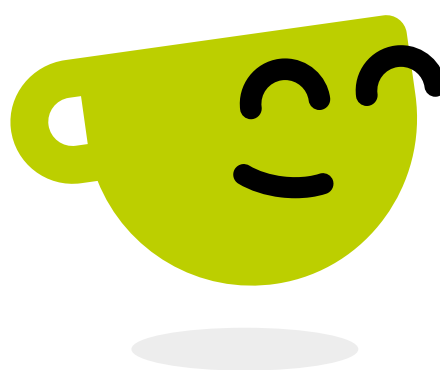


Calway News

www.calway.org.uk

Autumn 2021



Calway Community Café now OPEN!

Local residents have been keen to try out the new community café now open at The Calway Centre.

Calway Community Café has been established following a partnership between Calway Housing Association and local hospitality businessmen John Meffan and Ryan Cowan.

It's the first café to open in the Calway area for several years, and offers customers a range of breakfast rolls, light lunches and refreshments.

With the food available including rolls from under £1 and baked potatoes for just £2, the café has had a busy start since opening its door.

Among those who've been trying out the new facility are local MP David Linden and Chair of Calway HA, Anna Ellis.



Anna commented: "We're delighted our tenants and residents now have this service on their doorstep. As well as serving great food at amazing prices, the café offers a place for people to meet

and socialise locally - something which has been missing from our community for many years now.

"We're pleased to be working with John and Ryan to make this café possible and hope all our residents will enjoy having this new facility in their neighbourhood."

Calway Community Café offers indoor and outdoor seating, with level access for people with wheelchairs or disabilities.

Currently, the café is open 9am-2pm, Monday – Friday. If demand from customers is high, opening hours may be extended.

A full café menu is enclosed with this newsletter – be sure and give it a go!

Dear Residents and Customers,

I hope you all had a good summer and enjoyed the lovely sunshine. One of the highlights for me this summer – as well as the sun! - has been the opening of the Calvay Community Café. It's a fantastic facility for local people and, if you've not done so already, I'd urge you to give it a try. I recommend a veggie wee breakfast!

Autumn is here and with it comes Hallowe'en and Bonfire Night – both exciting events for our young people in particular. More than anything, we want to keep you and your family safe this Bonfire Night, so we have some advice (on page 3) from the Scottish Fire and Rescue Service for you to follow.

Now that the COVID restrictions are finally easing, we're working hard with our contractors to catch up on home improvements for you. You can see what's happening in our feature starting on page 6.

Finally, we understand that as winter approaches it can be a worrying time for many of you, with the extra costs of keeping your homes warm. So on page 9 we've included an 'Energy Matters' special with information on discounts and extra payments you may be entitled to.

Take care, stay safe and see you next issue.

Best wishes,

Nick Dangerfield
Director, Calvay HA



Calvay's Nick Dangerfield (left) with David Linden MP and Ryan Cowan from Calvay Community Café

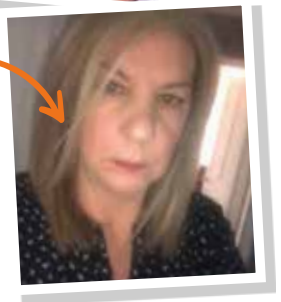
STAFF NEWS

If you've been in touch with the office recently, you may have noticed there have been some staff changes.

Firstly, **Pat Coll** is back! Pat has previously worked for Calvay as a Maintenance Assistant, covering for maternity leave. He's currently providing extra staffing for the Maintenance section and will be with us until Christmas.



Due to staff illness, **Sandra McGillivray** has been brought in as a temporary Property Services Assistant. Sandra is with us until October and will be helping with rents, allocations and lots more.



Finally, we have to say goodbye to one of our Maintenance Assistants, Caroline Kerlin-Scott. Caroline has secured a promotion and will be working for another housing association as a Housing Officer. We wish Caroline all the best for her future career.



DID SOMEONE SAY CHRISTMAS?!

We know we're a bit early, but we wanted to give you a festive heads up in case you want to put a bit of extra effort into your deccies.

This year we're giving away three, yes THREE prizes for the best Christmas decorations in the Calvay community, including:

- Best decorated garden
- Best decorated windows
- Best decorated veranda

The winners of each category will receive **£30 ASDA vouchers**.

