

~The **GOOD NEWS** Gazette~

Edition 5



www.setrust.hscni.net



@SouthEasternHealthSocialCareTrust



@setrust

September 2021

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

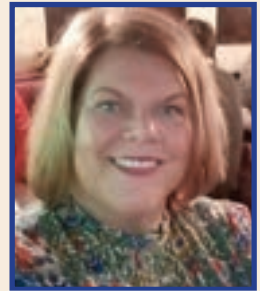
South Eastern HSC Trust Primary Care & Older Peoples Services

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.

Welcome

Welcome to Edition 5 of 'The Good News Gazette'. Is it just me, or did the long days of summer put a bit of a spring in your step? I know it definitely did for me! There is nothing I love more than being on the beach in the sunshine, walking along the shore or just mindfully sitting taking in all the sights, sounds and smells around me.



Wendy McDowell

Although the sunshine can help to improve our mood, it can also have the opposite effect if we get too much heat. We experienced the hottest temperatures during July that I have ever known. I hope you have all kept safe in the sun by keeping well hydrated, keeping out of direct sun as much as possible, using a high Sun Protection Factor (SPF) lotion or spray and using appropriate sunglasses and sunhat. Hopefully you were able to enjoy your activities first thing in the morning or later in the evening when the sun was less strong.



The pleasant weather through September/October, will hopefully enable us to explore and enjoy the wonderful little country we live in. Keep well, stay safe and enjoy Edition 5!

Wendy McDowell, Community Health Development Practitioner

Gardening tips for late summer/autumn season



- Lift and pot up rooted strawberry runners
- Collect and sow seed from perennials and hardy annual plants
- Sow quick growing salad crops such as lettuce, rocket and radish
- Continue cutting out old fruited canes on raspberries
- Prune Wisteria at end of summer and again in winter to ensure a great floral show in May
- Cut back herbs now to encourage new growth that can be harvested before any early frost.



What's so funny?

- Hear about the new restaurant called Karma?

There's no menu: You get what you deserve.

CORONAVIRUS (COVID-19)

WE ALL MUST DO IT TO GET THROUGH IT



Living Well, Safe & Active



Connect

Falls & Home Safety

Elder Abuse & Scams



Everyone deserves to age safely.



Nutrition and Physical Activity



Join our 4 week health and wellbeing course focusing on ageing well and safely in older age for people aged 50+ years living in the SET area.

For more information please contact:

Wendy.McDowell2@setrust.hscni.net

Living Well, Safe & Active Programme

Virtual Programme via Zoom
 (Zoom link shared following registration to Wendy McDowell
 email: wendy.mcdowell2@setrust.hscni.net)

SING (Senior Information Network Group) - Lisburn & Colin (including Castlereagh)

WEEK	DATE	TIME	VIRTUAL PROGRAMME
Week 1	Thursday 16 September 2021	10.00am - 12.00pm	Falls/Home Safety & Coffee/Chat
Week 2	Thursday 23 September 2021	10.00am - 12.00pm	Abuse/Scams
Week 3	Thursday 30 September 2021	10.00am - 12.00pm	Connect for Positive Mental Health
Week 4	Thursday 7 October 2021	10.00am - 12.00pm	Nutrition & Physical Activity

SWAN (Senior Well Ageing Network) - Ards & North Down

WEEK	DATE	TIME	VIRTUAL PROGRAMME
Week 1	Wednesday 13 October 2021	10.00am - 12.00pm	Falls/Home Safety & Coffee/Chat
Week 2	Wednesday 20 October 2021	10.00am - 12.00pm	Abuse/Scams
Week 3	Wednesday 27 October 2021	10.00am - 12.00pm	Connect for Positive Mental Health
Week 4	Wednesday 3 November 2021	10.00am - 12.00pm	Nutrition & Physical Activity

Down Seniors - Down Area

WEEK	DATE	TIME	VIRTUAL PROGRAMME
Week 1	Wednesday 10 November 2021	10.00am - 12.00pm	Falls/Home Safety & Coffee/Chat
Week 2	Wednesday 17 November 2021	10.00am - 12.00pm	Abuse/Scams
Week 3	Wednesday 24 November 2021	10.00am - 12.00pm	Connect for Positive Mental Health
Week 4	Wednesday 1 December 2021	10.00am - 12.00pm	Nutrition & Physical Activity



.....Daniel Radcliffe went through nearly 70 wands and 160 pairs of glasses during the making of the Harry Potter films.



Brain Teasers

What is at the end of a rainbow?

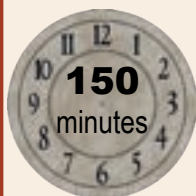
The letter W

Walking brings numerous benefits to people and society



Increasing the number of people walking across Northern Ireland is key to tackling our inactivity issue. Approximately one third of us are not currently active enough, which has a huge impact on our health and wellbeing. Walking is one of the best ways for us to being more active.

