

The PAL Gazette

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www.engagewithage.org.uk info@engagewithage.org.uk Facebook: EngageWithAgeBelfast Twitter: @Engage_With_Age All information correct at the time of publication.

This edition: 30th October 2021

Engage with Age

The Phone Poet

Elizabeth sent us another text message. We love receiving her mobile musings!

'The Joys of Autumn'

The days are getting shorter
As winter nights draw near,
But autumn I feel
Is a wonderful time of year.
The trees are full of colour
As the leaves begin to fall,
And a nice walk on a crisp afternoon
Is good exercise for us all.
With Halloween approaching
It's a time for trick or treat,
Pumpkins are seen in abundance
And their soup is great to eat.
With parties around an outdoor fire
We can all enjoy the fun,
Play our favourite music
And share it with everyone.
You get that goodtime feeling
And forget about your woes,
So get out and enjoy the autumn sun
Before it finally goes.

By Elizabeth, from Lisburn

YOUR FORUMS!

In the last edition of the PAL Gazette we learned about work of the East, and South Belfast, and Castlereagh Seniors Forums. But this was only part of the older people's forums picture across the city!

West Belfast 50+ Forum

The West Belfast 50+ Forum is made up of older people living in the West of the city. The group normally meets on the last Friday in the month at Falls Road Library. During the recent lockdown the group has been meeting via zoom and when allowed has also been meeting up outdoors for socially distanced walks in local parks. The group is currently developing a programme of activities for the next six months (Covid-19 dependant) and would love new members to join. If you live in West Belfast and would like to find out more about what happens at the forums and how you can get involved, **please contact Volunteer Now on 028 9023 2020 or email info@volunteernow.co.uk**

Greater Shankill Senior Citizens Forum

The Greater Shankill Senior Citizens Forum normally meets on the third Friday of every month at Shankill Library. The group currently has 25 members and is keen to expand and welcome new people onboard. During lockdown the group continued to meet online and face to face outdoors, when possible, for socially distanced walks in the local area. The group has lots of exciting plans for the next six



months to bring members together including quizzes, crafting, history talks, outings and walking groups. If you live in the Greater Shankill area and would like to find out more about how to get involved, **please contact Volunteer Now on 028 9023 2020 or email info@volunteernow.co.uk**

North Belfast Senior Citizens Forum

North Belfast Senior Citizens Forum (NBSCF) meets on the last Thursday of each month at 10.30am at 151 Cliftonville Road Belfast BT14 6JR. At present the Forum has around 25 members. Its activities include arts and craft classes, healthy living sessions, information and networking as well as social outings to local towns and places of interest. The Forum also has a fortnightly walking group meeting on Wednesday afternoons. Our dedicated advice worker provides independent

advice on pensions and benefits. NBSCF has a committee of 12 older people who direct the work of the Forum and represent it at meetings of the Greater Belfast Seniors Forum (G6). North Belfast Senior Citizens Forum is a founder members of Dementia Friendly North Belfast which seeks to improve the lives of people living with dementia.

New members are always welcome. To find out more call Olaf on 07815 311783 or email nbscf1@gmail.com

If you want to have your voice heard, please do contact your local older person's forum and see how you can become involved.

In the next edition of the PAL Gazette, we'll let you know about even more work representing the voice of older people through our other peer organisations.

PAL Gazette News



GET INVOLVED! Would you like to join the team that helps put the Gazette together? You can help by writing articles, collecting recipes, searching for competitions, even helping with the mail out.

Call Lois on **07595 261253** if you would like to join the PAL Gazette team.

In the meantime, keep sending in your stories! We love your recipes, special stories, and poems.

Call Lois on **07595 261253**
Or if you use email, send them to **info@engagewithage.org.uk**



HANDS



FACE



SPACE

FRESH AIR

Quick-fire Phone Competition!

The 4th person to call Lois on **07595 261253** will receive a £10 Tesco voucher. Competition closes 15th November 2021.

Winner announced in next edition.

Winner of September Edition was Margaret McDougall.



If you can spot a scam, you can stop a scam

Stay 4 steps ahead of a scam by using this **scam test**

Seems too good to be true

Contacted out of the blue

Asked for personal details

Money is requested

 ScamwiseNI

nidirect.gov.uk/scamwiseni

scamwiseNI
PARTNERSHIP

Support Numbers

If you need some support, the following services can help.

Covid-19 Community Helpline:

For information, advice and guidance, from Advice NI.

Telephone: 0808 802 0020

Age-friendly Belfast:

Call to get information on key Belfast City Council services.

