

ABC Seniors Newsletter

WINTER 2023

EDITION 8

Hello and welcome from the Armagh, Banbridge and Craigavon Seniors Network. We are an umbrella group representing the older community within the Armagh City Banbridge and Craigavon Borough Council area. ABC Seniors Network is made up of 21 Committee Members from older peoples groups throughout the Borough with 4 support organisations and 5 community and voluntary members. 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.

If you would like to sign up to our mailing list, or to raise concerns about an issue in your local area, please call **Stephanie** on ☎ **07825 010630** or email ✉ **agefriendly@armaghbanbridgecraigavon.gov.uk**

We would like to take this opportunity to wish you and your family a very merry Christmas and a happy, healthy new year. For many of us the festive season is the highlight of the year, but new research from Age UK shows a massive 1.4 million older people are expecting to feel lonely this Christmas. The good news though is that for many older people in this position, a friendly phone call or visit turns out to be the best Christmas present of all. The gift of kindness and friendship, costs nothing and is so easy to offer, yet so gratefully received. That's why this year we are encouraging everyone to reach out to the older people around them with a phone call or visit, or an invitation for a cup of coffee or tea. Simple things like these can literally brighten up everyone's day.

ABC Seniors Network x



📞 Useful Numbers

ABC Seniors Network	07873 339 423
Access and Information	028 3756 4300
Action Fraud	03001 232 040
Age Friendly Officer	07825 010 630
Age NI Advice Service	08088 087 575
Armagh Rural Transport	028 3751 8151
Council Offices	0300 0300 900
DART Partnership	028 3831 7810
Elder Abuse	08088 088 141
Home Safety Advice	03300 561 011
Home Security Advice	07919 306 281
Make the Call	08002 321 271
N.I. Direct	03002 007 899
N.I. Electricity Networks	03457 643 643
N.I. Water	03457 440 088
Out of Hours Doctor	028 3839 9201
Police Emergency	999
Police Non-Emergency	101

Margaret's Cookery Corner

Christmas Shortbread and Oxtail Stew



Christmas Shortbread

Ingredients

- 4ozs /114g butter
- 2ozs /56g caster sugar
- 6ozs plain flour 170g (or 5ozs/ 141g plain flour & 1oz/28g cornflour)
Using cornflour will give a lighter texture.

Method

1. Cream butter and sugar until light and fluffy
2. Add all dry ingredients
3. Roll in a ball.
4. Dust board lightly with flour and roll out shortbread mix roughly 1/4" or 5 mm depth
5. 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 160c on middle shelf for 15 minutes until pale light brown dust with caster sugar
6. Alternatively, you can line small Swiss roll tin and press shortbread mix into it evenly.
7. 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.
8. These will keep a month to 6 weeks in an airtight container.

Oxtail Stew

Ingredients

- 1 oxtail most butchers sell cost approx. £5/£5.50
- 2 tablespoons plain flour
- 3 tablespoons vegetable/ sunflower oil
- 1 large onion chopped
- 3 chopped or ringed carrots
- 3 sticks chopped celery
- 3 cloves garlic (optional) peeled then finely chopped
- 1 tin chopped tomatoes
- Salt + pepper
- 3 pints of water
(you can add red wine if you want)
- 2 beef stock cubes

Method

1. Add seasoning to flour and toss oxtail in the flour.
2. In a pan heat the oil and add the seasoned oxtail, brown off lightly, remove from pan.
3. Add onions, garlic, carrot & celery, stir round for 5 minutes remove from heat.
4. You can either use a slow cooker, pressure cooker or large saucepan.
5. Make your stock up add to whatever you want to cook it in.
6. Then add the oxtail, topped with vegetables then topped with the chopped tomato.
7. Cook in slow cooker for 3 to 4 hours the meat just falls off the bone. You can remove the bones now if you want. Costs a lot less to cook in slow cooker or pressure cooker.
8. This will make 8 servings, freezes really well. Just as tasty the following day.
9. Serve with mashed potatoes & enjoy.

Happy Christmas Memories

Dae ye mind O Christmas lang ago
When we were only wee
There wurnae phones nur laptoaps
in the presents neath the tree
We were happy wi a jigsaw
An annual or a game
A dolly fur the lassies
An fur the lads a train
An then if we were lucky
A big selection box
Then sometimes, no sae lucky
Yer Granny's knitted socks!

How to support a person with Dementia at Christmas

Christmas means many things to many people — from food, family and festivities to religious observance and quiet reflection. But for people affected by dementia it can be more difficult.

Here are 8 ways you can support people with dementia at Christmas.



