

ABC Seniors Newsletter



‘Wellness Day event in Armagh made me feel young again’

A council-run Wellness Day event held in Armagh on Thursday 7 March to promote physical and mental well-being has been hailed as a great success.

Pupils from Christian Brothers PS Armagh joined with local residents aged 50-plus for a packed programme of events which emphasised the importance of staying active, staying safe and most importantly having fun.

Drumming for fitness, chair exercise and home safety advice were among the activities featured at the Neighbourhood Renewal Wellness Event in the Cathedral Road Recreation Centre.

Staff from the Council’s Community Development department were delighted with the response from all

those who attended, both children and the adults aged 50-plus.

Joan O’Hare from Armagh spoke of the positive connections made during the event. “I really enjoyed the day and I really enjoyed interacting with the young pupils. It just made me feel young again to be able to participate in some of the games that I did as a child.

“One of the little boys – Michael - was really interested in the handball and I showed him how to play it and we really got on well and it was really such a beautiful day to be outside participating in all the games.”

The Neighbourhood Renewal Wellness Event, was held in partnership between ABC Council and Promoting Wellbeing Team in SHSCT and funded by the Department for Communities.

Useful Numbers

ABC Seniors Network
07873 339 423

Access and Information
028 3756 4300

Action Fraud
03001 232 040

Age Friendly Officer
07825 010 630

Age NI Advice Service
08088 087 575

Armagh Rural Transport
028 3751 8151

Community Advice ABC
0330 135 9733

Council Offices
0300 0300 900

DART Partnership
028 3831 7810

Elder Abuse
08088 088 141

Home Safety Advice
03300 561 011

Home Security Advice
07919 306 281

Make the Call
08002 321 271

N.I. Direct
03002 007 899

N.I. Electricity Networks
03457 643 643

N.I. Water
03457 440 088

Out of Hours Doctor
028 3839 9201

Police Emergency
999

Police Non-Emergency
101



Mens Group in Craigavon

The HIM (Health In Mind) is a men's group for all ages, meeting every Monday in Legahory Centre, Craigavon from 10am-1pm.

Come for a cuppa, refreshments, board games, community gym, read the papers, cooking, day trips and health talks.

Cost is £4 per session or £15 per month with the Access All Areas pass (access to other activities we run).

We also hope to get a Women's group up and running that will be a similar concept, date to be confirmed.

For more information contact Sean Collins
☎ 07780 812 312 or email
✉ sean.collins@thefitzonefoundation.com



Margaret's Cookery Corner

The Perfect Pancakes

Ingredients

- 2 cups or 250g of Neill's Soda bread flour
- 2 to 3 tbsp of caster sugar (optional) without will suit diabetics
- 2 and a 1/4 cups or 530ml of buttermilk (if you don't have buttermilk use natural yoghurt)
- 2 large eggs lightly beaten
- 2 tbsp melted butter and a little to grease for the pan

Method

1. Add all the dry ingredients into a large bowl and mix. Then in another bowl add lightly whisked eggs to buttermilk or yogurt. Make

- a well in dry ingredients and whisk the buttermilk and eggs in remembering to lightly whisk, (if you over whisk you will have very flat pancakes). Remove whisk and using a wooden spoon drizzle melted butter into mixture.
2. Cover for 1 hour before using.
3. Lightly rub the pan with butter put on heat and warm, I use a potato scoop full of batter and drop in pan. As the pancake cooks it starts to bubble, once pancake is covered with bubbles turn over. Let cook on underside.
4. It normally takes 1-2 minutes don't be tempted to turn heat up as you will end up with burnt pancake.
5. You should get 12-16 pancakes.

Sweet pancakes

You can add other ingredients to mixture, some people add to dry ingredients before liquid is added, I prefer to add just when the bubbles are starting on the individual pancake.

I have used blueberries or raspberries (6) per pancake, 3 chopped up strawberries, or grated apple & cinnamon. Also, vanilla can be added it's 2 teaspoons for above ingredients mixed with buttermilk & eggs.

Savoury Pancakes

If you want savoury pancakes omit the sugar. Again, same method with add on, grated cheese, chopped ham, chopped bacon.

These pancakes freeze well, remembering to put a layer of greaseproof paper between each one.

I hope you enjoy these pancakes, as much as my family and friends do.



Do you have a concern about the health or social care you, or someone you care for, has received?

The PCC can provide you with support and advice.

Our team of trained practitioners will listen to your concerns, work with you to find a resolution, or help you to raise your concern with the right person.

