



Age Friendly – Positive Ageing Calendar 2021

Welcome to the 10th Age Friendly Positive Ageing Calendar of events for October 2021.

We hope you enjoy it and find it useful.

Positive Ageing Month is about celebrating and promoting the positive aspects of growing old and recognising the valuable contribution community and voluntary organisations make to improve the health and wellbeing of older people. It is also about reaching out to everyone over 50, particularly those who are more vulnerable and supporting them to get involved in the events that are taking place across Newry, Mourne and Down and across Northern Ireland.

The co-ordination of these initiatives has been a real community effort from the Southern Age Well Network, Volunteer Now, local volunteer Jennifer Kelly, The City of Newry University of the Third Age (U3A), Newry, Mourne and Down District Council, and the Southern Health and Social Care Trust.



Positive Ageing Month October 2021

<p>Fri 1st</p>	<p style="text-align: center;">*INTERNATIONAL OLDER PERSONS DAY</p> <p>Launch of Mid Ulster Positive Ageing Month/Mid Ulster Agewell</p> <p>Age-friendly Belfast Convention 10.30am -12pm When: Thursday 1st October Where: Zoom Time: 10:30am – 12:00pm To register call 07713684705 or email positiveageingmonth@belfastcity.gov.uk and you will receive details of how to log on.</p> <p>Stepping Forward with Confidence An All-Ireland Frailty Network event to celebrate the International Day of Older Persons 2021 Friday 1st October 2021 13:00 – 15:00 IST via Zoom Webinar: https://zoom.us/webinar/register/WN_G9fTggBcTki0tgjKcQt15w On this year's International Day of Older Persons, and after so many pandemic-related challenges, the Irish Frailty Network and the Northern Ireland Frailty Network come together to bring you an All-Ireland online event hosted by the Irish Gerontological Society. This event will showcase developments across education, quality improvement, research, policy and the lived experience. Together, we will step forward with confidence towards a renewed focus on the post-pandemic needs of older persons living with frailty. The event will also highlight opportunities for cross-collaboration and cross-learning between north and south networks</p> <p>Kingdom Men's Shed – 11am-2pm Mon – Fri Dunavil Road, Kilkeel Daily sessions including woodworking, gardening and walking For more information contact Tom on 07771912044</p>
<p>Sun 3rd</p>	<p>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 over October, have a walk in Botanic gardens and make a day off it. Call 02890440000 to book in.</p>

Mon
4th

PIPS
Hope and Support

GIMME 5 WEEK

A week long series of workshops and events in the lead up to World Mental Health Day

Monday 4th October 'Connect'
Virtual meet via zoom from 10:00am - 12:00pm with local organisations coming along to share information on their services
**** Book Online ****

Tuesday 5th October 'Give'
Sending your advice and/or sentiments then to be shared on PIPS Hope and Supports social media channels on Friday 9th October

Wednesday 6th October 'Keep Learning'
Free resilience workshop from 11:00am - 12:00pm delivered via zoom
**** Book Online ****

Thursday 7th October 'Take Notice & Be Active'
Free journaling workshop from 12:00 - 1:00pm via zoom
**FREE spin class in Pure Gym Newry 7.30pm - 8.30pm
** Book Online ****

Friday 8th October 'Give'
A montage of advice and sentiments shared across PIPS Hope and Supports social media channels throughout the day

Saturday 9th October '6 Week Online Yoga'
Free Yoga sessions commence from 10:00am - 11:00am for 6 weeks via zoom
**** Book Online ****

REGISTER YOUR PLACE

To participate, book any of these workshops, online at;
www.pipshopeandsupport.org/training-we-offer

Falls Session-Part 1

10:30-11:30

To book call or email the Age Friendly Co-ordinator on 07553379721 or raisa.donnelly@midulstercouncil.org

Better connected-Over 50's Zoom fitness sessions

Time:11.30-12.15

For more information contact Rebecca Greenaway on [07871279017](tel:07871279017)

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 some simple tips to help you avoid being tricked. Forewarned is forearmed!