1. Put decorations up gradually

Introduce the Christmas environment slowly. Think about putting decorations up gradually over a few days so it doesn't come as a big change to the person's usual setting.

2. Keep it simple and familiar

Someone with dementia may feel overwhelmed over the Christmas period, so it's best not to overdo it. Keeping the day's activities low-key will help your loved one to relax. Sticking to a familiar routine is also a good idea where possible. Having meals at regular times and in familiar surroundings will help to limit any potential confusion.

3. Get everyone involved

There are many ways to involve people living with dementia at Christmas time – from something as simple as hanging a bauble on the tree to doing a spot of Christmas shopping. Playing Christmas music and singing favourite carols can be a simple way to involve the person in the festivities.

4. Create a quiet area

A large number of guests can be overwhelming, so ask family and friends to spread out their visits over the festive period. If things do get busy, designate one room or space in the home a 'quiet area' where your loved one can relax without loud noise. For some people, listening to music on headphones can be a good way to block out the noise and feel calmer.

5. Bring back old memories

Whether it's an old song they used to enjoy or a classic Christmas film, find something you can take part in that is important to the person. Making a family photo album or memory box could be a nice way to spend time together. Be mindful that there may be things the person does not wish to reminisce about, such as upsetting events and people that they miss.

6. Be mindful of food

Although many people eat a lot at Christmas, a full plate can be daunting for someone who has difficulties eating. If you're doing the serving, try not to overload your loved one's plate.

7. Be flexible

It's easy to get caught up in Christmas traditions and how things have always been done in the family, but your festive season might begin to look different as dementia progresses. It's always worth having a plan B and be prepared to change your plans if a particular element isn't working.

8. Plan ahead

Consider minimising situations where the person with dementia is put on the spot to remember names. Think about giving a gentle reminder each time a new person arrives or ask that people introduce themselves. Speaking with family members in advance, especially younger children, may help avoid embarrassing moments for someone with dementia too. If the person with dementia is living in a care home, it can be helpful to ask the home in advance what their plans are for Christmas Day – particularly if they have restrictions on visiting times or amount of people allowed at any one time.

Get in touch

If you would like someone from the Alzheimer's Society Northern Ireland team to contact you, please scan the QR code and complete the form, or contact us using the details below.



028 9066 4100

nir@alzheimers.org.uk

alzheimers.org.uk

 **Alzheimer's Society**

 Alzheimer's Society / Alzheimer's Society Northern Ireland

 @alzheimerssoc / @AlzSocNI  @alzheimerssoc

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Take5

steps to wellbeing

We know when we are mentally and physically well but sometimes we need a little extra support.

Here are five simple steps to practise every day:



Connect

Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



Be active

Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Take notice

Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



Keep learning

Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



Give

Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing (www.neweconomics.org).
Artwork designed in association with Belfast Strategic Partnership.

TAKE500+

YOUR COMMUNITY, YOUR VOICE, YOUR CHOICE!

**WOULD YOU LIKE
UP TO £1000 TO BRING
A PROJECT TO LIFE
IN YOUR COMMUNITY?
THEN CHECK OUT THE TAKE500+
PARTICIPATORY BUDGETING FUND!**

If you live in the ABC Borough and you have an idea in mind of something that you think would bring value to your area and support your community, especially in these increasingly difficult times, look no further! Applications are now open until 18 January for individuals and groups to apply for up to £1000 funding to make a difference in their community. Groups whether constituted or un-constituted can apply as well as individuals as long as there 3 people age 8+ involved and is happening within the ABC Borough.

You could use the funding for any idea that improves the health and wellbeing of your community as long as it is based on one or more of the 5 Steps to Wellbeing.

Some ideas for projects might include:

**Arts and Crafts | Flower Arrangement | Knitting/Sewing Programme
Dance/Exercise Programme | Day Trip as long as its within the ABC Borough
Tea Dance | Walk and Talk Events | Community Bench | Food & Mood Event
Intergenerational programme | Learn IT/Get Online Programme
Book Clubs | Storytelling**

The list is endless so if you have an idea and not sure how to progress this please drop an email to agefriendly@armaghbanbridgecraigavon.gov.uk or give Stephanie a call on **07825 010 630**.

For more information, log onto
www.armaghbanbridgecraigavon.gov.uk/Take500plus
or call **0300 0300 900**



Our Services

01



Make A Difference & Volunteer

Talk to Down Armagh Rural Transport Partnership. We are seeking drivers to assist the most disadvantaged and vulnerable individuals offering a valuable social life-line for members of your community. Our work brings us right to the heart of the community and we urgently need more volunteer social car drivers.

