

ABC Seniors Newsletter

USEFUL NUMBERS

ABC Seniors Network	07873 339 423
Access and Information	028 3756 4300
Action Fraud	0300 123 2040
Age Friendly Officer	07825 010 630
Age NI Advice Service	0808 808 7575
Armagh Rural Transport	028 3751 8151
Council Offices	0300 0300 900
DART Partnership	028 3831 7810
Elder Abuse	0808 808 8141
Home Safety Advice	0330 0561 011
Home Security Advice	07919 306 281
Make the Call	0800 232 1271
N.I. Direct	0300 200 7899
N.I. Electricity	03457 643 643
N.I. Water	0345 744 0088
Out of Hours Doctor	028 3839 9201
Police Emergency	999
Police Non-Emergency	101

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 extra Christmas Special edition of our Newsletter and if you have any ideas for further editions please don't hesitate to contact us on **07825 010 630**.

We have taken the opportunity to provide you with some money saving tips and some energy efficiency advice, which we hope you find helpful.

Loneliness can also be a big issue particularly for older people at this time of year. We all have a role to play as individuals, families and communities in ensuring everyone feels valued and included. Why not lift the phone to an older neighbour or friend or check in with them around the holiday season, especially if they live alone, your time and attention may help him or her feel valued and important.

Could we just take this opportunity to wish you and yours a very merry Christmas and a happy, peaceful and healthy new year.

ABC Seniors Network



**Public Health
Agency**

Project supported by the PHA



Supported by the Public Health Agency through the Clear Project





Armagh Rural Transport provide a local rural & urban transport service for individuals & groups across County Armagh.

Getting you out to shop, visit family or friends, attend appointments etc. We provide accessible, warm, friendly & timely transport. This service is free if you have a smartpass.

TERMS & CONDITIONS APPLY

CONTACT US FOR MORE INFO:

028 3751 8151

admin@armaghruraltransport.com

Community Transport
Delivered in your local area for free

The best Christmas quiz questions

1. Which country started the tradition of putting up a Christmas tree?
2. How many ghosts show up in A Christmas Carol?
3. In which Christmas movie does Tom Hanks play 6 of the characters?
4. In which country is it tradition to eat KFC for Christmas dinner?
5. In the movie Love Actually, which character sang 'Christmas Is All Around'?
6. What is traditionally hidden inside a Christmas pudding?
7. Which city has been donating Trafalgar Square's Christmas tree to London every year since 1947?
8. If you're born on Christmas day, what's your star sign?
9. How many of Rudolph's fellow reindeers' names start with 'D'?
10. What is the best-selling Christmas single of all time?

Answers are on the back cover.

What kind of motorbike does Santa ride?

A Holly Davidson!

What do you get if you cross Santa with a duck?

A Christmas Quacker!

What goes 'Oh, Oh, Oh'?

Santa walking backwards!

What happened to the man who stole an Advent Calendar?

He got 25 days!

Keep Safe Keep Well

The New Year sees the return of the free Keep Safe Keep Well Events for Older People.



Armagh Banbridge & Craigavon Policing and Community Safety Partnership (PCSP) are hosting three free events for the over 60s in 2023. The event will highlight a wide range of issues on how to keep safe and keep well. Information stands on key service areas will also be on display, providing a wide range of information on issues that affect older people.

This event in previous years has been very successful and this year we have some fantastic speakers lined up to keep our over 60s safe and well. This event ends with a free lunch and is an ideal opportunity to come along have a chat and receive some advice.

The events will take place:

Armagh City Hotel

Wednesday 8th February 2023
from 10am - 1pm

Lough Neagh Discovery Centre

Wednesday 22nd February 2023
from 10am - 1pm

Belmont Hotel Banbridge

Wednesday 8th March 2023
from 10am-1pm

Tickets are limited for this event and if oversubscribed places will be drawn at random and will be issued to successful applicants one week before the event.

Bookings will only be taken from Monday 9th January 2023 to Friday 20th January 2023 for all 3 events.

To include your name in the draw email homesecurity@armaghbanbridgecraigavon.gov.uk or call Billy on **07919 306 281**.

