

Positive Ageing Month

October

Derry/Londonderry
Strabane
Limavady
2021



 Western Health
and Social Care Trust

 Public Health
Agency


Derry City & Strabane
District Council
Causeway
Ormeau
Chesham & Cheamartin (Strabane Basin)
Derry City & Strabane
District Council

 Causeway
Coast & Glens
Borough Council

 Age Friendly
Network NI

#positiveageingwest

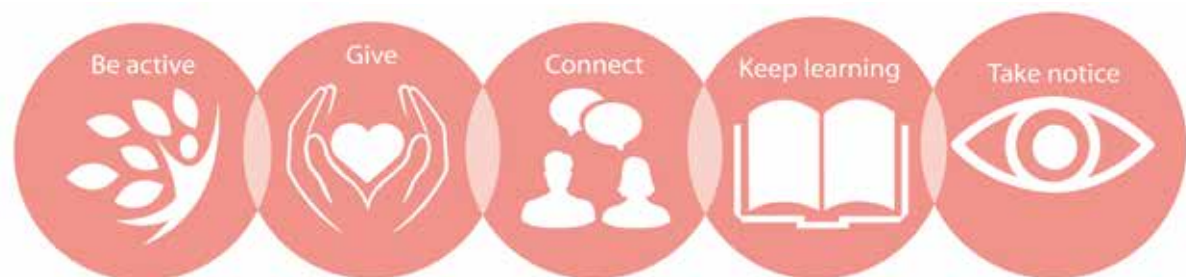
Welcome to Positive Ageing Month

The Western Health & Social Care Trust in partnership with Derry City & Strabane District Council, Causeway Coast & Glens Borough Council, Public Health Agency and Community & Voluntary groups would like to welcome you to Positive Ageing Month (October 2021) which is a month-long campaign of events and activities for older people that recognises and celebrates the contribution older people make to their communities and the wider society.

The International Day of Older Persons, which is held annually on 1st October, will kick-start this year's month-long campaign. This year's theme is digital equality for all ages and a mixture of activities have been planned to enable older people to connect both virtually through online events, and physically where this is permissible within the Covid-19 guidelines.

A comprehensive programme of events has been developed that encourages older people to take the five steps to well-being; Be Active, Give, Connect, Keep Learning and Take Notice. These 5 steps built into our daily lives can help maintain and improve our health and emotional wellbeing.

Have a look and see what's on offer.



The details in this brochure were correct at the time of going to print. Activities may be subject to change due to government updates and / or Covid-19 guidelines.

Your Happy Place?

An exciting competition for an image to be included in a 2022 Age Friendly Calendar. This image should capture what or where makes you feel happy.

- The image should be taken from within Derry and Strabane District Council or the Limavady area by a resident aged 65+ years.
- Images can be a painting or a photograph (without people).

DCSDC residents, post to: Ciara Burke, Age Friendly Co-ordinator, DCSDC, 98 Strand Road, Derry, BT48 7NN or email: agefriendly@derrystrabane.com

Limavady residents, post to: Liam Hinphey, Age Friendly Co-ordinator, CC&GBC, 7 Connell Street, Limavady, BT49 0HA or email: age.friendly@causewaycoastandglens.gov.uk

Closing Date : 15th October 2021



Hearing Loss affects 12 million people in the UK. Find out about the different types of hearing loss, how to get your hearing tested, and what can help you hear better and overcome communication challenges.

Come along to our FREE online session

Register your interest [here](#) or to find out more, call 028 90239 619 or by email information.nireland.rnid.org.uk



HEARING LOSS

Time? 2.00pm to 3.00pm

Date? Wednesday
20th October 2021

Programme of Events

Thurs 30 Sept

10.30 am **Together with Music Song Writing Tour**
 Together with Music is embarking on a UK wide song-writing tour to support reconnection and amplify the voices of people from all generations and walks of life. Linking in with care homes, sheltered accommodation, hospitals, choirs, schools, orchestras, youth groups and members of the community, encouraging and supporting people in taking steps towards music and reconnection.
 The two-day workshops will be delivered at the Millennium Forum Theatre on Thursday 30th September and Friday 1st October. To find out more and how to register for this event visit <https://www.togetherwithmusic.org.uk/4-nation-songwriting-project>

Friday 1

United Nations International Day of Older Persons 2021 theme “**Digital Equity for All Ages**”.



