

THE BANNER February 2023 Issue 96





Good NeighbourMeet the well-deserving winner of the 2023 award.



Atomic testingRead how David Oliver
was a real witness
to history.



Bowled over DAMHA resident George Alderson achieves success.



At the movies
When DAMHA board
member Steve Fergus
met Ken Loach.



Recipe Corner See what Sue Lewis has made for us in this edition.

Grass cutting service

We would like to apologise on behalf of DAMHA and Robertsons for the quality of the grass cutting service you received during April to October 2023.

This was due to the difficulty Robertsons have had securing grounds maintenance operatives and compounded by a wet summer. During the year Robertsons eventually managed to bring in additional teams to catch up, and they have been working hard with the Gardening Club and DAMHA to ensure we do not get a repeat this summer.

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The contract in 2023/24 was new and followed a competitive tendering process. Despite going out to tender, it increased in cost by 27%, reflecting the increases in costs experienced within the industry. Due to the unsatisfactory service in 2023, we negotiated a 21% discount which will be applied to the charge for the 2024 gardening service, so effectively the increase is only 6% this year. In 2025/26 this will increase by 19.8%.

This assumes that Robertsons manage to fulfil their agreed contract terms for grass-cutting over the next two years. You will not need to take any action as we will update our system to reject this.

Grass cutting open spaces

Robertsons provide us with an update on the schemes they have cut each week, and we expect them to be cut each scheme every 10 to 15 working days.

DAMHA will carry out spot checks on grassed areas that have not been cut within a 10 working-day period.

Please note that there is no provision for 'weed and feed' under the current contract and we appreciate we do have some areas that suffer from excessive moss in grassed arears. There are no plans to address this problem in the foreseeable future due to cost.

Gardening Club

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Our Gardening Club liaises with our contractors and DAMHA and holds us to account on delivery of the service as well as considering a balance of cost and level of service which is appropriate. We have limited number of spaces available to join the group. If you are interested, can you please contact DAMHA customer services for further information.

How you can help

Within open plan areas the placing of pots, creating of borders, fitting solar lighting and other garden ornaments can cause difficulties and obstructions for the operatives cutting the grass (permission would be required for approval before any planting, lighting, or ornaments etc are placed in communal garden areas). While every attempt will be made to take reasonable care, such items are placed at the residents' own risk and Robertsons cannot be held liable for any accidental damage sustained to such items while cutting the grass.

Robertsons have also highlighted that sometimes residents plant their own shrubs in communal areas, so you will be doing this at your own risk as Robertsons will prune these as and when required.

The contractors also from time to time come across certain gardens that have an excess amount of dog faeces, which can cause a potential health hazard, as well as being unpleasant. While every effort will be made to cut the grass in such cases, it is the responsibility of the resident/dog owner to remove the faeces prior to cutting so that the operatives are able to cut the grass safely.

A caring neighbour



"He is a very caring man who helps everyone in our community."

That's what John Wilson's neighbours think about him and why he was a very deserving winner of our annual good neighbour of the year award.

This was based on the nominations he received from several of his neighbours in Ryehill Gardens, Hartlepool.

They included Joycelan Gascoigne, who said: "John does everyone's gardens here without reward, he also cooks meals and gives lots away and can be relied on for doing odd jobs.

"He is the best of neighbours and a very kind, reliable man."

Michael and Linda Pitt said: "He is a very caring man who helps everyone in our community with gardening, shopping and even cooking meals.

I was shocked when I discovered I had won the award because I don't do it for personal reward; I just enjoy helping people.

"He is always the first to volunteer when we do any function and is deserving of this award."

A very modest Mr Wilson received a trophy, plaque, and payment of £150 in recognition of winning the award at our end of year Residents' Forum.



He said: "I was shocked when I discovered I had won the award because I don't do it for personal reward; I just enjoy helping people.

"It's nice to know that my neighbours took time to nominate me and I am honoured to have won."

