Welcome to CREW news! Scroll down for details of our walks, exercise classes and social events plus interesting articles.

Thank you for your ongoing support

A big hello from CREW this Friday. I hope this newsletter finds you well.

We will be introducing a hub exercise instructor or walk leader in all of our newsletters.

Meet Yvonne one of our specialist instructors

Hi I'm Yvonne
I have worked in Cardiac rehab for many years and my passion is Tai Chi. I teach around Calderdale and I am in the process of setting up other Tai Chi classes due to popular demand and due to the huge benefits to health this unusual discipline offers. My other interests include walking/running, indoor cycling, renovating, looking after my grandchildren and drinking (joking?!)

(Classes are temporary on hold until further notice)
This week's self guided walk

Shibden Valley
4 miles – 2.5 hours – grade 2
(A grade 2 is an easy walk with gradual uphill grading)

You will receive a separate email with the full description and a map of the walks provided by our walk leaders.

We would really like to see any photos that you take on your walks so we can design a lovely calendar for next year.

Any photos please send to crewpartners.hsg@gmail.com
We can't wait to see them and have our very own walk photos featured.
Thank you to Edwin for your lovely photo on one of Brian Birkby’s circular walks from Warley.

Don’t forget if you have any photos of your walks email them to CREW so we can feature them in our next newsletter.
Healthy hearts main meal
Chicken and leek crumble pie

Category: Main meal | Serves: Makes 4 individual pies

Prep time: 20 minutes | Cooking time: About 1 hour

INGREDIENTS

225g (8oz) diced chicken breast
200ml (7fl oz) semi-skimmed milk
1 bay leaf
1 ½ tsp reduced-salt stock powder
1 tbsp reduced fat spread
55g (2oz) shallot or onion, finely chopped
55g (2oz) leek, diced 1 tbsp plain flour
2 tbsp chopped fresh parsley
25g (1oz) reduced-fat mature cheddar cheese, finely grated
2 tbsp rolled oats
1. Put the chicken pieces in a small saucepan and pour over the milk. Add the bay leaf and stock powder. Bring to the boil, then simmer very gently for 10–15 minutes or until the chicken is tender. Drain the chicken, discard the bay leaf and reserve the cooking liquid.

2. Melt the spread in a small saucepan and stir in the shallot and leeks. Cook, stirring, over a low heat until the shallot is soft and golden. Stir in the flour. Slowly stir in the reserved cooking liquid and simmer until the sauce is smooth. Stir in the parsley and cooked chicken pieces. Leave to cool.

3. Spoon the chicken mixture into four individual pie dishes.

4. Rub together the cheese and the oats. Sprinkle over the chicken mixture and chill until ready to use.

5. Heat oven to 200°C/180°C fan/gas mark 6. Reheat the pies for 15–20 minutes until golden brown and piping hot.

Cook’s tip

- The pies can be covered and chilled for two days before re-heating. Alternatively, freeze them for up to one month. Thaw overnight in the fridge before re-heating.

This recipe was taken from https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/recipe-finder/chicken-and-leek-crumble-pie.

Please visit this page if you would like any other healthy recipes.

NEWSLETTER INFORMATION

Do you know of any members that do not have access to email and would like the newsletter posting out to them?

We are also helping members that want to exercise but do not have access to a computer. CREW can provide an DVD for £2.50.

If so please contact Sophie or Eve at Crewpartners.hsg@gmail.com with the members name and we will contact them through the database.
Latest Coronavirus News

**Face coverings to be mandatory in shops and supermarkets from 24 July**

Those who fail to comply with the new rules will face a fine of up to £100, the government has announced.

Health Secretary Matt Hancock said it would "give people more confidence to shop safely and enhance protections for those who work in shops".

The move will bring England into line with Scotland and other major European nations like Spain, Italy and Germany.

Since mid-May, members of the public have been advised to wear coverings in enclosed public spaces, where they may encounter people they would not usually meet.

Mask-wearing has been compulsory on public transport in England and at NHS facilities across the UK since 15 June.

Children under 11 and those with certain disabilities will be exempt.

For more information on this article please click on the link [https://www.bbc.co.uk/news/uk-politics-53397617](https://www.bbc.co.uk/news/uk-politics-53397617)

**Face covering exemption cards**

Please note this exception cards has been created by Arriva transport which is the Calderdale transport services. If you are unable to print these, please note that Arriva telephone number is 0344 8004411 or email customerservice@arriva.co.uk

Please note CREW do not endorse these exemption cards, we have not made them nor are we responsible for the use of them.

Face covering exemption card

If you cannot wear a face mask because of a disability or health problem please cut out one of the cards below to show.

- Disability Travel Support
  I have a learning disability and am exempt from wearing a face covering
  Thank you

- Disability Travel Support
  I am autistic and am exempt from wearing a face covering
  Thank you

- Disability Travel Support
  I have a disability and am exempt from wearing a face covering
  Thank you

- Disability Travel Support
  We use lip reading and are exempt from wearing a face covering
  Thank you

- Disability Travel Support
  I have a health condition and am exempt from wearing a face covering
  Thank you

- Disability Travel Support
  I have breathing problems and am exempt from wearing a face covering
  Thank you

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DON’T FORGET

To ensure that we have your up-to-date mobile phone number and email address. These are the quickest and most efficient ways we can communicate with you.

Keep up with the latest news from CREW by clicking on the icons below to 'like' our Facebook page and 'follow' us on Twitter

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Our mailing address is:
crewppartners.hsg@gmail.com

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You can update your preferences or unsubscribe from this list