



MILTON KEYNES IRISH WELFARE SUPPORT GROUP

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MK Irish Welfare Support Group Newsletter

Dates for Your Diary

- 5th December** - Fish and chip lunch and Bring and buy / book sale
- 9th December** – Senior Christmas lunch - doors open at 12.30 and lunch will be served at 1.00pm. Please book by **28 November**
- 12th December** – Lunch served by volunteers from Mercer and Hole
- 19th/26th December / 2nd January**– Lunch club closed re-opens **9th January**
- 23rd January** – Lunch at Dobbies Garden Centre
- 6th February** – Visit from Northampton Good Companions
- 10th February** - Bletchley Lions Christmas party – more information available in the New Year

Milton Keynes Adult Hearing Services

If you have any concerns about the health of your ears or your hearing levels, and are registered with a Milton Keynes general practitioner (GP), then you can refer yourself to the MK Adult Hearing Service. You do not need a GP referral to use the service, you can just attend one of the drop-in clinics. There is no need to make an appointment, just walk-in. Your ears will be checked for wax / abnormalities. A quick screening to establish whether you would benefit from hearing aids. Finally, advice will be given as to the next steps to be taken.

Services are provided at the following clinics:

Eaglestone Health Centre: every Wednesday, 09:00 –12:00

Newport Pagnell Medical Centre: last Friday of every month. 12.00 - 15.00

Wolverton Health Centre: third Thursday of every month, 12.00 – 15.00

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When you attend the clinic, you should allow:

- 5 minutes for the initial assessment, although you may have to wait to be seen.
- 45 minutes for the full NHS hearing test.
- 1 hour for fitting of hearing aids.

Spotlight on.....Peter Thompson

Peter was born in Nottinghamshire and moved to Derbyshire at the age of 18 months. At the age of 11 the family moved to Sheffield in Yorkshire where he attended Thornbridge Grammar school.

After leaving school, Peter joined British Telecom (formerly the GPO) for 27 years before taking early retirement to take life easier. In 1993 Peter worked for Victim Support as a part time co-ordinator based in MK police station. The administrator at Victim Support left and Tom Bolton was recruited as the replacement. It was he who introduced Peter to the Irish Centre, so, having had a Guinness or two at the bar, Peter agreed to help in the kitchen as a 'washer-up' in the newly formed Lunch Club run by the Welfare Group. He partnered Jo in a tiny sink with sopping wet towels. They elbowed each other getting black bruises as well as red hands! Peter was renowned for his version of mashed potatoes – leaving many lumps in it to prove they were real potatoes!

It's been 10 years since he worked in the kitchen and Peter has now moved on to just eating lunch and enjoying the company.

Having now fully retired from paid work, Peter enjoys spending time with his wife, Margaret, and their family. His main hobby is playing in two local brass bands – but that's another story!

Recipe for Leek and potato casserole



Ingredients

- 1 pound of thickly sliced leeks
- 1 pound of potatoes cut into thin slices
- 1 ounce of butter
- 1 ounce of wholemeal flour
- 2 ounces of hard Irish cheese, grated
- ½ pint milk
- ½ teaspoon mustard
- ½ teaspoon of freshly ground pepper

Method

- Steam the leek slices until they are nearly cooked.
- Cover the potato slices with water, bring to the boil, then simmer for 10 minutes.
- Melt the butter in a frying pan, then gradually add the flour stirring it in to make a roux.
- Cook gently for 2 minutes, then stir in the mustard and pepper.
- Drain the potatoes, then layer them with the leeks in a casserole.
- Pour the sauce over the vegetables and sprinkle the top with cheese.
- Bake in a hot oven for 25 minutes until the top has turned golden brown.

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Milton Keynes Community Bus Service

MK Council are expanding and renewing the service. This is a door to door service for those people living within the borough of Milton Keynes with a fixed fare of £3.50 for a single journey and £5.50 for a return. You will need to register to use the service which can be done on-line at community.transport@milton_keynes.gov.uk or telephone 01908 252266 or have a word with Paula.

Ideally bookings need to be made one week in advance but, we have been assured that, they will do their best to accommodate short notice trips. For example these trips can be for hospital / doctor appointments, city centre shopping and other venues within the city.

Milton Keynes Community Car Service

For those of you who are unable to use the bus service, Volunteering Matters are now offering a local, friendly, door to door car service. All volunteer drivers are DBS checked and have received appropriate training for this role. This service is funded by Milton Keynes Council.

If you are interested in using this service, would like to volunteer as a driver or require more information, please telephone 01908 670309 or e-mail sarah.thurstans@volunteeringmatters.org.uk

Christmas Carol Singing

AgeUK are holding a Christmas carol service on Sunday 2nd December from 2.00 – 3.00 pm at The Peartree Centre, Peartree Bridge. Why not join them for an afternoon of singing, tea, coffee and mince pies. Music will be provided by the Salvation Army Band and Songsters. Entry is free.

Community Car Raffle

Tickets are for sale and we need help in selling them. As always, we really appreciate your support in selling the tickets to your friends and family. For every ticket we sell, the Lunch Club receives half the proceeds and this money goes towards funding your Christmas lunch. Our allocated slots are shown below and if can spare any time please see Mary Charlwood:

Saturday 8th December 3 – 5 pm
Friday 14th December 2 – 4 pm

Many thanks again to all our members, volunteers and sponsors for all your continued support.

A Happy and prosperous Christmas to you all
Nollaig faoi shéan agus faoi shonas díobh go léir



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