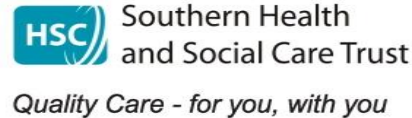


Positive Ageing Calendar of events NI/ Newry Mourne & Down Council Area – October 1<sup>st</sup> – October 31<sup>st</sup> 2020



Thursday 1<sup>st</sup>  
October

**Gentle Exercise with Mary Havern Time: 11am**

Delivered via Zoom – follow link and then enter ID and passcode when prompted

<https://us02web.zoom.us/j/4652464161?pwd=ZUNOMGJnM0ZW5m9TTWRmOUNrWFgrdz09>

**Meeting ID: 465 246 4161 Passcode: 7usLiS**

*any difficulties accessing the activity contact Denise McBride [denise.nmscc@gmail.com](mailto:denise.nmscc@gmail.com)*

**Virtual Book Launch** - "Critical Questions for Ageing Societies" written by Gemma M. Carney and Paul Nash. Please register for the event here: <https://tinyurl.com/y5y8ms26>

**Mood Matters**

This is a mental health awareness programme particularly for those who may be experiencing low mood, stress or mild to moderate depression. Duration 2 hours. This programme is funded by SHSCT and is therefore free to participants.

Click the following link to register for a place:

<https://www.aware-ni.org/booking-mood-matters-adults/>

**Kilkeel Community Association**

Are you over the age of 50? Do you live in the Mournes area? If so join us on Thursdays for social activity and refreshments

[Type text]

<https://www.ageuk.org.uk/northern-ireland/>

[Type text]

	For further information contact Bernie on 07761267276
<b>Friday 2<sup>nd</sup> October</b>	<p><b><u>PLACE-EE Transnational Cultural Heritage Archive – Webinar</u></b>      <b><u>Time: 14:00-15:30</u></b></p> <p>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).</p> <p>Delivered via Zoom Register in advance for this webinar:</p> <p><a href="https://zoom.us/webinar/register/WN_o5sITS_gQnCWuKdYumDzKA">https://zoom.us/webinar/register/WN_o5sITS_gQnCWuKdYumDzKA</a></p>
<b>Saturday 3<sup>rd</sup> October</b>	<p><b><u>Zero Suicide Alliance Training</u></b></p> <p>Zero Suicide Alliance offers a free ‘3 step’ awareness training programme which provides a better understanding of the signs to look out for and the skills required to approach someone who is struggling, whether that be through social isolation or suicidal thoughts.</p> <p><a href="#">Click here to take the course</a></p>
<b>Sun 4<sup>th</sup> October</b>	<p><b><u>Silver Sunday Age-friendly Museums Day</u></b>    <b><u>Time: 10.30pm to 1pm</u></b></p> <p>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, have a walk in Botanic gardens and make a day off it.</p> <p>Call 028 90 440000 to book in.</p>
<b>Mon 5<sup>th</sup> October</b>	<p><b><u>Book of the Week</u></b></p> <p><b>Every Monday</b> in October Libraries NI will recommend a book that will inspire, enlighten and challenge your perception of ageing.</p> <p>Follow on twitter @LibNIDigital</p>

**Cookery Demo Time: 2pm**

Alex Connell, Roving Chef from Vegetarian for Life is going to do a cookery demo. Come along and watch and be inspired Via Zoom To book call 07713684705 or email [postiveageingmonth@belfastcity.gov.uk](mailto:postiveageingmonth@belfastcity.gov.uk)

**U3A Newry**

Yoga **time: 9.30am,**

Walk and Talk **time: 11.00am** (Weather Dependant),

Ardrang **Time 11.00am** via Zoom

Photoshop Elements **Time : 11.00am** via Zoom

Line dancing **time 2.00pm,**

for further details on how to register for any of the activities above please contact [newryu3a@btconnect.com](mailto:newryu3a@btconnect.com)

**Good Morning and Good Day Volunteer Training Confederation Of Community Groups (CCG)**

Description: With many volunteer roles not open due to Covid restrictions, with the Good Morning and Good Day telephone support services, you can now volunteer from the comfort of your own home. All you need is a laptop, and an internet connection. If you like conversation, and would like to brighten up someone's day with a simple chat, this role could be a very worthwhile way of passing time over the winter months. All through October we will recruiting and training up volunteers and offering them the support they need for the role. You will also be joining a great volunteer team, with social opportunities and additional training events through April 2021.

