



Triple C

(Liverpool)

Older Persons Community Project



Newsletter Early May 2020

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Steve Morgan
FOUNDATION



The
Henry Smith
Charity

founded in 1628



Hello everyone,

I'm looking out of my window and the sun is shining. I don't have a garden, but the grass verge is very green and overgrown at present and the trees are full of blossom, the birds are singing and everything looks good!

I wonder if it was like that the same week in 1945? We are living through our trauma now, but in 1945 they had been living through six years of trauma, worry, fear and loss! They woke up on the 8th May with anticipation and expectation, the population moved to the cities, towns and village centres on mass, there was an overwhelming silence that covered the air, what were they waiting for? The Prime Minister, Winston Churchill, was to speak to the Nation at 3pm via the BBC home service. Can you imagine the tension, the hope, the fear, all tinged with sadness from everyone's loss?

At 3 o'clock you could hear a pin drop as Winston started to speak, he said **'We may allow ourselves a brief period of rejoicing, but let us not forget for a moment the toils and efforts that lie ahead.'** There was still a war with Japan to settle and they had to rebuild Britain. BUT today was a day of celebration and **Hope**, everyone let their hair down, Church bells rang out in joy with hope for the first time in 6 years, people danced in the streets. They kissed and hugged people they didn't know! It was an amazing time! There were street parties, marches, people got dressed up. They took down the black-out blinds from their windows and in the evening as dusk set, they let their lights shine out and the street lights were turned on again for the first time in 6 years! Bonfires were lit all over the country. What a feeling of relief and hope for the future. Although it was tinged with sadness, they decided those who were not there with them to join in this celebration would be **Honoured** and **Remembered** every year for years to come!

Let us all this VE Day celebrate by hanging bunting around our houses and remember our past and look forward with hope and expectation to our future. Maybe like Carol from the Good Shepherd you could give your family Spam Fritters as a nod to the war food on Friday night. Good Luck Stephen (her husband!)



God Bless you all and keep yourselves safe. Sandra x

MAKE DO AND MEND (or recycle, upcycle, mend and renovate?)

During the war when resources were very scarce, it was vital to make the most of everything that you had. For many they would have already lived by mending and fixing, passing things down. In recent years for many it has become a buy it and if I don't like it..... just throw it away. We have seen a decline in passing on what we no longer need/grown out off, or finding a second use for a garment or curtain. While some are throwing away as fast as they can buy, others are embracing a no wastage life style; not from financial need or wartime necessity but from an environmental point of view.

Many would be shocked to learn that so much of the clothing we send to be recycled in charity shops is actually not considered good enough to be sold in the shop. One of the consequences is that this rejected clothing finds it's way to markets in many poorer countries. The clothing we used to pass on was good quality, very usable and there was a market not just for the second hand clothing but for the many tailors around, their attitude was no clothing was un-wearable, they could alter what you bought to make it fit.

This has been one of the things I like to try to do with some, not all, of the clothing I have, or find in charity shops. It's not a case of having good sewing skills but a case of just giving things a go. It's even possible to sell some of this clothing in the right place. There is great satisfaction in being able to up-cycle or re-use what you have got.

In these strange times with Covid-19 one consequence has been the start of nature returning to different towns and cities. The need to stay at home to look after one another is also impacting our planet, the earth can't be thrown away! Any small way we can re-use can make a world of difference.

I love the impact that circumstances can have on fashion , with very simple straight dresses and skirts being fashionable during the war to save fabric, to the release of the biggest flared skirts of the 50's, with huge amounts of fabrics being used.

Whatever your fashion or style, there is always a second life in many garments, unless you've loved and worn it until it's threadbare, which I have done with a favourite blouse.

This is one of my most favourite blouses, but the fabric has gone under the armhole. But I discovered 'slow stitching', mines very crude, but it allows you to add a patch but by over sewing in any way you want!



One pair of jeans, cut off and a skirt added, very little skill needed. Just time to fiddle. Keep the legs to make into little bags for kids.



CREATIVE PAGE ~ BLOSSOMS AND FLOWER



This next project follows on from the make do and mend/up-cycle ethos. You will need an old blouse or skirt you no longer want, sewing needles, any cotton you have, old ribbons from gift boxes, any extra buttons you get when you buy something new and a bit of odd wool. That's all you will need and a little patience and determination.

I've dug out my Home Bargains jug and cut a few twigs from the garden, with the aim of starting to make flowers and leaves, to decorate and have a lovely bunch of flowers.

T-shirt bottom flower



Cut above the hem all the way round t-shirt, next cut off about 7in. I cut little snips all the way along up to the stitching to give it a more frilly look. You then roll it up fairly tight, turn it over and along the bottom sew and catch as many of the edges until your happy that the flower is held in place. Don't cut off your thread, use it



to sew over the stick and through the fabric until secure. Because the hem is a folded piece of fabric I then cut through the folded loop to give it even more petals.

Two Ribbon flower



For this you will need two different ribbons, or pieces of fabric 7" long. Stitch together along the bottom using a running stitch to gather. Pull and gather together and stitch both ends together. Keeping the needle and thread still attached, turn over and put a few stitches on the bottom to secure. Keep the needle and thread attached, turn over the flower, face up and attach a button to the middle, still keeping the thread attached attach it to the twig.



