

The PAL Gazette

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Front Page Poems

We received this very thoughtful poem.

'Away Days'

No sleep the night before
Up bright and early to pack the bag.
Ham sandwiches in waxed paper and a
bottle of milk,
My shorts, my top, and a cardigan if it
gets cold.

A blanket on the ground in a sheltered
sand dune,
Getting my costume on under the towel.
Sand in between my toes and salty
water in my hair,
Freezing cold and laughter in my ears.

Sand in my shoes, sand in my
sandwiches,
The bottle of milk is warm but
welcome.
Lying down with the sun baking my face,
Football blowing in the breeze.

Walking back barefoot to the bus stop
for fun.
The sun's behind the mountain, but the
ground is still warm.
These are the things that I bring to the
beach
And the things the beach brings to me.

The Secret Sonneteer



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



FUN IN THE SUN!

It's that time of year when we are all
looking forward to our summer holidays,
be that in far off sunny climates or down
the road.

This year getting away has been
particularly challenging with staff
shortages at airports, Covid-19, and
confusions over UK passports in the EU.
Here is a quick rundown of what we feel
is important to know and do. Please
note, the PAL Gazette is not a travel
expert, so in many places we'll tell you
where to go for expert advice.

Problems at Airports

If you have booked to fly through an
internet airline, like Easyjet or Ryanair,
they may require additional information
like passport information before you fly.
Don't leave it to the night before to give
this information as sometimes airline
websites crash. You can enter any new
information required soon after booking.
Make sure to download or print out your
boarding passes in good time too, just in
case.

Sometimes flights can be cancelled when
you are in the airport, though airlines are
giving better advance notice. Flight delays
can also cause difficulties and you may be
entitled to food and compensation in the
airport. Find out what you are entitled to
by logging on to
www.flihtight.co.uk and also
www.citizenadvice.org.uk. Check
out what you are entitled to before you
leave as it may be more difficult to find
information when you are in the midst of
a situation.

If you are at an airport queuing and you
have mobility issues or get tired, go to the
front of the queue and tell the person on
the desk. It may not always work but
sometimes you may get served sooner
or provided with seating without losing



your place in the queue. But remember
the staff member dealing with the line
may be under a bit of stress so it is best
to stay polite and respectful.

Travelling Abroad

Many countries have relaxed Covid-19
restrictions. Check with your airline in
advance. Make sure to travel in a way
that feels Covid-19 safe and good for you.
For definitive information contact the
Foreign Office on **020 7008 1500** or
log on to: www.gov.uk/foreign-travel-advice

Visas, Insurance, Mobile Phone Roaming Charges

Many people may have queries and there
is excellent advice out there, including
this from Citizens Advice. You can speak
to Citizens Advice by calling:
0300 123 9287 (the north Down and
Ards is the nearest open Citizens Advice
office; the Belfast office has closed), or
you can log on to the England and Wales

Citizens Advice website on:
[www.citizenadvice.org.uk/
consumer/holiday-
cancellations-and-compensation
/travelling-in-europe/](http://www.citizenadvice.org.uk/consumer/holiday-cancellations-and-compensation/travelling-in-europe/)

Useful Travel Basics

- Make sure to leave your contact details
and accommodation details with friends
in case they need to contact you.
- Plan ahead so you have adequate
supplies of medication while you are
away.
- Make sure to pack the things you'll
definitely need - phone chargers, spare
batteries etc
- Be prepared for airport delays,
regarding food and things to keep you
occupied.
- Bring plenty of sunscreen, and stay
hydrated.
- Stay Covid-19 safe - there's a lot of it
around.

Most importantly, have fun.

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

Winner announced in next
edition.

Due to delay in delivery of June
Edition (Edition 26), we have
extended the closing date of it's
competitions until
28th July also.



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

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



Staying Safe this Summer

Summertime has finally arrived and after all the restrictions, everyone is really looking forward to getting out and about. Outdoor gatherings like garden shows, food festivals and family events are back.

Follow some of our top tips for enjoying the great outdoors and (hopefully!) the sunshine this summer.

Take care of your skin. It's really important that sun safety is taken seriously. A popular myth is that sun damage that leads to skin cancer occurs during childhood. According to the Skin Cancer Foundation, over half of skin cancer related deaths are people over the age of 65. The risk of developing or dying from skin cancer rises each year so everyone needs to use sunscreen.

