



South Eastern Health  
and Social Care Trust



# International Older Persons Day



**1 October 2016**

**South Eastern Area**



**Health Development**  
Department



**MAKING LIFE BETTER**



## Foreword

As in the rest of the world, the number of older people in Northern Ireland is growing. There is no doubt that our society will benefit from this. Older people contribute to their communities, families, faith and ethnic groups providing volunteer services, caring for family and friends and spending money in the local economy, running businesses and working well past the traditional retirement age.



As Commissioner for Older People for Northern Ireland, I am proud of the contributions that older people make every day and of the benefit they bring to the community here.

I have the privilege of engaging with older people on a daily basis, hearing about their lives, the challenges they face and the things that they do. I am often hugely impressed by the difference many older people make to their families and communities every day. Younger family members often rely on older relatives to assist with childcare, doing the school run, helping with homework and preparing meals. Many faith groups and voluntary organisations simply could not exist without the help of their older volunteers. In fact, the total economic value of older people volunteering from 2012-2062 will be £25 billion to the economy of Northern Ireland.

And when we consider the 50,000 unpaid older carers in Northern Ireland who play a key role in enabling loved ones, relatives or friends to remain at home I believe we owe our over 60s a debt of gratitude. Underpinning our entire health and social care system, older carers save the health service millions of pounds each year and in the next 50 years or so (2012-2062), the economic value of their contribution will be a staggering £34 billion.

Events such as the UN International Day of Older Persons are so important in recognizing the positive impact that older people make in their communities. This programme is full of exciting activities and events to mark the day and I hope Northern Ireland joins in and celebrates older age on 1 October.

***Eddie Lynch, Commissioner for Older People for Northern Ireland***

## Introduction

A demographic revolution is underway throughout the world. Today, there are around 600 million persons aged 60 years and over world-wide. This number will double by 2025 and will reach two billion by 2050, with the vast majority of older persons living in the developing world (WHO). In the South Eastern Trust area there are approximately 64,000 people aged 65+ and by 2025 this will have increased to approximately 80,000, representing a large proportion of our society.

In order to recognise the important contributions that older people make to our world, while raising awareness towards issues of ageing, the United Nations designated 1 October as the International Day of Older Persons. The South Eastern Health and Social Care Trust together with our partners and affiliates wish to commemorate this day and recognize and celebrate the achievements and contributions that older people make to our society by compiling a fun and exciting programme of activities and events.

***Please Note:*** Information in this booklet was correct at the time of going to press. Please contact individual organisers for further information.

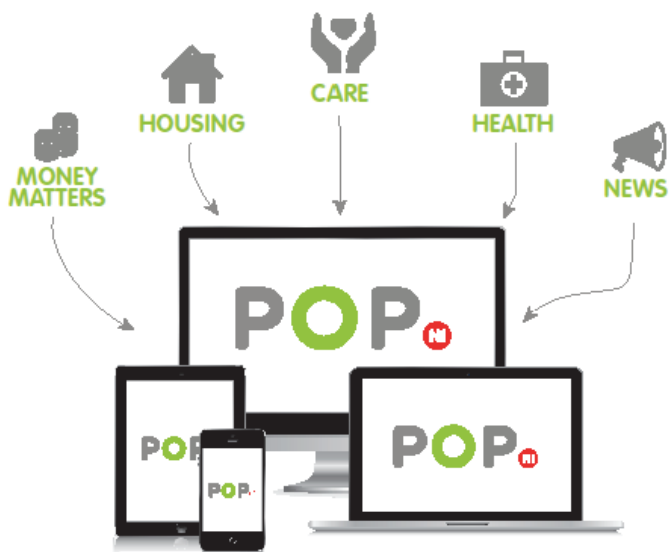
<b>Activity / Event</b>	<b>Moira Friendship Group</b> Afternoon Tea party
<b>Date / Time</b>	Tuesday 4 October 2.00pm - 4.00pm
<b>Comments</b>	Moira Friendship Group will be holding afternoon tea party also a guest speaker is attending Missions to Seafarers.
<b>Cost</b>	£3
<b>Transport</b>	N/A
<b>Contact</b>	Alison Bell (028) 9261 2119

