

OCTOBER 2021

# ABC Seniors Newsletter

## USEFUL NUMBERS

<b>Council Offices</b>	0300 0300 900
<b>Police Emergency</b>	999
<b>Police Non-Emergency</b>	101
<b>ABC Seniors Network</b>	07873 339 423
<b>Age Friendly Officer</b>	07825 010 630
<b>Age NI Advice Service</b>	0808 808 7575
<b>Access and Information</b>	028 3756 4300
<b>Elder Abuse</b>	0808 808 8141
<b>Action Fraud</b>	0300 123 2040
<b>Out of Hours Doctor</b>	028 3839 9201
<b>N.I. Water</b>	0345 744 0088
<b>N.I. Direct</b>	0300 200 7899
<b>N.I. Electricity</b>	03457 643 643

## Jokes!

*What do you call a boomerang that doesn't come back?*

A stick!

*What are a shark's two most favorite words?*

Man overboard!

Have you ever tried eating a clock? It's really time-consuming, especially if you go for seconds.

*Why are ghosts such bad liars?*

Because they are easy to see through.

I was wondering why the frisbee was getting bigger, then it hit me.

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.

Positive Ageing Month takes place this October and is a month-long festival of events and activities to highlight the valuable contribution older people make to everyone's lives. It encourages older people to reach out and connect not only to reduce social isolation and loneliness but to support them to live long, healthy lives. Check out all the Positive Ageing Month Activities available throughout the Borough this October in the middle pages. Please note, all face-to-face activities will have strict social distancing and other covid measures in place. Activities may be cancelled at any time in line with Government guidelines. Places are limited and booking is essential, so book early to avoid disappointment.

We hope you enjoy this Autumn edition of our Newsletter and if you have any ideas for further editions please don't hesitate to contact us on **07742 151 351**.

**ABC Seniors Network**

# Margaret's Celebrity Traditional Irish Scones

In 2009 when we semi-retired, we went on a cruise to Alaska on one of the Celebrity Princess Cruises. A trip of a lifetime for both me and my husband Ronnie. The food was exceptional! On the 4th day mid-morning, we decided we would try some scones. We were asked did we want fruit or plain we said, "One of each please."



They were so hard and tasteless, we left them on the plate. A waiter came over and asked us was there something wrong with them? "Yes" Ronnie said, "you would need my wife to show you how to make scones!!" The waiter said they served many scones but nobody ever came back looking for a second helping. We headed out on our day trip, when we arrived back to our bedroom there was a note through our door inviting me to meet the Head Chef and Pastry Chef the following morning. I went to the kitchen and they asked me to share my recipe with them, and a small batch were made. They were scrumptious and the Chef were delighted with them and how easy they were to make. We discussed ingredients and I worked out how much they would need to make 100 scones.

## Recipe

**12oz or 340g Soda Bread Flour**  
**2 tablespoons of caster sugar (opt)**  
**2 medium eggs beaten**  
**1-2 tablespoons sunflower oil**  
**7ozs or 207 ml or 180-200 grams buttermilk**  
**You can add dried fruit, fresh fruit. Use 4ozs or 113 grams**

Combine dry ingredients together in a bowl, then combine eggs, sunflower oil and half of the buttermilk and mix all together with metal spoon then add remaining buttermilk.

You should have a soft consistency (wetter than the normal scone mixture)

Put mixture out onto a lightly floured board, and knead lightly.

Then cut into scones, depending on the size of the cutter small (20) medium (14) large (9)

Place scones on a floured baking tin close together as this will help keep their shape.

Bake on middle shelf at 200c for 12-14 minutes.

Lift scones off baking tray unto cooling rack.

If you want a soft-top scone, place a damp clean drying cloth on top.

The next morning Ronnie and I were invited as guests to the Captains table for morning refreshments. We were served a silver platter with my fresh scones, cream and strawberries. The Head Chef was there also. They thanked me again for sharing my recipe and asked me "What can we give you in return for your delicious scone recipe?" I replied, "Just enjoy the scones and let your passengers enjoy them too." The next morning when we went down for breakfast there was a tray with fresh scones and a notice saying Try Margaret's Traditional Irish Scones. I hope you all give my celebrity scones a try and if you have a recipe that never fails, share it and let others enjoy it too!

