



Triple C

(Liverpool)

Older Persons' Community Project Newsletter Early July 2020

We're here for you....

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Church of the
Good Shepherd
West Derby



Steve Morgan
FOUNDATION

Cobalt
Housing



LOTTERY FUNDED

The
Henry Smith
Charity

founded in 1628



Hello, my name is Lynette Skutt.

For many years now, I have been The Salvation Army Community Chaplain in Norris Green and farther afield!

One of the great joys of my appointment is to lead worship in community. Wherever I am, I always start worship with an affirmation: *God is with us: God is*

always with us: God is here: God is always here

There have been many conversations about this simple prayer. I always encourage people to make it personal. *God is with me. Our loving Heavenly Father is with us in every experience and circumstance that we encounter. It has been a very personal prayer for me in recent weeks.*

When lockdown started, I was committed to keep working as much as I could in the community. At the start of April, I went down with the Covid-19 virus. By Easter, I was feeling better and hopefully moving on, or so I thought! Ten weeks later, I am still unwell. It is not going away. There are a number of people in this category, most of them feeling quite poorly for several weeks or more. At this point in time no one is sure why. Recovery is a question of time. So, I pray, *God is with me, God is always with me. God is here, God is always here. He is. His grace and strength give me the power to keep going from day to day.*

In common with many other people my ministry is home-based now. This includes pastoral support to the community groups I work with. As well as providing some creative and interactive prayer resources and working at my other role as a tutor with The Salvation Army, Open Learning Education Unit.

We have journeyed through dark days many of us in isolation. As we travel into the 'new normal', our days will be no less challenging.

May we know the constant presence of God who journeys with us as our companion. I invite you to make this prayer with me. *God is with us: God is always with us*

God is here: God is always here

God bless you.



GET CREATIVE

How to crochet a Rose



This is very beautiful but easy crochet rose flower pattern. You should be able to single crochet, double crochet, any size of hook and yarn is suitable for this project.

Used Double Knit (worsted weight) and a size 9 (3.500mm hook for the one in the pictures)

Leave at least a 10" length for sewing. Chain 57.

Row 1 (Wrong Side): TC into the 7th ch from hook (5 skipped chs count as first TC plus ch 2), *ch 2, skip next 2 chs, (TC, ch 2, TC) in next ch; repeat from * across the 36 sps (18 V spaces in created)

Please Note for Row 2: You will be working the petals into the Vs and DC into the ch2 spaces)

Row 2: Ch 3, turn; 5 TC in next ch-2 sp, DC in next ch-2 sp, (6 TC in next ch-2 sp, DC in next ch-2 sp) 5times, (9 TC in next ch2 sp, DC in next ch-2 sp) 6 times, (10trc in next ch-2 sp, DC in next sp) repeat until end, finish with a 10trc, leave a 10" length for sewing.

You will now have a length of petals and it will be automatically wanting to curl in on itself (this is how you create the rose, by rolling into this natural curve working from the smaller to the larger petals end.



With right side facing and beginning with the first petal made, start to roll the rose, to create the shape, at this point you can make it as tight or as loose as you want, just make sure you secure it at every petal Then thread the needle with ending yarn and sew to secure. I like leaving a long tail so I can attach.

Thanks to Joan Ellis for contributing this pattern

QUIZ



- Q1. What was the second occupation of pub landlord Albert Pierrepont?
- Q2. What is the smallest country in the world?
- Q3. What does the middle initial of former president John F Kennedy stand for?
A = Fitzmorris B = Fitzherbert C = Fitzgerald
- Q4. What word links control, home, nut and sheet?
- Q5. How tall is the Royal Liver Building?
A = 49 metres B = 35 metres C = 51 Metres
- Q6. How old is Paul O'Grady?
- Q7. Who wrote 'The Famous Five' books?
- Q8. Which creature has 5 pairs of eyes, 300 teeth and 32 brains?
- Q9. How many keys are there on a standard piano?

Can you guess the close up picture?

Q10.



Q12



Q11.



Answers in the next newsletter

Thanks to Jenny Smith for contributing these quiz questions.

Get in touch if you'd like to share a short quiz!



POETRY ALOUD

THE CORONA VIRUS HAS COME TO OUR TOWN

Many years ago when Joyce was at Stonebridge Lane Secondary Modern she was commended for her poetry skills. It was the late 1940s, a time with its own difficulties, maybe poetry was an outlet for some of the struggles of these post war years.

During lockdown, some of us have been uncovering talents long since forgotten and as part of this Joyce got her pen and paper out and has written a poem for our times.

