

The PAL Gazette

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Front Page Poems

Holidays Over and Duty Calls

In September we think of Irish Stew,
And of joining a class to learn something new.

We remember our holiday and share photos we took,

And we flaunt our suntan and like how we look.

On TV we watch "A Place In The Sun",

And remember how we were the ones having fun.

School children trudge wearily back inside school walls,

And leaves on the trees tremble, ready for the Fall.



Quick-fire Phone Competition!

The 6th person to call Lois on 07595 261253 will receive a £10 Tesco voucher.

Calls will be taken 10am-4pm, Monday-Friday, 12th-20th Sept (due to holiday leave).

Competition closes 20th September 2024.

Winner announced in next edition.

The winner of August's Edition (Edition 52) was Dolly Misra.



BEST FOOT FORWARD

Many people take a tumble at some point, but falls are preventable with a little thought and planning. It is Falls Prevention Week between 23rd – 27th September 2024 and there are lots of opportunities to learn how to avoid any literal pit-falls.

As we age, most people lose some coordination and flexibility, which can make a fall more likely. Eyesight getting worse can be a factor, and some medications can cause dizziness. Add to this, many of us have been in the same homes for years and there may be hazards we are living with every day that we just aren't aware of anymore.

The consequences of a fall can range from simple changes in lifestyle, loss of confidence, through to changes to mobility that prevent people getting out and about as much. The message is clear; a little effort and a few simple changes can really help us stay on our feet.

There are many steps that can be taken to prevent falls.

- Get your eyes checked. Good eyesight is critical to navigating your way around the world. It's such a simple idea but will really affect your safety.
- Wear shoes that fit and are easy to walk in. Slippers that are loose fitting or shoes that are hard to stay balanced in are a real problem. Make sure your footwear is fit for their purpose.
- Check to notice if you are walking around your home using chairs and tables to hold on to as you go about. If you do this, talking to a physical therapist can help. Your GP or health centre can help you organise this.
- If you are on medications, consider if any of them cause dizziness. Be aware that some over the counter medicines can affect sleep or cause drowsiness. Speak with your GP or pharmacist about the medications you take.
- Do a walk-through of your home. Consider if the lighting is bright enough, if the stairs are manageable or need a second handrail, is your bathroom safe from slips and falls.



Keeping flexible and having good strength and balance is a major contributor to avoiding falls. Get advice on good exercise to take and

stay mobile. When doing exercise, make sure you are feeling well, wearing appropriate clothing and footwear, and take it easy at the start.

Engage with Age, with the support of the Public Health Agency, Belfast Trust and Belfast City Council, is running Falls Prevention workshops in October and November. Not only do they cover ways to stay safe, but there is also a terrific "Air Fryer" cookery session too.

To find out more call Engage with Age on 028 9073 5696. Stay well and stay on your feet!

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**
- 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 Recycled Paper Bead Jewellery

Recycled paper bead jewellery is a creative and unique way to transform your everyday paper waste into glitzy adornments for your style file.

This isn't just a craft; it's an eco-friendly arts and crafts movement that will satisfy both the trendy fashionistas and the eco-conscious warriors amongst us.

What you need:

- An assortment of colourful paper and recycled materials (old magazines, newspapers, flyers - you name it!)
- Scissors
- Glue stick
- Toothpicks or skewers
- Clear-drying paint for crafts (it'll give your beads that gorgeous glaze)
- String or elastic for the jewellery

To make:

Step 1

Cut your used paper into triangular strips, roll them tightly around a thin rod like a toothpick.

Step 2

Secure with eco-friendly glue, and then coat with a non-toxic sealant.

Step 3

Decide if you want to make a necklace or bracelet. Repeat the above to make as many beads as you will need. String your beads. For a bracelet use elastic and string for a necklace.

Top Tips

- You could make matching sets of necklaces and bracelets.
- They don't have to be round they can be any shape you want to make them. Necklaces are good with long cone shapes.
- They make lovely gifts for friends.
- Sort your waste papers into colours and they you can coordinate them with outfits.