Mr Wilson is the second good neighbour of the year award winner from Ryehill Gardens in two years. In 2022 the award went to Mavis and Brian Bage.

Paul Mullis, DAMHA Chief Executive, said: "It's clear that there is a real sense of community in Ryehill Gardens and the fact we have now had two winners in consecutive years is evidence of this.

"We would like to congratulate Mr Wilson for his selfless efforts; he is a perfect example of why we present this award each year."

Second prize, and receiving a plaque and £100, were Doreen Oxley (pictured above), from Consett, and third prize, and receiving a plaque and £75 went to Billy Bowes, from Wheatley Hill.

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History in the making

Millions of people will now get to see our aged miners' homes which have been faithfully replicated at the North-East's most visited tourist attraction.

Our Marsden Road aged miners' homes in South Shields were selected by Beamish Museum to feature in its new 1950s town and residents who live in the original homes, along with people from Bulmer House and Rutherford House, were treated to a sneak preview before they were opened to the public in October.

Two of the four homes which have been replicated show Beamish visitors what life was like for retired miners in the 1950s. The other half of the terrace provides a space for the award-winning work of Beamish's Health and Wellbeing Team.



Measurements were taken of Carol Davidson's home when Beamish choose the cottages to be in the 1950s town almost ten years ago.

After visiting the replica homes, she said: "I can't believe how alike they are from the outside and when I looked inside, the way they have been so accurately furnished and decorated brought back many happy memories of when I used to visit my aunt's home in the late 1950s."

▶ The attention to detail in the homes is incredible; it was lovely to get the chance to see them.

Another resident, Betty Sparks, said: "The attention to detail in the homes is incredible; it was lovely to get the chance to see them."

DAMHA Chief Executive Paul Mullis said: "We are delighted to have been involved in this amazing project which has seen our aged miners' homes in Marsden Road being so faithfully replicated in the new 1950s town.



"Our residents at Marsden Road were fully involved from the initial inception and they, like everyone at DAMHA, agree on how sympathetically they have been recreated both inside and out.

"We would like to thank Beamish Museum for enabling us to be part of this project and for their work in ensuring our historic aged miners' homes will been seen by many more people now and in the future."





Party time!

Our residents across the region enjoyed various festivities in the run up to Christmas.

There were parties galore before the big day, including celebrations at our sheltered housing schemes, Rutherford House in Easington and Bulmer House in South Shields.

At Rutherford House, we had two celebrations; the first organised by a local councillor, which was well attended. And at the 'official' Christmas party, outside caterers provided an amazing 3-course meal and

a raffle raised £141 for a Huntington's Disease charity.

There was also a lovely 3-course meal at Bulmer House and afterwards we had a singer, Mel B (not the Spice Girl!) for entertainment. In the run up to the meal, residents got into the spirit of things by playing prize bingo and a Christmas themed auiz.

Residents living in our Crosby Homes in Hartlepool also had a festive party, with nice food and entertainment.

Pauline comes on Board

With a personal history rooted in mining communities and living in one of our bungalows, Pauline Boll is an ideal candidate to represent residents on the board of DAMHA.

Pauline, 69, was appointed in September and says: "I can speak from my own experience but also want to reflect the views of other residents and I'm currently thinking about how I can best gather those."

▶ I will bring a different perspective to the board room, that of the resident

Pauline was brought up in New Herrington where her father, Norman Gustard, was a miner.

"I was one of eight children raised in a colliery house," said Pauline. "I have lots of memories of seeing the miners come home after a shift, faces black with the coal dust."

Pauline's husband Brian also a miner at Herrington before the pit closed and the couple moved to Cheshire after he found work in sales. Pauline worked for the charity the British Medical Acupuncture Society, organising conferences across the country for health professionals.

She retired in 2015 and moved back to her native north-east to care for her parents until their passing.



"I suffer from arthritis and needed a bungalow so was delighted when I was offered one with DAMHA." said Pauline.

"I'm aware of the good work the Association does in providing affordable homes for people and of course for me it has that mineworking connection."

