

Positive Ageing Month

October



Derry City & Strabane
District Council

Comhairle
Chathair Dhoire &
Cheantar an tSratha Báin

Derry Cittie & Strabane
Deistrick Cooncil

2020

#positiveageingwest





Welcome to Positive Ageing Month

The Western Health & Social Care Trust in partnership with Derry City & Strabane District Council, Public Health Agency and Community & Voluntary groups would like to welcome you to Positive Ageing Month (October 2020) 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.

This year's campaign will focus particularly on activities that will promote active and healthy ageing and reduce social isolation and loneliness.

The International Day of Older Persons, which is held annually on 1st October, will kick-start this year's month-long campaign.

This year, in light of Covid-19, a mixture of activities is being planned that 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.



libraries ni

Positive Ageing Month - Book of the Week

Every Monday in October, Libraries NI will recommend a book that will inspire, enlighten and challenge your perception of ageing. Follow on twitter @LibNIDigital

Are you struggling a bit with technology? If you're having problems with your tablet, laptop or phone, or would simply like more information, contact our digital team.

We have help sheets on useful apps – for health and exercise, cooking, crafting, playing games and even parking! We can help you keep in touch on social media and give you tips on staying safe online.

Find out how to download free eBooks and e-Magazines to your tablet or smart phone and access online newspapers here.

For all this and much more, simply phone our digital team on 028 9039 5989 (Mon - Fri 9:15am - 4:45pm) with a brief description of how you need IT help and library staff will phone you within 48 hours with free, helpful advice.

Alternatively visit the Digital Help Page on the Libraries NI website:
www.librariesni.org.uk/Digital-Help/Pages/default.aspx

2.00pm

EBA Walking Football

Templemore Sports Complex

Tel: 028 7137 6585 or

Email: templemore@derrystrabane.com



11.00am

EBA 50+ Club

Foyle Arena

Tel: 028 7137 6555 or

Email: foyle.arena@derrystrabane.com

12.45pm – 1.15pm

Ageless Grace

Malvern House, Chapel Road

A chair based exercise programme that works mind, body and sense of humour

Booking is essential.

Register by phoning 028 7134 7478 or email development@olderpeoplenorthwest.org



11.00am

EBA Walk and Talk

Foyle Arena

Tel: 028 7137 6555 or

Email: foyle.arena@derrystrabane.com

12.15pm – 1.00pm

Her Story. His Story. Our Story

Malvern House, Chapel Road

Everyone has a story to tell. Join Dermot Kelly for a series of yarn spinning sessions based on our own special memories and experiences.

Help build an archive of lived personal

histories.
Booking is essential.
Register by phoning 028 7134 7478 or email
development@olderpeoplenorthwest.org



