

Positive Ageing Month

October

Derry City & Strabane District Council 2024





Welcome to Positive Ageing Month

As Mayor of Derry City and Strabane District Council I am delighted to introduce this programme for Positive Ageing Month 2024. Our Council is truly committed to making our City and District a place where older people can live active and engaged lives and can crucially continue to make a valuable contribution to their communities. The 1st of October marks International Day of Older Persons with this year's theme **'Celebrating roles older people play and can play in the Communities'**.



Locally the age friendly programme aims to ingrain the inclusion of older people by increasing participation, ensuring access to services and making sure this is an enjoyable place for people to live and grow older. The wide range of opportunities here are reflective of the successful partnership working by all stakeholders including the community and voluntary sector who continuously reach out to support our older citizens. I would like to thank everyone for their contributions, particularly the Western Health and Social Care Trust and the Public Health Agency for their ongoing support. Finally, I would encourage you all to use Positive Ageing Month as an opportunity to try something new from the exciting range of events and activities, and why not bring along a friend?

Councillor Lillian Seenoi Barr
Mayor of Derry City and Strabane District Council

As Head of Health Improvement, Equality and Involvement for the Western Health & Social Care Trust, I am delighted once again to support the annual Positive Ageing Campaign. The Campaign continues to be a huge success and is a great opportunity to celebrate the contribution that older people make to our communities. I would like to thank all our partners for providing a wide range of activities and events again this year, and highlighting the great results that can be achieved by working in collaboration with each other.

This year, there is a focus on celebrating ageing in our community's past, present and future, and in particular we want to recognise how we can make our communities a great place to grow older, and celebrate the important role older people have in making our environments a better place to live and age. There are loads of opportunities to get involved in a range of activities including storytelling, dancing, walking, and learning new (or old) skills and meeting new people while doing so. I would encourage everyone to have a look at what is on offer and try to attend as many as you can!

Seamus Ward

The details in this brochure were correct at the time of going to print activities may be subject to change

Ballyarnet DEA

Ageing, Wellbeing and Dementia

Date: Wednesday 2nd October

Time: 2.30pm to 4.30pm

Venue: Shantallow Community Centre, 38 Drumleck Drive, Derry

Dementia can affect anyone; while many of the risks cannot be avoided, there are things you can do to reduce your risk. This workshop will explore the relationship with ageing and dementia, the importance of wellbeing and maintaining a healthy lifestyle.

Contact Paul Curran

✉ paul.curran@alzheimers.org.uk

☎ 07725639918 to register

Hearing Aid User Support Service & Hearing Checks Service

Date: Wednesday 9th October

Time: 10.00am to 12.00pm

Venue: Carnhill Resource Centre, Derry

Support for anyone that has hearing aid and support for those who do not and may require a hearing check. Walk in Service.

RNID

✉ edel.mccarthy@rnid.org.uk

☎ 07557344653 Ring before Friday 20th September to book a slot

ONGOING ACTIVITY

Derg DEA

Hearing Aid User Support Service & Hearing Checks Service

Date: Tuesday 15th October

Time: 11.00am to 12.00pm

Venue: Derg Valley Living Centre, Castlederg

Support for anyone that has hearing aid and support for those who do not and may require a hearing check.

RNID

✉ marie.kelly@rnid.org.uk

☎ 07918767640 Ring before Friday 20th September to book a slot

ONGOING ACTIVITY



Faughan DEA

Tea and Newspaper Club

Date: Every Day

Time: 11.00am to 12.00pm

Venue: Strathfoyle Library

Free and social group activities. A great way to make new friends and familiarise yourself with all the services your local library delivers.

Contact Diane Thomson via email

✉ diane.thomson@librariesni.org.uk

ONGOING ACTIVITY

Monday Club 55+

Date: Monday 7th, 14th, 21st and 28th October

Time: 11.30am to 1.00pm

Venue: Eglinton Community Hall

Social and recreational group with arts & crafts for local people over the age of 55. Cost - £3 includes refreshments.

