitygateway.co.uk.

Have your say and support some of the great work happening in our communities. You can be involved as little or as much as you wish.

Fire Safety in Communal Areas

Your safety is our priority, and we have a responsibility to make sure our tenants, residents and their properties are safe. We have a number of blocks with shared communal areas which include corridors, walkways, stairwells, and balconies, etc. It is vitally important that these areas are kept free from hazards and risks, and that they provide clear and easy access for everyone at all times.

We have recently visited all our blocks with our partners at Lancashire Fire and Rescue Service to identify potential fire hazards. As a result, we have written to everyone affected and provided guidance on how to keep these communal areas safe.



“Keeping everyone safe is our number one priority and these measures should help everyone to feel safe and secure in their home. Whilst we recognise many of our tenants may wish to personalise their entrance ways, this must not impact upon the safety of others. We encourage a common-sense approach and will be happy to advise anyone who is unsure”

- Graham Dunkley, CGA's Tenancy Enforcement Manager



SCAN ME

What does this mean for me?

- Communal walkways must be kept clear at all times as they are an escape route in the event of a fire.
- Any equipment provided for detecting or putting out fires must not be tampered with. We will check it regularly to keep everyone safe.
- You should not store anything in a communal area as this could cause a fire or trip hazard.
- We will remove any flammable/combustible items or any items which cause an obstruction. These items may be disposed of or stored for a short period of time. If you want to reclaim an item, you will need to show proof of ownership and arrange collection.
- In enclosed blocks, your front door leading onto a communal area is a fire door and the closer must not be tampered with. You should report any damage to your fire door as quickly as possible to Gateway on **0800 953 0213**.

More information about fire safety in communal areas can be found on our website at **www.communitygateway.co.uk**. You can also go directly to this information by scanning the QR code above.

If you have further questions, please contact the Tenancy Management team on **0800 953 0213** or email **Tenancy.Management@communitygateway.co.uk**.



Upcoming Events

Preston Mela

The Preston Mela is back!

At Gateway, we are always happy to support the incredible annual extravaganza of colour, music and South Asian arts that fill the centre of Preston for the day. It is a great opportunity for us all to come together and celebrate.

This year the Mela will be celebrating three key milestones - the 25th Mela Anniversary, The Queen's Platinum Jubilee and the 20th anniversary of Preston receiving the City Status which was awarded in the Golden Jubilee Year.

So why not make a day of it and join in on the royal celebration!

Where and when?



Avenham & Miller Park



Saturday 4th June, from 11am





let's celebrate!

Your Neighbourhood

If you're looking for activities in your local area, look no further! Visit www.gateway2engagement.co.uk and find out more about the activities taking place including, partner events, fun days, involvement activities and community activities.

Independent Living Activities

We have many great activities planned this Spring! If you wish to attend any events, simply contact your Outreach and Support Officer who will arrange transport for you if you need it.

TUES
3
MAY

Quiz

The Filberts - 12:30pm

THURS
12
MAY

Singalong

Oaktree Court - 12:00pm

WED
25
MAY

Themed Event

Baytree - 2:30pm

THURS
9
JUNE

Quiz

The Filberts - 12:30pm

THURS
16
JUNE

Singalong

Oaktree Court - 12:00pm

WED
22
JUNE

Themed Event

Baytree - 2:30pm

THURS
7
JULY

Quiz

The Filberts - 12:30pm

THURS
14
JULY

Singalong

Oaktree Court - 12:00pm

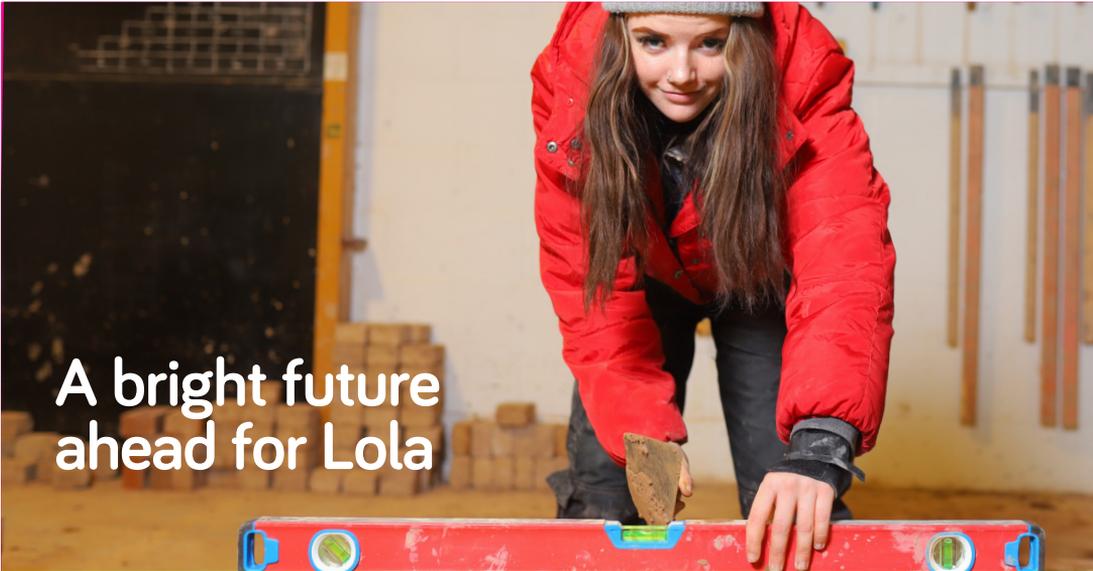
WED
20
JULY

Themed Event

Baytree - 2:30pm

Quiz costs 50p per person, singalong costs £1 per person and themed events cost £2 per person.