Via zoom

To book call 07912 296790 or email david.bridges@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.

Via zoom

	<p>To book call 07843 339159 or email Joanne.Brown@librariesni.org.uk</p> <p>Cookery Demo 2pm</p> <p>We are pleased to announce that Roving Chef Alex from Vegetarian for Life will be joining us to give a cookery demonstration and a cook along. Chef Alex will be making Courgette Fritters, Iman Biyaldi and Cranachan. https://vegetarianforlife.org.uk/recipes/lighter-meals/greek-fritters-with-tzatziki https://vegetarianforlife.org.uk/recipes/main-meals/imam-biyaldi-the-priest-fainted https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/simple-cranachan “The Greek Fritters make an ideal starter, light lunch or part of a buffet. The Imam Biyaldi although simple, is quite delicious. If you are not familiar with Cranachan, it’s essentially whipped cream, fruit and a touch of whiskey, what’s not to like?” Come along and watch and be inspired Via Zoom To book call 07713684705 or email postiveageingmonth@belfastcity.gov.uk</p>
<p>Tues 5th</p>	<p>Dementia Friendly Communities awareness workshop 10-11am</p> <p>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.</p> <p>To book, or for more information, please email: julie.morton@alzheimers.org.uk</p> <p>Privacy 11am – 12pm</p> <p>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. Via zoom To book call 07912 296830 or email niall.mcveigh@librariesni.org.uk</p> <p>WhatsApp - Part 2 2pm – 3pm</p> <p>On social media it’s 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. Via zoom To book call 07843 339159 or email Joanne.Brown@librariesni.org.uk</p> <p>Libraries NI- Chair Yoga 2-3pm</p> <p>This is a gentle form of exercise suitable for everyone. It helps improve your flexibility and also supports concentration and strength, while boosting your mood, and reducing stress and joint strain. Join in the session with our Chair yoga facilitator John Bell and feel good for the rest of the day. To register in advance use the link below. After registering, you will receive a confirmation email containing information about joining the event. https://bit.ly/3wVMfpm</p> <p>MATT – Men’s Social morning 10.30 – 12 noon in Newry Gateway Club. All welcome Weekly local walk finishing with light lunch Contact Aidan for more details on 07809349886</p>

<p>Wed 6th</p>	<p>Launch of Newry, Mourne & Down Positive Ageing Month Mad Hatters – Virtual Tea Party Please contact Lorraine O'Reilly for more information – lorraine.oreilly@nmandd.org or 07711919447</p> <p>Linking Generations NI 10.30am 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</p> <p>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. Via zoom To book call 07912 296811 or email Karen.Maginess@librariesni.org.uk</p> <p>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. Via zoom To book call 07843 339159 or email Joanne.Brown@librariesni.org.uk</p> <p>Happy Days Club – 12.30 - 2.30pm St Mary's Hall, Boat St Physical activity & Arts Class All welcome – For more information contact Kate on 07749674647</p>
<p>Thurs 7th</p>	<p>Deafblind Convention 2021 - Living better with sight and hearing loss 9am - 5pm Free – follow the link to register by entering your email address https://e5845.hubilo.com/community/-/login Deafblind UK is hosting the UK's first virtual deafblind convention and we'd love you to join us from the comfort of your own home. Featuring world class speakers from across the globe, all with the shared interest of helping people to live better with sight and hearing loss.</p> <p>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</p>

