



Age Friendly Belfast



Positive Ageing Month

October 2022



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

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

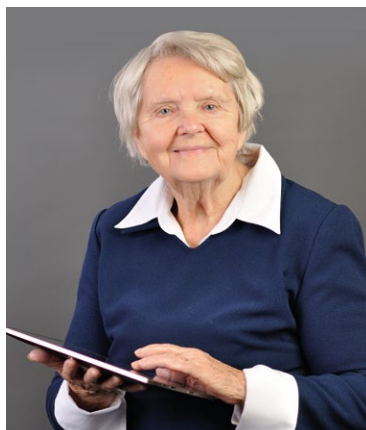




Need some IT help?

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





#PositiveAgeingMonth

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

Now in its seventh year, the festival is back more face to face this year with some online stuff too, we hope it has activities to suit all tastes, and will allow people to connect in some way.

It begins on Sunday at the Ulster Museum and then the Age Friendly Belfast Convention in the City Hall on Tuesday 4th October (see event listing for details).

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



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

Gillian McEvoy 07713684705 Elma Greer 07967646146
positiveageingmonth@belfastcity.gov.uk
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.

**Tuesday
27 Sept**

**Linking Generations NI
Intergenerational
Network Meeting**

Join us via Zoom

**Tuesday 27th September
11am -12pm**



**Come along & find out more
about connecting generations in
your community!**

SIGN UP!

**Click sign up to
register or email
vicki.titterington@bjf.org.uk**

At the meeting hear about:

- **LGNI NEWS!**
- **LOCAL INTERGENERATIONAL EXAMPLES**
- **TRAINING OPPORTUNITIES**
- **POSITIVE AGEING MONTH INSPIRATION**
- **CHRISTMAS SMALL GRANTS**
- **NETWORKING**



**Tuesday
27 Sept**

Tea Dance

2 Royal Avenue, 2pm – 4pm

Come and join Housty for a fun afternoon of dancing and a cuppa!

*For more information visit
www.belfastcity.gov.uk/2royalavenue
call 07713684705 or email
seniorsinfo@belfastcity.gov.uk*



**Saturday
1 October**

Launch of Food for Life Get Together's Christmas Small Grants Scheme

Online

Linking Generations Northern Ireland are delighted to launch their Food for Life Get Together's Christmas Small Grants Scheme as part of Positive Ageing Month 2022. Applications will open on 1 October 2022 and close on the 28 October 2022.

They are inviting community groups, schools, care settings, nurseries and housing settings to apply for small grants of £125 to bring generations together during the month of December to enjoy good food and each-others company.

For more information, application pack, ideas and resources please visit www.linkinggenerationsni.com/news/ or contact joyce.savage@bjf.org.uk savage@bjf.org.uk



**1 – 31
October**

Festival of Windows Art Exhibition

**The Skainos Centre, 239
Newtownards Road, Belfast,
8am - 10pm Monday -Saturday**

Dementia Friendly East Belfast's "Festival of Windows" exhibition showcased 50 art works made by people living with dementia and families and carers, in 50 shop windows across East Belfast in August 2022. Now an exhibition of selected works is in the reception of the Skainos Centre. A wonderful celebration of creativity and positivity. Art works facilitated by artist Anna O'Kane and produced by Engage with Age..

*For more information tel
028 9073 5696 or email
dementiafriendlyeastbelfast@gmail.
com*

DEMENTIA FRIENDLY EAST BELFAST



"Your Story and Mine" exhibition

**East Belfast Visitor Centre Gallery,
402 Newtownards Road, Belfast**

**9am - 5pm Mon - Sat,
10am - 5pm Sundays**

The Words Alive Creative Writing Group visited supported living centres across Belfast with photographer Bernie Brown. "Your Story and Mine" is an exhibition of the stories of the wonderful people they met, their lives and the moments that mean something to them, all captured in words by the Words Alive writers, with wonderful characterful photographs by Bernie Brown.

*For more information tel Engage with
Age on 028 9073 5696
Email info@engagewithage.org.uk*



**Sunday
2 October**

Silver Sunday Age-friendly Museums Day

Ulster Museum, 10.30pm - 1pm

Come along to the Ulster Museum for a socially distanced visit, refreshments and a chance to chat and find out what's going on over October, have a walk in Botanic gardens or do the Belfast Blitz self-guided walking tour.

