

IRISH COMMUNITY SERVICES



WE'RE HERE

Our team is available Monday to Friday from 9am-5pm via by phones and email. Our offices are not open to the public but we can still see clients by appointment.



ELDERS
OUTREACH



ADVICE &
HEALTH



COMMUNITY
ONLINE



DEMENTIA
SUPPORT



CARERS
SUPPORT



VOLUNTEERS

This week's highlights...

The long
awaited choir
reunion



How we
raised over
£3000



Tablets,
facemasks and
more for you

A MESSAGE FROM OUR DIRECTOR...

... **Shauna Mulligan**



As we start to learn how to live with COVID, we want you to know that we are still here to support you. We welcome your feedback on how we are doing and your ideas and thoughts on what more we can do to support you now and, in the months, ahead.

Our Community Online project goes strength to strength and with the tablet devices we have distributed, we have been able to connect more of you with our staff, our weekly online social activities and also with your family and friends across the world. If you or someone you know would make use of a tablet device to connect with others safely, then please get in touch.

We are grateful to Ewing's & Co. Solicitors for partnering with us and providing free legal advice to our community every Thursday from 11am -1pm. This service is completely confidential and is available to anyone who would appreciate a confidential, no commitment call with a trained legal team.

The 50km Relay Race in July was a great success and I want to thank each and every one of you who sponsored our race, supported us, and joined us for the big event. We raised just over £3,000 which will go a long way to supporting our community over the next few months. We had a great day and it was wonderful to see many from our community as we made our way through Lewisham, Greenwich, and Bexley.

With all that has happened since March, we know that anxiety and stress are affecting every household. We have launched a short course that includes tips for managing stress in everyday life. We have 2 more courses running on Monday 7th September and Monday 28th September. These are being hosted online via Zoom. If you are interested in taking part, we have all the resources and support in our team to help you. Just let us know.

For now, take care,

Shauna

*Keeping Our
Community Connected*



Irish Community Services
in Greenwich, Bexley & Lewisham

SONGS, SMILES & SOCIAL DISTANCING!



After months of online sessions, our choir group was finally able to reunite for a catch-up, laughter and beautiful harmonies!



"It's honestly been so amazing to see everyone again. I've missed this dearly."

Last week, we met up in Danson Park where we rehearsed songs we had been learning as well as adding some new ones.



"I've loved seeing everybody online but this is unbeatable!"





"I honestly didn't know if we'd ever be able to get together like this again, it really is amazing."



"I've been waiting for this for ages!"

A special thank you to Jo and Taylor for their on-going support and dedication to the group.

OUR LUNCH CLUBS

A message from our Chair of Trustees..



I know that the decision to close the lunch clubs was a huge blow to many of you. I know that the clubs were an important part of your social lives. I know how much you miss them.

The Trustees had no choice but to do that back in March. Keeping our members and our staff safe had to be their priority.

While some restrictions have been lifted and groups of people can meet again these gatherings are still fraught with difficulty.

Social distancing rules mean we cannot sit 6 of you at a table and no one wants to come to a lunch club laid out like classrooms from your childhood where you sit in your seat and stay there.

We are looking at all the possible ways we can bring people together socially in safety and with confidence we are not putting anyone at risk.

It would help us to know your views about the lunch clubs and what you think we should be working towards.

Thank you,
Patrick Burns
Chair of Trustees

OLYMPICS 2024, HERE WE COME!

Irish Community Services was excited to organise a 50K relay race around Bexley and Greenwich.

With due attention to COVID safety and precautions, we were able to have a wonderful day. It was great to see other members in person, have a cuppa and a laugh- all the while raising money.



We are delighted that we were able to raise over £3000!



A huge thank you everyone participated, donated and supported us!



The Catford handover!

Sarah hands over to Jo from ICS team coming into Eltham on Route 2



Cllr Andre Bourne who started the race and completed leg 1 of Route 2



Our lovely ladies passing through Welling!



Michael and Ann coming across the finish line in Bexleyheath! Winners for Route 1



Mary our Advice and Health Co-ordinator cheering on the race.



The real Will Kane helping with refreshments at the finish line!

It is with heavy hearts that we bid farewell to our carers manager, **Mary**.



I have made the difficult decision that the time is right for me to leave Irish Community Services as of 2nd September. I will be spending more time with my family.

I have had 8 fantastic years working with you all and I want to say a massive thank you to everyone for all the support you have given to me over years. It has many been a pleasure and honour to work for a charity that keeps the community at its heart and has helped so many.

I wish Irish Community Services all the very best and I know they will continue to do the great work.

- **Mary**



**CARERS
SUPPORT**

Although Mary is moving on, our Carers Support service will still be operating as normal and if you need any support please contact Jo Higgins.

Email: memory-services@irishcommunityservices.org.uk

Call: 020 8854 4466

Do you need some confidential legal advice?