Pauline and Brian have a grown up son and daughter and a teenaged granddaughter. They enjoy trips to Berwick and walks in the Northumberland countryside.

She says she took the role as board member "to keep the brain ticking over," adding: "I'm retired but I'm not ready to do nothing."

A keen gardener, Pauline is also a volunteer at Herrington Country Park where she maintains the Miners' Memorial Garden and where her father's ashes are laid to rest.

Be involved with us!

Did vou know we hold three Resident Forums each year?

Currently Resident Representatives are invited to attend three forums a year and are encouraged to bring along a fellow resident.

We would like to take the opportunity to open up these events to all residents who may be interested in attending.

These forums are a platform for officers to share both general and statutory issues and an opportunity for external agencies to address our residents on relevant services.

Your involvement & feedback is invaluable. helping us make decisions about how housing-related services are delivered.

If you are interested in attending, please contact our Customer Service Team who will record your interest. Once we have an idea of who is interested we will be back in touch to discuss dates etc.

Witness to history

Imagine standing on a boat when a nuclear explosion takes place just 30 miles away from where you are anchored.

Wearing only shorts and sandals, you feel the blast on your back and are then told by your superiors to turn around to witness the aftermath.

Thankfully, for the vast majority of us that is only something we have seen in a film or read about in a book but for DAMHA resident David Oliver and around 20,000 others, it was a reality.

In his case, he witnessed the testing of an atomic bomb, and the even more destructive hydrogen bomb and David is now believed to be one of only 2,000 people still alive who took part in the testing of atomic and hydrogen bombs in the 1950s and 1960s whilst serving their country in the armed forces.

Recently he and the others were finally recognised for their bravery through the awarding of a new Nuclear Test Medal.

Born in Hamsterley Colliery, David opted not to follow many of friends and family by going down the pit and instead joined the Royal Navy just three days short of his 17th birthday on 29th September 1953.

Two years later, whilst on leave, he met the woman he would go on to spend 61 wonderful years with, his wife Evelyn.



The couple met whilst out with friends and he remembers "arm wrestling" her for the armrest at the cinema and the rest was history.

His first atomic experience, as he refers to it, took place in 1956 when he witnessed the explosion of a one megaton nuclear bomb on Montebello Island, off the coast of Australia.

He and other British personnel were on a neighbouring island where they spent weeks preparing for the test, and as a Leading Stoker on HMS Narvic one of his responsibilities was making fresh water for the officers and scientists.

David recalls: "We spent six weeks getting everything right for the test and we witnessed the explosion and the plume rising up a quarter of mile until the wind changed direction and the mushroom cloud headed our way.



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We were never told of the dangers and had no protection at all

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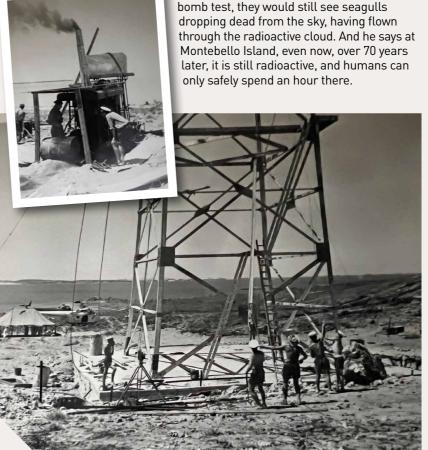
"We had to evacuate immediately so everything was left behind on the island and we got back on the ships and sailed away as quickly as we could!"

In 1958, he was again present for a nuclear test, this time for Britain's first hydrogen bomb at Malden Island in the Pacific. On this occasion they watched from the ship as the bomb exploded.

"It was very warm, so we were all just wearing shorts and sandals and nothing else and were told to only turn round once we felt the blast of the explosions on our backs.

"I remember thinking at that moment that there would never be a nuclear war, having witnessed the utter devastation it caused. I knew there would never be any winners of a war like this."

