

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.

Edition No. 38 : June 2023

Engage with Age A Bit Fragile

by Anne Coulter

I had great friends who are no more,
But life is for living and I have more.

I can't walk far but get the bus,
It is free for ancient folk like us.

I enjoy the computer, send emails
galore,

And every day I am pleased to get
more.

I have plants in pots growing away,
I take a wee look every day.

Classic FM and John Bennett too,
Keep me company all night through.

As I sit with my feet up watching
'A Place in the Sun',

I sip my tea and take a bite from a bun.
I think being old has its moments too.

That's my opinion. How about you?

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 AGE FRIENDLY PLAN BELFAST 2023-2027

There will be lots and lots of activities and support for older people in Belfast as Belfast City Council and Age Friendly Belfast launches its third Age Friendly Belfast Plan. Hundreds of older people have contributed to the development of the plan, and this time the plan runs for four years, matching the time span of Belfast City Council's corporate plan "The Belfast Agenda".

Since 2014, Age Friendly Belfast has been working with older people and organisations throughout Belfast to help people aged 60+ live life to the full.

An Age-friendly City is an inclusive and accessible urban environment that promotes active ageing and designs its structures and services to meet the needs of older people with a wide range of abilities.

There is a Healthy Ageing Strategic Partnership across the Belfast that leads this work. Activities have included events such as tea dances, strength and balance classes, volunteer awards, walks in the park and Positive Ageing Month in October. It has also influenced changes in policy, planning and work in local neighbourhoods, seeking to make them more age friendly and dementia friendly.

Age Friendly Belfast talked to older people all over the city about what they feel is important and the following areas have been highlighted as main themes of the Age Friendly Plan:

- **Infrastructure, helping people to get out and about:**
- ensuring age friendly design, consultation with older people in new developments and that amenities and services are accessible.



- **Social inclusion, promoting connections:- It's important to meet up with other people and get involved, there are various programmes all over the city supporting this with events, courses, groups and volunteering opportunities**

- **Health and wellbeing: - We know that it can be difficult for older people to be active in order to stay fit and healthy. We also know that accessing health services and appointments can be a real challenge for people, particularly in the last couple of years.**

- **Financial security and**

supporting people to manage the increasing costs of living: This means more employment opportunities, better access to benefits and entitlements and better protection from frauds or scams. We also know that the rising cost of living is affecting an increasing amount of older people across the city.

The Age Friendly Plan is available www.makinglifebetter.com, or by emailing seniorsinfo@belfastcity.gov.uk or calling 07713 684705.

The Age Friendly Plan is the latest exciting development to support older people in Belfast. Get your copy and get involved. Let's live life to the full!

Quick-fire Phone Competition!

The 3rd person to call Lois on 07595 261253 will receive a £10 Tesco voucher. Calls will be taken 10am-6pm, Monday-Friday. Competition closes 20th June 2023.

Winner announced in next edition.

Winner of the May Edition (Edition 37) was **Essie Clarke**.



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



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:

- John McCandless 07729 526576**
- Cathy Chambers 07468 695593**
- Sarah Gordon 07423 702721**
- David Jamison 07436 174793**

Eamon Quinn 07710 993036
Anna Albrzykowska 07425 627531

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



Crafty Corner

Upcycle an Old Picture Frame

What You Need:

- An old or cheap picture frame
- Wool
- PVA glue
- Scissors

To Make:

- Remove the picture from the old frame.
- Now begin wrapping the wool through the frame.
- Place some glue on the picture frame before sticking the wool on it until you come back to the starting point.
- Allow the glue to dry during the process.
- Insert a picture of your choice and enjoy the new frame.

Tip: Choose wool colour to match your room.



WORDS ALIVE

“Before Light” by Denis Hyde

It was still dark and I couldn't get back to sleep. So, feeling curious what it was like outside in the dark, I opened my blind. The night sky was bursting with bright stars! And Venus looked like a big light bulb burning all through the night. I didn't get back to sleep but I enjoyed my night-time view.

The Questionnaire



Name: Gillian McEvoy

Position: Trustee with Engage with Age

How do you enjoy spending your free time?

I have two teenage sons who both play rugby so lots of time is spent on the side-lines watching matches! My eldest son was the captain of his school's team that won the Under 18s High School Cup and my younger son plays for the Under 16s. I am a scout leader which takes up a reasonable amount of my free time but I really enjoy it. I am also a big sea swimmer and a love an early morning pre work dip. I am lucky to live in Bangor close to the sea. I also can be found at an early morning gym class 2 or 3 mornings a week!!!

