

## Living with Sight Loss

If you're experiencing sight loss, you are probably worried about your future and the changes you're facing. You may have feelings of sadness, anger or anxiety and this could affect you daily. During these times many people find it useful to talk through their feelings with someone outside their usual circle of family and friends.

Need to Talk offers free counselling and Living with Sight Loss courses for people with sight loss. The team of counsellors and Living with Sight Loss coordinators have lots of experience working with people affected by sight loss. Through confidential telephone or online counselling and Living with Sight Loss courses you will be given support through these difficult times. These services are free to use.

You can contact the Need to Talk and Living with Sight Loss team by telephoning **0303 123 9999** or email [needtotalk.rnib.org.uk](mailto:needtotalk.rnib.org.uk)

**R N I B**

See differently

## Looking for your perfect 'Getaway'



Avoid all the hassle with day tours available from Belfast with the Translink Travel Centre. From cruises on the River Erne, scenic stops at Powerscourt Estate or days out at Dublin Zoo, there's something for everyone. Day tours operate during Easter week and for the duration of July and August.

Throughout the year shoppers can avail of day trips to the Kildare Village Outlet, which is the perfect luxury shopping destination for those who wish to enjoy a great value for money day out.

To book your day trip visit the Travel Centre at the Europa Bus Centre, telephone **028 9033 7004** or simply purchase online with the booking system at [www.ulsterbustours.com](http://www.ulsterbustours.com)



## 24 Hour Homeless Winter Outreach



This winter the Welcome Organisation's Outreach vans will be out on the streets of Belfast 24 hours a day. The teams will provide support to homeless people and rough sleepers throughout the Belfast area, not just the city centre.

### You can help

Have you seen signs of people sleeping rough? Have you noticed tents in your local park or people sleeping in their cars? Are there sleeping bags discarded in alleyways? If you think someone is homeless and sleeping out, please let us know. Call us on:

**07894 931047** (24 hours a day) or  
**07851 246814** (8pm - 8am)



## Boost your health and wellbeing?



Your local library is just the tonic you need and it's **free**.

If you need information on wellness, tips on good diet and fitness or want to check up on a health issue your local library is a great place to start.

Ask about the range of books available or go to the Libraries NI website to search for a particular book. Our eMagazine service offers health and fitness magazines that you can download free to your mobile or tablet on the same day they hit the shops.

For further information and to sign up to our eMagazine visit [www.librariesni.org.uk](http://www.librariesni.org.uk)



Volunteer Now is committed to supporting older people and senior groups. Please contact Deirdre Murphy:

- if you wish to become involved in a group near you or with a local senior citizens forum
- if you are running an event that would be of interest to older people - we are happy to promote it

Tel: **028 9023 2020**

Email: [deirdre.murphy@volunteernow.co.uk](mailto:deirdre.murphy@volunteernow.co.uk)

This project is supported by Belfast Health & Social Care Trust



# Information for Older Persons and Groups

**VOLUNTEER NOW**  
connect · build · change

**HSC** Belfast Health and Social Care Trust

Winter 2019

## Be prepared!

Come along to our 'Be prepared' information events for free advice on how to help improve your daily living.



**Tuesday 4 February 2020**  
**City Hall, Belfast**  
**10.00am to 12.30pm**

Come along to the City Hall for information on how to help improve your daily living. You will get real practical advice on a wide range of topics including health and wellbeing, learning and leisure, housing, home safety, heating your home, income, benefits and money, rights and advocacy, preventing crime, transport and support organisations.

There will be a book exchange, so bring a book you have read and swap it for something new!

There will also be an IT fix it clinic so bring your phone, tablet or laptop along.

This is a drop in event so come when you can, refreshments provided.

For more information call **028 9050 2073** or email [seniorsinfo@belfastcity.gov.uk](mailto:seniorsinfo@belfastcity.gov.uk)



## Volunteer Now: Supporting Older People

Deirdre Murphy  
Volunteer Now  
Skainos Centre, 239 Newtownards Road  
Belfast BT4 1AF

[www.volunteernow.co.uk](http://www.volunteernow.co.uk)  
E: [deirdre.murphy@volunteernow.co.uk](mailto:deirdre.murphy@volunteernow.co.uk)  
T: **028 9023 2020**



## Take Charge of your Pain

Do you or someone you know suffer from Chronic Pain?



The H.E.A.R.T (Health, Education and Relaxation Therapy) Project are running a 12 week Chronic Pain Programme to help you take control of your pain.

The programme will cover

- Manage your pain
- Improve your mood, feel more positive
- Be more active, make an action plan
- Feel in control, medication use

Classes will be held in the Maureen Sheehan Centre, 106 Albert Street, BT12 4HL

Classes start on Monday 13 January 2020, 11.30am - 1.30pm and will run for 12 weeks.

To book a place contact Lisa on **028 9031 0346**  
**Places are limited.**



## Bowel Cancer

Bowel cancer is the third most common cancer in Northern Ireland and our second biggest cancer killer. However, it shouldn't be because it is treatable and curable especially if diagnosed early. That's why awareness of the symptoms is so important. If you have any symptoms, don't be embarrassed and don't ignore them. Doctors are used to seeing lots of people with bowel problems.



**The symptoms of bowel cancer can include:**

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

Most people with these symptoms don't have bowel cancer. But if you have one or more of these, or if things just don't feel right, go to see your GP.

