

# Meals on Wheels Newsletter

*Information on activities and services available in your area*

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Get connected!

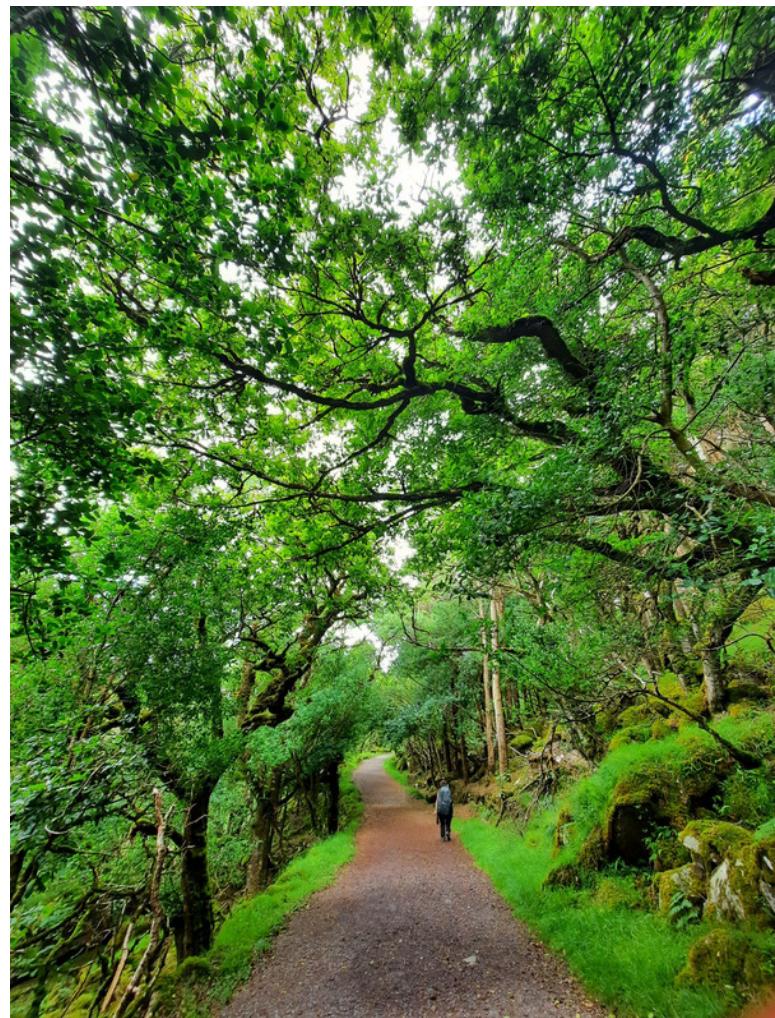
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Welcome to the second edition of the Meals on Wheels Quarterly Newsletter.

This newsletter has lots of useful information on activities and services that are available to you in your area.



# Get ACTIVE

# Get CONNECTED

**September 2021**  
**Community Health Month**

All of our HSE Community Health Workers in Cork have got together to organise a month full of health focused events that you can join!

All through September there are events throughout the city and county. Some events are online and some are in person.

Events including nature walks, living well as you age workshops, fire safety talks, exercise classes, mindfulness activities, , Men's Health Checks, Womens health talks, music and more.

Some events will have limited numbers so you may have to book your place.

For a full list of activities go to [healthactionzone.ie](http://healthactionzone.ie) or call one of community health workers (see 'Fun activities in your area page for telephone numbers).

