

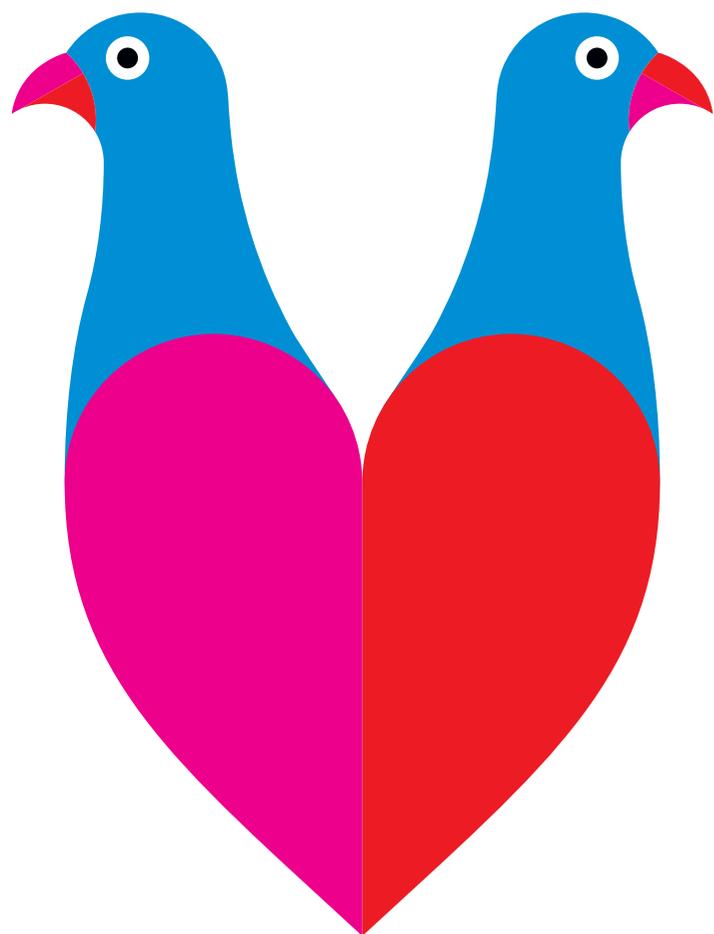
PIGEON PAGES

Flown direct to you by Shoreditch Trust and Hackney Life

April 2020



Welcome to Pigeon Pages! Here at Shoreditch Trust, the pigeon is our friendly mascot, carrying our message all around Hackney. With everyone safely cooped-up at home at the moment, we thought we would let our colourful pigeons bring you some useful thoughts, important information, handy recipes, kitchen-window gardening, and just some good things to do and see from your coop...



If you, or someone you know in Hackney or the City, needs help during the outbreak of Coronavirus, please get in touch — by email: info@shoreditchtrust.org.uk by phone: 020 7033 8501 or 020 7033 8587

OTHER WAYS YOU CAN HELP

to volunteer:

All volunteer efforts are being centrally coordinated by Volunteer Centre Hackney, to join team Hackney visit www.vchackney.org

to donate:

We are currently fundraising to deliver meals to people who are unwell or struggling. Please help if you can: www.bit.ly/ShoreditchTrust

more information:

www.shoreditchtrust.org.uk

Shoreditch Trust is a registered charity based in Hackney, east London. We support people who are facing challenging situations to create a happier, healthier future for themselves. Our work helps people make positive life changes, overcome challenges and build connections with our amazing community of clients, volunteers, staff, partners and supporters.

We are proud to be #HackneyPigeons

FIVE WAYS TO TAKE CARE OF YOURSELF

You will undoubtedly be feeling worried about the pandemic at the moment, it's understandable to feel this way. Right now, lots of us are self-isolating, feeling lonely, and missing our usual routines and activities. It's important to take care of ourselves. There are five things, listed below, which researchers have found help our well-being. If you've taken part in a Shoreditch Trust course they might look familiar!

