

Age-  
friendly  
Belfast



# Positive Ageing Month

October 2021



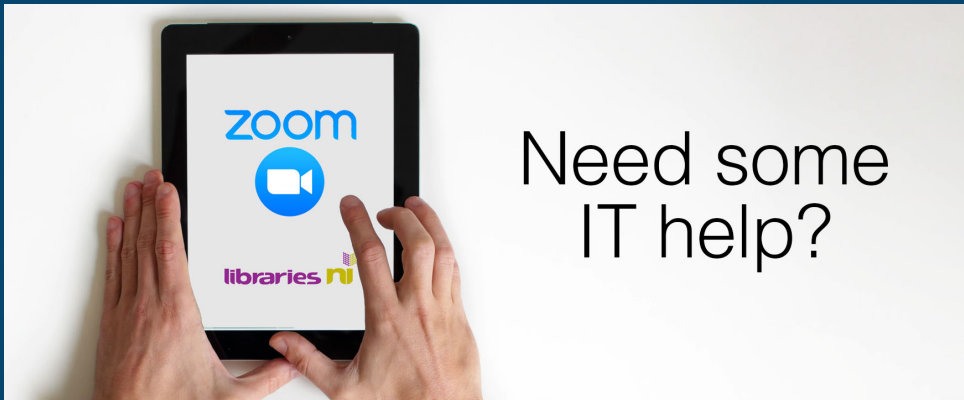
**Making life better,  
together**

*Belfast Strategic Partnership*



A month-long festival of events  
and activities for older people

#PositiveAgeingMonth  
[www.belfastcity.gov.uk/  
positiveageingmonth](http://www.belfastcity.gov.uk/positiveageingmonth)



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](http://librariesni.org.uk)



#PositiveAgeingMonth

## A month-long festival of events and activities for older people

**Positive Ageing Month celebrates the contribution that older people make to their communities and the city of Belfast.**

Now in its sixth year, the festival looks different again this year but still has activities to suit all tastes. Unfortunately, there will be no big get togethers but we hope people will still be able to connect in some way.

**Booking is essential for most events this year so please check details.**

Gillian McEvoy 07713684705  
Elma Greer 07967646146  
[positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)  
[www.makinglifebettertogether.com](http://www.makinglifebettertogether.com)

The details in this brochure were correct at the time of going to print. Each event organiser reserves the right to make changes to the published programme, so please check with the individual venue.

Friday  
1 October

Age-friendly Belfast  
invites you to the

## Virtual Age-friendly Belfast Convention 2021

Friday 1 October  
10.30am - 12pm

A Celebration of International Older Persons Day, Positive Ageing Month and Age-friendly Belfast.

Call 07713684705 or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk) to receive details on how you can watch the convention once it has taken place.

Sunday  
3 October

### Silver Sunday Age-friendly Museums Day 10.30pm to 1pm

Come along to the Ulster Museum for a socially distanced visit, refreshments, and a chance to chat and find out what's going on during October. You can also enjoy a walk in Botanic gardens and make a day off it.

Call 02890440000 to book in or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk) or call 07713684705 for more information.



**NNNI NATIONAL MUSEUMS NI**

Monday  
4 October

### Scams

11am -12pm

It seems that every other day you hear about someone who's been scammed. In this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and grasp some simple tips to help you avoid being tricked. Forewarned is forearmed!

To book call 07912 296792 or email [Sheila.Mclean@librariesni.org.uk](mailto:Sheila.Mclean@librariesni.org.uk)



### WhatsApp - Part 1 2pm - 3pm

What is WhatsApp? If you haven't used this social media app before, then now's the time to find out! Join our Zoom session to see what's involved including some of the more advanced features such as groups and photo messages.

Delivered via **zoom**

To book call 07843 339159 or email [Joanne.Brown@librariesni.org.uk](mailto:Joanne.Brown@librariesni.org.uk)



### Cookery Demo 2pm

Alex Connell, Roving Chef from Vegetarian for Life is going to do a cookery demo. Come along and watch and be inspired.