Contact : Conor [ckeenan@ccgnewrycommunity.org](mailto:ckeenan@ccgnewrycommunity.org) , Pat [pquinn@ccgnewrycommunity.org](mailto:pquinn@ccgnewrycommunity.org), or call Ballybot House on 028 302 61022

**Chair Based Exercise with Mary Havern**

Topic: Denise McBride's Zoom Meeting **Time: Oct 5, 2020 02:00 PM London**

	<p>Join Zoom Meeting <a href="https://us02web.zoom.us/j/4652464161?pwd=ZUNOMGJnM0ZWSm9TTWRmOUNrWFgrdz09">https://us02web.zoom.us/j/4652464161?pwd=ZUNOMGJnM0ZWSm9TTWRmOUNrWFgrdz09</a></p> <p>Meeting ID: 465 246 4161 Passcode: 7usLiS</p> <p>Delivered via Zoom – follow link and then enter ID and passcode when prompted</p> <p><i>any difficulties accessing the activity contact Denise McBride <a href="mailto:denise.nmscc@gmail.com">denise.nmscc@gmail.com</a></i></p>
<p><b>Tues 6</b></p>	<p><b><u>Talk on Early Belfast</u> Time : 2pm</b>  Come and Join John Bradbury giving an overview of early Belfast - the streets, citizens like Henry Joy McCracken, Mary Ann McCracken, Arthur Chichester etc Via Facebook live on Dementia Friendly East Belfast Page</p> <p><b><u>Kilkeel Development Association</u></b>  <b><u>Strength &amp; Balance Taster Session with Kelly</u> Time 11:00am – 12:00noon &amp; 2:00pm – 3:00pm</b>  Nautilus Centre, Rooney Road, Kilkeel BT34 4AG  FOC – Max 6 per session  To book T: 028 4176 2525</p> <p><b><u>An Tobar Silverbridge</u> Time: 12:20 – 2:30</b>  Event: Cara Café for seniors  Location: An Tobar (Finnegans Nursery &amp; Gardening centre) Silverbridge no registration required</p> <p><b><u>U3A Newry</u></b></p> <p>Gardening <b>time 11.00am</b> (Weather Dependant)  Italian Beginners &amp; Intermediate <b>time: 1.00am via Zoom</b>  Spanish Beginners <b>time: 11.00 to 1.00pm via Zoom</b></p>

	<p>Art outside- - sketching in the fresh air” <b>time: 1.00pm</b></p> <p>for further details on how to register <a href="mailto:newryu3a@btconnect.com">newryu3a@btconnect.com</a></p>
<p><b>Wed 7<sup>th</sup> October</b></p>	<p><b><u>Connecting Generations! We are all in this Together! Time: 10.30am</u></b></p> <p>Linking Generations Northern Ireland (LGNI) is hosting a session to share ideas of how to stay connected during this time. Come and hear all about what we do and the great things older and younger people can do together.</p> <p><b>Delivered via zoom</b></p> <p>To book <a href="mailto:lynn.heatley@bif.org.uk">lynn.heatley@bif.org.uk</a></p> <p><b><u>More Money in your Pocket Time: 3pm-4pm</u></b></p> <p>Join Brenda Kearns from AgeNI to find out how to claim the right benefits in later life Delivered via Zoom to register contact Michele Young, Age NI 028 90 892606 <a href="mailto:Michele.young@ageni.org">Michele.young@ageni.org</a></p> <p><b><u>U3A Newry</u></b></p> <p>Irish Beginners <b>time: 9.45 to 10.45 via Zoom</b></p> <p>Golf <b>Time : 10.30 am</b> (Weather Dependant),</p> <p>Spanish Advanced <b>Time: 1.00pm via Zoom</b></p> <p>Irish Meanrang <i>Additional online support for those studying Irish Members can shape the future content by making</i></p>