1. CONNECT

Connecting to people enriches our day and help us move towards what matters most to us. We can connect by phone, email, letter, or face to face. Communicating with people gives us support and helps others too, whether it's people we love, a shop assistant, or meeting someone new. Connecting helps us to feel good about ourselves and feel like we belong. It's easy to feel disconnected when we can't go out, especially if you live alone, so try these ways to connect:

- If a friend or family member is delivering your shopping, why not surprise them by writing them a letter and leaving it out for them to find?
- Pay special attention to people you live with, by sharing a meal, turning off the TV and playing a game, or taking it in turns to share thoughts on a theme: try 'my favourite memory of you' or 'my dream holiday'.
- Put a teddy, rainbow or sign in your window, wishing neighbours well.
- Call a friend you've not spoken to for a while, they're more likely to be home at the moment!
- If you are over 65 and not seeing as many people as usual, East London Cares run telephone social clubs where you can get to know your neighbours and receive packs of activities. You can call them: 020 7118 4949 or email: sasha.khan@eastlondoncares.org.uk or visit: www.eastlondoncares.org.uk

2. KEEP LEARNING

Learning keeps our minds active, gives us a sense of purpose and can improve our self-esteem. Learning doesn't have to be school subjects or involve reading and writing, it can be anything you find interesting or useful. There are lots of ways to keep learning:

- Learn a new recipe. Try something you've never cooked before with the recipes on the following pages.
- Watch a nature programme or documentary on the television.
- Find facts about coronavirus from trusted sources, such as the NHS, but limit your exposure to armchair experts on social media.
- Local charity Core Arts usually work with adults who have mental health problems. They are offering an amazing range of free online courses including R&B songwriting, art history and singing classes. Visit: www.corearts.co.uk or vimeo.com/corearts

3. BE ACTIVE

Keeping active supports our physical health, but did you know it also improves our mood? Exercise changes our brain chemistry and releases hormones which make us feel more positive. It doesn't have to be strenuous, find something that meets your activity level.

- If you can go outside then a stroll, run or bike ride will support your fitness and also give you fresh air and vitamin D. Remember to stay at least two metres (six feet) away from people in line with social distancing guidelines.
- Gardening counts as exercise. Or get planting indoors with the gardening ideas on the last page of these Pigeon Pages.
- Anchor Hanover work with Shoreditch Trust's Stroke Project. They have teamed up with the BBC and Sports England to create 'Ten Today', 10-minute exercise sessions, by older people, for older people. Listen every morning on BBC Radio 5 Live Sports Extra (channel 706 of your television or 12B on a DAB radio). Sessions start every 15 minutes from 5am–9.45am. If you have internet access you can join in any time at: www.10today.co.uk
- Dance like a pro — *Strictly Come Dancing* stars are giving free online dance lessons, with routines straight off the show. Go to [YouTube.com](https://www.youtube.com) and search for *Oti Mabuse*, *Janette Manrara* or any of your other favourite stars. Or just turn up the radio and dance in your kitchen!

4. GIVE

Giving to others can make us feel good inside, increase feelings of self-worth and connect us to other people. Giving doesn't have to be about money, it can mean offering our time, wisdom, and thanks.

- Thank healthcare workers for their hard work by joining the round of applause for the NHS every Thursday at 8pm. You can clap anywhere — in your lounge, or on your doorstep, just keep a safe distance from others.
- Give your time to a local charity through Volunteer Centre Hackney (www.vchackney.org).
- Give happiness through small acts of kindness: offer to pick up your neighbour's shopping when you get yours, if a whole packet of fruit or vegetable is more than you can eat, swap or share with someone.
- Give your love. Show your family, friends or loved ones that you care. Giving love is more important than ever.

5. TAKE NOTICE

Paying more attention to the things around us can boost our well-being and remind us to see what is good in the world that we otherwise miss. Some people call this 'being mindful' or 'noticing'.

- Take a minute to look up and notice the sky, the spring sunshine (and rain!) and listen out for bird song, you might hear it more at the moment because there is less car noise.
- Eat a meal slowly, really savouring every mouthful, noticing the texture, flavor and how the food makes you feel.
- Notice the small things you feel grateful for. Even when things are hard you might be grateful for your home, a loved one, or just a favourite TV show, song or book.
- At the moment you might notice that your mind is very busy, or you are feeling more worried or distracted. This is normal when things are changing a lot. This exercise can help quiet your busy mind.