> David recalls that for days after the hydrogen bomb test, they would still see seagulls dropping dead from the sky, having flown through the radioactive cloud. And he says at Montebello Island, even now, over 70 years later, it is still radioactive, and humans can only safely spend an hour there.



"We were never told of the dangers and had no protection at all," he says.

"That's why there are so few of us now left because the rest got cancers or other fatal illnesses due to exposure to the tests.

"It may have happened 30 miles away, but it felt so much closer and ultimately were just quinea pigs."

David and Evelyn were married in 1959 and had two sons. After leaving the Navy he worked for the rest of his career in insurance and then as an HGV driver.

Evelyn sadly died 11 years ago in the DAMHA home they moved into in Leadgate, Consett.

"We had a great life together and I was holding her when she died," he says.

"I still have lots of happy memories of her, including many pictures in our home and I even carry a photograph of her in my car. And her ashes are with the funeral director waiting for the day when we can be reunited together again."

David says it was difficult getting over Evelyn's death, but his neighbour/friend Pam and his other friend Billy were a source of great comfort to him and helped him through these difficult

He adds: "Pam still pops in to see me each morning to check I am ok, and we have formed a deep friendship. Billy sadly passed away in 2022 but knowing what a rock he had been for me; Pam and I make sure we take his wife Jean out each week to help her overcome her grief."

David says it was lovely to receive a medal for being a nuclear test veteran, although he wishes more of his friends/fellow servicemen were still here to receive one themselves.

"I have had a few health scares over the years which I thought may have been caused by the tests, but I am still here, and I try to stay as healthy as possible" he adds.

Bowled over

Resident George Alderson is bowled over with success after being part of a cup winning team.

George and three fellow members of Durham Indoor Bowls Club, emerged triumphant from the prestigious competition held recently at Potters Resort. Norfolk.

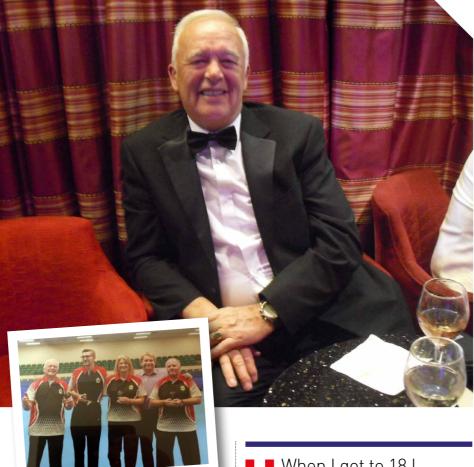
Following three days of league and then knockout rounds, the fantastic four fought off competition from 15 other teams from all over the UK to take first prize.

This competition is well known in the bowling world and the standard was high

"This competition is well known in the bowling world and the standard was high so it was good to come out on top," said George, who lives at DAMHA's George Parkinson Court in Sherburn Village.

As part of the prize, the team get to return to compete in November 2024 with other monthly winners in the Champion of Champions Final. This is played on the same

carpet as the Indoor Bowls World Championships which Potters Resort also hosts.



George, who is a DAMHA residents' representative, was first introduced to the sport as a ten-year-old by his father.

"He used to drag me along and when they were short of a player I would be drafted in so they didn't get docked points," said George. "Then when I got to 18 I found other interests and didn't really play bowls again until I was 45."

When I got to 18 I found other interests and didn't really play bowls again until I was 45.

Now 74, George plays indoor bowls five times a week and has represented Durham County.

"I really enjoy it," said George. "It keeps you active, has a good social aspect of meeting up with friends and making new ones and there's also that element of competitiveness."

The best yet

Our residents always look forward to the visit of children from Cestria Primary School to our end of year Residents' Forum, but this one was the best yet!

We welcomed the entire Year 1 class from the school and they didn't disappoint with some amazing Christmas songs, traditional and a bit more contemporary, Wham's Last Christmas being a particular highlight!

