



## Mariners' Park News Autumn 2020

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### A few words from Mick Howarth

Dear Resident

Welcome to our Autumn Newsletter. Covid 19 has turned all our lives around over the past six months in a way none of us could have predicted. Only a few weeks ago it seemed life was at last returning to something approaching "normal" Sadly the recent spike in Covid Cases has meant that Merseyside is now in a Local lockdown and significant restrictions are now back in place. Throughout this period with typical resilience and fortitude, you have all played your part to follow the Governments guidelines, and your continued cooperation is now needed again.

The latest changes mean that an other household cannot meet at home or in your garden/patio unless it is a household in your support bubble, and you cannot meet people from other households in indoor spaces, such as a café, pub or restaurant, unless they are in your support Bubble.

These changes are now a legal requirement as is self isolating for 10 days if you have a positive test or self isolating for 14 days if you are contacted by the Track and Trace Service because you have been in contact with someone who has tested positive

If you are having to self isolate for any reason, or do not wish to go shopping as you have an underlying health condition, Morrisons are offering a next day delivery service. Please Telephone 0345 611 6111 and choose option 5.

Cont .....

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## A few words from Mick Howarth

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I am sorry we had had to pause our Activities again due to the latest restrictions, and it has also delayed our plans to reopen the Hub Café. Some services and communal facilities are still open including the Hair Salon, Laundry, Chiropody and Gym

At this time, I would also like to recognise the flexibility and dedication of our staff throughout this Covid period ensuring you received the care and support services you needed. I know many of you have commented on this, and it is appreciated.

With the focus on Covid 19 some of our plans for 2020 have been delayed. We are now catching up with these. The installation of automatic opening doors for the laundry and activity room in the Hub have now been ordered. We have also now replaced our Admiral Nurse with a new appointment, and you can read a profile of the new postholder, Gaynor, inside your newsletter. There is also information about the new Green Energy deal to improve home insulation, as well as information about the Concessionary TV Licence. These, and much more, are in this Autumn's Newsletter – I hope you enjoy reading it.

Please keep your spirits up at this difficult time and continue to protect yourself and your neighbours by following the HANDS FACE SPACE guidelines. These remain the best way to protect us all

Do not hesitate to contact the Hub Reception if you have any queries about the Covid Rules or if we can assist in any way to meet your care and support needs. Keeping you safe is our Number 1 priority

Mick Howarth  
Welfare Manager

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## TV Licence

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We have been notified by TV licencing that there will be **no change to the concessionary TV licence scheme** for residents at Mariners' Park. However, if you should receive a reminder or are a new resident please contact TV licencing quoting the appropriate Concessionary licence number below.

Mariners' Park estate (excluding John Fay House) - 7000244305

John Fay House - 7000959687

Mariners Park Care Home - 7000541282

Trinity House Hub - 7000932594

Nautilus do notify concessionary licencing about new residents but it can sometimes take a while to update.

If you have any queries please contact Keith George at Nautilus House. 0151 639 8454.

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## Resident Contact Sheet

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Have you had any changes to your home or mobile phone number, email address or next of kin details? If you have, please update us by completing a Resident Contact Sheet. You can obtain the contact sheet from the Hub Reception. All information will be kept confidential.

If you are a new resident or are unsure when you last updated us with the above details, please pick up a Resident Contact Sheet and we will update your details on our system. You can contact the Hub reception on 0151 346 8840.

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## Guest Apartment—John Fay House

Have you family or friends who want to visit you, but you cannot accommodate them? Don't forget that the guest en-suite bedroom in John Fay House is available for just £25 per night.

The fully en-suite apartment includes:

- ◆ A wetroom
- ◆ Kitchenette, with cutlery and crockery
- ◆ Kettle and toaster
- ◆ Fridge and microwave
- ◆ Flat screen TV
- ◆ Double bed
- ◆ Wardrobe and chest of drawers

The room can be booked for a maximum of two weeks at a time. To book please speak to Sharon or Annette at Trinity House Hub Reception or telephone 0151 346 8840.



## Guest Apartment—John Fay House



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## Mersey Tunnel Fees

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### Should You Pay Mersey Tunnel Fees?



**You** may be entitled to **FREE travel through the Mersey tunnels** if you have:

A disabled persons **Blue Parking badge**

**AND**

You receive the highest rate of mobility component of the Disability Living Allowance

**OR**

You are over 65 and receive the highest rate of Attendance Allowance.

**OR**

You receive the enhanced rate of mobility component of the Personal Independence Payment.

