

Age-  
friendly  
Belfast



**Making life better,  
together**

*Belfast Strategic Partnership*

# Calendar 2016

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



**January 2016**

**Try something new**

“Feel great by learning something new that can make everyday life easier!” - **Roisin**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>New Year's Day</b>	
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	5	6

**For more information:**

**Community IT Hubs** [www.belfastcity.gov.uk](http://www.belfastcity.gov.uk) - search for super connected communities ☎ 028 9027 0644

**Engage With Age** [www.engagewithage.org.uk](http://www.engagewithage.org.uk) ☎ 028 9073 5696

**Look out for:**

Age-friendly Belfast 'Age is just a Number' campaign





# February 2016

Age is just a number

“You’re only as old as you feel. I’m 21 everyday” – **Alice**

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

**For more information:**

**Age NI** [www.ageuk.org.uk/northern-ireland](http://www.ageuk.org.uk/northern-ireland) ☎ 0808 808 7575

**Men United, Volunteer Now** [www.volunteernow.co.uk](http://www.volunteernow.co.uk)

Search for supporting older people ☎ 028 9023 2020





# March 2016

## Get out and about

“Running is a great way to get fit and meet people of all ages” - **Matt**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	1	2	3	4	5
<b>Mother's Day</b>						
6	7	8	9	10	11	12
				<b>Saint Patrick's Day</b>		
13	14	15	16	17	18	19
					<b>Good Friday</b>	
20	21	22	23	24	25	26
<b>Easter</b>	<b>Easter Monday</b>					
27	28	29	30	31	1	2

**For more information:**

**Park Run** [www.belfastcity.gov.uk/leisure](http://www.belfastcity.gov.uk/leisure) - search for park programmes ☎ 028 9027 0344

**Translink** [www.translink.co.uk](http://www.translink.co.uk) ☎ 028 9066 6630

**Look out for:**

Run for Age NI

Age-friendly Belfast Convention





**April 2016**

**Get support**

**“You can teach an old dog new tricks” – Eamonn**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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

**For more information:**

**Groundwork NI Men's Sheds** [www.northernirelandmenssheds.org](http://www.northernirelandmenssheds.org) ☎ 028 9074 9494

**Carers NI** [www.carersuk.org/northernireland](http://www.carersuk.org/northernireland) ☎ 028 9043 9843

**Look out for:**

Be Prepared in Spring event  
Volunteer Recognition Day





**May 2016**

**Stay Active**

“You never lose your childhood skills” - **Stafford**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>May Day Bank Holiday</b>					
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	<b>Spring Bank Holiday</b>	31	1	2	3	4

**For more information:**

**Active Belfast** [www.makinglifebettertogether.com/activebelfast](http://www.makinglifebettertogether.com/activebelfast) ☎ 028 9050 2073

**Outdoor Recreation Northern Ireland** [www.WalkingInYourCommunity.com](http://www.WalkingInYourCommunity.com) ☎ 028 9030 3930

**Look out for:**

Mental Health Week





# June 2016

## Be Yourself

“It’s all about the fun and creativity” - **Elma**

Photo courtesy of Arts  
Council of Northern Ireland

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

**For more information:**

**Belfast Met** [www.belfastmet.ac.uk/](http://www.belfastmet.ac.uk/) ☎ 028 9026 5000

**Arts Care** [www.artscare.co.uk/](http://www.artscare.co.uk/) ☎ 028 9562 2122

**Look out for:**

Age-friendly Belfast Be Prepared in Spring event

Men's Health Week





# July 2016

## Stay Connected

“Keep walking, keep talking, keep friendships for a lifetime” - **Audrey**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
		The Twelfth				
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

**For more information:**

**Age-friendly Belfast, Anne Ross** [www.makinglifebettertogether.com/age-friendly](http://www.makinglifebettertogether.com/age-friendly) ☎ 028 9050 2073

**Age NI** [www.ageuk.org.uk/northern-ireland](http://www.ageuk.org.uk/northern-ireland) ☎ 0808 808 7575





# August 2016

## Keep Learning

"It is uncanny how passing scarves makes us feel.  
This should be compulsory for everyone over 3!" - **Graham**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Summer Bank Holiday 29	30	31	1	2	3

**For more information:**

**University of the Third Age** [www.u3a.org.uk](http://www.u3a.org.uk) ☎ 028 9079 8416

**Streetwise Community Circus** [www.sccw.co.uk](http://www.sccw.co.uk) ☎ 028 9068 7828





# September 2016

## Give to Others - Volunteer

"Volunteering is so rewarding. I have met brilliant people and had great fun as a result" – **Mary**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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

**For more information:**

**NICVA** [www.nicva.org/](http://www.nicva.org/) ☎ 028 9087 7777

**Volunteer Now** [www.volunteernow.co.uk](http://www.volunteernow.co.uk) ☎ 028 9023 2020

**Look out for:**

Age-friendly Belfast Volunteer Award applications





# October 2016

## Celebrate Age

“There are many events this month which celebrates age” - **Anne**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
<b>Silver Sunday</b>						
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

**For more information:**

**Age-Friendly Belfast** [www.makinglifebettertogether.com/age-friendly](http://www.makinglifebettertogether.com/age-friendly) ☎ 028 9050 2073

**Silver Sunday** [www.silversunday.org.uk](http://www.silversunday.org.uk) ☎ 020 7641 2423

**Look out for:**

International Older People's Day, Be Prepared in Winter event, Positive Ageing Month, Imagine Arts Festival





