

AUGUST - SEPTEMBER 2021

IRISH COMMUNITY SERVICES

Keeping Our Community Connected

Here's what's new in this members issue:

MEET OUR WALKING GROUP LEADER

RETURN OF THE TEA CAKE CLUB

CHANNEL YOUR INNER SHAKESPEARE



**ELDERS
OUTREACH**



**ADVICE &
HEALTH**



**COMMUNITY
ONLINE**



**DEMENTIA
SUPPORT**



**CARERS
SUPPORT**



VOLUNTEERS

**Welcome to our September members newsletter
and warm wishes to you all.**

**After a busy summer period of planning we are
delighted to have some face to face events
returning this October. We are also extremely
grateful to the Government of Ireland Emigrant
Support Program for granting us funding to
support the charity for the year ahead.**

**Our return to weekly events will be slow and
steady and keeping everyone safe will as always
be at the centre of our attention. Everyone at
Irish Community Services is looking forward to
welcoming you back for some food, music and
dancing. You will find all the details of our
upcoming Tea Cake Dance and Tea Cake Club
events in the coming pages and do get in touch
if you want any further details.**

**As we continue our discussions and plans for
the Devonshire Road centre we will hope to
have more updates in the next issue. We have
met some bumps in the road so for now the
centre will be restricted to just staff and one to
one appointments that have been booked in
advance.**

**Finally as things open up again and hope is on
the horizon, I would like to take this
opportunity to thank you all for your continued
support.**

Shauna



**Government of Ireland
Emigrant Support Programme**



**An Roinn Gnóthaí Eachtracha
Department of Foreign Affairs**



**Garfield Weston
FOUNDATION**



Funded by

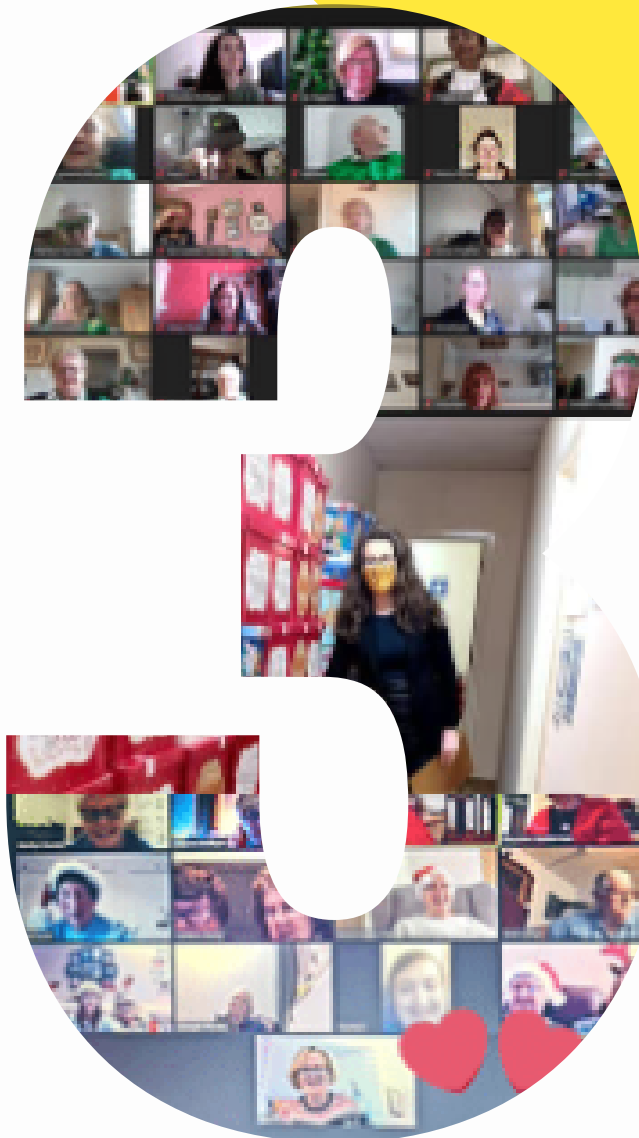


In partnership with

In partnership with

**LONDON MARATHON
CHARITABLE TRUST**

HAPPY 37TH BIRTHDAY ICS



September marks 37 years since this organisation was formed and what a 37 years we've had! Filled with fun, laughter and cakes, we are so grateful to each and every one of you that has helped to make this organisation what it is today.

To our volunteers, our clients, our partners, our trustees, our staff and our supporters- thank you.

HERE'S TO 37 MORE YEARS!

GOODBYE AND GOOD LUCK MARY!

