



ELDERS
OUTREACH



ADVICE &
HEALTH



VOLUNTEERS



COMMUNITY
ONLINE



DEMENTIA
SUPPORT



CARERS
SUPPORT



IRISH COMMUNITY SERVICES

This Issue's Highlights:

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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.

HAPPY BIRTHDAY TO US

September marks 36 years since our organisation was first funded by Greenwich council in 1984



Irish Community Services' blog series is now LIVE on our website! Go check it out on www.irishcommunityservices.org/post/happy-birthday-to-us to read all about our journey.

MEET OUR NEW TRUSTEE

We are delighted to welcome our newest Trustee, Eamonn Dillon, to the ICS team. We had a sit-down with him in August at Falconwood Community Centre.

Eamonn Dillon

I was born in Nenagh, County Tipperary, in 1954, and educated at Nenagh CBS (Christian Brothers School) and at St Flannan's College, in Ennis. I went to University in Cork and graduated with a Social Science degree and then came to London to start my career in social work. Initially, I worked in children's services and, after further study, and social work qualification, I switched to working with older people.

I worked in various London boroughs and with Kent County Council in Adult Social Services and eventually, I moved to a community development role with West Kent Housing Association. During my time at West Kent, I trained as a Business Coach and set up my own coaching and consultancy business. For my final ten years in the world of work, I worked as a consultant, primarily in Adult Social Services and in Social Housing.

I retired in 2017 to spend more time with my family and to pursue my career in the garden. I like to travel, 'home' to Ireland, and further afield (when the opportunity presents). I have a keen interest in gardening, DIY and in music (particularly jazz) and reading. Finally, two years ago, after years of 'dithering', I started to learn to play the piano. I reckon with another twenty years, of daily practice, I should be able to play a few tunes.



FANCY A CUPPA?

Sandwiches, scones and stellar company

In the absence of our lunch clubs, which we miss dearly, we have been able to host small tea sessions twice a week for a catch up, laughter and some sweet treats.



In these unparalleled times, it is amazing for members of our community to see friends they haven't seen in months and chat over some tea and nibbles

A special thank you to Debbie for all her hard work and contributions.





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



TINS, CANS AND HELPING HANDS

Thanks to the lovely team at the *Rainbow Playgroup* in Falconwood, we have an abundance of donated canned goods available. If you are interested, please get in touch to arrange a collection time.

***AVAILABLE FROM
THE 28TH OCTOBER***

OUR SERVICES

We have been working non-stop to continue delivering our services to you. We spoke with our team members for updates on how the different services are doing



Online Community with Jo Higgins

It is difficult to have face to face or group meetings given the current situation but to overcome isolation and maintain relationships with friends we at ICS have turned to the internet, in particular zoom, to help keep everyone connected.

We currently have a wide range of online activities for you to get involved in. We offer chair-based exercises which help to maintain a range of movement and improve mobility. The craft group are active every week on zoom and its easy for those interested in crafting to join and we can help support you with this.

The choir has been ongoing for a few years now, and throughout the restrictions they have been meeting online, and its benefits are far reaching for all involved. In particular music can help to reduce anxiety, depression and enhance quality of life for people living with dementia. People who have little or no experience of the internet have embraced the technology and are now having regular contact with friends and other members of the organisation.

We are continually working on new groups and activities for you all to safely join us at and do feel free to get in touch with me if you have any ideas!



COMMUNITY
ONLINE

Advice and Wellbeing

with Mary Kibisu



I provide advice and support to anyone under the age of 55.

Things I can help with:

- Assessing and support on filling in benefit forms
- support with housing issues
- emergency support scheme applications
- online applications
- employment advice and guidance
- referrals and signposting to local services
- Irish passport applications
- Outreach homeless project at the WSUP in Woolwich
- Cancer self help group and more.

So if you need help or advice please get in touch.

Most of the practical help and support provided since March has been over the phone or on a video call which was challenging in the beginning as it was strange not being out and about and getting to meet clients face to face but really very straightforward now. I am still providing advice and support over the phone, via email or on a video call and I will do appointments on a 1.1 basis at the office if these are booked in advance.

For the cancer self help group I have organised for a presenter from Macmillan to give us an update on any new developments and speak with our group. This is coming up on the 22nd October and is open to all if you were interested in joining.

For the under 25's we have just linked up with a organisation called Ground Work who are providing horticultural courses and support with employment. We are keeping in touch and I can refer and support clients to access this if they are interested.





