

~The **GOOD NEWS** Gazette~

Edition 7



www.setrust.hscni.net



@SouthEasternHealthSocialCareTrust



@setrust

September 2023

Some Useful Numbers:

Caring Communities

Safe & Well Service (SET)

Tel: (028) 9756 6934

safeandwell@setrust.hscni.net

Check in & Chat Service (Age NI)

Telephone Befriending Service

Tel: 0808 808 7575

Monday - Friday

9.00am - 5.00pm

e: 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 7 of 'The Good News Gazette'. Autumn is fast approaching with groups starting a new year of friendship and fun. We look forward to celebrating 'Positive Ageing Month' in October with many exciting events planned.



Wendy McDowell

This past year has brought many challenges, with the cost of living crisis being the most significant. Through our Older Peoples' Networks across South Eastern HSC Trust we have been able to offer support by delivering 'Saving Your Pennies' workshops. These workshops were delivered by Nichola McDougall, (National Energy Action) and gave practical advice on how to save money within the home such as changing energy provider, insulation and switching off all electrical equipment after use. This has motivated everyone to make small changes to 'save your pennies'!



I hope you enjoy this edition, which includes articles from 50+ groups and support organisations with a few brain boosting puzzles thrown in for good measure! Keep well and connected!

Wendy McDowell
Community Health Development Practitioner

Next edition March 2024



What's so funny?

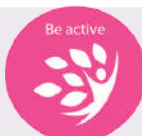
A man tells his doctor

"Doc, help me.
I'm addicted to Twitter!"

The doctor replies
"Sorry, I don't follow you"



**Columbia's brightest rainbow is in it's river.
Cano Cristales also known as 'River of Five Colours'**



Age NI - Services Tailor-made for Later Life



Call our
Advice and Advocacy
Service on
0808 808 7575

Age NI enables older people to make the very best of their lives and works to create a society that truly values, supports and welcomes them.

Our vision is a society in which we can thrive as we age. Our mission is to help people to enjoy later life.

Our society is ageing. More than 350,000 older people live in Northern Ireland, and there are more people over the age of 50 than under the age of 19.

In the next twenty years, the number of people over 50 will increase by more than 30%.

We believe that people should be supported to love later life. They should have enough money, be enabled to stay well and feel good, and have the opportunity to be equal and engaged citizens.

The charity provides a range of services across Northern Ireland including:

Age NI Advice Service which deals with more than 10,000 enquiries every year. For advice and information call Freephone **0808 808 7575** (Monday - Friday 9.00am - 5.00pm) email: advice@ageni.org

Check in and Chat Service
To enquire, call Age NI Advice Freephone **0808 808 7575** (Monday - Friday 9.00am - 5.00pm)

Day, residential and domiciliary care to 1,200 clients every week in centres across Northern Ireland for advice and information call Freephone **0808 808 7575** (Monday - Friday 9.00am - 5.00pm) email: advice@ageni.org

Wellbeing Services (Northern HSC Trust)

- **First Connect**
- **Move More Live More:** Staying active and safe
- **Connect North Link Workers** - helping older people stay active and connected in their local communities
- **Healthy Take 5 Steps to Wellbeing** videos on our YouTube Channel
- **My Life My Wellbeing** (emotional support for older people and carers)
- **Good Vibrations** this is a regional programme for men age 50 and over.

Good Vibrations - is a regional programme designed to support men aged 50 plus to boost mood and reconnect. Support can be given by providing information, getting involved in online and face to face wellbeing sessions or receive one to one support - just whatever suits best. Some social events also available.

- Products and services such as the Age NI Personal alarm, tailor-made to support people aged over 50. Call **0808 100 4545**
- Independent living products: bathroom aids and adaptations, mobility products and stair/through the floor lifts. Tel: **(028) 9024 5729**
- To get involved with our charity work or fundraising Tel: **(028) 9024 5729** (Monday - Friday 9.00am - 5.00pm) email: info@ageni.org
- Policy and Engagement: activities to ensure that policy decisions made today will support more older people in Northern Ireland to love later life
- Group support: supporting age sector networks at council level to increase the voice and sustainability of older people's groups at a local level and monthly signpost express with age sector updates.



Age Friendly
Ards and
North Down

A great place to live and grow older

Good Vibrations



Age NI has launched a programme to support older people to keep well at home. Good Vibrations is packed with practical content to help us feel good.

Northern Ireland's leading charity for older people has teamed up with experts in health and fitness, nutrition and mindfulness, who have created almost 30 free online tutorial videos.

Siobhan Casey of Age NI explained:

“Good Vibrations is about tapping into easy, everyday steps we can take to look after ourselves. During lockdown, we’ve all fallen into bad habits just to make life more bearable; or we’ve got out of the way of things that kept our mind and body healthy. Good Vibrations is here to help shake that off. It’s built around the tried and tested ‘Take Five Steps to Wellbeing’, encouraging us to ‘Stay Active, Take Notice, Keep Learning, Give and Connect’, all designed for added feel good!”

We have a brilliant healthy eating series from Jane McClenaghan of Vital Nutrition, Inspire Wellbeing’s mindfulness expert, Frank Liddy and fitness videos for all levels, including Move with Mary hosted by the wonderful Lady Mary Peters and a Get Fit series with local PT, Ryan Cunningham.

We know not everyone is online, so we also have wellbeing tracker pads available”.

Eat Well with Jane



[Click on graphics to view.]

Move with Mary



Positive Aging Event at Down Leisure Centre

Down Senior Forum - *Heather Holland & Lise Curran*

Down Senior Forum organised a free positive ageing event for over 50's in Down Leisure Centre in May based on the ethos that a mix of physical activity is essential to stay active in later life.

Over 100 people attended. Participants were able to take part in a wide range of fun activity sessions including pickle ball, strength and balance, chi me, table tennis and a tour of the gym and vitality suite.



There was also the option to come along on the morning without actively taking part but still having the opportunity to observe what is on offer at the Down Leisure Centre and chat with the coaches. The morning finished with a well deserved lunch!



Skin cancer protection and awareness

With the good weather we'll all be enjoying the outdoors more with friends and family.

Cancer Focus Northern Ireland, alongside the Public Health Agency, are encouraging people to stay safe in the sun and be UV aware. They want to highlight some of the most common myths around sunscreen and tanning to ensure you can be better informed to take all the action required to protect your skin, and those you care about, from damage.