OUR BELOVED ADVICE AND HEALTH CO-ORDINATOR, MARY'S TIME AT IRISH COMMUNITY SERVICES HAS COME TO AN END. WE SAT DOWN WITH HER AND ASKED A COUPLE OF QUESTIONS BEFORE SHE LEFT.



When did you join ICS?

"I joined 19 November 2019."

What has been your highlight of working here?

"The highlight has been learning new skills, providing a service and working with a vibrant team – until COVID, when everything took a turn."

What will you miss the most about working here?

"I will miss the team most. I have enjoyed working with you all. You are a great team and that's why I have decided to volunteer from time to time, just to keep in touch with all of you."

IRISH COMMUNITY SERVICES WISH MARY ALL THE BEST. SHE WILL BE TRULY MISSED!

HELLO DEBBIE!

Irish Community Services are very happy to announce that our wonderful and talented Debbie has returned as our Weekly Socials Support Officer. We look forward to welcoming you back to events soon.



HELLO SALLY!

We are also over the moon to have had Sally, our Walking Group Leader, with us the past couple months. She truly has hit the ground running and is an asset to the team. Why not join us for a walk near you soon!



WE ARE SO EXCITED TO HAVE THESE TWO WONDERFUL WOMEN ON THE ICS TEAM AND WE ARE SURE THAT YOU ARE TOO!



IRISH COMMUNITY SERVICES PRESENTS THE...



AFTERNOON TEA DANCE

THURSDAY 7TH OCTOBER
12:30PM - 3:30PM
GLYNDON COMMUNITY CENTRE
75 RAGLAN ROAD, SE18 7LB



JOIN US FOR LIVE MUSIC FROM GERRY KELLY,
TEA, COFFEE, SANDWICHES, CAKES,
HOMEMADE SCONES, RAFFLES AND MORE!



This event is TICKET ONLY ENTRY. Tickets are £10
each. This includes two raffle tickets.

TICKETS MUST BE PURCHASED IN ADVANCE.
PLEASE CONTACT DEBBIE FOR MORE DETAILS
ON 0208 854 4466.



**You will be required to show proof of full COVID-19
vaccination to gain entry to this event.**

Irish Community Services are happy to announce the return of...

TEA CAKE CLUB

12PM - 3PM

THURSDAY 14TH OCTOBER 2021

THURSDAY 21ST OCTOBER 2021

THURSDAY 28TH OCTOBER 2021

Tea or coffee
Cakes and biscuits

Quiz
Bingo
Raffle
Chair based
exercises

Glyndon Community Centre
75 Raglan Road
SE18 7LB

Places must be booked in
advance from the office
(0208 854 4466).
Tickets are £5 per
person.

**You will be required to show
proof of full COVID-19 vaccination
to gain entry to this event.**

BEXLEY VOLUNTEERS' EVENT 2021

This summer, Irish Community Services had the privilege of attending the Bexley Volunteers' Event. The day honoured volunteers, recognising them and their work.



**THANK YOU TO THE MAYOR OF BEXLEY FOR HAVING US
AND A BIG SHOUT OUT TO ALL OF OUR WONDERFUL
VOLUNTEERS FOR ALL THAT THEY DO.**

thank you.

John and June O'Regan extend their deepest gratitude to everyone who has reached out, supported them, sent cards and flowers and kept them in their thoughts after the heart-breaking loss of their sons, Colin and John.

Colin and John were both wonderful people who will be dearly missed by their friends and family. May they rest in perfect peace.





LIMITED
AVAILABILITY

Irish Community Services

THOUGHT FOR FEET

ENJOY NAIL CUTTING, HARD SKIN
REMOVAL, CORN CARE AND A FREE
REFLEXOLOGY TASTER ALL FROM THE
COMFORT OF YOUR OWN HOME.

Contact Sue for further information and to book
your place by calling 0208 854 4466 or emailing
carersproject@irishcommunityservices.org.uk

Clients will have to complete a medication and health questionnaire on the first visit.
Each client will have their own equipment that they keep. Home nail cutting service
is £25 with a discounted rate for members.

SONGS, SMILES AND SOCIAL DISTANCING....

...AGAIN. X-FACTOR. HERE WE COME!



After months of online Zoom rehearsals, what a pleasure it was to be able to safely reunite the Irish Community Services choir group this summer.

We would like to say a massive thank you to Taylor for her ongoing support and leadership. Be sure to check out her work:
<https://www.youtube.com/channel/UCHFXZCVr9GKfvGnvaewHewQ>



**INTERESTED IN JOINING OUR CHOIR GROUP? EMAIL
MEMORY-SERVICES@IRISHCOMMUNITYSERVICES.ORG.UK
OR CALL US ON 0208 854 4466**

CALLING ALL CARERS!

