

Saint Patrick's Day

Wordsearch



H C O I N S I R I S H F L A G
 O W I C D R Q B G L U C K R L
 R T O T C E L E B R A T E P E
 S G S E V F F B H A R P S A P
 E Z K T R I N I T Y U M L J R
 S L S A I N T P A T R I C K E
 H I T A C Y F Z Q F Y O E Y C
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 E K I N T N C L H R O H R X E
 N R O D Z C E L T I C C B D C
 G O L D K R A I N B O W K P Z



WORD LIST

CELEBRATE	GOLD	IRISH FLAG	PARADE
CELTIC	GREEN	LEPRECHAUN	RAINBOW
COINS	HARP	LIMERICK	SAINT PATRICK
DANCE	HORSESHOE	LUCK	SHAMROCK
FIDDLE	IRELAND	MARCH	TRINITY

REFRESHING ORANGE FLAKE CAKE RECIPE

Ingredients

- 6oz Salted Butter
- 6oz Caster Sugar
- 3 Eggs
- 8oz Self-raising Flour
- 2 Tbsp Milk
- 1 Orange
- 4 Cadburys Flakes

Directions

1. Preheat the oven to 160 degrees. Take a loaf tin and line with a liner.
2. Melt the butter in the microwave for 30 seconds at a time.
3. Mix the sugar and eggs into the butter and stir.
4. Mix in the sieved flour and beat together to get the air into the mixture.
5. Grate the orange zest and add to the cake mix.
6. Squeeze the juice from the orange into the mix and stir to combine.
7. Crush the 4 Cadbury's Flakes and stir into the mix.
8. Add the milk and give it a good stir to combine all ingredients.
9. Pour the cake mixture into the loaf tin liner and bake in the oven for 1 hour on 160 degrees. Check the cake at 50 mins.



*MAY YOUR DAY BE TOUCHED
 BY A BIT OF IRISH LUCK,
 BRIGHTENED BY A SONG IN
 YOUR HEART,
 AND WARMED BY THE SMILES*



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Newsletter



March 2026

JOIN US FOR OUR ST PATRICK'S DAY CELEBRATIONS



We are pleased to announce we will be celebrating our national Saint's Day on Monday 9th March with a delicious traditional lunch of bacon and cabbage, Irish dancers from Sarah Carragher's School of Dance, raffles, live music and dancing and of course, it wouldn't be the same without a little sprig of shamrock for everyone!

The venue is All Saints Community Hall, 105 New Cross Road, SE14 5DJ, doors will open at 12 noon for lunch at 1pm. We listened to your feedback from our Christmas lunch and elected and we are going to a new venue - we hope you will like it! The venue is excellent for buses with nos. 21;53;72 and 453 bus stops nearby.

Members tickets are £20; guests £30 and tickets will be available to purchase for 2 weeks i.e. from Thursday 19th February until Tuesday 4th March, which is the deadline for giving numbers to the caterers. Please see Hannah in the day service for your tickets—Tuesday and Thursday in Bermondsey and Wednesday in Brixton. We have a limited number of tickets for this event, so please don't leave it until the last minute because we do not want you to be disappointed.

If you need a carer, please make this known to Hannah when purchasing your ticket, and if you have dietary requirements, again please let Hannah know. You are more than welcome to invite your friends and family as your guests so they can enjoy the celebrations with you.



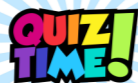
If you travel by minicab, Dial-a-Ride or Taxicard, please book your return journey for 4.15pm/4.30pm to ensure you are not left waiting and then get caught up in the rush hour traffic. **We hope to see you there.**

St Patrick's Day Parade is being held on Sunday 15th March 2026, which is also Mothering Sunday. We are waiting for details, which we will pass on to you shortly.



Monthly Quiz Day Service

Power up your brains and put your thinking caps on for a general knowledge quiz.



WISHING YOU ALWAYS...
 WALLS FOR THE WIND
 A ROOF FOR THE RAIN
 AND TEA BESIDE THE
 FIRE.
 LAUGHTER TO CHEER
 YOU,
 THOSE YOU



Health Day - Postponed
 The health day we were due to hold at the club on Tuesday 10th February was postponed and will be held later in the year. We just weren't healthy enough this time round ... ha ha



Starting on Thursday 5th March, with an Irish theme to get us in the mood for St Patricks Day, and then the **first Thursday of every month at 1pm in the Bermondsey Club.**

The Quiz in April will take place on the Thursday 9th April due to our Easter Bonnet competition.