	<p><i>recommendations Bitesize items across all levels (A1&gt;C2 on CEFR grid) Prepared by Séamus (U3A Meánrang Tutor) and available until mid-term initially</i></p> <p>for further details on how to register for activity above contact <a href="mailto:newryu3a@btconnect.com">newryu3a@btconnect.com</a></p> <p><b><u>Southern Health &amp; Social Care Trust</u></b>  Event: mPower Community Navigators and Wellbeing Plans (delivered via Zoom) <b>time: 10am</b>  Target group: Over 65s only – must have 1 existing health condition  Description: This session will introduce you to local Community Navigators and inform participants about wellbeing plans, how they can get involved and how these can impact on overall general health.  Contact Aidan McCabe, SHSCT MPower Implementation Lead 07789512204  <a href="mailto:Aidan.mccabe@southerntrust.hscni.net">Aidan.mccabe@southerntrust.hscni.net</a> to get Zoom meeting code</p>
<p><b>Thurs 8<sup>th</sup> October</b></p>	<p><b><u>U3A Newry</u></b>  Irish Bunrang <b>Time: 9.45 to 10.45 on Zoom</b></p> <p>Cycling <b>Time 11.00 am,</b> (Weather Dependant)</p> <p>for further details on how to register for above activity contact <a href="mailto:newryu3a@btconnect.com">newryu3a@btconnect.com</a></p> <p><b><u>Newtown Mens Shed</u></b>  Gentle fitness classes <b>@ 11am every Thursday</b> finishing with free lunch for participants  To register or for more details contact <a href="mailto:peterhaughey89@outlook.com">peterhaughey89@outlook.com</a></p> <p><b><u>Kilkeel Community Association</u></b>  Are you over the age of 50? Do you live in the Mourne area? If so join us on Thursdays for social activity and refreshments  For further information contact Bernie on 07761267276</p> <p><b><u>Newry &amp; Mourne Community Transport</u></b>  Do you need help getting to hospital &amp; live in the South Armagh area  Contact 028 30265635 for further information</p>

	Dial a Lift, funded by rural transport fund, to register contact 028 30265635
<b>Fri 9<sup>th</sup> October</b>	<p><b><u>U3A Newry</u></b>  Beginners French <b>time:11.00 to 1.00pm via Zoom</b></p> <p>for further details on how to register <a href="mailto:newryu3a@btconnect.com">newryu3a@btconnect.com</a></p> <p><b><u>SOIL association</u></b>    <b>time: 2pm – 3pm</b></p> <p>‘Connecting through Good Food and Storytelling’ - Ann Ward, Food for Life Get Togethers will facilitate an online session around what good food is and how it is a powerful connector especially at this time. She will support participants to explore food through storytelling and the senses and will share information on programme support, resources and small grants. Please feel free to bring your favourite recipe!</p> <p>Join Ann on Friday 9<sup>th</sup> October <b>2pm – 3pm.</b>  To join in contact Sandra from Volunteer Now to register and get your log on details.  To register email Sandra at <a href="mailto:Sandra.faulkner@volunteernow.co.uk">Sandra.faulkner@volunteernow.co.uk</a></p> <p><b><u>SPACE Newry</u></b>  Slieve Gullion Home 2 Hospital Scheme &amp; Mourne Home2 Hospital Scheme  Description: DO you live in these areas? Are you over 60+ DO you need help getting to out of area hospital appointments?  Contact; SPACE 028 30835764</p>
<b>Saturday 10<sup>th</sup></b>	<p><b><u>Stress Control</u></b>  The PHA funds free Stress Control programmes that teach skills and techniques for managing stress. Topics covered include what stress is, controlling your body, controlling your thoughts, controlling your actions, managing panicky feelings, getting a good night’s sleep and planning for the future.  <a href="#">Click here to take the course</a></p>
<b>Sunday 11<sup>th</sup></b>	<b><u>Southern Health &amp; Social Care Trust</u></b>


	<p><b><u>Living Life to the Full</u></b>  This is a six week programme using a CBT approach. It introduces participants to the ‘Five Areas Approach’ which illustrates that events and situations in our lives affect how we think, how we feel, how we behave and also affect us physically. <a href="#">This programme is funded by SHSCT and is therefore free to participants.</a>  <a href="https://www.aware-ni.org/booking-living-life-to-the-full/">Click the following link to register for a place: https://www.aware-ni.org/booking-living-life-to-the-full/</a></p>
<p><b>Mon 12<sup>th</sup> October</b></p>	<p><b><u>Libraries NI</u></b>  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</p> <p><b><u>Action Mental Health</u></b>  Action Mental Health session 1 for Individuals <b>Time 11.30am -1pm</b>  Action Mental Health session 1 for group leaders <b>Time 2.30pm -4pm</b>  For more information and to register contact  Michele Young, Age NI  028 90 892606 <a href="mailto:Michele.young@ageni.org">Michele.young@ageni.org</a></p> <p><b><u>The Virtual Slipped Disco!</u> Time: 8pm -8.45pm</b>  The Slipped Disco as never before, get dressed up and come and join us for a boogie in your living room!  Via Zoom and Facebook live at Engage With Age Page  Book to find out more 028 9073 5696 or email <a href="mailto:Eamon.Quinn@engagewithage.org.uk">Eamon.Quinn@engagewithage.org.uk</a></p> <p><b><u>Confederation Of Community Groups Newry</u></b>  Good Morning and Good Day Volunteer Training Confederation Of Community Groups (CCG)  Description: With many volunteer roles not open due to Covid restrictions, with the <a href="#">Good Morning and Good Day telephone support services</a>, you can now volunteer from the comfort of your own home. All you need is a laptop, and an internet connection. If you like conversation, and would like to <a href="#">brighten up someone’s day with a simple chat</a>, this role could be a very worthwhile way of passing time over the winter months. All through October we will recruiting and training up volunteers and</p>