They certainly helped help get our residents' representatives in the mood for the festive season.

After this, we were pleased to make our good neighbour of the year awards (see page 3) and to present over 30 prizes in our annual raffle.



	Prize	Ticket	Sold By	Sold To
1 st	£100	8425	Rutherford House	Len No 21
2 nd	£75	5371	Cath Moore	Mrs A jones, No 22
3 rd	£50	603	Brian Boll	David
4 th	£20 Asda Voucher	8614	Sue Lewis	Ray Lewis
5 th	Bottle Single malt	2135	W Dodds	W Dodds
6 th	Mixed Food Hamper	175	G Alderson	G Alderson No 11
7 th	£20 Argos Voucher	5075	Tony Moore	Avril No 1
8 th	Two bottles of wine	6175	J Rundle	Anne Walker No 4
9 th	£20 M&S Voucher	8330	Mr Walker	K Fawcett No 3
10 th	Ringtons Gift Box	5831	Cathy Parker	Reay No 14
11 th	£20 Aldi Voucher	2560	Alma Gardner	Mrs Peacock No 25
12 th	£20 Sainsbury's Voucher	8830	Cath Moore	Mrs Nelthorpe No 17
13 th	Bailey's Hamper	6521	N Savage	Noria, Shotley field
14 th	Amazon Fire Tablet	3345	Pat Howard	Pat Howard
15 th	Two bottles of wine	4740	S McIntyre	Charles No 22

Thanks again to everyone who sold and bought tickets. The full list of prizes and details of the winners are listed opposite.

The forum ended with a nice buffet lunch.

to make our good neighbour of the year awards and to present over 30 prizes in our annual raffle.

90th birthdays

Five residents have celebrated their 90th birthday since the last edition of the banner.

The first birthday of this edition belongs to Mrs Catherine Mann, of Horden, on September 5th.

October brought Mr Brian Brown, of Blackhall, on the 13th and Mrs Elizabeth Martin (left) of Southwick on the 21st.

December brought the final two birthdays of 2023. Mrs Jannie Scott (right), of Kelloe, on the 17th and Mrs Joyce Harper, of Sherburn Village, on the 19th.

Congratulations to one and all!



In Memoriam

We were pleased to be able to make a presentation to John Bone on his 100th birthday in October 2023, although we are sad to report he has since sadly passed away.

Mr Bone lived in Esh Winning with his wife Jennie, who is due to turn 100 in March. Mr and Mrs Bone were married for an amazing 76 years. We would like to extend our condolences to Mrs Bone and their son Stephen.



A time for giving

We were once again pleased to bring some Christmas cheer to over 100 of our residents in December.

As part of a yearly tradition, we presented £25 gift vouchers to 124 people who are aged 90 and over – a total of £3,075.

DAMHA contributes £10 to the vouchers and the rest is provided by The Almshouse Association, the support charity representing over 1,600 almshouses. DAMHA is the largest almshouse in the UK.



Satisfaction measures

By Paul Mullis, DAMHA Chief Executive

Following tragic events that have occurred over the last few years in various social housing settings, the government have increased their regulation of all housing associations, such as DAMHA, and are ensuring that they are responsive and accountable to their residents.

Part of the changes being introduced are a set of "Tenant Satisfaction Measures" that all housing associations are having to regularly survey their residents about, and then publish the results.

Our first set of the "TSM's" as they have been called, were collected as part of our residents survey which was undertaken in September. We are very pleased to say that the proportion of respondents expressing satisfaction are very high, and this continues our general understanding of where we are with our quality of service.

Of course, we are not perfect and can make mistakes, and we would always seek to get even better, but we are happy that most of our residents, the majority of the time get a very good service.

That being said, YOU are the reason DAMHA exists, and the quality of service we provide is very important, so if ever this falls below what you would expect it to be, please get in touch straightaway, by phone, email, letter or in person, whichever is most useful to you. We can't always improve things immediately and as you can imagine sometimes there are constraints that are out of our hands.