**OR**

You receive the mobility supplement of a war pension.

#### **What am I entitled to?**

**Two hundred free** journeys through both Mersey Tunnels every year in you live in Liverpool, Wirral, Sefton, Knowsley or St Helens.

If you live outside of Merseyside, you are entitled to **forty free journeys** a year.

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## Mersey Tunnel Fees

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### How do I apply?

Applications can be printed from the following website: - <https://www.merseytravel.gov.uk/tunnels/concessionary-travel-scheme/>

You will also need a passport sized photograph and evidence of your disability award (all pages of your award notice).

Send your application or renewal form, photo and original documents to:

Merseytravel, P.O Box 1976, Liverpool L69 3HN.

Fast Tag will be posted out to your home address.

### Need some Help?

If you require assistance with applying, please contact your Supporting People person Hollie McEvoy or Caseworker Laura Molineux on 0151 346 8840

### Not yet in receipt of a blue badge or disability benefit?

**You** may be entitled to a **Blue Parking Badge** and **disability benefits** if you have difficulty with everyday tasks or getting around.

If you are *not* in receipt of a disability benefit OR you are *already* in receipt of one of the above benefits (at a lower rate), you may be eligible for a higher award rate if your condition deteriorates and you require more assistance.

If you would like further information of eligibility, please contact Hollie McEvoy or Laura Molineux to discuss your circumstances.

We are here to provide guidance, advice and assist you in making applications.

The service is free and confidential.

As always, **remember that this service is available to ALL former seafarers in the wider Merseyside area.** So, if you know someone who may benefit from the caseworker service, let them know to get in touch with Laura Molineux.

We are here to support you.

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## Admiral Nurse

Hello Mariners' Park.

My name is Gaynor Harrison and I am a newly appointed Admiral Nurse to Mariners' Park. Admiral Nurses are nurses with experience in dementia care who work alongside families and paid carers to give support. Caring for a person who lives with dementia can be very rewarding but can be difficult too. My role is to work alongside people with dementia and their families or paid carers giving one to one support, guidance and offering practical solutions. I am there to help everyone in the Mariners' Park Community who has

a need and also ex mariners who live in the wider community. Our name comes from the family of Joseph Levy CBE BEM, who founded the charity. Joseph had vascular dementia and was known as Admiral Joe because of his love of sailing; sadly, I am a poor sailor and get sick on the Mersey Ferry!





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## Admiral Nurse

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I was born in Wallasey and lived here until I was 19 when I left to join the Royal Air Force, eyesight and brains precluded me from becoming a pilot but I managed to spend 10 happy years travelling mainly the Americas with my Squadron and I left when I had my daughter who is now 19. I returned to Wallasey 15 years ago because I realised this area is such a wonderful place to live and I missed the river. I love to go on comfortable adventures and this picture is of me and my husband Iain at the cape of Good Hope in front of the Albatross Memorial to the lost seamen on our way to Antarctica. Please if you see me about the Park stop me and share your stories as I love hearing about other people's adventures and places they have seen. My other great love is my "girls" Hollie and Millie who are whippets and it is the joke in our house they come second in the pecking order with my daughter next and my poor husband last.

I can be found in the Hub or in Mariners Park Care Home and please come and say hello. If you need me there are several ways of contacting me; you can email me [g.harrison@nautilusint.org](mailto:g.harrison@nautilusint.org) and leave me a number I can contact you on, ask Laura in Nautilus House or Jane in Mariners' Park Care Home to send me a message, or submit a referral through <https://www.dementiaresourcecommunity.co.uk/admiral-nurses/> and under the admiral nurses tag at the top left hand side of the page is a pull down menu that has a referral form on it for completion. We are planning to start clinics in the very near future and I will send out details as soon as we have firmed up details.

I work in a beautiful setting and am so looking forward to meeting everyone.



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## Struggling with your water bills?

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### Did you know:-

**You** may be eligible for **United Utilities 'Help to Pay'** scheme if you have difficulties meeting your water bill payments and are in receipt of **Pension Credit Guaranteed** or **Pension Credit Savings Credit**.

### What am I entitled to?

A cap on your annual water charge of no more than £255.00 if you live alone and receive Pension Credits.

A cap on your annual water charge of £360.00 if you live in a property with others and you OR they receive Pension Credits.