150 minutes per week



A brisk **30** minute walk on **5** days of the week can improve our health & wellbeing and save lives. By taking a brisk walk, one that makes you breathe a little harder, your heart beat a little faster and feel a little warmer, you can achieve the recommended physical activity guidelines of being active for **150** minutes per week.

The best part about walking is that it's completely free. No costly visits to a gym, no special equipment or facilities are needed, and it can be incorporated into everyday life. Walking is a low risk and accessible activity that most people can do at any stage in life, whether that's walking our children or grandchildren to school or staying active and independent in later life.

Walk for physical health

Walking can help to prevent a range of health conditions including heart disease, stroke, Type 2 diabetes, obesity, some cancers and Alzheimer's. It can help reduce falls in older adults, help you sleep better, help to manage pain and a wide range of long term conditions.

Walk for mental health

Walking is proven to have a positive effect on our mental health too, especially if we get into green spaces to do it. It can increase feelings of self-esteem, improve mood, and reduce anxiety and depression.

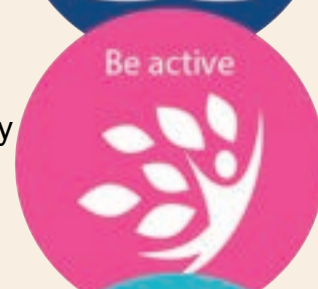
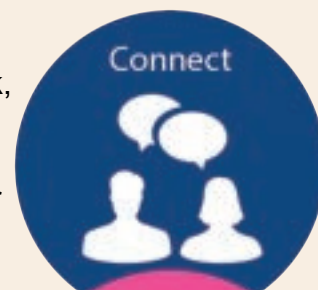
Walk for social health

Walking is a great way to improve your social health. It's been shown to combat loneliness, increase your connections with other people and help you feel connected in your community. This is especially true if you join a Walking For Health walking group.

Walk for the environment

The personal benefits of walking are clear. But walking more can have a much wider effect on society too. By reducing car use and increasing walking, we can reduce air pollution and traffic congestion, creating huge environmental benefits. Communities where walking is more common have stronger local economies and more walkable environments have been linked to a better quality of life.

So let's get out there and go walking!



Be Active for Health and Me ~ by Tina Engelen



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

Be Active for Health and Me by Tina Engelen.

Each morning I look in the mirror, it's a stranger that I see
My reflection is my own but a different version of me
An identity stolen, a life I was never meant to live
Pain caused by trauma from a past I can't forgive.

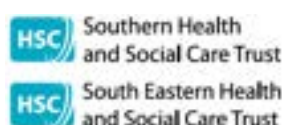
Living with pain whether in body or mind is a constant struggle that's cruel and unkind.
Isolation and depression creep in and take hold and my days become dark
lonely and cold. A never-ending circle that's so difficult to break
Only I can make things better, so a change I need to make.

Reconnecting with the world can be an uphill battle of will
So now I need to move forward instead of just standing still.

Be Active came into my life when I needed it the most
Communicating and sharing our stories, even being the host.
A variety of classes to learn a new skill or craft
Even learning laughter yoga so keeping fit while being daft.

A time to share experiences on this our journey of hope
As through talking and supporting others gives us the inner strength to cope.

Being part of this group shines positivity and paves the road to a healthier and happier lifestyle.
Its gave me motivation and confidence which has really made me smile.
Making new friends and becoming more active and strong, I am finally making the change by finding
somewhere I belong.



**Oifig an Iúir
Newry Office**
O'Hagan House
Monaghan Row
Newry BT35 8DJ

**Oifig Dhún Pádraig
Downpatrick Office**
Downshire Civic Centre
Downshire Estate, Ardglass Road
Downpatrick BT30 6GQ

0330 137 4000 (Council)
council@nmandd.org
www.newrymournedown.org

**Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh**

ATLAS Volunteers - ATLAS Women's Centre

ATLAS Volunteers win the Queens Volunteer Award with a Special Designation for 'Providing Impactful Support During the Early Months of the Pandemic'.

We are very privileged to receive the Queens Volunteer Award. During the first lockdown of the pandemic there was a great shortage of PPE and we were proud to rise to the challenge to make a supply of items that were so needed.



Along the way we made great friendships and it also helped with our mental health and the isolation of lockdown. With the advantage of IT and Whatsapp we maintained our sense of humour and kept our spirits up and indeed our conversations would make a pantomime. As a group we have continued to give back to the community in so many ways and winning this award has given us a great sense of purpose and pride.

We thank you very much.



Sensory Garden - The Beeches Resource Centre

~ Adele Woods

Since the start of the year the clients and staff have been working hard to make a new Sensory Garden for the Centre all thanks to Richard Henning who completed the Belfast Marathon and held a fundraiser night in Lisburn Rugby Club raising funds for the Centre.



Sensory Garden - The Beeches Resource Centre

(continued)

The clients have enjoyed helping to create the sensory area, ordering items online, deciding what colours to paint items, painting flowers on perspex, laying slate, painting tyres and stones, adding musical chimes and dedicating plants in memory of friends who have passed.