Elders Outreach with Pat Richardson

I work for our Outreach Service for people over 55 years old, providing an open referral scheme where anyone can be referred. I contact new clients and check any benefits they might be entitled to and follow this through until they have received all outcomes. There are many problems clients need help

with, which include, housing issues, blue badges and referring onto other professionals. I also assist with any administration in the office. All of my clients are kept on the RAG list and I contact them for updates and any changes with their circumstances and check they are still on the right benefits and coping. I refer clients onto our groups which are online at the moment, getting them connected socially and this gives them something to look forward to. I started up a craft group which has been ongoing and has been successful for six years and the people who attend have now become good friends and all socialise personally. Before the craft group was set up, some of these ladies did not socialise and were lonely.

As clients cannot be visited at home in the present situation, I contact clients online and by phone to complete forms and I then post the forms to the client for them to sign with a pre-paid envelope to DWP. The RAG list of clients identifies clients most in need and we call them on a regular basis to give them support. We have tablet devices that we can distribute to clients who have no technology

If you need help or have any questions please do not hesitate to call us.



ELDERS
OUTREACH

DEMENTIA SUPPORT & CARERS SUPPORT

At present, our dementia support group services are somewhat limited where we cannot go out and visit our clients. Nevertheless, we are keeping contact with this community and are transitioning our dementia support services to an online platform to be in touch with everyone in the current climate.



Irish in Britain

Irish In Britain's 'Cuimhne Carers Project Webinars' are held weekly and cover a variety of topics relevant to carers with tips and advice on how to handle different situations and managing your own well-being. If you are unable to tune in to the webinar live, they are all recorded and posted to their website for viewing at your convenience

Our dementia co-ordinator, Jo, took part in Irish In Britain's 'Cuimhne Carers Project Webinar' where she spoke on **communicating with people with dementia**.

If you seek support for yourself or someone else, please get in touch.



Communicating with the person with dementia with Jo Higgins Irish Community Services Greenwich, Bexley and Lewisham

Upcoming topics include:

Preventing agitation and dealing with anger and difficult behaviour - You Can't Pour from an Empty Cup: Self Care for Carers - Legal and Financial considerations - Difficult Conversations: Thinking Ahead - End of Life Care



CARERS
SUPPORT

See their full timetable at: <https://www.irishinbritain.org/what-we-do/our-campaigns/cuimhne-irish-memory-loss-alliance/cuimhne-carers-project/cuimhne-carers-project-webinars>



**TELEPHONE
BE-FRIENDING**



**GROUP
LEADERS**



TECH-TALK

Irish Community Services

WE ARE LOOKING FOR VOLUNTEERS!

Volunteers are essential to our work and we always need more volunteers to support our services

**CAN YOU SPARE A COUPLE OF HOURS A WEEK TO
HELP VOLUNTEER ON ANY OF OUR PROJECTS?**

GET IN TOUCH

If you have any skills with technology, fundraising, running group activities and more then please get in touch.

We would love to have you as part of our team.



**DELIVERY
DRIVERS**



**OFFICE
SUPPORT**



CRAFTING

CALLING ALL MEMBERS!



**Our Annual General Meeting will
be held at the *beginning of*
*December***

It will be hosted online via Zoom.

*If you would like to attend, please get in
touch with us:*

office@irishcommunityservices.org.uk

No wires, no handsets, no hassle!

We are delighted to introduce you to the **KOMP device**- a TV screen with only one button, perfect for keeping isolated, elderly members of the community connected with ease.

Designed to be simple and user friendly, the KOMP device can be set up in your front room and through it, you can keep in touch with friends and family on screen in real time. You can see and chat away with friends and family and still move around and do the things you are doing.



You get to choose which of your friends or family you want to see



and hear through the device. We give them a password and explain what they have to do at their end and off you both can go. As a bonus, reminders to take medication, attend appointments or for anything else can also be set up on the device.

KOMP is ideal for elderly people who are isolated and struggle with modern technology and, as a result, can be left feeling even more alone. We have found that people who have been given the devices find it a great way to see and speak to family they have not seen for a long time – particularly where they live a long way away or abroad.

If you or someone you know would benefit from having a KOMP device, please get in touch with Anne Ryan (eldersmanager@irishcommunityservices.org.uk)



Irish Community Services
in Greenwich, Bexley & Lewisham

Do you need some confidential legal advice?

We have partnered with Ewings & Co. Solicitors to provide a free legal advice session every Thursday from 11 – 1pm.

