



southwark irish  
pensioners project  
Registered Charity No. 1088387

Christmas 2022

We are so pleased to be able to have a Christmas Celebration this year and we are very much looking forward to seeing you all again. Members are welcome to invite friends and family as their guests, to enjoy the festivities with you. If you need a carer, please note that you must let Hannah know when purchasing your ticket, and your carer goes free. If you or your guests have any dietary requirements, again, please let Hannah know.

The event will be held on Wednesday 14th December in the Executive Suite, Millwall FC, Zampa Road, SE16 3LN. Doors open at 12.30 for lunch at 1pm. Veronica and her staff team at Millwall look after us so well, they make every event a special occasion.

The tickets are £15 for members and £25 for non-members and they will be available from Hannah from Tuesday 29th November. Hannah will be in the day clubs in Bermondsey on Tuesday and Thursday and Brixton on Wednesday. Alternatively, you can pop into the office to collect tickets from Catriona or Rita. Tickets will be available until Friday 9th December which is when we have to give a final number to the chef.

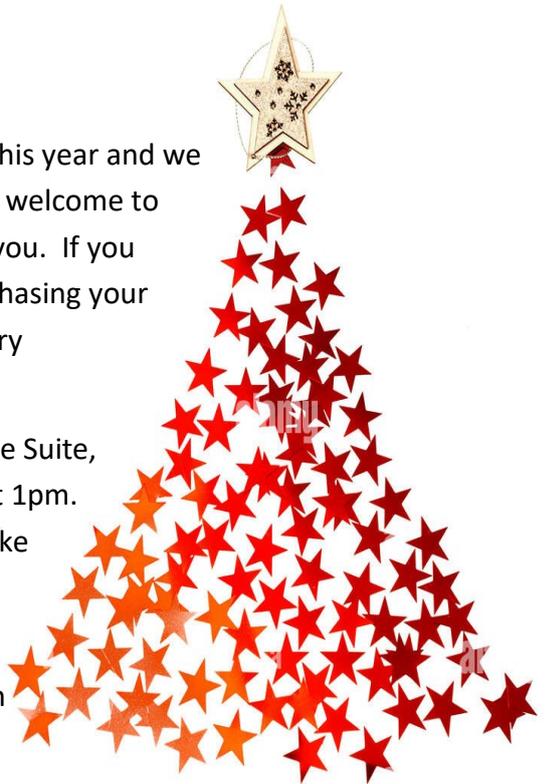
Lunch will be followed by music and dancing and the event will finish at 4pm. If you travel by minicab, dialaride or taxicard, please remember to book your return journey for 4.15 pm to ensure you are not left waiting and then get caught up in the rush hour traffic.

There is a licensed bar, unfortunately it is a cashless bar because Millwall FC is now a cashless venue. This means you will need a debit or credit card to pay for drinks at the bar, or maybe you could arrange with a friend to use their card and give them the cash/cheque. If you think you will have difficulty with this, please let us know and we will arrange something for you. We look forward to meeting you on 14th.



#### **A Light in the Window**

An old Irish tradition that many continue to observe is the placing of a candle in the window on Christmas Eve, a symbol to welcome strangers and to remember those who are far away from home. Now we have a permanent candle in the window of Áras an Uachtaráin thanks to President Mary Robinson who famously re-adopted this custom during her term of office, to remember all of the emigrants that had left Ireland and let them know the candle in the window would always be lighting to show them their way home.





# Family Carer's

## The Gift That Keeps On Giving!

When we choose to care for others we can experience times of happiness however, times can be testing and can leave us feeling deflated. We sadly don't have the power to control every situation but with a little bit of help, we can take a positive step towards our future emotional endeavours by creating our own wellbeing box.

A wellbeing box is your personal toolkit to help you relax when you are experiencing feelings of stress that can leave you feeling overwhelmed, angry, upset, helpless and isolated.

You take a box and fill it with a collection of items that make you feel good and can help support your emotional health, by nourishing and uplifting your mood when times are hard, helping to gain perspective when you need it.

### Ideas of what to put in :

- ◆ A light book you enjoy to help you escape when you're low.
- ◆ A new journal and pen to help process how you are feeling.
- ◆ A playlist of your favourite songs to lift your spirits.
- ◆ A Scent that helps you to relax- candles or aromatherapy oils are great.
- ◆ Cosy Fabrics that you can feel for comfort, a soft fleecy blanket is a nice way to cuddle yourself.
- ◆ Stress balls to work through tension - playdoh also works.



### Laugh a Little More

In life circumstances can change very quickly, the relationships we once had change as we take on a caring role and we forget how to laugh. Some people would say laughter is the best medicine, laughter enhances your intake of oxygen-rich air, stimulating your heart, lungs and muscles and increases the endorphins that are released by your brain.

This Christmas why not take a little time to be with the one you care for and have the craic to lift both your spirits.