Delivered via **zoom**

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



# Belfast u3a

Belfast u3a (University of the Third Age), is a learning organisation for older people who are not in full-time employment. It enables members to engage in many social activities and to share their knowledge and skills in relation to the arts, fitness, leisure, and creativity. With over 700 members and 57 interest groups, we cover a wide range of topics and activities. The groups are run by the members for the members. In normal times, we have a very interesting and fun-filled monthly meeting with a speaker, which is open to all members. However, due to Covid-19 regulations, this monthly meeting has been held successfully on Zoom since September 2020. Some of our groups are also meeting on Zoom, while some outdoor activities (e.g. walking, bowling, and photography) were able to function in the Summer months, and we hope for more easing of restrictions in the Autumn.

For further information, see our website Belfast U3A: Welcome ([u3asites.org.uk](http://u3asites.org.uk)) and if you like what you see and are interested in joining us, please email our Membership Secretary (with your name and postal address) on [membership@belfastu3a.org](mailto:membership@belfastu3a.org).



Tuesday  
5 October

## Dementia Awareness 10am -11am



A short 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.

Delivered via **zoom**

To book, or for more information, please email:  
[julie.morton@alzheimers.org.uk](mailto:julie.morton@alzheimers.org.uk)

## Men's Heath Day 10.30 – 1.30

**St Josephs Church Sailortown**  
A series of activities just for men,  
Booking essential

For a programme contact  
028 9023 2020 or email  
[Pamela.higgins@volunteernow.co.uk](mailto:Pamela.higgins@volunteernow.co.uk)



## Privacy 11am – 12pm



Now that people are spending so much time online, it is more important than ever to know how to keep your personal information secure and private. This Zoom session offers you hints and tips on how to protect your data.

Delivered via **zoom**

To book call 07912 296830 or email  
[niall.mcveigh@librariesni.org.uk](mailto:niall.mcveigh@librariesni.org.uk)

## WhatsApp - Part 2 2pm – 3pm

On social media it is important that you know your information is protected. This final WhatsApp Zoom session takes a closer look at Privacy and Security settings, and gives you helpful tips on how to stay safe.

Delivered via **zoom**

To book call 07843 339159 or  
email [Joanne.Brown@librariesni.org.uk](mailto:Joanne.Brown@librariesni.org.uk)



Wednesday  
6 October

### Linking Generations NI 10.30am -12pm

Come and find out more about Linking generations and how they can support you with intergenerational work.

Delivered via **zoom**

To book [Infolgni@bjf.org.uk](mailto:Infolgni@bjf.org.uk)



### Introduction to iPad - Part 1 11am – 12pm

Mystified by your iPad? Join us for our Zoom session when we'll explain some of the basics: find out how to turn your iPad on and off, discover what the buttons do, and learn to tap and swipe like a pro! We will also do some exploring: navigate successfully through screens, apps and settings.

Delivered via **zoom**

To book call 07912 296811 or email [Karen.Maginess@librariesni.org.uk](mailto:Karen.Maginess@librariesni.org.uk)

### Entertainment 2pm - 3pm

Missed your favourite television programme? There are several free and subscription applications which allow you to watch programmes at your leisure or on the go. Come along and learn all about them.

Delivered via **zoom**

To book call 07843 339159 or email [Joanne.Brown@librariesni.org.uk](mailto:Joanne.Brown@librariesni.org.uk)



Thursday  
7 October

### Moneysaving - Part 1 11am – 12pm

Join our Zoom session to explore some of the great free advice sites on the internet that help you make your money go further. There is a wealth of knowledge out there if you know where to look. Also, see what you can do with cashback sites when you shop online.

To book call 07912 296790 or email [david.bridges@librariesni.org.uk](mailto:david.bridges@librariesni.org.uk)



### Spotify 2pm – 3pm



Join our Zoom session to find out how to access a wide range of music on your iPad, tablet or smartphone. Find out about the many free and paid for music streaming apps available, including Spotify.

To book call 07912 296830 or email [niall.mcveigh@librariesni.org.uk](mailto:niall.mcveigh@librariesni.org.uk)

### Silver Screenings – WAY OUT WEST (1937)

Laurel & Hardy at the Strand Cinema 2pm – 4pm

Tickets £3 including free tea/coffee.

