

# Young at Heart

## Retirement Living



### FAMILY TREES

Who will you  
find in yours?

### DISCOVERING DAISIES

Springtime in  
the garden

### FOOD FROM THE HEART

Recipes from  
Blackwell House

### NATURE WATCH

Puffins on  
the Red List

# Customer Care Register

NI Water provides essential services for all our customers throughout Northern Ireland.

We offer a range of free additional services if you have a disability, are an older consumer, have a serious medical condition or need extra help for any other reason.

You need to join our Customer Care Register to get the extra free services you or anyone in your household would like to receive.



**If you wish to register,  
please call**

**Waterline  
03457 440088**

**or visit [www.niwater.com](http://www.niwater.com)  
for more information**



# DEAR READERS,

What a difference a year makes. Twelve months ago, we were learning to live with lockdown. With the easing of restrictions, we can now look forward to spending time with friends and family.

On the subject of family, have you ever wondered about your ancestors? In this issue, David Lloyd Rogers takes us on his journey into genealogy with a family tree he created for his granddaughter.

We are also delighted that Blackwell House in Armagh has shared some of their favourite recipes to inspire you in the kitchen.

If you're looking for garden ideas, check out Rosie Nixon's article on daisies. As well as being a keen gardener, Rosie is also a talented photographer, and you can see a few of her prints in the magazine.

These are available to buy from her website and are guaranteed to brighten any home.

Happy reading!

Keep safe and well,

David

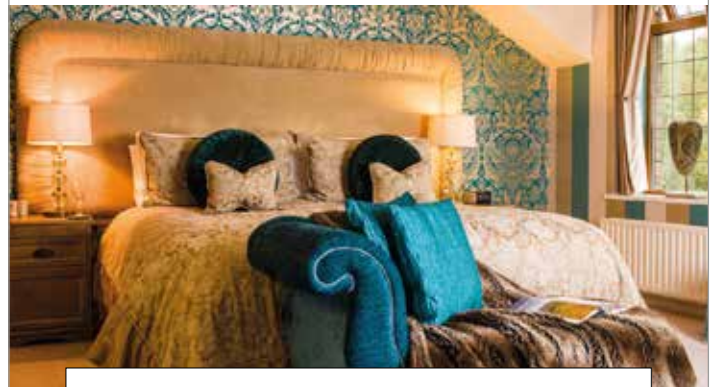
David Scott, Editor

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**blackwellhouse**  
escape relax dine



### BLACKWELL HOUSE

Blackwell House is all about peace, relaxation, food, wine and wonderful hospitality. Indulge in one of our gourmet breaks and experience our seasonal menus celebrating the best hand picked local produce cooked by Joyce in her pristine kitchen.

### STAY

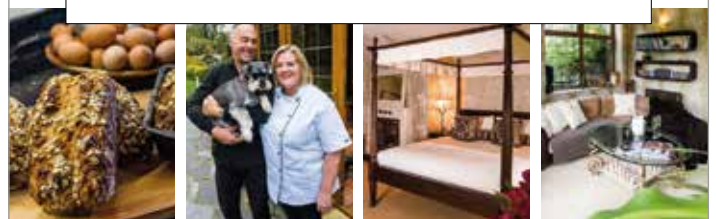
Join us for a gloriously remote staycation in our comfortable and pristine boutique country house hotel nestled in the deep rolling countryside. Whether it's a revitalising mini spa break, indulging in our 7-course gourmet retreat or just chilling out in countryside seclusion. That's Blackwell House.

### AFTERNOON TEA

Afternoon tea at Blackwell House is tradition at its finest. Three courses of taste explosions await you. Imagine tier upon tier of delicious little bites and all afternoon to sit and chat with friends and family. The perfect way to catch up after lockdown.

### COOKERY SCHOOL

Whether you have a new found fondness for cooking or are a culinary whizz, a day in the our Cookery School will inspire you with tips and a stunning set of recipes to serve up to your family and friends.



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C R A N M O R E  
EXCELLENCE IN DENTISTRY

# EXPERIENCE MATTERS CRANMORE DENTAL IMPLANTS



## Why Choose a Cranmore Dental Implant?

Dr Nelson has a Masters Degree in Dental Implantology and his area of practice is dedicated to implant treatment. He has been placing implants for over 17 years.

Cranmore regularly accepts referrals from other dentists for all aspects of dental implant treatment.

Cranmore is fully equipped with a Cone Beam CT scanner to accurately plan your treatment.

Dr Nelson uses an intra oral scanner for appropriate cases which eliminates the need for gooey impression material.

Complimentary, no obligation consultations are available with our Patient Care Coordinator.

### What is a dental implant?

Dental implants are specially designed screws which are placed into the jaw and act like natural tooth roots. Replacement teeth can then be attached, even

dentures can be made to feel more comfortable and secure. With routine care dental implants have a high level of success with studies now recording a greater than 95% success rate (over a ten year period) as long as there are no other associated risk factors.

Dental implants can be used as follows:-

- i) To replace a single missing tooth.
- ii) To replace multiple missing teeth.
- iii) For those who have no teeth.
- iv) To stabilise dentures.

The level of predictability is a major factor in considering implants as the treatment of choice for most cases of tooth loss.

### Benefits of Dental Implants

- Maintains the integrity of facial structures by preserving the bone.
- No need to grind down healthy teeth for a bridge.
- Eliminates the pain of ill-fitting dentures.
- Stable replacement teeth for eating and smiling with confidence.
- Closest replacement possible to natural teeth.