'Dropping the anchor'

When a ship drops anchor it stays in place even in powerful storms. When you have a storm of thoughts and feelings whirling around your head, this exercise can help you to 'drop an anchor' and stay grounded.

Push your feet into the floor.
Feel the ground beneath you.
Now sit up in your chair
and notice how you're sitting...
Look around the room
and notice what you can see...
Notice what you can hear...
Now take a few deep breaths...
and see if you can breathe down
into your feet...
And keep your feet pressed
into the floor...
And see if you can stay present...
Notice the room around you...
Notice what you're doing here,
right now...
And gently focus
on your breath...



As a community, it's good to share food. For the moment, we have to find different ways of enjoying meals together. Share your cooking pictures online and spread the happiness of cooking and eating, you might even inspire a neighbour to try something new. And of course, there will always be funny mishaps — it happens to all of us!

#HackneyCooks
or email them to:
info@shoreditchtrust.org.uk

3x3 STORE CUPBOARD RECIPES

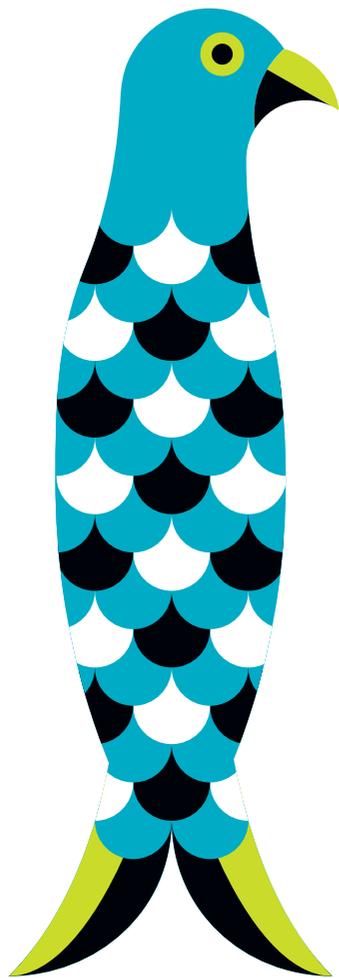
We love good food here in Hackney. From fresh produce on the Ridley Road, to street food and restaurants. Shoreditch Trust runs one of these, WaterHouse, which trains local young people as chefs. We also run community tables across Hackney, where you can come to learn and share recipes and eat what we've all cooked together.

These store cupboard recipes have been expertly put together by our food teams to help you find new ways to use ingredients. We hope you enjoy.



Shoreditch Trust

If you, or someone you know is struggling at the moment then there are services in Hackney who are ready to help. Shoreditch Trust can help and we can also put you in touch with other services, just contact us. by visiting:
www.shoreditchtrust.org.uk
by emailing:
info@shoreditchtrust.org.uk
by calling:
020 7033 8501 or 020 7033 8587



x3 WITH TINNED FISH

Tinned fish is nutritious, full of protein, and packed with flavour. Lots of us have a tin of mackerel, sardines or pilchards at the back of the cupboard, here are some different ways to use them.

WASHING-UP-LESS ROASTED SARDINES

Roast in the tin and avoid washing up with this speedy recipe which maximises taste. It can be made with any oily fish.

serves: 4 / time: 15 mins

ingredients:

4 tins of sardines (or other fish) in olive oil.
1 small piece of fresh ginger, finely chopped.
4 teaspoons soy sauce.
1-2 cloves of garlic, finely chopped.
1-2 tablespoons of lemon juice.
Black pepper.

method:

1. Preheat oven to 200C / fan 180C / gas mark 6.
2. Open the tins of fish and pour the oil from them into a bowl, leaving the fish behind in the tin.
3. Add the ginger and garlic to the oil, and stir in the soy sauce, lemon juice and pepper.
4. Pour the mixture back into the tins, over the fish.
5. Put the tins in the oven and roast for 5 minutes.

to serve:

Serve with bread or toast and your favourite side salad.

