

The PAL Gazette

Published by Engage with Age, Charity Number 100718, Company Number NI39665.

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Edition No. 30 : 1st October 2022



Front Page Poems 'Memories of an 87 Year Old'

(Anne Coulter who was once Anne Byers)

An Uncle in Canada posted us sweets,
We got to eat chocolate, one of our
treats.

We also visited the green house with a
shaker of salt,

If we ate too many tomatoes it was our
own fault.

We wore gutty slippers at school and
Moses sandals outside.

And when we got a tight perm we
wanted to hide.

Straight hair was taboo, we all wanted
curls

That, of course, only applied to the girls.

The boys had neat hair not meant to
grow long,

If it reached their collars that was all
wrong.

There were budgies in cages, goldfish in
bowls,

And errant pet rabbits who liked to dig
holes.

I hope this reminds you of things in your
past,

What a treat to think that memories last.



POSITIVELY PREPARED!

October is Positive Ageing Month in Belfast. It is a wonderful celebration of events and activities for older people. Now in its seventh year, Positive Ageing Month is back with lots of face to face activities, as well as some online goodies too.

The range of events during Positive Ageing Month is really impressive, but standing out among them is the "Be Prepared" events happening throughout Belfast.

BE PREPARED

The "Be Prepared" events are perfect for finding out about the wide variety of organisations offering activities and services for older people. This year "Be Prepared" provides essential advice on housing benefits, home safety, and home heating. A "Fix It" computer van will be there to help with your computer, laptop, tablet, and smart phone problems. There is also a free cuppa and a bun!

This year's events are happening in four locations across Belfast. Starting at 10.30am and running until 12.30pm, "Be Prepared" is happening at:

Wednesday 12th October:

The Skainos Centre, 241 Newtownards Road, Belfast BT4 1AF

Tuesday 18th October:

Shaftesbury Recreation Centre, 97 Balfour Avenue, Belfast BT7 2EW

Friday 4th November:

Springfield Charitable Association, 27 Clonard Crescent, Belfast BT13 2QN

Friday 11th November:

Girdwood Community Hub, 10 Girdwood Avenue, Belfast BT14 6EG

OTHER PROGRAMME HIGHLIGHTS

Within the Positive Ageing Month programme, there is a wide range of over 50 other activities. Other highlights include:



Sunday 2nd October, 10.30am-1pm: Silver Sunday, Ulster Museum, Botanic Gardens, Belfast BT9 5AB – information on what's going on at the museum, learn about the Belfast Blitz during WW2, or enjoy a walk around Botanic Gardens.

Tuesday 4th October, 10.30-12pm: Age Friendly Convention, Belfast City Hall, Belfast BT1 5GS.

Wednesday 5th October, 10.15-11.45am: Free Hearing Aid Support at Houben Centre, Holy Cross Church, 432 Crumlin Rd, Belfast BT14 7TF.

Monday 10th October, 11am-12noon: Falls Park Walk (meet at the sculpture at the main gate).

Thursday 13th October, 10.30-11.30am: Pensions and You – online meeting. To get the link email seniors@belfastcity.gov.uk

Wednesday 19th October, 11am-1pm, – City Cemetery Minibus Tour. Telephone 07713 685705 for details.

Friday 21st October, 2-3pm: Sing For Victory Workshop, War Memorial Museum, Contact outreach@niwarmemorial.org or 028 90320392 press option 4.

Friday 28th October, 12.30-3pm: Cross Community Seniors Halloween Tea Dance, Dunmurry Presbyterian Church Hall, 224 Kingsway, Dunmurry, Belfast BT17 9AE. To book: contact Isabel or Aisling on 028 90627863 or isabel@newcolin.com, £5 per person.

To find out more about Positive Ageing Month and to see the full programme, email seniorsinfo@belfastcity.gov.uk, telephone 07713 685705, or log on to www.makinglifebettertogether.com

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 7th person to call **Lois** on **07595 261253** will receive a £10 Tesco voucher. **Calls will be taken 10am-6pm, Monday-Friday.** Competition closes 28th October 2022.

Winner announced in next edition.

Winner of the September Edition (Edition 29) was **Bernie O'Hara**.



Support

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:

John McCandless 07729 516576

Cathy Chambers 07468 695593

Sarah Gordon 07423 702721

David Jamison 07436 174793

Eamon Quinn 07710 993036

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



Haunted Belfast

As Halloween approaches, draw the curtains and dim the lights for some spooky local ghost stories!

