

Positive Ageing Month

October

Derry City & Strabane District Council

2023



HSC Western Health and Social Care Trust

HSC Public Health Agency
Project supported by the PHA

Derry City & Strabane District Council
Comhairle Chathair Dhoire & Cheantar an tSratha Báin
Derry Clitíe & Strabane Deirdrick Council

Age Friendly
Derry City & Strabane District Council

#positiveageingwest

Welcome to Positive Ageing Month

As Mayor of Derry City and Strabane District Council I am delighted to introduce this programme for Positive Ageing Month 2023. Our Council is truly committed to making here a place where older people can live active and engaged lives and can crucially continue to make a valuable contribution to their communities.

The 1st of October marks International Day of Older Persons with this year's theme "Know Our Place: Celebrating ageing in our community's past, present and future, which launches a programme offering a wealth of opportunities for citizens aged 50 plus years to be included in all aspects of community life.

Locally the age friendly programme aims to ingrain the inclusion of older people by increasing participation ensure access to services and making sure this is an enjoyable place for people to live on grow older ends the wide range of opportunities are reflective of the partnership working by all stakeholders including the community and voluntary sector who continuously reach out to support our older citizens.

I would like to thank everyone for their contributions and the Western Health and Social Care Trust. and the Public Health Agency for their ongoing support. Finally, I would encourage you all to use Positive Ageing Month as an opportunity to try something new get along to as many of the events whilst encouraging others to join you.

Councillor Patricia Logue

Mayor, Derry City and Strabane District Council



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

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

Seamus Ward


Head of Health Improvement, Equality and Involvement, WHSCT



Programme of Events = Ongoing Event

There are lots of events happening throughout October. Whilst some are one off many are happening every week and will only appear in this calendar on the first day of the month.

Sunday 1st October 2023

7:30pm - 11:00pm  **DEEDS Dementia Friendly Dance at the Waterfoot Hotel, Derry**
Open to DEEDS members, their families and older people attending OLT programmes to enjoy some music and dancing. Tickets £5, includes sandwich tea. To book phone 028 7137 3870

Get Active this October

Use this month as an opportunity to start to get more active, more often. Visit www.derrystrabaneleisure.com/ to view a range of classes and activities

Your Happy Place 2024 Age Friendly Calendar Competition

An exciting competition for your image to be included in the 2024 Age Friendly Calendar. This image should capture what or where makes you feel happy. Images can be a painting or a photograph (without people) taken within the Derry and Strabane District Council area by a resident aged 50+ years. Please return your entry to the Age Friendly Co-ordinator by post or email before 16th October to 98 Strand Road, Derry, BT48 7NN or email agefriendly@derrystrabane.com

 **Tea and Newspapers at Derry Central Library**
Tea and Newspapers is on every Saturday, with complimentary refreshments. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk


ALLY Foyle (Active Living in Later Years)


ALLY Foyle is a network of groups which offers physical, recreational and social activities and programmes directly to older people. For further information contact 028 7126 5098 or email info@allyfoyle.com

Age Connected Christmas Small Grants Scheme 2023

Linking Generations NI Intergenerational Christmas Small Grants Scheme. Offers grants up to £125 to bring generations together during December. Closing date for applications is 27th October. For more information, application pack, ideas and resources please visit the LGNI News page www.linkinggenerationsni.com/news/ or contact elaine.brownlee@bjf.org.uk


Monday 2nd October 2023

9:00am - 11:00am  **Tea and Newspapers at Derry Central Library**
Tea and Newspapers with free light refreshments is on every Monday. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk


10:00am - 11:00am  **Irish Language Class (for beginners) at Creggan Library**
Free weekly class for complete beginners every Monday. Contact 028 7126 6168 or emailing Creggan.Library@librariesni.org.uk

Programme of Events

 = Ongoing Event


10:00am - 12:00pm  **Scam Awareness - Go On Session at Derry Central Library**
Tips on how to stay safe online and avoid scams. Go On Session covering getting started shopping online. Booking advisable. Contact 028 7122 9990 or email derrycentral.library@librariesni.org.uk


10:20am - TBC **'Chat-Tea Train'**
Join the 'Chat-Tea Train' leaving on the 10.20am train from North West Transport Hub (Waterside Train Station) for Coleraine. This aims to provide opportunities for older people (65+ years) to chat, connect, and engage with others to reduce isolation and loneliness. Please contact your local GP Practice Social Work team to register your interest, all welcome for a cuppa! Return time to be confirmed at a later. Bring your bus pass for free transport.