The Belfast Blitz – a self-guided walking tour: Learn about Belfast during the Second World War as you walk round key sites in the centre of Belfast. Drop into the Ulster Museum in Stranmillis or the Northern Ireland War Memorial in Waring Street to

pick up the tour booklet and use your smartphone to access the audio tour. Both are also available on www.searchlightstories.com/belfast-blitz.

In the Ulster Museum you'll also find a Blitz exhibit in the Lecture Theatre, and the 'One Story, Many Voices' sound installation beside the reception desk that has a Blitz story by Glenn Patterson alongside seven others from across the UK.

You can just come along!

For more information tel 07713684705

Email positiveageingmonth@belfastcity.gov.uk

**NNNI
NATIONAL
MUSEUMS NI**



**Tuesday
4 October**

Age-friendly Belfast Convention 2021

Belfast City Hall, 10.30pm - 1pm

Ageing Month. You will also be able to hear progress on the new Age Friendly Plan 2022-2026.

Refreshments provided - please boom your place.

For more information tel
028 9027 0428 or email
positiveageingmonth@belfastcity.gov.uk



Line Dancing Classes

**YouthAction, 14 College Square North
11am - 1pm**

Volunteer Now are running a 4 week seniors Line Dancing dance class, every Tuesday in October (4th, 11th, 18th, 25th)

To book, tel 028 9023 2020

Safer Ageing and Stopping Abuse

Online, 2pm - 3pm

A webinar hosted by Hourglass, the UK's only charity focused on the abuse and neglect of older people. This aims to highlight abuse against older people and key ways of prevention and ongoing support. The webinar will be delivered using Zoom.

To get your zoom link please email
shaunpaskin@wearehourglass.org
Tel 07435551657

**Wednesday
5 October**



Walking Tour of Clifton Street Cemetery

Clifton Street, Belfast, 11am

Come along for a walking tour of this historic cemetery.

To book, tel 07713684705 or email positiveageingmonth@belfastcity.gov.uk



FREE Hearing Aid Support

**Houben Centre, Holy Cross Church,
Crumlin Road, Belfast
10.15am - 11.45am**

Come to our **FREE** Hearing Aid support session where we can offer 1 to 1 help and advice on how to get the most out of your hearing aids. If your aids are NHS issued, we can also help you fit them and we can re-tube, clean the ear moulds and replace the batteries.

For more information, contact Melissa O'Neill at 07918721704 or by email: melissa.oneill@rnid.org.uk

**Thursday
6 October**



Healthy Eating for Falls Prevention Zoom

Online, 11am

This session will include:

- Specialist nutrition advice from a dietitian
- Cookery demonstration
- Home accident prevention talk
- Information on keeping active

To get your zoom link, please email positiveageingmonth@belfastcity.gov.uk or tel 077713684705

H.E.A.R.T. Project Walkabout Club Walk 2pm

2pm, Falls Park time

Walk in Falls Park with qualified walking leaders. It's not a race it's at your own pace. No booking needed. Meeting point is at first bench inside main front gates.

For more information tel 02890310346 or email heart.project@heartprojectbelfast.com



**Thursday
6 October**

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



**East Belfast
Community
Development
Agency**

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

Upcoming 2022 dates:

**1st Sept, 6th Oct,
3rd Nov & 1st Dec**

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



Do You Remember?

**Belfast Central Library,
10.30 - 12.30**

Share your memories and stories inspired by our old newspapers, magazines and books. Have a chat and reminisce over free tea/coffee and take part in mindful colouring and other activities.

*For more information,
tel 02890509150 or email
belfast.central@librariesni.org.uk*

Silver Screenings - The Man in the White Suit (1951)

Strand Arts Centre, 156 Holywood Road, 2pm

One of Ealing Studios' finest, Alec Guinness gives a sparkling performance as the hapless scientist in over his head who creates a fabric that never wears out or gets dirty. Silver Screenings are weekly classic movie screenings chosen with older people in mind but open to all. Cost: £4.

