



CYF NEWSLETTER WINTER 2019 CHAIR'S MESSAGE

Hari Om & Happy New Year

I hope you have had a great Christmas and are ready to get back on your mats.

The following started off as a snippet from the Internet that really made me think. So I've made my own additions - maybe it'll strike a chord with you.

What is Winter telling us?

I'll give you a hint.... It's the same message every other creature on the planet intuitively knows and understands....

Go inside!
Slow down!
Reflect!
Prepare!
Nurture!
Restore!

You can almost hear our bodies screaming for these things each time we even think about opening the door on a Winter's morning. Yet, unlike our friends in the Animal Kingdom, we continue full-force, busying ourselves with shopping and holidays; eating oranges and romaine lettuce like it's Summer (don't lie - you know you're eating oranges and lettuce, lol); and staying out way past dark, getting home in the evenings too exhausted to cook and ultimately feeling depleted day in and day out.

(Nicked from a Mala advert on line, but I couldn't say it better myself.)

Winter is a time for conserving our energy. It's a time for balancing our yoga practice between raising our inner fire with a heated practice and restoring with a calming practice. In the mornings an invigorating practice, including sun salutations, is good to raise your energy and kick start your day but in the evening make your practice calm and restorative so that you promote a good night's sleep.

We need to follow the example of the animal life around us:-

Follow the light, which means go to bed early and get up a bit later, even if it's only a few times a week.

Eat nurturing food. Forget the diet until the warmth returns. This doesn't mean you should eat unhealthily, and maybe it's time to donate any remaining Christmas chocolate to charities or food banks. Eat warming foods of soups and stews especially ones including seasonal root veggies.

Avoid over exercising, so ditch that high intensity cardio class and stick to yoga and walking. Getting outdoors when it's sunny (as long as we are well wrapped up and warm) is a real treat.

Avoid getting over tired and watch out for signs of becoming obsessive and secretive. If you notice you are becoming withdrawn, get out for a walk with a friend or arrange to go for a coffee or healthy herb tea!!!

Namaste Deb

SEMINAR, TEACHER TRAINING AND WORKSHOP SCHEDULE FOR 2019

3 February, Seminar

Warriors Worry Too – Claudia Maranhao
Venue:- Acton Church Hall

3 March, Teacher Training

Inversions and Hips 1

7 April, Workshop

Planning the Flow

12 May, Teacher Training

Inversions and Hips 2

2 June, Seminar

Yin Yoga with Holly Daglish
Venue:- Acton Church Hall

7 July, Seminar

Kundalini Yoga with Jenny Kaur
Venue:- Acton Church Hall

8 September, Extra Training Workshop

Details to be confirmed

6 October, Seminar

Seminar and AGM
Session led by Rosie Cornwall & Alison Farrall
Venue:- Acton Church Hall

3 November, Teacher Training

Loose Ends

2 December, Workshop

Integrating Pregnant and Post natal Women

Remember that we have re-instated the "pot luck" lunches for our Seminars, giving us all chance to share food along with conversation, so we invite you to bring along something vegan or vegetarian and don't forget your plate, knife and fork.

We are always searching for qualified teachers to lead our seminars. If you would like to share your knowledge and experience, or have ideas for guest teachers, please contact Pamela Sunderland, on pamelasunderland@googlemail.com

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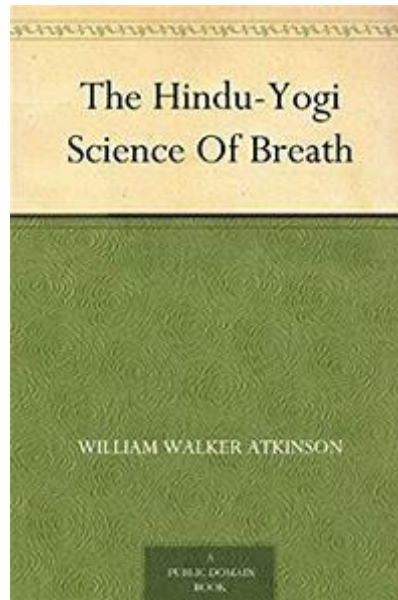
Smiling is infectious
You catch it like the flu
When someone smiled at me today
I started smiling too
I walked around the corner
And someone saw me grin
When he smiled I realised
I had passed it on to him
I thought about the smile
And then realised its worth
A single smile like mine
Could travel round the earth
So if you feel a smile begin
Don't leave it undetected
Start an epidemic
And get the world infected.