Movement for Men
 A programme for males aged 60+ to increase physical activity and social connections run by Fountain Street Community Development Association.
 For details please contact Fountain Street Community Centre on 028 7188 5100 or keep an eye on Facebook page.

Getting on Well
 Join Creggan Neighbourhood Partnership in the Corn Beef Tin for a programme of activities including singing, dancing, gentle chair exercises and history tour.
 For details email daniellecnp9@gmail.com or call 028 7128 1900



ALLY Foyle (Active Living in Later Years)
 Contact the office throughout October for an activity pack (packs may include a selection of puzzle/word search/sudoku books, colouring book/pencils, art & craft items etc.
 For information call 028 7126 5098 or email info@allyfoyle.com

Stepping Forward with Confidence | Irish Gerontological Society
 On this year’s International Day of Older Persons, and after so many pandemic- related challenges, the Irish Frailty Network and the Northern Ireland Frailty Network come together to bring you an All-Ireland online event hosted by the Irish Gerontological Society: Stepping Forward with Confidence. For more details visit or register please visit <https://bit.ly/3Cw46qjSteppingForward>

Programme of Events

Monday 4

11.00am **Litter Pick in the Park**
 Join U3A Foyle at Gransha Park.
 Wear a waterproof coat and sturdy shoes or boots as we will be in amongst the trees and bushes and near the lakes.
 Call the office on 028 7186 0123 to book a place

11.00am **The Diamond Diners Luncheon Club 60+**
 Every Monday, Wednesday & Friday
 Join us at The Diamond Centre, Claudy for tea and scones, followed by a variety of activities such as armchair yoga. A hot lunch and dessert is served at 1pm. Transport available. Call 028 7133 8005 to book

11.00am - 12.00pm **Positive Ageing Event**
 Tai Chi classes every Monday and Thursday throughout October at the Resource Centre Derry.
 Call 028 7135 2832 for details

12.00pm - 1.00pm **Making a Move Programme**
 Join Older People North West in Malvern House for a 10 week programme of gentle chair-based exercises suitable for all abilities to help build balance, strength and flexibility.
 To book a place call 028 7134 7478

2.00pm - 4.00pm **U3A Taster Session**
 Join U3A in Gransha Park for taster sessions in Keep Fit, Yoga, Watercolours and Calligraphy. To book a place call 028 7186 0123

2.00pm **Cookery Demonstration**
 Alex Connell, Roving Chef from Vegetarian for Life is going to do a cookery demo via zoom. Chef Alex will be making courgette fritters, iman biyaldi and cranachan. Watch and be inspired. To book a place call 077 1368 4705 or email postiveageingmonth@belfastcity.gov.uk

2.00pm - 3.30pm **Line Dancing**
 Every Monday in October in the Old Library Trust Healthy Living Centre £3
 To book a place email sinead@olt.ie or call 028 7137 3870

2.30pm - 4.30pm **Boccia League Competition**
 Gasyard Centre
 £2
 Call Mary on 028 7136 5330


Programme of Events

Tuesday 5


10.00am - 11.00am
Dementia Awareness Session
 An awareness talk for anyone who wants to understand more about what it is like to live with dementia or care for someone living with dementia. Learn about types of dementia, signs and symptoms, and small things you can do in your community to make a positive difference for people living with the condition. To book or for more information, please email julie.morton@alzheimers.org.uk

10.30am - 11.45am
Free Relaxation Workshop
 Are you aged 50 and over? Or do you care for someone aged 50 and over? Come along and share your experience of being a carer while taking part in a free online workshop. This workshop is part of a consultation to help develop a new Age-friendly strategy for the Derry City and Strabane District Council area. You must live in the Derry and Strabane council area to take part. You will receive a small aromatherapy gift pack in the post. During the workshop, you will then be given a short introduction to aromatherapy and relaxation exercises. To book your place email Janice at JMSConsultingNI@gmail.com or call or text 079 6097 8257 no later than Friday 1st October. Numbers are limited and will be allocated on a first-come basis.


