



Age Friendly – Positive Ageing Calendar 2023



Welcome to the 12th Age Friendly Positive Ageing Calendar of events for October 2023.

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 volunteers, Newry, Mourne and Down District Council, the Southern Health and Social Care Trust and the University of the Third Age.



Positive Ageing Month October 2021

<p>Sun 1st</p>	 <p>International Day of Older Persons</p>	<p>Each Autumn, Positive Ageing month Provides the perfect opportunity to recognise and celebrate the positive contributions of older people in society. It's also a chance to bring national attention to a shared topic or common issue and this year, Pride in Place has been chosen as a theme by the UK Network of Age Friendly Communities, to highlight older people's contributions to where they live.</p>
	 <p>It is £4.10 for the year for the swimming pools and sauna and £16.80 per month direct debit for the fitness suite.</p>	<p>Newry Mourne and Down District Council offer a wide range of activities for over 50's across leisure centres in Downpatrick, Newry, Kilkeel in Newcastle:</p> <ul style="list-style-type: none"> • Chi Me • Water Aerobics • Strength & Balance • Boccia • Chair Aerobics • Move More • Pickleball • Badminton • Older & Active • 50+ Gym • Low Intensity Interval Training Exercises <p>Timetables and prices for all classes can be found at the bottom of this calendar. Come and try something new!</p> <p>It is £4.10 for the year for the swimming pools and sauna and £16.80 per month direct debit for the fitness suite.</p>
<p>Mon 2nd</p>	<p>Intergenerational Christmas Small Grants Scheme launch!</p>	<p>Linking Generations NI are delighted to launch their Age Connected Christmas Small Grants Scheme. Applications open today and close on the 27th October. They are inviting community groups, schools, care settings, nurseries, housing settings and more to apply for small grants of £125 to bring generationstogether during the month of</p>

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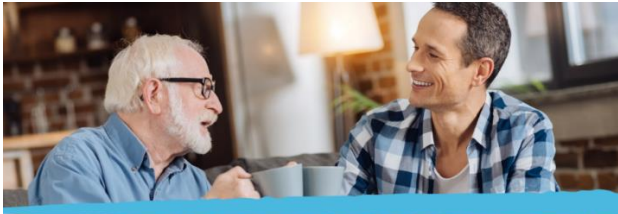




		<p>December to spread some festive cheer, make connections and enjoy each-others company. For more information, please visit the LGNI News page www.linkinggenerationsni.com/news/ or contact elaine.brownlee@bjf.org.uk</p>
<p>Mon 2nd</p>	<p>Reconnections 11.30am– 1pm</p> 	<p>Clanrye Medical Practice Social work team are delivering an 8 week programme for over 65's who would like to reconnect with others and their local community. The Programme offers talks and information from local community organizations along with fun activities. This takes place at Drumalane and Quayside Close Community Centre, Newry every Monday for eight weeks. Referral via your GP</p>  
<p>Mon 2nd</p>	<p>Walking Groups 10.30am</p> 	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> • Warrenpoint Square 10.30am – 11.30am • Armagh Palace Stables (carers) 10.30am – 12pm
<p>Mon 2nd</p>	<p>Future planning course for carers 11am – 12pm</p> 	<p>This course is facilitated by Julie McAleese and focuses on capacity, consent and best interests - what it means for your loved ones. Course will take place in Saintfield Community Centre</p> <p>For further details and to book a place please contact carer.support@setrust.hsni.net or phone (028) 4372 1807</p>
<p>Tue 3rd</p>	<p>Walking Groups 10.30am</p> 	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> • Derrymore Forest Park 10.30am – 11.30am • People's Park Portadown (carers) 10.30am – 12pm
<p>Tue 3rd</p>	<p>Laughter Yoga 10.30am - 11.30am</p>	<p>Free Laughter Yoga Taster session at Centred Soul on Hill Street, Newry. Booking essential as spaces are limited. Laughter Yoga Booking</p>
<p>Tue 3rd</p>	<p>Support Group for Carers who care for people with a dementia diagnosis 7.30pm – 9pm</p>	<p>Carers who care for people with a dementia diagnosis have come together to create their own support group. It is an opportunity for carers to discuss their caring role with other carers and share their experiences.</p>

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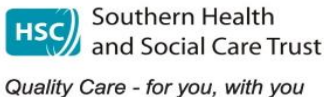


		<p>They meet on the first Tuesday of the month in the Canal Court at 7.30pm to give and receive peer support with no Registration required - just come along!</p>
<p>Tue 3rd</p>	<p>Suicide Awareness Session 9.30am – 1pm</p>	 <p>FREE Suicide Awareness A community-focused course led by survivors of suicidal crisis</p>  <p>in partnership with Inclusion of Family Practices Newry & District</p> <ul style="list-style-type: none"> • Confidence and skills to start and navigate a 'suicide conversation' • Relaxed and comfortable atmosphere with no role-play or clinical jargon • Benefit of lived experience commentary, insight, and Q&A opportunities • Improved understanding of helpful language, approaches, and signposting • Improved self-care awareness • Opportunity for a follow-up 1:1 chat to reflect or to ask additional questions  <p>Scan to Register or to learn more contact Elaine 078 7626 1033</p> <p>3rd October 2023 9.30am - 1.00pm Ballybot House, Newry BT35 8BG</p> <p><small>Mental Health Forum (NIC04 966) Ballybot House, 28 Corn Market, Newry, BT35 8BG Office Telephone: 028 30252423 www.thementalhealthforum.co.uk</small></p>
<p>Wed 4th</p>	<p>Social Café 11am – 12pm</p>  <p>Clanrye Group Here To Support You</p>	<p>The Social Café is an opportunity for you to get out of the house, meet new people and have a weekly cuppa and chat. Everyone is welcome.</p> <p>Clanrye Group, The Quays, Newry This group takes place every Wednesday with a Men only session every Thursday.</p>
<p>Wed 4th</p>	<p>Activities</p>  <p>SOUTHERN AGE WELL NETWORK</p>	<p>The Southern Age Well Network's 65 member groups are providing a range of daily activities throughout the month of October in the Newry and Mourne Area. For more information on an activity close to you contact Denise or Kathy on 07885210488</p>
<p>Wed 4th</p>	<p>The Wool Crew 2pm – 3.30pm</p>	<p>The Wool Crew is a MDT Social work team project that uses wool as a medium for increasing social connections, improving confidence and feelings of purpose. We either keep our</p>

