

Age-  
friendly  
Belfast

# Positive Ageing Month

October 2020



**Making life better,  
together**  
Belfast Strategic Partnership

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

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



## Need some IT help?

Sign up for a free Zoom session on any of the following topics:

- iPads
- Emails
- Messenger
- Androids
- Scams
- WhatsApp
- Kindle
- eBooks
- eMagazines
- Skype



See our Zoom programme for more details or visit [librariesni.org.uk](http://librariesni.org.uk)





**#PositiveAgeingMonth**

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

**Positive Ageing Month celebrates the contribution that older people make to their communities and the city of Belfast, and no more than this year!**

Now in its fifth year, the festival looks very different but still has activities to suit all tastes. Unfortunately there will be no big get-togethers but we hope people will still be able to connect in some way.

It begins on Thursday 1 October with the first ever virtual Age-friendly Belfast Convention, organised by the Age-friendly Belfast team (see event listing for details). Everyone is welcome to connect online.

Booking for most events is essential this year so please check details.

Gillian McEvoy 07713684705  
Elma Greer 07967646146  
[positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)  
[www.makinglifebettertogether.com](http://www.makinglifebettertogether.com)

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.

**Thursday  
1 October**

**Age-friendly Belfast  
invites you to the**

# **Virtual Age-friendly Belfast Convention 2020**

**Thursday 1 October  
10.30am - 12.30pm**

**Delivered via webinar: <https://vimeo.com/event/319441>**

Come and celebrate International Older Persons Day, Positive Ageing Month, hear progress on the plan and how we move forward into 2021 and the Decade of Healthy Ageing!

To register call 07713684705 or email  
[positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)

## **Brassed Off at the Strand Cinema**

Silver Screenings  
proudly supported  
by Specsavers  
Connswater and  
Arts & Business  
NI.

Tickets £3 including  
free tea or coffee. To  
book call 028 9065 5830



## **Father Ted Themed Chocolate Bingo**

**7.30pm - 8.30pm**

Eyes down, let's play Bingo. Every  
winner wins chocolate.

**Delivered via** **zoom**

To register call Eamon Quinn on  
90735696 or email  
[Eamon.quinn@engagewithhage.org.uk](mailto:Eamon.quinn@engagewithhage.org.uk)





**Friday  
2 October**

**PLACE-EE Transnational  
Cultural Heritage Archive  
– Webinar**

**2pm - 3:30pm**

Digital Archiving of Cultural Heritage: The involvement of older people and intergenerational approaches. PLACE-EE has researched, collated and recorded important cultural heritage across 4 rural and isolated regions of Europe (NI, Ireland, Iceland, Sweden).

Speakers:

**Vicki Titterington**

Linking Generations NI

**Lynsey Gillespie**

Public Record Office NI

**Roger O'Sullivan**

Institute of Public Health Ireland

Delivered via **zoom**

Register in advance for this webinar:

**[https://zoom.us/webinar/register/  
WN\\_o5sITS\\_gQnCwUkDyUmDzKA](https://zoom.us/webinar/register/WN_o5sITS_gQnCwUkDyUmDzKA)**

**Online Shared Reading**

**2:30-3:30pm**

Enjoy listening to a great story or poem, no pressure to talk or read.

Delivered via **zoom**

For an invite please contact Belfast Central Library on 028 9050 9150 or email [Nicola.terlik@librariesni.org.uk](mailto:Nicola.terlik@librariesni.org.uk)



# BELFAST U3A

Belfast U3A (University of the Third Age), is an educational organisation for older people who are no longer working full-time. 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. In normal times, we have a very interesting and fun-filled monthly meeting with a speaker, which is open to all members. However, due to Covid-19 regulations, many of our groups are meeting virtually instead of physically during October.

For further information, see our website by googling 'Belfast U3A' 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](mailto:membership@belfastu3a.org)



THE UNIVERSITY OF THE THIRD AGE

**Sunday  
4 October**

### **Silver Sunday Age-friendly Museums Day**

**10.30pm - 1pm**

Come along to the Ulster Museum for a socially distanced visit. Enjoy refreshments, a chat and find out what's going on over October. You can also enjoy a walk in Botanic gardens and make a day off it.