	<p>offering them the support they need for the role. You will also be joining a great volunteer team, with social opportunities and additional training events through April 2021.  Contact : Conor <a href="mailto:ckeenan@ccgnewrycommunity.org">ckeenan@ccgnewrycommunity.org</a> , Pat <a href="mailto:pquinn@ccgnewrycommunity.org">pquinn@ccgnewrycommunity.org</a>, or call Ballybot House on 028 302 61022</p>
<p><b>Tues 13<sup>th</sup> October</b></p>	<p><b><u>Action Mental Health</u></b>  session 2 for Individuals <b>time: 11.30am -1pm</b>  session 2 for group leaders <b>2.30pm -4pm</b>  For more information and to register contact Michele Young, Age NI 028 90 892606 <a href="mailto:Michele.young@ageni.org">Michele.young@ageni.org</a></p> <p><b><u>Be Ready NI</u></b> <b>Time: 2.30pm-3.30pm</b>  Come and 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  Via Zoom  To book call 07713684705 or email <a href="mailto:postiveageingmonth@belfastcity.gov.uk">postiveageingmonth@belfastcity.gov.uk</a></p> <p><b><u>An Tobar Silverbridge</u></b>  <b>Time: 12:20 – 2:30</b>  Event: Cara Café for seniors  Location: An Tobar (Finnegans Nursery &amp; Gardening centre) Silverbridge</p> <p><b><u>Southern Health &amp; Social Care Trust</u></b>  Event: mPower Understanding Virtual Visiting your GP or any other health care worker(delivered via Zoom) <b>Time 10am</b>  Target group: Over 65s only – must have 1 existing health condition  Description: This session will build participants knowledge of what health service disciplines offer virtual visiting and assist you in virtual visiting  Contact Aidan McCabe, SHSCT MPower Implementation Lead 07789512204</p>

	<p><a href="mailto:Aidan.mccabe@southerntrust.hscni.net">Aidan.mccabe@southerntrust.hscni.net</a> to get Zoom meeting code</p> <p><b><u>Chair Based Exercise with Mary Havern</u></b></p> <p>Time: Oct 13, 2020 07:00 PM London</p> <p>Join Zoom Meeting  <a href="https://us02web.zoom.us/j/4652464161?pwd=ZUNOMGJnM0ZWSm9TTWRmOUNrWFgrdz09">https://us02web.zoom.us/j/4652464161?pwd=ZUNOMGJnM0ZWSm9TTWRmOUNrWFgrdz09</a></p> <p>Meeting ID: 465 246 4161  Passcode: 7usLiS</p>
<p><b>Wed 14<sup>th</sup> October</b></p>	<p><b><u>Learning and Older people</u> time: 2pm</b>  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 go to <a href="https://www.eventbrite.co.uk/x/older-people-and-learning-webinar-tickets-119445142637">https://www.eventbrite.co.uk/x/older-people-and-learning-webinar-tickets-119445142637</a></p> <p><b><u>Slow Down afternoon</u></b> at The Ulster Museum (Belfast)  Enjoy the museum at a slower pace <b>Arrive from 3pm to 4pm</b>  You must book by calling 02890440000</p> <p><b><u>Listen Share Change Taster Session</u> time: 3pm</b>  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.  Delivered via Zoom or by phone using a Freephone number.  To book follow the link: <a href="https://www.theverbal.co/book-wellread-digital-reading-rooms">https://www.theverbal.co/book-wellread-digital-reading-rooms</a></p>
<p><b>Thurs 15<sup>th</sup></b></p>	<p><b><u>Shop well, eat well, and feel great!</u> Time 2pm</b></p>

