



Here & Now Arts Health and Well-being Festival for Older people 2022/23

Arts Care have been delighted to host in partnership with the Public Health Agency the 12th 'Here & Now' Arts & Well-being Festival for Older people.

This annual Arts Festival offers a unique opportunity for older people over the age of 60 plus to participate in a series of arts activities led by our team of expert Arts & Health Artists. Our Artists have been inspired to deliver the best festival yet across Northern Ireland amidst the ongoing challenges of Covid-19 with a blended approach to delivery including online creative delivery.

The Festival this year was community based and the theme was - Living Well, More Tales to Tell.

Arts Care has delivered 24 projects to community groups Northern Ireland wide and in addition 20 Regional Zoom workshops, giving opportunities for anyone over the age of 60 to participate in an Arts Care Dance, Music and Visual Art online workshops.

If you would like further information on how to take part in the Festival, please contact Arts Cares' Here & Now Coordinator Clare — clare@artscare.co.uk

Lost and Found

Lost and Found is an oral storytelling project aimed to work with Glengormley Friendship Group, to facilitate the members creating and sharing brand new stories.

In the initial weeks, these were stories of participants real life events or took their inspiration from the interests of the group members but as the weeks progressed the stories became more and more imaginative.

The stories we have shared for this exhibition are a mixture of True Life stories about things they have lost or found and brand newly created stories inspired by objects.

Each week the group was asked to select an object from a fictional Lost Property office and the stories developed in response to the question 'Who owned this object and how did it get to be in the Lost Property office?

We had so many laughs creating these stories and we really hope you enjoy them too!

Thank you so much to Age NI and the wonderful Glengormley Friendship Club for taking part in this years 'Here & Now Festival'.

Bernie, Renu, Ralph, Annie, Georgie, Win, Desmond, Jimmy, Marie, Shirley, Jackie, Jean, Ronnie, Andrew, Pauline, Hilary, David, and Grace.

Visit the Arts Care website to view this project and the Here & Now exhibition online. www.artscare.co.uk - (from 1 May 2023)







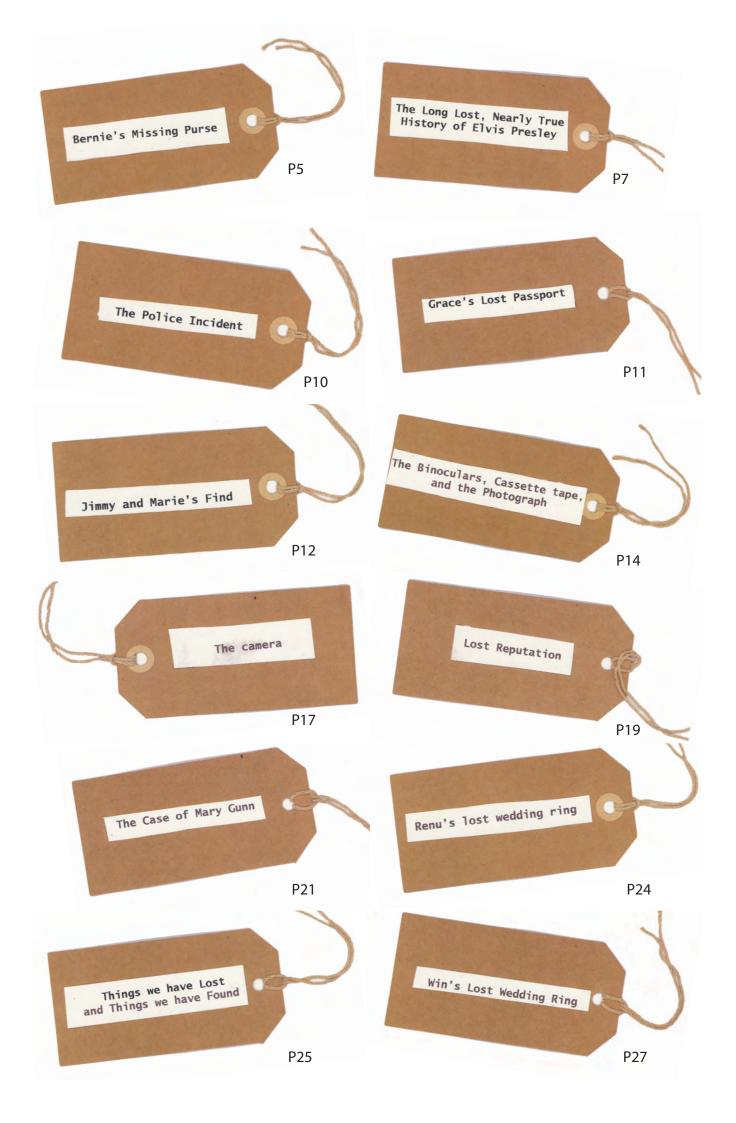








A Collection of Stories By Glengormley Friendship Group



Foreword

Sometimes we all need a really good belly laugh and that's certainly what I had every week working with the members of the Glengormley Friendship Group.

There were days when even leaving their front doors was hard, and yet every week, they came. And through camaraderie and letting loose their fantastic imaginations, and fuelled by tea, coffee, buns and a need to know what on earth would happen next, five brilliant brand new stories were created, simply by selecting an object and asking "Who owns this and How did it get here?"

These works of fiction led to true life stories of disappointment or good fortune being shared within the group and to being included here too.

To Paul Hollywood, Dom Littlewood and Elvis Presley, please accept our apologies for the very daft and **completely untrue** things you ended up doing in our **works of fiction**. We know (and stress) that none of the situations Elvis Dom Littlewood or Paul Hollywood are depicted in are in anyway true but thank you so much for enabling our imaginations to run riot.

But mostly I want to say, to Bernie, Renu, Ralph, Win, Dennis, Annie, Grace, David, Jean, Ronnie, Shirley, Jackie, Marie, Jimmy, Andrew, Pauline, Emma, Hilary, Irene, Sam and everyone involved, Thank you so much for such a lot of fun. I'm so pleased to have been able to work with you, and so, so proud of the stories we have made.

I know that you'll enjoy them too.

Genevieve Swift Arts Care Facilitator

Help Wanted

Person missing.
Property mislaid,
conversation misplaced
recollections adrift.
I'm missing a person.
Help Wanted

Bernie's Missing Purse

In June 2000 it was my second daughter's hen-party, we'd all got a bus and all went to Letterkenny for the hen-party. I didn't particularly want to go but I thought, all

these young ones, I ought to keep an eye on them in case any of them got into bother or fall off a balcony or something if they took too many beverages.

Bernie's Missing Purse

We went to the Chinese first, there was a good crowd of us and the meal was booked. Then, after, we came out of the Chinese and went to a nightclub across the road. As we went to get into the nightclub, I went to get my purse to pay for everyone to go in, and I had no purse!

So I went back to the Chinese and when they didn't have it and we couldn't find it, everyone was out, looking round the yard and the streets. It was awful because the purse has 300 or 400 Euro in it I had had in case of an emergency or in case anyone did anything daft and was arrested and I had to bail them out, because I knew my daughter had some very boisterous friends and she would have been dancing on the tables along with the rest of them.

So we came home but I was annoyed about the missing purse, it had sterling in it too. Somebody suggested ringing Letterkenny Garda station, so I said well, sure, I'll give it a go. So when I rang, they said could I describe the purse and what was in it, which I did. I said it was a brown purse but they said they had a purse there but it was black purse, but could I come up and look at it anyway in case our black was their brown or it did turn out to be mine. I thought it was very strange, them asking me to come up when it was the wrong colour but I decided to go up anyway.

So I went to the Garda station and the Gard produced this purse and he says "Did you ever see this before?" and I said "Oh my God, that is

my purse! Is there anything in it?" He said "Yes" and there was loads of change in the zip pocket of it and all the money was still in it, I couldn't believe it!

I asked the Gard "Did you get the name of the person that handed it in?"

He said "Well, we're not allowed to give out the name of the person that handed it in, but it was two elderly ladies who saw a fella lifting your purse out of your handbag when you were coming out of the Chinese. They wrestled him on to a windowsill, hit him with their umbrellas which they were using like walking sticks and they held him there until the Gardai came."

I couldn't believe this and I said "Well, I'd like to give them a reward, because it was so important to me and there was so much money in it." And the Gard said "Well they don't want their names going public or anything like that but they said if you wanted to you could put some money in St Anthony's tin."

