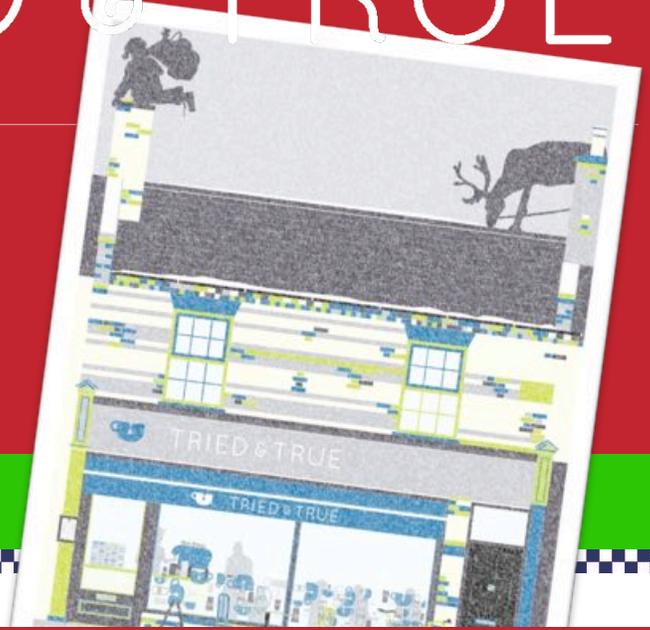




TRIED & TRUE

Exclusively local news, views & goings on at Tried & True.

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Seasons Greetings!

Greetings T&T VIPS!

Firstly, thank you to each and every one of you for your support in 2016. This, our 4th year in Putney, has been our best yet. It's been an exciting year for us: beautiful new bathrooms, a luscious lawn in the garden, an ever evolving team and menu, delicious filter coffee, a *Time Out* award and of course serving many more breakfasts every week.

It hasn't always been easy. Our popularity, especially at the weekends, has certainly had its challenges. Thank you for your patience and continued support as we have grown and adapted to serving more and more brunch to hungry Putneysiders while staying true to our values.

I love this time of the year. Especially for the happiness and excitement it brings to the children. It really takes me back to when I was five or six years old, tearing open presents with my mum, dad, and my brother Steve. When I see Clara going crazy over the presents generously **Continued on pg 8**



"Winter must be cold for those with no warm memories". ~ An Affair to Remember, 1957

More free time for you (again) this Christmas!

Treat yourself with a bit of free time this Christmas by letting Roland do the work for you.



Lawrence, Anne and Roland from REAL BUTCHERS have an exclusive deal for T&T VIPs to save you time and money while wowing the family this Christmas

Christmas is great... But not that great!

As much as we all love Christmas: the parties, the people, family, kids, presents and a lot of delicious food, sometimes it is all a little bit much. The planning, the preparation, the choice, travel, parking, crowds... the list goes on and on...

Luckily though for our T&T VIPs, our butcher Roland from the fabulous Real Butchers of New Malden is offering you, dear readers, an exclusive offer that will take a lot of the hassle out of preparing a fabulous feast for your family this Christmas.

Help is at hand

Roland is offering to do all the work for you sourcing the finest meats for your Christmas Table. All you need to do is choose your offer and pick up the phone or send an email and voila, your Christmas meats will be delivered to your door in time for

Christmas.

Highly recommended

I've lived across the road from Roland's popular butchers shop in New Malden for over eight years now and have shopped there for just as long.

The quality is second to none. The meat is sourced from farms where the welfare of the animal is put first and foremost and the proof is definitely in the eating. We use Roland's dry cured back bacon exclusively in the café and also source our cooked ham and beef brisket from him too.

High welfare, top quality meat reared with love

Their delicious free-range pork is sourced from Blythburgh and rare breed beef and Nedging lambs are reared with love and care at Bridge Farm both near the coast in Suffolk. Healthy chickens are raised at Otter Valley Poultry in Devon where they're allowed to forage freely across thick clover pastures free of pesticides and fertilisers.