# HEALTHY FOOD MADE EASY

... in 6 weeks

## Nutrition & Cooking Programme

devised by the Department of Health in conjunction with the HSE



ONLINE  
via ZOOM

**Healthy Food Made Easy** is a **6 week course**; 2 - 2 ½ hour sessions per week. It aims to:

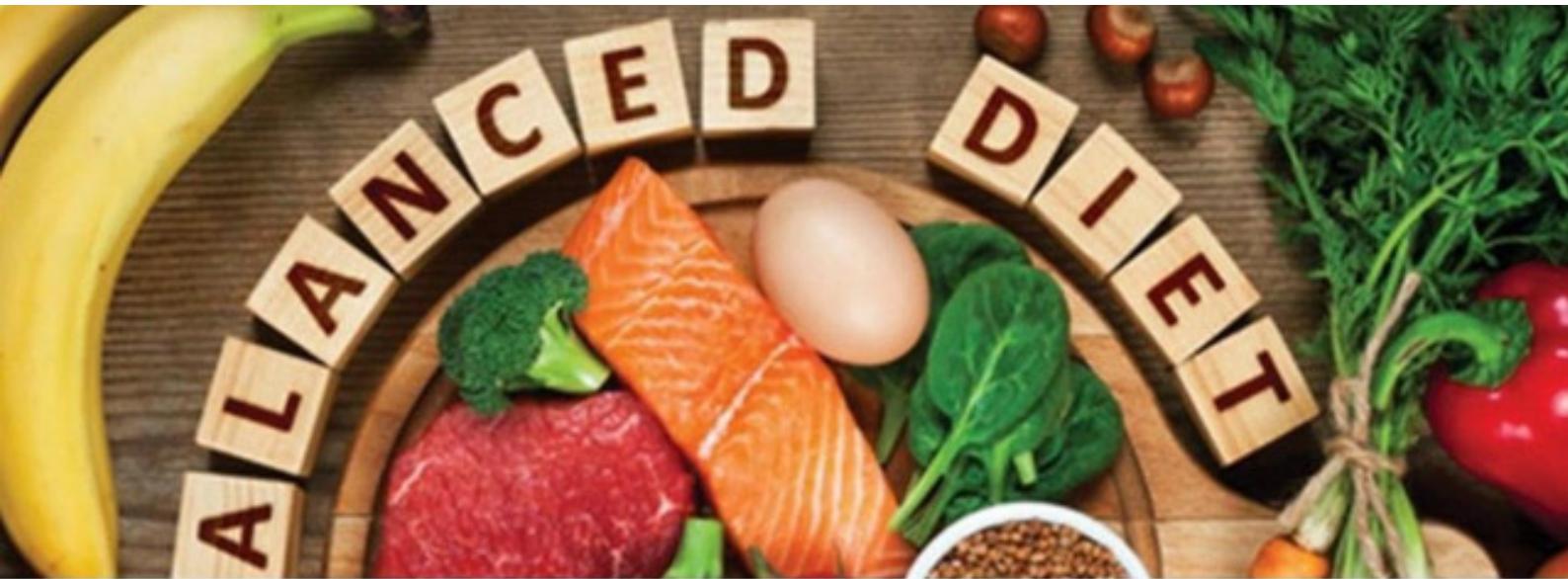


- Encourage healthy eating
- Improve your knowledge of nutrition when preparing meals at home
- Cook healthy meals while on a budget
- Learn in a fun & friendly environment



### Course Outline:

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>» Building a food pyramid</li><li>» The fibre providers</li><li>» Focus on fats</li></ul> | <ul style="list-style-type: none"><li>» Food for life</li><li>» Shop smart</li><li>» The road ahead</li></ul> |
|---|---|



Nutrition, education and cooking course



Suitable for all community groups



Support around good family nutrition & meal planning



All participants have an opportunity to  
prepare, cook & eat healthy food



Visit from HSE Dietitian during course

St. Joseph's Community Association, Montenotte

Booking Link: <https://bit.ly/3qBagkg>

Contact: 086-140925

Email: wellcommactive@corksports.ie

Starts: Wednesday 08th Sep 12.30pm-2.30pm



Cork  
Sports Partnership  
Comhpháirtíocht  
Spórt Chorcái  
— SPORT IRELAND —



@corksports



Cork Sports Partnership



@corksportspartnership

# Keeping Fit During Covid



## Age & Opportunity



Age & Opportunity Active is a programme designed to get people aged 50-100+ more active and participating in recreational sport and physical activity.

A number of 'Movement Minute Sessions' have been created for people to stay active at home as we adapt to the current environment.

Go to youtube and type in Age & Opprtunity to find great videos to guide you through sitting and standing exercises and even Tai Chi!

These sessions will be also streamed live on the Age and Opportunity Facebook page each Monday, Wednesday and Friday at 11am.

To join in these sessions on Facebook look up Age & Opportunity in Facebook.



## Siel Bleu



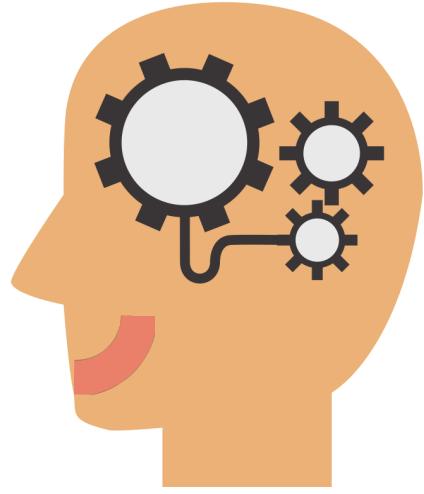
Siel Bleu Ireland is a social enterprise delivering life enhancing exercise programmes to older adults.