The Questionnaire

Name: John Bogue

Role: Assistant Manager and Volunteer Manager with East Belfast Independent Advice Centre.

Favourite pastime:

Gardening. I love my lawn and my greenhouse. It's my sanctuary and it's totally stress free. I grow strawberries, cucumbers, tomatoes and grapes. The grapes are pretty small but they taste alright. I like my sports too. I'm a soccer fan and a supporter of Leeds United, for my sins.

Why are your pastimes important?

You need to switch off for your wellbeing and I enjoy them. It's good to have a balance in life.

What is the best thing about living here?

It's the people. When you go on a

holiday, even to England or down south, you appreciate your own people better. There's a friendliness to people here that's missing elsewhere.

Favourite Food:

Steak and chips with pepper sauce.

Favourite Film:

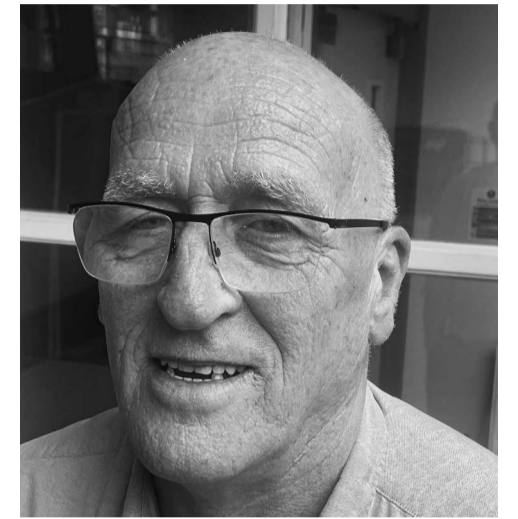
The Shawshank Redemption. It's extremely uplifting. I love a tale about human resilience.

Tell us something that not many people know about you?

I watch celebrity "Master Chef" on TV and I love it, but don't tell anybody.

What advice would you give to a young person?

Don't be afraid to try. Don't be afraid of new challenges.



What advice would you give to older people?

The exact same advice - don't be afraid to try new challenges. And get your benefits checked.

John works with East Belfast Independent Advice Centre. The centre is completely independent and offers a range of services to help you and your money. Telephone East Belfast Independent Advice Centre on 028 9073 5690.

Have Your Say with the Greater Belfast Seniors Forum

Older People's Parliament



It's 'Action Stations' for the Greater Belfast Seniors' Forum. At the August planning meeting for the Forum an Action Plan of activity was made that focuses on access to health and mental health services, transport, and fuel poverty/ the cost of living. This will shape the activity of the G6 throughout the year.

One way the G6 will be raising issues affecting older people is through the forthcoming Older People's Parliament.

The NI Assembly is holding an Older

People's Parliament on Saturday 12th October 2024. The parliament is part of the NI Assembly's engagement with the community and seeks to raise issues affecting older people in Northern Ireland. A consultation on what issues to discuss will close at the start of September, and the parliament itself will be available for people to attend - watch this space for details of how to be there, and also how to watch the parliament online.

The Older People's Parliament will

be chaired by NI Assembly Speaker Edwin Poots MLA. He says "The Assembly makes laws that impact all of our citizens and it is crucial that all sections of our community, including older people have an opportunity to engage with us directly, to influence policy and legislation and to play an important role in effecting the change that they want to see."

To find out more, call the NI Assembly Engagement Team on 028 9052 1440 or email engagement@niassembly.gov.uk

Can You Read This Paper Clearly?

If you need a magnifying glass **phone or text Paul on 07436 174793.**
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

South Belfast Walking Group, weekly on Mondays at 11.00am in Botanic Park. To join in, contact Paul on **07436 174793** or email 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

T'AI CHI

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

DANCE GROUPS

Every Friday at 2.00pm. Contact Engage with Age for details on this fun dance group.
Tuesdays, 2.00pm at Morton Community Centre, Lorne Street, Belfast BT9 7DU (Line/Sequence Dancing)

Dementia Friendly Coffee Morning

11.00am Wednesday 11th and 25th September 2024.