Contact Eglinton Community Hall via email

✉ eglintoncommunity@yahoo.co.uk to register or drop in.

ONGOING ACTIVITY

Pilates

Date: Monday 7th, 14th, 21st, 28th October

Time: 6.00pm to 7.00pm

Date: Friday 4th, 11th, 18th, 25th October

Time: 6.00pm to 7.00pm **OR** 7.15pm to 8.15pm

Venue: Eglinton Community Hall

Age friendly adult class which is Physiotherapist led. Costs TBC

Contact Eglinton Community Hall via email

✉ eglintoncommunity@yahoo.co.uk to register

🌐 www.facebook.com/OakPilates

ONGOING ACTIVITY

Adult Book Club

Date: Monday 14th October

Time: 6.00pm to 6.45pm

Venue: Strathfoyle Library

Free and social group activities. A great way to make new friends and familiarise yourself with all the services your local library delivers.

Contact Diane Thomson via email

✉ diane.thomson@librariesni.org.uk

ONGOING ACTIVITY

Adult Discussion Group

Date: Monday 28th October

Time: 6.00pm to 6.45pm

Venue: Strathfoyle Library

Free and social group activities. A great way to make new friends and familiarise yourself with all the services your local library delivers.

Contact Diane Thompson via email

✉ diane.thomson@librariesni.org.uk

ONGOING ACTIVITY

Sewing / Quilting Class

Date: Monday 7th, 14th, 21st, 28th October

Time: 7.00pm to 9.00pm

Venue: Eglinton Community Hall

Sewing and quilting classes. New beginners welcome. Costs TBC

Contact Eglinton Community Hall via email

✉ eglintoncommunity@yahoo.co.uk to register or drop in

ONGOING ACTIVITY

Chair Yoga

Date: Tuesday 1st, 8th, 15th, 22nd, 29th October

Time: 11.00am to 12.00pm

Venue: Eglinton Community Hall

Age Friendly chair based yoga activity suitable for a wide range of activities. Cost - £1

Contact Eglinton Community Hall via email

✉ eglintoncommunity@yahoo.co.uk for zoom link or drop in

ONGOING ACTIVITY

Crochet Class

Date: Tuesday 1st, 8th, 15th October

Time: 6.30pm to 8.30pm

Date: Friday 4th, 11th, 18th October

Time: 1.00pm to 3.00pm

Venue: Eglinton Community Hall

Learn how to crochet and improve your skills in a friendly environment. Cost - £5 per class

Contact Eglinton Community Hall via email

✉ eglintoncommunity@yahoo.co.uk to register or drop in - 6 weekly classes

ONGOING ACTIVITY

Zumba

Date: Tuesday 1st, 8th, 15th, 22nd, 29th October

Time: 7.30pm to 8.30pm

Venue: Eglinton Community Hall

Come and join in the fun with Latin rhythms, aerobic exercises. Costs TBC

Contact Eglinton Community Hall via email

✉ eglintoncommunity@yahoo.co.uk to register or drop in

ONGOING ACTIVITY

Dance Exercise

Date: Wednesday 2nd, 9th, 16th, 23rd, 30th October

Time: 11.00am to 12.00pm

Venue: Eglinton Community Hall

Dance exercise, suitable for a range of abilities as some of the exercises are chair based. Cost - £1

Contact Eglinton Community Hall via email

✉ eglingtoncommunity@yahoo.co.uk to register or drop in

ONGOING ACTIVITY

Carer's Café

Date: Wednesday 2nd, 9th, 16th, 23rd, 30th October

Time: 11.30am to 12.30pm

Venue: Eglinton Community Hall

Weekly treat for unpaid carers. Support, advice, practical talks and training as well as creative activities with Verbal Arts and Echo Echo Dance for health and wellbeing. In partnership with Eglinton Medical Practice and WHSCT. FREE