<b>Activity / Event</b>	<b>International Day of Older People Celebration</b> <b>Lunch &amp; Sing-along at Maghaberry Community Centre</b>
<b>Date / Time</b>	Friday, 7 October 2016 11.30am - 2.00pm
<b>Comments</b>	A lunchtime event to celebrate International Day of Older Persons.
<b>Cost</b>	FREE - Numbers required for catering purposes so please ring to book a place!
<b>Transport</b>	Free parking
<b>Contact</b>	Wendy McDowell - Tel: (028) 9268 0852 (please leave a message on answer machine) or email Wendy.McDowell2@setrust.hscni.net

<b>Activity / Event</b>	<b>Dementia Carer Support Group</b>
<b>Date / Time</b>	<p>6 October 2016 - <b>Benefits Advice and Welfare Reform</b>, Brenda Kearns Head of Advice and Advocacy Age NI</p> <p>3 November 2016 - <b>Dementia and the Law - what you need to know.</b> Michael Graham, Solicitor</p> <p>1 December 2016 - <b>Christmas Quiz &amp; Social Event</b></p> <p>The Group meets on the first Thursday evening of each month - 7.00pm to 8.30pm at the <b>CONSULTATION ROOMS WAITING AREA, GROUND FLOOR, DEPT OF ELDERLY MEDICINE, LAGAN VALLEY HOSPITAL.</b></p>
<b>Comments</b>	Caring for a family member with dementia can be challenging and this Group provides carers with the opportunity to meet other carers, share experiences and gain support.
<b>Contact</b>	<p>Barbara Canning, Dementia Navigator Tel: (028) 9250 1325</p> <p>Laura Huston, Alzheimer's Society Tel: (028) 9756 4681</p>

# POP<sup>NI</sup>

AN ONLINE COMMUNITY GUIDE  
FOR SENIORS IN NORTHERN IRELAND



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www.popni.net  
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**advice<sup>ni</sup>**  
The Independent  
Advice Network  
An Advice NI Project

<b>Activity / Event</b>	<b>Shopping Day Trip (Newry)</b>
<b>Date / Time</b>	Wednesday 12 October
<b>Comments</b>	You Shop We Carry
<b>Cost</b>	FREE
<b>Transport</b>	Provided (maximum 30 people) Meeting at Maghaberry Community Centre 9.30am return 5.00pm
<b>Contact</b>	Tracey Crothers 07702 254 227 / (028) 9261 7124

**ACTIVE  AGEING EVENTS**

<b>Activity / Event</b>	<b>Free Come and Try it Activities for persons 60 and above</b>
<b>Date / Time</b>	<b>Monday 3 October</b> Glenmore Activity Centre <b>Thursday 6 October</b> Lough Moss Leisure Centre <b>Friday 7 October</b> Lagan Valley LeisurePlex <b>Monday 10 October</b> Kilmakee Activity Centre
<b>Comments</b>	Planned activities would include aquatic sessions, line dance, Zumba Gold, pickleball, pilates, yoga, gym, yoga, ten-pin bowling, gym & spa, bowls etc. Free Gym induction session is also available to persons 60 +
<b>Cost</b>	Free of Charge
<b>Contact</b>	Jim Murray Jim.murray@lisburncastlereagh.gov.uk Tel: (028) 9260 0254



<b>Activity / Event</b>	<p style="text-align: center;"><b>New Age Games</b></p> <p style="text-align: center;">(Physical Activity morning for Over 60s)</p> <div style="text-align: center;">  <p style="text-align: center;">Safe And Well Project</p> </div> <p style="text-align: center;">Loughmoss Leisure Centre, Carryduff</p>
<b>Date / Time</b>	<p>Thursday 6 October 2016</p> <p>10.00am - 1.00pm</p>
<b>Comments</b>	<p>Games and Physical Activity sessions for older people, including seated bowls and target games.</p>
<b>Cost</b>	<p>FREE</p>
<b>Contact</b>	<p>Ron McKnight (028) 9081 14884</p> <p>C-SAW Team (028) 9081 1965</p>