And I looked and I saw a load of charity collecting tins with one for St Anthony's hospice, and the Gard said "If you'd like to put some in that one as well, that'd be alright too" and he was pointing at the tin for the Garda. So I put money in both of them cos I just couldn't believe I'd got it all back - that was a lot of money in year 2000.

Well seemingly these two women had done this several times before, had managed to catch thieves and they seem to almost be on patrol. Now since then someone has suggested that the ladies might have been under cover officers just dressed up as old ladies?

I'll never know, but I'm ever grateful to them whether they were officers, vigilantes or just two just two old dears walking around keeping an eye out for people and watching out for bad guys, I really appreciate it.



Before He was Famous The Long Lost, Nearly True History of Elvis Presley

It's a sunny warm day in Tupello Mississipi. Local young man Elvis Presley is 16 years old and beginning

to attract attention from the young girls in the town because of his good looks and his wonderful singing in church. Elvis has a job in the local fish and chip shop and at the beginning of each of his shifts there is always a gaggle of giggling girls to be seen, crowded around the chip shop door, long before it opens waiting to catch a glimpse of or a smile from the popular man and because Elvis enjoys the attention and doesn't want to disappoint anyone, he never gets much work done.

The Long Lost, Nearly True History of Elvis Presley

This afternoon Elvis is busy battering and frying the fish, trying to get everything ready to open the chip shop for the crowd of people waiting outside. As he glances out of the window Elvis spots Susie Blue – a girl he likes and smiles her one of his best smiles. Susie has had a crush on Elvis for quite a while so her heart skips a beat that Elvis had acknowledged her. Having been given confidence from the smile, Susie hits on a plan to spend more time with him. So, as soon as the chip shop doors are unlocked, she elbows her way to the front of the queue to order a double portion thinking that the extra preparation needed would give her and Elvis plenty of time together.

On seeing this, the rest of the queue are very fed up, especially Marie who is starving and has been standing waiting for a long time so she's really cross when she gets elbowed out of the way. She'd like to give Susie what for, but she's too polite so she seethes and fumes under her breath to herself about Susie's behaviour but when it becomes apparent that Susie doesn't have enough money to pay for the double portion she ordered, the whole shop queue beings to get angry. At this point Elvis decides to disappear out the back of the shop leaving a scribbled note on the counter that says

"Elvis has left the building".

Elvis jumps on his horse and canters off, making it look (to everyone in the shop) that he is taking the coward's way out of a very tricky situation. In fact however, his plan is to ride home and find some money to help Susie.

He rides hard and soon his horse jumps the gates of the Presley family home. Quick as he can, Elvis dismounts, runs inside, dives under the mattress and brings out the jar containing the family's rent money. His mum sees him with the money and is really cross until he explains that he needs it to help someone a the shop, but this doesn't soothe the situation as his mum knows Susie Blue and her reputation.

Elvis tries to jump on the horse to ride back to town with the money, to get away from his mum's temper, get back to his customers and to help Susie Blue, but the horse was ridden too hard earlier and has died of a heart attack.

Meanwhile, back at the shop, Susie is eating her chips as she (and everyone else) waits for Elvis to return but he is much slower than he intended as he has to explain everything to his family and help deal with the dead horse before he starts the walk back to the shop. On his way he crosses paths with his girlfriend Annie- Margaret, who asks him where he's off to in such a hurry.

"I'm just trying to help someone at work" Elvis explains, wisely deciding that he doesn't need to go into specifics.

He lets himself back in, through the back of the shop and puts the money for Susie's double order into the till, just as she puts the last chip into her mouth.

Annie-Margaret is older than Susie and is very put out when she enters the chip shop and sees Susie flirting with her boyfriend.

Not wanting to cause a scene and also not wanting to further delay the shop full of hungry customers, Annie-Margaret, in a tone that is not to

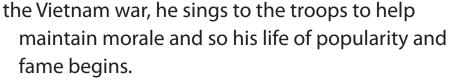
be ignored or contradicted, firmly sends the naive Susie on an errand to the hardware shop to buy a tin of tartan paint. Her plan is to get her out of the shop, so she can have a word with Elvis.

It is a very awkward, frostily polite conversation they have together as Elvis continues to serve the hungry (and by now intrigued) customers.

While Elvis serves as efficiently as he can, to make up for the wait, the chip shop owner comes in and since this is not the first time Elvis has let his heart rule his head, he demands an explanation. On hearing the story from start to finish, the shop owner sees that really Elvis was trying to help, and so softens a little, saying that if he can calm the angry customers he can keep his job. Elvis sings "Wooden Heart" to Annie-Margaret by way of an apology, in the hopes of smoothing the waters between them again and calming the grumpy customers. It works

In the shop that day there just happened to be the local radio station's A&R man who is so impressed with Elvis' singing that he immediately engages him to sing advert jingles on the station. A few days later the radio station owner happens to hear one of Elvis' jingles and is very impressed. He tells Elvis that he wants to record him and get him a contract as a singer. Elvis is very excited and as soon as he has finished singing that show's advert section, he races home to tell his family the great news.

Everyone is very impressed and excited especially Annie-Margaret whom he marries within the year. When Elvis is called up to fight in







there is a road closure in Glengormley today because of what the radio is calling an "incident". There are two police cars blocking off the street and they've been there for at least 3 hours."

"Well, I heard that last night Sam was to be seen at Glengormley Baptist church, strutting his stuff in a Larme jumpsuit as the disco king of Glengormley, dancing to "Staying Alive" by the Bee Gees. The jumpsuit was Blackburn blue in colour."

"I heard that Renu was there as part of the large crowd watching him dance with a partner and she was very impressed. She said that the Strictly Come Dancing judge Craig Revel Horwood was there and he was really impressed too!"

"BUT, this morning the road was closed because of this "incident". It turns out that they had the disposal squad investigating a suspicious package that has been discovered near the Baptist church."

"It's alright everyone, I've just heard they've re-opened the road now that the package has dealt with. Apparently the police are saying it could have been very dangerous."

"What was it???"

"It was Sam's Jumpsuit!!"



When Grace Lost her Passport

When I was about 10 my aunt was taking me to Italy for a holiday and you may guess by my age that it was a great thing, nobody really went on holidays. It was those days that you had a wee round

case, you remember? Well we got as far as London and we went into a restaurant in the afternoon and I was hoking for my passport and I couldn't find my passport.

So it was lost and we had to go round all the shops in London and all the places we had been, but nobody had picked it up.

My aunt was going with me and some other ladies who were all older than me, so we didn't know what to do. But to cut along story short when I lifted the lid of my wee round suitcase, to go through it again as I had done several times to look for my passport, there it was stuck up in the lid!



Jimmy and Marie's Find - A True Story

Marie and I were coming home from my son's house one night.

I said to Marie "Is that a ten pound note lying in the middle of the road there?"

Well, a car passed me and it blew the tenner into the side of the road so I stopped the car and said to Marie to Marie to hop out and get it.

She got out and got it but then she said "There's another one here."

"Well lift it." I told her and then she said "There's another one."

Jimmy and Marie's Find

Well I kept driving down the road and she kept picking up these ten pound notes the whole way down the road, there were I don't know how many ten pound notes and the next thing, Marie walked on and she found a whole lot of pound coins and then she found a wee small handbag. So when we counted it all out there was about eleven hundred pounds and in the hand bag there was gold chains and jewellery.

We got on to my son and he said "those chains must be worth thousands too".

So we took it to the police station. The officer said "My goodness that's some money you've got there, you're very honest bringing that bag in"

I said "well somebody dropped it, it's not mine."

So anyway she said "Well if nobody claims this you'll be getting it back."

So off we went and thought no more about it, we never applied to see if anyone had got back or not.

After a year a woman came to the door, and she said "you found my money and my jewellery and all. She said she'd left it on the roof of her car and driven off on her way to the airport. She said I just wanted to thank you very much and she gave us £80 which wasn't a whole terrible lot for what was in it.

Lost Property story
The Binoculars, Cassette
tape, and the Photograph

This story concerns some items of lost property that have been handed into the lost property office of a well known theatre in Belfast. All the items, a cassette tape, a photograph of a man in uniform and a pair of binoculars, were found under a seat in the front row of the balcony of the The Grand Opera House on February the 14th (Valentine's day) when there was a performance of HMS Pinafore by Gilbert and Sullivan.

The Binoculars, Cassette tape, and the Photograph

This was when they were found but I happen to know, that they were in fact lost (or left,) the week before, during the tail end of panto season. I know this from my friend who works at the Lyric Theatre who is friends with someone from the Opera House and this friend said that sometimes things go "missing" after they have been handed in to lost property -they get borrowed.

I can reveal that the person in the photograph that ended up under the seat in the balcony, is a top MI5 agent who was secretly under cover as as one of the actors in HMS Pinafore. The cassette tape has the word "Madonna" written on it but Renu knows that when played, the tape doesn't play Madonna songs but instead plays a coded message which she tied to listen to but she couldn't understand it as she says she can't break the code. She clearly knows something but won't tell us any more than that.

In order to try and find out who the binoculars belong to, Ralph dusted them for fingerprints and whilst doing this he discovered they were not in fact Navel binoculars as they had been listed in the theatre's lost property records, but they were a pair of opera glasses, so he begins to realise that contrary to our first thoughts, they probably dont't belong to the man in uniform from the photograph.

After some further investigations, we can reveal that the man who owns

the opera glasses (as we now know they are) was using them to spy on the man in uniform on the stage, who we have since discovered is an MI5 agent, posing as one of the actors in the show.

We are pretty sure that the code on the cassette labelled Madonna contains the top secret plans to steal something extremely valuable from the Ulster Museum.

The occupant of the balcony seat had thought he had put the cassette and binoculars in the pocket of the coat he had had folded on his knee throughout the show, but he must have missed the actual pocket, and they slipped and fell as he had left the row of theatre seating.

The undercover agent saw it drop but as he was on stage he could do nothing about it without stopping the show and revealing his identity, so he trusted that the audience member (whom he had paid and heavily coerced before the show to retrieve the items if necessary) would do what he had paid him for. The audience member did collect the tape and the opera glasses as she had been instructed despite becoming very scared of being seen helping the agent. She later revealed she had only agreed in the first place, in a desperate attempt to pay off her huge debts .

The lady had been told to collect the items and bring them to Jimmy in his taxi which would be waiting outside the theatre, but when she got outside, she couldn't see the taxi and so she ran back into the theatre and dropped the tape whilst in the cover of the jostle of audience members leaving the night's show.

Soon after the show had finished, Jimmy collected the undercover agent actor in his taxi. Jimmy's instructions had been to park at stage door which is perhaps why the audience member hadn't seen the taxi.

The agent sat in the back of the taxi and didn't say a word whilst Jimmy dropped him where he asked to go and Jimmy was paid £1200 (left in a handbag on the roadside in Glengormley) as the anonymous taxi booking phone call earlier that night, had said he would be.

As yet, as far as we know, no robbery has occurred at the Ulster Museum so perhaps that means that the code on the Madonna tape has not been cracked.

Our MI5 agent wasn't put off the case though and has managed to trace the voice that made the phone call requesting Jimmy's taxi that evening. Although the voice was heavily disguised, it was eventually Ralph reveals it to be Renu, the infamous Mafia boss.

Wanting to be part of the potentially very lucrative plan, and believing himself to be protected by the fact that he could reveal Renu's identity to the law if necessary, Ralph decides to approach the mafia boss. It does not go well. Ralph is black balled, Renu declares him to be a marked man and he barely escapes their meeting with his life.

Now out for revenge, Ralph goes to his contacts in a rival mafia family for protection and they place him in hiding on Fantasy Island for a short time. Whilst on Fantasy Island he met Stephen Nolan. Nolan begins to get suspicious when Ralph won't tell him anything about who he is and why he's there, so he uses his journalist's skills and instincts and starts investigating and talking about it on his radio show. Renu hears the show and has Stephen Nolan kidnapped to silence him. Ralph is worried that his cover is blown so he lets himself be seen by Renu as he throws himself off a fishing boat into shark infested waters so she will believe he has either drowned, or been eaten by sharks.

Renu, who now thinks she is safe, goes back to Italy but as she relaxes on the beach, further down the shoreline Ralph rises up from the water with a box of Milk Tray in his hands. These maybe

the last thing Renu ever eats.







Lost Property – The camera

A camera was found on a train travelling from Harrogate to London and

then on to Glasgow. The camera toria station in London. It was

was handed in to Lost Property at Victoria station in London. It was handed in by TV star Lorraine Kelly who found it on the train she had got to work that morning.

It turns out, that the camera was owned by a 50 year old Japanese tourist and when he collected it he told us what had happened.

The tourist was on a sightseeing trip and had lost the camera, with its film in it, when it fell out of his coat pocket as he rushed to use the loo on the train.

The camera was found by Lorraine Kelly and she handed it in to the station lost property office so when the tourist realised what must have happened, and had gone back to look for it, it had gone.

What the tourist didn't tell us but we found later, from the coverage all over the TV and radio, was that in fact he had stolen the camera from a man on the station platform, and had jumped on the train to use it as a get away vehicle.

Lorraine Kelly wanted to help the camera get back to its owner, so she put an advert about it in the national papers and she mentioned it on her TV show. The show was bombarded with people contacting them saying it's their camera. But then one man got hold of Lorraine's number and phoned her directly. The man said the camera was his, and asked for her address.

Lorraine apologised and said she no longer had it and that it was in the lost property office at Victoria station, but she invited him on TV to tell the story. This frightened the man off as the camera didn't really belong to him.

The camera sparked so much interest that the TV station decided to run an appeal for more information about it, on Crime Watch but before they do, in an effort to find out more information and solve the mystery, the film from the camera is developed.

When the pictures came back they were all of jewellery and the photos were taken in such a way that they were clearly the plans for a jewellery heist. In fact a very daring jewellery robbery had taken place in Harrogate just a few days ago and the items in the photos seemed to match the pieces that had been stolen!

The Police immediately dusted the camera for fingerprints and Lorraine Kelly's prints were found, but owing to having been on live TV at the time, she had a very strong alibi. Two other sets of prints were also found, the prints of the Japanese tourist from the train and those belonging to a man called Dominic, who is a TV celebrity as a security expert with a programme telling people how to look after their homes and keep themselves safe.

The Japanese tourist, he was very relieved to tell us, was soon cleared of any wrong doing as he could produce photographs and tickets that proved he had not been in Harrogate at the time of the heist and this was backed up by CCTV footage of him at a museum in York as the Harrogate jewellery heist was being committed.

The newspapers and The Lorraine Kelly show reported just this morning that, under police questioning the man calling himself Dominic, confessed to criminal activity in the past, but having served his sentence and become a reformed character, he had eventually been given his TV show. However in the course of filming a recent episode in a jewellery shop, the temptation had become too much, and that he had

photographed the jewels "for the show" he said at the time, but he'd later used those photos to help him steal the jewels.



"You'll never guess what
I heard about "The Great
British Bake Off" – It's all fixed! I know this

because I know a person, who knows a person, who knows another person, who can reveal that Paul and Pru are paid to pick a specific prearranged person as the winner."

Lost Reputation

"Yeah, I heard that too AND I also heard that Paul Hollywood, who was already married has just left his wife because he wants to marry Hilary from our group."

"Yes that's true but I'm not very keen any more – I've dated him once or twice but when we were on our date recently, Paul's eyes kept wandering to all the young women in the VERY smart restaurant I had paid to take us to so I left him."

"Well I don't know what happened before, but Paul Hollywood did call my taxi to get home and I heard something from the back but I'm not allowed to repeat it, it's the taxi driver's code."

"Well, I heard that Paul left the restaurant with Hilary (who denies it!) and got into the back of Jimmy's taxi. They were leaving the restaurant after a very nice meal. Hilary had apparently tried to leave Paul at the restaurant, because of his roving eye but Paul had come after her and that's how they ended up in the taxi together despite the fact that Hilary had told him to get out."

"I was keeping an ear open in case help was needed but they managed to resolve the situation by eventually agreeing, that Paul should get out. He asked me to drop him at Ralph's house."

"Well, as it happens Paul Hollywood and I have been friends for years owing to a shared talent and enjoyment of playing the guitar. So when Hilary kicked Paul out to the taxi for his bad behaviour, Paul came straight round to my house to tell his side of the story."

Now I was sworn to secrecy years ago, but with the bribery of a few chocolate biscuits, I can reveal that Paul can't actually bake and especially Bread for which he's most famous – He uses a ghost baker."

"That's right, Paul and Ralph met at the cookery class I ran years ago and Ralph has since becomes Paul's Ghost Baker and we were all sworn to secrecy."

"But at least I get very well paid for it."

