

PROGRAMME:

March 2019 –

December 2019

Men United



Are you a man aged 50+?

Are you interested in getting out and about and socialising with other men?

Then read on ...





A note from the Chair

Volunteer Now would like to invite all men **aged over 50** to join in some (or all!) of the activities listed in this booklet.

Men United is a group for men aged 50+ in Belfast. We are concerned with men's health and wellbeing.

Men United seeks to combat social isolation and loneliness through building connections and camaraderie. We do this by providing opportunities to share and develop skills; by organising outings, workshops, volunteering opportunities and advocacy.

The MAP (Men's Active Participation) project

The MAP Project is funded by the Big Lottery Fund through the Awards for All funding stream.

The MAP project seeks to address these key issues, over the course of a year by providing approximately 30 participants from across Belfast the opportunity to participate in each event organised within the MAP programme.

The MAP project is based on two specific ROAD MAPs, one reflecting Saint Patricks Trail and the other reflecting the Causeway Coastal Route, it will also touch on the Great Wars Trail in North Down & Ards. Overall the Project is a mix of outings, workshops and volunteering experiences.

This is a cross-community, multi-ethnic project which will allow for safe discovery and exchange of ideas, skills, expertise and culture.

Raj Puri

Workshops & Volunteering Events

The theme of every workshop for the year has not yet been agreed but each workshop will offer either the opportunity to discover some time-honoured skills or will be a chance to develop new skills or hone existing skills.

The Volunteering opportunities will be linked to charities across Belfast and will be a practical and fun way to 'give something back' to the community.

Occasionally other events will take place that aren't listed in this booklet and we will let you know. If you aren't already on our mailing list contact reception at Volunteer Now 028 9023 2020.

Advance booking is ESSENTIAL so that arrangements can be made for meals and transport where applicable. Please ensure you secure your place by telephoning Reception at Volunteer Now on 028 9023 2020, 9am – 4.30pm or Out of Hours, telephone Tommy Martin on 07512 450396

(Places on many events are limited and will be allocated on a firstcome-first-served basis. For some events deposits will be required to secure your place.)

If for any reason you cannot attend any activities you have booked, please contact us and cancel your place as all events are prebooked and you will be charged if you do not cancel in good time.

Some events may be subject to change so please check closer to the date for more information and clarification.

For any other information on Men United's events and meetings contact **Deirdre Murphy or Sandra Faulkner**

Community Projects

Volunteer Now

T: 028 9023 2020

E: deirdre.murphy@vounteernow.co.uk

Your Health is Your Wealth

Event: Men's Health Day
Date: Tuesday 5th March 2019
Venue: Crumlin Road Gaol
Time: 10.30am – 2.00pm
Places: Unlimited
Transport: Make your own way
Cost: FREE



Event: Committee Meeting
Date: Wednesday 6 March 2019
Time: 10.30am
Venue: Volunteer Now, 34 Shaftesbury Square
Transport: Make your own way

Please ensure you book your place on these events in advance by telephoning Reception on 028 9023 2020, 9am - 4.30pm or Out of Hours telephone Tommy Martin on 07512 450396

MARCH 2019

One Foot in the

- Event:** Outing to Belfast City Graveyards
- Date:** Thursday 7th March 2019
- Venue:** St Matthews Church, Memorial Gardens,
City Cemetery, Milltown War Graves
- Time:** 10.00am – 3pm
- Lunch:** 1.00pm – Wetherspoons, The Bridge House
- Transport:** Pick Up at Townsend Street
- Cost:** £10
-

CLICK

- Event:** Photography Workshop
- Date:** Friday 22nd & Friday 29th March 2019
(Two meetings on taking photographs and
uploading images)
- Venue:** Belfast Exposed, 23 Donegall Street
- Time:** 9.30am – 1.30pm
- Lunch:** Printers Cafe
- Transport:** Make your own way - Meet at 23 Donegall Street
- Cost:** £5
-



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Out of Hours telephone Tommy Martin on 07512 450396**

MARCH 2019

Back in Time

- Event:** **Live Well Programme with the Ulster Museum**
Introductory session on the programme with Susan Kelly which includes mystery objects from the museum
- Date:** Tuesday 26th March 2019
- Venue:** Volunteer Now, 34 Shaftesbury Square
- Time:** 10.30am
- Cost:** FREE