www.silversurfers.com

What a delightful little poem attributed to Spike Milligan, and such a beautiful idea that one smile can infect the whole world.





Many thanks to Joyce Watson for her book review

**"The Hindu-Yogi Science Of Breath"
by William Walker Atkinson**

I can thoroughly recommend this short book, which explores all aspects of the breath in a simple, understandable but comprehensive way and offers the yogi practitioner or teacher a complete understanding of the mechanics of breath, the physical and mental advantages of yogic breathing, and a clear explanation of prana. It is extremely readable, and easily understood.

The author lays out the scope of the book in his first chapter:

'The first part of the book is devoted to the physical phase of the Science of Breath; then the psychic and mental sides are considered, and finally the spiritual side is touched upon. We may be pardoned if we express ourselves as pleased with our success in condensing so much Yogi lore into so few pages, and by the use of words and terms which may be understood by anyone. Our only fear is that its very simplicity may cause some to pass it by as unworthy of attention, while they pass on their way searching for something "deep," mysterious and non-understandable. However, the Western mind is eminently practical, and we know that it is only a question of a short time before it will recognize the practicability of this work.'

..... And it is also a practical guide, giving examples of various pranayama.

It is available as a free download for Kindle on Amazon.

IN SEARCH OF DATTATREYA'S PADUKAS

BY ALAN PADDICK

I've recently returned from a visit to India and thought I would share some reflections of the trip in this newsletter.

The journey took me from the familiar world of Western cultures to witness the world of the Naga Babas, the naked yogis, described as the 'Hells Angels' of Indian spirituality. During this time I was introduced to their way of life, their daily observances, some of their beliefs and yogic practices. As a yoga practitioner I found much with which I was already familiar. They recognised sage Patanjali as a reliable guide to yoga and 'Yam – Niyam' were mentioned several times, 'Yam' being control and 'Niyam' being prescription. 'Asan' was sitting, "Sit with your back straight and don't let your mind wander" intoned the guru "It's that simple." 'Pranayam' seemed to hold greater importance for them than the postures of Hatha yoga. Many of the mantras were familiar, I was particularly pleased to hear the importance to them of Mahamrtyunjaya. They greeted each other with "Om namo narayan", the guru stated that its power lay in the correct pronunciation of its six syllables na, ma, na, ra, ya, na. I was invited to sit beside the sacred fire pit which was carefully tended day and night and to listen to stories of myth and magic. I became aware of the relationship between the gurus and their disciples, the initiation of that bond and also some of the interactions between different gurus. While camped with the Babas at the month long Kumbh Mela the intricate detail of the preparations needed for the renunciation ceremony unfolded, culminating in the ritual rush of the initiates to bathe in the Ganges signifying the start of their new life as sadhus (see photo).



Stories were everywhere in this culture, some were of the Hindu pantheon of gods, goddesses and demons, some were of their lineage of the Juna Akhara the oldest and largest grouping of Naga Babas currently with 50,000 sadhu members. One story relates to the mysterious padukas or sandals of Dattatreya, the incarnation of the Hindu trinity, which give good fortune and grace to the akhara. Some stories were still in the making stage, preparing to be passed on to future generations. Among these were of the ability of the guru to talk to the crows. He called them, they came, he would then send them to gather information for him and report back to him on their return. Other stories were of old gurus possessing younger bodies and then mysteriously drawing other senior babas together from around India to celebrate the possession. Of course stories are fiction and what you have read so far is also fiction, I was not physically in India, I was only there virtually, immersed in a story by reading 'Autobiography of a Sadhu' by Rampuri.

