

December
2020



HAPPY SENTINEL

THE POSITIVITY EDITION OF YOUR LOCAL WESTER HAILES NEWSPAPER

2020 has been a tough one (putting it mildly). As we head into the depths of winter the WHALE Arts and The Sentinel have put together this happy newspaper, full of positivity to encourage a smile and share some of the wonderful things and people who make up Wester Hailes. Enjoy!

HAPPY NEWS STORIES

Amazing Volunteers and Great Community Spirit

During lockdown, The Health Agency and Edible Estates formed a 'Kitchen Team' as an emergency food response to the pandemic. This fantastic team created and delivered over 5000 meals to local people and set up the Facebook Group Wester Hailes Eats Together.

As well as the team from both organisations we were supported by an amazing bunch of volunteers who all worked so hard to support the service throughout. It was such a pleasure and privilege to work with them all and it was wonderful to meet such selfless individuals willing to give up their free time during such uncertainty to help other people! They are all heroes!

This service has now evolved into the **Wester Hailes Eats Together Community Take Away**. This takes place twice a week at The Health Agency Garden Gate and usually in one of the Community Gardens in Wester Hailes. We are loving being able to have wee chats and catch ups with local people again throughout the area. All of this has reminded us of the great community spirit that exists at the heart of Wester Hailes! Check us out on Facebook to find out more, see you all soon!

Stacey Wilson, The Health Agency

LOCAL HERO NOMINATIONS

The person we want to nominate is **Michelle Robson** who lives in the Calder. Throughout lockdown she tirelessly worked 5 days a week and probably throughout the weekend too. She organised, managed and cooked food coming into the community flat from various organisations, charities and restaurants to then be given out to the sheltered housing and others in the local area who needed it.

A Massive Thank-you from all those who benefited.



Pamela Jane Holt
Should be all the staff at whales of art get nominated 😊
god send during lockdown

To **all our wonderful volunteers** who have kept us going, supported everything we do and made it all possible. A special shout out to **Susan & Louise Gibson**, you are our local heroes!
From everyone at WHALE Arts

I nominate **Luke Samuel and Serge Cornu** for their tireless efforts litter picking locally around Wester Hailes during lockdown and especially Serge confronting and filming 'fly tippers' in Dumbryden. He put himself at considerable risk doing this for his community. Properly putting his money where his mouth is!!!
Alan Gordon

I nominate **Lyndsey Little** who has went above and beyond by helping out the elderly during lockdown - shopping and checking they are OK also having a lot of problems her self, but soldiers on helping others.
Kristine Robinson

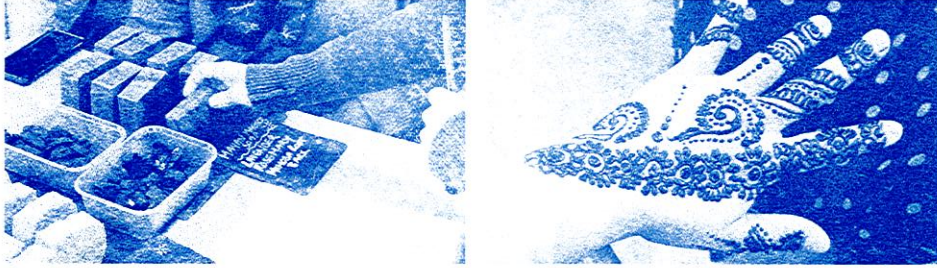
I nominate **Jan and Gordon Bain**, of Clovenstone Gardens as Local Heroes. All through lockdown they kept the spirits up in our neighbourhood by leading the NHS clap and hosting an outdoor socially distanced disco afterwards on a Thursday evening. They played music on their balcony, cheered everyone up, paid tributes each week to the NHS, or the keyworkers, or all of the local children for staying at home. They had theme Thursdays, pyjama Thursdays, and generally put a smile on the faces of everyone in the area!
Angela Tait

THANK YOU!

graphics by nat acece

SPOTLIGHT ON LOCAL BUSINESS

Mums into Business is a supportive group for main carers with an interest in setting up their own business. Our members offer a wide range of products and services, so support local businesses and buy local! For more info go to [facebook.com/Mumsintobusiness/](https://www.facebook.com/Mumsintobusiness/)



Congratulations on their success and a shout out to our members: **Ili Rawalai** (Fiji Boutique Handcrafted Earrings, Masks & Cushions), **Susi O'rouke** (SoCaring Reflexology and Handmade Soaps with essential oils), **Rumilla Oddin** (Henna Tattoos for all occasions) and **Sumaira Mirza** (Eyebrow Threading and Asian Food a la carte).

We provide professional advice and have been celebrating successful online workshops since the start of lockdown. If you are interested in joining in or for more information, contact us on Facebook!

Sindy Santos, Mums Into Business Group Lead

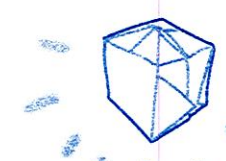
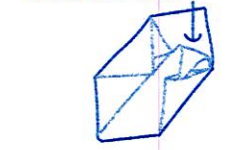
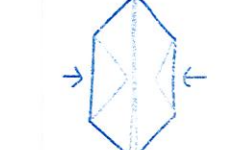
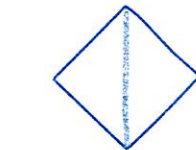
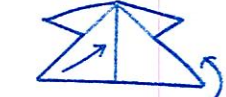
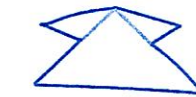
MAKE AN ORIGAMI PAPER LANTERN

YOU WILL NEED:
A SQUARE PIECE OF PAPER
THATS IT! By Rachael Hunter



Once you have made the lantern you can place the hole into one of the lights from a string of LED lights and make some more! You can even use different colours/patterns of paper

1. Fold the square in half
2. Fold the corners in to the middle
3. Take one side and fold it in on itself
4. Do the same on the other side
5. It should now have four 'flaps'
6. Fold the corners to the middle again
7. It should now look like this:
8. Fold the corners into the middle fold
9. Tuck the top flaps into the triangular ones like this:
10. It should now look like this:
11. Blow into the hole at the top
12. Now you have a small paper box



Find more art tutorials for all ages at www.whalearts.co.uk

CELEBRATE WITH A FESTIVE TREAT

Christmas pudding truffles

- Ingredients:
- 50g butter
 - 8 Digestive Biscuits
 - 2 tbsp Desiccated Coconut
 - 4 tbsp Condensed milk
 - 4 tsp Drinking Chocolate
 - 1 Glace Cherry
 - 30g White Chocolate; melted

- Method:
1. Melt the butter in a small pot and add the condensed milk to it. Remove from heat
 2. Crush the digestive biscuits
 3. Add the biscuits, drinking chocolate and coconut to the pan and mix well
 4. Roll the mixture into small pudding shapes
 5. Place a little melted chocolate and a small piece of cherry on the top of each pudding. Chill the pudding

Susan Gibson

KEEP UP TO DATE

Whether you join us for our **Community Takeaway Meal** on a Friday, or for one of our **adult or childrens groups** we have lots of ways to get involved. From **volunteering in the community garden** or just having a **chat**, we are here for you. In 2021 there will be lots of ways to join in, we are meeting the uncertainty with creativity, wellbeing and fun! **Everyone is welcome**, find out more and for the latest updates follow us on Facebook or go to www.whalearts.co.uk



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Pod Press is a new publishing house in Wester Hailes, based at WHALE Arts. Look out for more locally made books, maps, zines, newspapers and artworks in 2021

Happy New Year from WHALE Arts

made possible with support from



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