The Corona Virus has come to our town
We can't hug our family or friends.

The Corona Virus has come to our town
And we'll all be glad when it ends.

We can't get our flour to make our buns
And we can't get our toilet rolls to wipe our

The Corona Virus has come to our town
Older people have to stay indoors

The kids do my shopping, so I clean the floors.

Lord help us as we journey on,
That the Corona Virus will soon be gone.

by Joyce Baker May 2020

*If you'd like to suggest a song or poem
for our newsletter, get in touch!*



SOMETHING TASTY TO BAKE

Lentil and Potato Recipe

Thanks to Pauline McCrorie for this recipe

Ingredients

1 onion, peeled & chopped

1lb potatoes, peeled & diced (if potatoes are good, I wash but don't peel)

Cooking oil to fry onion (1 tablespoon ?)

8oz red lentils

14oz(397g) chopped tomatoes

1 stock cube, made up with 1 pint (500mg) with water

Salt & pepper (or any other seasoning you fancy. I use curry powder sometimes or Worcestershire sauce).

Method

1. Fry onion & potatoes in oil for 10 minutes
2. Stir in lentils, tomatoes, stock & seasoning.
3. Bring to boil & simmer gently for approx 20 minutes until lentils, potatoes & onion are tender.

N.B. Watch the mixture, stirring occasionally, as it can tend to "stick" & sometimes red lentils cook in much less time than 20 minutes!



FOOD PANTRY—NOW OPEN FOR MEMBERSHIP APPLICATIONS!

If you struggle to make ends meet and live in Norris Green or Sparrow Hall it's likely that you will be eligible for membership. Sign up on www.yourlocalpantry.co.uk or ring our membership team on 07874 772872.

If you live in Croxteth.... Or Clubmoor... there are two other pantries that will probably serve your locality, ring the team for details.

GROWING UP IN SPARROW HALL AND LIVING IN NORRIS GREEN

In the last newsletter, Sue wrote about the history of some of our schools. This edition, Kathy Farrell helps us to imagine life in our communities as she shares a little from her memories of growing up here.



I was 2 when I went to live in **Landford**

Avenue. Living there was lovely, you could walk out your front door and everyone you passed would say, “Hello girl” or “good morning”.

As kids we used to roam all over the estate without a care in the world, **blue bell woods** down Higher Lane, Walton Hall Park, the ree over by Fazakerley hospital had good swings and there was a watchman who watched over all the children.

I went to **Ranworth Primary School** until I was 11. I had a friend called Maureen who went to St Philomena’s, we were always together. On a Sunday afternoon I would go to **St George’s Church**, Waresley Crescent for Sunday School and my teachers name was Joan.

Then at 6 o’clock Maureen, her mum and I would go to mass at St Philomena’s. During the mass Maureen went to confession and I went to follow her! Her mum stopped me saying I can’t go, when I asked why she said I wasn’t catholic. I think that was the first time I realised we were not the same. It didn’t stop us! When her **church paraded** around the estate I would always be with her walking on the side.

When I left Ranworth Square I went to **Croxteth Girls School** in Park Site Lane where I stayed until I was 15.

I have lived most of my life in **Sparrow Hall and Norris Green**. After leaving school I joined the youth club in **St George’s Church**. There I met my husband and we married 1971.... And my Sunday school teacher became my sister in law!

LAST NEWSLETTER 1. Oslo 2. Minnie Caldwell & Martha Longhurst 3. B = 1665-1666 4. Kit (short for kitten) 5. Glen Miller 6. Chilli peppers 7. Titanic & Revolutionary Road 8. Catherine Parr 9. C = McDonalds 10. Bluecoat 11. Knowsley Hall 12. The Florrie

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

Words are taken from the Joyce's poem on page 5

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|---------|----------|
| Buns | Indoor |
| Clean | Journey |
| Come | Kids |
| Family | Older |
| Floors | Shopping |
| Flour | Toilet |
| Friends | Town |
| Glad | Virus |
| Gone | Wipe |



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

- Susan Stewart (Charity Support Officer) 07724 842522
- Sue Wade (Children and Families Worker) 07562 015307
- Carol Ball (Debt Advisor) 270 1688



Website www.triplecliverpool.co.uk
Facebook Triple C Liverpool

If you'd like to contribute a page to our newsletter, please get in touch—or indeed for any other support from our Older Persons Community Worker **Allison Barrowcliffe 07507 732446 Email: opcwtriplec@yahoo.com** Please note Alison only works part time, so if you ring outside her currently variable working hours, please leave a message and she'll get back to you.