South Eastern Health and Social Care Trust
Health Development Department
Take5 steps to wellbeing www.makinglifebettertogether.com

ISSUE 1

~The GOOD NEWS Gazette~

May 2020

www.setrust.hscni.net @SouthEasternHealthSocialCareTrust @setrust

Some Useful Numbers:

Advice NI COVID-19 Community Helpline
Tel: **0808 802 0020**
email: covid19@adviceni.net
Text: ACTION to **81025**

Check in & Chat Service (Age NI) Telephone Befriending Service
Tel: **0808 808 7575**
Monday - Friday
9.00am - 5.00pm
email: info@ageni.org

South Eastern HSC Trust Primary Care & Older Peoples Services
Tel: **(028) 9598 8098**

- **OPTION 1** - if you are currently known to Community Social Care or Mental Health Services for Older People Teams
- **OPTION 2** - if you are not currently known or wish to make a NEW social care referral.

Brain Teasers

I travel all over the world, but always stay in my corner. What am I?

What starts with 'e' ends with 'e' and contains one letter?

I'm an odd number. If you take away, one of the letters in my name, I become even. What number am I?

How many seconds are there in a year?

Stamp, Envelope, 7, 12 (2 Jan, 2 Feb…)

Welcome

Wendy McDowell

Welcome to our first edition of the 'Good News Gazette'. We are all experiencing a challenging time just now with the COVID-19 pandemic, but hope this monthly publication will help to restore some positivity and confidence in a really simple way. It's tough staying in, keeping some kind of routine and keeping active.

A huge thank you to those who have already submitted information on how you've been doing this, so I know there is a lot of creativity out there!

We would really love to share more of your stories, recipes, gardening tips, puzzles/brain teasers, good news stories/acts of kindness or 'a day in the life of' or simple stories that you're happy to share - anything goes, so please forward these for the next edition. Stay safe and well, and enjoy!

Wendy McDowell, Community Health Development Practitioner

Colin Community Feels Good

Pinetree Manor Sheltered Dwelling residents have been delighted with the help and support provided by Good morning Colin Sally Gardens Youth Club.

Rosemary Diver explained how she had received phone calls from Good Morning Colin checking in to see how we are coping during lockdown!

Residents have received food parcels, Easter eggs and even feel good packages from local pharmacies! The help the residents have received has been of great comfort and they are delighted by the local communities' response to an unprecedented situation.

Keep sharing the stories!

Please keep sharing your stories, recipes, creatives ideas, poetry, jokes, games and anything else - we love hearing from you.

Call Wendy on **07834 929 106**
or email: wendy.mcdowell2@setrust.hscni.net

Please use the newsletter article form emailed to groups.

Maghaberry verses Lockdown

Our village it is changing,
But it's really not that bad,
We are all here for each other,
To stop us going mad.

Some tell jokes that make us laugh,
Some put teddies on the lawn,
Some share photos of their pets,
And some share pics of dawn.

Books, jigsaws, toys and clothes,
I've watched you give away,
So others can enjoy them,
And brighten up their day.

Eurospar! What can I say,
You've all been oh so good,
Welcoming staff and well stocked shelves,
So we can have our food.

To Maghaberry pharmacy we bow down,
You've really been outstanding,
You've met our needs and delivered,
To what we've been demanding.

Chippy, Chinese, pizza shop,
And don't forget Drink Store,
How much worse would this have been,
If you weren't just at our door.

So 2020 will be a time,
We'll talk about for years,
We'll tell about the awful times,
Our heartaches and our fears.

But let's remember all the good,
That these few months have brought,
The love shown to each other,
And the lessons that's been taught.

We all come to this world the same,
And the same way we'll depart,
It's how we treat each other,
That will set us all apart.

Be kind, be thankful, share the love,
Give…..don't always take,
Take time to think of others,
What a difference that will make.

Tracey Crothers
Maghaberry Friends Together

Maghaberry 'Bears In the Garden' locals delight

It seems such a long time ago now but back at the end of March we all received the devastating news that we would all be on lockdown and only allowed to exercise for one hour every day. A worldwide campaign started to give children an adventure whilst out on their daily walk.

People were putting teddy bears in their windows so the children could be part of a global teddy bear hunt. One local resident, Linda McAllen (61), loved this idea so much she even took her bears out with her in the car. It didn't take long for the children to realise this large bear was going about the village in a car and they got excited and waited patiently to see it going past albeit just for a few seconds. With lock down well and truly under way Linda knew she wouldn't be out in her car as much as the children would like so she had an idea! She put her two largest teddies out in her garden with one sitting reading a book and the other in full protective clothing doing the gardening. This was the start of what was soon to become a daily routine. The children loved it and secretly the adults did too!