Friar's Bush Graveyard sits right in the middle of Belfast's University Quarter. The history of the graveyard goes farther back than even Belfast itself. In fact, the site that eventually became Friar's Bush Graveyard has been used in some capacity as a burial ground since the 5th century. One of the most notable moments in the burial ground's history comes in the 1840s when the cholera outbreak was at its peak. Hundreds of corpses ended up being dumped into a mass grave at the centre of Friar's Bush Graveyard. This is still clearly visible if you look for the unnatural looking mound. There have been frequent sightings of ghosts around this area, perhaps those buried in the unmarked mass grave are restless due to the lack of any real burial.

One of the most striking ghostly tales from Friar's Bush Graveyard relates not to something that happened within the graveyard, but underneath it. The David Kerr building sits across from Friar's Bush Graveyard. The building is part of the

Queen's University and there is an underground tunnel that connects the building to the nearby Ashby Building, which is also part of Queen's. In the late 1990s, a worker in the tunnel reported feeling unseen hands touching him. This has happened on several occasions along with disturbing cold spots. In fact, most of the university staff point blank refuse to even enter the tunnel!

In the city centre, the old Grand Central Hotel in Belfast stood on the site now occupied by Castle Court Shopping Centre. The story goes that it was haunted by one of its original gas fitters, nicknamed 'Scottie Shoe'. A report indicated that Scottie Shoe appeared before a British Army officer, William Jenkins, whenever the hotel was being occupied by the Army during World War One. Soldiers were said to have been alarmed by the sounds of Jenkins screaming in the upper floors, and discovered him lying at the foot of the stairs, nervous and shaking. In his quarters, Jenkins told them he had been confronted by the figure of a man moving towards him. Seconds later he knew that what he was seeing was not real as the lower part of the figure's legs seemed to be through the

floor. While the hustle and bustle of Castle Court these days has meant that there haven't been any more sightings, the Scottie Shoe story has persisted in urban legends for well over a 100 years.

Not all of Belfast's spectral residents inhabit famous locations and Buildings. Sandy Row, one of the city's oldest thoroughfares, has its fair share of ghostly goings-on. In 1879 a coal porter named James Aitchison and his family moved into number 60 Sandy Row, and soon felt uneasy in their new home. The eight-year-old daughter slept in a back upstairs room and occasionally she'd wake up in the middle of the night screaming. When her parents rushed in, she claimed to have seen a strange man in her bedroom. When the Aitchison family moved elsewhere, the house was occupied by a labourer named Lowry. Carrying out repairs in his back yard, he noticed an elderly man standing at the bottom of his ladders. He called to the man and received no reply, but when he began to come down the elderly man disappeared before Lowry's eyes. The house lay derelict for a number of years until, at the turn of the century, the Ashwood family converted it into a hairdressers. Workmen reported seeing the figure of a



man in the backyard, but when they went out to investigate no one was there. A 77-year-old man named Corbett had lived in the house for much of the last century. Corbett was said to be 'doting' and, due to his unusual behaviour, became very well known throughout Sandy Row. On Friday, 11 February 1876, his housekeeper's son returned from work and as he was sitting down for a meal he inquired where his seat was. His mother informed him that Corbett had took it out into the back yard earlier to do something and that it must have still been out there. The man went out to search for the chair and saw it lying at the backyard wall. When he went to get it, however, the chair was lying on its side on the ground and Corbett was nowhere to be seen ever again. Local legend says he was stolen away, and others say he was hanged!

Memories of Queen Elizabeth II

Here are some of your favourite memories of encounters with Her Late Majesty The Queen.

Anne Greenan – the 1940s Garden Party

"It was 1945 and I was only eight years of age. I was living in Derry/ Londonderry and my father was a Commanding Officer in the Royal Engineers. I was invited to a garden party and I recall the great excitement. King George VI and Queen Elizabeth, the late Queen Mother, were visiting Northern Ireland. I was in the grounds of the garden and saw the King and Queen walking about. I was, however, more interested in Princess Elizabeth, as she was then. She would have been 18 or 19 years old at the time. Princess Elizabeth was walking along a path at quite a distance behind her parents, and Princess Margaret was running behind her to catch up. The two princesses were clearly enjoying their day. Later that evening my father attended a dinner with the royal party. I remember seeing the whole thing reported on television. It is one of my earliest memories and one of great joy and excitement."