They have a series of video classes of chari exercises and balance exercises on Youtube. Just search for Siel Bleu Ireland on YouTube.

The Siel Bleu team have scheduled a timetable of classes that stream live every day on Facebook & YouTube at 11am and 2pm

# TIPS TO HELP YOUR MEMORY

Many of us experience times when we are forgetful. This can be for a number of reasons, for example you might feel stressed or anxious or you might not have paid attention to the information in the first place. The good news is there are things that can help.



## Using reminders to help your memory

- Use a large wall calendar for writing down important appointments or social occasions
- Use a diary to help to record appointments.
- You can also record events that happened during your day in the diary for example, if a friend called in. Writing down these daily events is a good way to help remember
- Write to-do lists to help you organise your day, e.g. shopping lists
- Write reminder notes or post-its to yourself and stick them in places where you will see them
- Carry a notebook/pen with you at all times and write everything down. You are more likely to remember information if you write it down



# **Changes at home which can help your memory**

- De-clutter your home. This can help you to think clearly
- Keep everyday items in the same place e.g. your keys. It may be helpful to keep a list of where you put things
- Use a wipe-clean board or wall calendar in the kitchen to help you remember appointments



## **How your lifestyle can improve your memory**



- A regular routine makes remembering easier
- Do things as soon as possible when you think of them
- Give yourself plenty of time when doing a job so you do not get flustered. Avoid rushing.
- Do one thing at a time. Finish one job before moving to the next
- Talk regularly with your family and friends
- Do something you find relaxing every day
- Talk with your GP if you are worried about your memory
- Take up a new hobby.

## **Concerned about memory loss?**

### **Contact your local ASI Dementia Advisor:**

Amy Murphy 0867812217 or email [amurphy@alzheimer.ie](mailto:amurphy@alzheimer.ie)

Vanessa Bradbury 086 0218463 [vbradbury@alzheimer.ie](mailto:vbradbury@alzheimer.ie)

For more information:

[www.alzheimer.ie](http://www.alzheimer.ie)

[www.understandtogether.ie](http://www.understandtogether.ie)

# Fun activities in your area!

There are lots of activities going on around Cork even during covid!

This includes chair yoga, knitting, singing, walking, cooking, gardening and much more!

You can find up to date information at [HealthActionZone.ie](http://HealthActionZone.ie)

Or you can call your local Community Health Worker who will be able to tell you all about what's going on.

Farranree & Fairhill  
Blackpool & Shandon  
Fermoy  
The Glen  
Gurranabraher & Churchfield  
Mallow

