NEWSLETTER

**DATES FOR YOUR DIARY 2013**

**DO NOT FORGET booking is required for EVENTS (All events are FREE of charge)/ACTIVITIES by phoning**

**028 9127 1968 or e mail** [**agenda@agenorthdownards.co.uk**](mailto:agenda@agenorthdownards.co.uk) or call in to

**24 Hamilton Road, Bangor 10am to 2pm Monday to Friday**

**AGENDA will be closed to the public on Monday 18 March, Monday 1st April,**

**Tuesday 2nd April, Monday 6th May and Monday 27th May 2013**

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| **OVER 50’S FORUM - Safety of Seniors Events**  **Tuesday 26th February 2013**  **In Queens Hall, Holywood**  **Information Stands including: NIFRS, PSNI, Police and Community Safety Partnership, Road Safety Committee, Institute of Advanced Motorists, HAP**  **Between 2.00pm and 3.00pm. Tea/coffee/biscuits available**  **Thursday 14th March 2013**  **In Maxwell Hall, Groomsport Parish Church**  **From 1.00pm for Light Lunch to 4pm**  **Speaker – Det Constable S Crooks, PSNI – TOPIC FRAUD – Crime Prevention info to help you stay safe from Fraudsters. Plus - Information Stands**  **PLACES MUST BE BOOKED by Thursday 28 February 2013**  **Tel: 028 9127 1968 or call in to 24 Hamilton Road, Bangor Mon-Fri 10am to 2pm or email agenda@agenorthdownards.co.uk**  **Wednesday 20th March 2013**  **In Marine Court Hotel**  **From 10.30am (Morning Tea) to 12.30pm (Light Lunch)**  **TALK ON PERSONAL SAFETY**  **+**  **Presentation by - North Down & Ards Road Safety Committee**  **Plus - Information Stands PLACES MUST BE BOOKED BY Wednesday 6th March 2013**  **Tel: 028 9127 1968 or call in to 24 Hamilton Road, Bangor Mon-Fri 10am to 2pm or email agenda@agenorthdownards.co.uk**  **The above Events are funded by North Down**  **Policing & Community Safety Partnership**    1  **AGENDA Senior Olympic Games**  **A morning of fun and games! participants will have the opportunity to learn, practice and compete in a range of games and sports such as Boccia and New Age Curling. There will be a Team Pentathlon event in which everyone can play their part. You don't need to be sporty or very active - it will be paced to suit you and is more about getting out and having some fun than proving you are a superstar.**  **Wednesday 6th March 2013**  **In Bangor Castle Leisure Centre**  **Start at 10am for tea and finish at 1pm with light lunch**  **and**  **Medals will be presented on the day by**  **Colm McAlinden Local Sports Presenter with UTV**  **PLACES MUST BE BOOKED by 27 February 2013**  gif pha**Event has been funded by Public Health Agency through AGENDA and supported by North Down Community Network** |

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| **OVER 50’S FORUM – Council Event**  **“Meet your Local North Down Borough Councillors”**  **Tuesday 12th March 2013**  **In Town Hall, The Castle, Bangor**  **Tea 10.30am Lunch 12.30pm**  **PLACES MUST BE BOOKED**  **Do you have any questions/issues you would like to submit at the Council Event? If you do you must agree to attend the event**  **Please email question to** [**agenda@agenorthdownards.co.uk**](mailto:agenda@agenorthdownards.co.uk) **or post to or call in to 24 Hamilton Road, Bangor Mon-Fri 10am to 2pm before Wednesday 20th February 2013**  **Event is funded by North Down Borough Council Community Development Grant** |

**OVER 50’S FORUM – Tea Dance**

**On Tuesday 12th March 2013**

**In Queens Leisure Complex, Holywood**

**From 2pm for light lunch to 4pm**

**Dancing from the local Indian community**

**We would encourage people over 50 from an ethnic minority background**

**to join us at the Tea Dance and get involved in the Forums activities**

**PLACES MUST BE BOOKED BY Tuesday 26 February 2013**



“This project has been joint funded by North Down Borough Council's Good Relations Programme and the Community Relations Unit, OFMDFM”.

**OVER 50’S FORUM – Health Event**

**Topic “Home First Aid for Health –**

**simple effective remedies using essential oils and reflexology”**

**Wednesday 13th March 2013**

**In Strangford Arms Hotel, Newtownards**

**From 10.30am for tea to 12.30pm with light lunch**

**Speaker – Anne-Marie MacMurdo**

**PLACES MUST BE BOOKED by Wednesday 27th February 2013**

**Event funded by Public Health Agency**

**AGENDA REACH Men’s Health Group is open to all men aged 50 and over. It provides a range of talks, activities and visits to places of interest and promotes health, mental wellbeing and social networking.**

