

The PAL Gazette

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Edition No. 28 : 1st August 2022

Engage with Age

Front Page Poems

We received this very thoughtful poem.

'Watch the Birdie'

I see little me in a photo-sepia style.

Eldest of three - feeling big at five years old!!!

Mother ill upstairs and heavy with child.

Three jobs dad on duty for dressing and feeding - an alien land for him.

School photo day arrives.

Teacher oblivious to missing tie and curls untamed.

Weeks pass and baby sister arrives the same day as the photo!

I hear mother- cross with daddy! - "A waste of money", she shouts.

Happy little me - smiling at the camera. The image of my own daughter.

Touching and uniting us across the years.

Twin soul sisters!!!

The Secret Sonneteer



THE BEST THINGS IN LIFE ARE FREE

Summer is a fantastic time to get out and about. There is an incredible range of free activities and events that are crying out for audiences. Why not enjoy the free delights that Belfast and the wider region have to offer?

Walks

Belfast city centre and its surrounding parks have wonderful walks. Why not go somewhere you haven't gone to before? Belfast City Council has free guides to walking, orienteering, and "eco" walks. To get the walking guide, log on to www.belfastcity.gov.uk/walking or call **028 9032 0202**. The Belfast

Visitor Centre has lots of outdoor activities on offer and is well worth calling in to at 9 Donegal Square North, Belfast BT1 5GB, telephone 028 9024 6609, or log on to www.visitbelfast.com There are also "free" guided walks of the city centre exploring the Cathedral Quarter, the Docklands, and more. People attending the walks are normally expected to provide a "tip" rather than paying a fee. To find out more visit www.belfastfreewalkingtour.com

Galleries

Belfast and Northern Ireland have an incredible number of galleries with free admission as well as free talks and workshops.

- **The MAC** (10 Exchange Street West, Belfast BT1 2NJ) has three galleries, is fully accessible, and has an excellent café.
- **The Golden Thread Gallery** (84 Great Patrick Street, Belfast BT1 2LU) hosts artwork by contemporary artists and is always stimulating.
- **Belfast Exposed** (23 Donegall Street, Belfast BT1 2FF) specialises in photography, and this summer is showcasing work from Ulster University photography students.



- If you have a whole day, the **Ulster Museum** (Botanic Gardens, Belfast BT9 5AB) has art, history, and nature exhibitions across six floors plus an excellent café and gift shop.

These are just some of Belfast's galleries, and we haven't even mentioned the Red Barn Gallery, Titanic Belfast, W5, HMS Caroline, Cultúrlan MacAdam Ó Faich, or the Northern Ireland War Memorial Museum. There are hundreds of commercial galleries in the city such as "ArtisAnn" in East Belfast, about 20 galleries along the Lisburn Road, and also wonderful regional galleries such as F.E. McWilliams Gallery Banbridge, Millennium Court Portadown, and Down Arts Centre Downpatrick.

Special Events

The start of August is abundant with arts and community activities. Two city favourites are the EastSide Arts Festival (www.eastsidearts.net/whats-on or telephone **028 90246609**) and the Féile an Phobail (www.feilebelfast.com or telephone **028 9560 9984**). Both festivals have a great range of free activities including concerts, workshops and fun days. Both run from 4th - 14th August 2022.

Other free events in August include: Elmer's Big Belfast Trail (a family friendly arts trail around the city); BBC Radio 3 concert at the Ulster Hall on 23rd August, and free Sunday entertainment on Belfast's Maritime Mile. Outside of Belfast free treats include: Music in the Park in Bangor; the "Creative Peninsula" festival in Newtownards with free workshops and events; and the Portaferry "Sails and Sounds" Festival 4th - 7th August. Information and tickets are available through the Belfast Visitor Centre.

Excursions

Got a Senior SmartPass for the trains and buses? Northern Ireland is rich in wonderful locations for day trips. You could hop on a train and experience the Walled City or the Derry Girls Tours in Derry/ Londonderry. Why not catch the bus to Armagh and visit the Armagh Museum, the Market Place Theatre, and the Navan Centre. Our wonderful natural attractions, such as the Antrim Glens, the Dark Hedges, and Oxford Island on Lough Neagh are all accessible by public transport. To find out how to get there call Translink on 028 9066 6630 or visit www.translink.co.uk

All these delights are for free. Why miss out?