"Later on Jimmy picked Paul up again and drove him to an undisclosed location which remained a mystery until Renu opened the front door and welcomed him in. But she says They're just good friends!!"



The Case Of Mary Gunn

The advert in the Newtonabbey Times read

Help Wanted Training given Overworked **Long Hours** Good Cook **Good Prospects** *Little Remuneration* No Heavy Lifting Good Holidays No Contract **Light Work** Some Travelling Involved Clean driving licence Essential Non-smoker Over 18s **UK** Residents only



34 year old Mary Gunn read the advert with great interest and although it doesn't specifically say it, she decides the advert is for a catering job and decides to telephone the town hall number supplied to apply for the job little knowing that the "advert" was in fact a coded message placed by the British army alerting those in the know that they wish to contact member so the bomb disposal squad.

On the day she has been told to come in for interview, Mary Gunn arrives at Ballyclare Town Hall holding a tin of freshly cooked buns. A little while later as the interview concludes Mary is smiling broadly appearing confident that she has done well. She leaves the box of buns on the table for the interview panel to



enjoy and walks confidently out of the room. As her foot leaves the last of the steps down from the building, there is an enormous explosion and as the biscuit tin she left in the interview room, shoots over her head as the building she has just left collapses into a pile of rubble.

Satisfied the mission has been a success, as she walks away from the rubble Mary removes her long blond wig and reveals that she is in fact a man, the Russian agent and renown drag artist, Demitrioff, a close cousin to Vladdimir Putin. Satisfied he has done what he has been ordered to do in retaliation for the British supporting Ukraine in the current conflict Demitrioff jumps on a motor bike and zooms out of what remains of Ballyclare town centre.

A few weeks later and the British army has pieced together the statements they took from the unlucky interview panel members and has managed to put together and circulate a photofit of the person they know as "Mary Gunn."

Somehow a copy of the photofit gets left in a night club in Belfast and is spotted by the drag artist performing as part of the entertainment that evening and by some off duty soldiers who had been in enjoying their evening off. When the soldiers report back for duty the following morning, they alert the commanding officer that the person in the photofit is a soldier who had served in their platoon until recently when he became "Absent without Leave", they had recognised him as he had dressed up as his drag persona at an event for the platoon not too long before.

Meanwhile, the evening before, back at the night club, a fellow drag artist had telephoned the tip off number as they had recognised "Mary" straight away as they had had a big argument after performing in a show together the previous weekend (Mary had stolen the big moment in the finale of the show.) Out for revenge the artist contacts the army and reveals that "Mary" is a man with a thick Russian accent. It has become clear to the army that they had had a double agent who had now gone missing.

By this time Demitrioff has used his network of contacts and has got Jimmy's taxi to take him to the train station, from where he took the Enterprise over the boarder into the Republic of Ireland and raced to the Russian Embassy for protection and a new identity. But because the explosion left survivors, the Russian authorities see the mission as a failure. They refuse to meet Demitrioff's demands and instead they put him in a soviet soldiers uniform and he is sent under armed escort to the train to the frontline in the war in Ukraine.

In a last ditch attempt to save himself Demitrioff sends a coded message by pigeon to the British army who are determined that he will not escape justice. So part way through it's journey to Ukraine, British troops stop the train claiming he has Covid and poses a global health treat. He is bundled into the back of what looks like an ambulance but is actually an undercover army vehicle which races off, heading back to Ballyclare. However the ambulance drives too fast and PC Goodfellow of the local police pulls them over, becomes suspicious and starts searching the van, discovers Demitrioff who as far as he is concerned is still a wanted man and starts to arrest him when the army swoop in a take Demitrioff away with them. PC Goodfellow is furious and so approaches the Ballyclare Times with the scandalous story whereupon the army realise that they need to keep the whole story a secret. They tell the police officer that it is a top secret matter of national security and that Demitrioff will have a military trial. Goodfellow gets promoted to sergeant and awarded an MBE to buy his silence. And on the day of the military trial Demitrioff is found poisoned in his cell having eaten one of his own buns.

Renu's Lost Wedding Ring

I had my wedding ring on and it was a wee bit loose.

I had a fire in my house and I went to stay with my children. While I was there I lost my ring and I was very disappointed and sad about it and after 6

months my daughter in Law telephoned to say she had found my ring in the clothes, in the laundry box. That was a really good feeling to have my ring back.