**DAVID NELSON,**  
BDS MSC (IMP DENT)  
CLINICAL LEAD

**BOOK A  
COMPLIMENTARY  
VIRTUAL IMPLANT  
CONSULT\*  
TODAY**

When you decide it's time to replace a missing tooth or teeth, we are here for you. We accept nothing less than the best for our patients. Talk your decision through with us, book a **complimentary virtual consultation today on 028 9038 1822.**

15 Windsor Avenue Belfast BT9 6EE 028 9038 1822  
**[www.cranmoredental.com](http://www.cranmoredental.com)**

\*Non clinical consultation with Patient Care Coordinator.



With over seventeen years experience in implant dentistry, David Nelson, Clinical Lead at Cranmore, fully appreciates the various concerns about missing teeth. Whilst there are a number of available treatment options for restoring the consequences of partial or complete tooth loss, the decision as to whether to select dental implant treatment or one of the more conventional treatments should be considered in full.

Dental implants are specially designed screws which are implanted into the jaw and act like natural tooth roots. Replacement teeth are then attached, even dentures can be made to feel more comfortable and secure. With routine care dental implants have a high level of success with studies now showing a 95% success rate over a ten year period.

Implants can be used in various circumstances whether for replacing a single tooth or multiple teeth, for those with no teeth or to stabilise loose dentures. The determining factors include a sufficient amount of quality bone, good oral hygiene and generally good health. Age is not a limitation for implant treatment provided the individual is healthy.

David has a Masters Degree in Dental Implantology and his area of practice is dedicated to dental implant treatment. He has a particular interest in the use of digital technology for dental implants. This includes the use of digital treatment planning, 3D radiograph imaging and digital intra-oral scanning to achieve predictable quality solutions.

David is an accredited ITI and Straumann Mentor where he mentors and supports dentists with their implant training. In addition, he lectures on dental implant treatment at postgraduate level including on the Foundation in Implant Dentistry course in London. He has previously been a Tutor on dental implants at the University of Warwick and Queens University Belfast.

**Cranmore is a multi award winning dental practice and if you would like to find out further information about dental implants please contact our Welcome Team on 028 9038 1822 to arrange a complimentary non-clinical consultation with our Patient Care Co-ordinator.**

# RECIPES FROM BLACKWELL HOUSE

## *Food From the Heart*

### ROASTED SPRING LAMB SHOULDER WITH ROSEMARY AND PAPRIKA RUB



#### Ingredients

2.2kg/4.5lb boned and rolled shoulder of lamb	2 onions roughly sliced
3 tbs rosemary leaves picked and finely chopped	1.2 litres/2 pint lamb or beef stock
2-3 tbsp olive oil	2 tbsp plain flour
1 tsp ground paprika	1 tbsp redcurrant jelly
salt and pepper	gravy browning (optional)

#### Method

- Preheat the oven to 220C/425F/Gas 7 (200C Fan).
- Put the lamb on a board. Mix the rosemary, oil and paprika together and season well with salt and pepper. Rub over the lamb on both sides.
- Put lamb in a bag and marinade in fridge overnight.
- Put the onions and stock into a small roasting tin, put a rack on top then place the lamb on top. Roast in the oven for 30 minutes, or until brown then reduce the temperature to 160C/325F/Gas 3 (140C Fan). Cover the lamb with aluminium foil and continue to roast for 3-4 hours, basting from time to time until completely tender and the meat is falling off of the bone.
- Remove the foil and place the lamb on a plate to rest while you make the gravy. Skim off the fat into a bowl. Spoon two tablespoons of the fat into a saucepan.
- Sieve the roasting juices and softened onion into a measuring jug. Add boiling water to the jug to make up to 570ml/1 pint of liquid. Heat the fat in the saucepan until hot. Add the flour and stir until smooth. Still over the heat, add the roasting juices and whisk until thickened and smooth.
- Add redcurrant jelly and salt and pepper to taste and a little gravy browning if too pale. Serve with the lamb.



# WILD GARLIC SOUP (THREE WAYS)

## Ingredients

250g wild garlic thoroughly washed
3 leeks chopped
1 large knob of butter
2 large potatoes peeled and cut into 2cm cubes
1 head of broccoli cut into pieces
250ml Vegetable or chicken stock
100ml whole milk
100g grated parmesan cheese
Sea salt and black pepper to taste
Handful of curly parsley chopped roughly

## Method

- Melt the butter in a thick-bottomed pan and sauté the leeks on a gentle heat for 10 to 15 minutes until soft (but not coloured).
- Add the potatoes, cover with hot stock about 2cm above the mixture and bring to the boil.
- When the 'spuds' are starting to soften add the wild garlic and broccoli and season with salt and pepper. Cook for a further 10 minutes.
- Liquidise the soup with the milk and parmesan cheese until smooth or you can leave it more textured if you wish. Add more milk if the soup is too thick.
- Finally just before serving, heat your soup until piping hot, add the roughly-chopped parsley and serve in a warm bowl.
- Serve with a little crème fraîche, wild garlic and parsley oil and garlic croutons.

*If you can't get wild garlic don't worry, you can substitute three garlic bulbs crushed and an extra 250g of broccoli to make a wonderful tasty healthy soup. Why not change the flavours to make a different soup - add stilton cheese instead of parmesan, if you don't like cheese remove it and add some single cream or crème Fraîche instead.*



# BRAMLEY APPLE AND CARROT CAKE

## Ingredients

400g peeled and thinly sliced Bramley apple	1 1/2 tsp baking powder
75ml water	1/2 tsp salt
50ml vegetable oil	1 tsp all spice or cinnamon
300g sugar	225g grated carrots
3 eggs at room temperature beaten lightly with a fork	75g shredded sweetened coconut
200g all-purpose flour	75g chopped nuts optional
1 tsp baking soda	1 tsp vanilla

## Method

- Preheat oven to 180c or 170c in a fan assisted oven.
- Place apple slices in a saucepan with water and heat gently until soft, break up with a spoon to make a chunky apple sauce.
- Place the apple sauce, vegetable oil, flour, sugar, eggs, baking soda, baking powder salt and all spice in your electric mixer bowl and mix gently together. (this can be easily achieved by hand).
- Fold in the carrots, coconut, chopped nuts and vanilla.
- Pour into two well greased and lined 9-inch deep cake tins or if you want to make a tray bake use a deep 9 by 13-inch tray. (it is important to line the bottom and sides with greaseproof paper as this is a very moist cake and it will stick easily).
- Bake for 40 to 45 minutes. To test if it is cooked an inserted skewer should come out clean.
- Cool for 30 minutes in the tin and then remove to a cooling rack and let cool completely before icing.