11.00am

EBA 50+ Club

Foyle Arena
Tel: 028 7137 6555 or
Email: foyle.arena@derrystrabane.com



11.00am

Walk and Talk

Melvin Sports Complex
Tel: 028 7138 2660 or
Email: melvin@derrystrabane.com



Virtual Nature Therapy Sessions

8pm for bat detecting

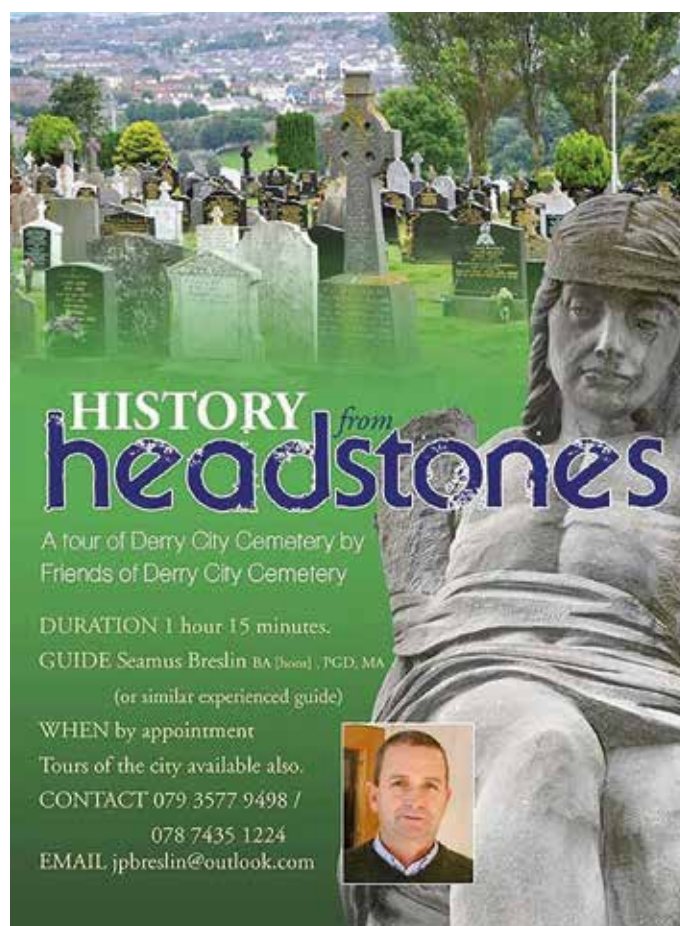
2pm for other activities

Use the power of nature to improve physical and mental health during the month of October:

- Recycled Art
- Edible Art
- Willow Weaving
- Sensory session
- Make a cake for birds and garden bird watch
- Bat detecting under the stars
- Treemendous Art
- Recycled Halloween decorations

In addition, we have 30 x FREE nature therapy packs to give away to the first 30 individuals who contact us. Packs include materials to take part in our workshops.

To request a pack email
Karen.healy@creggancountrypark.com
Access it on www.facebook.com/Creggan.countrypark18 or <https://www.youtube.com/channel/UC4KHu4x3aBgqv0kK1woj3lw>



“ I attend the weekly luncheon club and various activities such as Tai Chi, line dancing and the social on a Thursday night. A bus picks me up and leaves me home again so I feel safe travelling to the activities. I have made lots of friends and they feel like my family. I do not feel lonely when I have all this to look forward to. I would be lost without it.

Service User from Older People North West

”

LOCAL EVENTS

Key Date

Thursday 1st October

International Day of Older Persons

Friday 2nd October

PLACE-EE Transnational Cultural
Heritage Archive Webinar
2.00pm – 3.30pm

Digital Archiving of Cultural Heritage:
The involvement of older people and
intergenerational approaches. PLACE-EE has
researched, collated and recorded important
cultural heritage across 4 rural and isolated
regions of Europe (NI, Ireland, Iceland,
Sweden).

Speakers:

Vicki Titterington, Linking Generations NI
Lynsey Gillespie, Public Record Office NI
Roger O'Sullivan, Institute of Public Health
Ireland.

Register in advance for this webinar:

https://zoom.us/webinar/register/WN_o5sITS_gQnCwUkDyUmDzKA



Key Date

Sunday 4th October

National Day for Older People

Sunday 4th October

Digital Listen Share Change Project
1.00pm – 2.00pm

Are you at home and want some company and
the opportunity to chat to others?

We are inviting you to take part in digital Listen
Share Change.

We use storytelling to help people start a
conversation, have a laugh and make new
friendships. Participants can take part in an
online session using Zoom or by phone using
a freephone number. Staff at Verbal can talk
you through any details for logging on and
have a range of resources to take you through
accessing Zoom or dialling in via telephone.

To book a session please visit our Verbal
website www.theverbal.co/book-wellread-digital-reading-rooms and click 'book' and fill
in your details. Alternatively, you can contact
Aoife Rodgers on 028 7126 6946 and she will
help you book online.

Wednesday 7th October

Memories That Matter

11.00am – 12.00pm

The Tower Museum

This programme takes the form of reminiscing
through the use of themed reminiscing boxes.
Due to COVID-19 it has taken a virtual twist as
we use pictures through the media of Zoom.
The themes we explore are: School Days,
1950s, Rural Life, Home Life, Christmas Time
and music from various eras.

Limited spaces available. Please contact the
Tower Museum on 028 7137 2411 or email or
Betty.doherty@derrystrabane.com to register

Thursday 8th October

Dementia Awareness Training

10.30am – 1.00pm

The Tower Museum

This training is open to anyone who is living / caring for someone with Dementia, community and statutory sectors. Limited spaces available. Please contact the Tower Museum on 028 7137 2411 to register.

Walk on the West Side

2.00pm – 3.30pm

Daisyfield (access to the line)

Get up and join our walking group. A sociable and socially distanced group. Discover the beauty and local stories connected to our pathways. Dress appropriately. The path is flat. Meet at the first entrance to Coshoven Estate (The Daisyfield). Wear masks. Observe social distancing and remember your hand sanitiser. Walk leader will be wearing hi-viz. Contact 028 7134 7478 or email development@olderpeoplenorthwest.org to register.

