

## **Another great recipe from our Lunch Club Chef Debbie**

### **Lemon & Poppy Seed Drizzle Cake**

Preheat oven to 180c / 350f / gas 4  
Grease & line a 2lb loaf tin

200 gms soft butter	200 gms caster sugar
175 gms self raising flour	25 gms ground almonds
4 medium eggs	1 tsp baking powder
Grated zest of 2 lemons	1 tsp poppy seeds

Using the all in one method put all the ingredients in a mixing bowl & using a hand blender/food mixer whisk on low speed until ingredients are just combined then turn up speed to full & whisk for approximately 2-3 minutes until the mixture is pale & fluffy. DO NOT over mix at this stage as the cake will be tough & stodgy. Place mix in loaf tin & cook in the middle of the oven for 40-45 mins until firm to the touch or a skewer comes out clean when inserted into cake. Leave to cool for 10 mins & while cooling mix the juice from the 2 lemons with 2oz granulated sugar. Prick the surface of the cake all over with a skewer or cocktail stick & pour over the lemon juice drizzle while the cake is still warm. Leave in the tin to cool completely before removing & slicing.

Delicious served with lightly whipped cream mixed with a couple of tablespoons of lemon curd.

ENJOY. This is a teacake favourite.



AN ROINN GNÓTHAÍ EACHTRACHA AGUS TRÁDÁLA  
DEPARTMENT OF FOREIGN AFFAIRS AND TRADE



# **Newsletter**

April 2016

## **St Patricks Day Celebrations at Woolwich Town Hall 2016**



**It was great to see so many up on the dance floor**

### **Irish Community Services**

No 1 Street, The Royal Arsenal, Woolwich, London SE18 6ST  
Charity No 1085033 & Registered Company No 3890639

## Director's report

Dear Friends

It was a pleasure to meet so many of you at our St Patrick's Day celebration at Woolwich Town Hall on the 17<sup>th</sup> March. We had a wonderful afternoon with live Irish music and dancing. I would like to say a special thank you to all our invited guests and to all our wonderful volunteers who came to help us.



It has been a very busy and productive time for us here at ICS, the challenge for us, as ever, is to provide as much help and support to meet the demands of our community and in the last few months we have expanded two of our projects. We recently opened our second Happy Days Reminiscence Group in Blackheath for people with memory loss, cognitive problems and dementia.

We have been proactive in expanding our Be-a-Friend scheme that places volunteers with housebound older people. This is in response to the Government findings that over 1 million older people haven't spoken to a friend, neighbour or family member for at least a month. If you know anyone who might benefit from any of our services or projects please do not hesitate to contact us.

I know many of you are taking part in our Oral History Project 'Healing the Wounds'- From There to Here. It's so important to capture your experiences for future generations. Oral History can give a new perspective on the past. The stories of Irish Emigrants who made a difference, helped shape communities and had such a positive influence on future generations.

## Elders Out Reach

### Outreach Service for over 55's

It was lovely to see so many of you enjoying yourselves on St Patrick's Day at Woolwich Town Hall, we always look forward to meeting you at our events and lunch clubs.

Let us take the stress and worry out of form filling; forms can be lengthy and complicated. Give us a call at the office we are always happy to help you. There are many changes to benefits at the moment. Please do not worry over them we are here to help you, most changes will not affect pensioners. Let us carry out a full assessment to make sure you are getting all your entitlements.

Do you live in Greenwich?

Do you know about the What Trader Scheme:

This is run by The Royal Borough of Greenwich Trading Standards and it aims to help consumers find reliable traders. It uses customer comments and measures satisfaction levels for participating traders. Presently the scheme only covers domestic building work and related home improvement services carried out in the borough. Details of traders on the scheme can be found on the Royal Greenwich website at: [www.royalgreenwich.gov.uk/reliabletrader](http://www.royalgreenwich.gov.uk/reliabletrader) or phone 0208 921 8223.

**Anne Ryan - Outreach Manager**  
**Pat Richardson - Outreach Coordinator**

## New Happy Days Group

Great News! We have now opened a 2nd Happy Days Group in Blackheath which started on the 17th February 2016.

We are now able to reach more of those who are struggling with Dementia, Memory loss or Cognitive issues. In our sessions we aim to provide a warm, friendly and welcoming environment for people to share their experiences and past memories. Research has shown that reminiscence helps to slow down cognitive impairment and maintain some of the person memories for longer. We use Culturally Sensitive reminiscence resources such as personal stories, photos and artifacts to stimulate memories. People suffering from Dementia often do not remember the present but can recall their past in detail.

If you know someone who you think might enjoy the group why not come along and join us.

The group will be on 3rd Wednesday of the month in Kingswood Hall, Kingswood Place SE13 5BU.

Please contact Mary on 020 8854 4466 for more information .

**Mary Pegler - Carers Manager**



Our Chair, Ann Lucas and I represented ICS at the Global Irish Forum in Dublin last year and we had the honour of meeting the Irish President, Michael D. Higgins and Mrs Higgins at the Áras an Uachtaráin.

Finally, I would like to thank everyone who has renewed their membership for the coming year or has become a member for the first time. Membership is very important it shows funders that our services are needed and valued by the community we serve, it also helps us to keep you updated on future developments.

Mian leat sláinte agus sonas

Ellen

## Lunch Club's

Ambassador Dan Mulhall and our volunteers at our Christmas lunch at Progress Hall.



## Day Trips

Our Seaside trips for all lunch club attendees are as follows:

29th June to Hastings

6th July to Eastbourne

20th July to Southend

Tickets will be on sale from 2nd May in all lunch clubs.

Please see Ann Marie for any information or to purchase your tickets or call the office: 0208 854 4466

## Advice & Health

### Do you know how I can help?

You can contact me to arrange a very informal chat to look at ways I can assist you. I am very keen to offer a friendly face and ear and if I can't help you personally I will point you in the right direction, make appointments for you or refer you to other agencies. You may also have friends, family, children, nieces or nephews that have an Irish connection who are struggling with life's challenges which are affecting their general feeling of wellbeing and/or unemployed and need support in getting back into employment. Do give them my number as I would love the opportunity to help them in some way.

I can also offer specialist advice and practical help including one to one sessions for Irish and Irish descendants under the age of 55, in relation to benefit checks -help with form filling, advice on other entitlements, especially for families or people with long term health conditions, whether they are challenging a decision from the DWP or appealing an outcome. This service also offers practical support with a view to improve wellbeing. The Cancer self -help group meets once a month, we always welcomes new members. The Walking group meets twice a month to walk around local parks and places of interest

**Carol Moran - Health & Advice Co-ordinator**