Godfrey Brok-Gadd – Under Butler between 1966-96

"I was routinely in contact with Her Late Majesty the Queen as I was an Under

Butler in the Royal Household from the end of the 1960s. To begin with I was deputised to look after the corgis. I was walking down the Lancaster Corridor in Windsor Castle and one of the corgis was misbehaving. I scolded it and the Queen appeared, and with a twinkle in her eye said "Sherry is one of the family and we must make sure to respect our family members". Her Late Majesty had a great sense of humour and was a terrific mimic. One evening at Sandringham I witnessed her doing a wonderful impersonation of the Prime Minister Harold Wilson for her guests. The Queen loved family time. I was at Balmoral while the BBC were filming their documentary 'The Royal Family'. A family barbeque was taking place. The Queen told Prince Philip she had finished preparing the salads and asked if he would cook the meat. He said he would barbeque the sausages but wouldn't do the washing up, much to The Queen's amusement. She loved her family and her time with them. Her dedication to duty, rubbed off on us all. Bless Queen Elizabeth, God save the King"

Mary Hawthorne – Hillsborough Castle in the 1980s and 1990s

"The Queen was always so busy. I was the office manager of Hillsborough Castle and we were used to the Royal family rushing in and then rushing out again. The term

"working Royal" is a very accurate term. I was introduced to the Queen and all of the Royal family when they visited. They were always working extremely hard. I remember distinctly how grateful and friendly they were, every one of them, though there was little time to chat. They were either going off to meetings and functions, or hosting at the Castle. Every time the Queen visited she took the time to pose for a formal photograph with us, the Hillsborough Castle management. Just four or five of us with them. I still have the photographs."

Nick Menhenick – Buckingham Palace 2015.

"I met the Queen briefly when I was invited to a Buckingham Palace Garden Party with the Men United Group, when we had been awarded the Queen's award for Voluntary Service. My party met at a hostelry near Victoria Station in London and I got to say to a taxi driver the words I have always wanted to say: "Take me to Buckingham Palace". The taxi driver told me he'd been driving for ten years and no one had ever said that to him, so he gave us the journey for free! As I walked into Buckingham Palace I looked back to see the rest of the guests lined up to enter, and the tourists outside. It felt very special to be there. The gardens at Buckingham Palace are beautiful, very



expansive, and you wouldn't actually know you were in the middle of London because the trees mask the sound of the traffic. Everything was very relaxed and well organised, and yes, they did serve cucumber sandwiches. It was announced that the Queen and Duke of Edinburgh had arrived. There was a great sense of excitement. The Queen and the Duke were in an area cordoned off for special guests, and for some reason we were ushered through. I was in the second of two lines and the Queen made her way to see us. Everyone was effervescent at getting the chance to say hello. The Queen made everyone beam with joy as she made her way down the line. Suddenly it looked as if she had to move on and I was going to miss my chance. So I moved to the end of the first line. The Queen moved towards me and put out her hand, and we shook hands. We exchanged a brief and enthusiastic greeting. And then she was off. We all stood there, basking in the afterglow of meeting the Queen."

WHAT'S ON

WALKS

There will be walks in South Belfast on Tuesdays in October 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

Monday 17th and 31st October at 1.30pm. Venue TBC.

New Dementia Friendly Group starting in South Belfast

11am - 12.30pm, Friday 28th October 2022
At The Ozone, Ormeau Embankment, Belfast BT6 8LT
Contact Emily on 07394 569153 for details.

THE SPOOKY SLIPPED DISCO™

Monday 24th October 2022, 7.30 - 9.30pm
The Oh Yeah Music Centre, 15-21 Gordon Street, Belfast BT1 2LG

BOOKING ESSENTIAL - tickets limited

Book online at: <http://TheSlippedDiscoOct2022.eventbrite.co.uk>
Or call **028 9073 5696**

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 13th and Thursday 27th October 2022.
For zoom link email eamon.quinn@engagewithage.org.uk

The Pub Quiz Without a Pub

Via Zoom, 7.00pm Thursday 15th September 2022.
For zoom link email eamon.quinn@engagewithage.org.uk

Free Online Dementia Training

7pm Wednesday 12th October 2022
This free dementia training is presented as part of Positive Ageing Month and is Dementia Friendly East Belfast's innovative online interactive training.
To book log on to:
DFEBInteractiveDementiaTrainingOct2022.eventbrite.co.uk



Free IT Training

Engage with Age has a limited number of places for "over the phone" 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**.

The Questionnaire

Name: Barbara Weir

Position: Telephone Befriender

How do you enjoy spending your free time?

I enjoy Tai Chi as it is both relaxing and calming and easier on the joints as unfortunately I can't play badminton, which I really loved, any longer. I also enjoy phoning my three Befriendedees. It is nice to build a relationship with them. I also volunteer in the Marie Curie Fundraising Office and Charity Shop and at Musgrave Park Hospital.