Friday 9th October

Get Connected: Benefits of Volunteering

11.00am – 11.30am

Volunteering North West have a pre-recorded online audio presentation promoting the benefits of volunteering, whilst also raising awareness of volunteer opportunities available in the Derry & Strabane District Council area. Join through www.volunteeringnorthwest.co.uk or www.facebook.com/nwvolunteercentre



Key Date

Saturday 10th October

World Mental Health Day



Monday 12th October

Digital Listen Share Change Project

11.00am – 12.00pm

Are you at home and want some company and the opportunity to chat to others? We are inviting you to take part in digital Listen Share Change. We use storytelling to help people start a conversation, have a laugh and make new friendships. Participants can take part in an online session using Zoom or by phone using a freephone number. Staff at Verbal can talk you through any details for logging on and have a range of resources to take you through accessing Zoom or dialling in via telephone.

To book a session please visit our Verbal website www.theverbal.co/book-wellread-digital-reading-rooms and click 'book' and fill in your details. Alternatively, you can contact Aoife Rodgers on 028 7126 6946 and she will help you book online.

Key Date

Thursday 15th October

International Day of Rural Women

Thursday 15th October

Memories That Matter

11.00am – 12.00pm

The Tower Museum

This programme takes the form of reminiscing through the use of themed reminiscing boxes. Due to COVID-19 it has taken a virtual twist as we use pictures through the media of Zoom. The themes we explore are: School Days, 1950s, Rural Life, Home Life, Christmas Time and music from various eras.

Limited spaces available. Please contact the Tower Museum on 028 7137 2411 or email or Betty.doherty@derrystrabane.com to register.

Walk on the East Side

2.00pm – 3.00pm

Gransha Social Club Car Park

Join our sociable and socially distanced walking group for an exploration of the Gransha greenway to St Columbs Park. Dress Appropriately. The route is flat. Remember to observe social distancing. Bring your mask and hand sanitiser.

Contact 028 7134 7478 or email development@olderpeoplenorthwest.org to register.

Friday 16th October

Hedgehog Book Folding

11.00am – 12.30pm

Strabane Library

Participants will make a hedgehog by upcycling tired old book. Please phone Strabane Library on 028 7188 3686 to register.

Key Date

Sunday 18th October

World Menopause Day

Wednesday 21st October

Reminiscence through
photographs from our archives

11.00am – 11.45am

Libraries NI – join via Zoom

Join our Heritage Officer in reminiscing about local life in times gone by. Please phone Derry Central on 028 7122 9990 to register.

Thursday 22nd October

Bay Walk

2.00pm – 3.30pm

Bay Road Country Park

Join us for a walk around Bay Park. Meet at the back of DaVinci's car park at the entrance to the park. Please dress appropriately. This is a flat walk. Bring your face mask, hand sanitiser and remember to social distance. Register by phoning 028 7134 7478 or email development@olderpeoplenorthwest.org

Thursday 22nd October

Dementia Awareness Training

10.30am – 1.00pm

The Tower Museum

This training is open to anyone who is living / caring for someone with Dementia, community and statutory sectors.

Limited spaces available. Please contact the Tower Museum on 028 7137 2411 to register.

Friday 23rd October

Beginners Family History

11.00am – 12.00pm

Join our Zoom session for some advice on how to use free family history websites.

Please phone Derry Central Library on 028 7122 9990 to register.

'When I am an old woman I shall wear purple'

11.00am

This event will celebrate Positive Ageing month through a series of poetry recitals that examine "growing old".

Join via Zoom. Booking is essential. Contact Deirdre McLaughlin on 028 7126 6168 to register.

Monday 26th October

Digital Listen Share Change Project

3.00pm – 4.00pm

Are you at home and want some company and the opportunity to chat to others?

We are inviting you to take part in digital Listen Share Change.

We use storytelling to help people start a conversation, have a laugh and make new friendships. Participants can take part in an online session using Zoom or by phone using a freephone number. Staff at Verbal can talk you through any details for logging on and

have a range of resources to take you through accessing Zoom or dialling in via telephone.

To book a session please visit our Verbal website <https://www.theverbal.co/book-wellread-digital-reading-rooms> and click 'book' and fill in your details. Alternatively, you can contact Aoife Rodgers on 028 7126 6946 and she will help you book online.



