

Support at Home Recipe Book



Contact Us - **01942615880**
www.ageukwiganborough.org.uk



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Welcome to Age UK Wigan Borough

This recipe booklet has delicious meal ideas and gives you an insight into the support available for people aged 50 and over across Wigan Borough. Our services tackle current issues such as financial worries, social isolation, and loneliness, offering support so people can remain in their homes.

Our Services

Bright Days Activities

Our activities help promote well-being and gets our community together. Hundreds of people attend each month and 95% would rate our service as excellent or very good. Activities are a great way to meet new friends and tackle loneliness and social isolation. A service user says "It gets you out and about meeting new people." Please visit our website or contact us to see our latest activity programme.



Information & Advice

Our free service provides information and advice on a wide range of topics. From practical guidance to helping claim benefits people may be entitled to. We support people regardless of the individual's financial circumstances. These services are in demand more than ever before due to the cost of living crisis. Between April 2022 and April 2023, we have helped thousands of households in Wigan claim over £2.1 million that would have otherwise been unclaimed benefits. A service user says "Just a massive thank you. Helped to ease stress at a troubled time with your assistance I earned so much." This feedback shows we help ease service users' financial worries and in doing so has a positive impact on their mental health.

Support at Home

Our paid-for Home Help and Handyperson services assist people aged 50 and over in their homes across Wigan Borough. In 2022 we completed over 2,300 handyperson jobs in people's homes and provided over 16,000 hours of help through our Home Help service. Enabling people to live more comfortably at home.



Starters

All starters serve 2-4 people



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Starter One

Lentil soup

100 minutes cooking and preparation

Ingredients

- 340g lentils
- 2 tsp salt
- 2 beef stock cubes
- 570ml cold water

Utensils needed

- Large pan
- Wooden spoon

How to Make

1. Put all ingredients into a large pan and bring to boil.
2. Stir occasionally for 90 minutes.
3. Serve in bowl and with bread.



Starter Two

Leek and Potato Soup

45 minutes cooking and preparation

Ingredients

- 3 leeks (wash thoroughly)
- 2 carrots (peeled and cut into small dices)
- 3 potatoes (peeled and cut into 3-4 cubes)
- 1 clove garlic (optional)
- 570ml chicken or vegetable stock
- 1 tbsp of olive oil or small amount of butter
- Chives (optional)
- Salt and pepper

Utensils needed

- Large pan with lid
- Wooden spoon

How to Make

1. Place the leeks, carrots and garlic into saucepan with olive oil and heat gently with lid on.
2. When leeks are tender add stock, potatoes and pepper. Add lid and occasionally stir.
3. Cook until potatoes are fully cooked and break down for approximately 30 minutes .
4. Serve in bowl with snipped chives and bread.



Starter Three

Potato Cakes

25 minutes cooking and preparation

Ingredients

- 400g potatoes
- 200g flour
- Milk
- Butter
- Salt
- Pepper
- Olive oil

Utensils needed

- Wooden spoon
- Mixing bowl
- Baking tray

How to Make

1. Mash as much potato as you like with salt, pepper, a little milk and butter (the final consistency should be a little softer than normal mash.)
2. Wait until it is cool.
3. Add a cup of self raising flour and mix.
4. Add a little flour to your hands to shape the mixture into balls.
5. Put the balls onto a oiled baking tray and flatten them down with the palm of your hand to create circles 1cm thick and 8cm in diameter.
6. Place into the oven at 200c, Gas Mark 6 for 10-15 minutes or until golden brown.
7. Serve hot or cold, spread with butter.



Starter Four

Stuffed Peppers

15 minutes cooking and preparation

Ingredients

- 4 red peppers
- 2 pouches tomato rice-cooked
- 2 tbsp pesto
- Handful pitted black olives- chopped
- 200g goat's cheese-sliced

Utensils needed

- Small knife
- Microwave - safe plate
- Mixing bowl
- Spoon

How to Make

1. Use a small knife to cut the top off 4 red peppers, then scoop out the seeds.
2. Sit the peppers on a plate, cut-side up, and cook in the microwave on high for 5-6 mins until they have wilted and softened.
3. While the peppers are cooking, mix two 250g pouches tomato rice (cooked as instructed) with 2 tbsp pesto, a handful of chopped pitted black olives and 140g of the sliced goat's cheese.
4. Scoop the rice, pesto, olives and goat's cheese mix into the peppers. Top with the remaining 60g sliced goat's cheese and continue to cook for 8-10 mins.



