



April 2021

# LUTON IRISH FORUM

WELFARE, SOCIAL AND CULTURAL OPPORTUNITIES

## These are extraordinary times

I am grateful to have this valuable opportunity to update you on our activities and perhaps shine a small beam of light, one year on from the start of the Covid pandemic. I also hope soon after we have celebrated Easter we are able to enjoy garden contact with some of our family and friends.

As spring arrives and the sun shines more, we have some relaxing of restrictions and can not only get our hair cut and go on a shopping spree but we can look to a degree of normality and plan a safe return of all clubs and activities at the Forum from 17th May.

I am so pleased and proud of our staff, volunteers and trustees who continued to provide an exceptional service throughout the pandemic.

Through offering advice and support, shopping for the most vulnerable and making contact by telephone and social media, they helped ensure

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*"...a range of services and skills of which we can all be proud."*

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that none of our members have been forgotten. LIF has provided a range of services and skills of which we can all be proud.

We have been fortunate with your help and co-operation to enjoy Christmas lunches at the Forum prior to the most recent lockdown. In February, we enjoyed a virtual celebration of St Brigid's feast day along with afternoon tea. On St Patrick's Day we got together with O'Shea's Bar & Grill and Jack Berr Catering to provide traditional bacon and cabbage meals and Irish snack boxes. We had and an excellent St



*Tom Scanlon, Chair of Trustees, looking forward to our members meeting up again soon.*

Patrick's Day Quiz with quizmaster Eddie Doherty and it was amazing to see the Forum building lit up in green, which added extra cheer to the evening. I would like to offer a big thank you to the staff that led on these special events.

For many this past year has been challenging as a result of the loss of loved ones and being unable to attend family funerals, particularly in Ireland. To those of you who suffered bereavement, on behalf of all the staff and trustees, I offer you our sincere condolences. It is our intention, once we are allowed, to organise a special Mass in

remembrance of those who have passed away during the last year. May they Rest in Peace.

*Cont'd on page 3...*



*The LIF building lit up in green to celebrate St Patrick's Day. Huge thanks to BT Events (which usually provides the staging at SPF) for the spectacular lighting and to Christine Sosnowski (a regular photographer for us) who captured the image so well.*

# Quick puzzles to go with a cuppa

How many of these Irish-themed questions do you know? Thanks to [clevelandseniors.com](http://clevelandseniors.com) and [holidayppy.com/](http://holidayppy.com/) for these. Answers on page 4.

1. What common breakfast food did the Irish introduce to America?
2. Why is County Cork so named?
3. What bird is considered the King of Birds in Ireland?
4. What accomplishment made Irishmen Harland and Wolf famous?
5. If "mac" stands for "son of" in a name, what does "O" stand for?
6. In legend, how is St Patrick said to have removed the snakes from Ireland?
7. What percentage of US Presidents had Irish ancestors?
8. Who was the first president of the Irish Republic? Where was he born?
9. What is the longest river in Ireland?
10. John Robert Gregg, from County Monaghan was famous for inventing what?
11. In which century did the Battle of the Boyne occur?
12. Which fierce warriors invaded Ireland during the 9th and 10th centuries?
13. Which people settled in Ireland during the reign of King James I of England?

## Can you make these add up?

Can you work out the missing numbers in the puzzles below? Whole numbers between 0 and 9 only are used. The numbers in each row add up to the totals on the right. The numbers in each column add up to the totals along the bottom, and the diagonal lines also add up to the totals to the right. Answers are at the bottom of page 4. Thanks again to [puzzlemakerdiscoveryeducation.com](http://puzzlemakerdiscoveryeducation.com)

				12
				16
			2	13
		0		8
				15
11	13	14	14	14

				8
		5		10
				12
2				4
				5
5	7	12	7	8

We have animal words for you to find in this issue's wordsearch. Ignore the spaces between words, letters in the grid may be used more than once. Find this and lots more puzzles at [puzzlemaker.discoveryeducation.co.uk](http://puzzlemaker.discoveryeducation.co.uk)

CATS AND DOGS	MEERKAT
CROCODILE	MONKEY
BEAR	PEACOCK
EAGLE	PENGUIN
ELEPHANT	POLAR BEAR
FROG	STORK
GIANT PANDA	TIGER
GIRAFFE	TOAD
SNAKE	SPIDER
LION	HEDGEHOG

V	N	J	Z	W	U	M	T	N	A	H	P	E	L	E
C	V	I	K	C	O	C	A	E	P	R	B	W	W	K
R	R	I	U	N	Q	I	D	M	B	X	Z	G	R	H
G	L	O	K	G	W	W	W	E	O	P	Y	O	L	B
Y	L	E	C	S	N	A	K	E	A	G	T	H	R	E
J	Y	Z	S	O	F	E	V	R	D	S	C	E	A	A
T	M	T	L	U	D	J	P	K	N	T	I	G	E	R
B	O	C	H	E	B	I	E	A	A	Z	J	D	B	S
J	U	A	A	X	O	F	L	T	P	C	D	E	R	P
C	A	G	D	K	F	V	V	E	T	O	L	H	A	I
L	L	C	I	A	G	B	K	P	N	L	Z	U	L	D
E	T	O	R	M	G	O	J	I	A	J	I	O	O	E
W	N	I	C	N	W	V	R	T	I	W	G	O	P	R
R	G	F	J	G	J	Y	Z	F	G	X	I	R	N	W
C	A	T	S	A	N	D	D	O	G	S	B	R	Q	H

## Amazing or amusing?

- Wearing headphones for just an hour can increase bacteria in your ear by 700 times.
- A pregnant goldfish is called a twit.
- Rats and horses can't vomit.
- Cat's urine glows under a black-light. (Apparently, true of human urine also).
- A crocodile can't stick out its tongue.
- A shrimp's heart is in its head.
- It is physically impossible for pigs to look up into the sky.
- The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language. Doubtful? Try it!

