

ABC Seniors Newsletter

USEFUL NUMBERS

Council Offices	0300 0300 900
Police Emergency	999
Police Non-Emergency	101
ABC Seniors Network	07873 339 423
Age Friendly Officer	07825 010 630
Age NI Advice Service	0808 808 7575
Access and Information	028 3756 4300
Elder Abuse	0808 808 8141
Action Fraud	0300 123 2040
Out of Hours Doctor	028 3839 9201
N.I. Water	0345 744 0088
N.I. Direct	0300 200 7899
N.I. Electricity	03457 643 643
Armagh Rural Transport	028 3751 8151
DART Partnership	028 3831 7810

Hello and welcome from the Armagh, Banbridge and Craigavon Seniors Network. We are an umbrella group of volunteers representing the older community within the Armagh City Banbridge and Craigavon Borough Council area. Our Mission Statement is to represent and influence decisions and policies for the older community in this area by giving them a voice on topical issues that impact directly on their health and social wellbeing. Our goal is to make this Borough a place where older people can live full, active, valued and healthy lives.

We hope you enjoy this Spring edition of our Newsletter and if you have any ideas for further editions please don't hesitate to contact us on **07825 010 630**.

At present, we are trying to build the ABC Seniors Network and recruit new members. If you have a bit of spare time, would like to engage with and help support older people in your area please get in touch. We meet for 2 hours, once a month and we rotate meetings between Armagh, Banbridge and Craigavon.

Spring is the most pleasant season, it brings many happiness and feeling of joy along with its beautiful flower blossoms, chirping birds, warm and pleasant sun. It is also the time for rebirth, new beginnings, and inspiration. I hope this spring brings new hopes and new days in your life, may you enjoy the bright sun, warm air and beautiful green grass.

ABC Seniors Network



Springtime Quiz Round

- 1 What date is Saint Patrick's Day?
- 2 To the nearest million, how many Easter eggs are sold every year in the UK?
- 3 What spring flower is often associated with Wales?
- 4 What is the spring holiday period for college students in the United States known as?
- 5 Which is the meteorological first day of spring?
- 6 Which breed of rabbit is known for the thick tufty fur around its head?
- 7 What UK holiday commonly takes place on May 1st?
- 8 In Japan, what type of tree famously produces blossom in the spring?
- 9 How many months are female sheep pregnant for before they give birth to a lamb?
- 10 Which small white flowers are among the first to emerge in the UK spring?

Answers are on the back cover.

How do poets say hello?

Hey, haven't we metaphor?

Daffodowndilly

She wore her yellow sun-bonnet,
She wore her greenest gown;
She turned to the south wind
And curtsied up and down.
She turned to the sunlight
And shook her yellow head,
And whispered to her neighbour:
"Winter is dead."

A. A. Milne



Carers First



The Carers First Programme will provide support to adult carers living within the Southern Health & Social Care Trust area.

The programme offers:

- Advocacy Services / Signposting
- Education & Training
- Social Activities
- Health & Wellbeing
- Personal Development
- General Information

To register on this programme call **Pauline Rice** on **079 6677 1644** or email **pauline.rice@clanryegroup.com**

You can also contact us on **028 3005 0200** or **info@clanryegroup.com**

To find out more about Clanrye Group, please visit our website:

www.clanryegroup.com

or visit our Facebook Page.

 Southern Health and Social Care Trust

Quality Care - for you, with you



Free home safety checks to help reduce falls in the home

Falls at home can be very serious resulting in terrible pain and injury as well as loss of independence. Statistics from the Department of Health reveal that around three out of every ten individuals aged 55 and over admitted to hospital with a fracture (s) are admitted with a hip fracture.

If you are over 65 or have mobility issues or a disability you can request a free home safety assessment from the Council Home Safety Officer, who will help to identify factors that lead to increased risk of falls, and what action can be taken to reduce this risk. Currently the assessments are being carried out over the phone.

This action may be simple, small changes that can make all the difference, like these ideas below.

- Get up from your chair or bed slowly to avoid dizziness and use a walking aid if provided.
- Keep your stairs clutter free – don't leave items lying on the stairs that could cause a trip or fall.
- Ensure your home is well lit, and always put lights on at night, especially when getting up during the night.
- Remove all loose and worn mats.
- Avoid trailing leads and wires.
- If you use slip-resistant mats in the bath or shower, ensure they are used appropriately. Remove them after use to air dry and clean the soap suds that can build up and cause a slip.