Rampuri's book was completed in 2001, originally published in 2005 then re-published in 2010. It tells how as an 18 year old he travelled from California to India in 1969 looking for enlightenment. It charts the physical and spiritual journeys of 30 years of his life in parallel linking people and places with teachings and ideas. It is a story book, his words describing his story. We all have our own story carefully crafted by our experiences from birth or before. He knows that language describing experience cannot instil that experience in the reader. Each reader will filter his story through the gauze of their own story and the residue will then be added to their story. David Frawley wrote about the book: "It is not just the story of a personal quest but of a journey beyond the Western civilization mind-set to the real India of the yogis, where the limitations of both our cultural ideas and our egos are continually exposed. An adventure into a different kind of reality."

In the second edition of the book Rampuri tells that after the manuscript was originally accepted he told his editor that it was fiction, she was horrified that the events described might not have happened. "Of course it all happened" he said "The difference between fiction and non-fiction has nothing to do with truth, but the style of storytelling; fiction uses analogy, non-fiction, linear reasoning. There are countless works of non-fiction having not a grain of truth, but good reasoning and works of fiction that contain some of the highest truths, but little linear reasoning. Mythology is fiction, writing about mythology is non-fiction."

Finance Corner

Finance Corner with Gill Drummond AIAB - CYF Treasurer.

To complete a Self-Assessment Tax return or not to complete a Self-Assessment Tax Return?

As a book-keeper people often ask me that.

HMRC (the tax office) have now launched a simple tool to help you check:

<https://www.gov.uk/check-if-you-need-tax-return>



[Home](#) > [Money and tax](#) > [Self Assessment](#)

Check if you need to send a Self Assessment tax return

Use this tool to find out if you need to send a tax return for the 2017 to 2018 tax year (6 April 2017 to 5 April 2018).

The tool will not send your details to HM Revenue and Customs (HMRC).

[Continue >](#)

Related content

[Register for and file your Self Assessment tax return](#)

Explore the topic

[Self Assessment](#)

Last updated: 4 December 2018

Any queries please feel free to contact me.

Gill Drummond



Recent CYF Workshops

Back in October Gill Drummond presented "The Auld Triangle - a practice of twists and triangles to cleanse and energise, inspired by the Irish folk song "The Auld Triangle". She then shared a chair based practice based on a session she delivers at a local sports club for people with disabilities, including a chair based meditation. (See photo on the right)

In February Claudia Maranhao led a "Warriors Worry Too" workshop. It was a glorious day of physical practice, meditation and philosophy discussion and served as a lovely reminder to many of us to reread and rediscover our Bhagavad Gita. (See photo on the left)



Inspired by Claudia's session on Warriors, this short U Tube video of the lovely Adriene, entitled

"Engage your Warrior" might offer inspiration and ideas....

<https://youtu.be/xMxT99KbvGQ>

TEACHER TRAINING NEWS

Rosie Cornwall has successfully completed the Teacher Training course and was presented with her Certificate at the October seminar by Deb and Julie.



Gill Drummond has summarised this recent interview with Pam Smith on Radio Merseyside

Pam Smith, a co-founder of the CYF made an appearance on Jermaine Foster's evening programme on Radio Merseyside on 23 November 2018.

During this fascinating interview Pam explained how she had been teaching yoga for more than 40 years and is also an educator for 'Ageless Grace' an organisation that offers a brain and body fitness programme for people of all ages. Pam explained how she studied yoga with Wilfred Clark (1898-1981) who founded the British Wheel of Yoga. She also mentioned that she and her husband Gordon, are Elders of the IYN and were two of the four founder members of the CYF.