	<p>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</p> <p>Chocolate Bingo 7.30pm -8.30pm Eyes down, let's play Bingo. Every winner wins chocolate. Via "Zoom" video call. To register call Eamon Quinn on 90735696 or email Eamon.quinn@engagewithage.org.uk</p> <p>Drumclose Craft Group – Craft session 11-1 Dromalane Community Centre Contact Phil on 07752583787 for more details</p> <p>Newtown Women's Group – Craft Session 11-1 Newtownhamilton Men's Shed Contact Pete on 07740378714</p>
<p>Fri 8th</p>	<p>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 friendships. Delivered via Zoom 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</p> <p>Together with Music 11:30am – Virtual regional sing a long event for older people within Northern Ireland. Delivered by zoom. To register contact caitlyn@togetherwithmusic.org.uk or 07951736905.</p> <p>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. To book call 07912 296811 or email Karen.Maginess@librariesni.org.uk</p> <p>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. Via Zoom Via Zoom To book email outreach@niwarmemorial.org</p> <p>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 some simple tips to help you avoid being tricked. Forewarned is forearmed! To book call 07912 296798 or 028 9050 9150 or email Gary.Patterson@librariesni.org.uk</p>

<p>Sat 9th</p>	 <p>YOU ARE INVITED TO OUR NEXT EXCITING FOOD EVENT AND MEAL</p> <p>In Warrenpoint Community Garden & Social Hub Home Of The Cabbage Patchers Saturday 9th October @12.00</p> <p>WITH EITHNE KINSELLA FROM MOURNE FOOD ADVENTURES</p> <p>join us for a relaxing afternoon of food and friendship, pick up some healthy eating tips and recipes, using locally grown produce. All Welcome</p> <p>£5 per person, includes lunch & Take home recipes Indoor event in our extended hub, covid compliant rules apply</p> <p>To book, contact us on Facebook @The Cabbage Patchers or email :thecabbagepatchers@hotmail.co.uk Or book on:07933 832007</p>  
<p>Mon 11th</p>	<p>Falls Session-Part 2 10:30-11:30 To book call or email the Age Friendly Co-ordinator on 07553379721 or raisa.donnelly@midulstercouncil.org</p> <p>Better connected-Over 50's Zoom fitness sessions Time:11.30-12.15 For more information contact Rebecca Greenaway on 07871279017</p> <p>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. To book call 07843 339159 or email Joanne.Brown@librariesni.org.uk</p> <p>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. To book call 07912 296790 or email david.bridges@librariesni.org.uk</p>
<p>Tues 12</p>	<p>iPad Camera -Part 1 11am – 12pm (Class delivered on Zoom) Join our Zoom session to check out your iPad camera settings: live, time lapse, panoramic and more. To book call 07912 296792 or email Sheila.Mclean@librariesni.org.uk</p>

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 some simple tips to help you avoid being tricked. Forewarned is forearmed!

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Be Ready NI 3pm- 4pm

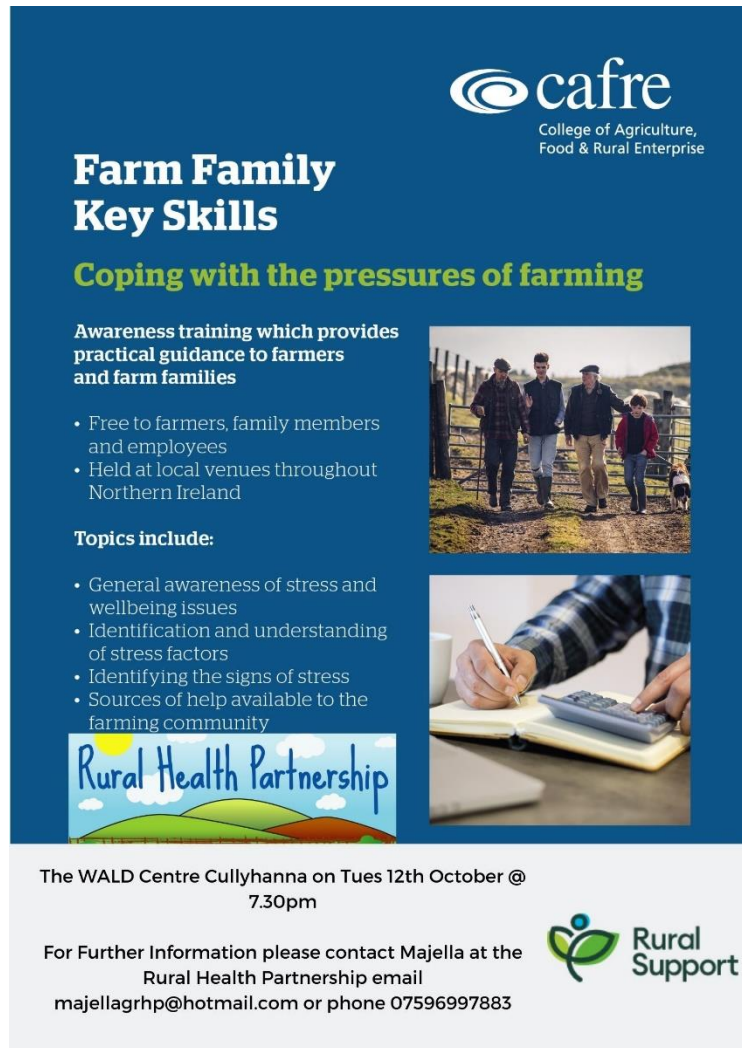
Come and hear from Claire Carlton Resilience Manager Belfast Emergency Preparedness Group on being prepared for all types of emergencies from severe weather warnings, flood and other crisis situations