## Reminiscence Quiz

- How much does a 'stitch in time' save?
- How many pennies are there in an old style English pound?
- In which Scottish lake is a monster said to live?
- What were commuters urged to go to work on in the 1960's?
- What is the RAF's famous aerobatic display team called?
- Which English city is familiarly known as 'Brum'?
- If you had 'tinnitus' what would you be suffering from?
- What is the world's bestselling perfume?
- Scorpions are immune to their own poison. True or False?
- In a hit song of 1939, where was the washing going to be hung out?
- What colour is a Harrods carrier bag?
- Which of Henry VIII's wives was mother of Queen Elizabeth 1?
- Where in London did 'The Wombles' live?
- Dietary deficiency of vitamin C gives rise to which disease?
- What was the name of the frog who appeared in 'The Muppet Show'?

**Answers on page 12**

# Join Age NI's Good Vibrations Community

Age NI has launched a programme to support older people to keep well at home: *Good Vibrations* is packed with practical content to help us feel good.

Northern Ireland's leading charity for older people has teamed up with experts in health and fitness, nutrition, and mindfulness, who have created almost 30 free - and fun - online videos.

Siobhan Casey of Age NI explained, "Good Vibrations is about tapping into easy, everyday steps we can take to look after ourselves. It's built around the tried and tested Take Five Steps to Wellbeing, encouraging us to Stay Active, Take Notice, Keep Learning, Give and Connect, all designed for added feelgood and an important mood-booster if you're spending longer at home or on your own.

"We have a brilliant healthy eating series, fitness videos for all levels, including Move with Mary hosted by the wonderful Lady Mary Peters and a Get Fit series and an introduction to mindfulness.

All the content is available at [www.ageni.org/goodvibrations](http://www.ageni.org/goodvibrations), where you can also sign up to the Good Vibrations community, to receive regular news and inspiration to boost your feelgood.

As part of Good Vibrations, Age NI has developed a wellbeing tracker pads. To request one, visit [www.ageni.org/freetracker](http://www.ageni.org/freetracker) or call **028 90 245729**.

## How safe is your home?

**Did you know that more people are injured in their own home than anywhere else, with young children and older persons most at risk?**

The Home Safety Team is here to help, in raising your awareness of the hazards that are present, and assisting you in putting measures in place to minimise accidents within your home. With advice on a wide range of topics, preventing falls, fires, carbon monoxide, blind cords, choking, burns & scalds, poisoning, it is important to get in touch and see how we can help.

If you have a child under the age of 5, are over 65, or a vulnerable adult or young person, perhaps experiencing mobility issues, or have a family member with special needs, you can contact us.

We are currently operating a phone service, providing free home safety assessments.



Age NI is very grateful to funders, the Department of Communities and the Public Health Agency for supporting the development of all of these resources.

Keep feeling those Good Vibrations!

**Age NI Advice Line - Free independent and confidential support for older people, their families, and carers.**

We all know that growing older doesn't come with a manual or instructions, which is why Age NI offers a Free Advice and Advocacy Service. Through this, information and advice is available on a wide range of topics such as financial assistance, care and support, health and wellbeing, and education or work.

Every year our Advice Service deals with thousands of calls from older people in need. For more information please visit: [www.ageuk.org.uk/northern-ireland/services/advice-advocacy/](http://www.ageuk.org.uk/northern-ireland/services/advice-advocacy/)

If you, or an older person you know, could benefit from the Age NI Advice Service, please call freephone **0808 808 7575** (available Monday - Friday 9am-5pm) to speak with a specialist advisor in strictest confidence.



Following an assessment, you may be entitled to some free safety equipment. Referrals can be made to other organisations to assist you, eg NIFRS, free fitting of a smoke alarm.

For more information on home accident prevention or to book a home safety assessment, call **0300 0300 900** or email:

[homesafety@armaghbanbridgecraigavon.gov.uk](mailto:homesafety@armaghbanbridgecraigavon.gov.uk)

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.

# Take5

steps to wellbeing



## Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



## Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



## Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



## Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



## Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing ([www.neweconomics.org](http://www.neweconomics.org)).

Artwork designed in association with Belfast Strategic Partnership.



