



Newsletter

ABC Seniors News

Useful Numbers

Council Offices	0300 0300 900
Police Emergency	999
Police Non-Emergency	101
ABC Seniors Network	07873 339 423
Age Friendly Officer	07825 010 630
Age NI Advice Service	0808 808 7575
Access and Information	0283756 4300
Elder Abuse (Hourglass)	0808 808 8141
Action Fraud	0300 123 2040
Out of Hours Doctor	028 3839 9201
N.I. Water	0345 744 0088
N.I. Direct	0300 200 7899
N.I. Electricity	03457 643 643



Hello

Hello and welcome from the Armagh, Banbridge and Craigavon Seniors Network. We are an umbrella group of volunteers representing the older community within the Armagh City Banbridge and Craigavon Borough Council area. Our Mission Statement is to represent and influence decisions and policies for the older community in this area by giving them a voice on topical issues that impact directly on their health and social wellbeing. Our goal is to make this Borough a place where older people can live full, active, valued and healthy lives.

We hope you enjoy this Spring edition of our Newsletter and if you have any ideas for further editions please don't hesitate to contact us on **07742 151351**. If you would like to join the Network, sign up to our mailing list, or to raise concerns about an issue in your local area please call Faye on the number above or you can contact our Chairperson David Hammerton on **dhammerton@hotmail.com**.

We are also hopeful that, just as Spring brings about a re-awakening of life in Mother Nature, that it will this year also herald the final loosening of the COVID-19 restrictions and allow us to emerge from lockdown in safety. Let us look ahead with enthusiasm, hope and confidence.

Stay safe everyone.

ABC Seniors Network x

Covi over and I'm back in the clover

A 91-year-old Keady man who has just battled and beaten Covid has written a poem to thank the medical teams who tended to him in his time of need. Donald McKenna put pen to paper to write 'Covi over and I am back in the clover' as a tribute and in recognition of the care he received from the Acute Care at Home Team.



Have you ever been in lockdown lads or have you felt the pain
I'd rather be hung on a Christmas tree than go down that road again
I wasn't feeling very well and went and got the test
They awarded me a P and I was locked up with the rest
Some of them were not too bad and I was the worst of the pack
Now I've been through the wringer and been to Hell and back
For 18 days I fought my fights, pain filled days and sleepless nights
Now I've been discharged and they say I'll live
But I've got more wee holes than a bloody sieve
But I'll not complain it's a small price to pay
A pair of wet feet when I'm drinking my tay
But before that I finish I'd like to say thanks
To the team of professionals that put me back on my shanks
I was checked out and tested in dozens of ways
But for the doctors and nurses I have nothing but praise
They should all be rewarded when we're out of this mess
Compensation and medals and from me a 'God Bless'

By Donald McKenna

PARK POWER



VISIT LURGAN PARK TODAY

What is Park Power!

Park Power is a series of strength and balance exercises for people of all ages that do not require any equipment and makes use of the benches within Lurgan Park.

Park Power guides you through seven simple exercises that will improve your balance, muscle strength and increase your coordination. Increased stability, mobility, and flexibility will make it easier for you to perform everyday tasks such as carrying shopping, opening jars and getting up from a chair, as well as reducing the risk of falls.

At seven benches in Lurgan Park, you will see instructional signs detailing the exercises you can try – sit to stand, bench press, bicep curls, arm raise, front knee extension, leg flexion and one leg stand.

Park Power is such an easy way to incorporate strength and balance exercises while enjoying family time and all the benefits of being outdoors. Look out for those signs and have fun while improving your health and wellbeing at the same time!

Park Power is part of the Get Moving ABC initiative and is a collaborative effort from a range of Community Planning Partners, including Southern Health and Social Services Trust and the Public Health Authority.



AGE FRIENDLY

Armagh City, Banbridge & Craigavon Borough

The Age Friendly Programme will oversee, promote and encourage the design and implementation of a 3-year Age Friendly Strategy for the Armagh Banbridge & Craigavon council area in order to ensure that older people can live full and healthy lives, participating in and contributing to their communities.

The strategy will be developed in association with the Age Friendly Alliance, ABC Seniors Network and consistent with Age Friendly approaches being implemented regionally and beyond.

