

## Belfast Recovery College invites you to enrol on its free Wellbeing and Mental Health Education Courses Make time for Mental Wellness



Belfast Recovery College welcomes everyone in the community to enrol for a free wellbeing and mental health education courses. Our students include such a diversity of people from the community including Carers, people with lived experience of mental health, carers, family, professionals, front-line workers or those an interest in mental health. Our courses are inclusive – anyone can attend!

Currently we have a range of webinars available. We are running face to face courses again too such as the Wellness Recovery Action Plan. Examples of these courses include:

Living with Anxiety, Coping with Loneliness, Staying Safe (living with self-harm), Personal Independence Plan, Resilience, Living with Autism, Assertiveness, Creative Writing, Living with Bipolar, Getting a Good Night's Sleep and lots more!

Belfast Recovery College delivers its courses in a different way. With an informal learning and welcoming style, our courses are co-facilitated by two people with knowledge of the subject area: - a mental health tutor (e.g. a doctor, psychologist) and a peer tutor with lived and caring experience of mental health. All courses are co-produced.

Yet our courses go beyond mental health - they are often a way to reconnect again, gain personal knowledge and development and aimed to helping us all stay well.

The Recovery College is not about getting qualifications and degrees. It is about living well to a better degree.

Here are our Student Experiences

"I am a student at the Belfast Recovery College. I didn't notice until I spoke and learnt from other people at the college with lived experiences and interests of mental health/services that the concept of recovery was possible for me. The example of the recovery of others was mirrored to me and the support I have received from colleagues and students during the educational placement that I am undertaking at the college and my participation in various educational courses have been a great experience. I have grown in confidence in my personal life and educational development. I feel more confident in assisting

other peer educational facilitators and learners at the college to design and deliver good content in courses for anyone interested in mental health, and I continue to learn about my own recovery every day I am involved with the college."

"I am a Senior Peer Educator with the Belfast Recovery College. At the Belfast Recovery College, we do not define people as a mental health diagnosis. We are students. Once a patient sitting opposite a doctor, I now coproduce courses such understanding medications and Advocacy. Education is a type of language that gives people strength: a voice. Education and recovery are powerful concepts and with them comes choice, hope, and control. Choice is paramount."

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**For more information contact 028 9504 3059**

## THE HEART PROJECT HERE FOR YOU PROGRAMME



Small Steady Steps Cancer Rehab Programme (Tuesdays Maureen Sheehan Centre gym with monthly green gym days) – not age or gender specific, for anyone who has had a cancer diagnosis.

\*Wheely Inclusive Cycling Club (Wednesdays 10:30am Bog Meadows) – not age or gender specific but suits over 50's returning to cycling or for those adults who have never cycled.

\*Tai Chi (Wednesdays 11:15am Divis Community Centre £2) – not age or gender specific but suits over 50's

\*Danderball (Thursdays 9:30 am Grosvenor Rd £2) - for Men over 50's

\*Walkabout Club (Thursdays 2.00pm Falls Park) – not age or gender specific but suits over 50's

\*SweetHEARTS circuits (Fridays 10:30am MSC £2) – for Women over 50's

\* The A.C.E. (After Covid Exercise) Programme is running on a regular basis (Maureen Sheehan Centre) for those dealing with symptoms of long covid – not age or gender specific

For details on any of the programmes, please ring the H.E.A.R.T Project office on **028 9031 0346**.

**Disclaimer:** Health related information provided in Men 2 Men is of a general nature and cannot substitute for the advice of a medical professional (for instance, a qualified doctor/physician, nurse, pharmacist/chemist, etc.)

### FOR MORE INFORMATION:

Deirdre Murphy, Volunteer Now, The Skainos Centre, 239 Newtownards Rd, Belfast BT4 1AF  
T: 028 9023 2020 | deirdre.murphy@volunteernow.co.uk | www.volunteernow.co.uk  
Charity Registration No. NIC101309 Company Limited by Guarantee No. NI602399



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# MEN 2 MEN

A great way for men aged 55+ to socialise

AUTUMN 2021

## Volunteer Now's Men's 50+ Health Day

Tuesday 5 October 2021  
10.30am - 1.30pm

St Joseph's Church  
9 Princes Dock Street, Belfast, BT1 3AA

Information on Men's Health  
Mental Health  
Talks

Barber (Hair Bus)  
Two Tours of Sailortown  
Lunch

Places are limited

Book early to avoid disappointment  
Covid Restrictions will be applied.

To reserve your place contact Pamela Higgins on 028 9023 2020  
or email: Pamela.higgins@volunteernow.co.uk

This publication is funded by the Public Health Agency

# CARING FOR ELDERLY EYES

Eyesight can change dramatically as we get older. It is a natural part of the ageing process and eye muscles begin to weaken from around the age of 45. This can normally be well controlled with glasses or contact lenses, however many people forget to look after their eyes as they get older and this can have severe effects on their vision.

This short guide includes possible elderly eye problems to look out for and the best ways for older people to look after their elderly eyes.

