



# Triple C

(Liverpool)

## Older Persons Community Project

**Easter**  
**Newsletter**  
**April 2020**



Contact Alison Barrowcliffe

Older Persons Worker

For more details

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Thursday and Friday 9am - 3pm



*Stere Morgan*  
FOUNDATION



The  
Henry Smith  
Charity

founded in 1628



Dear friends,

Some of you will know me, others won't, so by way of introduction, I'm vicar at Christ Church Norris Green. Christ Church is one of the churches at the heart of Triple C and I've been involved in our charity since I moved here in 2005. I'm chair of Triple C and I'm really supportive of Alison's great work with older people in our community.... This currently involves me getting out and posting these updates and organising shopping!

For me, this week is also a very special week as it's **Holy Week**. It began with Palm Sunday and we're now journeying to the cross on Good Friday and looking



forward to celebrating the resurrection of Jesus on Easter Sunday.

**Holy Week Saturday** sometimes seems to me to be a strange day. It must have felt pretty hopeless for those first disciples... as they had no idea what was coming. It may be that in this current crisis we're feeling a bit like we're stuck in Holy Week Saturday and we're wondering where to look for hope. The resurrection of Jesus, reminds us of God's love for all his creation, his plan for us to be reunited to him—now and in eternity and his power to overcome. Everyday, Jesus invites us to trust him as the first followers did, even on Holy Saturday when the odds were looking doubtful.

As we face this crisis let's practically play our part to save lives. And I encourage you, this Holy Week bring those who you love, those who you are concerned about, bring our NHS, our world to God in prayer,

believing and trusting that as we celebrate the resurrection this Easter, there is reason to have a living hope for today. May you know God's blessing of peace and hope this Easter.

Helen

In his great mercy, He has  
given us new birth into

living hope

through the  
resurrection of  
Jesus Christ.

1 Peter 1:3

## GARDENING WITH SPRING IN THE AIR

It's the time of year when we would usually start organising trips out and about, maybe visiting a garden centre to buy some early bedding plants or seeds for the weeks of Spring and Summer ahead.



So I was having a think and decided we could do from **'kitchen to garden back to kitchen again'**! I've tried to find things we might have in our fridge or kitchen. In my fridge were butternut squash, peppers and tomatoes....

They all have easily accessible seeds to collect. My question is... do I need to dry the seeds or are they OK collected and use wet? In the past, we dried out the seeds and used them the following year, but we don't have the time now! So how do you plant them? If you don't have seed trays or pots you could try using the cardboard from old **toilet rolls or egg boxes**, hopefully there are quite a few of them about! Then use some compost or try some **softer/looser soil** from the garden, just make sure you break it up fine. Keep them in a **light place** in the house, **water** them a bit and **watch out for signs of growth!** Another idea.... If you have any **sprouting potatoes** these could go straight in the



ground in a couple of weeks or again into a container of some sort—why not try using a welly or an old trouser leg tied at the end. Not only will you produce some food but you will also be top of



the up-cycling list! *Happy Growing x*

*PS I've sometimes put toms straight into my compost bin, which I've spread over the garden.... And heh presto... tomatoes plants popped up all over the place!*

## CREATIVE PAGE ~ EASY KNIT

Hi I hope you're keeping well and you've managed to make a few squares. If you have why not sewing them up in rows of 6, I suggest you use all the tail ends for sewing up using over stitch. If you haven't and would like to all you need to do is cast on 24 stitches and knit 40 rows on 4mm (size 8) needles, knit each row then cast off.

**Or how about trying this a simple but effective baby slipper? You'll need six squares. I chose to use 4 of one colour and 2 in a contrasting colour.**

1. Sew two pieces together, all the way round the square (use two different coloured squares).

2. Fold the two remaining squares in half to make two triangles. Over sew the seams (mine are green). You should now have two squares and two triangles.

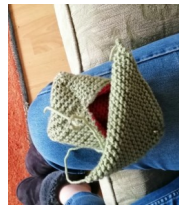
3. Your contrasting colour is going to form the inside of the slipper.

4. Using the 1st square and think envelope, bring the 3 corners together and sew the two seams, this will form the front of the slipper for the toes. Do this with both squares.

5. To attach the triangles to the back of the slipper, pin the point of the triangle to the remaining point on the slipper, the triangle should then fold around to form the sides.

6. Sew both side seams together.

Check the photos to follow the order. You have now completed your pair of slippers. Always check there are no loose threads to wrap around little toes. You can add a tassel at the back, or a crochet loop. The bright liner always works well.