**PLACES FOR OUTINGS MUST BE BOOKED (In partnership with North Down Community Network)**

**21st February 2013 Talk by Mark Boyd, Falls Prevention**

**7th March 2013 Ten Pin Bowling, Dundonald Ice Bowl**

**21st March 2013 Talk by Lady Sylvia Hermon MP**

**4th April 2013 Talk on Diabetes**

**18th April 2013 Trip to Armagh**

**2nd May 2013 Talk on Health Diet Cooking**

**16th May 2013 Trip to Mountstewart Gardens**

**6th June 2013 Trip to American Folk Park**

**20th June 2013 End of Year Celebration**

**Please contact AGENDA on 028 9127 1968 Mon-Fri 10am 2pm or email**[**agenda@agenorthdownards.co.uk**](mailto:agenda@agenorthdownards.co.uk)

**PLUS is a wellness group for anyone, male or female, aged 50 and over. It meets twice-monthly to provide a range of activities that help sustain wellness on a number of levels: physically, socially, intellectually and emotionally. The meetings are relaxed and informal with activities designed to be inclusive, interesting and occasionally intriguing. Previous programmes have included visits to Belfast City Hall and the War Museum; heritage walks in Bangor or strolls along the coastal path; talks on Alzheimer's and herbal remedies: games and play readings. Activities are decided by the members. Meets 2nd and 4th Thursday of each month. Fit 4 Life is a physical activity programme to encourage and engage older people in structured physical exercise. Meets 1st and 3rd Thursday of each month (occasionally included with PLUS).**

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| Date (*Thursday’s*) | Time | Group |
| 21 February 2013 | 3.15 – 4.00pm | Fit 4 Life |
| 28 February 2013 | 2.00 – 4.00pm | **PLUS +** Fit 4 Life (at 3.15pm) |
| 07 March 2013 | 3.15 – 4.00pm | Fit 4 Life |
| 14 March 2013 | 2.00– 4.00pm | **PLUS** Talk on HolocaustTBC |
| 21 March 2013 | 3.15 – 4.00pm | Fit 4 Life |
| 28 March 2013 | 2.00 – 4.00pm | **PLUS** Dublin (full day) |
| PLUS meets in AGEnda, 24 Hamilton Road, Bangor | | |
| Fit 4 Life meets in the Borough Gymnasium, Hamilton Road, Bangor | | |

For further information contact: greg martin, North Down Community Network

**\*NDCN**, 5 Castle Park Avenue, Bangor (in the grounds of SERC) 028 9146 1386 *or* 07557 657604 *or* gregorymartin@ndcn.co.uk

**Building Positive Relations PEACE III Project**

**Invitation - Programme on Citizenship**

**Have you an interest in finding out what Citizenship is and how it could benefit you and your local community then this is the course for you.**

**A practical and interactive programme will explore what citizenship means and will provide examples of what local people have achieved through working together on issues of concern to the local community.**

**Who is the Programme for?**

**For anyone who would like to develop their knowledge and understanding of citizenship and to become more actively involved in local projects.**

**When will the course take place?**

**The course will held on Tuesday mornings for four weeks, 10.30am - 12.30pm in Hamilton House, Bangor.**

**5 March 2013 Session 1 Introduction - to Citizenship what it is and how to develop the skills and**

**knowledge to get involved**

**12 March 2013 Session 2 Networking meeting with others who are active in this area, what they have achieved and have gained personally form their involvement in the area.**

**19 March 2013 Session 3 Where we are now and where we need to get to and how.**

**26 March 2013 Session 4 Action Planning and next steps.**

**To find out more or to more or sign up for the programme please contact**

**Donna Mackey or Felicity Atwell 028 9127 0371 ext 6101 or 8125**

**This project has been funded by the EU’s PEACE III Programme, managed by the Special EU Programmes Body and delivered by the North Down, Ards, & Down Council’s Cluster**

**AGENDA (AGE north Down & ards) formerly age concern**

You feel better for it. A review of all the research on volunteering and health by Rachel Casiday from the University of Wales found that volunteering benefits volunteers as much as, if not more than, the people they are helping. Apparently it can help you live longer, improve your mental health, help you stay fitter and means you cope better if you become ill.

**Volunteers required: EXAMPLE,**

**Good Morning Call service. Good communication skills and able to work as part of a team**

**Support Group Leader/Helper – Has an interest in supporting older people**

**Reception/admin support volunteer with IT skills – support & signposting Mon-Fri 10amto2pm**

**Team Leaders – to run a Womens Health Group and organise speakers and outings**

**Team Leaders – to run groups for socially isolated people in 24 Hamilton Road.**

**For more information and/or Volunteer Application form contact AGENDA on 028 9127 1968**

**or call in to 24 Hamilton Road, Bangor Monday to Friday 10am to 2pm or email** [**agenda@agenorthdownards.co.uk**](mailto:agenda@agenorthdownards.co.uk)

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SMART GARDENS – **Grass cutting service (fully insured – private & commercial) contact Glenn Armstrong Mobile 07799 796 247**

**WOODMAC & SON Electrical Services contact Woodrow McAuley**

**Tel: 028 9127 2022**