Drop in or contact Eglinton Medical Practice

☎ 028 7181 0252

ONGOING ACTIVITY

The Eglintones Choir Practice

Date: Wednesday 2nd, 9th, 16th, 23rd, 30th October

Time: 12.30pm to 1.30pm

Venue: Eglinton Community Hall

Singing together for fun. This project is being run in partnership with Allegri Choir. Cost - £1

Contact Eglinton Community Hall via email

✉ eglingtoncommunity@yahoo.co.uk to register or drop in

ONGOING ACTIVITY

Ceili Dancing

Date: Wednesday 2nd, 9th, 16th, 23rd, 30th October

Time: 7.30pm to 8.30pm

Venue: Eglinton Community Hall

Come along for an evening of craic and dance with the Mary McGuiggan's Ceili and set dancing class. Costs TBC

Contact Eglinton Community Hall via email

✉ eglingtoncommunity@yahoo.co.uk to register or drop in

ONGOING ACTIVITY

Yoga for all

Date: Wednesday 2nd, 9th, 16th, 23rd, 30th October

Time: 7.30pm to 8.30pm

Venue: Eglinton Community Hall

Gentle yoga suitable for beginners. Costs TBC

Contact Eglinton Community Hall via email

✉ eglingtoncommunity@yahoo.co.uk to register or drop in

ONGOING ACTIVITY

Circus Skills

Date: Thursday 3rd, 10th, 17th, 24th October

Time: 12.00pm (TBC)

Venue: Eglinton Community Hall

Activity for flexibility, strength, balance and cognition. Working with in your Space to chart physical and cognitive improvements for 50+ participants. Cost - £1

Contact Eglinton Community Hall via email

✉ eglingtoncommunity@yahoo.co.uk to register or drop in

ONGOING ACTIVITY

Aquarobics

Date: Friday 4th, 11th, 18th, 25th October

Time: 10.00am to 11.00am

Venue: William Street Baths, Derry

It strengthens heart and lungs, improves energy levels, helps to feel energetic. It's a great way to stay healthy. Cost - £4 per class.

Contact Eglinton Community Hall via email

✉ eglingtoncommunity@yahoo.co.uk to register as places are limited

ONGOING ACTIVITY

Feel Free Tai Chi

Date: Friday 4th, 11th, 18th, 25th October

Time: 11.30am to 12.30pm

Venue: Eglinton Community Hall

Tai chi is a gentle, low-impact form of exercise in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths. Cost - £6 per class

Contact Eglinton Community Hall via email

✉ eglingtoncommunity@yahoo.co.uk to register or drop in

ONGOING ACTIVITY

Derry Choir Festival 2024

Date: Sunday 27th October

Time: 3.00pm to 4.30pm

Venue: Eglinton Community Hall

Performances by visiting Community Choirs. This is a showstopper with local residents and visitors travelling to listen to wonderful choirs from all over the North West. FREE

No booking required

Foyleside DEA

Individual Packs for Older People

Date: Wednesday 2nd October

Time: 10.00am to 12.00pm

Venue: ALLY Foyle, 18 Balliniska Road, Derry

A selection of individual packs for older people that contain cookery packs, warm home packs or puzzle activity packs. Something to suit everyone's needs.

Please contact ALLY Foyle to receive one of these packs

✉ info@allyfoyle.com

☎ 07419987095

ONGOING ACTIVITY



Moor DEA

Community Falls Prevention Programme 'Stepping On' 9 week falls prevention programme for over 65's

Date: Begins on 16th September which continues into October

Time: 10.00am to 12.00pm

Venue: Old Library Trust, Creggan, Derry

This 9-week programme offers strengthening and balancing for older people to increase self confidence in situations where they are at a risk of falling. This programme is commissioned through the Public Health Agency (PHA).

Please contact Davina Coulter to register to be on this course.