# SOMETHING TASTY TO BAKE

## Easter Biscuits by Mary Berry

14oz(400g) plain flour

5 half oz (150g) caster sugar

7oz (200g) softened butter

2 large egg yolks

1 level tsp mixed spice

3 half oz (100g) currants

9oz (250g) icing sugar

1-2 tsp lemon juice    Different coloured food dye

1. Put the oven on 180 C (Fan 160 C), Gas 4

2. Weigh out butter and sugar into a bowl and beat until light and fluffy.

3. Beat in egg yolks.

4. Sieve in flour and spices adding enough milk to make a soft dough. Bring the mixture together with hands.

5. Split the dough into half..

6. For the currant biscuits, add the currants to half of the mixture and knead lightly on a lightly floured work surface. Roll out to a thickness of 5mm/1/4in Cut into rounds using a circular cutter. Place on greased baking trays. Sprinkle with caster sugar.

7. For the iced biscuits, knead the remaining half of the biscuit dough lightly on a lightly floured work surface. Roll out to a thickness of 5mm/1/4in. Cut out Easter biscuits using an assortment of shaped cutters.

8. Bake in the preheated oven for 15 minutes, or until pale golden brown. Keep a careful eye on the biscuits. Sprinkle the currant biscuits with more caster sugar and lift onto a wire rack to cool. Store in an airtight container.

9. For icing, pass one teaspoon of lemon juice through a fine sieve, to remove bits. Mix the icing sugar with the lemon juice and then add about two tablespoons of cold water, adding it little by little until you have a relatively stiff but smooth icing. Add a splash more sieved lemon juice if necessary. At this point you can split the icing into different bowls for different colours. Carefully spoon or pipe onto your plain biscuits to decorate. Allow to dry, if you can before placing in an air tight container! If you have a good recipe you would like to share please get in touch for the next news letter, Thanks Alison



Use half of the dough to make traditional Easter fruit biscuit, and half to make iced Easter biscuits in seasonal shapes.

## **POETRY ALOUD**

*This is a chance to keep the brain cells going, by reading a poem and seeing how well you can memorise it. It was good to hear from someone last week saying they could actually hear Pam Ayers voice when reading 'Yes I'll Marry You My Dear'.*

*This poem is by Roger McGough, I can always hear him when I read his work. I always used his children's poetry when teaching as it was so humorous.*



### **Fear of Flares**

*I have this fear:*

*at a glittering occasion,  
some kind of ceremony,*

*I am waiting in line  
to be introduced to Princess Di  
when I realise that I am wearing  
flared trousers. Flared trousers!*

*There is no time to lose.*

*Unzipping them, I let them fall  
around my ankles, then stand back  
to attention. Her Royal Highness,  
to her credit, makes no mention,  
chats amiably, then moves on.  
I pull them up. No harm done.*

**By Roger McGough**



# QUIZ—GEOGRAPHY



Q1. In which eastern county would you find Holme Fen, the lowest point in the whole of the UK?

Q2. Which European country is bordered by 6 other countries?

Q3. Vaduz is the capital city of which country?

Q4. What is the largest country in Africa?

Q5. Which country has the highest number of wild bears?

A. Canada B. US C. Russia D. Brazil

Q6. The Alps mountain range travels through eight countries. Can you name any 4 of them?

Q7. Which South American country has the most officially recognised languages in the world?

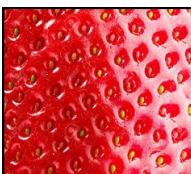
Q8. There is the oldest country in Europe, defined by maintaining its borders?

Q9. Which is the longest river in Europe?

Q10. Which countries make up Scandinavia?

Can you guess the fruits? Any idea where they might grow?

Q11.



Q12.



Q13.



*Answers in the next newsletter!*

# Quiz Answers

**LAST NEWSLETTER** 1. 44th, Donald Trump is the 45th 2. China and Pakistan 3. Richard 3rd 4. The Big Breakfast 5. The Financial Time 6. The Artic Ocean 7. Insects 8. Law 9. 1780's (it started in 1789) 10. New York 11. Richmond Sausages 12. Auntie Bessie's Sage and Onion Stuffing Balls 13. Hellman's Mayonnaise

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

## EASTER WORD SEARCH

ANGLE CROSS  
CROWN OF THORNS  
EASTER HOLY  
GOOD FRIDAY  
HOPE KING  
JESUS LOVE  
MARY MESSIAH  
RESURRECTION  
SACRIFICE SALVATION  
SAVIOR



## 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....

Rev Helen Edwards ~ 0151 474 1444

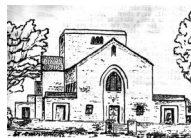
Rev Barbara Smith ~ 07957 963546

Rev Sandra Trapnell ~ 07999 715201

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Facebook ~ Triple C Liverpool

Christ Church  
Norris Green



Church of the  
Good Shepherd  
West Derby

