

The PAL Gazette

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 Engage
with Age

Our New Newspaper The PAL Gazette

People meeting up is one of the main things Engage with Age does.

But these difficult times mean that, for the time being, we all need to stay at home and stay safe.

'The PAL Gazette' is a new initiative to try and connect up with the older people we work with, many of whom do not have access to the internet.

In 'The PAL Gazette' you will find useful information, health advice, features written by older people, poems, games and puzzles. To enter our competitions and win fantastic prizes, pick up the phone and dial the relevant number. Get in touch!

We aim to send 'The PAL Gazette' out once a fortnight for the time being. Let us know what you think! Happy reading!



**KEEP
CALM
AND
WASH
YOUR HANDS**

IT'S TIME TO STAY AT HOME



Together we can beat coronavirus. These are the three rules you must follow! They will help prevent the spread of Covid-19/ Coronavirus.

1. Stay at home.
2. Keep your distance.
3. Wash your hands frequently.

Together, we can beat this! By staying at home, we are helping to save lives. If we need to go out for essentials like grocery shopping or any of the reasons below, then make sure you keep your distance from other people by at least two metres. That's over six feet old money!

STAYING AT HOME

You should only leave the house for one of four reasons:

1. Shopping for necessities, for example food and medicine, which must be as infrequent as possible.
2. One form of exercise a day, for example a run, walk, or cycle alone or with members of your household.
3. Any medical need, or to provide care or to help a vulnerable person.
4. Travelling to and from work, but only where this absolutely cannot be done from home. Travelling to go out and volunteer is not permitted.

These four reasons are exceptions - even when doing these activities, you should be minimising time spent outside of the home and ensuring you are two metres apart from anyone outside of your household.

This may be difficult to stick to, particularly when family, grand children, or friends call to say hello, but no-one outside of your household should be coming in to your home. If you explain the risk, they will understand. This way you will stay safe, and you will help keep others safe.

See inside this edition for tips on how to stay healthy and cope with being at home.

Send Us Your Stories!

'The PAL Gazette' is a paper for older people, by older people.

Do you have any stories you would like to share? A tale about an adventure you have taken, or a family recipe you have treasured for years?

Tell us your stories.

Call Eamon on 07710 993 036.

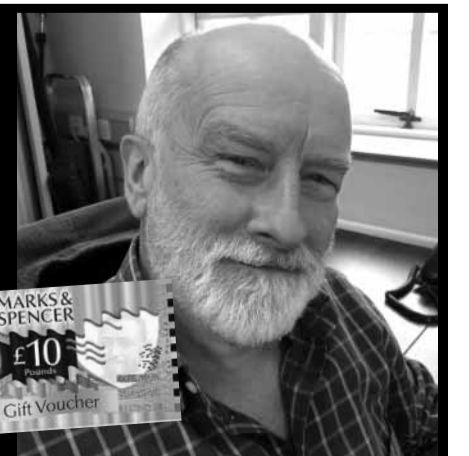
Or if you use email, send them to eamon.quinn@engagewithage.org.uk



Quick-fire Phone Competition!

The 17th person to phone Martin Towers, Engage with Age Development Officer, on 07856 926412 will win a £10 Marks and Spencer's voucher.

The winner will be announced in the next edition of 'The PAL Gazette'.



HERE TO HELP

Engage with Age has a lot of information about where to go to for help in your local area.

Many organisations have been sharing information and resources so that everyone can be safe and supported.

There is too much information for us to share in this paper, but if you need help call us and we can direct you.

Our telephone numbers are:

Cathy Chambers 07468 695593

Eamon Quinn 07710 993036

Laurence Wright 07425 627531

John McCandless 07729 516576

Martin Towers 07856 926412

Our telephones are available during office hours and weekdays.

If you phone and we can't answer, please leave a message and we will return your call.

Want to go online?

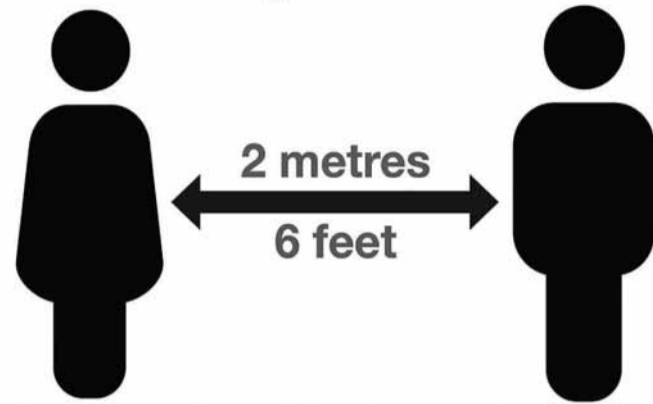
The internet is a great place to get information. Do you have a computer or an iPad/ tablet and want to go online? Or do you need a bit of guidance? We can help.

