



MANOR & CASTLE NEWSLETTER

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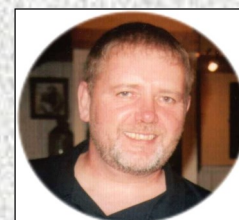
Manor & Castle Newsletter

Special points of interest:

- Chairperson's Comments
- Councillor's Comment's

Chairman's comments

Welcome to the March meeting and enws-
letter.



This is unprecedented times with the Cor-
nona Virus pandemic.

We want to ensure that everyone in our community is safe
so inside we have a form that we hope to distribute to all
households.

As you will have gathered the trip has had to be cancelled
and we hope to discuss it at the March meeting,

Regards

Eric

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Obviously the news at the moment and for the foreseeable future is the terrible pandemic, Corona Virus that is spreading from country to country.

I will be looking for volunteers who can help out the ward and look out for our vulnerable.



The consequences of this situation are ever-changing and it is advised to keep listening to the TV / local radio to ensure you are up-to-date with what is happening regarding services.

I have included the latest Corona Virus update from the Comhairle.

Councillor Gordon Murray

COVID-19 - Comhairle Update

Comhairle nan Eilean Siar's COVID-19 Planning Group met today, Monday 16th March 2020, to continue discussions on safeguarding and protecting clients, services, members and employees throughout the Western Isles.

Advice

There are currently no known cases of the virus in the Western Isles. However, the planning phase has been, and continues, to be developed through a series of precautionary measures.

Public Health are the lead agency and the public are advised to keep a close eye on the, the local NHS Western Isles website <https://www.wihb.scot.nhs.uk/> and the Scottish Government website <https://www.gov.scot/> for the latest up-to-date information.

In addition, the Comhairle has setup a special section of the website <https://www.cne-siar.gov.uk/social-care-and-health/coronavirus/> for all local authority led services and this section will be updated as and when appropriate.

The advice from the NHS, in order to help prevent the spread of the virus, continues to be:

“avoiding direct hand contact with your eyes, nose and mouth”

“maintaining good hand hygiene - washing hands with soap and water or alcohol hand sanitiser before eating and drinking, and after coughing, sneezing and going to the toilet. Wash hands for at least 20 seconds.”

“avoiding direct contact with people that have a respiratory illness and avoiding using their personal items such as their mobile phone.”

“covering your nose and mouth when coughing or sneezing with disposable tissues and disposing of them in the nearest waste bin after use.”

Comhairle Services

Should you have any of the symptoms detailed on the Public Health website <https://www.wihb.scot.nhs.uk/component/k2/item/788-coronavirus-covid-19?Itemid=134>, the Comhairle's advice is not to attend schools, Sports Centres or Comhairle buildings.

The Comhairle advises the public to pay any bills e.g. Council Tax bills online <https://www.cne-siar.gov.uk/council-tax/council-tax-payment/> or by phone 01851 600 502, where possible, to avoid unnecessary face to face contact.

All schools in the Western Isles remain open. However, contingency plans have been made in the event that schools will require to close, particularly to support those preparing to sit SQA examinations.

All sport and leisure facilities and Comhairle offices remain open. However, from tomorrow (Tuesday 17th March) all activities run by ISL/Sports Development will be suspended, including swimming lessons. Aquafit classes and 'Move More' group activities held during the day will also be suspended. All other adult Fitness classes will continue at this stage.

All bus services are continuing to operate as normal.

There is specific restrictions in place in relation to visits to Care Homes. More information can be found here: <https://www.cne-siar.gov.uk/news/2020/march/care-home-visiting-restrictions/>

All services are subject to change and any changes will be communicated at the earliest possible opportunity through the Comhairle website and social media pages.

Businesses

The Scottish Government has put in place specific support for businesses and this can be found on their website <https://www.gov.scot/news/gbp-320-million-package-of-support-for-businesses/>. Alternatively, you can contact Business Gateway on 01851 668 088.

Links

More information about coronavirus infection, Covid-19, can be found on NHS Inform www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19

NHS Western Isles website <https://www.wihb.scot.nhs.uk/>
Scottish Government website <https://www.gov.scot/>

COOKS CORNER

Chinese Dumplings

Ingredients

3 Spring Onions (Finely Chopped)
¼ cup Water
add Soy Sauce (to Serve)
add Black Vinegar (to Serve)
1 cup Dumpling Flour (or Plain Flour Will Do)
1 handful Chives (Chopped)
450 grams Pork (Minced)
1 clove Garlic (Finely Chopped)
1 tablespoon Rice Wine Vinegar
½ teaspoon Sesame Oil
to taste Salt And White Pepper

Method

Filling: mix the ingredients and leave covered in the fridge while you make the dumpling wrappers. This will allow the flavours to integrate.

Wrappers: combine the flour, salt and water and mix. Knead until shiny and elastic for 10 minutes, or chuck in your mixer and let it do the work for 5 minutes.

You may want to add more water or flour, you want a mixture that is firm without being too wet.

Cover in cling film or put in a plastic bag for 30 minutes in the fridge. Roll your jiaozi wrappers by pulling off little balls, smaller than a 10p piece, and rolling until thin, about as thin as pasta, and about three inches in diameter. Roughly!

Brush the edges of the wrappers lightly with water (not too much as they'll get soggy). Place a teaspoon of filling in the centre and fold in a half moon shape and press closed ensuring they are sealed.

Add to boiling water for a few minutes, when they rise to the top they are cooked in theory but do check by cutting into one, as you don't want to eat raw pork. I didn't have any problems with this, they were always cooked through, so don't worry too much. Be careful not to boil for too long, as the wrapper may burst if it's quite thin.

Serve with a dipping sauce of Chinese black vinegar or some soy sauce.



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