For more information tel 028 9065 5830 www.strandartscentre.com/silver-screenings

Ealing Studios present
another comedy:

**ALEC GUINNESS
JOAN GREENWOOD
CECIL PARKER ...**

**THE MAN IN
THE WHITE SUIT**



**Friday
7 October**



Senior Women's Health Day

**Girdwood Community Hub,
10.30 - 1.30**

*To register your place tel
028 9023 2020 or email Pamela.
Higgins@volunteernow.co.uk*

**Monday
10 October**

Falls Park Walk

11am -12pm

Sustrans are going lead a walk around Falls Park (meeting at the sculpture at the main gate)

*For more information tel Rachel on
07876453515 or email seniorsinfo@
belfastcity.gov.uk*



**Tuesday
11 Sept**

South Belfast Lifestyle Forum

**Donegall Pass Community Centre,
11am - 1pm**

This meeting is for anyone over 55 who lives or attends a group in South Belfast. It will be based on healthy eating and cooking with a live cooking demo and taster session. Resources will be given to those attending and a healthy lunch provided.

*Places must be confirmed in advance.
To book, tel 02890735696 or email
Cathy.chambers@engagewithage.org.uk*

**Wednesday
12 October**

Age Friendly Belfast Be Prepared

Skainos Centre, 10.30 - 12.30pm

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

Highlights include:

- Advice on, benefits, housing, home safety, heating your home and much more.
- The IT Fix it Van will also be there so bring your phone, tablet or laptop along.
- A cuppa and a bun!

This free drop in event will be delivered by Age-friendly Belfast.

*For more information tel 028 9027 0428
or email seniorsinfo@belfastcity.gov.uk*



Art and Dementia Training Session

**The Skainos Centre, 239
Newtownards Road, 10am - 12pm**

Making art with people living with dementia can be incredibly life affirming. This session trains carers and artists/ art facilitators on how to enjoy art sessions with people living with dementia. Suitable for carers, artists working with people living with dementia, and art facilitators.

*For more information tel
028 9073 5696 or email
dementiafriendlyeastbelfast@
gmail.com*

**Thursday
13 October**

Interactive Dementia Awareness Training

Online, 7pm

Participants learn how to make life more dementia friendly with a range of top tips. Participants are broken into small groups and get mix of specially filmed short videos (made in Belfast) alongside discussion, questions and answers

This training is suitable for anyone affected by dementia or any member of the public hoping to make their community more dementia friendly.

Participants also receive follow-up resources by email.

To get your zoom link and for more information tel 028 9073 5696

FREE Hearing Aid Support in Belfast

**Orangefield Presbyterian Church,
10.15am - 11.45am**

Come and take our FREE 3 minute hearing check. This is not a full hearing test carried out by an audiologist, but it's a quick and reliable way to find out if you need one. The hearing check will suggest if your hearing is in a normal range or if you may have hearing loss.

For more information tel 07587130205 or email volunteering.northernireland@rnid.org.uk



Pensions and You: Planning for a more certain future

Online, 10.30am -11.30am

Join experts from the government backed Money Helper to cut through the complexity and talk about your pension rights. Discussion will include:

- Planning and budgeting for retirement – how much money will you need?
- Knowing what to expect from your State Pension
- Accessing money from your pensions – how and when?

Join the meeting to hear more and have a chance to put your questions live to the Money Helper team.

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

City for
working and
learning



Belfast Employment Academies

Take the next step

Sign up today for free sector specific training, employability support, mentoring and a guaranteed interview with key employers.



Belfast
City Council

BELFAST
Labour Market Partnership
Working Together



www.belfastcity.gov.uk/employmentacademies

**Thursday
13 October**

Dementia coffee morning

Colin Neighbourhood Partnership, Cloona House, 31 Colin Road, Belfast, 11am - 1pm

This session is for anyone affected by Dementia, including carers and extended family and friends and will be an informal opportunity for people to meet and connect, have coffee and refreshments, and get some information on local support networks. No booking required.

