

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

WINTER VACCINES

As we approach winter, HSC will commence the annual vaccination programme. Carers are included in the vaccination programme.

HSC Public Health Agency Winter vaccines - who is eligible		
Where to get your vaccine	COVID autumn booster	Flu vaccine
GP's	<ul style="list-style-type: none"> 50+ 18-49 clinical risk group Pregnant women 18-49 who are carers 18-49 household contacts of immunosuppressed 	<ul style="list-style-type: none"> 50+ 18-49 clinical risk group Pregnant women Pre school children 18-49 who are carers 18-49 Household contacts of immunosuppressed
Community Pharmacy	<ul style="list-style-type: none"> Care home residents and staff Frontline HSC workers 50+ Pregnant women Carers 18+ 	<ul style="list-style-type: none"> Care home residents and staff Frontline HSC workers 50+ Pregnant women Carers 18+
HSC Trusts	<ul style="list-style-type: none"> Frontline HSC workers Pregnant women via maternity 5-17 clinical risk group 5-17 household contacts of immunosuppressed 16-17 who are carers Housebound via home visits 	<ul style="list-style-type: none"> Frontline HSC workers Pregnant women via maternity 5-17 clinical risk group
In school		<ul style="list-style-type: none"> Children in primaries 1 to year 12

COVID-19 first, second and booster doses are still available to those who are not yet fully vaccinated.

SILVER SCREENING

September to December 2022 Films, Thursdays at 2pm. TICKETS £4.
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.
Silver Screening, Strand Arts Centre, 156 Holywood Road, Belfast, BT4 1NY

EASY UKULELE CLASSES

Learn to play ukulele the easy way! We'll have you playing songs easily in just your first session. Ukuleles are provided, you just bring yourself along for the fun. Classes specially designed for absolute beginners, and you'll be able to play a few songs at the end of just the first class. Courses can be as long or short as you'd like. For more information Call Sean on 07594349943



Falls Prevention

Strength + Balance Classes

FREE 12 week programme

Over 65?

Live in the Belfast Trust area?

Have you had a fall, near miss or ongoing fear of falling that affects your daily activities?

The Belfast HSC together with Active Belfast are running Falls Prevention Group Exercise Programmes across the city.

The exercise classes are run by Falls Activity Practitioners and last for 60 minutes.

The class aims to improve your strength, balance, activity levels, confidence, general wellbeing and reduce your risk of falls.

Locations:
(subject to change + availability)

- Olympia Leisure Centre
- Girdwood Community Hub
- Andersonstown Leisure Centre
- Maureen Sheehan Centre
- Hanwood Centre
- Shaftsbury Recreation Centre
- Avoniel Leisure Centre

If you are interested please contact 028 9504 7656 or FallsServices@BelfastTrust.hscni.net to find out if the class is suitable for you

MEN2MEN

A great way for men aged 55+ to socialise

WINTER 2022

Volunteer Now invite you to a

Men's 55+ Health Day

Wednesday 23rd November 2022 10.30am - 1.30pm

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

Men 55+ come along for a morning of useful health advice and information.

Health Checks

Exhibitors

Therapies

And much, much more

To register contact Volunteer Now on 028 9023 2020
or email: pamela.higgins@volunteernow.co.uk

This publication is funded by the Public Health Agency



FOR MORE INFORMATION:

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Charity Registration No. NIC101309 Company Limited by Guarantee No. NI602399



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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 10.30 – 12.30pm in the following venues

- Wednesday 12th October Skanios
- Tuesday 18th October Shaftsbury rec centre
- Friday 4th November Springfield Charitable Association
- Friday 11th November 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 will be delivered by Age-friendly Belfast.

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

Remember 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 on line 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 the 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

to ensure you're getting all the benefits, services and supports you're entitled to

0800 232 1271

(*network charges may apply)

Contact details for Make the Call Service, the service makes sure you're getting all the benefits, services and supports you're entitled to. Freephone (network charges may apply) 0800 232 1271 Email makethecall@dfcnl.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. email deborah.kyburz@volunteernow.co.uk or telephone 028 9023 2020

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



BOARD GAME CAFÉ TO OPEN IN BANBRIDGE



A new board game café will open in Banbridge on September 29, and groups of all sizes are very welcome to visit and can book tables in advance.

Roast & Roll is founded by games enthusiasts Aaron Bushby and Harry Singer, who have a vision to turn their passion for all things gaming into a business, allowing people of any age to come together to take on the challenges posed by a huge range of table top games or to simply relax with great coffee and a bun.

Aaron and Harry are determined to ensure Roast & Roll is a safe environment for everyone when it comes to a sweet treat. As someone with a nut allergy, Aaron wants to provide a place for nut allergy sufferers to try those tray bakes they've always wanted to have without feeling

anxious about their health. There will also be vegetarian, vegan, and gluten-free options.

The duo are planning weekly quiz nights, learn-to-play events for beginners and long-running systems for board games so people keep coming back. The café will also be selling new board games. Roast & Roll is based at 47a Church Street, Banbridge, and will open from 1pm-10pm from Thursday to Monday each week (closed Tuesday and Wednesday). For further information, visit <https://www.roastandroll.com/> or check out the café's social media accounts on Facebook, Instagram and Twitter @Roast and Roll.

For further information, contact Aaron Bushby on 07902 893360 or email kbrbushby@gmail.com

DANCE LESSONS FOR GROUPS

Ever thought of learning Ceili dancing or interested in learning simple 2-hand dances for your group?

- Relaxing leisurely pace to learn new dances
- No need to have ceili danced before as expert tuition given
- No partner needed although by all means bring a spouse, sibling or friend
- Great way to keep active and stay fit

For more information contact Ronan on 07885 739258 or email ronangerard1112@gmail.com

VACCINE AVAILABLE

All people aged 70 and 78 years old are encouraged to get the shingles vaccine when invited. It will help protect them against the common and painful disease and its complications.

Shingles

Shingles is caused by the same virus that causes chickenpox. After you recover from chickenpox, some of the virus remains inactive in the body and nervous system. It can then reactivate later in life when your immune system is weakened.

About a quarter of adults will get shingles at some point in their life.

For many people, shingles can be a mild infection with good recovery. But it can also be very painful and is more likely to affect people as they get older.

The older people are, the worse it can be, with some people left with pain lasting for years after the initial rash has healed.

Contact your GP and inquire about the Vaccine

INTERNATIONAL MEN'S DAY



To celebrate international men's day, the Belfast Men's Health Group invite you and a friend to the Strand cinema on the Hollywood Road Belfast to view TOP GUN – MAVERICK on Saturday 19th November at 5.30pm

If you would like to attend this FREE event please contact Paul on paul.okane@belfasttrust.hscni.net or 07824 619359