SIPP Sing-a-long

on Thursday 30th April at 1pm.

It's time to start exercising those vocal chords ...



Easter Bonnet Competition

To get in the Easter spirit we are hosting a friendly Easter bonnet competition on **Thursday 2nd April** at our Thursday Day Club where you can make your Easter Bonnet and then show it off for all to see ...

Our Outing to the MUSEUM OF THE HOME

On the 27th of January a group of our members went to the Museum of the Home in Hoxton where we saw an installation of different living rooms throughout history. One room focused on the lives of Irish immigrants who left home for England in the 1950s. Everyone who went said it was a brilliant opportunity to reminisce about their homes both in Ireland and abroad. The day was then topped off with a complimentary cup of tea with the assistant curator. Overall a great time was had by all!



THANK YOU to everyone who donated goodies & attended both our Christmas Fairs before Christmas, we raised a total of £1630 which we will put towards activities for this year. Your support is invaluable.
go raibh míle maith agat

Fáilte A warm Irish welcome to David & Eddie who have recently joined our team.

David is our new Advice Worker based at the shop in Bermondsey. Please phone David for an appointment **07897 483822** or **020 7237 5841.**



Eddie is our new Activities Organiser in the day service so our regulars will see him 'on parade' in Bermondsey and Brixton.



Top Tips to help with the cost of shopping

We have all noticed the cost of living over the last of couple years, especially with the cost of heating and food. It's important to remember that our bodies need nutrients and eating well doesn't have to be expensive. There are lots of ways to save money on your weekly shop while still eating healthy.



1. Plan ahead

- Plan your meals for the week ahead and write a list of ingredients you'll need, this will help to avoid buying on impulse.
- Look for budget friendly, healthy recipes online or in cook books that can be found at the library.
- Batch cooking meals and freezing leftovers can help you have meals ready for another day and save on waste.
- Check what ingredients you already have in your kitchen and see what meals you can create.
- Don't go shopping on an empty stomach, when we are hungry we are more likely to pick up things we don't need in the supermarket, leading to hefty food bill.

2. What to buy

- Buy ingredients that you can cook from scratch, if you're buying ready meals check use-by and best before dates and ensure you will use them before they expire. If products have a use-by date check to see if are able to freeze it.
- Using frozen and tinned fruits and vegetables to get your five a day provide the same nutrients as fresh, at a fraction of the cost and they last longer too.
- Meat and fish can be expensive, so swapping to a vegetarian meals more often can help to keep costs down. Plant proteins like beans, lentils and tofu are usually cheaper. If you are buying meat buy cheaper cuts or think about bulking out your meal with other ingredients such as beans and lentils to make the meat go further.
- Buying value brands are often lower in price and just as tasty.
- Buying loose produce can be cheaper than buying packaged, it also means you are more likely to buy just the amount you need so less waste.

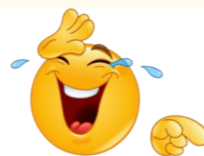
3. Special offers and loyalty cards

- Take advantage of special offers in store but choose wisely because some are aimed at getting you to spend more money. Ask yourself will you really eat this? and when will you eat it?
- Products close to sell-by dates get marked down towards the end of the day and can be spotted usually by a yellow sticker. Some good bargains can be found this way but check to see if its suitable for home freezing.
- Most supermarkets have loyalty cards, each work differently but in general they give you special offers and let you save up points which you can redeem and spend in store once you have reached a certain amount. Nothing stops you having a loyalty card for each of the different supermarkets you shop in.

4. Saving energy

- It can be worth bearing in mind how much you're paying for the energy it takes to cook your food. Below is a chart showing the relative energy use of different cooking appliances:

Appliances using the most energy:	- Oven - Electric hob - Kettle
Appliances using a moderate amount of energy:	- Microwave - Toaster
Appliances using the least energy	- Slow cooker - Air fryer



What type of bow cannot be tied?

A rainbow

What do ghosts drink on

St. Patricks day?

BOOs



Sending our warmest thoughts and well wishes to all who are sick at home and in hospital.