Starter Five

Spicy Chicken

60 minutes cooking and preparation

Ingredients

- 6- 8 Chicken breasts or thighs
- 450 ml thick single cream or plain yoghurt
- 6 tbsps Worcester Sauce
- 6 tbsps brown sauce
- 1 rounded dessert spoon of mild mustard
- 200g mushrooms, cleaned and sliced (optional)

Utensils needed

- Baking tray/ dish
- Jug
- Fork

How to Make

1. Lightly oil a baking tray/ dish.
2. Arrange the chicken on it and brush them with oil.
3. Cook at 200c, gas mark 6 for 20-30 minutes until nearly cooked.
4. Meanwhile, mix the cream/yoghurt, sauces and mustard in a jug.
5. Pour over the chicken, along with the mushrooms.
6. Place back in the oven to cook for a further 30 minutes or until cooked through.



Information & Advice Service

Do you know your entitlements?

We offer information and advice on a wide range of issues that are important to people aged 50 and over, their relatives and their carers. From April 2022 to March 2023 we have helped households claim over £2.1 million which would otherwise have been unclaimed benefits. This resulted in some households having a dramatic increase in their weekly income as well as being exempt from paying rent and Council Tax.

Our service is free and offers information on:

- Disability and welfare benefits
- Availability of grants, loans and help with filling applications from the local authority.
- DWP or other agencies.
- Consumer Issues.



We provide practical assistance such as completing forms and writing letters. A telephone appointment is necessary for completion of a benefit claim or other application forms but general telephone advice is available Monday to Friday. You can make an appointment no matter your financial circumstances.

www.ageuk.org.uk/wiganborough

Contact us - 01942 615880



Organisations in Wigan Borough

Wigan and Leigh Carers Centre



Wigan and Leigh Carers Centre

Charity Number 1138908
Registration Number 7293521

Wigan and Leigh Carers know caring can be a very demanding and often isolating role, so they are here to make life a little easier by tailoring the help, support and advice to each person's unique situation. They will work with you, alongside other support services, to find the support that's right for you and the person you care for. They provide services around Wigan Borough including community venues and recreational areas, as well as from their Carers Centre hub at 3–5 Frederick Street, Hindley.

All of their services are free of charge (or subsidised) and confidential. If you wish to register with them, your name will be added to their database of carers which means that you will receive regular mailings about events and activities.

