

PRAXIS CARE  
179 UNION STREET  
LURGAN BT66 8EQ  
028 3832 7713



# LURGAN SPADE

PRAXIS FUNDRAISING

DECEMBER 2010

## INSIDE THIS ISSUE:

A small history of Lurgan 2

Face-to-face with our special guest 3

Praxis Care coffee morning Grandma's house 4

Praxis Care Flag Day Advocacy and you 5

I'm Not happy, Poetry corner 6

Health matters Carbon monoxide and you 7

Upcoming events Audrey's trip to Egypt 8



## Praxis celebrates World Mental Health Day

Praxis Care held a coffee morning on Friday 8<sup>th</sup> October 2010 at Lurgan Town Hall. This was to help raise awareness about World Mental Health Day.

World Mental Health Day (Sunday Oct 10<sup>th</sup>) has been designated by the World Health Organisation as a Global day to highlight to the general

public the issue of mental health. There are many different types of mental illness including anxiety, neurosis, depression, psychosis, bipolar disorder and schizophrenia.

The event in Lurgan was attended by the staff and service users of Praxis Care Lurgan. The local Mayor Stephen Moutray and

his wife Myrtle attended the event. The picture above includes

Front row—Elizabeth Keenan, Austin Donnelly, John Keenan. Back row—Mary Clarke, Assistant Director, Myrtle Moutray, Stanley MCGoldrick, Project Manager, Praxis Care Lurgan, Stephen Moutray, Mayor of Craigavon and Allison Martin, SPW Lurgan

## Small history of Lurgan Researched by Sean Campbell and Josephine McNamara

The town of Lurgan which means 'long low ridge of McCann's townland' had its origins in 1610 when James I granted 1500 acres of land in the Barony of O'Neill to John Brownlow and 1000 acres to his son William. Eventually these lands were amalgamated to form the Manor of Brownlow's Derry. A census in 1616 records that some 40 houses were in the area. The population grew somewhat over the next 90 years. This was mainly due to Arthur Brownlow (son of William) granting many leases in the area to tenants stipulating that they should build houses.

One significant factor, which had lasting consequences for Lurgan, was the arrival of the Quakers (Religious Society of Friends). They brought with them an entrepreneurship, which encouraged an increase in commerce, most notably in the area of linen weaving. The Hoope family in particular were very influential in the linen trade and in 1709 John Hoope formed a partnership with Arthur Brownlow to purchase the Richmount Estate on the West of the Bann. This land was to be used to grow flax. In the years that followed Lurgan became synonymous with the linen industry and many of the families involved became some of the most influential of all Ulster weaving families.

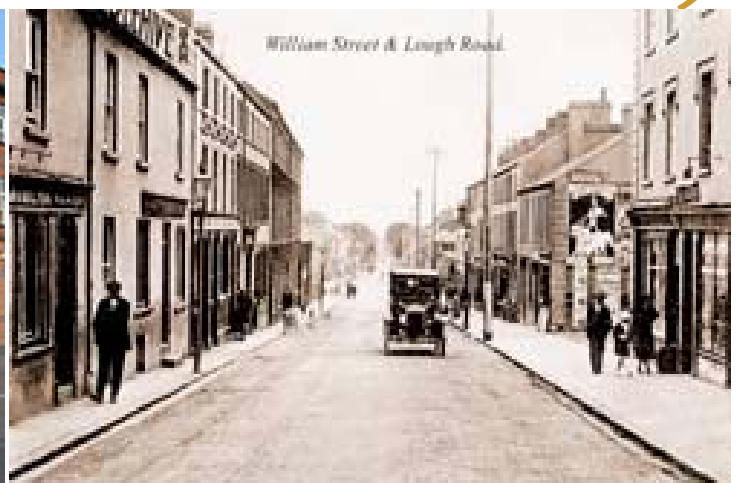
A major factor in the post-famine economic re-growth of Lurgan came with the invention of the power loom. A number of power-loom weaving factories were built in Lurgan around this time. These included James Malcolms in 1855, the Lurgan Weaving Company in 1881 and Johnston Allen & Co in 1867. This period saw unprecedented growth in the local population. In eight years between 1856 and 1864, Lurgan's population rose from 5,650 to 8,800, an increase of almost 56%. Linen was traditionally sold in the market in Lurgan on Fridays. This market day was later changed to Thursday in 1929.

