



## Age Friendly – Positive Ageing Calendar 2021

Welcome to the 10th Age Friendly Positive Ageing Calendar of events for October 2021.

We hope you enjoy it and find it useful.

Positive Ageing Month is about celebrating and promoting the positive aspects of growing old and recognising the valuable contribution community and voluntary organisations make to improve the health and wellbeing of older people. It is also about reaching out to everyone over 50, particularly those who are more vulnerable and supporting them to get involved in the events that are taking place across Newry, Mourne and Down and across Northern Ireland.

The co-ordination of these initiatives has been a real community effort from the Southern Age Well Network, Volunteer Now, local volunteer Jennifer Kelly, The City of Newry University of the Third Age (U3A), Newry, Mourne and Down District Council, and the Southern Health and Social Care Trust.



## Positive Ageing Month October 2021

<p>Fri 1<sup>st</sup></p>	<p style="text-align: center;"><b>*INTERNATIONAL OLDER PERSONS DAY</b></p> <p><b>Age-friendly Belfast Convention 10.30am -12pm</b>                  When: Thursday 1st October                  Where: Zoom                  Time: 10:30am – 12:00pm                  To register call 07713684705 or email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> and you will receive details of how to log on.</p> <p><b>Stepping Forward with Confidence An All-Ireland Frailty Network event to celebrate the International Day of Older Persons 2021 Friday 1st October 2021 13:00 – 15:00</b>                  IST via Zoom Webinar: <a href="https://zoom.us/webinar/register/WN_G9fTggBcTki0tgjKcQt15w">https://zoom.us/webinar/register/WN_G9fTggBcTki0tgjKcQt15w</a>                  On this year's International Day of Older Persons, and after so many pandemic-related challenges, the Irish Frailty Network and the Northern Ireland Frailty Network come together to bring you an All-Ireland online event hosted by the Irish Gerontological Society. This event will showcase developments across education, quality improvement, research, policy and the lived experience. Together, we will step forward with confidence towards a renewed focus on the post-pandemic needs of older persons living with frailty. The event will also highlight opportunities for cross-collaboration and cross-learning between north and south networks</p> <p><b>Kingdom Men's Shed – 11am-2pm Mon – Fri Dunavil Road, Kilkeel</b>  <b>Daily sessions including woodworking, gardening and walking</b>  <b>For more information contact Tom on 07771912044</b></p>
<p>Sun 3<sup>rd</sup></p>	<p><b>Silver Sunday Age-friendly Museums Day</b>                  10.30pm to 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 and make a day off it. Call 02890440000 to book in.</p>

Mon  
4<sup>th</sup>

**PIPS**  
Hope and Support

# GIMME 5 WEEK

A week long series of workshops and events in the lead up to World Mental Health Day

**Monday 4th October 'Connect'**  
Virtual meet via zoom from 10:00am - 12:00pm with local organisations coming along to share information on their services  
**\*\* Book Online \*\***

**Tuesday 5th October 'Give'**  
Sending your advice and/or sentiments then to be shared on PIPS Hope and Supports social media channels on Friday 9th October

**Wednesday 6th October 'Keep Learning'**  
Free resilience workshop from 11:00am - 12:00pm delivered via zoom  
**\*\* Book Online \*\***

**Thursday 7th October 'Take Notice & Be Active'**  
Free journaling workshop from 12:00 - 1:00pm via zoom  
FREE spin class in Pure Gym Newry 7.30pm - 8.30pm  
**\*\* Book Online \*\***

**Friday 8th October 'Give'**  
A montage of advice and sentiments shared across PIPS Hope and Supports social media channels throughout the day

**Saturday 9th October '6 Week Online Yoga'**  
Free Yoga sessions commence from 10:00am - 11:00am for 6 weeks via zoom  
**\*\* Book Online \*\***

**REGISTER YOUR PLACE**

To participate, book any of these workshops, online at;  
[www.pipshopeandsupport.org/training-we-offer](http://www.pipshopeandsupport.org/training-we-offer)

### Falls Session-Part 1

10:30-11:30

To book call or email the Age Friendly Co-ordinator on 07553379721 or [raisa.donnelly@midulstercouncil.org](mailto:raisa.donnelly@midulstercouncil.org)

### Better connected-Over 50's Zoom fitness sessions

Time:11.30-12.15

For more information contact Rebecca Greenaway on [07871279017](tel:07871279017)

### Scams 11am -12pm

It seems that every other day you hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed!

Via zoom

To book call 07912 296790 or email [david.bridges@librariesni.org.uk](mailto:david.bridges@librariesni.org.uk)

### WhatsApp - Part 1 2pm – 3pm

What is WhatsApp? If you haven't used this social media app before, then now's the time to find out! Join our Zoom session to see what's involved including some of the more advanced features such as groups and photo messages.

