



# Southwark Irish pensioners project

Phone: 020 7237 5841



## LONDON BUS STORIES

Michelle is collecting local people's stories of travelling on a London bus. If you have an amusing or interesting story, please share it. You can drop Michelle a line and post it to SIPP, 6 Market Place, SE16 3UQ or telephone - 07952 481566 or email - mbfcsra@gmail.com.

## Welcome Spring!

At last the days are getting longer and the evenings are lighter and we're easing out of the pandemic. There's a lot for all of us to look forward to in the months ahead ...

The wind told the grass and the grass told the trees  
The trees told the bushes and the bushes told the bees  
The bees told the robin and the robin sang out clear  
'Wake up! Wake up! Spring is here!'



## RADIOTHERAPY

The Irish physicist John Joly (1857-1933), is renowned for his invention of Radiotherapy and in particular for its use as a treatment of Cancer. Born in Holywood House in Co. Offaly he was educated in Trinity College and contributed over 270 books and papers during his lifetime. His 1899 paper 'An Estimate of the Geological Age of the Earth' was revolutionary at the time and although later superseded by more accurate estimates it was noted for breaking new ground. In 1914, he developed the use of Radium in the treatment of Cancer. He helped establish the 'Irish Radium Institute' that promoted the 'Dublin method' of using a hollow needle for deep Radium treatment, and it was from here that the modern treatment known as 'Radiotherapy' was developed. This prolific man also invented the 'Joly Colour Process', allowing for the production of colour photographs.

A crater on Mars was named after him to honour his many scientific achievements.

## GOOD NEWS

**Our Advice & Information Service  
in Bermondsey is OPEN every TUESDAY**

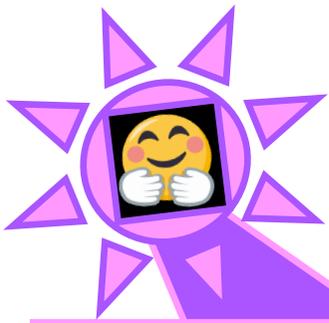
**from 10am to 3pm.**

**At the moment this is**

**an appointment only service.**

**PLEASE PHONE 020 7237 5841**

**to make an appointment.**



## Our new FREEPHONE number

**0800 15 777 83**

Now that most of you have received both 'jabs' (and our staff team have too) we are back on the road doing home visits and continuing with doorstep visits.



The visits will be short for the time being however, this means that we will be reducing the frequency of our phone calls.

However, we now have a **FREE PHONE NUMBER**, which is available **7 days a week**.

- \* Monday to Friday - 8am to 8pm
- \* Saturday and Sunday - 10am to 5pm.

There will be an answerphone outside of these hours where you can leave a message ( and your name and contact phone number) and we will return your call either the same day or the following day.

## Did you know that **WALKING** is the most underrated form of exercise?

Science shows that placing one foot in front of the other leads to some seriously impressive mental and physical benefits.

Walking improves fitness, cardiac health, alleviates depression & fatigue, improves mood, creates less stress on joints and reduces pain, can prevent weight gain, reduce risk for cancer & chronic disease, improve endurance, circulation and posture and the list goes on...

A study published in the British Journal of Sports Medicine in 2015, found that those who adhered to a walking program showed significant improvements in blood pressure, slowing of resting heart rate, reduction of body fat and body weight, reduced cholesterol, improved depression scores with better quality of life and increased measures of endurance.



While the physical benefits are notable, the mental boost that can be gleaned from adding a walk to your daily routine may be more immediate. The National Library of Medicine 2016, found that the act of walking is also a proven mood booster. One study found that just 12 minutes of walking resulted in an increase in joviality, vigour, attentiveness and self-confidence versus the same time spent sitting. Walking in nature, specifically, was found to reduce musing over negative experiences, which increases activity in the brain associated with negative emotions & raises risk of depression.