Age Friendly is a framework developed by the World Health Organisation (WHO) to support the development of Age Friendly communities looking at the following eight themes:

- **Outdoor space and buildings**
- **Transportation**
- **Housing**
- **Social participation**
- **Respect and social inclusion**
- **Civic participation and employment**
- **Communication and information**
- **Community support and health services**

If you would like any more information, or would like to know how you could contribute to the programme please contact Stephanie Rock on **07825010630** or email: stephanie.rock@armaghbanbridgecraigavon.gov.uk

First Connect Service



Are you facing a difficult time in your life? Do you need a bit of extra support or advice? Age NI's First Connect service offers dedicated emotional and practical support at difficult times in an individual's life. The First Connect project is there to support older people and help them make sense of what is happening in their lives and to support them to make choices and access new opportunities and services that they consider best enhances and sustains their wellbeing and independence.

We believe this approach will support older people to remain independent in their own homes and communities.

The First Connect Co-ordinator alongside a small pool of volunteers will support service users to avail of supports/ services in their local area. We provide a holistic assessment to promote independence, involvement and wellbeing. The service is offered to individuals over the age of 60.

For more information, please contact Emma McLoughlin on **07816230753** or email Emma.mcloughlin@ageni.org

PHONE FIRST

Make sure you PHONE FIRST before going to Craigavon Area or Daisy Hill Hospital Emergency Departments, or South Tyrone Hospital Minor Injuries Unit.

0300 123 3 111

TEXT RELAY: 18001 0300 123 3 111

Operating Monday to Friday 9am to 6pm

**Get directed to
the right care**

**Avoid busy
waiting rooms**

Stay safe

Save time



FOR EMERGENCIES - 999

Including: stroke, heart attack, loss of consciousness, breathing difficulties, severe bleeding or major trauma

ALWAYS CALL 999 IMMEDIATELY

Meet our Member

Name: Faye Aiken
Our Wellness Champion



Tell us something about you that we don't know?

Something which I don't think many people know about me is that I was an Archery Coach. Whilst that is a long time ago now it was a beautiful sport to be involved with. I still recall the excitement of releasing that arrow and the anticipation of waiting to hear the thud as it hits its target.

Where is your most scenic place in the Borough to visit?

My most scenic place within the borough has got to be Peatlands Park - on a sunny day preferably. Being free to meander at your leisure whilst taking in the stillness, bird song and beauty of nature by the lake does it for me.

Where is your favourite place to eat in the Borough?

After my kitchen table with family present, it has got to be Zio's. The variety of food on offer caters for all palates. I find the staff to be friendly, attentive and polite.

If you could invite anyone to dinner who would it be and why?

If I could invite anyone to dinner - whilst I could think of several great men and women - top of my list would be Anne Frank. Once I had expressed my great admiration for her I would invite her to share how as a child she and her family coped with living in such restricting circumstances and the constant fear of being caught and put to death. I believe there would be many life lessons I could take away from such a conversation.

What is the best thing about growing older?

One of the best things about growing older is the wisdom and maturity that comes with it. Being able to see life from a different perspective and prioritising the really important issues. Keeping loved ones close and expressing love and affection for them as often as possible.

Reminiscence Quiz - How many can you remember?

1. According to the nursery rhyme, what are little girls made of?
2. Who ran away with the dish in Hey Diddle Diddle?
3. How many men did the Grand Old Duke of York have?
4. Who kissed the girls and made them cry?
5. Which nursery rhyme character ate curds and whey?
6. Which pair went up the hill to fetch a pail of water?
7. What sort of pie did Little Jack Horner eat?
(a) Christmas pie
(b) Mince pie
(c) Shepherd's pie
8. How many fiddlers did Old King Cole have?
9. Who was in the parlour eating bread and honey?
10. According to the nursery rhyme, what is short and stout with a handle?

