

Meals on Wheels Newsletter

Information on activities and services available in your area

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Welcome to the Easter edition of the Meals on Wheels Quarterly Newsletter.

We have a jam packed issue full of useful and interesting information for you!





The day
we take back
from cancer

Please support
Daffodil Day
24 March 2023

Sign up at
[Cancer.ie/DaffodilDay](https://www.cancer.ie/DaffodilDay)



SCAN ME

Use the QR code or go to
www.cancer.ie to donate

 Irish
Cancer
Society

Local Knitters get Busy for Daffodil Day 2023



HSE Community Health Workers Pauline, Fidelma and Liz raise funds for Daffodil Day. These beautiful Daffodils were created by the Blackpool, Mayfield and Mallow knitting clubs and all proceeds raised from their sale will go toward the Cork Cancer Support Centre and Cope Foundation.



For more information about Knitting groups go to www.healthactionzone.ie

KEEP WELL KEEP MOVIN OLDER ADULTS COMMUNITY HEALTH FESTIVAL

A free community health festival to help older adults connect with support and wellbeing services took place in Midleton, Co.Cork on March 8, from 10am-3pm. HSE Cork North Community Work Department, Cork Kerry Community Health Care organised the 'Keep Well, Keep Movin' Older Adults Community Health Festival which saw in excess of 200 older adults in attendance.

'Keep Well, Keep Movin' aims to connect older adults with a wide range of community, voluntary and primary care services which promote enhanced physical, social, cognitive, mental health and wellbeing. The health festival involved guest speakers who spoke about Fair Deal, Singing for the Brain and Falls and Frailty. The afternoon consisted of taster sessions in Retirement and Mental Health, Activator Poles (to aid walking and balance), Mindfulness and Cardiac First Response. A wide range of community and primary health services were also present and open to the public to browse and speak to professionals which they would otherwise not have had the opportunity to do so.

Eileen O'Leary, HSE General Manager Non-Residential Services Older Persons, says: "The 'Keep Well, Keep Movin' Community Health Festival was a great way for older adults to learn about the primary healthcare, community, voluntary and statutory services that are available to them and how such services can assist older adults to stay well, active and connected..”

There are plans to deliver another **‘Keep Well Keep Movin’ Older Adults Community Health festival in Cork City in June 2023 and in North Cork in October 2023**. If you would like to find out more about the Festival or you would like to get involved in future events then please contact Nicola Lucey, HSE Community Worker at Nicola.Lucey2@hse.ie



KEEP WELL KEEP MOVIN OLDER ADULTS COMMUNITY HEALTH FESTIVAL



Keep Well Keep Movin is supported by the
HSE Cork North Community Work Department, CKCH

March is Brain Health Awareness Month

Here are 4 simple ways to keep your brain healthy and help reduce your risk of dementia:



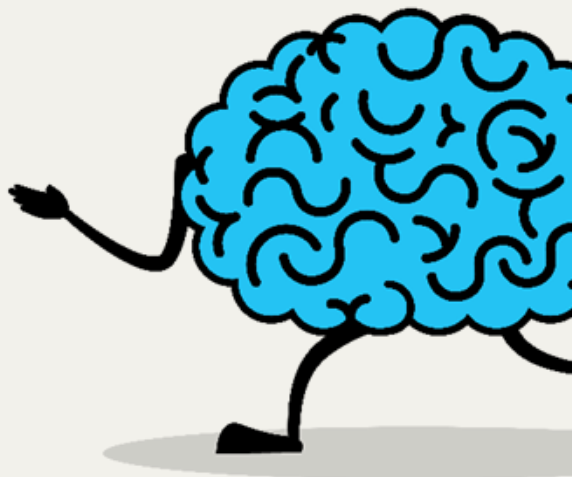
Eating a wide variety of nourishing foods provides the energy and nutrients you need to keep your brain healthy and may help reduce your risk of dementia. A balanced diet that is rich in vegetables, fruit, wholegrains, and fish, and is low in salt and sugar, is a good starting point. Achieving or maintaining a healthy weight during your lifetime, particularly in mid-life is also important; being more active and following a healthy diet can help this.



Physical activity is very important for brain health and exercise has been shown to reduce the risk of dementia. Every adult should aim to include 150 minutes of physical activity in their week, this equates to a brisk 30-minute walk, five days a week. A brisk walk should raise your heart rate but not leave you breathless.

www.understandtogether.ie/about-dementia/what-is-dementia/brain-health

High blood pressure damages the blood vessels that supply the brain, and this in turn can damage brain cells. By controlling high blood pressure you may be able to reduce your risk of dementia. Healthy adults should check their blood pressure at least once a year.



Quitting smoking may reduce your risk of developing dementia (as well as reducing your risk of developing cancers and heart disease). It can be hard to quit, but if you stop smoking for 28 days, you're five times more likely to stop for good. If you're ready to quit, the HSE QUIT team are ready to help. For free support call 1800 201 203 or text them for free on 50100 and receive a call back, or visit www.quit.ie/



Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today



ACTION FOR HAPPINESS

Happier · Kinder · Together



Songs, Stories & Smiles

Singing for the Brain is a friendly and supportive social music group that brings people together through songs, stories and smiles.

Each group meets weekly and participants are welcome to share a song or simply observe.

There is plenty of evidence to show how singing is good for our brain and also our general health and wellbeing. Hidden in the musical fun are activities which stimulate our bodies and improve our memory.

Each group is led by a musical facilitator and supported by a specially trained coordinator.

Everyone is welcome, no singing experience necessary.

Training is provided annually for new Singing for the Brain Coordinators and Musical Facilitators.



For more information please contact
087 4622616 or email singing4thebrain@gmail.com

Can you help us tell the next BowelScreen patient story?

Maybe you've met someone who was grateful for the service they received. Perhaps you've supported someone diagnosed with cancer through BowelScreen who expressed their gratitude that it had been caught early. Hearing these stories could be the key to someone who has yet to come for screening joining the programme, finally completing that FIT kit, and staying symptom-aware.

MY STORY
MY EXPERIENCE OF BEING AN HSE PATIENT ADVOCATE - 'JUST TELL IT LIKE IT IS'

Nicky White contacted BowelScreen about the service several years after the staff brought him the message. This experience led to his ongoing role as a patient advocate for the HSE. He has been featured in various media outlets, including Ireland AM and the Irish Times, and has been instrumental in raising awareness of the service.

'Men, particularly of my generation, are bad at sorting out health issues – I was anxious, but the process was completely fine'

Dublin man Keith Cairns got word in 2017 that traces of blood were in his stool. Having gone through the tests and come out the other side with a clean bill of health, he says he would encourage others to take up this potentially life-saving opportunity.



Keith Cairns says people shouldn't feel embarrassed to look after their health. Photo: Arthur Carron.

To help spread awareness of colon cancer, former All-Ireland winner Dónal O'Grady shared his story for the first time with Martha Brennan in April.

L-R: Nicky, Keith and Donal

Why stories matter:

When people who have used BowelScreen talk publicly about their experience it's one of the most effective ways there is to encourage people to consider taking part in the programme. Describing how it worked and how they were supported offers reassurance to others, overcomes embarrassment and helps people understand screening. Last year Nicky White from Wexford - who had a cancer detected via BowelScreen - told his story on multiple radio shows, Ireland AM and to the Irish Times.

"I'm proud of being a voice for screening, despite it being about a sensitive subject, and my family are proud of me too." Nicky
 Keith Cairns, from Dublin, had some benign polyps removed through BowelScreen and he felt so reassured that he wanted to give something back. In 2021 he gave media interviews, telling his story and urging men who were fearful - just like him - to take the test.

“I have no medical skills, no medical background, just my own experience of the process. I got something for nothing and I wanted to give something back. It’s a super service and it’s completely free – and best of all, I’m as fit as a fiddle.” Keith

All-Ireland winner Dónal O’Grady told the story of his diagnosis of cancer via BowelScreen in 2021, he told the Irish Examiner:

“I was very lucky that I had pursued the bowel screening because if I hadn’t and I had just gone as an ordinary patient to a GP six or eight months down the line because I had a few cramps or noticed blood in the stool it would have been too late.” Dónal

Putting us in touch

Many people want to give back after experiencing good service but don’t know how. If you think someone would make a great ambassador for the programme and cancer prevention, please ask them if they’d be interested in telling their story to help others just like them.

That’s all we need – their story in their words.

They will control how far their story goes. Maybe they’re interested in chatting to a journalist for a newspaper article, appearing on local radio or, like Nicky, are comfortable chatting on the Ireland AM sofa to Tommy Bowe! The NSS and HSE Communications Teams are on hand to support and offer expertise.

This year we’re particularly keen to hear from women.

If you know someone who fits the bill and is interested, pass along their contact details to NSS communications or BowelScreen and we’ll do the rest.

For more information you can arrange a chat with NSS Comms by contacting communications@nationalscreeningservice.ie



History of the Easter Bonnet and Easter Bonnet Craft

Easter is a very special time in the Christian religion. It's also a great time to have activities based around Easter to add some fun leading up to the Easter celebrations like making chocolates, hot cross buns, cards, decorations and something special like an Easter Bonnet to decorate for an Easter Bonnet Parade.

The Easter Bonnet was first worn at what was to become the traditional Easter Parade. The Parade began in New York City in the 1870s, on the first Easter after the end of the Civil War. The event was celebrated with crowds carrying flowers, clothed in uplifting pastel colors to signal the "renewal of life". Eventually, the Parade became a yearly ritual for the social elite to attend Easter church services and afterward parade down 5th Avenue in hopes of onlookers, and each other, to be granted a chance to show off their new Easter hats and bonnets.

How to make an Easter Bonnet:

Items you will need:

- ✿ Coloured paper (or an old hat)
- ✿ Glue
- ✿ Scissors
- ✿ Coloured pens and paints
- ✿ Stapler
- ✿ Festive Easter items like Fluffy Chickens, Eggs and Rabbits

Now Get decorating your bonnet,
The wackier the better!



Useful phone numbers

Age Action Cork: 021 2067399

HSE National Helpline Number: 1850 241850

Young@Heart Care-Ring Cork: 087 2987161

Cork City Covid community helpline: 1800 222 226

Cork County Covid community helpline: 1800 805 819

Cork City Age Friendly: 021 4924076

Seniorline Freephone: 1800 804591

SouthDoc: 1850 335 999

Garda Confidential Line : 1800 666 111



Befriending services

Friendly Call Cork

021 4301700 or 087 6366407

Ballyhoura Rural Services friendly call

022 59984/ 086 3216825

Avondhu Blackwater friendly call

022 - 46580

LGBT+ Telefriending service

01 437 1209



IRD Duhallow Befriending Service

029-60633

