



## Front Page Poems

### “The Loneliness of the Short Distance Walker”

by Anne Coulter

Actually, a lot can happen on any length of walk.

You can say “Nice day” to endless passing strangers.  
Or “Oops, sorry” if you get in their way.  
You can admire the leaves;  
Great colours in Autumn, fat buds in the Spring,  
and best of all, you can crunch through them after a storm.  
You will work up an appetite.  
You will have time to think,  
and nothing needs dusting.

I hope I'm in time as I can't go alone,  
I dipped into my bag and fished out my phone.  
I woke her up, that was my plan,  
I don't want her near a frying pan.  
"Let's go out for breakfast, let's have a treat!"  
She's in total agreement. We're about to meet.



# ARE YOU AGEIST?

The Commissioner for Older people is calling for an extensive review of public services to ensure the voice of older people is heard by government.

A new report from the Commissioner called “Are You Ageist” has noted alarming levels of ageism across society in Northern Ireland. This ranges from innocent oversights in personal interactions to systemic mismanagement of issues important to older people.

The report is the result of months of research and interviews with older people across Northern Ireland. Older people took part in focus groups, conversations, and surveys, explaining their day-to-day experience of life in Northern Ireland.

The statistics are alarming, though sadly this is something that many of us are familiar with.

- **49% of people who were asked said they had experienced ageism.**
- **60% agreed that older people are viewed as frail, vulnerable, or dependent**
- **65% agreed that older people are viewed as a burden on society**
- **65% agreed that as they have become older they are taken less seriously**

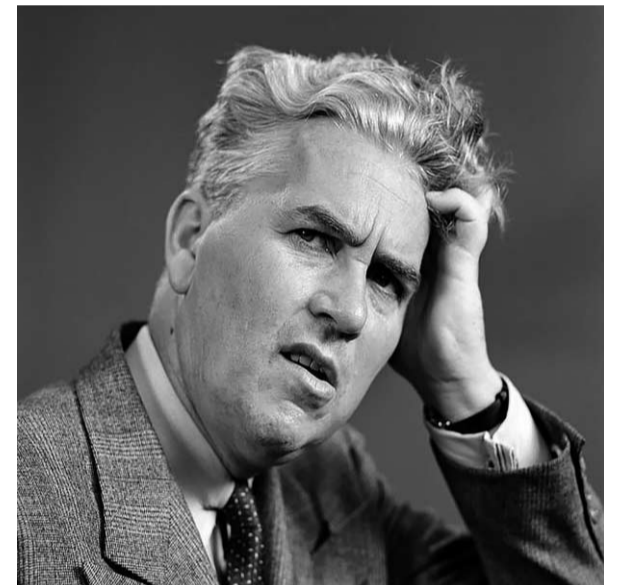
“Are You Ageist” identifies three main trends: institutional ageism, highlighted through wider public perceptions of older people; interpersonal ageism, which occurs in day-to-day interactions; and self-directed ageism, when older people themselves espouse ageism such as saying they are a nuisance for asking for services or supports that other people access easily.

At best ageism is casual, and at worst it affects how older people get the support they are entitled to. Older people report how changes in technology leaves some older people feeling left behind, how many feel they are invisible in society, and in the worst cases how their age has affected their access to health care.

These ageist views contradict the contribution many older people make in society today. Older people make a considerable contribution to society in terms of volunteering, support as unpaid carers, through providing childcare, and more.

- **95% of those asked believe older people have a lot to contribute to the workplace**
- **83% believe they play an active role in society.**

“Are You Ageist” makes several recommendations.



- **Use appropriate language when referring to and speaking with older people**
- **Recognise the diverse experiences of older people**
- **Recognise the contribution older people make in society**

The report also recommends media organisations represent older people appropriately.

Do you feel you have been treated differently because you are an older person? Let us know at the PAL Gazette by calling 028 9073 5696 or emailing info@engagewithage.org.uk. Together we can work towards a society in which older people are respected, valued, included and listened to in society, and actively involved in shaping the world.

## Quick-fire Phone Competition!

The 8th person to call Lois on **07595 261253** will receive a £10 Tesco voucher.

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

Competition closes 13th May 2024.

Winner announced in next edition.

The winner of April's Edition (Edition 48) was **Essie Clarke**.