02



Free Professional Qualification

Are you passionate about driving and your community? We have a unique opportunity for individuals interested in pursuing a career in driving. We are offering the chance to obtain your D1 Minibus Driver Qualification for free! In exchange we ask for your commitment of thirty hours of social car driving within the community for DART members.

03



Access To Out Of Area Hospital Appointments

We currently have a Motability Grants to Charities Funded project running, which you may be eligible for. The Access Plus project can help individuals in our catchment area improve access to out of area hospital appointments. Terms & Conditions Apply.

04



Happy Christmas & New Year

DART extends warm wishes to the community and its valued members for a joyful Christmas and a prosperous New Year! Here's to a year filled with new opportunities, growth, and continued community connections, from all of us at DART! 🌟🎉



GET IN TOUCH: (028)38317810
EMAIL: JULIE@DARTPARTNERSHIP.ORG.UK

Coping at Christmas when you are grieving

The run up to Christmas and Christmas Day can be an emotional time of the year, whether you are facing the first Christmas since a loved one died or whether they died many years ago. Sometimes it helps to give some thought in advance to what will be most helpful for you.

Here are some suggestions others have found of benefit:

- Acknowledge that Christmas will be tough: decide which traditions you want to keep and which ones you want to change. Nothing is set in stone and you might make different choices next year. Perhaps introduce a new tradition in memory of your loved one. Think about how you would like them remembered at this time. This might be in a favourite photo, through music, their favourite meal or a quiet moment in the presence of a lit candle.
- Choose the people you want to spend time with, ask for help and accept help from those who know what you need best. Choose which events you want to attend and only do what you feel comfortable with. Keep things simple and don't feel pressured into making plans.
- If you have young children, the motivation to make Christmas a happy time for them can be emotionally draining. Include your children in Christmas planning and reassure them that its ok to enjoy Christmas.
- Accept offers of help so that you can have some quiet time, while others spend time with the children. It is important to acknowledge how you feel.
- Be patient with others, people don't grieve in the same way. There is no right way to grieve but it is important to be open about how you are feeling in order for others to support you.

- Build in some physical exercise time even if it is just a family walk, this might be a new tradition to remember and talk about the person who has died.
- Be alert if you are turning to alcohol or drugs to numb the pain and if this is the case try to speak to someone who knows you well or your GP.
- If Christmas day is too much, make an alternative plan. Try and do something with the day no matter how simple. Perhaps go to church or watch a Christmas movie.
- Do not feel guilty about the choices you make or about enjoying yourself and feeling happy. This does not diminish your love of the person or how much you miss them.

For many people coping with Christmas will be difficult especially if they have suffered the loss of a family member, friend or colleague during the previous year. To those of you reading this who are grieving we hope that you will be comforted by those around you and memories of happier times. Remind yourself that you are on a grief journey and some days may be harder than others but at Christmas time there are many things happening to lift your spirits and it is ok to feel joy and comfort.

Many bereavement support organisations have developed advice to help people who are grieving and dreading how they will feel during the festive season. We hope you might find this information helpful if you are grieving or if you are supporting others who have been bereaved.



VOLUNTEER NOW

connect • build • change

VOLUNTEERING IS GOOD FOR YOUR HEALTH

Volunteer Now carried out some research* with people in Northern Ireland aged 50+ and found that:

- 75% of respondents described their life as either very active or quite active. Volunteers were more likely to say that they were active than non-volunteers.
- The majority of respondents stated that getting involved in volunteering had increased their social interaction with people from different age groups (69%), encouraging more intergenerational contact through volunteering

Research also indicates that getting involved in volunteering can offer a huge range of benefits and has shown to:

- improve confidence
- encourage socialising and prevent loneliness and isolation
- provide opportunities to have fun
- help with physical and mental health
- offer the opportunity to share existing and learn new skills

If you would like to find out more about volunteering, please visit our website www.volunteernow.co.uk, email us info@volunteernow.co.uk or ring us on **028 9023 2020**.

*Making the Connection 2: A Further Exploration of the Attitudes, Lifestyle and Volunteering Activity of the 50+ Age Group in Northern Ireland



Good Vibrations

Age NI's new Good Vibrations programmes provide information, tips, advice, and support to men 50+ with the intention of improving physical and mental health in the second half of life.

We surveyed older men in Northern Ireland to find out what matters to them, and how Good Vibrations can help them deal with the many ups and downs that we face as we get older.