# Positive Ageing Month

**Positive Ageing Month takes place this October and is a month-long festival of events and activities to highlight the valuable contribution older people make to everyone's lives. It encourages older people to reach out and connect not only to reduce social isolation and loneliness but to support them to live, long healthy lives.**

Check out all the Positive Ageing Month Activities available throughout the Borough this October.  
**Booking is essential.**

Please note all face-to-face activities will have strict social distancing and other covid measures in place. Activities may be cancelled at any time in line with Government guidelines

**FRI 1 OCT**

**INTERNATIONAL OLDER PERSONS DAY - Lord Mayors Address**

Connect: **Age Friendly Press Release** - in local papers/social media

**SUN 3 OCT**

Be active: **Silver Sunday Age-friendly Museums Day - 10.30pm to 1pm**

Come along to the Ulster Museum in Belfast for a socially distanced visit, refreshments and a chance to chat and find out what's going on over October, have a walk in Botanic gardens and make a day off it. Call **028 9044 0000** to book in.

**MON 4 OCT**

Connect: **Falls Awareness Workshop 1 #think falls, chatty calls**

**10:30am to 11:30am** (via zoom)

Join us every Monday throughout October for a series of chats with professional's involved in falls prevention. To register and receive your FREE resource pack call or email the Age Friendly Co-ordinator on:

**07553 379 721** or [raisa.donnelly@midulstercouncil.org](mailto:raisa.donnelly@midulstercouncil.org)

Give: **Random Act of Kindness**

Do something nice for someone else

**TUES 5 OCT**

Keep Learning: **Digital Support workshop - The Hayloft Armagh - 10am to 11.30am**

Learn how to get online and start using the Internet. To book call Edel on **07500 107 835** or email [Edel.Skelton@armaghbanbridgecraigavon.gov.uk](mailto:Edel.Skelton@armaghbanbridgecraigavon.gov.uk)

Take notice: **Chi Me & Take 5 - The Hayloft Armagh - 2pm to 3.30pm**

Listen to the Take 5 steps to wellbeing message followed by a Chi Me activity session. To book call Cathy on **07796 266 194** or email [cathy.devlin@armaghbanbridgecraigavon.gov.uk](mailto:cathy.devlin@armaghbanbridgecraigavon.gov.uk)

Keep Learning: **Dementia Friendly Communities awareness workshop**

**10 to 11am** (via zoom)

A short awareness talk for anyone who wants to understand more about what it is like to live with dementia or care for someone living with dementia. Learn about types of dementia, signs and symptoms, and small things you can do in your community to make a positive difference for people living with the condition.

To book, or for more information, please email: [julie.morton@alzheimers.org.uk](mailto:julie.morton@alzheimers.org.uk)

**WED 6 OCT**

Connect: **Linking Generations NI - 10.30am** (via zoom)

Come and find out more about Linking generations and how they can support you with intergenerational work. To book email [Infolgni@bjf.org.uk](mailto:Infolgni@bjf.org.uk)

**THURS 7 OCT**

Keep Learning: **Digital Support workshop - The Hayloft Armagh - 10am to 11.30am**

Learn how to get online and start using the Internet. To book call Edel on **07500 107 835** or email [Edel.Skelton@armaghbanbridgecraigavon.gov.uk](mailto:Edel.Skelton@armaghbanbridgecraigavon.gov.uk)

Keep Learning: **Deafblind Convention 2021 - 9am to 5pm** (via zoom)

Living better with sight and hearing loss. Free – follow the link to register by entering your email address <https://e5845.hubilo.com/community/>

Deafblind UK is hosting the UK's first virtual deafblind convention and we'd love you to join us from the comfort of your own home. Featuring world class speakers from across the globe all with the shared interest of helping people to live better with sight and hearing loss.

**FRI 8 OCT**

Connect: **Listen Share Change Taster Session - 11am to 12.30pm** (via zoom)

We are inviting you to take part in digital Listen Share Change. We use storytelling to help people start a conversation, have a laugh and make new friendships.

Delivered via Zoom or by phone using a Freephone number. To book contact Holly through Verbal LSC Team on **028 7126 6946** and ask for Holly (Belfast rep) or email [scbelfast@theverbal.co](mailto:scbelfast@theverbal.co)

Connect: **Together with Music - 11:30am** (via zoom)

Virtual regional sing-a-long event for older people within Northern Ireland. To register contact [caitlyn@togetherwithmusic.org.uk](mailto:caitlyn@togetherwithmusic.org.uk) or **07951 736 905**.

