

## Winter / Spring Classes & Music

### Upcoming Music:

25 Nov Li Ban (with Rioghnach Connolly)  
 26 Nov Maxwell Quartet  
 3 Dec Super Sunday Session  
 9 Dec Kathryn Joseph, Charlie Grey & Joseph Peach  
 2 Feb Ronan O Snodaigh & Myles O'Reilly

### Winter/Spring Classes:

15 Jan Beginner Sewing with Bernie Carlin  
 15 Jan Watercolours with Trish Campbell  
 17 Jan Creative Writing with Aoibh Johnson  
 17 Jan Beginner Crochet with Aroona Murphy  
 17 Jan Impressions of Impressionism with Clare McComish  
 21 Feb Beginner Patchwork Quilting with Bernie Carlin  
 28 Feb Portraiture with Leah Davis  
 28 Feb Japanese Sumi Painting with Kasia Kochanska

Find out more <https://theduncairn.com/events/>.



# THE DUNCAIRN

Duncairn Ave,  
 Duncairn Complex,  
 Belfast, BT14 6BP

028 9074 7114

Connect Within NI presents...

## Holistic Wellbeing for seniors



-Mindfulness  
 -Chair Yoga  
 -Sensory Experiences (mindful tea-tasting)  
 -Mindful Arts & Crafts  
 -& more!



### Benefits include...

- Increased sense of self esteem
- More presence and contentment
- Improved mobility, circulation and respiration
- Released physical and emotional tension

For more information, get in touch with Emily:

Price:  
 £60/hr

4 week course - £200  
 (on average - depends on numbers)

07857675796  
 or

connectwithinni@gmail.com  
 www.connectwithinni.com



## Silver Screenings

Silver Screens are weekly movie classics for seniors on Thursdays at 2pm in Strand Arts Centre. Open to anyone who loves classic movies! Tickets are £4.00 including tea/coffee.

16 & 23 Nov	The League of Gentlemen
30 Nov & 7 Dec	An American in Paris
14 & 21 Dec	The Bishop's Wife (14 Dec only: Comber Brass Band perform Christmas Songs before film)
11 & 18 Jan	Gold Diggers of 1933
25 Jan & 1 Feb	Three Godfathers
8 & 15 Feb	Some Like it Hot

15 February is the last Silver Screenings before they close.

Join them for a live comedy sketch before the film & cake!

You can phone to book on 028 9065 5830 or online here - <https://www.strandartscentre.com/silver-screenings/>



# Information for Older Persons and Groups



Winter 2023

## Ulster Folk & Transport Museum, Cultra

*Wander the snowy, cobbled streets of the Ulster Folk Museum and experience a truly traditional Christmas.*

Meet the craft demonstrators as they prepare for seasonal celebrations and take in the festive scents of Christmas pudding warming on the griddle. Listen out for carol singers, traditional musicians, with added festive sounds from a harpist and brass band.

Warm up with a drink in the cosy surroundings of McCusker's pub, now a fully licensed pub! And taste Christmas fayre like Christmas cake and cinnamon toast, heated on the open fire. Get making in the Christmas-themed craft stations, treat yourself in the traditional sweet shop and discover the traditions of Christmas past this Christmas.

It is recommended to book online for the Christmas experience, as it's through general admission. Walk-ups will be permitted but could be limited if the museum is full. An accessible bus will be available on all dates to transport visitors from the lower car park to the museum.

The Christmas activity will take place on the following dates:

Saturday 2, 9 & 16 Dec, 11:00am to 4:00pm  
 Sunday 3, 10 & 17 Dec, 11:00am to 4:00pm

Tuesday 19 Dec, 10:00am to 4:00pm  
 Wednesday 20 Dec, 10:00am to 4:00pm  
 Thursday 21 Dec, 10:00am to 4:00pm  
 Friday 22 Dec, 10:00am to 4:00pm  
 Saturday 23 Dec, 11:00am to 4:00pm



Book your general admission tickets through this link <https://bit.ly/3QuVE4u>, selecting one of the Christmas dates above.



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

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

Tel: 028 9023 2020

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

This project is supported by Belfast Health & Social Care Trust



## Volunteer Now: Supporting Older People

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

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



## Belfast Warm & Well Project

Belfast Warm & Well Project is coordinated by National Energy Action (NEA) who work with local community and voluntary groups to provide helpful independent and confidential advice and practical support. The project is available to vulnerable people finding it hard to keep their homes warm:

- People aged 65 years or older;
- People living with a disability/long term physical or mental health condition
- Pregnant women
- Households with a young child/children
- People on a low income

Contact NEA on 028 9023 9909 or [warmandwell@nea.org.uk](mailto:warmandwell@nea.org.uk).



## Fun for Seniors

Flax Day Centre provides a service for older citizens in the community, who may feel isolated and lonely in their homes. They provide a safe environment of like minded people to socialize and make new friends along the way.