Even here in Northern Ireland, it's crucial that we keep ourselves protected from the sun at all times.

Myth 1: We don't need to use sunscreen in Northern Ireland.

Many people think if the sun is not splitting the trees, sun protection isn't required! This is not true. Even on cool or cloudy days in Northern Ireland we need to protect our skin against UV rays as these still filter through the clouds.

Myth 2: You only need to worry about skin damage if you get severe sunburn.

This is false. UV damage can start before your skin tans or burns. The UV index tells us how much UV radiation is reaching us from the sun and when the index is at 3 or more, we need to protect our skin and eyes.

Myth 3: The sun in Northern Ireland is not strong enough to damage your skin.

This is not true. Skin cancer is the most common cancer in Northern Ireland and 4 out of 5 cases are due to overexposure to UV rays. Between March and October, UV rays from the sun can be strong enough to damage your skin even when it is cool or cloudy.

Myth 4: My skin doesn't burn so I don't need to worry about sun safety.

All skin needs protection. Anyone can develop skin cancer, whatever their skin type. If you work outside or spend a lot of time outdoors, you might think your skin is tougher and doesn't need protection, but UV damage can still occur.

Myth 5: Having tanned skin looks healthy.

Having tanned skin shows that your skin has been damaged in the short term. The longer-term effects of UV damage, whether or not you get sunburn, can be premature ageing of the skin, deeper wrinkles, uneven skin pigmentation, age spots, sun spots and an increased risk of skin cancer.

Myth 6: Sunbeds are a good way to get a base tan this summer.

A tan from a sunbed or from the sun is a sign that the skin has been damaged by UV rays and is not a sign of good health. Tanning without a sunburn can still cause premature skin ageing and increase the risk of skin cancer through irreparable DNA damage. Each time skin is exposed to UV rays from the sun or from a sunbed, the risk of developing skin cancer is increased.



Myth 7: Sunscreen is water resistant and should be applied only once a day.

Despite what the packaging states, sunscreen should be applied every two hours, or more frequently if sweating, towelling, or in water. At least six full teaspoonfuls of sunscreen lotion are needed for an all over body application for an average adult.

Before going out into the sun, remember:

- Choose a sunscreen with an SPF 15 or more to protect against UVB, and 4 or 5 stars to protect against UVA
- Ensure you apply plenty of sunscreen 30 minutes before going outside and reapply every two hours after that and straight after swimming, sweating or towel drying
- Protect your skin with clothing, like a long-sleeved top to protect your arms, and don't forget to wear a hat that protects your face, neck and ears
- Wear 100% UV protection sunglasses to protect your eyes and make sure you spend time in the shade between 11.00am and 3.00pm when the UV rays are at their strongest
- Always keep babies and young children out of direct sunlight
- Don't forget to protect the most common missed spots of sunscreen which are eyelids, back of knees, ears, tops of feet, sides of face, hands, scalp and lip.

It is never too late to start protecting your skin in the sun, but it is always important to be aware of what to look out for regarding changes in the skin and get checked out if you notice anything.

What to look for

Skin cancer can arise from an existing mole - look for any changes in size, shape, or colour of a mole. Other changes that should be checked by a GP are a new mole developing in adulthood or a patch of normal skin which starts to change and doesn't heal within 3 - 4 weeks.

Check your skin regularly (approximately once a month) so that you know what is normal for you and can spot any changes.

Early detection of skin cancer is crucial to survival. It is very easily treated especially in the early stages. If you are ever concerned about a blemish or mark on your skin get your GP to check it out. Leaving it is the worst thing you can do.

For more information regarding looking after your skin visit:
<https://www.careinthesun.org>

Dementia Friendly Communities Partnership

- South Eastern HSC Trust area

Sandra Glover

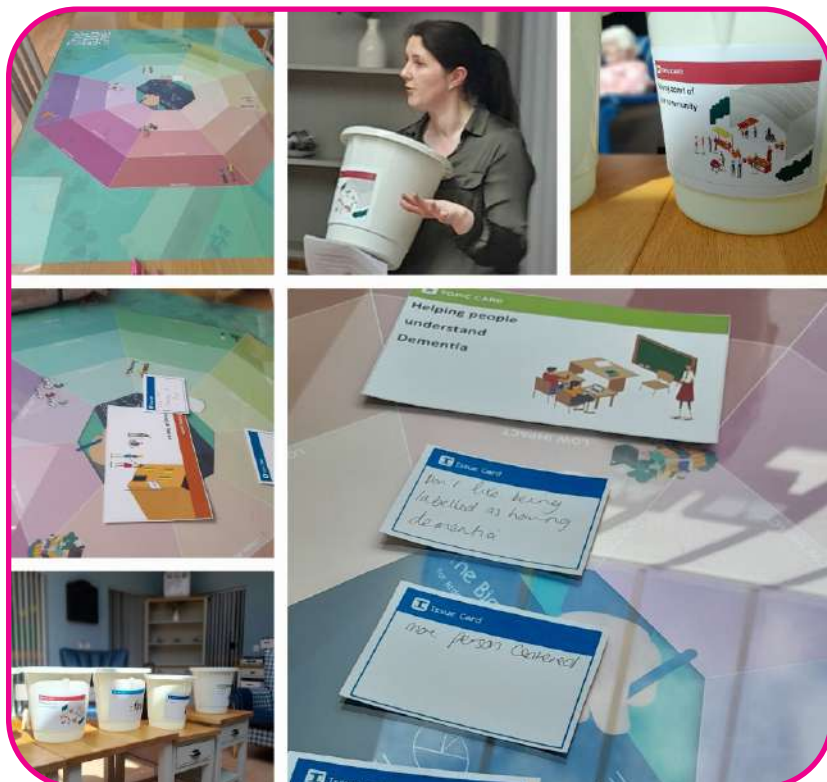
The number of people living with dementia is growing, across Northern Ireland. It is estimated that over 20,000 people are living with the condition and this is projected to double by 2040.

The South Eastern Health and Social Care Trust, Alzheimer's Society, Dementia NI, Local Councils, Voluntary and Community organisations from across the South Eastern HSC Trust area have established a Dementia Friendly Partnership to work together to enable communities to be dementia friendly.



Dementia Friendly Partnership South Eastern HSC Trust area.

A dementia friendly community is a city, town or village where people living with dementia are understood, respected and supported. In a dementia friendly community people will be aware of and understand dementia, so that people living with dementia can continue to live in the way they want to and in the community they choose. Everyone has a part to play and people living with dementia have the most important role in a dementia friendly community by sharing their experiences.



