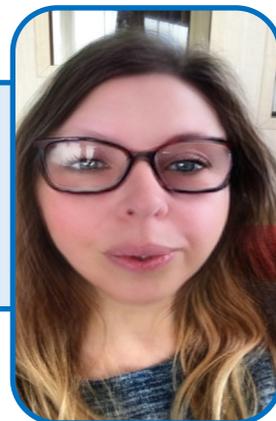


Safe at Home

With Samantha
AVA Support for Older Ashfield Residents



Don't go bananas in lockdown! Why not try this quick and easy Banana Bread recipe. Maybe then cut it into slices, wrap in film and give your neighbours a treat.

There is lots of help available so if you are struggling to cope, whether you need shopping, medication or company, just give me a call.

Please take a piece!



Captain Tom Moore
A hero and a gentleman

Easy Banana Bread

140g butter (plus extra for the tin)
140g caster sugar
140g self-raising flour
2 large eggs
1 tsp baking powder
2 very ripe bananas (mashed)
50g icing sugar
Handful of banana chips to decorate



1. Heat oven to 180C/160C fan/gas 4.
2. Butter a 2lb loaf tin and line the base and sides with baking parchment.
3. Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the flour.
4. Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas.
5. Pour into the tin and bake for about 30 mins until a skewer comes out clean.
6. Cool in the tin for 10 mins, then remove to a wire rack.
7. Mix 50g icing sugar with 2-3 tsp water to make a runny icing.
8. Drizzle the icing across the top of the cake and decorate with a handful of banana chips.



Table for One or Two?

We can easily get fed up when we don't see anyone and we don't go anywhere but just because we are 'safe at home', it doesn't mean we can't have a lovely evening. Once in a while buy your very favourite food, get dressed up, set the table, light a candle and spoil yourself with a little glass of wine. Snuggle on the sofa with an after-dinner coffee and a good film, finishing the evening off with a bit of a dance to your favourite song. Head off to bed with a smile. The dishes can wait until morning!

Is no haircut better than a bad haircut?

I've started plaiting my hair at night time because it is so long, my 21 year old son has allowed me to cut his hair with the graders (twice) and my husband is resolute in me going nowhere near his head with the scissors! Are you doing a bit of D.I.Y. or being creative with your styling? Are the scissors beckoning or are you strong enough to wait it out? It takes a crisis to realise your hairdresser is worth their weight in gold!



Isolation and loneliness is harder to deal with than ever. If you or someone you know is lonely and in need of a chat, ring AVA or email me and I'll get in touch.

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