Via zoom

	<p>To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p> <p><b>Cookery Demo 2pm</b></p> <p>We are pleased to announce that Roving Chef Alex from Vegetarian for Life will be joining us to give a cookery demonstration and a cook along.          Chef Alex will be making Courgette Fritters, Iman Biyaldi and Cranachan.  <a href="https://vegetarianforlife.org.uk/recipes/lighter-meals/greek-fritters-with-tzatziki">https://vegetarianforlife.org.uk/recipes/lighter-meals/greek-fritters-with-tzatziki</a>  <a href="https://vegetarianforlife.org.uk/recipes/main-meals/imam-biyaldi-the-priest-fainted">https://vegetarianforlife.org.uk/recipes/main-meals/imam-biyaldi-the-priest-fainted</a>  <a href="https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/simple-cranachan">https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/simple-cranachan</a>          “The Greek Fritters make an ideal starter, light lunch or part of a buffet. The Imam Biyaldi although simple, is quite delicious. If you are not familiar with Cranachan, it’s essentially whipped cream, fruit and a touch of whiskey, what’s not to like?”          Come along and watch and be inspired Via Zoom          To book call 07713684705 or email <a href="mailto:postiveageingmonth@belfastcity.gov.uk">postiveageingmonth@belfastcity.gov.uk</a></p>
<p>Tues 5<sup>th</sup></p>	<p><b>Dementia Friendly Communities awareness workshop 10-11am</b></p> <p>A short awareness talk for anyone who wants to understand more about what it is like to live with dementia or care for someone living with dementia. Learn about types of dementia, signs and symptoms, and small things you can do in your community to make a positive difference for people living with the condition.</p> <p>To book, or for more information, please email: <a href="mailto:julie.morton@alzheimers.org.uk">julie.morton@alzheimers.org.uk</a></p> <p><b>Privacy 11am – 12pm</b></p> <p>Now that people are spending so much time online, it’s more important than ever to know how to keep your personal information secure and private. This Zoom session offers you hints and tips on how to protect your data.          Via zoom          To book call 07912 296830 or email <a href="mailto:niall.mcveigh@librariesni.org.uk">niall.mcveigh@librariesni.org.uk</a></p> <p><b>WhatsApp - Part 2 2pm – 3pm</b></p> <p>On social media it’s important that you know your information is protected. This final WhatsApp Zoom session takes a closer look at Privacy and Security settings, and gives you helpful tips on how to stay safe.          Via zoom          To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p> <p><b>Libraries NI- Chair Yoga 2-3pm</b></p> <p>This is a gentle form of exercise suitable for everyone. It helps improve your flexibility and also supports concentration and strength, while boosting your mood, and reducing stress and joint strain. Join in the session with our Chair yoga facilitator John Bell and feel good for the rest of the day.          To register in advance use the link below. After registering, you will receive a confirmation email containing information about joining the event.  <a href="https://bit.ly/3wVMfpm">https://bit.ly/3wVMfpm</a></p> <p><b>MATT – Men’s Social morning 10.30 – 12 noon in Newry Gateway Club. All welcome</b>  <b>Weekly local walk finishing with light lunch</b>          Contact Aidan for more details on 07809349886</p>

<p>Wed 6<sup>th</sup></p>	<p><b>Launch of Newry, Mourne &amp; Down Positive Ageing Month</b>  <b>Mad Hatters – Virtual Tea Party</b>                  Please contact Lorraine O'Reilly for more information – <a href="mailto:lorraine.oreilly@nmandd.org">lorraine.oreilly@nmandd.org</a> or 07711919447</p> <p><b>Linking Generations NI 10.30am</b>                  Come and find out more about Linking generations and how they can support you with intergenerational work                  Delivered via Zoom                  To book <a href="mailto:Infolgni@bjf.org.uk">Infolgni@bjf.org.uk</a></p> <p><b>Introduction to iPad - Part 1 11am – 12pm</b>                  Mystified by your iPad? Join us for our Zoom session when we'll explain some of the basics: find out how to turn your iPad on and off, discover what the buttons do, and learn to tap and swipe like a pro! We will also do some exploring: navigate successfully through screens, apps and settings.                  Via zoom                  To book call 07912 296811 or email <a href="mailto:Karen.Maginess@librariesni.org.uk">Karen.Maginess@librariesni.org.uk</a></p> <p><b>Entertainment 2pm - 3pm</b>                  Missed your favourite television programme? There are several free and subscription applications which allow you to watch programmes at your leisure or on the go. Come along and learn all about them.                  Via zoom                  To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p> <p><b>Happy Days Club – 12.30 - 2.30pm St Mary's Hall, Boat St</b>                  Physical activity &amp; Arts Class                  All welcome – For more information contact Kate on 07749674647</p>
<p>Thurs 7<sup>th</sup></p>	<p><b>Deafblind Convention 2021 - Living better with sight and hearing loss</b>  <b>9am - 5pm</b>  <b>Free – follow the link to register by entering your email address</b>  <a href="https://e5845.hubilo.com/community/-/login">https://e5845.hubilo.com/community/-/login</a>                  Deafblind UK is hosting the UK's first virtual deafblind convention and we'd love you to join us from the comfort of your own home.                  Featuring world class speakers from across the globe, all with the shared interest of helping people to live better with sight and hearing loss.</p> <p><b>Moneysaving - Part 1 11am – 12pm</b>                  Join our Zoom session to explore some of the great free advice sites on the internet that help you make your money go further. There is a wealth of knowledge out there if you know where to look. Also, see what you can do with cashback sites when you shop online.                  To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p> <p><b>Spotify 2pm – 3pm</b></p>

