



Thank you for your ongoing support

A big hello from CREW this Friday

Tony Barker

It is with deep sadness that we at CREW must inform you that after a short illness, Tony peacefully passed away on the 7th of February.

Tony was one of our original walk leaders, who worked with John Tudor to establish the benefits of exercise to people who had experienced cardiac problems.

Over many years, he had lead hundreds of our members to enjoy the scenery of Calderdale and beyond, taking them over thousands of miles. His great knowledge of the many routes are still with us today.

In later years when health allowed, he would attend the shorter walks; our older members were always incredibly pleased to see him, and he was an inspiration to our new members who came to know him.

Tony leaves his wife Muriel, daughters Louise, Helen and their families, who we send our sincere condolences at this sad time.

The funeral will take place, under the Covid rules, on the 2nd of March – 11.15 at Park Wood Crematorium.

The family have very graciously asked for any donations to be sent to CREW Heart Support Group

Please send any donations to: 28 Pavilion View, Lindley, Huddersfield, HD3 3WU

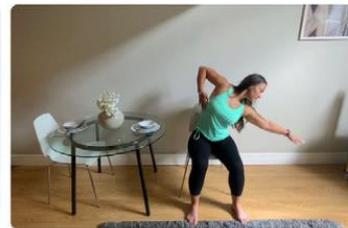
All enquiries to Emotions Funeral Service, North Lodge, Stoney Royd Cemetery, Halifax, HX3 9HR – 01422 345472 or emotionsfuneralservice@outlook.com

Cards of Condolence can be sent to: Mrs. Muriel Barker, 18 The Rise, Northowram, Halifax, HX3 7HQ



4 FREE EXERCISE ZOOMS A WEEK

Do you want to improve your health and wellbeing?



Standing & seated options available

Leading people to better health

All exercise sessions are safe and effective for everyone whether you are inactive or have a health condition.

Visit the website for more details and to book your session

www.crewheartsupport.co.uk
crewpartners.hsg@gmail.co.uk

Funded by  CREW Heart Support Group

COMMUNITY FOUNDATION FOR CALDERDALE

This weeks self guided walk

Park Wood, Elland

5 miles – 3 hours – grade 2++ or grade 2+

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

Any photos please send to crewpartners.hsg@gmail.com

We can't wait to see them and have our very own walk photos featured.



CREW LOTTO

Come and join our
CREW bonus ball for
only £1 per week!

We now have some spare bonus ball numbers. If you would like a number starting on 1st March please email Sophie at Crewpartners.bsg@gmail.com for more details.

Chilli con carne

Category: Main meal | **Serves:** 4

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



INGREDIENTS

2 tsp sunflower oil

1 large red onion, chopped

2 carrots, finely chopped

2 sticks celery or 2 courgettes, finely chopped

1-2 cloves garlic, crushed

2 fresh red chillies, seeded (if desired) and finely chopped

350g (12oz) extra lean minced beef (5% fat)

1 tsp each hot chilli powder, ground cumin and ground coriander

2 tsp tomato purée

1 1/2 tsp dark soft brown sugar

400g (14oz) can chopped tomatoes

250ml (9fl oz) homemade vegetable stock

400g (14oz) can red kidney beans in water, rinsed and drained

Chopped fresh coriander, to garnish (optional)

1. Heat sunflower oil in a heavy-based non-stick pan; add onion, carrots, celery, garlic and chillies. Cook over a medium heat for about 10 minutes or until vegetables are beginning to soften; stir occasionally.
2. Add minced beef; cook for about 10 minutes or until beef is coloured all over, stirring regularly and breaking up minced beef as you go.
3. Stir in ground spices and tomato purée; cook for 1 minute, stirring. Add sugar, tomatoes and stock. Bring to the boil; reduce heat, cover and simmer gently for 30 minutes, stirring occasionally.
4. Stir in kidney beans; increase heat slightly and cook gently for a further 10-15 minutes. Garnish with chopped coriander (if desired). Serve hot with cooked rice.
5. This recipe is suitable for freezing.

[Chilli con carne \(bhf.org.uk\)](http://bhf.org.uk)

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:

crewpartners.hsg@gmail.com