Via Zoom

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

MATT – Men's Social morning 10.30 – 12 noon in Newry Gateway Club. All welcome Weekly local walk finishing with light lunch

Contact Aidan for more details on 07809349886



cafre
College of Agriculture,
Food & Rural Enterprise

Farm Family Key Skills




Coping with the pressures of farming

Awareness training which provides practical guidance to farmers and farm families

- Free to farmers, family members and employees
- Held at local venues throughout Northern Ireland


Topics include:

- General awareness of stress and wellbeing issues
- Identification and understanding of stress factors
- Identifying the signs of stress
- Sources of help available to the farming community



The WALD Centre Cullyhanna on Tues 12th October @ 7.30pm

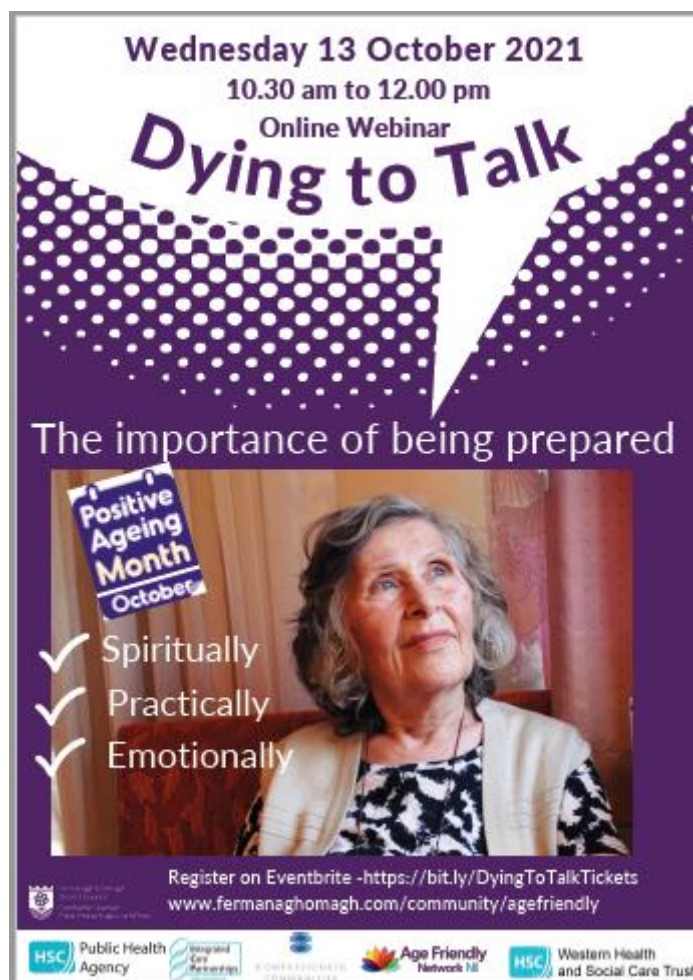
For Further Information please contact Majella at the Rural Health Partnership email majellagrhp@hotmail.com or phone 07596997883