To book call 028 9044 0000



**Monday  
5 October**

### **Positive Ageing Month Book of the Week**

Every Monday in October Libraries NI will recommend a book that will inspire, enlighten and challenge your perception of ageing.

Follow on twitter @LibNIDigital



### **Cookery Demo**

**2pm**

Alex Connell, Roving Chef from Vegetarian for Life is going to do a cookery demo. Come along and watch and be inspired

**Delivered via** **zoom**

To book call 07713684705 or email [postiveageingmonth@belfastcity.gov.uk](mailto:postiveageingmonth@belfastcity.gov.uk)

**Tuesday  
6 October**

### **Walking Tour of the Clifton Street Cemetery**

**11am**

Come along for a safe socially distanced walking tour, numbers limited.

To book call 07713684705 or email [postiveageingmonth@belfastcity.gov.uk](mailto:postiveageingmonth@belfastcity.gov.uk)

### **Talk on Early Belfast and launch of Dementia Friendly East Belfast Website**

**2pm**

Come and Join John Bradbury giving an overview of early Belfast - the streets, citizens like Henry Joy McCracken, Mary Ann McCracken, Arthur Chichester etc.

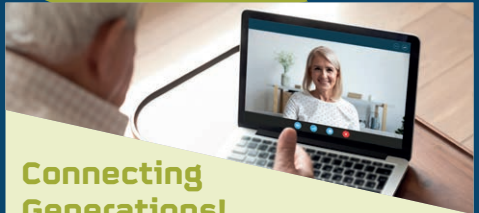
**Delivered via Facebook**  **LIVE**

Visit Dementia Friendly East Belfast Page

**DEMENTIA FRIENDLY  
EAST BELFAST**



**Wednesday  
7 October**



### **Connecting Generations!**

**We are all in this Together!**

**10.30am**

LGNi is hosting a session to share ideas of how to stay connected during this time. Come and hear all about what we do and the great things older and younger people can do together.

**Delivered via** **zoom**

To book [lynn.heatley@bjf.org.uk](mailto:lynn.heatley@bjf.org.uk)

### **Creative Writing**

**2pm - 3:30pm**

Share your stories and put pen to paper in this relaxed and informal creative writing group.

**Delivered via** **zoom**

For an invite please contact Belfast Central Library on 028 9050 9150 or email [Nicola.terlik@librariesni.org.uk](mailto:Nicola.terlik@librariesni.org.uk)

### **More Money in your Pocket**

**3pm-4pm**

Join Brenda Kearns from AgeNI to find out how to claim the right benefits in later life

**Delivered via** **zoom**

To register contact Michele Young, Age NI  
Tel: 028 9089 2606  
Email: [Michele.young@ageni.org](mailto:Michele.young@ageni.org)





**Thursday  
8 October**

**Brassed Off at the Strand  
Cinema**

Silver Screenings proudly supported  
by Specsavers Connswater and  
Arts & Business NI. Tickets £3  
including free tea or coffee.  
To book call 028 9065 5830

**Friday  
9 October**

**Online Shared Reading**

**2:30-3:30pm**

Enjoy listening to a great story or  
poem, no pressure to talk or read.

Delivered via **zoom**

For an invite please contact Belfast  
Central Library on 028 9050 9150 or  
email [Nicola.terlik@librariesni.org.uk](mailto:Nicola.terlik@librariesni.org.uk)

**Friday Afternoon Games**

**3pm-4pm**

Join John McCandless for some  
fun and games

Delivered via **zoom**

To book call 07713684705 or email  
[postiveageingmonth@belfastcity.gov.uk](mailto:postiveageingmonth@belfastcity.gov.uk)

**Monday  
12 October**

## **Positive Ageing Month Book of the Week**

Every Monday in October Libraries NI will recommend a book that will inspire, enlighten and challenge your perception of ageing.

