



Age Friendly Belfast



Positive Ageing Month

October 2023



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

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





The independent
advice network,
providing advice
to those who
need it

Do you need advice?

The independent advice network provides
free advice and information

FREEPHONE

0800 915 4604

Benefits



Debt & Money Advice



Business Debt



Tax Credits & HMRC Products



EU Settlement Scheme



Mobile Advice Service



Funded by
Department for

Communities

An Room
Pobal



Department for

Communities

www.communities-ni.gov.uk

Email: advice@adviceni.net

For further information or to find your local advice centre visit www.adviceni.net

  @AdviceNI



#PositiveAgeingMonth

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

Now in its eighth year, the festival is back!

We hope it has activities to suit all tastes and will allow people to connect in some way.

It begins on Sunday 1st October at the Ulster Museum and then the Age Friendly Convention is in City Hall on Wednesday 25th October (see event listing for details).

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

Joanna Holland 07827823998 Email: seniorsinfo@belfastcity.gov.uk
www.makinglifebettertogether.com

Booking for some events is essential so please check details.

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.

**Sunday
1 October**

Free

Silver Sunday Age-Friendly Museums Day

Ulster Museum, 10.30am to 12.30pm

Come along to the Ulster Museum for a chance to chat and find out what's going on over October, have a walk in Botanic gardens.



No need to book- just come along!

**Monday
2 October**

Free

Coffee Morning Get Together

The Bobbin Café, 11am-12pm

Not getting out and about as much as before?

Join Engage with Age for a Coffee Morning get together. Includes a talk on Belfast's Linen History by author John Bradbury. Part of Engage with Age's PAL Project.

For more information email palproject@engagewithage.org.uk or call 07436 174793



Intergenerational Christmas Small Grants Scheme

Linking Generations Northern Ireland are delighted to launch their Age Connected Christmas Small Grants Scheme as part of Positive Ageing Month 2023.

Applications will open on 2 October and close on the 27 October 2023.

They are inviting community groups, schools, care settings, nurseries, housing settings and more to apply for small grants of £125 to bring generations together during the month of December to spread some festive cheer, make connections and enjoy each-others company.

For more information, application pack, ideas and resources please visit the LGNI News page www.linkinggenerationsni.com/news/ or contact elaine.brownlee@bjf.org.uk

The Blended Thread - A walk through Linenopolis.

10.30am- 12pm, Start and finish in front of City Hall

The global success of our linen industry brought great wealth to Belfast. On this tour learn how it profoundly shaped the city. Hear also the story of our social history, and the hard lives of the mill workers.

This is a sensory tour, with much to see, touch and hear. Also learn about the bell that spoiled the whiskey, a famous tramp and a heavenly stairway.

To book and for more information email seniorsinfo@belfastcity.gov.uk or call: 07827823998.

Top tips to prevent falls

This leaflet 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 and 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. Please see overleaf for more information on strength & balance exercise classes.

3. Mind your health + medicines

Know what is normal for you, contact your GP if there is a change in your health. Take your medications as prescribed but if you think a medication is making you feel unsteady then speak to your GP or Pharmacist.



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.

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.



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.

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.



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.

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.

**Tuesday
3 October**



Age Friendly Belfast Be Prepared event!

2 Royal Avenue, Belfast (Beside Primark), 10.30am-12.30pm

No need to book

Come along for information on how to help improve your daily living.

Highlights include:

- An opportunity to speak to a range of organisations that offer support on topics such as benefits, wellbeing, home safety, heating your home and much more.
- A cuppa and a bun!

Free

Dementia Friendly Coffee Morning



**Café Refresh, The Skainos Centre,
11am-12pm**

Join us for a coffee - the coffee and cake is on us. This coffee morning is for people living with early dementia, accompanied by a carer/ family member.

To book and for more information email palproject@engagewithage.org.uk or call 07436 174973

Line Dancing classes

**Youth Action, 14 College Square
North, 11am-1pm**

To book and for more information tel 028 90232020 or email Pamela.Higgins@volunteernow.co.uk

Free

**Wednesday
4 October**

Art and Dementia Training | 2 Royal Avenue, 10am-12pm

Engage with Age's Dementia Friendly Artist in Residence Anna O'Kane demonstrates how to undertake arts and crafts workshops with people living with dementia. Ideal for family members, health staff, community workers and art facilitators (though not suitable for people living with dementia). A practical workshop working with paints, crafts materials etc.