To nominate yourself or a neighbour, simply email your pictures to enquiries@calvay.org.uk or message them to us on Facebook.

So we can issue the prizes in time for Christmas, the closing date is Friday 10th December 2021.

Good luck!



Hallowe'en Competition

Win
£25 food
voucher!

Hallowe'en is creeping up, so we thought we'd try and get you in the mood with a Spooky Wordsearch!

Simply find the 20 words in the box below and return your wordsearch to our office (please use the post-box outside the building).

Closing date is 21st October 2021 and the winner will receive a £25 food voucher. There are no restrictions – any age can enter - but please remember to put your name and address on the back of your entry. **Ghoul luck!**

BAT	GHOST	TREAT
BEWARE	GRAVEYARD	TRICK
BOO	MONSTER	VAMPIRE
BROOM	MUMMY	WAREWOLF
CANDY	PUMPKIN	WITCH
CAULDRON	SPIDER	ZOMBIE
DRACULA	SPOOKY	

B	K	S	H	M	O	N	S	T	E	R	Q	K	A	X
V	O	S	E	F	F	C	P	B	K	W	T	K	X	W
I	O	Y	N	O	R	D	L	U	A	C	X	F	C	B
I	B	X	M	T	R	I	C	K	R	E	D	I	P	S
S	D	R	A	C	U	L	A	D	Q	N	U	H	H	Q
H	F	D	B	U	G	R	A	V	E	Y	A	R	D	U
Y	C	L	Z	E	J	J	M	O	E	I	B	M	O	Z
K	D	V	O	Q	W	O	C	B	S	E	M	C	S	L
O	K	A	B	W	O	A	F	A	Z	T	P	Q	B	F
O	U	M	O	R	E	Y	R	T	U	S	U	S	M	H
P	K	P	B	S	F	R	D	E	S	O	M	B	U	C
S	J	I	R	E	J	G	A	N	Q	H	P	K	M	T
G	U	R	T	A	E	R	T	W	A	G	K	I	M	I
B	A	E	X	H	F	H	N	Z	N	C	I	R	Y	W
F	J	H	I	C	K	X	D	J	M	G	N	G	U	E

Be safe this Bonfire Night



In the run up to Bonfire Night on 5th November, the advice from the Scottish Fire and Rescue Service is to attend a safely organised bonfire and firework display.

However, if you must have a bonfire at home make sure:

- It is well away from buildings, vehicles, trees, hedges, fences, power lines, telecommunications equipment and sheds.
- Smoke does not cause a nuisance to neighbours, affect visibility on roads or otherwise inconvenience vehicles.
- Sparks, flying embers or burning debris do not endanger nearby property.

Here's more advice on how to stay safe on Bonfire Night:

- Never drink alcohol if you're tending a bonfire or setting off fireworks – remember it's an offence to consume alcohol in a public place.
- To reduce the emission of harmful smoke and combustion products, bonfires should comprise of untreated wood and paper-based materials only.
- Never use pressurised containers or sealed vessels amongst bonfire material or irresponsibly throw them on burning bonfires, as they could cause an explosion.
- Never throw fireworks on bonfires.

- Never use flammable liquids to ignite bonfires – use proprietary fire lighters.
- Never leave a burning/smouldering bonfire unsupervised – make sure it is completely extinguished.

Any bonfire failing to satisfy safety conditions - or where people are behaving irresponsibly - may be deemed dangerous and as such, subject to being either removed, extinguished or otherwise made safe.

Bonfires and the Law:

- It is an offence under Section 56 of the Civic Government (Scotland) Act 1982 for any person to light a fire in a public place so as to endanger any other person or give them reasonable cause for alarm or annoyance or so as to endanger any property.
- It is illegal for anyone under 18 years of age to possess fireworks.
- Throwing fireworks or setting them off in a public place is illegal.
- You are not permitted to use fireworks between the hours of 11pm and 7am on any day except on 5th November when the curfew extends to midnight.
- It is an offence to cause unnecessary suffering to animals.



Our **Welfare Rights Officer Dawn** is here to help. Call her on **0141 771 7722**.

Furlough Tax Credits & UC Increase Ending

With Furlough coming to an end on 31st October 2021 and the £20 per week Universal Credit and Tax Credit increase ending from the end of September 2021, you may find it more difficult than normal to manage your household budget.