To attend, RSVP to Paul at palproject@engagewithage.org.uk

In all instances above, please phone Paul first on 07436 174793 or email palproject@engagewithage.org.uk for details

'The Grapevine' - Connection Hub

Tuesdays 11am - 2pm in 2 Royal Avenue, Belfast City Centre. Drop in event each week. An opportunity to enjoy a chat, meet new people, become involved in events and learn about new services.

ONLINE EVENTS

Chocolate Bingo

7.30pm Thursday 12th and 26th September 2024. Via zoom. Contact eamon.quinn@engagewithage.org.uk for the link.

The Pub Quiz Without the Pub

7.00pm Thursday 19th September 2024. Via zoom. Contact 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**.

Back to School



In 1952 - and with great joy - I left school. The school I went to was actually a large house situated among other houses on a road. At the back of the house was a large garden which had been ignored and had become our "playing field". It was a girl's school and the most popular names were Margaret, Elizabeth and Anne.

Our desks had ink wells and were for two which meant we each had a best friend without having to seek one out. When a teacher turned up with a car we all had to go and have a look.

The qualifying exam was introduced and the parents of the pupils who didn't pass had to pay school fees. That included mine. As a result I had to buy second hand text books from pupils who had passed and got them new for nothing.

There was only one solitary car, the school teacher's. In the yard there were bicycle sheds. Yes, we cycled or walked to school and when we returned home Mother was there waiting. Those were the days!

By A.C.

East Belfast Dementia Information Day

**10.30-1.30pm Thursday
19th September 2024**

Dementia Friendly East Belfast has been bringing dementia friendly guidance and advice to the east of the city for the last eight years.

Join us for Dementia Friendly East Belfast Information Day between 10.30-1.30pm on Thursday 19th September 2024 at Willowfield Church Hall, Woodstock Road (opposite Willowfield Church), Belfast BT6 9DN.

The purpose of the day is to let people know about events and services for people living with dementia and their carers. There will be stalls from a range of organisations including Belfast Trust Dementia Navigators, money advice from Belfast

Independent Advice Centre, Engage with Age, Alzheimer's Society and more. There will be craft activities, some relaxation therapies, and also goodie bags for all attending.

As a true community initiative, Dementia Friendly East Belfast is supported by volunteers. Jean, who is volunteering for the Information Day says: "I know so many people affected by dementia. I used to work for Tescos, and I learned that making some small changes can help so much. No matter how little, you can always help."

To find out more contact Davina on davina@ebcda.org or call 028 9045 1512.

Make the Most of Your Money with East Belfast Independent Advice Centre

Reports in the media talk about a 9% increase in the cost of fuel. As heating starts to get switched back on after this curious summer we have had, now is a good time to think about making preparations to minimise your costs and maximise your income.

East Belfast Independent Advice Centre (EBIAC) provides support to older people across Belfast. Getting assistance and more money in your pocket could be as simple as telephoning EBIAC on 028 9073 5690.

EBIAC is a confidential and completely independent organisation providing information and support for people.

Services include its Drop-In Advice Centre, support for Social Security Tribunals, and projects to help make families better off.

There are many ways EBIAC can help older people, though staff say that older people can sometimes be reluctant to seek support or advice. There are sometimes issues to do with trust, or fear of losing benefits, or even pride or stigma about getting assistance.

EBIAC takes an all-round approach with people. The more a person tells them about their circumstances, the more they can help.

EBIAC has an in-depth knowledge of all of the schemes and benefits that can assist older people. They can provide help with completing application forms for support. If a person has been turned down for a benefit, EBIAC may be able to help appeal that decision. EBIAC also knows about the various grants that are available from time to time to help with improvements to homes or other schemes. EBIAC is also able to help people access other services due to their links with other organisations such as Bryson House, St. Vincent de Paul's, food banks and local missions.

A phone call and a follow-up meeting could be all that stands between you and more money in your pocket. To help cope with the rising cost of living, call East Belfast Independent Advice Centre on 028 9073 5690.