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



Quick-fire Phone Competition!

The 6th person to call Lois on **07595 261253** will receive a £10 Tesco voucher. **Calls will be taken 10am-6pm, Monday-Friday.** Competition closes 28th August 2022.

Winner announced in next edition.

Winner of June Edition (Edition 26): **Ann Bain.**

Winner of July Edition (Edition 27): **Elizabeth Morrice.**



Support Numbers

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

Covid-19 Community Helpline:

For information, advice and guidance, from Advice NI. **Tel: 0808 802 0020**

Age-friendly Belfast:

Call to get information on key Belfast City Council services. **Tel: 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. **Tel: 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
John McCandless 07729 516576

Eileen McQuillan 07423 702721

David Jamison 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



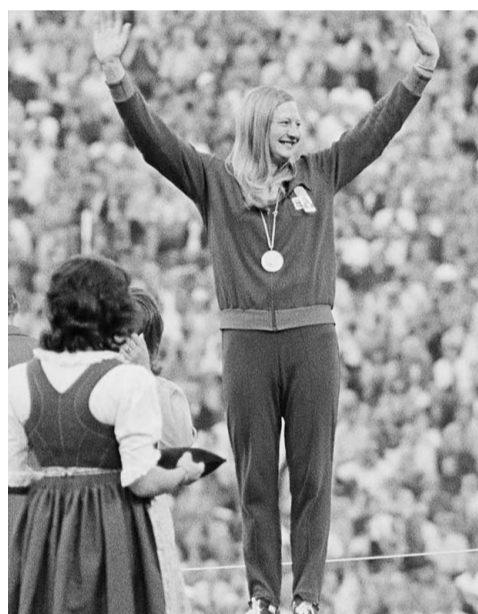
Commonwealth Sporting Heros

Around the time this PAL Gazette is published the Commonwealth Games will be in full swing in Birmingham. It is worth remembering the incredible record of success this wee place has among the nations competing in the games.

Northern Ireland has over 25 gold medal winners at the games. We are particularly successful in athletics, however, two sports stand out as regular successes. NI has eight gold medal winning bowls players and an incredible 11 boxing champions. Familiar names include Wayne McCullough and the wonderful Barry

McGuigan. Both went on to major success on the world professional boxing stage.

Our most notable sporting star must be Dame Mary Peters, who represented Northern Ireland at every Commonwealth Games between 1958 and 1974. She won two gold medals for the pentathlon, and a gold and silver for the shot put. Dame Mary is an incredible role model for staying active in later life and her "Move with Mary" videos and dvds provide excellent guidance on keeping physically well. Here's to our gold medal winning sports stars!



Anne's Crafty Corner Pressed Daisy Candle Holder

This simple candle holder is a great way to showcase your craftiness in an unusual way.

How to Press Daisies

Follow these simple instructions to create beautiful pressed daisies.

- Choose flowers that still have all or most of their petals, and be careful to snip away the stems as close to the base as possible.
- Place the flower face up on two sheets of paper.
- Cover the flower with two additional sheets of paper.
- Place a heavy book or flower press directly on top of the paper and flowers.
- Let your daisies dry for at least two weeks. Carefully remove the book or press and the paper.

What You Will Need

- Clear glass candle holder such as a jam jar - preferably large in size
- White tissue paper, crumpled
- Craft scissors
- Thin white glue
- Pressed daisies
- Clear craft sealer

What to Do

- Paint the thinned glue onto the exterior of the candle holder.
- Apply a single sheet of the crumpled tissue on to the outside of the glass. Trim any tissue that hangs over the top edge.
- Repeat steps one and two with a second piece of crumpled tissue.
- Apply a small amount of the glue onto the back of your pressed flowers and arrange on the candle holder. You may need to hold each flower in place for a few seconds to make it adhere.
- Using your second paint brush, apply two more pieces of crumpled tissue using your sealant. Again, be sure to trim any excess tissue at the top.
- Dry for one to two hours.
- Insert a candle and enjoy.