For more information tel Isabel or Aisling on 02890627863 or email isabel@newcolin.com



Eating Well as You Age

Healthy eating is important at any age, but more so as we get older. Good nutrition can:

- help your body fight illness
- reduce the risk of heart disease, stroke and Type 2 Diabetes
- boost energy levels
- improve your mood

To find out more, watch this free webinar by a Registered Dietitian:

<https://tinyurl.com/agewell22>





Belfast
City Council

Older Peoples Activities in Community Centres

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

Dee Street 028 9045 8113

| | | |
|--|-------|----------------|
| Leisure Opportunities for Older People (LOOP) Group | Thurs | 2pm-4 pm |
| Fort Apache Line Dancers | Mon | 6.30pm-9.30 pm |
| Louisiana Line Dancers | Wed | 6.30pm-9.30 pm |
| Alternators Group | Mon | 10.30am-1pm |
| DEE ST Senior Citizens | Thurs | 6.30pm-9.30 pm |
| Engage with Age | Thurs | 1.30pm-4.30 pm |

Inverary 028 9047 1456

| | | |
|--|-----------------|--------------|
| Inverary Painting & Sketching Group | Wed | 10am-12.30pm |
| Inverary Happy Hookers Crochet Group | Tues | 2pm-4pm |
| ARC Group | Thurs (monthly) | 2pm-4pm |
| Keep Fit 50+ | Thurs (weekly) | 10am-12pm |

Ligoniel 028 9071 9337

| | | |
|----------------------|-----|-------------------|
| Women's Group | Wed | 10am – 12pm |
| Art Class | Fri | 10:30am – 12:30pm |

Clonduff 028 9040 1444

| | | |
|-------------------------|-------|---------------|
| Pensioners Bingo | Thurs | 6.30pm-9.30pm |
|-------------------------|-------|---------------|



Concorde 028 9071 2450

| | | |
|----------------------------|----------------|-------------|
| 50+ Club | Wed | 10am – 12pm |
| Halloween Tea Dance | Wed 26 October | 1pm – 3pm |

Knocknagoney 028 9076 1432

| | | |
|----------------------------|------|----------------|
| Millennium arts | Mon | 11am – 1pm |
| Mon Painters | Mon | 7pm – 9.30pm |
| Knights Men's group | Tues | 10am – 12pm |
| Lifelong Learners | Wed | 1.30pm– 3.30pm |
| Craft club | Wed | 7pm – 8.30pm |
| 55+ club | Fri | 2pm – 4pm |

Morton 028 9068 1874

| | | |
|------------------------------|-------|----------------|
| Lorraine's Yoga | Mon | 12pm-1.30pm |
| U3A Spanish classes | Mon | 10am-11.30pm |
| Lorraine's Yoga | Thurs | 12.15pm-1.30pm |
| Agility circus skills | Fri | 11am-1pm |
| U3A French classes | Fri | 10am-1pm |

Divis 028 9024 2551

| | | |
|--------------------------------------|-------|------------------|
| Open Arts Community Choir | Mon | 7.15pm -9.15pm |
| Tai chi | Wed | 11.15am -12.30pm |
| Chair Aerobics | Wed | 11.30am- 1pm |
| Cathedral Belles Ladies Group | Wed | 7.30pm -9.15pm |
| Anne's Art Group | Thurs | 10.15am-12.30pm |

Whiterock 028 9032 8623

| | | |
|----------------------------|-------|-----------------|
| Women's group | Mon | 10am-1pm |
| Older people's club | Thurs | 11.45pm -1.45pm |



**Thursday
13 October**



Silver Screenings – Singin' in the Rain (1952)

Strand Arts Centre, 156 Holywood Road,
2pm

A young actress helps a successful on-screen couple make the transition to sound from silent film by secretly providing the singing voice for the leading lady, only for leading man Gene Kelly to fall in love with her voice. In partnership with Strand Stories supported by National Lottery Heritage Fund. Cost: £4.

For more information tel 028 9065 5830 www.strandartscentre.com/silver-screenings

Chocolate Bingo

Online, 7.30pm - 8.30pm

It's bingo, though not as you know it. Join us for Chocolate Bingo, via Zoom. Every winner wins chocolate (sent through the post). Join our Bingo host and assistant Sven for an evening of bingo, live music and silly games.