If you feel you need advice on your welfare benefits, better off calculation, money or energy advice, contact our Welfare Rights Officer Dawn on **0141 771 7722**.

There's also local support from foodbanks and the Ruchazie Pantry.

THE RUCHAZIE PANTRY

Unlike foodbanks where customers are given a food parcel, Ruchazie Pantry is more like a traditional supermarket where you can choose your own food. Membership is £2.50 which allows you to purchase £15 worth of food. They also have regular meal deals at low cost.

You'll find them at 435 Gartloch Road, G33 3TJ
www.facebook.com/RuchaziePantry/

Opening Times

Mon: 4pm - 8pm

Tues: Closed

Wed/Thurs/Fri: 9.30am - 12.30pm and 1.30pm - 4.30pm (closes in between)

Sat: 9.30am - 1pm



Local Foodbanks

Foodbank Centre	Day	Session Times	Location
The Hub 07951749363 07951749373	Monday Wednesday Friday	2-4pm	Calton Parkhead Parish Church 142 Helenvale Street, G31 4NA
Blairtummock Community Hall 07564 271093	Thursday	2-4pm	45 Boyndie Street Glasgow, G34 9JL
Shettleston	Thursday	2-4pm	20 South Vesalius Street, Shettleston G32 7PX

Please note the St Enochs Hogganfield Church Foodbank and Bridgeton Foodbank at St Francis in the East Church are closed until further notice.

Scottish Welfare Fund Community Care Grants:

do you meet the criteria?

Our Welfare Rights Service receives a high volume of calls requesting help with claims for Scottish Welfare Fund, Community Care Grants. This is for items like white goods, furniture and bedding.

However, applications have criteria and not everyone is entitled to receive the grant. A lot of time is spent making applications, which are subsequently refused, despite the criteria being explained to all tenants - many of whom have had previous tenancies and are in work.

So before contacting us, please consider whether you meet the following criteria:

- **Flood or fire damage**
- **Leaving Care/Prison or Detention**
- **Community Care Planned Resettlement** (Establish or maintain a settled home after a period of homelessness or living an unsettled life)
- **Helping people to stay in the Community** (Maintaining a settled home where, without a grant, there is a risk of you being placed in care.)
- **Family facing Exceptional Pressure** (Maintain or establish a settled home where any member of your household is facing exceptional pressure. This could be things like a serious illness, fleeing domestic abuse or caring for a prisoner who has been placed with you under temporary licence.)

If you're unsure whether you meet the above criteria, please contact Dawn who will be happy to have a chat with you.

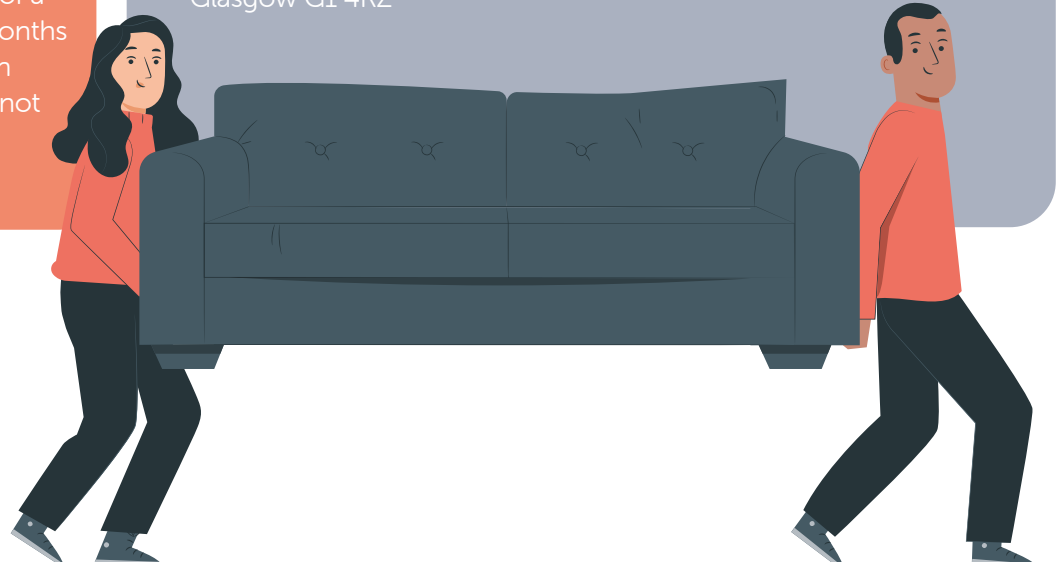
Budgeting Advance

If you're not entitled to - or refused - a Community Care Grant, you may be able to claim a Budgeting Advance. These are repayable loans. To claim, you must have been in receipt of a qualifying benefit for six months or more. Earnings are taken into consideration, but do not always exclude you from receiving a loan.