No bookings will be taken before Monday 9th January 2023.



WARM TRAVEL SOLUTIONS

WWW.DARTPARTNERSHIP.CO.UK

Down Armagh Rural Transport provide local rural & urban transport services for individuals and groups across Craigavon & Banbridge areas.

Getting to an appointment, visiting friends, getting out & about has never been easier!

We provide accessible, warm, friendly & timely transport.

Dart services are free if you have a smart pass or heavily subsidised.

TERMS & CONDITIONS APPLY

CONTACT US FOR MORE INFO:

028 3831 7810

julie@dartpartnership.org.uk

COMMUNITY TRANSPORT DELIVERED IN YOUR LOCAL AREA



Supporting Safer Communities



**we care
we listen
we act**

Now that autumn has arrived it is vitally important that we take some additional steps to review and improve our home security. We've put together some practical advice that can help you stay safe and secure in your home.

Please share this with your older relatives, neighbours and friends and take a few minutes of your time to chat through all things security and put in place these preventative measures.



Home Security

As the darker evenings draw in, you can significantly reduce the chance of your home being burgled by taking a few precautions:

- A well-lit home gives the impression that someone is in.
- Use timer switches to turn lights on while you are out and make the house look occupied.
- Save energy and money with low energy dusk to dawn light bulbs. (A low-energy bulb costs less than 5p per week to run if left on for six hours per day.)
- Close and lock all doors and windows even if you are only going out for a few minutes and keep gates well secured.
- Check all your external lighting is in good working order and replace bulbs if necessary.
- Don't leave car keys near your door, letterbox or windows.
- Always check who is at the door. Not sure? Don't open the door.
- Set your alarm when going out and at night. If you don't have an alarm, consider installing one. For further details contact your local Crime Prevention Officer on 101.

Scams

As we approach the Christmas period, it is likely that scams will increase. They come in many different forms but some of the more commonly used ones are telephone and internet scams. Please be careful when contacted by anyone over the phone who is asking for your personal details. Remember financial institutions, utility companies, law enforcement, HMRC, internet and telephone providers or other public bodies will **NEVER** ask for your personal details over the phone. They **NEVER** accept vouchers or bank transfers, and will **NEVER** use threatening behaviour over the phone.

Remember if it seems too good to be true it usually is! To avoid becoming the victim of a scam visit Scamwise NI at:

www.nidirect.gov.uk/campaigns/scamwiseni

REPORT ALL SUSPICIOUS ACTIVITY online at www.psni.police.uk. Call 101.

IN AN EMERGENCY CALL 999.

**If you can spot
a scam, you can
stop a scam**

Stay 4 steps ahead of a scam by using this **scam test**

Seems too good to be true

Contacted out of the blue

Asks for personal details

Money is requested

Northern Ireland Public Service Ombudsman

Have you ever received a disappointing or poor public service in Northern Ireland? You could complain to help prevent the situation from happening again to you or to others.

This quick guide shows you how to make a complaint about a public service:

1. Go to the Public Body First

Make your complaint directly to the organisation.

Tell the public body (in-person / by phone / email) you want to make a complaint and ask about their complaints procedure. You may wish to ask someone to support you with this.

What happens next:

- The organisation should try to resolve your complaint.
- They should acknowledge your complaint within a few days and should examine the matter you have complained about, responding to you within 20 working days.



2. Go to the Northern Ireland Public Service Ombudsman (NIPSO) if you're still unhappy with the public body's response

- NIPSO is an independent body providing a free and impartial service to investigate unresolved complaints about public services.
- NIPSO takes the findings from complaint investigations to help drive improvements in complaints standards and share learning more widely.
- NIPSO is happy to help with any questions you may have about how to submit your complaint.

To find out more:



nipso.org.uk



nipso_comms



0800 34 34 24



@NIPSO_Comms



Why does Santa have three gardens?

So he can 'ho ho ho'!

What is the best Christmas present in the world?

A broken drum, you just can't beat it!

What do they sing at a snowman's birthday party?

Freeze a jolly good fellow!