2.00pm
Walk for fun
 Join Older People North West for their regular Tuesday walks. Routes change weekly. All walks are flat and usually accessible by public transport, taking advantage of our city's greenways and beautiful parks. Booking essential - Call 028 7134 7478




2.00pm - 3.00pm
Gentle Yoga Sessions
 Try some gentle yoga in Limavady Community Development Initiative (LCDI), Benevanagh Drive every Tuesday in October. Email theglensca@live.co.uk or call 028 7772 9046 for details.



3.00pm - 4.00pm
Craft Sessions
 Taking place in Limavady Community Development Initiative (LCDI), Benevanagh Drive every Tuesday in October. Email theglensca@live.co.uk or call 028 7772 9046 for details.




7.00pm - 8.30pm
All the Worlds a Stage - Drama Workshops (with Top 10 Women's Drama Group)
 Drama for Beginners every Tuesday in October at the Old Library Trust Healthy Living Centre. No drama experience necessary. If you always wanted to tread the boards, come and join in the fun. £2 To book a place email sinead@olt.ie or call 028 7137 3870



Programme of Events

7.00pm - 9.00pm
Digital Development for the over 60's
 A 6 week digital development programme in Aughabrack Community Hall To book a place email carol.kerlin@hotmail.co.uk or call 077 5603 9953

8.00pm

Trojans Youth & Community Group Line Dancing
 Line dancing classes every Tuesday and Thursday in Oakland Park Community building. To book a place call Clare on 078 7333 4622 as spaces are limited.


TBC
Spring into Autumn
 Join Ballymagroarty Hazelbank Community Partnership for a 4 week positive ageing programme including health checks, bocchia, chair aerobics and complimentary therapies. For further details email admin@bhcoponline.co.uk or call 028 7127 1976


Wednesday 6

10.00am - 12.00pm
Poetry and Pilates
 Blended mental and physical well-being sessions for older people every Wednesday in October in Aghanloo Community Centre. Booking via telephone or email Aca31@outlook.com

10.30am
Linking Generations NI
 Join and find out more about Linking Generations and how they can support you with intergenerational work. Delivered via Zoom. To book or for more information, please email Infolgni@bjf.org.uk

10.30am - 12.30pm
Body Wisdom Beginners Course
 A short 4 week course welcoming new members to Echo Echo's award-winning dance and movement programme for people aged over 50. £32/course £24/course concession Book a place via the website www.echoechodance.com

11.00am

Walk around Roe Valley Country Park
 Join the Glens Community Association for a walk around Roe Valley Country Park. Email theglensca@live.co.uk or call 028 7772 9046 for details.

11.30am - 12.15pm

Memories that Matter
 Join via zoom every Wednesday in October for reminiscence sessions on school days, at the seaside, home life, showbands and rural life. To book a place email betty.doherty@derrystrabane.com

Thursday 7

1.30pm

Walk it Out
 Join Older People North West for a gentle Thursday walk. Today's guided walk is a loop from Railway Station over Craigavon Bridge and back via Peace Bridge Booking essential - Call 028 7134 7478

Programme of Events


Friday 8

- 10.00am - 11.30am **Active Ageing**
An 8 week programme of gentle gym and pool based activities.
For further details please email louise@cpttderry.org or call 028 7126 7060
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- 11.30am - 1.00pm **Fish and Chips Craic**
Don't be fed up at home. Join Older People North West every Friday for lunch and food for thought in the form of "parlour games" and questions to make you think - and smile!
£4
Malvern House, Chapel Road BT47 2AN
Booking essential - Call 028 7134 7478
- 
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- 11.30am **Together with Music**
Virtual regional sing a long event for older people in Northern Ireland. Delivered via zoom. To register contact caitlyn@togetherwithmusic.org.uk or call 079 5173 6905.

Saturday 9

- 11am, 12 noon, 1pm, 2pm **Farlow Wood Outdoor Learning**
Join the Roe Valley Ancestral Researchers each Saturday in October for a gentle walk to see the folly called Sampson's Tower and learn its history.
Four walking times to choose from each Saturday.
Farlow Wood, Limavady, opposite pink house called Rascahan Cottage, No 6 Farlow Road Limavady, BT49 9DR
-
- 7.30pm **Reminiscence / Mindfulness Event**
This workshop is being run by Templemore Mothers Union at Church House, 1 St Columbs Court, Londonderry and is for older people with varying stages of dementia.
All workshops are bespoke and tailored to the individuals specific requirement.
Please email irenechewitt@outlook.com for further information

Monday 11

- 11.00am **Pathways to Hope**
Join Roe Valley Residents Association for a 10 week programme of chair based yoga and stress and well-being workshops.
To book a place email marie@roevalleyresidentsassociation.org.uk or call 028 7776 9996
- 
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- 2.00pm - 4.00pm **Twelve Days of Christmas**
Ardstraw, Baronscourt and Badoney Mothers Union are running 4 sessions of craft activity in the Ardstraw Parish Hall.
For details please email ruth950@btinternet.com

Programme of Events

Wednesday 13

- 10.30am **Dying to Talk**
A virtual event hosted by Fermanagh and Omagh District Council – a gentle approach to planning for your future – covering spirituality, planning and what happens your digital afterlife? For more information see www.fermanaghomagh.com/community/agefriendly. Register on Eventbrite <https://bit.ly/DyingToTalkTickets>
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- 1.00pm - 3.00pm **'Here and Now' Older People's Arts Festival**
Focusing on the theme of 'Living well, A tale to tell' Culmore Hub will be delivering 8 storytelling and song writing workshops with singer/songwriter Roy Arbuckle. You don't have to be musical or a great singer. These sessions are about sharing your story, making new friends and having fun.
For further details email una@culmorehub.org or call 028 7116 3713
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- 2.00pm **Virtual Reminiscence Workshop**
We will use objects and photographs from the museum collection to stimulate conversation about the past. Reminiscence workshops are based on the home front in Northern Ireland during the Second World War including the Belfast Blitz, the US presence, evacuees and rationing. Delivered via Zoom. To book a place email outreach@niwarmemorial.org

Thursday 14

- 1.30pm **Walk it Out**
Join Older People North West for a gentle Thursday walk. Today's guided walk is a short walk from Prehen Boating Club towards the bridge and back.
Booking essential - Call 028 7134 7478
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- 2.00pm **Shop Well, Store Well, Eat Well Ideas Session**
Join Grainne, a Dietitian from Active Belfast Team to learn about what good staples to have in cupboards and how to eat well when shopping less. Delivered via Zoom. To book a place call 077 1368 4705 or email postiveageingmonth@belfastcity.gov.uk

Friday 15

- 10.00am - 11.00am **All State Cyber Safety Event**
Find out how to stay safe online – a virtual event for older people in Northern Ireland. To book a place email aforges@southwestagepartnership.co.uk or call 028 8225 1824

Programme of Events

Your Happy Place Competition

The WHSCT alongside Derry City & Strabane District Council and Causeway Coast & Glens District Council are producing a calendar for 2022 entitled 'Your Happy Place'. This is an opportunity for residents in the area aged 65+ years to take a photo of their Happy Place or perhaps submit an art piece of their Happy Place. Closing date for entries is 15 October. Winners selected from each council area will be included in the 2022 Age Friendly Calendar funded by the PHA.

Sunday 17

11.00am **Positive Ageing with Japanese Craft Making - Beauty of Imperfection and Eternity**
Join the North West Japanese Cultural Group for crafts including Kinstugi, Silk flower making, Card making with Origami and Mizuhiki. Participants can also enjoy a Tea Ceremony demonstration and Japanese folktale storytelling.
To book a place email nwjapaneseecg@mail.com

Monday 18

10.30am - 2.30pm **Body Wisdom Intensive Course**
Join Echo Echo Studios, Magazine Street, Derry-Londonderry for a one-week intensive programme for experienced Body Wisdom group participants.
Book a place via website www.echoechodance.com

2.00pm **Cookery Demonstration**
Alex Connell, Roving Chef from Vegetarian for Life is cooking borlotti bean chestnut stew, followed by sticky toffee pudding. Watch and be inspired. Delivered via Zoom. To book a place call 077 1368 4705 or email positiveageingmonth@belfastcity.gov.uk

Wednesday 20

11.00am - 11.50am **Making the Most of Your Slow Cooker**
Join this free session to find out the benefits of using slow cookers to make tasty, nutritious meals. Hosted by South Eastern Health and Social Care Trust. Register for a place at <https://bit.ly/39reyD8SlowCooker>

Thursday 21

1.30pm **Walk it Out**
Join Older People North West for a gentle Thursday walk. Today's guided walk is a short walk from Sainsburys to Bay Road and back. Booking essential - Call 028 7134 7478



Programme of Events

Friday 22

7.00pm **A Night at the Movies**
Bishop's Field Sports Centre
Watch the 1966 classic tear-jerker "Madame X" starring Lana Turner and John Forsythe. Ticket only event.
To book a place email sinead@olt.ie or call 028 7137 3870

Tuesday 26

10.00am - 4.00pm **Digital Day**
Derry Central Library and Online
Come along to enjoy a trip down memory lane with our reminiscence sessions, take part in fun activities to keep you fit and also learn how to stay safe online. Virtual events are also taking place if you wish to join in from home. Book in advance for online events by emailing carol.devine@librariesni.org.uk or call 028 7122 9990

12.00pm - 1.00pm **Ghost Stories**
Join Older People North West Lunch Club for lunch with a serving of local spooky lore for Halloween. Dermot Kelly will be telling tales of local ghostly lore.
£4.00 for 4 course lunch
Malvern House, Chapel Road BT47 2AN
Booking essential - Call 028 7134 7478

Wednesday 27

11.00am - 11.45am **Eat Well in Later Life**
Join this free session to find out how to eat well in later life. Register for a place at <https://bit.ly/3zsTTJIEatingWell>

3.00 pm **The Big Quiz**
Join us via zoom for a quiz with a difference. To book a place email positiveageingmonth@belfastcity.gov.uk or call 077 1368 4705

Thursday 28

11.00am **Virtual Bowel Cancer Screening**
The Women's Resource and Development Agency raises awareness of bowel cancer screening, signs and symptoms to look out for, ways to reduce your risk of developing bowel cancer and how to take the screening. Delivered via Zoom. To book a place email positiveageingmonth@belfastcity.gov.uk or call 077 1368 4705

Programme of Events

1.30pm **Walk it Out**
Join Older People North West for a gentle Thursday walk. Today's guided walk is a ramble through Kilfennan Country Park. Booking essential - Call 028 7134 7478

2.00pm - **Spooky Thursday**
3.30pm
Hallow'een event with Storytelling & Music at the Old Library Trust Healthy Living Centre. Ticket only event. Places are limited. To book a place email sinead@olt.ie or call 028 7137 3870



Friday 29

2.30pm - **Biggest Ever! Virtual Tea Dance**
4.00pm
Join people across Northern Ireland and beyond, live bands and plenty of kitchen dancing. To book a place email positiveageingmonth@belfastcity.gov.uk or call 077 1368 4705

Thursday 4 November



Fishing for Health
Coarse fishing sessions in Limavady
For further information please contact Be Safe Be Well Mens Shed on 028 7776 9829

Programmes are correct at time of print however they may change in response to up to date Government guidelines.

Dying to Talk

The importance of being prepared

Wednesday 13 October 2021
10.30 am to 12.00 pm
Online Webinar

Positive Ageing Month October

- ✓ Spiritually
- ✓ Practically
- ✓ Emotionally

028 9260 0477

For your **FREE Home Fire Safety Check**

HOME FIRE SAFETY CHECK

STOP FIRE

Northern Ireland Fire & Rescue Service
Protecting Our Community

FREE Home Fire Safety Check!

If you:

- are aged 60 and over;
- have a disability, impaired mobility, or a health condition that would impact on your ability to acknowledge and respond to an emergency in the home; or
- receive assistance from an agency which has a Safety Partnership with NIFRS, then contact us for a FREE HOME FIRE SAFETY CHECK!

Visit www.nifrs.org/fire-safety/fire-safety-check-form/ for more information





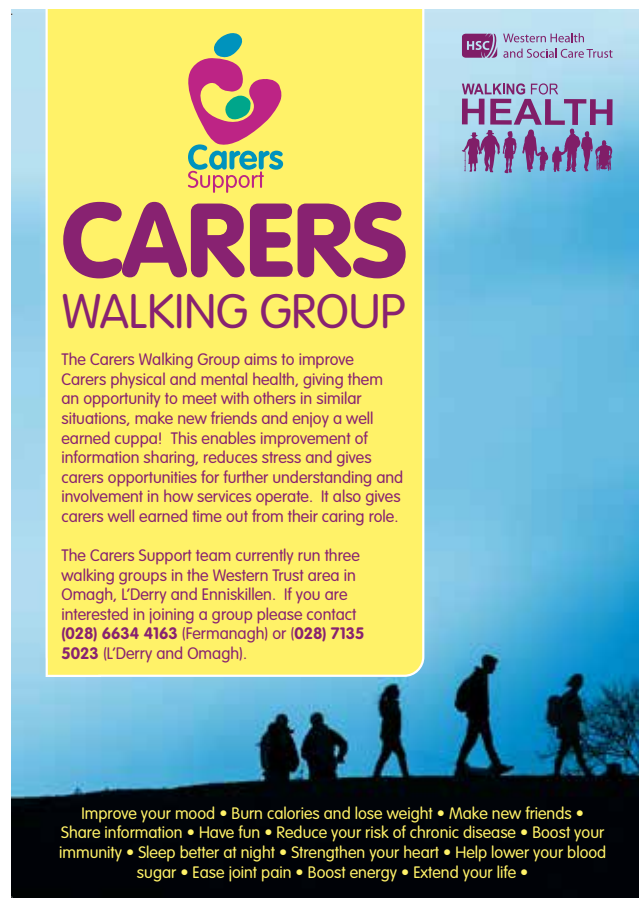
make the call
0800 232 1271*
Quick Call, Lasting Difference.

Talk to us about accessing benefits, supports and services you may be entitled to.

Text: **ADVICE to 67300***
 Visit: nidirect.gov.uk/makethecall
 Email: makethecall@dfni.gov.uk