In 1854 the inhabitants of the town petitioned the Lord Lieutenant of Ireland, the marquis of Anglesey, to bring the provisions of Towns Improvement Act into force in Lurgan. An observation at the time by a local priest was that much of the towns people lived in sub-standard housing conditions. Fr. O'Reilly in a letter to the Duke of Leinster pointed out that 60% of the towns housing was classified as 4th class meaning that they lived in a single roomed hut and worked as casual labourers.

In 1855 Lurgan saw the creation of street names. This was soon followed by plans to improve communication by connecting the town to the electric telegraph. Also in 1855 arrangements were made for the building of a sewerage system and in 1857 Lurgan was lit by gas lamps fed from the Lurgan Gas Light and Chemical Company Ltd on William Street. In 1949 Lurgan was granted Borough Status by Royal Charter granted by King George VI. This continued until 1973 when Lurgan was taken under the control of Craigavon Borough Council.



The former Johnston and Allen Linen factory on Victoria



# Face to Face with Josephine McNamara

**What is the hardest part of your job?**

Not enough hours in the day to carry out all the activities I would like to do with the tenants.

**What is the best part?**

The people that I work with and the people I work for.

**What is the worst part?**

Bringing food in and Stanley eating it and not replacing it. So I'm just going to hide it.

**Where do you see yourself in ten years time?**

I would like to think I would be given more responsibility within my job role.

**If you were trapped on a desert island what three things would you want with you?**

Cows for meat/milk; Chicken for eggs and runners for walking

**Who would you want to be trapped with?**

Rod Stewart. I would never be bored.

**If you could pass one law, what would it be?**

For all Care Staff to have a big pay rise every



**Josephine McNamara works as Project Worker with Praxis Care in Lurgan. She has worked in this post since 2004. Josephine runs various activities groups for the Service Users in the Lurgan Project.**

year (and rewarded at Christmas for all their hard work)

**What would you do with a million pounds?**

Would open a five star luxury home for mental health patients and treat all the staff to a luxurious holiday.

**Tell us a secret about yourself?**

Nobody knows this but . . . I was Marilyn Munroe in a previous life!

## PRAXIS FUNDRAISING

The Winter breakfast club has returned by popular demand. Due to the success of previous winter breakfast clubs Service Users had expressed a desire for this to run again. Alison Martin has been running the club every Tuesday morning since the beginning of October. The full Ulster has been the main attraction but there is the option of a more healthy continental style breakfast also. It is planned to continue this hearty breakfast throughout the winter. Alison is planning to do a special Christmas breakfast club on the Tuesday 21st December. So feel free to drop in.



**Billy Fox, Sean Donnelly and Austin Donnelly getting stuck into a good hearty breakfast at Union Street, Lurgan.**

# Praxis Care Coffee Morning

The tables were set and there was an air of expectancy when 10.30 approached and only three members of staff were about, however, Stanley was given a lot of opportunity to play "David Bailey", as the guests arrived.

Mayor of Craigavon, Alderman Steven Moutry, arrived accompanied by Lady Mayor, Mrs Myrtle Moutry, and both spent time chatting to the guests, sampling the coffee and posing for photographs.



*Stanley, Patricia, Irene and Alison have a practice at making tea!*

During the event, Peter Matthews, provided some light entertainment by playing the piano.

As well as support from our own Service Users, we were delighted to see Wesley Ramsey, Project Manager, and some Service Users and Staff from Castle Lane come along. Also supporting the event were Joyce and Dorothy from Mindwise.

The staff from our own Scheme were well supported. Not only did our new AD, Mary Clarke, drop in for a coffee and chat, but both on and off duty staff arrived with their families.



*Peter Matthews entertaining the Mayor and his wife at the coffee morning.*

The prize winners on the day were as follows:

Raffle - Josephine, Praxis, Lurgan

Pot of gold - Stevie Willis, Gilford

Treasure Hunt - Martina, Praxis Lurgan

Our thanks to:

Pat and Shirley who donated much of the home baking

Peter Matthews for playing the piano so beautifully

Geoffrey Cousins at the Lurgan Mail for taking photographs and allowing us to use them in our Newsletter

Geraldine Andrews, Praxis Fundraising Department, who chose the "lucky" numbers

Stanley, Alison, Josephine, Clare, Patricia and Irene for their help

And to all those who supported the event by turning up on the day, buying tickets and entering the competitions.