	<p>Join our Zoom session to find out how to access a wide range of music on your iPad, tablet or smartphone. Find out about the many free and paid for music streaming apps available, including Spotify.                  To book call 07912 296830 or email <a href="mailto:niall.mcveigh@librariesni.org.uk">niall.mcveigh@librariesni.org.uk</a></p> <p><b>Chocolate Bingo 7.30pm -8.30pm</b>                  Eyes down, let's play Bingo. Every winner wins chocolate. Via "Zoom" video call.                  To register call Eamon Quinn on 90735696 or email <a href="mailto:Eamon.quinn@engagewithage.org.uk">Eamon.quinn@engagewithage.org.uk</a></p> <p><b>Drumclose Craft Group – Craft session 11-1 Dromalane Community Centre</b>                  Contact Phil on 07752583787 for more details</p> <p><b>Newtown Women's Group – Craft Session 11-1 Newtownhamilton Men's Shed</b>                  Contact Pete on 07740378714</p>
<p>Fri 8<sup>th</sup></p>	<p><b>Listen Share Change Taster Session 11am</b>                  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 or by phone using a Freephone number.                  To book contact Holly through Verbal                  Verbal LSC Team – ask for Holly (Belfast rep)                  028 7126 6946  <a href="mailto:lscbelfast@theverbal.co">lscbelfast@theverbal.co</a></p> <p><b>Together with Music 11:30am</b> – Virtual regional sing a long event for older people within Northern Ireland. Delivered by zoom. To register contact <a href="mailto:caitlyn@togetherwithmusic.org.uk">caitlyn@togetherwithmusic.org.uk</a> or 07951736905.</p> <p><b>Creative Photos for Fun 11am -12pm</b>                  Join our Zoom session to get more out of your digital photos – learn about online services that allow you to print as well as make photobooks, calendars and gifts.                  To book call 07912 296811 or email <a href="mailto:Karen.Maginess@librariesni.org.uk">Karen.Maginess@librariesni.org.uk</a></p> <p><b>Virtual Sing for Victory workshop 2pm -3pm</b>                  Sing for Victory is a dementia friendly singing and reminiscence workshop we offer virtually. Participants sing songs from the 1940s and reminisce about the past with our Outreach Officer and Music Therapist Karen Diamond. Via Zoom                  Via Zoom                  To book email <a href="mailto:outreach@niwarmemorial.org">outreach@niwarmemorial.org</a></p> <p><b>Scams 2pm – 3pm</b>                  It seems that every other day you hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed!                  To book call 07912 296798 or 028 9050 9150 or email <a href="mailto:Gary.Patterson@librariesni.org.uk">Gary.Patterson@librariesni.org.uk</a></p>

Sat  
 9<sup>th</sup>



YOU ARE INVITED TO OUR NEXT EXCITING FOOD EVENT AND MEAL  
**In Warrenpoint Community Garden & Social Hub**  
**Home Of The Cabbage Patchers**  
**Saturday 9th October**  
**@12.00**

WITH  
 EITHNE KINSELLA FROM MOURNE FOOD ADVENTURES

Join us for a relaxing afternoon of food and friendship,  
 pick up some healthy eating tips and recipes, using  
 locally grown produce.  
 All Welcome

**£5 per person, includes lunch & Take home recipes**  
**Indoor event in our extended hub, covid compliant rules apply**

To book, contact us on Facebook @The Cabbage Patchers or email :[thecabbagepatchers@hotmail.co.uk](mailto:thecabbagepatchers@hotmail.co.uk)  
 Or book on:07933 832007



Mon  
 11<sup>th</sup>

**Falls Session-Part 2**

10:30-11:30

To book call or email the Age Friendly Co-ordinator on 07553379721 or  
[raisa.donnelly@midulstercouncil.org](mailto:raisa.donnelly@midulstercouncil.org)

**Better connected-Over 50's Zoom fitness sessions**

Time:11.30-12.15

For more information contact Rebecca Greenaway on [07871279017](tel:07871279017)

**Privacy 11am – 12pm**

Now that people are spending so much time online, it's more important than ever to know how to keep your personal information secure and private. This Zoom session offers you hints and tips on how to protect your data.

