



Mariners' Park News Spring 2015

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A few words from Mick Howarth

Welcome to the Spring Newsletter

Spring has definitely sprung now that all the daffodils are in bloom at Mariners' Park. It's been a bumper display after the extra planting, and all credit to the Gardening Team for their great work.

You too can try your hand at gardening with the new greenhouse located at the rear of the Hub. Please do come to the demonstration sessions that are being run or come down in your own time and have a go. Compost, plant pots and tools are all provided.

Building on a larger scale will soon be commencing with the two new bungalows in Cunard Avenue. The plans have been slightly revised to provide larger lounges and you can see the detailed plans inside the Newsletter.

Work on planning Hub Phase 2 has been continuing. It has now been confirmed that there will be 22 extra apartments over 3 floors. All the apartments will be 2 bed roomed, and will be slightly larger than in phase 1. The new build will also provide a staff room, extra storage and an Activities Room. The detailed plans will be available for the Summer Newsletter. Work is planned to commence in early 2016.

Hub Phase 2 is another example of modernising and improving the accommodation options for residents.

Continued over.....



Introduction

As we plan for the future we will be losing Gibson House. Wirral Borough Council have now granted permission to demolish. This has not been without controversy with a vigorous local petition and an application to English Heritage to have the building listed. This was rejected on the grounds that the building “lacks architectural distinction” and has “unexceptional interior features”. You can read more about Gibson House inside the Newsletter. We hope to demolish in July/August.

Can I bring to your attention the Retirement Information and Advice Day on Friday 17th April. We are hiring a marquee and holding a “market place” event providing information for those approaching or already retired. This will include help with finances, keeping healthy, staying active as well as local services you may benefit from. Other maritime charities will also be represented. Again more information is inside the Newsletter and we hope you will come along and enjoy the day.

We are, of course, all looking forward to the visit of the three Queens on Sunday 26th - Tuesday 28th May. The Bank Holiday will be the big day when all three will be together in the Mersey. I do hope you enjoy the spectacle and come to some of the events we are arranging to celebrate this special occasion.

My best wishes to you all.

Mick Howarth
Welfare Services Manager



Feature – The 76 Million Gallon Oil Slick by Robert Keith

On the 15th April 1971 I joined the tanker *Marisa* at the Tranmere Oil Terminal. On completion of discharge we headed for the Lisnav Drydock in Lisbon where work was carried out on the vessel for the next five weeks. It was then back to sea again and a 28 day voyage via Cape Town to Kuwait to load a cargo of Arabian Crude to be discharged once again at Tranmere. After a six month tour of duty I left *Marisa* when she arrived in the Thames.

Marisa, at 210,000 tons dwt and a length of 1066 feet was a fine ship, one of a class of 15. The 1960s could be summarized as a decade of expansion and exponential growth in the size of ships. With the best in accommodation and modern technology these vessels could operate with a crew of 35.

Eight years later, nobody could have imagined how this vessel would have met her fate.



**MARISA PRIOR TO BEING RENAMED
AEGEAN CAPTAIN**

Marisa was completed by Hitach Zosen, Sakai, Japan for Shell UK in 1968 and transferred to the Shell Dutch Fleet in 1974. In 1977 she was sold to Quadrant Shipping Corp. Liberia and renamed *Aegean Captain*.

In the eighteenth century the Caribbean Island of Tobago, twenty-five miles north of Trinidad, was little more than a pirates watering hole, often playing host to the infamous “Calico” Jack Rackham and Edward “Blackbeard” Teach.

Today Tobago with its luxury hotels and silver sand beaches caters for nothing more threatening than sun seeking tourists.



The Palm Fringed Beaches of Tobago

Feature – The 76 Million Gallon Oil Slick by Robert Keith

When in the late afternoon of 20th July 1979, the *Aegean Captain* passed off the northern shores of the island, heading eastwards into the Atlantic, it is unlikely that the affluent on their sun-loungers gave her more than a cursory glance. Had they but known that the threat this ship was to pose to the island only a few hours later, the tranquility of their afternoon would have been rudely shattered.

The *Aegean Captain* was loaded to her marks with 200,000 tons of crude oil, shipped at Bonaire in the Caribbean and destined for Singapore, 11,000 miles and two oceans away.

The Monrovia vessel and flying the Liberian flag carried a mainly Greek crew of 35. On her bridge as she steamed alongside the palm-fringed beaches of Tobago, was her Chief Officer, Mr S. Laoudis, at his side was Fourth Officer Piscopianos. The weather was fine, with a fresh easterly breeze carrying away the heat of the day, but on the horizon ahead loomed a line of towering cumulus-nimbus clouds, heavy with rain. The ship's helm was in automatic pilot, and one of the radars was operating on the twelve-mile range.

Thirty miles to the south-east, on the other side of the rain clouds, the 292,666 ton *Atlantic Empress* was heading in to make her landfall off Tobago. With a full cargo of naphthalene from the Persian Gulf, she had just over 2,000 miles to go to her

port of discharge, Beaumont, Texas. Owned by the Branco Shipping Company of Monrovia, she carried a crew of forty, including three officers wives. All were Greek nationals.

Her cargo of naphthalene was classed as "dangerous", having a flash point of below 23C - the flashpoint of an oil being the lowest temperature at which vapour given off by the oil will explode when a flame is applied to it.

With the air temperature in the area being close to 32C, the *Atlantic Empresses'* cargo was therefore in a highly volatile state.

The officer of the watch on the bridge of the *Atlantic Empress* as she approached the land was not, as would be expected in the circumstances, her Chief Officer. In sole charge of this 1,139 foot long, deep laden vessel was her 47 year old Radio Officer Zacharis Anagnostiadis, who, while he was said to take an interest in navigation, had no training or qualification in the subject. The ship's helm was in automatic, and one radar was switched on and scanning on the forty eight mile range, in which mode it would be extremely difficult to detect ships close by.

Feature – The 76 Million Gallon Oil Slick by Robert Keith

At frequent intervals Anagnostiadis would leave the bridge to attend to his other duties in the radio room. During his absences, the ship was left in the hands of the able seaman on the bridge lookout.

When the sun went down, shortly after 1830 hours, the tropical night closed in quickly, and it should have been obvious to those on the bridge of the *Aegean Captain* that visibility would soon be restricted by rain. No other ships were visible on the radar screen, but the rain squalls ahead were showing a dense white curtain several miles thick, through which the radar pulses could not penetrate.

The warning was clear that the tanker was moving towards a potentially dangerous situation.

The course of action to be taken in such a case is clearly laid down by the International Collision Regulations, which state:- “ *Every vessel shall proceed at a safe speed adapted to the prevailing circumstances and conditions of restricted visibility. A power driven vessel shall have her engines ready for immediate manoeuvre*”.

The *Aegean Captain* continued to press on at full speed, and Chief Officer Laoudis took no action to warn the engine-room. Nor did he use the anti-clutter controls of the radar to attempt to pierce the approaching wall of rain.