**The fire burns night and day . . .**

## Grandma's House

(from Benny Green)

The country road leads the way to grandma's house by Lough Neagh.

The cherry tree stands before Grandma's old, brown, wooden door.

The fire burns night and day.

The cats nearby, contentedly they lay.

Carrie, Mattie and Benny will be there, making our holiday more joyous,

And with the morrows not a care.

The oil stove sits upon the cold stone floor.

The soda bread is frying and there are sausages galore.

The oil lamp is glowing by the fire hearth.

Grandma's house is the best house on earth.

# Praxis Care Flag Day



**At least it was dry . . .** This seemed to be the most voiced view of the Praxis Care Flag Day held on 21st October in Lurgan.

Veteran fundraiser, Alan Bell, MBE, made the journey from Belfast along with Paul Collins, Assistant Director of Fundraising and Communication, to show the novices how it was done.



panying Alan in the High Street on a very cold morning; to Audrey and Austin for shaking cans on behalf of Praxis Care; to the team at Union Street—Alison, Geraldine, Martina, Clare and Valerie—but mostly, thank you to everyone who dropped notes and coins into our tins.



Audrey, Austin and Alison are all kitted up and ready to go.

Our thanks to Geraldine at Head Office who took care of the permit and the associated paperwork, to Paul for bringing Alan along and then accom-

No-one escaped . . . as Valerie found out when she popped in to the office.

Josephine is on guard to thwart any escape plan



Valerie would also like to say, "Thank you" to the lady who saw her standing with her tin and came out with a cup of coffee.

The total raised was a generous—£299.04

Thank you all very much

## Advocacy and you

Advocacy is a means of supporting and helping people to speak up or act for themselves. The key aims of mental health advocacy are to empower people who use mental health services and to protect their rights as citizens by helping them to get their views across. Empowerment is an essential aspect of advocacy. It supports and promotes people's rights to speak and act for themselves and to regain some control over their lives. Advocacy is different from advice in that advice work is concerned with information and advocacy is concerned essentially with support although clearly advocacy will involve some information and advice will involve some element of support.

**What Do Advocates Do?** Advocacy can involve listening and giving information, encouraging the client to speak on their own behalf, liaison with different agencies, mediating so people understand each other and representing or acting on behalf of someone.

### What Sort Of Problems Can Advocates Help With?

Within the community:

- practical problems in accessing benefits, accommodation and other services
- lack of understanding of severe mental illness
- discriminatory attitudes and fear
- pressures at work, college and other environments
- strain within the family
- difficulty getting a second opinion or a medical review.

There are times when you may wish independent advice or advice of a more specialist nature. In this event there are several options you can consider:

**Citizen's Advice Bureau** – [www.citizensadvice.co.uk](http://www.citizensadvice.co.uk) There are a number throughout the Province however the nearest are: The Town Hall, Lurgan and the New Health Centre in Portadown (028 3835 3260 for both)

**Northern Ireland Association for Mental Health** – [www.niamhwellbeing.org](http://www.niamhwellbeing.org) is a good source of information. The Advocacy Unit for County Armagh is based in St Luke's Hospital in Armagh. (028 357 22381 Extn 2282 and ask for Anita)

**Age NI** - [www.ageuk.org.uk/northern-ireland](http://www.ageuk.org.uk/northern-ireland) offers an advice and advocacy service to anyone over 50 years of age. Open 8am to 7pm Monday through Friday, they can be contacted at 0808 808 7575

**CAUSE** - [www.cause.org.uk](http://www.cause.org.uk) carer support by Carer Advocates, (Thursday-Friday) Tel: 07738 210628

**Solicitor** - You can also obtain legal advice from any Solicitor. Different Solicitors specialize in different things and may offer the first consultation free.

# I'm not happy! . . . . .



Last December we featured an item about the Regulation and Quality Inspection Authority or RQIA.



While one of their functions is to ensure that our service users are being looked after properly, their remit extends even wider.

The RQIA have three main objectives which can be (roughly) defined as:

1—to ensure that the correct mechanisms are in place at a Corporate level to ensure that statutory obligations are met.