Wed
13

Dying to talk conference 10:30am

Registration via eventbrite: <https://bit.ly/DyingToTalkTickets>



Wednesday 13 October 2021
10.30 am to 12.00 pm
Online Webinar
Dying to Talk

The importance of being prepared

Positive Ageing Month
October

- ✓ Spiritually
- ✓ Practically
- ✓ Emotionally

Register on Eventbrite - <https://bit.ly/DyingToTalkTickets>
www.fermanaghomagh.com/community/agefriendly

HSC Public Health Agency | Integrated Care Networks | Age Friendly Network NI | HSC Western Health and Social Care Trust

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.

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

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.

Via Zoom

To book email outreach@niwarmemorial.org

<p>Thurs 14th</p>	<p>CDRCN & NMDDC Morning Tea and Entertainment - 10.45am – 1pm Over 55's Event (for Rowallane & Slieve Croob areas only)</p> <p>Burrendale Hotel, Newcastle (Face to face) Places are limited so booking is essential: For Rowallane DEA area - ring Ellen on 07720 204472 For Slieve Croob DEA area- ring Priscilla on 07720 204476</p> <p>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 some simple tips to help you avoid being tricked. Forewarned is forearmed! To book call 07843 339159 or email Joanne.Brown@librariesni.org.uk</p> <p>Shop well, store well, eat well ideas session 2pm Join Grainne, a Dietitian from Active Belfast Team to learn about what good staples to have in cupboards and how to eat well when shopping less. Via Zoom To book call 07713684705 or email postiveageingmonth@belfastcity.gov.uk</p> <p>Drumclose Craft Group – Craft session 11-1 Dromalane Community Centre Contact Phil on 07752583787 for more details</p> <p>Newtown Women's Group – Craft Session 11-1 Newtownhamilton Men's Shed Contact Pete on 07740378714</p>
<p>Fri 15th</p>	<p>Cyber Safety for Older Adults 10-11am Allstate NI is offering free cyber safety training sessions to protect older consumers from online scams. The interactive sessions, will cover everything from fraud and identity protection to email and telephone scams, will help those over 60 navigate the internet with confidence. To book call or email the Age Friendly Co-ordinator on 07553379721 or raisa.donnelly@midulstercouncil.org</p> <p>iPad Camera - Part 2 11am In this Zoom session, find out how you can edit your photographs or put them into albums. To book call or email 07912 296792 or email Sheila.Mclean@librariesni.org.uk</p> <p>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. To book call 07912 296790 or email david.bridges@librariesni.org.uk</p>