The Dementia Friendly Partnership will engage with people by using 'The Big Game', an interactive engagement tool. This is the first step in the vital process to seek their views, to enable the partnership to prioritise the areas that best meet the needs of people living with dementia.

Everyone can make a difference by making their community dementia friendly, the Dementia Friendly Partnership encourages everyone to learn more about dementia and if they are concerned about someone they know to seek further help and advice, by visiting:

Lisa Wilsdon, Community Planning Ards & North Down Council, trialling the Big Game with residents of St Pauls Court Lisburn.

www.alzheimers.org.uk

Do you want to Age Well?

Health Development - Older People & Physical Activity in Later Years

□ Sandra Glover

Do you want to Age Well?

'Take Five to Age Well' is an Open University Public Health Campaign which offers 5 steps to boost your health and wellbeing.

Science indicates almost all of us irrespective of our genes can systematically do things to boost our lifespan - to retain our physical and mental capabilities for as long as possible. There are small simple habits that can help you keep strong, sharp, independent and feeling good.

This expert-led **Take Five to Age Well Pledge** made small daily changes for better health for one month starting at beginning of September 2023.



You can choose an action to pledge from the following areas:

- **Eat:** healthy eating can boost longevity
- **Drink:** stay well hydrated for healthy ageing
- **Move:** physical activity boosts your body and mind
- **Connect & Engage:** make and maintain social connections for your health
- **Think:** use your brain to stay sharp.

The campaign gives you suggestions on what a pledge could be such as:

- Have a nutritious breakfast every day
- Drink 6 - 8 cups of water
- Stand, get up and move for 5 or more minutes every hour through the day
- Call or meet with a friend or family member for a chat every day
- Do puzzles and play games every day.

Sign up for this new initiative:

<https://nquire.org.uk/mission/take-five-to-age-well/contribute>

By signing up to the pledge, the Open University will be there to cheer you on by providing encouragement, ideas and tips by email to help you complete the pledge. They also have a free WhatsApp coach that will give you daily reminders and support messages.

You do not have a choice whether you age or not but you do have a choice how you age.

DO YOU WANT TO AGE WELL?

ARE YOU...

In your golden years?

Near retirement?

A senior citizen?

However you see yourself, **get a health boost this September.**

EAT WELL

HYDRATE

STAY FIT

Ageing is inevitable but there are ways to **age better!**

KEEP SOCIAL

STAY ON THE BALL

WHAT IS IT?

A kick start to healthy ageing for the whole UK.

30 day challenge from 1st September



TAKE FIVE TO AGE WELL

WHY SHOULD YOU TAKE PART?

It's easy and fun: you take up simple actions that will improve your health and well being.

You choose your own adventure!

HOW DO YOU GET INVOLVED?

Scan the QR code for a **quick and easy sign up!**



The **Take Five Team** will support and empower you throughout the month with: **emails, encouragement, ideas and cheer leading.**

YOU CONTRIBUTE TO SCIENCE!

We'll ask you to complete surveys to better our understanding of ageing and habit formation. **With our ageing population, this will be pivotal in informing policy and care for years to come.**

IT'S A WIN WIN!

As well as helping science, this will have a positive impact on your health. **You will feel better, physically and mentally.**

LONG HAUL BENEFITS!

After a 30 day commitment, maybe you will find it's easy to keep **Taking Five and Ageing Well.**



Join this national community!

To find out more, visit:
wels.open.ac.uk/take5

Falls Awareness Week

18 – 24 September 2023



Falls Awareness Week
#ThinkFalls #ActionOnFalls



Falls Awareness Week is a national health campaign to increase awareness around falls health and injury prevention. It takes place on 18 - 24 September 2023.


Many people think falls are a normal part of aging but they're not. Most falls can be prevented giving each person the power to reduce their personal risks. Research has shown awareness raising amongst patients and those who care for them can help to reduce falls by up to **60%**.

Most falls do not result in serious injury. But there's always a risk that a fall could lead to broken bones, and it can cause the person to lose confidence, become withdrawn, and feel as if they have lost their independence.

Here are some interesting myths and facts about falling you may find helpful:

Myth 1: Falls happen to other people, not to me. 

Reality: Many people think, *"It won't happen to me."* But the truth is that **1 in 3 adults over 65** and **half of people over 80** will have **at least one fall every year** in the UK.

Myth 2: Falling is something normal that happens as you get older. 

Reality: Falling is not a normal part of ageing. Anyone can have a fall, but older people are more vulnerable and likely to fall, especially if they have a long-term health condition. Strength and balance exercises, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall. 

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling. 

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained. 

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a 'couch potato' your whole

life, becoming active now will benefit you in many ways, including protection from falls. Chief Medical Officers Guidelines for Physical Activity (2019) recommend adults take **150 minutes of moderate physical activity a week**, along with strength and balance activities such as Chair Based Yoga on at least **2 days of the week**.

Myth 6: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Ageing is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programmes and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, installing safety features like grab bars, finding a falls prevention program in the community, or setting up a vision exam.

For further information on taking part in an at home exercise programme to prevent your risk of falls www.ageni.org/movewithmary offers a series of five free online exercise videos for every capability, ranging from seated stretches to strength, balance and aerobic exercises.

[Click on graphic to view.]



Lady Mary Peters

"To me, movement is life; it is important to keep active. These exercises are nice and gentle and will help you feel good. We have some stretches you can do whilst sitting and moves you can practice whilst waiting for the kettle to boil or brushing your teeth!"

Update from Ballygowan Seniors

- Charlene Lappin



During the month of May we held crochet classes and a card making class in Ballygowan Village Hall.

We received funding to facilitate the classes from County Down Rural Community Network. Many thanks

to Mrs Frances McCormick, CDRCN for organising this and to Liz Borne and Hazel Bland for tutoring the classes.

In the month of June our local Spar very kindly provided our seniors group with tea and refreshments as part of their community outreach. The event was held in the village hall and was arranged by Louise Jackson manager of the store, ably assisted by Stacey and Christine. Louise had also arranged for Emma from Beehaven in Ballygowan, to come along and tell us about her newly opened business.

Emma makes and sells her own products which all include the use of honey and she also keeps bees. Emma owns her own business and works alongside her daughter Brooke. Emma recently won the Ulster Tatler Entrepreneur of the Year award 2023.