Why won't Cannibals eat clowns?
They taste funny

**Dermot
Joke Time**



Riddles

CRIME PREVENTION WORDSEARCH

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

- | | | | |
|-------|---------|------------|---------------|
| SCAM | THIEF | TELEPHONE | EMAIL |
| COLD | CALLING | FRAUD | VALUABLES |
| MONEY | CRIME | PREVENTION | NEIGHBOURHOOD |
| WATCH | REPORT | POLICE | BANK |
| NEVER | GIVE | ACCOUNT | DETAILS |

What occurs once in a month, twice in a moment but never in a day?
The letter 'M'

What runs but never walks?
Water

What stays in the corner and travels all over the world?
A stamp

What has no beginning, no end, and nothing in the middle?
A donut

What never asks a question, but always demands an answer?
A Phone

How can you make seven even?
By taking away the 'S'

What has lots of keys but cannot open doors?
A Piano

What can you hold without ever touching it?
A conversation

Dermot Joke Time

HAAAA!

What do you call a pig that does Karate?

A pork chop

HAAAA!

What's the difference between a guitar and a fish?

You can't tuna fish

VAX & GO
Working in partnership with Southern Health and Social Care Trust

COVID-19 VACCINE
10 ml STORED IN FREEZER
FOR INJECTION ONLY

FREE WHEELCHAIR FRIENDLY COVID SAFE TRANSPORT TO YOUR VACCINATION APPOINTMENT

- Social Distancing on board
- Temperature Check
- Mask worn on board
- Pre-Journey Health Check
- Hand Sanitising

BOOK NOW T:028 38 317810 (Craigavon & Banbridge) or T:028 3751 8151 (Armagh)



Vax & Go is a Covid Support Service provided across ABC Council area by Armagh Rural Transport & Down Armagh Rural Transport Partnerships
EMAIL: info@dartpartnership.co.uk / info@armaghrruraltransport.com



Cooking with Grannie – Waste not want not!!

by Margaret Mayne

My Grandmother who lived in Bath in Somerset always encouraged me to cook. Growing up we would have spent Easter holidays with her and the next year we would have spent the summer holidays there. Grannie and Grandpa would alternate to come to visit us. I thoroughly enjoyed learning how to cook from my Grannie who was a traditional cook and worked in houses at the Royal Crescent, Bath in the early 1900s. If you remember the series that was on television Upstairs Downstairs this would have been what it was like for my grandmother, she was Head Cook and had many responsibilities.

Coming up to Easter my grandmother would have had a lot of preparation to do for afternoon teas and picnics and two of her favourite treats were the Easter biscuits and the Orange drizzle cake.

So from a very early age, I was taught to cook these and it wasn't your traditional wooden spoon in the bowl. Grannie would tell me to use my hand to beat the butter and sugar and once light and fluffy the rest of the ingredients were added. My grandmother would then tell me to scrap my fingers and palms of my hand to get every little bit off and say "Waste not want not".

The baking trays were greased with the butter paper, this paper was then used to line the loaf tin for the Orange drizzle cake, again Grannie would say "Waste not want not". It was the same when making the Orange drizzle cake, Grannie would say "hands came before wooden spoons". When the biscuits came out of the oven they were cooled and wrapped in tissue paper, a bow tied at the top, put in a basket, and then Grannie and I then would have walked along the Vineyards in Bath where she lived and distributed the biscuits especially to houses with children.

Our treat back then was having the biscuits on Good Friday and the Orange Drizzle cake on Easter Sunday and to this day I still carry on her tradition. Oh, how I did love to bake with my Grannie

These recipes are the same as what Grannie always used. I hope you get the opportunity to try them out and enjoy them as much as I do.

Spring Time BAKING

Easter Biscuits

INGREDIENTS

5ozs butter or margarine (141g)
4ozs caster sugar (113g)
Rind or Zest of Orange or lemon
2 egg yolks kept egg white for coating biscuits
8ozs plain flour (225g)
2ozs currants (65g)
Pinch salt
You can add 1 teaspoon of cinnamon optional

Cream butter, sugar, and rind together
Beat in the yolks then add flour salt and currants
The mixture should be stiff

METHOD

Roll out mixture on a flour board $\frac{1}{4}$ "
Brush over then with beaten egg white and dust with
caster sugar
Then using a cutter cut in shape (of your choice) makes
usually (24)
Put on baking tray with parchment paper and bake until
golden brown
Temp 175 fan oven, 375 regular oven, gas 4/5
Enjoy!!