Alderman Glenn Barr, Lord Mayor of Armagh, Banbridge and Craigavon, commented:

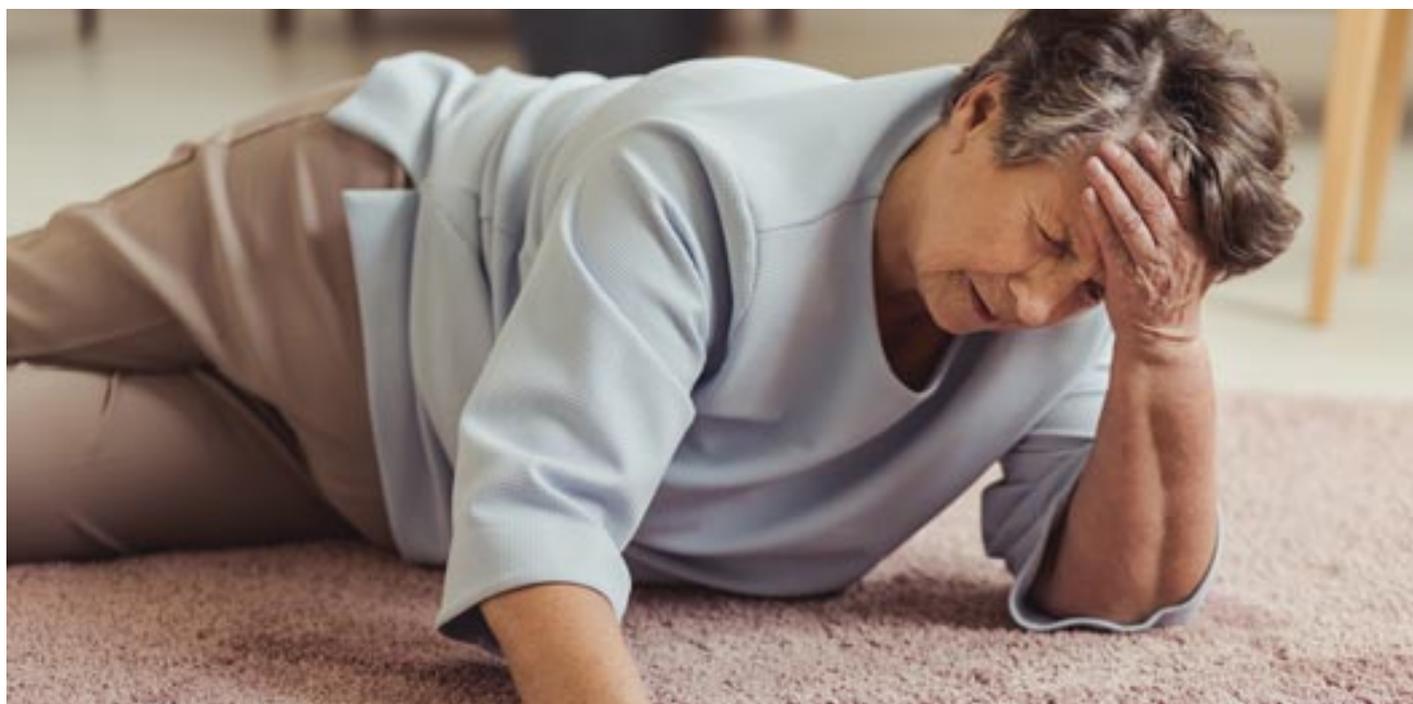
“Falls in the home can happen so easily and cause serious pain, injury, distress, loss of confidence and loss of independence. That is why it is important to look around your home and see what small changes could really reduce the risk of falls. Our Home Safety Officer is available to offer advice and support to help you feel as safe as possible in your own home. I would encourage you to get in touch and let us help you.”

Free items of safety equipment can be provided, such as a carbon monoxide alarm or a touch lamp to place by your bed, should you need to get up at night.