An extremely large bear, soon to become known as 'The Big Lad' became part of displays. Bears that are thanking NHS workers, postmen, shop staff and volunteers, bears doing house hold chores (although I must admit I've never hoovered the lawn as part of my weekly cleaning routine). The bears soon began to enjoy the things that us humans were being deprived of. Sports day, Picnics, and open air concerts!!! Now you can't blame us as we started to get a little jealous of these bears having a great time and, may I add, not adhering to social distancing rules. My personal highlight was when the bears celebrated VE day in style and I'm led to believe they were so exhausted after the party they had to take the next day off.

Families in Maghaberry, have now adapted their daily walking route to ensure they pass 'The bear garden'. Linda told me: *"Depending on the display, it can take up to 2 hours to set up in the morning; weather permitting they stay out until 9.00pm then my husband and I start preparing the props for the next day. Is it hard work... yes, is it stressful ... but the joy I get from seeing the excitement on the children's faces is unmeasurable. I have made new friends and had many interesting conversations with people I didn't even know lived in Maghaberry".*

On behalf of everyone in the village I would like to thank Linda, her husband and her daughter for bringing a little bit of sunshine into what has been a very dark time.

You can see all the bears adventures on Facebook: **https://www.facebook.com/lockdownbears/**

Atlas Women's Centre & Sunset Dollies, Hillhall

Hi, my name is Liz Docherty and I live in Lisburn and normally attend Atlas Women's Centre & Sunset Dollies, Hillhall. Atlas have been delivering craft activities for adults and children, as well as jigsaws to help keep us all motivated. They have organised for a group of ladies to make scrubs, masks, hats and laundry bags for local hospitals and nursing homes. I myself have knit 50 ear protectors for the masks.

I have a great interest in crafting, which ranges from knitting to decoupaging candles and bottles, to general painting and wreath making. I then sell the crafts to help with fundraising. This is a way that I can give back to Atlas to thank them for all the support they gave to me.

The time we're living in has affected my own mental health, so by keeping busy with crafting has been really beneficial and gives me purpose. Without this and the close links with Atlas I don't know where I would be! They have truly been there to support in every way, not just for people who attend, but for everyone in the area, offering both practical and emotional support.

Gay (Manager) has been in contact with me via email, text or telephone. On Atlas Facebook page you can find daily support from children's activities, recipes etc. I can't thank them enough - they have certainly helped keep me sane in these hard times. The support Gay and Mandy have given has gone way beyond the call of duty!

Also during lockdown Hillhall Regeneration Group have supported the pensioners by checking we are all safe and well on a regular basis. They have provided us with 2 hot meals each week, and delivered a hamper of food items. As part of the over 50's group Sunset Dollies in Hillhall, the younger generation are ensuring that we are all looked after. Even though they may not know us personally, they are willing to look out for us - this is a true act of kindness.

In particular I feel greatly supported by Andrea, Sharon and Bobby who have made me feel safe and looked after during lockdown in Hillhall. It has created a real sense of community spirit. I thank Atlas Women's Centre and Hillhall Regeneration Group for the wonderful work they are doing.

Candle Decoupage by Liz Docherty

Required:

- *Pillar candle (preferable)*
- *Napkin (your choice of pattern for decoration)*
- *Greaseproof paper / small piece of sellotape (optional)*
- *Hairdryer*

1 *Using your candle as a guide, begin marking your napkin and measuring the length you need it to be. Then cut or tear, avoiding the edges that can sometimes be raised.*

2 *Napkins are generally 3 ply, so carefully peel and remove the 2 under layers without creasing or causing a tear.*

3 *Start rolling your candle with the napkin placed in a straight position and hold firmly in place.*

4 *Place greaseproof paper over napkin tightly and secure with a piece of sellotape to hold or hold very tightly.*

5 *Aim the hairdryer at the greaseproof paper and slowly move it around the surface of the candle. Be careful not to keep it on the same spot too long or to burn your fingers!*

5 *You will start to see the liquid wax coming through – this means it's working! Ensure that the whole napkin is stuck down otherwise you'll need to repeat the process.*

A really lovely simple gift for someone and inexpensive too!

Ballygowan Seniors Group

On Friday 8 May Ballygowan Community Association held a short ceremony at the War Memorial in Ballygowan. This was in celebration of the 75th Anniversary of VE Day.