PILCHARD CURRY

You can reduce the spices in this fish curry if you prefer it less hot!

serves: 4 / time: 30 mins

ingredients:

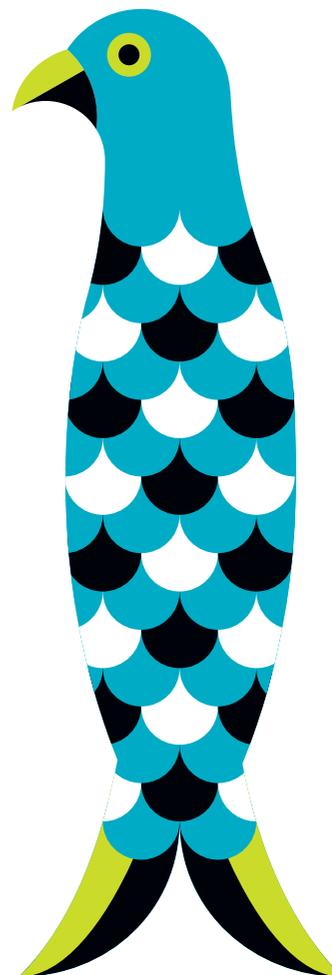
400g of pilchards in tomato sauce (approximately 3 small flat tins or one large one).
4 onions, chopped.
2 cloves of garlic, sliced.
1 teaspoon of dried ginger, or a small fresh piece, grated.
1 fresh chilli, chopped or a teaspoon of chilli powder.
3 teaspoons of curry powder (or if you prefer ½ teaspoon cumin seeds, 1 teaspoon turmeric and 1 teaspoon fenugreek).
Oil for frying.
Rice to serve.

method:

1. Heat a little oil in a pan. If you are using the cumin seeds (instead of curry powder) add these and cook until they sizzle, being careful not to let them overheat and smell bitter.
2. Add the onion & garlic and fry until lightly brown.
3. Put the rice on to cook according to the packet instructions (if you are using brown rice you may want to put this on to cook at the start, as it takes longer to cook).
4. Reduce the heat and add the ginger and the curry powder (or the other spices if you are using these) and fry for five minutes, adding water if things begin to stick.
5. Open the pilchards and pour the tomato sauce into the pan, leaving the fish behind in the tin.
6. Cook until thickened and shiny, adding water if needed.
7. Stir well, then add the fish and gently push it under the surface.
8. Heat through for a few minutes, don't stir or the fish will break up.
9. Drain the rice when cooked and serve with the curry.

to serve:

If you have garam masala, sprinkle a little over the top at the end, and serve with rice.



SWEET POTATO & MACKEREL FISHCAKES

These fishcakes can also be made with any kind of potato you have, including instant mash!

serves: 4 (two each) / time: 35 mins

ingredients:

500g orange sweet potato, peeled and roughly diced.
4 spring onions, chopped.
1 garlic clove, finely chopped.
100g frozen peas, cooked.
4 smoked mackerel fillets or 2-3 tins of mackerel.
2 tablespoons of fresh parsley or coriander, chopped, or 1 teaspoon of dried herbs.
1 cup wholemeal breadcrumbs.
Black pepper to season.

optional extras:

1 teaspoon of your favourite spices e.g. cumin, coriander, turmeric, chilli flakes.

method:

1. Boil the sweet potato for 10 minutes, or microwave until tender.
2. Put the potatoes in a large bowl, mash with a fork and allow to cool slightly.
3. Flake the mackerel and add it to the potato with the chopped spring onion, peas, garlic & herbs.
4. Stir well so everything is mixed.
5. Shape mixture into 8 bite-size patties.
6. Season the breadcrumbs with the black pepper.
7. Coat both sides of the patties in the breadcrumb mix and place on a baking tray.
8. Bake for 15-20 minutes (180C) or grill for 10 minutes on both sides until crisp on the outside and hot through.

to serve:

These are great served with a salad or vegetables.

x3 EASY PEASY BEANS

Lots of us have stocked up on dried and tinned pulses. These easy recipes are great ways to use them.