# Looking forward to seeing you!

We are absolutely delighted to be planning the reopening of our face-to-face services and social clubs from 17th May. The opening is dependent entirely on England moving to Step 3 on that date and no additional restrictions being imposed.

Our welfare team are really keen to be able to support clients face-to-face rather than on the phone most of the time, which they've had to do the past year. If you need welfare advice, please don't sit at home worrying until 17th May, get in touch now.

We are also planning for many of our social groups to meet in LIF from that week. As in autumn 2020 when we were able to open briefly, measures will be in place to help keep us all as safe as possible. These include limiting numbers at each club/session with pre-booking only, following social distancing and everyone wearing face coverings (unless exempt) except when eating or drinking.

If you had been coming to our Tuesday or Wednesday social and bingo sessions, check with your friends to choose which of the following day and time suits you all most.

- Tuesdays 11:00-12:30pm
- Tuesdays 1:30pm-3:00pm
- Wednesdays 11:00-12:30pm
- Wednesdays 1:30pm-3:00pm

**Book your place by phoning Janet on 01582 817068 from 9:30am on Monday 19th April.** We'll be in touch soon with attendees of our other groups to let you know the details.

## Extraordinary times

*...Cont'd from page 1*

The time for careful planning has arrived now as we are in a position to avail of the summer and outdoors.

Our volunteers are looking forward to the presentation of their Queens Award for Voluntary Service and we hope this can take place on 23rd July. We will consult with you regarding seaside trips and a venue for our AGM to facilitate as many members as possible taking part.

We are all in a much better place now as more of us have received our 'jabs' but please keep staying safe and we will all be able to meet up again soon. I am looking forward to an eventful year ahead.

Slainté

Tom Scanlon, Chair of Trustees

*LIF Members are looking forward to the return of the social groups and face-to-face advice appointments – and so are the trustees, other volunteers and staff!*



## We've listened to what you said

Thank you to everyone who completed the survey with our February newsletter – and especially for such positive comments!

One thing we asked was what else you'd like to read in this newsletter that isn't here now and the most frequently mentioned items were bereavements, jokes, 'meet' a LIF member, birthdays, weddings, anniversaries and births.

We've listened and we will be including these topics in future issues – if you let us know the

news! Don't forget to say which member you would like us to showcase in 'Meet a member'. Phone Janet on 01582 817068 or email [janet@lutonirishforum.org](mailto:janet@lutonirishforum.org).



We do really appreciate the great comments, such as "you are all doing a great job keeping us all informed", "Thank you to those who put in the work to prepare", "Just like the really positive news", "a lot of talent and effort goes into it".

# Free compost bins

Luton Borough Council is giving out 1000 free 220 litre compost bins via local community groups including LIF. To qualify for a free compost bin, you need to be resident in Luton and aged 65 and older or in receipt of any form of disability benefit.

It's estimated that more than 25% of home waste can be composted, giving you (and friends!) free compost for your plants while helping the



environment. As well as garden waste like grass cuttings, prunings and leaves, plenty of other everyday waste items will enrich your compost, such as eggshells, coffee grounds, vegetable peelings, shredded paper and more.

To request your free home compost bin (one per household), just get in touch with LIF.

## It's still not too late!

If you haven't completed the Census 2021 yet – do it now! It takes only a few minutes to fill in and the deadline of 23rd April is approaching fast.

Go online at [census.gov.uk](https://census.gov.uk) or request a paper copy by phoning 0800 141 2021. If you need support to complete the form, please contact us on 01582 720447 to book a phone appointment with Fiona.

Answers to puzzles on page 2.

1: Oatmeal. 2: Cork means marshes and Cork is surrounded by marshes. 3: Wren. 4: They built the Titanic. 5: Grandson of (O'Malley is grandson of Malley). 6: By pounding drums. 7: More than 40%. 8: Eamon De Valera was the first President of the Irish Republic. He was born in Manhattan, New York City. 9: The Shannon. 10: Introducing a form of shorthand in 1888. 11: 17th (1690 AD). 12: Vikings. 13: The Scots.  
Numbers, left to right, top to bottom: 4 4 4 4, 1 5 5 2, 4 1 0 3, 2 3 5 5, 2 2 5 1, 1 3 3 5 3, 2 2 0 0, 0 0 2 3.

## Diary

Please get in touch or check online for joining details and updates.

Tuesdays 11:00am-1:00pm  
**Art Group by Zoom**

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

Thursdays 10:00-11:30am (prior to 17th May)  
**Tea & Chat by Zoom**

Fridays 11:00am-2:00pm (prior to 17th May)  
**Art Group by Zoom**

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

29th April from 10:00am  
**Tea & Chat + online Heritage workshop**

Tuesday 11th May 4:00-5:30pm  
**Trustees Meeting by Zoom**

From 17th May - N.B. Dependent on 'Step 3'.  
**Clubs & Activities start again in LIF building.**

## Have your say on our heritage

Luton Borough Council is running a consultation to help both local people and the council to gain an understanding of our collective heritage, what it means, and what we leave behind for future generations to celebrate.

This consultation is an opportunity to have our voices heard and to contribute to the new Heritage Strategy that will help shape Luton's future. The strategy will encompass industrial, built, cultural, natural and intangible heritages.

LIF members are invited to join an online session at 11am on Thursday 29th April where we will be able to find out more and give our views. Email [activities@lutonirishforum.org](mailto:activities@lutonirishforum.org) for more details and to request the online meeting link.

### Luton Irish Forum

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