Live Well Sessions – 10am – 12.30pm

- Thursday 6th June - Volunteer Now - Introduction to the Girona
- Thursday 13th June - Volunteer Now - Tudor Health
- Thursday 20th June - Ulster Museum - Girona Treasure
- Thursday 27th June - Volunteer Now - Last session
-

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APRIL 2019

Event: Committee Meeting / Leather Workshop 1
Learn the art of leatherwork

Date: Tuesday 2nd April 2019

Time: 10.30am

Venue: Volunteer Now, 34 Shaftesbury Square

Transport: Make your own way

Through Belfast Streets Broad and Narrow

Event: Tour of Old Belfast

Date: Wednesday 17th April 2019

Time: 10.30am

Transport: Meet at steps of St Anne's Cathedral

Cost: £5 (lunch provided)

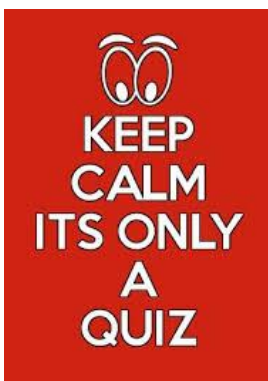
Lunch: John Hewitt Bar

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APRIL 2019

I've Started so I'll Finish

- Event:** **The Big Quiz – Lots of Prizes**
- Date:** Thursday 25th April 2019
- Time:** 1pm (Lunch) - 2pm (Quiz)
- Venue:** The Bridge House (Wetherspoons) Bedford Street
- Transport:** Make your own way
- Cost:** £10
- Lunch:** 1pm
-



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MAY 2019

Event: Committee Meeting / Leather Workshop 2
Learn the art of Leatherwork

Date: Tuesday 7th May 2019

Time: 10.30am

Venue: Volunteer Now, 34 Shaftesbury Square

Transport: Make your own way

Come Fly with Me

Event: Return visit to Ulster Aviation Museum –
A chance to see the exhibits we missed on
our first visit

Date: Monday 13th May 2019

Time: 9.30am

Venue: Museum by The Maze

Transport: Meet at Townsend Street Church – 9.30am

Cost: £10 including lunch at the Tuesday Bell, Lisburn



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by telephoning Reception on 028 9023 2020, 9am - 4.30pm or
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MAY 2019

Smile Please

Event: Getting to Know your Camera Workshop

Date: Tuesday 21st May 2019

Time: 10.30am

Venue: Volunteer Now, 34 Shaftesbury Square

Transport: Make your own way

Lunch: Lunch is optional – we suggest The Bridge, Bedford Street, at your own expense

Brian and Sean will show you how to take superb pictures on your camera – including your mobile phone!

Learn how to focus, get the correct exposure and set your shutter speed.



Please ensure you book your place on these events in advance by telephoning Reception on 028 9023 2020, 9am - 4.30pm or Out of Hours telephone Tommy Martin on 07512 450396

JUNE 2019

Event: Committee Meeting / Leather Workshop 3
Learn the art of leatherwork

Date: Tuesday 4th June 2019

Time: 10.30am - Trustee Meeting

Venue: Volunteer Now, 34 Shaftesbury Square

Transport: Make your own way

Back in Time

Event: Live Well Programme –
Introduction to the Girona

Date: Thursday 6th June 2019

Venue: Volunteer Now, 34 Shaftesbury Square

Time: 10am – 12.30pm

Transport: Make your own way

Cost: FREE



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JUNE 2019

The Casey Jones Experience

Event: **Steam Train from Belfast to Dublin Return**

Date: Thursday 6th June 2019

Time: Depart Lanyon Place - 9am
(formally Central Station, Maysfield)

Arrive Dublin - 12noon

Depart Dublin – 4pm
(Water Stop at Drogheda, both ways)