To book call 02890655830



# Move with Mary



Visit [ageni.org/movewithmary](http://ageni.org/movewithmary) to join in.



in association with



**Friday  
8 October**

### **Listen Share Change Taster Session**

**11am**

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 friends.

**Delivered via  or by phone using a Freephone number.**

To book contact Holly through Verbal Verbal LSC Team – ask for Holly (Belfast rep) 028 7126 6946  
lscbelfast@theverbal.co

### **Creative Photos for Fun**

**11am -12pm**

Join our Zoom session to get more out of your digital photos – learn about online services that allow you to print as well as make photobooks, calendars and gifts.

**Delivered via **

To book call 07912 296811 or email Karen.Maginess@librariesni.org.uk



### **Virtual Sing for Victory workshop**

**2pm - 3pm**

Sing for Victory is a dementia friendly singing and reminiscence workshop we offer virtually. Participants sing songs from the 1940s and reminisce about the past with our Outreach Officer and Music Therapist Karen Diamond.

**Delivered via **

To book email  
outreach@niwarmemorial.org

### **Scams**

**2pm – 3pm**

It seems that every other day you hear about someone who's been scammed. In this Zoom session we aim to help you protect yourself against some of the most common scams around.

**Delivered via **

To book call 07912 296798 or 028 9050 9150 or email Gary.Patterson@librariesni.org.uk



**Monday  
11 October**

### **Blackbirds, Bricks & the man who sold Belfast**

**Guided Walk on Ormeau Park**

**11am – 1pm**

Come along and enjoy a walk around Ormeau Park whilst finding out more about the history of the park. There will also be refreshments. Booking essential.

To book call 07713684705 or email postiveageingmonth@belfastcity.gov.uk




### **Privacy**

**11am – 12pm**

Now that people are spending so much time online, it's more important than ever to know how to keep your personal information secure and private. This Zoom session offers you hints and tips on how to protect your data.



**Delivered via **

To book call 07843 339159 or email Joanne.Brown@librariesni.org.uk

### **Moneysaving - Part 2**

**2pm – 3pm**

In this Zoom session, compare the price comparison sites! Are they all that they seem? Also, check out some specialist sites that can offer you huge discounts.



**Delivered via **

To book call 07912 296790 or email david.bridges@librariesni.org.uk

### **IT Fix it Van, Inverary Community Centre**

**2pm – 4pm**

Having problems with your laptop, tablet or phone? Come to the fix it clinic and you can get a one to one session with an expert from Ignite IT – booking is essential.



To book call 07713684705 or email postiveageingmonth@belfastcity.gov.uk

Tuesday  
12 October

### iPad Camera - Part 1

11am – 12pm

Join our Zoom session to check out your iPad camera settings: live, time lapse, panoramic and more.

Delivered via **zoom**

To book call 07912 296792 or email Sheila.Mclean@librariesni.org.uk

### IT Fix it Van, Glen Road Community Centre

2pm – 4pm

Having problems with your laptop, tablet or phone? Come to the fix it clinic and you can get a one to one session with an expert from Ignite IT – booking is essential.

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

### Be Ready NI

3pm- 4pm

Come and hear from Claire Carlton- Resilience Manager Belfast Emergency Preparedness Group on being prepared for all types of emergencies from severe weather warnings, floods and other crisis situations.

Delivered via **zoom**

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

### Scams

2pm – 3pm

It seems that every other day you hear about someone who's been scammed. In this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and grasp some simple tips to help you avoid being tricked. Forewarned is forearmed!

Delivered via **zoom**

To book call 07912 296792 or email [David.bridges@librariesni.org.uk](mailto:David.bridges@librariesni.org.uk)



Wednesday 13 October 2021

10.30 am to 12.00 pm

Online Webinar

# Dying to Talk

## The importance of being prepared



- ✓ Spiritually
- ✓ Practically
- ✓ Emotionally



Register on Eventbrite -<https://bit.ly/DyingToTalkTickets>  
[www.fermanaghomagh.com/community/agefriendly](http://www.fermanaghomagh.com/community/agefriendly)



Wednesday  
13 October

### Introduction to iPad - Part 2

11am – 12pm

In iPad Zoom Session 2, you'll discover more about how to set up your iPad to suit you: we'll look at display and brightness, wallpaper, accessibility settings, and the control centre.