Thursday 29th October

Spooky Walk

2.00pm – 3.30pm

Walk around the city centre and discover some ghostly tales. Dress up and let your inner witch or wizard out for a socially distanced walk. Remember to socially distance. Bring Halloween mask and discover where things have bumped in the night. Meet at the Guildhall Steps.

Contact 028 7134 7478 or email development@olderpeoplenorthwest.org to register.

REGIONAL EVENTS

Sunday 4th October

Silver Sunday Age-Friendly
Museums Day
10.30am – 1.00pm



Come along to the Ulster Museum for a socially distanced visit, refreshments and a chance to chat and find out what's going on over October.

Please call 028 9044 0000 to book.

Monday 5th October

Cookery Demo
2.00pm

Join Alex Connell, Roving Chef from Vegetarian for Life for a cookery demonstration. Come along to watch and be inspired via Zoom.

To book please call 077 1368 4705 or email postiveageingmonth@belfastcity.gov.uk

Tuesday 6th October

Talk on Early Belfast
2.00pm

Join John Bradbury for an overview of early Belfast - the streets, citizens like Henry Joy McCracken, Mary Ann McCracken and Arthur Chichester etc.

Join via Facebook live on; Dementia Friendly East Belfast Page

Wednesday 7th October

Linking Generations NI
10.30am

Join via Zoom to find out more about Linking Generations and how they can support you with intergenerational work.

To book please email Info@gni@bjf.org.uk

More Money in your Pocket
3.00pm-4.00pm

Join Brenda Kearns from Age NI –to learn more about Entitlements via Zoom.

Book a place by calling 028 9089 2606

Monday 12th October

Slipped Disco

The Slipped Disco as never before!

Via Zoom and Facebook live at; Engage With Age Page.

To find out more and book a place phone 028 9073 5696 or email martin.towers@engagewithage.org.uk

Tuesday 13th October

Be Ready NI
2.30pm – 3.30pm

Join via Zoom to hear from Claire Carlton Resilience Manager, Belfast Emergency Preparedness Group on being prepared for all types of emergencies from severe weather warnings, flood and other crisis situations.

To book please call 077 1368 4705 or email postiveageingmonth@belfastcity.gov.uk

Wednesday 14th October

Learning and Older people
2.00pm

An interactive webinar with speakers looking at learning provision for older people and its benefits. Participants will be encouraged to

share views on how provision in NI could be improved.

To book please register at www.eventbrite.co.uk/x/older-people-and-learning-webinar-tickets-119445142637

Slow Down afternoon
at The Ulster Museum (Belfast)
Arrive from 3.00pm to 4.00pm



Enjoy the museum at a slower pace.
You must book by calling 028 9044 0000

Thursday 15th October

Shop Well, Store Well, Eat Well
Ideas Session
2.00pm

Join Grainne, a Dietitian from Active Belfast Team via Zoom to learn about what good staples to have in cupboards and how to eat well when shopping less.

To book please call 077 1368 4705 or email postiveageingmonth@belfastcity.gov.uk

Friday 16th October

Create your own at home Tea Dance
3.00pm – 4.00pm

Grab a cuppa and take a trip down memory lane with a live zoom performance from Rosie and Gary Hunter.

To book call 077 1368 4705 or email postiveageingmonth@belfastcity.gov.uk

Slow Down Afternoon
at The Ulster American Folk
Museum (Omagh)
Arrive from 3.00pm to 4.00pm



Enjoy the museum FREE and at a slower pace.
You must book by calling 028 9039 5292 and quote ACCESS 3.

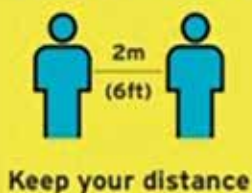
Monday 19th October

Zoom Cook-A-Long Session
2.00pm

Join Alex Connell, Roving Chef from Vegetarian for Life via Zoom for a cook-a-long. We will get you a list of ingredients beforehand if you want to cook along.

To book call 077 1368 4705 or email postiveageingmonth@belfastcity.gov.uk

Corona Virus • STAY SAFE • SAVE LIVES



Keep your distance



Cough or sneeze into
your elbow, or a tissue
and dispose in a bin



Don't touch
your face



Wash your hands
well and often

20
secs



Download the
StopCOVID NI app



You must use face coverings in enclosed spaces like
shops, healthcare settings and on public transport.