SAFE AL FRESCO DINING



Now that we're enjoying the warmer, longer days, we all want to make the most of them. Eating al fresco is often a wonderful way to get together with friends and family for a relaxed, informal gathering. What could be better than enjoying good food in good company on a warm summer's day?

Picnic lunches can be as impromptu as grabbing a sandwich from the corner shop with a friend and eating it on a park bench while you catch up on the latest gossip.

Summer evening barbeques are an absolute must on warm days - after all, who wants to be stuck indoors slaving over a hot stove in the good weather? For both BBQ and picnics, prepare food freshly, and keep it refrigerated for as long as possible. It's a good idea to use a cool bag and ice packs for picnics; this will allow you to keep foods that may spoil quickly. You don't need to invest in costly ice packs. Pop yoghurts and drinks in the freezer the night before and pack these in with your picnic food. This will keep your picnic fresh, and by the time you're ready for lunch you'll also have an ice cold drink to cool you off. When packing your picnic, ensure your containers are very clean, and remember to pack the hand sanitiser in case you can't wash your hands before eating.

If you have decided to have a BBQ, wash your hands regularly to prevent contamination between raw and cooked meat.

Before you start, make sure your BBQ is in a safe place. It should be on a solid, flat surface - concrete or paving slabs are perfect - and well away from sheds, fences, hedges or anything else

that might catch fire. Always use separate plates for your raw and cooked meats, and don't take raw food out of the fridge until you are ready to cook it. If you've used a marinade on your raw meat, discard any that is left in the dish when the meat is put on the bbq - do not use it on cooked meat. When you are cooking, make sure your meats are cooked through so the middle is piping hot and all juices are running clear. Finally, remember the BBQ will stay hot for a very long time after you have finished cooking, coals could still be warm the following morning so make sure you have let it fully cool before you dispose of ashes. This is particularly important when using a disposable BBQ. Many summer fires are started by people putting coals or ashes that are still hot in bins, and there have been many incidents of people being badly burnt by BBQ coals that people have buried in sand at the beach.

Summer is a time for getting together and having fun. Make sure you stay safe this summer so you can make the most of every moment and enjoy yourself!

WHAT'S ON

WALKS

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

If you are interested in taking part contact David Jamison 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 at 2pm. Contact David for details on this fun dance group.

FAMILY TREE GROUP

Meets at various locations so please contact David for details.

DEMENTIA FRIENDLY GROUP

Mondays at 2pm. Inverary Community Centre, Inverary Avenue, Belfast BT4 1RN. Contact David for details.

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.

In all instances above, please call/ email David to let us know you're coming.

Call David on **07436 174793** or email palproject@engagewithage.org.uk

ONLINE EVENTS

Chocolate Bingo

7.30pm Thursday 11th and Thursday 25th August 2022.

For zoom link email eamon.quinn@engagewithage.org.uk

Jim's Pub Quiz Without a Pub

Via Zoom, 7.00pm Thursday 18th August 2022.

For zoom link email eamon.quinn@engagewithage.org.uk

Have Your Say with the Greater Belfast Seniors Forum

Connecting and Staying Engaged

We spoke with Rita Murray, Chair of the Greater Belfast Seniors Forum. We asked Rita, aside from the cost of living crisis that everyone is talking about, what are the other issues that people are concerned with?

"Older people in my neighbourhood are really feeling the need to reach out and connect with others. We are also feeling the need to stay mentally stimulated."

Rita is an active member of the Choice Housing residents board, and she lives in a Choice development close to neighbours and friends. Before the Covid-19 Pandemic there were lots of opportunities to interact and say hello to neighbours. While some activities were formally scheduled, many other instances were unplanned – dropping by to say hello, asking if neighbours needed anything from the shops. Covid stopped a lot of that and now they are noticing the need to check in with each other.

"If we haven't seen anyone for a day or so we now call over and say hello. Some people are going out a lot less than before, so we're conscious of looking out for them and making sure they are all okay."

As well as personal contact, Rita is an advocate of getting mental stimulation.

