

PANTRY NEWS

The CORE Pantry, Upton Priory Newsletter
Charity number: 1181691



CITIZEN'S ADVICE ENERGY TIPS

As the energy team are unable to visit us for a couple of months they have provided some tips for staying warm and spending less...

Bleed your radiators - Cold spots caused by trapped air could mean your radiators aren't giving out as much heat as they should.

Check your boiler's flow temperature - If you have a combi boiler, you could turn it down to 60°C in cold weather. In mild weather you might be able to turn it down as low as 50°C. If you have a boiler with a hot water cylinder, you can turn it down to 65°C. Don't set it any lower otherwise the boiler won't be able to heat your hot water cylinder to a safe temperature. Keep your heating set at the lowest comfortable temperature (typically 18-21 degrees) - Turning the thermostat down by just one degree, from 22°C to 21°C, could save you £90 a year.

Don't rely on portable electric heaters - Portable heaters are best for short-term use, not as a replacement for your whole house heating system. If you want to heat a single room, it's usually cheaper to use your central heating and adjust the thermostat and TRVs (valves at the bottom of the radiator).

HARVEST FESTIVAL DONATIONS

We are so grateful to be receiving harvest collections from local churches and schools, all wanting to share food with others. Each tin, packet, and bag of produce is a reminder of what makes the Pantry possible: people coming together to look out for one another.



We want to say a heartfelt thank you to everyone who's supported us this harvest season. You've shown once again what can happen when generosity and faith come together — turning gratitude into action and sharing the abundance we've been given with others.

GRADE 5 FOOD HYGIENE RATING

We were thrilled to receive a grade 5 Food Hygiene Rating following an inspection from Cheshire East Council in August.

A huge thank you to our volunteers who ensure the pantry is kept beautifully clean each week and ensure all our process are followed to the T!



What's On:

SOCIAL PRESCRIBERS
TBC

CITIZEN'S ADVICE
ENERGY SERVICE

27th Nov 2025 11am - 2pm

PEAKS AND PLAINS

1st Oct 2025 3pm - 4.30pm

6th Nov 2025 11am - 1pm

3rd Dec 2025 3pm - 4.30pm

ONE YOU

22nd Oct 2025 3 - 5pm

13th Nov 2025 11am - 1pm

JUDY SNOWBALL

8th Oct 2025 3 - 5pm

16th Oct 2025 11am - 1pm

POTENTIAL BREWED

Funding for 2 more sessions is available - see social media for dates

CITIZEN'S ADVICE

Our Case Worker is no longer visiting as the grant has ended see contact details overleaf



JUDY SNOWBALL - COUNCILLOR SURGERY

Judy Snowball, one of the Cheshire East Councillors for the Macclesfield Broken Cross and Upton ward will be in the pantry for a couple of trial dates in October to meet with our members.

The hope is to meet with members who may want to raise issues that councillors could assist with. Some issues may be helped with straightaway and others would be pursued separately so that they could update the resident at a later surgery.

VOLUNTEER SPOTLIGHT

At The CORE Pantry, our volunteers play an essential role in making the Pantry a welcoming place for everyone. Each one contributes in their own way, and together they help us offer dignity, choice, and hope to our members. This month, we're shining a spotlight on Jann, whose help keeps good food in use and out of waste.

Every week, Jann collects surplus food from M&S and delivers it to the Pantry. It's a simple act with a big impact—bringing variety to our shelves, helping households stretch their budgets, and reducing food that might otherwise end up in landfill.



"I am passionate about reducing waste, so this is a perfect role for me outside of my working hours—reducing landfill and at the same time helping people with the cost of living. I even take bags of salad leaves to the farm animals where I work!"

For Jann, this role is about more than just collecting food. It's about being part of something that benefits people, animals, and the planet all at once:

"Supporting the Pantry is heart warming. I look forward to it each week, knowing that a simple one evening collection makes a difference to so many people, animals, and the bigger picture of climate change and waste reduction. A little bit of generosity can make a big impact."

We're grateful to Jann and all our volunteers, who remind us that simple, consistent contributions make a real difference.

CITIZEN'S ADVICE IN PANTRY

We sadly have used all the funding for a case worker (Laynie) in the pantry. Citizens Advice Cheshire North has its main office in Sunderland House, Sunderland St in Macclesfield, opposite the Medical Centre. We are able to deal with all kinds of problems - welfare rights, debt, employment, housing, immigration and relationships. We offer face to face, email and telephone advice. We are free, impartial, independent and we do not judge.

Telephone: Mon-Fri 9am to 5pm 0808 812 6186 (free on landlines and mobiles)

Face to Face Drop In: Mon-Wed 9:30am to 12:30pm

Face to Face Appointment: Mon-Fri 9:30am - 4:00pm 01625 432847

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One-Pot Autumn Stew

With the nights drawing in, there's nothing better than a simple, hearty meal made with seasonal ingredients. This month, our focus is all about comfort food — the kind that warms you from the inside out and makes the most of what's in the Pantry.

Fry off some onions then toss chopped carrots, potatoes, and any root veg you have into a large pan with a tin of chopped tomatoes, a spoonful of lentils or beans, and a pinch of mixed herbs.

Simmer for 30–40 minutes until everything's soft and the sauce is rich.

If you have a slow cooker this could be used as a cheaper alternative to the hob. Just adjust time accordingly.

Serve with crusty bread or rice.

It's filling, affordable, and endlessly adaptable — just swap in whatever's in your basket that week.

Have a favourite pantry-friendly recipe? We'd love to feature member recipes in future newsletters. Drop yours in next time you visit!