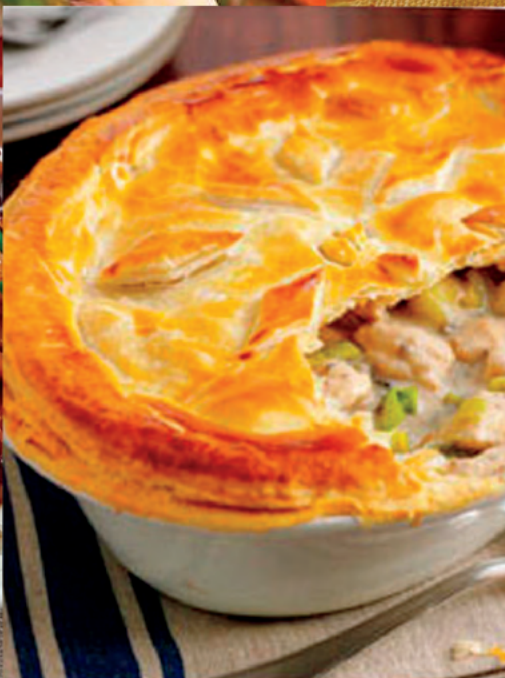
What Wigan and Leigh Carers offer

- Drop-in information, advice and support at the Carers Centre in Hindley (Monday to Friday, 9.00 am – 4.30 pm). Information and advice also available via email or over the telephone. They host a regular late evening open drop in, once per month until 7 pm.
- One-to-one support – 'signposting' with emotional and practical advice from our trained, triage team.
- Carer's Assessments (on behalf of Wigan Council) for carers who look after an adult who lives in Wigan.
- Emergency Carers' Cards to give carers peace of mind.
- Welfare benefits advice signposting and help with form filling (DLA, PIP etc).
- Befriending (letters, emails, phone calls).
- Carer's respite services and events – coffee mornings, mindfulness walks, workshops, self-care, self-development, training, social and peer support groups.
- Counselling (CBT or person-centred)
- Carer's bereavement support.
- Monthly newsletter and regular social media updates with the latest carer news and events.
- Useful publications for carers and professionals.
- Regular specialist advice surgeries on mental health, benefits, legal and employment topics.
- Health and wellbeing events to help you look after yourself, including walking, yoga and dance.
- Free workshops on practical and self-development topics.
- Special events for carers, including Carers Week and Young Carers Action Day.

For more information about Wigan and Leigh Carers please call their office at 01942 697885 or visit their website www.wlcarers.com

Mains

All mains serve 2-4 people



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Main One

Honey Glazed Chicken

20 minutes cooking and preparation

Ingredients

- 4 tbsp honey
- 2 tbsp soy sauce
- 1/8 tsp red pepper flakes
- 1 1/2 tbsp olive oil
- 2 skinless, boneless chicken breast halves- cut into bite-size pieces

Utensils needed

- Mixing bowl
- Wooden spoon
- Frying pan

How to Make

1. Whisk honey, soy sauce, and red pepper flakes in a bowl, and set aside.
2. Heat olive oil in a frying pan over medium heat.
3. Cook and stir chicken in hot oil until lightly brown, about 5 minutes.
4. Pour the honey mixture into the frying pan on top of the chicken.
5. Continue to cook and stir until chicken is no longer pink in the centre and the sauce is thickened, about 5 minutes more.
6. Serve with boiled white rice.



Main Two

Ham and Cheese Omelette

17 minutes cooking and preparation

Ingredients

- 2 Eggs
- Salt
- Freshly ground pepper
- 30g cup cheese- grated
- 50g cooked ham- sliced
- 3 tbsp butter or oil

Utensils needed

- Mixing bowl
- Whisk or fork
- Frying pan

How to Make

1. Beat the eggs and seasoning together.
2. Heat the butter or oil in a frying pan on a medium heat.
3. Pour the egg mixture into the pan as soon as the butter melts.
4. When the underside of the egg cooks a little, sprinkle the ham and cheese on it and fold the omelette over, forming a semi circular shape.
5. When the inside sets, slide out onto a plate and serve immediately.



Main Three

Corned Beef Hash

40 minutes cooking and preparation

Ingredients

- 6 large potatoes.
- 1 large onion (peeled and finely chopped).
- 3 carrots (peeled and cut into small cubes).
- 1 stick celery (cut into small cubes)
- 1 tbsp of olive oil
- 1 tbsp of butter
- 1 large tin of corned beef
- 1 tsp of Worcester sauce mixed with 100ml stock
- 1 tbsp dried parsley
- Salt & pepper

Utensils needed

- Pan
- Fork

How to Make

1. Peel & boil the potatoes in a pan of salted water until they are soft
Drain, mash, add a tablespoon of butter, then season.
2. Pre-heat oven at 180c, Gas Mark 4.
3. Meanwhile, open the corned beef & separate/mash with a fork.
4. In a frying pan, heat the olive oil, soften the onions & carrots, add the Worcester sauce & stock, add the mashed potato & corned beef. Distribute over the 4 dishes and cook in the oven until the top is crispy and brown (25 mins)



Main Four

Tuna Pasta

15 minutes cooking and preparation

Ingredients

- 200g pasta
- 1 small onion- chopped
- 1/2 red/yellow pepper- chopped
- Tinned sweetcorn
- Medium tin of tuna
- Mayonnaise

Utensils needed

- Chopping board & knife
- Pan
- Stirring spoon
- Dessert Spoon
- Tin opener

How to Make

1. Fill a pan with water.
2. Once the water has reached boiling point, add the pasta and cook until tender.
3. Drain the pasta.
4. Mix the peppers, onions, sweetcorn and tuna in a bowl.
5. Add the pasta to the bowl and mix.
6. Stir in preferred amount of mayonnaise.