**MON 11 OCT**

Connect: **Falls Awareness Workshop 2 #think falls, chatty calls 10:30 to 11:30** (via zoom)

To book call or email the Age Friendly Co-ordinator on **07553 379 721** or [raisa.donnelly@midulstercouncil.org](mailto:raisa.donnelly@midulstercouncil.org)

Connect - **Phone A Friend**

That rapid, back-and-forth rhythm of a conversation with someone you know, their familiar voice, hearing an actual laugh is good for the soul. Why not reconnect with someone you haven't spoken to for a while.

**TUES 12 OCT**

Keep Learning: **Digital Support workshop**

**Old Town Hall Banbridge - 10am to 11.30am**

Learn how to get online and start using the Internet. To book call Edel on **07500 107 835** or email [Edel.Skelton@armaghbanbridgecraigavon.gov.uk](mailto:Edel.Skelton@armaghbanbridgecraigavon.gov.uk)

Take notice: **Be Ready NI - 3pm to 4pm** (via zoom)

Listen to Claire Carlton Resilience Manager Belfast Emergency Preparedness Group on being prepared for all types of emergencies from severe weather warnings, flood and other crisis situations.

To book call **07713 684 705** or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)

**WED 13 OCT**

Connect: **Dying to Talk - 10.30am to 12noon** (via zoom)

This Webinar looks at the importance of being prepared both Spiritually, Practically and Emotionally. Registration via eventbrite: <https://bit.ly/DyingToTalkTickets>

Take notice: **Reminiscence Session - Archaeology & the Celts**

**The Navan Centre Armagh - 2:30pm to 3:30pm**

Archaeology theme exploring artefacts associated with the Navan Fort, items from different time periods, including those associated with the Celts. Light refreshments served. To book call **028 3752 9644**.

<b>THURS 14 OCT</b>	<p>Keep learning: <b>Shop well, store well, eat well ideas session - 2pm</b> (via zoom)  Join Grainne, a dietitian from Active Belfast Team to learn about what good staples to have in cupboards and how to eat well when shopping less.  To book call <b>07713 684 705</b> or email <b>positiveageingmonth@belfastcity.gov.uk</b></p>
<b>FRI 15 OCT</b>	<p>Keep Learning: <b>Cyber Safety for Older Adults - 10 to 11am</b> (via zoom)  Allstate NI is offering free cyber safety training sessions to protect older consumers from online scams. The interactive sessions, will cover everything from fraud and identity protection to email and telephone scams, will help those over 60 navigate the internet with confidence.  To book call or email the Age Friendly Officer on <b>07825 010 630</b> or <b>Stephanie.rock@armaghbanbridgecraigavon.gov.uk</b></p>
<b>MON 18 OCT</b>	<p>Connect: <b>Falls Awareness Workshop 3 #think falls, chatty calls 10:30 to 11:30</b> (via zoom)  To book call or email the Age Friendly Co-ordinator on <b>07553 379 721</b> or <b>raisa.donnelly@midulstercouncil.org</b></p> <p>Give: <b>Give everyone you meet today a smile and say hello, how are you?</b></p>
<b>TUES 19 OCT</b>	<p>Keep Learning: <b>Digital Support workshop Brownlow HUB Craigavon - 10am to 11.30am</b>  Learn how to get online and start using the Internet. To book call Edel on <b>07500 107 835</b> or email <b>Edel.Skelton@armaghbanbridgecraigavon.gov.uk</b></p>
<b>WED 20 OCT</b>	<p>Take notice: <b>Reminiscence Session - Georgians and the Primates Chapel The Palace Demesne Armagh</b>  History of Archbishop Robinson, the Palace building, return of the head of the Church, Primates Chapel tour and cooking apples in the kitchen with a Georgian Character. Light refreshments served. To book call <b>028 3752 9644</b>.</p> <p>Keep learning: <b>Making the most of your slow cooker - 11am</b> (via zoom)  Join this session to find out the benefits of using slow cookers to make tasty, nutritious meals. Register using this link and you will be sent zoom details  <a href="https://setrust-hscni-net.zoom.us/webinar/register/WN_x_Bsy4cWQGGNeoSWJgqApQ">https://setrust-hscni-net.zoom.us/webinar/register/WN_x_Bsy4cWQGGNeoSWJgqApQ</a></p> <p>Keep learning: <b>Energy Efficiency in the Home - 11am</b> (via zoom)  Getting the most from the Energy we use. Overview of fuel poverty and the impact of cold homes. Energy efficient heating, lighting, and appliances, keeping the heat where it is needed, comparing and switching energy suppliers, advice and support in Northern Ireland.  To book email <b>positiveageingmonth@belfastcity.gov.uk</b> or phone <b>07713 684 705</b></p> <p>Keep learning: <b>Interactive Dementia Awareness training - 7pm</b> (via zoom)  The training happens via Zoom, and participants are taken to a range of locations including a home, a shop, out and about, and more. Participants learn how to make life more dementia friendly with a range of top tips. This training is suitable for anyone affected by dementia or any member of the public hoping to make their community more dementia friendly. Participants also receive follow-up resources by email.  To book visit:  <a href="https://www.eventbrite.co.uk/e/online-interactive-dementia-training-tickets-167709988089">https://www.eventbrite.co.uk/e/online-interactive-dementia-training-tickets-167709988089</a></p>
<b>THURS 21 OCT</b>	<p>Keep Learning: <b>Digital Support workshop Old Town Hall Banbridge - 10am to 11.30am</b>  Learn how to get online and start using the Internet. To book call Edel on <b>07500 107 835</b> or email <b>Edel.Skelton@armaghbanbridgecraigavon.gov.uk</b></p>