Problems in elderly eyes

Cataracts, glaucoma and macular degeneration are the most common eye problems in elderly people. Signs of potential vision loss include:

- Colours looking washed out.
- Finding it difficult to judge the depth of steps and kerbs.
- Straight lines looking wobbly.
- Difficulty reading, even with glasses or contact lenses.
- Difficulty driving at night.

Anybody who experiences any of these symptoms should book an appointment with an optician or their GP. Looking after elderly eyes

Eye conditions can be prevented or slowed down by making some simple lifestyle changes.

Get your eyes tested

Eat the right foods

Stop smoking.

Limit your time looking at screens

Improve the lighting in your home

According to NHS Live Well we need three times as much light to see well when we're 60 than we do at 20. Make use of natural lighting and keep curtains drawn back during daylight hours and read in areas close to the window. You

should also use a lamp directed at where you are working and make sure you have suitable overhead lights in areas where you are most likely to fall e.g on the stairs.

The above will help to decrease the risk of eye problems and manage existing elderly eye problems but we suggest always seeing a doctor or optician if you have any concerns

For More information or to book an appointment have a chat with our Optician

please Contact:

**028 9032 2222 or alexoneill11@hotmail.co.uk**

3 Kelly's corner, Whiterock Rd, Belfast BT12 7FP



# FREE SUS SERVICE TO ROSELAWN CEMETERY IS BACK

This service is free to Belfast aged 50 or above.

On the first Tuesday of the month the 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 at the Spectrum Centre at 12.30pm. On the 3rd Friday of the month, the pick-up point is at 2pm at the bus stop at 5 Donegall Square South (back of City Hall) and you will return at approximately 4.30pm.

**The passengers MUST pre-book by ringing 028 9027 0296**

Our staff will ask you to confirm that you are aged 50 or over. You must also 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 them, even if they are under 18.

To help us plan our route, please tell us when booking the number of the family grave or memorial tree 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.

The bus is from Belfast Bus Company and will be wheelchair accessible and hold up to 16 passengers

# FALLS PREVENTION STRENGTH & BALANCE CLASSES RETURN!



The Belfast Health and Social Care Trust in partnership with Active Belfast are pleased to announce the restart of its Falls Prevention Group Exercise Programmes. Let us help you return to structured exercise in a safe environment, increase your physical activity levels, challenge your strength & balance, promote general wellbeing and ultimately reduce your risk of falling. Let's restart together!

## PURPOSE:

- Each 60minute exercise session is designed to help improve
- Activity levels
- Confidence
- General wellbeing
- Help reduce your risk of falls
- Each exercise session is delivered by our trained Falls Activity Practitioners with the aim to challenge your
- Muscle strength & endurance
- Balance and co-ordination

## CURRENT LOCATIONS:

- Olympia Leisure Centre
- Girdwood Community Hub
- Andersonstown Leisure Centre
- Hanwood Centre
- Shaftsbury Recreation Centre
- Maureen Sheehan Centre
- Lisnasharragh Leisure Centre

## HAVE YOU:

- Had a recent fall?
- A history of falls OR near misses?
- A fear of falling that limits your confidence to complete your daily activities?

If you answered Yes to one or more of the above, live within the Belfast Trust and are aged 65 or over, you may be eligible to attend a 12 week Strength & Balance Exercise Programme.

This 12 consecutive week Strength & Balance Programme is free of charge.

(Please contact us for further information on day and time of classes. Venues are subject to change)

## CONTACT DETAILS:

If you would like to attend one of the programmes, please telephone 028 9504 7656 or email: [FallsServices@belfasttrust.hscni.net](mailto:FallsServices@belfasttrust.hscni.net) [www.makinglifebettertogether.com](http://www.makinglifebettertogether.com)

# HANDYMAN SERVICE

The service is aimed at people aged 65+ (or vulnerable adults) in the Belfast area. Repair work is available at a subsidised rate of £5 per hour for those on benefits or £15 per hour for those not on benefits. **Type of services we can offer includes -**

- Fitting external handrails
- Powerwashing
- Fixing gates and fences
- Path clearances
- Single story gutter clearing
- Keysafe fitting
- Fixing loose floor boards
- Clearing paths
- Fitting door chains
- Changing light bulbs
- nstalling handrails
- Fixing doors
- Installing carbon monoxide alarms

## Please note:

We cannot carry out any electrical, painting or plumbing. All materials must be supplied by the occupant. The service is available Monday to Friday 9am-5pm (excluding public holidays). All work will be carried out by Bryson Energy staff who have been trained, police checked and carry ID. For more information contact: 0800 14 22 865 or email: [handyman@brysonenergy.org](mailto:handyman@brysonenergy.org) visit: [www.belfastcity.gov.uk/homesafety](http://www.belfastcity.gov.uk/homesafety)

# LISTEN TO YOUR EAR

Some ears can produce a lot wax or some ear canals are small and block easily. Blockage of the ear canal by wax can cause deafness, Sometimes water can get trapped behind it and the ear becomes painful as the wax rehydrates and swell up, In some cases this leads to recurrent infections, with pain swelling and discharge .

An earwax blockage can be gently treated using two or three drops of olive or almond oil in your ear twice a day for a few days. Over the next two weeks softened wax should gently work its way out of your ear, especially if you are lying down. As with all health concerns your doctor is your first port of call.

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