Why are these activities important to you?

Swimming in the sea keeps me chilled, I get in the sea and leave all my troubles and worries there!! I have a lovely gang of swimming buddies and there is no better way to start the day with a dip and a laugh! About one year ago I started going to the gym as although I was walking lots and running a little I was not doing any strength exercise which is so important for healthy ageing so when a friend got a 2 for 1 offer on a six week programme I reluctantly went with her!! I am now a gym convert

and do three 45mins sessions a week.

What is the best thing about living here?

I love living beside the sea. I live in the centre of Bangor so I am able to walk most places. I also love working in Belfast and seeing how the city has changed over the years. I like the small worldliness of Northern Ireland and that you always know someone who knows someone!!

Other Pastimes?

I love spending time with my family. My husband and sons and I are very lucky to have two very healthy, very engaged parents as well as a big wider family circle. I enjoy TV dramas and detective programmes. My guilty pleasure is watching 'Doctors' on iPlayer at the end of a day. I have recently discovered TikTok and could easily waste an hour watching videos and I have been known to buy things from the TikTok shop! I listen to a lot of audio books, I like to do this at night time and also on long car journeys.

Favourite Food?

I just love food, there is nothing I wouldn't try. I really enjoy eating out and my favourite is a taster menu where you do not have to make any choices and you eat things you may not normally, a bit of wine pairing is also good! I love cooking at home. I love my air fryer and my slow cooker. There's nothing better than coming home from work and having a stew, curry or a Bolognese waiting for you.

Favourite Film/ TV Show

I do love a musical, so it's got to be "The Greatest Showman" or "Les Misérables". I am really exposing myself now – but I do love watching with the subtitles on and having a good old singalong!

Tell us something about you that not many people know:

I was invited to the Coronation of King Charles III. I was very honoured to be selected as the scout leader from Northern Ireland to go to the Coronation. I took three Explorer Scouts and we met up with other scouts and leaders from across the UK to become a 50 strong King Charles III Coronation Explorer Unit. We had the best weekend. On the Coronation day we went to Lambeth Palace for breakfast at 7am, we met The Archbishop of Canterbury and got a cheeky selfie with him. We then walked across Westminster Bridge to St Margaret's Church where we were part of a group of 400 young people representing a range of charitable organisations and had a special private screening of the Coronation Service. We had a front row vantage point of the procession and got waves from the King and Queen and little Prince Louis. We saw a few famous faces coming out of Westminster Abbey as we walked back to Lambeth Palace for lunch. We stayed at Scout Headquarters, Gilwell Park near Chingford. Many memories and new friends made in a weekend!

What advice would you give to younger people?

Get involved in as many things as you can. Obviously I am going to say join the scouts, but any youth organisation is great, the BB, GB, Guides, cadets St Johns. Also, keep active, playing a team sport is not to be under rated in the skills for life it can help you develop. Be curious and interested in things, talk to new people, smile and look people in the eye when talking to them.

Have Your Say with the Greater Belfast Seniors Forum

You Can Also Have Your Say



Social Supermarkets

The cost-of-living crisis is affecting people on lower incomes. The Joseph Rowntree Foundation estimates that 1 in 14 households in Northern Ireland are now living in food "insecurity". Many people affected are older people living, for whom it can be "heat or eat". The public has become used to the presence of Food Banks throughout our communities, but recently we have seen the development of the "Social Supermarket".

A Social Supermarket differs from a food bank in many ways. People normally are referred to Food Banks by frontline professionals such as health

workers, GPs, or Citizens Advice. Food bank users receive vouchers for food and goods, and normally there is a limit to the number of times a person can use food banks.

Social Supermarkets are different and are about more than just food. People can shop at Social Supermarkets for significantly reduced prices for a period of time, sometimes ongoing, for a small monthly or weekly membership cost. Shoppers can access a wide variety of food and goods, and also access further wrap-around services such as advice and access to other services. Social Supermarkets

aim to provide a sustainable response to food insecurity by addressing the root causes of poverty. The Social Supermarkets network in Belfast is growing. Belfast City Council is distributing over £200,00 to help support the sector, while significant awards of funding have recently been made by the National Lottery Community Fund. The Department for Communities in the NI Assembly has also invested significant funds.

Social Supermarkets are typically run by not-for-profit organisations, and often emerge from community initiatives. They are grass roots means of tackling the impact of rising prices in economically challenging times. Spread the word, and get involved.