Call our Freephone on
☎ 0800 917 0222
(Monday to Friday 9am - 4pm, excluding bank holidays)

✉ info@pcc-ni.net
🌐 www.pcc-ni.net

Freepost, Patient and Client Council

We offer a support service for all. If we can't help, we aim to connect you to those that can.

Join our membership scheme to keep up to date with our work and what is going on across Health and Social Care. You can sign up via our website or telephone.

📘 PatientandClientCouncil
📞 PatientClient





Good Vibrations

FUNDED PROJECT  MOVEMBER®

Age NI launches Good Vibrations to support mental health of older men

Age NI has launched a major new programme aimed at supporting the mental health and wellbeing of men in Northern Ireland aged over 50. The Good Vibrations programme has been funded by Movember and is one of only 16 projects selected across the world for its 'Scaling What Works' Mental Health Grant funding.

The programme includes a brand new, comprehensive men's health information booklet for men over 50, a new website platform (www.ageni.org/iconnect); a new podcast series, "How's the Form", hosted by Joe Lindsay and featuring some of Northern Ireland's best known older men. Men aged 50+ can also sign up for a six week group programme."

Age NI identified a gap in mental health provision for men age 50+ as the charity's Director of Marketing & Business Development, Siobhan Casey, explained:

"We recognised a gap in the provision of dedicated health and mental health support for older men. There are almost 326,000 men aged over 50 in Northern Ireland, and in this demographic, suicide, alcoholism and the use of anti-depressants are alarmingly high. The latest Northern Ireland suicide statistics* revealed that 168 men aged over 50 took their own life last year. This accounted for 44% of male suicides of all ages in 2022, and the number was a staggering four and a half times that of females in the same age group.

"Our research with over 300 older men revealed that they don't know where to turn for advice and information on the new challenges of life beyond 50. This could be financial worries like pension and retirement planning in the later stage of working life, or the transition into retirement; it might be the stress of taking on caring responsibilities, managing a chronic illness or facing bereavement; or it may be a wake-up call triggering a re-evaluation of how to take better care of their health. Of course, all of these critical



life challenges can have a massive impact on an individual's stress, mental health, and overall health and wellbeing. And yet, there isn't a single source of information or advice for this specific stage of life.

"Thanks to the generous funding support from Movember, Good Vibrations aims to fill this information gap with tailor-made support, information and advice on all the topics men of this age group have told us they want to know more about. This programme has been co-designed and developed with input from older men, and tapping into a wealth of expert health and wellbeing advice, on everything from stress, sleep, physical activity, relationships and healthy eating. We have also compiled a wide range of information on men's health symptoms and screening checks on cancer, diabetes and cardiovascular disease."

Age NI's Good Vibrations is the result of a unique partnership including Business in the Community, mental health charity Inspire, and grassroots

community organisations Northern Ireland-wide including Groundwork NI's network of Men's Sheds. Other partners include Action Mental Health, Counselling for all Nations, NICSSA, Public Health Agency, CANS, Relate NI, Men's Health Forum Ireland and Ulster University.

For more information on the Good Vibrations programme call George Smith on

☎ 07436 581 437 or email

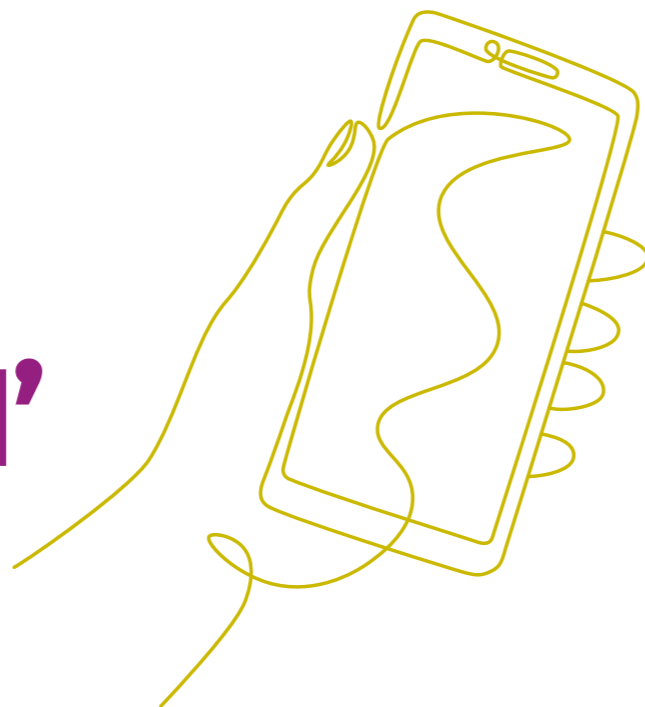
✉ George.smith@ageni.org

To request a copy of the Good Vibrations Men's Health Guide, visit

🌐 www.ageni.org/goodvibrations or

☎ 028 9089 2601

FREE 'GO ON' CLASSES IN ABC AREA



Please note that it is essential to contact the library and book a place

More on the i-Pad

Armagh Library	Monday 22/4/24	10:30am to 12:30pm
Take another step and discover more ways to use your iPad. Contact ✉ armagh.library@librariesni.org.uk ☎ 028 3752 4072		

