

*Cookstown MS  
Help & Support  
Newsletter*



*Autumn 2020*



## Cookstown Multiple Sclerosis

Help & Support

[www.cookstownms.org.uk](http://www.cookstownms.org.uk)

### Useful Numbers for Members

Mid Ulster District Council	03000 132 132
Age NI	0808 808 7575
040 Cookstown	028 8676 9005
Advice N.I. (Welfare Changes)	0808 802 0020
Advice N.I. (Tax & Benefits)	0800 988 2377
Cookstown Citizens Advice	028 8676 6126
Consumer Council NI	0800 121 6022
Omagh Grants Office - NIHE	0344 892 0900

#### **Utilities**

NI Electricity (power loss)	0345 7643 643
NI Water (Waterline)	0345 7440 088

#### **Multiple Sclerosis**

Neurology Department (RVH)	028 9024 0503
Northern Trust Nurses – Ballymena	028 2563 5685
Southern Trust Nurses – Craigavon	028 3861 3863
Belfast Trust Nurses	028 9504 2640
RVH Belfast Nurses	028 9063 2757

#### **Physical Health & Disability Service**

Northern Trust – Coleraine	028 7034 7880
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#### **Local Health Centres**

Cookstown Health Centre (Orritor Road)	028 8676 2995
Oaks Family Practice Centre (Orritor Road)	028 8676 2249

#### **Corona Virus**

Advice N.I.	0808 802 0020
Covid Line	119

Funded by  
Mid Ulster District Council



Cornhairle Ceantair  
**Lár Uladh**  
**Mid Ulster**  
District Council

# Group News

This Autumn sees the continuation of the pandemic. We hope we find everyone safe and well.

As we have had no group meetings since March, the Cookstown Multiple Sclerosis Help and Support group have been working on other ways to communicate with the group effectively.

To this end, a Del **laptop** has been purchased, using a grant from Mid Ulster District Council. The old desktop computer which had served the group so well for the past ten years has now been retired.

Our first mission with the new equipment is to fine tune our **Zoom meetings**. We hope to develop these quite significantly over the next few months, once members are familiar with the technology.

Also, the laptop has been used to produce this **newsletter**. We hope that this '*Autumn 2020*' newsletter is the first of a quite a few we will create over the next twelve months. It is mainly aimed at our members.

Costs of production are minimal as we are using the colour laser printer which was bought using the grant from Mid Ulster District Council in 2019.

We also investigating opportunities to apply for a grant to provide **Ring Doorbells** (or similar) for our members. In this Covid era, we recognise that many of our members are still employing some form of self-isolation. The ability to talk to people at the front door, without actually opening it, would seem to be a logical option.



## Carer's Catch-ups and Digital Inclusion

Cookstown M.S. Carers night's out have been effected by the Covid 19 virus and as a result we have had to source new ways of keeping in contact with one another and other carers.

Carers Catch-ups are now available online and are delivered by the Northern Trust and all other Trusts across Northern Ireland, and they are proving very helpful in the difficult times.

The carer's role can be a stressful one and challenging and it is reassuring to know that there is help available.

If anyone would like to know more information on how to register for any of these classes that are ongoing, you can call Gillian or Claire on **028 2766 1210** or email **carers.coordinator@northerntrust.hscni.net**



# Cookstown Street Names

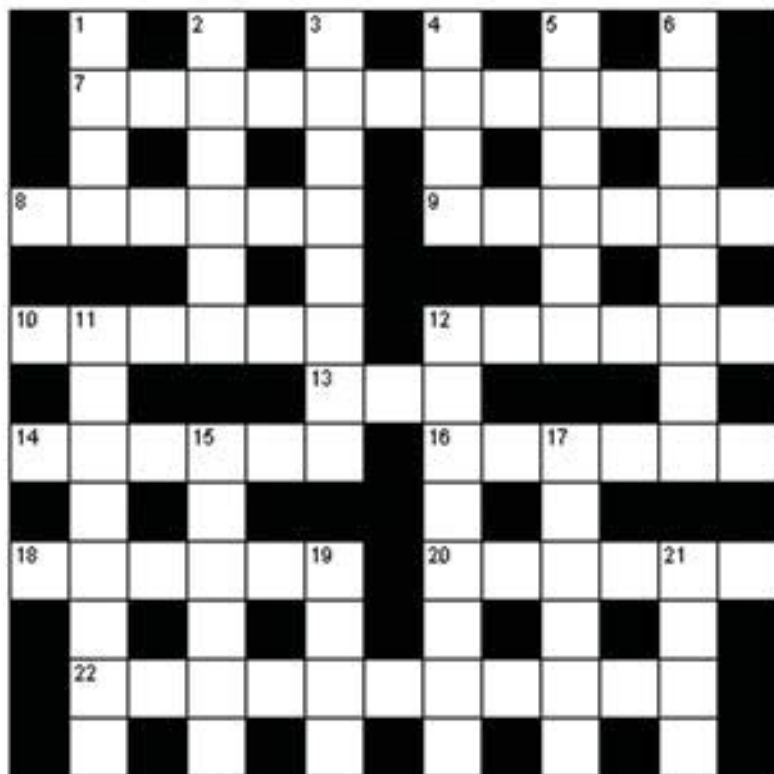
L	L	I	H	S	N	A	G	R	O	M	O	O	H
M	C	D	C	N	E	E	E	H	G	A	O	C	N
G	O	M	O	L	E	S	W	O	R	T	H	W	L
B	A	I	I	I	D	W	O	N	N	C	F	I	W
A	D	U	J	A	M	E	S	U	W	E	O	L	R
M	D	R	U	M	R	O	A	D	O	M	U	L	O
O	I	O	I	S	D	H	R	W	T	E	N	I	T
H	T	L	C	I	W	N	G	U	D	T	T	A	I
I	O	O	L	H	E	E	H	S	L	E	A	M	R
U	G	G	E	B	U	T	E	S	O	R	I	T	R
D	E	N	A	O	U	R	P	P	T	Y	N	Y	O
L	E	P	A	H	C	R	C	N	O	I	N	U	N
B	U	O	E	O	S	E	N	H	U	U	D	T	O
I	A	N	O	L	R	D	A	U	L	H	E	O	L

MOLESWORTH  
UNION  
WILLIAM  
OLDTOWN  
MILLBURN  
JAMES  
CHURCH

CHAPEL  
DRUM ROAD  
FOUNTAIN  
ORRITOR  
COAGH  
CEMETERY  
MORGANS HILL

SWEEP

# Crossword



## Across

- 7 Commodities offered for sale (11)
- 8 Yearly (6)
- 9 Avaricious (6)
- 10 More daring (6)
- 12 Two-way ticket (6)
- 13 Female sheep (3)
- 14 European language (6)
- 16 Red wine from Bordeaux (6)
- 18 Little angel (6)
- 20 Place where food is kept (6)
- 22 Futility (11)

## Down

- 1 Portent (4)
- 2 Debated (6)
- 3 Youngsters (8)
- 4 Drawback (4)
- 5 Dissolve in the stomach (6)
- 6 French policeman (8)
- 11 Thorough repair (8)
- 12 Rash (8)
- 15 Trading place (6)
- 17 Aviators (6)
- 19 Ale (4)
- 21 Comfort (4)

# Pet Photos



Top: Meet Franklin and Henry

Right: Tom with the legendary Pokie



# Oldie Goldies



Above: Boccia 2018



Centre: Launch of the CD  
2005-06

Below: Portrush Cycle Run  
2005-06



More photos on the gallery on the website - [www.cookstownms.org.uk](http://www.cookstownms.org.uk)

# Recipes



## Chicken Stroganoff

Preparation time less than 30 mins  
Cooking time 30 mins to one hour

### Ingredients

300g / 1oz chicken breast, cut into strips	50g / 2oz Portobello mushrooms, sliced
2 tbsp smoked paprika	1 garlic clove, crushed
Salt & freshly ground black pepper	50ml / 2 fl oz brandy
Vegetable oil for frying	150ml / 5 fl oz chicken stock
100g / 3½ oz bacon lardoons	125ml / 4 fl oz soured cream
1 onion, sliced	1 free range egg, beaten
50g / 2oz button mushrooms, sliced	butter

### Method

- Preheat the oven to 200C / 400F / Gas mark 6
- Dust the chicken strips with one tablespoon of smoked paprika & season well with salt and black pepper
- Heat the vegetable oil in a pan until smoking. Add the chicken and fry quickly, turning occasionally until golden brown all over. Remove from heat.
- Melt the butter in the same pan and fry the lardoons for 2-3 mins until golden brown. Add the onion and cook for 4-5 minutes until soft and slightly golden.
- Add the sliced mushrooms and the garlic to cook for two mins to soften.
- Add the brandy
- Add the stock. Bring to the boil and cook to reduce the liquid volume by half.
- Add the soured cream and the remaining one tablespoon of paprika. Stir well and simmer to reduce the sauce to the consistency of thick double cream.
- Place the chicken back in the pan to warm



## Beef In Guinness

### Ingredients

1 tbsp olive oil	1¼ pints / 750 ml Guinness
2¼ pounds / 1 kg chuck steak, cubed	9 oz / 250g closed cap mushrooms, sliced
12 shallots, peeled	2 tsp dark brown sugar
2 tbsp flour	2 bay leaves
1 tbsp tomato puree	

### Method

- Preheat the oven to gas mark 2
- Heat the oil in a heavy bottomed casserole dish.
- Add meat, brown briefly on all sides, then remove.
- Add the shallots to the dish and cook for 4-5 mins before stirring in the flour and tomato puree.
- Pour over the Guinness and stir in the beef, mushrooms and sugar
- Add the bay leaves and bring to the boil. Transfer the casserole dish to the oven and cook for one hour until the meat is tender
- Serve with potatoes and seasonal veg.