	<p>Cabbage Patchers – Free soup & craic session 12-2pm Warrenpoint Community Garden & Social Hub Come along and enjoy the company and find out about local services at our peaceful and relaxing oasis (covered if inclement weather) For more info contact Colette on 07933 832007</p>
<p>Mon 18th</p>	<p>Falls Session-Part 3 10:30-11:30 To book call or email the Age Friendly Co-ordinator on 07553379721 or raisa.donnelly@midulstercouncil.org</p> <p>Better connected-Over 50's Zoom fitness sessions Time:11.30-12.15 For more information contact Rebecca Greenaway on 07871279017</p> <p>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. To book call 07912 296792 or email Sheila.Mclean@librariesni.org.uk</p> <p>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. "These two hearty dishes are easy to make and will add a layer of warmth to your ribs! I have made these dishes quite a few times and they are a firm favourite in our household". For those wanting to cook along, pop to the shops, grab your ingredients and put your aprons on! Alex will guide you step by step on how to prepare the dishes. Feel free just to watch if you fancy that too. https://vegetarianforlife.org.uk/recipes/main-meals/borlotti-bean-and-chestnut-stew1 https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/sticky-toffee-pudding Vegetarian for life is a UK charity dedicated to supporting older vegans and vegetarians. You'll find plenty of recipes and publications on their website including cooking for one, nutrition guidelines and veggie meals to your door. They also run a pen-and-phone-pal scheme, a great way to meet new, likeminded people and form some new friendships. They also run a monthly vegan lunch club via Zoom. It runs on the 4th Tuesday of every month, you cook the recipes in advance and join the chef and the rest of the attendees for a nice chat while enjoying the dishes you've prepared, meeting people from across the UK. You can find more information on their website https://vegetarianforlife.org.uk/</p> <p>Via Zoom To book call 07713684705 or email postiveageingmonth@belfastcity.gov.uk</p>
<p>Tues 19th</p>	<p>Libraries NI-Tai Chi 11-12pm Join in this graceful form of exercise that is used to support reducing stress and anxiety. It also helps increase flexibility and balance. Our facilitator Jane Burke will guide you through a series of movements performed in a slow focused manner and accompanied by breathing techniques. To register in advance use the link below. After registering, you will receive a confirmation email containing information about joining the event. https://bit.ly/3kG8FbL</p>

	<p>Your Health Online 11am – 12pm Find out about reliable websites giving expert up to date information, help and support on health issues, with useful hints and tips to improve your health and wellbeing. To book call 07912 296798 or 028 9050 9150 or email Gary.Patterson@librariesni.org.uk</p> <p>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? Join this Zoom session to find out how to use PressReader. To book call 07912296830 or email niall.mcveigh@librariesni.org.uk</p> <p>MATT – Men’s Social morning 10.30 – 12 noon in Newry Gateway Club. All welcome Weekly local walk finishing with light lunch Contact Aidan for more details on 07809349886</p>
<p>Wed 20th</p>	<p>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. Register using this link and you will be sent zoom details https://setrust-hscni-net.zoom.us/webinar/register/WN_x_Bsy4cWQGGNeoSWJggApQ</p> <p>Energy Efficiency in the Home 11am 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 positiveageingmonth@belfastcity.gov.uk or phone 077713684705</p> <p>Online talk with RNID (Royal National Institute for Deaf People) 2pm Find out about online hearing check and how to look after hearing and more. To register contact Mariette Mulvenna, Development Officer, SignLive phone number 02889449975</p> <p>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. Participants are broken into small groups and get mix of specially filmed short videos (made in Belfast) alongside discussion, questions and answers</p> <p>This training is suitable for anyone affected by dementia or any member of the public hoping to make their community more dementia friendly.</p> <p>Participants also receive follow-up resources by email.</p> <p>To book click here https://www.eventbrite.co.uk/e/online-interactive-dementia-training-tickets-167709988089</p> <p>Happy Days Club – 12.30 - 2.30pm St Mary’s Hall, Boat St Physical activity & Arts Class All welcome – For more information contact Kate on 07749674647</p>

<p>Thurs 21st</p>	<p>Taking the fear out of on-line 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 be an opportunity for you to ask questions. Delivered via Zoom To book email positiveageingmonth@belfastcity.gov.uk or phone 077713684705</p> <p>Chi Me Would you have time to deliver Chi Me Sessions in your local community – Have a look at our Chi Me Leader training session over 3 days via zoom starting 21 October, 4 & 11 November – 2pm to 4.30pm. To apply please contact: pwb.training@southerntrust.hscni.net</p> <p>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! Learn how to download the Libby app and sign up for the opportunity to borrow over 3000. Explore the app and discover features like search, place hold, bookmarks and reading settings. To book call 07912 296792 or email Sheila.Mclean@librariesni.org.uk</p> <p>Chocolate Bingo 7.30pm -8.30pm Eyes down, let's play Bingo. Every winner wins chocolate. Via "Zoom" video call. To register call Eamon Quinn on 90735696 or email Eamon.quinn@engagewithage.org.uk</p> <p>Drumclose Craft Group – Craft session 11-1 Dromalane Community Centre Contact Phil on 07752583787 for more details</p> <p>Newtown Women's Group – Craft Session 11-1 Newtownhamilton Men's Shed Contact Pete on 07740378714</p>
<p>Sat 23rd</p>	
<p>Mon 25th</p>	<p>Falls Session–Part 4 10:30-11:30</p>