## Cream Cheese Frosting

75g butter softened	250g icing sugar
220g cream cheese softened	
1 tsp vanilla	Chopped Walnuts for decoration

## For the frosting

- Cream the butter and cream cheese until nice and fluffy. Add in the vanilla and icing sugar and beat until nice and smooth.
- Cut the two cakes in half horizontally so you have 4 rounds.
- Invert the cake onto a cake plate or stand.
- Apply a generous dollop of frosting and spread to the edge.
- Gently place the second cake on top and continue to layer.
- Use the remaining frosting on the top layer and sprinkle with nuts.
- Refrigerate for an hour before serving for best results.

# ERIGERON KARVINSKIANUS

## *A Daisy Gone Crazy*

*Rosie Nixon*

Rosie is a garden photographer, writer and nature lover. She enjoys soaking up nature and is easily distracted from doing the weeding by anything that flutters, flies, buzzes, creeps or crawls!



*Erigeron karvinskianus is a wonderful plant to grow in the garden. The only way I can fully describe it is to use words like splendidous, billowing, myriads, festooned and floriferous. These little daisies might look like distant cousins of the daisies that you try to remove from your lawns. BUT these ones have utter sophistication written all over them.*

The plant is easy to grow and so rewarding.

However, correctly pronouncing Erigeron karvinskianus is probably more challenging!

Calling it Mexican Fleabane, Santa Barbara, Stallone or Mexican daisy is so much easier to say and remember.

It grows to approx. 25cm in height, and flowers from June to November in my garden each year.

However, in warm sheltered gardens it can stay in flower for up to 9 months of the year! As a result of this long flowering period, it is a great plant to have in a container on the patio.





## *Erigeron karvinskianus – A Plant with a Reputation!*

Now some things are too good to be true! This little daisy grows too well in some parts of the world. It's an invasive weed in some countries ... but not here in Northern Ireland. As they say, one gardener's weed is another gardener's desirable plant. The bees and butterflies love this plant as much as I do. Furthermore, it's also fashionable favourite with many of today's garden designers. As a matter of fact, I have lost count of how many of these plants I have sold to customers over the past few years.

This little daisy is so versatile in the garden. In fact, it looks just as good in a gravel garden. Not to mention at the front of a border or path. As well as in a container or window box with its soft airy clouds of pastel-coloured blooms.

### *Growing Erigeron karvinskianus*

The plant is trouble-free, low growing, and doesn't mind inland or coastal gardens. Plant it in a sunny part of the garden in free-draining soil. Under those circumstances, it should survive our cold damp winters.

Make sure you don't pull the plant out in your early spring tidy up as it's slow to green up. Cut off the old dried stems in mid-spring once you see the new growth appearing at the base. In addition, I usually give the plants a little boost of a nitrogen feed to help them along in May.

If the plant is growing in a container feed it with high potash food during the summer months. Besides this, deadheading will encourage repeat flowering and keep the plant looking tidy. They have an attitude of elaborate self-abandonment as they bloom so abundantly.

## *What's In A Name?*

It produces oily smoke when burnt that repels fleas so hence the common name Fleabane.

Baron Friedrich Wilhelm von Karwinsky von Karwin was the Hungarian botanist responsible for introducing this plant to Europe from Mexico. As a result, it's been growing in UK gardens since 1836.

Masses of narrow white petals surround the yellow disc florets. Later these petals slowly age to pink and purple. Consequently, there are many shades of colour gently cascading over pathways, walls and containers all summer long.

## MAKE YOUR HOME RETIREMENT FRIENDLY

Undertaking home adaptations can be a daunting task. Fortunately, help is at hand.

Northern Ireland Housing Executive offers grants to make the house of a person with a disability more suitable. These can be used to create a downstairs bathroom, installing handrails, or improving access to rooms in the house.

Additionally, Radius Housing's Staying Put service offers free (Government Funded) support and advice, helping those wishing to access Northern Ireland Housing Executive Grant Assistance to complete a disabled adaptation or improvement to the home. These adaptations can help you live independently and safely in your own home for as long as you want.

For further information on Housing Executive grants, call **03448 920 900**. To contact Radius Housing's Staying Put Team, call **028 90397173** or **028 90397174**

## Rates help available for pensioners

Did you know that you may be able to reduce the amount of rates you have to pay? Some support schemes are for those on a low income, while others are not linked to your income or savings. Contact us to find out more.

**0300 200 7801**

- ✓ Lone Pensioner Allowance
- ✓ Disabled Persons Allowance
- ✓ Housing Benefit
- ✓ Rate Relief

[www.nidirect.gov.uk/rates](http://www.nidirect.gov.uk/rates)



Land & Property Services  
Seirbhísí Talún & Maoine

Department of Finance | An Roinn Airgeadais  
[www.finance-ni.gov.uk](http://www.finance-ni.gov.uk)



## Your Home Could Fund Your Retirement

If you are picturing taking that once-in-a-lifetime holiday, completing those long-awaited home and garden improvements, clearing an existing repayment mortgage or gifting an early inheritance to your loved ones, taking advantage of your property wealth could be the key to making those plans a reality.