To book call 07843 339159 or email [Joanne.Brown@librariesni.org.uk](mailto:Joanne.Brown@librariesni.org.uk)

	<p><b>Moneysaving - Part 2 2pm – 3pm</b>                  In this Zoom session, compare the price comparison sites! Are they all that they seem? Also, check out some specialist sites that can offer you huge discounts.                  To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p>
<p>Tues 12</p>	<p><b>iPad Camera -Part 1 11am – 12pm                  (Class delivered on Zoom)</b>                  Join our Zoom session to check out your iPad camera settings: live, time lapse, panoramic and more.                  To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p> <p><b>Scams 2pm – 3pm</b>                  It seems that every other day you hear about someone who’s been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed!                  To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p> <p><b>Be Ready NI 3pm- 4pm</b>                  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                  Via Zoom                  To book call 07713684705 or email <a href="mailto:postiveageingmonth@belfastcity.gov.uk">postiveageingmonth@belfastcity.gov.uk</a></p> <p><b>MATT – Men’s Social morning 10.30 – 12 noon in Newry Gateway Club. All welcome</b>  <b>Weekly local walk finishing with light lunch</b>                  Contact Aidan for more details on 07809349886</p>



	<div style="text-align: right;">                   College of Agriculture,                  Food &amp; Rural Enterprise             </div> <h2 style="text-align: center;">Farm Family Key Skills</h2> <h3 style="text-align: center;">Coping with the pressures of farming</h3> <p><b>Awareness training which provides practical guidance to farmers and farm families</b></p> <ul style="list-style-type: none"> <li>• Free to farmers, family members and employees</li> <li>• Held at local venues throughout Northern Ireland</li> </ul> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• General awareness of stress and wellbeing issues</li> <li>• Identification and understanding of stress factors</li> <li>• Identifying the signs of stress</li> <li>• Sources of help available to the farming community</li> </ul>    <p style="text-align: center;">The WALD Centre Cullyhanna on Tues 12th October @ 7.30pm</p> <p>For Further Information please contact Majella at the Rural Health Partnership email                  majellagrhp@hotmail.com or phone 07596997883</p> 
<p>Wed 13</p>	<p><b>Dying to talk conference 10:30am</b>                  Registration via eventbrite: <a href="https://bit.ly/DyingToTalkTickets">https://bit.ly/DyingToTalkTickets</a></p>

Wednesday 13 October 2021  
 10.30 am to 12.00 pm  
 Online Webinar  
**Dying to Talk**

The importance of being prepared

Positive Ageing Month  
 October

- ✓ Spiritually
- ✓ Practically
- ✓ Emotionally

Register on Eventbrite - <https://bit.ly/DyingToTalkTickets>  
[www.fermanaghomagham.com/community/agefriendly](http://www.fermanaghomagham.com/community/agefriendly)

HSC Public Health Agency | Integrated City Partnerships | Age Friendly Network NI | HSC Western Health and Social Care Trust

**Introduction to iPad -Part 2 11am – 12pm**

In iPad Zoom Session 2, you'll discover more about how to set up your iPad to suit you: we'll look at display and brightness, wallpaper, accessibility settings, and the Control Centre.

To book call 07912 296811 or email [Karen.Maginess@librariesni.org.uk](mailto:Karen.Maginess@librariesni.org.uk)

**Virtual Reminiscence workshop 2pm**

In our reminiscence workshops we use objects and photographs from the museum collection to stimulate conversation about the past. Reminiscence workshops are based on the home front in Northern Ireland during the Second World War. Our Outreach Officer Michael is connecting with groups virtually to offer workshops which would normally take place in our museum. Using museum objects and a PowerPoint presentation, Michael encourages conversations about topics including the Belfast Blitz, the US presence, evacuees and rationing.