Pam then explained about various aspects of yoga: the union with divine energy within your self, how the postures stretch the body and rebalance the skeletal structure, bringing truth within the self. She explained that yoga is physical, the importance of breathwork (Pranayama) as we have to breathe to live, is used to control the body then control the mind. She talked about how you become the watcher of your thoughts and how Pratyahara can be used as sense withdrawal so that you can find peace and stillness to 'switch off' from the outside world. "Modern man observes more information during a day than medieval man did in a life time". Pam explained this technique was a great way to learn to function and withdraw the mind inward. Pam explained to the presenter Jermaine that anyone can do yoga and you are instinctively drawn to the correct teacher for you as there are a variety of classes in the Merseyside area. She demonstrated a simple exercise of being calm as you inhale and relaxing as you exhale. One of the great benefits of yoga is youthfulness and that yoga is a wonderful science.

Pam then discussed how she always loved exercise, having started dance lessons at the age of two. She reminded listeners that we all must work within the range of movement of our own bodies since we are all different. "Stretch without straining – you are seeking to become the best within yourself". Pam went on to explain how you can progress to breathwork then find stillness within your self.

Pam's yoga journey began when she was around 12 years old, when she found a yoga book which she enjoyed studying until her mother took it off her, as she considered the pictures of a man doing the postures wearing a loincloth unsuitable for her daughter. Sadly, Pam's mother died when Pam was 18. Around this time, Pam found another book called 'Teach Yourself Yoga', she found the breathing exercises helpful at the birth of her first child and having developed her interest in yoga she then continued to practice after having her first child.

After having their second child, Gordon's work took the family to Jamaica, where Pam started to study yoga philosophy. Unfortunately, while they were in Jamaica, the family were involved in a car accident leaving Pam with awful headaches, but Pam put her knowledge of yoga to use as a part of her healing process.

When Gordon & Pam returned to the UK they found a yoga class to attend. Later, they founded Faith House Yoga, with many regular guests, including Swami Shivapremananda, and Wilfred Clark.

Pam believes in positive thinking and advised the listeners to start the day with a positive thought, she referred to the huge changes in yoga over the years as it was often misunderstood - she was even been accused of being a witch at one point in her yoga journey! Pam reiterated that yoga is not a religion, but a life science, she advises people to "Meditate to find space between your thoughts and be kind to yourself", she has seen many distressed people calm down by practicing yoga and teaches people the benefits of calming the mind and how we can aid the healing process with our mind "You are far more powerful than you thought".

In the final part of the interview Pam talked about 'Ageless Grace' – an exercise program for the body and brain. This is based on the ability of the brain and central nervous system to create neural pathways from the brain to the body. For more information go to www.agelessgrace.com

Throughout the programme Pam's wonderful energy for life was evident – she offered Jermaine a dance to her selected music. Just listening to the program left me feeling inspired and energised. If only I had been able to listen to this when I first started studying yoga philosophy as a part of my teacher training, the philosophy would have been far easier to understand. I would have loved to go to Pam's seminar, except it's the same day as the CYF February Seminar!

Thank you to Pam Smith for sharing her wonderful knowledge with us and to Gordon Smith for contacting me about Pam being on Radio Merseyside.

The Tentative Steps of a Trainee Yoga Teacher

So, I've floundered my way through 10 Philosophy essays. That was quite a rude awakening, given that I've not written an academic essay in over 25 years!! Reaching the milestone of Essay Number 10 seemed like a target I would never reach, but there I was some 10 months into the course, having pretty much reached my aim of producing an essay a month.

Part 2, with its promise of 15 essays was daunting, but I found that if I'd not got an essay to write, I began to feel rather as though something was missing.

The learning that took place during this process was quite astonishing. I found I was going to bed thinking about reincarnation, Koshas, the Constitution of man or Patanjali's Eight Limbs! I was applying what I'd learned to my regular yoga classes, breathing with more focus and aiming for Sthira and Sukha (comfort and ease) and less ego!

