

Positive Ageing Month

Positive Ageing Month takes place this October and is a month-long festival of events and activities to highlight the valuable contribution older people make to everyone's lives. It encourages older people to reach out and connect not only to reduce social isolation and loneliness but to support them to live, long healthy lives.

Check out all the Positive Ageing Month Activities available throughout the Borough this October. **Booking is essential.**

Please note all face-to-face activities will have strict social distancing and other covid measures in place. Activities may be cancelled at any time in line with Government guidelines

FRI 1 OCT

INTERNATIONAL OLDER PERSONS DAY - Lord Mayors Address

Connect: **Age Friendly Press Release** - in local papers/social media

SUN 3 OCT

Be active: **Silver Sunday Age-friendly Museums Day - 10.30pm to 1pm**

Come along to the Ulster Museum in Belfast for a socially distanced visit, refreshments and a chance to chat and find out what's going on over October, have a walk in Botanic gardens and make a day off it. Call **028 9044 0000** to book in.

MON 4 OCT

Connect: **Falls Awareness Workshop 1 #think falls, chatty calls**
10:30am to 11:30am (via zoom)

Join us every Monday throughout October for a series of chats with professional's involved in falls prevention. To register and receive your FREE resource pack call or email the Age Friendly Co-ordinator on:

07553 379 721 or raisa.donnelly@midulstercouncil.org

Give: **Random Act of Kindness**

Do something nice for someone else

TUES 5 OCT

Keep Learning: **Digital Support workshop - The Hayloft Armagh - 10am to 11.30am**

Learn how to get online and start using the Internet. To book call Edel on **07500 107 835** or email Edel.Skelton@armaghbanbridgecraigavon.gov.uk

Take notice: **Chi Me & Take 5 - The Hayloft Armagh - 2pm to 3.30pm**

Listen to the Take 5 steps to wellbeing message followed by a Chi Me activity session. To book call Cathy on **07796 266 194** or email cathy.devlin@armaghbanbridgecraigavon.gov.uk

Keep Learning: **Dementia Friendly Communities awareness workshop**
10 to 11am (via zoom)

A short awareness talk for anyone who wants to understand more about what it is like to live with dementia or care for someone living with dementia. Learn about types of dementia, signs and symptoms, and small things you can do in your community to make a positive difference for people living with the condition.

To book, or for more information, please email: julie.morton@alzheimers.org.uk

WED 6 OCT

Connect: **Linking Generations NI - 10.30am** (via zoom)

Come and find out more about Linking generations and how they can support you with intergenerational work. To book email Infolgni@bjf.org.uk

THURS 7 OCT

Keep Learning: **Digital Support workshop - The Hayloft Armagh - 10am to 11.30am**

Learn how to get online and start using the Internet. To book call Edel on **07500 107 835** or email Edel.Skelton@armaghbanbridgecraigavon.gov.uk

Keep Learning: **Deafblind Convention 2021 - 9am to 5pm** (via zoom)

Living better with sight and hearing loss. Free – follow the link to register by entering your email address <https://e5845.hubilo.com/community/>

Deafblind UK is hosting the UK's first virtual deafblind convention and we'd love you to join us from the comfort of your own home. Featuring world class speakers from across the globe all with the shared interest of helping people to live better with sight and hearing loss.

FRI 8 OCT

Connect: **Listen Share Change Taster Session - 11am to 12.30pm** (via zoom)

We are inviting you to take part in digital Listen Share Change. We use storytelling to help people start a conversation, have a laugh and make new friendships. Delivered via Zoom or by phone using a Freephone number. To book contact Holly through Verbal LSC Team on **028 7126 6946** and ask for Holly (Belfast rep) or email scbelfast@theverbal.co

Connect: **Together with Music - 11:30am** (via zoom)

Virtual regional sing-a-long event for older people within Northern Ireland. To register contact caitlyn@togetherwithmusic.org.uk or **07951 736 905**.

MON 11 OCT

Connect: **Falls Awareness Workshop 2 #think falls, chatty calls 10:30 to 11:30** (via zoom)

To book call or email the Age Friendly Co-ordinator on **07553 379 721** or raisa.donnelly@midulstercouncil.org

Connect - **Phone A Friend**

That rapid, back-and-forth rhythm of a conversation with someone you know, their familiar voice, hearing an actual laugh is good for the soul. Why not reconnect with someone you haven't spoken to for a while.

TUES 12 OCT

Keep Learning: **Digital Support workshop Old Town Hall Banbridge - 10am to 11.30am**

Learn how to get online and start using the Internet. To book call Edel on **07500 107 835** or email Edel.Skelton@armaghbanbridgecraigavon.gov.uk

Take notice: **Be Ready NI - 3pm to 4pm** (via zoom)

Listen to Claire Carlton Resilience Manager Belfast Emergency Preparedness Group on being prepared for all types of emergencies from severe weather warnings, flood and other crisis situations.

To book call **07713 684 705** or email positiveageingmonth@belfastcity.gov.uk

WED 13 OCT

Connect: **Dying to Talk - 10.30am to 12noon** (via zoom)

This Webinar looks at the importance of being prepared both Spiritually, Practically and Emotionally. Registration via eventbrite: <https://bit.ly/DyingToTalkTickets>

Take notice: **Reminiscence Session - Archaeology & the Celts The Navan Centre Armagh - 2:30pm to 3:30pm**

Archaeology theme exploring artefacts associated with the Navan Fort, items from different time periods, including those associated with the Celts. Light refreshments served. To book call **028 3752 9644**.