Delivered via 

To book call 07912 296811 or email Karen.Maginess@librariesni.org.uk



### IT Fix it Van, Ardoyne Community Centre

2pm – 4pm

Having problems with your lap top, tablet or phone? Come to the fix it clinic and you can get a one to one session with an expert from Ignite IT – booking is essential



To book call 07713684705 or email postiveageingmonth@belfastcity.gov.uk

### War Memorial Museum Virtual Reminiscence workshop

2pm

In our reminiscence workshops we 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. Our Outreach Officer Michael is connecting with groups virtually to offer workshops which would normally take place in our museum. Using museum objects and a PowerPoint presentation, Michael encourages conversations about topics including the Belfast Blitz, the US presence, evacuees and rationing.

Delivered via 

To book email outreach@niwarmemorial.org



Digital Assist Text Help

# OUR DIGITAL VOLUNTEERS ARE HERE TO HELP

[www.bitcni.org.uk](http://www.bitcni.org.uk)



## Do you need help with any digital issue or device?

Business in the Community, in partnership with Go ON NI and NI Direct, is offering free digital help for anyone who needs it.

If you have a tablet, laptop or phone and need help to address a specific problem, our digital volunteers can help. Simply text the word **DIGITAL** to **67300\*** with a brief description of what you require help with, or call **07551 852684\*** and leave a message, and a volunteer will phone you within 48 hours with free, helpful advice on many topics such as:

- Any online video calling, e.g Zoom, Facetime, Facebook
- Any social media, e.g Facebook
- Email
- Attachments
- Staying safe online and scams
- Online payments
- Shopping online
- Saving and sharing photos
- Computer settings

\*All calls and text messages will be charged at your network operator's standard rate. Information is held securely and is non-identifiable and not shared with a 3rd party. Information will be used by Digital Partners for this service only. There is no charge for receiving texts from this service while in the UK.



The Responsible Business Network  
Northern Ireland



Let's learn digital  
[www.nidirect.gov.uk/go-on-ni](http://www.nidirect.gov.uk/go-on-ni)

**nidirect**  
government services

For **FREE** digital help, text **DIGITAL** to **67300\*** or call **07551 852684\***



Thursday  
14 October

### Scams

11am – 12pm

It seems that every other day you hear about someone who's been scammed. In this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and grasp some simple tips to help you avoid being tricked. Forewarned is forearmed!

To book call 07912 296792 or email Joanne.Brown@librariesni.org.uk



### Chocolate Bingo

7.30pm - 8.30pm

Eyes down, let's play Bingo. Every winner wins chocolate.

Delivered via **zoom**

To register call Eamon Quinn on 90735696 or email Eamon.quinn@engagewithage.org.uk

### IT Fix it Van, Donegal Pass Community Centre

2pm – 4pm

Having problems with your laptop, tablet or phone? Come to the fix it clinic and you can get a one to one session with an expert from Ignite IT – booking is essential



To book call 07713684705 or email postiveageingmonth@belfastcity.gov.uk

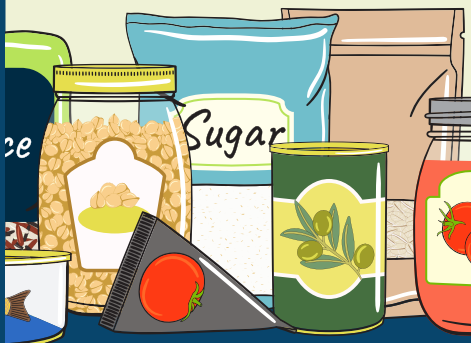
### Shop well, store well, eat well ideas session

10am - 11am

Join Grainne, a Dietician 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 call 07713684705 or email postiveageingmonth@belfastcity.gov.uk



Friday  
15 October

### Allstate Cyber Safety



10am

#### Did you know individuals over the age of 60 are more likely to be targeted by cybercriminals?

To promote awareness of this threat, a team of passionate cybersecurity employees at Allstate developed a program for older adults to help them navigate the internet safely and with confidence.