	<p>To book call or email the Age Friendly Co-ordinator on 07553379721 or raisa.donnelly@midulstercouncil.org</p> <p>Better connected-Over 50's Zoom fitness sessions Time:11.30-12.15 For more information contact Rebecca Greenaway on 07871279017</p> <p>Scams 2pm – 3pm (Class delivered on Zoom) 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 some simple tips to help you avoid being tricked. Forewarned is forearmed! To book call 07912 296792 or email Sheila.Mclean@librariesni.org.uk</p>
<p>Tues 26th</p>	<p>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</p> <p>MATT – Men's Social morning 10.30 – 12 noon in Newry Gateway Club. All welcome Weekly local walk finishing with light lunch Contact Aidan for more details on 07809349886</p>
<p>Wed 27th</p>	<p>'Eating well as you age'- 11.00-11.45am This free session is for anyone who is interested in finding out how to eat well in later life. This could be for yourself, a relative or a friend. Register using the link, after registration participants will be emailed the zoom meeting ID and passcode: https://setrust-hscni-net.zoom.us/webinar/register/WN_T1SBydEdTIGqtpIS3xbSBA</p> <p>Big Quiz 3pm Join us via zoom for a quiz with a difference To book email positiveageingmonth@belfastcity.gov.uk or phone 077713684705</p>
<p>Thurs 28th</p>	<p>Bowel Cancer Screening 11am 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 positiveageingmonth@belfastcity.gov.uk or phone 077713684705</p> <p>Walk leader training Would you be interested and have time to lead walks for your local community? Why not have a look at our walk leader training details. Walk Leader Training – Thursday 28th October 9.30 to 1pm via zoom. To apply please contact: pwb.training@southerntrust.hscni.net</p> <p>Spooky Halloween Chocolate Bingo 7.30pm -8.30pm Eyes down, let's play Bingo. Every winner wins chocolate. Via zoom To register call Eamon Quinn on 90735696 or email Eamon.quinn@engagewithage.org.uk</p>

	<p>Libby eBooks and Audiobooks 2pm – 3pm If you haven't yet discovered the amazing FREE audio and eBook offer from Libraries NI, then this is the Zoom session for you! Learn how to download the Libby app and sign up for the opportunity to borrow over 17,000 eBooks and audiobooks. Explore the app and discover features like search, place hold, bookmarks and reading settings. To book call 07912 296790 or david.bridges@librariesni.org.uk</p> <p>Drumclose Craft Group – Craft session 11-1 Dromalane Community Centre Contact Phil on 07752583787 for more details</p> <p>Newtown Women's Group – Craft Session 11-1 Newtownhamilton Men's Shed Contact Pete on 07740378714</p>
<p>Fri 29th</p>	<p>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</p>
	<p>The Mental health Campaign is now live on the Minding your head website. https://www.publichealth.hscni.net/news/hsc-mental-and-emotional-wellbeing-campaign-launched</p> <p>We currently have two types of courses running weekly with options for late morning, afternoon and early evening.</p> <ul style="list-style-type: none"> ❖ Challenging Your Condition online (Stanford Accredited) – 6 x 2.5 hour sessions (available for those in Northern, Belfast, Southern and South Eastern Trust areas) <div style="background-color: #4a4a8a; color: white; padding: 5px; text-align: center;">“Challenging Your Condition Online”</div> <p>A supportive group led by trained volunteers living with a long-term condition themselves, who understand the difficulties that you face. They refuse to allow their symptoms to take control of their lives and they can support you to manage yours. The emphasis is on learning what you can do for yourself and how to make the most of the information you get from your health care professionals. Each week we delve into the self management toolbox to learn way to manage your condition and live well. This is a Stanford University accredited programme.</p> <p>Suitable for: anyone over 18, living with a long-term health condition.</p> <p>Duration: 6 x 2.5 hour sessions</p> <p style="background-color: yellow;">Please do not hesitate to contact us on 028 9078 2940 or email y.knipe@versusarthritis.org if you require any further information. We look forward to hearing from you.</p>