Bowel cancer screening can save lives. Screening aims to detect bowel cancer at an early stage. All men and women aged between 60-74 in Northern Ireland are eligible to take part. For further information on the bowel cancer screening programme please visit:  
[www.cancerscreening.hscni.net/Overview\\_Bowel\\_Programme.htm](http://www.cancerscreening.hscni.net/Overview_Bowel_Programme.htm)

## Get Online

Get online and improve your digital knowledge with **free** training sessions. Sessions include: 1-to-1 for beginners, iPad camera and photos, social media, shopping online and lots more.

If you would like to sign up to one of these **free** courses call into or contact your local library.

For details of a library near you contact the Customer Support Line on **0345 4504 580** or go to the Libraries NI website - [www.librariesni.org.uk](http://www.librariesni.org.uk)



## Dementia Navigator Service

Supporting people to live well with Dementia A city-wide service has been developed to support people who have an appointment at a memory clinic or have received a diagnosis of dementia and their families or carers. This service offers:

- A single point of contact for any questions or support
- Telephone contact to offer a listening ear
- Face to face visits at home or in a location that suits you
- Information and support to take part in social activities and programmes in your area
- Links to services and professionals to meet your needs

You, your family or anyone involved in your care can contact the service direct. For further information telephone: 028 9504 2700



## The Wild Atlantic Way Tour

Fancy getting away from it all? Why not have a break in the 4\* Great Northern Hotel in Bundoran, Co Donegal. Travel in a luxury coach from Glengall Street, Belfast. Stay 3 nights with dinner, bed and full Irish breakfast. See some of the beautiful coastal scenery on a one day guided tour. Join in the afternoon singsong then get your dancing shoes on and dance away the evening. Full use of the leisure facilities is included. For a list of prices and availability telephone Marion on **00 353 7198 42888.**



## Guide Dogs NI



### A Year of Fun

Guide Dogs NI is looking for volunteer puppy walkers to look after pups during their first year of training.

This is a full time volunteering role as the puppy will live with you in your home where you will be providing a vital foundation for its future role as a guide dog. You must be 18+ and be able to confidently handle the dog as its strength grows. You need suitable housing and must be able to give the time, commitment and love a puppy deserves. If you are interested or would like more information contact Kirsty Gray on **0345 1430193** or email:

[Kirsty.gray@guidedogs.org.uk](mailto:Kirsty.gray@guidedogs.org.uk)

### My Guide Sighted Guide

Do you have a couple of hours a week to help Guide Dogs NI change a life?

My Guide service matches trained volunteers with a person with sight loss to enable them to safely navigate the environment, build self-confidence and increase social interaction; whilst maintaining dignity and promoting independence. My Guide takes around two to three hours a week. Guide Dogs NI offer a comprehensive training programme and ongoing support. Enhanced disclosure check is required. For further information contact Paula McLarnon on **07766 526873** or email: [paula.mclarnon@guidedogs.org.uk](mailto:paula.mclarnon@guidedogs.org.uk)

## Did you work in the Shipyard?

Could you take part in the Harland & Wolff project?



The project is being run by Townsend Theatre Productions (from Scotland) in collaboration with the University of Manchester's cultural history department. The Theatre Company tour throughout the UK concentrating on working class and trade union history. They are bringing their latest play, "The Work In", to Belfast on 27 October 2020 which is about difficult industrial relations in the Upper Clyde.

In the meantime they are gathering information about life in British shipyards over the years with an emphasis on industrial relations. They are planning to visit Belfast on 28th February 2020 with the aim to interview folk who have worked in Belfast shipyard and who are willing to be recorded and perhaps photographed. They would be particularly interested (but not exclusively) in speaking to anyone who was involved in the recent campaign to keep the Yard open. The material collected will form an archive and may be used in an exhibition.

If you or someone you know fits the profile perhaps them contact Louise Townsend on **07949 635910** or email [townsendproductions@hotmail.co.uk](mailto:townsendproductions@hotmail.co.uk)



## Do you support someone living with Dementia?

Come along to our free 4 week Carers Information Support Programme for people who provide unpaid care and support for someone living with dementia. Topics are Understanding of Dementia, Providing Support and Care, Legal and financial matters and coping day today.

Date	Venue	Time
7, 14, 21, 28 Jan 2020	Strand Presbyterian, 161 Consbrook Ave, BT4 1ND	10.30am - 12.30pm
7, 14, 21, 28 Jan 2020	Clonard Monastery, 1 Clonard Gds, BT13 2RL	7.00pm - 9.00pm
8, 15, 22, 29 Jan 2020	Knockbreda Wellbeing Centre, 110 Saintfield Rd, BT8 6GR	1.00pm - 3.00pm
18 Jan 2020	Alzheimer's Society office, 30 Skegoneill St, BT15 3JP	9.30am - 5pm
4, 11, 18, 25 Feb 2020	St Malachys Church, 24 Alfred St, BT2 8EN	7.00pm - 9.00pm
5, 12, 19, 26 Feb 2020	Cloona House, 31 Colin Rd, Poleglass, BT17 0LG	10.00am - 12.00pm
6, 13, 20, 27 Feb 2020	Alexandra Presbyterian, 80 York Rd, BT15 3HF	10.30am - 12.30pm

To book a place telephone Catherine on **028 9038 7772 / 07889 648793** or email: [crispbelfast@alzheimers.org.uk](mailto:crispbelfast@alzheimers.org.uk)



A large print version of this publication is available on request:  
Contact Volunteer Now on 028 9023 2020 or email [Reception@volunteernow.co.uk](mailto:Reception@volunteernow.co.uk)