To book and for more information visit <https://ArtandDementiaTrainingOct2023.eventbrite.co.uk>

Free



Carers Support Services Walking Group

**Waterworks Park, 7 Cavehill Road, BT15 5BG,
10.30am-11.30am. (Meet at Queen Mary's Gardens Playground)**

Our Health Improvement colleague will walk with us and discuss the benefits of keeping active.

To book and for more information tel 028 9504 2126 or email CarerSuppSvc@belfasttrust.hscni.net





Men, is it time to look after yourself?

**Good Vibrations is a new over 50's,
men-only health programme.**

- Find out how to look after your health and stay strong
- Learn expert tips for minding your head
- If you're in a job, plan your later working years
- Option to join a men's group
- Individual support if you need it

Contact: good-vibrations@ageni.org

Changing the face of men's health

FUNDED PROJECT  MOVEMBER®

**Thursday
5 October**

Carers Support Online Info session

10am-11am, Online

Age Friendly Belfast will talk about their Age Friendly plan as well as the activities they have planned across the month to encourage healthy ageing.

To book and for more information tel 028 9504 2126 or email CarerSuppSvc@belfasttrust.hscni.net

Silver Screenings – Pillow Talk (1959)

Strand Arts Centre, 2pm-3:45pm Cost: £4

Strand Arts Centre presents weekly classic movies chosen with older people in mind but open to all. In Pillow Talk, an interior decorator (Doris Day) and a playboy songwriter (Rock Hudson) share a telephone party line and size each other up.

To book call 028 9065 5830



MOT for Older People's Groups

**Morton Community Centre,
10 Lorne Street, Belfast,
2pm-3.30pm**

Are you a member of an older people's group that could do with some help? Join Engage with Age for a Groups MOT session.

To book tel 0299073 5696 or email john.mccandless@engagewithage.org.uk



Free

**Friday
6 October**

Active Ageing health and Wellbeing Fair

**10am-1pm, Girdwood
Community Hub**

Market style event with health and information stalls, plus health MOT's and taster activity sessions:

- pickleball,
- chair based aerobics and
- dander ball.

For more information tel 07564938004 or email cory.jamison@gll.org

Bank of Ireland information session -

**Financial wellbeing
Online, 11am-12.30pm**

The information session will include:

- What is financial well-being
- Protecting your finances
- Cost of living help

To get your online link email: seniorsinfo@belfastcity.gov.uk or call 07827823998



Remember I Forget 2 Royal Avenue, Belfast BT1 1DA. Throughout October, 10am-6pm daily

An exhibition of artwork made by people living with dementia, facilitated by Engage with Age Dementia Friendly Artist in Residence Anna O'Kane. A wonderful range of artworks packed with memories and the personalities of the people who made them. **See also, Art and Dementia training from Anna O'Kane on 4th October 2023.**



Celebrate Positive Aging Month with an Allstate Cyber Safety Session



When: 19 October, 10:30am

Where: Zoom



Learn to safely navigate the internet with **Allstate Cyber Safety for Older Adults!** Our interactive training covers common online scams, fraud protection, and cybersecurity awareness, including password protection and privacy settings.

Register for this FREE training session and gain essential skills to protect yourself online.

[CLICK HERE TO REGISTER](#)

**Allstate
cybersafety**



For more information, contact us at
AllstateCyberSafety@allstate.com

Allstate.

**Monday
9 October**

Gardens, Gowns and Galileo - A tour of Queen's University and Botanic Gardens

**10.30am-12pm, Queen's University War
Memorial.**

In 1828, Botanic Gardens was the first park to be opened in Belfast and it has a long and interesting history. Alongside, Queen's College opened in 1849, possibly the finest building in Belfast, and the 8th oldest university in Britain or Ireland. Learn about the when Queen Victoria called for tea, when the balloon went up, the man who stopped Concorde and the amazing story of Professor Zero.

*To book and for more information email
seniorsinfo@belfastcity.gov.uk or tel
07827823998.*



Training: Isolation and loneliness experienced by older people

Online, 9.30am-1.30pm

Aimed at staff and volunteers, in healthcare and non-healthcare roles, who are directly engaging with older people in the Belfast Trust area.