Follow on twitter @LibNIDigital



## **Policing and Community Safety Partnerships (PCSPs)**

PCSP work to make communities safer, ensuring that the voices of local people are heard in Belfast we have an overarching Policing and Community Safety Partnership and four District Policing and Community Safety Partnerships (North, South, East and West)

Come along and find out a bit more and a chance to ask questions.

To book call 07713684705 or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)

## **Action Mental Health session 1 for Individuals**

**11.30pm – 1pm**

## **Action Mental Health session 1 for group leaders**

**2.30pm – 4pm**

For more information and to register contact Michele Young, Age NI  
Tel: 028 9089 2606  
Email: [Michele.young@ageni.org](mailto:Michele.young@ageni.org)



## **The Virtual Slipped Disco! 8pm -8.45pm**

The Slipped Disco as never before, get dressed up and come and join us for a boogie in your living room!

**Delivered via** **zoom**

**Delivered via Facebook**  **LIVE**

Visit Engage With Age Page

For more info call 028 9073 5696 or email [Eamon.Quinn@engagewithage.org.uk](mailto:Eamon.Quinn@engagewithage.org.uk)



**Tuesday  
13 October**

**Action Mental Health  
session 2 for Individuals**

**11.30pm – 1pm**

**Action Mental Health  
session 2 for group leaders**

**2.30pm – 4pm**

For more information and to register  
contact Michele Young, Age NI  
Tel: 028 9089 2606  
Email: [Michele.young@ageni.org](mailto:Michele.young@ageni.org)

**Listen Share Change  
Taster Session**

**11am**

We are inviting you to take part in digital Listen Share Change. We use storytelling to help people start a conversation, have a laugh and make new friendships.

**Delivered via** **zoom**

**and by phone using a Freephone number.**

To book contact Holly through Verbal  
Verbal LSC Team – call 028 7126 6946 and  
ask for Holly (Belfast rep) or email  
[lscbelfast@theverbal.co](mailto:lscbelfast@theverbal.co)

**Be Ready NI**

**2.30pm-3.30pm**

Come and hear from Claire Carlton Resilience Manager Belfast Emergency Preparedness Group on being prepared for all types of emergencies from severe weather warnings, flood and other crisis situations

**Delivered via** **zoom**

To book call 07713684705 or email  
[postiveageingmonth@belfastcity.gov.uk](mailto:postiveageingmonth@belfastcity.gov.uk)

**Wednesday  
14 October**



### **Learning and Older people 2pm**

Interactive webinar with speakers looking at learning provision for older people and its benefits. Participants will be encouraged to share views on how provision in NI could be improved.

To book go to [www.eventbrite.co.uk/x/older-people-and-learning-webinar-tickets-119445142637](http://www.eventbrite.co.uk/x/older-people-and-learning-webinar-tickets-119445142637)

### **Creative Writing 2:00-3:30pm**

Share your stories and put pen to paper in this relaxed and informal creative writing group.

Delivered via **zoom**

For an invite please contact Belfast Central Library on 028 9050 9150 or email [Nicola.terlik@librariesni.org.uk](mailto:Nicola.terlik@librariesni.org.uk)



### **Slow Down afternoon at The Ulster Museum**

**Arrive from 3pm to 4pm**

Enjoy the museum at a slower pace

You must book by calling  
02890440000





**Thursday  
15 October**

## **Shop well, eat well, feel great!**

**2pm**

The session will be delivered by a Registered dietitian and will focus on the importance of eating well for good health and wellbeing. As we get older it's worth taking time to check how well we are eating. The session will give practical tips on including nourishing foods in the right amounts. It will give ideas on how we can achieve a tasty, healthy diet that's not too expensive.

**Delivered via** **zoom**

To book call 07713684705 or email [postiveageingmonth@belfastcity.gov.uk](mailto:postiveageingmonth@belfastcity.gov.uk)



## **Three Coins in the Fountain at the Strand Cinema**

**2pm**

Silver Screenings proudly supported by Specsavers Connswater and Arts & Business NI. Tickets £3 including free tea or coffee.