But if we can, we will, and if we can't, then we will at least learn from it and see if we can do things better next time. And if you have a good idea, it may be something that has not occurred to us, so please let us know them too!

Our current "scores on the doors" are listed below and we look forward to reporting to you how things progress in future years."

Very or fairly satisfied		
Overall satisfaction with the service	94	
Satisfaction that home is safe	96.9	
Satisfaction that home is well maintained	95.4	
Satisfaction DAMHA makes a positive contribution to neighbourhood	82.4	
Satisfaction that communal areas are clean and well maintained	74.9	
Satisfaction with keeping residents informed about things that matter to them	90.6	
Agreement DAMHA treats residents fairly and with respect	95.8	
Satisfaction with repairs	89.7	
Satisfaction with most recent repair	93.7	
Satisfaction with handling complaints	84.2	
Satisfaction with handling antisocial behaviour	76.6	
Satisfaction with listening & acting upon resident views	81.5	

Our performance

This table outlines our performance over a three-month period. A green shaded box indicated we met our target, amber means we were close to target and red means we failed to meet our target.

30th September 2023 to 31st December 2023

Service Area	Target	Result			
Arrears	0.79%	0.89%			
REPAIRS & MAINTENANCE					
Satisfaction with repairs	90%	87.7%			
LETTINGS					
Satisfaction with lettings service	92%	93.1%			
Re-let times Bungalows (days)	32	69.01			
Re-let times Sheltered (days)	32	277			
Complaints resolved at 1st stage	80%	100%			
TELEPHONE CALLS					
% answered within 7 seconds	96%	96%			
Overall Satisfaction with DAMHA	90%	92.7%			

Lights, camera, action

A chance encounter in a miners' welfare club resulted in former DAMHA board member Steve Fergus being given a role in the latest film from Director Ken Loach.

Steve is one of the Trustees of the Easington Social Welfare Centre and in 2022 he received a call asking if the centre could be used for auditions of a new Ken Loach film entitled The Old Oak.

When the auditions were taking place, I was in the centre overseeing the deliveries

Having already been a location for films such as Billy Elliott, Steve had no hesitation in saying yes but he had no inkling that this would end up with him appearing in the film and walking the red carpet at one of the premieres.

He explains: "When the auditions were taking place, I was in the centre overseeing the deliveries of parcels which go out to local food banks.

"Someone from the production team was watching me and

said he was impressed with how I was juggling plates, but I said it came naturally to me because I worked in transport for Asda for 18 years, latterly as a Transport Manager.

"The next thing I know I was introduced to Ken Loach, and he told me he wanted me in his film, and I subsequently discovered that the person watching me was the writer of the movie Paul Laverty, who wrote a part for me based on what he had seen me doing."

Steve was given the part of Finn, a Transport Manager, who has one line in the film, but who appears in background scenes throughout.

He adds: "I had to say a line about food parcels having been received from Durham Cathedral and it only took me two takes and that was because there was light shining in my eyes on the first take, so they wanted to do another.

"I even got a round of applause which was amazing given I had never acted before in my life.

"It was an incredible experience seeing what goes into making a film like this and then being invited to walk the red carpet at the premiere in Durham, seeing myself on screen and my name in the credits was something else!"



Seeing myself on screen and my name in the credits was something else!

The Old Oak centres around the story of pub landlord TJ Ballantyne, who is struggling to hold onto his pub in a previously thriving mining community. Tensions rise when Syrian refugees are placed in the community, but Ballantyne strikes up a friendship with one of the refugees.

Filming began in May 2022 and took place over six weeks. Locations used in County Durham included Murton, Horden, Easington and Durham Cathedral. The pub in Murton that became The Old Oak during filming was a disused pub previously known as The Victoria.