- THURS 14 OCT** Keep learning: **Shop well, store well, eat well ideas session - 2pm** (via zoom)
Join Grainne, a dietitian from Active Belfast Team to learn about what good staples to have in cupboards and how to eat well when shopping less.
To book call **07713 684 705** or email positiveageingmonth@belfastcity.gov.uk
- FRI 15 OCT** Keep Learning: **Cyber Safety for Older Adults - 10 to 11am** (via zoom)
Allstate NI is offering free cyber safety training sessions to protect older consumers from online scams. The interactive sessions, will cover everything from fraud and identity protection to email and telephone scams, will help those over 60 navigate the internet with confidence.
To book call or email the Age Friendly Officer on **07825 010 630** or Stephanie.rock@armaghbanbridgecraigavon.gov.uk
- MON 18 OCT** Connect: **Falls Awareness Workshop 3 #think falls, chatty calls 10:30 to 11:30** (via zoom)
To book call or email the Age Friendly Co-ordinator on **07553 379 721** or raisa.donnely@midulstercouncil.org
Give: **Give everyone you meet today a smile and say hello, how are you?**
- TUES 19 OCT** Keep Learning: **Digital Support workshop Brownlow HUB Craigavon - 10am to 11.30am**
Learn how to get online and start using the Internet. To book call Edel on **07500 107 835** or email Edel.Skelton@armaghbanbridgecraigavon.gov.uk
- WED 20 OCT** Take notice: **Reminiscence Session - Georgians and the Primates Chapel The Palace Demesne Armagh**
History of Archbishop Robinson, the Palace building, return of the head of the Church, Primates Chapel tour and cooking apples in the kitchen with a Georgian Character. Light refreshments served. To book call **028 3752 9644**.
Keep learning: **Making the most of your slow cooker - 11am** (via zoom)
Join this session to find out the benefits of using slow cookers to make tasty, nutritious meals. Register using this link and you will be sent zoom details https://setrust-hscni-net.zoom.us/webinar/register/WN_x_Bsy4cWQGGNeoSWJgqApQ
Keep learning: **Energy Efficiency in the Home - 11am** (via zoom)
Getting the most from the Energy we use. Overview of fuel poverty and the impact of cold homes. Energy efficient heating, lighting, and appliances, keeping the heat where it is needed, comparing and switching energy suppliers, advice and support in Northern Ireland.
To book email positiveageingmonth@belfastcity.gov.uk or phone **07713 684 705**
Keep learning: **Interactive Dementia Awareness training - 7pm** (via zoom)
The training happens via Zoom, and participants are taken to a range of locations including a home, a shop, out and about, and more. Participants learn how to make life more dementia friendly with a range of top tips. This training is suitable for anyone affected by dementia or any member of the public hoping to make their community more dementia friendly. Participants also receive follow-up resources by email.
To book visit:
<https://www.eventbrite.co.uk/e/online-interactive-dementia-training-tickets-167709988089>
- THURS 21 OCT** Keep Learning: **Digital Support workshop Old Town Hall Banbridge - 10am to 11.30am**
Learn how to get online and start using the Internet. To book call Edel on **07500 107 835** or email Edel.Skelton@armaghbanbridgecraigavon.gov.uk

FRI 22 OCT

Be Active: **MOVE WITH MARY CD** - call **07825 010 630** for your free CD

MON 25 OCT

Connect: **Falls Awareness Workshop 3 #think falls, chatty calls**
10:30 to 11:30 (via zoom)

To book call or email the Age Friendly Co-ordinator on **07553 379 721** or
raisa.donnely@midulstercouncil.org

Keep learning: **Digital Support workshop**
Brownlow HUB Craigavon - 10am to 11.30am

Learn how to get online and start using the Internet. To book call Edel on **07500 107 835** or email **Edel.Skelton@armaghbanbridgecraigavon.gov.uk**

TUES 26 OCT

Connect: **Pinterest and Instagram - 2pm to 3pm**

In this session we take a look at two popular image-sharing social networking sites. Find out how to create a profile, post your own images and link with others.

To book call **07912 296 792** or email **Sheila.Mclean@librariesni.org.uk**

Give: **Declutter & Donate Leave unwanted items to charity shop**

WED 27 OCT

Take notice: **Chi Me & Take 5 - Old Town Hall Banbridge - 2pm to 3.30pm**

Listen to the Take 5 steps to wellbeing message followed by a Chi Me activity session. To book call Cathy on **07796 266 194** or email **cathy.devlin@armaghbanbridgecraigavon.gov.uk**

Take notice: **'Eating well as you age' - 11.00 to 11.45am** (via zoom)

This free session is for anyone who is interested in finding out how to eat well in later life. This could be for yourself, a relative or a friend. Register using the link, after registration participants will be emailed the zoom meeting ID and passcode: https://setrust-hscni-net.zoom.us/webinar/register/WN_T1SBydEdTIGqtpIS3xbSBA

THURS 28 OCT

Take notice: **Chi Me & Take 5 - Brownlow Hub Craigavon - 10am to 11.30 am**

Listen to the Take 5 steps to wellbeing message followed by a Chi Me activity session to book call Cathy on **07796 266 194** or email **cathy.devlin@armaghbanbridgecraigavon.gov.uk**

Keep learning: **Bowel Cancer Screening Awareness - 11am** (via zoom)

The Women's Resource and Development Agency will raise awareness of bowel cancer screening, signs and symptoms to look out for, ways to reduce your risk of developing bowel cancer and how to do the screening

To book email **positiveageingmonth@belfastcity.gov.uk** or phone **07713 684 705**

FRI 29 OCT

Be active: **Biggest ever virtual tea dance - 2.30pm to 4pm** (via zoom)

Join people across Northern Ireland and beyond, live bands and plenty of kitchen dancing. To book email **positiveageingmonth@belfastcity.gov.uk** or phone **07713 684 705**

SUN 31 OCT

Happy Halloween