Why are these activities important to you?

I enjoy the cinema, theatre, musicals but over the past couple of years have missed that due to covid however I am going to see "The Illegals" in November at Lagan Valley Island. I like doing crosswords to try and keep the old brain ticking over. I like seeing new countries.

Favourite Music?

My music choice is quite eclectic as I like anything (except Heavy Metal) from light classical to Rock. I particularly like the voice of Josh Groban.

Favourite Film?

Really don't have a particular favourite film but enjoy a good thriller that keeps you totally focused. But saying that I also loved watching the "Paddington" films.

Favourite Food?

I love most vegetables especially my spuds - my late Father-in-law used to ask for extra potatoes if we were out for a meal but thankfully they thought they were for him. I enjoy making a stir-fry using chicken and, you've guessed, lots of vegetables.

Tell us something about you that not many people know.

I am an Arctophile (sounds important but not!) I collect Teddy Bears (not the expensive ones though). I still receive presents of them at my age but sure there's nothing wrong with being a child at heart!

What do you enjoy about being a Telephone Befriender?

I have enjoyed getting to know my Befriendedees and they are always so grateful for the call and never fail to thank me. After having worked full-time and then going into retirement I still needed a purpose and focus in my life, so I decided to do a bit of voluntary work. After seeing an advert looking for Telephone Befrienders with Engage With Age I decided to give it a go even though I wasn't totally sure whether it was for me. It has been just lovely to share their news about their family, and life etc. and have a wee bit of craic sometimes along the way. I would totally recommend becoming a Befriender and it has certainly helped me at the same time.

What advice would you give to young people?

Listen to your elders they do have wisdom. Just try to be yourself and do the best you can in any circumstance.

Engage with Age is currently recruiting telephone befrienders. If you can spare an hour a week to brighten the life of a lonely older person, contact Sarah Gordon on 07423 702721 or email befriending@engagewithage.org.uk



Anne's Crafty Corner Halloween PomPom Garland

Use basic pompom making techniques to create a whimsical Halloween garland to decorate your home for the spooky season!



with the ends of the pipe cleaner poking up the middle like pumpkin leaves. Shape the pipe cleaner leaves into spirals by wrapping them around a skewer or pencil.

You will need:

- Orange, white and black yarn/ wool
- Stiff card (a piece of corrugated box card would be perfect)
- Black felt or thick paper
- Green and black pipe cleaners
- Wiggly eyes • Scissors • Glue

Instructions:

To make "Pumpkins":

Cut a piece of card roughly the size of your hand. Wrap orange yarn around it until you have enough to make a fat pompom. Slide the loops of yarn carefully off the card, and tie in the middle. Fold a green pipe cleaner in half to find the middle. Put the tied part of your pompom on the middle of the pipe cleaner, and wrap it twice around the middle of the pompom. Fluff the yarn loops out to make a ball shape,

Ghosts:

Wrap white yarn around your card in the same way. When you slide the loops off your card, tie them together about 1/3 of the way from one end. Cut the loops at the other end to make a tassel. Cut black eyes and mouths from your black felt or card, and glue on to make a ghostly face.

Spiders:

Wrap your black yarn around your card, and slide the loops off. Tie tightly in the middle, and cut all of the loops. Fluff the cut ends into a ball shape, and trim if necessary. Poke black pipe cleaners through the centre of the pompom where it is tied, and shape to make spider's legs. Glue on wiggly eyes. Once you have made several of each creepy critter, tie them in sequence to a long piece of yarn to create your spooky Halloween garland!

Have Your Say with the Greater Belfast Seniors Forum



Following on from last month's focus on preventing scams, here are some examples of scams that come through from text messages. A popular scam these days are messages that come out of the blue saying you are entitled to a heating grant or fuel payment. Pictured

are 'screenshots' of actual text message scams received by G6 members.

Be vigilant folks. Never click a link in an unsolicited email or text message, and never give away your bank details, your date of birth, or any passwords.