On Tuesday 20 July, as part of our 30 years celebration, we were delighted to hold the official opening of the Sensory Garden and Richard did the honours of cutting the ribbon.



You can see more of what we got up to during our Celebrations on our blog:
NEWS & BLOG: www.thebeechesrc.com



Charlene's Views

Ballygowan Seniors

Charlene Lappin



What is your position?

Chairperson.

How long have you been involved with Ballygowan Seniors?

I have been involved with the group since 2007.

Why is SWAN (Senior Well Ageing Network) important to you?

It is good to be part of a network where all the group leaders can meet up. We can discuss various issues that are of importance to us. I particularly enjoy reading the newsletter, it is full of useful information and keeps us up to date re any courses, seminars which may be happening. The newsletter also has recipes and a joke section - great to have some good humour. Elaine, Wendy and Frances do an excellent job in planning and preparation for our meetings. Looking forward to meeting in person again in September (DV).

What is the best thing about living in the Ballygowan area?

Ballygowan is a good place to live in, we have all the shops we require for daily living.

Since the start of the pandemic, one of our business owners started up a Ballygowan Shop Local Page on Facebook. This is most successful and encourages everyone to shop local and stay local.

Just a few minutes' walk and we are into the countryside. We are a mixed community, and community relations here have always been excellent.

Ballygowan has a thriving Community Group and Seniors Group. We also have the Ballygowan Community Voices Choir. All religious denominations are represented, either in the village or surrounding district. We have a World Champion Flute Band, Ballygowan Concert Flute Band in the village. Ballygowan Pipe Band is one of only two in NI who play the Irish Pipes. Ravara Pipe Band from just outside the village are also a World Champion Pipe Band.

Our Pharmacy is the only one in NI to provide a 24hr ATM type prescription service.

Our roads and footpaths have just this year been upgraded - this was much needed in our village. The footpaths were not suitable for those with sight impairment, or those who used a rollator or mums with buggies.

On the downside our public transport service could be better to Comber and Saintfield, and we have no Doctors Surgery in the village. This is not for want of trying, our community group have for many years been involved with lobbying for a GP Surgery for the village.

What is your favourite memory?

Going to Tyrella beach and Newcastle with my parents and two brothers when we were children. Visiting both sets of grandparents.

What is your favourite pastime?

Reading, doing crosswords and jigsaws. Singing, can keep in tune, former member of the BCV Choir.

What is your favourite meal?

Roast beef with all the trimmings.

What is your favourite film?

'Calamity Jane' - love Doris Day! Also like 'The Man Who Knew Too Much'. Doris was in this film with James Stewart, she sings Que Sara Sara in it - an excellent film.

What is your favourite song?

'I Know Where I've Been' from Hairspray. Our choir MD Elaine taught us this song, it really touches my heart and soul.

Tell us something about yourself that not many people know.

I'm a bit of a rocker, a fan of Status Quo and Queen.

What is the best piece of advice you've ever been given?

Always put your brain into gear before opening your mouth.



Brain Teasers

You walk across a bridge and you see a boat full of people, yet there isn't a single person on board. How is that possible?