This sounds complicated but in essence means, the RQIA ensure that Praxis care have Policies and Procedures in place to ensure staff are aware of their responsibilities and also that the management have procedures in place to let them monitor what is being done in their name.

2— to ensure that a minimum standard is maintained and to set a benchmark as to what that minimum standard is in order that everyone is clear on what is expected of them.

3—a range of responsibilities for people with a mental illness and those with a learning disability. These include: preventing ill treatment; remedying any deficiency in care or treatment; terminating improper detention in a hospital or guardianship; and preventing or redressing loss or damage to a patient's property.

Within each of these objectives lies a very important safeguard which allows those using the service and those who care for someone who uses the service, to have their voices heard.

Praxis Care have a Procedure in place to clearly set out the sequence of events and timescales which we are obligated to meet when someone makes a complaint.

A copy of this Complaints Procedure is available in leaflet form and is made available to every new Service User, copies of the Complaints leaflet and the complete Policy are also available from each Praxis Care office and by writing or phone the Head Office in Belfast. (Tel 02890234555)

If you would like a copy of the Complaints Policy and/or

a copy of the Complaints leaflet, please speak to one of the team in the Union Street office. (Tel 02838327713).

A Summary of the contents of the Complaints Policy is

Tell your Praxis Keyworker or the Project Manager

Write to the Project Manager.

If you are still not happy, there are several options available to you which are detailed in the Complaints leaflet.

The options include:

Contacting your Statutory Keyworker, who, for this Scheme, can be found at Trasna House—028 3834 7537.

You can contact the RQIA in Belfast at:

**Regulation & Quality Improvement Authority, 9<sup>th</sup> Floor, Riverside Tower, 5 Lanyon Place Belfast BT1 3BT – Tel: 028 90517500**

You can also contact: Supporting People. The NI Social Care Council, the charities Commission and the Ombudsman.

Full details are in the

Protecting your interests is top of the list.



Praxis Care has a Procedure in place to clearly set out the sequence of events and timescales which have to be met when someone makes a complaint.



# Voices . . . . .

Voices, voices, everywhere  
Don't be frightened  
I know they are hard to bear.

But take good care  
And don't be scared

For love is fair  
And will find a way  
I'm sure



Caroline McAvoy  
13/08/10

# Health Matters . . . . .

Research shows that stress and tension are the underlying factors of many physical and mental diseases including heart disease and cancer, two of the greatest killers of modern life. In most cases, we have simply forgotten how to look after our bodies properly, both physically and mentally.

**What is mental health?** Mental health is a positive sense of wellbeing and the ability to cope with the pressure of life.

One way of gaining control of your life and ensuring our wellbeing is by introducing emotional hygiene into our daily routine and increasing our mental fitness. Mental fitness can be used to describe ways of managing the essential factors, which contribute to a well balanced healthy lifestyle. By starting to look after our mental fitness we give ourselves the best chance to deal with stress and any crisis that may occur in daily life.

Let's look at how we can achieve this:

**Exercise**— we should aim for regular exercise at least 15-30 minutes daily, three times each week.



**Diet**—We are what we eat! Our diet affects our mind and body.

**Sleep**—research shows that a reduction of sleep time of 10% can effect how we think and behave. 6/8 hours of quality sleep is usually enough for an adult.



**Negative Thoughts**—All of us get negative thoughts at times but they must be challenged otherwise they will affect our health and daily routine.

**Positive thoughts**—Positive thinking and distraction techniques are two ways of dealing with negative thoughts.

**Smoking/Alcohol**—Moderation is the name of the game.

**Time Out**—We should have at least one hour to ourselves each day.



**Social interaction**—People need to be involved in social activities. Whatever your taste, enjoy it with like minded people.



**Social Support**—having friends and family with whom we can discuss things is a great benefit.

**Goals**—we all need goals: something to look forward to. We function better when we have a sense of purpose to our lives.

**Managing Stress**—Much stress comes from a needless effort to secure the good will and approval of others.

**Medication**—It is vital you adhere to your prescribed medication regime.



Praxis Care would urge you to contact your GP if you have any concerns about your health.

The staff of Praxis care would like to thank **Mr. Jonathon Johns** from the Assertive Outreach Team based at Trasna House for providing us with some of this information.