<p>Text Message Today 5:21 pm</p> <p>Your Amazon account has been blocked due an unusual sign-in attempt. You can restore access to your account by visiting: https://amazon-activity.com</p>	<p>Text Message Tuesday 1:58 pm</p> <p>Evri: Your parcel has a £1.45 shipping fee, to pay this now visit: evri-update-items.com. Failure will result in your parcel being returned to sender.</p>	<p>Text Message Mon 18 Jul, 4:18 am</p> <p>Tracing Notification: You have been in contact with a confirmed case of the latest variant. Please order a free test-kit via: trace.uk-pcrkit.com/order</p>	<p>Text Message Friday 11:25 pm</p> <p>Your wallet has been disabled due to the recent iOS16 update, you can enable your wallet at: https://apple-wallet-id72.com</p>	<p>Text Message Today 19:32</p> <p>GOV-UK: You are eligible for a discounted energy bill under the Energy Bill Support Scheme. You can apply here: https://support-rebatescheme.com</p>
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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.



OCTOBER 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:

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

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 October 2022.

The winner of September Edition (Edition 29) was Dolly Misra.

Recipe Quaker Oat Biscuits submitted by Dolly Misra

Ingredients

- 8 ozs Quaker Oats
- 4 ozs Butter
- Splash of Milk
- 2 ozs Caster Sugar
- A pinch of Baking Soda
- A small handful of Wheatmeal.

Method

- Mix the Cream, Butter and Sugar.
- Add the meal to make a stiff dough.
- If it is too firm, add very little Milk.
- Roll out on a floured board.
- Cut in rounds and bake for 10 minutes in a well-heated oven.



WORDS ALIVE

“Rainy Day Pennies” by Dennis Hyde

Remember rainy days
 Counting rainy day money
 We saved up in a jar
 Brown and silver coins
 Putting them in money bags

Taking them to the bank
 Getting them changed
 To pounds and pence-
 Father saying:
 “Spend it Wisely”

OLD JOKES HOME!

Submitted by our Anonymous Phone Caller who loves a joke.

- Where do zombies go on holiday?** The Dead Sea!
- What's a vampire's favourite fruit?** Neck-tarines!
- What makes an octopus laugh?** Ten-tickles!



Tea Time Quiz

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

1. Which ocean lies between Europe and North America?
2. What is the highest mountain in the UK?
3. What was Elvis' surname?
4. Which country was Leo Tolstoy, the author of “War and Peace” from?
5. Which 80s sitcom starred Betty White, Bear Arther, Estelle Getty and Rue McClanahan ?

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 28th October 2022.

Winner of the September Edition (Edition 29) is Mary Kelly.

The answers to September's quiz were:

1. Microsoft
2. Ludvig Van Beethoven
3. Low Blood Pressure
4. Martin Luther King Jr
5. Physicist

Night Blessing Submitted by Audrey Lynas

May you learn the difference between loneliness and the gift of solitude. If you are overcome with a sense of isolation, may you somehow be able to a sense that God sits with you at every table, walks with you through every door and guards over you by night. God sees.

New Volunteers Call Out!

Engage With Age's PAL Befriending project is seeking new volunteers to provide support over the telephone to help address the impact of isolation and loneliness with older people. Full training is provided. To find out more please email Sarah on or call her on 07423 702721.

Engage with Age
TELEPHONE BEFRIENDERS WANTED
 (PAL Project Befriending)

HSC Public Health Agency Winter vaccines - who is eligible		
Where to get your vaccine	COVID autumn booster	Flu vaccine
GP's	<ul style="list-style-type: none"> • 50+ • 18-49 clinical risk group • Pregnant women • 18-49 who are carers • 18-49 household contacts of immunosuppressed 	<ul style="list-style-type: none"> • 50+ • 18-49 clinical risk group • Pregnant women • Pre school children • 18-49 who are carers • 18-49 Household contacts of immunosuppressed
Community Pharmacy	<ul style="list-style-type: none"> • Care home residents and staff • Frontline HSC workers • 50+ • Pregnant women • Carers 18+ 	<ul style="list-style-type: none"> • Care home residents and staff • Frontline HSC workers • 50+ • Pregnant women • Carers 18+
HSC Trusts	<ul style="list-style-type: none"> • Frontline HSC workers • Pregnant women via maternity • 5-17 clinical risk group • 5-17 household contacts of immunosuppressed • 16-17 who are carers • Household via home visits 	<ul style="list-style-type: none"> • Frontline HSC workers • Pregnant women via maternity • 16-17 clinical risk group
In school		<ul style="list-style-type: none"> • Children in primaries 1 to year 12

COVID-19 first, second and booster doses are still available to those who are not yet fully vaccinated.

Mixing any drugs, including mixing drugs with alcohol, can be deadly. Reduce the risk - don't mix.

HSC Public Health Agency

Get ready for winter with your flu vaccine and your latest COVID-19 vaccination.

If you're eligible, look out for your invite.

HSC Public Health Agency

Engage with Age thanks its supporters and funders:

