



August-September 2020

LUTON IRISH FORUM

WELFARE, SOCIAL AND CULTURAL OPPORTUNITIES

Welcome back to LIF!



Our members started coming back to the groups in our building from Tuesday 1st September – an astonishing 25 weeks after they'd last met in person.

To help keep us all as safe as possible we have had to make many changes. We followed Government and local authority guidance on Covid-19/Coronavirus restrictions and had a meeting with Public Health England before finalising our plans. See page 3 for the main changes.

Our Tuesday and Wednesday clubs were scheduled to return first. While some groups met via video link during the lockdown, the majority of people in the Tuesday and Wednesday clubs are not online and may be some of our most isolated members.

With social distancing a necessity, there was no way we could accommodate the 50 or more people who used to attend each group back in the 'Time Before Covid'. Therefore, we set up

additional sessions so as many different club members as possible could attend something during the week. We reduced the length of each session to allow for more than one to run in a day with cleaning, sanitising and ventilating in between each session.

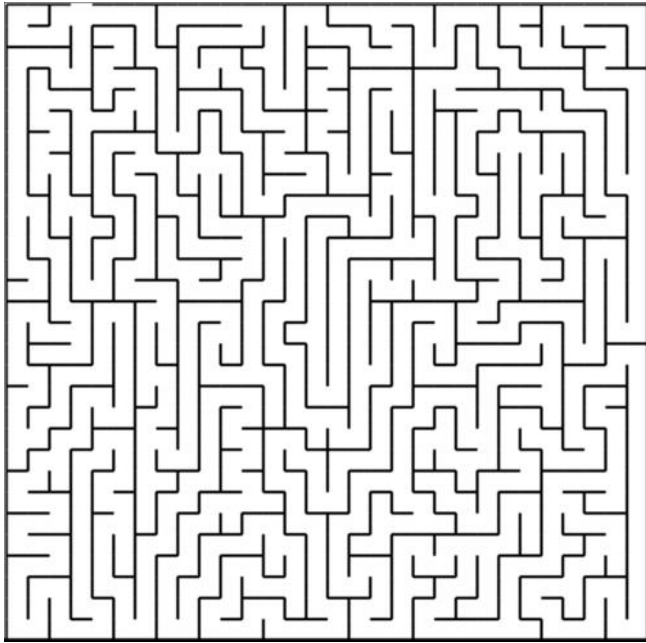
The Tea and Chat group met together at LIF on the Thursday. Again, numbers were limited but members were simply delighted to be out and about and back at LIF. The art class also came back into LIF on Fridays and is so popular that the Tuesday group is continuing by Zoom too. See our website or get in touch for updates.

What our members are saying...

- "We're delighted to be back."
- "It's so good to get dressed up and go somewhere and see people, even if it's just for an hour or so."
- Fantastic! Inspirational!
- I was so excited to see my friends again!
- Coming back to the art class was heaven.

Tea-time teasers

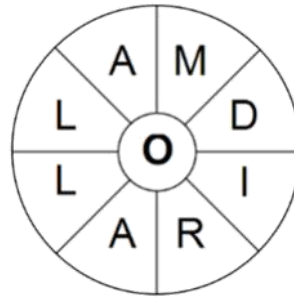
Warm up your brain with this maze and have fun with the true or false. Test yourself with the word wheels and algorithms and then relax with the wordsearch.



True or false?

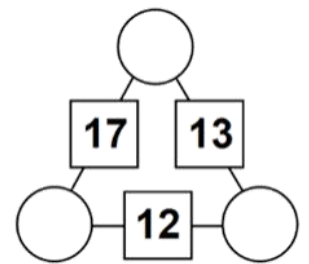
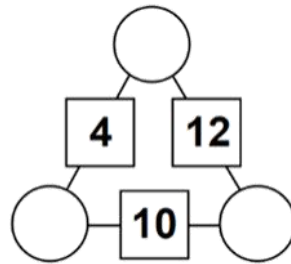
1. Ireland drink more tea (per capita) than any other country in the world.
2. St. Patrick is also the patron saint of Nigeria.
3. The lion used in the most famous MGM intro was born in Dublin Zoo.
4. The Wild Atlantic Way is the longest coastal drive route in the world.
5. Shamrocks are native only to Ireland.
6. Dublin is in the top 15 most visited cities in the world.
7. Ireland is the only country in the world to have a musical instrument as their national symbol.
8. Giant Sloths used to roam Ireland before the last ice age.
9. Brazilian legend Pele was actually eligible to play for Ireland.
10. Sucking the nipple of the high king was a mark of respect in Ancient Ireland.

Answers at the bottom of page 4. Find this quiz and more at www.riddle.com/



Each word wheel above contains a nine letter word relating to the theme ('animals' on left hand and 'fruit and vegetables' on the other). Try and find that word, then make as many words of any length as you can from the letters, each word must include the letter in the middle (O and R).

Can you work out which numbers go in the empty circles below? The numbers in the square boxes are made by adding together the numbers in the circles each side. The numbers have to add up two ways as well! Answers are on page 4. Thank you to freeprintablepuzzles.com



How many of these 20 words can you find in the table below? Letters can be used more than once. Thanks to www.discoveryeducation.co.uk

ARMCHAIR	FENCE	RELAX
AUTUMN	FLOWERS	RUNNING
BINGO	GRASS	SLEEP
CARDS	HEDGE	TELEVISION
DARTS	MAGPIE	TREES
DOMINOES	RADIO	WALKING
EQUINOX	READING	





Helping to keep us all safe

Pre-booking system - all groups are operating on a pre-booking basis with contact details recorded in case Test and Trace is required.

Numbers are limited - This ensures a safe limit is not exceeded and avoids anyone travelling to a LIF group and then having to be turned away.

Sanitising hands – Everyone is encouraged to use the hand sanitisers provided at entrance and exit points.

Social distancing – Maintain 2 metres (6 foot 6 inches) where possible but a minimum of 1 metre (3 foot 3 inches) all times.

Face coverings – Face coverings (unless you are exempt) must be worn prior to entering the

LIF building and kept on at all times except when eating/drinking.

Ventilation – Windows and doors are open to ventilate the meeting area.

One-way system – To reduce people passing each other in areas less than 2 metres wide.

Sanitising between sessions – Room, furniture, light switches, toilets and other surfaces are sanitised between sessions.

Please note: welfare and passport witnessing appointments must all be booked in advance too. We are unable to assist anyone just dropping in until further notice – please phone us for advice or to book an appointment.

AGM 2020: a bit different but still as informative

This year's AGM took place with more than 40 members joining by video link and phone.

With restrictions as they were, and still are as we go to print, we would have had space to accommodate only a few members alongside our Trustee Board and staff if the AGM had been held in the LIF building. As it was, any member with a phone could hear what was being said and those online could watch.

In addition to routine matters, Tom Scanlon, Chair of Trustees, welcomed officially the four Members elected to the Board – Noreen Kellett, Luke Kitching, Elleesa Rushby and Mary Winter. Thank you to them all.

Attendees were also treated to presentations about our intergenerational projects from Fiona Martin, Youth and Heritage Officer; on clubs from Janet Brennan, Volunteering Officer; and an update on our welfare services from Nicola McLaughlin, Welfare Case Supervisor.

The big news announced at the AGM was the reopening of our clubs from 1st September – much to the delight of members, many of whom are very keen to return!

Congratulations to Maureen Keegan who won a £50 shopping voucher in the our draw from everyone who returned completed forms for our genealogy survey and equality monitoring.



Earning a Masters to influence policy

Fiona Martin, Youth & Heritage Officer, (pictured above) has just started the second year of a Masters Degree in Applied Anthropology Youth and Community Work with Goldsmiths, University of London.

An experienced youth and community worker, Fiona wanted to do a Masters to increase her theoretical knowledge and to be able to influence policy more effectively.

Fiona explains: "Findings by academics often stay on the shelf when they would be really useful for community workers on the ground, I want to bridge that gap."

"The course, focussing on youth, community work and sociology, confirms a lot of what I've learnt on the ground over the years. It shows also the strengths of the community workers I've been working with."

While Fiona feels that you can't beat 'on the job' experience, she says: "It's really useful to see how different organisations work and learn new ideas and fresh approaches about community development. I'm increasing my skills in and this course has motivated me to look at how we work. For example, we can do much more now we have the findings from the Generation Irish project I led last year."

"LIF has been really supportive of my studies and I'm looking forward to doing one of my placements with the Forum," adds Fiona.

Answers to puzzles on page 2.

Algorithms: 3-12-9-10-1-4 9-13-4-12-8-17-9 cases.
to rule would even have their nipples cut off in some
this is true. Royal descendants who were deemed unfit
ing to recent rankings. 7 False. 9 False. 10 Weirdly,
Europe. 6 False. It just about cracks the top 50 accord-
miles. 5 False! They can be found in the wild all over
in their logo since 1957. 4 True! It's more than 1,500
True. 'Leo' was born in Dublin Zoo and has been used
drinking more tea than any other country. 2 True. 3
1 False. Ireland are second on the list, with Turkey

Diary

Numbers attending all groups is limited during the ongoing Covid pandemic and places must be booked in advance. Please phone for details and to reserve your place.

Tuesdays 11:00am
Art Group by Zoom

Tuesdays 11:00am-12:30pm
Social Club including bingo at LIF

Tuesdays 7:00-8:00pm
Irish Language chat by Zoom

Wednesdays 11:00am-12:30pm
Social Club including bingo at LIF

Wednesdays 1:30-3:00pm
Social Club including bingo at LIF

Thursdays 10:00-11:30am
Tea & Chat at LIF

Fridays from 11:00am (11:00am in Sept. only)
Art Group at LIF

Fridays 2:30-4:30pm
Calligraphy by Zoom

Wednesday 7th October 10:30am-11:30am
Literary Society at LIF

Tuesday 15th September 5:00-6:30pm
Trustees Meeting at LIF

Free TV Licences – but only for some over-75s

Households with people aged 75+ who receive Guaranteed Pension Credit don't need to pay for their TV Licence from 1 August 2020.

TV Licensing is writing to other people who have had a free licence to explain what is needed now.

Generally, Pension Credit tops up to £173.75 for a single person and to £265.20 for a couple. Severely disabled people, carers and similar may get more. Around a third of people who are entitled to Pension Credit are not claiming it.

You can make a claim for Pension Credit online or by calling 0800 99 1234 (9:30am-6:00pm). Contact our welfare team via phone 01582 720447 for a benefits check if you think you might be entitled to Pension Credit.