<p><b>October</b></p>	<p>The session will be delivered by a Registered dietitian and will focus on the importance of eating well for good health and wellbeing. As we get older it's worth taking time to check how well we are eating. The session will give practical tips on including nourishing foods in the right amounts. It will give ideas on how we can achieve a tasty, healthy diet that's not too expensive. Via Zoom To book call 07713684705 or email <a href="mailto:postiveageingmonth@belfastcity.gov.uk">postiveageingmonth@belfastcity.gov.uk</a></p> <p><b><u>Volunteer Now</u></b> Involving Volunteers at Events listen to how successful festivals such as Breastival and Mela moved their festival to online this year – use this as a shared learning event for anyone hoping to do the same For further details contact <a href="mailto:raquel.rodrigues.keenen@volunteernow.co.uk">raquel.rodrigues.keenen@volunteernow.co.uk</a></p> <p><b><u>Kilkeel Development Association</u></b> <b>Over 60s Zumba Taster Session with Nicola</b> Thursday 15<sup>th</sup>   22<sup>nd</sup>   29<sup>th</sup> October 2020 10:00am – 11:00am Nautilus Centre, Rooney Road, Kilkeel BT34 4AG £2pp - Max 10 per session To book T: 028 4176 2525 (<i>First come first served basis</i>)</p> <p><b><u>Kilkeel Community Association</u></b> Are you over the age of 50? Do you live in the Mourne area? If so join us on Thursdays for social activity and refreshments For further information contact Bernie on 07761267276</p> <p><b><u>Newry &amp; Mourne Community Transport</u></b> Do you need help getting to hospital &amp; live in the South Armagh area Contact 028 30265635 for further information Dial a Lift, funded by rural transport fund, to register contact 028 30265635</p>
<p><b>Fri 16<sup>th</sup></b></p>	<p><b><u>Create your own at home Tea Dance</u> time:3pm - 4pm</b></p>

<p><b>October</b></p>	<p>Grab a cuppa and take a trip down memory lane with a live zoom performance from Rosie and Gary Hunter Via Zoom To book call 07713684705 or email <a href="mailto:postiveageingmonth@belfastcity.gov.uk">postiveageingmonth@belfastcity.gov.uk</a></p> <p><b><u>Slow Down Afternoon at The Ulster American Folk Museum</u></b> (Omagh) Enjoy the museum FREE and at a slower pace Arrive from <b>3pm to 4pm</b> You must book by calling 002890395292 and quoting ACCESS 3</p> <p><b><u>Mourne Seafood Cookery School Kilkeel</u></b> – Seafood Friday Demo &amp; Taster Session Friday 16<sup>th</sup>   23<sup>rd</sup>   30<sup>th</sup> October 2020 <b>Time: 1:00pm – 2:00pm</b> Nautilus Centre, Rooney Road, Kilkeel BT34 4AG £7.50pp – Max 8 per session To book T: 028 4176 2525</p> <p><b><u>SPACE Newry</u></b> Event: Slieve Gullion Home 2 Hospital Scheme &amp; Mourne Home2 Hospital Scheme Description: DO you live in these areas? Are you over 60+ DO you need help getting to out of area hospital appointments? Contact; SPACE 028 30835764</p>
<p><b>Saturday 17<sup>th</sup> October</b></p>	<p><b><u>Sean Collins Health Trainer</u></b> Chair based exercise: <a href="https://youtu.be/kXxCOOEgoGY">https://youtu.be/kXxCOOEgoGY</a> Chi Mi <a href="https://youtu.be/NTZCSpU9jl4">https://youtu.be/NTZCSpU9jl4</a></p>
<p><b>Sunday 18<sup>th</sup></b></p>	<p><b><u>Southern Health &amp; Social Care Trust</u></b> Looking after your mental health Take 5 Steps to Wellbeing Delivered via Vimeo – follow link <a href="https://vimeo.com/460968922">https://vimeo.com/460968922</a></p> 

**Mon 19<sup>th</sup>  
October**

Get Online Week 19-25 October 2020 - Do you need any digital help with a device or skill?

Go ON NI provides free training and advice for any digital problem. A new virtual programme has been established to help anyone go online for the first time, improve digital skills and show you more about using smartphone and tablet devices all via the use of technology and the telephone. The website <https://www.nidirect.gov.uk/go-on-ni> has all the information for e-learning, zoom training on many topics (such as e-mail, social media, iPads, e-magazines, device settings ), how to stay safe online, resources and tools to improve your skills, get and stay connected and work and enjoy life remotely and much, much more.

If you cannot find what you are looking for or have a particular training request as an individual or as a group – just contact the Go ON NI team at email [future@finance-ni.gov.uk](mailto:future@finance-ni.gov.uk) or telephone 02890 254741.