Call Cathy Chambers on 07468 695 593 or Martin Towers on 07856 926 412.



HSC Public Health Agency

COVID-19 (coronavirus)
Everyone in Northern Ireland should now be using social distancing



Stay at least 2 metres (6 feet) away from other people

The latest information and advice on coronavirus is available at www.pha.site/coronavirus

Ways to make Staying at Home More Manageable

It can be difficult not being able to go out. Here are some tips to make things that little bit easier:

- Use delivery services, if possible, for food shopping and medicines. Iceland, Tesco's, Sainsbury's and Asda are all doing this but don't forget your local butcher, bakery and fruit shop. Many are doing deliveries and will drop everything to your doorstep.
- Order repeat prescriptions and ask your pharmacy about getting your medication delivered.
- Keep in contact with people. Pick up the phone and have a chat with a friend you haven't called in a while, or phone someone who you think could do with some company. Use the phone like Beattie did in the 1980s. Do you remember her? She used to phone her son on the old BT adverts. Or, why not write a letter?

- If you have access to the internet, join Facebook and follow the Engage with Age Facebook page: "EngageWithAgeBelfast". There are also a lot of tips online.
- Develop a daily routine - get up at the same time as normal and plan how you will spend your day - cooking, reading, tidying, watching TV. Cook some healthy meals. Try not to watch the news all day. Read that book you've been meaning to catch up on.
- Stay active. Take your daily walk outside, but maintain a safe distance from others. If you can't go outside, take a walk around your house, or use your stairs for some step exercises. Even chair based exercises and stretches can keep you supple and help you relax. Even gentle exercise helps relieve stress.



- Listen to the radio or an audio book if your home feels too quiet. There are loads of stations to cater for all tastes. Alternatively, tune in to local radio for a mixture of music and craic.
- Get as much fresh air as possible. Spring is in the air, so it's a good time to tackle the back yard, garden or window boxes. Or if it warms up a little take a seat outside with your cuppa and enjoy the birdsong and other sounds of your street. Take a deep breath and relax in the quietness.

Enjoy the moment of peace.

Phone A Friend

Engage with Age Phone Pyramid

Staying at home can make staying in touch difficult.

You could help make someone's day by picking up the phone and saying hello. You can make a real difference!

Later in April, Engage with Age is launching its Phone Pyramid scheme. Phone two people, and get them to phone two people. Then get those people to each phone two people, and so it goes on! And if in doubt, phone us - we love to say hello! Let's see how many people we can keep connected. Watch this space, and dial that number!



YOUR LOCAL OLDER PEOPLE'S FORUM



Representatives from Older People's Forums meet the Lord Mayor of Belfast.

You may not know it, but there are a number of older people's forums across Belfast that are literally providing a voice for older people across the city.

The forums are the South Belfast Lifestyle Forum, the Belfast East Seniors' Forum, the West Belfast Older People's Forum, Castlereagh Lifestyle Forum, North Belfast Seniors' Forum, and Shankill Forum.

The forums are umbrella organisations that represent older people's groups in their respective area. They include all kinds of groups - social groups, craft groups, walking groups, church groups, book groups, and more.

Representatives from the groups attend forum meetings once a month. From the forum they get information about services and opportunities for older people, which they then take back to their own groups.

They also take part in initiatives like falls prevention and home safety checks. An important role of the forum is bringing decision makers to meet older people so they can learn what older people need. This means older people can influence decisions and services that affect them.

Forums regularly meet with representatives from Belfast City Council, the Consumer Council, PSNI, the health trusts, Translink, and more.

Engage with Age supports the South Belfast Lifestyle Forum, the Belfast East Seniors' Forum, and helps support the Greater Belfast Seniors' Forum. Our friends at Volunteer Now, North Belfast Seniors' Forum, and Age friendly Belfast provide critical support too.

To find out more phone:

Cathy Chambers 07468 695593

Laurence Wright 07425 627531

John McCandless 07729 516576

Quickcheck 101

The majority of callers to your door from utility companies will be genuine.