1-2-1 eClinic

Armagh Library	Monday 22/4/24	1:30pm to 4:45pm
Lurgan Library	Tuesday 16/4/24	1:30pm to 4:00pm
IT help for beginners: help with your mobile device, general IT assistance, information about library e-services. Contact for Armagh ✉ armagh.library@librariesni.org.uk ☎ 028 3752 4072 Contact for Lurgan ✉ lurgan.library@librariesni.org.uk ☎ 028 3832 3912		

Internet Privacy & Security

Banbridge Library	Monday 13/5/24	1:30pm to 3:30pm
Tandragee Library	Wednesday 17/4/24	2:00pm to 4:00pm
Increase your password security, learn about privacy browsers and search engines, find out about ad blockers and controlling cookies. Contact for Banbridge ✉ banbridge.library@librariesni.org.uk ☎ 028 4062 3973 Contact for Tandragee ✉ tandragee.library@librariesni.org.uk ☎ 028 3884 0694		



FREE 'GO ON' CLASSES IN ABC AREA

Your Health Online

Brownlow Library	Wednesday 22/5/24	2:00pm to 4:00pm
Useful hints and tips on keeping mind and body healthy, including self-help techniques. Source reliable online information on health issues. Contact ✉ brownlow.library@librariesni.org.uk ☎ 028 3834 1946		

Organise Your Life Online

Dromore Library	Wednesday 24/4/24	10:30am to 12:30pm
Keady Library	Friday 19/4/24	10:30am to 12:30pm
Find out about online banking, paying bills and websites offering money advice and benefits information. Use NI Direct website e.g. to book your MOT. Contact for Dromore ✉ dromore.library@librariesni.org.uk ☎ 028 9269 2280 Contact for Keady ✉ keady.library@librariesni.org.uk ☎ 028 3753 1365		

Planning travel online

Lurgan Library	Tuesday 23/4/24	2:00pm to 4:00pm
Planning travel online: use the internet to plan journeys and holidays. Contact ✉ lurgan.library@librariesni.org.uk ☎ 028 3832 3912		

eMagazines and eBooks

Lurgan Library	Tuesday 7/5/24	2:00pm to 4:00pm
Find out how to access free eBooks, audiobooks and eMagazines on your mobile device. Contact ✉ lurgan.library@librariesni.org.uk ☎ 028 3832 3912		

Ulster Orchestra String Quartet

17 APR 2.00PM - 2.30PM LURGAN LIBRARY

A string quartet from the Ulster Orchestra will be performing in Lurgan Library on Wednesday 17 April 2.00pm to 2.30pm.

This is a free event, open to all. No booking needed.





iPad Camera

Portadown Library	Wednesday 1/5/24	10:30am to 12:30pm
Rathfriland Library	Friday 26/4/24	1:30pm to 3:30pm

An introduction to the iPad Camera. Learn how to take and edit photos using an iPad.

Contact for Portadown ✉ Portadown.library@librariesni.org.uk ☎ 028 3833 6122

Contact for Rathfriland ✉ rathfriland.library@librariesni.org.uk ☎ 028 4063 0661

Discover BFI Replay

Rathfriland Library	Friday 26/4/24	11:30am to 12:30pm
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Years of digitised and preserved screen stories.

Contact ✉ Rathfriland.library@librariesni.org.uk ☎ 028 4063 0661

LURGAN TOWNSCAPE HERITAGE

FREE
5 WEEK
COURSE

Introduction to Family History Research Course

Tuesdays | 11.00am - 12.00pm | Lurgan Library
Commencing Tuesday 16 April

To book your place contact Lurgan Library at
☎ 028 3832 3912 ✉ lurgan.library@librariesni.org.uk



Why do birds fly south
in the winter?
It's faster than walking!

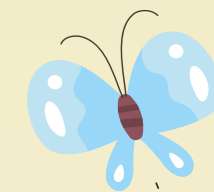
How does the
ocean say hi?
It waves!

What did the left eye
say to the right eye?
Between us,
something smells!