WHAT'S ON

WALKS

There will be walks in South and East Belfast. 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.

DEMENTIA FRIENDLY COFFEE MORNING

5th and 19th June 2023 at 11am, Café Refresh, Skainos Centre. For people living with dementia and their carers. Please contact David for details.

In all instances, please call/ email David to let us know you're coming. Call David on 07436 174793 or email palproject@engagewithage.org.uk

South Belfast Lifestyle Forum

Next meeting is 10.45am on 12th September. Contact Cathy for further information and to confirm attendance
cathy.chambers@engagewithage.org.uk Mob: **07468 695593**

ONLINE EVENTS

Chocolate Bingo

7.30pm Thursday 8th and 22nd June 2023. For zoom link email eamon.quinn@engagewithage.org.uk

The Pub Quiz Without a Pub

Via Zoom, 7.00pm Thursday 15th June 2023. For zoom link email eamon.quinn@engagewithage.org.uk

Healthy Cooking and Nutrition with Kerry

6.30pm on Wednesday 14th June
You asked for more healthy cooking and nutrition workshops with our favourite cook Kerry, and we listened. Kerry will demonstrate cooking a healthy 3 course meal. Email Cathy for zoom link and to get recipes and a list of ingredients for the dessert as there is the option to join in the cooking demo of the dessert if you wish to but this is not a necessity you may wish to just spectate. Email: cathy.chambers@engagewithage.org.uk or call **028 9073 5676/ 07468 695593**

Free IT Training

If you are over the age of 60, live in Belfast, and have a computer, laptop, tablet or smart phone, you are eligible.

The training is provided by Ignite IT and can help you with your email, getting online, online safety etc.

To avail of this, call Eamon on **07710 993036**.

SHOWBAND MEMORIES

It wasn't so long ago that everyone danced to the beat of the Showbands. Showbands were hugely popular across Ireland from the mid 1950s right up to mid 1980s. Based on an internationally popular format of six or seven piece acts, Showbands played in vast dance halls and ballrooms up and down the country.

During the heyday of the Showbands, Belfast and the whole province was awash with ballrooms, bringing thousands of young people through their doors every week. In Belfast there was Betty Staff's, The Starlite, and the Maritime. Just about still standing is the old Floral Hall in the grounds of Belfast Zoo. The Floral Hall is a beautiful two-story dance hall opened in 1936. Its art deco ballroom played host not only to the biggest showbands of the day, but also the likes of Pink Floyd, Jimi Hendrix and The Small Faces. Further afield there was The Strand Ballroom in Portstewart, the Flamingo in Ballymena, and Capronis in Bangor, or "Caps" as it was better known.

The showbands themselves were megastars in their day. Playing a mix of pop, country, rock and folk, some of the biggest names included Clipper Carlton, The Memories, and Big Tom.

Engage with Age routinely brushes with the fame of the showbands era. Our very own Victor Mawhinney, resident musician for Chocolate Bingo and other events, was guitarist with the "Oceans" showband. Victor spent decades playing across Northern Ireland and further afield.

Oceans was formed in 1962. Following an initial stint supporting the "Witnesses Showband", Oceans had its first headline gig in St. Theresa's Hall in Belfast. Initially a six-piece band, the line up varied up to a nine piece, playing a variety of music as well as performing occasional comedy skits.

Victor remembers: "We used to go round all of the dance halls. There was the Plaza, the Fiesta, the Orpheus, Ramanos, and there was Milanos in Bangor. I just loved playing in the band. Quite honestly it was the best time in my life doing something I loved."

The Oceans Showband played on the same bill as many famous names. Victor says: "We played on the same bill as The Searchers, The Honeycombs, and we were in the Boom Boom Room when Dusty



Pictured: Oceans Showband. 2nd from the left, Victor Mawhinney.

Springfield played. We supported Tom Jones in the Flamingo in Ballymena. The atmosphere was electric."

Though tremendous fun, playing in a showband was also hard work. When the Ocean Showband was booked to play the summer season in the Ashleigh Ballroom, they were hired to play a four-hour long set. Victor also recounts when their band was contracted for a season in the north of England, booked for several months. "My wife Sadie and I were young so we said yes, and we all up sticks and went across the sea."

It wasn't all plain sailing. Their promoter had difficulties covering his costs, and when the hotel bills couldn't be paid, Victor and co returned home and picked up where they left off, playing ballrooms to packed audiences.