Join us every other Friday at 11am in
the Wrong-un Pub Bexleyheath.

FREE BOTTOMLESS HOT DRINKS -
ASK QUESTIONS - GET ADVICE -
CATCH UP WITH OLD FRIENDS AND
MEET NEW ONES

8.10.2021, 22.10.2021, 5.11.2021,
19.11.2021, 3.12.2021, 17.12.2021

Keeping Our Community Connected



IRISH BOYS BARRA AND CAL MET ON AN AIRPLANE AND THE REST IS HISTORY.

Hosting a live radio chat and music show every Saturday from 6 on Maritime Radio, they're having the craic, tackling the local and international weekly stories you might have missed through an Irish lens.

Barra and Cal have a local and global listenership. From Canada to Kent, Ireland to Sweden and they both live in the local area, Barra's in Lewisham and Cal's in Woolwich.

Barra and Cal, Saturday night, live at 6, on Maritime Radio, 96.5 FM



BE SURE TO TUNE IN KEEP AN EAR OUT FOR IRISH COMMUNITY SERVICES MAKING AN APPEARANCE IN OCTOBER

ONE MAN'S TRASH...

Do you have any unwanted or unused crafting materials?

Let us take them off your hands. Irish Community Services requests any spare crafting materials such as:

coloured, glittery or shiny paper
embellishments
sticky gems
anything else crafty!

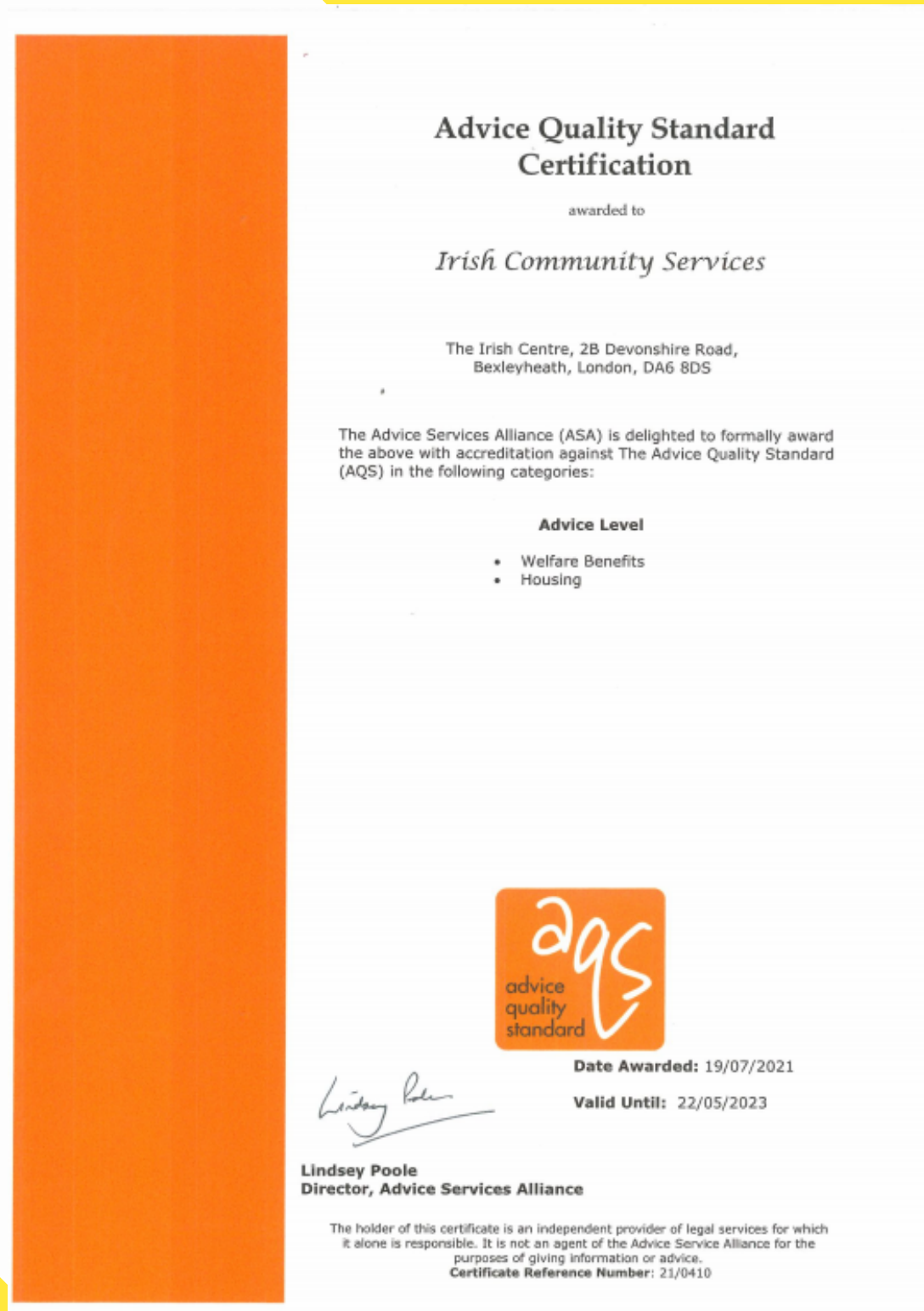
Anybody wishing to donate can bring their materials into the office or we can arrange to have them collected. Give us a call on **0208 854 4466** for any more information.