CHILLI NON-CARNE

This vegan, gluten free, dairy free recipe is easy to adapt for small and grown up tastebuds.

serves: 2-4 people / time: 50 mins

ingredients:

1 medium onion.
1 clove garlic.
1 medium carrot.
1 stick celery.
1 peppers (any colour).
½ tablespoon tomato puree.
½ teaspoon chilli powder.
2 teaspoons of mixed spice (or if you prefer ½ teaspoon ground cumin, ½ teaspoon of ground coriander, ½ teaspoon ground cinnamon and ½ teaspoon black pepper).
1 tin of beans or chickpeas (or 200g of dried pulses that have been soaked overnight, then boiled for 45 minutes).
1 tin chopped tomatoes.
½ tablespoon tomato puree.
Fresh coriander (optional — you can also use parsley).
1 lime (optional).
½ tablespoon olive oil.

method:

1. Peel and finely chop the onion, garlic, carrots and celery.
2. Roughly chop the peppers.
3. Put the oil in a large saucepan on a medium heat.
4. Cook the onion for five-10 minutes or until cooked through.
5. Add the garlic and cook for another two minutes.
6. Add the carrots, peppers and celery and cook for five minutes.
7. Spoon in the tomato puree, tinned tomatoes, chili powder, and mixed spice (or cumin, ground coriander, cinnamon and black pepper).
8. If you have fresh coriander you can chop some stalks and add these to the mixture.
9. Pour in a small amount of water to loosen the mixture if needed.
10. Mash or blend a ¼ of the beans or chickpeas with a fork (this improve the texture of your dish) then add these and the rest of the beans or chickpeas to the pan.
11. Bring to the boil, then turn the heat down to a simmer with a lid on for about 30 minutes, stirring every now and again to stop it catching. If it becomes too dry add another half cup of water.

to serve:

When everything is cooked you can sprinkle chopped coriander leaves (or parsley) on top if you like, and serve with a wedge of lime to squeeze at the table. This recipe goes well with rice, flatbread, or on a baked potato.

"I'm Hackney's favourite fruit!"



Want to go bananas?
Find some banana recipes and lots more, here:
www.shoreditchtrust.org.uk/recipes

"Delicious!"



×3 BUILD YOUR OWN

These 'build you own' recipes are flexible, so you can replace ingredients with whatever you have, or adapt meals for your family's tastebuds. Choose the items you have available to make your dish.

SCRUMPTIOUS SALAD

An easy 'go-to' recipe for when you've cooked too much pasta, potatoes or other carbs, and don't want the leftovers to go to waste.

serves: 2 / time: 10 mins

ingredients for the salad:

carbohydrate (choose one):
250g cooked pasta shapes.
250g of cooked rice (white or wholegrain).
250g of cooked cous-cous (plain or wholegrain).
2 large or 4 small boiled potatoes or sweet potatoes, chopped into cubes.

protein (choose one):
200g cooked turkey, chicken, sausage, or ham.
60g chopped or grated cheese.
½ tin of any kind of beans or lentils.

vegetables (choose at least 2):
¼ cucumber, chopped into quarters.
80g tinned sweetcorn.
4-8 cherry tomatoes, cut in half.
3 spring onions, or one small red onion, thinly sliced.
1 bell pepper, chopped.
2 grated carrots or courgettes.

optional extras (choose one):
2 tablespoons nuts or seeds.
1 tablespoon capers.
20g pickles or gherkins, chopped.

ingredients for the dressing:
2 tablespoon of olive oil.
½ tablespoon of runny honey.
½ tablespoon of soy sauce or 1 teaspoon of mustard.
1 tablespoon of lemon juice.

method:
1. Make the dressing by whisking together all of its ingredients.
2. Put all your salad ingredients together in a large bowl and toss with the dressing.