A wreath was laid by Mrs. Betty Hamilton MBE on behalf of the Community Association and residents of the village and district. After the laying of the wreath, the Community Association Chairperson called on Betty to say a few words.

Betty has served as a member of BDCA for 40 years, holding at various times the posts of Chairperson, Secretary and Treasurer and is still serving on Committee.

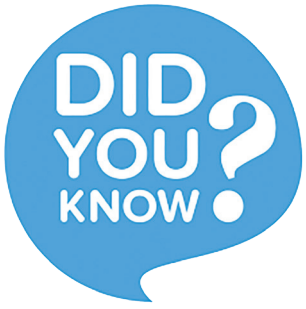
Betty started up the Seniors Club in Ballygowan in 1983, and currently acts as Treasurer for the group.

Gardening Tips!

Hanging baskets and tubs give a great pop of colour and can help lift our mood, which is really important for us just now.

They can dry out very quickly, so a tip is to use water retaining gel which is very helpful to help retain moisture, combined with a mulch on the top if the planting arrangement is suitable.

* Dead head plants to keep them flowering.
* Pinch out side-shoots (suckers) on tomato plants
* Remember to start feeding tomatoes when first trusses appear.



.....that you burn more calories eating celery than it contains!

Recipe Corner

by Phylis Ervine, Moira Friendship Group

Plain Scones

600gm	Soda Bread Flour
75gm	Margarine
75gm	Caster sugar
	Pinch of Salt
500ml	Buttermilk
1	Egg wash

Method:

1. Sieve the flour into a bowl. Add the salt
2. Cut and rub in the margarine. Add the sugar
3. Mix to a soft elastic dough with buttermilk
4. Knead lightly and roll out to 1cm thick.
5. Cut into scones with a 5 - 6cm cutter and place on a floured baking tray
6. Brush with egg wash and bake in a hot oven 210° C or Gas 6 for 10 – 15 minutes. Cool on a wire cooling rack.

Flapjacks

6oz (150gm) butter
4oz (100gm) caster sugar
6oz (150gm) rolled oats
3oz (75gm) plain flour
Pinch salt

Method:

1. Melt the butter over low heat
2. Stir in the sugar and rolled oats
3. Add the flour and salt and mix well
4. Turn into a small greased Swiss roll tin (11 inches x 7 inches)
5. Bake at 150°C for approx. 40 minutes until lightly browned
6. Allow to cool until just warm and then cut into fingers.

NB: Use rice flour instead of plain flour for a gluten free flapjack.

Add different dried fruits and nuts eg. Chopped apricots, cranberries, sultanas, coconut, chopped hazelnuts/almonds

Young People of Colin Help Spread Awareness of Key Safety Messages during COVID-19 Pandemic

- Katherine Redpath. Colin Neighbourhood Partnership

Young children of the Colin Area in West Belfast have come together to spread awareness of the key safety messages during the COVID-19 pandemic.

Local community organisation, Colin Neighbourhood Partnership invited children in the local community to help slow the spread of Coronavirus by designing a colourful poster to emphasise the key safety messages at this time:

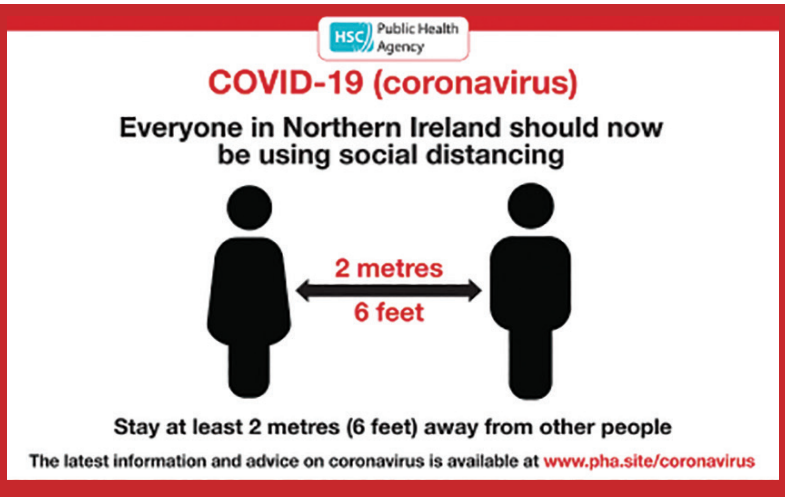
Stay at Home | **Stay Safe**

Keep Your Distance | **Wash Your Hands**

All pictures received were posted on Colin Neighbourhood Page and the young people were also encouraged to display their posters on their home window to spread the key messages to the Colin area and beyond. These pictures have now been created into banners and are now hanging in prominent locations throughout the Colin area.