If someone from Firmus, NIE Networks, NI Water, Phoenix Natural Gas, SGN Natural Gas or SSE Airtricity calls at your door, always ask for proof of identity.

If you have any doubt about this:

- Ask the caller to wait outside
- Lift the phone and dial 101. Your call will be answered by a trained police call handler who will contact the utility company to determine if the caller is genuine.
- Do not let anyone into the property until you are satisfied as to who they are.

Calls from a landline or mobile phone cost 15p, regardless of time of day or length of call. If 101 does not connect, phone 028 9065 0222 instead.



The Questionnaire



Name: Mary Roberts

Position: Committee member of the South Belfast Lifestyle Forum.

How do you enjoy spending your time? Reading, shopping on a Saturday with my granddaughter, going to the forum meetings especially, and visiting my friends and neighbours.

How long have you been involved with Forum? I am the longest serving member of the Forum. I have been in it from the start. I can't remember exactly how many years, but it's a long time.

Why is the forum important to you? It gets me out of the house to meet old and new friends. I get lots of information about what's going on for us older people and I just love it.

What is the best thing about living in Belfast? I was reared in the Markets and I love Belfast. I am a real "towny". I love the City Hall and its surroundings. I love the people of the city, they are great, I just love them.

Favourite memory: Going dancing in 'The Plaza'. I adored it. I was quite a good wee dancer in my day.

Favourite pastime? Dancing, though I dance less these days. But I enjoy chair dancing and chair exercises.

Favourite film? "Gone with the Wind".

Favourite food? Vegetables. I used to hate vegetables when I was young, now I just love them!

Tell us something about yourself that not many people know:

I worked as a games organiser for the City Council way back in the late 50s early 60s in Boundary Street Playground. The children loved lots of different types of ball games and also Irish dancing.

What advice would you give to young people? During this time when you can't get out of the house use your time to study hard and do your homework and make sure you do some sports, I am a great believer in sports.

Our Family Trip to The Philippines

by Godfrey Brock-Gadd

Although we live in Belfast, my wife is from The Philippines, and our daughter still lives there. Last year we visited The Philippines to attend our daughter's wedding.

The Philippines is a group of islands in south east Asia. It is east of Thailand, Vietnam and Cambodia, and north of Indonesia. The Philippines is over 6,500 miles away from Belfast. Our journey there took over 30 hours, flying from Dublin to Hong Kong, then Hong Kong to The Philippines.

We stayed with friends. Our host is a former General in the Philippine Police, like our commissioner of Police, in charge of traffic in the Cavite Province.

The climate is very warm, between 80°-95° F (26°-35° C). We spent our time doing various activities. We visited museums, a presidential palace, and one evening we ate dinner in a restaurant with a waterfall flowing down one of the walls. We even travelled by open carriage, pulled by a carabao, which is a Philippine Water Buffalo.

The holiday lasted for one month, and seeing our daughter getting married was the highlight of the holiday. We also got to meet our new in-laws for the first time, which was great.

We arrived back in Belfast to a wet and cold climate. Ria, my wife, prefers it here as it's cooler. But we have lots of happy memories.

Godfrey is a volunteer with a number of different organisations, and takes part in Engage with Age's PAL Project.



Ria and Godfrey

Time Gentlemen Please!

(Or, have you no homes to go to?) By Nick Menhinick

Now that the pubs of Belfast have closed because of Coronavirus, here is a pen picture of three favourites to whet your appetite for when they re-open!

The Sunflower Bar (Union Street)



A pub has stood on the corner of Union and Kent Streets since the late 19th Century when most City

Centre street corners sported one. Prior to 2012 when The Sunflower opened, it was called The Tavern.

The Sunflower took its name from a demolished pub on Corporation Street. This pub was previously called The Avenue, a name which older customers still use today!

A recent claim to fame is "The Cage", a relic from The Troubles. This was an added security measure that enabled staff to monitor people before entry. It was saved from demolition by a vigorous public petition.

Nick is a volunteer with Men United, Engage with Age, and other groups.

Whites Tavern and Oyster Bar (Winecellar Entry)



Belfast's first Tavern Licence was granted in 1630 to the building where White's now stands. In its time

it has been a hotel and numerous wine and spirit merchants.

In 1868, The Oyster Rooms was born under the proprietorship of John Walker, a fishmonger and spirit merchant. His oysters fished from the Loughs of Belfast and Carlingford became legendary.