By releasing equity with a lifetime mortgage, homeowners can access some of their home's value as a tax-free lump sum to spend as they wish, without having to move or downsize. There are typically no monthly repayments, leaving you with the financial boost to achieve your retirement dreams.



**Talk with Nick Meeke**

**More and more homeowners  
are releasing equity to fund their ambitions.**

**If you are interested in local, no-obligation  
advice, then contact Nick Meeke today:**

**Nick Meeke**



**Equity Release Specialist** ★ **Trustpilot**  
**Northern Ireland's Local Adviser**

**0800 689 4638 | 07543 898 090**

**email:** [nick.meeke@responsiblelife.co.uk](mailto:nick.meeke@responsiblelife.co.uk)

**visit:** [www.responsible.org.uk/nick-meeke](http://www.responsible.org.uk/nick-meeke)



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## STAIRLIFT SOLUTIONS – LOCAL AND NATIONAL BUSINESS AWARD WINNER – HERE TO SERVE YOU!

Since opening their new showroom in Bangor, Stairlift Solutions have just been going from strength to strength.

Having been nominated for several awards at both the Bangor Business Awards and the Federation of Small Business Awards they came away winning the award for Business Development at the Bangor event and also winning the ultimate award at the FSB awards coming away with the title of Best Small Business in Northern Ireland.

As Michael Wallace from Stairlift Solutions says the company has two main strands to its success. "Number one is we have fantastic



From left are Nick Fullerton, SONI, presenter Wendy Austin, Michael Wallace and James Dowling, Stairlift Solutions on the occasion of winning Best Small Business NI at the FSB Awards.

staff, it wouldn't be possible to do what we do without them," he said. "number two is our focus on after-sales care. That's big for us, we need to make sure our customers are happy with the product they have and ensure they know they can come to us if there are any issues. "If you look at our website more than 200 people have left testimonials praising their experience with Stairlift Solutions and each one of them is very gratifying to read. To us, each one of them is proof that we're doing our jobs well"

Based at Unit 21, Innotec Drive (beside The Signal Centre) on Bangor's Balloo Road, the new showroom is the ideal location for them to display a new line of mobility aids that are now available.

For more information or if you have any questions on their new mobility products, simply call in and meet the team, or phone 028 9188 2249 where you can also arrange a FREE, no obligation survey of your staircase. Or why not visit their excellent website at: [www.stairliftsolutionsni.com](http://www.stairliftsolutionsni.com)

# Stairlift Solutions

## THE STAIRLIFT SPECIALISTS

- Full Range of Leading Brands
- Straight or Curved
- New, Reconditioned or Rental
- Next Day Installation Available
- Full Warranty & 24 Hour Aftercare
- Free, No Obligation Survey & Quote

Celebrating

# 20

YEARS

**"A local, family run business, highly recommended!"**

### OTHER PRODUCTS:

- Scooters ■ Riser Recliners
- Rollators ■ Wheelchairs
- Bathroom & Toilet Aids
- Ramps ■ Various Other Mobility Equipment

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**Call - 028 9188 2249**  
[www.stairliftsolutionsni.com](http://www.stairliftsolutionsni.com)

★ Multi Award Winning ★

Find Us On

## Help to adapt your home

Grants are available to make the home of a person with a disability more suitable

Work may include:

- creating downstairs bathroom/bedroom facilities
- replacing a bath with a level access shower
- installing access ramps and handrails
- improving access to rooms in the home

## Housing Executive

For further information:  
**Tel 03448 920 900**  
[www.nihe.gov.uk](http://www.nihe.gov.uk)

## Up to £25,000

is available for owner occupiers, landlords or private tenants.  
Contact your Occupational Therapist (OT) at your Health Trust.  
They must make the recommendation.





# HOME ADAPTIONS

We believe that adapting or improving a home makes a major difference to someone's home life.

We see the comfort and suitability of your home as an essential and not a luxury. Our vision is to help people to live independently in safe and accessible homes, so they can continue to live with dignity in their own homes for as long as they wish.

Our Staying Put service offers free (Government Funded) support and advice, helping those wishing to access Northern Ireland Housing Executive Grant Assistance, to complete a disabled adaptation or improvement to the home. Our experienced housing and technical advisors can guide you through your disabled facilities grant application, providing practical and technical advice and support throughout your home adaptation.

To learn more about how we can help you, and to start your project, you can:

- Phone our Admin Team on **028 90397173** or **028 90397174**
- Email us at **[stayingput@radiushousing.org](mailto:stayingput@radiushousing.org)**
- Visit our website at **[radiushousing.org](http://radiushousing.org)**



**SHOWER  
FACILITIES**



**KITCHEN  
FACILITIES**



**MANAGING  
THE STAIRS**



**ACCESSING  
YOUR HOME**



**MOVING AROUND  
YOUR HOME**

## Everyone has a place

Registered Office: Radius Housing, 38 - 52 Lisburn Road, Belfast BT9 6AA.

Registered in Northern Ireland (No IP169), VAT Reg No 791 7838 74.

Registered with the Charity Commission for Northern Ireland NIC102575.

Regulated by the Department for Communities in Northern Ireland.

# DIRECT CREMATIONS IRELAND

*When you're in our thoughts you're in our care.*

## OUR PHILOSOPHY

We understand that no-one wants to think about their own funeral and similarly we recognise the distress associated with planning a funeral for a loved one when you're left grieving and heart broken by their passing. Some of the thoughts you may have:-

- Do you want a burial or a cremation?
- Do you want a religious ceremony or not?
- Who is going to pay for it all?
- What about my own funeral when the time comes?
- Here at Direct Cremations we may have the answers to these and many other questions.