Main Five

Chicken and Leak Mushroom Pie

30 minutes cooking and preparation

Ingredients

- 400g tin Heinz chicken soup
- Olive oil
- 2 chicken breasts diced
- 500g leeks—washed and sliced
- 200g chopped carrots
- 250g sliced mushrooms
- 200g diced potatoes
- 4 sheets ready-made filo pastry
- Salt and pepper

Utensils needed

- Pan
- Wooden spoon
- Ovenproof dish

How to Make

1. Preheat the oven to 200c, Gas Mark 6.
2. Heat the olive oil in a pan and brown the diced chicken.
3. Add the mushrooms and leeks, and cook till soft.
4. Add the tin of soup, salt and pepper—simmer for 5 mins.
5. Pour into an ovenproof dish.
6. Place the pastry on top of the filling, ensuring the filling is completely covered.
7. Bake in the oven for 20 mins until pastry is golden.



Support at Home

Home Help Service

Our experienced and professional Home Help team will assist with everyday tasks making living at home easier. We offer this paid-for service to support local people with their independence, provide companionship and reduce isolation in the Wigan Borough. Please contact our Support at Home team to find out about our prices.

What sort of work do we do?

- General Housekeeping
- Laundry
- Vacuuming
- Changing Bedding
- Cleaning inside
- Windows
- Local Errands
- Companionship
- Help with Life Admin



Contact us on - **01942 615880**

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Support at Home

HandyPerson Service

Our Handyperson team helps with small jobs around your home. We provide a high quality and competitively priced service allowing people to live comfortably within their home across the Wigan Borough. To find out about our prices please contact our Support at Home team.

What sort of work do we do?

- Fitting key safes
- Fitting stair rails, grab rails
- and steps
- Constructing flat pack
- furniture
- Garden Gates
- Shelving
- Changing light bulbs



Working in Partnership with



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Organisations in Wigan Borough

The Brick

THE BRICK

QUEENS HALL ACTION ON POVERTY

The Brick is an anti-poverty charity offering services to people who are at risk of or transitioning through homelessness, financial hardship, or crisis.

The Brick Says -

'We recognise the affliction of poverty, we recognise its impact in local neighbourhoods and on local people but we do not believe poverty and trauma is inevitable. Our vision is to provide a practical response working alongside people to help them rebuild but also to address and mitigate the causes. We know that the world is changing at an unprecedented pace, that requires a different approach to tackling the complex problems, that face our local communities today.'

Our role as a grass roots charity gives us an opportunity and a responsibility to speak up about these problems, to help improve the policies and systems that affect people's lives. We will seek to regularly share evidence and stories from our work and those we work alongside, to support wider conversations around poverty, trauma and social change.'

The Brick is Queen's Hall Action on Poverty: Social action is at the heart of their mission.

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'We recognise the affliction of poverty, we recognise its impact in local neighbourhoods and on local people but we do not believe poverty and trauma is inevitable. Our vision is to provide a practical response working alongside people to help them rebuild but also to address and mitigate the causes. We know that the world is changing at an unprecedented pace, that requires a different approach to tackling the complex problems, that face our local communities today.'

The Brick provides a safe, solid building block for people who are experiencing complex issues that cause financial hardship to make positive changes - for good. They tackle the root causes of poverty and encourage aspiration.

OUR WORK IN NUMBERS



For more information about the Brick call their office at 01942 236953 or visit their website www.thebrick.org.uk

Desserts

All desserts serve 2-4 people



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Dessert One

Short Cake Biscuits

20 minutes cooking and preparation

Ingredients

- 200g flour
- 100g butter
- 55g sugar
- 1 medium egg

Utensils needed

- Fork
- Mixing bowl
- Rolling pin
- Cookie cutter

How to Make

1. Beat the butter and sugar with a fork until creamy.
2. Sift the flour.
3. Add the sifted flour and egg to the creamed butter and sugar.
4. Mix the ingredients until smooth.
5. Roll out the mixture.
6. Cut into desired shapes.
7. Cook at Gas Mark 7 for 10 minutes.