Exclusive T&T Offer!

Enjoy top quality turkey and ham this Christmas delivered directly to your door. Simply select your option, call or email Roland and then enjoy a bit of quality time while you wait. Simple!

Option 1 (8 people)

Whole Otter Valley Free Range Turkey (4-5kg), Home Cooked Ham (2kg) and 24 pigs in blankets. **Only £100**

Option 2 (4 people)

Whole Otter Valley Free Range Turkey Crown (2kg), Home Cooked Ham (1kg), 24 pigs in blankets **Only £60**

Option 3 (2-3 people)

Half Otter Valley Free Range Turkey Crown (1kg) Home Cooked Ham (500g), 12 pigs in blankets. **Only £40**

Your free bonus!

Order before 5pm on Friday the 16th of December and you will receive a box of stuffing with your order **absolutely free**.

Order now!

Simply call Roland on 020 8942 0582 or email therealbutchers@btconnect.com quoting which offer number you would like, your delivery date and address and Roland will confirm your order and do the rest for you.

Also available: excellent beef, pork, bacon, eggs, poultry and game all of the highest quality. Give Roland a call and he'll be happy to help.

Putney People

Local mum takes dance group all the way to Britain's Got Talent!



Emily and son Christian

We are continually surprised and delighted by the awesome things that our guests get up to in their work and play.

In the latest installment of Putney People, we meet Emily

Stephenson, local Putney mum and T&T regular who took her dance group Dynamic all the way to the London Britain's Got Talent auditions in the autumn.

Pupils from Dynamic Dance Studios Kingston and Cheam aged 8-14 years form the dance / gymnastics group 'Dynamic'.

After weeks of rehearsals and hard work the girls were lucky enough to be filmed on location at London Bridge before going on to London's Excel for more filming and their auditions.

Emily recalls, "It was a freezing cold day but that did not affect the energy of girls, they did brilliantly and had a superb experience!

They have shown over the past six weeks that with hard work and dedication you can achieve anything! We are hoping the girls will appear on TV in the BGT series in Spring 2017"

T&T are proud to have had a hand in the girls' success. Emily and son Christian fuel all of the hard work choreographing, dancing and training with Chorizo Eggs and Gluten Free Salted Caramel brownies. We're happy to help



Dynamic ready to wow the judges

the girls to victory!

For more information on Dynamic Dance Studios go to:

www.dynamicdancestudios.co.uk

T&T wish Emily and the girls in Dynamic the best of luck in the Spring!



The girls in the studio



12 Ways to Christmas

Leann takes an alternative approach to giving

It may be the most wonderful time of the year but for many of us it's also the busiest, with seemingly endless hustle and bustle, rushing to finish those many tasks the season demands.

So while those notorious twelve days of Christmas draw nearer, here's a humble offering of 12 alternative ways to Christmas this year; suggestions to help slow down the manic merriment, forgo the money spending

come in a big, bright box with a bow, but giving personalised coupons can bring big smiles for gifts to come. Offering your passions and skills to loved ones brings more lasting cheer throughout the year. Musicians can give vouchers for guitar, piano, or singing lessons, photographers could offer a photoshoot with prints or blossoming chefs can offer a meal with a customised menu. Why not give parents the night off with free childcare or offer friends a specially planned day out?

with; people who would cherish the companionship and warmth of togetherness this cold December. Opening your homes and hearts can be a gift in itself, to others and yourself.

5. Santa Swap - Rummage through the rooms of your house and round up unwanted and forgotten items you've accumulated this year to donate to those in need. Encourage children to select toys to 'trade' with Santa for those new ones



madness and reimagine the holiday magic.

1. Pre-loved Treasures - Take it from a thrift store aficionado: it doesn't have to be new to be desirable. Sifting through charity shops can result in spectacular finds if you keep those minds open and eyes wide. You'll also be rewarded by giving gifts with a more personal touch than grabbing from the widely-stocked shelves of trending items.

2. Extreme Couponing, Christmas Edition - It may not



Whoever you are, you've got something to give!