We might have to change venues at short notice, depending on how many people plan to attend each session.



A bright future ahead for Lola

Lola, 16, didn't have the best start in life and lives as a 'looked after' young person in residential care. Despite the challenges she faced, she hasn't let anything deter her from chasing her dreams.

So after spells in several schools, she has now found her forte gaining experience working with a tree surgery company in between studying for her City and Guilds construction qualifications at Preston Vocational Centre.

We caught up with Lola while she was in the middle of building a wall at the Preston-based training centre and asked her about her experiences; in particular, what it's like to be a young woman in what is traditionally seen as a male-dominated profession.

"I'm better than the boys anyway. Boys mess around. I set myself high standards and enjoy all the trades we learn. You just have to be a bit fiery and give as good as you get. They soon stop! The tutors call me The Enforcer!"

"I'm pretty handy at all the trades – electrical work, plumbing, bricklaying,

plastering, and painting and decorating and I really enjoy coming to PVC. As well as the practical learning, I'm also studying Maths and English GCSE with Hawthorn Education. I'm in my second year at PVC now, so already have health and safety, joinery, and plumbing certificates. The tutors are all really good and supportive."

Lola comes to PVC twice a week, always making sure she has that all important brew before she looks at the board to see what she's learning that day!

When not at PVC, Lola is busy chipping wood and cutting branches with MR

**2021
BIBAs Winner**
Education Establishment
of the Year



Tree Surgery and also works in a shop over the weekends.

What final piece of advice would Lola give other girls thinking of getting into construction?

“ At first you might think you're not as strong as you are, but you'll learn that. Be yourself, you'll be just fine. ”

To find out more about Preston Vocational Centre, visit www.prestonvocationalcentre.co.uk or call the friendly team on **01772 880680**.



STAR Survey Update

STAR

Survey of Tenants and Residents

We are always keen to improve what we do and make sure our services meet our customers' needs.

We do this by making sure we use a variety of ways to get your feedback, whether that be online, face to face at one of our events or in print.

Earlier this year you will have received our Survey of Tenants and Residents (STAR Survey), asking you to tell us what you think about your home and the services we provide.

We would like to say a big thank you to everyone who completed the survey and congratulations to the weekly prize draw winners and the winners in each of our 12 community areas. You can find out who the winners are by visiting our website www.communitygateway.co.uk.

We are currently going through all the survey answers and analysing the results - areas where we are doing well and areas with room for improvement. Further updates and results from the survey will be issued in the next edition of Gateway News.

Keeping you safe in your home

Your safety is our priority and CGA work hard to maintain the highest levels of safety in all our tenants' homes.

Earlier this year we launched our chip pan amnesty, offering 53 tenants a deep fat fryer in exchange for their chip pan.

Fire safety was discussed with all recipients to identify other potential risk factors and 17 tenants said they experienced near misses with their chip pans and four told us that their chip pan had caught fire in the past.