Recently sympathetically refurbished, upon entering, it is like stepping back in time.

The Errigle Inn (Ormeau Road)



Built in 1935 on the foundations of the "Old Ballynafeigh Inn", or the Miss Blacks" as it was popularly known, the site dates back to the early 19th Century.

It opened with only two bars, The Public Bar and The Bar Parlour. It now occupies the entire city block.

The Errigle has a wealth of artefacts within. And is well worth a wee walkabout. Perhaps most interesting are the table tops in the Tom McGurran's bar, made from railway sleepers of The South African Railways. The wood itself is Australian Eucalyptus and is believed to be over 300 years old!

Can You Read This Clearly?

Can you read this paper clearly? If you need a magnifying glass, phone Eamon on 07710 993 036. We will send you one through the post for free.



HSC Public Health Agency



CATCH IT.



BIN IT.



KILL IT.

Anne's Crafty Corner An "Easter Egg"

Here's a simple one to get you started.

1. Boil an egg and let it cool.
2. Decorate the egg using old nail varnish or a marker.
3. Make patterns using 'x's and dots.
4. Stick on a bead from a broken necklace – nail varnish will stick the bead to the top.
5. Put your egg in an egg cup. Make a set of them, if you can spare the eggs!

Anne Greenan is a member of the Winter Wanders, and other groups.



Words Alive

Words Alive is a creative writing group in South Belfast. Group members write poems, stories, and recollections of their lives. Each month they visit supported accommodation centres and homes to give readings of their work. Words Alive has published two volumes of writing, and is soon to release an exhibition of new work called "Your Story And Mine". This will be promoted on the internet, and will then tour libraries as an exhibition.

Each PAL Gazette will feature writing from the group. Enjoy!

"A Different Era" by Sue McCrory.

It was a Wednesday in the middle of winter. I was lying on the delivery table in the Jubilee Hospital. The time was 9am and I had just given birth to a baby boy, my son. The midwife took the baby to get him cleaned up and then I held him for the first time – the most wonderful feeling in the world! I felt so relieved after all the hard work. All was well.

I asked the staff, "Do any of you smoke?" One nurse nodded and I asked her for a cigarette and a light.

Still on the delivery table, I smoked the whole cigarette. I felt great. I stubbed the tip out and skipped off the table to go for a shower.

Can you imagine that happening today?

COMPETITION Time



Tea break quiz

Answer each of these five questions correctly for your chance to win a £10 Tesco voucher.