To book call 028 9065 5830

## **Chocolate Bingo**

**7.30pm -8.30pm**

Eyes down, let's play Bingo. Every winner wins chocolate.

**Delivered via** **zoom**

To register call Eamon Quinn on 90735696 or email [Eamon.quinn@engagewithage.org.uk](mailto:Eamon.quinn@engagewithage.org.uk)

## **Tullycarnet Yarnspinners**

**8pm**

Donna Washington is an award-winning master storyteller who has been performing for over thirty-two years.

**Delivered via** **zoom**

Register in advance for this meeting:  
<https://us02web.zoom.us/j/80999999999>  
register2ZlocuGspz8pG9X7Y8o9jGK  
AnWzsLqSKGDv



Digital Assist Text Help

# OUR DIGITAL VOLUNTEERS ARE HERE TO HELP

[www.bitcni.org.uk](http://www.bitcni.org.uk)



## Do you need help with any digital issue or device?

**Business in the Community, in partnership with Go ON NI and NI Direct, is offering free digital help for anyone who needs it.**

If you have a tablet, laptop or phone and need help to address a specific problem, our digital volunteers can help. Simply text the word **DIGITAL** to **67300\*** with a brief description of what you require help with, or call **07551 852684\*** and leave a message, and a volunteer will phone you within 48 hours with free, helpful advice on many topics such as:

- Any online video calling, e.g Zoom, Facetime, Facebook
- Any social media, e.g Facebook
- Email
- Attachments
- Staying safe online and scams
- Online payments
- Shopping online
- Saving and sharing photos
- Computer settings

\*All calls and text messages will be charged at your network operator's standard rate. Information is held securely and is non-identifiable and not shared with a 3rd party. Information will be used by Digital Partners for this service only. There is no charge for receiving texts from this service while in the UK.



The Responsible  
Business Network  
Northern Ireland



Let's learn digital  
[www.nidirect.gov.uk/go-on-ni](http://www.nidirect.gov.uk/go-on-ni)

**nidirect**  
government services

**For FREE digital help, text  
DIGITAL to 67300\* or call 07551 852684\***



# Get Online Week 19-25 October 2020

Do you need any digital help  
with a device or skill?

Go ON NI provides free training and advice for any digital problem. A new virtual programme has been established to help anyone go online for the first time, improve digital skills and show you more about using smartphone and tablet devices all via the use of technology and the telephone. The website **[www.nidirect.gov.uk/go-on-ni](http://www.nidirect.gov.uk/go-on-ni)** has all the information for e-learning, zoom training on many topics (such as email, social media, ipads, e-magazines, device settings), how to stay safe online, resources and tools to improve your skills, get and stay connected and work and enjoy life remotely and much, much more.

If you cannot find what you are looking for or have a particular training request as an individual or as a group – just contact the Go ON NI team at email [future@finance-ni.gov.uk](mailto:future@finance-ni.gov.uk) or telephone 02890 254741.



**Let's learn digital**

[www.nidirect.gov.uk/go-on-ni](http://www.nidirect.gov.uk/go-on-ni)

**Friday  
16 October**

### **Online Shared Reading**

**2:30-3:30pm**

Enjoy listening to a great story or poem, no pressure to talk or read.

**Delivered via** **zoom**

For an invite please contact Belfast Central Library on 028 9050 9150 or email [Nicola.terlik@librariesni.org.uk](mailto:Nicola.terlik@librariesni.org.uk)



### **Slow Down Afternoon at The Ulster American Folk Museum (Omagh)**

**Arrive from 3pm to 4pm**

Enjoy the museum FREE and at a slower pace

You must book by calling 028 9039 5292 and quoting ACCESS 3



### **Create your own at home Tea Dance**

**3pm - 4pm**

Grab a cuppa and take a trip down memory lane with a live zoom performance from Rosie and Gary Hunter

**Delivered via** **zoom**

To book call 07713684705 or email [postiveageingmonth@belfastcity.gov.uk](mailto:postiveageingmonth@belfastcity.gov.uk)

**Monday  
19 October**

## **Positive Ageing Month Book of the Week**

**Every Monday in October**

Libraries NI will recommend a book that will inspire, enlighten and challenge your perception of ageing.