The course content will explain what is meant by

- Loneliness and social isolation
- Why it is important to address loneliness
- What are the common causes of loneliness,
- triggers and effects of loneliness

*To book and for more
information email
kerri.mccarry@belfasttrust.
hscni.net or tel
028 9504 5257*

**Tuesday
10 October**

Line Dancing classes

**Youth Action, 14
College Square
North, 11am- 1pm**



*To book and for more information tel 028 90232020 or email
Pamela.Higgins@volunteernow.co.uk*

**Wednesday
11 October**

Take 5 Tea Party



Youth Initiatives building, 50 Colin Road, Belfast BT17 0LG. 12-3pm

Seniors are invited to attend for a short presentation on how incorporating the 5 steps to wellbeing approach into daily life contributes to improving wellbeing in its fullest sense, both physically and emotionally.

Buffet and entertainment provided.

Booking is essential. To book and for more information tel 028 9062 7863

Age Friendly Belfast Movie afternoon - The Quiet Man

Banqueting Suite, City Hall on Wednesday 11th October 2pm-4.30pm- free event.

Places limited, booking essential- call 028 9027 0428 or email seniorsinfo@belfastcity.gov.uk

NEA Energy Efficiency in the Home

Free

Online, 10am-11.30am

- Energy efficient heating, lighting & appliances
- Info on energy suppliers
- Advice & support

*Booking is essential. To book and for more information visit <https://www.eventbrite.co.uk/e/energy-efficiency-in-the-home-in-northern-ireland-tickets-684994566187>
Email: Nichola.macdougall@nea.org.uk*

Interactive Dementia Training

Free

Online, 7pm-8pm

Tips on:

- managing money
- getting out and about
- Day to day life

To book and for more information visit <https://InteractiveDementiaTraining11Oct2023.eventbrite.co.uk>



Move More Live More

Innovative New
Falls Prevention Project
for over 65s

Join now - places limited!
www.ageni.org/movemorelivemore



HSC Public Health Agency

**Thursday
12 October**

City Cemetary minibus tours

**City Cemetery- Main entrance at junction of Whiterock Road
10.30am- 12pm, 12.30pm-2pm**

Opened in 1869, Belfast City Cemetery is one of the oldest public burial grounds in the city. There are stories of celebrated locals, people from across the world and founding fathers of the city.

To book and for more information tel 07827823998 or email seniorsinfo@belfastcity.gov.uk



Working together old movies



Hammer and Woodvale Community centres, Strand Arts Centre, 1pm-3pm

Booking is essential. For more information on cost and to book tel Hammer Community Centre 028 9033 2860

Chocolate Bingo

Online, 7.30pm-8.30pm

Join Engage with Age for bingo fun, daft games, and live music from Victor Mawhinney. Winners receive a bar of chocolate sent through the post.

To get your zoom link and for more information email eamon.quinn@engagewithage.org.uk



Silver Screenings – Pillow Talk (1959)

**Strand Arts Centre, 2pm-3.45pm
Cost: £4**

In Pillow Talk, an interior decorator (Doris Day) and a playboy songwriter (Rock Hudson) share a telephone party line and size each other up.



*Booking is essential.
For more information and to book tel 028 9065 5830
www.strandartscentre.com/silver-screenings/*

**Friday
13 October**

Virtual Tea Dance

Online, 3-4pm

Join people across Northern Ireland and beyond, live music from Victor Mawhinney and plenty of chair and carpet dancing!

To get your Zoom link and for more information email seniorsinfo@belfastcity.gov.uk or tel 07827823998



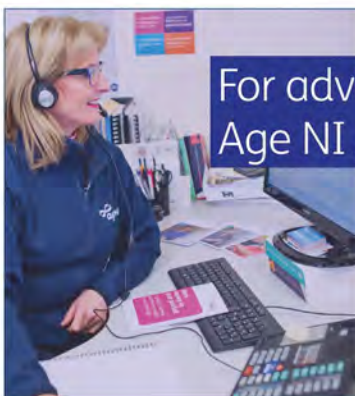
Volunteer Now Older Men's Health Day (50+)

**Girdwood Community Hub,
10.30am-1.30pm**

Info on:

- Health and well-being
- Treatments including massage & podiatry

For more information and to book tel 028 90232020 or email Pamela.Higgins@volunteernow.co.uk



For advice on Money Matters call
Age NI Advice Line on **0808 808 7575**

- Discover welfare entitlements
- Advice on funding care
- Money-saving advice

Visit ageni.org/moremoney





Department of Finance – Go ON NI Digital Inclusion

The Go ON NI team works in partnership with Libraries NI to provide free digital training and support to help you get online.

Training courses take place in your local library and include learning basic digital skills and finding out more about Social Media, Whatsapp, Zoom and staying safe online.

You can find out more about course dates and times by contacting the library by telephone or by visiting www.nidirect.gov.uk/articles/go-ni-events

Go ON NI courses are FREE.

**Tuesday
17 October**



Free

Line Dancing classes

Youth Action, 14 College Square North, 11am- 1pm

To book and for more information tel 028 90232020 or email Pamela.Higgins@volunteernow.co.uk

Dementia Friendly Coffee Morning



**Café Refresh- The Skainos
Centre, 11am-12pm**

Join us for a coffee - the coffee and cake is on us. This coffee morning is for people living with early dementia, accompanied by a carer/ family member.

To book and for more information email palproject@engagewithage.org.uk or call 07436 174973

Age Friendly Tea Dance

**2 Royal Avenue,
2-4pm**

Join us for a cuppa at our Age Friendly tea dance with the band Soda Popz

No need to book - just come along!





Deafblind NI

Live better with sight and hearing loss

Our wide range of services are designed to help you continue to live the life you love.

Contact us today

www.deafblind.org.uk

Free helpline: 0800 132 320

Text: 07903 572885

Email: info@deafblind.org.uk

Text relay: 18001 then 0800 132320

BSL video relay: deafblind.org.uk/bsl

Scan me



**Wednesday
18 October**

Big Quiz | Online, 3-4pm

To get your zoom link and for more information email seniorsinfo@belfastcity.gov.uk



Take 5 with Kae via Zoom Online, 11am-12pm

This is a community initiative aimed at promoting mental health and well-being. Our goal is to provide accessible resources and support to individuals to help improve their physical and mental well-being

For more information tel 07383096790 or email kbolutife@yahoo.com

Positive Ageing Carer Connect Café with Forward South Area Partnership

Lisburn Road Library, 11am-12.30pm

Come to the carer connect café to meet other carers of any caring background for a bit of craic, a break from caring and peer support.



For more information tel 028 9504 2126 or email CarerSuppSvc@belfasttrust.hscni.net

Older Women's Health event (50+)

Girdwood Community Hub, 10.30am-1pm

Info on:

- Health and well-being
- Treatments including massage & podiatry

For more information and to book tel 028 90232020 or email Pamela.Higgins@volunteernow.co.uk



Older Peoples Tea Dance

Olympia 2nd Floor Community Space,
2pm-4.30pm

Tea Dance with live music & light refreshments

For more information and to book tel 02890681874 / 07747483887 or email lambec@belfastcity.uk

Celebrate 10 Years of CLARE!

The Duncairn, 1.30pm -3.30pm

Come along and celebrate 10 years of CLARE helping those 65+ across North Belfast.

We'll be having an afternoon of activities, refreshments and lots of conversation and laughter.

For more information tel 028 9077 4185 or email s.coulter@clare-cic.org

ACTIVE MORNINGS

AT BETTER LEISURE CENTRES

Drop in to one of our 90 minute active mornings across Belfast and get active, socialise with others and enjoy a cup of tea or coffee.

- Andersontown - Tuesday 10am
- Belvoir - Friday 10am
- Girdwood - Friday 10am
- Grove - Tuesday 11.30am
- Lisnasharragh - Wednesday 9.30am
- Ozone - Thursday 11am
- Whiterock - Friday 10.45am

Free for all Better members and only £2 for non-members. For more information, email belfastCSO@gll.org

DROP IN



BETTER



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue: Charity no. XR43398.

Environmental Education and Outreach Sessions

October 2023
(and ongoing throughout the year)
10am – 4pm Monday to Friday

Find out why it's important that we take responsibility for our rubbish, how to save money by reducing food waste, where your waste goes after collection, and how recycling can help protect the environment.

Belfast City Council's Environmental Education and Outreach Officers can deliver a presentation or a cookery demonstration to help you waste less and save more.



30-40 minute session on a variety of waste-related topics, including a PowerPoint slide show and time for Q&A.

We also offer a cookery demonstration to encourage food waste reduction and saving money.

For more information and to book email environmentaloutreach@belfastcity.gov.uk or call 02890 320202 and ask for the Environmental Outreach Team.

University of the Third Age

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.