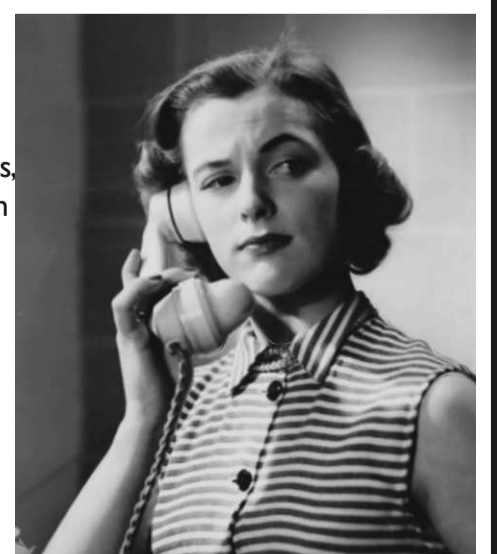
## PAL Gazette News

**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 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 Tea Cup Bird Feeder

Spring is here and what better way to welcome all of our feathered friends back than with this adorable Tea Cup Bird Feeder?

### What you need:

- An old teacup and saucer
- Bostik All Purpose Glue
- Birdseed
- Lard or peanut butter
- Necklace/ribbon or string

### To make:

1. Place the teacup on its side onto the saucer. Where the teacup goes on the saucer totally depends on the shape of the teacup and how it fits onto the saucer. Add glue to the teacup and place on to the saucer.
2. Use masking tape to hold the teacup in place, making sure that the handle is sticking straight up. This helps it stay in place while the glue cures. Allow 24 hours for the glue to dry properly.
3. Depending on the position and size of your cup you might just want to place your bird seed on it, or like we have you can mix the birdseed with lard or peanut butter and fill your cup.
4. To hang use an old necklace's hook, ribbon or string.
5. Place on a strong tree branch.

### Top Tips

- Make a few to brighten up your garden.
- Put one on your windowsill and watch the birds up close.



# The Questionnaire

**Name:** Mabel Johnston

**Role:** Chair, Castlereagh Seniors Forum

### Favourite pastime:

I love going out and about. I'm quite a sociable person! I love going to anything with music at it, I like dancing, I love meeting people, going to new places. And I like eating out. I've introduced a few new people to the 2 Royal Avenue venue in the centre of town. Everyone I've taken has really enjoyed it.

### Why are your pastimes important?

I don't like sitting in the house, and I like to keep myself active. I always love seeing new things and meeting different people. I also like hearing other people's points of view and hearing different perspectives. I think it's very important in life to meet people who are different to you.

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

The people here are friendly and approachable, and the transport is very good. I have the Glider very near to me, and also different buses coming and going every 15 minutes. The free bus pass is a bonus and it encourages you to go further. People should take the chance to travel about. I love hopping on the bus and going places like Lisburn and Newry where there are great shops.

### Favourite Food:

I like Italian Food such as pasta and risotto. It's nice and fresh on the palate and not too greasy.

### Favourite Film:

I like a few. I love "The Quiet Man" and saw it recently at Belfast City Hall. But my favourite film is "The Sound of Music". Julie Andrews is my favourite, and I love the song "Edelweiss". It's just a brilliant film.



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

I enjoy being creative. I like going to classes and one of my favourite things is painting glass. I take part in a range of creative activities through the inter-cultural groups near Castlereagh.

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

Life is a journey with problems to solve and lessons to learn, but most importantly there are experiences to enjoy. So make the most of it!

## NI ASSEMBLY TACKLE LONELINESS

For several years there has been an All Party Group at the Northern Ireland Assembly addressing the increasing impact of loneliness. Although the Assembly hadn't convened for a while the All Party Group on Loneliness met regularly. The members of the All Party Group are MLAs which discuss the issues and see how they can engage the Assembly.

With the resumption of the Assembly a joint meeting between the All Party Group on Loneliness and the All Party Group on Ageing took place in the Senate Chamber in Stormont in March. It was agreed to hold a debate in the Assembly about loneliness.

The debate took place on 29th April 2024. MLAs heard startling statistics that one in five people in Northern Ireland have experienced loneliness

with loneliness affecting the health of one in twenty people. There was cross party support to address the impact of loneliness and the Assembly is now developing a Loneliness Strategy for Northern Ireland. Loneliness is something that can affect us all. Watch this space for further information.



## GO SOUTH

Engage with Age has been hugely active in South Belfast for decades. It has delivered programmes in inner South Belfast, it works extensively through the network of community centres, and reaches to Outer South Belfast to communities of older people in Belvoir, Finaghy and beyond.

Two new groups have started up in South Belfast as part of Engage with Age's PAL Project. We are aiming to bring together older people who haven't been getting out and about as much as usual.