Department for Communities
www.communities.gov.uk

*network charges may apply



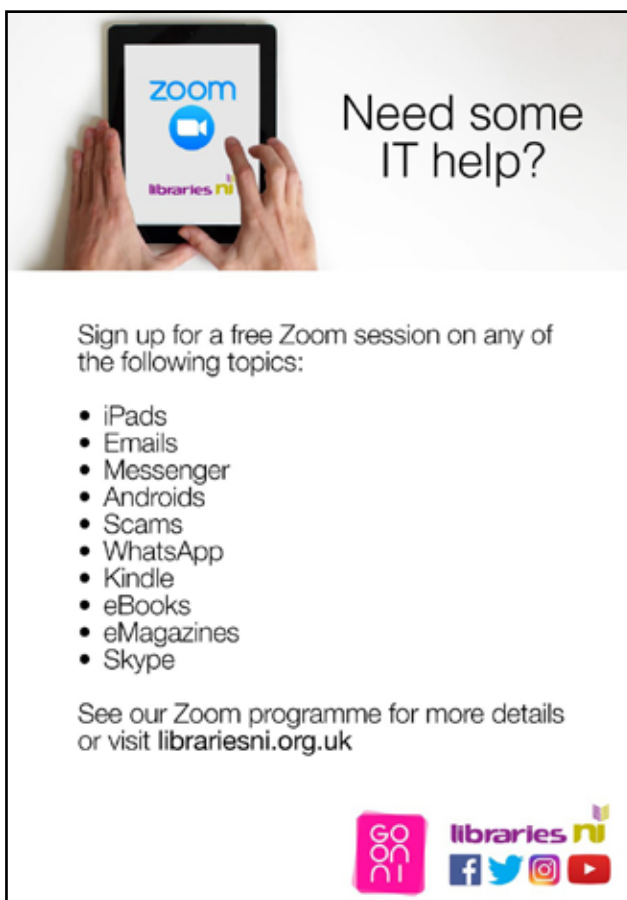
Carers Support
CARERS WALKING GROUP

The Carers Walking Group aims to improve Carers physical and mental health, giving them an opportunity to meet with others in similar situations, make new friends and enjoy a well earned cuppa! This enables improvement of information sharing, reduces stress and gives carers opportunities for further understanding and involvement in how services operate. It also gives carers well earned time out from their caring role.

The Carers Support team currently run three walking groups in the Western Trust area in Omagh, L'Derry and Enniskillen. If you are interested in joining a group please contact **(028) 6634 4163** (Fermanagh) or **(028) 7135 5023** (L'Derry and Omagh).

Improve your mood • Burn calories and lose weight • Make new friends • Share information • Have fun • Reduce your risk of chronic disease • Boost your immunity • Sleep better at night • Strengthen your heart • Help lower your blood sugar • Ease joint pain • Boost energy • Extend your life •

HSC Western Health and Social Care Trust
 WALKING FOR HEALTH



Need some IT help?

Sign up for a free Zoom session on any of the following topics:

- iPads
- Emails
- Messenger
- Androids
- Scams
- WhatsApp
- Kindle
- eBooks
- eMagazines
- Skype

See our Zoom programme for more details or visit librariesni.org.uk

go on ni **libraries ni**



Share your views and experience of getting older in Derry City and Strabane

Derry City & Strabane District Council have appointed Eos Community Consulting CIC to develop an Age Friendly Strategy and Action Plan for the council area over the coming months. To help deliver this the consultants are keen to involve and participate as many voices of older people, to hear more about their lived experience and gain their views to help shape the area to become more age friendly.

To get involved or hear more please contact Eos Community Consulting CIC by e-mail to info@eoscommunityconsulting.co.uk or by telephone on **07784304056**.

Derry City & Strabane District Council
 Comhairle Chathair & Cheantar an tSrátha Balaí
 Derry Cille & Strábane District Council



NW Community Arts & Culture supports

Positive Ageing Month

Donegal County Council and Derry City and Strabane District Council are working in partnership to promote and encourage greater engagement with arts and cultural activities to highlight the positive opportunities available for older residents in our community. **Find opportunities in your area:**

www.donegalcoco.ie/culture
Rita Chapman E: rchapman@donegalcoco.ie
T: 00353 (0) 87 127 4955

www.derrystrabane.com/artsandculture
Derry/Strabane: Jean Smyth E: artsandculture@derrystrabane.com
T: 0044 (0) 7730 900 610

Facilitated by the North West Regional Development Group (NWRDG) in conjunction with and supported by the Executive Office and the Irish Government.

Take5

steps to wellbeing

HSC Western Health
and Social Care Trust



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.



Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.