NEED HELP SETTING UP HOME

There are many local charities who sell pre-owned items at low cost:

- **Total Homes Co-Operative** - REConnect, 90 Camlachie St, Glasgow G31 4AD
- **British Heart Foundation Furniture & Electrical** - Unit 2b, 22 Stockwell St, Glasgow G1 4RT
- **Shelter Furniture Shop** - Granite House, 31-33 Stockwell St, Glasgow G1 4RZ



PLANNED IMPROVEMENTS & CYCLICAL WORKS

Now that restrictions are beginning to ease off, we're starting to get back on track with cyclical and planned works to make your home and environment better.

Here are some of the improvements to look out for:

Cyclical Painting

Our painting contractors J S McColl Ltd have been playing catch up due to COVID restrictions delaying their works. Once they've completed the cyclical painting works in Calvay Road and Barlanark Drive which were scheduled for 2020/2021, they'll move onto the next phase, which will include properties within our ex-GHA stock. We'll send out letters to all residents involved prior to any works starting on site and advise factored owners accordingly of any anticipated costs for common works.

Fire Safety Upgrades

As you'll know, the Scottish Government placed a legal requirement on all social landlords in Scotland to implement fire safety upgrades by the end of February 2021. Well, due to COVID, they've **extended this deadline to February 2022** and also **extended the requirement to all property owners – so that includes our factored owners too.**

We've completed most of our upgrades with only a small number of properties left to do. We appreciate that some tenants may have been concerned about having works done in their home when restrictions were in place, but we would urge people to get this done now. We'll also be writing to factored owners with options for having these works done too. This is a safety matter required by law to protect you, your family and your neighbours so **please do the right thing and give access so this work can be completed.**

Electrical Inspections

All landlords have a legal duty to ensure that all electrical installations and equipment that we provide, are safe before a tenancy begins, and remain in a safe and serviceable condition throughout the tenancy. In December 2015, new legislation imposed

a requirement on private landlords to undertake electrical inspections every five years. From May 2020, the Scottish Government extended this legal requirement to social landlords and also set a deadline for meeting these requirements by March 2022. Our contractors Fortress Security Ltd and GasSure will be working their way through the programme of works to make sure all properties due an electrical safety inspection have it done. This inspection is also of major importance to ensure your safety and that of your family and neighbours. As with fire safety, individual letters will be sent to those tenants affected and we would strongly urge your co-operation in giving access for this.

Annual Gas Servicing

All social landlords are also legally required to carry out an annual gas service in every property with gas to ensure gas pipework, flues and appliances are maintained in a safe condition. We also have a legal duty to keep a record of this and report it to the Scottish Housing Regulator every year. We generally complete 100% of these safety checks every year and our contractors GasSure have been making every effort to meet these statutory requirements. While we appreciate some services were postponed during lockdown due to COVID isolation or shielding issues, the government guidance has now put the nation into a more normal routine and we now need to get these services done. So if you're one of the outstanding cases, please get in touch now. We would also remind you of your legal duty to provide access for these safety checks, under the terms of your tenancy agreement. Failure to do so may result in us having to force access to make the property safe, either by performing a service or capping the supply until such times as you have credit in your gas and electric account to allow the service to be carried out. If you have any concerns regarding COVID or you have debt issues that prevent you from topping up your gas or electric meter, please contact us for assistance.

Please note!

Any tenants who fail to provide access for a fire safety upgrade, electrical or gas safety inspection and any follow on works required, will NOT BE INCLUDED in any major upgrade works such as new windows, kitchens or bathrooms.