For further information, see our website Belfast U3A: Welcome (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



u3a learn,
laugh,
live

**Thursday
19 October**

MOT for Older People's Groups

Free

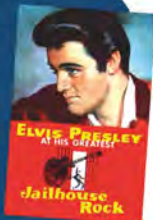
Inverary Community Centre,
2pm-3.30pm

Are you a member of an older people's group that could do with some help?

To book and for more information tel 02990735696 or email john.mccandless@engagewithage.org.uk

Silver Screenings – Jailhouse Rock (1957)

Strand Arts Centre, 156
Holywood Road, 2pm-
3.40pm, Cost: £4



Strand Arts Centre presents weekly classic movies chosen with older people in mind but open to all.

In Jailhouse Rock, Elvis Presley stars as young Vince Everett who, after serving time behind bars, becomes a teenage rock star.

To book and for more information tel 028 9065 5830, www.strandartscentre.com/silver-screenings/

The Pub Quiz without a Pub

Online,
7pm-8pm

Playing as individuals, not as teams - get quizzing.

To get your free zoom link email eamon.quinn@engagewithage.org.uk

**Friday
20 October**

Sing for Victory workshop with Karen Diamond

Free

Northern Ireland Museum, 21 Talbot Street,
Belfast 2pm- 3pm

Look back at life in the past and sing along to songs from the 1940s with live piano by music therapist Karen Diamond.

Music has the power to unlock memories and participants are encouraged to reminisce in this dementia friendly workshop. A songbook is provided for requests.

Booking essential. To book and for more information tel 02890 320392 option 3 or email outreach@niwarmemorial.org

**Monday
23 October**

Training: Isolation and loneliness experienced by older people

Inverary Community Centre,
9.45am to 1.45pm

Aimed at staff and volunteers, in healthcare and non-healthcare roles, who are directly engaging with older people in the Belfast Trust area.

The course content will explain what is meant by

- Loneliness and social isolation
- Why it is important to address loneliness
- What are the common causes of loneliness,
- triggers and effects of loneliness

For more information tel 028 9504 5257 or email kerri.mccarry@belfasttrust.hscni.net

**Tuesday
24 October**

Belfast Blitz Cathedral Quarter Walking Tour

Free

Northern Ireland War Memorial Museum, 21 Talbot Street, Belfast BT1 2LD, 2pm – 3.30pm

In this walking tour of Belfast's Cathedral Quarter, join staff from the Northern Ireland War Memorial to uncover the history and impact of the Belfast Blitz of 1941. Look at images from the time and compare them to how the streets look today. Perfect for the active history lover.



Line Dancing classes

Youth Action, 14 College Square North, 11am- 1pm

Booking essential. To book and for more information tel 028 90232020 or email Pamela.Higgins@volunteernow.co.uk

Dementia Awareness Training

Inverary Community Centre, 10am-12pm

The aim of the awareness session is to:

- develop your knowledge of Dementia
- increase your confidence and skills to help you relate, communicate and support someone with dementia
- become a Dementia Friend

Booking is essential. To book and for more information tel 07827823998 or email seniorsinfo@belfastcity.gov.uk

**Wednesday
25 October**

Age Friendly Belfast Convention Event

Belfast City Hall, 10.30am-1pm

This is a celebration of Positive Ageing Month with refreshments provided.

To book and for more information tel 028 9027 0428 or email seniorsinfo@belfastcity.gov.uk



Halloween Tea Dance

Woodvale Community Centre, 1pm-4pm

Halloween tea dance with entertainment, food and also a game of bingo.

Booking essential. To book and for more information tel 02890351548

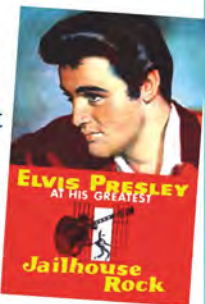


**Thursday
26 October**

Silver Screenings – Jailhouse Rock (1957)

**Strand Arts Centre, 156 Holywood Road,
2pm- 3.40pm, Cost: £4**

Strand Arts Centre presents weekly classic movies chosen with older people in mind but open to all. In Jailhouse Rock, Elvis Presley stars as young Vince Everett who, after serving time behind bars, becomes a teenage rock star.



*To book and for more information
tel 028 9065 5830
www.strandartscentre.com/silver-screenings/*

Spooky Chocolate Bingo

Online, 7.30-8.30pm

It's online bingo but not as you know it. Get your fancy dress on (not compulsory!) and join Engage with Age for some silly bingo fun. Games and live music from Victor Mawhinney.