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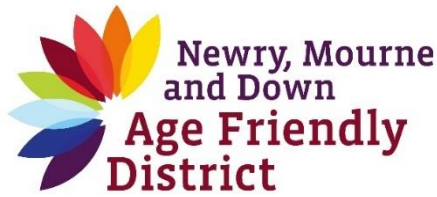


creations for ourselves or donate them to local charities. Community Room in Tesco Extra, Newry.
Materials are free for both members who attend the group every Wednesday in the Community Room in Tesco Extra, Newry and those who craft from home.

At present individuals are identified by Social workers and Social Work Assistants working out of the GP surgeries in the Newry and Mourne Area.

**Thurs
5th**

Free Over 50's Celebration – ALL WELCOME! 10am – 2pm



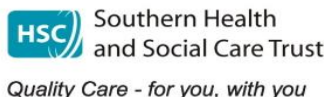
This amazing event has now returned to Newry Leisure Centre. Come along for food demonstrations, music, beauty and information from a wide range of organisations and services.


Light lunch will also be served and the event will end with a tea dance and music from Danny Doran!

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<p>Thurs 5th</p>	<p>Stop smoking advice and support clinics</p>  <p>HSC Southern Health and Social Care Trust Quality Care - for you, with you</p>	<p>For a face to face appointment on 5th October – drop in to the Positive Ageing Day event in Newry Leisure Centre to the Promoting Wellbeing stand or call Theresa as below to make an appointment time.</p> <p>Telephone clinics ongoing throughout October. To book an appointment at a telephone clinic please Contact Stop smoking specialist Theresa on 07879997814 Theresa.McArdle@southerntrust.hscni.net Or alternatively: Contact stop smoking service – Telephone 028 375 64400 or Email stop.smoking@southerntrust.hscni.net</p>
<p>Thur 5th</p>	<p>Tea Dance 10.30am – 1pm</p>  <p>Down Senior Forum</p>	<p>The tea dance is in the Millbrook Lodge Hotel with music by Country Harmony. Booking is essential through CDRCN for catering purposes. Contact Ciara on 028 44612311.</p> <p>This event is hosted by Down Senior Forum. The Down Senior Forum involves community, statutory and voluntary partners working together to improve later life for people across the legacy Down area.</p>
<p>Thur 5th</p>	<p>Walking Group 10.30am</p>  <p>Clanrye Group Here To Support You</p>	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> Newry Greenway 10.30am – 11.30am
<p>Thur 5th</p>	<p>Carer Support Group 11am – 12pm</p>  <p>Alzheimer's Society</p>	<p>The Southern Trust Carer Support Groups provides carers with an opportunity to meet in a safe and secure environment to give and receive peer support to help them in their caring role via Zoom</p> <p>This is an ongoing support group - please contact Pauline.murphy@alzheimers.org.uk or Southern@alzheimers.org.uk to receive the link.</p>
<p>Fri 6th</p>	<p>Age Friendly Financial Wellbeing Event 11am – 12.30pm</p>  <p>Bank of Ireland</p>	<p>Bank of Ireland will present a webinar on a variety of financial wellbeing topics. The webinar will also look at fraud and protecting your finances as well as cost of living savings tips, support and resources. Online via Teams.</p> <p>Registration is essential contact Tara Smyth 0330 137 4902 or email tara.smyth@nmandd.org</p>

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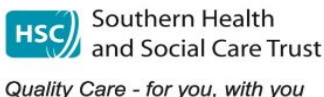
HSC Southern Health and Social Care Trust
Quality Care - for you, with you







<p>Fri 6th</p>	<p>Walking Group 10.30am</p> 	<p>Keep active without noticing on our walk and chat.</p> <p>Newry Towpath (Win Industrial Estate) 10.30am – 12pm</p>
<p>Sat 7th</p>	<p>U3A Coffee and Chat Meet Up 10am – 12pm</p> 	<p>As part of Positive Ageing Month, Newry Bid have teamed up with U3A to host a Coffee and Chat Meet up Morning. Drop in anytime to meet the friendly team from U3A and find out about the many events and activities for older people happening across Newry. Free refreshments served, no booking necessary. Anytime from 10am- 12 noon upstairs at Courtney's The Mall. Anyone with mobility difficulties can be accommodated at ground floor level.</p>
<p>Mon 9th</p>	<p>Newry U3A Taster Sessions</p> 	<p>Newry's Active Ageing Centre is a place to learn, challenge yourself and socialise.</p> <p>Newry U3A are opening up their classes/activities from 9th to the 15th October to anyone who wishes to attend with a cost of only £1 per class. This covers a range of activities including gardening, walking, patchwork, culture, many dance styles, singing, sewing, golf, a variety of crafts, poetry, yoga, writing, Chi-Me, cycling and languages such as Irish, Spanish, Italian and French.</p> <p>For further information and full timetable please call 02830266034 or email newryu3a@btconnect.com</p> <p><i>"As we get older we need to keep our brains active, our body fit and make lots of new friends – this is what we do."</i></p>
<p>Mon 9th</p>	<p>Future Planning course for carers 11am – 12pm</p> 	<p>This course is facilitated by Julie McAleese and focuses on advanced care planning and other options and takes place in Saintfield Community Centre.</p> <p>For further details and to book a place please contact carer.support@setrust.hsni.net or phone (028) 4372 1807</p>
<p>Mon 9th</p>	<p>Reconnections 11.30am – 1pm</p> 	<p>Clanrye Medical Practice Social work team are delivering an 8 week programme for over 65's who would like to reconnect with others and their local community. The Programme offers talks and information from local community organizations along with fun activities. This takes place at Drumalane and Quayside Close Community Centre, Newry every Monday for</p>

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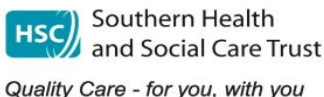





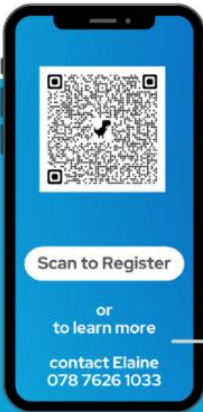

		<p>eight weeks. Referral via your GP</p>  
<p>Mon 9th</p>	<p>Walking Groups 10.30am</p> 	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> • Warrenpoint Square 10.30am – 11.30am • Armagh Palace Stables (carers) 10.30am – 12pm
<p>Tues 10th</p>	<p>Today is World Mental Health Day!</p> 	<p>Every year we celebrate World Mental Health Day on 10th October. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.</p> <p>World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health. It's also a chance to</p> <p><u>talk about mental health</u>, how we need to look after it, and how important it is to get help if you are struggling. Go to Explore mental health for information and advice.</p>
<p>Tue 10th</p>	<p>Walking Groups 10.30am</p> 	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> • Derrymore Forest Park 10.30am – 11.30am • People's Park Portadown (carers) 10.30am – 12pm
<p>Tue 10th</p>	<p>Libraries NI – Online Wellbeing Sessions</p> 	<p>Between now and the end of March, Libraries NI will be hosting a series of online sessions designed to boost your wellbeing.</p> <p>Yoga</p> <p>This is gentle yoga designed to soothe the nervous system, with an emphasis on the breath and relaxation. It will help improve strength, flexibility, balance and focus. With facilitator Fiona Jones.</p> <p>These sessions will take place every second Tuesday (except during February, when they will take place every Tuesday)</p> <p>To take part in these Zoom sessions, register on the library website www.librariesni.org.uk or ask library staff for more information.</p>

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<p>Tue 10th</p>	<p>Dementia Voice (Southern Trust Area) 11am – 12pm</p> 	<p>We want people affected by dementia to be at the heart of everything we do. We offer opportunities for people with a diagnosis of dementia use their personal experiences, to help shape our work here at Alzheimer's Society, as well as with external organisations.</p> <p>This event takes place in Armagh Golf Club every second Tuesday of the month E-mail: southern@alzheimers.org.uk to register</p>
<p>Tue 10th</p>	<p>Free Suicide Awareness course 9am – 1pm</p>	 <p>FREE Suicide Awareness A community-focused course led by survivors of suicidal crisis</p>  <p>in partnership with Federation of Family Practices Newry & District</p> <ul style="list-style-type: none"> • Confidence and skills to start and navigate a 'suicide conversation' • Relaxed and comfortable atmosphere with no role-play or clinical jargon • Benefit of lived experience commentary, insight, and Q&A opportunities • Improved understanding of helpful language, approaches, and signposting • Improved self-care awareness • Opportunity for a follow-up 1:1 chat to reflect or to ask additional questions  <p>Scan to Register or to learn more contact Elaine 078 7626 1033</p> <p>10th October 2023 9.30am - 1.00pm Annalong Community Centre BT34 4QH</p>  <p>Mental Health Forum (NICD4 166) Ballybot House, 28 Com Market, Newry, BT35BBG Office Telephone: 028 30252423 www.thementalhealthforum.co.uk</p>

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<p>Tue 10th</p>	<p>Forget-me not Memory Afternoon 2.30pm – 4pm</p> 	 <p><i>The Whistledown Hotel</i></p> <p>Forget-Me-Not Memory Afternoon</p> <p>An invitation to people with dementia and their carers to gather in a safe space to enjoy each other's company and engage in fun activities, music and entertainment.</p> <p>There will also be information from groups dedicated to the care of people with dementia.</p> <p>Tea, Coffee and refreshments will be available.</p> <p>Meetings held on the 2nd and 4th Tuesday of each month.</p> <p>THE WHISTLEDOWN HOTEL, WARRENPOINT From 2.30pm – 4.00pm</p> <p><i>All meetings sponsored by</i> In memory of Sarah's late mother, Nan Lawless</p>
<p>Wed 11th</p>	<p>Energy Efficiency in the Home 10am – 11.30am</p>	<p>Delivered by National Energy Action (NEA NI) Delivered via Zoom Cost: Free Find out about energy efficient heating, lighting, and appliances, keeping the heat where it is needed, comparing and switching energy suppliers, advice and support in Northern Ireland. Booking is essential. Please register via this https://www.eventbrite.co.uk/e/energy-efficiency-in-the-home-in For more information email: Nichola.macdougall@nea.org.uk</p>
<p>Wed 11th</p>	<p>Fit 4 U 2pm - 3pm 3.15pm – 4.15pm</p>	<p>Daytime physical activity opportunities for adults with disabilities across the Southern Trust with a carers café.</p> <p>Activities for adults with a learning disability take place from 2:00 pm to 3:00 pm.</p>

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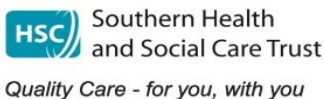


	 Southern Health and Social Care Trust Quality Care - for you, with you	<p>Activities for adults with a physical disability take place from 3:15 pm to 4:15 pm. Newry Leisure Centre. Contact Rhonda.richardson@southerntrust.hscni.net to book. Activities are free. Every Wednesday in October.</p>
Thur 12th	Walking Group 10.30am  Clanrye Group Here To Support You	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> Newry Greenway 10.30am – 11.30am
Thur 12th	Blood pressure checks	<p>Call into McKeevers Chemist on Monaghan Street anytime From 10am until 12 noon for a free blood pressure check. No booking necessary</p>
Fri 13th	Walking Group 10.30am  Clanrye Group Here To Support You	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> Win Industrial Estate 10.30am –12pm
Fri 13th	Activities 	<p>The Southern Age Well Network's 65 member groups are providing a range of daily activities throughout the month of October in the Newry and Mourne Area.</p> <p>For more information on an activity close to you contact Denise or Kathy on 0788521048</p>
Fri 13th	Virtual Tea Dance 3pm – 4pm	<p>To register please contact seniors info@belfastcity.gov.uk.</p>