Some fifteen miles away, the *Atlantic Empress* was already in rain - as yet only a fine drizzle, but visibility was falling steadily. Radio Officer Anagostiadis, like his opposite number on the bridge of the *Aegean Captain*, took no action other than, once more, to leave the ship in the hands of the lookout while he attended to unspecified duties in the radio room. When Anagnostiadis returned to the bridge, the naphthalene tankers radar, which remained on the forty-eight mile range, was showing a faint outline of the Island of Tobago near the outer edge of the screen. The white clutter at the center of the screen, caused by the advancing rain squalls, effectively obscured any target which might be within ten miles of the ship

Anagostiadis made no move to switch to a shorter range, which would have been more revealing.

Feature – The 76 Million Gallon Oil Slick by Robert Keith

In the officers' accommodation below the bridge of the *Atlantic Empress*, the scene was reminiscent of a small community ashore settling down for an evenings relaxation after the days work. Dinner was over, and most of the off-duty officers had retired to the lounge to watch a film. Chief Officer Psilogenis and his wife sat side by side, engrossed in the film. Captain Chatzipetoris, uninterested in the Hollywood offering, had found a willing opponent in Second Engineer Laspitis, and the two men were huddled over a backgammon board in the officers' smoke-room. Meanwhile the 292,666 ton *Atlantic Empress*, with her 70 million-gallon lake of highly volatile spirit, moved on through the night at fourteen knots, watched over only by her radio officer/navigator.

At 1845hours Second Engineer Laspitas returned to the engine room, and Captain Chatzipetros was left without a backgammon opponent. He decided to pay a visit to the bridge. Entering the wheelhouse, he first occupied himself in fixing the vessel's position by radar, using a bearing and distance off Tobago. Having done this, he idly flicked up and down the radar ranges, checking for the presence of other ships. On the three mile range the screen was completely obscured by rain and clutter, and Chatzipetros gave up in disgust. He then left the wheelhouse to join Radio Officer Anagnostiadis, who was standing alone on the starboard wing, the lookout having gone below for a coffee

break.

It was now 1900hours and the rain was thickening, severely restricting visibility. Anagnostiadis had not yet reduced speed, nor had he seen fit to warn the engine room. Once he had acquainted himself with the situation, Captain Chatzipetros likewise decided that no precautionary action was necessary. The two men stood side by side, chatting amiably and occasionally peering into the blackness of the night.

Three miles away, the *Aegean Captain* was in a blinding rainstorm, with visibility down to less than half a mile. On her bridge her routine had not changed. The radar screen was completely obscured by rain clutter, but Chief Officer Laoudis had not reduced speed, was not sounding the ships' whistle as required by the Collision Regulations and had not yet called the master to the bridge. The 200,000 tonner ploughed on, unseen and unseeing.

Feature – The 76 Million Gallon Oil Slick by Robert Keith

A few minutes past 1900hours, Captain Chatzipetros, still chatting with Anagnostiadis on the bridge of the *Atlantic Empress*, suddenly became aware of the lights of another ship showing dimly through the rain fine on the starboard bow. For a few seconds Chatzipetros froze, then he hurled himself into the wheelhouse, an anguished prayer on his lips. Quickly he knocked the helm out of automatic and put the wheel hard to port. It was too late. The *Aegean Captain* and the *Atlantic Empress*, totaling between them almost three quarters of a million tons weight, collided into each other at a combined rate of twenty-eight knots.

The holocaust that followed enveloped both ships. Oil poured from the ruptured forward tanks of the *Aegean Captain*, and this was immediately ignited by the burning naphthalene spurting from the huge gash in the hull of the *Atlantic Empress*. Soon the giant ships and the sea around them were enveloped in flames. Men cried out in fear, women screamed.



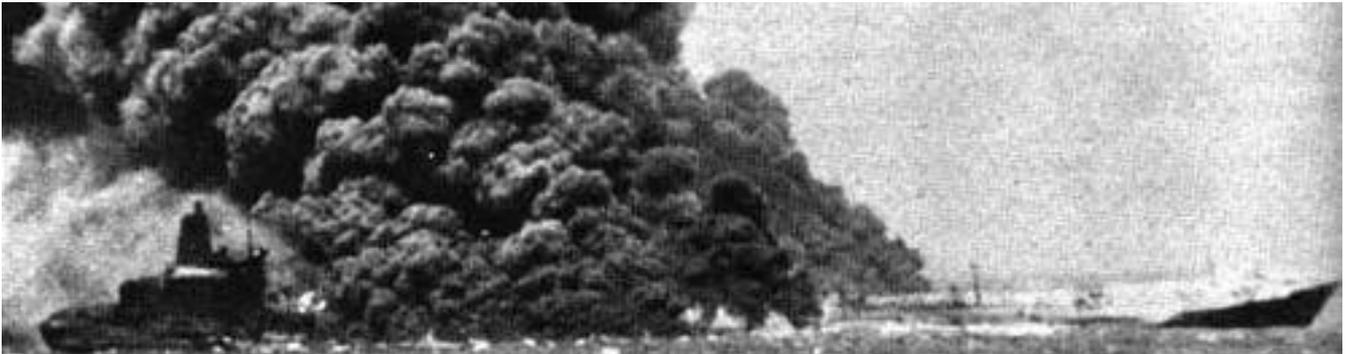
ATLANTIC EMPRESS BURNED FOR TWO WEEKS

Reaction aboard the *Aegean Captain* was fast. Radio Officer Haralobos, who was at his correct position in the radio room, rapped out an SOS even as the order was given to abandon ship. A lifeboat and a liferaft were launched on the port side, away from the flames, and the crew were evacuated within a few minutes of the collision. Only one man on the *Aegean Captain*, the ships' electrician, was lost.

On the *Atlantic Empress*, which now resembled an enormous funeral pyre, chaos reigned. Captain Chatzipetros was trapped on the bridge by the flames but gave the order to abandon ship over the public address system. His crew, with the exception of two engineers who had been killed in the initial explosion, rushed to the boat deck.

As no boat drill had ever been held on board the *Atlantic Empress*, the ensuing struggle to launch a lifeboat was doomed from the start. When the boat did hit the water, crowded with thirty-seven people, it began to sink because the drain plugs had not been replaced before lowering. By the time this was rectified, the boat was half-full of water, adding to the misery of the frightened wretches it held, and their nightmare had only just begun.

Feature – The 76 Million Gallon Oil Slick by Robert Keith



ATLANTIC EMPRESS BEFORE BLOWING UP AND SINKING

In the panic to get away, no one had thought to stop the ships engines, and the forward momentum was such that it was impossible to slip the lifeboats falls. The waterlogged craft was dragged along by the burning tanker, unable to break free. When the burning oil on the water began to creep up from astern, slowly overtaking the lifeboat, the survivors took to the sea, hoping to swim clear.

By the time rescue ships arrived, only fourteen were still alive, the rest having been drowned, burned alive or taken by sharks. Captain Chatzipetros, although badly burned, survived. Zacharis Anagnostiadis perished.

When dawn came the next day, the two super tankers were locked together and still burning furiously. They were only seven miles off Tobago and drifting towards the island. Drifting with them was an oil slick fifteen miles long and three miles across, estimated to contain 76.2 million gallons.