"We need to get out if we can and enjoy our surroundings; visit places, use our bus passes, enjoy the fantastic places on our doorstep. A day spent in the local charity shops is a brilliant way to have fun. And if you can't get out very much, you can have stimulation brought to your door."

Rita explained that she contacted Libraries NI to see if their mobile library could visit their development. It was no problem. Every fortnight the mobile library visits. Residents can order books in advance over the phone or online through the free Libraries NI Library Card. As Rita says, reading is cheaper and better for you than sitting in and watching telly all day.

The final matter Rita is so keen to highlight is the "Make The Call" service. She says "This is a service we keep promoting as people often miss out on funds they are entitled to. Some people won't call for fear they will lose the benefits they have but it doesn't work that way." Rita advocates calling the freephone number 0800 2321271 and speaking to the benefits advisors who will make sure you get all of the benefits, supports and services you are entitled to. Rita highlights "each year millions of pounds of unclaimed benefits is returned to the Treasury in London and it never comes back. It's our money and it's there to make life better. So make the call."

Rita is a firm believer in communities and the power of working together.

"It's the little things that matter. The little things show we are a community and often small gesture can mean so much – sending a text, calling in on someone, saying hello. We should take the time to do the little things in life."



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.

The Questionnaire

This month's questionnaire is a special one. We say a fond farewell to Caleb Armitage, PAL Project Groups Officer, who is moving to the EastSide Partnership. And we offer a hearty welcome to David Jamison, who is taking over as PAL Project Groups Officer. All very best Caleb, and welcome David!

Name: David Jamison

Position: New PAL Project Groups officer with Engage with Age

How do you enjoy spending your free time?

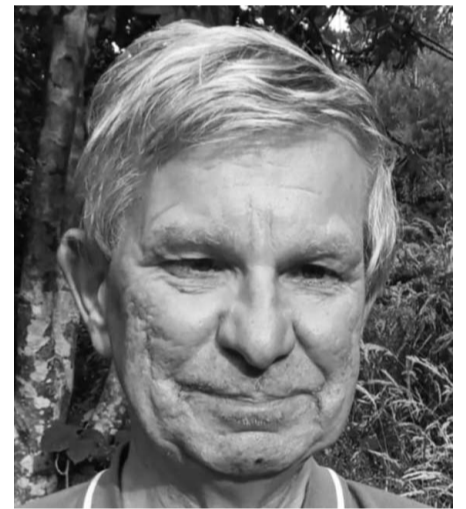
I spend a lot of my free time walking. I do it to keep me moving and to get the good old fresh air. The other interest that I have developed, particularly over the period of Covid, is writing and journaling. Journaling is something I'm looking forward to developing over the winter months.

Why are these activities important to you?

With walking, it gets you out of the house and keeps you active. You see a lot more when you're out walking than you would when you're driving in your car. You also stay in better contact with your neighbours. Journaling became important to me because it gives me a frame of reference since I've stopping working full-time. There was a switch from me working to having more time on my hands. Writing it down and journaling helped me clarify in my own mind what I'm doing and why I'm doing it.

What is the best thing about living here?

What I love about living in the city is that I'm near a main road, very close to the routes into town, with great access to the Glider. The Glider scoots me in and out of town and beyond. I've been able to go all the way to the Colin Centre and the Royal without getting off the bus. The other thing I like is the number of parks close by. It is very rare that I spend time walking along a road. Within minutes from my house I'm in Victoria Park, Belmont Park, or Stormont Estate, and I'm enjoying the fresh air, listening to Podcasts.



Favourite Pastimes?

My other interests include listening to podcasts. I love the range and variety. There's a podcast called "Matt Thompson's Best of Belfast", a weekly podcast about people associated with Belfast, some of whom you would know and some you would never have heard of. It's fascinating. We all have a story to tell.

Favourite Film?

I'm more of a TV fan. You couldn't get through the winter without "Strictly". You know Christmas is on the way when "Strictly" starts up. I also like 'Scandi Noir' TV shows. I thought "Killing Eve" was fantastic. As well as TV, I'm a great Youtube fan. It has so much to watch.

Favourite Food?

In days gone by I would have said steak but these days I wouldn't be too hard to convert to being a vegetarian. Salads and pastas are 'top of the pops' at the moment.