Window Replacements

We've been renewing windows across different sections of our stock for the last few years and what a difference this has made! Last year we planned to replace windows, balcony doors and external doors in our tenement properties at Garvel Road and Hallhill Road but unfortunately, due to lockdown and COVID restrictions, this never really got off the ground, except for a couple of pilot flats.

Following issues with the previous contractor, we've recently had to re-tender this contract and have now appointed MSi Scotland Ltd to carry out the works. MSi come highly recommended and are really keen to get started, with surveys planned from 30th August and installations from the end of September. We'll be writing to all residents involved and MSi will also be in touch with individual appointments for tenants. Our factored owners will also receive details of revised costs for common windows and how to get involved if you would like MSi to give you a quote to replace your windows and/or doors too.

We appreciate that some of you may have had a survey carried out by the previous contractor, but unfortunately these are now void and the new contractor MSi will need to conduct their own surveys to allow them to have the windows manufactured. So please bear with us and we'll get this done.

Kitchen & Bathroom Replacements

Our contractors MCN (Scotland) Ltd have seen their work start and stop numerous times over the last 18 months and have been playing catch up ever since. They hope to complete the kitchen and bathroom replacements and upgrades in Barlanark Road by the end of September. They'll then move on to surveying the next phase in early October and installing from mid-November. The next phase will include the remainder of Calvay Road (odd side) as well as Bressay Close, Bressay Road, Bressay Place and 110/116 Barlanark Road.

Works will include replacement kitchens for most, bathrooms for some of the older properties and showers for others, depending on what you have just now and whether your property has had certain elements installed or upgraded fairly recently. This will be clarified at survey stage. So watch out for letters from us and from MCN giving further details and appointments for surveys.

Please note!

While Calvay staff and our contractors are doing our absolute best to catch up with works from last year and for this year, we cannot guarantee that everything planned from April 2020 to March 2022 will be completed within that timescale. We lost a lot of time due to delays brought about by COVID restrictions and it may take a while longer to get fully back on track. But please be assured that we will get there, especially if you work with us and provide access as required.

Emergency Numbers

Gas/Heating

For all gas central heating and boiler repairs, contact GasSure on 01294 468 113. This number is available 24/7, but should only be used outwith office hours to report an emergency repair.

Smell Gas?

If you smell gas or suspect a gas escape, you should call Scottish Gas Networks on 0800 111 999 immediately. If you smell gas or think you may have a gas leak, Scottish Gas Network provides the following advice:

- **DON'T** smoke or strike matches.
- **DON'T** turn electrical switches on or off.
- **DO** put out naked flames.
- **DO** open doors and windows.
- **DO** keep people away from the area affected.
- **DO** turn off the meter at the control valve.

Power Cut?

In the event of a power cut, you should contact SP Energy Networks on 0800 092 9290 or 105 free from your mobile.

Other Emergency Repairs

If you need any other emergency repair carried out while the office is closed, please contact City Building on 0800 595 595.

EMPLOYMENT & TRAINING SUPPORT

MANAGED BY  CONNECT COMMUNITY TRUST



APPLICATION FORMS

DIGITAL SKILLS ADVOCACY



CV/COVER LETTER WRITING



JOB SEARCHING

UC CLAIM SUPPORT ACCESS TRAINING

FORM FILLING MOCK INTERVIEWS

THE CALVAY CENTRE, 16 CALVAY ROAD G33 4RE
TO MAKE AN APPOINTMENT, CONTACT RYAN LEES
TEL: (RYAN) 0141 781 9918 EMAIL: RLEES@CONNECT-CT.ORG.UK

IN PARTNERSHIP WITH...



Keep warm this winter:

comparisons, discounts and payments to help with your fuel

Energy Price Hike

Millions of UK homes face a winter energy bill hike of over £110 a year from October 2021. To help with your bills:

- Check you're getting the best deal by comparing energy suppliers to make sure you're on the lowest tariff (see below).
- Regularly update your meter readings so that your energy bills are accurate.

Some useful energy comparison sites:

- www.uswitch.com
- www.moneysupermarket.com
- www.gocompare.com
- www.comparethemarket.com

You'll need to know how many units of electricity you are using which you can get from your latest bill or annual statement. If you don't have this, you can compare using how much you currently pay.







For advice or assistance, remember you can contact our Welfare Rights Officer Dawn on 0141 771 7722.