**FRI 22 OCT**

Be Active: **MOVE WITH MARY CD** - call **07825 010 630** for your free CD

**MON 25 OCT**

Connect: **Falls Awareness Workshop 3 #think falls, chatty calls**  
**10:30 to 11:30** (via zoom)

To book call or email the Age Friendly Co-ordinator on **07553 379 721** or  
**raisa.donnely@midulstercouncil.org**

Keep learning: **Digital Support workshop**

**Brownlow HUB Craigavon - 10am to 11.30am**

Learn how to get online and start using the Internet. To book call Edel on **07500 107 835** or email **Edel.Skelton@armaghbanbridgecraigavon.gov.uk**

**TUES 26 OCT**

Connect: **Pinterest and Instagram - 2pm to 3pm**

In this session we take a look at two popular image-sharing social networking sites. Find out how to create a profile, post your own images and link with others.

To book call **07912 296 792** or email **Sheila.Mclean@librariesni.org.uk**

Give: **Declutter & Donate Leave unwanted items to charity shop**

**WED 27 OCT**

Take notice: **Chi Me & Take 5 - Old Town Hall Banbridge - 2pm to 3.30pm**

Listen to the Take 5 steps to wellbeing message followed by a Chi Me activity session. To book call Cathy on **07796 266 194** or email  
**cathy.devlin@armaghbanbridgecraigavon.gov.uk**

Take notice: **'Eating well as you age' - 11.00 to 11.45am** (via zoom)

This free session is for anyone who is interested in finding out how to eat well in later life. This could be for yourself, a relative or a friend. Register using the link, after registration participants will be emailed the zoom meeting ID and passcode:  
**[https://setrust-hscni-net.zoom.us/webinar/register/WN\\_T1SBydEdTIGqtpIS3xbSBA](https://setrust-hscni-net.zoom.us/webinar/register/WN_T1SBydEdTIGqtpIS3xbSBA)**

**THURS 28 OCT**

Take notice: **Chi Me & Take 5 - Brownlow Hub Craigavon - 10am to 11.30 am**

Listen to the Take 5 steps to wellbeing message followed by a Chi Me activity session to book call Cathy on **07796 266 194** or email  
**cathy.devlin@armaghbanbridgecraigavon.gov.uk**

Keep learning: **Bowel Cancer Screening Awareness - 11am** (via zoom)

The Women's Resource and Development Agency will raise awareness of bowel cancer screening, signs and symptoms to look out for, ways to reduce your risk of developing bowel cancer and how to do the screening

To book email **positiveageingmonth@belfastcity.gov.uk** or phone **07713 684 705**

**FRI 29 OCT**

Be active: **Biggest ever virtual tea dance - 2.30pm to 4pm** (via zoom)

Join people across Northern Ireland and beyond, live bands and plenty of kitchen dancing. To book email **positiveageingmonth@belfastcity.gov.uk** or phone  
**07713 684 705**

**SUN 31 OCT**

**Happy Halloween**





# Post Office Card Accounts

**Closure extended  
until November 2022**

**Post Office Card Accounts are to be extended for another year in order to safely move existing users over to traditional bank accounts or a new Payment Exception Service.**

The Post Office Card Accounts scheme was previously set to end in November this year. Following the disruption caused by the pandemic, it has now been extended for 12 months to ensure everyone has the time to make alternative arrangements.