Tuesday 20th October

Breast Awareness Screening

2.00pm

The Women's Resource and Development Agency will deliver an awareness session including a practical demonstration on how to check your breasts and the signs and symptoms to look for. Delivered via Zoom. To book a place please email positiveageingmonth@belfastcity.gov.uk or phone 077 1368 4705

Wednesday 21 October

Active Ageing Strategy – Creating an Age Friendly Region

11.00am – 1.00pm

An interactive panel discussion with local experts on the existing Active Ageing Strategy, how well it's working and what we can improve in a future strategy. Delivered via Zoom. Numbers are limited so to book a place please email age.friendly@communities-ni.gov.uk

Wednesday 21 October

The Big Quiz

3.00pm

Join us via zoom for a quiz with a difference. To book a place please email positiveageingmonth@belfastcity.gov.uk or phone 077 1368 4705

Thursday 22nd October

Energy Efficiency in the Home - Getting the most from the energy we use

11.00am

An overview of fuel poverty and the impact of cold homes. Find out about energy efficient heating, lighting, appliances, keeping the heat where it is needed, comparing and switching energy suppliers, advice and support available in Northern Ireland. Delivered via Zoom. To book please phone 077 1368 4705 or email positiveageingmonth@belfastcity.gov.uk

**Move
with Mary**



Visit ageni.org/movewithmary to join in.



**Age Friendly
Network NI**



Friday 23rd October

Slow Down Afternoon at The
Ulster Folk Museum (Cultra)

Arrive from 3.00pm to 4.00pm

NNNI NATIONAL MUSEUMS NI

Enjoy the museum FREE and at a slower pace
You must book by calling 028 9039 5292 and
quote ACCESS 3.

Tuesday 27th October

Understanding Pensions and
Finances

10.30am – 12.00pm

These sessions are funded by the National

Lottery and are open to individuals aged 50+.
This overview will allow participants to take
stock of where they are now and where they
want to be in later life. Improve confidence
and motivation and gain focus and direction
for future planning.

Topics covered: Your state pension,
understanding types of private pensions,
tax rates and the impact on drawing down
a pension loan and interest rates, budget
planning, debt/APR rates, legal issues to
consider in later life.

Delivered via Microsoft Teams.
To registration contact Rosie on 079 1814 8575
or email rosie.smyth@ageni.org

028 9260 0477

For your FREE Home Fire Safety Check



**STOP
FIRE**

**HOME FIRE
SAFETY CHECK**

**Northern Ireland
Fire & Rescue Service**
Protecting Our Community

Wednesday 28th October

Career and Health & Wellbeing Virtual Session

10.30am – 12.00pm

Do you need support with career change/
promotion or finding a job and leading a
healthy life?

These sessions are funded by the National
Lottery and are open to individuals aged 50+.
This overview will allow participants to take
stock of where they are now and where they
want to be in later life, improve confidence
and motivation and gain focus and direction
for future planning.

Topics Covered: Career planning, transferable
skills, work values, caring and your rights
in work, impact of a sedentary lifestyle,
psychological factors impacting our mental
health during lockdown, managing your
mental wellbeing during and post COVID-19
and gentle exercises and breath work to relieve
stress.

Delivered via Microsoft Teams.

To registration contact Rosie on 079 1814 8575
or email rosie.smyth@ageni.org

Thursday 29th October

Bowel Cancer Screening **11.00am**

The Women's Resource and Development
Agency will raise 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 please email
positiveageingmonth@belfastcity.gov.uk or
phone 077 1368 4705

Friday 30th October

Belfast City Cemetery Virtual Tour Delivered Via Zoom

To book a place please call 077 1368 4705 or
email positiveageingmonth@belfastcity.gov.uk



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 [www.librariesni.org.uk/
Digital-Help/Pages/default.aspx](http://www.librariesni.org.uk/Digital-Help/Pages/default.aspx)