All the people on the boat are marrie

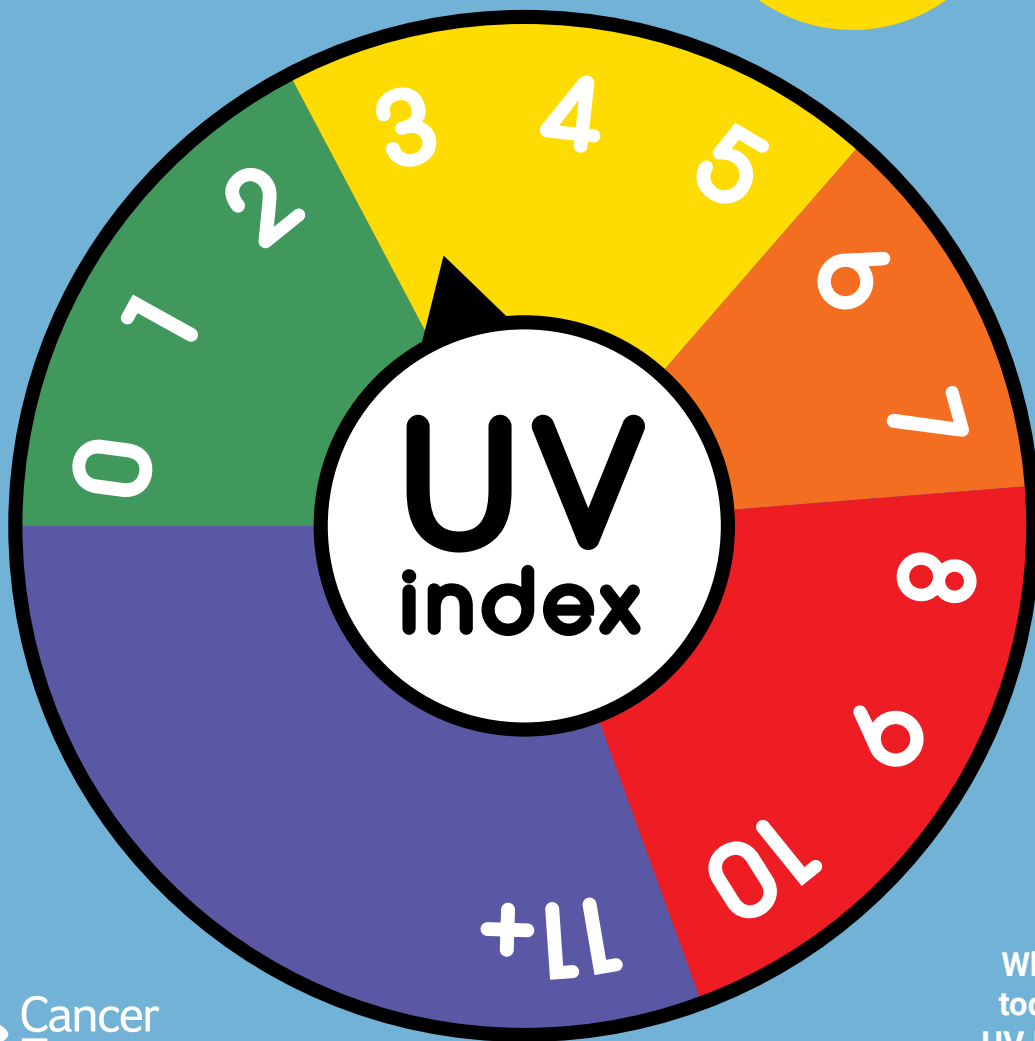
Please keep sharing your stories, recipes, creatives ideas, poetry, jokes, games and anything else - we love hearing from you
Call Wendy: Tel: **07834 929 106** or
email: wendy.mcdowell2@setrust.hscni.net

Please use the newsletter article form emailed to groups
Next edition **December 2021**
Please submit articles by **Friday 19 November 2021**

Be UV Aware

The UV index shows us how strong the sun's UV rays are

When the UV index is 3 or more, protect your skin and eyes



Think UV not temperature
careinthesun.org/uv

What's today's UV level?





Be UV Aware

During the summer we worked with the Public Health Agency and Cancer Focus Northern Ireland to remind everyone to **Be UV Aware** and take care in the sun according to the level of ultraviolet (UV) radiation.

The Solar UV Index shows how much UV radiation is reaching us from the sun and how careful we need to be. UV levels vary with the seasons and time of day, but when the UV index is **3** or more, we need to protect our skin and eyes. So it's important to know what the UV index is going to be throughout the day. Check the UV index forecast at: www.metoffice.gov.uk/uv

In Northern Ireland we are exposed to significant levels of UV radiation between March and October, even on cool or cloudy days. The UV rays from the sun are particularly strong around the middle of the day, from 11.00am to 3.00pm.

Take care if you are spending time outdoors through work, sports or leisure and when the UV index is **3** or more, take the necessary precautions - seek shade, cover up, wear a hat, sunglasses and sunscreen with an SPF of at least **15** and a UVA rating of **4** or **5** stars.

For more information visit: www.careinthesun.org/uv



The average mammal takes 21 seconds to empty its bladder.



It's illegal to own just one guinea pig in Switzerland.

The Beauty of Elderly Hands

By Kelly Roper

Although the hands of the elderly may not be smooth, supple, and unblemished, They have a beauty all their own. Each line, each spot, each scar Has its own tale to tell.

Some are tales of tragedy, others are tales of triumph, But they all combine to tell the unique story Of that treasured person's life.

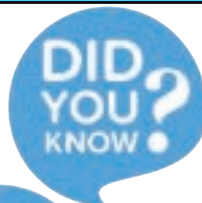
So the next time you're with an elder, Gently take that person's hands within your own, And look with wonder at a life truly lived.



Brain Teasers

When you have me, you immediately feel like sharing me. But, if you do share me, you do not have me. What am I?

A secret



Einstein's brain was stolen when he died.



Blue whales eat half a million calories in one mouthful.



Brain Teasers

What disappears as soon as you say its name?