This 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 020 8854 4466 or online at irishcommunityservices.org



Government of Ireland
Emigrant Support Programme



An Roinn Gnóthaí Eachtracha agus Trádála
Department of Foreign Affairs and Trade

Ewings
& Co Solicitors

Our mental health course..

We have had the privilege of partnering with the wonderful team at StressMatters HQ who have been providing amazing online sessions with tips and exercises on managing stress in your life.

The course helps one to identify and dissect the core of their stress and then helps you to combat it with a variety of visual exercises. By breaking it down into smaller problems, you can de-escalate the stress in your life at a realistic pace.



"It really felt tailored to me specifically which I loved"

"The exercises are so simple and easy to refer back to outside of the sessions"

A huge thank you to Laura at StressMattersHQ for her brilliant work.

Please get in touch with Jo for further information.

Coronavirus Scam Advice with



Currently, scam attempts are incredibly high so it vital that you are extra cautious when dealing with phone calls from suspicious sources who could be pretending to be banks or other organisations.



We spoke with the *NatWest team* about all the things you need to look out for to avoid being scammed or involved in any fraudulent activity

NatWest will be hosting an online anti-fraud webinar on **23/11/2020 at 3pm.**

Get in touch for information on how to attend.

Always remember...

NEVER share your PIN, password or card reader code

STAY ALERT to suspicious phone calls, texts or emails from anyone claiming to be your bank

NEVER download attachments, software or provide someone with your login

If you are ever unsure of a call, email or letter received from someone claiming to be your bank or a trusted organisation, please get in contact with us on **0208 865 4466**

Improve your IT skills with us



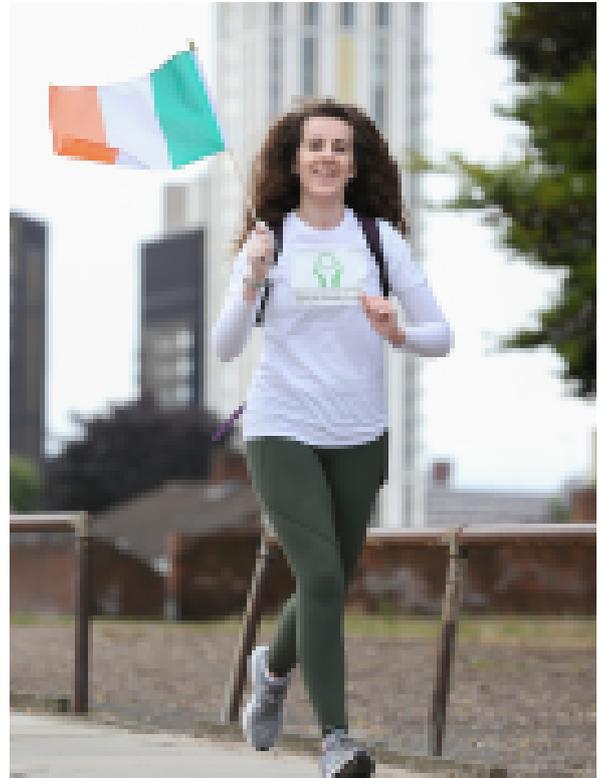
**Irish Community
Services host IT
lessons on Monday
and Wednesday at
midday.**

If you would like to take part in these sessions, please get in touch via email: office@irishcommunityservices.org.uk or give us a call on: **0208 854 4466**

10K IN 10 DAYS

Our director, Shauna, participated in Chartered Accountants Ireland's VHI Virtual Women's Mini Marathon where she ran 10K over the course of 10 days.

We are overwhelmed by the support we have received from you all for the marathon are delighted to announce that we have exceeded our target greatly, having more than doubled it *raising over £1000!*

