

Lasagne

Lasagne can be made vegetarian/vegan by using Quorn, protein mince or just great combinations of vegetables and dairy alternatives. Take while to make but worth it, and freezes well for future meals.

Ingredients

For the ragu
2 [tbsp olive oil](#)
900g/2lb [beef mince](#)
2 [onions](#), roughly chopped
4 sticks [celery](#), diced (optional)
2 [garlic](#), crushed
2 level [tbsp plain flour](#)
150ml/¼ pint [beef stock](#)
1 [tbsp redcurrant jelly](#) (optional)
3 [tbsp tomato purée](#)
1 [tbsp](#) chopped [thyme](#)
2 x 400g cans [chopped tomatoes](#)

For the white sauce
50g/2oz [butter](#)
50g/2oz [plain flour](#)
750ml/1¼ pints hot [milk](#)
2 [tsp Dijon mustard](#)
50g/2oz [Parmesan](#), finely grated
salt and freshly ground [black pepper](#)

For the lasagne

12 [lasagne](#)
75g/3oz mature [cheddar](#), grated

Method

.Preheat the oven to 160C/325F/Gas 3.

.For the ragu, heat a large frying pan until hot and add the oil. Cook the mince until browned all over. Remove from the heat and transfer to a plate. Add the onion, celery (if using) and garlic to the pan and cook until softened. Return the meat to the pan and stir in the flour. Add the stock and bring to the boil. Add the redcurrant jelly (or sugar), tomato purée and thyme, then stir well.
.Stir in the canned tomatoes. Bring to the boil again, cover and simmer in the oven for 1-½ hours, or until the beef is tender.

.For the white sauce, melt the butter in a saucepan. Add the flour and cook over the heat for one minute. Gradually whisk in the hot milk, whisking until thickened. Add the Dijon mustard and parmesan cheese and season well with salt and pepper.

.For the lasagne, put one third of the meat sauce in the base of a 2.3 litre/4 pint shallow ovenproof dish. Spoon one third of the white sauce on top. Arrange one layer of lasagne sheets on top. Season. Spoon half of the remaining meat sauce on top and then half of the white sauce. Put another layer of lasagne sheets on top, then the remaining meat sauce and remaining white sauce. Sprinkle over the cheddar cheese.

.Leave for six hours before cooking so that the pasta can start to soften.

.Preheat the oven temperature to 200C/400F/Gas 6.

.Cook in the middle of the oven for about 45 minutes- or until golden brown on top, bubbling around the edges and the pasta is soft.



Oven baked fish and chips

► Ingredients

- 1 Cod/haddock fillet
- 2 tbsp vegetable oil
- 1 egg
- 2 cups Panko crumbs (Gluten free) or put bread in blender
- Salt and Pepper

► Method

- 1. Preheat oven to 230°C
- 2. Peel and slice potatoes into small sticks. Drizzle with oil and put in oven for 30-40 mins or until golden brown.
- 3. Add a beaten egg to one bowl and pour panko crumbs into a second bowl. Add salt, pepper and 2 tbsp of oil to the breadcrumbs.
- 4. Coat fish with the egg and roll in the crumbs
- 5. Place on baking sheet and bake for about 10-12 minutes, turning once.





ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Start Where You Are. Use What You Have.
Do What You Can" ~ Arthur Ashe



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

8 Set yourself a kindness mission. Give your time to help others

9 Look out for positive news and reasons to be cheerful today

10 Tell someone about why your favourite music means a lot to you

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



www.actionforhappiness.org

growing works

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 0288840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.

growing
works

NHS

Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust