



Room at the Inn and The Y Project's Monthly Newsletter: January 2021

2021

Ways to Help

***** If you are planning a fundraising activity for Room at the Inn and The Y Project, please ensure you follow the current government guidelines on social distancing and any local restrictions in your area *****

You can donate to us directly by making a donation to:

Room at the Inn and The Y Project
Sort Code: 40-45-24
Account No: 72628317

- ◇ Why not hold a quiz online and invite your family and friends in exchange for a donation to the charity?
- ◇ Celebrating a birthday in lockdown? Ask for a donation to Room at the Inn & The Y Project instead of presents!
- ◇ Gaming Tournament—are you a fan of Fortnite or Gran Turismo? Invite your friends to take part in an online tournament and ask for a donation to Room at the Inn & The Y Project. Or perhaps do a sponsored game-a-thon: commit to playing your favourite game for a set amount of time and streaming it!
- ◇ Virtual marathon—Commit to walking, cycling or moving a set distance over a set period time and ask your friends and family for sponsorship. You can set up a JustGiving page and the monies can be sent directly to Room at the Inn & The Y Project.
- ◇ Take to the virtual stage—are you a performer? Sing, dance or pull rabbits out of the hat through a Facebook or Instagram Live video with a donate button!

Welcome to the first newsletter of 2021. Nobody will deny that 2020 was indeed a challenging year. Not just for the charity and our service users but for everybody across the globe. Yet we arrive in the first month of 2021 full of hope for a better year for all of us. We must extend our gratitude to the countless number of you who have continued to support Room at the Inn and The Y Project. We are so grateful to the support of local and national governmental organisations, local businesses and individuals who continue to help us support Warrington's most vulnerable with their generous support—be that financial, by means of physical donations or the time and dedication of our staff and volunteers. Each of you have made a difference throughout 2020 and these first few weeks of 2021. It is this team spirit that keeps the wheels in motion here at the charity. No matter what role you played, you are an integral part of the charity's success and we thank you and applaud you!



Frugal Food—POTATO BAKE (perfect for these cold, winter nights)

Ingredients:
6 or 7 medium sized potatoes, peeled
1 large can of baked beans in tomato sauce (approx 800g – you could use 2 standard size tins instead)
1 large onion, thinly sliced
2 or 3 sliced tomatoes
1 tablespoon of margarine for dotting over the top
1 tablespoon of sesame seeds for sprinkling on the top
other optional layers:
1 or 2 cups of left-over rice mixed with some soya milk and herbs
sliced mushrooms mixed with a little veg. oil and 2 cloves of crushed garlic
1 can of sweetcorn
1 can of spinach

Part-boil the potatoes for 5 or 6 minutes until starting to soften. Thinly slice them. In a large casserole or lasagne dish place a layer of potatoes then a layer of beans, then onion and repeat until all used up. That is the basic dish but you can add any other layers you like (experiment! Any tins lurking in the cupboard?), such as the garlic mushrooms, sweetcorn, spinach or rice ones above, making the last layer potatoes. Spread the sliced tomatoes over the top, dot with the marg. and sprinkle on the sesame seeds. Bake for about an hour or until the potatoes are soft at 190C/380F.

Don't Quit by John Greeleaf Whittier

*When things go wrong as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.
Life is strange with its twists and turns
As every one of us sometimes learns
And many a failure comes about
When he might have won had he stuck it out;
Don't give up though the pace seems slow—
You may succeed with another blow.
Success is failure turned inside out—
The silver tint of the clouds of doubt,
And you never can tell just how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit—
It's when things seem worst that you must not quit.*

Keep Going!

