

NUACH

FEBRUARY 2006

Southwark **Irish Pensioners'** Project

**STOP
PRESS**

* * *

*St Patrick's
Day Parade is
on Sunday
March 12th.
Please join us
behind our
banner and
our decorated
Minibus float.
Bring along
family and
friends and
join in the fun.*

St. Patrick's Day celebrations

Another new venue for our celebrations! Our dinner & dance is being held in

Bacons College on Saturday March 18th.

The college is in Bermondsey and the 381 bus stops at the end of the road leading to the college i.e.

It is only a 5 minute walk to the college. Because it is during term time it was only available on a Saturday. It is a lovely venue and very roomy. There is full disabled access and everything is on the ground floor.

We plan to eat 1.00pm and there will be full waitress service so that everyone can sit down and enjoy the meal. Afterwards there will be dancing to Donegal Paul's lively music until 5.30pm. There is a bar so you will be able to drown the shamrock in customary style!!

As always transport will be very limited so please use taxicard, dial-a-ride, share-a-cab, roller blades, broomsticks, lifts from family or friends, or any other mode of transport to get you there. Make your travel arrangements in good time and don't forget to book the home-ward journey too. You may have a seat on the minibus coming in to club but that does not mean you can have transport on the 18th because we try to bring members who only get out once or twice a year. If we were to accommodate all those who use the minibus we would need a further 5 minibuses and that's not possible - no drivers and no escorts!

Tickets will be available from Thursday March 2nd and will cost £8 per person. The Hall can hold 250—260 so everyone that wants to attend should be able to do so. However, **the cut off date for getting tickets will be Tuesday 14th March** as requested by the caterers so please make sure you get yours before then. We will not be able to keep adding on extra numbers after that date.

UPDATE RE THE HANDYPERSON SCHEME

Mick and his volunteers are very popular with our members. They take the time and effort to ensure their client is happy with their service. Members who have received a service tell us that it is a pleasure to have them. Some have said that the handyman scheme is the best service we have offered to date! It is such a worry for older people letting strangers into their homes so knowing Mick and his volunteers come from SIPP is very reassuring and they also tell us that they never leave a mess and that the Craic is great while the job is being done!

Unfortunately they can no longer take on large jobs e.g. painting and decorating, laying floors etc. due to a growing demand for their services.

However, small jobs that you need a hand with e.g. cleaning windows, putting up curtains or blinds, repairing cupboard doors, changing light bulbs, lawn mowing etc are not a problem.

Contact Rita and she will organise a visit from Mick and/or his volunteers.

Feedback from two satisfied customers:

Thank you for fixing my new toilet seat. It is great for us pensioners to have someone to help us. Thank you SIPP I appreciate all you do for us. Many thanks to Mick and his volunteers.

Cathy Leahy

I feel so useless now that I cannot even change a light bulb. I know that I must not climb on to a chair as I did without a thought in the past. Knowing we can call on Mick or one of his volunteers makes such a difference and they never make you feel that any job was too small. I hope that the service will be available for many years to come and I would urge my fellow members to use it with confidence.

Mary.

ADVICE SERVICE FOR SIPP MEMBERS

Hello.

I'm Amos Phillips and I have provided the advice sessions at the Southwark Irish Pensioners Project since April 2004. I am writing this article to raise awareness of the advice session and to encourage people to attend if there are topics they would like help with or information about. The advice service is impartial, confidential and free.

I can look into benefits, debt and housing as well as some employment and immigration matters. I can also assist with questions about Irish state pensions, returning to Ireland to live, pension credit and disability benefits. Whatever the subject is I will look into the matter and advise you accordingly. If you are unsure whether you are getting the right amount of money or you think you may be entitled to extra help then feel free to come and discuss the matter.

If there are any topics that you would like me to write about in this column please let me know.

Amos

Comment: If you want to see Amos please telephone to make an appointment. It is no good just walking in hoping he will be able to fit you in.

The feedback from our day at Millwall was excellent. We were made so welcome by the staff and the setting was so lovely. Most noticeable was the way you were able to move around and talk to your friends without having to ask at least 5 people to move. It made us realise that we were right in our decision to stop trying to cater for our two main functions ourselves. You all loved Millwall so much so that you were prepared to celebrate St. Patrick's Day any date in March if they could fit us in. Sadly the cancellation they hoped for didn't happen and we had to make other arrangements. Veronica, Joe and their staff liked having you all so much that they were as disappointed as we were. They assure us we can book our Christmas 'Do' there but they do not take any booking until the football fixtures are known—around June I think!