Dessert Two

Banana Bread

65 minutes cooking and preparation

Ingredients

- 140g butter, plus extra to grease the tin
- 140g caster sugar
- 2 large eggs
- 140g self-raising flour
- 1 tsp baking powder
- 2 very ripe bananas, mashed

Utensils needed

- Loaf tin
- Baking parchment
- Fork or whisk
- Skewer or knife

How to Make

1. Preheat oven to 180C, Gas Mark 4.
2. Butter a 2lb loaf tin and line the base and sides with baking parchment.
3. Cream 140g butter and 140g caster sugar until light and fluffy, then add 2 large eggs with a little of the 140g flour.
4. Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas.
5. Pour the mixture into the tin and bake for 50 mins, or until cooked through-check the loaf at 5 min intervals from around 30-40 mins in the oven by testing it with a skewer (it should be able to be inserted and removed cleanly).
6. Cool in the tin for 10 mins, then remove onto a wire rack.



Dessert Three

Flapjacks

30 minutes cooking and preparation

Ingredients

- 250g jumbo porridge oats
- 125g butter, plus extra for the tin
- 125g light brown sugar
- 2-3 tbsp golden syrup (depending on how gooey you want it)

Utensils needed

- Baking tin
- Mixing bowl
- Fork or spoon- for mixing
- Knife

How to Make

1. Preheat the oven to 200C, gas mark 6.
2. Put the oats, butter, sugar and golden syrup into a mixing bowl and stir until fully combined– be careful not to overmix or the oats may lose their texture.
3. Lightly butter a 20 x 20cm baking tin and add the mixture, pressing into the corners with the back of a spoon so the mixture is flat.
4. Bake for around 15 mins until golden brown.
5. Allow to cool before removing from the tin and cutting.



Dessert Four

Chocolate Pudding

5 minutes cooking and preparation

Ingredients

- 160g cup sugar
- 60g unsweetened cocoa powder
- 1/4 teaspoon salt
- 3 tablespoons corn-starch
- 530ml cups milk
- 2 tsp vanilla
- Butter- to add gloss if wanted

Utensils needed

- Medium pan
- Whisk or wooden spoon
- Glass containers

How to Make

1. In a medium pan, combine sugar, cocoa, corn-starch and salt with a whisk.
2. Add milk and continue to whisk.
3. Heat on the stove and simmer over medium heat.
4. Cook for 1-2 minutes until thick and bubbly.
5. Remove from heat - add vanilla and butter.
6. Pour into your favourite dessert glass and chill thoroughly.



Dessert Five

Microwave Mug Cake

10 minutes cooking and preparation

Ingredients

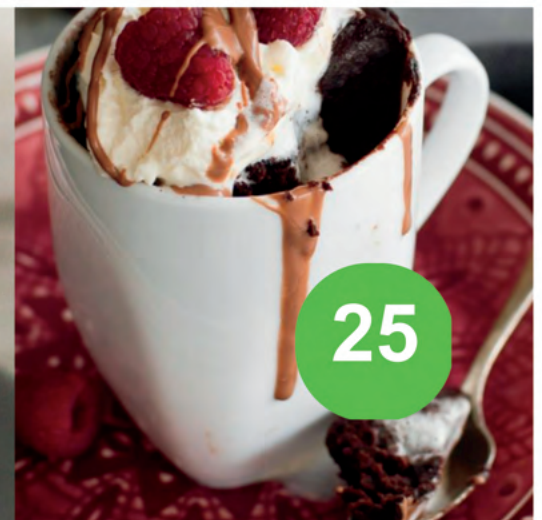
- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil or sunflower oil
- a few drops of vanilla essence or other essence (orange or peppermint work well)
- 2 tbsp chocolate chips, nuts, or raisins etc (optional)

Utensils needed

- Large mug
- Sieve
- Fork

How to Make

1. Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.
2. Add 1 medium egg and mix in as much as you can.
3. Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins (if using) and mix again.
4. Place your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.



Bright Days Activities

Come and meet new friends and have fun with various activities to suit people aged 50 and over across the Wigan Borough. Our service reduces social isolation, promotes wellbeing and gets the community together. To get our latest activities programme please contact our Bright Days team.



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