Every Monday a new walking group is getting together in Botanic Gardens, but it will also walk throughout South Belfast. This is a perfect time of the year for stretching the legs and enjoying nature.

On Friday afternoons a new Keep In Touch group meets at Finaghy Community Centre. This is a social group with a range of activities every week and offers a warm and friendly welcome.

Attendance at the groups is free of charge, though occasionally there is a limited payment for tea and coffee, and sometimes walkers buy their own coffee in coffee shops after a walk has finished.

If you would like to join in please contact Paul by calling 07436 174793 or email [palproject@engagewithage.org.uk](mailto:palproject@engagewithage.org.uk)

## 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 2.00pm. Dee Street Community Centre, 12-16 Dee Street, Belfast BT4 1FT.

Every Friday 2.00pm at Finaghy Community Centre, 1-6 Geeragh Place, Belfast BT10 0ER.

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 2.00pm. Contact Engage with Age for details on this fun dance group.

## Dementia Friendly Coffee Morning

11.00am Wednesday 1st and 29th May 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 9th and 23rd May 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 16th May 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

## Focus on: Castlereagh Seniors Forum



The Greater Belfast Seniors Forum (G6) is made up of six forums in Belfast. The Castlereagh Seniors Forum is one of the G6's constituent forums, and it has been going for over 25 years. The forum brings together people and groups from all over the Cregagh, Castlereagh and the Lisburn area.

Recently the Forum has started operating the

"Seniors In Network Group", or SING as it is known. This group engages with people from all over the area from as far and wide as Dundonald, to Magherry and beyond. SING is a mainly social group encouraging people to keep in contact with each other. It also has a good morning Whatsapp initiative where members receive a Whatsapp

message every morning in the form of a greeting, useful information, or even jokes and funny stories.

To find out more about Castlereagh Seniors Forum contact Chairperson Mabel Johnston on telephone **07527 398209** or email [elston@live.co.uk](mailto:elston@live.co.uk)

## What's in a Street Name?

Our friend, journalist and broadcaster Anne Hailes writes...

Many older people have memories of Belfast street names and how they reflected the area in which they lived. For instance, Hemp Street is beside the Rope Works in East Belfast, or Susan Street in the same area which was called after a young relative of the owner of the Belfast Newsletter.



York Street's earlier name was Duke Street, both names being commemorative of the Duke of York, second son of George III as known in the song The Grand Old Duke of York.

Father Martin Magill is a man fascinated with this history and he is appealing to anyone with their own interesting information to get in touch and pass it on to him so it can be included in his forthcoming directory. Martin has been researching street names for the last four years and has amassed over 4000 street names with their background. He's appealing for even small memories to help him build his jigsaw of the network of roads in the city.

"It's important to record our history, both for young people and those who have lived through a time of change. Everyone can be involved if they wish to be" he says. "One little piece of information opens doors and allows a bigger picture to emerge. I'm a sort of detective on a mission to record and inform!"

If you have an interesting name please send the information to Father Martin at [belfaststreetnames@gmail.com](mailto:belfaststreetnames@gmail.com) and to see how the directory is coming along you'll find some of the 4000 entries at [www.belfaststreetnames.com](http://www.belfaststreetnames.com)

**Ways to look after your eyes**

Be active, Stop smoking, Regular eye tests, Eat healthily, Sunglasses, sports, safety goggles, Screen time breaks, Family history.