Ribbon and wool flower



Use a 7" length of thick ribbon and do a running stitch along the bottom. Make a tassel with any odds of coloured wool around a ruler or piece of cardboard. Tie and secure at one end and cut through the wool at the other end. Slightly gather the ribbon and wrap it around the tassel leaving the wool ends trailing out the bottom. Secure by sewing into place. Use the two pieces of wool from the tassel to then secure it to the twig.



Most of all have fun and experiment, everything will work and if you have a little PVA, use it to help stick to the twigs!



SOMETHING TASTY TO BAKE

War Time recipes—thanks to Joan McGovern

I think the need to use what was available is also a lesson for today! Waste not, want not. Along with Carol's Spam fritters here are a couple of other recipes to try out over the next week.

SCRAP BREAD PUDDING (note the lack of butter!!)

1/4 pint of custard

4oz (114g) stale bread (soak in cold water and squeeze thoroughly)

4 teaspoons of sugar

Few sultanas (I would raid the cupboard or fruit bowl for a little extra if possible!)

1. Put the squeezed bread into a greased ovenproof dish and cover with the fruit and the sugar.
2. Pour the custard over the top.
3. Put a little fat or butter on top if possible.
4. Bake in a moderate oven for 25min 180C Gas 4.



LENTIL CUTLETS

4oz (114g) lentils

1/2 pint of water

2oz (57g) cheese (grated) Add other spices for taste if you wish

Small onion grated

3oz (84g) breadcrumbs salt and pepper fat for frying

1. Wash the lentils and cook in the water until tender and dry. Mash well and add rest of the ingredients.
2. Shape into cutlets on a floured board and fry in a little fat until golden brown all over. Serve hot with veg of choice and brown gravy.

There will be no surprise to some of you when I saw this one and thought YES, lentils, just the type of meat I like!! It would be wonderful to share some of your recipes, especially as we are well into Spring now and there might be some Spring time favourite.

I'm thinking rhubarb is most definitely on the go. Please let me know so we can share something different.



POETRY ALOUD

This is a chance to keep the brain cells going, by reading a poem and seeing how well you can memorise it.



VE Night

I went to see a bonfire
On VE night on a hill
The searchlights all were glowing
And all was bright and still
Then someone raised a mighty shout
'Throw on some wood' they said
'Let's go and bring the people out
To see the embers red'
'Let's let off lots of fireworks
Some yellow, Green and Blue
Some Catherine wheels and rockets
And rain of every hue'
The people sang the people danced
They threw wood on the fire
And many children saw entranced
That scene, their hearts' desire
For some had never seen before
A fire so big as that
While fireworks and searchlights
They made a union jack
And when at 4 o'clock next morn
The crowd went down the hill
And dawn was breaking far away
That memory lingered still
by Iris Aspland, aged 11



VE Night

I'm going to see a bonfire
A bonfire on a hill
To celebrate VE night
The memory lingers still
It's 60 years ago now
And many things have passed
But those celebrations left
Impressions that will last
We'd never seen a firework
Or pretty coloured rain
The only rockets that we knew
Inflicted deadly pain
We'd seen the dockside burning
Incendiaries in the street
But to dance around that bonfire
We thought a wondrous treat
The searchlights that had chased the
planes
Made patterns in the sky
The church bells, hooters, sirens
We heard on hilltop high
We sang and danced and laughed and
cried
As we went down the hill
And dawn was breaking far away
That memory lingers still
By Iris Bruce (60 years on, and the
poetry hasn't improved!)

Accreditation to: 'WW2 People's War is an online archive of wartime memories contributed by members of the public and gathered by the BBC. The archive can be found at bbc.co.uk/ww2peopleswar'

QUIZ—VE DAY



- Q1. What does VE Day commemorate?
- Q2. What does VE Day stand for?
- Q3. Who was the British Prime Minister at the time of VE day?
- Q4. How many years are we celebrating since VE day in 2020?
- Q5. Where in London did crowds gather to celebrate VE day?
- Q6. Which came first VE or VJ (Victory in Japan Day)?
- Q7. The nations involved in the war formed two opposing alliances - what were they called?
- Q8. In what year did Germany invade Poland?
- Q9. On what date was Pearl Harbour attacked by the Japanese?
- Q10. During the war, what nickname did the British give to the Germans?

Can you guess who these famous faces who fought in WWII?

Q11.



Q12.



Q13.



Answers in the next newsletter.

- LAST NEWSLETTER 1. B**-Big Bang Theory **2. Roger Moore**
3. BBC2 4. B-All That Heaven Allows **5. Matt Baker**
6. Woody Allen 7. Mario from the Super Mario games. **8. Gavin and Stacey**
9. Pat Phoenix 10. Cricklewood 11. Brenda Blethyn 12. Bruce Forsyth
13. Joanna Lumley

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

BLACKOUT	MEND
BRITAIN	NAVY
CHURCHILL	NORMANDY
DDAY	RATIONS
EUROPE	SHELTER
GERMANY	SIREN
LANCASTER	WINSTON
MAKEDO	WAR



PLEASE REMEMBER TO STAY SAFE.

If you are self-isolating, 70 or over, have underlying health conditions or feel you might be or know someone vulnerable or at risk please call Liverpool City Council on:- 0151 233 3066

Contacts and useful information

We're here for you....

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