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<p>Fri 13th</p>	<p>Mood Matters 10.30am</p>	 <p>MOOD MATTERS BY AWARE NI</p> <p>Mood Matters for Adults is a free mental health awareness workshop suitable for anyone who would like to learn more about mental health and managing their mood.</p> <p>The programme teaches techniques to:</p> <ul style="list-style-type: none"> • Manage Stress & Anxiety • Identify Mental Ill-Health • Know Where to Get Help & Support <p>Course Delivery:</p> <p>Friday 13th October 2023, 10:30am Delivered face-to-face at the Clanrye Building, Drumalane Mill, The Quays, Newry, BT35 8QS</p> <p>Registration:</p> <p>To register please visit our website: www.aware-ni.org/mood-matters-for-adults OR scan the QR Code</p>  <p> Southern Health and Social Care Trust</p> <p> AWARE OVERCOMING DEPRESSION. CHANGING LIVES. Registered with the Charity Commission for Northern Ireland with NIC100561 Company No. N.I. 30447</p>
<p>Sun 15th</p>	<p>Menopause Masterclass 12pm – 6pm</p> 	<p>Expert speakers will guide you through various topics, including hormones, nutrition, exercise, physical and mental health during menopause, aesthetics, and skincare. Afternoon Tea is included. 12noon-6pm Canal Court Hotel, Newry. Tickets £45 each available via Eventbrite or organisers Health Events NI; or enter the competition on Newry BID Facebook to be in with a chance of winning a pair of tickets.</p>
<p>Mon 16th</p>	<p>Future Planning course for carers 11am – 12pm</p> 	<p>This course is facilitated by Julie McAleese and focuses on finances – appointee, enduring power of attorney, controllership...what's best?</p> <p>For further details and to book a place please contact carer.support@setrust.hsni.net or phone (028) 4372 1807</p>

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<p>Mon 16th</p>	<p>Walking Groups 10.30am</p> 	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> • Warrenpoint Square 10.30am – 11.30am • Armagh Palace Stables (carers) 10.30am – 12pm
<p>Mon 16th</p>	<p>Reconnections 11.30am – 1pm</p> 	<p>Clanrye Medical Practice Social work team are delivering an 8 week programme for over 65's who would like to reconnect with others and their local community. The Programme offers talks and information from local community organizations along with fun activities. This takes place at Drumalane and Quayside Close Community Centre, Newry every Monday for eight weeks. Referral via your GP</p>  
<p>Tue 17th</p>	<p>Money and Pensions Service Talk 11am – 12pm</p>	<p>One hour webinar covering all aspects of pensions with a 45 min presentation via Teams and 15 mins for questions. There will be a general overview of pensions, state pensions, options on retirement and scams.</p> <p>For meeting link, contact: pensionsoutreach.enquiries@maps.org.uk</p>
<p>Tue 17th</p>	<p>Walking Groups 10.30am</p> 	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> • Derrymore Forest Park 10.30am – 11.30am • People's Park Portadown (carers) 10.30am – 12pm

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Tue
17th

Positive Ageing Afternoon
Tea dance 2pm – 4.30pm



CROT LIEVE

DISTRICT ELECTORAL
AREA FORUM

POSITIVE AGEING AFTERNOON TEA DANCE

Tuesday 17th October 2023 2pm-4.30 pm
Warrenpoint Town Hall

Free
Admission

STRICTLY RSVP
by Tuesday 10th October 2023.
Email: shirley.keenan@nmandd.org



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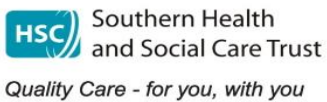
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<p>Tue 17th</p>	<p>Physical Activity for Falls Awareness</p> <p>10.30am – 12.30pm</p>  <p>Comhairle Ceantair an Iúir, Mhúrn agus an Dúin Newry, Mourne and Down District Council</p>  <p>Southern Health and Social Care Trust <i>Quality Care - for you, with you</i></p>	 <p>Positive Ageing Month Celebration Event</p> <p>Positive Ageing Month October</p>  <p>HOME ACCIDENT PREVENTION <i>Stay Steady</i></p> <p>Physical Activity for Falls Awareness</p> <p>WHERE AND WHEN:</p> <p>4th October BANBRIDGE LEISURE CENTRE</p> <p>10th October DUNGANNON LEISURE CENTRE</p> <p>17th October NEWRY LEISURE CENTRE</p> <p><i>Each event will be from 10.30-12.30 with refreshments</i></p>  <p>Southern Health and Social Care Trust <i>Quality Care - for you, with you</i></p>  <p>PHYSICAL ACTIVITY AT EACH EVENT</p> <p>Falls Fighters Talk (20 mins) Strength and Balance (15 mins) Chi Me (15 mins) Functional Fitness MOT (15 mins)</p> <p>To book your place please contact</p> <p>BANBRIDGE EVENT: Stephanie Rock agefriendly@armaghbanbridgecraigavon.gov.uk Tel: 07825 010630</p> <p>DUNGANNON EVENT: Raisa.Donnely@midulstercouncil.org Mobile: 07553 379721</p> <p>NEWRY EVENT: Tara.Smyth@nmandd.org Mobile: 07511 046135</p>
<p>Wed 18th</p>	<p>Virtual Quiz 3pm - 4pm</p>	<p>Quiz will take place via Zoom. To register please contact seniorsinfo@belfastcity.gov.uk</p>
<p>Wed 18th</p>	<p>Cancer Awareness Programme 10am – 1pm</p>  <p>Promoting Wellbeing DIVISION</p>  <p>BREAST & CERVICAL SCREENING AWARENESS PROGRAMME</p>  <p>HSC Public Health Agency</p>  <p>Women's RESOURCE & DEVELOPMENT AGENCY <i>Supporting Women's Groups and Networks Across Northern Ireland</i></p>	<p>Newry City Centre</p> <p>Breast Screening Awareness With information on the importance of breast awareness and breast screening, including a practical demonstration on how to correctly check your breasts, looking and feeling for changes and symptoms.</p> <p>Cervical Screening Highlighting the importance of attending regular screening, what happens at the smear test, who is offered screening, the different results and what they</p>