Warm Home Discount

- You could get £140 off your electricity bill for winter 2021 to 2022 under the Warm Home Discount Scheme. The scheme opens on 18th October 2021.
- The money is not paid to you - it's a one-off discount on your electricity bill, between October and March.
- You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Contact your supplier to find out.

Winter Fuel Payment

- You qualify for a Winter Fuel Payment if you were born on or before 26 September 1955.
- Payment is normally automatic so you don't have to do anything to receive this.
- If you don't receive payment by 14 January 2022, contact the Winter Fuel Helpline on 0800 731 0160.

Cold Weather Payment

- You may get a Cold Weather Payment if you're getting certain benefits and the average temperature in your area is recorded as, or forecast to be, zero degrees celsius or below over 7 consecutive days.
- You'll get £25 for each 7 day period of very cold weather between 1 November and 31 March.
- Payment is normally automatic, however if you don't receive this, contact Jobcentre Plus or the Pension Service who will check this for you.

Affordable Warmth Payment from Glasgow City Council

- Anyone living in Glasgow and is 80 years or over before 31st March 2022 can apply for this payment. If you received payment last year, future payments will be automatic.
- The Affordable Warmth Dividend normally opens the first week in November and applications will be available online.
- Customers should receive payment within 1 month of applying.
- You only need to apply if you have never received payment before.

ANTI-SOCIAL BEHAVIOUR – *know who to call*

There have been a number of instances of anti-social behaviour in the Calvay area recently, which have taken place outside of our properties on the public road.

While Calvay plays a huge part in the area overall, in instances like this where alleged criminal behaviour is taking place, you should call the Police in the first instance. You don't need to give any of your personal details and can remain anonymous.

Here's who to call when:

- **For incidents outside of properties on public roads**

Call the Police on **101** or – if it's an emergency - **999**.

It's vital that the Police are called when these incidents are actually happening, so they can be dealt with most effectively. It's only by calls being made to the Police that we can work in partnership with them and other agencies moving forward. It's really helpful if people call the Calvay office to advise us of such incidents, so that we can record these, but please call the Police first.

- **For any neighbour complaints or other types of anti-social complaints in Calvay properties**
Call Calvay on **0141 771 7722**.
- **For complaints concerning a property in the area, not owned by Calvay**
Call Glasgow City Council on **0800 0273 901** or report online at www.Glasgow.Gov.uk/reportasb.
At the moment people can only call this number on Thursdays between 10am - 4pm.

BULK UPLIFT, FLY-TIPPING & GENERAL WASTE DISPOSAL –

What's happening?

Bulk Uplift

You'll know that Glasgow City Council suspended their free bulk uplift and disposal service in April 2020 due to COVID restrictions. Calvay's own contractors have been providing this service for tenement properties ever since, on the understanding this would be a temporary measure. But since GCC introduced a chargeable service for ALL household bulk waste collections from 5 July 2021, we've had to review the situation going forward and decide on the best options for all.

GCC says:

- Charging to remove bulky items is standard practice for most other Scottish councils
- Residents should be encouraged to find alternative uses for unwanted bulk items
- We should not simply dispose of these items, but reuse, recycle or upcycle them
- A council bulk uplift should only be used as a 'last resort'.

GCC classes bulky waste as "items that you wish to dispose of that do not fit into your wheeled bin".

Here's how bulky waste will be dealt with from now on:

Tenement Properties

Calvary is responsible for maintaining common ground that we own, both as a landlord and as a factor, including common backcourts. So we'll continue to provide a bulk uplift and disposal service for all residents of tenement properties BUT we plan to charge all tenants and factored owners from the next annual rent and factoring review. Therefore from 1 April 2022 this charge is likely to be added to either your rent or your management fee to cover our costs of providing the service.