COULD YOU BE OUR NEXT TRUSTEE?

Would you like to support your community in a fun and rewarding way? Then why not become an Irish Community Services trustee and do exactly that! We are currently recruiting trustees to join the team so if this is of interest to you, then get in touch with Shauna via email: director@irishcommunityservices.org.uk or give us a call on **0208 854 4466**

HIP HIP HOORAY!

We are incredibly pleased to announce that Irish Community Services was recently awarded the Advice Quality Standard Certification.



WE ARE SO PROUD OF OUR STAFF'S SUCCESS IN ACHIEVING THIS- A BIG WELL DONE!

IF YOU'RE A POET, SHOW IT!

I'm writing a few words for the ICS,
This could be great, or be a real mess!
For nearly 5 months, I've been working for you,
Some of you don't know what I actually do.

Relaxation and healing groups are what I plan,
So get involved if you're a fan.
Once a month, a carers group,
With news and updates, to keep in the loop.

Singing isn't something, I'm able to do,
So join Jo on Thursdays, you won't be blue.
Chats with Jo, are fun online,
Or join a walking group if you have time.

For benefits and Forms seek Anne or Pat,
They will help you, be sure of that!
Director Shauna, she's one of a kind,
With your best interests, always on her mind.

We think of Sally, she does it all,
She walks, she cleans and you might get a call!
Sheryce she works hard, to get this in print,
Has a lovely smile and eyes that glint.

We can't forget Sarah, she deals with cash,
You can donate, it's easy online, it's done in a flash.
She even processes all the staff wages,
Good job it's her, it would take me ages.

Now its time for you to express and create,
Send a rhyme in, don't be late!
Its easy to do , you will soon realise,
And the best will be printed, with a prize.



**INTERESTED IN
SHARING YOUR WORK?
CHECK OUT THE NEXT PAGE
FOR FURTHER DETAILS**

**- Sue
(Carers Co-ordinator)**

IRISH COMMUNITY SERVICES
INVITES YOU TO...

FEATURE IN OUR NEWSLETTER

Do you have a passion for poetry?
Or perhaps it something you
would like to try? Well, we would
love to hear your work!

**THE WINNING POEM WILL BE
PUBLISHED IN OUR NEXT
NEWSLETTER AND THE WINNER
WILL RECEIVE A PRIZE!**

To be considered for a feature, please email
comms@irishcommunityservices.org.uk with your
name, work attached and contact details or post it
to us: Irish Centre, 2B Devonshire Road,
Bexleyheath, DA6 8DS (you are welcome to publish
your work anonymously if you would prefer)



Keeping Our Community Connected

THE LUCK OF THE IRISH

A big congratulations to the winner of our second quarterly member prize draw, Anne!



**OUR NEXT PRIZE DRAW WILL TAKE PLACE
IN NOVEMBER AND OUR BIG WINNER
COULD BE YOU.**

COME ALONG AND SEE US HERE

Association of Bexley Charities '78

Grand Charity Fair

**United Reformed Church
Geddes Place, Bexleyheath DA6 7DJ
(near the Broadway Shopping Centre)**

SATURDAY 30th October 2021

9.45 am - 1.00 pm

**Stalls selling: * Christmas Gifts and Cards *
*CDs and DVDs * Collectables * Jewellery *
*Chutneys * Jams * Cakes * Books *
* Children's Toys and Games *
* Model Railway accessories ***

*** STAR RAFFLE * Refreshments ***

Entrance 50p (Accompanied children FREE)

**This event is sponsored by
The Rotary Club of Bexley
and**

The Greenwich Ambulance Branch of the GMB Union

**Any local Charity wishing to participate please
telephone 020 8310 5018 or
email johnsalt57@gmail.com
www.bexleych.wix.com/bexley-charities-78**

CAN YOU FIND THE IRISH COUNTIES?