Telephone: 07713 684705

Check-In and Chat:

A new Age NI/ Commissioner for Older People telephone service for people over 60 who may be isolated and fancy a chat.

Telephone: 0808 808 7575

HERE TO HELP

To reach the Engage with Age team see numbers below.

We are always happy to receive your phone calls so our mobile numbers are:

Eamon Quinn 07710 993036

Cathy Chambers 07468 695593

John McCandless 07729 526576

Sarah Gordon 07423 702721

Caleb Armitage 07436 174793

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.

Send your letters to:

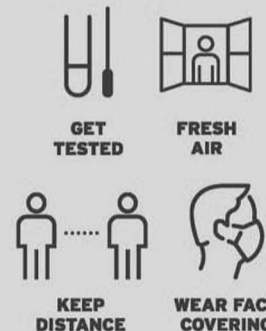
The PAL Gazette, Engage with Age, East Belfast Network Centre, 55 Templemore Avenue, Belfast BT5 4FP. Or you can email: info@engagewithage.org.uk



LET'S KEEP MAKING SAFER CHOICES

NI EXECUTIVE AUTUMN/WINTER COVID-19 CONTINGENCY PLAN

October 2021



School Day Rhymes & Jokes

by Fred Crawford, Coleraine

When was a milk the highest drink? When the cow jumped over the moon!

What's the difference between Frank Carson and the M1 motorway? You can turn off the M1.

A little cottage down by the sea,
A little dog for company,
Good morning, good morning, it's time to get up,
So let's have a frolick with Tommy our pup!

I'm going out with Daddy,
A walk just down the lane,
I'll take my new umbrella,
I do hope it will rain.
Granny Granny grey bird,
Can I get out to play?
I'll not go near the water
To chase the ducks away.
As Pat looked out the window
A white world met his gaze;
I can go and have some fun now,
I do love snowy days!



Night Blessing - Submitted by Audrey Lynas

When longing lingers over your soul, leaving a sense of lonlieness and uncertainty that feels like it is rooted in your life, may you be given the courage to lift your head and hope again, may your gaze be held by grace and may mercy mark your moments and your days.

HALLOWEEN

The nights have drawn in, there's a distinctive chill in the air and pumpkins are popping up in the shops. It can only mean one thing - Halloween is here! In recent years, Halloween has grown into a huge celebration, with large scale events and firework displays across the country. Little people dress up and go door to door, hoping for a treat rather than a trick. The American tradition of carving a pumpkin into a scary jack-o-lantern has also become a big part of Halloween, but did you know this originated in Ireland?

Halloween, or All Hallow's Eve, is rooted in the Celtic festival of Samhain. This was the night when spirits returned to walk the earth, and people prepared themselves for visits from unearthly guests - some welcome and some less so. This is where lots of our Halloween activities and traditions

come from. Masks were made and worn to frighten away the malevolent spirits and demons. Turnips and other root vegetables were hollowed out and scary faces cut into them so they would scare away unwelcome guests.



Dementia Friendly Groups

Engage with Age is setting up activity groups for people living with dementia and their carers. Group activities include crafts, walking groups, and social groups. Fancy getting involved?

Phone **07436 174793** or email palproject@engagewithage.org.uk



Telephone Befriending for Dementia Carers

Are you a carer for someone living with dementia and fancy having a chat and a bit of craic? Or would you like to become a Volunteer Telephone Befriender?

Join up to Engage with Age's Telephone Befriending scheme specifically for carers of people living with dementia.

Phone **07423 701721** or email befriending@engagewithage.org.uk

This initiative is possible from a grant from the LFT Foundation.



LFT CHARITABLE TRUST

Engage with Age, East Belfast Network Centre, 55 Templemore Avenue, Belfast BT5 4FP. Tel: 028 9073 5696 Email: info@engagewithage.org.uk
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WHAT'S ON

There are so many activities available online.
All free of charge, everyone welcome. Join in!

WALKS

There will be walks in South Belfast on Tuesdays in November at 2pm and in East Belfast on Wednesdays at 2pm.

If you are interested in taking part contact Caleb Armitage for more details via phone on **07436 174793** or via email on palproject@engagewithage.org.uk

KIT GROUP

Every Thursday 2pm
The Keeping In Touch Group (KIT Group)
Dee Street Community Centre, 12-16 Dee Street, Belfast BT4 1FT.

T'AI CHI

Every Friday 11am at Inverary Community Centre, Inverary Avenue, Belfast BT4 1RN.

DANCE GROUP

Every Friday 2pm – socially distanced dancing.
In all instances above, please call/ email Caleb to let us know you're coming. Call Caleb on **07436 174793** or email palproject@engagewithage.org.uk

ONLINE EVENTS

Jim's Pub Quiz without a Pub

7pm Thursday 18th November
Everyone playing as individuals.