✉ Davina.coulter@oakhlc.com

☎ 028 6772 3843 or 07593446201 Please note this begins in September

ONGOING ACTIVITY

Loving Life Living Longer Programme

Date: Occurs daily

Time: 10.00am to 3.00pm

Venue: Creggan and Bogside and Brandywell

Weekly timetable of activity, including walking groups, exercise timetable, creative programme, dancing, lunch clubs and much more. Contact Sabrina for more information.

Old Library Trust and Bogside and Brandywell Health Forum.
Contact Sabrina Lynch at Old Library Trust via email

✉ Sabrina@olt.ie

Ióga Cathaoireach- Chair Yoga

Date: Wednesday 2nd, 9th, 16th, 23rd, 30th October

Time: 12.00pm to 13.00pm

Venue:

Tá ióga cathaoireach fóirsteanach do chách, go háirithe na daoine níos sine atá pian glúine nó cromáin orthu. Caithfidimid uair an chloig ag síneadh an coirp go deas réidh agus ag cleachtadh na Gaeilge ag aon am amháin.

Chair yoga is suitable for all, especially older people who have hip or knee pain. It will be an hour of gentle stretching while seated and practising Irish at the same time!

Please contact John Doibín via email

✉ John@culturlann.org

☎ 0287126 4132

Act Your Age

Date: Thursday 3rd, 10th, 17th, 24th October

Time: 2.00pm to 3.30pm

Venue: Millennium Forum

Age friendly drama group. Transformative theatrical experience led by Bernadette MacFarland. **FREE**

To book on

🌐 www.millenniumforum.co.uk

☎ 028 7126 4455 (Option 1)

ONGOING ACTIVITY

Moves and Melodies


Date: Thursday 17th October

Time: 2.00pm to 3.30pm

Venue: Millennium Forum

Singing and dancing workshops – dementia friendly, opened to all. FREE

To book on

 www.millenniumforum.co.uk

 028 7126 4455 (Option 1)

ONGOING ACTIVITY

Loving Life Living Longer Halloween Dinner Dance

Date: Monday 28th October

Time: 2.00pm to 5.00pm


Venue: Maldron Hotel, Derry

Music, dancing, dining, a great afternoon to celebrate all things Halloween. Dress up if you DARE!!

Cost - £10

Old Library Trust and Bogside and Brandywell Health Forum

Contact Sabrina Lynch at Old Library Trust via email

 Sabrina@olt.ie

Loving Life Living Longer Halloween Spooky Bingo

Date: Wednesday 30th October

Time: 7.00pm to 9.00pm

Venue: Bishops Field Sports Hall, Creggan

Music, entertainment and Bingo, come dressed up in costume to add to the spooktacular night!!

Cost - £5.

Old Library Trust and Bogside and Brandywell Health Forum

Contact Sabrina Lynch at Old Library Trust via email

 Sabrina@olt.ie

Dementia Friendly Tea Dance


Date: Thursday 31st October


Time: 2.00pm to 3.30pm

Venue: Millennium Forum

Dementia friendly tea dance music and free refreshments. Music provided by Dougie Breslin. FREE

To book on

 www.millenniumforum.co.uk

 028 7126 4455 (Option 1)

ONGOING ACTIVITY

Love Life 50+ Art Workshops and Exhibition

Date: 3rd, 8th, 20th, 15th, 17th October – **Workshops**

Time: 11.00am to 1.00pm

Date: 28th October – **Arts Exhibition**


Time: 11.00am to 5.00pm

Venue: Cathedral Youth Club, The Fountain

Artworks to encourage 50+ to develop new skills which will help improve their health and wellbeing. Workshops culminating in an Exhibition of the great art work.

Contact Cathedral Youth Club either via email

 office@cathedralyouthclub.com

 028 7126 0483



Sperrin DEA

Park 60+ Club

Date: Thursday 3rd, 10th, 17th, 24th, 31st October

Time: 12.00pm to 2.00pm

Venue: Learmount Resource Centre, Learmount Road, Park Village

Lunch and activities for 60+ in the month of October including quizzes, armchair aerobics, Halloween crafts and reminiscing sessions. Facilitated through the CARE Project (Collective Approach to Rural Exclusion). Cost - £3

Contact Learmount Community Centre via email

✉ manager@learmountgroup.org

☎ 028 7778 1881 **OR** 0792995229

ONGOING ACTIVITY

The Story of Places 50+

Date: Monday 7th October

Time: 10.30am to 12.30pm

Venue: Learmount Community Centre, Park Village

A programme exploring the Irish and Ulster Scots origins of our local place names for members of the Time for Me Ladies group. This will be delivered in conjunction with Derry City and Strabane District Council's Language Team the Learmount Community Development Group. FREE

Contact Learmount Community Centre via email

✉ manager@learmountgroup.org

☎ 028 7778 1881 **OR** 0792995229

Time for Me Ladies

Date: Monday 7th, 14th, 21st October

Time: 10.30am to 12.30pm

Venue: Learmount Community Centre, Park Village

A range of activities for 50+ women to come together to partake in a range of activities including horticultural planting, board games, painting and arts and crafts. Cost - £2

Contact Learmount Community Centre via email

✉ manager@learmountgroup.org

☎ 028 7778 1881 **OR** 0792995229

ONGOING ACTIVITY

Senior Citizens Tea Dance

Date: Friday 11th October

Time: 8.00pm to 11.00pm

Venue: S.A.L.T Community Hall, 35 Longland Road, Claudy

A tea dance for 50+ with music provided by 'Sprig of Heather'. Cost - £6

Contact S.A.L.T Community Association for more information via email

✉ wth1948@hotmail.co.uk

☎ 07714989345

ONGOING ACTIVITY EVERY 2ND FRIDAY OF THE MONTH

Compassionate Conversations

Date: Monday 14th October

Time: 10.30am to 12.30pm

Venue: Learmount Community Centre

Tender conversations about building the confidence in talking about difficult topics and talking with others to ease feelings of overwhelm, social isolation and loneliness. FREE

Contact Learmount Community Centre via email

✉ manager@learmountgroup.org

☎ 028 7778 1881 **OR** 0792995229

Strabane DEA

DEEDS - Strabane Social Group

Date: Tuesday 1st, 8th, 15th, 22nd, 29th October

Time: 10.00am to 1.30pm

Venue: Strabane District Caring Services, 34 - 36 Bridge St, Strabane

Dementia Engaged and Empowered Derry and Strabane - this social group provides opportunities to meet weekly and build new friendships or renew old ones as well as offering activities for cognitive stimulation, movement and mobility in a fun and inclusive way.

This is a referral based programme. Contact Strabane District Caring Services via email

✉ cc@strabanedistrictcaring.com

☎ 028 7188 4986

ONGOING ACTIVITY

The Story of Places 50+

Date: Thursday 10th October

Time: 10.30am to 12.30pm

Venue: Strabane District Caring Services, 34 - 36 Bridge St, Strabane

A programme exploring the Irish and Ulster Scots origins of our local place names for members of the Stay Young Group. This will be delivered in conjunction with Derry City and Strabane District Council's Language Team and Strabane and District Caring Team. FREE

Contact Strabane District Caring Services via email

✉ cc@strabanedistrictcaring.com

☎ 028 7188 4986

Hearing Aid User Support Service & Hearing Checks Service

Date: Thursday 31st October

Time: 10.00am to 12.00am

Venue: Ballycolman Hub, Strabane Town

Support for anyone that has hearing aid and support for those who do not and may require a hearing check. Walk in Service.