Cost of Living Support

Community Advice Armagh

Offers borough residents free, independent, confidential, and impartial advice, advocacy, and information.

9 McCrum's Court
Armagh
BT61 7RS

028 3752 4041
donna.morris@communityadvicearmagh.com

Monday – Friday, 9.30am - 3.30pm

Community Advice Banbridge

Offers borough residents free, independent, confidential, and impartial advice, advocacy, and information.

77 Bridge Street
Banbridge, Co. Down
BT32 3JL

028 4062 2201
advice@cabanbridge.org.uk

Monday-Friday, 9.30am - 4pm

Community Advice Craigavon

Offers borough residents free, independent, confidential, and impartial advice, advocacy, and information.

Mount Zion House
Edward Street
Lurgan
BT66 6BD

028 3836 1181
enquiry@advicecraigavon.com

*Monday-Thursday, 9am - 5pm
& Friday, 9am - 4pm*

Make the Call

Assists with making sure individuals and households are getting all the benefits, services and supports they are entitled to.

0800 232 1271
www.nidirect.gov.uk/makethecall

Warm Spaces / Hubs

Tommy Makem Arts & Community Centre Keady (pilot project)

Chat, relax, connect and stay warm. Free tea, coffee, biscuits, wifi, newspapers and advice packs.

Tuesday & Thursday 10am - 1pm

Portadown Town Hall (pilot project)

Chat, relax, connect and stay warm. Free tea, coffee, biscuits, wifi, newspapers and advice packs

Tuesday & Thursday 10am - 1pm

Drumellan Community House in Craigavon

will be holding a "Warm Space" from Tuesday 2nd December till 29th March. *This will be each Tuesday & Wednesday from 10am - 2pm.*

The Jethro Centre

are offering homemade soup *every Monday from 1pm*. Come join us in a lovely warm space with TV on and some good conversation.

Libraries NI

Read the latest local newspapers in the comfort of your local library with a cup of tea or coffee.

Armagh City Library

Mondays from 10.30am - 12noon

Banbridge Library

Saturdays from 10am - 12noon

Brownlow Library

Tuesdays and Saturdays from 10.30am - 12.30pm

Dromore Library

Tuesdays from 6pm - 7pm

Keady Library

Wednesdays from 11am - 12noon

Lurgan Library

Fridays from 10.30am - 12noon

Portadown Library

Thursdays from 10am - 1pm

Rathfriland Library

Fridays from 10.30am - 12noon

Richhill Library

Tuesdays from 11am - 12noon

Tandragee Library

Wednesdays from 1.45pm - 3pm

Shop Cook Save!

Money-saving Tips for Cooking at Home

Top Tips from our Registered Dietitians



Batch cook

Cook once,
eat twice

Try a
meat-free
day

Make meals go further

Add beans, pulses
or grated veg

Fakeaway
not takeaway!

Use leftovers

Great for lunch or
freeze for again

Use a slow cooker

Uses less energy
than the oven

Make a
weekly
meal plan

Make a
shopping list
and stick to
it!

Try
supermarket
own brands

Shop Cook Save!

Tips to Save Money

on Your Food Shop



Look for items
with a yellow
"reduced" sticker

Check use by
dates!

Look for
special offers
on canned or
dried food

Shop after
you have
eaten

Get moving and make physical activity your New Year's resolution!

For people of all ages, the New Year is the perfect time to make a fresh start and set goals to lead a more healthy and active lifestyle.

Regular physical activity is one of the most important things you can do for your health and is vital for healthy aging. It is proven to prevent and manage diseases such as heart disease, stroke, diabetes and several cancers. It also helps to maintain healthy body weight, keeps bones and muscles strong, reduces the risks of falls and fractures and can improve mental health, quality of life and overall wellbeing.

Unfortunately the proportion of people who are inactive rises with age with nearly a quarter of people aged 50 to 70 doing less than 30 minutes of physical activity a week and classed as inactive (NatGen analysis of Active Lives Survey 2018/19).

The Chief Medical Officer recommends that older adults need:

- At least **150 minutes a week** (for example, 30 minutes a day, 5 days a week) of **moderate intensity activity** such as brisk walking. Or at least **75 minutes a week** of **vigorous-**

intensity activity such as hiking, jogging, or running.