However, I was still finding an array of excuses not to tackle the biggest step. My encouraging and patient teachers had offered me several chances to "find my voice" and make a contribution to one of their classes, but it never seemed like the right time - I wasn't prepared, I'd got a cold, I'd rushed into class and didn't feel sufficiently composed.

But a part of me knew that the longer I procrastinated, the harder it would be - and thankfully my beautiful teacher didn't give up on asking me. So, just a few days ago, I took the class through a Sun Salutation.

All the insights, modifications and contra-indications that I had attempted to learn disappeared and yet I was left with an acceptance that the words I was using were those which meant most to me. I still can't quite comprehend how my physical and verbal cues resulted in my fellow students flowing beautifully into Forward Bends and Downward Facing Dogs with a calmness and fluidity that in turn gave me assurance and a sense of tranquillity. I had this profound feeling of "getting" what "Namaste" means - individuals coming together, each learning from the other/s.

Of course, it's somewhat self-indulgent to offer this article about my hesitant first 10 minutes of teaching when all you teachers out there have gone through this thousands of times. But maybe as you read this, you'll recall your first experience of standing before students.

I have no illusions that I have a long way to go. Indeed hugely experienced yoga teachers explain how they are still learning, even after having been teaching for years, but I guess the key thing I learned was not about giving instruction about the "starfish" hand position for Adho Mukha Svanasana, but that sense that the students and myself were somehow reflected in the other. Only after writing this article, did I remember that yoga means unity and somehow I felt a "oneness" with those kind and patient souls in the class who just went with it.



CYF MEMBERS SURVEY

Many of you completed the Members Survey that was distributed just before Christmas. We asked specifically for your views on the CYF Seminar programme and the Newsletter along with your thoughts on the CYF in general. It is heartening to see that so many of attend the seminars and enjoy the newsletters.

A summary of the results and feedback given is included.

CYF MEMBERS SURVEY 2018			CYF MEMBERS SURVEY 2018			CYF MEMBERS SURVEY 2018		
Seminar Feedback	Number	%	Newsletter Feedback	Number	%	E-newsletter Feedback	Number	%
Do you attend seminars?			Did you receive 2 newsletters per year?			If you asked for the newsletter by email, where did it land?		
Always	3	10	Yes	28	93	Inbox	14	67
Sometimes	25	83	No	2	7	Spam	4	19
Seldom/Never	2	7	Sometimes	0	0	Not sure	1	5
Total	30	100	Total	30	100	Not received	2	10
						Total	21	100
			Do you think the newsletter is					
			Too long	3	10			
Seminar Feedback	Number	%	Just right	26	87	Other Feedback	Number	%
Distance to travel/tedious journey/no transport *	7	32	Too short	1	3	CYF is a great organisation/Committee do a first class job	7	30
Missed due to conflict with holidays/work/family/other events	6	27	Total	30	100	Maybe have a "big hitting" guest speaker (like Jay Rossi) a couple of times a year rather than just once.	3	13
Venue - too cold for some, lack of outdoor space	2	9				I enjoy meeting up with everyone	2	9
I attend when seminar is appropriate	1	5	Newsletter Feedback	Number	%	Can tutors attend seminars so trainees can put a face to the email?	1	4
I intend to attend more often	1	5	I enjoy reading the newsletter	5	38	Could we have CYF t-shirts if they are not too expensive	1	4
I teach yoga on Sunday mornings	1	5	Index needed	2	15	I enjoy seminars, training days & workshops	1	4
Missed due to illness	1	5	Could be shorter and would be just as good	1	8	I would love to come to CYF events as everyone sounds really friendly, but they clash with Merseyside Yoga Association	1	4
Not exciting enough to justify distance travelled	1	5	I prefer to print the newsletter to read at my leisure	1	8	Membership fee offers incredible value for money.	1	4
New member limited opportunity to attend seminars	1	5	Interesting articles, inspiring and keeps people connected	1	8	Mindfulness sessions wanted at seminars	1	4
Seminars are too long and I don't like the drive to Acton	1	5	Not as informative as it used to be	1	8	More notice of seminar dates please	1	4
			I love to hear from the CYF	1	8	More yoga philosophy please	1	4
			Looks like online essays, may be of use to students but not inspiring	1	8	Should we be doing more to encourage new members?	1	4
Total - seminars	22	100				Seminars to include Yin Yoga & SI joint/PSOGS, Sequencing, Sematics	1	4
* Most members that commented here lived more than 30 miles from Acton. One member lives abroad						Please can we have ½ day seminars or drop in sessions like the sessions that Deb has at Stoke.	1	4
			Total - newsletters	13	100			
						Total - other	23	100