Activity: Visit to Irish Family History Centre to discover your Genealogy

Cost: £25

Back in Time

Event: **Live Well Programme with the Ulster Museum
- Tudor Health**

Date: Thursday 13th June 2019

Time: 10am – 12.30pm

Venue: Volunteer Now, 34 Shaftesbury Square

Transport: Make your own way

Cost: FREE

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JUNE 2019

Sunken Ship

Event: Visit to the Ulster Museum
Girona Treasure

Date: Thursday 20th June 2019

Time: 10am – 12.30pm

Venue: Ulster Museum, Stranmillis

Transport: Make your own way

Cost: FREE



Back in Time

Event: Live Well Programme – Last Session

Date: Thursday 27th June 2019

Time: 10am – 12.30pm

Venue: Volunteer Now, 34 Shaftesbury Square

Transport: Make your own way

Cost: FREE

**Please ensure you book your place on these events in advance
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Out of Hours telephone Tommy Martin on 07512 450396**

JULY 2019

Date: NO MEETING THIS MONTH

AUGUST 2019

Event: Committee Meeting / Leather Workshop 4
Learn the art of leatherwork

Date: Tuesday 6th August 2019

Time: 10.30am - Trustee Meeting

Venue: Volunteer Now, 34 Shaftesbury Square

Transport: Make your own way

You can have a Fishy

Event: Bangor Fishing Trip

Date: Friday 16th August 2019

Time: 9.30am – 3pm

Lunch: 1.40pm – Porkies Smoke House
(Deposit of £10 payable two weeks prior)

Transport: Meet at Townsend Street Church - 9.30am

Places: maximum 15 people

Cost: £20



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AUGUST 2019

The Sport of Kings

Event: Outing to Down Royal Races

Date: Friday 30 August 2019

Time: 3.30pm - Bus leaves Donegal Square West

Return: 8.30pm - Bus Returns to Donegall Square West

£10 Return – Belfast Bus Company

BOOKING YOUR PLACE ON THE BUS IS ESSENTIAL

Cost: £8 Entrance



**Please ensure you book your place on these events in advance
by telephoning Reception on 028 9023 2020, 9am - 4.30pm or
Out of Hours telephone Tommy Martin on 07512 450396**

SEPTEMBER 2019

Event: Committee Meeting

Date: Tuesday 3rd September 2019

Time: 10.30am

Venue: Volunteer Now, 34 Shaftesbury Square

Transport: Make your own way

Oh Argh!

Event: Tempted Cider – Cider making and tasting
Cider Workshop

Date: Wednesday 11th September 2019

Venue: Loughgall, Armagh
(33 Old Loughgall Road)

Time: 10am – 3pm

Lunch: 1pm – 2.30pm - Head o' the Road, Portadown

Transport: Meet at Townsend Street Church – 10am

Cost: £10



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SEPTEMBER 2019

What goes on behind “The Scenes”

- Event:** Cinema Magic Days Gone By
- Date:** Friday 27th September 2019
- Venue:** Strand Cinema
- Time:** 10am – 3pm
- Lunch:** 12.45pm – The Park Avenue Hotel
- Transport:** 9.30am - Pick up Townsend Street Church
- Cost:** £10

Step back in time when you visit the Projector room of the Strand Cinema built in 1935. Enjoy a history tour of this iconic building followed by a black and white movie.



**Please ensure you book your place on these events in advance
by telephoning Reception on 028 9023 2020, 9am - 4.30pm or
Out of Hours telephone Tommy Martin on 07512 450396**

OCTOBER 2019

Event: **Committee Meeting**

Date: Tuesday 1 October 2019

Time: 10.30am - Trustee Meeting
 11.30am – AGM

Venue: Volunteer Now, 34 Shaftesbury Square

Transport: Make your own way

Culture for All

Event: **Orange Heritage Centre**

Date: Wednesday 9 October 2019

Time: 11am – 2.30pm

Transport: 6a Bus from Donegal Square West
 (Meet at 10.15am)

Lunch: 12.30pm

Cost: £5

**Please ensure you book your place on these events in advance
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NOVEMBER 2019

Event: Committee Meeting / AGM

Date: Tuesday 5th November 2019

Time: 10.30am - Trustee Meeting

Venue: Volunteer Now, 34 Shaftesbury Square

Transport: Make your own way



Aye Aye Captain

Event: Tour of Royal Naval Association

Date: Thursday 14th November 2019

Time: 11am

Transport: Make your own way and meet at the
Royal Naval Association, Gt. Victoria Street

Lunch: 12.30pm – Royal Naval Association

Cost: £5 (Lunch included)

**Please ensure you book your place on these events in advance
by telephoning Reception on 028 9023 2020, 9am - 4.30pm or
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DECEMBER 2019

Event: **Committee Meeting**

Date: Tuesday 3rd December 2019

Time: 10.30am

Venue: Volunteer Now, 34 Shaftesbury Square

Transport: Make your own way

Wishing you a Merry Christmas

Event: **Christmas Outing –
Evening Dinner and Entertainment**

Date: Friday 6th December 2019

Time: 6.30pm – 10pm

Venue: Whites Tavern, 2/4 Wine Cellar Entry
(off High Street)

Transport: Make your own way

Cost: £10



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What have I booked?