Health checks, mental fitness, healthy eating, relationships, money matters, fraud, and scams - get information and advice on all of these topics and more when you sign up to our **Good Vibrations Community Newsletter**.

For more information or to sign up contact Stephen Gourley on **07816 247 624** or email Stephen.gourley@ageni.org



Northern Ireland Fire & Rescue Service



**S | T | O | P
FIRE**

Smoke Alarm

Test Alarms Weekly

Obvious Dangers

Plan Your Escape

Winter Safety 2023

As we enter the high-risk time of year for accidental fires in the home, Northern Ireland Fire & Rescue Service (NIFRS) is advising the community to be vigilant over winter. Many additional fire dangers are introduced into our homes, especially at Christmas, such as open fires, portable heaters, candles and Christmas tree lights.

Therefore, please be aware of how to stay safe by reading our tips on preventing fires in the home:

- A smoke alarm should be fitted on every floor and in the bedroom of anyone with impaired mobility
- Smoke alarms should be tested weekly
- Never leave cooking unattended, and don't cook if you are tired, have been drinking alcohol or have taken medication that could make you drowsy
- Avoid leaving items on your cooker top/hob e.g., Tea towels and medication
- Do not overload electric sockets and always use the correct fuse
- Do not use damaged or frayed leads/wires
- Turn off lights at night and when you are leaving the house, including Christmas tree lights and decorations
- Never smoke in bed

- Ensure all smoking materials are extinguished properly and disposed of in a metal container, not a wastepaper basket
- Never leave candles unattended, do not place them on plastic surfaces or near soft furnishings and use a suitable holder
- Do not dry clothes on or close to heaters
- Have a bedtime routine – turn off electrical items at the plug, close internal doors, empty ashtrays, extinguish candles, and put a spark guard on open fires
- Plan your escape route and keep this route clear from obstructions, such as Christmas trees and presents
- Have gas and electrical appliances serviced regularly

NIFRS provides a free Home Fire Safety Check scheme. If eligible, fire personnel will come to your house and will either fit a smoke alarm or show you how to test your existing smoke alarm, explain the potential fire risks in your home, and provide fire safety advice.

For further information please contact **028 9266 4221** or visit www.nifrs.org





The New Year sees the return of the free **Keep Safe Keep Well** Events for anyone aged 60+

Armagh Banbridge & Craigavon Policing and Community Safety Partnership (PCSP) are hosting three free events for the over 60s in 2024. 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.

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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 7 February 2024 | 10.00am - 1.00pm

Belmont Hotel Banbridge
Wednesday 21 February 2024 | 10.00am - 1.00pm

Lough Neagh Discovery Centre
Wednesday 13 March 2024 | 10.00am - 1.00pm

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 for tickets will be open between 5th January 2024 & 19th January 2024 and can be booked by contacting Billy on ☎ 07919 306 281 or emailing ✉ homesecurity@armaghbanbridgecraigavon.gov.uk

No bookings will be taken before Friday 5th January 2024.



Christmas Trivia Quiz

1. If you were born on Christmas day, what would your star sign be?
2. In which year was the first Christmas card sent – 1743, 1843 or 1943?
3. In which ocean can Christmas Island be found?
4. Which one of Santa's reindeer has the same name as the god of love?
5. What was Frosty the Snowman's nose made of?
6. What is the name of the period leading up to Christmas?
7. What is Scrooge's first name?
8. Which plant, beginning with P is associated with Christmas?
9. What is traditionally hidden inside a Christmas pudding?
10. In which tin of chocolates would you find 'The Green Triangle'?

Answers on back cover



BURNT CARROTS

Donna Ashworth

I love imperfectly decorated trees,
with mismatched trinkets that tell a story of the past.

I treasure last-minute gatherings,
with food rustled up from nowhere,
it's always 'just enough'.

I see the beauty in gifts handed over
with words of 'oh it's nothing',
for that simply means the giver cannot begin to convey,
how they really feel.

I value the quiet moments
when the lights twinkle and the raucous moments,
when the laughter fills the room.

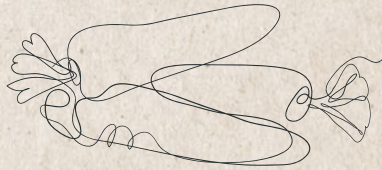
And I can't get enough of burnt carrots,
forgotten stuffing and failed attempts at dessert.

Because, my friends, that's where the love lives.

In the messy.
The real.

Love is in the burnt carrots.

Look for it.



WARM HUB

CHAT, CONNECT,
RELAX, AND
STAY WARM

EVERYONE
WELCOME

Following a successful pilot scheme last year, Armagh City, Banbridge and Craigavon Borough Council are once again running the Warm Hub Scheme to help keep residents connected, warm and safe during the winter months.