For more information tel 028 9073 5696 or email eamon.quinn@engagewithage.org.uk

**Friday
14 October**

Belfast Blitz Cathedral Quarter Walking Tour

Northern Ireland War Memorial
Museum, 2pm - 3pm

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.

Numbers are limited to 12 participants so please get in contact to secure your place.

To book and for more information tel 02890 320392 option 4 or email outreach@niwarmemorial.org



**Monday
17 October**

Bog Meadows Walk

444 - 448 Donegall Rd, BT12 6HS, 11am

Sustrans are going lead walk around the Bog Meadows. Meeting at the Ulster Wildlife containers and carpark by Milltown Row.

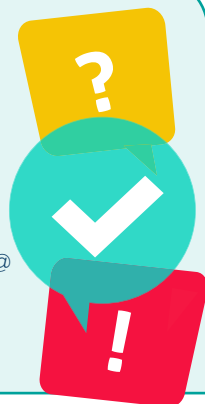
For more information tel Rachel on 07876453515 or email seniorsinfo@belfastcity.gov.uk

Big Quiz

Online, 3pm

*To get your zoom link
tel 077713684705*

*email
positiveageingmonth@belfastcity.gov.uk*



**Tuesday
18 October**

Age Friendly Belfast Be prepared events!

Shaftesbury Recreation Centre, 97 Balfour Ave, Belfast 10.30am - 12.30pm

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

Highlights include:

- Advice on a range of topics, benefits, housing, home safety, heating your home and much more.
- The IT Fix it Van will also be there so bring your phone, tablet or laptop along.
- A cuppa and a bun!

This free drop in event will be delivered by Age-friendly Belfast.



For more information tel 028 9027 0428 or email seniorsinfo@belfastcity.gov.uk

**Wednesday
19 October**

City Cemetery minibus tours

City Cemetery, Falls Rd,
11am and 1pm

Come and join us for a mini bus tour of City Cemetery with Tom Hartly. Meet at main entrance at Junction of Whiterock Road. There is parking in the cemetery. 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.

*For more information tel
07713684705 or email
seniorsinfo@belfastcity.gov.uk*



We are RNID

Find out about the different types of hearing loss, how to get your hearing tested, and what can help you hear better and overcome communication challenges.

Come along to our FREE online session

Register your interest or to find out more, call 07587130205 or by email volunteering.northernireland@rnid.org.uk

**RN
I:D**

HEARING LOSS

Time? 2.00pm to 3.00pm

**Date? Wednesday
19th October 2022**

**Thursday
20 October**

Dementia Awareness Workshop

Cloona House, 31 Colin Rd, 11am - 1pm

This interactive workshop is designed to increase attendees' knowledge and awareness of the signs of dementia and to increase confidence and skills to help relate and support someone with disease. Booking is required.

For more information tel Isabel or Aisling on 02890627863 or email isabel@newcolin.com



TV Licensing Scam Awareness

Online, 11am

Due to a recent rise in scams, TV Licensing are running a scams training session to educate and spread awareness. In this session we will cover online, email, phone call, text and in person scammers as well as what to look out for, how to combat the scammers and best practices.

To get your zoom link email seniorsinfo@belfastcity.gov.uk



Silver Screenings – Singin' in the Rain (1952)

Strand Arts Centre, 156 Holywood Road, 2pm

A young actress helps a successful on-screen couple make the transition to sound from silent film by secretly providing the singing voice for the leading lady, only for leading man Gene Kelly to fall in love with her voice. In partnership with Strand Stories supported by National Lottery Heritage Fund. Cost: £4.

*For more information tel 02890655830
www.strandartscentre.com/silver-screenings*

Jim's Pub Quiz without a Pub

Online, 7pm – 8pm

All the fun of a pub quiz, without the pub. Join us via Zoom and get ready to test your grey matter. Participants play as individuals, not as teams, with rules explained on the night. We're all just playing for fun!

An Engage with Age event.

To get your zoom link tel 028 9073 5696 or email eamon.quinnengagewithage.org.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

Email

admin@cara-friend.org.uk



**Belfast
City Council**

**Friday
21 October**

Sing for Victory workshop

Northern Ireland War Memorial Museum, 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. Numbers are limited to 25 participants so please book your place

For more information tel 02890 320392 option 4 or email outreach@niwarmemorial.org



**Monday
24 October**

Energy Efficiency in the Home

Online, 10am

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.

