



# Triple C

(Liverpool)

## Older Persons Community Project



### Spring Newsletter April 2020

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*Steve Morgan*  
FOUNDATION



The  
Henry Smith  
Charity

founded in 1628



Dear Friends

I am Barbara Smith and I am a Self Supporting Minister at St Christopher, where I served as curate from 2010 until 2017. When we joined with the Church Army to become the first Centre of Mission in Liverpool I became the Associate Vicar.

I love that, alongside the clergy and friends from Christ Church and the Good Shepherd, we are working together to make a difference in Liverpool 11.

But this is a difficult time for all of us and our lives feel very different at the moment. And yet in these worrying days, we can still see God at work.

With more free time, I have been able to sit and watch nature at work. The birds collecting nesting material from the garden and increased visits to the bird feeder. The trees bursting into new life with fresh green leaves and the promise of summer to come. These day fill me with hope.

Because of the world wide lockdown, we can see the difference it has made to our planet. The canals in Venice run clear because there are no boats moving on them.

The Space Station and the Milky Way are visible to the naked eye and even the goats that live on The Great Orme have wandered into the town centre because there are few people around to disturb them. The

shutdown of the world has been just a short time, yet the differences are huge. Surely this must be the time when we stop and consider our Father's creation, our impact on it and how we can continue to look after our planet.

I encourage you at this time to pray for each other, for those that are caring for us and for renewal and hope in creation.



Barb

## A WALK THROUGH SPRING (Or a meander through my garden)

I think Spring is one of the most beautiful times of the year. It brings all the promise of a new year, with the bursting forth of plant life and the birds singing, courting and collecting nesting material. It moves on with a rapid pace of new life after a long winter. So I was thinking that I could write about the beautiful places I could have been for a walk at this time of year, or the walks just from our doorstep.



But we don't have to go far to see this beauty and wonderful promise (not Eastern promise, as I don't have any Turkish delight!) So I decided I would share my wonderful front garden, which is to me as it's naturally developed to be a small woodland of it's own. You'll see its very difficult to actually identify any lawn, as mowing is not my favourite pass time. But it amazes me and reassures me that no matter what we do as humans, or don't do in my case, nature knows what to do and has a beauty all of its own that does not need our interference. We also like to have plants and bushes that are of use to us. The smaller bush is gooseberry and the larger, just behind, is a currant bush, which will give use fruit later in the year as long as the birds don't have it first. This little bush is blackthorn and will hopefully produce sloes to make sloe gin!



This is our crab apple, which has the most beautiful blossom and the smell is wonderful and come Autumn it has crab apples which we can use for making crab apple jelly, which works well with savoury food and we use it instead of cranberry sauce at Christmas. We have also got



plenty of lemon balm of which the scent takes me back to being little and visiting my Auntie Sue in Cornwall. You can use it to make tea and it's good for anxiety. Along with the dandelions growing in the garden I think I should be making a herby salad for tea!

## CREATIVE PAGE ~ RAINBOW HEARTS

Hi, hoping you are all keeping safe and well. I thought you might be interested in a couple of patterns for hearts I have come across. Both would lend themselves for making a garland. The colours will be totally up to you and also what you can get your hands on at the moment. But there are a few local shops that sell wool.



### Crochet Heart using 4mm hook and DK wool

1. Make a magic ring. 2. Chain 2. 3. 15 tr into ring.
4. Join with a slip stitch into the top of the first tr. You can tighten the magic ring a little at this point, but I'm going to wait for the end of the next row before I pull it fully shut.
5. Chain 2, 1 tr into same stitch. 6. 4dtr into next stitch.
7. 2tr into next stitch. 8. 1htr into each of next four stitches.
9. Now we work the bottom point. Into the next stitch: 1 tr, 1 dtr, 1 tr
10. Now up the other side we go! 1 htr into each of next four stitches.
11. 2tr into next stitch. 12. 4 tr into next stitch. 14. 1 tr into next stitch. 15. Chain 2, sl st into same stitch. 16. To finish off make a chain of about 14 and sl st back into the top to form the loop.



### Knitted Hearts (Make 2 and stitch together)

Using DK and 3.5mm cast on 5sts.

**Row 1 (WS):** Purl (5 sts) **Row 2 (RS):** K1, [kfb] x 3, k1 (8 sts)

**Row 3:** Purl (8 sts) **Row 4:** K1, [kfb] x 2, k2, [kfb] x 2, k1 (12 sts)

**Row 5:** Purl (12 sts) **Row 6:** K2, [kfb] x 2, k4, [kfb] x 2, k2 (16 sts)

**Row 7:** Purl (16 sts) **Row 8:** K3, [kfb] x 2, k6, [kfb] x 2, k3 (20 sts)

**Row 9:** Purl (20 sts) **Row 10:** K4, [kfb] x 2, k8, [kfb] x 2, k4 (24 sts)

**Row 11:** Purl (24 sts) **Row 12:** K5, [kfb] x 2, k10, [kfb] x 2, k5 (28 sts)

**Row 13:** Purl (28 sts) **Row 14:** Knit (28 sts) **Row 15:** P14, place the last 14 sts onto a stitch holder (14 sts) **Row 16:** K1, [k2tog, k2, ssk] x 2, k1 (10 sts)

**Row 17:** Purl (10 sts) **Row 18:** K1, [k2tog, ssk] x 2, k1 (6 sts) Pull through to cast off. Place the held 14 sts onto the knitting needle with the WS facing you ready to purl on row 1 as below.