Annie Armstrong, Manager, Colin Neighbourhood Partnership commented:

"We are delighted with the response to this campaign. It is vital that we follow these key messages during this time and we really wanted to reinforce this safety advice throughout the Colin area. We also felt this was a great way to engage the younger people in the community".



What else is 2 metres in length?

* The length of an average cow/buffalo
* The height of most doors
* The length of a king-size bed
* Peter Crouch.

Moira Friendship Group - Walking Group

by Phylis Ervine

It's been eight weeks of lockdown and the weather has been fantastic for most of the time. I, being a naturally busy person between cooking, baking, gardening etc. the time has gone very quickly. The thing I miss most is the social contact with family and friends. My husband is working from home so we have a good routine for the week, a quick 40 minute walk after breakfast and then to his desk for the day.

I exercise with Claire, MFG exercise and dance videos on WhatsApp and an odd bicycle ride. I also keep fit with my niece who is live streaming her dance fitness and ballet classes on Facebook and Zoom five times in the week.

Since the lockdown and what with the weather being so good, I have been painting and varnishing doors inside and outside. I often make contact with a lady in her 90th year who lives on her own with no family nearby. I drop her any food items required and add some treats when I bake or cook. She likes to receive the weekend papers on a Saturday and Sunday.

During lockdown I began to think what can I do to help? So through a member of MFG Keep fit, I spent a week making face masks for Maghaberry Community Centre. Now I am making for family and friends.

As an act of kindness I have just finished making and decorating a 50th birthday cake with rainbow coloured icing, it's for a neighbour who lost his mother to Covid 19. My love of cooking has meant I have a large collection of favourite recipes. My two recipes which have gone down well with MFG are for scones and flapjacks. (See recipes).

Daily Activity

Please note you should always consult your doctor before participating or changing your physical activity programme. If you choose to engage with these activities you agree to do so at your own risk, are voluntarily participating and assume all risk of injury to yourself.

Incorporate these couple of simple activities into your daily routine to help strengthen legs and arms.

Seated Squat

- Stand in front of chair
- Feet shoulder width apart
- Lower yourself onto the chair
- Rise up from chair, pushing weight through feet, squeezing your bottom as you stand.


10 reps x 3 times
(doesn't have to be done all at once)

Upright Row

- Stand tall, feet shoulder width apart with a slight bend in your knees
- Tummy pulled in, look straight ahead
- Lift the bucket to chest height, keep elbows high.


12 lifts x 3 times
(doesn't have to be done all at once)

Shared with kind permission of *Leanne Oakes, Health Referral Co-ordinator (Newry Mourne & Down District Council)*

WALK IT OFF!

Virtual Walking Club

Every Friday - 10am – 10.30am

Walk for 30 minutes around your house or garden - clock up your steps

****

Text or email your steps/distance and get your name on to the leaderboard!

#Stay at Home #Stay Safe
#Save Lives #Protect the NHS

Comhairle Ceantair an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down District Council

Be Active

HSC

For more information please phone
Leanne Oakes
NMD Health Referral Coordinator
on **075 8477 7742**
Leanne.oakes@nmandd.org

Hearing Aid Service

If your hearing aid is faulty please post it to:

Audiology Department
Ulster Hospital
Newtownards Road
Dundonald
BT16 1RH

Please include a note detailing the problem and ensure the correct postage is paid to secure safe delivery.

For batteries or replacement items please text: 07568 102 636 or email: audiology.uhd@setrust.hscni.net

HSC South Eastern Health and Social Care Trust

CORONAVIRUS (COVID-19)

Diabetes Helpline

028 9536 0600

Email: diabetic.helpline@hscni.net

This new helpline service for those living with diabetes in NI will run 7 days a week from 9am - 3pm.