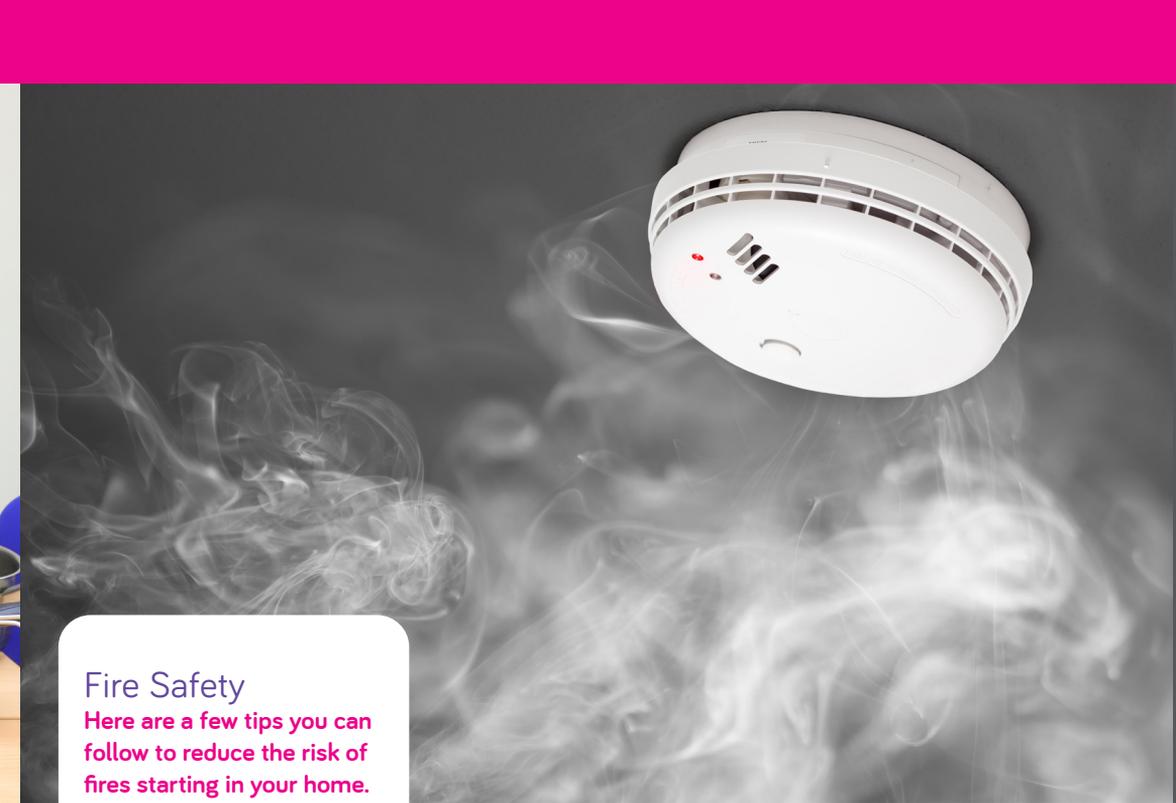
Chip pans are a cause of many domestic fires, and this scheme is a positive step to eliminating the risk they present and demonstrates our commitment to making your homes safer.



A new deep fat fryer



Out with the old, in with the new!



Fire Safety

Here are a few tips you can follow to reduce the risk of fires starting in your home.

- Never leave cooking food unattended and avoid using chip pans as these are a big fire risk.
- Keep electrical appliances in good working order to prevent them triggering a fire. Never use faulty electrical appliances.
- Avoid overloading sockets with plugs.
- It's safer to smoke outside. Always make sure cigarettes are stubbed right out and disposed of safely in an ashtray.
- Put candles in a holder and keep them away from things that may burn – never leave them burning when you're not in the room.
- Many fires start at night – carry out some checks before you go to bed and make sure you shut doors to stop a fire spreading quickly. Avoid using electrical appliances whilst you are sleeping.

Reminder! Test your smoke alarms

Smoke alarms save lives in the event of a fire. Gateway will test your smoke alarms whilst carrying out your gas inspection.

However, it is also recommended that you test your smoke alarm at least once a month by pressing the test button. If you discover a fault with your alarm please contact us on

0800 953 0213

Your Spring Recipe



prep: 10 mins



cook: 25 mins



serves 4-6

fajita-style pasta

By Esther Clark
BBC Good Food

Method

- Heat the oil in a large shallow casserole dish or frying pan. Add the chicken and fry for 5 minutes over a medium heat until golden all over. Remove and set aside on a plate.
- Put the onion and peppers in the same pan and fry over a medium heat for 8-10 minutes. Add the garlic, dried herbs and spices and cook for 1 minute. Add the tomato purée and cook for 2 minutes. Return the chicken to the pan and pour in the cream, stirring to combine. Season to taste.
- Cook the pasta following pack instructions, then drain and reserve 150ml of the cooking water. Add the pasta to the pan with 50ml of the water and stir everything together over the heat. Add a little more water to loosen if needed. Season to taste and stir through the parsley. Divide between six bowls and top with a little cheese and extra chopped parsley, if you like.

Ingredients

- 2 tbsp olive oil
- 2 large skinless chicken breasts, cut into strips
- 1 onion, thinly sliced
- 1 red pepper, deseeded and sliced
- 1 yellow pepper, deseeded and sliced
- 1 garlic clove, crushed
- 1/4 tsp chilli powder
- 1 heaped tsp paprika
- 1/2 tsp dried oregano
- 1 tsp ground coriander
- 1/2 tsp ground cumin
- 3 tbsp tomato purée
- 80ml double cream
- 350g penne pasta
- 1/2 small bunch of flat-leaf parsley, finely chopped
- grated parmesan or cheddar, to serve

OR use mixed herbs

Why not visit the Purple Pantry for some of your ingredients?

The Purple Pantry is our food shopping membership scheme, which offers high quality food at affordable prices.

📍 Moor Nook Community Office, Langden Drive, Preston, PR2 6HT

🕒 Open Monday-Friday, 1pm-4pm

purple
pantry

Just for Fun



Spring Sudoku

		6		9		2		
			7		2			
	9		5		8		7	
9				3				6
7	5						1	9
1				4				5
	1		3		9		8	
			2		1			
		9		8		1		

Answers can be found at www.communitygateway.co.uk/just-for-fun



This newsletter is also available at communitygateway.co.uk/gatewaynews where you can use 'Recite Me' to translate it into another language or read it out loud.



If you have a story to share and/or events and activities in the coming year, let us know all about it...

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0800 953 0213

Join us on social media to keep up to date with what's going on at Gateway.

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