**Row 1:** (WS): Purl (14 sts) **Rows 2 to 4:** follow **Rows 16 to 18** above (6 sts) Pull through to cast off. Sew both together using a little stuffing.

**Abbreviations:** **kfb** Knit into the front and back of the next stitch (increase)

**ssk** Slip the next stitch on the left needle knit-wise, then slip the next stitch on the left needle purl-wise. Take the left needle and knit through the front of the two slipped stitches on the right needle to decrease by one stitch.

# SOMETHING TASTY TO BAKE

## Beer Bread by Joan McGovern

3 cups self-raising flour

1/4 cup granulated sugar

12oz (340ml) bottle of beer or can

Optional melted butter for the top if you want a crunchy top. Pour on once out of the oven.

1. Put the oven on 190 C (Fan 170 C), Gas 4/5.
2. Line a 2lb loaf tin.
3. Weigh out flour and sugar into a bowl and mix well.
4. Pour in beer and mix well.
4. Tip into the loaf tin.
5. Bake for 50 to 55min until golden and baked through. Test with a skewer.
6. Leave to cool on a rack and enjoy.
7. For added flavour you can add dried onion or garlic, or any other dry seasoning you like.



## Herby Cheese Scones



500g self raising flour

4 tsp baking powder

1/4 tsp salt

200g baking margarine

250g grated cheddar cheese

200ml milk

2 large handfuls of fresh herb of your choice (chives)

1. Heat the oven 200C, 425F, Gas 7. Lightly grease a baking tray.

2. Stir in cheese and chopped herbs, then the milk to get a soft dough.

3. Turn onto a floured surface and lightly knead. Pat into a round 4in thick.
4. Use a 2in cutter to cut out the scones. Reform spare dough to cut out some more.
5. Place on tray and brush the tops of the scones with milk. Bake for 12-15min until well risen and golden. Cool on a wire rack.

**Enjoy both with some butter and a nice bowl of soup!**

*If you've got a recipe you'd like me to share, then send it over in an email or give me a ring and talk through. It would be great to share our L I I favourites!*

## POETRY ALOUD

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



### Confessions of a Serial Plant Killer

Oh, I wish that I had a green thumb.  
All my houseplants are looking quite glum.  
I never can tell  
why they're looking unwell  
or why so many succumb.

Have I failed to give enough water?  
Have I watered them more than I oughta?  
Are they getting too hot?  
Is this not the right spot?  
It's like sending poor lambs to the slaughter.

The hard, undeniable fact is  
many succulents, ferns and a cactus,  
a begonia, a fig,  
many palms, small and big,  
have been victims of my malpractice.

I confess I'm a serial killer.  
Many end up as mulch or land filler.  
I kill far more plants  
than snails, thrips or ants.  
Or an army of green caterpillar!

Though houseplants are deemed beneficial,  
Should these perish, then it is official:  
I'll waste no more dough  
just to watch 'em die slow,  
for my next plants will be artificial!

BY CYNTHIA C. NASPINSKI

# QUIZ— ENTERTAINMENT



Q1. To date, which American sitcom has had most seasons? A. *Friends* B. *The Big Bang Theory* C. *Modern Family* D. *How I met your mother*

Q2. Daniel Craig plays 007 in the latest films, but which actor has starred in the most films in the official James Bond franchise?

Q3. What was the third channel to start broadcasting on British television in 1962?

Q4. Which of the following films did not star James Dean? A. *Giant* B. *All That Heaven Allows* C. *East of Eden* D. *Rebel Without a Cause*

Q5. Which former Blue Peter presenter was previously a British gymnast and sports acrobatics champion and finished runner-up in *Strictly Come Dancing*?

Q6. Who directed the following films? *Sleeper*, *Zelig*, *Midnight in Paris* and *Magic in the Moonlight*?

Q7. Which videogame character was originally called Jumpman?

Q8. Which TV series was created by James Cordon and Ruth Jones?

Q9. Which actress played Elsie Tanner in *Coronation Street*?

Q10. What is the largest film studio in the UK called?

Can you guess who these young famous faces?

Q11.



Q12.



Q13.



Answers in the next newsletter.

**LAST NEWSLETTER 1.** Cambridgeshire **2.** Italy  
**3.** Liechtenstein **4.** Algeria **5.** Russia **6.** France, Monaco,  
 Italy, Switzerland, Liechtenstein, Germany, Austria and Slovenia  
**7.** Bolivia **8.** Portugal **9.** The Volga **10.** Norway, Sweden and  
 Denmark **11.** Strawberry **12.** Pineapple **13.** Dragon fruit

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

BIRDSONG	HAWTHORN
BLOSSOM	LAMB
BUDS	NESTING
DAFFODIL	OPENING
EGG	PINK
FRESH	SCENT
FLOWER	SPRING
GREEN	TULIP
HATCH	



**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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Christ Church  
  
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Church of the Good Shepherd  
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