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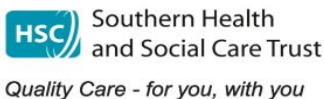


	 <p>Southern Health and Social Care Trust Quality Care - for you, with you</p>	<p>mean.</p> <p>To register please contact deirdre.magill@southerntrust.hscni.net</p>
<p>Wed 18th</p>	<p>Eating Well During Menopause 7pm – 8pm</p>	<p>This free webinar is being delivered live on World Menopause Day.</p> <p>Get top tips from a Registered Dietitian in this live webinar. When? Wed 18th October 7-8pm Register at: https://setrust-hscni-net.zoom.us/webinar/register/WN_6aD_uw</p> 
<p>Wed 18th</p>	<p>Gym Taster Session 10am – 11am</p> 	<p>Introduction to Fitness session for those who have never been or are too nervous to try the gym. This session will put you at ease, allow you to try the equipment without fear of judgment and to speak to the team about your fitness goals. 10am- 11am Pure Gym at The Quays Shopping Centre Booking essential as spaces are limited and a welcome pack will be provided. Pure Gym Introduction to Fitness Booking</p>
<p>Thur 19th</p>	<p>Walking Group 10.30am</p> 	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> Newry Greenway 10.30am – 11.30am
<p>Thur 19th</p>	<p>Menopause Café</p>  <p>Comhairle Ceantair an Iúir, Mhúrn agus an Dúin Newry, Mourne and Down District Council</p>	<p>Drop in Pop Up Menopause Café sponsored by NMD Council to support World Menopause Day.</p> <p>11-12noon Newry Leisure Centre. No booking required.</p>

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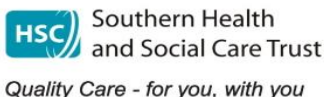





<p>Thur 19th</p>	<p>Gym Taster Session 7pm – 8pm</p> 	<p>Introduction to Fitness session for those who have never been or are too nervous to try the gym. This session will put you at ease, allow you to try the equipment without fear of judgment and to speak to the team about your fitness goals. 7pm-8pm Pure Gym at The Quays Shopping Centre Booking essential as spaces are limited and a welcome pack will be provided. Introduction to Fitness Booking</p>
<p>Thur 19th</p>	<p>Allstate Cyber Safety for Older Adults 10.30am</p>	<p>Learn to safely navigate the internet with Allstate Cyber Safety for Older Adults! Our interactive training covers common online scams, fraud protection, and cybersecurity awareness, including password protection and privacy settings. Celebrate Positive Aging Month with an Allstate Cyber Safety Session via Zoom</p> <p>Register for this FREE training session and gain essential skills to protect yourself online.</p> <p>https://www.allstate.com/cybersafety/forolderadults.aspx</p>
<p>Thur 19th</p>	<p>Carer's Walk with Sharon 10.30am – 12.30pm</p> 	<p>All carers welcome for a walk and a chat through Castlewellan Forest Park - meeting in Community Centre car park at 10.30am.</p> <p>For further information please contact carer.support@setrust.hsni.net or phone (028) 4372 1807</p>
<p>Fri 20th</p>	<p>Walking Group 10.30am</p> 	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> Newry towpath (Win Industrial Estate) 10.30am – 12pm
<p>Fri 20th</p>	<p>Activities</p> 	<p>The Southern Age Well Network's 65 member groups are providing a range of daily activities throughout the month of October in the Newry and Mourne Area. For more information on an activity close to you contact Denise or Kathy on 078 8521 0488</p>

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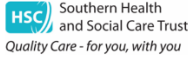




<p>Sat 21st</p>	<p>Repair Café 10am – 12pm</p>	<p>Neighbours helping neighbours fix their stuff for free! This is a meeting place that brings together people with broken items and repair coaches or volunteers with the expertise to fix them. Bring along items such as ornaments, computers, clocks, wooden items, electrical items, bicycle repairs or sewing requirements. Have a coffee and a wee bun, see your repair being done!</p> <p>Hilltown INF Hall - October 21st Castlewellan Community Centre - November 1st Downpatrick Ballymote Community Centre - December 9th</p> <p>If you would like more information or can offer to help, phone 0788 8166 565</p>
<p>Sat 21st</p>	<p>Free blood pressure checks</p>	<p>Curves are hosting a stand in Buttercrane Shopping Centre offering free blood pressure checks Throughout the day free of charge. No booking required.</p>
<p>Mon 23rd</p>	<p>Dementia Virtual Reality Experience</p>   <p>Quality Care - for you, with you</p>  <p>#MDT #DeliveringTogether</p>	<p>The Virtual Dementia Tour (VDT) gives delegates an experience of what dementia might be like by using specialist equipment and creating a simulated environment. Delegates will be expected to carry out simple tasks during the tour and will be able to empathise with challenges that people living with dementia may experience.. During the week, at each of the locations, there will be two sessions am or pm, with 12 spaces on both sessions on all days.</p> <p><u>Locations:</u></p> <p>Newry City Centre x 2 days (within Neighbourhood Renewal areas) South Armagh x 1 day Kilkeel x 1 day As spaces are limited, please contact Karen.faloon@southerntrust.hscni.net to register</p>

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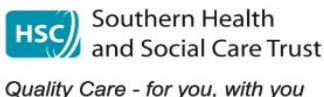