We had lunch together in August with plans to start again in September with a home safety talk by Charlene Piggott and a lunch in October to celebrate Positive Ageing month.



'Physical activity boosts brain performance - cardiovascular

activity (any activity that increases your breathing and heart rate) prompts the creation of new brain cells.



What's so funny?

Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them!

Colin Warm Space Initiative

- Aisling Thompson



Colin Carers Group at Corrymeela



The Good Morning Colin Project operates a daily morning telephone call service, supporting older and vulnerable residents across the Colin, Dunmurry and Lisburn areas. The service aims to improve life quality for older people and to reduce loneliness by keeping our older residents socially connected and aware of events, trips and activities organised by project staff, with the support of a team of dedicated volunteers.

Last winter, we successfully piloted the Colin Warm Space initiative supported by Urban Villages, which aimed to reduce the impact on our older people of rising living costs, by providing a warm and welcoming space for them to come together, share a hot lunch and watch a classic movie, free of charge. This program ran weekly over the coldest months from November until April and was a great hit with our seniors.

As a result of their positive feedback, the movie showings will recommence for a second year in September and run throughout the winter months.

Our older people are welcome to come along to Colin Neighbourhood Partnership at Cloona House on Wednesdays for a hot lunch, some company and chat followed by a classic movie showing. Due to the popularity of this program last year, attendees will need to book their spot through the GMC office on a weekly basis.

Our cross-community dinner dances in Dunmurry continue regularly throughout the year and it has been great to see so many of our Lisburn clients coming along, meeting new people and getting to know us. Over the summer months, Good Morning Colin volunteers



Senior's Easter Dinner Dance at Dunmurry Church Hall.

encourage our seniors to get out and stay active by inviting them to come along on our various day trips and bus tours.

Older people who would like to register with the project can self-refer by contacting Isabel or Aisling at the Good Morning Colin office on **(028) 9062 7863**.

Good Morning Colin also facilitate Colin Carers Support Group who meet weekly for a programme of activities centred around stress reduction, peer support and the development of new habits to promote positive mental and physical health.

Caring for a family member can be rewarding but stressful due to the emotional and physical demands of the role therefore it's important that our carers feel valued and supported.

Group members recently benefitted from a weekend retreat together at Corrymeela, where they participated in well-being programs promoting the importance of self-care and are looking forward to beginning an art therapy program after the summer. The group is open to new members, for more information contact the Good Morning Colin office.



Seniors enjoying a classic movie show as part of the Colin Warm Space Initiative.

Carers Information Support Programme (CrISP) - Bronagh McGlinchey

FREE essential support for families of a loved one with dementia

The Carers Information Support Programme (CrISP) was created to increase carers knowledge and understanding about the diseases which cause dementia, how to respond to behaviours that challenge, coping mechanisms as well as how to look after yourself as a carer, and guidance on the legal financial aspects.

The programme is evidence based and includes a helpful metaphor called the Bookcase Model which visually explains why the memory deteriorates in someone with dementia.

There are four sessions, two hours each:

1. The Impact of Dementia
2. Providing Care and Support
3. Legal Financial Guidance
4. The Impact of Caring.

The peer support side of CrISP helps to reduce the feelings of isolation and loneliness in the dementia journey.

CrISP has and continues to be a helpful, supportive resource for families and unpaid carers who are finding it difficult to understand and experiencing feelings of frustration.

When asked what was most helpful about the programme service users stated:

"The most helpful thing was the bookcase. It helped in understanding the way dementia works. Also how to get support and how to communicate with a person with dementia."

"I received a better explanation of how my mum feels and what she is going through."

When asked what was most helpful about the programme service, users stated:

"Talking and listening to other carers and knowing that i am not alone and other people are going through the same as me."



Alzheimer's Society

Carers Information Support Programme 1 & 2
CrISP 1

1) The Impact of Dementia 2) Providing Support & Care
3) Legal & Financial Guidance 4) The Impact of Caring

SEPTEMBER		
Tues 5th,12th,19th,26th Sept(1)	7pm-8:30pm	Zoom
Sat 16th &30th Sept (1)	9:30am-1:30pm	Zoom
Wed 6th, 13th ,20th,27th Sept (1)	10:30am-12:30pm	Portavogie Community centre



Scan to register!

Inquiries: Bronagh 07522712764
crispseni@alzheimers.org.uk



To register for CrISP scan the logo (on the timetable).
Alternatively you can register via the link:

[www.https://forms.office.com/e/m3qHbukxcB](https://forms.office.com/e/m3qHbukxcB)

or

email: crispseni@alzheimers.org.uk
Tel: 07522 712 764

Roadshows



Lisburn and Castlereagh

Age Friendly Winter Warmer Roadshows

Age Friendly aim to hold a series of Winter Warmer Roadshows across Lisburn and Castlereagh and ensure people have the information they need to keep warm and well at home this winter. The sessions will be aimed at our older residents who may face challenges this winter and in the coming months.

There will be key speakers and information stands, giving helpful advice. Also there will be an age friendly engagement round table talk on how services can be improved upon in their local communities. This session will be facilitated by the Age Friendly Development Officer and followed by a hot lunch.

Winter Warmer Roadshow
Hillsborough Village Centre
Tuesday 3 October 2023
10.30am

Winter Warmer Roadshow
St Patrick's Parish Hall
Drumbeg
Tuesday 24 October 2023
10.30am

Winter Warmer Roadshow
Harmony Hill
Presbyterian Church
Tuesday 10 October 2023
10.30am

For further details contact Gareth McCausland, Age Friendly Development Officer
email: gareth.mccausland@lisburncastlereagh.gov.uk or Tel: **07880 054 840**



Ards and North Down Borough Council

Positive Ageing Month Roadshows

The roadshow will bring a range of organisations together who will provide information on community safety, home safety, keeping active and preparing for the winter. Light refreshments will be served therefore booking is essential. To join us, you must register at least **one week before** your chosen event. Come on your own or with a friend. All Welcome!

Kircubbin Community Centre
Wednesday 4 October
11.00am - 2.00pm

Ards Blair Mayne
Wellbeing & Leisure Complex
Friday 20 October
11.00am - 2.00pm

To register for any events, please email your contact details (and those of your friend if applicable). Please advise if special assistance and/or any dietary requirements are required.

email: agefriendly@ardsandnorthdown.gov.uk

or call: **0300 013 3333** extension **40336** or **07741 103 277**
(Monday - Friday 09.30am - 10.30am ONLY).



