Member's Calendar

What's On	Where	When	Details
Bingo (Bermondsey)	Bermondsey Club 1st floor, above the Blue Anchor library. Access via lift or stairs.	Every Tuesday	Doors open 12pm for tea and coffee Bingo starts at 1pm
Bingo (Brixton)	Brixton Club Our Lady of the Holy Rosary Church Community Hall 364 Brixton Road, SW9 0TH	Every Wednesday	Doors open 12pm for tea and coffee Bingo starts at 1pm
Yoga Class	Bermondsey Club	Currently Thursday morning ***CHANGING TO TUESDAY MORNING BEGINNING JUNE.***	Sitting down Yoga at 11am with Jane. £2 per session
Monthly Quiz	Bermondsey Club	Thursday 18th May Thursday 15th June Thursday 20th July	Quiz with an Irish twist! Everyone is welcome to join in & have some fun
Tea Dance	Bermondsey Club	**Thursday 25th May** **Thursday 29th JUNE**	Live music, refreshments and raffle. Members £2 Non-Members £3

KBRT

The Kevin Bell Repatriation Trust aims to alleviate the financial hardship of bereaved families repatriating the body (bodies) of loved one(s) who have died abroad in sudden or tragic circumstances back to Ireland.

email directly

Colin Bell (Trustee)

colin.bell@kevinbellrepatriationtrust.com

Southwark Irish Pensioners Project
6 Market Place London SE16 3UQ
www.irishinlondon.org Phone. 020 7237 5841/0800 1577783
Charity No. 1088387

Southwark Irish Pensioners Project
www.irishinlondon.org

Newsletter

MAY 2023

A Huge **Thank You** to our Volunteers

We're having a gathering at The Prince of Wales pub on Wednesday 31st May , between 6-8pm ish - refreshments provided - to say thank you to our wonderful team of volunteers. Some volunteers have joined us in recent months, others have given their time to our members and to the project, for many years.

Our volunteers are the unsung heroes of SIPP, they work alongside our staff in the day service and in the community and give their time selflessly to benefit others. We can never thank them enough for all they do.

Ben (our volunteer manager) is sending out the invitations this week!

Day Trips – where would you like to go this summer?

Ricky (our day service co-ordinator) is organizing trips to various places throughout the summer months and we would like you to choose where we should go … some examples, a trip to the coast, an art gallery or to the theatre, a visit to a stately home and garden, a trip on the Thames or a few days away travelling on Eurostar to Paris or Brussels, maybe an outing to a country pub for lunch or a trip to the races?

Please give us your suggestions by phoning Ricky on 07897 483822 or you can email - richard.mcglade@irishinlondon.org or you can phone the office on 020 7237 5841.

Calling all Carers

Our aim in supporting family carers often requires a listening ear, which is a simple method of support that is much valued by our carers.

Some carers have suggested we start up an online group where carers could access general information and tips, maybe to share experiences or to access support from another person with similar experiences.

We are thinking of starting during Carers Week, from 5th to 11th June, and we would like more carers to join. If you are interested, or would like more information, please call Catriona on 07828 294 185 or email catriona.duffus@irishinlondon.org.

Family Carers

Looking After your Back

Back pain is common and often starts for no obvious reason, the spine is strong and back problems are rarely due to any serious disease or damage. Back problems can cause a range of symptoms including; stiffness, muscle spasms, hot, burning, shooting or stabbing pains in your back sometimes into one or both of your legs or feet, pins and needles, numbness or weakness likely due to nerve irritation. In many cases, new or flare-up of long standing back problems should begin to settle within 6 weeks without the need to see a healthcare professional.

Understanding how to protect and look after your back can help prevent back pain when you have caring responsibilities. If you are regularly lifting or helping the person you care for to move around, or helping them to dress, can all place a strain on your back.

Seeking Support

There are different ways of getting practical help, if you haven't already had one why not contact your local council for a Carer's Assessment. This will look at your needs as a carer, while giving you a chance to voice what kind of help you need. Your local council or local carers organization may be able to tell you about training opportunities on how to lift and move people more safely to reduce the risk of harming your back. You could also ask your GP to refer your for an Occupational Therapy Assessment, they will be able to provide advice and recommend alterations to your house or equipment to help you.