3. Neighbourly Love - Support your community by buying locally. From farmer's markets for those house party canapés to craft stalls with handmade gems for everyone on your list, keeping it local goes a long way to give your neighbourhood businesses a boost this holiday season.

4. Spread the Cheer - Invite unexpected guests over for tea or ask them to share in your holiday meal. Winter can be the loneliest season for those without someone to spend it



they'll be receiving and take to a local church or shelter. These minor measures can make a major impact on someone else's Christmas.

6. Charitable Cheer - Whether it's pocket change, an hour's wage or the cost of a Christmas dinner, you can put a smile on someone's face and warm their heart simply by making a gesture of generosity. Buy someone less fortunate a cup of coffee, a humble holiday meal, a warm winter coat or a new pair of gloves to make all the difference in their day and the end of their

year. Don't forget about local food drives making it especially easy to be charitable this season.

7. Don't Hate, Donate - With countless worthwhile non-profits out there, why not put your hard-earned money where it really makes a difference. Find charities aligned with gift recipients' interests to honour them while doing the world a world of good. In return, ask friends and families to donate to organisations of your choice in lieu of presents this year. Alternatively, find gifts where proceeds help fund noble causes, such as LUSH's Charity Pot which allocates 100% of the price to grassroots groups.

8. Swap the Shop - Why spend countless hours scouring the shelves and emptying your wallet when you can fill your heart and soul with selfless giving. Swap the time you would be spend in the shop hunting for holiday gifts and fare to volunteer instead. With ample local opportunities to lend a hand, from soup kitchens to community centres, you'll touch more lives and be giving

something money can't buy.

9. 'Tis the Season to Sponsor

- With so many people living without this holiday, the smallest offering can mean a huge difference. Many organisations can help you brighten the season for others by sponsoring a child or a whole family in need. Or for the animal lovers with room to spare, you could show a four-legged friend some Christmas compassion by adopting a pet from a nearby shelter, giving it a warm home this holiday.

10. Make a Merry Memory

- Begin a new tradition with your family or group of friends to visit hospitals or retirement homes with holiday cards, baked goods or just a few hours of company. Spend time with those who will savour every moment you offer them and listen to tales of their own holiday memories. Another idea inspired by one generous family: go to McDonald's and buy 100 cheeseburgers to hand out at a neighbourhood shelter and feel the healing power of giving.

11. Handmade, with Love

- You don't need to be the creative type to impress

everyone on your list with handmade presents this year. There are virtually endless collections of ideas online to inspire you, from tea cup candles, trophy-topped wine stoppers and "tattooed" gloves to framed family photos and unbaked cookie jars. Ranging from simple keepsakes to stunning mementos, a few hours creating your own unique gifts trumps those spent in line at a swarming superstore.

12. Have a Conscientious Christmas

- Holiday shopping can be profitable in astonishing ways if you give gifts that give back. 1000 Shillings, Connected in Hope and Made by Survivors are only a few of the dozens of groups offering handmade goods that support and empower women by providing a sustainable income to those in impoverished areas. Other organisations such as Send A Cow, established in Bath, let you buy presents that provide food, shelter, education and more for those who truly need it. Present your loved ones with loving presents that last a lifetime.

LSC

T&T WINTER SPOTIFY PLAYLIST



The Mamas and the Papas – California Dreamin'

Fleet Foxes – White Winter Hymnal

Animal Collective – Winter's Love

Cat Power – Sea of Love

Jose Gonzalez – Heart Beats

Iron and Wine – Faded from the Winter

Regina Spektor – Après Moi

Sufjan Stevens – Sister Winter

Bjork – Frosti

Beach House – Used to Be

Elliot Smith – Angel in the Snow

Edward Scissorhands – Ice Dance

Go to <https://goo.gl/Qq9jEV>

to enjoy!

Because we're worth it

Judith Russenberger – Connection at St Martins

I work at the Connection at St Martin's - a central London charity working with homeless people. Homelessness has many causes and the solution is seldom as simple as just providing someone with a room.