Via Zoom

To book email [outreach@niwarmemorial.org](mailto:outreach@niwarmemorial.org)

Thurs  
 14<sup>th</sup>

**CDRCN & NMDDC**

**Morning Tea and Entertainment - 10.45am – 1pm**

Over 55's Event

	<p>(for Rowallane &amp; Slieve Croob areas only)</p> <p>Burrendale Hotel, Newcastle (Face to face)                  Places are limited so booking is essential: For Rowallane DEA area - ring Ellen on 07720 204472                  For Slieve Croob DEA area- ring Priscilla on 07720 204476</p> <p><b>Scams 11am – 12pm</b>                  It seems that every other day you hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed!                  To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p> <p><b>Shop well, store well, eat well ideas session 2pm</b>                  Join Grainne, a Dietitian from Active Belfast Team to learn about what good staples to have in cupboards and how to eat well when shopping less.                  Via Zoom                  To book call 07713684705 or email <a href="mailto:postiveageingmonth@belfastcity.gov.uk">postiveageingmonth@belfastcity.gov.uk</a></p> <p><b>Drumclose Craft Group – Craft session 11-1 Dromalane Community Centre</b>                  Contact Phil on 07752583787 for more details</p> <p><b>Newtown Women's Group – Craft Session 11-1 Newtownhamilton Men's Shed</b>                  Contact Pete on 07740378714</p>
<p>Fri                  15<sup>th</sup></p>	<p><b>Cyber Safety for Older Adults 10-11am</b>                  Allstate NI is offering free cyber safety training sessions to protect older consumers from online scams. The interactive sessions, will cover everything from fraud and identity protection to email and telephone scams, will help those over 60 navigate the internet with confidence.                  To book call or email the Age Friendly Co-ordinator on 07553379721 or <a href="mailto:raisa.donnelly@midulstercouncil.org">raisa.donnelly@midulstercouncil.org</a></p> <p><b>iPad Camera - Part 2 11am</b>                  In this Zoom session, find out how you can edit your photographs or put them into albums.                  To book call or email 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p> <p><b>Practice Using Zoom 2pm – 3pm</b>                  Have you used Zoom yet? Would you like to familiarise yourself with the tools and tricks of Zoom in a safe learning environment? Join our Zoom meeting where we explain the various settings and give you a chance to practice some of its features. We will also talk you through how to set up your own Zoom meeting.                  To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p> <p><b>Cabbage Patchers – Free soup &amp; craic session 12-2pm Warrenpoint Community Garden &amp; Social Hub</b>                  Come along and enjoy the company and find out about local services at our peaceful and relaxing oasis (covered if inclement weather)</p>

	For more info contact Colette on 07933 832007
Mon 18 <sup>th</sup>	<p><b>Falls Session-Part 3</b>                  10:30-11:30                  To book call or email the Age Friendly Co-ordinator on 07553379721 or <a href="mailto:raisa.donnelly@midulstercouncil.org">raisa.donnelly@midulstercouncil.org</a></p> <p><b>Better connected-Over 50's Zoom fitness sessions</b>                  Time:11.30-12.15                  For more information contact Rebecca Greenaway on <a href="tel:07871279017">07871279017</a></p> <p><b>Privacy 11am -12pm</b>                  Now that people are spending so much time online, it's more important than ever to know how to keep your personal information secure and private. This Zoom session offers you hints and tips on how to protect your data.                  To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p> <p><b>Zoom cook a long session 2pm</b>                  Alex will be encouraging you to actually cook along with him and make Borlotti Bean Chestnut Stew, followed by Sticky Toffee Pudding.                  "These two hearty dishes are easy to make and will add a layer of warmth to your ribs! I have made these dishes quite a few times and they are a firm favourite in our household".                  For those wanting to cook along, pop to the shops, grab your ingredients and put your aprons on! Alex will guide you step by step on how to prepare the dishes. Feel free just to watch if you fancy that too.  <a href="https://vegetarianforlife.org.uk/recipes/main-meals/borlotti-bean-and-chestnut-stew1">https://vegetarianforlife.org.uk/recipes/main-meals/borlotti-bean-and-chestnut-stew1</a>  <a href="https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/sticky-toffee-pudding">https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/sticky-toffee-pudding</a>                  Vegetarian for life is a UK charity dedicated to supporting older vegans and vegetarians. You'll find plenty of recipes and publications on their website including cooking for one, nutrition guidelines and veggie meals to your door. They also run a pen-and-phone-pal scheme, a great way to meet new, likeminded people and form some new friendships. They also run a monthly vegan lunch club via Zoom. It runs on the 4<sup>th</sup> Tuesday of every month, you cook the recipes in advance and join the chef and the rest of the attendees for a nice chat while enjoying the dishes you've prepared, meeting people from across the UK. You can find more information on their website <a href="https://vegetarianforlife.org.uk/">https://vegetarianforlife.org.uk/</a></p> <p>Via Zoom                  To book call 07713684705 or email <a href="mailto:postiveageingmonth@belfastcity.gov.uk">postiveageingmonth@belfastcity.gov.uk</a></p>
Tues 19 <sup>th</sup>	<p><b>Libraries NI-Tai Chi</b>                  11-12pm                  Join in this graceful form of exercise that is used to support reducing stress and anxiety. It also helps increase flexibility and balance. Our facilitator Jane Burke will guide you through a series of movements performed in a slow focused manner and accompanied by breathing techniques.                  To register in advance use the link below. After registering, you will receive a confirmation email containing information about joining the event.  <a href="https://bit.ly/3kG8FbL">https://bit.ly/3kG8FbL</a></p> <p><b>Your Health Online 11am – 12pm</b>                  Find out about reliable websites giving expert up to date information, help and support on health issues, with useful hints and tips to improve your health and wellbeing.                  To book call 07912 296798 or 028 9050 9150 or email <a href="mailto:Gary.Patterson@librariesni.org.uk">Gary.Patterson@librariesni.org.uk</a></p>