Follow on twitter @LibNIDigital

**Tuesday  
20 October**

## **Dementia Awareness training**

**10am-12pm**

The aim of this session is to help you to develop your knowledge of dementia, increase your confidence and skills to help you relate, communicate and support someone with dementia and become a Dementia Friend. Each participant will receive a certificate and a dementia friends pin badge.

To book email [davina@ebcda.org](mailto:davina@ebcda.org)  
or via Eventbrite [www.eventbrite.co.uk/e/119878992293](https://www.eventbrite.co.uk/e/119878992293)

## **Cook a long session**

**2pm**

Alex Connell, Roving Chef from Vegetarian for Life is going to do a cook along. We will get you a list of ingredients beforehand if you want to cook along.

**Delivered via** **zoom**

To book call 07713684705 or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)



## **Breast awareness and Breast Screening**

**2pm**

The Women's Resource and Development Agency will deliver an awareness session including a practical demonstration on how to check your breasts and the signs and symptoms to look for.

**Delivered via** **zoom**

To book call 077713684705 or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)



**Wednesday  
21 October**

## **Active Ageing Strategy – Creating an Age Friendly Region**

**11am – 12pm**

An interactive panel discussion with local experts on the existing Active Ageing Strategy, how well it's working and what we can improve in a future strategy.

**Delivered via** **zoom**

Numbers are limited.

To book go to

<https://positiveageing2020.eventbrite.co.uk>

## **Creative Writing**

**2pm - 3:30pm**

Share your stories and put pen to paper in this relaxed and informal creative writing group.

**Delivered via** **zoom**

For an invite please contact Belfast Central Library on 028 9050 9150 or email [Nicola.terlik@librariesni.org.uk](mailto:Nicola.terlik@librariesni.org.uk)



## **Big Quiz**

**3pm**

Come join us for a quiz with a difference, do not worry if you are at home on your own, there will be questions and activities that everyone can be a winner! There will be prizes, and hopefully a lot of laughs! Just have a pen and paper.

**Delivered via** **zoom**

To book call 077713684705 or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)



**Tuesday  
22 October**

### **Home Energy Efficiency 11am**

**Getting the most from the Energy  
we use**

**Overview of fuel poverty and the  
impact of cold homes**

Energy efficient heating, lighting, and appliances, keeping the heat where it is needed, comparing and switching energy suppliers, advice and support in Northern Ireland.

**Delivered via** **zoom**

To book call 07713684705 or email  
postiveageingmonth@belfastcity.gov.uk

### **Three Coins in the Fountain at the Strand Cinema**

**2pm**

Silver Screenings proudly supported by Specsavers Connswater and Arts & Business NI. Tickets £3 including free tea or coffee.

To book call 02890655830

**Friday  
23 October**

### **Men's Heath Day**

A series of activities just for men.

For a programme call 028 9023 2020 or email Deirdre.Murphy@volunteernow.co.uk

### **Online Shared Reading**

**2:30-3:30pm**

Enjoy listening to a great story or poem, no pressure to talk or read.

**Delivered via** **zoom**

For an invite please contact Belfast Central Library on 028 9050 9150 or email Nicola.terlik@librariesni.org.uk

### **Slow Down Afternoon at The Ulster Folk Museum (Cultra)**

**Arrive from 3pm to 4pm**

Enjoy the museum FREE and at a slower pace

You must book by calling 028 9039 5292 and quoting ACCESS 3



**Monday  
26 October**

## **Positive Ageing Month Book of the Week**

### **Every Monday in October**

Libraries NI will recommend a book that will inspire, enlighten and challenge your perception of ageing.