**The Glen**  
Bernard Twomey  
0876883495

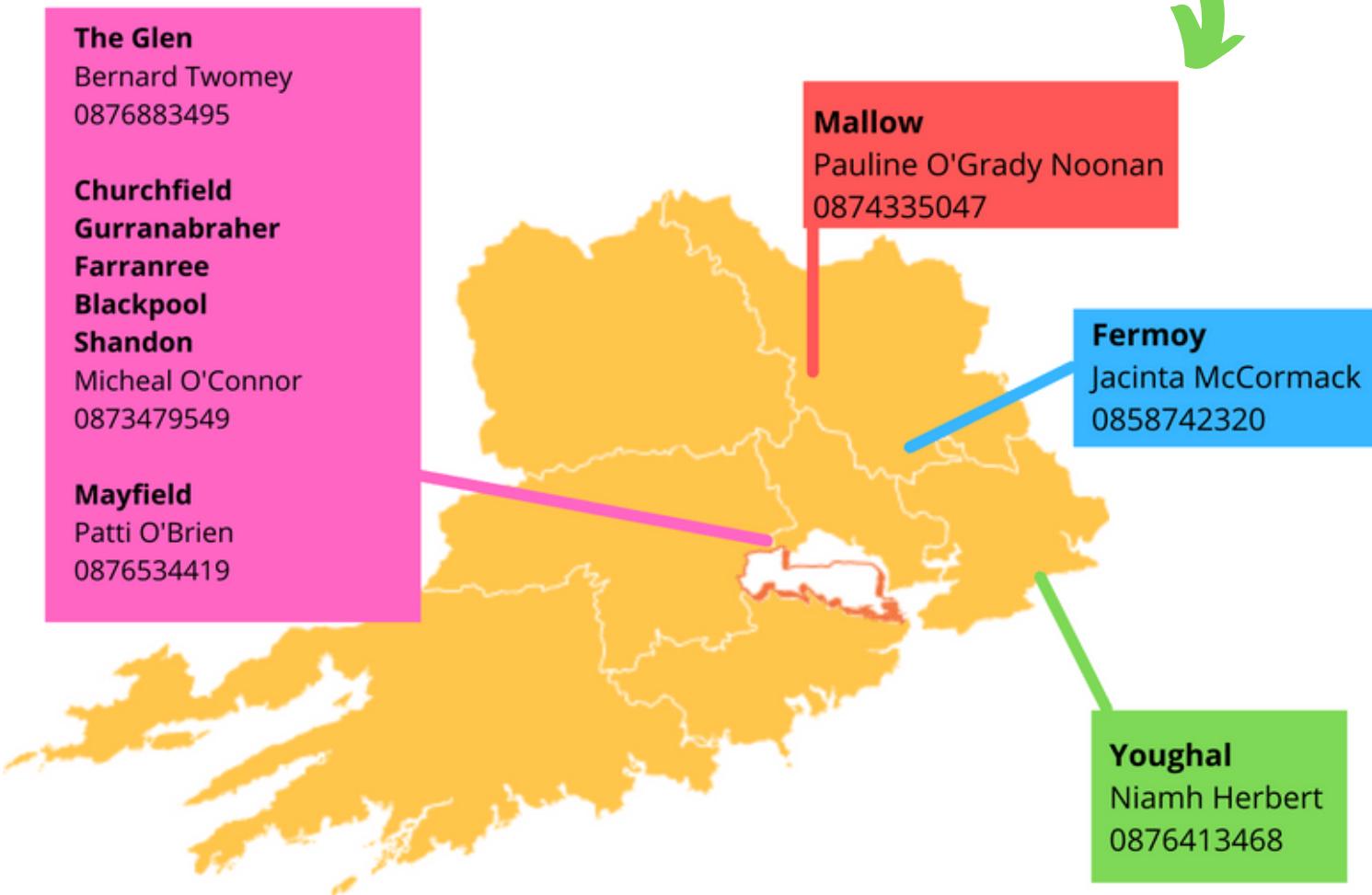
**Churchfield**  
**Gurranabraher**  
**Farranree**  
**Blackpool**  
**Shandon**  
Micheal O'Connor  
0873479549

**Mayfield**  
Patti O'Brien  
0876534419

**Mallow**  
Pauline O'Grady Noonan  
0874335047

**Fermoy**  
Jacinta McCormack  
0858742320

**Youghal**  
Niamh Herbert  
0876413468



# Your Community Walking Group

Walking groups are a great way to start getting active, meeting people, improve your mood and make new friends. Why not give it a try! Community walking groups cater to all different levels of fitness and walking speed and you won't ever be walking alone.



Youghal: Happy Feet Walking Group- Monday 11am

Fermoy: Walkie Talkies Walking Group:  
Tuesday (Strollers) & Thursday (Striders) morning's at 11am.

Mallow Walking Group:  
Tuesday Cool Walkers 11am,  
Wednesday Strollers 11am

Glen: Saint Brendans Walking Group: Monday 11am

Blackpool: Walking Group:  
Wednesday 2-4pm

Mayfield: Fun Walkers: Monday 10am

Gurranabraher/Churchfield Walking Group: Wednesday 2 - 4 pm



Please Note that Walking groups meet in line with Government Public Health Guidelines and will only meet at levels in which it is safe to do so.



**Age & Opportunity**

**FitLine** is a volunteer telephone line designed to help older people who want to feel a bit healthier, but perhaps don't have the motivation, confidence or information on where or how to take that first step. The service is completely free.

We're encouraging people to **free phone 1800 303 545** and learn more. After you've made the first call, a FitLine mentor will arrange a time to ring you every two weeks until you're happy with your progress.

FitLine mentors are volunteer older people who understand the challenges of getting active. They'll give you information, advice and gentle encouragement to get moving.



To find out more **free phone 1800 303 545** or email [fitline@ageandopportunity.ie](mailto:fitline@ageandopportunity.ie). You can also visit their website at <https://ageandopportunity.ie/active/fitline/>

# Singing for the Brain

Singing for the Brain brings people together through songs, stories and smiles.

There is plenty of evidence to show how singing is good for our brain but our general wellbeing too.

Everyone is welcome to our interactive singing group, no singing experience necessary!