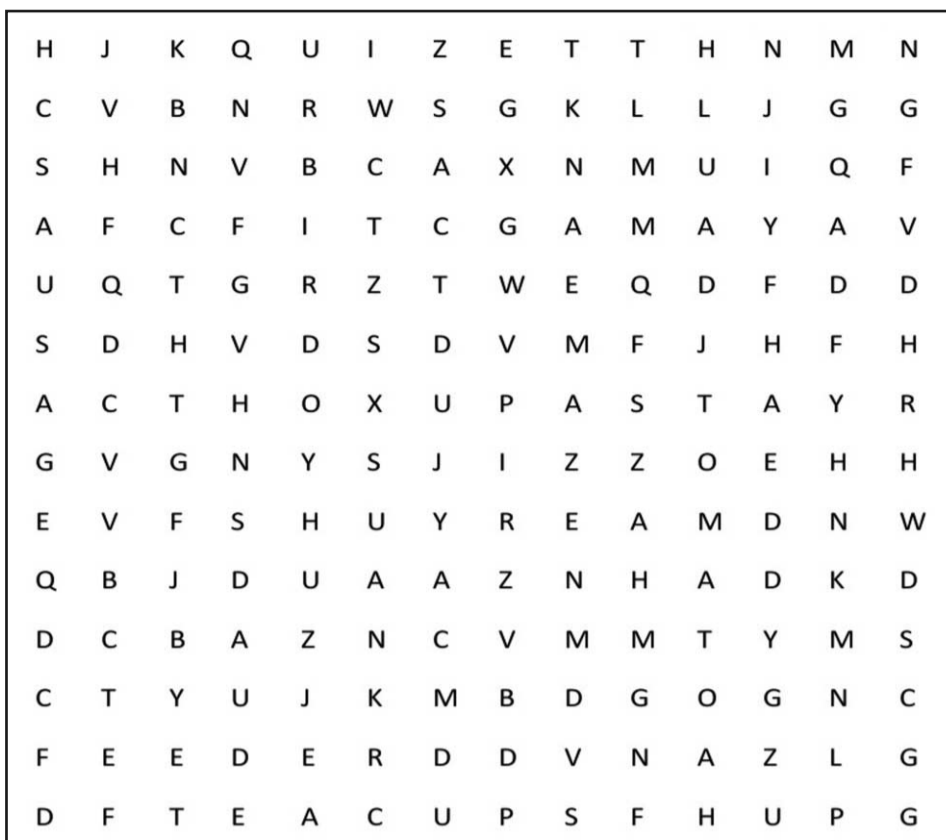
HSC Public Health Agency

## 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:

- **MAY** • **SUN** • **QUIZ** • **SAUSAGE** • **PASTA**
- **TOMATO** • **TEACUP** • **BIRD** • **FEEDER**

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 13th May 2024.**

**The winner of April's Edition (Edition 48) was Glynis Hamilton.**

# Tea Time Quiz

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

1. **What was the original purpose of the tiny pocket in jeans?**
2. **What does SPF in sunscreen stand for?**
3. **Demolition of the Berlin Wall separating East and West Germany began in what year?**
4. **Who was the first woman pilot to fly solo across the Atlantic?**
5. **When did Facebook first launch?**

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 13th May 2024.**

Winner of April's Edition (Edition 48) was Doreen Jones.

**For all quiz lovers, Pub Quiz without a Pub, 7.00pm 16th May 2024.**

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

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

1. March 2. Cherry blossoms/Sakura 3. 12 hours 4. Maypole Dancing 5. Tulips

## Recipe Peanut Squares - Submitted by Dolly Misra

### Ingredients:

- 4 oz margarine/butter
- 2 oz caster sugar
- 3 tablespoons of golden syrup
- 8 oz jar of crunchy peanut butter
- 10 oz Rich Tea biscuits
- A small packet of salted peanuts

### Method:

Melt the margarine/ butter, sugar, syrup and peanut butter in a large saucepan.

Roughly crush the biscuits and add them to the mix. Spread the mix over a Swiss Roll tin that is lined with parchment/ grease proof paper. Decorate the top with peanuts, pushing them into the top of the mix a little. Put into the fridge to cool/ solidify, and when cold, cut into squares. This is ideal for a tasty energy boost with afternoon tea or a cup of coffee.



## EAST BELFAST OPEN DOORS CAFE

*Those living with dementia will be supported in one room and carers in another, all under the one roof to allow everyone needs to be met.*

WALKWAY COMMUNITY CENTRE

1-9 Finvoy St. Belfast BT5 5DH



### DEMENTIA ACTIVITIES ROOM

Refreshments provided

A safe space for people living with dementia to take part in small activities, have a chat and feel supported by our staff/volunteers.



### CARERS CAFE ROOM

refreshments provided

A safe space for carers to share their experiences, learn about local services and focus on themselves all whilst being assured that their loved one is safe nearby.

MONDAY  
13TH MAY  
2PM-  
3.30PM

For more information or to book a place call 074 36174793



Available from 15 April 2024

## SPRING BOOSTER

The COVID-19 spring booster vaccine will be offered to:

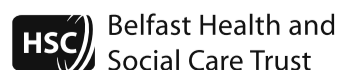
- Adults aged 75 years and over
- Residents in a care home
- Individuals aged 6 months and over who are immunosuppressed



HSC Public Health Agency

[www.nidirect.gov.uk/covidvaccine](http://www.nidirect.gov.uk/covidvaccine)

Engage with Age thanks its supporters and funders:



## OLD JOKE HOME!

Submitted by our Anonymous Phone Caller who loves a joke.

What do cows tell each other at bedtime?

Dairy tales. Also, they hate horror stories, because they are "cowards".



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