Every Tuesday and Thursday throughout December, January and February, the Warm Hub Scheme will run in Portadown Town Hall and the Tommy Makem Arts & Community Centre, Keady between 10am and 1pm.

These Warm Hubs are open to everyone and offer the chance for local residents to drop in and enjoy a hot drink, have a chat, connect to Wi-Fi or read the paper in a warm and safe environment.

"We are delighted to be able to offer these Warm Hubs to our local residents throughout the dark and cold winter months, as we know that this time of year can feel lonely for some," commented the Lord Mayor, Alderman Margaret Tinsley. "As the cost of living crisis also continues and residents are facing spiralling costs in all areas of life, these Hubs offer a warm and safe place for people who need that extra bit of help, support and respite from everyday pressures."

Free Wi-Fi

Free Tea, coffee & biscuits

Free newspapers & advice packs

Tommy Makem Arts & Community Centre

Portadown Town Hall

From 10.00am to 1.00pm on every Tuesday and Thursday throughout December, January and February



Have a Jolly Safe Christmas

Christmas is a time when homes can sometimes be busy, and it's in the excitement of the season that accidents can easily happen.

The Home Safety Team with Armagh City, Banbridge & Craigavon Borough Council are reminding you to stay safe with these Christmas safety tips.

- If putting up decorations, avoid using step stools or ladders. They sometimes can be unstable and lead to a fall. Instead, opt to hang your decorations at a lower height within arm's reach, or enlist the help of a family member or neighbour.
- Do not use any decorations with exposed wires or fraying.
- Keep cards and decorations away from fires and other heat sources such as light fittings.
- Avoid plugging too many things into one outlet, which can create a fire hazard.
- Place candles where they cannot be knocked down or blown over. Don't leave burning candles unattended. Consider using battery-powered candles instead of real.
- Ensure all smoke alarms in the home are working.
- Christmas tree lights should not be left on for prolonged periods of time or overnight. Even LED lights can overheat, and with a combination of a dry Christmas tree, could cause a fire.

- Make it a habit to turn off your Christmas lights every time you leave the house or go to bed at night.
- Beware of trailing leads and cables which pose a trip hazard.
- Falls are the most common accident so try to keep clutter to a minimum and make sure stairs are well-lit and free from obstacles.
- Christmas can be a time for everyone to gather. Be mindful of younger family members. Many accidents involving toys occur when people trip over them and when babies play with toys intended for older children. Small items can pose a choking hazard to young children, such as button batteries (small disc-shaped batteries) used in electronic games, some watches, even hearing aids.

Armagh City Banbridge and Craigavon Borough Council's Home Safety Scheme is here to assist with any home safety concerns, not just at Christmas time. If you are aged over 65, have a disability/special need, or children in your family under 5, our Home Safety Team can provide information and advice on avoidance of accidents, highlighting potential hazards in and around the home. Safety equipment is available to those eligible.

To contact the Home Safety Team phone ☎ 0330 0561 011 or email ✉ homesafety@armaghbanbridgecraigavon.gov.uk



Christmas Riddles

Q: Where will you be able to find the nine reindeer?

A: It depends on where you left them.

Q: You will buy me to eat, but you will never eat me. Not even during Christmas. What am I?

A: Cutlery.

Q: How many presents can Santa put in an empty bag?

A: Only one—after that, it's not empty anymore!

Q: You can catch me easily, especially around Christmas time, but you can never throw me. What am I?

A: A cold.

Q: What has a lot of needles but can't sew?

A: A Christmas tree!

Q: When does Christmas come before Thanksgiving?

A: In the dictionary.

Q: What is a parent's favourite Christmas carol?

A: Silent Night!

Q: It is red and white, it is moving in circles, and it is red and white again, and red and white. What is it?

A: Santa's clothes inside a washing machine.

Q: How did Frosty know he had dandruff?

A: Because of the snowflakes.

Q: What is the best Christmas gift you could get?

A: A broken drum—it can't be beat!

Winter Word Search



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

Chilly

Fireplace

Frost

Hibernate

Hot Chocolate

Migrate

Penguin

Polar Bear

Snowflake

Snowman

White

Winter

Answers – Christmas Trivia Quiz

1. Capricorn / 2. 1843 / 3. Indian Ocean / 4. Cupid / 5. A Button / 6. Advent
7. Ebenezer / 8. Poinsettia / 9. A silver coin (sixpence) / 10. Quality Street