The Home Safety Officer can also make referrals to other agencies to assist you, including NI Fire & Rescue Service who can fit free smoke alarms, the Housing Executive for housing issues and repairs, Occupational Therapist if at risk from falls, also Council services e.g., help with bin collections.

For more information, or to book a home safety check, contact **Home Safety**.

You can call them on **0330 0561 011** or email homesafety@armaghbanbridgecraigavon.gov.uk



The Consumer Council



The Consumer Council is your consumer representative body and is responsible for making sure your consumer rights are protected.

It provides free, independent support and advice about your consumer issues. It also has the power to investigate complaints on your behalf in the areas of:

- Energy
- Water
- Transport
- Postal services
- Private car parking

Over the last 12 months the Consumer Council has helped return over £1 million to consumers in Northern Ireland and could help you too!

The Consumer Council's website has a number of free resources including a budget planner and an energy price comparison tool. These resources can help you take control of your spending and identify areas where you can save some money. You can also find dedicated COVID-19 and EU Exit hubs containing guidance and advice in many areas including shopping, food, energy, postal services and more.

For more information and support:

visit www.consumerCouncil.org.uk,
call **0800 121 6022**, or
email contact@consumerCouncil.org.uk



Scam word scramble

Identify the different scams. Answers can be found on **page 8**.

1. SIANORUCVRO CMAS
2. MCRH TAX ASMC
3. YMENO NMGUIL
4. ISNOPE CSAM
5. VLAD ENRDFU SAMC
6. LEOINN AMCS
7. LIAM ASCM
8. SPETOROD SCMA
9. NHPOE SCAM
10. AUTMDETAO CALL CSMA

What type of sandals do frogs wear?

Open-toad.



Free Stop Smoking services are available across NI. They are offered through many community pharmacies, GP practices, HSC Trust premises, community and voluntary organisations and by Cancer Focus NI.

Using these services can make you four times more likely to succeed in your quit attempt!

They help create a stop smoking plan to make the quit attempt as easy as possible and can give tried and tested tips to make quitting that bit easier. This includes coping with cravings, managing stress, avoiding weight gain and developing a healthy lifestyle.

Go to www.stopsmokingni.info to find a service for you.



make the call

0800 232 1271*

Quick Call, Lasting Difference.

Talk to us about accessing benefits, supports and services you may be entitled to.

Don't rule yourself out...

Even if you already claim benefits, own your own home, work, claim a pension, or have some savings, you could be entitled to additional support.

- Have you been diagnosed with an illness, condition or disability?
- Are you caring for someone?
- Have you reached retirement age?
- Are you unemployed or looking for work?
- Are you confused about benefits?

Whatever your situation Don't miss out... Find out!

Contact Make the Call for a **free and confidential** assessment. A friend or relative can make the call on your behalf (with your consent), providing they are with you when you call. We also offer an outreach service where we can visit you in your home to help you complete application forms.

“ I would never have been able to get the things me and my wife need without the Make the Call service. They are invaluable. Life would have been an awful lot harder and it would have taken a lot longer to get help. ”

CALLER



Text: **ADVICE to 67300***

Visit: **nidirect.gov.uk/makethecall**

Email: **makethecall@dfcni.gov.uk**



Department for

Communities

www.communities-ni.gov.uk

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Pobal

Department for

Commonities

*network charges may apply



Policing & Community
Safety Partnership

making Armagh, Banbridge
& Craigavon safer



Home Security Scheme

COMMUNITY CRIME ALERT PROJECT

Our home security scheme for older people aims to reduce fear of crime and improve the security and peace of mind for people aged 65 and over.

You will receive a visit from a member of the PCSP team who will carry out a security survey of your home and advise you how to make it more secure.

Including:

- **Lighting**
- **Front Door and Back Door security**
- **Windows and locks**
- **General interior and external security**

We can also provide and fit, if appropriate, items such as peepholes and door bars. If you would like a free home security survey please send us an email on homesecurity@armaghbanbridgecraigavon.gov.uk or call us on **07919 306 281** to arrange a suitable date and time for us to come and visit you.