## OUR SERVICES

More people are choosing to take a personal approach to their funeral, as opposed to the traditional funeral and burial, with direct cremations becoming more common. This type of cremation involves the deceased being taken directly from the place of death to the crematorium without a viewing or funeral service. While funerals are seen by some people as the perfect way to say goodbye, others find them distressing and want to separate their memory from the distress of their passing.

Without the pressure of a funeral service, family and friends are free to plan a more personalised memorial service at a time and in a place, that suits them, if they so wish.

## WHY ARE PEOPLE CHOOSING DIRECT CREMATION?

With the spiralling cost of a funeral, for some, a direct cremation is simply a cheaper way to go than a more traditional funeral. For others, it's a question of choice. Some people simply don't want the fuss of a full funeral service.

## WHAT'S INCLUDED?

A Direct Cremation with Direct Cremations Ireland costs £1,150 and includes:

- Bringing the person who has died into our care
- All cremation fees and costs
- Care and preparation of the person who has died
- A simple wood-effect coffin
- A suitable vehicle to the crematorium
- Any required doctors' fees
- A scatter tube for the ashes

## EXTRA COSTS

There would be a fee of £195 if extra staff are required to carry out a non-hospital removal and if an XXL coffin is required £250 is added to cover this request.



Direct cremations remove the most expensive elements associated with a traditional funeral cremation. Our caring approach allows you to celebrate your loved one's life in a way that meets the needs of you and your family.

*Celebrate your loved one's life in a way that suits you and your family from £1,150.00. We cover the whole of Northern Ireland.*

Email: [enquiries@directcremationsireland.com](mailto:enquiries@directcremationsireland.com)  
[www.directcremationsirelandltd.com](http://www.directcremationsirelandltd.com)



# FAMILY TREES - A MATTER OF LIFE AND DEATH?

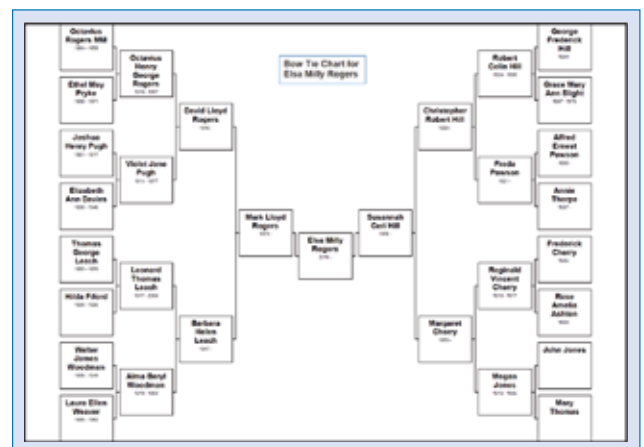
*David Lloyd Rogers*

*To misquote Bill Shankly, Manager of Liverpool, 4th September 1980, "No, it's more important than just that".*

Understanding and documenting one's own Family Tree is a huge legacy to be able to pass on to grandchildren and future generations. My journey in genealogy started 1980, some 40 years ago, when the Ruby Wedding celebration of my in-laws was announced with a year's notice. My wife and her three siblings groaned, yet another family competition to meet the expectations of their needy parents and grandparents to eight children. Marriage, a mortgage, hyper-inflation and two children, did not leave funds to be wasted on a ruby red glass ornament. We then hit on the idea of an Hour-Glass family tree; the happy couple in the middle with their own Parents (4) above them and Grandparents (8) on the top. Below them, their four Children and then the eight Grandchildren at the bottom. In a frame 4x3 feet ready to be hung in pride of place. Our present was enthusiastically received to the detriment of the three other variously coloured presents. At this point a sister-in-law announced loudly that the chart was incorrect! The silence was broken by her announcement of a new arrival to be expected in the spring; days of research, hours of italic penmanship totally wasted. Next day I invested in a Family Tree Maker; I could then tolerate and print updates and corrections by tapping 'print'.

Over the past 40 years I have completed 30 full Descendent Charts which are the end result of a two-stage process. I created an Ancestor chart for my friend in Killinchy, Co. Down, by tracing successive generations back to Elizabethan England; to Lord Richard Rich, one time Lord Chancellor to Henry VIII and Edward VI. With that information I could reverse the presentation with a Descendent Chart to include 20 generations down to my friend's 13 grandchildren in Co. Down, thus they have a heritage to pass on. The Chart measures

160x77 cm. (5x3ft) and so lives mostly in a cardboard tube. Most descendent charts starting in mid-16th Century measure 4x2ft. The computer program enables the chart to be written to one page PDF file which can then be expanded in a local print shop to a legible size.



Many people, while excited with their own family tree, find that many friends observe that it is 'a large box and wire diagram'. Not immediately obvious are the reports of supporting information including education, awards, occupation etc. Each entry as well as birth, death and marriage also records place of domicile. Thus, one can track the movement of generations from town to town, county to county and country to country. In the Richard Rich example, family members included migration in 1630s from England avoiding Puritan persecution, to the settlement of New England, death by Indians, migration from Normandy of Protestant Huguenots following revocation of the Edict of Nantes by Louis XIV, building a rum distillation business in Bermuda, election to Town Mayor of Halifax, Nova Scotia, life in 19th Century Dublin before partition.



Another valuable source of information is the Census returns 1841-1911. Every 10 years all occupants in each dwelling were recorded by enumerators visiting each house documenting all occupants' names, ages, year of birth, place of birth, occupation and relationship to the head of the house, plus the address. This enables our family tree researcher to determine social mobility of a family, progression of employment with age. Family size increasing though the Victorian period with the improvements in public health come to a step change with the World War I. My grandfather born 1884 was one of twelve, my father, born 1910, was the elder of two, and I was one of one!