A tour of Ireland

C	W	A	O	K	N	E	D	O	N	E	G	A	L
D	C	W	O	I	S	L	I	G	O	K	L	G	O
R	Y	N	L	O	U	D	L	K	K	I	D	C	A
Y	T	B	A	R	R	Y	D	K	R	L	I	O	L
K	U	E	O	O	T	R	Y	C	O	D	G	A	R
D	P	W	A	L	G	A	R	R	A	A	L	G	D
K	Y	A	L	I	A	R	R	W	N	R	U	K	Y
C	O	T	K	W	L	E	E	I	W	E	L	L	I
I	E	E	E	L	W	P	D	C	O	W	A	O	E
R	I	R	R	A	A	P	C	K	D	N	R	C	W
E	L	F	R	T	Y	I	L	L	N	P	K	O	C
M	W	O	Y	C	O	T	N	O	A	Y	D	R	O
I	R	R	K	G	O	R	O	W	L	R	D	K	I
L	O	D	A	O	Y	A	M	E	O	E	E	U	O

Carlow

Clare

Cork

Derry

Donegal

Down

Dublin

Galway

Kerry

Kildare

Limerick

Mayo

Sligo

Tipperary

Waterford

Wicklow

ACTIVE AGEING WALKING PROJECT



Funded by



TRANSPORT
FOR LONDON

In partnership with

LONDON MARATHON
CHARITABLE TRUST

ALL WALKS WILL TAKE PLACE AT 1:30PM

MON

Abbeywood - Lesnes Abbey

The walk will start and finish at *Abbeywood Station*

TUE

Woolwich Walk

The walk will start at *Woolwich Pier* and finish at *Woolwich Town Hall*

WED

Oxleas Woods Circular Walk

The walk will begin and end at *Cafe, Crown Woods Lane SE18 3JA*

THU

Blackheath

The walk will begin and end at *All Saints Dr, Blackheath, London SE3 0TY*

FRI

Danson Lake Walk

The walk will begin at *Danson Stables* and conclude here.

**WALKING TIMES ARE OPEN TO
CHANGE TO SUIT GROUPS**

IRISH COMMUNITY SERVICES

COMMUNITY ONLINE

MONDAY

GOOD NEWS CAFE

Join us to share good news and chat

3:00PM

WEDNESDAY

ONLINE CHAIR EXERCISES

Let's get physical

11:00AM

THURSDAY

FREE LEGAL ADVICE SESSIONS

in partnership with Ewings & Co. Solicitors

ADVANCE BOOKING ESSENTIAL

**11:00AM
-1:00PM**

ONLINE CHOIR

Soulful singing sessions!

1:00PM

CHAIR CLASS CHAT GROUP

Join the exercise group for a chat!

2:30PM

FRIDAY

CARERS CHAT GROUP

Have a catch-up with the carers crew

11:30AM

#HAPPYHOUR SESSIONS ONLINE BINGO AND ONLINE QUIZ

alternating each week

5:00PM

EMAIL US TO FIND OUT MORE:

OFFICE@IRISHCOMMUNITYSERVICES.ORG.UK



*To all our wonderful members, both new
and returning...*

THANK YOU FOR THE SUPPORT

*We are so incredibly grateful to all of you for your
unwavering support and we hope that you feel
supported by us. It is a delight to be able to
introduce the return of events and we look forward
to seeing some familiar faces and some new!*

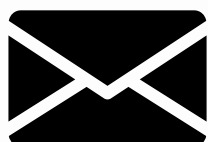


Irish Community Services

CONTACT US



The Irish Centre
2B Devonshire
Road
Bexleyheath
DA6 8DS



office@irishcommunityservices.org.uk



0208 854 4466

FIND US ONLINE

If you love our newsletter, be sure to follow us on social media for more frequent updates on what we're up to.



Facebook: [@IrishCommServ](https://www.facebook.com/IrishCommServ)



Twitter: [@IrishCommServ](https://twitter.com/IrishCommServ)



Instagram: [@irishcommunityserv](https://www.instagram.com/irishcommunityserv)

Sign up to our email newsletter for bi-weekly updates on all things Irish Community Services. Email office@irishcommunityservices.org.uk to be the first to know what's new.