**Singing for the Brain on Zoom  
Every Thursday 2:30-4pm  
Contact Mary to register  
0874622616 or email  
[singing4thebrain@gmail.com](mailto:singing4thebrain@gmail.com)**

# Useful phone numbers

Age Action Cork: 021 2067399



HSE National Helpline Number: 1850 241850

Young@Heart Care-Ring Cork: 087 2987161

Cork City Covid community helpline: 1800 222 226

Cork County Covid community helpline: 1800 805 819

Cork City Age Friendly: 021 4924076

Seniorline Freephone: 1800 804591

SouthDoc: 1850 335 999

Garda Confidential Line : 1800 666 111



## Befriending services

### Friendly Call Cork

021 4301700 or 087 6366407

### Ballyhoura Rural Services friendly call

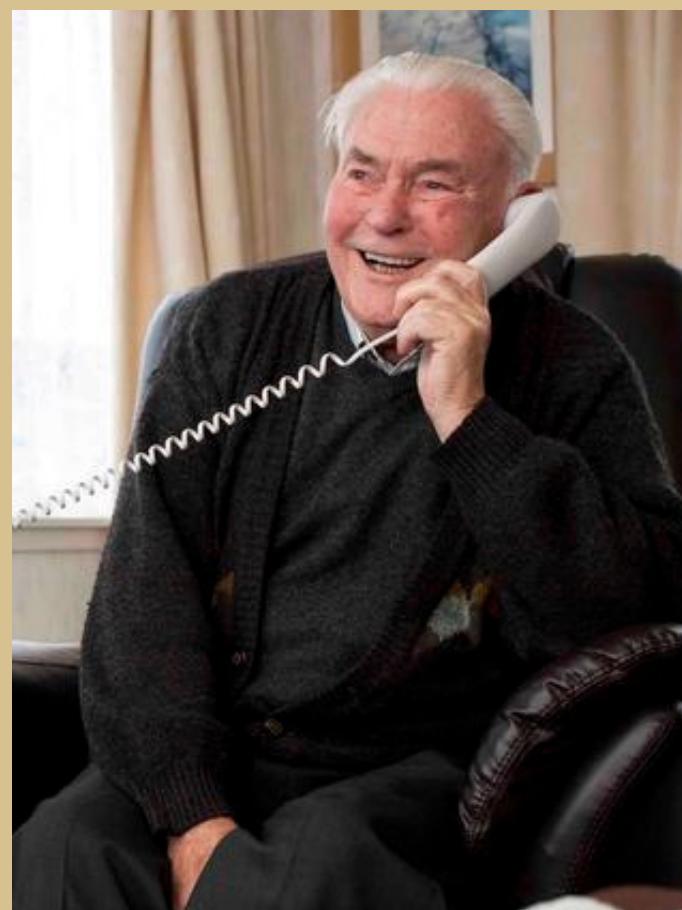
022 59984/ 086 3216825

### Avondhu Blackwater friendly call

022 - 46580

### LGBT+ Telefriending service

01 437 1209



# After Apple-Picking

BY ROBERT FROST

My long two-pointed ladder's sticking through a tree  
Toward heaven still,  
And there's a barrel that I didn't fill  
Beside it, and there may be two or three  
Apples I didn't pick upon some bough.  
But I am done with apple-picking now.  
Essence of winter sleep is on the night,  
The scent of apples: I am drowsing off.  
I cannot rub the strangeness from my sight  
I got from looking through a pane of glass  
I skimmed this morning from the drinking trough  
And held against the world of hoary grass.  
It melted, and I let it fall and break.  
But I was well  
Upon my way to sleep before it fell,  
And I could tell  
What form my dreaming was about to take.  
Magnified apples appear and disappear,  
Stem end and blossom end,  
And every fleck of russet showing clear.  
My instep arch not only keeps the ache,  
It keeps the pressure of a ladder-round.  
I feel the ladder sway as the boughs bend.  
And I keep hearing from the cellar bin  
The rumbling sound  
Of load on load of apples coming in.  
For I have had too much  
Of apple-picking: I am overtired  
Of the great harvest I myself desired.  
There were ten thousand thousand fruit to touch,  
Cherish in hand, lift down, and not let fall.  
For all  
That struck the earth,  
No matter if not bruised or spiked with stubble,  
Went surely to the cider-apple heap  
As of no worth.  
One can see what will trouble  
This sleep of mine, whatever sleep it is.  
Were he not gone,  
The woodchuck could say whether it's like his  
Long sleep, as I describe its coming on,  
Or just some human sleep.



## Homemade Blackberry Jam

### METHOD

1. Place 1kg of sugar, 1kg of blackberries and juice and zest of one lemon in a large pot.
2. Bring the mixture to the boil, stirring until all the sugar dissolves. Cook the jam for approximately 15 minutes or until it reaches 105°C on a sugar thermometer.
3. Remove from the heat and carefully transfer to sterilised jars, cover each with a disc of wax paper and seal tightly with a lid.
4. Kept in a cool dark place the jam should keep like this for up to 12 months.