Our interactive training will go over common email and telephone scams pertaining to fraud, identity protection, as well as general cybersecurity awareness, like password protection and privacy settings.

To book call 07713684705 or email postiveageingmonth@belfastcity.gov.uk

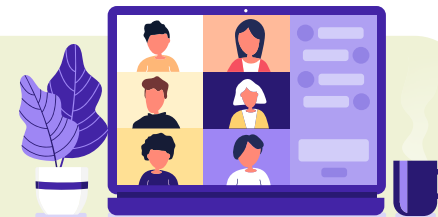
### iPad Camera - Part 2

11am

In this Zoom session, find out how you can edit your photographs or put them into albums.

Delivered via **zoom**

To book call or email 07912 296792 or email Sheila.Mclean@librariesni.org.uk



### Practice Using Zoom

2pm – 3pm

Have you used Zoom yet? Would you like to familiarise yourself with the tools and tricks of Zoom in a safe learning environment? Join our Zoom meeting where we explain the various settings and give you a chance to practice some of its features. We will also talk you through how to set up your own Zoom meeting.

Delivered via **zoom**

To book call 07912 296790 or email david.bridges@librariesni.org.uk

### IT Fix it Van, Morton Community Centre

2pm – 4pm

Having problems with your laptop, tablet or phone? Come to the fix it clinic and you can get a one to one session with an expert from Ignite IT – booking is essential



To book call 07713684705 or email postiveageingmonth@belfastcity.gov.uk

**Monday  
18 October**

### Privacy

**11am -12pm**

Now that people are spending so much time online, it's more important than ever to know how to keep your personal information secure and private. This Zoom session offers you hints and tips on how to protect your data.

Delivered via **zoom**

To book call 07912 296792 or email Sheila.Mclean@librariesni.org.uk

### Zoom cook a long session

**2pm**

Alex will be encouraging you to actually cook along with him and make Borlotti Bean Chestnut Stew, followed by Sticky Toffee Pudding.

Delivered via **zoom**

To book call 07713684705 or email positiveageingmonth@belfastcity.gov.uk

**Tuesday  
19 October**

### Your Health Online

**11am - 12pm**

Find out about reliable websites giving expert up to date information, help and support on health and wellbeing issues.

To book call 07912 296798 or 028 9050 9150 or email Gary.Patterson@librariesni.org.uk

### Pressreader

**2pm - 3pm**

Did you know that you can get free access to around 3,000 national and world newspapers through the Libraries NI Libby app?



Delivered via **zoom**

To book call 07912296830 or email niall.mcveigh@librariesni.org.uk

**Wednesday  
20 October**

### Making the most of your slow cooker

**11am**

Join this session to find out the benefits of using slow cookers to make tasty, nutritious meals.

To book go to:  
[https://setrust-hscni-net.zoom.us/webinar/register/WN\\_x\\_Bsy4cWQGGNeoSWJgqApQ](https://setrust-hscni-net.zoom.us/webinar/register/WN_x_Bsy4cWQGGNeoSWJgqApQ)

### Energy Efficiency in the Home

**11am**

Find out about 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 positiveageingmonth@belfastcity.gov.uk or phone 077713684705

### Interactive Dementia Awareness training

**7pm**

The training happens via Zoom, and participants are taken to a range of locations including a home, a shop, out and about, and more. Participants learn how to make life more dementia friendly with a range of top tips.

This training is suitable for anyone affected by dementia or any member of the public hoping to make their community more dementia friendly.

Participants also receive follow-up resources by email.

Book via Eventbrite <https://www.eventbrite.co.uk/e/online-interactive-dementia-training-tickets-167709988089>



Thursday  
21 October

### Taking the fear out of online banking

11am

Richard Gill, Community Banker from Ulster Bank will give you advice on safely using and the benefits of online banking, and purchasing online. There will also be an opportunity for you to ask questions.