<p>Mon 23rd</p>	<p>Craft Session 12pm – 2pm</p>  	<p>Craft session hosted by SAWN and Caring Coins at Ballybot House, Newry.</p> <p>£5 per person and booking is essential</p> <p>For more information or to book a place please call Denise or Kathy on 07885210488</p>
<p>Mon 23rd</p>	<p>Future Planning Course for Carers 11am – 12pm</p> 	<p>This course is facilitated by Julie McAleese and focuses on deprivation of liberty safeguards and how it applies to you and takes place in Saintfield Community Centre</p> <p>For further details and to book a place please contact carer.support@setrust.hsni.net or phone (028) 4372 1807</p>
<p>Mon 23rd</p>	<p>Reconnections 11.30am – 1pm</p> 	<p>Clanrye Medical Practice Social work team are delivering an 8 week programme for over 65's who would like to reconnect with others and their local community. The Programme offers talks and information from local community organizations along with fun activities. This takes place at Drumalane and Quayside Close Community Centre, Newry every Monday for eight weeks.</p> <p>Referral via your GP</p>  
<p>Mon 23rd</p>	<p>Walking Groups 10.30am</p> 	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> • Warrenpoint Square 10.30am – 11.30am • Armagh Palace Stables (carers) 10.30am – 12pm
<p>Tue 24th</p>	<p>Pottery with Peter 10.30am – 1.30pm</p> 	<p>Creating pumpkins at Preaching House Pottery, Killough</p> <p>For further details and to book for any of the above, please contact carer.support@setrust.hsni.net or phone (028) 4372 1807</p>
<p>Tue 24th</p>	<p>Walking Groups 10.30am</p> 	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> • Derrymore Forest Park 10.30am – 11.30am • People's Park Portadown (carers) 10.30am – 12pm

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<p>Tue 24th</p>	<p>Forget-me-not Memory Afternoon 2.30pm – 4pm</p> 	<p><i>The Whistledown Hotel</i> </p> <p>Forget – Me – Not Memory Afternoon </p> <p>An invitation to people with dementia and their carers to gather in a safe space to enjoy each other's company and engage in fun activities, music and entertainment.</p> <p>There will also be information from groups dedicated to the care of people with dementia.</p> <p>Tea, Coffee and refreshments will be available.</p> <p>Meetings held on the 2nd and 4th Tuesday of each month.</p> <p>THE WHISTLEDOWN HOTEL, WARRENPOINT From 2.30pm – 4.00pm</p> <p><i>All meetings sponsored by</i> In memory of Sarah's late mother, Nan Lawless</p> 
<p>Tue 24th</p>	<p>A Positive Approach to Growing Older 4pm – 5pm</p> 	<p>Life is too short to waste it worrying about getting old! Join us in Kilkeel Library for an information session on the psychological and emotional aspects of getting older. Learn some techniques to help you navigate the waters of time.</p> <p>Booking Essential 028 4176 2278 Kilkeel.library@librariesni.org.uk</p>
<p>Wed 25th</p>	<p>Free Glaucoma awareness session 2.30pm – 3.30pm</p>	<p>Free glaucoma awareness session open to the public. Would you like to learn more about Glaucoma</p> <ul style="list-style-type: none"> • An overview of what is glaucoma including its cause • Introduction to treatment • Where to go for help and further information

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		2.30-3.30pm Via Zoom To register email Helen h.mcvittyohara@glaucoma.uk or telephone 078 370 695 04
Wed 25th	Carer Support Hub Down 10.30am – 12pm 	Carer's support hub at Saintfield Community Centre. For further information please contact carer.support@setrust.hsni.net or phone (028) 4372 1807.
Wed 25th	Discover and Connect Tea Dance 1pm – 4pm   	Join us for afternoon tea and dancing at the Crossmaglen Square Hotel where organisations will give out information on services for people over 60. Price £5 per person. For more information or to book your place please call: 028 3083 5764
Wed 25th	Newry & Mourne Older People's Forum 	The OPF provide representation to the voice of people in the Newry and Mourne Area in the development of a Age Friendly district. Forum members represent over 50's by listening to their concerns about potential barriers which impact on their health and wellbeing, independence, social mobility, safety, freedom of choice and dignity. The Forum works in partnership with the Age Friendly Strategic Alliance, statutory, voluntary agencies and business sector in taking action to resolve these issues and to enhance the rights of over 50's to access services according to their needs. The Forum meets on the last Wednesday of each month (breaking for the summer months). If you would like further information on how to join the Forum please contact: Tara Smyth – Age Friendly Co-Ordinator, Newry Mourne and Down District Council on 0330 137 4024 or e-mail tara.smyth@nmandd.org
Thur 26th	Activities 	The Southern Age Well Network's 65 member groups are providing a range of daily activities throughout the month of October in the Newry and Mourne Area. For more information on an activity close to you contact Denise or Kathy on 07885210488

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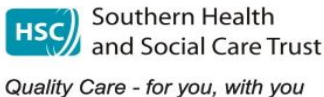






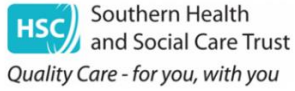




<p>Thur 26th</p>	<p>Clanrye Group Social Café for Men 12pm – 1pm</p>	<p>The Social Café is an opportunity for men to get out of the house, meet new people and have a weekly cuppa and chat. Everyone of all ages is welcome. Clanrye Group at The Quays Shopping Centre. This takes place every Thursday- no need to register.</p>
<p>Thur 26th</p>	<p>Confederation of Community Groups Newry (CCG) open day 11am – 1pm</p>  <p>CONFEDERATION OF COMMUNITY GROUPS</p>	<p>The Good Morning service , operated by the Confederation of Community Groups Newry (CCG) is an invaluable resource for older people in our community, that provides social contact, conversation and information about community services.</p> <p>CCG are hosting an open day in Ballybot House to showcase their new 'My Call Matters' system for the Good Morning Service.</p> <p>This is to show any groups who may be interested in starting a small group volunteer 'hub' in their locality, for anyone interested in volunteering from home, or from our fully equipped base in Ballybot House.</p> <p>We will have tea and coffee on hand from 11am -1pm, with our current volunteers on hand to chat about the role, and what it can offer your group or yourself as an individual.</p> <p>Contact Pat or Conor on 02830261022 or pquinn@ccgnewry.org / ckeenan@ccgnewry.org</p>
<p>Fri 27th</p>	<p>Walking Group 10.30am</p>  <p>Clanrye Group Here To Support You</p>	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> Newry towpath (Win Industrial Estate) 10.30am – 12pm
<p>Sat 28th</p>	<p>Swim for Free</p>  <p>NEWRY BID BUSINESS IMPROVEMENT DISTRICT</p>	<p>Newry BID is supporting people over 65 to access Newry Leisure Centre Swimming Pool for free.</p> <p>Further Information about how to avail of this offer to follow.</p>
<p>Mon 30th</p>		<p>Craft session hosted by SAWN and Caring Coins at Ballybot House, Newry.</p>

