

Newsletter Issue 2 – June 2020



Triple C
(Liverpool)

latest news

We really hope you enjoyed the last newsletter and that this one helps to give you a flavour of all the things that we are still doing to serve the community, despite the lockdown.

All of our gathered activities remain closed at the moment but our staff have been working hard to adapt to new ways of working. While we are not able to meet together, we have been trying our best to keep in touch with all of you in various ways. There's been lots going on online.... Like...

ZOOM FAMILY QUIZ on a **Wednesday at 4pm** so please contact Amanda if you would like to help plan the quizzes, host a quiz or even just join in!



LITTLE STEPS Usually we meet at St Christopher's on **Tuesdays at 10am**. Instead we've had stories, nursery rhymes, fun and games on Zoom with preschool children and their families. Updates will be posted on the Triple C & Christ Church, Children and Families Facebook page.



COFFEE AND CHAT Susan has been holding regular sessions on Zoom that are open to all of our volunteers past and present as well as anyone else who is linked with us! These sessions will be **coming to an end** this month with our last meeting scheduled for **11am on Tuesday 30th June**. **But read on.... we have exciting plans for July!**



What's Zoom you ask....? It's a bit of software that let's you meet people like in a video conference! If you have a pc, laptop, tablet or smart phone you should be able to join us. You can find out more about zoom on their website <https://zoom.us/> if you have any difficulty in getting set up, let one of us know and we will do what we can to help you.



NEW FOR JULY!

You're Invited!

WHAT'S APP GROUP For all volunteers—if you would like to be added to the group please let Susan Stewart, Diane Melia, Jenny Smith, Tracy O'Neill or Sophia Muncaster know.



WEEKLY QUIZ Susan will be running a fun general knowledge quiz on Zoom each Thursday at 3pm, starting on **Thursday 2nd July**. If anyone would like to submit questions for a quiz, or be the quiz host one week, Susan would love to hear from you!

WEEKLY QUESTION AND ANSWER

Starting on **Tuesday 7th July at 11am** we will be running a Q&A session on Zoom.

- Do you have questions about gardening, sewing, crocheting, cooking, using zoom, cross word clue you can't answer, book recommendation, anything at all?
- Do you have knowledge/expertise in a particular subject?

If so join us on Zoom and lets see if we can help each other! All unanswered questions will be shared on Facebook, What's App and by email with all volunteers that are on our database in case someone knows the answer. *If you don't want to receive an email please let me know!*



PUZZLE CHALLENGE We know not everyone is able to join us on Zoom so starting on Monday 6th July, Susan will be sending out a puzzle sheet to our mailing list by email. She'll also post on Facebook and What's App. If you would like to receive a puzzle sheet but do not use any of these online platforms and you live nearby, please let Susan know and we will arrange for one to be delivered to you.

Answers should be submitted **no later than the Friday of each week** either by;

Email: cso.triplecliverpool@outlook.com **Send us a message** on [Triple C Facebook](#)

What's App Group: just remember to send a message to Susan only otherwise the rest of the group will see your answers! **OR** for phone or text 07724 842522

Winners will be notified on the Monday each week. There will be a small prize each week for the person with the most correct answers. If there's a tie, we'll get one of the Trustees to pull a name out of a hat with all the winners in!



UPDATES FROM OUR PROJECTS



OLDER PERSONS COMMUNITY PROJECT has been keeping in touch with people through the fortnightly newsletter. Over the last month, we've delivered it by hand as well as giving out some puzzle and colouring books (thanks to Cobalt Housing for funding). This has given our volunteers an opportunity to chat on doorsteps and this has been especially important in our care of older people whilst Alison has herself been off poorly (we're hoping she'll be well and able to return to work soon).

Thank you to everyone who has contributed items for the newsletter and to those who have been delivering! We'd love to receive yours too—send us a recipe, quiz, poem, local history... or anything you'd love to read. We plan to keep going with the newsletter throughout the summer, so we'd love your contributions. *All newsletters can be found in the 'News' section of our website.*



We're looking to start a book club. The first short story has been shared with a small group of individuals and we have encouraged them to reach out to each other to discuss the story and answer some questions. If you would like to be included please get in touch.

DEBT ADVICE Carol and John have met with our volunteers to discuss a safe plan of action to returning to work. Volunteers will be working split shifts so that everyone is not in the office at the same time to ensure that social distancing can be maintained. All going well we hope to be able to



Norris Green DEBT ADVICE

start seeing clients by appointment mid July!

FOOD SUPPORT at The Good Shepherd and Christ Church Community Centre have continued to stay open during the lockdown and we are looking at ways to get St Christopher's Foodbank back open in the near future.



In May we opened a **Food Pantry at Christ Church** on a Tuesday afternoon and already have more than 80 members which is fantastic! It's for local people living in Norris Green and Sparrowhall. At Food Pantry you pay a

£3.50 membership and receive a food parcel worth around £15. It's a great way to make your money go that bit further. If you'd like to know more (or know somebody else who might), you can check out the website and sign up there, search for YOUR LOCAL PANTRY or you can give us a ring 07874 772872 or email christchurchpantry@gmail.com



REOPENING OUR VENUES With the restrictions starting to lift we are working hard to make all of our buildings COVID Safe. Cleaning stations have been set up in entrances for staff and volunteers. Our buildings are not yet open for public use.

We will bring you more information as soon as we can about when we are likely to be able to start running activities, but in the meantime please know that the safety of all our staff, volunteers and those we serve is paramount.



KEEP IN TOUCH! Follow us on Facebook @TripleCLiv or take a look at our Website www.triplecliverpool.co.uk. If there is anything specific that you would like to see in future issues of our Newsletter please send an email to cso.triplecliverpool@outlook.com and let us know.

PUZZLE ANSWERS You may remember in the last newsletter we gave you the name of 20 countries that had been scrambled. I do hope you had fun trying to work them out. Here are the answers! *It will be puzzles like this that will be included in our weekly puzzle challenge, so if you enjoyed it please look out for the weekly challenges.*



QUESTIONS	ANSWERS	QUESTIONS	ANSWERS
1 PNISA	SPAIN	11 BIALZR	BRAZIL
2 IHLCE	CHILE	12 SGPNROIEA	SINGAPORE
3 TARAALISU	AUSTRALIA	13 NDRMAEK	DENMARK
4 YRWOAN	NORWAY	14 RUTALPOG	PORTUGAL
5 IIDAN	INDIA	15 PYETG	EGYPT
6 NELAGND	ENGLAND	16 JIIF	FIJI
7 MIEUBLG	BELGIUM	17 GMYNAER	GERMANY
8 NJAPA	JAPAN	18 TYUKRE	TURKEY
9 ADAANC	CANADA	19 EDRLINA	IRELAND
10 CRFENA	FRANCE	20 IEAANTNGR	ARGENTINA