Silence

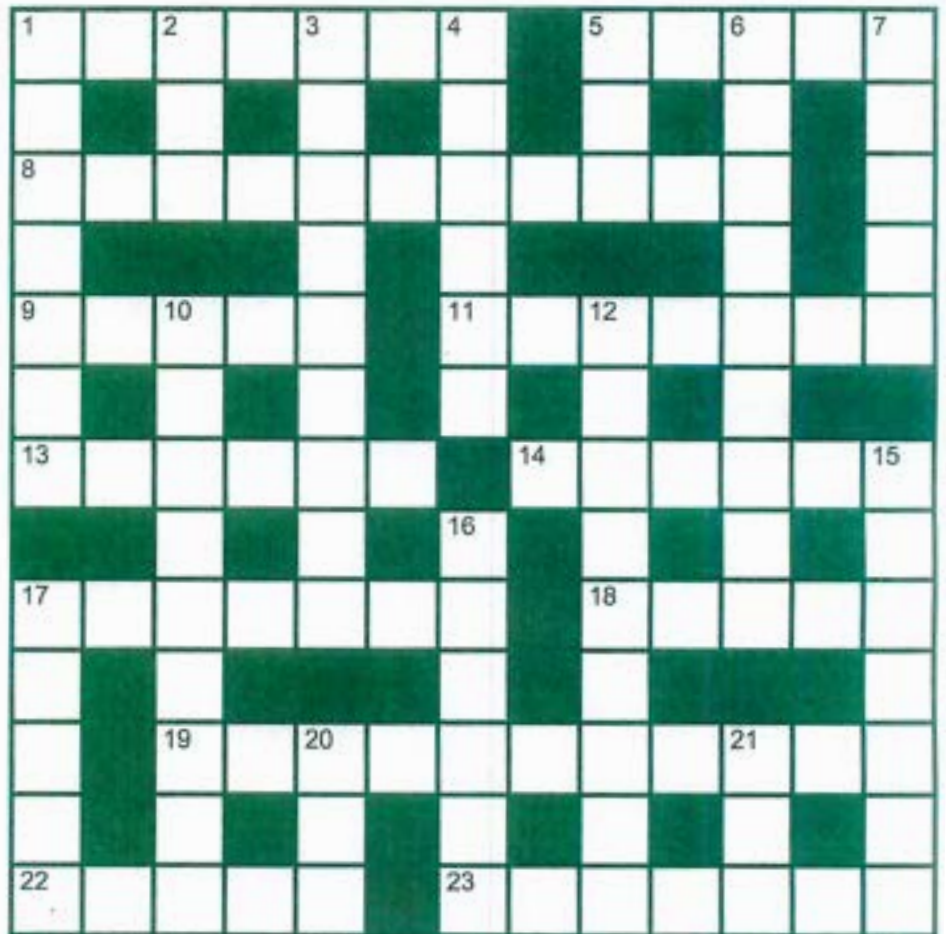
Crossword

Look for the following in the crossword below:



Across

- 1 Corroborate (7)
- 5 Scottish lakes (5)
- 8 Farming (11)
- 9 Clump of trees (5)
- 11 Bring into servitude (7)
- 13 Came to rest (6)
- 14 Tedious (6)
- 17 Break into many pieces (7)
- 18 Globe, planet (5)
- 19 Have superior power and influence (11)
- 22 Long pointed weapon (5)
- 23 Latticework used to support climbing plants (7)