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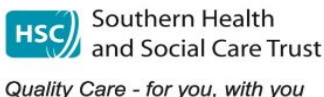


	<p>Craft Session 12pm – 2pm</p>  	<p>£5 per person and booking is essential</p> <p>For more information or to book a place please call Denise or Kathy on 07885210488</p>
<p>Mon 30th</p>	<p>Reconnections 11.30am – 1pm</p> 	<p>Clanrye Medical Practice Social work team are delivering an 8 week programme for over 65's who would like to reconnect with others and their local community. The Programme offers talks and information from local community organizations along with fun activities. This takes place at Drumalane and Quayside Close Community Centre, Newry every Monday for eight weeks.</p> <p>Referral via your GP</p>   <p>Quality Care - for you, with you</p>
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<p>Tue 31st</p>	<p>Walking Groups 10.30am</p>  <p>Clanrye Group Here To Support You</p>	<p>Keep active without noticing on our walk and chat.</p> <ul style="list-style-type: none"> • Derrymore Forest Park 10.30am – 11.30am • People's Park Portadown (carers) 10.30am – 12pm
<p>Tue 31st</p>	<p>Basic First Aid Training</p>   <p>BUSINESS IMPROVEMENT DISTRICT</p>	<p>Newry BID has teamed up with Health Matters to offer a course in Basic First Aid Training free to the public. 9.30am- 12.30pm Health Matters, 11 Monaghan Court, Monaghan Street Newry</p> <p>Booking essential as places are limited. Basic First Aid Booking</p>

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South Eastern Trust Area

Services available for people with dementia and carers

- Dementia Support
- Carer Information Support Programme (CrISP)
- Advocacy
- Singing for the Brain

Contact details

Dementia Support—North Down and Ards Lynda Williams
northdownandards@alzheimers.org.uk 07484 089628

Dementia Support—Down and Lisburn Kelly Meeke
downandlisburn@alzheimers.org.uk 07549 016220

Dementia Support Line

0333 150 3456

If you are affected by dementia, worried about a diagnosis or are a carer, trained staff are ready to give you the support you need.

Opening hours: Mon to Wed: 9am - 8pm,

Thurs and Fri: 9am - 5pm,

Sat and Sun: 10am - 4pm

www.alzheimers.org.uk

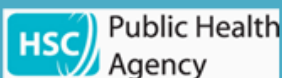


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Later Years Professionals awareness and knowledge of UK CMO Physical Activity guidelines

The Public Health Agency would like to find out about awareness and knowledge of the UK Chief Medical Officer (CMO) physical activity guidelines amongst professionals involved in delivering Later Years services to those over 65 in Northern Ireland. This will help identify any training needs and contribute to the development of any necessary training materials and resources which can support you to promote the CMO guidelines in your professional practice.

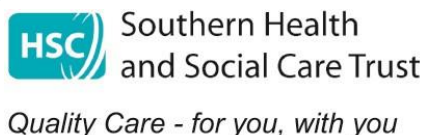
We would really appreciate you taking the time to participate in this survey. It should take no longer than 10 minutes to complete. To take part please click the link below or use the QR code

<https://forms.office.com/e/cADzidS2En>

CLOSING DATE: 6th October



Diabetes Prevention Programme NI



#prediabetes #diabetesprevention #type2

This is a lifestyle behaviour change programme for individuals identified as pre-diabetic to reduce their risk of developing Type 2 Diabetes. It is run Trust wide in local venues and online via Microsoft Teams.

All face to face programmes are scheduled during the daytime. Online programmes scheduled for both during daytime and evening.

Referral to DPP service is required from your GP / Practice Nurse. Referral eligibility criteria outlined on DPP website (<https://southerntrust.hscni.net/service/diabetes/>).

[Diabetes Prevention Video - YouTube](#)

(Diabetes prevention video developed by the team for those who are pre-diabetic or concerned about their risk of Type 2 Diabetes).

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SOME OF OUR GROUPS • ART • ART HISTORY • BOOK READING • BRIDGE • CINEMA
• CRAFTS • CULINARY • GARDENING • GO LOCAL • NATURE • PHOTOGRAPHY •
SCIENCE • SCRABBLE • STROLLERS • WALKING • TABLE TENNIS • THEATRE • WINE
TASTING • DAYS AWAY • BOARD GAMES

PLUS OTHER GROUPS MEMBERS CAN RECEIVE U3A MAGAZINE MONTHLY
CALENDAR OF EVENTS CONTACT DOWNE U3A downeu3a.org 0736 7122765 Email:
downeu3a@gmail.com

“Members often say that Downe u3a has introduced them to a whole host of people whom they would not otherwise have met. A busy social life with frequent outings and regular coffee stops are always a happy occasion. Members remarked how their horizons have expanded and how they enjoy new challenges embrace learning experiences and welcome new friendships in a relaxed atmosphere”

South Eastern Trust Area

[Services available for people with dementia and carers](#)

- Dementia Support
- Carer Information Support Programme (CrISP)
- Advocacy
- Singing for the Brain

[Contact details](#)

[Dementia Support—North Down and Ards](#) Lynda Williams
northdownandards@alzheimers.org.uk 07484 089628

[Dementia Support—Down and Lisburn](#) Kelly Meeke

downandlisburn@alzheimers.org.uk 07549 016220

[Dementia Support Line](#)

0333 150 3456

If you are affected by dementia, worried about a diagnosis or are a carer, trained staff are ready to give you the support you need.