Tell us something about you that not many people know.

I have started to collect fridge magnets but I keep them out of sight on the side of my fridge! They are all from places that I have visited abroad. Chicago, Paris, and the "Camino" in Spain. I walked the last 200 miles of the Camino pilgrimage walk. It was a great experience, and I have a fridge magnet to prove it!

What advice would you give to young people?

Keep looking up and try not to look down. Life isn't in your smart phone, it's all around you, so try not to miss life as it goes by.

SUMMER WORD SEARCH



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

Find the following ten words hidden in the word square above:

- BEACH • BIKE • CAMP • FIRE • HEAT
- HIKE • LAKE • POOL • SAND • SUMMER

To enter, phone Lois Kennedy on **07595 261 253 on weekdays, 10am-6pm.** Please note due to the popularity of competitions all correct entries are placed in a draw and the winner chosen at random.

The winner will be announced in the next edition of The PAL Gazette. **Entries for this edition's quiz need to be in by 28th August**

The winner of June Edition (Edition 26) was Mary Kelly and the winner of July Edition (Edition 27) was June Patterson.

Recipe Apple Berry Smoothie

Serves 1, minutes to prepare: 5

What goes in?

- 1 cup Spinach
- ½ Apple
- ½ cup of Blueberries
- 1 tbsp Raw Honey
- 200 ml Milk
- 3-4 leaves of Basil

How it's done?

- Wash the spinach leaves and put in blender.
- Wash the apple, cut into slices and put into blender.
- Put honey, milk and washed blueberries into the blender.
- Mix well.



WORDS ALIVE

“In the Garden” by Jim Bradley

Scents of new mown grass,
Curry and lavender too,
Rosebuds wanting to spread.
Wintery weather still shows its face,

Summer is putting up a fight,
Showers and sunshine argue it out -
Seasons come and go.

OLD JOKE'S HOME!

Submitted by our Anonymous Phone Caller who loves a joke.

There was once a king who was just 12 inches tall. He was a terrible king but a great ruler.

Do they allow loud laughing in Hawaii.... or just a low ha.

Engage with Age thanks its supporters and funders:



Belfast City Council



Jim's Tea Time Quiz

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

1. Which author wrote 'To Kill A Mocking Bird'?
2. What kind of beverage is Jameson?
3. What is the currency in use in Australia?
4. What was the name of Sri Lanka before 1972?
5. Which instrument is Eric Clapton famous for playing?

To enter, phone **Lois Kennedy on 07595 261 253 on weekdays, 10am-6pm.** Please note, due to the popularity of competitions, all correct entries are placed in a draw and the winner chosen at random.

Entries for this edition's quiz need to be in by 28th August 2022.

Winner of the June Edition (Edition 26) was Bill McNeill and winner of the July Edition (Edition 27) was Gloria Beatty.

The answers to the June's equiz were: 1. President Nixon
2. Centaur 3. Magpie 4. Robin Hood 5. Martin Luther King Jr

The answers to the July's equiz were: 1. Cardiff
2. 26.2 3. Walford 4. David Jason 5. Right



Leave Nothing but Your Footprints

- Plan ahead and prepare
- Be considerate of others
- Respect farm animals and wildlife
- Leave what you find
- No BBQs or fires
- Dispose of waste or take it home
- Park Responsibly

Night Blessing

Submitted by Audrey Lynas

Did you ever stop to think that God is going to be as pleased to have you with Him in heaven as you are to be there?

A.W. Tozer

TOP TIPS ON STAYING HYDRATED

Aim to drink 6-8 glasses of fluid a day
Water • Tea • Cordials • Fruit Juice • Coffee

All fluids count except alcohol

Signs of Dehydration

- Headache
- Dizziness
- Nausea
- UTIs
- Irritability
- Pressure Sores
- Confusion
- Constipation

Foods rich in water can also keep you hydrated

- Vegetables
- Ice Lollies
- Soups
- Custard
- Yoghurts
- Stews
- Fruit
- Jelly

TOP TIP
Drink a glass of water whilst you're waiting for the kettle to boil.



Keep up to date with us on social media

www.eatwellagewell.org.uk