<b>Activity / Event</b>	<p style="text-align: center;"><b>Take your Grandparent to School (Colin area)</b></p>
<b>Date / Time</b>	<p><b>Tuesday 4 October</b> St Kieran's Primary School (3 classes)</p> <p><b>Wednesday 5 October</b> Scoil Na Fuisseoige ( 1 class)</p> <p><b>Thursday 6 October</b> Our Lady Queen of Peace (3 classes)</p> <p><b>Friday 7 October</b> Holy Evangelists</p>
<b>Comments</b>	<p>Children will learn about smoking cessation, home accident prevention, the local library and participate in some intergenerational street games.</p>
<b>Contact</b>	<p>Maureen Bruce (028) 9060 2705</p>

# CARING COMMUNITIES



## SAFE & WELL

Offers people aged 65 years and over in Ards, North  
Down, Lisburn and Down the opportunity to:-

-  Meet new people
-  Get out and about
-  Keep active and healthy
-  Have safe and secure homes
-  Access information and advice.

To hear more give us a call

(028) 9756 6934




Monday - Friday 9.00am - 5.00pm


or email



[safeandwell@setrust.hscni.net](mailto:safeandwell@setrust.hscni.net)

<b>Activity / Event</b>	<p style="text-align: center;"><b>Strictly Millisle</b> (12 week dance programme)</p>  <p style="text-align: center;"><b>Ganaway Activity Centre, Millisle</b></p>
<b>Date / Time</b>	Starting - Thursday 13 October, 7.00pm
<b>Comments</b>	Rumba, Foxtrot, Mambo, Swing...
<b>Cost</b>	£25 for 12 weeks, refreshments included
<b>Contact</b>	<b>Millisle Health and Wellbeing Group</b> 07515 406 285 or check out our FACEBOOK page

<b>Activity / Event</b>	 <p style="text-align: center;"><b>Carers Support</b></p>
<b>Date / Time</b>	<p><b>Tuesday 11 October</b>, (7.00pm - 8.30pm) Millbrook Court, 228 Donaghadee Road, Bangor, BT20 4RZ</p> <p><b>Wednesday 5 October</b> (2.30pm - 4.00pm) Hollywood Care Home, 221 Old Hollywood Road, Holywood, Belfast, BT18 9QS</p>
<b>Comments</b>	Open meeting
<b>Cost</b>	NA
<b>Contact</b>	Lynda Williams (028) 9181 0083

<b>Activity / Event</b>	 <p style="text-align: center;"><b>Dementia Drop In Sessions</b></p>
<b>Date / Time</b>	<p><b>Market House Portaferry</b> Tuesday 11 October, 2.00pm - 4.00pm</p> <p><b>Ballygowan Village Hall</b> Wednesday 12 October, 2.00pm - 4.00pm</p> <p><b>Kircubbin Community Centre</b> Thursday 13 October, 2.00pm - 4.00pm</p> <p><b>Carrowdore Community Centre</b> Monday 17 October, 2.00pm - 4.00pm</p> <p><b>Portavogie Community Centre</b> Wednesday 19 October, 2.00pm - 4.00pm</p>
<b>Comments</b>	<p>Do you have questions about dementia?</p> <p>Come along to one of our drop in sessions with the local Dementia Support Worker for free information and advice to anyone who has questions about dementia or wants to find out more about caring for a person with dementia.</p>
<b>Cost</b>	NA
<b>Contact</b>	For more information, contact the North Down & Ards Office on  (028) 9181 0083

## What is Dial a Lift?

- A door-to-door service for individuals who live in the Down, Ards and North Down area.
- Operates between 8am & 6pm, Monday to Friday
- Can be used to access employment, training, local services such as GP, chemist, shopping, visit friends, recreational facilities
- Can be used to attend appointments at Hospital
- Translink Smart Pass holders can access free or half fare travel through funding from DARD

## Group Transport

- **Minibuses available for hire for member groups**
- **With or without a driver**
- **Mostly fully accessible vehicles**
- **Current groups include older people, youth groups, community associations, sporting groups, church groups, local charities.**

**Call: 028 4461 6323**

**Email: [bookings@ddat.travel](mailto:bookings@ddat.travel)**



<b>Activity / Event</b>	<b>Older Persons Community Tea and Social Evening</b>
<b>Date / Time</b>	5 October 2016 at 7.00pm
<b>Comments</b>	Drumlough Community Association would like to mark this Celebration event for Older Persons.
<b>Cost</b>	Free
<b>Contact</b>	Maureen Stanfield (028) 9268 3277

<b>Activity / Event</b>	<b>Senior's Tea Party - Lisburn</b>
<b>Date / Time</b>	Monday 10 October
<b>Comments</b>	Tea Party for seniors is to promote positive mental health to older people in the community, and to hear about the 'five ways to wellbeing'.
<b>Cost</b>	FREE
<b>Contact</b>	Maureen Bruce 07834 929 103

<b>Activity / Event</b>	<b>Coffee Morning – Ballymac Hotel Lisburn</b>
<b>Date / Time</b>	Friday, 3 September 2016 10.00am - 12.00 noon
<b>Cost</b>	Donations In Support of McMillan Nurses

<b>Activity / Event</b>	<b>Young at Heart</b> Maxwell's Courtyard, Kircubbin, Join us for a cuppa, fun and friendship
<b>Date / Time</b>	Thursday 6 October 2.00pm - 4.00pm
<b>Comments</b>	Suitable for all aged 50+ and a lift is available
<b>Cost</b>	FREE
<b>Contact</b>	Sandra (028) 9182 8884 or Kirsty (028) 4273 9021

<b>Activity / Event</b>	<b>Strictly Ballywalter</b> (Learn to Dance and come along for the 'craic')
<b>Date / Time</b>	Every Wednesday for 10 weeks 2.00pm - 4.00pm Ballywalter Village Hall
<b>Comments</b>	Free refreshments
<b>Cost</b>	FREE
<b>Contact</b>	Sandra (028) 9182 8884

<b>Event</b>	<b>Green Gym / Community Garden Launch</b> Kircubbin Community Centre
<b>Date / Time</b>	Wednesday 28 September 10.00am-1.00pm
<b>Comments</b>	Enjoy a multi-sensory experience whilst getting active, connecting with others and doing something good for the community. Green gym demonstrations, free Active Aging exercise classes at 11.00am and refreshments
<b>Cost</b>	Free
<b>Transport</b>	Bus access. Free Car parking
<b>Contact</b>	Sheila Bailie (028) 4273 9021

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Department for

**Communities**

[www.communities-nl.gov.uk](http://www.communities-nl.gov.uk)

\*Your network operator may charge for calls from a mobile.



<b>Activity / Event</b>	<b>Killinchy Senior Citizens Tuesday Club</b>
<b>Date / Time</b>	Tuesdays from 10.30am - 1.30pm
<b>Comments</b>	A varied programme of activities to include gentle exercise, interesting speakers, musical entertainment, outings. Morning tea and biscuits and a hot mid-day meal.
<b>Cost</b>	£4 for the meal
<b>Transport</b>	Voluntary drivers within the local area, and Down Community transport.
<b>Contact</b>	Joan Warrington (028) 9754 1273


<b>Activity / Event</b>	<b>Churches Enabling Seniors</b> - are considering the launch of two new focus groups:  <b><i>Care Homes' Support &amp; Befriending Ministries</i></b>
<b>Date / Time</b>	10.30am Thursday 22 September in Kings Church, 196 Seacliffe Road, Bangor, BT20 5HA
<b>Comments</b>	If you are interested in learning more about either group you will be most welcome! Come and join us for a cup of tea / coffee.
<b>Cost</b>	Free
<b>Contact</b>	Derek Cummings derekcummings@talktalk.net 07587 700 426

<b>Activity / Event</b>	<b>Walking Football - Ards Leisure Centre</b> 
<b>Date / time</b>	5 October, 5.30pm - 6.30pm continuing every Wednesday
<b>Comments</b>	Exercise while having FUN
<b>Cost</b>	FREE
<b>Contact</b>	Jackie Robinson (028) 9182 2632 or Craig Brotherston 07841 110 061

<b>Activity / Event</b>	<b>Meet your MLA: Kellie Armstrong</b> MLA for Strangford – Open morning, (14 South Street, Newtownards)
<b>Date / time</b>	<b>Saturday 1 October, 9.30am - 11.30am</b>
<b>Comments</b>	To celebrate 'Older Persons Day' Kellie Armstrong MLA is hosting an open morning in her constituency office where people aged 55 and over can meet her and hear first-hand how your MLA is working for you
<b>Transport</b>	Good bus access. Car Parking is available in South Street car park (£1 for 5 hours)
<b>Cost</b>	FREE
<b>Contact</b>	Sarah Christie (028) 9181 1414

<b>Activity / Event</b>	<b>International Day of Older People Celebration</b> Newcroft Lodge EMI Holywood, Games and Activities
<b>Date / time</b>	<b>Tuesday 4 October, 10.00am - 4.00pm</b>
<b>Comments</b>	Arts and crafts, reminiscence AM, Boccia bowls PM Residents only
<b>Cost</b>	FREE
<b>Contact</b>	(028) 9042 4614

<b>Activity / Event</b>	<b>Caring Communities Safe &amp; Well Information Stand</b> <b>Ulster Hospital</b> (Lobby/Main Entrance) <b>Downe Hospital</b> (Lobby/Main Entrance)
<b>Date / time</b>	Wednesday 5 October 2016 10.00am - 4.00pm
<b>Comments</b>	Meet your local Caring Community Officer, find out information on local older peoples services and how to become a Volunteer Befriender.
<b>Cost</b>	Free
<b>Transport</b>	<b>Ulster Hospital</b> - Bus Access/Car Parking fees apply <b>Downe Hospital</b> - Bus Access/Free Parking
<b>Contact</b>	Gráinne Taggart - Service Administrator Tel: (028) 9756 6934

<b>Activity / Event</b>	<b>Take the next step</b> 
<b>Date / time</b>	Any date, you choose when to start.
<b>Comments</b>	<p>Counting steps each day is one way to measure how active we really are. By building up the number of steps, we can all increase our physical activity without having to try too hard.</p> <p>Counting the number of steps you already take and setting yourself increasing targets means you can improve your health and wellbeing.</p>
<b>Cost</b>	Free though you may need to purchase a pedometer for a few pounds.
<b>Contact</b>	For all information, go to <a href="http://www.choosetolivebetter.com">www.choosetolivebetter.com</a> Email: <a href="mailto:stepchallenge@hscni.net">stepchallenge@hscni.net</a>

# Active Ageing Programme



For **Wellbeing**, For **Health**, For **Fun!**

A great way to meet new people, stay active and engage in new activities.  
Classes start from **just £1.75**, ask reception for more details.



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THE ACTIVE AGEING PROGRAMME IS PART FUNDED BY...



HSC South Eastern Health and Social Care Trust

HSC Public Health Agency



**Wednesday 16 November 2016, 9.30am - 1.00pm**

Lagan Valley Island Conference Centre, Lisburn

The Age Friendly Initiative is an International effort to help both cities and rural areas plan and respond to the rapid ageing of our population.

### **Local action**

Making both cities and rural communities age-friendly is an effective local policy approach for responding to population ageing. The physical and social environments are key determinants of whether people can remain healthy, independent and autonomous long into their old age.

The World Health Organisation age-friendly guide highlights 8 domains that cities and communities can address to better adapt their structures and services to the needs of older people: the built environment, transport, housing, social participation, respect and social inclusion, civic participation and employment, communication, and community support and health services.

The South Eastern Trust, the Public Health Agency, Ards and North Down Borough Council and Lisburn and Castlereagh City Council have joined forces to organise an inaugural Age Friendly Conference on 16 November to 'kick start' the Age Friendly Process.

To book a place please contact Joan Crossey

**[Joan.Crossey@hscni.net](mailto:Joan.Crossey@hscni.net)**



**Active  
Ageing**  
Programme



*For Wellbeing, For Health, For Fun!*

# FREE CLASS PASS

This pass entitles the holder to **ONE FREE CLASS** at Bangor Aurora!  
Choose from; Strength & Balance, Chi Me, Pilates, Indoor Short Mat Bowls!

Simply hand this voucher into reception  
on arrival to redeem your free class. ENJOY!



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