- At least **2 days a week** of activities that **strengthen muscles** and **improve balance and flexibility** such as carrying bags, yoga, dance or tai chi.

Older adults should aim to participate in daily physical activity to gain health benefits. It is vital that we all move more and sit less throughout the day. Some physical activity is better than none: even light activity brings some health benefits compared to being sedentary, while more daily physical activity provides greater health and social benefits. For those who are limited by disease or impairment, there is value in even small increases in activity, which can also help to slow or prevent further decline.

More than two hours may sound like a lot of time, but it doesn't have to be done all at one. Everyday activities like cleaning, gardening and walking up the stairs can get the heart beating and strengthen muscles.

Through our Get Moving ABC framework, the Council's Sport Development team have a range of Get Moving programmes aimed at older adults.

ACTIVITY	VENUE	DATE & TIME	COST	REGISTRATION
Bat & Chat 50+ Social Table Tennis	Banbridge LC South Lake LC	Tue 11 - 12.30 Thu 10.30 - 12noon	£18 for 6 weeks	Amanda Mogey 07816 341 112
Senior Social Circle Various Activities	South Lake LC	Wed 10.15 - 12.15	£3.10 per session or free for members	Pay at reception
Dance	Dromore Community Centre Tandragee Recr. Centre	Mon 11.15 - 12.15 Fri 10 - 12noon	£2 per session	Pay at reception
GOGA Fit Low intensity exercise class	Dobbin Street Comm. Centre South Lake LC Banbridge LC	Mon 10 - 11 Tues 11.30 - 12.30 Fri 11 - 12noon	£2 per session	Ryan McQuillan 07799 137 291
Nordic Walking	South Lake LC	Wed 1.30 - 2.30	£2 per session	Ryan McQuillan 07799 137 291
Tai Chi	South Lake LC South Lake LC Richhill Recreation centre	Tue 1.30 - 2.30 Tue 2.45 - 3.45 Wed 10 - 11	£2 per session	Ryan McQuillan 07799 137 291
Walking Football	Havelock Park	Tue 5 - 6	£2 per session	Aaron McNeill 07771 987 891
Couch to 5k	Armagh, The Mall Dromore Comm. Centre Portadown Peoples Park	New programmes commencing Jan 2023	£32 for 8 weeks	Amanda Mogey 07816 341 112

So why not make a start today, it's never too late! Sit less and move more! Every movement counts!

For further information and details of all our Get Moving programmes please visit:

getactiveabc.com/get-moving/

or contact Sport Development at

sportsdevelopment@armaghbanbridgecraigavon.gov.uk or 07816 341 112

Build moving more into your day

**Break up sitting time,
if possible**

**Every movement
counts!**

If you don't use it, you will lose it!

Older adults should focus on activities such as strength & balance exercises, gardening, walking, yoga and tai chi to support your mobility & wellbeing.

**Its never
too late
to start!**

**Start slowly,
gradually
build up.**



UK Chief Medical Officers' Physical Activity Guidelines 2019



**Have a happy and
active Christmas!**

HSC Southern Health
and Social Care Trust
Quality Care - for you, with you

Safe & Sound Handyman Service



Telephone **(028) 4062 3770**

Email **enquiries@lltca.com**

This service is for anyone who lives within 5 miles of Laurencetown Community Centre.

Your circumstances will dictate if you pay £5 per hour or £10.

If you are an NIHE tenant you will pay £5 per hour plus materials.

Non-NIHE residents will pay £10 per hour plus materials.

We will provide general consumables such as nails, glue, screws etc.



NIHE Maintenance staff are the first point of contact for NIHE tenants.

Ring 03448 920 901

If the job is not covered by the NIHE, tenants can contact us to see if we can help.