	<p><b>Pressreader 2pm – 3pm</b>                  Did you know that you can get free access to around 3,000 national and world newspapers through the Libraries NI Libby app? Join this Zoom session to find out how to use PressReader.                  To book call 07912296830 or email <a href="mailto:niall.mcveigh@librariesni.org.uk">niall.mcveigh@librariesni.org.uk</a></p> <p><b>MATT – Men’s Social morning 10.30 – 12 noon in Newry Gateway Club. All welcome</b>  <b>Weekly local walk finishing with light lunch</b>                  Contact Aidan for more details on 07809349886</p>
<p>Wed                  20<sup>th</sup></p>	<p><b>Making the most of your slow cooker 11am</b>                  Join this session to find out the benefits of using slow cookers to make tasty, nutritious meals.                  Register using this link and you will be sent zoom details  <a href="https://setrust-hscni-net.zoom.us/webinar/register/WN_x_Bsy4cWQGGNeoSWJggApQ">https://setrust-hscni-net.zoom.us/webinar/register/WN_x_Bsy4cWQGGNeoSWJggApQ</a></p> <p><b>Energy Efficiency in the Home 11am</b>                  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 email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p> <p><b>Online talk with RNID (Royal National Institute for Deaf People) 2pm</b>                  Find out about online hearing check and how to look after hearing and more.                  To register contact Mariette Mulvenna, Development Officer, SignLive phone number 02889449975</p> <p><b>Interactive Dementia Awareness training 7pm</b>                  The training happens via Zoom, and participants are taken to a range of locations including a home, a shop, out and about, and more. 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</p> <p>This training is suitable for anyone affected by dementia or any member of the public hoping to make their community more dementia friendly.</p> <p>Participants also receive follow-up resources by email.</p> <p>To book click here <a href="https://www.eventbrite.co.uk/e/online-interactive-dementia-training-tickets-167709988089">https://www.eventbrite.co.uk/e/online-interactive-dementia-training-tickets-167709988089</a></p> <p><b>Happy Days Club – 12.30 - 2.30pm St Mary’s Hall, Boat St</b>                  Physical activity &amp; Arts Class                  All welcome – For more information contact Kate on 07749674647</p>

<p>Thurs 21<sup>st</sup></p>	<p><b>Taking the fear out of on-line banking 11am</b>                  Richard Gill, Community Banker from Ulster Bank will give you advice on safely using and the benefits of online banking, and purchasing online, there will be an opportunity for you to ask questions.                  Delivered via Zoom                  To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p> <p><b>Chi Me</b>                  Would you have time to deliver Chi Me Sessions in your local community – Have a look at our Chi Me Leader training session over 3 days via zoom starting 21 October, 4 &amp; 11 November – 2pm to 4.30pm. To apply please contact:  <a href="mailto:pwb.training@southerntrust.hscni.net">pwb.training@southerntrust.hscni.net</a></p> <p><b>Libby eMagazines 2pm – 3pm</b>                  If you haven't yet discovered the amazing FREE eMagazine offer from Libraries NI, then this is the Zoom session for you!                  Learn how to download the Libby app and sign up for the opportunity to borrow over 3000. Explore the app and discover features like search, place hold, bookmarks and reading settings.                  To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p> <p><b>Chocolate Bingo 7.30pm -8.30pm</b>                  Eyes down, let's play Bingo. Every winner wins chocolate. Via "Zoom" video call.                  To register call Eamon Quinn on 90735696 or email <a href="mailto:Eamon.quinn@engagewithage.org.uk">Eamon.quinn@engagewithage.org.uk</a></p> <p><b>Drumclose Craft Group – Craft session 11-1 Dromalane Community Centre</b>                  Contact Phil on 07752583787 for more details</p> <p><b>Newtown Women's Group – Craft Session 11-1 Newtownhamilton Men's Shed</b>                  Contact Pete on 07740378714</p>
<p>Sat 23<sup>rd</sup></p>	<p><b>NEW TOWN TOGETHER MENS SHED HALLOWEEN PUMPKIN PATCH</b>  <b>Saturday 23rd October 2021</b></p> <p><b>Ticket Only Event</b>      Tickets on sale 18th September 2021      See facebook page for further information</p> <p>Children's Fancy Dress Competition      Prize for Best Costume</p> <p>Pumpkin Carving</p> <p>Freshly Pressed Apple Juice</p> <p>Children's Story Time 11am &amp; 2pm</p> <p>Pick your own Pumpkin with goodie bag</p> <p>Apple Pies &amp; Refreshments</p> <p>...and more fun spooky activities</p> <p>2 Dundalk Road, Newtownhamilton, Newry, BT35 OPE      New Town Together Mens Shed</p>
<p>Mon 25<sup>th</sup></p>	<p><b>Falls Session–Part 4</b>          10:30-11:30</p>

