



Sunday 12th February is the beginning of Random Acts of Kindness Week

Random Acts of Kindness Week was initiated in 1995 in the USA by a nonprofit organisation called The Random Acts Of Kindness Foundation. The event spread to New Zealand in 2004 and the observance of the holiday became more and more widespread, eventually reaching the UK.

You can take part in Random Acts of Kindness week by doing some random acts of kindness. You can come up with your own acts of kindness, or feel free to borrow our ideas below...

- Let someone ahead of you in a queue
- Be kind to yourself! Say 5 things you like about yourself **out loud**
- Compliment the first 3 people you speak to today
- Give some of your unused belongings to charity or someone in need
- Surprise a neighbour with freshly baked cookies or treats.

5 Fascinating Facts About Kindness

1) Kindness gets rid of stress

People who are naturally kind have 23% less cortisol, the stress hormone.

2) Being kind increases stamina

In a research study, 50% of the participants reported that they felt stronger and more energetic after helping people.

3) Being kind can reduce your blood pressure

David R Hamilton, PhD., *'The Five Side Effects of Kindness'* claims that practicing acts of kindness helps release a hormone known as oxytocin, which protects the heart by reducing blood pressure.

4) Kindness stabilizes our mood

It stimulates the production of serotonin, which is basically a mood stabilizer.

5) Being kind makes us happy

Performing an act of kindness triggers elevated levels of dopamine in the brain and a natural high is produced, often referred to as the helper's high.



Irish Celebration on Saturday 18th March

We have joined with The Blue Bermondsey Bid to have another Irish gathering, similar to the one held in November, with Irish music & dancers & storytellers and a lot more. We need your

help to make it a great day, so if you would like to get involved, please have a word with one of the staff team, or phone us on 020 7237 5841, or pop in to the shop next time you're passing - the more people and ideas, the better!

Southwark Irish Pensioners Project
 6 Market Place London SE16 3UQ
 Phone. 020 7237 5841/0800 1577783
 Charity No. 1088387
 Company No. 3915939
 Contact: info@irishinlondon.org

If you are depressed, you are living in the past.

If you are anxious, you are living in the future.

If you are at peace, you are living in the pre-



southwark irish pensioners project
www.irishinlondon.org



Members Newsletter

February 2023

St Patrick's Day Celebrations

We will hold our annual St Patrick's Day lunch on Wednesday 15th March, in Millwall FC Executive Suite, Zampa Road, SE16 3LN.

Tickets will be on sale from Tuesday 28th February to Thursday 9th March and available from our Treasurer Hannah O'Connor, who will be at the Bermondsey and Brixton Drop-ins, on Tuesdays, Wednesdays and Thursdays. We will serve a traditional lunch of bacon and cabbage with a 'Baileys treat' to follow. Tickets are £15 for members and £25 for non-members - please let Hannah know of any dietary requirements. Veronica and her staff at Millwall always give us a warm welcome.

We will order the lunches on Friday 10th March at 5pm, so please buy your tickets in good time. If you are unable to attend, please let us know by **3pm on Friday 10th March at the very latest**. Unfortunately, we cannot refund monies after we have ordered the lunches at 3pm on 10th March.

The doors open at 12 noon for lunch at 1pm and the afternoon comes to a close at 4pm. Please try to arrange your cabs, taxis and dial-a-ride to collect you between 4pm and 4.30pm. The number P12 bus is the nearest bus stop stopping on Ilderton Road and there is a 5-10 minute walk from the bus stop. There is plenty of free parking in the Millwall car park.

If you haven't been out and about for a while, this is a great opportunity to put on your glad rags, pin on some shamrock and enjoy a fun afternoon celebrating St Patrick's Day with friends - you are very welcome to invite your family and friends to join you.

We look forward to seeing you on 15th March.



HOW 10 PLACES ACROSS THE GLOBE CELEBRATE

NEW YORK
The largest St. Patrick's Day parade in the world is held on Manhattan.

BUENOS AIRES
Over 50,000 people join in a party in the pubs of the downtown street of Reconquista.

TOKYO
Annual I Love Ireland Festival is held along with one of 15 parades in Japan.

CHICAGO
The Chicago River is turned green with 50lbs of dye.

SYDNEY
Sydney Opera House is lit up green as part of a festival taking near the harbour.

SINGAPORE
Harley Davidson convoy leads a parade through the city - the largest in Southeast Asia.

SARAJEVO
Sarajevo Irish Festival hosts Irish theatre companies, films and folk musicians.