Ultraviolet (UV) rays can cause skin damage in as little as 15 minutes. So even if you are only going outside for a few minutes to water plants or nipping to the shops for a pint of milk, you can catch those harmful rays. And don't let our cloudy Northern Irish weather days fool you. The sun's rays can still affect you when it's cloudy. Make a point of applying a good sunscreen, at least factor 30, each morning and it will soon become as much a part of your routine as brushing your teeth! If you are going to be out and about during the day, don't forget to pop your sunscreen in your bag as you'll need to reapply it every few hours to make sure you're properly protected.

Of course, sunny weather also means warmer days. We all love to feel that extra bit of heat in the summer, but it's very easy to get overheated. So try to

avoid direct sunshine between 11am and 3pm on very sunny days. Wearing cool, loose clothes can help to keep your body temperature at a comfortable level. Keep in the shade where possible. Wearing a hat is a great idea. It will help to keep you cool as well as protecting your head from sunburn and shading your eyes from the bright sunshine. Make sure you drink regularly through the day. It's very easy to become dehydrated, especially if you're not used to drinking a lot during the day. Plain water can be boring, so experiment with different squashes to find one you like, or jazz up water with slices of lemon, lime or fresh berries. You can keep a jug in the fridge so you always have a cool refreshing drink to hand, and use it to fill a reusable water bottle to take with you when you go out.

WALKING THE CORGIS

With all of the conversation about the Queen's Platinum Jubilee last month, one story emerged that we simply had to follow up. Belfast East Seniors Forum member, Godfrey Brok-Gadd, recently used his connections at Buckingham Palace to get a hamper to raffle and raise funds for the forum. Godfrey is a former Palace employee.

On the day of the raffle draw, which raised almost £400, Godfrey attended wearing his service medals. So we asked Godfrey to tell us about his time in the royal household. Within the bounds of the Official Secrets Act, Godfrey told us his fascinating stories.

"My father was in the services and stationed in Germany. He used to get the "People" newspaper. The paper had a column called "Just Ask". As a teenager in Germany with my mum and dad I wrote and asked the paper how to get a job at Buckingham Palace. Their reply was to write to the Palace directly. I did, and a few months later came the Palace's letter saying people applied for jobs. So I applied. At the age of 18, I found myself training to become an "Under Footman" at Buckingham Palace."

An Under Footman works with the Footmen and tasks include valeting, collecting important items, and keeping good order. For dress uniforms Godfrey even had to iron shoelaces so they were flat on the shoes that were

part of the uniforms. Godfrey learned how to polish silver correctly and care for precious items. One fascinating detail is that when cleaning gold knives and forks, the Palace uses squirrel hair brushes because the hair is very soft on the metal.

After nine months Godfrey became a Footman to the Queen. This entailed seeing Her Majesty on an almost daily basis. Godfrey undertook a great number of duties, one of which was walking the Queen's corgis. "You had to wear football shin pads on the back of your heels because the Corgis were quite feisty dogs and kept nipping me on the ankles."

Godfrey's many positions at the Palace included Under Butler, and Butler. "I worked for the Queen when the BBC came to make its documentary in the late 1960s on a year with the Royal Family. I was at Balmoral for the famous scene when The Duke of Edinburgh took charge of a family barbeque. At the time, the filming was revolutionary but it helped to show the world other sides of the Royal Family."

Working at the Palace was demanding with very high standards. Palace staff were on 24 hour call when working their shift. Preparation for events was meticulous.

When setting out Royal banquets, Godfrey and his fellow staff had rulers and measuring sticks to ensure cutlery

was placed exactly on the tables and that seats were perfectly positioned. As always, before banquets began Her Majesty would personally inspect and ensure that all was in order.

Godfrey worked for the Palace for 30 years, and was awarded medals for loyal service. Godfrey says "Working at the Palace was one of the greatest privileges of my life. I got to meet extraordinary people and learn wonderful things. I will always treasure my association."

Godfrey's time at the Palace was filled with special memories. During the recent celebrations for the Queen's Platinum Jubilee, Godfrey met Prince Edward, the Duke of Wessex, when he visited Belfast. Godfrey told the Duke that they had met before. "Your Royal Highness", said Godfrey, "the last time we met you were four years old. There was a birthday party at Buckingham Palace. I was laying the cutlery out and



you and your brother kept switching the knives and forks about. At one point you climbed on to a radiator to look outside, and I lifted you off so that you didn't hurt yourself." The Duke replied "It is nice to meet you again. Thank you so much for looking after us."