A quick reminder

MARCH 2019

- ☐ Committee Meeting
- ☐ Men's Health Day,
- ☐ Outing to Belfast City Graveyards
- ☐ Photography Workshop
- ☐ Live Well with the Ulster Museum

APRIL 2019

- ☐ Committee Meeting
- ☐ Tour of Old Belfast
- ☐ Big Quiz

MAY 2019

- ☐ Committee Meeting
- ☐ Outing to Ulster Aviation Museum
- ☐ Know Your Camera Workshop

JUNE 2019

- ☐ Committee Meeting
- ☐ Introduction to Girona
- ☐ Steam Train Belfast - Dublin
- ☐ Tudor Health
- ☐ Ulster Museum Visit
- ☐ Live Well Last Session

JULY 2019

- ☐ NO MEETINGS

AUGUST 2019

- ☐ Committee Meeting
- ☐ Bangor Fishing Trip
- ☐ Outing to Down Royal Races

SEPTEMBER 2019

- ☐ Committee Meeting
- ☐ Outing to Tempted Cider
- ☐ Strand Cinema

OCTOBER 2019

- ☐ Committee Meeting
- ☐ Orange Heritage Museum

NOVEMBER 2019

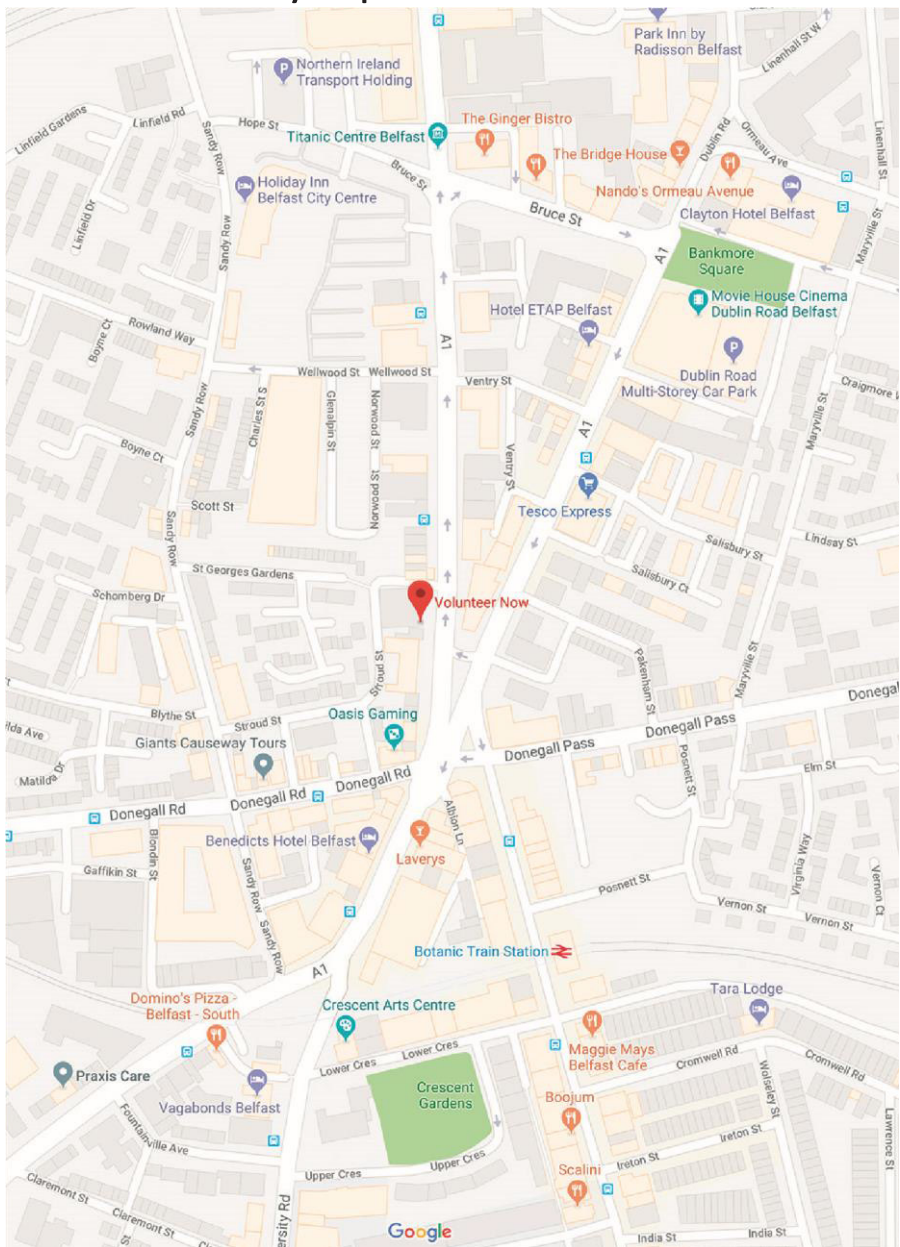
- ☐ Committee Meeting / AGM
- ☐ Royal Naval Association