[Opening hours:](#) Mon to Wed: 9am - 8pm, Thurs and Fri: 9am - 5pm,
Sat and Sun: 10am - 4pm
www.alzheimers.org.uk

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BE ACTIVE



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District Council

Spaces are limited. Book now via www.newrymournedown.org/be-active-app

NEWRY LEISURE CENTRE

MONDAY

50+ Gym	10AM - 10:45AM
Water Aerobics	11AM - 11:30AM
Badminton	12PM - 12:45PM
Teen Gym	4PM - 4:45PM

TUESDAY

Strength & Balance	10AM - 10:45AM
LIIT	11AM - 11:45PM
Chi Me	12PM - 12:45PM
Circuits	2PM - 2:45PM
Teen Gym	4PM - 4:45PM

WEDNESDAY

Strength & Balance	10AM - 10:45AM
Water Aerobics	11AM - 11:30AM

THURSDAY

50+ Gym	10AM - 10:45AM
Chi Me	11AM - 11:45AM
Circuits	12:15PM - 1PM
Teen Gym	4PM - 4:45PM

FRIDAY

Parent & Baby Fitness	10AM - 10:45AM
Line Dancing	11AM - 11:45AM
Boccia	12PM - 12:45PM
Nordic Walking (Tow Path)	1PM - 1:45PM

For private community group bookings or more information on leisure centre classes, please contact Laura on 07761761298



£2.20 PER SESSION
£32.70 FOR 20 SESSIONS
£16.40 DD UNLIMITED SESSIONS

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Spaces are limited. Book now via www.newrymournedown.org/be-active-app

DOWN LEISURE CENTRE

MONDAY

Parent & Baby Fitness	9:30AM - 10:30AM
Chi Me	11AM - 11:30AM
Water Aerobics	12:15PM - 12:45PM
Strength & Balance	1:30PM - 2PM
Teen Gym	3:30PM - 4:45PM

TUESDAY

Beginners Bootcamp	10AM - 10:45AM
Boccia	11AM - 12PM
Male Strength	1PM - 1:45PM
Spin	2PM - 2:30PM
Teen Gym	3:30PM - 4:45PM

WEDNESDAY

Spin	9:30AM - 10AM
Chair Aerobics	11AM - 11:30AM
Water Aerobics	12:15PM - 12:45PM

THURSDAY

Parent & Baby Fitness	9:30AM - 10:30AM
Move More	11AM - 11:45AM
Female Strength	12:15PM - 1PM
Pickleball and Badminton	1:30PM - 2:30PM
Teen Gym	3:30PM - 4:30PM

FRIDAY

Older & Active	10AM - 12PM
Water Aerobics	12:15PM - 12:45PM
Bootcamp	1:15PM - 2PM

For private community group bookings or more information on leisure centre classes, please contact Conor on 07966771653



£2.20 PER SESSION
£32.70 FOR 20 SESSIONS
£16.40 DD UNLIMITED SESSIONS

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District Council

Spaces are limited. Book now via www.newrymouredown.org/be-active-app

KILKEEL/NEWCASTLE LEISURE CENTRES

MONDAY - KILKEEL

Older & Active	10AM - 11AM
Water Aerobics	1PM - 1:30PM
LIIT	2PM - 2:45PM
Multi-Sports	3PM - 3:45PM
Soccer Skills	4PM - 4:45PM

TUESDAY - NEWCASTLE

Parent & Baby Fitness	9:30AM - 10:15AM
Older & Active	11AM - 12:15PM
Lunchtime Circuits	12:30PM - 1:15PM
Walking Group	1:30PM - 2:15PM
Teen Gym	4PM - 4:45PM

WEDNESDAY - KILKEEL

Beginners Bootcamp	10AM - 10:45AM
Walking Group	11AM - 11:45AM
Strength & Balance	12PM - 12:45PM
Teen Gym 1	3:30PM - 4:15PM
Teen Gym 2	4:15PM - 5PM

THURSDAY - NEWCASTLE

Beginners Bootcamp	10AM - 10:45AM
Older & Active	11AM - 12:15PM
Chi Me	12:30PM - 1:15PM
Walk & Talk	1:30PM - 2:15PM
Teen Gym	4PM - 4:45PM

FRIDAY - KILKEEL

Parent & Baby Fitness	10AM - 10:45AM
Walking Group	11AM - 11:45AM
Chi Me	12PM - 12:45PM
Water Aerobics	1:30PM - 2PM
Beginners Spin	2:30PM - 3PM

For private community group bookings or more information
on leisure centre classes, please contact Amy on 07872163539



£2.20 PER SESSION
£32.70 FOR 20 SESSIONS
£16.40 DD UNLIMITED SESSIONS

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and Down
District Council

City of Newry
U3A
Learn, laugh, live
www.newryu3a.org



HSC Southern Health
and Social Care Trust
Quality Care - for you, with you

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: tara.smyth@nmandd.org T: 0330 137 4024/ 0330 137 4902 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: tara.smyth@nmandd.org T: 0330 137 4024 or visit <https://www.newrymournedown.org>



Southern Age Well Network

Is an umbrella organisation supporting 65 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 0788 5210 488. Or visit 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

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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

See website— www.southerntrust.hscni.net



Newry U3A

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



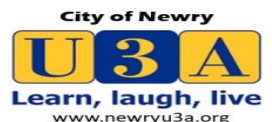
Volunteer Now works to promote, enhance and support volunteering across Northern Ireland. Volunteer Now is about **connecting** with individuals and organisations to **build** healthy communities and create positive **change**.

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

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Comhairle Ceantair
an Iúir, Mhúrn
agus an Dúin
Newry, Mourne
and Down
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Funded by the Atlantic Philanthropies The Unlocking Potential Project works to increase the recognition for and involvement of people from older age groups in volunteering. Visit our website at www.volunteernow.co.uk

Independent Volunteer

Jennifer Kelly, has been apart of the positive ageing committee from the beginning. Brining her experitise, creative design and flair to the project.

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