Custard Creams

INGREDIENTS

4ozs butter (113g)
3ozs caster sugar (85g)
3ozs custard powder (85g)
4ozs plain flour (113g)
1 teaspoon Baking Powder
1 egg
Butter icing 3ozs butter (85g)
6ozs icing sugar (170g) beat till light and fluffy) or melt 4ozs
dark or light
chocolate (113g)

METHOD

Beat all together then with wet hands roll into balls the size
of a walnut. Put on greased and lined baking trays. Using
the back of a fork press with ball (it leaves an imprint),

Bake at 375 or 170 Fan or Gas 4 for 15 minutes. Leave to cool
and then put melted chocolate or butter icing and sandwich
2 biscuits together, dust with icing sugar. Truly scrumptious!!



Spring Time BAKING

Orange Drizzle Cake

INGREDIENTS

8ozs margarine (225g)
8ozs caster sugar (225g)
8ozs self-raising flour (225g)
1-teaspoon baking powder
Finely grated rind or zest of an orange (keep 1 teaspoon
back for drizzle mixture)

Drizzle mixture

Use juice of an orange and 2ozs caster sugar (65g) mix and
add teaspoon of zest



METHOD

Put all the above ingredients into a mixing bowls and
whisk together
Then either put into loaf tin, or divide in 2 tins. Grease
your tins and line
Bake for 45 minutes in loaf tin or 25 minutes in 2 tins
oven temp 180c or 160c (fan) or gas 4
Once out of oven drizzle with the drizzle mixture.

Leave to cool in tins
Once cool take out of tins and remove paper

If you have used the 2 tins you can make a butter icing
4ozs butter (112g) 5ozs sieved icing sugar (141g) finely
grated zest of an orange
Beat until light and fluffy and place on 1/2 sandwich
then cover with the other 1/2 sandwich

This is a beautiful light cake ideal for any occasion.

ABCSN MEMBERS WORDSEARCH

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

DAVID
FAYE
TRACEY
MILLIE
ANN
NORMA

WILLIAM
MARGARET
MARY
MAY
ROISIN
DEREK

HEATHER
ELAINE
JOE
NORAH
PAT

DERMOT
STEPHANIE
OLIVE
ETHEL
GEOFF

Don't rule yourself out...

Even if you already claim benefits, own your own home, work, claim a pension, or have some savings, you could be entitled to additional support.

- Have you been diagnosed with an illness, condition or disability?
- Are you caring for someone?
- Have you reached retirement age?
- Are you unemployed or looking for work?
- Are you confused about benefits?

Whatever your situation Don't miss out... Find out!

Contact Make the Call for a **free and confidential** assessment. A friend or relative can make the call on your behalf (with your consent), providing they are with you when you call. We also offer an outreach service where we can visit you in your home to help you complete application forms.

“ I would never have been able to get the things me and my wife need without the Make the Call service. They are invaluable. Life would have been an awful lot harder and it would have taken a lot longer to get help. ”

CALLER



make the call

0800 232 1271*

Quick Call, Lasting Difference.

Talk to us about accessing benefits, supports and services you may be entitled to.



make the call

0800 232 1271*

Quick Call, Lasting Difference.

*network charges may apply



Department for
Communities
www.communities-ni.gov.uk

Text: **ADVICE to 67300***
Visit: **nidirect.gov.uk/makethecall**
Email: **makethecall@dfcni.gov.uk**

*network charges may apply

Post Office card accounts are closing in November!!

What is a Post Office card account?

A Post Office card account is a special bank account you could only get from the Post Office for automated government payments such as benefits i.e. your state pension. It is not the same as any other current or savings account offered by the Post Office. The Department for Work and Pensions (DWP) has used the Post Office Card Account to pay state pensions and benefits to people since 2003, but its contract with the Post Office will end in November 2021 (this year) meaning people have been getting letters advising them of the need to re-direct their payments to a bank account instead.

What to do now your Post Office card account is closing

If you have a Post Office card account for your state pension payments then this will be closing in November 2021. The Department for Work & Pensions are sending out letters over the coming months. Your benefits or state pension payments will not stop. The only change is that you will no longer be able to use a Post Office card account to draw out your money. You will need to have a bank account to get your pension paid into it.



I already have a bank/building society, credit union or a basic fee-free bank account

If you already have an account, it is easy to switch payments over. Phone the Department for Work & Pensions dedicated helpline on 0800 085 7133 (Textphone 0800 085 7146) and they will ask for your details and switch the account over for you.