# Carbon Monoxide and You . . . . .

The recent deaths in August, of the two young men on holiday in Castlerock, highlighted another silent killer in our midst.

Given that CO gas is , odourless, colourless and tasteless, what can you do to protect yourself and your family?

If you have a gas boiler in your home, you are strongly advised to have it serviced every year by a qualified gas engineer who is a member of the Gas Safety Register.

You may be familiar with the term “CORGI” as an indication that the engineer is qualified to work on gas appliances however, this system has recently changed and now qualified gas engineers have to be listed on the Gas Safety Register.

You should also purchase a CO monitor. These are not very expensive and are readily available from a wide variety of outlets. The team in Lurgan have recently visited all our Service Users and offered them a CO detector.

People can avoid the dangers of carbon monoxide by looking for sooty stains on the walls, an orange flame on your gas boiler, rather than a blue one, or condensation on the walls, all of which could point to a deadly gas leak.

The NHS “Choices” website tells us that they symptoms to look for are: Headache, feeling sick, dizzy, shortness of breath. While these symptoms can have other

causes, you should be particularly aware of the symptoms go away when you move away from a gas boiler, gas fire or gas cooker.

For more information you can go on line to [www.nhs.uk/Conditions/Carbon-Monoxide-Poisoning](http://www.nhs.uk/Conditions/Carbon-Monoxide-Poisoning) A new guide has been produced by the office of the Northern Ireland chief Medical Officer and it can be downloaded free from [www.ni-direct.gov.uk/carbonmonoxide](http://www.ni-direct.gov.uk/carbonmonoxide).

We are also advised that copies are also available from Medical Centres.

If you have any concerns about your health, please contact your GP

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## Christmas celebrations at 179 Union Street

Praxis Care Lurgan has arranged to have their Christmas party this year in Lurgan Town Hall. This event is scheduled to happen on Thursday 16th December at 12.30. All Service Users are invited. Alison is planning to have a special Christmas Brunch Club on Tuesday 21st December. It is also hoped to have a trip to Belfast to the Christmas market by train. A date for this event hasn't yet been identified but staff will inform you as soon as this has been organised.



## Audrey's trip to Egypt, the land of the Pyramids

Egypt: the land of the Pyramids, the Sphinx, the Great Temple of Giza and Luxor and the mighty Nile.

This is where Audrey visited with her friend.

Flying from Dublin, she stayed in the St Joseph Hotel, Luxor. The hotel was clean and the food good with a choice of European and Egyptian fare. She thoroughly enjoyed the local food. Audrey did not come here for the hotel and the food but to see the amazing sights and sounds of Egypt! She was not disappointed!!

Not only did she see the Pyramids, but also the Karnak Temple, The Valley of the Kings, The Valley of the Queens, The great temple of Luxor and the Egyptian Museum. Audrey visited them all like a fearless explorer.

Thousands of years of history in one place! But no-one can go to Egypt without seeing the Nile. This mighty river, which is the biggest in Africa, runs through the length of the country, and Audrey took a cruise on it. It was not all sightseeing as there was entertainment and "craic" on board as well.



There had to be some time for shopping! Audrey noticed that haggling in the shops was customary and, in the spirit of the country, embraced this custom and took the opportunity to buy necklaces and beautiful cotton tee shirts. Audrey went out every day as there was always something new to see. One thing Audrey noticed was the mix in the landscape. Some of it was desert and other areas were lush and green. In the desert, camel back rides were on offer, but Audrey did not avail of this delight! A favourite part of the holiday was the Banana boat trip. This trip brought them to the banana plantations, where Audrey took some lovely photographs. In order to reach the banana plantations, crocodile infested waters had to be crossed. The crocodiles could be heard but not seen; according to Audrey, this was "very scary"!



In Audrey's opinion, Luxor was lovely and clean and the people friendly. From her hotel balcony the locals could be heard praying every hour. Inside the hotel, security was tight and, as night fell, Audrey erred on the side of caution and stayed in the hotel grounds just to be safe. Outside the hotel, trams could take you anywhere you wanted to go.

A very tiring, but enjoyable, holiday. As Audrey says, "words cannot express how you feel when you see the whole lot. It's just amazing!", and would recommend Egypt to anyone.