To get your zoom link please email agefriendly@ardsandnorthdown.gov.uk



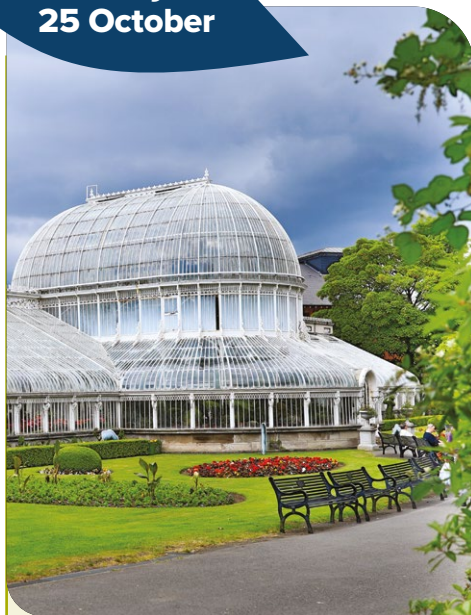
Engage with Age presents The Spooky Slipped Disco™

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

It's back and in person! Engage with Age's disco for older people, featuring DJ Groover, DJ Rhythm Bandit, and the best hits of the 1960s, 70s and 80s. Admission free but booking essential. Access to Gordon Street via Dunbar Street, lots of on street car parking. Full bar. Halloween Special! Fancy Dress welcome!

Booking is essential. For more information tel 028 9073 5696 <https://TheSlippedDiscoOct2022.eventbrite.co.uk>

**Tuesday
25 October**



Gowns, gardens & Galileo walk

**Botanic Gardens main entrance,
11am**

Join us for a leisurely stroll through the history of Queen's University and Botanic Gardens. Meet poets, botanists, scientists and artists.

Find out about Queen Victoria's only visit to Belfast, and the architect who stopped Concorde from flying over England.

Mark Doherty is a local historian and Queen's Graduate who looks forward to sharing a revealing visit to one of Belfast's most beautiful places.

*For more information tel 02890270428
or email seniorsinfo@belfastcity.gov.uk*



Virtual tea dance

Online, 2.30pm – 4pm

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

*To get your online link email
positiveageingmonth@belfastcity.gov.uk
uk tel 077713684705*

**Wednesday
26 October**



Halloween Tea Dance

**Concord community centre,
1pm -3pm!**

*For more information tel
028 9071 2450*

**Wednesday
26 October**



The Troubles I've Seen Screening – LGBT NI Heritage Project

Online, 7pm

LGBT NI Heritage Project proudly presents a new, short documentary, *The Troubles I've Seen*, which captures the shared experiences and stories of the local LGBT Community.

Directed by Conan McIvor, this emotive and often funny doc hears from those who experienced and

were involved in the beginning of the LGBT movement in Northern Ireland. They delve deeply into how their pride and fearlessness helped them overcome the shame and harassment levelled at them by elements of society.

This 30 minute screening will be followed by a 30-40 minute panel discussion about the film and the issues it raises.

*To get your zoom link tel 07713684705
Email seniorsinfo@belfastcity.gov.uk*

All the classics... all the time

Belfast
FM
89.3



Belfast
FM
89.3

www.belfast89.com

**Thursday
27 October**



Halloween Tea Dance

**Woodvale Community Centre,
1pm-4pm**

*For more information tel Aine
on 02890351548*

Coffee Morning Get Together

**The Bobbin Café, Belfast City Hall ,
11am – 12.30pm**

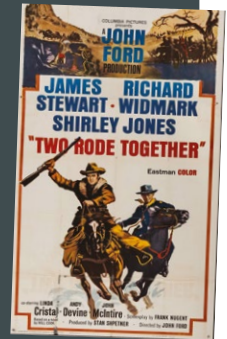
A monthly get together from Engage with Age. This is an ideal coffee morning if you think you're not getting out and about as much as you should be. Join us for coffee and chat, and a talk by author John Bradbury about Belfast's linen history. And see what other activities you'd like to get involved in. Coffee and scones are on us! Part of the PAL Project.