**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

**cook a long session Time: 2pm**

Alex Connell, Roving Chef from Vegetarian for Life is going to do a cook along. We will get you a list of ingredients beforehand if you want to cook along. **Via Zoom**

To book call 07713684705 or email [postiveageingmonth@belfastcity.gov.uk](mailto:postiveageingmonth@belfastcity.gov.uk)

**Volunteer Now 11.30am – 12.30pm**

Choose volunteering and take a step to improving your health and wellbeing. There is a strong body of evidence which shows that volunteering provides benefits not just to service user and wider communities, but also to the volunteers themselves in terms of their enhanced health and wellbeing.

To find out more join Volunteer Now and a selection of local organisations on Monday 19<sup>th</sup> Oct from 11.30am – 12.30pm to hear about volunteering in the Newry area

To join in contact Sandra to register and get your log on details.

To register email Sandra at [Sandra.faulkner@volunteernow.co.uk](mailto:Sandra.faulkner@volunteernow.co.uk)

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<https://www.ageuk.org.uk/northern-ireland/>

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	<p><b><u>Newtown Mens Shed</u></b>  Wood turning workshop running for 6 sessions 19<sup>th</sup> 21<sup>st</sup> 26<sup>th</sup> 28<sup>th</sup> October &amp; 2<sup>nd</sup> 4<sup>th</sup> November  To register or for more details contact <a href="mailto:peterhaughey89@outlook.com">peterhaughey89@outlook.com</a></p>
<p><b>Tues 20<sup>th</sup> October</b></p>	<p><b><u>Dementia Awareness training</u> Time: 10am-12pm</b>  The aim of this session is to help you to develop your knowledge of dementia, increase your confidence and skills to help you relate, communicate and support someone with dementia and become a Dementia Friend. Each participant will receive a certificate and a dementia friends pin badge.  To book email <a href="mailto:davina@ebcda.org">davina@ebcda.org</a> or via Eventbrite <a href="https://www.eventbrite.co.uk/e/119878992293">https://www.eventbrite.co.uk/e/119878992293</a></p> <p><b><u>Breast awareness and Breast Screening</u> Time: 2pm</b>  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 email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p> <p><b><u>Newry Mourne &amp; Down District Council</u></b>  <b>Home Safety information session</b> Time: 10.00am, to register please contact contact Catherine Lynch, email <a href="mailto:Catherine.lynch@nmandd.org">Catherine.lynch@nmandd.org</a></p> <p><b><u>An Tobar Silverbridge</u> Time: 12:20 – 2:30</b>  Event: Cara Café for seniors  Location: An Tobar (Finnegans Nursery &amp; Gardening centre) Silverbridge</p> <p><b><u>Southern Health &amp; Social Care Trust</u></b>  Event: mPower What impact does digital wellbeing/community at home have on our health? (delivered via Zoom) <b>Time 10am</b>  Target group: Over 65s only – must have 1 existing health condition</p>

	<p>Description: This session will demonstrate how the use of technology can help improve general wellbeing  Contact Aidan McCabe, SHSCT MPower Implementation Lead 07789512204  <b><u><a href="mailto:Aidan.mccabe@southerntrust.hscni.net">Aidan.mccabe@southerntrust.hscni.net</a></u> to get Zoom meeting code</b></p>
<p><b>Wed 21<sup>st</sup> October</b></p>	<p><b><u>Active Ageing Strategy – Creating an Age Friendly Region</u> Time: 11am – 12pm</b>  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  To book email <a href="mailto:age.friendly@communities-ni.gov.uk">age.friendly@communities-ni.gov.uk</a> or go to  <a href="https://www.eventbrite.co.uk/e/active-ageing-strategy-creating-an-age-friendly-region-tickets-121225084491">https://www.eventbrite.co.uk/e/active-ageing-strategy-creating-an-age-friendly-region-tickets-121225084491</a></p> <p><b><u>Big Quiz at Home 3pm</u></b>  Come a join us for a quiz with a difference, do not worry if you are at home on your own, there will be questions and activities that everyone can be a winner in!! There will be prizes, and hopefully a lot of laughs! Just have a pen and some paper ready via zoom  To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p> <p><b><u>Newry Mourne &amp; Down District Council</u></b>  <b>Home Safety information session Time: 2pm</b>, to register please contact contact Catherine Lynch, email <a href="mailto:Catherine.lynch@nmandd.org">Catherine.lynch@nmandd.org</a>  <b><u>Chair Based Exercise with Mary Havern .</u></b></p> <p>Time: Oct 21, 2020 11:00 AM London Join Zoom Meeting  <a href="https://us02web.zoom.us/j/4652464161?pwd=ZUNOMGJnM0ZWSm9TTWRmOUNrWFgrdz09">https://us02web.zoom.us/j/4652464161?pwd=ZUNOMGJnM0ZWSm9TTWRmOUNrWFgrdz09</a></p> <p>Meeting ID: 465 246 4161  Passcode: 7usLiS</p> <p><i>any difficulties accessing the activity contact Denise McBride <a href="mailto:denise.nmscc@gmail.com">denise.nmscc@gmail.com</a></i></p>

