



## Front Page Poems

### “April”

by Anne Coulter

**A** is for April and the apple blossom in Armagh,

**P** for the paths which don't go too far.

**R** for the rainbows which light up the sky,

**I** for the ice cream in Donaghadee,

**L** is for the laughter when we return home for tea.



# A SPRING IN YOUR STEP

With the turn in the year and the clocks “springing forward”, a good way to enjoy the changes in nature is to get out and enjoy some local walks. Previous editions of The PAL Gazette have covered walks around the city including the Connswater Greenway, Ormeau Park and others. Here are a few other walks that are slightly off the beaten track.

#### Carnmoney Woods:

Nestling in beautiful hills overlooking Newtownabbey, Carnmoney Woods are well served by train and bus routes, with good car parking. There are toilets with disabled facilities in the community centre at the bottom of the site, accessible when the centre is open. There is an earthen mound on the southern face of the hill dating from 500BC which includes ancient tunnels and kilns. Wildlife at the site includes buzzards, kingfishers, and foxes. The place is replete with Scots Pines, larch trees and wild garlic. There is a range of walks from easy, to moderate, to challenging.

#### Garden Trail at Lady Dixon Park:

The garden trail at Sir Thomas and Lady Dixon Park in South Belfast is more of a leisurely ramble on grass and paths. It begins in the upper car park and passes the Japanese Garden, Golden Crown Fountain, Walled Garden, and Azalea Walk. At the end of the walk there is a café and toilets are available.



#### Belvoir Park Forest:

Belvoir is a working forest close to Belfast's Outer Ring road. The walking trails start and end at the car park and there are a number of walking routes. The Blue Arboretum walk is less than one mile, while the Meadows Trail is a moderate stretch up steps and gullies. There is plenty of walk information on-site and amazing views of the city.

#### The Gruffalo Trail, Colin Glen Park

Big kids and little kids alike will love this walk in Colin Glen Park in West Belfast. It is a magical route following in the footsteps of “The Gruffalo” book by Julia Donaldson, with animal sculptures

featured in the story along the way. The trail is a simple straight route, it is easy for new walkers, and it takes 20 minutes to complete (or longer if accompanied by young'uns). There is a visitor centre and a café with toilets.

Spring is an excellent time to get out walking. Engage with Age's new Walking Group starts in South Belfast on Monday 22nd April 2022 at 11am. To join in call Paul on 07436 174793 or email palproject@engaewithage.org.uk. We hope you enjoy getting out and about and enjoy the change in the seasons.

## Quick-fire Phone Competition!

The 4th person to call **Lois** on **07595 261253** will receive a £10 Tesco voucher.

**Calls will be taken 10am-4pm, Monday-Friday.**

Competition closes 16th April 2024.

Winner announced in next edition.

The winner of March's Edition (Edition 47) was **Dolly Misra**.



## 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 516576**

**Sharyn Ruseckas/  
Sarah Gordon 07423 702721**

**Cathy Chambers 07468 695593**

**Paul Hendry 07436 174793**

**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**



## Anne's Crafty Corner Clothes Peg Flower Pots

Now THIS is particularly crafty and resourceful! What's more, a recycled tuna can and a few clothes pegs are all you need to make quite the unique flower pot or candle holder.

### What you need:

- Wooden Clothes Pegs
- Tuna/salmon tin cans
- Plant or candle

### To make:

1. Rinse out and clean the Tuna Can and remove label
2. Attach clothes pegs around the edge of the can until all the can is covered.
3. Pot your plant (succulents or grasses are a good idea of this size can)

### Top Tips

- You could use multi coloured plastic pegs to brighten the design up.
- If using wooden pegs you could paint them.



## The Questionnaire

**Name:** Anne Hailes.

**Role:** Journalist and broadcaster.

### Favourite pastime:

Painting stones. I started doing that in Donegal one day. A little girl was coming off the beach with her grandfather and she had a few stones. I asked her what she was going to do with them and she said she didn't know. So I said, you take one and I'll take one and we'll both paint them. The next day she turned up again and we'd both painted a face on them. Before long I had a queue of kids with stones waiting to be painted. These stones have gone all over the world. They're small wee things, just bigger than pebbles. I give them to children's charities, they've gone up Mount Everest... they're fun. The one's I do are called Love Bugs, little lady birds and beetles. Just squeeze them when you're happy, and squeeze them when you're sad. Stone gives you tremendous strength and they are quite pretty as well.