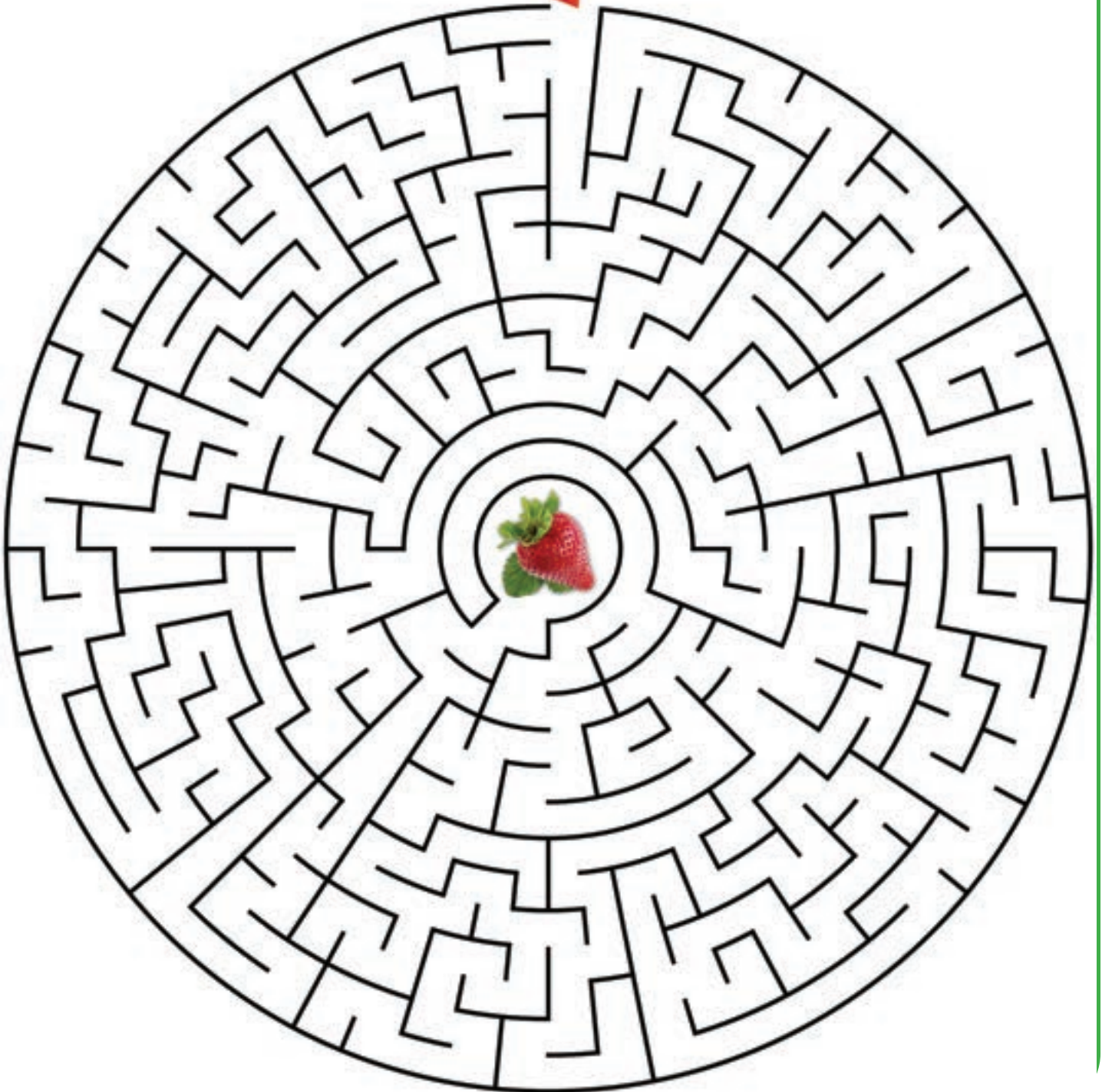


Down

- 1 Area around the altar of a church (7)
- 2 And not (3)
- 3 Of weather, unpleasantly cold or wet (9)
- 4 Grinder of corn (6)
- 5 Mr Reed who took a *Walk on the Wild Side* (3)
- 6 Maurice _____, French actor and cabaret singer (9)
- 7 Military blockade (5)
- 10 Fleshy edible fruit with a tuft of stiff leaves (9)
- 12 Pantomime character (4,5)
- 15 Female deity (7)
- 16 Audition (3,3)
- 17 Despatches (5)
- 20 Make a mistake (3)
- 21 Every one (3)

MAZE MADNESS

Start here!



Q What's so funny?

Did you hear about the man who got hit by the same bike every morning?

It was a vicious cycle!