### How do I apply?

Applications can be printed from the following website: -

<https://www.unitedutilities.com/>

### Need some Help?

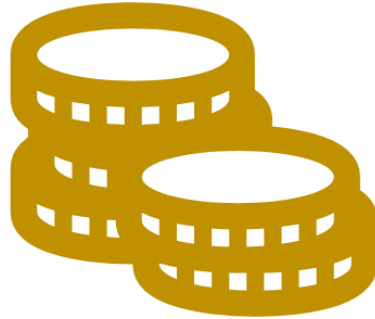
If you require assistance completing the application form, please contact your Supporting People person Hollie McEvoy or Caseworker Laura Molineux on 0151 346 8840.

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## Pension Credit

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### What is Pension Credit?

Pension Credit is a welfare benefit that 'tops up' your income to a minimum level set annually by the government.

It is a benefit for people who have reached State Pension age and who are on a low income.

### Am I eligible for Pension Credit?

If you would like further information of eligibility, please contact Hollie McEvoy or Laura Molineux to discuss your circumstances.

We are here to provide guidance, advice and assist you in making applications.

The service is free and confidential.

As always, **remember that this service is available to ALL former seafarers in the wider Merseyside area.** So, if you know someone who may benefit from the caseworker service, let them know to get in touch with Laura Molineux.

We are here to support you.

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## Care Home News

Activities in the care home have changed drastically since the outbreak of Covid-19. Wherever possible we have made the most of the sunshine and our outdoor spaces. We have enjoyed spontaneous and last minute performances outdoors when the weather has allowed us to - many thanks to Rob Steele, Sandra Currie, The Not Forgotten, Dave Warren, John Henry, Lou Granton and the Woottons who have been so flexible and understanding when things haven't gone to plan due to the weather, your efforts are very much appreciated!





## Care Home News

### Oh we do like to be beside the seaside!

We would like to say a great big thank you to Jack Truesdale of Stretch Designs (who just happens to be the son of Debbie Anderson who worked in the Hub) for giving up a lovely hot and sunny afternoon to paint us a fabulous photo prop which we are all continuing to enjoy!



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## Spot the Slogan

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Can you complete these slogans from the 1950s and 60s with products they advertised?

1, HAVE A BREAK.... HAVE A -----!

2, A----- A DAY HELPS YOU WORK, REST AND PLAY

3, BEANZ MEANZ -----

4, HAPPINESS IS A CIGAR CALLED -----

5, YOU'LL WONDER WHERE THE YELLOW WENT WHEN YOU BRUSH YOUR TEETH WITH -----

6, GET AROUND BETTER – TRAVEL -----

7, RELAX IN A ----- BATH

8, ----- -FULL OF EASTERN PROMISE

9, GET THE ----- RING OF CONFIDENCE

10, AND ALL BECAUSE THE LADY LOVES -----

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## Estate News

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I don't think anybody will ever erase 2020 out of their mind; what a year it has been so far, and there are signs that if the population doesn't take heed, we could be going into another lockdown either locally or nationally, although I think the second option is likely.

So, from March 23, when Nautilus House, in effect, closed down and most of the office staff worked from home, I initially came in for a few hours each day, and carried on operating from Nautilus House. My line of work then made me come in each day, as it was impossible working from home and doing the job I do, this meant that my presence was required here at Mariners' Park. Ironically, one of the calendars down here, is still on this dreadful day, when the world changed for the worse.

From my perspective, all of the planned capital work was paused, due to the fact, that in the early days of Covid, contractors weren't going into homes, or the larger buildings unless it was absolutely essential. Throughout these last six months, my guys have carried on working throughout all of this, apart from a short spell of furloughing for Steve and Cliff, whilst work was at a low point for them.

So, moving on to what is planned for the remainder of this year, as things stand. All residents with gas boilers, fires or cookers, will have had the annual gas safety check carried out recently in your home, and can I say thank you for your assistance in setting up a programme of appointments to allow this work, in the main, to run smoothly.



## Estate News

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I am also having all of the current marked lines, car parking bays, disabled bays etc all renewed, if they haven't been already, across the estate, with some additional disabled bays.

Nautilus are looking into fitting an electric charging point for the introduction of this type of vehicle, so watch this space on this one.

We continue to modernise vacated properties as and when we can, and as I write this, we have had 15 empty properties so far this year.

We are also looking into carrying out a tree condition survey to ensure that there aren't any dangerous trees that need immediate work on them.

I am also trying to source funding from a new government initiative, called the Green Homes Grant, in which I would dearly like to continue improving the external insulation of the 1950's bungalows in King George Drive. I await estimates from several companies, so I can then present these quotes and try and obtain funding from the government of up to 66% of the cost up to a maximum of £5,000 per home. Fingers crossed on this one. There is also a possibility of further grants, but in the main, this will be for people on certain benefits, so we might need to ask confidential questions to individuals for further insulation grants.



## Estate News

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The front balconies on Hub 1 are proving to be problematic with water ingress. Unfortunately, the original builder has gone into liquidation and Nautilus are currently trying to get insurers to pay for the repair work that will be necessary for the repair of these balconies. A meeting recently took place between ourselves and our architects concerning this issue.

It is also intended to improve things in the hub by having a further two automated doors, these will be into the laundry and the hobbies rooms, this will improve access and egress for all users of these rooms.

I await quotes for the external painting of three properties on the park.

I also await work from a contractor that is going to be carrying out aerial video work via a drone of the entire estate, which will then be used on our website, which will show what Mariners' Park looks like to perspective residents that live at the other end of the country, as well as other uses.





## Men's Activities Co-ordinator



*'Lest we Forget'*

Chris Flannery lays a wreath at the Pierhead.

Image kindly sent by James Allenby

## Men's Activities Co-ordinator



### Merchant Navy Day

Despite the Town Hall being closed for all services until next March, they took the time and trouble to fly the Red Duster, as did Mr Coleman – Wilson of King George Drive, thanks to both, its proud to see. Finally, an image of the Mariners' Park Service, conducted by the Revd. Alan Leach, with Tony Gatt ready to lay a wreath. Appropriately in front of a Stena ship.



## Men's Activities Co-ordinator

### Golf on the Park



**Before Social distancing !**



**Today!**

Funnily enough, despite the pandemic, golf is going from strength to strength. Our golfers are regularly scoring below par and we have even had two holes in one (no whiskey though!)



## Men's Activities Co-ordinator

### La Liga



Eddie Reid and Wilf Broydon strut their stuff on the green.



Despite social distancing limiting us to six players, when the weather has been good, we have had some tremendous games.



However, we can only bowl this well due to the efforts of our gardeners, Dave, Omar and Andy, who prepare our green, faultlessly. So, thanks gentlemen, your work is very much appreciated.

## Men's Activities Co-ordinator



### MERCHANT NAVY COMFORTS SERVICE

I recently discovered a service offered to the Merchant Navy during the war, that I hadn't heard of before. In particular, I appreciated the statement from Viscount Bennet in the House of Lords which substantiated the service.

The purpose of the M.N.S.C. was to provide parcels of warm clothing to be handed to merchant seamen as soon as possible once they had been rescued from often icy seas. Items of clothing could be bought but also a great deal of knitting was done by local volunteer M.N.S.C. groups, often situated near the ports, to make up the parcels. Each parcel contained a label stating which M.N.S.C. group it had come from

#### **"Taken from Hansard: 3<sup>rd</sup> August 1943**

VISCOUNT BENNETT - asked His Majesty's Government, whether it has been finally decided that coupons are to be required for comforts given by the Merchant Navy Comforts Service to merchant seamen of all nationalities; and moved for Papers.



## Men's Activities Co-ordinator



**Warm Dry Clothing carried by R.N for Merchant Navy Survivors**

The noble Viscount said: "My Lords, I seek your sympathetic consideration of the Motion which I have put down on the Paper, not for myself personally but on behalf of those who, with such high courage and devotion to duty, have made possible our continuing to live by transporting food supplies across the oceans. When the war broke out in this country, as in other countries affected, there were many organizations that cared for seamen. There were missions and missionary societies, there were hostels, but there was no organization that charged itself with the duty solely of supplying comforts to those on ships. There had been in this country the British Adoption Society which is still functioning, of which Mr. E. H. Watts was Chairman, and its members thought it might be desirable to organize a separate society for the purpose of providing comforts for the seamen on the ships. Accordingly, there was organized the Merchant Navy Comforts Service, which began to function on February 1, 1940, registered under the Statute on that behalf. It supplied, according to the Minister of Transport, some 78 per cent. of all the comforts that have gone to the sailors on ships. Therefore, its case becomes the one of most importance, so far as coupons are concerned. In the first place, the question of distribution had to be considered by the society. That is a most difficult question.