	<p>To book call or email the Age Friendly Co-ordinator on 07553379721 or <a href="mailto:raisa.donnelly@midulstercouncil.org">raisa.donnelly@midulstercouncil.org</a></p> <p><b>Better connected-Over 50's Zoom fitness sessions</b>              Time:11.30-12.15              For more information contact Rebecca Greenaway on <a href="tel:07871279017">07871279017</a></p> <p><b>Scams 2pm – 3pm              (Class delivered on Zoom)</b>              It seems that every other day you hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed!              To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p>
<p>Tues              26<sup>th</sup></p>	<p><b>Pinterest and Instagram 2pm – 3pm</b>              In this session we take a look at two popular image-sharing social networking sites. Find out how to create a profile, post your own images and link with others.              To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p> <p><b>MATT – Men's Social morning 10.30 – 12 noon in Newry Gateway Club. All welcome</b>  <b>Weekly local walk finishing with light lunch</b>              Contact Aidan for more details on 07809349886</p>
<p>Wed              27<sup>th</sup></p>	<p><b>'Eating well as you age'</b>- 11.00-11.45am              This free session is for anyone who is interested in finding out how to eat well in later life. This could be for yourself, a relative or a friend. Register using the link, after registration participants will be emailed the zoom meeting ID and passcode: <a href="https://setrust-hscni-net.zoom.us/webinar/register/WN_T1SBydEdTIGqtpIS3xbSBA">https://setrust-hscni-net.zoom.us/webinar/register/WN_T1SBydEdTIGqtpIS3xbSBA</a></p> <p><b>Big Quiz 3pm</b>              Join us via zoom for a quiz with a difference              To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p>
<p>Thurs              28<sup>th</sup></p>	<p><b>Bowel Cancer Screening 11am</b>              The Women's Resource and Development Agency will raises 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 Zoom              To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p> <p><b>Walk leader training</b>              Would you be interested and have time to lead walks for your local community? Why not have a look at our walk leader training details.              Walk Leader Training – Thursday 28<sup>th</sup> October 9.30 to 1pm via zoom.              To apply please contact: <a href="mailto:pwb.training@southerntrust.hscni.net">pwb.training@southerntrust.hscni.net</a></p> <p><b>Spooky Halloween Chocolate Bingo 7.30pm -8.30pm</b>              Eyes down, let's play Bingo. Every winner wins chocolate.              Via zoom              To register call Eamon Quinn on 90735696 or email <a href="mailto:Eamon.quinn@engagewithage.org.uk">Eamon.quinn@engagewithage.org.uk</a></p>

