

Praxis Care

The Annagh Outlook

Scheme News...

Staff Profile



Karen Loftus

Karen is our new relief project worker. Karen is currently studying to be a social worker. Karen has also previously worked for the Downs Syndrome Association, as well as being a human resource manager.

Hello and Welcome to the 5th edition of the monthly newsletter brought to you from Thomas Street.

In scheme we have a new staff member Joni, hopefully you will all have met by now! Current staff member Rachel has also been promoted to senior project worker.

We would also like to take this opportunity to encourage all tenants to call during opening hours for a social visit, even just for a chat or a game of draughts, we would love to see you

all in Thomas Street.

Just another reminder to all entering the building to please sanitize your hands with the gel provided, this has so far worked very well and we would like to thank you all!



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Service User News...

In this issue of the newsletter we have photographs from a day at Lurgan Park fair, photographs from the relaxation class, a recipe from Veronica, a review of a local café from Yvonne and a piece written by Peter, as well as Robert's poem and joke of the month.

Just another reminder that tea

and coffee facilities are still not available in the new building. Staff can not facilitate hot drinks due to health and safety regulations; hopefully this will be rectified soon with the installation of a coffee machine.

A tenant's meeting will be held during the month so could everyone insure they get an

invite so to ascertain the date and time this will be taking place. We always appreciate your attendance.

Just to remind all service users' about the Praxis Portadown BBQ held in scheme on the 29th September, staff are very much looking forward to sharing a burger with you all!

In scheme staff held another relaxation class for our service users'. This has proved a very successful event and has been running for the past few months. Staff play relaxing music and teach service users' relaxation techniques that can be employed in everyday situations. Here are some photographs of our service users' and staff enjoying a relaxation class held in September.

The Relaxation Class...



Trip to Lurgan Park...



Robert's Joke of the Month...

"Jimmy Cricket's grandfather won a trip to Spain, he arrived at the airport with seven pounds of King Edward potatoes, they told him to get his money changed into pesetas."

Staff member Kyle took service users' Peter and Elizabeth to Lurgan Park for the Lurgan Fair, which consisted of several different stalls selling brick-a-brac and hot foods. Everyone enjoyed themselves.



'The Shadows' by Peter...

Peter a service user discusses his favorite band the Shadows.

The Shadows were formed in the 1950s. Hank Marvin played lead guitar. Jet Harris and Tony Meehan were also in the group. They played

with Cliff Richard for a few years. Hank now lives in Australia and has his own recording studio. I like their music because it has it's own sound and can not be imitated. I think it is the best instrumental group in the world!



Yvonne's Review...



Yvonne one of our service users' has given the newsletter a review of local restaurant 'The Woodview'.

Review of The Woodview

This restaurant is a good place for all ages, as it is reasonably priced, has a good atmosphere, good parking facilities and very clean.

On arrival you can smell the food cooking, which is lovely.

My favorite meal is

scampi. However they sometimes serve turkey and ham.

The Woodview is easily found as it is well sign-posted out the Armagh Road, there is also a garden centre nearby where you can purchase flowers.

Elizabeth's Hidden Gems of Wisdom...

"One man says to the other 'I'm not nose-y, its just a thirst for knowledge'".

Robert's Poem...

Old Age

Working days are over;
Pension book in hand;
The governments remittance;
For olds throughout the land;
Retirement is a dream;

But reality is a shock;
When your card is missing;
From the side of the factory clock;
Sitting in your armchair;
Remembering the past;
Cherishing the memories;

Some how never last;
Every year a milestone;
On the road to death;
Reaching its finality;
In the stillness of your breathe.

A quote from staff member Kyle Harvey "Don't worry about spilling your milk, when you've still got your cow".

Veronica's Recipe...

Banana Bread

Ingredients:

4 eggs;
Half an ounce of butter;
2 cups of sugar;
6 mashed bananas;
Pinch of bicarbonate of

soda;
4 cups of plain flour.

Recipe:

- Mix all the ingredients together with a pinch of salt.
- Bake in a bread tin in the oven for an

hour.

- Serve with hot custard.

This yummy recipe was provided by Veronica one of our service users' and we thank her kindly for this recipe.

Fred's quote...

"The sweetest girl I ever kissed was another man's wife...my mother."

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We're on the web
www.praxiscare.org.uk

Scheme Focus

Praxis Care operates Befriending schemes throughout Northern Ireland offering one-to-one support and companionship to people who have become isolated as a result of their circumstances. Potential users of the service are identified by their mental health professional and a referral is made to Praxis Care Befriending. Once matched with a Praxis Care volunteer; typical activities between the friends include:

- *Meeting up for coffee;*
- *Walk in the countryside or local park;*
- *Shopping;*
- *Companionship with everyday activities and*
- *Local events.*

If you are interested in the Befriending scheme contact Lillian at the office.

And Finally...

Hopefully this month's newsletter has given you an update on current scheme events. Don't forget to pick up the October edition that will include:

- Scheme and Service User News;
- Staff Fact File;
- Photographs from September's events.

If you would like to add anything to

the newsletter do not hesitate to contact staff. Suggestions for the newsletter could be:

- Jokes;
- Recipes;
- Favorite stories or quotes;
- Poems;
- Local events;
- Suggestions for day trips;
- Local services for example.

Please remember the next tenant's meeting during October. We always appreciate your news and views!

Thank you to all who contributed to this month's edition!



5th edition will be available at the end of October.