



An update from Jim Herron, Chair person of ELTRP Executive Committee

The Executive Committee continues to phone tenants and residents for a wee chat and to make sure they are getting all the support. If you would like one of our committee to give you a call, let us know by phoning Sue on 07946 449 362 or Patsy on 07584 474 934 and they will arrange for someone to give you a ring. We are also having weekly catch up meetings with the council and members of our committee.



In Haddington, the owner of our park in my area helps some of our elderly residents to use their gardens by doing free health and safety checks. He is levelling out paving stones etc. to avoid potential accidents whilst maintaining social distancing rules.

A member of our Executive Committee, Grace Stirton focusses on the Ormiston area

ELTRP have been working hard to help people in Ormiston by maintaining contact with tenants and residents via phone. We are focussed on finding new ways to contact people that have no access to a computer and/or social media; we are sharing information with as many people as we can about the new uplift date for the recycle bins and that the local shop in Park Road has donated a substantial amount to help the most vulnerable.



Whilst maintaining social distancing rules, we have been making contact with others from garden gates and outside fences to make sure they have the right help and are in contact with the necessary people about medical needs, shopping and information. The Chairperson of Ormiston West TRA, Mark Ormiston has been doing a regular walk around the village and the old railway tracks checking for fly tipping.



Our local Coalgate pub owners have had a great response to the food/meals they have been supplying to help the isolated, elderly and also single parents with children. At present, they are doing this out of their own pocket even though they aren't allowed to trade. They have been a tremendous help serving up to 1,000 meals over the last three weeks with the help of local volunteers and using dishes that can be disposed safely to keep cross contamination at bay. Meals from the local pub were available from a 'pick up point' where food can be picked up and local drivers deliver them with masks and gloves, from Tuesday in Pathhead served from foresters or indeed delivered during the hours of 12-2pm. The Coalgate pub did the same on Wednesday for the Tranent, Ormiston and Pencaitland. They have also delivered essential shopping bags.

Fantastic work by our local community!

OTHER INFORMATION

East Lothian Council Information

To safeguard our tenants and staff, Community Housing and Property Maintenance will only attend to essential home visits and repairs.

For Housing enquiries tenants are encouraged to contact the council by phone or email.

For more information contact **01620 827 827**.



Feeling anxious, depressed or a just a bit down?
Call the CWIC Mental Health line on

01620 642 963

for support and advice.

Open Monday to Friday

From

09.00 to 16.00

East Lothian
Health & Social Care Partnership



TIS staff continue to work from home and ELTRP EC are meeting through Zoom and Skype, if you need to speak to a member of the ELTRP/TIS team we can be contacted as follows:

Patsy – pking@tis.org.uk or 07584 474934

Alex – tenantspanel@hotmail.com

Jim - jimherron1@aol.com

Sue - Scairns@eastlothian.gov.uk or 07946 449362

Website - www.eltrp.co.uk

Twitter - <https://twitter.com/EastLothianTRP>

Facebook - <https://www.facebook.com/EastLothianTRP/>

RECIPE INSPIRATION FROM LOCAL GROUP!

A soup recipe from the Haddington Mental Health Peer Support Group known as the 'Soup Group'.

INGREDIENTS

- Easy Tomato Feta Soup Recipe - Low Calorie, Low Carb
- Can be made without the cream and/or cheese and still be delicious.
- Ready in 30 minutes
- Serves 6
- INGREDIENTS
- 2 tbsp olive oil or butter
- one chopped onion
- 2 cloves garlic
- black pepper
- 0.5 tsp dried oregano
- 1 tsp dried basil
- 1 tbsp tomato paste
- 10 tomatoes, skinned, seeded and chopped — or two 14.5 oz cans of peeled tomatoes
- 1 chicken or vegetable stock cube
- 500 ml water

- 100 ml heavy cream
- 160 g feta cheese

METHOD

1. Heat olive oil (butter) over medium heat in a large pot
2. Add the onion and cook for 2 minutes, stirring frequently.
3. Add the garlic and cook for 1 minute. Add tomatoes, salt, pepper, oregano, basil, tomato paste, stock cube and water. Bring to a boil, then reduce to a simmer.
4. Cook on medium heat for 20 minutes, until the tomatoes are tender and cooker. Blend until smooth.
5. Add the cream and feta cheese.
6. Cook for 1 more minute.
7. Add more salt if needed. Serve warm.

Please stay safe and be assured of our very best wishes at this time from all at



east lothian tenants and residents panel