



**ALTON
TOWN COUNCIL**

THE ALTONIAN WEEKLY

WEEK 6

Alton Town Council, Town Hall, Market Square, Alton, Hampshire, GU34 1HD
www.alton.gov.uk

Keep Cooking

Being healthier isn't just about "doing the right thing" it's about making changes to fit your life and make you feel good. Here are a couple of website that can help.

[One You](#) helps you find the right balance. 'One You' provides tips, tools, support and encouragement every step of the way, to help improve your health right away.

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

[This page](#) covers healthy eating advice for the general population.

Over the last few weeks Jamie Oliver has been sharing recipes tips and hacks during lock down. If you haven't followed the series you can view them all on [Channel 4](#).

[Grow Your Own](#) - now is a great time to be preparing your allotments and also your gardens to grow your own fruit and vegetables.

Message From The Town Hall

Welcome to the sixth weekly Altonian. We thought we'd take a look at eating well this week, from recipes to try at home with the family (including those which don't use flour!) to which local businesses are offering collection/takeaway services for something different. For some residents, the current situation has made it more difficult to feed themselves and their families so please take a look at the details for Alton Foodbank if you need assistance, or are able to donate. In other news.. following legislative changes the Town Council is now able to hold meetings remotely and will have its first "virtual" Full Council meeting next week, which is open to the public. For details on the meeting agenda please go to our website and click on the link to meetings.

Competition Time - Happy St Georges Day

As it is St Georges Day today we have extended our competition to win a Lego Voucher. Thank you to those of you who have entered but we could do with a few more entries. As well as the theme 'Spring' we would also like to see your creation for St Georges Day. If Lego isn't your thing you could submit us a drawing / colouring in.

St George's Day in England remembers St George, England's patron saint. The anniversary of his death, which is on 23rd April, is seen as England's national day. According to legend, he was a soldier in the Roman army who killed a dragon and saved a princess. Good Luck.



Fun Recipes

[BBC Good Food](#) Fantastic recipes with NO FLOUR.

[Ice Lolly Recipes](#) Make home made lollies with the kids

Whip up some [rocky road](#), [banana sushi](#) or a school-style [tray bake](#). (taken from [Money Saving Expert](#))

Local Pubs Offering Take Aways

If you are looking for something different for dinner, local pubs are a great idea; the following are currently open for takeaways and deliveries.

[Hen & Chicken](#)

[White Hart at Holybourne](#)

[The George](#)

[The French Horn \(The Butts\)](#)

Top Tips For Beer And Wine Deliveries

Local brewery [triple fff](#) is offering home delivery (often same day) or warehouse collection. Check out their website for more details.

[Email](#) your local Majestic store directly with your order, they are able to pick and pack your order faster than the main website.

Please include the following in your email: **Name, Phone number, Postcode and what you would like to order.**

Domestic Abuse Services

In an emergency dial 999. If you are unable to speak - dial **999** and then enter **55**. This will transfer your call for assistance without you having to speak.

[Virtual Drop-in Service](#) - for victims of domestic abuse who cannot access a telephone. please contact a worker via messenger 9.30am - 11.30am, 3pm - 5pm, 6pm - 8pm Monday - Friday.

Hampshire Domestic Abuse Advice Line for victims 03300 165 112 9.30am - 5.30pm Monday - Thursday and 9.30am - 5pm Friday. (Access to refuge is available 24/7 if required)

[Hampshire Domestic Abuse Service](#)

Alton Foodbank Needs You

A promotional banner for Alton Foodbank. It features a white background with an orange border. The text reads: 'Support Alton Foodbank. When you shop at smile.amazon.co.uk, Amazon Donates 0.5% of your purchase price to the Alton Foodbank at no extra cost to you!' Below the text is a yellow button with the text 'Visit smile.amazon.co.uk'. At the bottom of the banner is the 'smile amazon.co.uk' logo.

Don't forget to donate to your local food bank during the coronavirus outbreak.

Food banks have long been a source of support for struggling residents, but their value is increasing during the current crisis as more and more people turn to them for basic items.

[Alton Foodbank](#) are asking for only tinned or packaged goods. These are the items they are in need of most:

- Tuna
- Rice pudding
- Tinned or cartons of custard
- Tinned carrots
- Tinned fruit
- Jam
- Sponge puddings
- Cereal (not porridge oats)
- Tinned potatoes
- Sugar
- Shampoo and Conditioner
- Soap
- Deodorant

**Your donations can be left at:
Waitrose, Sainsburys, Newbury
Building Society and 6 Kingsland
Road, Alton, GU34 1LA (in the porch)**

For more information please contact the food bank on info@alton.foodbank.org.uk or by calling the foodbank manager on 07773 034447.