In addition to accommodation, the Connection aims to address the underlying factors that led to the client becoming homeless. If these are not addressed the person will bounce back out of accommodation and onto the streets. A gambling addiction that eats up rent money; mental health issues where

voices in your head tell you it's safer on the street; alcoholism that undermines your self worth; drug induced anti social behaviour that flouts hostel rules; poor social skills that limit the support networks that most of us take for granted.

Support networks are important. The people who are there when you're feeling lonely, when you need a shoulder to cry on, when you are so stressed that you can't think straight, who remember when it's your birthday, who lend a helping hand when you're overwhelmed, who provide wise counsel. The people who say hello, how are you, who make you feel part of

the community. People whose praise motivates you to work hard and aim high, who are there to share your good times, who make celebrating worthwhile. Without them we would be lost.

I contribute through art. The Connection provides an art room for clients where they can escape the stress of street living, and spend time painting, drawing and developing creative projects. It is a different world where no questions are asked, and no paperwork needs to be

morning shift (6.00 - 8.30am) checking up on those sleeping rough. We check that they are OK, assess what services they could use, and relay messages to their case workers. Not everyone is pleased to see us. Entrenched rough sleepers are reluctant to accept help, wary of losing their independence. Some fear we are authority figures ready to ship them out of sight. Others from past experience are distrustful of any new person. Nevertheless we always treat each person with respect and the offer of support.

What ever their situation, they deserve being noticed: each is a valued individual and we won't just pass by.

After an early morning shift I treat myself to breakfast out, usually at Tried & True, for a hearty bowl of porridge and a good flat white. Even if I only

come once a month, I know I'll be welcomed and valued as an individual, not just a passer-by.

Christmas is one of the most difficult times of year for homeless people. By donating just £5, you will be paying for one homeless person to have Christmas lunch with all the trimmings in the warmth and understanding of our centre. With your help, they will not spend Christmas alone.

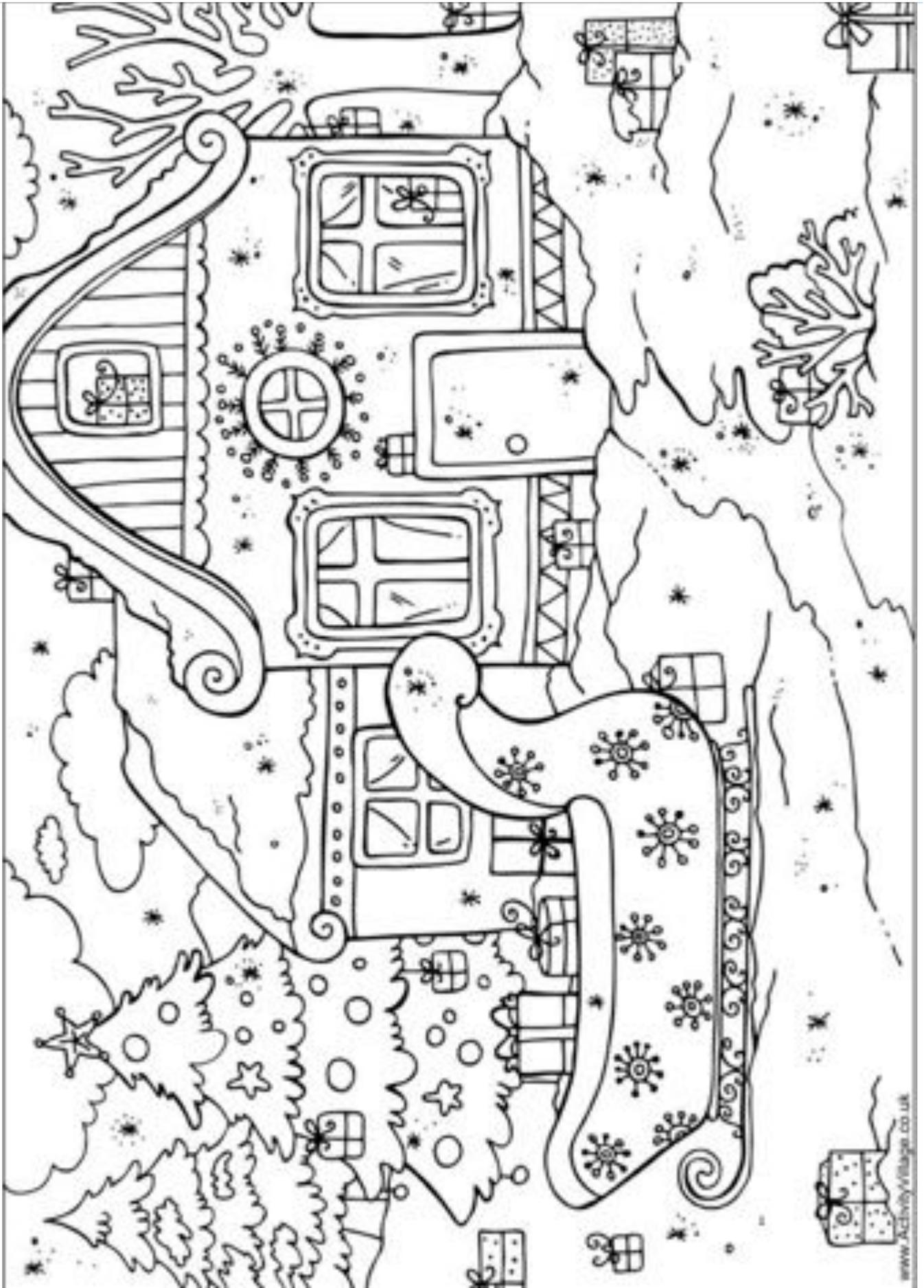
To donate £5 go to
<https://goo.gl/HlpgHV>