'Strengths' is the longest word in the English language with one vowel.



Q What's so funny?

What did the ocean say to the shore?

Nothing.....it just waved!

FLOWERS WORDSEARCH

Look for the following in the wordsearch below:

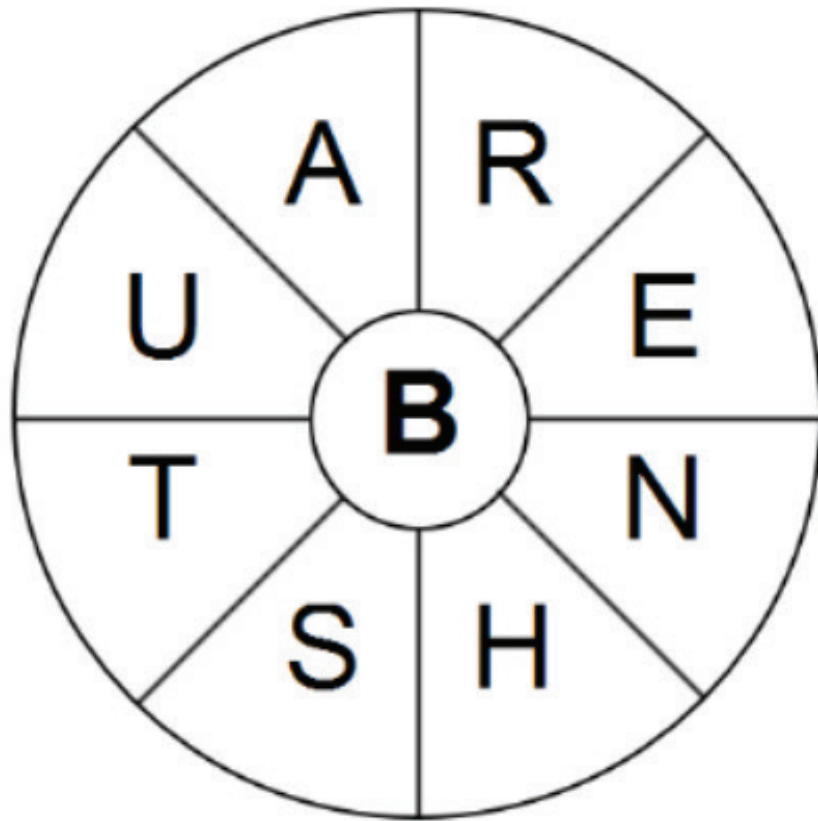
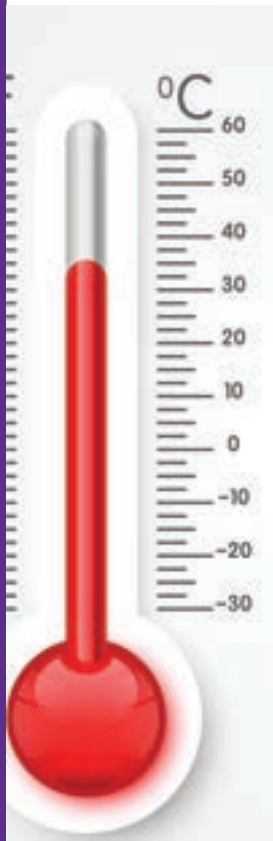
Y	Z	B	E	V	O	L	G	X	O	F	T	P	R	S
S	P	S	W	E	E	T	P	E	A	W	E	O	H	G
I	Q	P	Y	R	T	A	W	B	U	A	S	T	E	R
A	B	O	O	M	B	I	N	F	R	E	E	S	I	A
D	L	D	A	P	X	C	O	S	M	O	S	V	Z	S
I	U	U	L	S	N	L	I	D	O	F	F	A	D	U
H	E	O	N	I	B	X	T	X	C	S	P	V	A	S
C	B	K	P	A	D	Z	A	Q	F	A	I	O	N	S
R	E	U	L	A	P	A	N	S	Y	O	L	R	D	I
O	L	I	H	A	E	M	R	E	L	A	U	I	I	C
D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