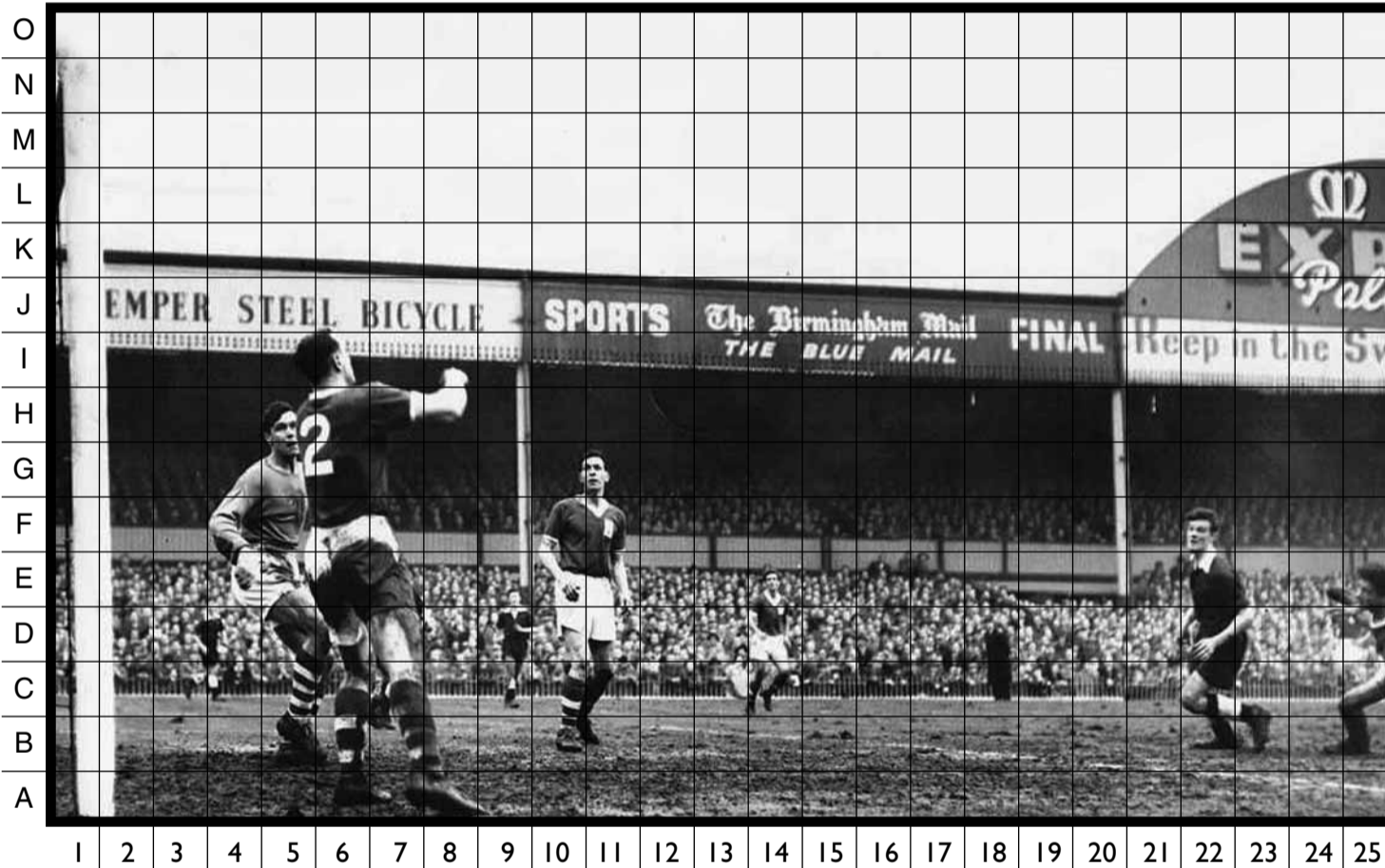
- Q1. What fruit or vegetable is a rich source of lycopene and was brought to Europe in the 16th Century by Spanish Conquistadors?
- Q2. On television many years ago, what type of creature was Flipper?
- Q3. In the sixties who had a No.1 hit with "Eleanor Rigby"?
- Q4. What type of reference book was "Bradshaw's Guide"?
- Q5. What type of building is the Adelphi in London?

To enter, phone Laurence Wright on 07425 627531

The winning entry will be chosen at random and will be announced in the next edition of 'The PAL Gazette'.

Spot the Ball!

Enter our "Spot The Ball" competition for a chance to win a £10 Sainsbury's voucher.



Here is a picture from a football game with the football "rubbed out". You have to guess where the football should be.

You can see a grid across the photograph. The horizontal lines are numbers, and the vertical lines are letters of the alphabet.

Choose the horizontal line and vertical line that you think makes a cross where the centre of the football should be.

For example, if you think the ball is at the bottom of the goal post at the left hand side of the photograph choose A1 (it's not).

Phone Martin Towers on 07856 926412 with your answer.

If there is more than one correct answer, the winner will be chosen by luck of the draw.

The winner will be announced in the next edition of 'The PAL Gazette'.



Recipe

"A Hearty Soup for Two"

by Anne Greenan

Ingredients:

- 1 large or 2 small potatoes.
- 1 stock cube.
- 3 pieces of vegetable, such as carrot, parsnip, leek, onion, celery etc.
- Herbs and/ or pepper to season.

How to make:

- Chop all the vegetables and put them into a saucepan.
- Cover the vegetables in water.
- Bring to the boil.
- Crumble in the stock cube.
- Simmer until vegetables are soft, approximately 15 minutes.
- Take off the heat and blend with a hand blender, or mash with a potato masher or a fork.
- You can add a little cooked chicken or ham as long as it is heated through in the soup, approximately 5 minutes simmering.
- Season with herbs and/ or pepper.
- You can add a little cream or milk.

Eat and enjoy – it's full of fibre and vitamins!

CORONAVIRUS (COVID-19)

WE ALL MUST DO IT TO GET THROUGH IT



STAY HOME



KEEP DISTANCE



WASH HANDS

OLD JOKES HOME!

My face in the mirror isn't wrinkled or drawn. My house isn't dirty. The cobwebs are gone. My garden looks lovely and so does my lawn. I think I might never put my glasses back on.

Engage with Age thanks its supporters and funders:

