

COST OF LIVING FUEL PAYMENT SCAM

Police have received a report of scammers contacting people pretending to be from energy companies to discuss the cost of living fuel payment. There is no need to apply for these payments. These callers are not genuine and are trying to obtain personal and banking information. Do not disclose personal or bank account information to these callers and end the call. If you wish to speak to your energy provider, use a number that is known to you. You can usually find a correct telephone number on an energy bill.

we care • we listen • we act
Report online. Call 101. In an emergency call 999
psni.police.uk



Police Service
of Northern Ireland

Age Friendly Belfast Be Prepared Events are back!

We have four planned across the city and are keen to really focus on cost of living and getting older people out and about and moving. We are aiming for 100 people at each event.

The events will all run **10.30am – 12.30pm** in the following venues

Wednesday 12th October
Tuesday 18th October
Friday 4th November
Friday 11th November

Skainos
Shaftesbury Rec Centre
Springfield Charitable Association
Girdwood Community Hub



If you want to take part, please complete the attached form and return to seniorsinfo@belfastcity.gov.uk.

You may just want to come to one local to you or you may want to come to all four.

Highlights will 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 is being delivered by Age-friendly Belfast.

For more information, call 07713684705 or email seniorsinfo@belfastcity.gov.uk

Volunteer Now is committed to supporting older people and senior groups.
Please contact Deirdre Murphy:

- if you wish to become involved in a group near you or with a local senior citizens forum
- if you are running an event that would be of interest to older people - we are happy to promote it

Tel: 028 9023 2020

Email: deirdre.murphy@volunteernow.co.uk

This project is supported by Belfast Health & Social Care Trust



Belfast Health and
Social Care Trust

Volunteer Now delivers services across Northern Ireland. Registered Office: Volunteer Now, Skainos Centre, 239 Newtownards Road, Belfast, BT4 1AF.. Charity Registration No. NIC101309. Company Limited by Guarantee No. NI602399. Registered in Northern Ireland. ©Volunteer Now 2021

Information for Older Persons and Groups

VOLUNTEER NOW
connect • build • change

HSC Belfast Health and
Social Care Trust

Autumn 2022

Volunteer Now invite you to a
Women's 55+ Health Day

Friday 7 October 2022
10:30am - 1:30pm

Girdwood Community Hub
10 Girdwood Avenue, Belfast, BT4 6EG

Women aged 55+ come along for a morning of
useful health advice and information
Health Checks
Exhibitors
Therapies
And much, much more

Places are limited

Book early to avoid disappointment

To reserve your place contact Pamela Higgins on 028 9023 2020 or
email: pamela.higgins@volunteernow.co.uk

HSC Public Health
Agency
Project supported by the PHA

Age-friendly
Belfast

VOLUNTEER NOW
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Volunteer Now: Supporting Older People

Deirdre Murphy
Volunteer Now
Skainos Centre, 239 Newtownards Road
Belfast BT4 1AF

www.volunteernow.co.uk
E: deirdre.murphy@volunteernow.co.uk
T: 028 9023 2020

THE 4 STAR GREAT NORTHERN HOTEL, LEISURE CENTRE, 18 HOLE GOLF COURSE, BUNDORAN CO. DONEGAL

Day One, 18th October 2022

Pick up in Glengall Street Belfast—11.45am, Furey's Coaches.
Arrive at the hotel, check in & get settled into your room
Dinner in our Hilltop restaurant and music & dancing in our Atlantic Ballroom

Day Two, 19th October 2022

Breakfast 8am – 10am
Day tour to Donegal Town or Sligo City (your choice) - leaving the hotel at 11am and returning at 4pm
Dinner in the Hilltop Restaurant at 6.30pm and music, song & dancing in the Atlantic Ballroom

Day Three, 20th October 2022

Breakfast 8am – 10am, Free day
Dinner in the Hilltop Restaurant at 6.30pm and music, song & dancing in the Atlantic Ballroom

Day Four, 21st October 2022

Breakfast 8am – 10am
Coach is leaving the hotel for return journey home at 11.45 am with comfort stop on way home

The Rate is €279 per person sharing. To book telephone Marion on T:: 00 353719842888

A Good Old Fashioned Panto Belvoir Players Presents:

Mother Goose – an EGGS-TRAVA-GANDER
pantomime! 20/12/22-7/1/23

With the usual mix of family friendly comedy,
music and fun traditionally delivered by the
Belvoir Players, Mother Goose promises to be a
pantomime not to be missed.

Poor Mother Goose is down on her luck – her
goose farm is failing; her rent is in arrears and
the Squire has ordered his barmy bailiffs to evict
her. Fairy Friendship sends a special friend,
Priscilla the Goose, who changes her
fortunes. But the evil Demon Discontent uses
Mother Goose's vanity to make her lose
Priscilla. Will Mother Goose's family and friends
be able to help her see the error of her ways
and win back Priscilla's friendship, or will the
Demon Discontent win the day and be named
'Panto baddie of the year'? Performances from
20th December 2022 to 7th January 2023

Don't miss out, book your tickets now!

To book tickets, contact the Box Office
on **028 9049 1210** or book online at
www.ticketsource.co.uk/
belvoirstudiotheatre



October is Positive Ageing Month

There will be lots of exciting events across
the city for older people to enjoy!

After a strange last two years, where we
have had to do things online and remotely,
we are delighted that now the festival is in
its seventh year. The festival includes
activities to suit all tastes – from talks to
walks, dancing to singing. It also includes
lots of great arts and cultural activities in
the city's best-known arts and heritage
venues. It will also see the return of The
Slipped Disco and The Big Quiz!!

It begins on **Sunday 2nd October** in the
Ulster Museum with Silver Sunday and
Tuesday 4th October in City Hall with the
Age-friendly Belfast Convention, when we
will be launching the consultation for the
new Age-friendly Belfast Plan 2022 -2025.
Everyone is welcome to attend.

Positive Ageing Month celebrates the
contribution that older people make to their
communities and the city of Belfast.
Programmes will be available from
mid-September at:
www.makingliferbettertogether.com, or by
emailing seniorsinfo@belfastcity.gov.uk or
calling 07713684705

Make the Call

make the call

Are you getting all your benefits?

**Make the Call, this service makes
sure you're getting all the benefits
services and supports you're entitled
to.**

Freephone (network charges may apply):
[0800 232 1271](tel:08002321271)

Email: makethecall@dfcni.gov.uk

FREE Capacity Building Training

Volunteer Now are delivering a range
of **FREE** capacity building training courses
to groups based in the Belfast City Council
area. If you would like to attend any of
these sessions, please
email deborah.kyburz@volunteernow.co.uk

Session Schedule:

- **Leading the Way- Governance**
25th October: 10am-12pm
- **Managing Change**
6th October: 10am-12pm
21st November: 10am-12pm
- **The Code of Good Governance**
11th October: 10am-12pm
- **Risk Management**
18th October: 10am-12pm (face-to-face)
14th November: 10am-12pm
- **The New Environment: Recruit,
Retain, Reward Volunteers**
17th November: 10am-12pm
- **Digital Inclusion**
6th December: 10am-12pm

For more information on each session,
please click the link below:

<https://www.volunteernow.co.uk/free-capacity-building-training-courses-in-belfast-city-council-area/>

Strand Cinema Silver Screenings

Classic movies on Thursdays at 2pm

Silver Screenings provides a great opportunity not
just to see a movie classic, but also for people to
meet and interact, and enjoy a trip down memory
lane. Films are chosen with seniors in mind but
open to anyone who loves a classic movie!
Tickets £4 (carers go free) including free tea/coffee.

The films below are shown on Screen 2 which has
Wheelchair access from the Hollywood Road.

STRAND ARTS CENTRE, HOLLYWOOD ROAD, BELFAST

29th SEPT & 6th OCT

The Man in the White Suit (1951) [U]

13th & 20th OCT

Singin' in the Rain (1952) [U] Preceded by a short
talk on our Strand Stories project and the history
of Belfast cinemas In partnership with Strand
Stories supported by National Lottery Heritage
Fund

27th OCT & 3rd NOV

Two Rode Together (1961) [PG]

10th & 17th NOV

Carry On Screaming (1966) [PG]

24th NOV & 1st DEC

Party Girl [PG] (1958)

8th & 15th DEC

The Shop Around the Corner (1940) [PG]

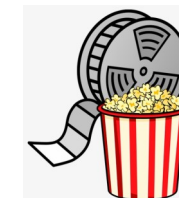
22nd DEC

It's a Wonderful Life (1946) [U]

Silver Screenings are supported by the Arts
Council of Northern Ireland National Lottery Fund,
the Public Health Agency and The Baring
Foundation through the Arts & Older People
Programme.

BOOK TICKETS: By phone: **028 9065 5830**
or online at:

<https://www.strandartscentre.com/silver-screenings/>



**A large print version of this publication is available on request:
Contact Volunteer Now on 028 9023 2020 or email Reception@volunteernow.co.uk**