

Age-
friendly
Belfast



Calendar 2018

Belfast, a city where older people live life to the full



**Making life better,
together**

Belfast Strategic Partnership



Useful contacts

Age-friendly Belfast

www.makinglifebettertogether.com/age-friendly
Tel: 028 9050 2073

Belfast City Council

www.belfastcity.gov.uk
Tel: 028 9032 0202

Belfast Health and Social Care Trust Headquarters

www.belfasttrust.hscni.net
Tel: 028 9504 0100

Advice NI

www.adviceni.net
Tel: 0800 988 2377

Citizens Advice

www.citizensadvice.org.uk/nireland/benefits/
Tel: 0300 123 3233

Consumer Advice

Tel: 028 9025 1600

Bryson Energy Handy Person Scheme

www.brysonenergy.org/what-we-do/our-services/handyperson-services
Tel: 0800 142 2865

Translink

www.translink.co.uk
Tel: 028 9066 6630

Engage With Age

www.engagewithage.org.uk
Tel: 028 9073 5696

Age NI

www.ageuk.org.uk/northern-ireland
Tel: 0808 808 7575

Volunteer Now

www.volunteernow.co.uk
Tel: 028 9023 2020

Important contacts – add your own:



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Helping people of all ages,
get more active, more often.

Better Leisure (Greenwich Leisure Limited)
operator of Belfast City Council leisure centres.



Look out for:

Healthy Eyes
Awareness Week

National Obesity
Awareness Week

Arts Festival for
Older People

Dry
January

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	29	30	31
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

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🌸 We cater for all our clients' needs.
We offer single portioned ready meals
that are affordable, healthy and
freshly cooked here at Sam Glenn
Family Butchers. 🌸

Sam Glenn Family Butchers, Belfast.



Look out for:

Random Acts
of Kindness Day

World
Cancer Day

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	1	2	3	4
5	6	7	8	9	10	11



“A Picture Paints a Thousand Words.”

Here is Sally from Looiland Fold creating a picture as part of a programme of workshops 'A picture paints a thousand words.' Sally who is visually impaired is working with bright colours and distinctive shapes and in her 90's showing she is still willing to have a go!



Look out for:

Belfast Festival of Learning

Prostate Cancer Awareness Month

No Smoking Day

Age-friendly Belfast St. Patrick's Day Tea Dance

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

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🍃 Digital Boost Day helps our older customers feel more confident about using digital banking online. 🍃

Ulster Bank, Belfast.



Look out for:

EU Day of Solidarity
between Generations

Volunteer
Recognition Day

Silver
Surfers Day

Autism Awareness
Month

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6



🍃 Dementia training can make all the difference to our community centre users. We have labelled our kitchen to support our older people. 🍃

Inverary Community Centre, Belfast.



Look out for:

Dementia
Awareness Week

Mental Health
Awareness Week

National
Walking Month

Deaf Awareness
Week

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10



“Keeping feet happy, healthy and active!”

Happy Feet Podiatry Services, Belfast.

 **Look out for:**

Men's Health Week	Carer's Week	World Elder Abuse Day	Diabetes's Week
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Volunteer's Week – Nominate a volunteer for the Age-friendly Belfast Awards in the Autumn.

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

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It's not just a scooter, it's a way for me to get out and about and connect with society.

Shop Mobility, Belfast.



Look out for:

National
Parks Week

Belfast Pride
Festival

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5



“You’re never too old
to set new goals!”

Women in Sport and Physical Activity.



Look out for:

Bring your grandparents
to the park Day

National
allotments Week

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9



Input from groups like Age-friendly Belfast helps us to develop transport systems that are accessible to all.

Belfast Rapid Transit.



Look out for:

Age-Friendly Belfast Volunteer Awards open

Know your numbers week – Check your blood pressure

Palliative Care Week

Launch of Belfast Rapid Transit

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7



At the QFT, we believe everyone should be able to experience great films; every month we offer a range of accessible screenings and activities, ensuring everyone can enjoy QFT's unique programme.

Queens Film Theatre, Belfast.



Look out for:

International Older
People's Day

Positive
Ageing Month

Silver
Sunday

World Mental
Health Day

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25	26	27	28	29	30
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

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Our diverse team are pictured enjoying a well earned day out in Cathedral Quarter. We provide free independent and confidential advice to older people by helping them access their statutory right to social security.

East Belfast Independent Advice Centre.



Look out for:

November –
Men's Health Week

Carbon Monoxide
Awareness Week

COPD Awareness
Month

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9



At the Parador we cater for all ages;
our staff are welcoming and courteous!
Celebrating Geraldine's birthday is
just one example.

The Parador, Belfast.



Look out for:

Age-friendly Belfast Older
Volunteer Awards

International
Volunteers Day

Belfast Policing and Community Safety Partnership
Christmas Crime Prevention and Safety Event

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6



**Making life better,
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www.makinglifebettertogether.com/emotional-resilience/

Age-friendly Belfast Team

Belfast Health Development Unit
Cecil Ward Building
4-10 Linenhall Street
Belfast, BT2 8BP

Tel: 028 9050 2073

www.makinglifebettertogether.com