Winners receive a bar of chocolate sent through the post.

To get your zoom link email eamon.quinn@engagewithage.org.uk



**Friday
27 October**

Senior's Halloween Fancy Dress Ball

**Dunmurry Presbyterian Church Hall, 9
Glenburn Road, Dunmurry, 12-3pm, Cost: £5**

Good Morning Colin invite seniors along for a fun-filled afternoon of music and entertainment with a three-course dinner served.

Prizes awarded for the most creative fancy dress costumes!

Booking Essential. To book and for more information tel 02890 627863 or email aisling@newcolin.com



Local services in Belfast

Information and Support for people affected by dementia



Together we are help & hope for everyone living with dementia

At Alzheimer's Society we're working towards a world where dementia no longer devastates lives. We do this by giving help to those living with dementia today, and providing hope for the future.

Dementia Support

Available in all areas of Northern Ireland, our Dementia Advisers provide information and support about dementia, by phone or email or a visit to the family home. Dementia Advisers provide awareness sessions for groups and organisations who want to find out more about dementia.

CrISP (Carer Information and Support Programme)

CrISP aims to improve the knowledge, skills and understanding of people caring for someone living with dementia. Topics covered over 4 sessions include understanding dementia, providing support and care, legal and financial matters and coping day to day.

Singing for the Brain

Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment. Singing for the Brain currently meets virtually and face to face in venues moving around Belfast/Lisburn and North Down and Ards.

Advocacy

Our advocates use their expertise to empower people with dementia to make informed choices and decisions, understand their rights and express their views. They can represent and speak on behalf of someone with dementia if they can't do so themselves.

Involvement opportunities

People living with dementia and carers to using their personal experiences to help shape the work that Alzheimer's Society does and other local and national work with external organisations. We have a Carer Involvement Group which meets in Belfast on Wednesday mornings, online survey opportunities and media, recruitment, and other events.

**Monday
30 October**

Free

Halloween Tea Dance

Ligoniel Community Centre, 2-4pm

Halloween-themed live music and entertainment provided by Rosey Hunter Band. Light refreshments included. Fancy dress optional!

Booking essential. To book and for more information tel 02890 719337



The Spooky Slipped Disco - Engage with Age

Free

Oh Yeah Centre, 15-21 Gordon Street, Belfast BT1 2LG, 7.30-9.30pm

Get your glad rags, dancing shoes and fancy dress on for a night of floor fillers with the best music from the 1960s, 70s and 80s.

Fancy dress encouraged, though not compulsory!

Booking essential. To book and for more information tel 028 9073 5696 or book online at <https://TheSpookySlippedDiscoOct2023.eventbrite.co.uk>

The **SPOOKY**
Slipped Disco

**Tuesday
31 October**

South Belfast Dementia Carers Café

Ormeau Road Library, 10am-11.30am

The Carers Café is specifically for those who care for someone living with Dementia in South Belfast. It is opportunity for carers to take time for themselves, share experiences and learn about that services are available to them.

For more information tel 07394569153 or email emily.brown@forwardsouth.org





Discover a **community** right on your doorstep!

Visit your local community centre and discover a world of new possibilities, right on your doorstep.

Stay active, meet new friends and learn new skills at your local community centre.

We have 27 community centres across the city offering classes and groups.

From computer skills to play, craft classes to boxing, and gardening to yoga – there really is something for everyone.