RNID

✉ edel.mccarthy@rnid.org.uk

☎ 07557344653

ONGOING ACTIVITY



Waterside DEA

Community Falls Prevention Programme 'Stepping On' 9 week falls prevention programme for over 65's

Date: Begins on 26th September which continues into October

Time: 10.00am to 12.00pm

Venue: Irish Street Community Centre, Irish Street, Waterside

This 9-week programme offers strengthening and balancing for older people to increase self confidence in situations where they are at a risk of falling. This programme is commissioned through the Public Health Agency (PHA).

Please contact Davina Coulter to register to be on this course. Email

✉ Davina.coulter@oakhlc.com

☎ 028 6772 3843 **OR** 07593446201 Please note this begins in September

ONGOING ACTIVITY

Walking Group

Date: Tuesday 1st, 8th, 15th, 22nd, 29th October

Time: 2.00pm to 3.30pm

Venue: Leaves from Older People North West, 20 Chapel Rd, Waterside

Takes place weekly - exploring our beautiful greenways within the City.

Contact Older People North West Anne Deehan via email

✉ development@olderpeoplenorthwest.org

☎ 028 7134 7478

ONGOING ACTIVITY

Line Dancing

Date: Every Tuesdays and Thursdays

Time: 2.00pm to 3.30pm

Venue: Older People North West, 20 Chapel Rd, Waterside

Keep fit and enjoy learning and perfecting your line dancing skills.

Contact Older People North West Anne Deehan via email

✉ development@olderpeoplenorthwest.org

☎ 028 7134 7478

ONGOING ACTIVITY

Yoga and Mindfulness

Date: Wednesday 2nd, 9th, 16th, 23rd, 30th October

Time: 11.00am to 1.00pm

Venue: Older People North West, 20 Chapel Rd, Waterside

Come and relax and enjoy some me time with yoga and mindfulness.

Contact Older People North West Anne Deehan via email

✉ development@olderpeoplenorthwest.org

☎ 028 7134 7478

ONGOING ACTIVITY

Singing for Health

Date: Wednesday 2nd, 9th, 16th, 23rd, 30th October

Time: 12.30pm to 1.30pm

Venue: Older People North West, 20 Chapel Rd, Waterside

The singing session with Anna Nolan has been very popular to date. Learn, sing, make connection, moving, leaving everyone is a happier space.

Contact Older People North West Anne Deehan via email

✉ development@olderpeoplenorthwest.org

☎ 028 7134 7478

ONGOING ACTIVITY

Writing Group

Date: Monday 7th, 14th, 21st, 28th October

Time: 2.00pm to 4.00pm

Venue: Older People North West, 20 Chapel Rd, Waterside

Call in and begin creative writing.

Contact Older People North West Anne Deehan via email

✉ development@olderpeoplenorthwest.org

☎ 028 7134 7478

ONGOING ACTIVITY

Guitar Jam and Lunch

Date: Thursday 3rd, 10th, 17th, 24th, 31st October

Time: 11.30am to 1.30pm

Venue: Older People North West, 20 Chapel Rd, Waterside

Listen to music while you dine and sing along to the guitar and familiar songs.

Contact Older People North West Anne Deehan via email

✉ development@olderpeoplenorthwest.org

☎ 028 7134 7478

ONGOING ACTIVITY

Chat-Tea Train

Date: Thursday 3rd October

Time: 10.00am

Venue: Leaving from Waterside Train Station

The 'Chat-Tea Train' aims to provide opportunities for older people (60+ years) to chat, connect, and engage with others to reduce isolation and loneliness. Please contact your GP Practice Social Work team to register your interest, all welcome for a cuppa!

Contact your local GP Social Care worker for referral - Opened to everyone

ONGOING ACTIVITY

Hearing Aid User Support Service & Hearing Checks Service

Date: Wednesday 9th October

Time: 10.00am to 12.00pm

Venue: Old Bridge House, Glendermott Road, Waterside

Support for anyone that has hearing aid and support for those who do not and may require a hearing check. Walk in Service.