WORD SEARCH

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

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:

- SEPTEMBER • BANANA • BREAD • AUTUMN • LEAVES
- PAPER • BEADS • NECKLACE • BRACELET

To enter, phone Lois Kennedy on **07595 261 253 on weekdays, 10am-4pm, 12th-20th September (to accommodate leave)**. 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 September 2024.

The winner of August's Edition (Edition 52) was Carol McQuillan.

Healthy habits

It's all about balance

1

Use the EatWell Guide to help you get a balance of healthier and sustainable food.

Control portion sizes

2

Choose a smaller portion and hold off on seconds.

Stay aware of salt

3

Adults should aim to have no more than 6g of salt a day or less - this is about a level teaspoon; children should have even less.

CHOOSE TO LIVE A LITTLE BETTER ALT

www.ChooseToLiveBetter.com

HSC Public Health Agency



Is it a stroke?

Act F.A.S.T.



FACE
droops



ARM
weakness



SPEECH
difficulty



TIME
is critical.

Tea Time Quiz

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

1. What is the chemical symbol for silver?
2. What is the longest river in the world?
3. What is the capital of Brazil?
4. Who was the first woman to win a Nobel Prize?
5. What is the main ingredient in guacamole?

To enter, phone **Lois Kennedy on 07595 261253 on weekdays, 10am-4pm from 12th - 20th September (due to leave)**. 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 September 2024. Winner of August's Edition (Edition 52) was Heather Montgomery.

For all quiz lovers, Pub Quiz without a Pub, 7.00pm Thursday 12th September 2024.

For zoom link email palproject@engagewithage.org.uk

The answers to August's quiz were:

1. Four 2. Once (1996) 3. Maggot 4. Bristol 5. Rice

Recipe Banana Bread

Submitted by Dolly Misra

This is an easy to make banana bread recipe that gives perfect results every time. It uses up loads of bananas - the blacker the better.

Ingredients

- 285g/10oz plain flour
- 1 tsp bicarbonate of soda
- 1/2 tsp salt
- 110g/4oz butter, plus extra for greasing
- 225g/8oz caster sugar
- 2 free-range eggs
- 4 ripe bananas, mashed
- 85ml/3fl of buttermilk (or normal milk mixed with 1 1/2 tsp lemon juice or vinegar)
- 1 tsp vanilla extract

Method

1. Preheat the oven to 180°C/160°C Fan/Gas 4. Grease a 20x12.5cm/8x5in loaf tin (also known as 900g/2lb).
2. Sift the flour, bicarbonate of soda and salt into a large mixing bowl.
3. In a separate bowl, cream the butter and sugar together until light and fluffy.



4. Add the eggs, mashed bananas, buttermilk and vanilla extract to the butter and sugar mixture and mix well. Fold in the flour mixture.
5. Pour the banana bread mixture into the prepared tin.
6. Bake for about an hour (check after 45 minutes), or until well-risen and golden-brown.
7. Remove from the oven and cool in the tin for a few minutes, then turn out onto a wire rack to cool completely before serving.

Top Tip - this banana bread can be frozen, double wrapped in clingfilm for up to 3 months. Defrost, wrapped, at room temperature for 3 hours.

Night Blessing

Submitted by Audrey Lynas

May you make room at your table and find room at another's. Our lives are enriched by the presence of guests, and we have no idea how much our participation in the lives of others might bless them. May you create space for grace to be shared and love to be shown.

#niteblessing

September 'Skill-Up'

at Finaghy Community Centre

From cookery classes to wellness workshops and digital development to creative crafts, find out what's on and book your place by calling:

028 9062 0474

Belfast City Council

Engage with Age thanks its supporters and funders:

HSC Public Health Agency

HSC Belfast Health and Social Care Trust



Belfast City Council

HALIFAX FOUNDATION for Northern Ireland

COMMUNITY FUND

OLD JOKES HOME!

Submitted by our Anonymous Phone Caller who loves a joke.

The best way to communicate with a fish is to drop them a line.



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