Alcohol and older people: a hidden problem

- Ed Sipler



Alcohol can be a hidden problem for some of us as we get older.

- Drinking may have been part of your life for a long time and you don't see it as a problem
- Problems may creep up if you are drinking to cope with loss - retirement, bereavement
- Some older people tend not to talk about drinking due to embarrassment
- The effects of drinking are sometimes mistaken for a physical or mental health problem.

Does alcohol affect people differently as they get older?

Yes it does

As we get older, our bodies change. Alcohol is broken down more slowly, and we are more sensitive to the effects of alcohol. If people continue to drink the same amount of alcohol, as they get older, it is likely to affect them more. It is important as we get older to be aware of how much we are drinking and perhaps to drink less.

The recommended levels of drinking are 14 units a week, spread out through the week, with a couple of alcohol free days. However, safer drinking levels for older people could actually be less than the recommended level given that we break down alcohol more slowly than when we were younger.

It is also important to remember that the measures people pour themselves at home are often a lot more generous than the standard pub measures!

Alcohol can also interfere with the effect of some medicines. Check with your doctor whether or not you can drink alcohol with your particular health problems or medication.



Is there good news in this?

Yes definitely

If you think your drinking may be a problem, there are people you can talk to. Your GP can steer you to support or Dunlewey is a service in our Trust area you can turn to.

Tel: (028) 9039 2547

If you are a family member and want support because of someone's drinking or drug taking, Dunlewey can help here too.

If you are reading this and not sure about it all, this YouTube may help.

<https://www.youtube.com/watch?v=r9M-DRBrCHE>

Or if a family member:

<https://www.youtube.com/watch?v=T1NEzxapAxY&t=233s>

A leaflet on this is available at:

[alcohol drugs older people booklet.pdf \(hscni.net\)](#)

Positive Ageing Month in Colin

- Aisling Thompson, Good Morning Colin

Good Morning Colin (GMC) staff and volunteers plan to bring our older people together in October to celebrate Positive Ageing Month with a programme of activities aimed at promoting positive mental health and physical activity.

GMC have planned a Senior's Tea Party on:

Wednesday 11 October
from 12.00pm - 3.00pm

to mark World Mental Health Day.

This will be a free event with a buffet meal and entertainment provided. Trained Take 5 ambassadors will deliver a short presentation on the benefits of incorporating the 'Take 5 Steps To Wellbeing' into daily life.



Colin Neighbourhood Partnership

Good Morning Colin

SENIOR'S TEA PARTY FOR WORLD MENTAL HEALTH DAY

YOUTH INITIATIVES, 50 COLIN ROAD, BT17 0LG

BOOKING ESSENTIAL
CONTACT ISABEL/AISLING ON 02890 627863

WEDNESDAY 11TH OCTOBER 2023
12-3PM

Take5 steps to wellbeing

www.makinglifebettertogether.com

Take5 Making the better together

Health and Social Care



SENIORS ANNUAL HALLOWEEN BALL

DUNMURRY PRESBYTERIAN CHURCH HALL
9 GLENBURN ROAD, BT 17 9AG

FANCY DRESS & PRIZES

3 COURSE DINNER

MUSIC & DANCING

BOOKING ESSENTIAL
CONTACT ISABEL/AISLING 02890 627863

FRIDAY 27TH OCTOBER
2023 12-3PM

Colin Neighbourhood Partnership

Department for Communities

HSC South Eastern Health and Social Care Trust

Good Morning Colin

The event will be held at:

Youth Initiatives building
50 Colin Road
Belfast BT17 0LG

Booking is essential through Isabel or Aisling at the Good Morning Colin office
Tel: **(028) 9062 7863**.

Our annual Seniors Halloween Ball will take place on:

Friday 27 October
12.00pm - 3.00pm at:

Dunmurry Presbyterian Church Hall
9 Glenburn Road
BT17 9AG

Booking is also essential for this event and a three course dinner will be provided followed by entertainment and dancing. We encourage all attendees to come in fancy dress, with prizes awarded for the most creative costumes!

Pottery & Tea Cup Flower Arrangements

Peninsula Healthy Living Partnership
Hens Shed

Pottery, tea cup flower arranging and glass jar painting, just some of the things we do at Hens Shed.

Below are quotes from participants:

"It helps to get out of the house to meet people and take part in group activities. It improves my mental health and well-being."

Quotes

"Uplifts my mood. Being able to make things I thought I couldn't do, also using a cordless drill, painting, flower arrangements."



Hens Shed meet **Tuesday** and **Thursday** afternoons between 1.00pm - 3.00pm in **Kircubbin Community Centre**.

For further information please contact: susan@peninsulahealthyliving.org
or Tel: (028) 4273 9021



MDT Redwood Surgery - Walking Group

Meghan Dowds-Roddy

Our weekly walking group meets every Friday at 3.30pm. Led by Meghan (SWA) the group walk through Castle Park behind the Health Centre, taking in the lovely sights of blooming flowers and getting to know each other as we share the craic.

We take notice of the beautiful surroundings and take turns checking in with one another too, incorporating the 'Take 5 steps to Wellbeing' while we walk:



- **Connect**
- **Be active**
- **Take notice**
- **Keep learning**
- **Give.**



We give advice on gardening and pet care, share experiences and connect over shared ailments or difficulties and walk for over an hour to boost our moods and get those steps in! All while perusing the beautiful walled gardens and enchanting sunlight dappled trees throughout the park. A brilliant way to end the working week for sure.

Chair Based Yoga in Donaghadee Community Centre

Donaghadee Health Centre

- Jayne McKillen/
Meghan Dowds Roddy



The Health Improvement Department at South Eastern HSC Trust offers an annual Physical Activity Training Directory of courses. These courses are provided as capacity building tools for community, voluntary and statutory organisations to gain skills to use with local groups to increase physical activity levels locally.

One such course offered for the first time this year was a fully accredited level 2 qualification as a chair yoga instructor, providing the opportunity to promote health and wellbeing to a wide range of people who find mainstream exercise inaccessible.

Meghan Dowds Roddy a Social Work Assistant working in Bangor/ Donaghadee Health Centre attended the free Chair Based Yoga training course, gaining her level 2 Certificate over 2 days. Meghan had previously gained her Chi Me level 2 accreditation via the same provider and was excited to add more training to her belt as she found it to be of an excellent standard and very worthwhile.