*For more information tel 07436 174973
or email palproject@engagewithage.org.uk*

Silver Screenings - Two Rode Together (1961) [PG]

**Strand Arts Centre,
156 Hollywood Road,
2pm**

Jimmy Stewart breaks his nice guy mould in this John Ford western, starring as a corrupt U.S. Marshal who embarks on an assignment to trade guns for hostages with the Comanche.



*For more information tel 028 9065
5830 www.strandartscentre.com/silver-screenings*



Spooky Halloween Chocolate Bingo

Online, 7.30pm – 8.30pm

It's bingo, though not as you know it. Join us for Chocolate Bingo, via Zoom. Every winner wins chocolate (sent through the post). Join our Bingo host and assistant Sven for an evening of bingo, live music and silly games - fancy dress welcome, but optional.

To get your zoom link tel 028 9073 5696 Email eamon.quinn@engagewithage.org.uk

**Friday
28 October**

Cross Community Seniors Halloween Tea Dance

Dunmurry Presbyterian Church Hall,
12.30pm -3pm

Good Morning Colin invite you to come along and meet new people and enjoy a three course meal and entertainment. Prizes for best fancy dress. Cost £5.

*For more information tel Isabel or Aisling
02890627863 Email isabel@newcolin.com
Booking essential.*



**Tuesday
01 November**

As Time Goes By: Songs from Wartime Cinema

Strand Arts Centre, 2pm - 2.45pm

Join us in the Strand for a sing-along and reminiscence workshop celebrating songs from the 1940s Silver Screen, with Karen Diamond.

The event is made possible by a collaboration between NI War Memorial and the 'Strand Stories' heritage project, supported by The National Lottery Heritage Fund.

*For more information tel 02890655830
strandartscentre.com*



Line Dancing Classes

**YouthAction, 14 College Square North
11am - 1pm**

Volunteer Now are running a 4 week seniors Line Dancing dance class, every Tuesday in October (4th, 11th, 18th, 25th)

To book, tel 028 9023 2020

November

Age Friendly Belfast Be prepared events!

4 November, Springfield Charitable Association, 10.30am– 12.30pm

&

11 November, Girdwood Community Hub, 10.30am– 12.30pm

Come for information on how to help improve your daily living. Highlights include:

- Advice on a range of topics, benefits, housing, home safety, heating your home and much more.
- The IT fix it Van will also be there so bring your phone, tablet or laptop along.
- A cuppa and a bun!

This free drop in event will be delivered by Age-friendly Belfast.

For more information tel 028 9027 0428 or email seniorsinfo@belfastcity.gov.uk



Senior Men's Health Day

23 November, Girdwood Community Hub, 10.30am – 1.30pm

For more information tel 028 9023 2020
Email Volunteer Now Pamela.Higgins@volunteernow.co.uk



libraries

Cregagh Road Library

Wednesday 5 October 2022 Local History Group 10.30am-12pm

Wednesday 12 October 2022 Family History Group 10.30am-12pm

Knit and Natter – every Tuesday 2.30-3.30pm

Tea and Newspapers – every Wednesday 11am-12.30pm

Monday 10th October - Adult Reading Group – 6:30pm-7:30pm

Ballyhackamore Library

Knit & Natter every Monday -2-4pm

Mindful colouring - Every Tuesday 9-12 noon

Cryptic Corner & Board Games – Every Thursday 9-12 noon

Tea & Newspapers - Every Friday- 9-12 noon

Ballyhack Book Pack adult reading group - first Monday of every month 7pm-8pm

Mystery Mondays Crime reading group – second Monday of each month 7pm-8pm

Woodstock Library

Go On eBook / eMagazines – find out how to access free eBooks and eMagazines on your compatible device - Wednesday 12 October 10am – 12noon

Cryptic Corner -Wednesday 2pm – 3pm

Knit and Natter -Friday 2pm – 3pm

Finaghy Library

We have Mindful Colouring, Board Games and Cryptic Corner every Monday from 10am – 12 noon.

Knit & Natter every Wednesday 1.30pm – 3.00pm.