Chocolate Bingo

7.30pm Thursday 11th and 25th November

To get the Zoom links, email eamon.quinn@engagewithage.org.uk

The Questionnaire

Name: Jonathan Hegan

Position: Chairman of the Board of Engage with Age

How do you enjoy spending your free time?

I enjoy playing golf and watching rugby - I'm a season ticket holder at Ulster. I enjoy reading and spending time with my wife, we're great friends.

Why are these activities important to you?

They are important because they keep me physically fit and mentally alert.

What is the best thing about living here?

The best thing here is the good quality of life. I've lived in other parts of the world, abroad and in England, but here just has a better quality of life. Where I live is beautiful, even in spite of our unpredictable weather.

Favourite Pastimes?

Jogging and golf. I go jogging every morning along the coastal path.

Favourite film?

A long time ago I enjoyed "Lawrence of Arabia". It has always stayed with me. It's my all-time favourite film.

Favourite Food?

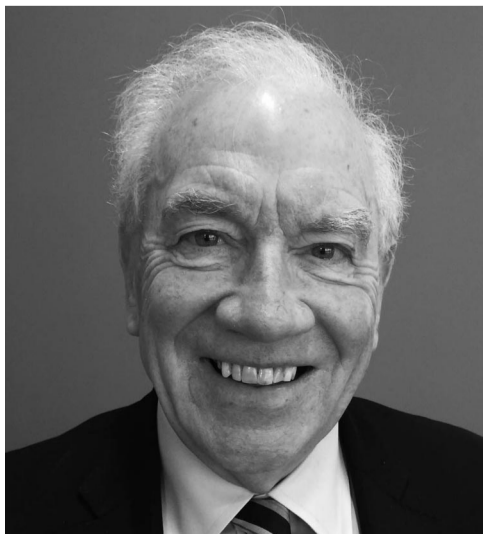
My favourite meal is certainly my wife's Spaghetti Bolognese. Also, her chocolate cake, which is wonderful.

Tell us something about you that not many people know?

When I was much younger, in 1969, I hitch hiked around South Africa during the Apartheid era. I felt Apartheid was very artificial and unsustainable. Back then you could hitch hike with no fear of attack. On one occasion I was stranded out in the wilderness with nobody about. A pick-up van appeared and the two guys told me to jump in the back and they'd take me to the nearest hotel. The hotel was run by a man from Liverpool and there were two Afrikaner engineers staying there. I had just qualified as an engineer, so the next morning they took me to see their projects. A very memorable time.

What advice would you give to young people?

Don't sacrifice the future for the present.



New Activities

Classic Book Group

A new book group, meeting monthly, reading titles we are all familiar with that are also freely available online. The group meets in Café Refresh in the Skainos Centre on Newtownards Road Belfast. For the next date and November's book, contact Caleb on 07436 174793/ email

palproject@engagewithage.org.uk



Words Alive

Autumn's Floor by Jim Bradley

Leaves gently falling
Floating down like feathers,
Some drifting in the cool, autumn breeze
Flickering, down to rest with others.
Once green leaves that clothed,
Protected these deciduous trees,
Now heaped in small piles
Spread out across the land.
Moved around by the wind
Ending up floating on puddles,
Trying to enter through doors
Carried into homes on shoes
As people walk, children play,
Prancing and kicking them.
Sounds of rustling and squashing
As they travel on their way.
Leaving trees like skeletons so bare
Autumn's mats and carpets,
Dying leaves of red and gold.



Words Alive Exhibition - 'Your Story and Mine'

Words Alive is an older peoples creative writing group the photo exhibition and accompanying pamphlet gives a glimpse of how sharing poems and personal stories touches others' lives, awakening their own memories and experiences and affirming their part in the bigger story of the social and cultural history of Belfast.

The exhibition was in Ormeau Library in October. From November the exhibition will be appearing in Dundonald and Tullycarnet Libraries, and then moving on to other libraries and also Belfast City Hall in the new year.

Ormeau Library

Tel: **028 9050 9228** Email: ormeauroad.library@librariesni.org.uk

For more information on **Words Alive outreach**, please contact cathy.chambers@engagewithage.org.uk **07468 695598**

Crafty Corner - Light Up Jars

Materials

- Jars • Acrylic paint • Sponge • Paint brush
- Sharpie pens • Clear sticky backing paper (Sharpie pens and blue tac if you do not have this)
- Leaves • Scissors • Pen • Ribbon/string
- Battery tea light • Stones (optional)

Instructions

• Option one with sticky back paper:

- Wash jars with washing up liquid
- Draw around a leaf on to the sticky back paper then cut this out
- Stick this onto the glass jar
- Sponge the paint all around the jar and leave to dry
- Peel off sticky paper
- Tie a ribbon or string around the top to finish
- Pop stones if you have some inside and candles.