Following the training Meghan has seen great benefits in offering Chair Based Yoga to her GP group at Donaghadee Community Centre on Tuesday afternoons. Participants reported that the group offered them the opportunity to increase their physical activity levels, a great opportunity to leave the house, and connect with others. The participants were so appreciative, she found it a very heart - warming experience and looked forward to each session as much as her participants.

Jayne McKillen from Health Improvement was invited to see the class in action. Jayne was delighted to see a group of 16 people taking part in a very relaxed atmosphere to some lovely chilled music. After the session finished enthusiasm for the sessions was incredible. People had enjoyed the social contact, Meghan as an encouraging instructor, some explained they had developed their level of stretching and ability during a short number of weeks.

Jayne remarked: ***“It was great to see the outcomes of this training course in practice where exercise had previously been restricted by barriers to taking part. The CMO guidelines for physical activity (2019) recommends along with 150 minutes of moderate physical activity a week, we should engage in strength and balance activities such as Chair Based Yoga on at least 2 days of the week for adults. Considering the importance of strength and balance for physical function, enabling continued independence with the activities of daily living and prevention of falls in later years, Meghan is a great asset to the Donaghadee Community.”***

For further information about physical activity training course please contact:

jayne.mckillen@setrust.hscni.net



For further information about the Donaghadee Chair Based Yoga Group please contact:

meghan.dowdsrodgy@setrust.hscni.net or sonia.weatherup@setrust.hscni.net

Free Nutrition Webinars and Healthy Recipe Videos on YouTube

- Training Dietitians

The banner features the Public Health Dietitians' Group logo, HSC Public Health Agency, and HSC Health and Social Care logos. The main title 'Nutrition for Sport' is in large white font on a red background. Below it, text reads: 'Whether a weekend warrior or a committed athlete, learn the basic fundamentals of sports nutrition from a Dietitian to help you fuel correctly and enhance performance.' The background shows a water bottle, a blue sports bag, and fresh vegetables. A QR code with 'SCAN ME' above it and a 'WATCH NOW' button with a play icon are at the bottom.

Keeping physically active improves your health and quality of life and can help you to live longer.

We held our **free** 'Nutrition for Sport' webinar in August to promote 'Active August.'

This is a 30 minute webinar on the Public Health Dietitian YouTube channel. It can be accessed by using the OR code or link below.

This video aims to promote the best nutrition for sport and is available to share with everyone.

We encourage the FREE subscription to our Public Health Dietitian's YouTube channel as by this means a notification will be sent to your phone to let you know when new content has been released.

Free nutrition webinars and healthy recipe videos are available on YouTube. A wide range of healthy recipe videos and free nutrition webinars recorded by dietitians are available.

Watch on YouTube at:

<http://pha.site/public-health-dietitians-youtube><<https://t.co/08mVtWjTUQ>>

Watch our 'Nutrition for Sport' webinar for some top tips from dietitians on how to fuel yourself well for sport at:

<https://youtu.be/IFurmFIMx2k>

The banner features a red play button icon and the text 'Subscribe on YouTube'. The main title 'Public Health Dietitians' is in large white font on a blue background. Below it, there are images of a slow cooker, a bowl of soup, a hand holding a smartphone with a QR code and 'SCAN ME' text, and a family eating. The text 'Healthy Recipe Videos' and 'Free Nutrition Webinars' is at the bottom. Logos for HSC Health and Social Care, Public Health Agency, and HSC Health and Social Care are at the bottom.

Volunteer Now - Supporting your needs

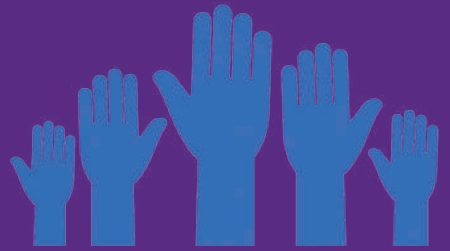
- David Moore, Michaela Traynor



Need a hand with volunteers or volunteer management?

We can help you with things like:

- Volunteer recruitment and retention
- Mini health checks on volunteering policies and practice
- Training to support volunteer wellbeing and management
- Youth volunteering, my impact and 'social cvs'
- Access NI and safeguarding issues
- Volunteer development and recognition events
- We can bring volunteering to your groups eg. mobile volunteering.



For further information please contact:

david.moore@volunteernow.co.uk

Tel: 07850 851 823

michaela.traynor@volunteernow.co.uk

Tel: 07850 851 824

A huge source of volunteering opportunities are available with Home - Volunteer Now. Why not advertise with us for free!

Become a member free on our website to receive all the latest information on training, campaigns, funding and research.

There's never been a more important time to volunteer with so many organisations needing your help and skills.

Join us on Facebook - main page:

We also run a Facebook page for individuals and volunteer involving organisations:

Volunteer Now Lisburn & Castlereagh | Facebook or scan the QR code.



Contact us

Tel: 028 9023 2020
Email: info@volunteernow.co.uk
Web: www.volunteernow.co.uk
Facebook: @VolunteerNow
Twitter: @VolunteerNow1
@VNEnterprise

Volunteer Now delivers services across Northern Ireland. We have offices at:

- 94 Shaftesbury Square, Belfast BT2 7DB
- Broughshane House, 70 Main Street, Broughshane, Co. Antrim BT42 4JW
- Fermanagh House, Broadmeadow Place, Enniskillen, Co. Fermanagh BT74 7HR
- Ballybot House, 28 Commarket, Newry, Co. Down BT35 8BG

VOLUNTEER NOW connect · build · change

INTERESTED IN VOLUNTEERING?

Our regional database offers a huge range of opportunities to suit everyone ...

What? Choose an activity that interests you, think about the skills you can offer and what you could gain. Lots of organisations that need your help.

Where? Opportunities available - close to home, across Northern Ireland or internationally - just a few clicks away.

When? Volunteering can be tailored to suit your availability - one hour, one day, one off or on a regular basis - you choose!

How?

- Visit www.volunteernow.co.uk
- Telephone 028 9023 2020
- Or call into one of our offices in Belfast, Newry, Enniskillen or Broughshane for a chat! (see contact details)
- Telephone 028 9023 2020
- Check out our social media

SUPPORT FOR VOLUNTEER INVOLVING ORGANISATIONS

We are a hub of experience and expertise in all things volunteering! Let us help you recruit volunteers. Register your organisation and opportunities FREE OF CHARGE ...