RNID

✉ Edel.mccathy@rnid.org.uk

☎ 07557344653

ONGOING ACTIVITY

Chat-Tea Ball

Date: Thursday 24th October

Time: 7.00pm to 10.00pm

Venue: Waterfoot Hotel, Caw Roundabout, Clooney Rd, Waterside

The Chat-Tea Ball is for people 50+ to chat, connect, and engage with others in reducing isolation and loneliness. It will be an evening of entertainment (Music, singing, comedy, dancing) and light refreshments. Please contact your GP Practice Social Work Team to register and purchase your tickets.

Contact your local GP Social Care worker for referral - Opened to everyone



Regional

Move More Live More

Date: Monday 7th October, 2nd session Monday 21st October

Time: 11.00am to 12.00pm

Venue: Zoom

Move More Live More is a falls prevention health and wellbeing programme. This consists of expert speakers such as physiotherapist on how to stay strong within our body and other experts talking on different aspects of health such as sleep, nutrition, and mental health and how this relates to falls. In each session we will finish off doing some strength and balance exercises which are suitable for all abilities. Don't worry if you have never used zoom before we can help get you connected by sending you a 'How to Zoom' guide or we can talk you through it over the phone.

Contact Claire McKeown via email

✉ Claire.mckeown@ageni.org

☎ 07773113544

Or can also sign up online at

🌐 www.ageni.org/movemorelivemore

BT Digital Voice Session

Date: Thursday 10th October 2024

Time: 4pm

Venue: Microsoft Teams

Come along and hear from BT in relation to the important changes that will be made to landline telephone service. BT's latest research shows that older people might not be fully aware of these updates and could be the most affected. The session will give people the to get their questions answered and concerns addressed.

🌐 Teams link

Microsoft Teams Need help?

Join the meeting now

Meeting ID: 311 897 791 663

Passcode: qfj52Q

Agenda for Residential Care Costs Talk

Date: Wednesday 9th October

Time: 2.00pm

Venue: Online

The online session is in relation to Planning Ahead for Future Care costs. The session will look at Residential Care Costs, types and costs of Care. Financial Assessment re your contribution to Care Costs. First look at what is meant by Capital - What is included as Capital? Then look at what is meant by Income -What is included as Income. Current Legislation and Future Legislation.

Please contact Martin McDaid, U3A via email

✉ martinmcdaid@hotmail.com for zoom link

Eating Well As You Age

Date: Thursday 10th October

Time: 11am to 11.30am

Venue: Online

Move More Live More is a falls prevention health and wellbeing programme. This Join our virtual 30 minute Nutrition Webinar delivered by South Eastern Dietitian Team.

🌐 South Eastern Health & Social Care Trust

Meeting ID: 357 624 715 102

Passcode: LvHHkq

Important TV Licence information

Date: Tuesday 15th October

Time: 11.00am to 12.00pm

Venue: Online

This information event will detail information on what the TV Licence pays for, who has to pay, concessions available, support for those who can't pay and how to avoid scams.

🌐 Join the conversation by following the link Join the meeting now Meeting

ID: 338 159 367 315 , Passcode: PTF6j2 or contact

✉ edward.ferrin@cavendishconsulting.com

The Menopause and Your Pension

Date: Friday 18th October

Time: 1st session 11:00am - 12:00pm

2nd session 3:00pm - 4:00pm

Venue: Online event

Did you know that the menopause can have a negative impact on women's pensions? Some women struggle to deal with their symptoms during this crucial retirement saving period and often work less or reduce their hours. In this webinar, our MoneyHelper Pensions specialists will explain what impact the menopause could have on your pension and how you can focus on saving for your retirement. There will also be time for questions.