### Why are your pastimes important?

I have my head down in a computer day in, day out, writing for magazines and newspapers. Painting stones is a wonderful relaxation. It's a different kind of focusing, concentrating on something I enjoy. When I paint on stones I loose myself and time just passes by. I like painting on paper too but painting on stones is great fun.

### What is the best thing about living here?

I love it here because I'm never too far from the countryside and I'm

never too far away from the sea.

From my house I can look up at Cave Hill every day. I like the changing picture of nature, and I like having my friends close by. I'm never too far from anywhere, from the coast, from Donegal; it's just the centre of my life and I love it.

### Favourite Food:

My favourite that I have every morning is a brown seeded loaf, two slices toasted, with mashed up banana on top. I also greatly enjoy Hellman's Mayonnaise, which I gave up for lent (and it's been very difficult). I take Hellman's with everything. Even if I'm cooking a stew I put some in it. It just gives it a wee flavourful something to everything.

### Favourite Film:

I'm a fan of "It's a Wonderful Life" obviously, but the one I most like is "The Bridges of Madison County". If I was ever to do "Mastermind" I would have it as my specialist subject. Clint Eastwood directed and was the male lead, and Meryl Streep got an academy award for it. It's a sensational love story.

### Tell us something that not many people know about you?

I once played the mother of Lionel Blair. I was asked to get involved in a pantomime over here, and it was a summer show. I was asked to do it and I just said yes, because I say yes to everything. The show turned out to be "Sleeping Beauty". Lionel Blair was the naughty boy called "Danton" and I was his mother. We rehearsed for two weeks in Islington in the Tower



Theatre, and then we had two weeks performing in the Grand Opera House Belfast and three weeks in the Gaiety Theatre Dublin. This was in 1998. Lionel and I got on like a house on fire. For years afterwards, he used to phone me every Christmas morning, every New Year, and I would hear from him throughout the year. He would ring me up and say "Mummy, it's your London son!". He'd ask "how do I make potato bread?". He was a wonderful man and we got on so well together. We really adored each other.

### What advice would you give to a young person?

Well, I've been very fortunate. I was kicked out of school when I was 15 and started work at UTV when I was 17, and since then I've never been out of work. I think I would say to a young person to use school as a place to research what you want to know. I would say, never say no to anything, and if it doesn't work out, then go say you made a mistake. Life is not a dress rehearsal so make the best of it. And one more thing: it's easier to ask forgiveness than to ask permission.

## All Change at EWA Telephone Befriending!

This month sees fond farewells and welcome returns in the Telephone Befriending programme. We say good luck to Hannah Lockhart as she heads off on maternity leave, and welcome to Sharyn Ruseckas who is covering while Hannah is away. And we say welcome back to Sarah Gordon who returns after her

maternity leave, and say a very fond farewell and thank you to Eileen McQuillan who has held the fort for so long over the last couple of years. We're so lucky to have had Hannah and Eileen with us and also lucky to have Sharyn join us and Sarah come back. Thanks and welcome all!



## Can You Read This Paper Clearly?

If you need a magnifying glass phone or text Paul on 07436 173793.

We will send you one through the post for FREE.



# WHAT'S ON

## WALKS

There will be walks in East Belfast every Wednesday afternoon at 2.00pm. If you are interested in taking part, contact Paul on **07436 174793** or email [palproject@engagewithage.org.uk](mailto:palproject@engagewithage.org.uk)

South Belfast Walking Group, weekly from Monday 22nd April 2024. To join in, contact Paul on **07436 174793** or email [palproject@engagewithage.org.uk](mailto:palproject@engagewithage.org.uk)

## THE KEEPING IN TOUCH GROUP (KIT GROUP)

Every Thursday 2pm. Dee Street Community Centre, 12-16 Dee Street, Belfast BT4 1FT.