The Department for Work and Pensions is writing to all customers who currently receive payment into a Post Office Card Account, telling them the service is ending and encouraging those who are able to open a bank account to do so. Those who remain unable to access such services will be migrated onto a new Payment Exception Service, which allows them to choose how they receive their payments.



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 can assist customers when considering change of payment method.

**Other free independent advice is available from:**

- **Advice NI** 0800 915 4604 or [www.adviceni.net/money-talks](http://www.adviceni.net/money-talks)
- **Money Advice Service** 0800 138 7777 or [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)



## make the call

### 0800 232 1271\*

### Quick Call, Lasting Difference.

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



Department for

**Communities**

[www.communities-ni.gov.uk](http://www.communities-ni.gov.uk)

Text: **ADVICE to 67300\***

Visit: [nidirect.gov.uk/makethecall](https://nidirect.gov.uk/makethecall)

Email: [makethecall@dfcni.gov.uk](mailto:makethecall@dfcni.gov.uk)

\*network charges may apply

# Getting and keeping connected!



## Connecting the Community, LLTCA's new project supporting people aged 65+

You've probably all heard that the effect of loneliness and isolation can be as harmful to our health as smoking 15 cigarettes a day and alongside that, 43% of older people aged 75-plus in Northern Ireland recently reported feeling lonely. How shocking is this? The last 18 months have brought home to us all how easy it is to become disconnected.

That's the negative side but couldn't we all put simple measures in place that will make a huge difference? We all need to keep and build connections that are trustworthy, strong, warm and dependable no matter what age we are.

That's why LLTCA's (Laurencetown, Lenaderg and Tullyish Community Association) new Connecting the Community project, with funding from The National Lottery Community Fund, is so important. It will be supporting those aged 65+ in the Laurencetown, Bleary, Gilford, Tandragee, Scarva, Laurelvale, Waringstown, Donacloney, Blackskull areas, extending towards Banbridge, Lurgan and Portadown.

This builds on the good work of LLTCA, which has been in existence for over 25 years. The committee, volunteers and staff manage and run their own Community Centre and offer a wide range of services covering all ages from pre-schoolers through to teenagers and older people as well as facilitating other groups and organisations to use their warm and friendly centre.

*Bronagh and Maureen meet up for a coffee and a chat*



As their work in the community has developed, LLTCA have increasingly identified the need to support older people. They already run the successful The Olde Thursday and Monday Clubs and Men's Bowling Group but have noticed the impact of isolation, loneliness and caring responsibilities on older people. Covid-19 on top of this has highlighted the need for additional support.

There are three main strands to the project that will be offering 1-1 support and provide opportunities to get involved in other groups and activities and connect with other services:

- Help with Technology - supporting older people embrace technology- maybe people need help setting up an email, using the internet, being able to connect to others through Zoom, WhatsApp, Facetime etc or just building confidence to use that phone, tablet, computer.
- Befriending – exploring new things to do with our friendly volunteers eg meeting for a coffee, going for a walk, doing an activity/craft together, going to a new activity or group, just having a chat.
- Time Out for Carers – supporting much valued older carers have time for themselves and keep themselves well and connected.

### Please, do not hesitate to contact us:

- If you or you know of someone who has a couple of hours to spare and would like to help out, particularly with befriending which can be as simple as meeting someone every month for a coffee, going for a walk, doing a crossword together, having a chat on the phone or going to a group or activity
- if you, or you know of someone aged 65+ from the area who may benefit from accessing support from us

### To learn more contact Sharon at LLTCA:

**telephone:** 028 4062 3770

**facebook:** /LaurencetownLTCA/

**email:** cc@lltca.com

**web:** www.lltca.com



Alcohol problems can begin at any age. Help is out there. Ask your doctor, nurse or pharmacist. Or look on our website.

Search for us online /nidacts  
[www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

[nidacts](#) [facebook](#) [twitter](#)

HSC Public Health Agency  
 Project supported by the HSC



## More Jokes!

*What kind of exercise do lazy people do?*  
 Diddly-squats.

*What do you call a pony with a cough?*  
 A little horse!

*What do you call bears with no ears?*  
 B.

*Want to hear a construction joke?*  
 Oh never mind, I'm still working on that one.

I hate Russian dolls... they're so full of themselves!

If we shouldn't eat at night, why do they put a light in the fridge?

## Meet our Member

**My name is Willmer Hutchinson and like others, I have had to experience lock down since March 2020. Fortunately, I have had the advantage of being able to use the internet to do so much, including buying things I didn't really need. I feel for those who have no access to the internet as it limits the possibility of communication or joining church services or other activities online.**

However, I have also chatted with people who have decided a pen and paper is just ideal for them or an odd chat on the phone. Many of you have decided that the leap to the mobile was just far enough as far as technology goes. No matter what we use, we must always remember to watch out for the scammers whether they make their subtle approach online, by letter, the telephone or the mobile. (Be aware!)

What I really wanted to mention today was the fact that we are almost ready for the road again and many of us are looking at holidays. We have been encouraged to stay local this year whether we stay at Newcastle, Portrush or beautiful Fermanagh. I think the term used is a Staycation. Northern Ireland Holiday Stay at Home Scheme is due to be launched in the Autumn which will entitle you to a discount voucher if you stay locally. Keep an eye out for it in the local press for further information. It is hoped this scheme will help the local tourist trade and the hospitality industry.

The story goes; prices for such breaks are rising at a steady pace so it may pay to shop around. Normally in September and October many senior groups often decide to visit various old haunts bringing back old memories of bygone days.

Winding along the roads in the bus they have a bit of craic stopping here and there for the necessary stops. Reaching their destination, they leave their items in their rooms and come down, normally using the lift and have a freshly prepared meal. During the next week, they'll visit local beauty spots for a paddle along the beach and of course shop till they drop. The spending of those over sixty years of age has been labelled as the "Silver Pound" by local traders. The silver pound is a very important part of the economy. The spending power of the ABC senior citizens has been missed by many businesses during lockdown.

It is my hope that the voucher scheme won't inflate prices to an extent where these trips are unaffordable for many this autumn. For many seniors in the borough who live alone, these group trips are a prized event in their annual calendar. (It shortens the coming winter) Some would describe them as a lifeline. To the hoteliers, please remember this special clientele. Some have been indoors since March 2020 representing eighteen months of isolation. If there is freedom to head away no obstacle should be placed in their way. If groups find really good deals why not share the information with ABC Seniors' Network and we'll pass on the good news to other groups. Meanwhile all the best with your plans and really enjoy getting out and about again. Just a funny thought... it's now possible to get out and about now because of the so called 2 jags. When I heard the term 2 jags I couldn't help but think of the labour party deputy leader who most of us will remember by his nickname Mr 2 jags (He had two Jaguar cars) John Prescott. I wonder has he received his two medical jags?



# AUTUMN Wordsearch

By Evelyn Johnson

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

Acorn	Cranberry	Nuts
Apple	Deciduous	October
Autumn	Harvest	Raincoat
Chestnuts	Hayride	Reap
Chilly	Leaf	September
Cider	Maize	Sleet
Corn	November	Squash

## Reminiscence Quiz Answers

9 • 240 • Loch Ness • An egg • The Red Arrows • Birmingham • A ringing in the ears • Chanel No.5 • FALSE • On the Siegfried line • Green • Anne Boleyn • Wimbledon • Scurvy • Kermit

# Did You Know?

**ABC Seniors Network is more than just a group of dedicated volunteers whose heart lies at the centre of understanding and catering for the needs of older people in our community.**

At ABC Seniors Network we are the conduit offering help, advice and direction within our community where uncertainty exists or general help is needed.

Since March 2020 - when Covid and lockdown hit - we have worked tirelessly to assist older people not only within the Armagh, Banbridge and Craigavon area but beyond. Working closely with Social Services, Health Care Trusts, local Councils, Medical Practitioners and Food Banks, our networking has enabled us to champion and provide on the ground help and advice for all general day-to-day and Covid related issues affecting older people. All issues whether large or small have been dealt with sensitively, swiftly and confidentially.

Are you currently struggling to make headway? Do you need clarity regarding the way forward, are you seeking answers or need help with domestic, social or health issues? Does the issue relate to yourself, a loved one or neighbour? If so, why not give **ABC Senior Network's Community Navigator Faye** a call on **07742 151 351** - let her connect on your behalf with the right people to help bring a positive result and closure to that difficult or awkward situation. After all a problem shared is a problem halved.

# 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.



Operating Monday to Friday 9am to 6pm



Health and  
Social Care



DoH

[www.health-ni.gov.uk](http://www.health-ni.gov.uk)

**0300 123 3 111**

**TEXT RELAY: 18001 0300 123 3 111**