We also offer

- 1 - 1 support for organisations
- Enhanced promotion for your organisation
- Support to develop volunteer opportunities
- Partnership and collaboration opportunities
- Information and training on Volunteer Management, Safeguarding and Governance

FREE MEMBERSHIP

Volunteer Now welcomes organisations, large and small, who value and involve volunteers. Join our network to **CONNECT** with others, **BUILD** a stronger volunteering community and **CHANGE** the world together.

Sign up now at www.volunteernow.co.uk

Volunteer appreciation event

Lisburn Downtown Centre



As a big thank you to our volunteers the team enjoyed a fantastic get together to recognise their contribution to Lisburn Downtown Centre 2022/2023. We couldn't facilitate our services in Lisburn without their time and support. They are the light in so many of our members lives.

Volunteering is one of the best ways to make a difference in the community!

Lisburn Downtown Centre offers vital support to those feeling isolated and alone within our community.

We have lots of roles available for adults of all abilities, from all backgrounds.

No previous training, qualifications or experience required.

All training provided.



PROVIDING INNOVATIVE TRAINING AND SUPPORT SOLUTIONS TO DEVELOP VOLUNTEER INVOLVEMENT ACROSS ALL SECTORS

Calendar courses

The courses listed in this brochure will be included in our training calendar during the year with dates and times (all via Zoom). These are for staff and volunteers. Further information, including how to book, is available through our website.

On Demand courses

We have a number of fully online On Demand courses available anytime, on any device for you to complete in your own time. More information can be found in this brochure.

Tailored training

Why not explore the option of us delivering training specifically for your organisation? Contact Volunteer Now Enterprises Ltd for a quote.

Contacts

Volunteer Now Enterprises Ltd

enterprise@volunteernow.co.uk

028 9023 2020

www.volunteernow.co.uk

@VNEenterprise

VOLUNTEER MANAGEMENT

Calendar Courses (via Zoom)

Befriending Training Workshop

This 2 hour workshop covers benefits of befriending, what is befriending, effective communication skills, boundaries. Includes a free Top Tips publication.

The New Environments: Racism, Retal, Reward Volunteers

Join us for a 1.5hr online session looking at volunteering during the pandemic and the future of volunteering post COVID-19.

The New Environments Assessing Risk When Developing Volunteer Roles

In this new environment, we will explore why we need to assess risk when developing volunteering roles and how volunteer managers can implement this process.

The New Environments Volunteers & the Law

In this 2 hour session, we will explore legal boundaries and clarify best practice when involving volunteers.

The New Environments Support & Supervision of Volunteers

Join us for a 2 hour session where we will examine why support and supervision is important for volunteers and also your organisation.

Volunteer Induction: The New Environment, The New Way

This 1 hour session covers online induction, what to include, how to make it visually appealing, what would a volunteering want or need to know.

Leadership & Why It Matters

During this 3 hour session, we will examine the difference between management and leadership, look at why leadership matters and what can be most difficult and challenging.

Thinking of Yourself as a Leader

This 3 hour session examines communication styles—your own and those of others. It also looks at conformity and why it matters when leading an organisation, programme or project.

Leadership & Working With Teams

We will look at how we get the best from our teams in this 3 hour session. We will also look how to effectively manage change within an organisation, programme or project.

Leadership & Dealing With Conflict

Join us for this 3 hour session where we will examine leadership styles and theories, the principles of conflict management, recognise the REAL problem and deal with it.

Inclusion & Diversity = Equity & Equality

Session 1: Decide & Involve Session 2: Variety & Education
Session 3: Research & Strategy Session 4: Invest Together Yearly

These four 2-hour sessions cover inclusion, diversity, equity and equality. Explore and learn new and creative ways to increase inclusion in your volunteer project or team.

[Click here to find available courses & dates](#)

Can't find what you are looking for? Want to talk through your ideas for training your staff or volunteers?

Contact us to see what we can do!



Calendar Courses (via Zoom)

Keeping Adults Safe: Training for Staff & Volunteers

This free 1 day certificated course looks at the legal and policy context of adult safeguarding, categories of abuse, how to respond to and report concerns, programme planning and code of behaviour.

Keeping Adults Safe: Training for Staff & Volunteers Refresher

A free 3 hour certificated course which provides a refresher of all topics covered in Keeping Adults Safe: Training for Staff & Volunteers (see above).

Keeping Adults Safe: Adult Safeguarding Champion (ASC) & Appointed Person

This full day's training covers role and responsibilities, safeguarding adults structure for NI, consent, capacity, coercion, organisational & Trust responsibilities and more.

Keeping Adults Safe: Adult Safeguarding Champion (ASC) & Appointed Person Refresher

This half day refresher training is for people who have already attended the Adult Safeguarding Champion & Appointed Person training (see above).

Keeping Children Safe: Designated Officer (DO)

In this 1 day certificated training, we will cover DO role and responsibilities, HSCT structures and processes, issues and experiences around referrals and sharing information & more.

Keeping Children Safe: Designated Officer (DO) Refresher

This is a half day refresher training session for Designated Officers who have already attended a full day's training (see above).

Keeping Children Safe: Training for Staff & Volunteers

This 1 day certificated course covers the legal and policy context of safeguarding children and young people, abuse issues, dealing with disclosure, reporting procedures and how to create a safe environment.

Keeping Children Safe: Training for Staff & Volunteers Refresher

This half day certificated course provides a refresher on the topics covered in the Training for Staff & Volunteers course (see above).

Keeping Children & Adults Safe: An Introduction

A 3 hour awareness course for those working with children and adults. It covers legal and policy context, abuse issues, reporting concerns, code of behaviour and much more.

Keeping Children & Adults Safe: Recruitment, Selection & Management of Staff & Volunteers

Aimed at individuals who recruit, manage or supervise staff & volunteers working with children and/or adults. It will examine procedures for effective recruitment, selection & management.

[Click here to find available courses & dates](#)

Can't find what you are looking for? Want to talk through your ideas for training your staff or volunteers?

Contact us to see what we can do!



SAFEGUARDING

On Demand Courses

All our fully online On Demand Courses listed below are available anytime on any device! Once you have registered, you can complete the training in your own time and you can register for more than one On Demand Course. Find out more at the link below.