COCONUT DHAL WITH AUBERGINE & COURGETTE

Lentils are a great affordable source of protein. Our testers thought this flavour packed dhal could be served alongside another curry or a side of naan.

serves: 3-4 people / time: 50 mins

ingredients:
1 tablespoon olive oil, for cooking.
1 teaspoon ground turmeric.
2 teaspoons ground cumin.
2 teaspoons black mustard seeds.
Juice of 2 lemons.
1 large onion, finely chopped.
2 garlic cloves, finely chopped.
1 aubergine, chopped into bite-size chunks.
1 courgette, chopped into bite-size chunks.
250g red lentils.
200ml coconut milk.
500ml hot vegetable stock (made with a stock cube or bouillon powder).
Small bunch fresh coriander, roughly chopped (you can also use parsley).

method:
1. Heat a little olive oil in a large pan, add the onion and garlic, and cook for 4-5 minutes, or until the onion has softened.
2. Add the spices and fry for another couple of minutes. Squeeze in the juice of 1 lemon and stir around to lift all the spices from the bottom of the pan.
3. Add the chopped aubergine and courgette, lentils and coconut milk and simmer for 3-4 minutes.
4. Add the vegetable stock, stir every few minutes so the lentils do not catch on the base of the pan.
5. Cook until the lentils have softened and partially broken down, which usually takes about 20-25 minutes.
6. Stir through half of the coriander and juice of one lemon.

to serve:
Season with pepper, sprinkle the rest of the coriander (or parsley) over the top. Great with naan or as a side dish.

CHICKEN & WHITE BEAN STEW

serves: 4 / time: 45-50 mins

ingredients:
1 tablespoon sunflower oil.
400g boneless skinless chicken (cut into chunks).
3 garlic cloves (finely chopped).
2 onions (finely chopped).
3 carrots (finely chopped).
4 celery sticks (finely chopped).
¼ green cabbage (finely shredded).
1 tablespoon thyme leaves (or 2 teaspoons dried thyme).
1 bay leaf.
600ml vegetable or chicken stock.
Chopped parsley if you have it.
2 cans white beans such as haricot, butterbeans, cannellini or 200g dried beans that have been soaked overnight, then boiled for 45 minutes.

method:
1. Heat the oil in a large pan.
2. Add the chicken and cook until lightly browned.
3. Add the vegetables and cook until softened.
4. Stir in the thyme and bay leaf and add the stock.
5. Bring to the boil.
6. Stir well, reduce the heat.
7. Cover and cook for 30 minutes, until the chicken is tender.
8. Stir the beans into the pan, simmer for 5 minutes.
9. Stir in the parsley.

to serve:
Great with crusty brown bread.

STUFFED PEPPERS

serves: 4 / time: 35 mins

ingredients:
4 peppers (any colour).
1 tablespoon of olive oil.
2 spring onions.
2 cloves of garlic.
Black pepper.

carbohydrate (choose one):
½ cup bulgur wheat.
½ cup of rice (white or wholegrain).
½ cup of cous-cous (plain or wholegrain).
½ cup of red lentils.

vegetables (choose at least 2):
100g cooked spinach or other greens (frozen is fine).
½ tin of green beans or sweetcorn.
200g of any frozen vegetables you like, such as peas, mixed veg, bread beans.

protein (choose one):
1 tin of mackerel.
200g grilled chicken or turkey.
1 tin of beans or chickpeas.
150g halloumi.
1 ball of mozzarella.
150g feta.

herbs & spices (choose your favourites):
A handful of fresh or a teaspoon of dried basil, coriander, mint, parsley or oregano.
½ or 1 teaspoon of paprika, cumin (seeds/ground), ground coriander, fennel seeds.

optional extras:
A sprinkling of breadcrumbs or chilli flakes. Walnuts, pumpkin or sunflower seeds, olives or capers.

method:
1. Preheat oven to 190C / fan 170C / gas mark 5.
2. Slice the peppers in half lengthways and remove the seeds.
3. Place them in a roasting tin, drizzle with a little oil and roast for 15 minutes.
4. Meanwhile, cook your carbohydrate using the instructions on the packet.
5. Chop or grate your vegetables, garlic, spring onion, herbs and any cheese or meats you are using into small pieces and mix in a bowl.
6. If using tinned fish or beans, open these and drain, add to the other ingredients.
7. Once carbohydrate has cooked, mix it into all the other ingredients.
8. Remove the peppers from the oven, stuff with filling and roast for another 20 minutes.

