

Belfast Recovery College

The Belfast Recovery College welcomes everyone 16+ to our free mental health and wellbeing education and learning programmes. We have a range of courses open to service users, families, friends, carers, all trust staff and anyone with an interest in mental health. Valuing the combined lived experience of mental health and professional knowledge we co-produce and co-facilitate courses to improve the wellbeing of the people in Belfast.



What is recovery?

The word 'recovery' can have different meanings to each individual. "Recovery is about discovering or re-discovering a sense of personal identity, separate from illness or disability." (Shepherd., Boardman, J.& Slade, M. 2008)

At the Recovery College people have the opportunity to discover who they are, learn skills and tools to promote recovery, find out what they can be, and realise the unique contribution they have to offer. They can see how others have found a way forward and that they can have more control over their life.

Our courses include:

- WRAP (THE WELLNESS RECOVERY ACTION PLAN)
- Building Resilience
- Bring Me Back to Work with Care
- Getting a Good Night's Sleep
- Building Self Esteem
- Menopause & Mental Health
- Living with Depression
- Living with Anxiety
- Attitudes to Ill Mental Health
- Understanding Gratitude
- Embedding Recovery in Day-to-Day Lives
- ...And lots more!

To attend a free course you must enrol with the Recovery College by completing an Enrolment form.

Telephone: 028 9504 3059 (between 9am and 5pm)

"Are you coming out to play"

Fun activities for your group. Street Games, songs, games, activities and reminiscence. Take a skip, hop and a jump into the past for an hour of fun, laughs and memories with a packed programme of activities from days gone by.

For more information, cost and to book contact Liz:



Tel: 07512998961
Email: Lizziebogle23@gmail.com

RNIB

RNIB invites you to an event not to be missed. The biggest showcase of assistive technology products for blind and partially sighted people in Northern Ireland. Meet industry leaders, enjoy a series of tech talks and be in with a chance of winning a host of great prizes.

Date: Wednesday 28th February 2024
Time: 11am – 7pm
Location: Europa Hotel,
Great Victoria Street,
Belfast, BT2 7AP.

RNIB

See differently

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

This project is supported by Belfast Health & Social Care Trust



Information for Older Persons and Groups



Spring 2024



Volunteer Now, Community Projects is funded by Belfast Health & Social Care Trust to support older people living in their own homes in Belfast. These services are made possible by the support of volunteers who give some of their free time each week or fortnight.

We are currently recruiting volunteers for:

Driving – Volunteer Drivers support older people to attend healthcare appointments when they are unable to use public transport and do not have family or friends who are able to take them. These people have been referred to us because they are unable to access these appointments alone due to older age and older age-related conditions.

Training, support & supervision, volunteer get together and out of pocket expenses are available for all volunteers. Volunteer drivers are reimbursed the mileage undertaken in their role (45p per mile).

For more information about this role please call 028 9023 2020 or email Andrew Hanna at Andrew.Hanna@volunteernow.co.uk



Free Training for Office Bearers / Committee Members / Trustees

This session will develop the knowledge, skills and abilities of office bearers and trustee members, and help them to understand their roles and responsibilities as chair, secretary and treasurer. It will help them understand the importance of a clear decision-making process and succession planning, and the importance of working in partnership in order to build influence and ensure the voice of volunteers is heard.

PLEASE NOTE THIS SESSION IS FOR GROUPS AND ORGANISATIONS OPERATING IN THE BELFAST CITY COUNCIL AREA ONLY.

Venue: 9 Adelaide, Belfast City Council Headquarters, Adelaide Street, Belfast

Date and time: Wednesday 6th March 10am-1pm – lunch is provided.

Booking is essential. To book your place:
Email: deborah.kyburz@volunteernow.co.uk
Phone: Deborah 02895 927429



Volunteer Now: Supporting Older People

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

www.volunteernow.co.uk
E: deirdre.murphy@volunteernow.co.uk
T: 028 9023 2020

Glaucoma UK is here for you and your loved ones



Did you know that an estimated 700,000 people in the UK have glaucoma? Surprisingly, half of them are unaware they even have it. Our mission at Glaucoma UK is to stop preventable sight loss caused by glaucoma.