Having said that we know you will like Bacons College too. It is not difficult to reach or too far from a bus stop. It too is roomy and there is an area outside the Hall where you can sit and chat to friends if you find it hard to hear when the music is playing. **MC**

Sorry that we can only fit in one feedback letter!

To all staff and helpers at SIPP

On December 12th Mary Walsh, Emily Reilly and I made our way to Millwall and arrived there in good time. We got the usual great welcome from Hannah and Jim who were at the door to greet us as was Veronica, Manager of the Executive suite. We were delighted with the beautiful venue so tastefully decorated and every convenience for all of us.

We were wined and dined in great style with the best of everything and we thoroughly enjoyed ourselves.

The afternoon entertainment was fantastic and when it came to the grand finale and our national Anthem we were well pleased.

Thank you all for providing such a wonderful feast and Christmas cheer for us.

Long live SIPP and may it continue to grow from strength to strength.

Sincerely yours,

Emily

TEA DANCES - FEEDBACK

One of the most enjoyable events at SIPP is the monthly Tea Dance. Seeing the numbers of infirm members enjoying music and the Craic is great.

For many living in flats and unable to go far the Tea Dance is a Godsend. What with the bar, the huge variety of sandwiches and cakes and the lovely Irish music it is indeed great fun.

Lena O'Flynn and Maura Davorn

The tea dance gives me an excuse to dress up and have my hair done. It is the one day a month when I feel really alive! I love taking part in the dancing as much as I can and it brings back memories of long ago. I might not be able to do the Siege of Ennis but my feet are tapping under the table!

Anon.

BITS AND BOBS

Laughter: Humour keeps the elderly rolling along, singing a song. When you laugh it's an involuntary explosion of the lungs. Our lungs need to replenish themselves with oxygen. So you laugh, you breathe, the blood runs and everything is circulating. If you don't laugh, you'll die! (Director/writer Mel Brooks).

Falls: Please do not keep your hands in your pockets when you are out. Should you trip and fall your hands will help break the fall and save your face/your head / your glasses from serious damage.

Passports: With Spring just around the corner a reminder that Irish passports free to over 65's might get you planning a visit back home or indeed further afield

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DIARY DATES

TEA DANCES

TUESDAY APRIL 25TH

TUESDAY MAY 30TH

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ARTS & CRAFTS

TUESDAY AT 11 AM

*

LINE DANCING

TUESDAY AT 11 AM

*

BINGO

WEDNESDAY AT 2.00 SHARP

*

CHAIR EXERCISES

THURSDAY AT 11 AM

*

HAIRDRESSING

THURSDAY FROM 11 AM

*

BRING & BUY & KNITTING CIRCLE

TUESDAY & THURSDAY PM

*

YOGA

THURSDAY AT 1.30 PM

*

CARD SCHOOL

FRIDAY AT 2 PM

CHRISTMAS FAIR FEEDBACK

The Christmas Fair was a great success and a very enjoyable afternoon. Having the bar open and Irish Coffees available made it a social as well as a fundraising event. The afternoon raised just over £2,000 and this will be used to subsidise the cost of activities and functions.

As always our homemade stall was really popular and our thanks to those who baked or made jams and marmalades.

We would also like to thank everyone that donated gifts for the tombola stall and raffle prizes.

Thanks to our volunteers who manned the stalls, the bar, made the Irish coffees, sold raffle tickets, made teas etc on the day. Without you we could not have a Fair.

Finally thanks to everyone who came and made it such a success.

QUESTIONNAIRE

Enclosed you will find a simple questionnaire. We need to know on a regular basis how you rate the services we offer and find out if we can improve that service. Our User Group monthly meetings are our main means of feedback but we want to get everyone's views about all aspects of our services, not just in the club. It will only take a few minutes to complete and if you prefer you can ring up and make your comments to Monica over the phone. There is no need to include your name unless you prefer to do so. Thanks for your co-operation.

Congratulations

to

Peter and Jo Bogue on the safe arrival of their daughter Madeline May who was born in France on February 10th and weighed in at about 7lbs .

Remembering

Dolly Phillips, Clare Power, Catherine Hogben, Tom Collins, Billy O'Brien, Sheila Mallaghan and Gertrude Kinneally

May they
rest in peace.

Get Well Soon

Joe Cunningham, Bridie Maloney, Tim O'Sullivan, Donald Campbell, Phyllis O'Hara, Moira Mathews, Margaret Houlihan, Albert Ransome Pat McGrath
and all our members
who are sick at home
or in hospital.