	<p><b>Libby eBooks and Audiobooks 2pm – 3pm</b>                  If you haven't yet discovered the amazing FREE audio and eBook offer from Libraries NI, then this is the Zoom session for you! Learn how to download the Libby app and sign up for the opportunity to borrow over 17,000 eBooks and audiobooks. Explore the app and discover features like search, place hold, bookmarks and reading settings.                  To book call 07912 296790 or <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p> <p><b>Drumclose Craft Group – Craft session 11-1 Dromalane Community Centre</b>                  Contact Phil on 07752583787 for more details</p> <p><b>Newtown Women's Group – Craft Session 11-1 Newtownhamilton Men's Shed</b>                  Contact Pete on 07740378714</p>
<p>Fri                  29<sup>th</sup></p>	<p><b>Biggest ever virtual tea dance 2 30pm – 4pm</b>  <b>Join people across Northern Ireland and beyond, live bands and plenty of kitchen dancing</b>                  To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p>
	<p>The Mental health Campaign is now live on the Minding your head website.  <a href="https://www.publichealth.hscni.net/news/hsc-mental-and-emotional-wellbeing-campaign-launched">https://www.publichealth.hscni.net/news/hsc-mental-and-emotional-wellbeing-campaign-launched</a></p> <p>We currently have two types of courses running weekly with options for late morning, afternoon and early evening.</p> <ul style="list-style-type: none"> <li>❖ Challenging Your Condition online (Stanford Accredited) – 6 x 2.5 hour sessions (available for those in Northern, Belfast, Southern and South Eastern Trust areas)</li> </ul> <p><b>“Challenging Your Condition Online”</b></p> <p>A supportive group led by trained volunteers living with a long-term condition themselves, who understand the difficulties that you face. They refuse to allow their symptoms to take control of their lives and they can support you to manage yours. The emphasis is on learning what you can do for yourself and how to make the most of the information you get from your health care professionals. Each week we delve into the self management toolbox to learn way to manage your condition and live well. This is a Stanford University accredited programme.</p> <p>Suitable for: anyone over 18, living with a long-term health condition.</p> <p>Duration: 6 x 2.5 hour sessions</p> <p>Please do not hesitate to contact us on 028 9078 2940 or email <a href="mailto:y.knipe@versusarthritis.org">y.knipe@versusarthritis.org</a> if you require any further information. We look forward to hearing from you.</p>



**The Newry and Mourne Positive Ageing Committee hope you enjoy the events/initiatives.**

**If you have any queries, please do not hesitate to contact:**

**E: [lorraine.oreilly@nmandd.org](mailto:lorraine.oreilly@nmandd.org) T: 0330 137 4024 or visit  
<https://www.newrymournedown.org>**

The positive ageing steering group partners and funding bodies are listed over the following pages with details of their organisations included.



**Newry, Mourne and Down District Council**

Newry, Mourne and Down District Age Friendly Strategic Alliance is a cross sectoral strategic partnership consisting of key agencies with responsibility for improving outcomes for older citizens. Its purpose is to develop and deliver an age friendly strategy for Newry, Mourne and Down, ensuring the participation of older people throughout the process.

For more information contact E: [lorraine.oreilly@nmandd.org](mailto:lorraine.oreilly@nmandd.org) T: 0330 137 4024 or visit <https://www.newrymournedown.org>



**Southern Age Well Network**

An umbrella organisation supporting over 60 older people's groups across the district. Our aim is to provide direct assistance to these groups by providing a platform for networking and addressing issues which effect older people. We aim to promote active ageing and where possible address issues of social isolation and marginalization. Our office is based in Ballybot House, 28 Cornmarket, Newry and for further information on local groups or volunteering

opportunities within these groups contact 028 302 66024.

[www.southernagewellnetwork.org](http://www.southernagewellnetwork.org)

## Southern Health and Social Care Trust

The Southern Health and Social Care Trust provides health and social care services across the five council areas of Armagh, Banbridge, Craigavon, Dungannon, and Newry and Mourne.

The Trust's Access and Information Service offers advice and information on a range of local services available to older people. We provide a central point of contact, Trust wide, for:

- **Anyone aged 65yrs+**, living in the Southern Trust area, who is struggling to complete daily living tasks independently or feels isolated and would like connected to local support services
- **A relative and/or carer** seeking assistance for an older person who lives in the Southern Trust area
- **Anyone wanting to find out information** or discuss referral pathways on services for older people in the Southern Trust area.

We work with frontline professionals to facilitate discharge from hospital, freeing up hospital beds by ensuring the necessary supports are in place at home. Our team will also arrange services in the home to prevent hospital admission being required.

**We refer into a range of services**, both within the Trust and the community and voluntary sector.

## Contact information

If you or someone you know requires our help and support, contact us.

**Telephone:** 028 3756 4300 (Mon – Fri: 8.30am – 5.00pm)

**Email:** [access.information@southerntrust.hscni.net](mailto:access.information@southerntrust.hscni.net)

See website— [www.southerntrust.hscni.net](http://www.southerntrust.hscni.net)

U3A stands for the University of the Third Age. It is a self-help organisation for people no longer in full time employment providing educational, creative and leisure opportunities in a friendly environment.

See our website at [www.newryu3a.org.uk](http://www.newryu3a.org.uk)



Volunteer Now works to promote, enhance and support volunteering across Northern Ireland. Volunteer Now is about **connecting** with individuals and organisations to **build** healthy communities and create positive **change**.

Volunteer Now enhances recognition for the contribution volunteers make, provides access to opportunities and encourages people to volunteer.

Visit our website at [www.volunteernow.co.uk](http://www.volunteernow.co.uk)

### Independent Volunteer

Jennifer Kelly, has been a part of the positive ageing committee from the beginning, bringing her expertise, creative design and flair to the project.