PASTA BAKE

Pasta bakes are versatile — you can add whatever ingredients you have to hand. Roasting the vegetables adds an extra depth of flavour. If you are not vegetarian then tinned tuna, lardons or cooked chicken are a nice protein option.

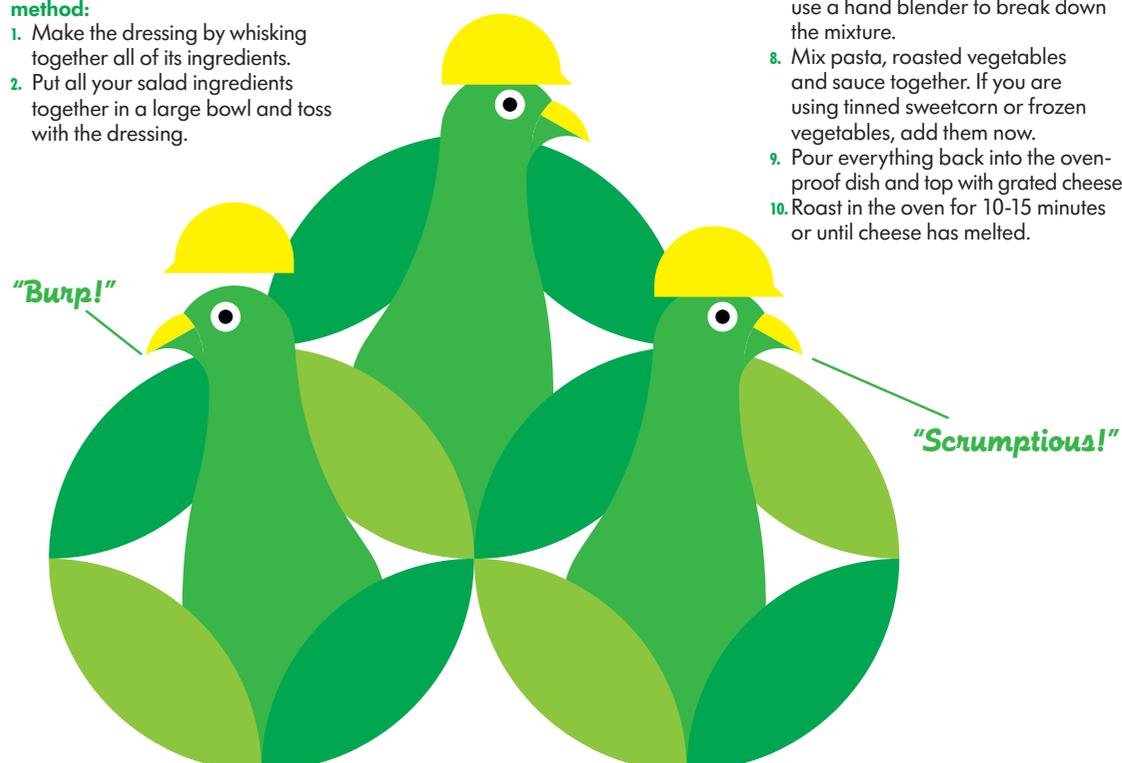
serves: 6 / time: 30-40 mins

ingredients:
1-2 red onions, roughly chopped.
3 cloves garlic.
2 tins chopped tomatoes or 1 jar passata.
2 tablespoons olive oil.
2 teaspoon dried oregano or basil or mixed green herbs.
Black pepper.
Pasta of your choice.
Any cheese you like, grated or crumbled.

vegetables (choose at least 2):
1 bag spinach or other green veg (fresh or frozen).
2 bell peppers, any colours.
1 courgette, chopped.
1 tin of sweetcorn.
1 aubergine, chopped.
250g of frozen vegetables of your choice.

protein (choose one):
1 tin cannellini beans, mixed beans, butter beans, kidney beans or borlotti beans (or 200g dried beans that have been soaked overnight, then boiled for 45 minutes).
2 tins of fish, such as tuna, mackerel or sardines.
300g cooked meat (chicken, sausages, or mince all work well in this recipe).

