



A Word From The Editor:

Sadly this is my last edition of the newsletter. It has been a great two years compiling a newsletter of memories and looking back over previous months. I would like to thank all those who have contributed over the years and hope the tradition continues. I will be searching the website for updated newsletters in the future.

Hello and welcome to the latest edition of the Annagh Outlook. This issue like all the rest is jam packed with news, outings and information.

Unfortunately the summer has not been what we have hoped, we have seen plenty of rain with only a few days of sunshine.

Needless to say everyone has made the most of it. The pollen count has been high this year and there has been an increase in

those suffering with hay fever. This can often appear like a cold or a flu. For some signs, symptoms and treatments of this check out page 6. Also for those warmer days (when we actually have any), don't be fooled and be safe in the sun. Ways to do so can be found on page 5.

An important date for your diary is the next tenants meeting due to be held on the Wednesday 14th September. Also a flag day (a

collection in Portadown Town Centre) is to be held Thursday 25th August. All staff and residents are encouraged to take part.

Praxis staff would like to encourage service users to make use of the use comments and suggestions box which can be found in the reception area. All ideas will be duly noted and considered and if necessary improvements made.

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Celebrating 30 Years of Praxis Care in NI

For 30 years now Praxis Care have been providing care services in Northern Ireland with a number of schemes operating in the Portadown area for 20 years. To mark the occasion, Praxis are running a competition for service users and asking all those interested to compile a piece of artwork or poetry. The theme being "30 years of Praxis Care". A short list of entries will be compiled and made available on the website for a public vote. The winner will then be announced via the website on World Mental Health Day on Monday 10th October 2011.



The Portadown scheme have made their own entry in the form of a mural. This was carried out over a few weeks here in scheme where tenants and staff led by Rachel Smith, Team Leader created an artwork of the Bann Bridge, a well known scenic landmark in Portadown. This is now displayed in the reception area of Locke House for all to view.



Kay's Retirement

Kay was a project worker with Praxis for 18 years and saw many changes during that time. From tenants and staff who came and went as well as office space (to be used lightly in some cases i.e. flat 2). All those who met Kay or had the pleasure of working with her over the years will remember her fondly. In particular her way with words and her "wee sayings".

One resident whom she key worked for many years

had this to say about her:

"Just a few words to say how much she is missed by us all. I hope she is happy in her retirement with her husband Joe and I would like to see her do a few days work every now and then.

Kay was a steady person and I was happy in her presence. I enjoyed when we went on our Christmas dinner and we got up for a dance which we liked."



Zoe and Nicola are Leaving !!

Zoe has been a project worker in the accommodation scheme for over three years having joined Praxis in July 2008. She has worked as member of the DISH scheme for the majority of her employment but has also undertaken roles in the residential and home re-

sponse fields. Unfortunately she is moving on...literally to new surroundings as she will undertake a degree in Mental Health Nursing in Liverpool John Moore's University.

Nicola joined Praxis in 2010 having been off to a wobbly start with a broken leg.

Since then Nicola has been a project worker mainly in the DISH scheme. Unfortunately she is also leaving to undertake a degree in Social Work in BIFHE in Belfast.

There places will be filled in due course. However as one resident stated he will miss their smiling faces.



Fire Evacuation

At this point we would like to highlight the importance of reacting to the fire alarm. It has been observed during recent tests not all residents evacuate the building. Therefore on hearing the alarm whether a test or not, **everyone** should go to their nearest exit or where advised to exit by staff on duty. The fire assembly point is in the rear car park.



Follow this sign to your nearest exit!

My Holiday to Irvinestown by Tommy.

I really enjoyed my holiday. In particular I enjoyed when we got the food menu and was surprised at the 5 courses available for dinner on the Tuesday and Thursday evenings. We drove to Sligo for the day and walked about taking in the sights which was great. On that day we also stopped off in a monastery. A great day was had all round. When we arrived back to the hotel everyone was so tired we sat and enjoyed a cool glass of coca cola. The staff were really great and were always on hand if you needed them. I really enjoyed myself and would like to do it again.



Holiday to Irvinestown

An account of the trip to Irvinestown by Sarah.

From the 27th to the 1st of July 2011 Praxis Care staff accompanied us on holiday to Mahon's Hotel in Irvinestown. We left Portadown on a rainy Monday morning. Eight residents and two staff departed from the Portadown scheme and we were joined by residents and staff from the Lurgan scheme. I travelled in Maire's car alongside Tommy and Ryan. It was good meeting new people from another scheme and making some new friends. The hotel staff were lovely and provided us with a three course



breakfast every morning and a four course meal two evenings in the week. We started our week by going to see Bridesmaids in the cinema, it was hilarious and everyone really enjoyed it. Other trips included days out to Bundoran, Sligo, Beleek Crystal, the Marble Arch Caves, shopping in Enniskillen, a couple of beautiful drives and two visits to the beach. Luckily we had very good weather throughout the week which was fun filled with lots of activities and I felt it very therapeutic to get away. I would definitely recommend going back to Irvinestown next year although I would recommend the holiday be longer next time.



"My highlight of the holiday was soaking Martin on the beach."

Sarah



Ciaran on the Weakest Link



June of this year saw one of our residents take a step towards stardom when residents and staff from the scheme tuned in to see Ciaran take part in the Weakest Link TV show. Ciaran admitted he was fine until he had to stand on the podium and the questions started. Ciaran stated,



“My nerves began to go away as people were being voted off and I found myself still going strong. I passed the halfway stage and truly believed had a good chance of winning. Eventually I was voted off without being the weakest link. I was not disappointed because in the previous round I had been the weakest link.”