RECIPES

The Vegan Chocolate Cherry and Honeycomb Parfait featured in our Summer edition has had rave reviews and proven especially popular at our Teacher Training Days!!

Hopefully the following recipe ideas, suggested by Joyce Watson and Emma Farragher will be just as popular.

Vegan Chocolate & Cherry Smoothie *Also known as the Black Forest Smoothie*

Thanks for this one Emmadelicious!!

120 g frozen cherries
1/2 frozen banana
250 ml almond milk
10g oats
5g stevia (or sweetener of your choice)
12g cacao powder

Simply mix all the ingredients in a blender until smooth
Add coconut sprinkles on top if desired.



MEERA SODHA'S RECIPE FOR KOSHARI, REPRODUCED FROM THE GUARDIAN

Joyce has experimented with this Meera Sodha recipe for Koshari from the Guardian. Her verdict? "Delicious, albeit a bit fiddly".

Koshari is as popular across Egypt as its pyramids are across the world. Although no one knows exactly where the dish originated, one theory is that it was inspired by kitchari, the spiced Indian rice and lentil dish. But as well as rice and lentils, koshari contains pasta and is topped with a sharp tomato sauce and fried onions. Whatever its origin, what's certain is that it can be cooked using mostly storecupboard ingredients and will be as popular on your kitchen table as it is on the streets of Cairo.

The macaroni I used had a cooking time of 10 minutes, but yours may be different, so cook according to the packet instructions.

Prep 10 min

Cook 1 hr

Serves 4

200g basmati rice
Rapeseed oil
2 red onions, peeled and cut into thin half-moons
Salt
4 garlic cloves, peeled and minced
1 x 400g tin chopped tomatoes
1 ½ tsp chilli flakes
2 tsp white-wine vinegar
180g dried brown or green lentils (or 2 x 400g tins of cooked green lentils, drained)
150g macaroni
1 tsp ground cumin
1 tsp ground cinnamon
300ml vegetable stock



METHOD

Wash the rice under the cold tap until the water runs clear, then leave to soak in cold water.

Heat six tablespoons of oil in a frying pan and, when hot, add the onions and two pinches of salt. Fry, stirring regularly, for 30 minutes, until dark brown, soft and sticky. Scoop out the onions with a slotted spoon, pressing them against the side of the pan to drain them of as much oil as possible, and transfer to a plate lined with kitchen paper.

Reheat the oil in the pan (there should be about four tablespoons left) on a medium flame, then fry the garlic for three minutes, until it starts to turn golden. Stir in the tinned tomatoes and their juices, 150ml water and half a teaspoon of salt, and cook for 20 minutes, stirring infrequently. Add the chilli and vinegar, then turn off the heat.

Meanwhile, put the lentils in a large saucepan for which you have a tight-fitting lid. Cover with cold water, bring to a boil and, if using dried lentils, simmer for 20 minutes. Add the pasta, and cook for a further nine minutes (or for a minute less than your packet says). Drain well, then tip on to a serving platter and cover loosely with foil to keep warm.