• Option two with sharpies and blue tac:

- Wash jars with washing up liquid
- Stick leaf to jar with blue tac
- Draw around leaf with a colour close to the paint colour you are using
- Remove leaf and paint carefully around this line
- Sponge the rest of the jar with your paint and leave to dry
- Tie a ribbon or string around the top to finish
- Pop stones if you have some inside and candles.



WORD SEARCH



Enter our Word Search competition for a chance to win a £10 Tesco voucher.

Find the following eight words that appear in this edition of the PAL Gazette:

- HALLOWEEN • GAZETTE • PUMPKIN
- FRANKENSTEIN • BELFAST • TOWER
- PEPPER • MUSEUM

Phone Lois Kennedy on **07595 261 253** and tell her where the words are and you will be entered into the draw for a £10 Tesco voucher. If there is more than one correct entry the winner will be drawn at random.

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

Entries by 15th November 2021.

The winner of last edition's Word Search was Jean Crudden.

Covid Response Contact Numbers

If you are in East or South Belfast and have any Covid related emergencies here are some useful numbers:

East Belfast Covid Helpline:

07783 631114 (Mon-Fri 9.30am - 4.30pm)

South Belfast Covid-19

Helpline: 07394 569 155



Can You Read This Clearly?

Can you read this paper clearly?

If you need a magnifying glass, **phone or text Eamon on 07710 993 036.** We will send you one through the post for free.



OLD JOKES HOME!



Why was Cinderella bad at football?
Because she had a pumpkin for a coach.

What did the ghost wear to improve his eye-sight? Spook-tacles.

Submitted by our Anonymous Phone Caller who loves a joke.

Jim's Tea Time Quiz

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

1. What creature appears on the flag of Wales?
2. Which fictional character explored Wonderland?
3. Which male actor starred in the film 'Saturday Night Fever'?
4. What was the first name of the composer Holst?
5. Which city hosted the summer Olympic Games in 1908 and 1948?

The winner of last month's quiz was Win McConaghey. To enter, phone **Lois Kennedy on 07595261253**. Please note, due to the popularity of competitions all correct entries are placed in a draw.

Entries for this edition's quiz need to be in by 15th November 2021.

The answers to the last quiz were:

1. John Wayne
2. Willy Wonka
3. February
4. Liverpool
5. 22

Jim's Pub Quiz Without a Pub

On the third Thursday each month via Zoom

To join in email

eamon.quinn@engagewithage.org.uk



HALLOWEEN *Recipe* Spooky Stuffed Peppers

Serve up some scarily tasty stuffed peppers for lunch this Halloween!

Serves 6.

You Will Need

- 3 orange peppers
- 3 green peppers
- 2 x 250g packs golden vegetable rice
- 250g vegetarian mozzarella, chopped
- 30g pack parsley, chopped
- 30g pack basil, chopped
- A couple of black olives

Method

- Preheat the oven to gas 6, 200°C, fan 180°C. Cut the tops off the orange and green peppers, leaving the stalks on. Scoop out the seeds.

- With a sharp knife, carve 3 triangles into the orange peppers for the eyes and nose, and squares for teeth. Carve Frankenstein-style faces in the green peppers.

- Put the vegetable rice in a large bowl with the mozzarella, parsley and basil. Mix together, then spoon into the peppers. Replace the tops and brush with oil. Arrange on a greased tray and bake for 25-30 mins, until tender.

- Remove from the oven and insert 2 cocktail sticks* into the sides of each green pepper. Hang an olive slice off the end of each stick for a 'nuts and bolts' detail. Serve warm.

*Don't forget to remove the cocktail sticks before eating.



COVID-19 TESTING

WITH SYMPTOMS

PCR test

When to take a test

- If you have COVID-19 symptoms
- To confirm a positive lateral flow test result

How long does it take?

- PCRs are processed in a lab
- Results usually received within 48 hours

How to get a test?

gov.uk/get-coronavirus-test

WITHOUT SYMPTOMS

Lateral Flow Device (LFD) test

When to take a test

- If you do not have COVID-19 symptoms
- As part of routine testing

How long does it take?

- Produce results within 30 minutes
- With regular use, LFDs help to detect infection early

How to get a test?

health-ni.gov.uk/rapid-tests

Engage with Age thanks its supporters and funders:



Belfast City Council