- What was the name of Prince Harry's memoir published in January?
- 2. At the beginning of the year which country re-opened its borders to international visitors three years after the beginning of the covid pandemic?
- 3. Why was Gary Lineker forced off his hosting duties for Match of the Day in March?
- 4. In April which country became the 31st country to join NATO?
- 5. Who won the Women's Six Nations?
- 6. Where was King Charles' coronation held?
- 7. What city hosted the Eurovision contest this year?
- 8. Who won the men's 2022 2023 Premier League?
- 9. Who's set was famously cut short at Glastonbury?
- 10. Which Greek Island suffered serious wild fires which caused many tourists to see it?
- 11. What was the final score of the FIFA Women's World Cup final match between England and Spain?
- 12. What is the name of the social media app designed by Meta, aimed to rival Twitter/X?

- 13. In August which former US president's mugshot went viral?
- 14. In September what epidemic was said to have been brought over to the UK from Paris?
- 15. Who won the women's singles title at the US Open?
- 16. What car did Victoria Beckham's dad used to drop her off in at school as revealed by the Beckham documentary?
- 17. Which former British Prime Minister was appointed Foreign Secretary in November?
- 18. Who was the only non Red Bull F1 driver to win a Grand Prix race in the 2023 Formula One World Championship?
- 19. What was the Oxford English dictionary word of the year?
- 20. How was a Just Stop Oil protester removed from an Ashes cricket match this year?

ANSWEKS: 1. Spate | X.China | 3. He was a in a impartiality row with the BBC over his Twitter after he criticised the language used in a government asylum policy | 4. Finland | 5. England | 6. Westminster Abbey | 7. Liverpool | 8. Manchester City | 9. Lana Del Rey | 7. Liverpool | 8. Manchester City | 9. Lana Del Rey | 10. Rhodes | 11. Spain beat England 1-0 | 12. Threads | 13. Donald Trump | 14. Girl Dinner | 18. Rolls Royce | 17. David Cameron | 18. Carlos | 16. Rolls Royce | 17. David Cameron | 18. Carlos | 16. Rolls Royce | 17. Bavid Cameron | 18. Carlos binz at Ferrari | 19. Rizz | 20. They were carried off by Jonny Bairstow

** Winter advice

DAMHA is not responsible for clearing snow or ice from paths, yards or roads at your scheme.



If you have a salt bin that needs re-filling please contact your local authority, using the following details:

Durham County

Highways and Street Scene Tel: 03000 261000 or report it online at www.durham.gov.uk/saltbins

South Tyneside

Customer contact centre
Tel: 0191 4277000 or email:
customerhelp@southtyneside.gov.uk

Sunderland

City & Neighbourhood Tel: 0191 5205550 or email: enquiries@sunderland.gov.uk

Gateshead

Highways agency
Tel: 0300 1235000 or email:
customerservices@gateshead.gov.uk

Please quote the reference number painted on either the top or side of salt bin.

Recipe Corner

Shortbread biscuits - By Susan Lewis



Method:

- 1. Line a tray with baking paper and heat oven to 170°.
- Cream together butter and sugar. Sift the flour and custard powder into the bowl and add the salt. Mix together until combined. It may feel a little dry but it does come together, that's what makes the biscuits short.
- 3. Roll out the dough gently to 1cm thickness. Cut with a biscuit cutter to the size you require.
- 4. Place biscuits on the tray and chill them in the fridge for at least 30 mins.
- 5. Bake shortbread for about 20 mins until just turning golden brown at the edges.
- 6. Leave them on the tray to firm up. Sprinkle with a little sugar and enjoy. They should keep for 3-4 days in an air-tight container.

Ingredients:

- 225g Plain flour.
- 110g Caster sugar
- 225g Butter.
- 110g Custard powder.
- A pinch of salt.



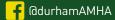
Durham Aged Mineworkers' Homes Association

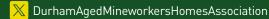
PO Box 31, The Grove, 168 Front Street, Chester le Street, County Durham, DH3 3YH

Freephone: 08000 432642

Calls welcome via Text Relay Service

Email: info@damha.org.uk Website: www.damha.org.uk





in durham-aged-mineworkers-homes-association