Social mobility made a step change in the late 18th Century with the Industrial Revolution with the drift from the land to the factories and mines. This accelerated with the introduction of the railways in early 19th Century. In the period from 1540 to 1780 there was little social movement. It took my family 300 years to move 60 miles from Kings Lynn in Norfolk to Bury St Edmunds in Suffolk. Families tended to stay local within their counties; a man would typically travel a maximum of ten miles to go courting! 1540 is a significant starting date when Thomas Cromwell directed all parishes to register Baptisms, Weddings and Funerals. More for taxation purposes than to help genealogists research Family Trees! Prior to this date, such information was held in Manorial Rolls dating from the Magna Carta in the late 12th Century.

Accuracy of data is a major pitfall for the unwary. Until the 1890s in Britain and Ireland, literacy was not high. Many marriage certificates were signed with a X, 'his or her Mark'. Registrars and clergymen often misspelt names as did census enumerators. The census returns are littered with shortened, or pet, names. Householders modified their family names, for example, in one project I found that Leach had become Leech in an earlier generation. Maybe Leech was the job description for a doctor or a tax collector. In my own family, until my Great Grandfather, the spelling of the family name had been 'Rogers'. In the 1881 census the family name became 'Rodgers'. Thirty years later my grandfather wrote to The Registrar requesting a change, to revert to the original spelling. As a result, his 11 siblings did not speak to him for the next 40 years.

Another hurdle for the researcher is family sensitivity. In my own case, having traced the Rogers name back to 1550, I then explored other branches. My Rogers aunt pleaded poor memory regarding her maternal grandmother's details. "You don't want to do that", "It was such a long time ago" etc. Something had happened way before she was born and probably only hinted at, gave her cause for embarrassment. But she eventually gave me a Christian name, 'Hermon'. I eventually tracked down her birth certificate in 1867. No father's name, Hermon was born in the local Union Workhouse, 5 miles from the mother's family home. One branch had snapped. However, I traced the mother's family back as 1580. She had named the daughter after a brother, who had died a year earlier, aged fourteen.

In the height of the Covid-19 lockdown, the same sister-in-law from the 1940 Ruby Wedding debacle called. Did I still do 'Family Trees?'. Her granddaughters had got the family tree bug and could I help. Net result was five Descendant Tree Charts all starting in 16th Century. I thought that nine- and ten- year-olds might struggle to explain the five 5x2ft charts to their school friends and their teacher. Charts are for posterity. Another print option in the program is the 'Bow Tie Chart'. On a single sheet of A4 paper the grandchild in the centre is surrounded by the parents, grandparents and great grandparents. Thus, four generations of both sides of the child's family can be accommodated, framed and hung on the wall. Or taken to school. They make unusual birthday and Christmas presents.

I hope this brief text has stimulated you to learn more of your own family history. It will be very both rewarding and frustrating. There will be many blind alleys but with perseverance in the long dark nights you will find that it is very much more than a matter of Life and Death.

*If you need help finding your family tree,  
please contact David by telephone or email.*

*David Lloyd Rogers*

*Historian & Genealogist / Family Tree Specialist*

*Email: david.rogers95@yahoo.com*

*Tel: 07733 394877*

# TREAT YOURSELF TO A GOLDEN BREAK

As hotels across the country reopen their doors, there has never been a better time to book a short break. If you've been dreaming of someone else making the bed or having dinner without having to do the washing up, now's your chance. There are lots of great offers out there, so why not treat yourself to a few days away.



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# NATURE WATCH

## *Red Alert for Puffins*

A new study has revealed the stark news that puffins, swifts and kestrels are among 23 birds that have been moved on to the Red list (relating to species of highest conservation concern) across the island of Ireland.

According to the 'Birds of Conservation Concern in Ireland (BoCCI) 2020-2026' review, jointly compiled by RSPB NI and BirdWatch Ireland, a quarter of bird species on the island are now Red-listed.

BoCCI uses a 'traffic light' system to indicate the conservation status of birds by placing them on three lists – Red (high conservation concern), Amber (medium conservation concern) or Green (low conservation concern).

Of the 211 species studied, BoCCI has placed 54 (25.6%) on the Red list, 79 (37.4%) on the Amber list and 78 (37%) on the Green list).

There has been a further decline in wading birds too, with six more species (including snipe) joining the Red list.

Birds will get moved on to the Red list because of breeding or wintering population declines, which are usually caused by a mix of habitat loss, habitat degradation and very often climate change.

*\*RSPB NI's work to protect the precious species and habitats found across Northern Ireland, as well as its campaigns for targets in law to save nature, need continued support. If you'd like to support RSPB NI, you can visit their JustGiving page: <https://www.justgiving.com/fundraising/rspb-northern-ireland>*

Anyone who has visited the RSPB Rathlin West Light Seabird Centre off the north coast of Antrim will know and love the puffins, kittiwakes and razorbills on the sea stacks, so it's a big concern that these species are now on the Red list.

The Seabird Centre, incidentally, is due to reopen on May 29th, having been closed up until now due to the government restrictions. It will be open from 10am to 5pm (last entry 4pm) until September 19th.

Joining red kites on the BoCCI Red list are kestrels, known for their characteristic and conspicuous hovering flight.

Despite all the bad news, there were some positives, with 64 species remaining on the Green list.

Tufted ducks, wigeons and pintails have all moved down from the Red list to the Amber list, while great spotted woodpeckers have expanded their range across Ireland.

And robins have gone from the Amber list to the Green list. It is thought that the severe weather in the two winters of 2009/10 and 2010/11 led to declines in robins' numbers and we are now seeing a recovery from that.



Puffins on Rathlin - Photo by Hazel Watson



Kestrel - Photo by Matt Wilkinson



Robin - Photo by Andy Hay



# Returning to Public Transport?

## Translink says "We're ready for you"

Are you getting out and about and using the bus or train for your travel? Translink reassures passengers "We're ready for you", with their key safety measures implemented on board services to help everyone go safely together - whether you're reconnecting with friends, enjoying trips to the shops, visiting family or seeing grandchildren again!