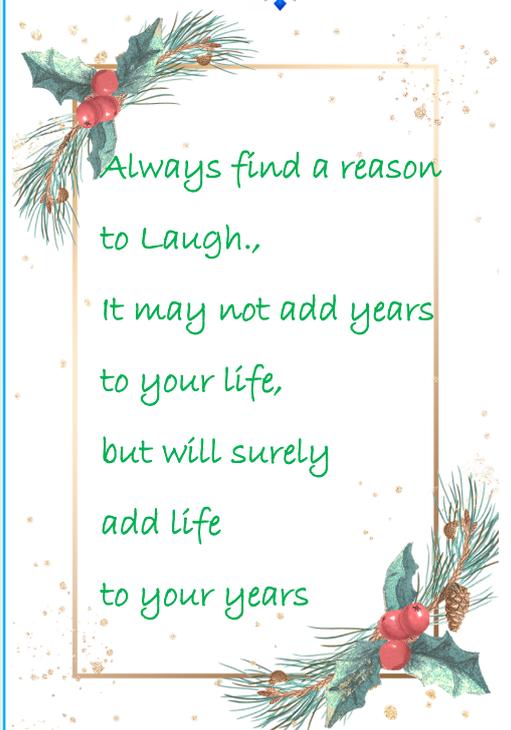
### Be Kind to your Mind

There are small things we can all do to help make a big difference to how we feel. Every mind matters is a free, NHS approved, mind plan available online.

By answering 5 simple questions you can get a personalised action plan with practical tips to help deal with stress, anxiety, mood, sleep and feel more in control.

Go TO:

[www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)



## Keeping Active

We naturally lose 8% of our muscle strength every decade from the age of 30. An active lifestyle, including exercise or moving around doing daily activities, can improve your muscle strength. It can also help with your balance and flexibility. This helps to prevent falls.

You could try some strength and balance exercises at home or in a local group that will help you stay safe and steady and reduce the risk of a fall. **Doing these exercises for 17 minutes a day can reduce your risk of a fall by up to 43%.**



Activities beneficial to older adults include: **Walking** which is a perfect way to start exercising. It requires no special equipment, aside from a pair of comfortable walking shoes, and can be done almost anywhere. **Senior sports or fitness classes.** Exercising with others can help keep you motivated while also providing a source of fun, stress relief, and a place to meet friends. **Water aerobics and water sports.** Working out in water reduces stress and strain on the body's joints. **Yoga** which combines a series of poses with breathing. Moving through the poses helps improve strength, flexibility and balance, and can be adapted to any level. **Tai chi and qi gong** are martial arts-inspired systems of movement can increase balance and strength, seek out a class for older people.



If you would like us to provide more exercise classes in the new year - we currently offer yoga and line dancing - or maybe you would like us to start up a walking group or walking football, please let us know. A new year could bring a new you!

### Useful Numbers

SIPP - **0207 237 5841 / 0800 15 777 83**

Carers UK Helpline - **0808 808 7777**

Alzheimer's Society Support Line

**0333 150 3456**

Cruse Bereavement - **0808 808 1677**

Guy's & St Thomas' - **020 7188 7188**

Kings College Hospital

**020 3299 9000**

Southwark Duty Desk Adult Social Care

**020 7525 3324**

Lambeth Duty Desk Adult Social Care

**020 7926 5555**

Lewisham Adult Social Care Access Team

**0208 314 7777**



There are always people ready to take advantage of others, especially if they are unprepared. Coming up to Christmas, everyone needs to be wary of people and scams.

Nowadays, older people are more likely to be targeted by pickpockets and thieves, because so many younger people don't carry cash at all, they pay using their credit cards or mobile phones.

A common scam doing the rounds at the moment is someone calling you from your bank or building society saying there is a problem with your account. **PLEASE do not give them any details about yourself or your bank account. Put down the phone. Your bank will always write to you if they need to talk to you. If you're unsure, please call us on 020 7237 5841 or 0800 1577783.**



## What's On

6 Market Place, London SE16 3UQ

[www.irishinlondon.org](http://www.irishinlondon.org)

What	Where	When	Details
<b>November Tea Dance</b>	Bermondsey Club 1 <sup>st</sup> floor, above the Blue Anchor library. Access via the lift or stairs if you're feeling lively!	Thursday 24 <sup>th</sup> November from 2pm to 4pm	Live music, refreshments and a raffle, £2 entrance fee. From 2024, non-members pay £3 entrance fee.
<b>Film Show Dancing at Lughnasa</b>	Bermondsey Club	Thursday 19 <sup>th</sup> January at 1pm	Phone Ricky for details 07897 483822
<b>Chiropodist</b>	Bermondsey Club	Thursday 22 <sup>nd</sup> December	Appointment required. Phone Ricky for details
<b>Christmas Celebration</b>	The Executive Suite Millwall FC Zampa Road, SE16	Wednesday 14 <sup>th</sup> December	Tickets will be available from Tuesday 29 <sup>th</sup> November
<b>User Group Meetings</b>	December 6 <sup>th</sup> in Bermondsey and December 7 <sup>th</sup> in Brixton	At 12 o'clock	Everyone is welcome - cuppa and a cake provided! This is your opportunity to tell us what you like/don't like!
<b>Christmas Closing Day Clubs</b>	Bermondsey and Brixton day clubs	The day clubs will be closed from <b>Monday 26<sup>th</sup> December</b> and reopen on <b>Tuesday 10<sup>th</sup> January.</b>	We will open the shop in Bermondsey a few days over the Christmas break. More details to follow nearer the time.
<b>Christmas Closing Community Services</b>	Community services including outreach visits and phone calls, advice & information, hospital visits, carers support and the volunteer service	Our community services will operate a skeleton service from <b>Monday 26<sup>th</sup> December to Friday 6<sup>th</sup> January.</b>	Phone Richard Smyth for further details 07421 220108



*Wishing you a very merry Christmas  
and a happy and healthy 2023  
with love from the Trustees & Staff*



*Nollaig  
shona  
dhuic*