Imagine your eye like a camera – the optic nerve is like the wire that sends the pictures to your brain. When this nerve gets injured, it can lead to some sight loss. Glaucoma is a group of eye diseases where this nerve gets damaged.

Glaucoma often starts slowly, and many times, you won't even notice it's happening. It's like a sneaky visitor that causes problems without announcing itself.

Now, let's talk about who can get glaucoma. Well, anyone could, but some people are more likely to get it. Unfortunately, age is one of the biggest risk factors for the disease. As you grow older, the chance of having glaucoma goes up. By the time you're 80, about one in ten people the same age as you could have it.

We're on a mission to help people learn about glaucoma so it can be detected and treated early. We also offer support to people who are already living with this disease, and we fund glaucoma research.

Do you want to learn more about glaucoma and what you can do to safeguard your sight for the future? Whether you have questions about glaucoma or other eye conditions, you can call our helpline at **01233 64 81 70** or send us an email at helpline@glaucoma.uk. Our helpline is open from 9:30 AM to 5:00 PM, Monday to Friday. If you call outside these hours, don't worry – just leave a message, and we'll get back to you soon.



Belfast Central Library Family History - Irish 1901 and 1911 Census

Learn how to use the 1901/1911 census of Ireland for your family history research, as well as tips and tricks for how to search when you can't find someone on the census.

When: Wednesday 10th May
Time: 2pm - 4pm

Booking is essential

Tel: 02890509150
Email: Belfast.central@librariesni.org.uk



Girdwood Warm Welcome Drop In Mornings

Drop into one of our 90-minute Warm Welcome Mornings and get active, socialise with others and enjoy a cup of tea or coffee.

- Shankill Leisure Centre Tuesday 10.30am
- Lisnasharragh Leisure Centre Wednesday 9.30am
- Indoor Tennis Centre and Ozone Complex Wednesday 10.30am
- Falls Leisure Centre Friday 9am

Girdwood Senior Active Fridays Fridays 10am -12pm

The active morning is a morning for people 50+ to get together and participate in light activity such as badminton and pickleball. There are refreshments and it is free for anyone, just drop in.



For more information contact
Corey
corey.wilson@gll.org



Using your electric blanket or heated throw safely

Electric blankets and heated throws can be a great, cost-effective way to keep warm and cosy, however it's important to use them with care. Before using your blanket or throw, check it is safe by following these tips:

Buy a new electric blanket at least every 10 years from a reputable seller. Never buy one second hand.

Look out for worn or frayed fabric, scorch marks, exposed wires, damage to the cord and soiling. Listen out for buzzing from the control unit. If your blanket is not in good condition, it needs to be replaced.

Always follow the manufacturer's instructions.

Never use one at the same time as using a hot water bottle or if you have an air flow mattress or use emollient creams.

Keep all blankets flat. Protect wiring during storage by rolling them, don't store anything on top of them and keep in a dry place.

Ensure you unplug the blanket before getting into bed unless it has a safe thermostat setting for use all night.

Tie/secure the blanket in position using the tapes attached to it.

For a free Home Safety Check for children under 5:
Call 028 90270428 or email envhealth@belfast.gov.uk

For a free home safety check for people aged over 65:
Call 0800 14 22 865 or email handyman@brysonenergy.org



Roselawn bus service



The free bus service runs on the first Tuesday and third Friday of the month. The Tuesday service leaves from the Spectrum Centre, 331 Shankill Road, at 9.45am. The return bus leaves the cemetery at 12 noon and drops passengers back to the Spectrum Centre at 12.30pm. On Fridays the pick-up point is the bus stop outside Danske Bank on Donegall Square West at 2pm.

Who can use the bus service?

The service is free to residents aged 50 or above living in the council's electoral area. The bus seats 15 people on a first-come, first-served basis. The bus also accommodates wheelchair users, if you inform us when booking your place.

How to book bus places:

To book a place on the bus, or for more information, call us on **028 9027 0296**. Our staff will ask you to confirm that you are aged 50 or over. You must bring along proof of age when you board the bus as the driver may check. You may bring one companion with you, if you book for them, even if they are under 18. To help us plan our route, tell us when booking the number of the family grave or memorial trees you want to visit. If you don't have this information, our staff can help locate it if you provide them with the name of the deceased person and their date of death.

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