Translink carries out mobile cleaning on board bus and train services throughout the day, multi-touch points are disinfected in main stations and new state-of-the-art deep cleaning technology is used. Additionally, protective cough screens are fitted on buses and installed at stations. Please wear a face covering if you can when travelling; face coverings are compulsory but certain exemptions apply. When wearing a face covering it can reduce your peripheral vision slightly, take care when stepping onto a bus or train or using the stairs in stations or on double deck buses. Take your time and look downwards to help negotiate your step and use available handrails (remember to wash your hands before and after you travel).

It's important to follow social distancing when travelling to reduce contact. If you are aged 60 and over, using a 60+ or Senior SmartPass provides contactless boarding. You are entitled to FREE travel anywhere in Northern Ireland on any Translink service (65 and over can enjoy cross border travel free of charge). Pick up an application from any main bus/train station, Visit Belfast Welcome Centre (Donegall Square North, Belfast), telephone the Translink Contact Centre **028 90 66 66 30** (deaf and hard-of-hearing applicants can use textphone number **028 9038 7505**) or email: [smartpass@translink.co.uk](mailto:smartpass@translink.co.uk)

Let's go safely together.

## We're ready for you.

When you're ready to travel by bus or train, we're encouraging passengers aged 60 and upwards to use a 60+ or Senior SmartPass (65 and over).

If you're not yet eligible, you can still reduce contact onboard with cashless smartcards or pre-paid tickets as change cannot be given on board.



**You must wear a face covering. Together we can help protect one another.**



**Please spread out and give each other space. Social distancing helps to keep everyone safe.**



**We're keeping our trains, buses and stations clean for your safety and comfort.**



**For a cleaner, greener, healthier future go by bus or train, cycle or walk.**

#LetsGoSafelyTogether



# LAST WILL & TESTAMENT: PROTECT YOUR LOVED ONES' INHERITANCE.

Making a will is an important task. Even if you already have a will in place it is worth reviewing your arrangements to ensure that they reflect your current circumstances.

If you die without a will you are relying on the law to decide how your assets pass on death and this could produce some unexpected results. You might assume all your assets will pass to your husband or wife but in fact this is not always the case. Many people also intend to leave gifts to friends or charities and such legacies can only be incorporated by will. A will also allows you to choose executors, and to appoint guardians to take care of your children if you should die whilst they are still minors.

For those with larger or more complex estates, making a will is a first step in developing a clear succession plan. This is of particular importance if you have concerns about inheritance tax, business assets or how to provide for beneficiaries who are suffering from a disability. In such cases, the use of trusts may be desirable.

You should also consider if you fail to make proper provision for your family when you die, then a disappointed beneficiary may be able to bring a claim against your estate.

Given the complexities involved it is important that when making a will you consult with a specialist solicitor who is able to help you to make the best possible will to suit your own circumstances.



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For further information, please contact:  
**Michael Graham | Director | E: [m.graham@cfrlaw.co.uk](mailto:m.graham@cfrlaw.co.uk)**



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# The Driving Force behind Motability in Northern Ireland

**For many motorists, the Donnelly Group is the first port of call when the time comes to purchase their new vehicle.**

And for Motability customers, that is no different.

For many years, Donnelly Group has been a proud partner of the Motability Scheme, enabling the provision of vehicle solutions for hundreds of Motability users in Northern Ireland.

As Northern Ireland's largest family owned new and used vehicle retailer in Northern Ireland, Motability customers can choose from an impressive range of affordable vehicles from manufacturers including Honda, Fiat, Renault, Vauxhall and Volkswagen.

The Group's award-winning team of Motability experts are located at each of the nine Donnelly Group locations across the province offering guidance and advice based on the requirements of each individual customer.

Dave Sheeran, Managing Director at Donnelly Group said: "At Donnelly Group, we understand how important it is for people living with a disability to have a car that is not only functional and practical, but that is also comfortable.

The efforts of our team of Motability experts are regularly recognised and praised by both customers and motoring bodies alike, and customers benefit from their unrivalled experience and knowledge.

Our Motability specialists are available at all nine of our locations to talk customers through the entire process from an initial enquiry to the day that they collect their new vehicle, allowing them to make an informed decision based on their requirements.

We are fully aware of the needs of our Motability customers and our vehicles can be adapted to suit."

Donnelly Group customers will be made aware of the financial options available to them, including the range of nil advance payments across a selection

of manufacturers.

"Our customers will also benefit from the 'all inclusive package' which includes a three year Motability lease, insurance for two drivers, breakdown cover, servicing, maintenance and repairs as well as tyre and windscreen cover.

With over 70 years of customer service experience since the inception of the Donnelly Group in 1947, the individual needs of each and every customer remain at the forefront of our thinking. We work extremely hard to ensure that we can find a vehicle that will perform well and will exceed expectations, enabling our customers to have peace of mind and to drive in confidence."

Donnelly Group Motability specialists are located in Ballymena, Bangor, Belfast, Dungannon Moy Road, Dungannon M1 Complex, Derry/Londonderry Eglinton, Derry/Londonderry Maydown, Enniskillen and Mallusk.

For more information on the Motability Scheme at the Donnelly Group visit [www.donnellygroup.co.uk](http://www.donnellygroup.co.uk).

Queries can also be directed to the Donnelly Group social media outlets on Facebook, Instagram and Twitter pages @DonnellyGroupNI.



Search our website today for the latest Motability offers  
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[www.donnellygroup.co.uk/motability](http://www.donnellygroup.co.uk/motability)



# Pure Cremation

## The freedom to choose

### A “fuss-free farewell”

Direct cremation is the modern alternative to traditional funerals, offering a more personal goodbye. Here we tell you everything you need to know about the service.