- Boccia
- Games
- Arts / Crafts
- Bingo
- Tea dances
- Day trips
- Health talks

Mon 9.30am-1.30pm No registration  
Wed 1pm-4pm or appointment  
Fri 9.30am-1.30pm required

Flax Day Centre, Ardoyne Comm Centre  
028 9074 8523.



## Beauty & the Beast: The Pantomime

Wed 20 Dec 2023—Sat 6 Jan 2024  
Belvoir Studio Theatre, Belfast, BT8 7DJ

Belladonna the wicked enchantress is determined to win the hand of Prince Danton, no matter who stands in her way, much to the amusement of flower fairy Flora. Beautiful Belle from the village spends her time avoiding the village beau Gastave who impresses everyone—except her!

Come along and see Belvoir Players bring this beauty-full pantomime to Belfast—you'll be sure to enjoy lots of festive ooh la laughing!

Please note that this is an original pantomime based on the traditional story of Beauty & the Beast and not the Disney musical.

To book tickets, contact the Box Office on 028 9049 1210 or online [www.ticketsource.co.uk/belvoirstudiotheatre](http://www.ticketsource.co.uk/belvoirstudiotheatre).

## Recipe Book



Belfast City Council Environment Education & Outreach Team are putting together a new recipe book and we are looking for your help! Do you have recipe's for using up leftovers Or a good slow cooker recipe? We would like to hear from you.

We hope to choose a small selection of recipes to feature in our book. If you would like to participate and potentially have your recipe and name in the new book, please email them to: [environmentaloutreach@belfastcity.gov.uk](mailto:environmentaloutreach@belfastcity.gov.uk).

## Over 50? Need Advice?

North Belfast Seniors offers free and confidential advice on benefits and entitlements. To speak to someone or make an appointment, phone 028 9075 5894 or 07548 800529.

## Free Home Safety Check for Seniors

Belfast Safer Homes service is aimed at people aged over 65 years (or vulnerable adults) living in the Belfast Area. You can get a free home safety check and where necessary, receive free accident prevention equipment. Referrals can also be made to agencies such as Ni Fire & Rescue Service, Occupational Therapy, NEA and Environmental Health.



If the Home Safety check highlights any repair work needed to protect against slips, trips or falls, you can get subsidised help to have the repair carried out. Those who receive benefits will be charged £5 per hour, those not receiving benefits will be charged £15 per hour for repairs.

The service is available Mon-Fri, 9am-5pm. All work will be carried out by the Bryson Energy staff who have been trained, Police checked and carry ID.

To make a referral, Freephone 0800 1422865 or email [handyman@brysonenergy.org](mailto:handyman@brysonenergy.org). For more information on Home Safety, visit [www.belfastcity.gov.uk/homesafety](http://www.belfastcity.gov.uk/homesafety) or call 028 9027 0428.

## Top Tips to Prevent Falls



The following provides useful information to help you reduce your risk of having a fall. However, it is not possible to prevent every fall. It is vitally important not to ignore a fall if it does occur and to always tell someone. If you are concerned or would like further information, please discuss with a healthcare professional or contact the Community Falls Prevention & Management Service on 028 9504 7656.

- 1. Keep active:** although you may be nervous after a fall, it is important to keep moving to help keep your muscles strong. Try to avoid long periods of sitting, get up and walk at least every hour within your home. If you are able, go for a walk outside a few times a week.
- 2. Avoid taking risks:** try not to rush or get up too quick. Avoid over-reaching or standing on a chair. Remember to use any mobility aids you have been provided with. Never take unnecessary risks—stop, think and ask for help if you need it.



- 3. Mind your health & medicines:** know what is normal for you, contact your GP if there is a change in our health. Take your medications as prescribed but if you think a medication is making your feel unsteady then speak to your GP or Pharmacist.



- 4. Take care of your bones:** make sure your daily diet has enough calcium by trying to eat a good portion of milk, dairy or fortified alternatives. Help your body make Vitamin D by safely enjoying daily short periods in the sun from April to September. Avoid smoking as this damages the cells that build bone in our bodies.



- 5. Check your vision & hearing:** it is important to have regular eye tests and wear glasses recommended by your optician. Hearing loss can make you less aware of your environment and triple your risk of falling. It is important to wear your hearing aids and speak to your GP if you are having difficulty with your hearing.

- 6. Eat a balanced diet:** a varied and balanced diet is important for reducing your risk of falls. Aim to eat regular meals including fruit and vegetables. Unless you have been advised otherwise, try to drink 6-8 glasses of water or fluids, a day. Avoid drinking more than the recommended daily units of alcohol.



- 7. Look after your feet:** be sure to wear well-fitted shoes or slippers—avoid slip-on or backless footwear. Report any pain or changes in sensation (tingling or numbness) to your GP or podiatrist.

- 8. Stay safe at home:** the most common place for a fall is in or around the home, so it is important to make sure your home is hazard-free and well lit. Try to keep walk-ways clutter free, remove or secure mats and rugs, take extra time and care in wet areas such as the bathroom. Keep your personal alarm or mobile phone with you at all times.

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