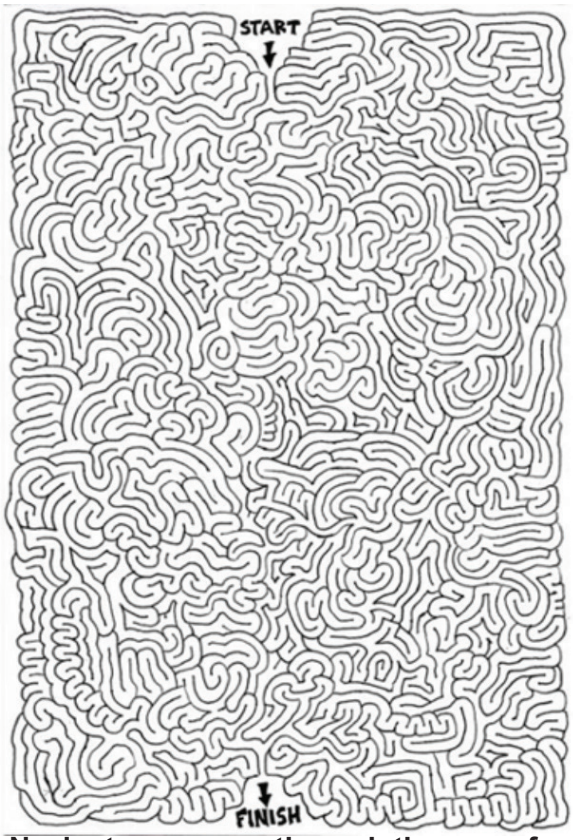
HSC Health and Social Care

Diabetes Network NI

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.
NORTHERN IRELAND

Puzzle Page

Maze Madness



Navigate your way through the maze from start to finish without hitting a dead end!

LOCKDOWN WORDSEARCH

Look for the following in the wordsearch below. One will not be included – answer in next edition.

- Lockdown
- Tiktok
- YouTube
- Quarantine
- Facetime
- Public Health Agency
- Rainbow
- Baking
- Bike Rides
- Captain Tom
- Clap For Carers
- Hugs
- Zoom
- Walks
- Stay Home
- Stay Safe
- Gardening
- Crafts
- Family Time
- Thank You NHS
- Home School
- Daily Updates
- Social Distancing
- Reading
- Joe Wicks
- Cooking
- WhatsApp
- Movies
- Daily Exercise
- Pilates

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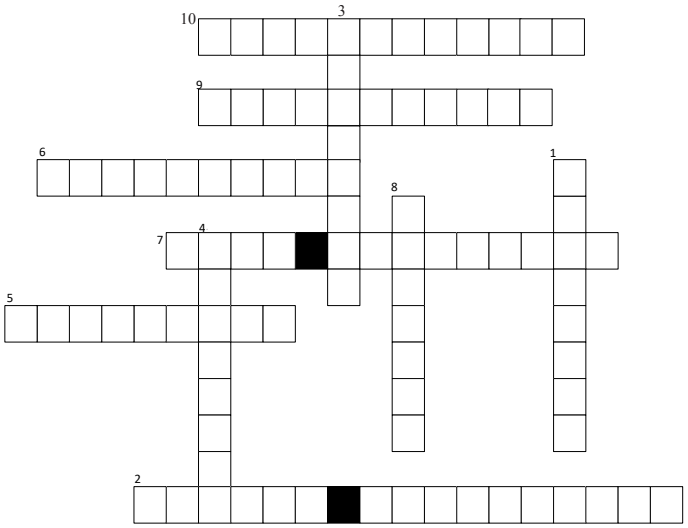
Z	T	O	E	P	Z	M	L	Z	W	Z	E	M	U	E	T	Q	P	T	O	V	N	K	B	R
P	D	C	O	K	U	R	V	F	U	O	Y	V	I	R	N	L	Q	B	W	J	T	N	S	E
W	A	A	L	K	E	E	V	A	A	W	Q	G	V	H	V	H	Y	K	G	O	D	N	Q	B
F	J	U	G	N	I	C	N	A	T	S	I	D	L	A	I	C	O	S	K	L	F	O	C	J

CORONAVIRUS CROSSWORD



Across

2. People should stay away from public spaces with large gatherings of people.
5. The amount of time it takes for an infected person to start showing symptoms.
6. A restriction of movement and isolation for those exposed to COVID-19.
7. To stay at home in isolation from the general public.
9. A large family of viruses that cause a range of illnesses ranging from the common cold to more severe diseases.
10. An individual is _____ when they don't show any symptoms.

Down

1. A virus is considered _____ when its origins can be traced to animals.
3. When an epidemic has spread to multiple continents or countries.
4. A large outbreak of a disease in a short period of time.
8. The infectious disease caused by the most recently discovered coronavirus.

Answers

ACROSS
2. SOCIAL DISTANCING
5. INCUBATION
6. QUARANTINE
7. SELF ISOLATION
9. CORONAVIRUS
10. ASYMPTOMATIC

DOWN
1. ZOONOTIC
3. PANDEMIC
4. EPIDEMIC
8. COVID19

SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!

Ken is out on his daily exercise with his dog, Corona, can you spot the 10 differences between the two pictures?