www.belfastcity.gov.uk/community



Belfast
City Council

Community centre Useful Contacts

Ardoyne Tel: 028 9074 8523
John Fleming e:flemingj@belfastcity.gov.uk

Braniel Tel: 028 9040 1444
Colin Murray e:murrayc@belfastcity.gov.uk

Clonduff Tel: 028 9040 1444
Colin Murray e:Murrayc@belfastcity.gov.uk

Concorde Tel: 028 9071 2450
Kimberley Feeney
e:feeneyk@belfastcity.gov.uk

Cregagh Tel: 028 9040 1444
Colin Murray e:Murrayc@belfastcity.gov.uk

Dee street Tel: 028 9045 8113
Joanne McCausland
mccauslandj@belfastcity.gov.uk

Divis Tel: 028 9024 2551
Sean Devine e:devines@belfastcity.gov.uk

Donegall Pass Tel: 028 9032 7661
Kasia Pagel e:pagelk@belfastcity.gov.uk

Downshire Tel: 028 90401444
Colin Murray e:Murrayc@belfastcity.gov.uk

Duncairn Tel: 028 9074 0212
Kimberley Feeney
e:feeneyk@belfastcity.gov.uk

Finaghy Tel: 028 9062 0474
Anthony Rogan e: rogana@belfastcity.gov.uk

Glen Road Tel: 028 9062 7189
Brian Burns burnsb@belfastcity.gov.uk

Hammer Tel: 028 9033 2860
Brian Burns burnsb@belfastcity.gov.uk

Highfield Tel: 028 9039 1009
Brian Burns burnsb@belfastcity.gov.uk

Horn drive Tel: 028 9060 4860
Sean Devine e:devines@belfastcity.gov.uk

Inverary Tel: 028 9047 1456
Joanne McCausland
mccauslandj@belfastcity.gov.uk

Knocknagoney Tel: 028 9076 1432
Joanne McCausland
mccauslandj@belfastcity.gov.uk

Ligoniel Tel: 028 9071 9337
John Fleming e:flemingj@belfastcity.gov.uk

Markets Tel: 028 9023 5969
Kasia Pagel e:pagelk@belfastcity.gov.uk

Morton Tel: 028 9068 1874
Anthony Rogan e: rogana@belfastcity.gov.uk

North Queens Street Tel: 028 9032 3945
John Fleming e:flemingj@belfastcity.gov.uk

Sandy Row Tel: 028 9032 5403
Kasia Pagel e:pagelk@belfastcity.gov.uk

Suffolk Tel: 028 9060 2564
Anthony Rogan e: rogana@belfastcity.gov.uk

Tullycarnet Tel: 028 9048 1816
Colin Murray murrayc@belfastcity.gov.uk

White City Tel: 028 9058 6180
John Fleming e:flemingj@belfastcity.gov.uk

Whiterock Tel: 028 9032 8623
Sean Devine e: devines@belfastcity.gov.uk

Woodvale Tel: 028 9035 1548
Kimberley Feeney
e:feeneyk@belfastcity.gov.uk





Older Peoples Activities in Community Centres

Visit your local community centre and discover a world of new possibilities, right on your doorstep.

Ligoniel

Tel: 028 9071 9337

Knit & Natter Group	Mondays	10am – 12 noon
Art & Craft Class	Fridays	10:30am – 12:30pm

Olympia community Space

Tel: Caroline Lambe 07747483887

Older people's Bingo group	Wednesdays, 2.30 – 4:45pm
-----------------------------------	---------------------------

Braniel

Tel: 028 9040144

Older Men's group	Monday	1.30 – 3.30pm
Older Women's Group	Monday	7 – 9pm

Cregagh

Tel: 028 9040 1444

Stroke Friendship group	Tuesday	10.30am – 12pm
Cregagh Retired Active Gentlemen (CRAG)	Thursday	2 – 4pm
Crochet group	Friday	10am – 12pm

Clonduff Tel: 028 9040144

Crochet group	Monday	1.30 – 3.30pm
Older people's Bingo	Thursday	6.30pm – 9.30pm



Tullycarnet Tel: 028 90481816

Women's craft group	Monday, Wednesday & Friday	9.30am – 1pm
----------------------------	----------------------------	--------------

Luncheon Club (over 65's)	Tuesday	12.30 – 2pm
----------------------------------	---------	-------------

Bridge Club	Tuesday	2 – 4pm
--------------------	---------	---------

Concorde Tel: 028 9071 2450

Bingo	Wednesdays	7:30 – 9pm
--------------	------------	------------

Seniors Club	Fridays	10am – 12pm
---------------------	---------	-------------

Finaghy Tel: 02890 620474

Knitting and Crochet group
(bring along your own knitting / crochet to work on and we provide the tea/coffee)
Mondays, 11am – 1pm (Sep – June)

Gentle yoga for people with mobility issues	Wednesdays	11am – 1pm (Sep – June)
--	------------	-------------------------

Woodvale Tel: 028 90351548

Arts/ crafts for seniors	Wednesdays	1 – 4pm
---------------------------------	------------	---------

Hammer Tel: 02890332860

Senior group Sports session	10 October – 24 October	2 – 3pm
------------------------------------	-------------------------	---------

Cake making

Digital ambassador - Helping over 50s get online
Wednesday

Whiterock Tel: 028 9032 8623

Lunch and Leisure Club	Thursday	11am – 2pm
-------------------------------	----------	------------

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**

THE CARERS' CAFÉ

A monthly Peer Support Group
for carers of those living with
dementia

Venue: Hollywood Arches Library,
12 Hollywood Rd, Belfast BT4 1NT

Takes place on the first Thursday of
every month

Time: 1.30pm - 3pm

Each Café is a opportunity to share
experiences, learn something new &
to take time for yourself.