## Men's Activities Co-ordinator



Merchant Navy Comforts Service,  
London,



The question is of distributing comforts to sailors on ships coming to these ports and doing it effectively. If he had coupons, that they are not begged or stolen from him before he goes to sea—all these are questions of very great difficulty. The difficulty in this case was solved by determining that comforts, packed in cases, would be handed over to the purser if it were a ship carrying a purser, or to the master or an officer of a sailing ship or a steamship that had not a purser. He would give a receipt for that. and the day after the ship went to sea he would distribute these comforts among the sailors. Each one would receive a small parcel containing comforts as follows. First of all, there was a woollen helmet; that carries no coupons in any event. Then the seaman received two pairs of socks, a woollen scarf, a sweater, and woollen gloves. In some cases, in heavy wintry weather, when going north, he received also a pair of those long socks called sea-stockings which are so essential to his comfort. No coupons were given, issued, or received in connexion with them, and it will at once be apparent to your Lordships that these comforts went directly to the men for whom they were intended. That is the main thing."

# Fortnightly Post

## Help us Save The Planet



In an effort to reduce the amount of paper we use, we ask if you would prefer to receive the fortnightly circulars by email as opposed to on paper.

If you would prefer not to receive any printed material at all, except for essential information, please indicate this also.

✂️ -----

I no longer wish to receive ANY circulars, unless they contain essential information.

I prefer to receive weekly information by email.

Do you prefer to only receive certain circulars? If so, please state below:

.....

Name: .....

Address: .....

I confirm that my email address is.....

**Please return to Hub Reception or email [sshepherd@nautilusint.org](mailto:sshepherd@nautilusint.org)**



## Staff News—Emma Cooke

We were very sorry to see Nurse Emma Cooke (formerly Bailey) leave us to go and work at Arrowe Park Hospital.

Emma had been at the Care Home for over 10 years and her care and dedication to the residents was a hallmark of her service throughout her time with us.

A "socially distanced " leaving presentation took place on the decking at the Care Home, where Emma was joined by her husband and parents. John Roberts paid tribute in a moving speech on behalf of all the Care Home residents.



Emma was presented with an Edith Cavell Star Award by Registered Manager, Jane Davies. The award recognises excellence in care and recognises exceptional performance.

We all know how fortunate we have been to have such a conscientious and caring nurse in Emma , and we wish her well in her new role.

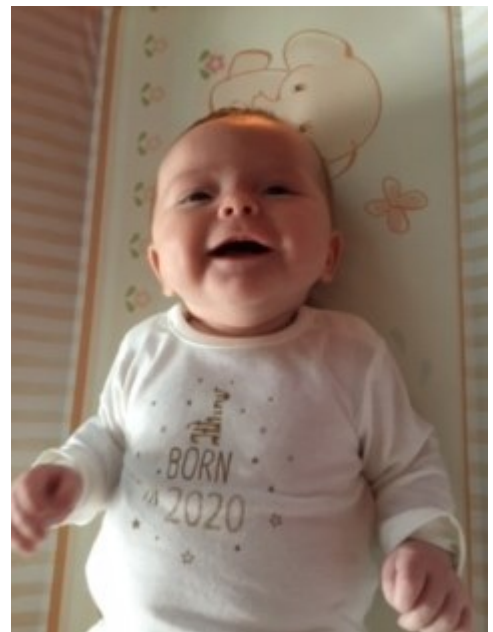




## Staff News—Amy Johnson

I am pleased to inform you all that I am now back in work from maternity leave. I had a wonderful home birth and my gorgeous daughter Penelope Grace Johnson arrived into this world on the 23rd June 2020, at 9am and weighed 7 pounds and 4 ounces.

Henry is delighted with his new baby sister and is showing her loads of love and affection. Here are some photos for you all to enjoy of her.



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## Staff News

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### Farewell to...

Shirley Bull, Domiciliary Care Team  
Debbie Anderson, Domiciliary Care Team  
Holly Seeley, Domiciliary Care Team has moved over to work in the care home.  
Emma Cooke, RGN, Care Home

Wishing all our leavers the best of luck for the future

### Welcome to ...

Gaynor Harrison, Admiral Nurse  
Jill Squire, Domiciliary Care Team

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## Welcome

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We would like to welcome some new residents to Mariners' Park:

Mrs Best	Mr & Mrs Gray
Mr Mitchell	Mr Houlden
Mr Bolton	
Mrs Taylor	



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## Do you want to receive the quarterly Newsletters

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Are you happy to receive the quarterly Newsletter? If you no longer wish to receive the quarterly Newsletter from Nautilus Welfare Fund please contact the administrators on one of the following or pop in the Trinity House Hub reception and speak to either Annette or Sharon:

Telephone: 0151 346 8840

Email: [welfare@nautilusint.org](mailto:welfare@nautilusint.org)

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