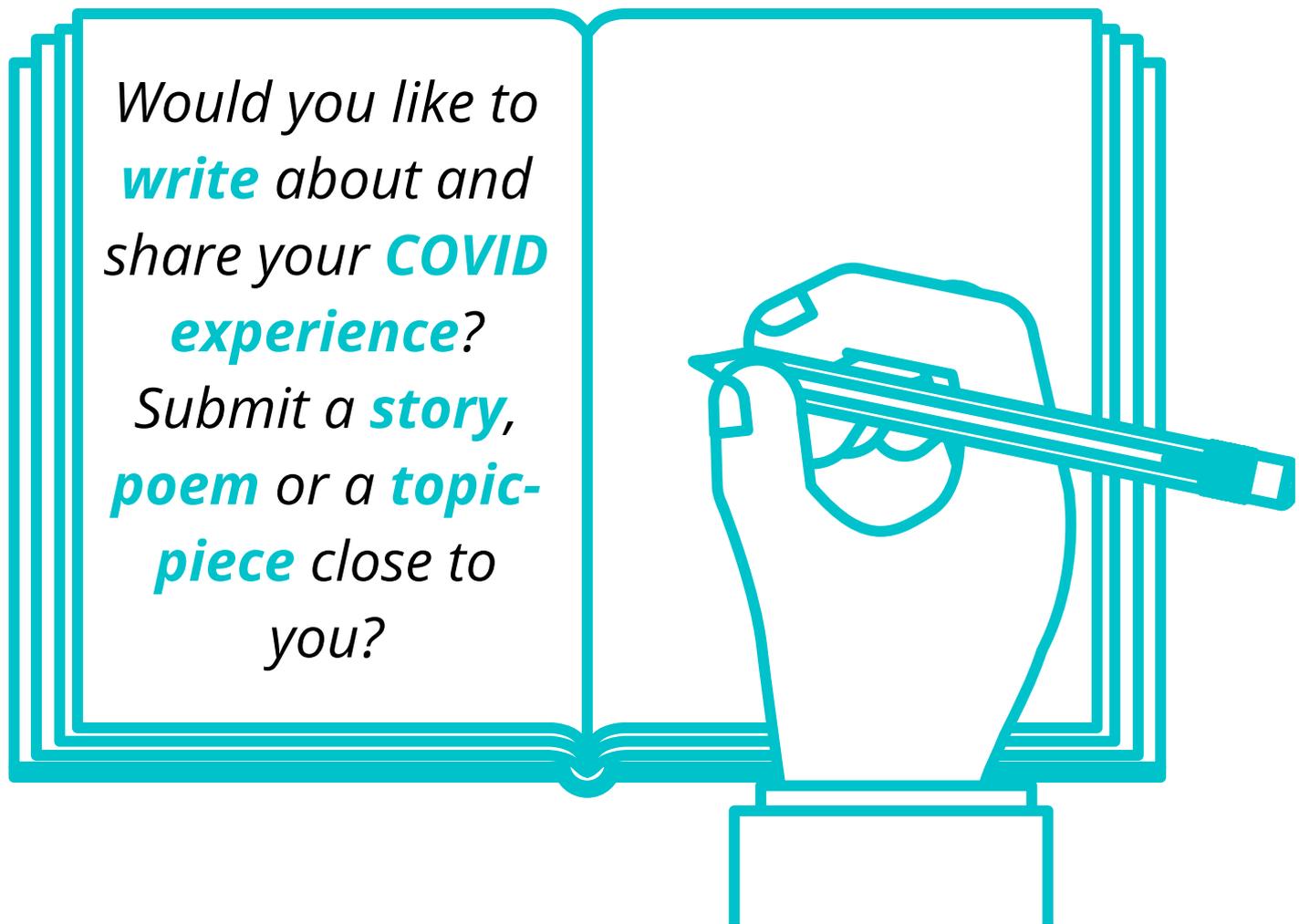


*We are beyond grateful to **Chartered Accountants Ireland** for choosing ICS to support and fundraise for.*



**CHARTERED
ACCOUNTANTS
IRELAND
LONDON SOCIETY**

What's *your* story?



Would you like to *write* about and share your **COVID experience**? Submit a *story*, *poem* or a *topic-piece* close to you?

You, the community, are at the centre of everything we do so it is only right that we hear what you have to say.

Irish Community Services invites you to contribute to our newsletter.

If you are interested, please get in touch for more details.

ICS Walking Group

Our walking group is back up and running for weekly walks around Danson Park.



JOIN US
EVERY
FRIDAY
AT 1PM
AT DANSON
STABLES



Please contact Jo for further details: memory-services@irishcommunityservices.org.uk



Yarn Tales

**ONLINE CROCHET LESSONS FOR
BEGINNERS & INTERMEDIATES**



**Our next 7 week course starts this November.
Get in touch to find out more.**

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

Irish Community Services
in Greenwich, Bexley & Lewisham



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VOLUNTEERS

CALL US

020 8854 4466

EMAIL US

office@irishcommunityservices.org.uk

FIND US

The Irish Centre, 2B Devonshire Road
Bexleyheath, DA6 8DS



www.irishcommunityservices.org