LONDON
Live Irish music is played in Trafalgar Square and the London Eye is lit up green.

MUMBAI
A two-day carnival culminates in the Gateway of India turning green.

MONTSERAT
Troupes of masquerade dancers line the streets and perform colourful displays.



What's On

What	Where	When	Details
Monthly Film Show	Bermondsey Club 1 st floor, above the Blue Anchor library. Access via the lift or stairs.	Thursday 16th February At 1pm	We start the day with our weekly yoga class at 11am, send out for lunch (maybe soup or fish & chips or whatever you fancy and settle in for the afternoon film
February Tea Dance	1 st floor, above the Blue Anchor library. Access via the lift or stairs.	Thursday 23rd February From 2pm to 4pm	Live music, refreshments and raffle. Members £2. Non members £3
St. Patrick's Day Celebration	The Executive Suite Millwall FC Zampa Road, SE16	Wednesday 15th March	Tickets will be available from Tuesday 28th February
Monthly Quiz	Bermondsey Club	Thursday 16th March at 1pm	Quiz with an Irish twist! Everyone is welcome to join in & have some fun
Irish Day in The Blue	The Blue Market Place Bermondsey, SE16 3UQ	Saturday 18th March from 12 noon	Irish music, dancing and ... more details to follow
Bournemouth Long Weekend	Bournemouth Sands Hotel 2 West Cliff Gardens Bournemouth Dorset, BH2 5HR	Friday 21st April to Tuesday 25th April	4 Nights in Bournemouth Further information www.daishs.com/bournemouth/sands-hotel
April Tea Dance	1 st floor, above the Blue Anchor library. Access via the lift or stairs.	Thursday 27th April from 2pm to 4pm	Live music, refreshments and raffle. Members £2. Non members £3
Advice Sessions	Our shop in The Blue 6 Market Place Bermondsey SE16 3UQ	Tuesday & Thursday from 10am to 3pm	Please phone 020 7237 5841 to arrange an appointment

Family Carers

Eating Well: As A Carer



When looking after a friend or relative, you may spend most of your time and energy focusing on the person you care for, leaving your own health as a second thought.

It is important to remember that eating a healthy, balanced diet is vital to keep your body strong and give you enough energy to provide the best care for yourself and the person you care for. Some of the consequences of not eating a healthy, balanced diet include: reduced energy and strength, a weaker immune system, unplanned weight loss or weight gain.



Eating a healthy, balanced diet includes eating foods from all the different food groups. The Eat Well Guide (NHS) shows the portions of the different food groups we need to eat each day. The amount of different foods you need to eat will vary depending on how active you are and if you are trying to lose or gain weight.

Based on the Eat Well Guide you should include:-

1. Plenty of Starchy food - Bread, Breakfast Cereals, Potatoes & Pasta are a good source of energy. Note: Always choose wholegrain varieties where you can.
2. Plenty of Fruit and Vegetables - Aiming for 5 portions a day will help to provide you with a good source of vitamins & Minerals.
3. Some Protein - Meat, Fish, Eggs & Beans
4. Some Milk and Dairy products - Includes Cheese & Yoghurt. Choose low fat options if trying to reduce fat in your diet.
5. Limit the amount of foods high in Fat and Sugar - Crisps, Chocolate & Sweets.

Remember, there are different ways to eat a balanced diet, many of us may choose to have 3 meals a day, while others may find it easier to eat smaller meals more frequently throughout the day.

For more information about eating well when you are caring for someone, visit Carers UK at:
www.carersuk.org/help-and-advice/your-health-and-wellbeing/the-importance-of-good-nutrition/

* Information on The Eatwell Guide can be found at:
www.gov.uk/government/publications/the-eat-well-guide



WARM UP!

Come along to our **Warm Hubs** and enjoy homemade soup & roll for £1.



Bermondsey Club on Tuesdays
and Brixton Club on
Wednesdays from 12 noon



Did you know the relics of Saint Valentine reside in the **Whitefriar Street Church**, a beautiful church located in the heart of Dublin? People come from all over the world to visit Saint Valentine and pray in the hope that he will grant them love and happiness.



Bournemouth Long Weekend



4 nights in Bournemouth Sands Hotel
Friday 21st April to Tuesday 25th April

Ensuite bedrooms, breakfast & evening meal plus live entertainment every evening.
Optional excursions and day trips.

Coach pick up and return in Bermondsey.

Cost £244 per person

Please phone Ricky
07897 483822

for more information

