

# Golden Shamrock Club

## Spring Newsletter



Tony Hutchinson    Beatrice Konsek

Hello everyone from Lock-down Land, sadly we have lost two of our members since we have been closed our thoughts go out to Maureen and family and Beatrice's family too.

Hopefully everyone else is keeping well and keeping your spirits up, the Committee members telephone numbers were on the letter that was sent out so you can contact us if you need any help or support or just want a chat. We hope you are keeping in touch with each other and your families which is good if your families are local.

If you have a Smart or Android phone or tablet this is another good way to keep contact especially through WhatsApp as this is free. If you also have access to the internet there are a lot of different items of interest. There is one called Ireland Reaching out which is one where you could get your grandchildren interested in their roots with a bit of 19<sup>th</sup> century Time Travel Irish style and find out what folks were doing in your county back in 1837! Or you could even write your life story!

The Irish Embassy website has an item called From Isolation, Inspiration which contains poetry and music old and new.

Irish in Britain publish a newsletter online which has items of interest from Irish organisations all over the country.

A subgroup of the Irish Centre Committee is working hard to get our website up and running which will be brilliant for sharing information.

As well as staying at home the powers that be suggest you take up a new hobby learn a new craft. Why not try Kirsty Allsopp's "Keep Crafting

& Carry On" on Channel 4 @5pm or learn a new language? Perhaps go back to an old hobby, after all you will have soon cleaned all your cupboards and drawers out!!!

See Fran's efforts below.



Prompted by imminent arrival of new great grandchild, I have been busy knitting an assortment of booties. Contrary to popular belief it is not an octopus that is expected, just a normal baby, but can you ever have too many pairs of shoes?

Greyfriars have been in touch to say they will soon be starting a free cooked meal delivery service soon. If there are any of our members in the NG3 postcode who would find this useful please contact Bridgit (07575 034 034) so we can pass your names on.

Boris is back in charge again but it doesn't seem like things will start to get back to 'normal' any time soon. As soon as we do know anything about possibly reopening the club we will be in touch.

In the mean time look after yourselves, keep active, don't take any risks, beware of scammers and keep in contact with each other.

From Fran on behalf of the committee.