Finish the sayings

Answers on back cover

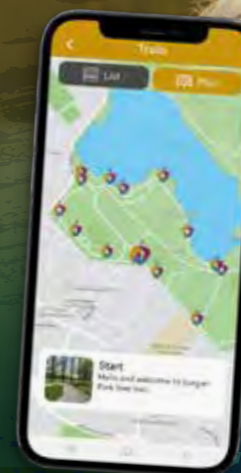
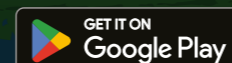
1. If you want something done right...
2. A journey of a thousand miles...
3. Absence makes the heart...
4. The grass is always greener...
5. A penny saved...
6. A woman's work...
7. Beauty is in the eye...
8. Too many cooks...



#GETCONNECTED AND EXPLORE OUR AUDIO TRAILS

The ExploreABC APP
Walk, Listen & Explore

- » EXPLORE LURGAN PARK'S 4 TRAILS & SOLITUDE PARK'S 2 TRAILS
- » LEARN MORE ABOUT THE PARK'S HISTORY
- » CONNECT WITH NATURE & WILDLIFE



getactiveabc.com/exploreabc





Looking after mum as she becomes increasingly frail, or checking in on dad as his dementia worsens, is a reality for many of us. Family means everything, so being there for them only feels natural. But what if your loved one's needs became too much for you to meet on your own wellbeing?

Research carried out by Home Instead found that around a third of family carers feel at breaking point, while around two thirds say they struggle with their mental health.

These are the common signs that you're doing too much, and that you should look at what support is available to you:

Feeling isolated and trapped: perhaps you feel like you have nobody to lean on, nobody to talk to and nobody who can help. In your world, it's just you, and nobody can understand the challenges you're facing daily.

Becoming stressed and exhausted: from the minute you get up, you're feeling like you can't face what you have ahead of you. There's not enough hours in the day to undertake your countless responsibilities, and what little sleep you get is disrupted by endless worry.

Juggling too much: you're playing many roles for your loved one. Not only are you caring for them; you're also taking them to appointments, helping maintain their house, being a source of emotional support, and much more. And that's on top of the other roles you play day-to-day at home and work.

Being less committed to work: it might be common for dad to call while you're at work. He might be in a desperate state and needs you. You've got no choice but to leave work and check on his wellbeing. This will undoubtedly affect how you feel about your performance at work and what your employer might think.

Neglecting other family relationships: focusing so much on a loved one that needs care, it might be that relationships with others – a partner, children etc. – fall by the wayside. It's only natural to feel guilty that you can't fully play the role of a partner or parent.

Seeing no end in sight: caring for someone day in, day out, it might feel like this is it. Perhaps your loved one's condition will only get worse over time and the thought of your responsibilities growing is too much to bear. Not knowing how long you'll be performing this role for is enough to make you feel at breaking point.

No family carer needs to go about the journey alone. It's not just about finding care, it's also about finding the organisations and professionals who have dealt with many situations like the one you're facing. Those who can help include:

Social prescribers: your GP can give you access to a social prescriber, which will mean speaking to them about the support that you'd benefit from.

Depending on what your support plan is, you'll be directed to activities, groups or services in the area to help you deal with the difficulties you're facing.

Condition-related support: organisations supporting specific conditions, such as dementia and Parkinson's, have support services on a local level. Look up the groups that meet in your local area – there's no better way of finding like-minded people and tailored support.

Age UK: all aspects of being a family caregiver, from financial support to personal wellbeing, is supported by Age UK. It's an organisation with heaps of advice on where to turn for support tailored to the specific situation you're facing.

Re-engage: from tea parties to call companionships, Re-engage's activities help older people expand their social circles. It enables family caregivers time off now and again as their loved one spends time with like-minded people.

At Home Instead, we have a wealth of knowledge about the support available locally. We have significant experience supporting families who are under pressure, helping them find a way to navigate through the challenges they face.

Give us a call on... ☎ 028 4065 8545 and we can have a chat about what we'd recommend.

Now That I am Older

The list of things I want, has grown smaller with every passing year. These days, I can pretty much narrow it down to, good health for us all... enough money, enough time, enough fun, enough adventure, enough work, really, just enough. Enough. That's really all that I want.

The list of things I don't want, however, has grown bigger, a whole lot bigger. At the top of that list comes unnecessary drama.

As I get older, I realise, that I can handle pretty much any negativity or adversity life may throw my way. But I don't have to.

I don't have to sign up for it all. It's pretty freeing.

In fact, I can cancel my subscription to anyone's drama, anytime I please. And I have.

If it costs you your peace, it's too expensive right?

Spend wisely my friend, Life is short.