The Newry and Mourne Positive Ageing Committee hope you enjoy the events/initiatives.

If you have any queries, please do not hesitate to contact:

E: lorraine.oreilly@nmandd.org T: 0330 137 4024 or visit
<https://www.newrymournedown.org>

The positive ageing steering group partners and funding bodies are listed over the following pages with details of their organisations included.



Comhairle Ceantair
an Iúir, Mhúrn
agus an Dúin
**Newry, Mourne
and Down**
District Council

Newry, Mourne and Down District Council

Newry, Mourne and Down District Age Friendly Strategic Alliance is a cross sectoral strategic partnership consisting of key agencies with responsibility for improving outcomes for older citizens. Its purpose is to develop and deliver an age friendly strategy for Newry, Mourne and Down, ensuring the participation of older people throughout the process.

For more information contact E: lorraine.oreilly@nmandd.org T: 0330 137 4024 or visit
<https://www.newrymournedown.org>



SOUTHERN
AGE WELL
NETWORK

Southern Age Well Network

An umbrella organisation supporting over 60 older people's groups across the district. Our aim is to provide direct assistance to these groups by providing a platform for networking and addressing issues which effect older people. We aim to promote active ageing and where possible address issues of social isolation and marginalization. Our office is based in Ballybot House, 28 Cornmarket, Newry and for further information on local groups or volunteering

opportunities within these groups contact 028 302 66024.

www.southernagewellnetwork.org

Southern Health and Social Care Trust

The Southern Health and Social Care Trust provides health and social care services across the five council areas of Armagh, Banbridge, Craigavon, Dungannon, and Newry and Mourne.

The Trust's Access and Information Service offers advice and information on a range of local services available to older people. We provide a central point of contact, Trust wide, for:

- **Anyone aged 65yrs+**, living in the Southern Trust area, who is struggling to complete daily living tasks independently or feels isolated and would like connected to local support services
- **A relative and/or carer** seeking assistance for an older person who lives in the Southern Trust area
- **Anyone wanting to find out information** or discuss referral pathways on services for older people in the Southern Trust area.

We work with frontline professionals to facilitate discharge from hospital, freeing up hospital beds by ensuring the necessary supports are in place at home. Our team will also arrange services in the home to prevent hospital admission being required.

We refer into a range of services, both within the Trust and the community and voluntary sector.

Contact information

If you or someone you know requires our help and support, contact us.

Telephone: 028 3756 4300 (Mon – Fri: 8.30am – 5.00pm)

Email: access.information@southerntrust.hscni.net

See website— www.southerntrust.hscni.net

U3A stands for the University of the Third Age. It is a self-help organisation for people no longer in full time employment providing educational, creative and leisure opportunities in a friendly environment.

See our website at www.newryu3a.org.uk



Volunteer Now works to promote, enhance and support volunteering across Northern Ireland. Volunteer Now is about **connecting** with individuals and organisations to **build** healthy communities and create positive **change**.

Volunteer Now enhances recognition for the contribution volunteers make, provides access to opportunities and encourages people to volunteer.

Visit our website at www.volunteernow.co.uk

Independent Volunteer

Jennifer Kelly, has been a part of the positive ageing committee from the beginning, bringing her expertise, creative design and flair to the project.