MoneyHelper

🌐 1st session link: <https://events.teams.microsoft.com/event/6e0abb75-b6a5-406e-af92-e0b3571597ca@bbe41032-8fce-4d42-bab5-44e21510886d>

🌐 2nd session link: <https://events.teams.microsoft.com/event/1bb23213-7af6-4f5f-af00-f0250c41e9a4@bbe41032-8fce-4d42-bab5-44e21510886d>

If you do not receive an automatic confirmation email please let us know by emailing

✉ partners@maps.org.uk

Dr Mark Hammond - Creating Age-Friendly Developments Webinar

Date: Thursday 24th October

Time: 10:00am to 11:00am

Venue: Online via MS Teams

Move More Live More is a falls prevention health and wellbeing programme. This session will explore how the needs and aspirations of older people can be better addressed by architects, planners and developers creating new residential developments. We will explore the different ways that built environment professions think about older people, what we mean by 'age-friendly' housing, and how we can mainstream it in the places we work.

Age Friendly Network NI

Contact Stephanie Rock via email

✉ stephanie.rock@armaghbanbridgecraigavon.gov.uk

☎ 07825010630

✉ hollandj@belfastcity.gov.uk

☎ 07827823998

General Advice

Support for people with Chest, Heart and Stroke Conditions.

Northern Ireland Chest, Heart and Stroke understand the huge impact that living with a chest, heart or stroke illness can have on you and on your loved ones. Our services work to improve the overall quality of life of people living with these conditions, with emotional support as well as physical rehabilitation provided.

Chest, Heart and Stroke contact Nikki Horne via email

✉ nhorne@nichs.org.uk

☎ 07840851396 or register

🌐 nichs.org.uk/referral

Linking Generations NI

Interested in developing connections in the community you live, work or go to school to celebrate Positive Ageing Month 2024? Sign up to LGNI's free intergenerational network for lots of exciting opportunities including - networking, small grants, training and resources. Sign Up - Linking Generations NI

Linking Generations NI contact Elaine Brownlee via email

✉ elaine.brownlee@bjf.org.uk

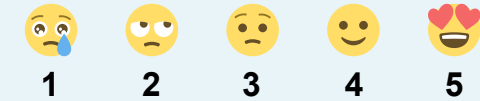


Evaluation - How did we do?



To help evaluate Positive Ageing Month we wish to receive your feedback. All information collected is confidential. If you wish to cut this page out, seal and return by affixing a stamp, otherwise you can scan the code on a phone or tablet to access the form and complete online.

1. How much did you enjoy the events in Positive Ageing Month? 1 – 5 scale (5 is enjoyed)



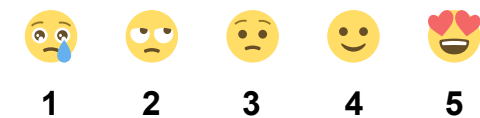
2. Would you come back to similar events?

Yes No

3. Are you a member of a older persons group?

Yes No

4. How positive are you about growing older? 1 – 5 scale (5 is Very Positive)



Why? _____

5. Do you feel attending older peoples events makes you feel more included in society?

Yes No

6. How did you find out about Positive Ageing Month?

newspaper
 email
 website
 friends/family
 social media
 local group /club
 other (please state)

7. Which of the following best describes what you gained from attending any events during Positive Ageing Month (tick as many that apply)

new skill
 meet new people
 fitness
 feel more invloved
 new information
 did not gain
 other (please state)

8. How could Positive Ageing Month be improved for next year?

9. Any other comments?

Are you?

Male
 Female
 Other

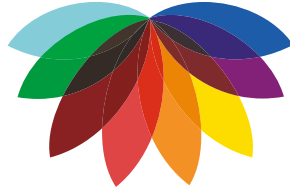
Are you aged?

50-54
 55-59
 60-64
 65-69
 70-74
 75-79
 80-84
 85 +



10. Please provide us with your postcode _____

Derry City & Strabane District Council
Age Friendly



Tear questionnaire off.
Fold & seal before posting
Thank you

AFFIX
POSTAGE
STAMP
HERE

Age Friendly Co-Ordinator
Derry City & Strabane District Council
98 Strand Road
Derry
BT48 7NN