- Adult Safeguarding Champion: Meeting the Requirements
- Attracting & Selecting Volunteers
- Keeping Adults Safe: See Something Say Something
- Keeping Children & Adults Safe: An Introduction for Management Committee Members
- Keeping Children Safe: Reporting Concerns
- Managing & Motivating Volunteers

[Click here to find out more!](#)

Investing in Volunteers

Whether your volunteer programme is well established or just developing, Investing in Volunteers offers you a framework of 6 Quality Areas for effective volunteer management—an invaluable resource for ALL volunteer-involving organisations! Find out more at the link below.

[Click here to find out more!](#)



enterprise@volunteernow.co.uk



028 9023 2020



www.volunteernow.co.uk



@VNEenterprise



Skainos Centre
239 Newtownards Road
Belfast BT4 1AF





Calling All 50+ Groups

We would love it if you registered as a member group of your local Older Peoples' Network. It is a great opportunity to network with other groups and organisations who can offer you support.

The aim of these groups is to:

- Share information and best practice
- Identify any resource and training needs your group may have
- Establish a support structure for your group with a range of support agencies
- Identify gap areas in the South Eastern HSC Trust area.

There are 3 groups across South Eastern HSC Trust area as below:

- **SING (Senior Information Network Group)** - Lisburn, Colin & Castlereagh areas.
For further information contact: wendy.mcdowell2@setrust.hscni.net
- **SWAN (Senior Well Ageing Network)** - Ards & North Down areas.

For further information contact:

frances@countydownrcn.com or geraldine.mccann@ardsandnorthdown.gov.uk

- **Down Senior - Down area.**

For further information contact:

heather@countydownrcn.com or lise@countydownrcn.com

All you need to do is complete and return registration form by clicking on the link, and you will be included on our email distribution list for meeting notification and all other appropriate information for your 50+ group.

Please see registration form included in page 23 of this edition of Good News Gazette.

"Find network meetings most useful. Lovely to meet together after so long. Meetings well organised and informative."

GROUPS FEEDBACK

"Enjoyed the meeting this morning, sharing the information and experiences amongst ourselves."



At a SWAN (Senior Well Ageing Network) network meeting.



A SING (Senior Information Network Group) network meeting with guest speaker.

OLDER PEOPLE'S NETWORK

Group / Club Registration Form



OLDER PEOPLE'S NETWORK

Group / Club Registration Form

The aim of this group is to:

- Share information and best practice
- Identify any resource and training needs your group may have
- Establish a support structure for your group
- Identify gap areas in the South Eastern Trust area

How will your group's information be used?

The information below will be used to;

1. Establish a network database and distribution list so that we can keep you informed about grants, training and other useful information via email;
2. Information may be shared with other organisations and agencies who can offer your group support. Example; your local council, Age NI, Volunteer Now, Public Health Agency, Community Networks...
3. Group/Club contact details will be added to SET Directory of Services for Older People & associated websites such as Age NI, local councils, Community Networks..... and shared appropriately.

For further detail on how we use your personal data, please request a copy of SE Trust booklet 'Protecting and using your information'.

Group/Club Contact Details (This information will be published)

Name of Group / Club					
Locality (please circle)	Lisburn	Colin	Down	Ards	North Down
Address & postcode where the <u>group meet</u>					
☎ Telephone					
✉ Email required (all correspondence will be via email)					
🌐 Group/Club website if available					
We would like to be part of this group	Signature:			Date:	
	Position:				
Group leader name (if different from above - please print)					
☎ Telephone (if different from above)					

Please complete and return to:

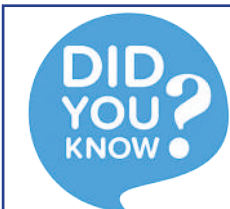
Wendy McDowell
 Community Health Development Practitioner (Older People)
 Hillsborough Health Centre
 29 Ballynahinch Street
 Hillsborough
 Co Down BT26 1AW

WORDSEARCH

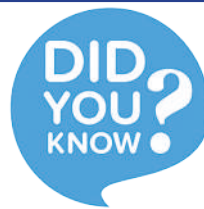
Look for the following in the wordsearch below:

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

- ARRANGE
- BEAUTIFUL
- BOUQUET
- CLIPPERS
- CULTIVATE
- DELIVER
- DOZEN
- FERTILIZER
- FLORIST
- FLOWER
- FRAGRANCE
- GARDEN
- GIFT
- GREENHOUSE
- GROW
- LEAF
- LOVE
- PINK
- PLANT
- PRICKLY
- PRUNE
- RAIN
- RED
- ROMANCE
- ROSE
- SCENT
- SHRUB
- SOIL
- STEM
- SUN
- SUPPLIER
- SURPRISE
- THORN
- VASE
- WATER
- WEATHER
- WEDDING
- WEED
- WHITE
- YELLOW



A quarter of human bones are found in the feet (the average human foot has 26 bones).



New Zealand has the steepest residential area in the world (Baldwin Street, Dunedin).

Word Scrambler

Find as many words as you can in the word square. Each word must use the central letter and at least 3 others, and letters may be used only once. No abbreviations or initials, just everyday words. There is one 9 letter word!

G	H	A
F	L	N
I	T	L

Average: 15 Good: 2 Very Good: 25 Excellent: 30

Answers on page 27 of newsletter.

Word Ladder

Using the clues provided, fill in each step of the ladder.

RING	
	Tough fruit skin
	Tear violently
	Curve
	Drop of liquid
	Study
ROAD	

















Answers on page 27 of newsletter.

Sum You Win

In this puzzle, each symbol stands for a whole number between 1 and 9. The number at the end of each row and column equals that sum of the numbers in it.

When a symbol appears twice in a square it is doubled.

Can you work out which number each symbol represents?

				15
				19
				24
				24
20	17	18	27	

Answers on page 27 of newsletter



What's so funny?

What's the best thing about Switzerland?

I don't know, but the flag is a big plus



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



The iceberg that sank the Titanic has been around for about 3,000 years!



What's so funny?

Hear about the new restaurant called Karma?

There's no menu: you get what you deserve!

Answers

WORD LADDER (page 25)

Rind, Rend, Bend, Bead, Read

WORD SCRAMBLER (page 25)

Nightfall, Alight, Align, Fail, Fall, Falling, Fill, Filth, Final, Flag, Flail, Flan, Flat, Flight, Fling, Flint, Flit, Gall, Gila, Gill, Gilt, Glint, Hail, Half, Hall, Halt, Halting, Hill, Hilt, Lain, Lath, Lift, Light, Lilt, Lint, Nail, Tail, Tall, Till

SUM YOU WIN (page 26)

				
3	8	4	6	1

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