We all have our own unique relationships in life, so it's natural to have different ways of saying goodbye when the time comes. While a traditional funeral with a service in a church or at the crematorium might be your choice for a farewell, this isn't right for everyone. A new service called direct cremation offers the choice to do something a bit different and celebrate a life your way.

### What is direct cremation?

Put simply, direct cremation is a basic cremation with no service performed at the crematorium. All cremations are performed in the same way, but in this case, there is no ceremony and usually no mourners present (although this can be arranged). The ashes can be hand-delivered back to the family to keep or lay to rest. This gives your family the freedom to hold a separate celebration, memorial or ceremony at a time and place that's right for them, unconstrained by the undertaker's availability.

### Why might I choose direct cremation?

**Cost:** The Money Advice Service states that the average cost of a traditional cremation is £3,250 whereas direct cremation typically costs in the region of £1,000-£2,000. This significant saving comes from a focus on the essentials, so you can choose to spend money on what really matters to you, such as a big get-together for your family.

**Stress:** Traditional funerals can be too much to cope with emotionally. A direct cremation allows your family the chance to say goodbye and celebrate your life somewhere familiar. Now you can involve the whole family, even young children, in the event.

### How do I find out more?

Pure Cremation offers a 24/7 service across Northern Ireland, England, Wales and Scotland. They also offer 100% guaranteed direct cremation plans, offering peace of mind that when the time comes, everything is taken care of, leaving your family free to say goodbye their way.

Call 0800 130 3559 or visit  
[ni.purecremation.com](http://ni.purecremation.com) for more details.



More and more people are choosing a **direct cremation**. Here's why.

**A direct cremation is one performed without a service at the crematorium— but with the same care and respect of a traditional cremation.**

Thousands of families are choosing this fuss-free style of send-off for these four reasons:

- You can save more than £2k of the cost of a traditional cremation funeral <sup>1</sup>
- You can choose to say goodbye your way
- 24/7 response to look after someone who's died
- Secure pre-paid plans to suit your budget

#### What people are saying...

*"We had time to think about what we wanted, it all happened exactly as planned and was very stress-free."*

What's more, we'll hand deliver the ashes back to your family, provide a solid pine, eco-friendly coffin and cover all fees for the cremation itself.

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<sup>1</sup> The Sunlife Cost of Dying Report 2021

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Or visit: [ni.purecremation.com](http://ni.purecremation.com)

# ROSIE NIXON PHOTOGRAPHY

*Rosie is a garden photographer, writer and nature lover who has worked in the UK horticultural industry for over 18 years. She has appeared on BBC TV and her articles have been published in many newspapers across UK and Ireland.*

*She enjoys sharing the beauty of creation on Instagram ([www.instagram.com/rosie.nixon1/](http://www.instagram.com/rosie.nixon1/)) and also sells her prints via her website ([www.leavesnbloom.com](http://www.leavesnbloom.com)). Rosie also has a limited edition collection at one of Scotland's only photography galleries - The Close Gallery, 4b Howe Street, Stockbridge, Edinburgh. ([www.gallery-close.com](http://www.gallery-close.com)).*



# ONE LESS THING TO WORRY ABOUT



**Whether you're concerned about a loved one living alone or want to future-proof your own independence, a personal alarm service could make a big difference.**

We all want to know that our loved ones are keeping safe and well, especially during these unprecedented times when we cannot see them as we would like. Chats on the phone or calls over video are a great source of comfort but of course what would be even better is to know that there's always someone there to help them should something happen, especially if your loved one is living alone.

Alternatively, if you're the person living on your own, you might want to find a way of letting concerned family and friends know that there is no need to worry and that you're safe and sound.

Handily, Careline offer products and services that keep you connected to support, meaning you've one less thing to worry about.

Careline's personal alarm service offers immediate peace of mind by giving you or your loved ones an easy-to-use pendant alarm that can be worn like a necklace, on your wrist or clipped to your waistband. If you're feeling unwell, anxious or need help in some way, there's no numbers to remember or dial. Simply press a button and you'll be connected to helpful, friendly staff, any time, day or night.

This means you can get the help you need immediately, and it could avoid undue upset or a hospital admission – something that's more important than ever in the current situation.

In fact, during the coronavirus pandemic, Careline have been acting as the first point of contact between service users and services such as NHS 111 and the emergency services. With that in mind, and the fact we've all been having to get used to staying away from family and friends, there's perhaps never been a better time to think about putting Careline services in place.

Take the story of Mary, 79, from Belfast. When she fell in her garden, she lay for 3 hours until her neighbour heard her calling over the garden fence. It was after this

event had shaken Mary's confidence that her daughter suggested the Careline alarm service. "A lovely lady from Careline came to see me at home and set me up with a personal alarm," she says. "They helped fill out the paperwork, then set up and tested the alarm was working for me before they left. They made it very easy for me and now I feel much safer knowing someone is always there to help."

As in Mary's case, a member of the local Careline support team can visit you in your home, to provide a free, no obligation demonstration (whilst adhering to social distancing guidelines at all times and wearing appropriate PPE). They can discuss the most appropriate package that works best for you or your loved ones, including whether the alarm unit could be funded by the government via a Discretionary Support Grant. With monitoring charges from as little as £1.15 per week (excluding VAT), it is a small price to pay for great peace of mind in protecting your wellbeing.

Alternatively, you can choose to have your alarm unit posted to you so you can install the alarm unit yourself. It is very easy to do, with instructions provided and helpful members of the Careline team available to help over the telephone. You can be set up the next day after ordering.

**To find out more about the Careline alarm service, or to book a free demonstration by a member of the local**

**Careline support team, please call**

**0808 100 2435 or visit  
careline-alarms.co.uk**

always there  
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- Shopping online
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