<p><b>Thurs 22<sup>nd</sup> October</b></p>	<p><b><u>Energy Efficiency in the Home</u> Time: 11am</b>  Getting the most from the Energy we use  Overview of fuel poverty and the impact of cold homes  Energy efficient heating, lighting, and appliances, keeping the heat where it is needed, comparing and switching energy suppliers, advice and support in Northern Ireland  Delivered via Zoom  To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p> <p><b><u>Newry &amp; Mourne Community Transport</u></b>  Do you need help getting to hospital &amp; live in the South Armagh area  Contact 028 30265635 for further information  Dial a Lift, funded by rural transport fund, to register contact 028 30265635</p> <p><b><u>Kilkeel Development Association</u></b>  <b>Over 60s Zumba Taster Session with Nicola</b>  Thursday 15<sup>th</sup>   22<sup>nd</sup>   29<sup>th</sup> October 2020 10:00am – 11:00am  Nautilus Centre, Rooney Road, Kilkeel BT34 4AG  £2pp - Max 10 per session  To book T: 028 4176 2525 (<i>First come first served basis</i>)</p> <p><b><u>Kilkeel Community Association</u></b>  Are you over the age of 50? Do you live in the Mournes area? If so join us on Thursdays for social activity and refreshments  For further information contact Bernie on 07761267276</p>
<p><b>Fri 23<sup>rd</sup> October</b></p>	<p><b><u>Slow Down Afternoon at The Ulster Folk Museum</u></b> (Cultra)  Enjoy the museum FREE and at a slower pace  Arrive from <b>3pm to 4pm</b>  You must book by calling 002890395292 and quoting ACCESS 3</p>



	<p><b><u>Volunteer Now</u></b>  Volunteer Now's Virtual Men's Health Day for Men aged 50+</p> <p>You are invited to join Volunteer Now's Virtual Men's Health Day. All you need is zoom on your computer, laptop, smart phone or tablet. Join in a day packed with something for every one comedy, fitness, hair care, health advice, hobbies and our on line Ready Steady Cook.</p> <p>For more details contact Sandra Faulkner @ telephone 028 9023 2020 or email <a href="mailto:Sandra.faulkner@volunteernow.co.uk">Sandra.faulkner@volunteernow.co.uk</a></p> <p><b><u>Mourne Seafood Cookery School Kilkeel</u></b> – Seafood Friday Demo &amp; Taster Session  Friday 16<sup>th</sup>   23<sup>rd</sup>   30<sup>th</sup> October 2020 <b>Time: 1:00pm – 2:00pm</b>  Nautilus Centre, Rooney Road, Kilkeel BT34 4AG  £7.50pp – Max 8 per session  To book T: 028 4176 2525</p> <p><b><u>SPACE Newry</u></b>  Event: Slieve Gullion Home 2 Hospital Scheme &amp; Mourne Home2 Hospital Scheme  Description: DO you live in these areas? Are you over 60+ DO you need help getting to out of area hospital appointments?  Contact; SPACE 028 30835764</p>
<p><b>Mon 26<sup>th</sup>  October</b></p>	<p><b><u>Libraries NI</u></b>  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</p> <p><b><u>Confederation of Community Groups</u></b>  Good Morning and Good Day Volunteer Training Confederation Of Community Groups (CCG)  Description: With many volunteer roles not open due to Covid restrictions, with the <a href="#">Good Morning and Good Day telephone support services</a>, you can now volunteer from the comfort of your own home. All you need is a laptop, and an internet connection. If you like conversation, and would like to <a href="#">brighten up someone's day with a simple chat</a>, this role could be a very</p>