Also, starting in Finaghy in South Belfast, weekly from Friday 12th April 2024.

To join in, contact Paul on **07436 174793** or email [palproject@engagewithage.org.uk](mailto:palproject@engagewithage.org.uk)

## T'AI CHI

Every Friday 11am at Dee Street Centre, 12-16 Dee Street, Belfast BT4 1FT.

## DANCE GROUP

Every Friday at 2pm. Contact Engage with Age for details on this fun dance group.

## Dementia Friendly Coffee Morning

11am Wednesday 17th April 2024.

To attend, RSVP to Paul at [palproject@engagewithage.org.uk](mailto:palproject@engagewithage.org.uk)

In all instances above, please phone Paul first on **07436 174793** or email [palproject@engagewithage.org.uk](mailto:palproject@engagewithage.org.uk) for details

## ONLINE EVENTS

### Chocolate Bingo

7.30pm Thursday 11th and 25th April 2024. Via zoom.

Contact [eamon.quinn@engagewithage.org.uk](mailto:eamon.quinn@engagewithage.org.uk) for the link.

### The Pub Quiz Without the Pub

7.00pm Thursday 18th April 2024. Via zoom.

Contact [palproject@engagewithage.org.uk](mailto:palproject@engagewithage.org.uk) for the link.

### Free IT Assistance

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 Paul on **07436 174793**.

Have Your Say with the Greater Belfast Seniors Forum

## G6 The Grapevine



The Grapevine, the Older People's Hub, was launched last month, and it opens for business on Tuesday 16<sup>th</sup> April between 11am-2pm, every Tuesday.

The Grapevine is the brainchild of a number of G6 members who want somewhere central for older people to be able to go to every week to drop in, meet others, and get connected into their community. The initiative was officially opened by the Right Honourable the Lord Mayor Councillor Ryan Murphy, pictured with some G6 members.

The Grapevine is in 2 Royal Avenue, the old Tesco building in Royal Avenue, just beside Primark. 2 Royal Avenue has already become a natural hub for older people who are enjoying the events and exhibitions, a small lending library, and the wonderful Yallaa Coffee kiosk. We know of one person who travels every day from Enniskillen by bus to come to the centre.

The Grapevine has volunteers from community groups and older people's forums from across Belfast. Be sure to drop in and say hello.

# The Search for Robert McIlborough's Picture

by Billy Dickson

Many of the older generation of South Belfast will remember the Donegall Road Old People's Club, held in the Allen Hall at the corner of Utility Street and the Donegall Road.

The club was the vision of local man, Robert McIlborough. Blackstaff Residents' Association is interested in commemorating the origins of the club and its founder, but can anyone help locate a photograph or picture of Robert McIlborough?

The club was the brain-child of McIlborough, a Belfast trade unionist who had previously campaigned for good wages and conditions for workers. Robert

enlisted the support of the Northern Ireland Council of Social Service, and before long a committee from the Donegall Road secured premises for use three hours a week. And so, a club was born. The Club at Innes Place was formally opened by Sir Lucius O'Brien, who threw the first dart for the club's darts team. The club provided a mix of somewhere older people could mix, games, support and guidance on "self-help".

The club moved to a number of locations, including those of the South Belfast Pigeon Club, before finding a more permanent home on a vacant piece of ground at the

corner of Utility Street. Funds were raised, greatly helped by the Ladies' Committee, and gradually the club was established. The club now resides in fine premises and has a membership of 107.

A picture of founder Robert McIlborough hung on the wall of the club for many years but was removed. Does anyone have a picture of Robert McIlborough that they can provide to the Blackstaff Residents Association? If you have one, please contact the PAL Gazette on telephone 028 9073 5696. This will help properly recognise Robert's achievement in bringing older people of the Donegall Road together.

## The Belfast East Seniors Forum

The Belfast East Seniors Forum is an umbrella organisation for the leaders of senior groups based in East Belfast, running since 2003.

The Forum provides opportunities for people over the age of 55 to share information and opportunities, make new connections with other individuals and groups, to socialise, and to be the voice of older people to the service providers in the area.