For more information contact:

T: 07919 306 281

E: homesecurity@armaghbanbridgecraigavon.gov.uk
www.facebook.com/armaghbanbridgecraigavonpcsp



A FREE
home security
assessment
for people aged 65+

HOME SECURITY CHECKLIST



✓ FRONT DOOR

Front of house visible	YES	NO
Keep your keys in a safe place	YES	NO
Front door strong & good condition	YES	NO
Do you have a door bar/chain	YES	NO
Do you have a door viewer	YES	NO
Do you use QuickCheck service to check ID	YES	NO
Five lever mortice lock present (BS3621)	YES	NO
Front and back door locked at all times	YES	NO

✓ WINDOWS

Window frame in good condition	YES	NO
Window locks present	YES	NO

✓ BACK DOOR

Door & Frame strong & good condition	YES	NO
Five lever mortice lock present (BS3621)	YES	NO
Lighting adequate (Dusk to Dawn)	YES	NO

✓ OUTSIDE

Fence secure	YES	NO
Padlock on gate	YES	NO
Garage/shed locked	YES	NO
Ladders/tools locked inside	YES	NO
Low boundary at front of house under 1m	YES	NO
High wall or fence at back under 1.8m	YES	NO

✓ GENERAL SECURITY

House alarm set when going out & at night	YES	NO
Timer switches present	YES	NO
Valuables kept out of sight	YES	NO
Working smoke alarm	YES	NO
Avoid keeping large sums of money at home	YES	NO

SECURE YOUR HOME... BE SAFE

USEFUL NUMBERS

NI Housing Executive	0344 8920 900
Street Lighting	0300 200 7899
Quick Check	101
NI Trading Standards	0300 123 6262



PREVENTING KEYLESS CAR THEFT

Protect yourself from Keyless Entry Car Theft. Vehicles fitted with a smart or passive key are susceptible to relay theft. If you can open and start your vehicle without the need to press the button on your key then you need to take extra precautions to protect it from theft.

Criminals can use specialist equipment that has the ability to grab the signal from the smart key to the car so that it appears to the car that the key is present. Your vehicle is most vulnerable overnight, particularly if parked on your driveway or directly outside your home.

HOW TO PREVENT THIS



WHEN NOT IN USE:

Either at home or when out and about - store your keys (including spare keys) in a security pouch. Security pouches are sometimes called Faraday bags or signal blockers/shields and there are many security rated versions on the market (PSNI recommend Secured By Design accredited pouches/containers). This will prevent the signal from your vehicle being captured using electronic devices.



SWITCH YOUR KEY FOB OFF:

Some manufacturers have included a power setting in the key fob which can be turned off overnight.



KEEP UPDATED WITH LATEST SOFTWARE:

Many manufacturers are now updating their in-car security systems to stay ahead of these attacks.

We are working with local car dealerships to tackle keyless entry car theft.

To receive a free signal blocking pouch from Armagh Banbridge & Craigavon PCSP please email william.stewart@armaghbanbridgecraigavon.gov.uk or call **Billy** on **07919 306 281**.



Alzheimer's Society provides independent information, support and signposting of services to people with dementia & their carers.

Our Southern Trust Area Dementia Support Workers can be reached **Monday to Friday** from **9.00 am to 5.00 pm**:

Carole Murray
Craigavon & Banbridge
carole.murray@alzheimers.org.uk
07918 706 095

Pauline Murphy
Newry & Mourne
pauline.murphy@alzheimers.org.uk
07725 215 610

Gemma Hanna (*Monday — Wednesday only*)
Armagh & Dungannon
gemma.hanna@alzheimers.org.uk
07918 706 096

An answer phone is in operation when staff are not available:

Dementia Connect
03331 503 456

Carer Support Groups

Provides carers with an opportunity to meet in a safe & secure environment to give and receive peer support to help them in their caring role. Meetings are on the **1st Thursday of every month** from **11am - 12noon**. Delivered on Zoom.

www.alzheimers.org.uk

Registered Charity No 296645
Company Limited by Guarantee

What do you call a fake poodle?

An impasta!

Why did the M&M go to school?

It wanted to be a Smartie.

What starts with E, ends with E, and has only one letter in it?

An envelope.