What if I don't feel comfortable sharing my details over the phone?

Don't worry. You should have already been sent, or soon will be a switching payment form and pre-paid envelope by the Department for Work & Pensions. Just complete the form and return it free in the envelope supplied.

How do I set up a new bank account if I do not already have one?

You have until November 2021 (this year) to open a new bank account. So if you prefer to open an account in-person in your local bank branch you could wait for coronavirus lockdown rules to ease. Alternatively, many banks will let you apply for a new bank account online or by telephone. This includes providing any identification you need to open the account. If you need help applying for a bank account online, you might want to ask a trusted friend or family member.

Can I get any help or support with opening a bank account?

The Department for Work and Pensions recognises that some customers may have difficulty with changing their method of payment and need assistance in choosing an account that is right for their circumstances. The following support services are available to assist them:

A dedicated free telephone service (0800 085 7133) has been set up within the DWP and offers users the opportunity to ask questions and seek support in choosing an account that meets their needs.

The 'Make the Call Wraparound' service which can be accessed at 0800 232 1271 or makethecall@dfcni.gov.uk can assist customers when considering change of payment method.

Other free independent advice is available from:

Advice NI 0808 802 0020 or www.adviceni.net/money-talks

Money Advice Service on 0800 138 7777 or www.moneyadvice.service.org.uk

What should I do when I have opened my new bank account?

When you have opened your new bank account, you should give the Pension Service in the Department for Work & Pensions the bank account details. You can do this by phone on 0800 085 7133 (Textphone 0800 085 7146), or by post if you have received the letter from the Department for Work & Pensions. You should try to do this as soon as you have opened the new account.

How do I close my Post Office card account?

Wait until you start receiving your benefits or state pension into your new bank account before you close your Post Office card account. Any remaining money left in your old account will be transferred over to your new account. To close the account you will need to collect a P6703 account closure form from your local Post Office or call the Post Office contact centre on 0345 722 3344 to have a form sent to you. If you need any help with completing or submitting the form you can contact the Post Office contact centre on 0345 722 3344 (or 0345 722 3355 for Tynetalk).

When you've completed the form you should take it back to your local Post Office where they will check it and send it on. From this point it will take up to 10 working days for your account to be closed. Do not close your Post Office card account until you have checked that your benefits or state pension payments are being paid into your new bank account.

Can I still collect my benefits or state pension payments from the Post Office?

You can access almost all major UK bank accounts in your local Post Office. Which means you will still be able to withdraw your cash from your regular branch, just as you always have. Just check with the Post Office beforehand for a list of all bank accounts you can use to withdraw money from your local Post Office.

If you need any more information or advice, please give Stephanie Rock, Age Friendly Officer with Armagh City, Banbridge & Craigavon Borough Council a call on 0300 0300 900 or 078 2501 0630.

Answers to Reminiscence Quiz

1. Sugar and spice (and all things nice)
2. Spoon
3. 10,000
4. Georgie Porgie
5. Little Miss Muffet
6. Jack and Jill
7. (a) Christmas Pie
8. 3
9. The Queen
10. A Teapot

Dermot Joke Time

Why do birds fly north in winter?
Because it is too far to walk

HAHA!

What do you give a seasick elephant?
Lots of room

HAHA!

Reminiscence boxes from Armagh County Museum

Themed to stimulate, recollect and share life experiences

Our senses are powerful stimulants for recalling forgotten feelings and memories, as well as starting conversations. The themed boxes have been put together with this in mind. They contain objects to trigger memories for everyone. We hope they are inclusive and encourage imaginative and creative opportunities to share memories with the help of:

- ☒ Smells
- ☒ Places
- ☒ Colours
- ☒ Sounds
- ☒ Tastes



Themes available include but are not limited to:

- ☒ Homes in the past
- ☒ All in a day's work
- ☒ Toys

Each box can be borrowed for a 2 week period free of charge.

All we ask is for your feedback in how they were received.

To arrange collection please contact Sarah:

T: 028 3752 3070

E: acm.info@armaghbanbridgecraigavon.gov.uk

A: The Mall East, Armagh, BT61 9BE