Posture

Poor posture can increase extra strain on your back over a period of time, this can affect your muscles, ligaments, tendons and vertebrae. In the long term this can cause painful problems such as muscle, joint, nerve and disc damage.

Being aware of how you sit or stand can greatly improve your posture. When standing you should stand upright with your head facing forward and your back straight. When sitting make sure you are upright, with your knees and hips level and your feet flat on the floor or on a footstool. Remember don't hunch your shoulders or slump in your chair, when sitting for long periods of time be sure to keep your back well supported, using the back of your chair.

Keep Active

Walking, swimming, yoga, pilates, running or cycling can all help to strengthen your back. If you don't have time to do regular sport, simple changes to your daily activities can really make a difference, walking instead of using the car for short journeys, taking the stairs instead of the lift, or getting off the bus a stop earlier than you usually do.

How to ease back pain yourself - www.nhs.uk/conditions/back-pain/treatment

Back pain often improves on its own within a few weeks. There are a few things you can do to help speed up your recovery:
Stay active and try to continue with your daily activities, speak with your pharmacist about taking anti-inflammatory medicine, use an ice pack wrapped in a tea towel to reduce pain and swelling, use a heat pack wrapped in a tea towel to relieve joint stiffness or muscle spasms and try some exercises and stretches for back pain.

See a GP if:
Back pain does not improve after treating it at home for a few weeks, the pain is stopping you doing your day-to-day activities, the pain is severe or getting worse over time or you're worried about the pain and you're struggling to cope.

Being Summer Wise

The summer months will soon be here, with the sun beaming down on us to help lift our spirits and warm our winter bodies through. Its important to remember that hot temperatures can sometimes become uncomfortable, anyone can be affected by the heat but you may be particularly at risk If you're older, you're living with a long term health condition or are taking certain medications. You may be more susceptible to dehydration, heat exhaustion or heatstroke, remember to keep an eye out for worrying symptoms.

Tip's to stay safe this summer:

- During the summer months we need to increase our fluid intake, to replenish water we have lost through sweating. Even when you are not thirsty it is important to sip water. Have cool drinks; such as water or diluted juice, remember to limit the consumption of caffeinated drinks and alcohol.
- We can all suffer loss of appetite when its hot, but it is important to try and eat to give our bodies the vitamins and energy it needs. Why not try eating little and often and try cold foods such as salads and fruits.
- The hottest time of the day is between 11am and 3pm, avoid doing too much during these times. If you need to go out, avoid walking in direct sunlight and keep to the shaded areas. Wear a hat and carry a bottle of water with you.
- When inside try and keep the heat out; close the windows, blinds or curtains and bear in mind that heavy duty curtains can trap heat in. Turn off non-essential lights and electrical equipment and buy a good quality fan but remember, don't point it directly at you as fans can cause dehydration.
- In hot weather it's best to wear loose fitting, cotton clothing and don't forget your hat. Remember to wear a pair of sunglasses to protect your eyes. Choose a pair that has a CE Mark or a pair that states they provide 100% UV Protection.
- Sun cream is a must in hot weather, it protects our skin from damage. When choosing a sun cream ensure it has both UVA and UVB Protection, with a minimum of an SPF15. When applying, you should cover all areas that will be open to the elements and ensure to reapply regularly.

Top Summer Tips

1. For extra water intake, try some refreshing watermelon.
2. If you are struggling to drink more fluids, try using a straw or keep a bottle of water with you at all times, as a reminder to drink more.
3. Don't forget to apply sun cream to the tops of your ears and back of your neck.
4. Make sure to carry your SPF with you when you go out and top up when necessary.
5. At night open the windows if safe to do so, to circulate fresh air.

Signs of Dehydration

Dehydration occurs when you lose more fluid that you take in i.e. sweating. You can become dehydrated before you feel thirsty, make sure you drink plenty of fluid over the course of your day to reduce the risk of dehydration. You may find it useful to keep a note of how much you drink.

Signs of dehydration include: dizziness, thirst, dry mouth, lips and eyes, headaches, tiredness, dark-coloured urine and urination little and fewer that four times a day.

If you've been sick or have diarrhoea, ask your pharmacist about oral rehydration sachets to help replace the salt and minerals you've lost. If your symptoms don't improve, speak to your GP.