	<p>worthwhile way of passing time over the winter months. All through October we will recruiting and training up volunteers and offering them the support they need for the role. You will also be joining a great volunteer team, with social opportunities and additional training events through April 2021.</p> <p>Contact : Conor <a href="mailto:ckeenan@ccgnewrycommunity.org">ckeenan@ccgnewrycommunity.org</a> , Pat <a href="mailto:pquinn@ccgnewrycommunity.org">pquinn@ccgnewrycommunity.org</a>, or call Ballybot House on 028 302 61022</p>
<p><b>Tues 27<sup>th</sup> October</b></p>	<p><b><u>Do you want to understand your pension and finances?</u> Time : 10.30-12pm</b></p> <p>These sessions are funded by the National Lottery and are open to individuals aged 50+</p> <p>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; gain focus and direction for future planning.</p> <p>Topics covered: Your state pension, understanding types of private pensions, Tax rates and the impact on drawing down a pension Loans and interest rates, Budget planning, Debt/APR rates Legal issues to consider in later life</p> <p>Delivered via Microsoft Teams. To Registration contact Rosie <a href="mailto:rosie.smyth@ageni.org">rosie.smyth@ageni.org</a> 07918148575</p> <p><b><u>An Tobar Silverbridge</u></b> Time: 12:20 – 2:30 Event: Cara Café for seniors Location: An Tobar (Finnegans Nursery &amp; Gardening centre) Silverbridge</p> <p><b><u>Southern Health &amp; Social Care Trust</u></b> Event: mPower Combined session, topics include, wellbeing plans, virtual visiting &amp; digital technology in healthcare? (delivered via Zoom) <b>Time 10am</b> Target group: Over 65s only – must have 1 existing health condition Description: This session will provide participants the opportunity to be refreshed on anything learned over the previous 3 weeks and follow up on any questions you may have Contact Aidan McCabe, SHSCT MPower Implementation Lead 07789512204 <a href="mailto:Aidan.mccabe@southerntrust.hscni.net">Aidan.mccabe@southerntrust.hscni.net</a> to get Zoom meeting code</p>

<b>Wed 28<sup>th</sup> October</b>	<p><b><u>Career and health &amp; wellbeing virtual session</u></b>  Do you need support with career change/promotion or finding a job and leading a healthy life? 10.30-12pm  These sessions are funded by the National Lottery and are open to individuals aged 50+  Learning aims: 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; gain focus and direction for future planning.  Topics Covered: Career planning, Transferable skills, and 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, Gentle exercises and breath work to relieve stress  Delivered via Microsoft Teams.  <a href="mailto:rosie.smyth@ageni.org">rosie.smyth@ageni.org</a>  07918148575</p>
<b>Thurs 29<sup>th</sup> October</b>	<p><b><u>Bowel Cancer Screening</u> Time: 11am</b>  The Women’s Resource and Development Agency will 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 email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p> <p><b><u>Kilkeel Development Association</u></b>  <b>Over 60s Zumba Taster Session with Nicola</b>  Thursday 15<sup>th</sup>   22<sup>nd</sup>   29<sup>th</sup> October 2020 10:00am – 11:00am  Nautilus Centre, Rooney Road, Kilkeel BT34 4AG  £2pp - Max 10 per session  To book T: 028 4176 2525 (<i>First come first served basis</i>)</p> <p><b><u>Kilkeel Development Association</u></b>  Peace IV Building Positive Relations Integration Programme Ethnic Minorities Programme  Life Together After Lockdown in the Mournes ~ Information &amp; Advice Open Day on local services  <b>Time: 10:00am – 7:30pm (Drop Inn)</b></p>

	<p>Nautilus Centre, Rooney Road, Kilkeel BT34 4AG</p> <p><b><u>Kilkeel Community Association</u></b>          Are you over the age of 50? Do you live in the Mourne area? If so join us on Thursdays for social activity and refreshments          For further information contact Bernie on 07761267276</p> <p><b><u>Newry &amp; Mourne Community Transport</u></b>          Do you need help getting to hospital &amp; live in the South Armagh area          Contact 028 30265635 for further information          Dial a Lift, funded by rural transport fund, to register contact 028 30265635</p>
<p><b>Fri 30<sup>th</sup> October</b></p>	<p><b><u>Belfast City Cemetery Virtual Tour</u></b>          Via Zoom          To book call 07713684705 or email <a href="mailto:postiveageingmonth@belfastcity.gov.uk">postiveageingmonth@belfastcity.gov.uk</a></p> <p><b><u>Mourne Seafood Cookery School Kilkeel</u></b> – Seafood Friday Demo &amp; Taster Session          Friday 16<sup>th</sup>   23<sup>rd</sup>   30<sup>th</sup> October 2020 <b>Time: 1:00pm – 2:00pm</b>          Nautilus Centre, Rooney Road, Kilkeel BT34 4AG          £7.50pp – Max 8 per session          To book T: 028 4176 2525</p> <p><b><u>SPACE Newry</u></b>          Event: Slieve Gullion Home 2 Hospital Scheme &amp; Mourne Home2 Hospital Scheme          Description: DO you live in these areas? Are you over 60+ Do you need help getting to out of area hospital appointments?          Contact; SPACE 028 30835764</p>