Upcoming 2023 dates:

3rd August, 7th Sept, 5th Oct

To register email eleanor@ebcda.org or
call 9045 1512

50 East Belfast
Community
Development
Agency
1970-2020





libraries ni

Classic Films at Hollywood Arches Library

2pm-4pm - FREE
Monday 2 October
Monday 9 October
Monday 16 October
Monday 23 October
Monday 30 October
Join us 2pm – 4pm

Booking Essential – Please contact Hollywood Arches Library to book a place.
t: 028 9050 9216
e: hollywoodarches.library@librariesni.org.uk

Go ON Ipad Training at Ardoyne Library

iPad Introduction – A basic introduction to the iPad. If you have an iPad or are thinking of getting one and want to learn how to use it, then this is for you!

Tuesday 3 October
10:30am – 12:30pm

Booking is essential
t: 028 9050 9202
e: ardoayne.library@librariesni.org.uk

Go ON Further Ipad Training at Ardoyne Library

More on the iPad - Take another step and discover more ways to use your iPad.

Tuesday 10 October
10:30am – 12:30pm

Booking is essential
t: 028 9050 9202
e: ardoayne.library@librariesni.org.uk

Go ON Ipad training at Colin Glen Library

iPad Introduction – A basic introduction to the iPad. If you have an iPad or are thinking of getting one and want to learn how to use it, then this is for you!

Thursday 5 October,
10:30am – 12:30pm
Colin Glen Library, Unit 17 The Dairy Farm Centre, Stewartstown Road, Dunmurry, BT17 0AW

Booking Essential – Please contact Colin Glen Library to book a place.
t: 028 9043 1266
e: colinglen.library@librariesni.org.uk

Go On Ipad training at Colin Glen Library

More on the iPad - Take another step and discover more ways to use your iPad.

10:30am – 12:30pm
Colin Glen Library, Unit 17 The Dairy Farm Centre, Stewartstown Road, Dunmurry, BT17 0AW

Booking Essential – Please contact Colin Glen Library to book a place.
t: 028 9043 1266
e: colinglen.library@librariesni.org.uk

Tullycarnet Yarnspinnners



The Tullycarnet Yarnspinnners are proud to present Órla McGovern as this month's storyteller.

Órla McGovern is a storyteller, performer and writer living in the West of Ireland. She has appeared at numerous festivals and theatres around the world. She is the artistic director of the Moth & Butterfly festival and collective in Galway.

She has written several plays and short films and has two books of folk tales for children.

8pm - Tullycarnet Library, Kinross Avenue, Kings Road, Belfast, BT5 7GF

Booking Essential – Please contact Tullycarnet Library to book a place.
t: 028 9048 5079
e: tullycarnet.library@librariesni.org.uk
£5 suggested donation

www.librariesni.org.uk



Supporting people
who are deaf, have
hearing loss or tinnitus

Visit our free drop-in service.

Our friendly volunteers can support you with:

- Information on hearing loss and tinnitus
- How to do a hearing check
- Hearing aids, including basic repairs and maintenance of NHS hearing aids
- How to access support and services in your area

Date	Venue
5/10/23 10am-12pm	Arches Wellbeing & Treatment Centre, 1 Westminster Avenue North, Belfast, BT4 1NS
6/10/23 10.15am-11.45am	Girdwood Community Hub, 10 Gird- wood Avenue, Belfast, BT14 6EG
11/10/23 10.15am-11.45am	Orangefield Presbyterian Church, 464 Castlereagh Road, Belfast, BT5 6BH
28/10/23 10am-12pm	Beech Hall Wellbeing and Treatment Centre, 21 Andersonstown Road, Belfast, BT11 9AF

No appointment needed

rnid.org.uk/NearYou



All the classics... all the time

Belfast
FM
89.3



Belfast
FM
89.3

www.belfast89.com