WORDS ALIVE

"First Love" by John Galbraith

They walked together hand in hand,
she was drenched in cheap perfume,
he wore aftershave from Boots.

They stopped and he tasted scarlet lipstick.
Further down the road, progress halted
For a look into each other's eyes.

Wiser heads kept their distance.
Some smiled, recalled their own past.
First love, bursting on a summer's day.

WHAT'S ON

WALKS

There will be walks in South Belfast on Tuesdays in July 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 at 2pm. Contact Caleb for details on this fun dance group.

FAMILY TREE GROUP

Meets at various locations so please contact Caleb for details.

DEMENTIA FRIENDLY GROUP

Mondays at 2pm. Inverary Community Centre, Inverary Avenue, Belfast BT4 1RN. Contact Caleb 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 Caleb to let us know you're coming.

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

ONLINE EVENTS

Chocolate Bingo

7.30pm Thursday 7th and Thursday 28th July 2022.

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

Jim's Pub Quiz Without a Pub

Via Zoom, 7.00pm Thursday 21st July 2022.

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

Have Your Say with the Greater Belfast Seniors Forum

Beyond Eating or Heating

by Mabel Johnston, Castlereagh Seniors Forum

Some older people are now finding it difficult to survive on State Pension with the rising costs of food, energy bills, and further increases expected. Living costs are heading towards outpacing some of the most vulnerable pensioners' income. This year so far has been cold which can be dangerous for those older people with pre-existing health conditions, who are often cutting down on food and heat which is equally detrimental to their health and well-being. As people grow older circulation gets slower, blood pressure can increase, and it can be difficult to retain body heat.

Here are some of the tips that friends in my Forum have been discussing.

Staying Warm:

- Keep room temperature around 20 degrees Celsius.
- Wear layered clothing.
- Keep hands and feet warm.
- Close doors and windows to avoid draughts.
- Do not have anything in front of radiators which would block the heat.

The other tips for staying healthy and being thrifty are:

- Keep hydrated: By regularly drinking your favourite warm drinks such as tea, coffee, Cuppa Soup etc.
- Save energy by turning off lights in other parts of house which are not in use.
- Switch off standby appliances.
- Keep your heating system serviced regularly.
- Nowadays electronic devices and appliances have greatly increased convenience and all of these add to household bills – manage their energy consumption.

Top Shopping Tips:

- Plan your shopping.
- Have a magnetic shopping list pad on the front of your fridge. This will help you plan out what supplies you need for the week. Tear off the list and bring with you on shopping days.
- A notebook of your weekly expenses would help you where economy is needed.
- Try not to buy more than you can afford or need.
- If you see "Buy One Get One Free" offers (BOGOF), only buy them if you genuinely use the product or you can either freeze or safely keep the extra item.
- Check 'Use By' dates on food. You may consider freezing some food as well.
- Use cash instead of your card. That way you are more aware of your spending and less likely to overspend.
- Bring your own shopping bags which will save you buying bags in the shop, and may also help limit the amount of things you buy!

Other tips:

- Use your Seniors Pass on buses and trains to get out and about.
- Going to Market Days in Belfast, Lisburn, Newtownards and Newry more will give those Seniors who are mobile enough a chance to get out and interact with others.

All of these things will help your inner peace, help cope with living needs, and your overall social well-being.



The Questionnaire

Name: Margaret McDougall

Position: The new Assistant Treasurer, South Belfast Lifestyle Forum

How do you enjoy spending your free time?

Just meeting up with friends. I'm very social really. I love going to the cinema and the theatre. I go the Queen's Film Theatre regularly. I enjoy reading and also shopping. And I love spending time with my grandchildren. I look after them sometimes and really enjoy it.

Why are these activities important to you?

I think it's good to connect with people and find out what's going on. I like to keep up to date with everything.

What is the best thing about living here?

It's the people. The people here are just so friendly and you will always find someone to have a chat with or to say hello to.

Favourite Pastimes?

I love shopping, and shopping with friends. I enjoy shopping for clothes, for supplies, from clothes shops to B&Q... everything. My daughter suggested I get deliveries to my house organised but I won't hear of it. I love going out to the shops and seeing everything that's on offer.

Favourite Film?

"The Accountant". It's a recent film with the actor Ben Afflick. I like it because although some of it can be a bit dark, it highlights that people with autism can achieve things.



Favourite Food?

Chinese Food. I love Chow Mein or Chop Suey. Chop Suey is great because it's bursting with healthy vegetables. And, of course, you can't beat a roast dinner!