Scam word scramble answers

1. SIANORUCVRO CMAS
Coronavirus scam
2. MCRH TAX ASMC
HMRC tax scam
3. YMENO NMGUIL
Money muling
4. NISNOPE CSAM
Pension scam
5. VLAD ENRDFU SAMC
DVLA refund scam
6. LEOINN AMCS
Online scam
7. LIAM ASCM
Mail scam
8. SPETOROD SCMA
Doorstep scam
9. NHPOE SCAM
Phone scam
10. AUTMDETAO CALL CSMA
Automated call scam



Meet our Member: Willmer Hutchinson

Is there something about you that we don't know?

I'm not sure if people know or not but I have a little Hillman Imp which was built in 1972. The car celebrates its 50th birthday in September so my wife and I are having it spruced up for the occasion. Some folks reading this may remember the Imp was an imp, because they had a bad habit of boiling up and ruining the engine. Thankfully the Imp club developed a radiator which holds a pint more water and hence solved the problem. I hope she goes another 50 years. My question is who'll be driving it then?

What is the most scenic place in the Borough to visit?

I really love visiting the Navan just outside the beautiful City of Armagh. The Navan Centre brings history to life and when you're there you feel the sense of history and folklore around you. When you access the top of the old fort you have a spectacular view of Armagh and the surrounding area. It takes your breath away! By the way they have a nice cafe there too!

Where is your favourite place to eat in the Borough?

My favourite place to eat in the Borough is Uluru Restaurant in the City of Armagh. The staff provide an excellent service and the food is scrumptious. If you're visiting Armagh the restaurant is so convenient to the Market place theatre and other places of interest within the City.

If you could invite anyone to dinner who would it be and why?

Personally at dinner I like a good conversation so if I was inviting anyone I would need to find them interesting and not be afraid to be controversial. Someone of the ilk of Ann Widdecombe who chanced Strictly Come Dancing; she has a broad interest in many topics.

Locally I'd probably invite councillors who had a feel and vision for the Borough and try to convince them to make ABC the best of the 11 Council Areas in the Province. (Let's remember we're the second biggest council so we should use our strength!)



What is the best thing about growing older?

I have enjoyed life in each of its seasons. I see getting older as another season to be enjoyed. You certainly may not be as spritely as you used to be but with the experience of enjoying your grandchildren and being free to take up interests you've always dreamed is marvellous. It is wonderful to see the opportunities people have to travel and make friendships. I note there was a newspaper article lately stating that Armagh was one of the best places to live. I can concur with that sentiment.

What changes would you like in your area if you had the authority?

I was born in 1957 that's the year that they closed all our local railway services. Everyone I speak to in the City of Armagh say it was a terrible mistake. 5 years ago a young lady forwarded a petition to Stormont containing 10,000 signatures asking to have the railway returned to Armagh. If I had the power I would grant this request. Thankfully our local councillors and MLA's are now on the case and a technical study is under way.

If you could give some advice to your younger self what would it be?

From where I am now if I was speaking to a younger self I would say hey life goes like a flash. Robert Badden Powell quoted leave this world a little better than you found it! I try to enhance the lives of people I meet. Sometimes when going through working life you see the benefits that pensioners sometimes receive and think perhaps some pensioners have it all going for them. Please don't try to curtail any rights the pensioners currently have as you'll be one of them before you know it! Take it from me!