Renu's lost wedding ring



Things we have Lost and Things we have Found

Sam: Something I was quite grateful to loose was a few pounds of weight at the Ceilidh last

Thursday. I had thought it would be a nice gentle afternoon, then I found out that it was flying around non-stop for two hours and when I got outside, the steam was rising off me! So I lost two pounds of weight in a very enjoyable way.

Bernie: Not recently, but about a year and a half ago, I actually lost the will to live and it was through Sam getting me involved in these groups (through Age NI) that I've found my energies again and I can't wait to get out to see people. I've found a real zest for life again, I'm almost back to being me.

Things we have Lost

and Things we have Found

I found myself as well. Since my husband died I was very low Renu: but thanks to Sam I joined Age NI and I go to the group, it's nice to be with people and talk to people and find yourself, your confidence, your "contentness" and your courage to talk. So that's something I've lost and found.

Dennis and Win: We went into Castlecourt and on the ground there was a card and when I turned it over, it was someone's bus pass. I appreciate, if you loose it, how much it costs you on the buses so we tried walking around looking to see if we could find the person but no luck. Then a lady cleaner came along and I asked where the Lost Property was. She mentioned somewhere far away and so I said "Could I just give this to you and when you're there could you put it into Lost Property." I thought if he was going to go home on the bus, he's going to put his hand in his pocket and find no bus pass and then he'll be all flustered." But I'm hoping now he's been re-united with it.

Annie: Well mine's a different kind of "Lost" because I recently broke

my ankle and lost the ability to drive. But in that disaster, I have discovered that I have a lot of good friends, I just lift the phone and say "Can you give me a lift to here, to there, to somewhere." and there they are on the doorstep for me and it has proved a blessing. And I'll be able to return the favour to other people sometime.

Hilary: Well mine's similar, I fell and dislocated my shoulder, so I have lost my independence at the moment because I live out in the country and can't drive, so I'll be glad to be able to start driving again soon.

Marie: I loose my Puffer I don't know how many times in a day and all the time I say "Jimmy do you know where it is, I can't find it?"

Jimmy: Well, I must be the best finder in the place, cos since Marie took dementia, she looses everything, and I have a full time job looking for things. All I hear is Jimmy, where is my..." So I christened her a nickname "Where's it". So I'm a full time searcher. We've lost whole lot of things but that's just what I am, I'm a finder now.

Ralph: Well, they're nearly all disasters at the moment unfortunately. I lost my wife and my eldest son over the Christmas period within 12 days and it's just knocked me for six and it's wrecked my confidence no matter what I go to do or say. I find it difficult talking to people and that but hopefully it'll come back again and there will be happier days ahead.

Grace: Well I lost my husband 5 months ago and I lost a little girl quite a long time ago and it does erode your confidence and you've got to learn to live by yourself again. My husband had Alzheimer's for a long time and I had to do everything for him, absolutely everything, wash him dress him, shave him, take him everywhere. When you've had someone with you for so long, you have to get used to being on your own.

Win's Lost wedding ring – A True story

Well the children were young and I had taken them to Lady Dixon Park and I had been pushing them on the swing

and when I got home, my wedding ring was not on my finger so I put a note in the Belfast Telegraph "Distressed mum, Lost Wedding Ring in Lady Dixon Park" but I thought I would never see it again.

A few days later I got a call and the Man said "I found it!"

I said "Oh that's great!"

He said "Where do you live?"

Win's Lost Wedding Ring

And I said, "Oh no, no you can't, I don't want you travelling on my account, I'll put my husband on and you can tell him where you live and we'll come and get it."

That's when the phone went dead. I thought to myself, well what am I going to do, he wouldn't speak to my husband and so, he'd put the phone down.

Well, a couple of weeks later the children and I were back at the park again, pushing them on the swings and I happened to look down and there was a ring that looked like a ring pull from a drinks can, buried down in the grass from where people had been standing on it.

I bent down and put my finger through it to pull it out and when I pulled it out ____ it was my wedding ring!

Wedding ring's are so important, it's so good to find it again.

Lost and Found

Lost moments
Lost stories
Lost people
Lost treasures
Found support,
found hope
found a new way to be
found the peace of laughter and tears
found a way to go on.





















#artscareni