method:
1. Preheat oven to 200C / fan 180C / gas mark 6.
2. Make the sauce: add the chopped garlic to a saucepan with one tbsp olive oil and lightly cook for one-two minutes.
3. Add the chopped tomatoes/passata, tomato puree, dried herbs and black pepper. Simmer for 15 minutes.
4. Put the chopped onion in an oven-proof dish with 1 tbsp olive oil and roast for 20 minutes until the vegetable are starting to soften. If you are using pepper and courgettes you can put those in too.
5. Whilst this is cooking, boil and drain the pasta.
6. Add the beans to the tomato sauce and stir thoroughly. If you are using spinach or greens, add them now.
7. If you prefer a smooth sauce you can use a hand blender to break down the mixture.
8. Mix pasta, roasted vegetables and sauce together. If you are using tinned sweetcorn or frozen vegetables, add them now.
9. Pour everything back into the oven-proof dish and top with grated cheese.
10. Roast in the oven for 10-15 minutes or until cheese has melted.





SPRING SOME SUMMER SPROUTS

Whether you have a sunny spot in your flat, a windowsill, a balcony or a garden, you can grow things at home, even if you have never grown anything before!

Siobhán Mac Mahon from St Mary's Secret Garden shares some ideas for growing things at home.



POTS-A-PLENTY

Don't have your own plant pots? Don't worry, you can recycle everyday items into pots, such as egg boxes, yoghurt pots, fruit trays, or takeaway boxes — just make sure you put holes in the bottom for drainage.

GROWING FOOD FROM EVERYDAY THINGS

You will need a small bag of compost. If you want to buy seeds, then cress, lettuce, rocket, mint, coriander or chives grow quickly and are useful. If you can't buy seeds at the moment, you probably have loads of seeds in your kitchen without knowing it, and lots of them will grow indoors.

If you have fresh tomatoes or chillies you can grow plants from the seeds (wash any flesh off any tomato seeds). First put some compost into your pot. Seeds should be planted just below the surface of the compost. Put the pots in a warm sunny spot and keep the compost moist but not wet.

If you have dried peas you can grow them to make pea-shoot salad. Soak the peas overnight. Partially fill a tray or pot with compost, sprinkle plenty of peas over it, then cover these with more compost (about the same thickness as the peas). Keep your pea shoots watered and they will be ready to harvest in two to three weeks. You can plant a few each week so that you have a good supply.



You can sprout black beans, adzuki beans, broad beans, fenugreek, chickpeas, lentils, peas, mung beans, radish, alfalfa, sunflower seeds, etc. But — *do not use kidney beans!*

Spread your green wings and share pictures of your plants, whether in full bloom or the shoots as they grow, on Twitter [@StMarysGarden](#) and [@ShoreditchTrust](#)

NO COMPOST? NO PROBLEM!

If you don't have any compost and can't buy any, then you can still grow lots of things. If you have dried foods such as chickpeas, lentils or beans, you can sprout them and use them in stir-fries or as a topping for salads, soups and stews.

1. Rinse your dried seeds (or peas or beans) and remove any that are broken.
2. Half fill a clean jar with cold water. Add your seeds and cover the jar with mesh, muslin or cloth to protect the seeds from dirt or dust, but allowing air to flow (a tea towel or t-shirt is fine).
3. Leave the seeds to soak overnight.
4. Check and remove any seeds that look like they are bad or might go bad (if they have gone brown, or have gone an odd colour unlike the rest).
5. Rinse the seeds and then let them drain well for a couple of hours. Then keep them in the jar.
6. Rinse the seeds a couple of times a day, this gives them moisture to grow (do it more often if the weather is particularly warm).
7. After 2-3 days your seeds will be sprouted and ready to eat. They can be kept in the jar with a lid on in the fridge for a few days, but best to eat fresh!

WHO ARE THE PIGEONS IN YOUR NEIGHBOURHOOD?

HERE ARE SOME OF OUR PIGEONS — COLOUR THEM IN FABULOUSLY — OR INVENT YOUR OWN LOCAL HERO PIGEONS! SHARE YOUR PIGEON PICTURES: [#HACKNEYPIGEONS](#) — OR EMAIL TO: INFO@SHOREDITCHTRUST.ORG.UK