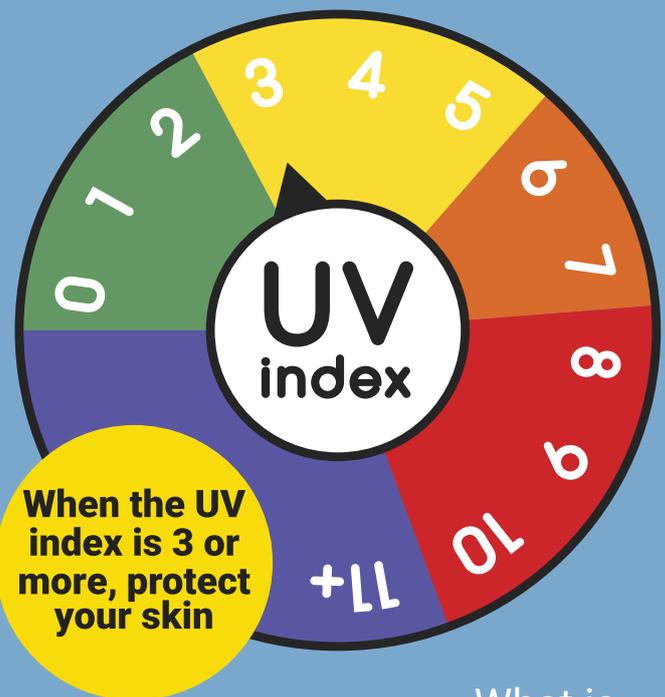


Top 10 tips to save energy in your home

1. Turn off lights when you leave the room and invest in low energy bulbs.
2. Try not to overheat the room. The recommended temperatures are 21°C in the main living room and 18°C in other rooms. A 1°C decrease in room temperature can reduce your fuel bills by up to 10%.
3. Don't leave appliances on standby and remember not to leave laptops and phone chargers on charge unnecessarily.
4. Have a shower instead of a bath – you can have five 5-minute showers for the cost of a bath. This saves water as well as energy.
5. Close your curtains at dusk to stop heat escaping. If you have radiators under your window, make sure your curtains don't cover them.
6. Don't overfill kettles – just boil the amount you need.
7. Always wash a full load and spin dry clothes before tumble drying.
8. Defrost your freezer regularly and don't put warm or hot food straight into the fridge or freezer – let it cool first.
9. When buying a new appliance, choose the most energy efficient – 'A' is the best, 'G' is the worst.
10. If your hot water tank has a thermostat set it to 60°C.

Be UV Aware

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



What is today's UV level?



Think UV not temperature
careinthesun.org/uv

STUDY NOW RECRUITING!

Volunteer for research at Queen's University Belfast

Researchers are testing if eating a better diet or having a more active lifestyle can prevent memory loss in older age.



You may be suitable to take part in this 6 month research study if you:

- ✓ Are aged 60+?
- ✓ Eat less food than you used to?
- ✓ Have noticed problems with your memory?
- ✓ Consider yourself to be normal weight or underweight?

Why get involved?

- Receive **comprehensive health & memory checks**
- Receive **resources** designed by experts and older people **to help improve your eating habits and lead a more active life**
- You will **help us learn more about the links between diet, lifestyle and memory loss**

What is involved?

Participation will involve **three 2-hour study visits** over the 6 month study period. Volunteers will complete health, lifestyle and memory checks during each visit and will be compensated for any travel expenses.

Contact the research team or scan the QR code for more information:



-  [@promedcog](#)
-  [07503 926653](tel:07503926653)
-  promedex@qub.ac.uk



SPRING Wordsearch



Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

- | | | |
|-----------|---------|----------|
| APRIL | FLOWERS | PASSOVER |
| BASEBALL | GREEN | PUDDLE |
| BLOOM | GROW | RAINBOW |
| BUNNY | HATCH | RAINCOAT |
| BUTTERFLY | JUNE | SEEDS |
| CHICK | MARCH | SHOWERS |
| EASTER | MAY | SPRING |
| EGGS | NEST | UMBRELLA |



Quiz answers

- | | |
|--------------------------|-------------------|
| 1 17 th March | 6 Lionhead Rabbit |
| 2 80 million | 7 May Day |
| 3 The daffodil | 8 Cherry tree |
| 4 Spring Break | 9 5 months |
| 5 1 st March | 10 Snowdrops |



Could you make a difference in your community?

ABC Seniors Network was developed in 2010 and is the only umbrella group that represents the views of older people living within the Armagh, Banbridge and Craigavon Council areas. Their aim is to improve the quality of life for older people, provide leadership, connect older people to their community and to influence Public Authorities. At present, they sit on a wide number of platforms as a voice of older people in this area.

The pandemic created greater needs within the local community and older people in particular were badly affected. ABCSN undertook extra funding opportunities to meet those needs, delivering packs and information to isolated older people.

They offer advice, guidance and support to other groups in the area and a listening ear to individuals who require additional support. Their reputation is continuing to grow and they receive calls from older people on a range of topics, highlighting and building their capacity.

At present, we are trying to build the ABC Seniors Network and recruit new members. If you have a bit of spare time, would like to engage with and help support older people in your area please get in touch.

We meet for 2 hours, once a month and we rotate meetings between Armagh, Banbridge and Craigavon.

For more information call **Stephanie** on **07825 010 630**.