Follow on twitter @LibNIDigital

## **Walking tour of Belfast City Cemetery**

Come along for a safe socially distanced walking tour, numbers limited.

To book call 07713684705 or email [postiveageingmonth@belfastcity.gov.uk](mailto:postiveageingmonth@belfastcity.gov.uk)

## **Dementia Awareness training**

**7pm-9pm**

The aim of this session is to help you to develop your knowledge of dementia, increase your confidence and skills to help you relate, communicate and support someone with dementia and become a Dementia Friend. Each participant will receive a certificate and a dementia friends pin badge.

To book email [davina@ebcda.org](mailto:davina@ebcda.org)  
or via Eventbrite by [www.eventbrite.co.uk/e/119878992293](http://www.eventbrite.co.uk/e/119878992293)



**Tuesday  
27 October**

**Do you want to  
understand your  
pension and finances?**

**10.30-12pm**

These sessions are funded by the National Lottery and are open to individuals aged 50+.

This overview will allow participants to take stock of where they are now and where they want to be in later life. Improve confidence and motivation; gain focus and direction for future planning.



Topics covered: Your state pension, understanding types of private pensions, Tax rates and the impact on drawing down a pension, Loans and interest rates, Budget planning, Debt/APR rates and Legal issues to consider in later life.

**Delivered via**  **Microsoft Teams**

To Registration contact Rosie  
Email: [rosie.smyth@ageni.org](mailto:rosie.smyth@ageni.org) or call  
07918148575



Visit [ageni.org/movewithmary](https://ageni.org/movewithmary) to join in.



**Wednesday  
28 October**

### **Career and health & wellbeing virtual session**

**10.30-12pm**

Do you need support with career change/promotion or finding a job and leading a healthy life?

These sessions are funded by the National Lottery and are open to individuals aged 50+.

**Learning aims:** This overview will allow participants to take stock of where they are now and where they want to be in later life. Improve confidence and motivation; gain focus and direction for future planning.

**Topics Covered:** Career planning, transferable skills, work values, caring and your rights in work, impact of a sedentary lifestyle, psychological factors impacting our mental health during lockdown, managing your mental wellbeing during and post COVID-19, gentle exercises and breathing work to relieve stress.

**Delivered via**  **Microsoft Teams**

To register call 07918148575 or email [rosie.smyth@ageni.org](mailto:rosie.smyth@ageni.org)

**Thursday  
29 October**

### **Bowel Cancer Screening**

**11am**

The Women's Resource and Development Agency will raise awareness of bowel cancer screening, signs and symptoms to look out for, ways to reduce your risk of developing bowel cancer and how to take the screening.

**Delivered via** 

To book call 077713684705 or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)

### **Spooky Halloween Chocolate Bingo**

**7.30pm -8.30pm**

Eyes down, let's play Bingo. Every winner wins chocolate.

**Delivered via** 

To register call Eamon Quinn on 90735696 or email [Eamon.quinn@engagewithage.org.uk](mailto:Eamon.quinn@engagewithage.org.uk)

### **Creative Writing**

**2-3:30pm**

Share your stories and put pen to paper in this relaxed and informal creative writing group.

**Delivered via** 

For an invite please contact Belfast Central Library on 028 9050 9150 or email [Nicola.terlik@librariesni.org.uk](mailto:Nicola.terlik@librariesni.org.uk)

**Friday  
30 October**

### **Belfast City Cemetery Virtual Tour**

**Delivered via** 

To book call 07713684705 or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)



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](http://www.cara-friend.org.uk)**

*Email*

**[admin@cara-friend.org.uk](mailto:admin@cara-friend.org.uk)**



**Belfast**  
City Council



***all the time***

The logo for Belfast 89.3 FM is displayed. It features the word "Belfast" in a large, bold, black sans-serif font. Below it, the text "89.3" is written in a large, stylized, pink font with a white outline. Above the "89.3" is the text "FM" in a smaller, bold, black sans-serif font. The entire logo is set against a yellow background.

[www.belfast89.com](http://www.belfast89.com)