Drain the soaked rice. In the same pan you used to cook the lentils, heat two tablespoons of oil on a medium flame, then add the rice, cumin, cinnamon and a teaspoon and a half of salt, and stir to coat the rice, being careful not to burn the spices. After a couple of minutes, slowly add the stock, bring it to a boil, pop on the lid, turn down to a simmer and leave to cook undisturbed for 10 minutes. Turn off the heat and leave, still covered, to rest for 10 minutes.

Gently transfer the rice to the serving plate and gently mix with the lentils, pasta and most of the onions. Top with the tomato sauce and the remaining handful of onions, and serve.

VEGAN BREAKFAST BISCUITS



Vegan Breakfast Biscuits

1 ripe banana
1/3 cup sunflower/canola oil
2/3 cup unrefined sugar OR 1/3 cup agave
1 tsp vanilla
3/4 cup plain flour
1/2 tsp baking soda
1/4 tsp salt
2 cups rolled oats
cinnamon and nutmeg (to your taste, optional)
1/2 cup mixed nuts
1/4 cup mixed seeds
1/2 cup dried fruit
1/4 cup Pulsin' bar chunks (optional)

Method

Preparation

Makes 10 - 12 cookies.

Preheat the oven to 200 degrees Celsius.

Cooking Instructions

Using a mixing bowl, mash the banana well with a fork/your hands (make sure they are clean first though!). Add the oil and sugar and mix well with a fork

Add the flour, baking soda, salt and any vegan powdered spice/flavour you like

Mix these ingredients well, until the mixture is quite moist
Now it's time to add the oats, any nuts, seeds and protein chunks you have chosen to put in and to mix really well with your hands to make sure it is all well distributed and stuck together

Make small balls with the dough and place on an oiled baking tray

Flatten the balls with the palm of your hand, making sure there is a reasonable gap between each disc shape

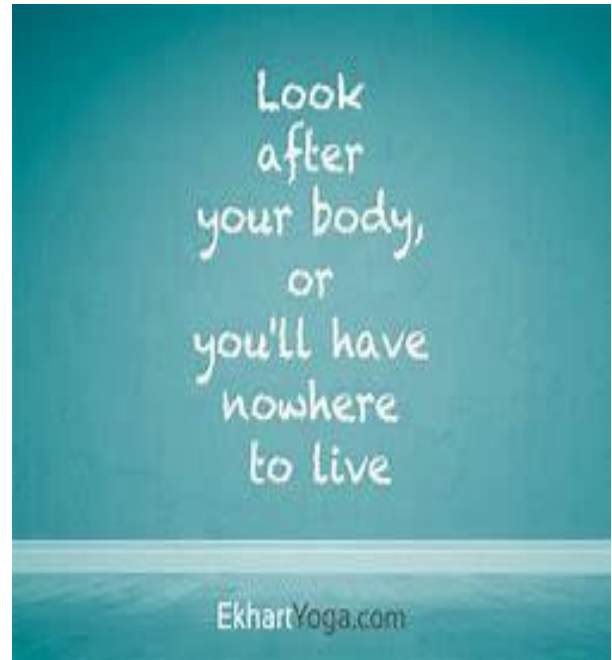
Bake for 10-15 minutes (depending on how browned you would like your cookies) in a preheated oven (200 Degrees Celsius)

Leave to cool on the baking trays once finished in the oven and once they are slightly hardened, twist and lift to remove them from the tray and place on a cooling tray for a further 10 minutes

Enjoy

Tips - If your dough mixture is too greasy, add a few more teaspoons of flour. If your dough mixture is too dry and not sticking, add a little more oil until the mixture holds better.

The Last Word



To help the environment and our funds, would you consider receiving a cheery, colourful copy of our CYF newsletter digitally?
If so, please get in touch.

Feedback on the newsletter is very welcome. Do let us know articles that you especially enjoy, so we can make the next edition even better.
To contribute to the Summer edition, please send your favourite articles, poems, recipes and news to editor@cyf.org.uk

Our mailing address is:
editor@cyf.org.uk