After a grim fight, salvage men separated the burning ships, and the fire on the *Aegean Captain* was extinguished. She was towed into the port of Curacao, only to be declared a total loss and written off as scrap. The *Atlantic Empress* burned on for another two weeks, before blowing up and sinking in deep water.

To the great relief for those on the island of Tobago, a benevolent wind steered the oil slick away from the beaches of Tobago, and the islands lucrative tourist industry continued to flourish.

Three thousand miles to the east of Tobago, in a back street in the Liberian port of Monrovia, the brass plates of the Quadrant and Branco shipping companies were quietly removed, for they had both lost their only ship but the demise of Quadrant and Branco went unnoticed. Monrovia, a run-down, pseudo-American port of 150,000 inhabitants, is home to no fewer than 2,500 separate shipping companies, one for every sixty of its abysmally poor people.

Feature – The 76 Million Gallon Oil Slick by Robert Keith

Fanciful names, such as, All Oceans Shipping Co, Carnival Carriers Inc, and Golden Fortune Steamship Inc, fill the pages of Monrovia's phonebook, conjuring up an image of the shipping eldorado once enjoyed by the Liverpool's of the Western World. But, contrary to expectations, seldom is the heavy chink of gold dollars heard in this land of freed slaves.

Liberia, which had 52 million tons of merchant shipping registered under its flag, and at the time was nearly six times that under the Red Ensign, is the poorest country in West Africa.

Poppies for Mariners' Park

At long last the 14 poppies ordered from the Tower of London installation "Blood Swept the Lands and Seas of Red" have arrived. The evocative display marked the outbreak of the First World War 100 years ago in 1914.

888,246 poppies were planted to honour those who gave their life during the war. The display attracted worldwide publicity but also created a location for personal reflection. The Nautilus Welfare Fund have purchased 14 poppies to remember the 14,000 mariners who died in the First World War. We will now create our own memorial at Mariners' Park with this little piece of history which was part of the commemorations of this important centenary.

You can join in by helping to assemble the poppies and by coming to the dedication ceremony. Please look out for these dates in the weekly postings.

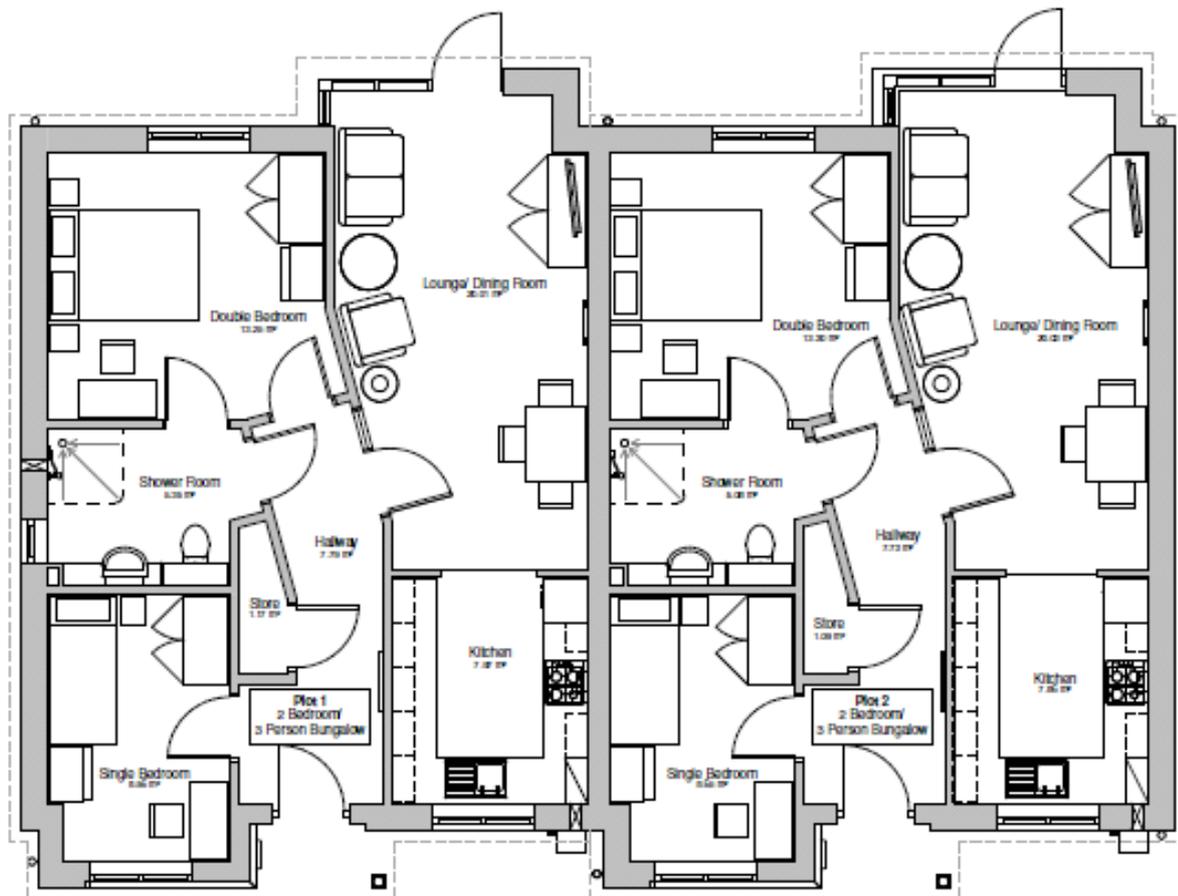


Feature — Cunard Bungalows

This is the final design for the new Cunard Avenue bungalows. The revisions from the earlier plans include:

- A redesigned hall to improve access
- An extra side window in the patio door to increase light
- A smaller kitchen but increased lounge/dining space

Both bungalows will have a fully fitted kitchen, 2 bedrooms and a wet room. A patio area will be provided at the rear of each property.



Feature — Cunard Bungalows



Elevation 1 - Front Elevation Facing Cunard Avenue

1 : 100



Focus on Dementia by Jane Davies



I would like to share some information with residents about dementia. Nautilus Welfare Fund invests heavily in our staff training and development. However it occurred to us during a staff planning day that we spend very little time talking and giving opportunities for our residents to learn about and understand dementia. It is so important that we address this with you as you may be a relative, a friend or neighbour of a person with dementia.

At Mariners' Park we care for people with dementia in our care home, hub and general housing. You may be a neighbour of someone that has this condition and indeed you may have had concerns or questions about their behaviour?

Sound familiar?

You will see from the statistics I have included that dementia could happen to **ANY** of us. Don't we all hope that if it does, that we are cared for and treated with dignity and respect by staff and residents at Mariners' Park? Therefore I thought it important to start the ball rolling and ensure that this year we focus on working together to ensure that Mariners' Park becomes a dementia Friendly Community. Staff can not do this alone - we need your help!