Main Door Properties

Tenants are responsible for their own private gardens and so should use GCC's chargeable service for the uplift and disposal of their own household bulk. GCC will collect up to 10 standard items for £35, while large electrical items will be charged at £35 each. You can order an uplift online via GCC's secure website or by phoning **0141 287 9700** and an upfront payment can be made by credit or debit card. Full details are on GCC's website www.glasgow.gov.uk/bulkywaste

All residents can continue to take their own bulk to GCC's Household Waste Recycling Centres free of charge. If items are in good condition, you can also use Zero Waste Scotland's National Re-use Tool and donate these items to charity. Links are available on GCC's website (see above link) or via wasteless.zerowastescotland.org.uk/articles/reuse-tool

Fly-tipping

*Fly-tipping is when rubbish is dumped in a non-designated area by an unknown person, with no arrangement having been made for its uplift or disposal, i.e. **illegal** dumping of waste.*

Fly-tipping is a form of anti-social behaviour and Glasgow City Council can take enforcement action against perpetrators where evidence is available. GCC plan to use more enforcement measures and strengthened legislation to catch and punish fly-tipping culprits, such as CCTV, community wardens, fines and community service.



Where fly-tipping is reported to GCC and the rubbish has been dumped on Council land, i.e. on a pavement or vacant piece of land, GCC will arrange to uplift it within 28 days. But they will NOT uplift bulk or other rubbish dumped on private land, such as a backcourt.

All residents should therefore report any fly-tipping directly to GCC for uplift. You can report this using their dedicated website, www.glasgow.gov.uk or by downloading their smart phone app, **My Glasgow App**, or by phoning **0141 287 1058**.

General Waste Disposal

You'll all be very much aware that GCC's statutory service of uplifting and disposing of general domestic waste - i.e. emptying your bins - has also changed recently. This follows the Bin Replacement Programme, to help tackle the climate emergency and achieve zero waste by 2045, through encouraging recycling and upcycling.

All residents please note

Despite continued efforts by staff and numerous lengthy reminders in recent newsletters, some residents are still not using the bins correctly and not recycling. This is causing major issues for everyone. So if you're a culprit, come on, **be a responsible resident and neighbour and do your bit to keep your area tidy.**

For tenement properties

Please use the correct bin for the correct waste!

As a reminder and to help with waste disposal generally, we'll be:

- Adding plaques to bin-stores showing what should be put in each bin.
- Noting the number of each bin type that should be in each bin-store, to help make sure the correct number of bins are always available, and encourage residents to advise us if this is not the case.
- Providing garden waste bins for residents in main door flats within tenement buildings. GCC has agreed to arrange a brown bin for our main door flatted properties with a private garden and have these bins added to a collection schedule. Once we have more details from GCC as to when these brown bins will be delivered, uplifted, etc. we'll contact all affected residents.

We've been trying hard to work closely with the Council to try and sort out the many issues we've been having recently with bulk, fly tipping and general waste disposal, but we need your help and co-operation to get it right. It's your area, so please help us to keep it tidy.

Thank you.

Sausage & courgette pasta bake



Image courtesy of tesco.com

Try this delicious pasta dish which is quick and easy to make!

What you'll need (Serves 4)

- 1½ tablespoons (tbsp) of oil
- 8 pork sausages
- 1 onion, finely diced
- 3 carrots, peeled and grated
- 2 garlic cloves, crushed
- 1 courgette, grated
- 2 tablespoons of tomato purée
- 400g tin chopped tomatoes
- 350g penne pasta
- 10g fresh flat-leaf parsley, finely chopped
- 150g lighter Cheddar, grated
- 6 tablespoons of golden breadcrumbs

Method

1. Heat 1 tbsp oil in a deep frying pan over a medium-high heat and pinch the sausages from their skins into the pan to make small sausagemeat nuggets. Fry, stirring frequently, for 6-8 mins until golden brown.
2. Add the onion and carrot to the pan, and fry for 5-6 mins until softened. Add a splash of water, then stir in the garlic, courgette and tomato purée. Fry for 2-3 mins for the courgette to dry out a little. Tip in the chopped tomatoes, then fill the tin with water and add that too; season. Simmer for 10-15 mins until the sauce has thickened.
3. Meanwhile, cook the pasta in a pan of boiling salted water for 8 mins; drain well. Preheat the oven to gas mark 7, 220°C, fan 200°C.
4. Stir the drained pasta into the sauce, along with most of the parsley, and mix well. Tip into a baking dish about 20 x 30cm (make sure it's freezer-safe if you're planning to freeze the whole dish). Scatter with the Cheddar and breadcrumbs, drizzle over ½ tbsp oil, then bake for 15-20 mins until golden and bubbling. Scatter with the remaining parsley to serve.

Serve & Enjoy!