DECEMBER 2019

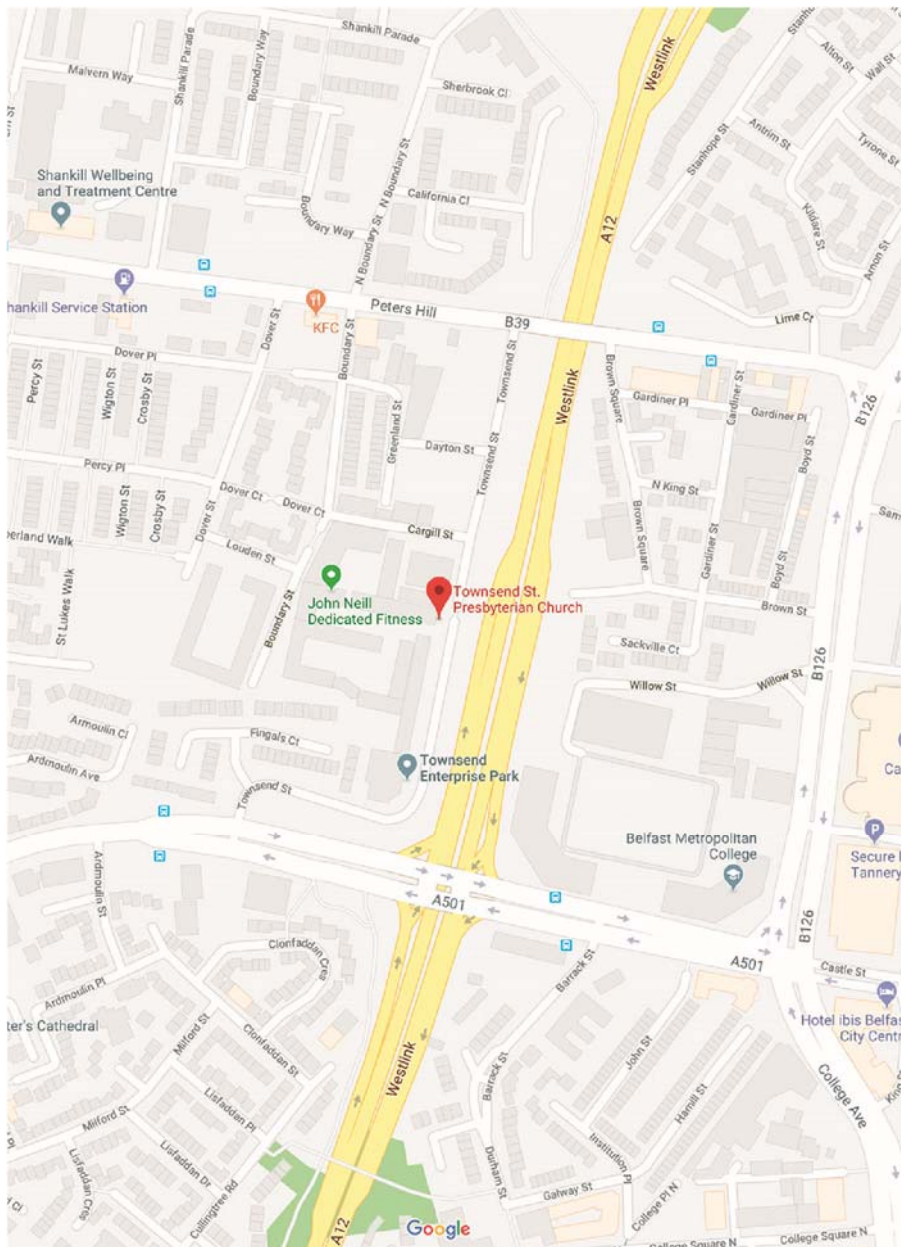
- ☐ Committee Meeting
- ☐ Christmas Outing

Volunteer Now

34 Shaftesbury Square



Townsend Street Presbyterian Church



MEN UNITED

PARTICIPANT REGISTRATION FORM

1. CONTACT DETAILS

Name:		
Address:		
Postcode:	Telephone:	
Email Address:	D.O.B.	

2. INTERESTS / HOBBIES

Are there any interests or hobbies you would like to try? If so please give suggestions.

3. SUGGESTIONS FOR NEW PROGRAMME

What activities are you currently involved in, if any?

Please note any activities, workshops, day trips, training you wish to be considered for the new programme

What skills, if any, would you like to share with the group?

4. HEALTH CONDITIONS

Are there any health conditions or concerns that would impact on your ability to undertake activities set out in the programme? If yes please make known. YES / NO

While participating in the Men United Programme there may be activities that will not suit you, therefore, please feel free to discuss any aspect with the Co-ordinator.

DECLARATION

1. Please indicate that you give permission, by signing below, to Volunteer Now to collect, hold and use your personal information
2. I also give permission for Volunteer Now to use my image(s) and if relevant my volunteer profile in
 - Volunteer Now publicity material, including Volunteer Now website and social media pages **YES / NO**
 - News media, including local press **YES / NO**

Volunteer Now/Volunteer Now Enterprises collects your personal information, holds it securely and only uses it for the purposes for which it is intended. For more information about how we use your data, please see our privacy policy at

<http://www.volunteernow.co.uk/privacy-policy>.

Signed: _____ Date: _____

MEN AGED 50+



VOLUNTEER NOW
It's Good For Your Health!

VOLUNTEERING IS GOOD FOR YOUR HEALTH ...

Research indicates that getting involved in volunteering can offer a huge range of benefits and has shown to

1. improve confidence
2. encourage socialising and prevent loneliness and isolation
3. provide opportunities to have fun
4. help with physical and mental health
5. offer the opportunity to share existing and learn new skills

Volunteer Now is planning a variety of Men's Volunteer Activity Day's between March 2019 – March 2020

Examples include:

- **Whitehead Railway Museum**

Cleaning/restoring carriages for display and weeding outside of museum.

- **Habitat Re-Store**

Painting, upcycling, preparing school resource packs and pricing small items in store.

- **Colin Neighbourhood Partnership**

Working on allotments or in polytunnels.

Each Event will finish with Lunch

If you would like to participate or find out more contact:

Victoria.O'Neill@volunteernow.co.uk or telephone 0290 232020

www.volunteernow.co.uk





Contact us

Tel: 028 9023 2020
Email: info@volunteernow.co.uk
Web: www.volunteernow.co.uk
Facebook: @VolunteerNow
Twitter: @VolunteerNow1
@VNEnterprise

Volunteer Now delivers services across Northern Ireland. We have offices at:

- 34 Shaftesbury Square, Belfast BT2 7DB
- Broughshane House, 70 Main Street, Broughshane, Co. Antrim BT42 4JW
- Fermanagh House, Broadmeadow Place, Enniskillen, Co. Fermanagh BT74 7HR
- Ballybot House, 28 Cornmarket, Newry, Co. Down BT35 8BG



Registered Office: 34 Shaftesbury Square, Belfast BT2 7DB
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