Tea & Newspapers every Friday and Saturday 9.30am – 11.00am.

Lisburn Road Library

Friday 30th September - Introduction to iPad- 10am – 12noon

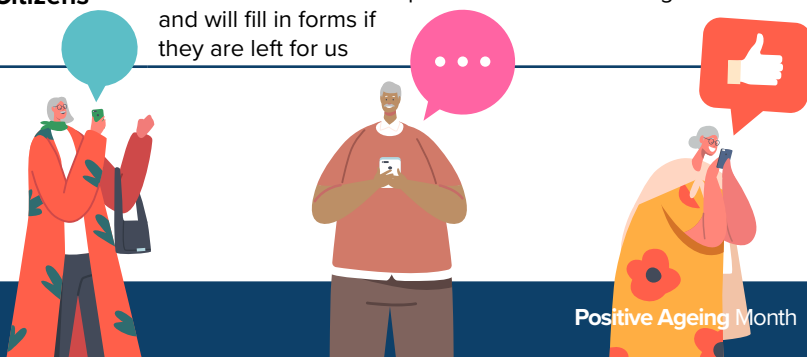
Friday 7th October -More on the iPad- 10am – 12noon

Useful Contacts

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| Age NI Advice Service | Provides advice, information and benefit checks. Anyone over 60 in Northern Ireland can also register free of charge, to receive a regular telephone call. | Freephone 0808 808 7575 or Email info@ageni.org Monday to Friday 9am – 5pm including Bank Holidays. |
| Alzheimer's Society Dementia Connect support line | Open every day and includes the online forum for carers Talking Point . | 0333 150 3456 website www.alzheimers.org.uk |
| Carers NI Help-line | Provides a range of general and specialist advice services for carers, including advice on benefits, community care and carer support. | 028 9043 9843 9am-4pm Mon to Thurs. email advice@carersni.org |
| Digital Help | Provided by Go ON NI and BITC to give Digital advice to those who require some guidance. | Text the word DIGITALHELP (all one word) to 67300 with a brief description of what help you require or phone 07551852684 |
| Mental Health/ | For immediate 24 hour support contact | Lifeline 0808 808 8000. |
| Emotional Support | Lifeline or Samaritans 116 123. CRUSE helpline for those bereaved and self-isolating/ bereaved by the virus: | Samaritans 116 123. CRUSE 0808 808 1677. Monday-Friday 9.30-5pm (excluding bank holidays) extended hours on Tuesday, Wednesday and Thursday evenings until 8pm. |
| Northern Ireland Fire & Rescue Service (NIFRS) | For fire safety advice, via specialist Prevention and Protection Teams. | 028 9266 4221 |



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|---|--|---|
| Belfast-wide Addiction services | Addiction NI - Dunlewey Addiction Services | Contact 028 9066 4434 Contact 028 9039 2547 |
| Belfast Safer Homes | Can carry out jobs such as key lock fitting, clearing outdoor paths (at no charge) as well as delivering coal, medicines and food (at householders expense) Primarily for vulnerable adults and people aged over 65. | Contact 08001422865 handyman@ brysonenergy.org |
| Out of Hours Emergency GP service | For out of hours GP services | Contact for North and West Belfast 028 9074 4447 Contact for South and East Belfast 028 9079 6220 |
| Belfast Warm and Well | The project operates Belfast working directly with people at risk of living in fuel poverty. It will help people struggling to keep their home warm, by offering advice and practical support to stay warm and well. | Contact NEA on 028 9023 9909 or warmandwell@nea.org. uk |
| Domestic Violence and Sexual Abuse | Helpline managed by NEXUS | Helpline 0808 802 1414 Email help@dsahelpline. org |
| Women's Aid | Provides a 24 hour Freephone helpline and a support group for Belfast and Lisburn Mon to Friday, 9am-5pm | Helpline 0808 802 1414 Local group 028 9066 6049 or phone 999 in an emergency |
| North Belfast Seniors Citizens Forum | They are providing a benefits advice service over the phone and will fill in forms if they are left for us | Contact 07815311783 or email nbscf1@gmail.com |





**Have your say on our
Age Friendly Belfast Plan, visit**



yoursay.belfastcity.gov.uk