# November 2016

## Keep Warm, Stay Safe

“Safety in the home is really important.  
It’s great advice is out there” – **Mary**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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

**For more information:**

**National Energy Action** [www.nea.org.uk](http://www.nea.org.uk) ☎ 028 9023 9909

**Belfast City Council Home Safety Check** [www.belfastcity.gov.uk/](http://www.belfastcity.gov.uk/)

search for Home Safety Check ☎ 028 9091 8715

**Look out for:**

Be prepared in Winter Event





# December 2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
Christmas Day	Boxing Day					
25	26	27	28	29	30	31

**For more information:**

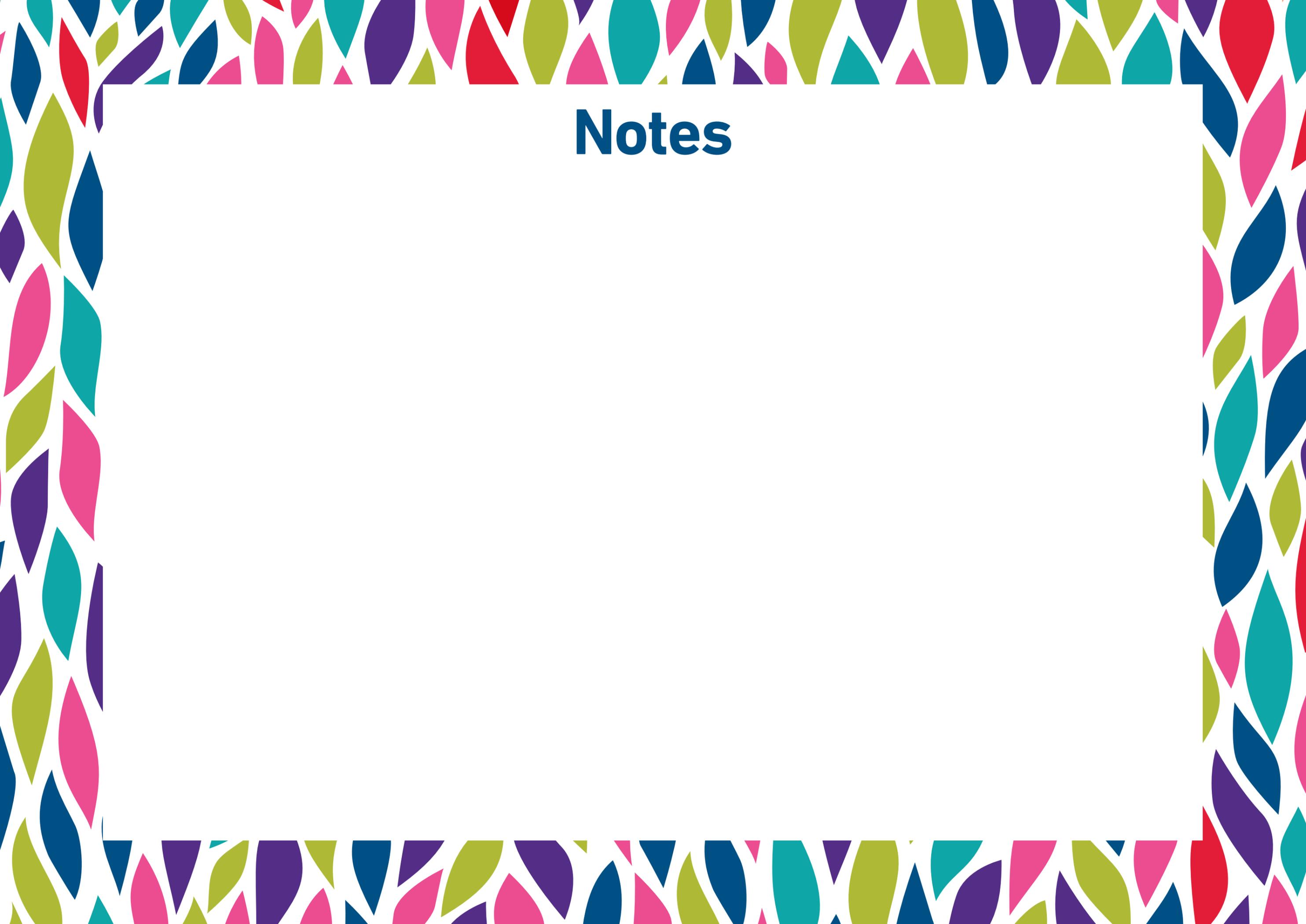
**Alzheimer's Society Belfast** [www.alzheimers.org.uk/](http://www.alzheimers.org.uk/) ☎ 020 7423 3500

**Trussell Trust** - For information on Food Banks in Belfast [www.trusselltrust.org/map](http://www.trusselltrust.org/map)

**Look out for:**

Age-friendly Belfast Older Volunteer Awards





# Notes

# Take5

steps to wellbeing



**Making life better,  
together**

*Belfast Strategic Partnership*



[www.makinglifebettertogether.com/emotional-resilience/](http://www.makinglifebettertogether.com/emotional-resilience/)

## Age-friendly Belfast Team

Belfast Health Development Unit  
5th Floor  
9 Lanyon Place  
Belfast  
BT1 3LP.

☎ 9050 2073

[www.makinglifebettertogether.com/age-friendly](http://www.makinglifebettertogether.com/age-friendly)