DONNA ASHWORTH



Land & Property Services
Seirbhísí Talún agus Maoine

Disabled Person's Allowance

If you live in a property that has been internally adapted or has additional internal features to accommodate the needs of a disabled person living there, you might be entitled to a discount of 25% on your rates with Disabled Person's Allowance.

Disabled Person's Allowance is not means tested, so we won't ask you to provide information about your income and savings. The property must be adapted to meet the needs of a person with a disability who lives in your home. Types of adaptations that qualify are:

- a room, other than a kitchen, bathroom or toilet, which is wholly used by the person with a disability for treatment or therapy
- an extra kitchen for the person with a disability
- an extra toilet for the person with a disability (including an ensuite)
- an extra bathroom (including extra toilets and an ensuite)
- extra floor space to use a wheelchair easily inside the property (wheelchairs for outdoor use only are excluded)

Lone Pensioner Allowance

If you are the Ratepayer and are aged 70 or over and live alone, you may be entitled to a discount of 20% on your rates with Lone Pensioner Allowance.

Lone Pensioner Allowance is not means tested, so we won't ask you to provide information about your income and savings. If you are eligible, you can make an application at any time during the rating year. You may still be entitled to Lone Pensioner Allowance if you are over 70 and don't live alone if you:

- live with a carer who is not your spouse or partner
- provide care for someone who lives with you who is not your spouse or partner
- live with anyone who is under the age of 18
- live with someone who has a severe mental impairment including your spouse or partner

Further information is available at:

- nidirect.gov.uk/articles/disabled-persons-allowance
- nidirect.gov.uk/rates-help
- 0300 200 7801

Pupils and the young at heart celebrate Wellness Day in Armagh

Full story on front cover



Move More Live More

The programme will take place in April and May via Zoom, consisting of two 90 minute sessions. Expert speakers will talk on different aspects of health, such as sleep, nutrition and mental health and how this can relate to falls. Each session will end with some strength and balance exercises for all abilities. Don't worry if you have never used zoom before - we can help get you connected!

To find out more information or to sign up for the programme email move-more@ageni.org with your name and telephone number or call Claire McKeown on **07773 113 544**.

The programme is also available for groups please contact Claire for more information.

Move More Live More is a health and wellbeing falls prevention programme delivered by AGE NI.



GET IN TOUCH

02838317810
www.dartpartnership.co.uk
info@dartpartnership.org.uk
10 Charlestown Ave, Portadown, BT63 5ZF



TRAIN WITH US

We train individuals to enable them to drive a Minibus for their organisations. This can be Midas training where you are driving as a volunteer or CPC D1 training, which enables you to drive a minibus in a paid capacity.



DRIVE TO THRIVE

Down Armagh Rural Transport's 'Drive to Thrive' volunteering and employability scheme are seeking community volunteers. Contribute 35+ hours of volunteer driving in your spare time & earn your professional CPC Minibus Driver D1 qualification.



VOLUNTEER

Join our team of friendly volunteers! If you're interested in lending a helping hand for a few hours each week, we'd love to hear from you. Whether it's providing transportation for medical appointments, grocery shopping, or social outings, your kindness and reliability are invaluable.



JOIN OUR DRIVING TEAM

Are you ready for an exciting career as a community minibus driver in the ABC area? Our team is expanding, we want individuals who have a passion for making a positive impact in the community through driving.



Wild Animals Word Search

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

- Buffalo
- Chimpanzee
- Cougar
- Crocodile
- Eagle
- Elephant
- Gazelle
- Giraffe
- Gorilla
- Hippopotamus
- Hyena
- Leopard
- Lion
- Mongoose
- Monkey
- Parrot
- Porcupine
- Rhinoceros
- Tiger
- Warthog
- Zebra

Spring Word Jumble

Unscramble the words related to Spring

- | | |
|-------------------|-----------------|
| DODAFIFL _____ | ESNSHINU _____ |
| RCRLLAPEITA _____ | SLKNDCUIG _____ |
| MLEBLRAU _____ | LOPENL _____ |
| RGDNAINGE _____ | HOYAITGL _____ |
| SEASOHGL _____ | XIUOONE _____ |
| WNIAAEGNK _____ | DEDNLONIA _____ |
| ISGEDSLEN _____ | |



Answers

1. you have to do it yourself
2. begins with a single step
3. grow fonder
4. on the other side of the hill
5. is a penny earned
6. is never done
7. of the beholder
8. spoil the broth

**Why did the teddy bear
say no to dessert?**

Because she was stuffed.

**What does a storm cloud
wear under his raincoat?**

Thunderwear.