The types of jobs that we can do are:

- Fix/attach/replace curtain poles
- Bleeding radiators
- Securing trailing wires and flexes
- Adjust table/chair legs
- Tiles: tiling small areas of walls; re-grout tiles
- Fix door handles
- Changing, fitting and repairing of locks
- Fitting chains, security spy-holes & key safes
- Fitting key safes
- Cutting down or clearing shrubs/hedge
- Minor repairs to path to remove trip hazard
- Small repairs to garden gates, fencing

Volunteers must be able to complete the work within 3 hours - so the jobs are small home repairs rather than large:

- No grass cutting as this is a regular and on-going need (will cut back a hedge only if growing over a path and causing an obstruction – purely to allow safe access or visibility).
- No painting or decorating.
- No mains plumbing.
- No mains or electric.
- Nothing above 3 metres high.
- No chemical substances, e.g. using bleach for driveways etc.
- Must be able to complete the majority of jobs as a lone worker, e.g. unable to move large items of furniture that could take 2+ people.
- Can only power wash if it is concrete/patio slabs and an outside tap is available.
- Unable to take away items to the tip but LLTCA can help organise a collection.

What did Santa do when he went speed dating?

He pulled a cracker!

What did Adam say the day before Christmas?

'It's Christmas, Eve!'

Margaret's Cookery Corner

Christmas Shortbread



Ingredients

4 ozs / 114 grams butter

2 ozs / 56 grams caster sugar

6 ozs / 170 grams plain flour

(or 5 ozs / 141 grams plain flour & 1oz / 28 grams cornflour. Using cornflour will give a lighter texture)



Method

Cream butter and sugar until light and fluffy.

Add all dry ingredients.

Roll in a ball.

Dust board lightly with flour and roll out shortbread mix roughly 1/4" or 5 mm depth.

Cut out with cutter using round or square or star or heart and place on lined tin of greaseproof. This will make up to 24 pieces depending on size of cutter you choose. Bake at 160°C on middle shelf for 15 minutes until pale light brown. Dust with caster sugar.

Alternatively, you can line small Swiss roll tin and press shortbread mix into it evenly. Mark out in fingers with knife and prick with a fork, bake for 30 minutes till light-brown in colour. Cut while warm in fingers. Dust with caster sugar.

These will keep a month to 6 weeks in an airtight container.

10 Golden Rules

Remember these 10 golden rules to help you beat the scammers.

- 1** Be suspicious of all 'Too good to be true' offers and deals. There are no guaranteed get-rich-quick schemes.
- 2** Do not agree to offers or deals immediately. Insist on time to obtain independent/legal advice before making a decision.
- 3** Do not hand over money or sign anything until you have checked the credentials of the company or individual.
- 4** Never send money to anyone you do not know or trust, whether in the UK or abroad, or use methods of payment that you are not comfortable with.
- 5** Never give banking or personal details to anyone you do not know or trust. This information is valuable so make sure you protect it.
- 6** Always log on to a website directly rather than clicking on links provided in an email.
- 7** Do not rely solely on glowing testimonials: find solid independent evidence of a company's success.
- 8** Always get independent/legal advice if an offer involves money, time or commitment.
- 9** If you spot a scam or have been scammed, report it and get help.
Contact ActionFraud on **0300 123 2040** or online at **www.actionfraud.police.uk**. Contact the Police if the suspect is known or still in the area.
- 10** Do not be embarrassed to report a scam. Because the scammers are cunning and clever there is no shame in being deceived. By reporting you will make it more difficult for them to deceive others.

Christmas Word Search

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

Decorations
 Celebrate
 Lights
 Giving

Candy Canes
 Ornament
 Presents
 Dinner

Christmas
 Reindeer
 Family
 Wreath

Mistletoe
 Cookies
 Elves
 Santa



Quiz answers

- 1 Germany
- 2 Four: former business partner Jacob Marley, and the spirits of Christmas Past, Present and Future
- 3 The Polar Express. He plays Hero Boy, Father, Conductor, Hobo, Scrooge and Santa Claus
- 4 Japan
- 5 Billy Mack, played by Bill Nighy
- 6 A coin
- 7 Oslo, Norway
- 8 Capricorn
- 9 Three - Dancer, Dasher, Donner.
- 10 Bing Crosby - 'White Christmas', according to the Guinness Book of World Records