Recently the Forum held a fundraiser with the aim of supporting ongoing work of groups in East Belfast and it has issued small grants from the funds it collected. The lucky winners of the grants were the Templemore Retirement Group and the Wonderful Ladies of OAK in Clarawood, pictured here with Anne Greenan, the Chair of the Belfast East Seniors Forum.

If your group is interested in joining Forum, please ring Anna at Engage with Age for more information on telephone **07425 627531**, or email [anna.albrzykowska@engagewithage.org.uk](mailto:anna.albrzykowska@engagewithage.org.uk).



Pictured left to right are: Sheila Moffatt and Margaret Lowans from Templemore Retirement group, Anne Greenan, and Joan Russell from Wonderful Ladies of OAK.

## Night Blessing Submitted by Audrey Lynas

May you be given the grace to treasure every moment of your life. Time cannot be saved, cannot be stored and cannot be held. May you be given courage to prize the gift of very breath. Never take a day for granted, instead be grateful.

# WORD SEARCH



**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:

- SOUP • PESTO • MINISTRONE • APRIL • WEATHER
- CANDLE • SUCCULENT • PEGS • FLOWER

To enter, phone Lois Kennedy on **07595 261 253 on weekdays, 10am-4pm.** 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 16th April 2024.**

**The winner of March's Edition (Edition 47) was Violet Millar.**

# Tea Time Quiz

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

1. **What month does Spring begin in the Northern Hemisphere?**
2. **Every year, millions of tourists visit Japan during the springtime to admire which flower?**
3. **How long is the nighttime on the day of the Spring Equinox?**
4. **What kind of dancing might you see at a town fair on May Day in the UK?**
5. **From March until May, the Keukenhof gardens in the Netherlands thrill visitors with their splendid fields of what kind of flower?**

To enter, phone **Lois Kennedy on 07595 261253 on weekdays, 10am-4pm.** 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 16th April 2024.**

Winner of March's Edition (Edition 47) was Sarah Morris.

**For all quiz lovers, Pub Quiz without a Pub, 7.00pm 18th April 2024.**

For zoom link email [palproject@engagewithage.org.uk](mailto:palproject@engagewithage.org.uk)

**The answers to January's quiz were:**

1. 80 million
2. The tradition of the Easter Bunny is believed to have originated in Germany among German Lutherans
3. 11 marzipan balls, one for each of the apostles, minus Judas
4. Red
5. Lent

## Recipe Sugar & Egg Less Fruit Cake

Submitted by Dolly Misra

Line and grease an 8" cake tin.

### Ingredients:

- 2 oz cherries (with stones out)
- 10 oz margarine
- 16 oz mixed fruit
- 10 oz plain flour
- 1 large tin condensed milk
- 1 tin of water
- 3/4 level teaspoon bicarbonate of soda
- Pinch of salt

### Method:

Place the cherries, fruit, margarine, milk, and water in a saucepan. Bring to boil and simmer for 3 minutes. Leave to cool, then add the flour bicarbonate of soda, and salt. Mix well, but don't over

mix, then pour into the lined baking tin and bake in moderate oven 325°F/ 160°C for about an hour and a quarter. Test if it is done by putting in a needle/ cocktail stick and if it comes out clean then it's done. This cake keeps very well indeed!



## OPENING EVENT

# THE SINGING STORYTELLERS



**FRIDAY 12 APR 2 PM** **ENGAGE WITH AGE**  
 LAUNCHING A NEW WEEKLY SOCIAL GROUP

AT THE FINAGHY COMMUNITY CENTRE  
 LIMITED PLACES, TO BOOK CALL: PAUL 07436-174793



## General signs and symptoms of cancer

Being aware of general signs and symptoms of cancer is important. It can help in earlier detection and treatment. Here are some of the common signs and symptoms you should ask your doctor to check out:



1 **Coughing up blood**

2 **Blood in your urine**

3 **A change in bowel habits that last for three weeks or more**

4 **Unexplained weight loss**

5 **A lump anywhere on your body**

6 **Changes to your skin or on an existing mole**



For more info, visit [www.becancerawareni.org](http://www.becancerawareni.org)



How can you tell the weather's warming up?  
 There's a spring in people's step.

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