

# The Informed

The newsletter for the residents of  
Irish Centre Housing

Issue 18

December 2009

## Seasons Greetings to all our Residents

Irish Centre Housing always tries to do something special for residents in supported accommodation, and this year is no exception.

Bethany House has already held a Christmas Carol service with Music for the People on 15<sup>th</sup> December organised by Lifeskills worker Bobi Nenadic. On Christmas Day Bethany House staff will cook Christmas lunch for residents.

At Conway House Chef, Vicentic Zeljko and his team will cook a hearty Christmas lunch and Supported Housing Manager, Rob Marland and his staff will wait on tables for our residents. Rob explained, "Conway House provides hot meals for residents every day of the year and they usually have to come to the counter to collect them. To make Christmas day a little bit special we like to serve the residents at the tables."

Hackett House held a Christmas party on 18<sup>th</sup> December with a buffet prepared by Charmain Gordon.

At St Louise staff and residents will join forces on Christmas Day to prepare lunch.

St Eugene Court had their Christmas dinner for residents on 14<sup>th</sup> December and music and mince pies on 17<sup>th</sup> December, all prepared by their Warden, Rosemary McCloskey.

Christmas lunch will be prepared for the residents by Denise Huether at Townsend House.

Hepburn Court are having a Christmas Tea Party on 21<sup>st</sup> December. Presents for the children have been donated by Potters Bar United Reformed Church.

**Management and staff wish all of our residents a very merry Christmas and a happy, healthy and prosperous New Year.**



Team Leader – Joel Akazarah, Chef – Vicentic Zeljko and Manager – Rob Marland prepare for Christmas lunch.

## Cold Weather

With the cold weather forecast to continue here are some hints and tips to stay warm.

- wear plenty of thin layers, rather than one thick one; put on a coat, hat, scarf, gloves and warm shoes or boots when you go outside
- wear clothes made of wool, cotton, or fleecy synthetic fibres
- stay warm in bed with bed socks and thermal underwear (and if you are still cold wear a woolly hat!)
- an electric blanket or a hot water bottle will help you keep warm but never use them together as you could electrocute yourself
- set your thermostat at around 21°C (70°F) and heat all the rooms you use in the day; if you can't heat all your rooms make sure you keep your living room warm throughout the day if you are at home and heat your bedroom before going to bed
- set the timer on your heating to come on before you get up and switch off when you go to bed.

## Christmas Quiz

- Q1. The 12 days of Christmas begin when? a. Dec.1st, b. Dec.13th, c. Dec.25<sup>th</sup>
- Q2. In the Christmas song, who was seen kissing Santa Claus under the mistletoe last night?
- Q3. In the song "The Twelve Days Of Christmas", what did my true love send me on the eleventh day?
- Q4. How many gifts would you receive if you received all of the gifts in the song "The Twelve Days of Christmas"?
- Q5. What carol contains the word "Fa-la-la-la-la-la-la-la"?
- Q6. What song was originally titled "One Horse Open Sleigh"?
- Q7. What is Frosty's nose made of?
- Q8. Who wrote *A Christmas Carol*?
- Q9. What was Scrooge's first name?
- Q10. What carol contains the line "O tidings of comfort and joy"?
- Q11. Name the three reindeer whose names begin with a "D"?
- Q12. In *The Night Before Christmas*, where were the stockings hung?
- Q13. Name the two reindeer whose name begins with a "C"?
- Q14. What 1990 movie told of a boy's experience when two men break into his house during Christmas?
- Q15. What is this years Christmas No1 single?

## Office Hours at Christmas

Conway House, St Louise, Bethany House and Townsend House hostels will be staffed as usual 24 hours a day throughout the Christmas and New Year period.

Head Office and Hepburn Court office will close on Thursday 24<sup>th</sup> December and re-open on Tuesday 29<sup>th</sup> December. They will also be closed on New Years Day, 1st January, 2010.

Residents from St Eugene Court, Caulfield Court, Highgate Rd or Dunne Mews who need to contact a member of staff while Head Office is closed, should call Conway House – 020 7372 6633. Hepburn Court residents should call Townsend House on 020 8207 1562.

Should you have a need for an emergency plumber (or similar) the staff at Conway House will be able to arrange this for you. Please note that routine and non-emergency work will not be undertaken during this period.

**Quiz Answers**  
 A1. c. Dec 25<sup>th</sup> A2. Mommy (kissed Santa Claus) A3. Eleven pipers piping A4. 364 presents A5. "Deck the Halls"  
 A6. "Jingle Bells" A7. A button  
 A8. Charles Dickens A9. Ebenezer  
 A10. "God Rest Ye Merry Gentlemen"  
 A11. Dasher, Donder and Dancer  
 A12. By the chimney A13. Comet and Cupid  
 A14. Home Alone A15. "Killing in the Name"  
 by Rage Against the Machine

## Some useful telephone numbers

We appreciate that while Christmas and New Year is for many a time for celebrations, it can also be a difficult time for others. If you need some help, or someone to talk to, you might find these numbers useful.

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|--------------------------------|--|---------------------------|----------------|
| ◆ Narcotics Anonymous          | 0300 999 1212  | ◆ National Drugs Helpline | 0800 77 66 00  |
| ◆ Alcoholics Anonymous         | 0845 769 7555 (10am to 10pm 365 days per year)                     |                           |                |
| ◆ Al Anon                      | 020 7403 0888 (for friends and family members of problem drinkers) |                           |                |
| ◆ Drink Line                   | 0800 917 8282  | ◆ Shelter Line            | 0808 800 4444  |
| ◆ NHS Direct                   | 0845 46 47   | ◆ The Samaritans          | 08457 90 90 90 |
| ◆ Spectrum Day Centre          | 020 7267 4937  |                           |                |
| ◆ Cricklewood Homeless Concern | 020 8208 8950  |                           |                |
| ◆ Overeaters Anonymous         | 07000 784985 (Support for all eating disorders)                    |                           |                |