Tell us something about you that not many people know.

I once was at a function for work in Belfast City Hall and Cherie Blair was the keynote speaker. I met her and I thought she was very engaging and very down to earth. I didn't know we were going to meet her. It was a lovely surprise.

What advice would you give to young people?

Enjoy every minute.

*If you live in South Belfast or if you are part of an older person's group in the area, and would like to join the South Belfast Lifestyle Forum contact Engage with Age on **028 9073 5696 / info@engagewithage.org.uk***

Anne's Crafty Corner Travel Noughts and Crosses

Make a fun travel game using souvenirs you've collected at the beach!

You Will Need:

- A small plain drawstring bag. Cotton or hessian fabric is perfect.
- A permanent marker.
- A ruler.
- Shells, pebbles, sea glass or similar picked up from the beach.

Method:

1. Sort your souvenirs. You will need 6 pieces for each "side" - eg - 6 similar seashells and 6 pieces of green sea glass.

2. Use your ruler to mark out a noughts and crosses grid on one side of your bag. Here's a tip - put a piece of card cut from a cereal box inside your bag before you draw on to the material. This will stop the marker bleeding through to the other side of the bag.

3. Use your souvenirs to play the game. Once you have finished, store your game pieces inside your bag for next time.



Can You Read This Clearly?

Can you read this paper clearly?

If you need a magnifying glass, **phone or text Eamon on 077 10 993 036.**

We will send you one through the post for free.

JUNE WORD SEARCH



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

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

- GAZETTE • WEATHER • SUMMERTIME • LEMONADE
- BEACH • SUNSHINE • CHOCOLATE • BLANKET

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 July.

Due to delay in delivery of June Edition (Edition 26) we have extended the closing dates of it's competitions until 28th July also.

Recipe Lemon Posset

This light and fresh dessert is easy to make and perfect for hot summer days, which we will hopefully get at some point this year!

Ingredients:

- 600ml/2 1/2 fl oz double cream
- 150g/5oz caster sugar
- 2 large lemons, zest and juice only
- 6 shortbread biscuits
- Fresh raspberries and blueberries (optional)

Method:

1. Place the double cream and the sugar into a large pan over a low heat and bring to the boil slowly. Boil for three minutes, then remove from the heat and allow to cool.
2. Add the lemon juice and zest and whisk well.



3. Pour the lemon cream mixture into six large serving glasses and refrigerate for three hours.
4. Serve straight from the fridge topped with the fresh berries and with a shortbread biscuit on the side.

OLD JOKES HOME!

Submitted by our Anonymous Phone Caller who loves a joke.

Why don't leopards play hide and seek? Because they're always spotted.

Why can't a bicycle stand up by itself? Because it's two tired!

Why are bakers so rich? Because they make a lot of dough!

Jim's Tea Time Quiz

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

1. What is the capital of Wales?
2. A marathon is how many miles?
3. Eastenders is set in which fictional London Borough?
4. Who plays Del Boy Trotter in 'Only Fools and Horses'?
5. What side of a ship is starboard?

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 July 2022.

Due to delay in delivery of June Edition (Edition 26) we have extended the closing dates of it's competitions until 28th July also.

The answers to the May edition quiz were:

1. Fear of skin disease
2. Lex Luthor
3. 1815
4. Pierre Curie
5. Rose pill (purportedly protected against plague)



If you have COVID-19 symptoms take a lateral flow test.

Order online or ask someone to pick it up for you at a pharmacy.



Don't forget to report your result online or get assistance by calling 119.

HSC Public Health Agency

COVID-19 vaccine

Spring Booster

Immunosuppressed individuals are eligible for the spring booster



HSC Health and Social Care Board

Night Blessing

Submitted by Audrey Lynas
There's never a teardrop that God doesn't see. He knows when a sparrow falls from a tree. There's never a moment when God doesn't care. Never a time where he won't hear our prayer.

Be aware of ticks while enjoying the outdoors



It is important to get medical advice if a rash or other symptoms develop within a few weeks of a tick bite, as early treatment can prevent progression to chronic disease.

- Walk on clearly defined paths.
- Use an insect repellent that can repel ticks.
- Consider wearing long trousers and long sleeved tops to reduce exposure to your skin.
- When outside, regularly check clothing and exposed skin for ticks and brush them off immediately.



HSC Public Health Agency

#LymeDisease

Engage with Age thanks its supporters and funders:



Belfast City Council