GO on ni **libraries ni**

You can help yourself stay well this winter

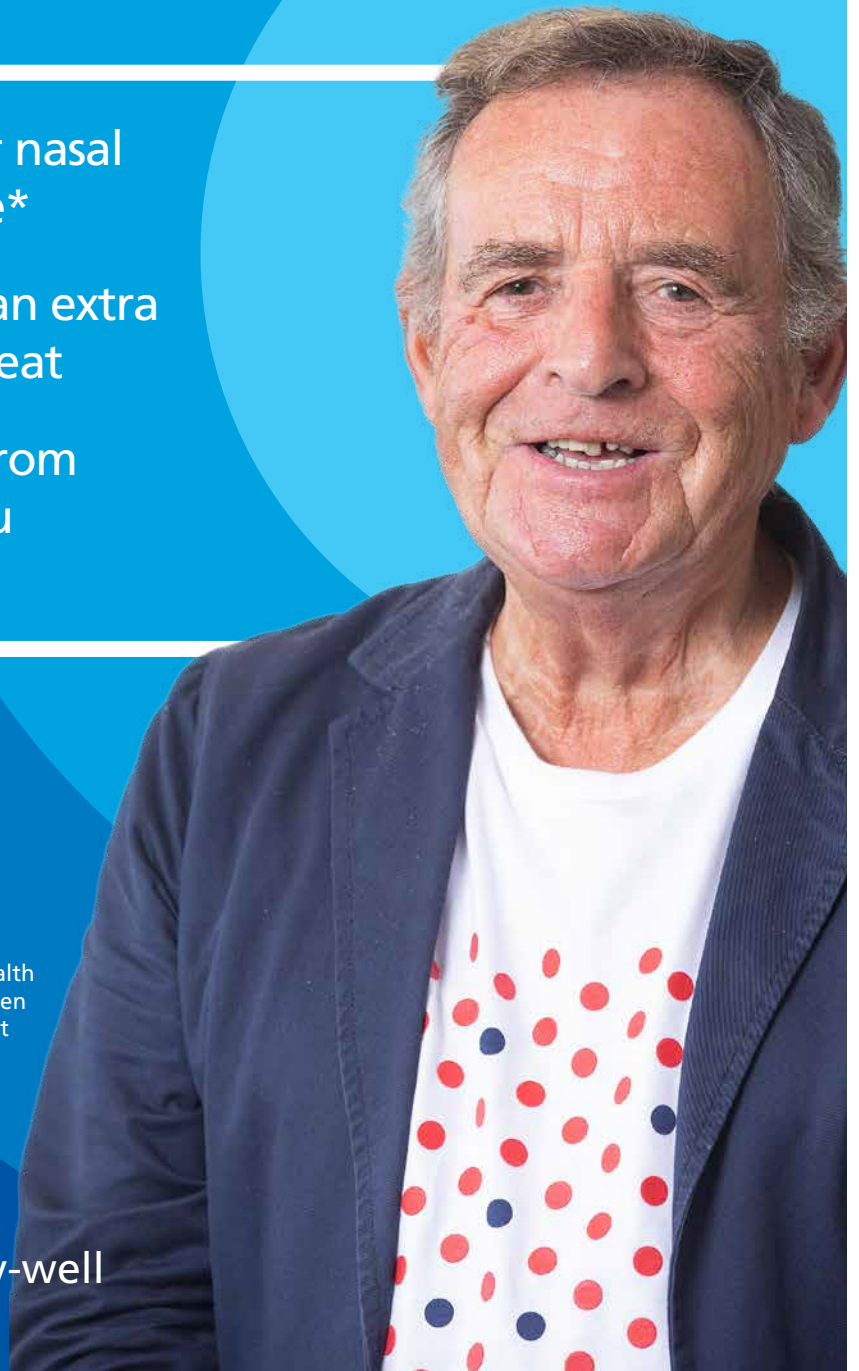
- Get the free flu jab or nasal spray if you're eligible*
- Keep warm – put on an extra layer or turn up the heat
- Get help and advice from your pharmacist if you start to feel unwell

**STAY WELL
THIS WINTER**

* Free for over-65s, people with a long-term health condition, pregnant women, pre-school children aged 2-4, primary school children and carers at home.

#StayWellNI

www.nidirect.gov.uk/stay-well



VIRTUAL EVENTS

Gentle Exercise with U3A 20 minute video clip of Mervyn's Keep Fit for Seniors

Access it on
<https://youtu.be/5Tkebo-admM>

Learn how to bake pizza in English & Basic Italian

7 minutes video clip of how to bake
pizza in English and Basic Italian

Access it on
<https://youtu.be/EE5H8Hx8LXU>



“Thanks to U3A I've made new friends and been able to take part in many activities. It's been a lifesaver.”
Service User from U3A



blue badge
smartpass

Are you getting all the money, supports and services you're entitled to?

With just one simple call, text or email you can find out.

make the call
0800 232 1271*

disability

text: CHECK to 67300*
email: makethecall@dfcni.gov.uk
visit: nidirect.gov.uk/makethecall

Department for Communities
www.communities.ni.gov.uk

*network charges may apply

benefits

HSC Western Health and Social Care Trust

WALKING FOR HEALTH

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 4180 (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 •

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.