Delivered via **zoom**

To book email  
positiveageingmonth@belfastcity.gov.uk  
or phone 077713684705

### Libby eMagazines

2pm – 3pm

If you haven't yet discovered the amazing FREE eMagazine offer from Libraries NI, then this is the Zoom session for you!

Explore the app and discover features like search, place hold, bookmarks and reading settings.

Delivered via **zoom**

To book call 07912 296792 or email  
Sheila.Mclean@librariesni.org.uk



### Silver Screenings – Bringing Up Baby (1938) at the Strand Cinema

2pm – 4pm

Silver Screenings proudly supported by Specsavers Connswater and Arts & Business NI. Tickets £3 including free tea/coffee.



Silver Screenings are weekly classic films at the Strand Arts Centre in East Belfast, chosen with seniors in mind but open to anyone who loves a great movie!

To book call 02890655830



Friday  
22 October

### Litter pick and learn at the Waterworks Park

11am

Come and do your bit at Belfast Waterworks Park with a litter pick session. Meet at the entrance from Cave Hill Road at the children's play park.

To book email  
positiveageingmonth@belfastcity.gov.uk  
or phone 077713684705

Monday  
25 October

### Scams

2pm – 3pm

It seems that every other day you hear about someone who's been scammed. In this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and grasp some simple tips to help you avoid being tricked. Forewarned is forearmed!

Delivered via **zoom**

To book call 07912 296792 or email  
Sheila.Mclean@librariesni.org.uk



Tuesday  
26 October



Cookbook  
for everyone  
who attends

### Recycling and Reducing food waste

11am – 12pm

Come and here from Belfast City Council about reducing waste and recycling and get your questions answered.

Delivered via **zoom**

To book email  
positiveageingmonth@belfastcity.gov.uk  
or phone 077713684705



### Pinterest and Instagram

2pm – 3pm

In this session we take a look at two popular image-sharing social networking sites. Find out how to create a profile, post your own images and link with others.

To book call 07912 296792 or email  
Sheila.Mclean@librariesni.org.uk

**Wednesday  
27 October**

### Age at Work

Come along and hear about what workplaces are doing for older workers and how Business in the Community are supporting them.

To book email  
positiveageingmonth@belfastcity.gov.uk  
or phone 077713684705



The Responsible  
Business Network  
Northern Ireland

**Thursday  
28 October**

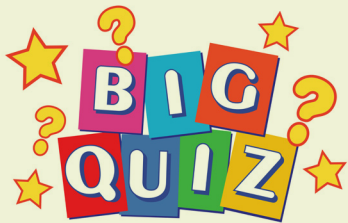
### Bowel Cancer Screening

**11am**

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 email  
positiveageingmonth@belfastcity.gov.uk  
or phone 077713684705



### Big Quiz 3pm

Join us via zoom for a quiz with a difference

Delivered via **zoom**

To book email  
positiveageingmonth@belfastcity.gov.uk  
or phone 077713684705

### Spooky Halloween Chocolate Bingo

**7.30pm - 8.30pm**

Eyes down, let's play  
Bingo. Every winner  
wins chocolate.

Delivered via **zoom**

To register call Eamon Quinn on  
90735696 or email  
Eamon.quinn@engagewithage.org.uk

**Friday  
29 October**

### Biggest ever virtual tea dance

**2.30pm - 4pm**

Join people across Northern Ireland and beyond,  
live bands and plenty of kitchen dancing

To book email positiveageingmonth@belfastcity.gov.uk  
or phone 077713684705

Are you an older person living in Belfast who is lesbian, gay, bi-sexual, or transgender?

Would you like someone to talk to completely in confidence about your sexual orientation or gender identity?

**Cara-Friend are here to help.** Our confidential telephone helpline is teamed with people who will offer a listening ear, and will be able to provide you with support and information.

Freephone

**0808 8000 390**

Monday to Friday, 11am - 3pm  
Wednesday, 6 - 8 pm

Visit

**www.cara-friend.org.uk**

Email

**admin@cara-friend.org.uk**



**Belfast  
City Council**

# *All the classics... all the time*



[www.belfast89.com](http://www.belfast89.com)