



May your day be filled with good thoughts, kind people, and happy moments.

Am I a Carer?

A carer is a person who helps someone with their day-to-day life. This may be due to illness, frailty, disability, mental health issues or someone suffering with addiction. The care they give is often unpaid. If someone struggles to cope without your help or support, **then you may be defined as a carer.**

There are different circumstances for a caring role. As a carer, you could be looking after a member of your family, your partner or a friend, e.g. a couple may be looking after one another or a carer may be living elsewhere.

Many carers don't see themselves as a carer because of their personal relationship with the person they care for. Many carers take time to separate the roles - on average around 2 years before they acknowledge their role. The challenges for carers vary day-to-day, with many carers juggling their caring responsibilities around work, study & other commitments. Caring duties include financial matters, personal care, household tasks, travel assistance, emotional support and supervision.

We have a Carer Support Worker working in our community support team.

They provide information about the services and facilities available to carers and to enable carers to access these services. But by far, their most valuable role is to provide a listening ear at times when a carer just needs to talk. If you would like to talk to someone about caring, please phone the office and have a chat with Catriona.



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

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

KEEPING ACTIVE

As a carer it can be difficult to find the time to be as active as we would like to be. Doing more physical activity has both long-term and short-term health benefits; it can help us to feel better within ourselves, be part of something, gives some time for ourselves and it can be fun!

It can also help us to

- ⇒ Feel fitter
- ⇒ Improve energy levels
- ⇒ Feel more productive
- ⇒ Have a calmer, clear and confident frame of mind
- ⇒ Improve and manage health conditions
- ⇒ Relax and unwind
- ⇒ Improve sleep

Even if you can't leave home easily, there are lots of options online from dance, yoga to martial arts. Why not check out Carers UK "**Carers Active Hub**" for some ideas and inspiration online at: www.carersuk.org/help-and-advice/your-health-and-wellbeing/carers-active-hub/

*"Balance is not something you find, it's something you create."
By Jana Kingsford*



February 2024

ST PATRICK'S DAY CELEBRATION



We are pleased to announce we will be holding our annual St Patrick's Day celebration on **Tuesday 12th March** in the Executive Suite at Millwall FC, Zampa Road, SE16 3LN.

Doors will open at 12 noon, a delicious traditional lunch of bacon and cabbage will be served at 1pm or thereabouts, followed by 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!

Veronica and her team at Millwall look after us so well, they make every event a special occasion so please do make an effort to come along, to celebrate our national saints day with friends old and new.

Tickets will remain at the same price as last year, i.e. members £15, non members £25. Tickets will be available from Thursday 29th February until Friday 8th March., when we will give a total number to Veronica, to give the chef time enough to order the food!. Hannah is the person to see for a ticket, she will be in the day service from Tuesday to Thursday. 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 to come 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.

Please note: There is a licensed bar at Millwall, however Millwall is a cashless venue which 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 have a word with Rita beforehand.

We look forward to seeing you on the 12th.



Members Calendar

Fancy a Game?

Come and join us on a Thursday
between 12 and 3pm.

Call the office for details ..
020 7237 5841

Spring



Happy
Leap Day!!



LEAP YEAR TEA DANCE
THURSDAY 29TH FEBRUARY
2PM TO 4PM

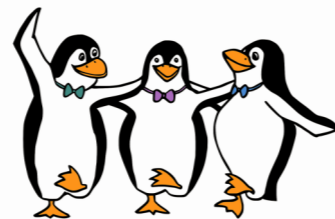
Legend has it that St. Brigid of Kildare complained to St. Patrick that maidens had to wait too long for their suitors to ask for their hand. So, St. Patrick decreed that on the extra day of a leap year, women could propose to men.

Day Service Highlights

In many European countries, especially in the upper classes of society, tradition dictates that any man who refuses a woman's proposal on February 29th has to buy her 12 pairs of gloves. The intention is that the woman can wear the gloves to hide the embarrassment of not having an engagement ring!

World Penguin Day

Tea Dance
Thursday
25th April



Spring Fair

Thursday 16th May: 1pm to 3pm

Cakes .. Tombola .. Games ..
Refreshments .. & much more
See Ricky for further details

May Tea Dance
Thursday 30th May



Simnel Cake

This light fruitcake is a traditional Easter classic. Decorated with 11 marzipan balls to represent Jesus's disciples, without Judas.

Ingredients

Cake

175g/6oz butter or margarine, plus extra for greasing
175/6oz soft brown sugar
3 free-range eggs, beaten
175g/6oz plain flour
pinch salt
1/2 tsp ground mixed spice (optional)
350g/12oz mixed raisins, currants and sultanas
55g/2oz chopped mixed peel
1/2 lemon, grated zest only
1-2 tbsp. apricot jam
1 free-range egg, beaten for glazing

Method

- For the almond paste, place the sugar and ground almonds in a bowl. Add enough beaten egg and mix to a fairly soft consistency. Add the almond essence and knead for 1 minute until the paste is smooth and pliable. Roll out a third of the almond pasta to make a circle 18cm/7in in diameter and reserve the remainder for the cake topping.
- Preheat the oven to 140C/120C Fan/Gas 1. Grease and line a 18cm/7in cake tin.
- For the cake, cream the butter and sugar together until pale and fluffy. Gradually beat the eggs until well incorporate and then sift in the flour, salt and mixed spice (if using) a little at a time. Finally add the mixed dried fruit, peel and grated lemon zest and stir into the mixture.
- Put half the mixture into the cake tin. Smooth the top and cover with the circle of almond paste. Add the rest of the cake mixture and smooth the top leaving a slight dip in the centre to allow for the cake to rise. Bake in the preheated oven for 1hr 45minutes. Test by inserting a skewer in the middle-if it comes out clean, it is ready. Once baked, remove from the oven and set aside to cool on a wire rack.
- Brush the top of the cooled cake with apricot jam. Divide the remainder of the almond paste in half. Roll out a circle to cover the top of the cake with one half and form 11 small balls with the other half. Place the circle of paste on the jam glaze and set the balls round the edge. Brush the cake topping with a little beaten egg.
- Preheat the grill to high. Place the cake onto a baking tray and grill for 1-2minutes, or until the top of the marzipan begins to brown.

Almond Paste

250g/9oz caster sugar
250g/9oz ground almonds
2 free-range eggs, beaten
1tsp almond essence

Free five-minute health check in Southwark

There are now 6 FREE self service health kiosks located at local library's and leisure centres in Southwark, where you can check and monitor your height, weight, body mass index (BMI) blood pressure, heart rate and more. Available at the following libraries:

Camberwell -48 Camberwell Green, SE5; **Canada Water** -21 Surrey Quays Road, SE16;
Dulwich -368 Lordship Lane, SE22; **Una Marson** -62 Thurlow Street, SE17 and
Castle Leisure Centre -St Gabriel Walk, SE1; **Peckham Pulse Leisure Centre** -10 Melon Road, SE15.

PLEASE NOTE: You will need an email address to use the kiosks.