Ciaran stated that he has a lot of respect for Anne Robinson and finds her to be a very intelligent lady. He was very impressed with the hospitality at BBC Scotland having been provided with all transport, hotel and food costs.

“The experience was precious to me and I will happily declare a dream come true,” he said.



The annual BBQ took place in scheme on Thursday 9th June and was well attended by both staff and residents from the Portadown and Lurgan schemes. Despite a bout of rain staff were not deterred and continued to cook on, in the bicycle shed.

Everyone enjoyed the large selection of salads, burgers and sausages as well a multitude of deserts. None the less the conversation was in full flow... and as they say “the craic was 90”.



It was sooo good, Elizabeth was licking her lips!



David took on the role of head chef and battled on in the rain!



Ramble to the Big Stone and Kilbroney Park



One not so fine day residents and staff went for a day out to Rostrevor to Kilbroney Park and most made the big climb up to the Big Stone. For some this was quite an achievement as the wind was strong and the path was small. To celebrate we had some nibbles before going down the mountain again for a horse and carriage ride. On the way home we stopped off in Warrenpoint taking in the sights of the coast line with tea and biscuits as well as ice cream braving the harsh weather.



The weather is warming up, the days are longer and there's more time to be outside doing all the things you enjoy or not!

But if you're going to be out in the sun, especially on a hot day, you need to stay safe.

You don't need to hide from the sun completely or wrap up like a mummy to protect yourself. But you should take these two steps:

1. Always wear sunscreen.
2. Take frequent breaks from the sun by going indoors or moving into the shade.

These steps are especially important between **10:00 in the morning and 4:00 in the afternoon**, when the sun's rays are strongest.

Use a sunscreen with an SPF rating of 30 or higher. Put on sunscreen 15 to 20 minutes before going out in the sun. The letters SPF stand for sun protection factor, and the number rating tells you how much longer you can stay in the sun without getting sunburned. However it is advisable to reapply every 2 hours just in case. Be sure not to miss the smaller harder to reach places like the tops of your ears, the back of your neck, the part in your hair, your face, and the tops of your feet and always get someone to do the parts of your back that are visible.

Always wear sunglasses in the bright sun, and make sure they have a label saying that they block UV rays.

Drinking water is an important part of staying healthy, especially when it's hot outside. When you're sweating, you lose water that your body needs to work properly. So drink up and don't wait until you're thirsty — drinking before you feel thirsty helps keep the water level in your body from dropping too low (dehydration) when it's hot or you're sweating a lot with exercise. If you forget and suddenly feel thirsty, start drinking then.

The good news is that the sun doesn't have to be your enemy if you wear your sunscreen, drink your water, and take breaks when you start to feel too hot. And don't forget your sunglasses.



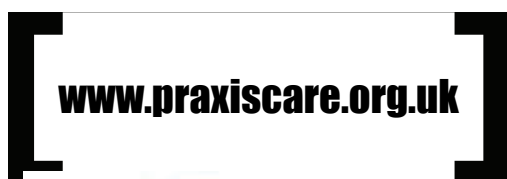
“Old Age” by Robert

*Working days are over
Pension book in hand
The governments remittance
For old throughout the land*

*Retirement is a dream
But reality a shock
When your card is missing
From beside the factory clock*

*Sitting in your armchair
Remembering the past
Cherishing the memories
That somehow never last*

*Every year a milestone
On the road to death
Reaching its finality
In the stillness of your breathe.*



Hay fever Season

Hay fever (seasonal allergic rhinitis) is the allergic reaction to pollen which comes from grasses, trees or weeds and possibly moulds that are carried in the air particularly in spring and summer. These plants and moulds create allergens which causes the body's immune system to react. Hay fever is the result of your immune system overreacting to pollen allergens that are airborne during spring and summer and that are harmless to most people.

Symptoms include:

- sneezing
- a blocked or runny nose (rhinitis)
- itchy eyes, nose and throat
- headaches

As a result of these symptoms, you may find it difficult to concentrate or sleep properly. In some people, pollen may also trigger asthma.

If you have hay fever-type symptoms all year round, you may also be allergic to house dust mites, pet hair and moulds.

If you have all or any of these symptoms you should contact your GP who will then advise you of a course of treatment

and prevention methods. Main treatment can include using nasal sprays, tablets, eye drops or in severe cases steroid tablets.

This is the average number of pollen grains in one cubic metre of air over 24 hours. Pollen counts are done daily for grass, tree and weed pollen. Pollen forecasts predict how high the pollen count will be. This can be useful in helping you decide when will be the best time to start and stop treatment. The weather can affect the pollen count and it is generally higher on sunny days and lower on rainy days.

Prevention:

- keeping doors and windows closed when the pollen count is high
- staying away from areas where there is more pollen such as grassy parks, especially in the early morning and late afternoon and evening when the pollen count is highest
- wearing wrap-around sunglasses to keep pollen out of your eyes
- taking a shower and washing your hair after going outside

when the pollen count is high

- not drying washing outside if counts are high - pollen may get trapped in the fibres of clothes and bed linen
- putting Vaseline on the inside of your nostrils to prevent pollen from entering your nasal passages.

For more information log on to <http://www.bupa.co.uk/individuals/health-information/directory/h/allergic-rhinitis>