"Together we can make life better" Some Brief Statistics taken from The Alzheimer's Society

- By 2015 there will be 850,000 people with dementia in the UK.
- There are 40,000 younger people with dementia in the UK.
- There are 25,000 people with dementia from black and minority ethnic groups in the UK.
- There will be 1 million people with dementia in the UK by 2025.
- Two thirds of people with dementia are women.
- The proportion of people with dementia doubles for every five-year age group.
- One in six people aged 80 and over have dementia.
- 60,000 deaths a year are directly attributable to dementia.
- Delaying the onset of dementia by five years would reduce deaths directly attributable to dementia by 30,000 a year.
- The financial cost of dementia to the UK is £26 billion per annum.
- There are 670,000 carers of people with dementia in the UK.
- Family carers of people with dementia save the UK £11 billion a year.
- 80 per cent of people living in care homes have a form of dementia or severe memory problems.
- Two thirds of people with dementia live in the community while one third live in a care home.

Focus on Dementia by Jane Davies

What Next?

We are planning a number of events and further details will be shared with residents in due course.

We have our own Dementia Champion, Nicola Burns and Nicola will be sending information out to you about becoming a Dementia Friend. This will involve coming to the care home or hub for a one hour group session/short presentation with Nicola. Nicola will help you sign up and you will receive a FREE Dementia Friend Pack.

And if you'd like to do more, you can register as a Dementia Friends Champion and help to inspire other people to understand dementia better. I would be interested to hear if any residents wish to become a Champion which involves a full days training at lots of nearby locations.

We will also be hosting a Theatre Performance "Let Me Stay" in June. This production is by the play writer and author Julie McNamara. Julie writes "a hopeful piece of work about living with Alzheimer's (written alongside My Mother Shirley)". The play has toured three times now and returned last week from a tour of NE Brazil where it was a huge success. We were planning this for staff training but would like to offer places to any residents that would like to attend.

Amy Watts and Audrey Stocker have plans to start our own Dementia Café in the Hub Hobbies room, for people who have dementia and their carers. This will be a free service whereby carers can come along with loved ones and talk to others carers including our team of dementia professionals. We hope this to be a lovely afternoon out for the person with dementia in a stimulating, safe environment, which is not overlooked by others.

So what is dementia?

Dementia is caused by a number of diseases that affect the brain. The most common is Alzheimer's but diseases also include vascular dementia, dementia with Lewy bodies and Pick's disease.

Different types of dementia affect the brain at different rates and in different ways, but other things like someone's personal circumstances, the people around them and the environment in which they live, will affect their experience of dementia. Dementia progresses in a way that is unique to each individual.

It is true that more people over 65 have dementia but it is not exclusively an older person's disease, younger people get dementia too.

Focus on Dementia by Jane Davies

Five things you need to know about dementia:

- Dementia is not a natural part of the ageing process.
- Dementia is caused by diseases of the brain.
- It is not just about losing your memory.
- It's possible to live well with it.
- There is more to the person than the dementia.

What difficulties do people with dementia have?

Dementia often starts with short-term memory loss but it can also affect the way that people think, speak and do things. People with dementia can become confused, find it difficult to communicate, as they can't remember the words that they want, and can have difficulties planning.

Dementia also affects people's moods and motivations. This can happen if the disease affects that part of the brain that controls emotions, but even if this does not happen, people with dementia can feel sad, frightened, frustrated or angry about what is happening to them.

However, with a helping hand, people living with dementia can still enjoy their hobbies, have good relationships with partners and friends and live independently for longer.

"I have to write things down. Sometimes, even if I write them down I don't remember them. But I tell my family where I'm going and things, so somebody will ring me up and tell me what is happening. And my friend gave me a board to stick everything on." Clarice, London. *Source: Dementia Friends Website*

What are dementia friendly communities?

People are often happier if they can live independently in their own homes for longer. **Dementia friendly communities are villages, towns and cities where more people understand dementia**, there is less fear and avoidance, and people living with dementia are included and supported to live independently for longer. We want to make Mariners' Park such a community. By joining in the Dementia Friends initiative we can help make this a reality in our community here.

Please look out for the date of the theatre performance, and complete the tear off slip if you would like to learn more about being a Dementia Friend.

Retirement and Information & Advice Day

Nautilus Welfare Fund



Merseyside FREE Retirement Information & Advice Day

Date: 17th April 2015 **Time:** 10.30 am – 4.00pm

Place: Marquee at Mariners' Park, Wallasey CH45 7PH

Are you a mariner or do you work in the maritime industry?

Are you coming up to retirement or retired? If yes, this event is for you!

This spring Nautilus will be hosting a retirement event which aims to provide all the advice & information you may need as you are approaching retirement or if you have retired. This is a free event and your partner can attend too!

Light Refreshments will be available throughout the day and transport will be provided from New Brighton Train Station and Seacombe Ferry.

Market Place

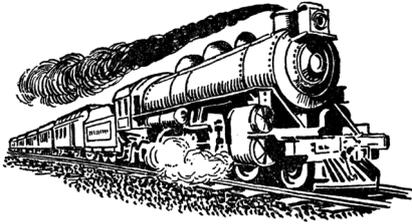
- ▣ Managing Finances
- ▣ Healthy Living
- ▣ Keeping Active
- ▣ Local Services
- ▣ Meet the Maritime Charities
- ▣ Benefits Advice — on the spot advice with follow up home visits
- ▣ Help with consumer issues
- ▣ Tours of the Mariners' Park Housing and New Trinity House HUB

For further information on attending the event or booking a stall please contact **Annette Speed** on **0151 346 8840** or email aspeed@nautilusint.org

For a better life... **Nautilus cares**

Mariners' Park Care Home

Chooooo Chooooois it a bird? is it a plane? No its our train!!!!



Yes the train will be back on "track" soon. Thank heavens I hear Mr Dickinson say!

The work has commenced on refurbishing the centre lounge upstairs which will be the new home for the model railway. Hopefully the lounge will be ready early April. Please see Mr Dickinson or Jane Davies if you are interested in coming to see it. Who knows we may have a small opening.



Hello - this is my first time writing for the newsletter and I think I should start by saying thank you very much to everyone for the warm welcome! I already feel like I've been here forever, the first 3 months have flown by!

We've enjoyed a variety of activities in the last few months, some old, some new - bingo, baking, gardening, movie afternoons, chair based yoga, St. Patricks Day and Burns night lunches to name but a few!

Sandra Currie came to sing with us and we all enjoyed joining in, Kitty even enjoyed a dance!



On St. Patrick's Day we celebrated Wally Garbutt's 90th birthday, and on 21st March we celebrated Mrs Brown's 104th birthday with an afternoon tea party.



Mariners' Park Care Home

We've started growing some seedlings and planting vegetables in our raised flower beds (but don't retire yet Dave, we may still need some help!)



Over the next few months we are looking forward to some more afternoons in the sunshine, an Alice in Wonderland Easter tea party, a visit from a cute and fluffy animal workshop and a big party when the three Queens come sailing down the Mersey in May.



I am also pleased to tell you that I have recently trained as a Dementia Friends Champion!

Dementia Friends is an Alzheimer's Society led initiative, funded by the Department of Health and Cabinet Office. It aims to increase dementia awareness and change the way the nation thinks, talks and acts about dementia and is part of the Prime Ministers challenge on dementia.

A Dementia Friend is someone who has attended a one hour information session and has committed to an action that will make the lives of people living with dementia a little bit better. Anyone of any age can be a Dementia Friend and every action counts - from helping someone to find the right bus to spreading the word about dementia on social media.

Dementia Friends Champions are trained volunteers who encourage their family, friends, colleagues and local community to understand a little bit more about dementia, what it's like to live with dementia and then turn that understanding into action.

As a trained Dementia Friends Champion, I will be delivering one hour information sessions at Mariners' Park, in which you will be able to learn more about dementia and how you can help to create dementia friendly communities. Please check the notice board for information and dates or ask me for details.

If you would like to find out more about Dementia Friends please visit www.dementiafriends.org.uk

Nicola Burns

Guest Flat

Since the 30th July 2013 our guest flat has been popular and from the day it opened until 31 December 2014 the guest flat has been booked out for a total of 211 nights. We like to make all our guests stay, be it one night or fourteen nights as pleasant and comfortable for them as much as possible. When guests stay within our flat we kindly like to ask them to complete a feedback form if they wish, as we like to use this form to help improve our services.

Here are some of the comments made below from our forms:

“Excellent value”

“The little touches of tea/coffee etc - unexpected but most welcomed”

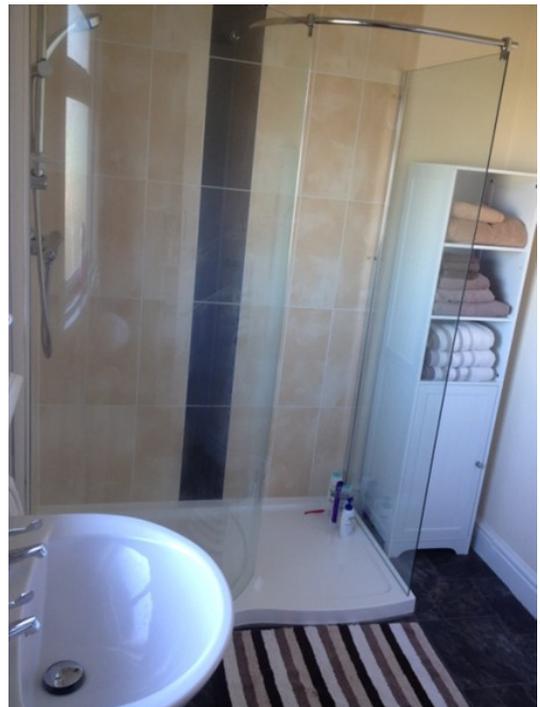
“Flat is beautifully decorated and plenty of space - very comfortable”

“Excellent facility that enables us to visit parents and grandparents regularly”

If you would like to make a booking or you have an enquiry please contact Sharon Shepherd at the Hub on 0151 346 8840 or you can email her on sshepherd@nautilusint.org. The cost for the flat is £15.00 per night and please book early to avoid any disappointment. Guests are asked to check in no earlier than 4pm and depart by 10am on their departure date. We also would like to share with you some of the photographs taken from inside our flat:



Guest Flat



Social Zone

WEEKLY EVENTS

Monday

Coffee morning
10.30am
Jubilee Lounge, Care Home

Tuesday

Sit Fit
10.00am
Function Room, Hub

Computer Club drop in sessions
2.00pm Function Room, Hub

Coffee and Reminiscence Afternoon
2.00pm, Café Area, Hub
Individual topics are picked each week

Bridge Club
2.00pm, Hobbies Room, Hub

Thursday

Craft Club
10.00am
Hobbies Room, Hub

Friday

Home Visits
From 9.30am
Audrey will call you directly to make an appointment

Social Zone

DATES FOR YOUR DIARY



9th April
Afternoon Tea (Hub)

11th April
Grand National (Hub)
We will be holding a sweep stake

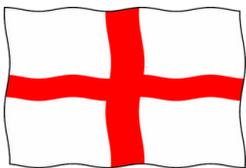


16th April
Blue Funnel reunion
Function Room, Hub all welcome



20th April
Quiz Night (Hub)

21st April
Queens Tea Party
to celebrate the Queen's Birthday
(Care Home)



23rd April
St George Day Bring and Share
(Hub)

More information will be sent out in the post.

Would you like to host an event or do you have ideas for an event,
activity or trip out
please contact Audrey Stocker, Activities Co-ordinator
at the Hub on 0151 346 8840

Activities and Functions

Tramp Dinner

Mrs Burkhill came up with the idea of a Tramp Dinner and with the help from friends the idea came together. Craft club designed personalised invitations which were sent to everyone at Mariners' Park. Then on Friday 6th March, our first Mariners' Park Soup Kitchen opened with 35 residents attending. On the menu was scouse and an assortment of cakes for afters.

We also had a best tramp prize and this went to Mrs June Burkhill and Mrs Vera Walker



Mrs Vera Walker



Mrs Burkhill



Captain Jim Burt,
Roger Cliffe Thompson, Mr Bob
Lockwood, Mrs June Burkhill, Audrey
Stocker Mrs Dorothy McKnight,



Mrs Cath Keith,
Roger Cliffe Thompson Captain Jim
Burt, Mrs Dorothy McKnight,

Afternoon Tea

Once a month we like to hold an afternoon tea party and also a bring and share evening here are some of the photos from our recent events.



Activities and Functions

Bring and Share Evening



Pancake Day

On Shrove Tuesday otherwise known as Pancake Day, we held a pancake competition and this was who would be the best person to flip the pancake and this years winner was Mr Bob Lockwood.

Here are some of the photos that were taken on the day



Nautilus Care

Nautilus Care, the Domiciliary Care Service, now based in the Trinity House Hub was recently inspected by Care Quality Commission (CQC) on 5th January 2015. We are still awaiting for our report from the inspector, Phil Bartley, however, the feedback on the day from Phil visiting resident's who receive a service from us and the staff who help to deliver the service to you was very positive.

The service that we are able to offer here at Mariners' Park we feel really helps to make a difference for our resident's. If you feel that you could benefit from a little help around the home with cleaning, laundry, shopping, personal or social care or you would like to know more about mobility assistance please contact Amy Watts, Care Manager on 0151 346 8840.

Or if you already have a personalised care package and would like more help again please contact Amy Watts, Care Manager, on the number above.



Mariners' Park Lunch Club

If you would like to attend a lunch club on a Monday and Tuesday and not sure where to go, I might have the answer for you? Mariners' Park Care Home. We have our own lunch club that you can come to and enjoy a three course meal with a choice of a meat or fish dish for your main course at a cost of £4.50. You can come on your own or feel free to invite a friend or loved one with you.

The lunch club starts from 1pm and finishes at 2pm and is held in the Jubilee Lounge in the. If you would like to know more about this service or would like to make a booking, please feel free to contact Amy Watts for more details on 0151 346 8840.



Can Cook

Can Cook are really excited about getting involved with all the events across the Park over spring and summer - and hope to bring some new and refreshing menu options and themes to make the days even more enjoyable for residents.

This all kicks off with a special Cream Tea Event on Thursday 9th April. Can Cook will work with Nautilus to decorate the dining area, vintage-style, and will put on an array of delicious sandwiches, cakes and snacks all presented beautifully on vintage china. The Can Cook team will be around to have a chat with, so please let them know if you would like to see any other events put on in the future, or have any menu suggestions - let us know your favourite cakes and sandwiches to enjoy with afternoon tea...

Can Cook will also be holding a Promotional Event on Friday 1st May. Come down and get John's Famous Friday Fish & Chips, or another main meal for just £2 - along with a cake and cup of tea or coffee for free! A chance to meet the team if you haven't already and enjoy some lovely food...

Keep an eye out for more Can Cook events across the spring and summer - including BBQ's on the terrace and hopefully some cookery sessions for everyone to get involved in!



National Dignity Day Report by Amy Watts



The Dignity Champions ensure that National Dignity Day is celebrated each year at Mariners' Park. Each year we get together with residents to think of new ways of how we will celebrate. We ask residents what dignity means to them and then we incorporate any answers into our working roles to improve our services.

Firstly Audrey got the idea to do a Dignity Tree (House of Memories website). The Dignity Tree was layered with leaves so that resident's, visitors and staff who visit the Hub or the Care Home were able to write onto a green leaf. Some of the questions were, what does dignity mean to them?



Audrey spent time with residents at the weekend making cakes for the Dignity Event the following day. We decided that we wanted to do a coffee afternoon along with Meet Your Neighbour as not everyone knows who their neighbours really are. It was good to see resident's getting together to chat or natter over a cup of tea, coffee and piece of cake.

The spectacular baking skills of Mariners' Park Residents!!!!



National Dignity Day Report by Amy Watts

Dignity Tea Afternoon & Meet Your Neighbours 2nd February, starting at 2.30pm Function Room, Hub

We held our coffee afternoon and meet your neighbour event at the Hub, the turnout for this event was outstanding. We felt that this was mostly due to the personal invitations written from one neighbour to another, in a previous craft session held by Audrey. Audrey and I along with help from resident's served tea, coffee and the cakes and biscuits from Sunday were placed onto the tables for all to enjoy.

During this coffee afternoon I wanted to share with all residents' part of what being a Dignity Champion means to me and Audrey and how we wanted to hear from residents of their thoughts, wishes, wants, needs and aspirations on what Dignity means to them. For this we shared The Dignity Do's with residents and this is a list of 10 things that we need to do in order to provide a high quality service that respects people's dignity. We also brought in the dignity tree and placed a small amount of green leaves on all the tables along with pens and Audrey and I asked everyone to spare a moment and to have a think about what dignity means to them and if they could place their answers onto the leaf and then place this onto the tree. On the leaves the questions that were asked were the following:

- What's important to you?
- What can we improve?
- What does dignity mean to you?
- Are we getting it right?

Then once this tree has been filled Audrey and I will collect all the leaves and complete a report to show what you said and what we will do to develop and improve the services here at Mariners' Park.... Watch this space..



Blog

A Cautionary Tale

The grammar school had a complement of Army cadets. One day of each term was set aside for field manoeuvres. The bigger boys were armed with 303 rifles and blank cartridges. The smaller boys had wooden rattles. It was the practice for the boys with rifles to load rabbit turds which dissolved at the muzzles and quite harmless. One silly ass loaded his rifle with a blank cartridge followed by a .22 round which he fired. The bullet went through one boys knee and ended up in another boys buttocks! Although I was in the field, I was not a witness to the story. This just goes to prove that guns and idiocy don't mix!

Look Out Post



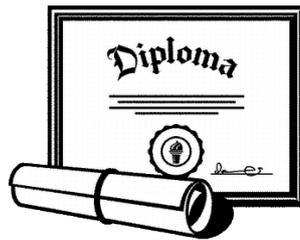
Staff News...

Welcome to ...

Paul Clark, our seasonal gardener, who has returned to us a seasonal gardener for a further season. Although he has also just completed six weeks in assisting in the refurbishment of 6 King George Drive.

Congratulations to

I would like to say a big well done on behalf of Nautilus Care Home, Hub and Estate staff that have completed various levels in the Health and Social Care Diploma and The Leadership Diploma. We are so proud of the hard work you have put into your awards. To acknowledge your achievements Nautilus will be holding an award ceremony in the coming months.



Keep Cool!

There is a new addition to the Hub facilities. A fridge is now available for residents to use at social events and bring and share evenings. It is located in the Hobby Room. There is a freezer box for ice and space to keep drinks and food chilled.



Gibson House

ARTICLE REPRODUCED FROM THE MARCH TELEGRAPH

A regretful goodbye after years of seeking solutions

The planning application to demolish an old home for seafarers' widows has now been approved but sparked a passionate online debate and generated press coverage in the Liverpool Echo. But, writes Nautilus head of welfare services MICK HOWARTH, there is more to the story than meets the eye...



Gibson House, on the banks of the Mersey in Wallasey, is a well-known local landmark. Built with a donation from the Liverpool ship owner and philanthropist Andrew Gibson, it opened its doors in 1906 to provide accommodation to the widows and children of mariners lost at sea.

For many decades, Gibson House formed an important part of the complex of residential and welfare facilities for seafarers and their dependants at Mariners' Park – the 16-acre estate administered by the Nautilus Welfare Fund (NWF), a registered charity.

But as times changed, the need for this type of accommodation dwindled. So, between 1982 and 1983 the original 40 small bed-sitting rooms with shared kitchens were converted into 28 larger flats for elderly widows of seafarers. Just over a decade ago the building had to be vacated as the flats no longer met modern standards, and providing adequate heating in the Edwardian building had been a constant problem.

To compensate for the loss of the accommodation, the charity developed 14 purpose-built apartments, named Gibson Terrace. These are located within the adjacent Mariners' Park, which provides more than 100 apartments, bungalows and houses for retired seafarers, as well as a residential and nursing home.

Gibson House

Over the last 10 years the NWF has tried to find an alternative use for Gibson House. The financial crash of 2008 initially strangled demand for new developments, but over the last the years the charity has worked closely with Wirral Borough Council and a number of local registered social landlords to try and revive the building.

On each occasion – even with the prospect of some central government funding to bring empty properties back to life – the same economic conclusion emerged: the cost of reviving the building was too high given the extensive work needed and the scale of deterioration it has suffered.

Since it was vacated, vandals have stripped the lead from the roof, smashed windows, and started fires – leaving the interior of the building in a sorry and hazardous state. The top staircase has collapsed with water penetration, ceilings have fallen in, floors are extensively damaged and there is also asbestos in the old building. The condition of the building is now such that it requires extensive work, not minor remedial repairs. It presents serious risks – including the presence of asbestos – which demand good management and specialist work.

With regret, the charity's trustees have concluded that demolition is now the only feasible option, and a planning application has been lodged with Wirral Borough Council. There are no immediate plans to utilise the site. However the NWF intends to keep the land for potential future development to respond to the growing numbers of retired mariners and their dependants. After demolition, it is proposed to grass over the site and the charity will continue to maintain the grounds.

Mariners' Park, which is over 150 years old, will continue to be a vibrant community for retired seafarers and their dependants. Over the years a number of well-loved buildings have been demolished to meet modern standards and expectations. In 2012, 14 small apartments – half of those upstairs apartments – were demolished to make way for the state-of-the-art Trinity House Hub, which provides 18 modern, open-plan apartments, all fully accessible, as well as providing residents with a café, health suite, hobby room, hair salon and laundry.



Gibson House

The history of the Park is one of continual evolution and modernising, and plans for 2015 include replacing four small apartments with a pair of two-bedroomed bungalows. It is also hoped that 2016/7 will see another 22 apartments added to the Trinity House Hub as the charity increases the number and quality of accommodation options for needy seafarers.

Nautilus recognises and appreciates the concerns which have been raised about the future of Gibson House. However, it is important to set the record straight and to correct some of the misleading statements that have been made about the building. It should be noted that it is the Nautilus Welfare Fund – a separate charity with its own trust deed, operated in accordance with the Charity Commission requirements – that is responsible for Gibson House and not Nautilus the Union perse.

The proposal for the demolition of Gibson House has been made reluctantly. It is not an easy option and it is not a cheap option. We have worked long and hard to seek a viable future for the building. Over the past decade we have entered into public and private sector partnerships to explore redevelopment proposals and to produce a conversion plan. However, factors such as the substantial structural challenges presented by the building mean that none of these plans proved to be viable. No one else has produced a proposal or a bid for the building that would secure its future in

its current form.

We strive to provide high quality care and welfare services for former seafarers and their dependants. Over the past 20 years, we have made significant investment in state-of-the-art facilities, including new residential and specialist care facilities, and further developments are planned to ensure that we continue to meet projected needs over the decades ahead. These facilities are designed to reflect the results of research into changing demand for welfare services, and it is not possible to deliver such services in the 21st century in a building that was constructed shortly after the 19th century.

More Information about Mariners' Park and Gibson House can be found on the charity's website

www.nautiluswelfarefund.org



Gardening News



Hello All,

A lot of residents may not be aware of this, but following a number requests from individuals, Nautilus Welfare Fund are providing all residents with their own greenhouse which is at the rear of Trinity House Hub. We are having a grand opening at 2pm on Thursday 2nd April and you are all invited to attend. I will be at the Greenhouse every Friday at 11am for an hour to help assist and show you, anything you require assistance with. Please come down, you are most welcome and grow some plants to increase the beauty of Mariners' Park Estate. What you grow can be planted in your own gardens or elsewhere on the Park. Nautilus are hoping that the residents can form a (greenhouse) gardening club, in which you decide what you want to grow and you can go in and out as you want to.

Nautilus will provide everything for you to start you off, e.g. trays, pots, compost, watering tools, seeds, all you need to do is to organise amongst yourselves, who will water the plants and seedlings.

Please come and join in and grow your own vegetables and/or flowers in this great greenhouse, which has excellent access.

I will be available every Friday from 11am for an hour to answer any questions or to assist in whichever way I can.

Thank you again for the comments on the park from Dave, Neil and myself, John.

Men's Activities - A Retrospective



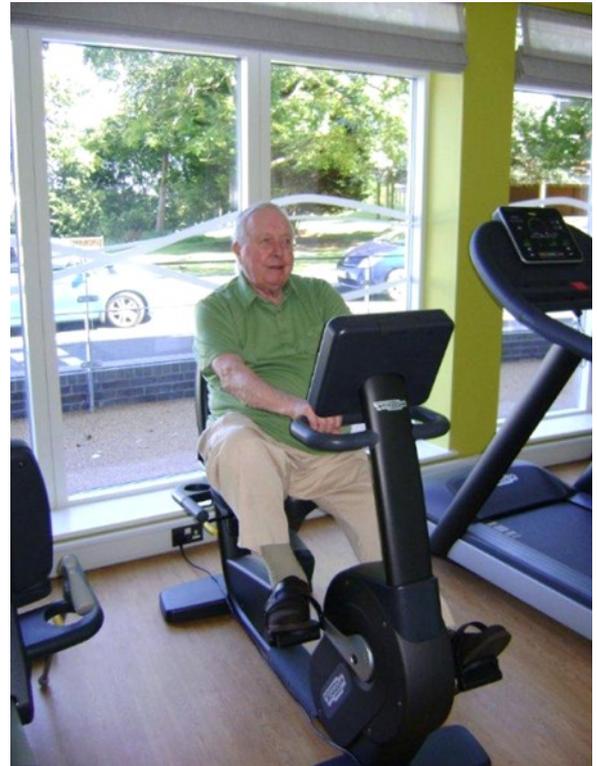
"Wearing the outfit doesn't mean you can fly."



"But I can!"



Messing about on the river



Captain Rolph - sadly missed

Men's Activities - A Retrospective



I promise I'm not recording John, but what was that about cherries?"



**"Gerrard will get sent off you know!"
John Ebrell**



Helps me sleep at night

Men's Activities - A Retrospective



Even though Ed's wearing his Liverpool top.
I promise you... you wont hear a thing at night!"



"So what's this modern art all about then?"

Men's Activities - A Retrospective



“It’s a bit smaller than the Empress of Canada”



“I wanna be a Gully Gully Man!”



Seen from the Hub 1/4/15

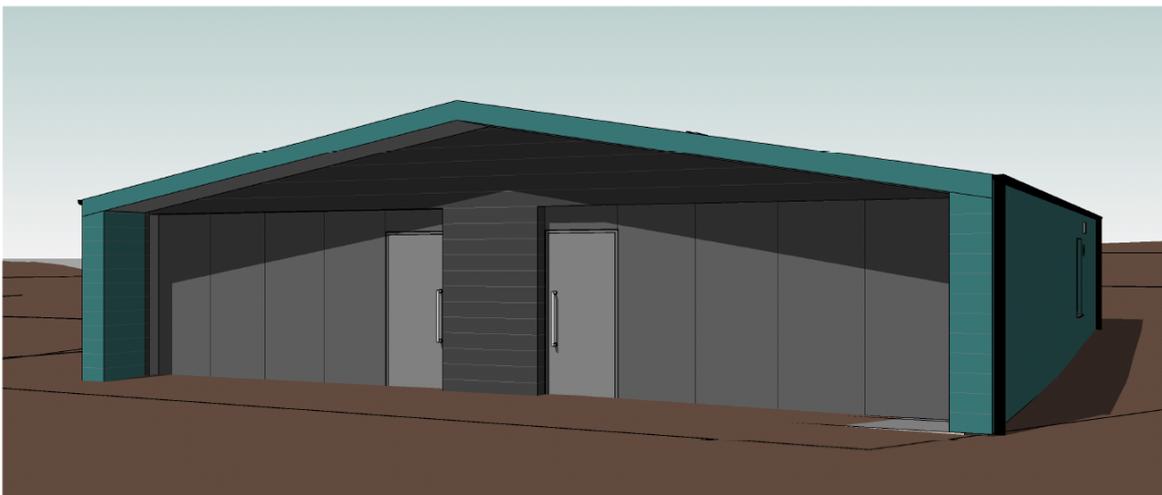
Estate News—New Workshop

The development of Hub Phase 2 necessitates a relocation of the current Estate Workshop. It is to be relocated to the other side of the current access road to the workshop. The properties impacted will be 9 and 11 Webster Avenue and 6 and 8 King George Drive, and these residents have already been contacted about the proposal. We expect the single storey building will have minimal impact and additional screening will be completed to ensure garden privacy. The plans on page 31 show the exact location of the new workshop and the distance from the properties, as well as the interior design.

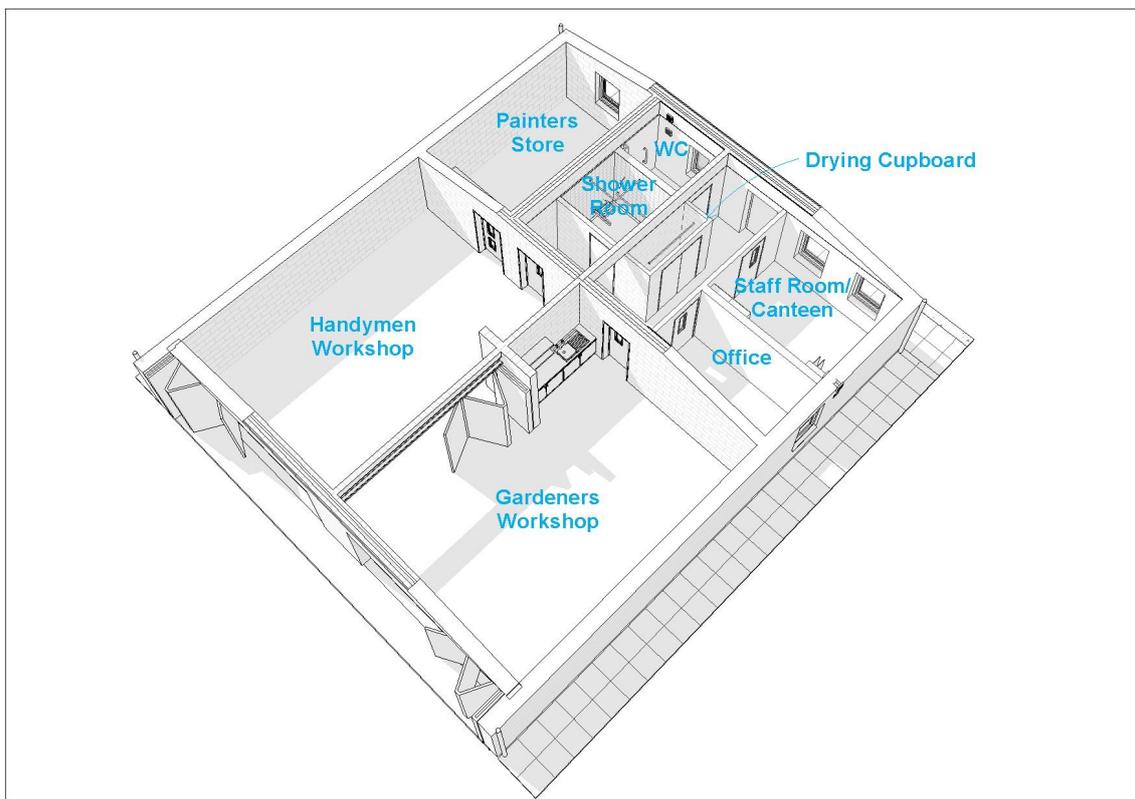
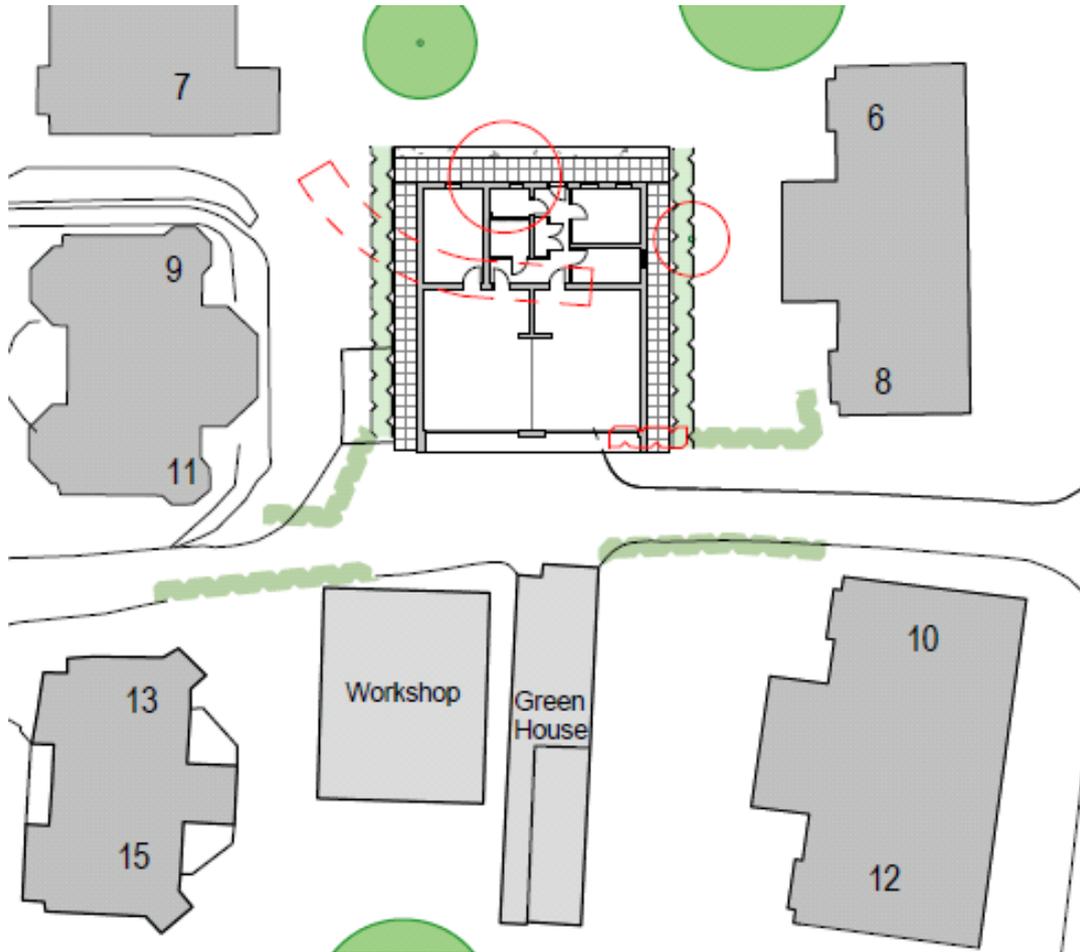
The new workshop is larger than the old one but will allow us to remove the unsightly container storage. It will also provide more workshop space for the estate team, and includes additional facilities such as a shower and a drying room for wet clothes (not the estate team!).

We have yet to secure planning permission but the aim is to complete the build before the end of 2015 to allow the work on Hub Phase 2 to commence in January 2016.

Mick Howarth
Welfare Services Manager



Estate News—New Workshop



Office Closed

The Office and Hub Reception will
be closed on:

Friday 3 April
Monday 6 April



Welcome

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

Mr Fulton
Mr Fothergill



Print Size...

If you are finding the size of the print that the newsletters or circulars are set out in is too small please telephone Sharon on 346 8840 and we will arrange for the documents to be in large print for you.