In partnership with Ewings & Co. Solicitors we have a **free legal advice session every Thursday from 11-1pm**. The service is confidential and is open to all but we must stress that booking is essential.



You can book a slot over the phone on 0208 8854 4466 or online at www.irishcommunityservices.org/legal-advice-service

With the help of the lovely team at Stress Matters HQ, we are able to offer an **online course covering skills and tips to help you manage stress in everyday life** on **Monday 28th September at 1pm**.



To book a space please email:
office@irishcommunityservices.org.uk

We offer **specialist advice**
and practical help to ensure
you are getting the benefits
you are entitled to.

Get in touch with us to **book**
an appointment and get
support and your questions
answered.



**TECH
TALK**



Keeping Our Community Connected

Would you like some help getting online?

Do you have some technology queries that you would like support with? Our experienced tech volunteers are here to help you with any and all IT queries you may have.

We will also be running a **small IT lessons group** so let us know if you would like to join. These groups will be held on a Monday and Wednesday at 5pm every week.



**Donate today
and receive
hand made
masks from our
craft group.**

**We have a wide
selection of DVDs
available for those
who would enjoy
them. Get in touch for
more details.**

**Need a temporary tablet? We
have tablets available for loan.
Just give us a call or email us to
book and arrange a collection or
drop-off.**

**Call us to find out more:
020 8854 4466**

**In conjunction with
CraftA London, we are
excited to offer our
'busy bags' filled with
fun activities and
treats available for
collection or drop-off**



OUR ONLINE COMMUNITY PROJECT



Now more than ever, it is vital that we stay connected. Join us Tuesday through Friday for an array of activities and be part of a community.

Tuesday

ICS Craft Group Online

Chit Chat and all things crafty!

11am

Yarn Tales - Knitting and Crochet Online Lessons

in partnership with CraftALondon

2pm

Wednesday

'Lets Get Physical'

Online Chair Exercises

11am

Thursday

Free Legal Advice Sessions in

partnership with
Ewings & Co. Solicitors

11am-1pm

Advance Booking essential

'Singing Sessions' Online Choir - 1pm

Friday

#HappyHour Sessions

Online Bingo and Online Quiz

alternating each week
at 5pm

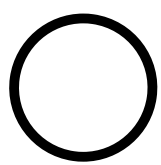


Email us to find out more:

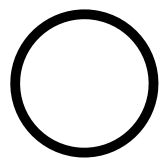
office@irishcommunityservices.org.uk

HAVE YOUR SAY!

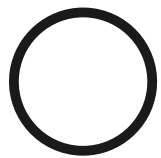
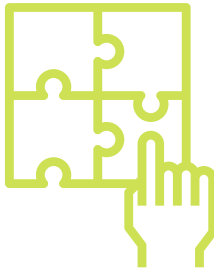
The community is at the heart of everything we do, so it's only right that we hear from you! If any of these activities pique your interest, tick the box for it and send it our way. Alternatively, you can give us a call or drop us an email with your thoughts.



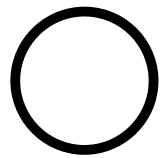
Book exchange club



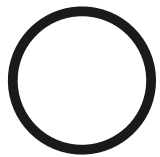
Jigsaw puzzle club



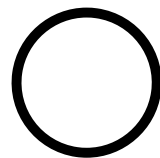
Mutual support club



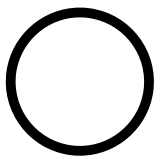
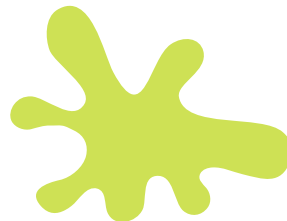
Poetry/creative writing club



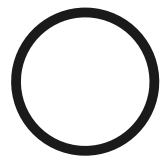
Yoga



Drawing/art class club



Online chit-chat and cuppa club



Line dancing



Call us: 0208 854 4466



Email us: office@irishcommunityservices.org.uk



Write to us: The Irish Centre, 2B Devonshire Road
Bexleyheath DA6 8DS

THE WIDER IRISH COMMUNITY



icap is a charity offering counselling and psychotherapy mainly to the Irish community in Britain. icap have set up a free confidential helpline to offer support to Irish people struggling as a result of the Covid-19 pandemic.

If you would like to talk in confidence to someone

Call: 020 7272 7906

email: clinicaladmin@icap.org.uk



Emigrant Support Service

Safe Home Ireland provide advice, information & Housing assistance to people who are thinking of returning home to Ireland.

By Phone (Landline): + 353 98 36036

(Mobile): + 353 86 059 4538

Website: safehomeireland.com



Thinking of moving abroad or returning to Ireland? Need help with the Irish immigration system?

Crosscare Migrant Project is a Dublin based NGO providing information and advocacy support to Irish emigrants and people who have moved to Ireland.

Email: migrantproject@crosscare.ie

Phone: +353 (0)1 873 2844

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