completed. It is distracting, diverting, restful and therapeutic. It is a place to simply be human. On Fridays a more structured session is provided - making collages, bending pipe cleaner figures, dough models or woven paper mats. Clients often say they haven't done this since being at school - it is surprising how seldom we allow ourselves the leisure to be creative.

Some Saturdays I accompany outreach workers on their early

Tried & True Christmas Colouring Contest – Win a £25 Toys R Us Voucher. Hand your picture to the team with your name and email address before the 23rd of December. Winner announced in the January Newsletter. Judges decision final.





Our Christmas Hours

We will be open on the Friday and Saturday between Christmas and New Year. Pop down for the last 2017 brunch!

24 – 29 December CLOSED

30 & 31 December OPEN

1 January 2017 CLOSED

2 January 2017 OPEN

Please contact us for more information:

info@triedandtruecafe.co.uk

Continued from pg 1

given by my friends and relatives I can really feel the love!

It does however give me pause for thought as the holiday season bookends yet another year of my life. It's been another great year with many triumphs and some unfinished challenges. Friendships affirmed with quality time spent and magical family moments savored have been made more poignant by the contrast of some sadness and disappointment. But that's life and I'm so grateful for everything and everyone in mine.

Gay Hendricks' wonderful "Year of Living Consciously" (Harper Collins 1998) says it best for this time of the year:

"As humans, we are often creatures of excess. Bigger is better (size does count, doesn't it), more is better, and excess is even better than more. The biggest house, the tallest Christmas tree, the most gifts under the tree; you may find yourself at times in a battle with the universe, one of your own making,



to prove that in your excess you are more generous, more successful and more immortal. Surround yourselves with things and you stave off mortality; this is now the

thinking seems to unfold. It is as if death will be unable to find you if you are hidden beneath a layer of material coverings.

This Christmas, a season where many celebrate the birth of Christ, on a on a day that has become a pageant of giving and receiving, take a few moments to consider what is real. If you stripped down your life to what is important, most real, what would be left? Relationships. Not houses. Not cars. Not those ribboned gifts under the tree. People would be left. Knowing this, celebrate your relationships this holiday season: their birth, their existence, their importance in your life"

RK December 2016