One of his fondest

memories, Victor remembers playing alongside Van Morrison and his band "Them". "We were on the same bill as them in the Queen's Hall in Newtownards. We used to rehearse in this guy's house, and Van and George Jones would call in. I remember meeting Van back then and knew he was very special, a cut above the rest of us."

Victor concludes: "I think music has always been important. It brings people together, to dance, to listen, and to enjoy being alive. It was a nice time of my life and I really enjoy remembering it."

ASHLEIGH BALLROOM - MILLISLE	
DANCING EVERY FRIDAY AND SATURDAY DURING SUMMER SEASON	
Friday, 2nd August : 9—1 : 5/- RETURN VISIT OF OCEANS SHOWBAND	Sat, 3rd August : 8—12 : 5/- BROADWAY SHOWBAND OLIVER HARCOURT—Also RODNEY and the RUNAWAY

WORD SEARCH

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

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

Find the following 9 words hidden in the word square above:

• PASTA • CHICKEN • MOZZARELLA • WOOL
 • PICTURE • LIBRARY • BOOK • NEWSPAPER • KNIT

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 20th June 2023.

The winner of May's Edition (Edition 37) was Doreen Jones.

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PARTNERSHIP

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Forward to 7726

Report scams 24/7 to PSNI by calling
101 or 999 in an emergency.
You can also report to Action Fraud.

www.nidirect.gov.uk/campaigns/scamwiseNI

Night Blessing

Submitted by Audrey Lynas

May you be blessed with friends. To have a friend is to be blessed with someone to walk with through thick and thin. Sometimes friends are family, but often they are people who are very different from you, yet your hearts are knitted together. Be thankful for friends.

OLD JOKE HOME!

Submitted by our
Anonymous Phone
Caller who loves a joke.



How does a penguin build it's house? Igloos it together!

Tea Time Quiz

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

1. **Who was the British fashion designer that invented the miniskirt in 1964?**
2. **Which of the actors in the film 'Easy Rider', which starred Peter Fonda, Jack Nicholson, and Dennis Hopper, also directed the movie?**
3. **What 1960s artist was famous for his brightly coloured portrayal of everyday objects such as soup cans?**
4. **What famous actress married baseball player Joe DiMaggio 1954?**
5. **Who was President of the United States from 1953 to 1961?**

To enter, phone **Lois Kennedy on 07595 261253 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 20th June 2023.

Winner of Mays Edition (Edition 37) is Ann Dickson.

For all the quiz lovers Pub Quiz without a Pub - 7pm, Thursday 15th June 2023.

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

The answers to May's quiz were:

1.3 2.Mercury 3.Marathon 4. All The President's Men 5.Once (1966).

Recipe Chicken Pasta Bake

Cook this meal in three easy steps, its quick to make, and the ingredients are not expensive. This recipe serves six so you could share this with others or keep some in the fridge for the next day, or alternatively you could halve the ingredients

Ingredients

- 4 tbsp Olive Oil
- 1 Onion, finely chopped
- 2 Garlic Cloves, crushed
- 1/4 tsp Chilli Flakes
- 2 x 400g cans of Chopped Tomatoes
- 1 tsp Caster Sugar
- 6 tbsp Mascarpone
- 4 skinless Chicken Breasts, sliced into strips
- 300g Penne Pasta
- 70g Mature Cheddar, grated
- 50g grated Mozzarella
- 1/2 small bunch of Parsley, finely chopped

Method

STEP 1

- Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins. Add the garlic and chilli flakes and cook for 1 min. Tip in the tomatoes and sugar and season to taste. Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.

STEP 2

- Heat 1 tbsp of oil in a non-stick frying pan. Season the chicken and fry for 5-7 mins or until the chicken is cooked through.

STEP 3

- Heat the oven to 220C/200C fan/gas 7. Cook the penne following pack instructions. Drain and toss with the remaining oil. Tip the pasta into a medium sized ovenproof dish. Stir in the chicken and pour over the tomato sauce. Top with the cheddar, mozzarella and parsley. Bake for 20 mins or until golden brown and bubbling.



CELEBRATE & INSPIRE
This Volunteers' Week

Engage with Age would like to thank our group,
admin and befriending volunteers
for all their hard work and dedication.



For volunteering opportunities, please email
Sarah at befriending@engagewithage.org.uk
or call 07423 702721

#VolunteersWeek

Engage with Age thanks its supporters and funders:



Belfast
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