- ALLIUM
- ASTER
- AZALEA
- BLUEBELL
- CAMPANULA
- CARNATION
- COSMOS
- DAFFODIL
- DAHLIA
- DAISY
- DANDILION
- FOXGLOVE
- FREESIA
- HYACINTH
- IRIS
- LILAC
- LILY
- LUPIN
- NARCISSUS
- ORCHID
- PANSY
- PEONY
- POPPY
- ROSE
- SUNFLOWER
- SWEET PEA
- TULIP
- VIOLA

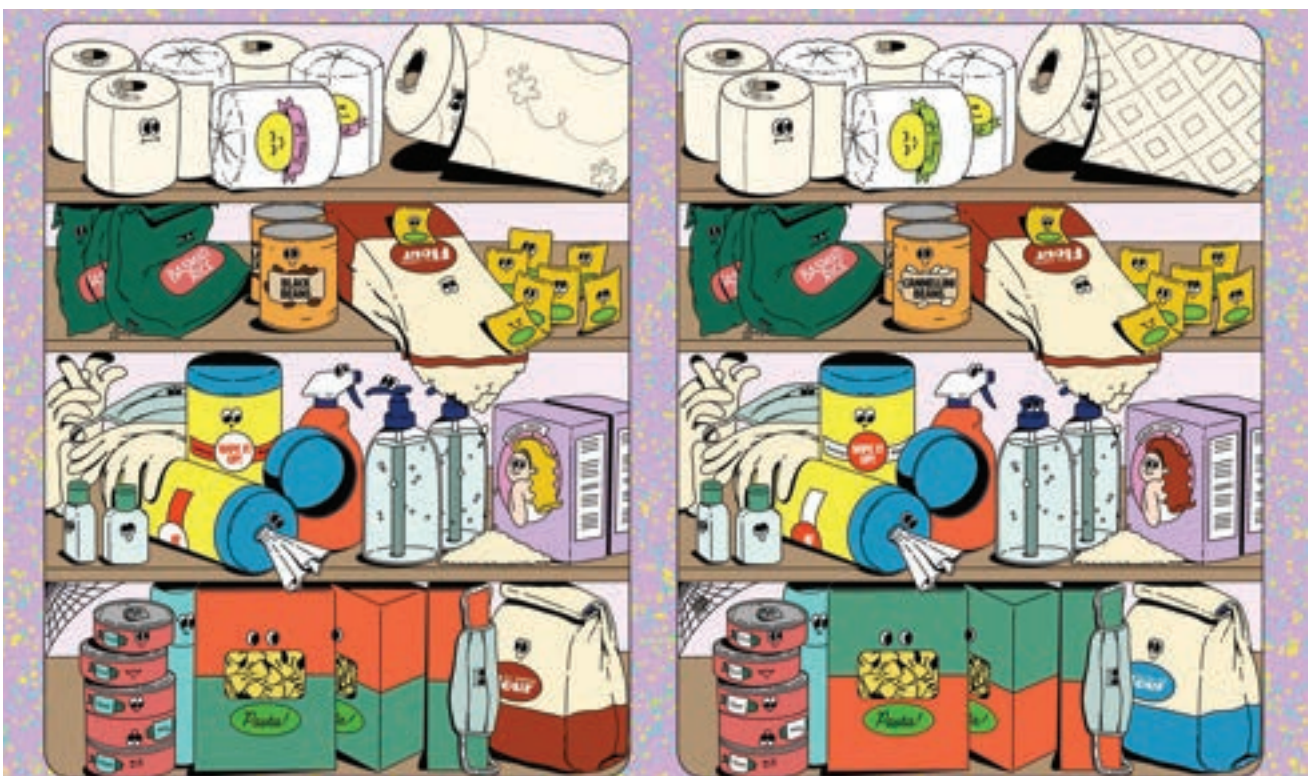
Temperature Word Wheel

Interesting fact... the Eiffel Tower grows in summer! On a hot day the iron from which it is constructed expands so much that the tower can rise by 17cm!!

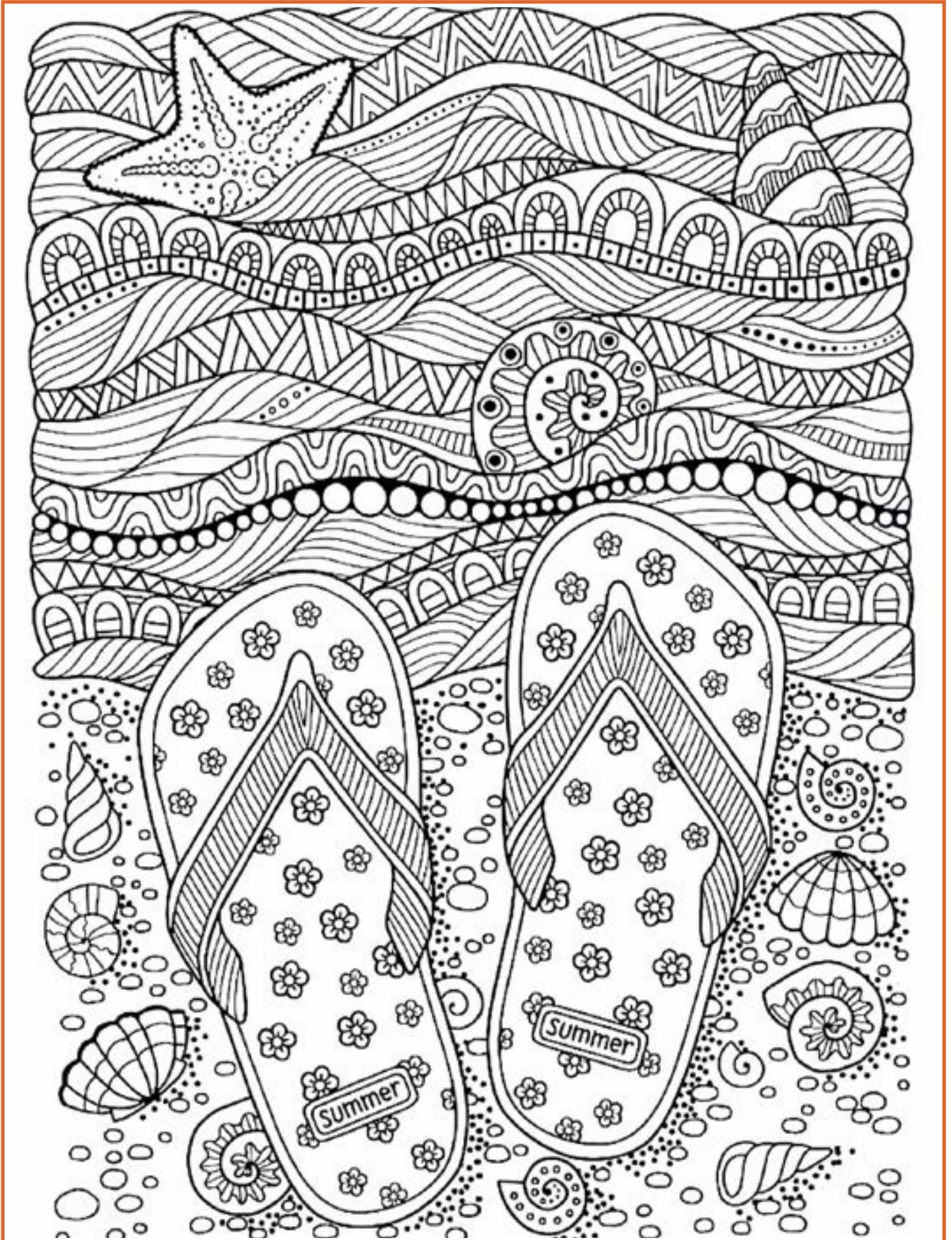
This temperature themed word wheel is made from a **9 letter summer themed word**. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once and each word must include the letter **B**.



Can you spot 12 differences in the lockdown store cupboard?



COLOURING PAGE



This is an online newsletter. If a printed copy is required please let us know.
Wendy McDowell Tel: **(028) 9250 1373**