10:30am - 12:00pm  **Stepping On Programme – (9 week Falls Prevention Programme for over 65's) in Old Library Trust, Creggan**
Offering balancing and strengthening exercises to help reduce falls whilst increasing self confidence in situations where they are at risk of falling. From 11th September in Old Library Trust HLC, Creggan. Contact jonathan@olt.ie or telephone 028 7137 3870. Alternatively contact Davina.Coulter@oakhlc.com or telephone 028 6772 3843.

10:30am - 12:30pm  **Time for Me at Learmount Community Centre, Park**
Join this 5 week programme with activities including, art, crafts, reminiscing and gentle exercise from 2nd - 30th October. Costs £2 per class. Booking essential. Contact 028 7778 1881 or email admin@learmountgroup.org

10:30am - 1:30pm  **Sewing Class, Galliagh Women's Group at Galliagh Community Centre**
On every Monday, costs £3 per session. Galliagh Women's Group host a number of other social activities and classes 5 days a week. Contact Tina on 028 7135 8787 or email tina@shantallow.net for further information on what's available.

10:30am - 12:30pm  **Northside 50+ Group at Shantallow Community Centre**
Meets every Monday and offers a range of activities promoting social inclusion and encouraging positive mental health and well-being. Cost £3 per session. Contact Tina Doolin on 028 7135 8787 or email tina@shantallow.net for further information.

11:00am - 12:00pm  **Tea and Newspapers at Strathfoyle Library**
Tea and Newspapers with free light refreshments is on every Monday. Phone 028 7186 0385 or email strathfoyle.library@librariesni.org.uk

11:00am - 12:00pm  **Cryptic Corner at Strathfoyle Library**
Have a go at solving puzzles in the Cryptic Corner every Monday. Contact 028 7186 0385 or email strathfoyle.library@librariesni.org.uk


Programme of Events


- 11:00am - 12:00pm ● **Tea and Newspapers at Shantallow Library**
Tea and Newspapers with free light refreshments is on every Monday. Phone 028 7135 4185 or email shantallow.library@librariesni.org.uk
- 11:00am - 12:00pm ● **Cryptic Corner at Creggan Library**
Have a go at solving puzzles in the Cryptic Corner every Monday. Contact 028 7126 6168 or email Creggan.Library@librariesni.org.uk
- 11:00am - 12:00pm ● **Tea and Newspapers at Waterside Library**
Tea and Newspapers with free light refreshments is on every Monday. Phone 028 7134 2963 or email Waterside.library@librariesni.org.uk
- 11:00am - 1:00pm ● **Tea and Newspapers at Creggan Library**
Tea and Newspapers with free light refreshments is on every Monday. Phone 028 7126 6168 or email Creggan.Library@librariesni.org.uk
- 11:00am - 1:00pm ● **The Diamond Diners Luncheon Club, Claudy**
Join us at the Diamond Centre every Monday, Wednesday and Friday for tea, scones followed by a variety of activities and lunch. Transport available. Contact 028 7133 8005 to book.
- 11:00am - 1:00pm ● **The Hidden History of Placenames in Park (DEEDS Project)**
A programme exploring the Irish and Ulster-Scots origins of our local placenames for members of the DEEDS. Delivered on 2nd, 9th & 16th by Derry City and Strabane District Council's Languages Team. Contact DEEDS project on 028 7137 3870
- 11:30am - 1:00pm ● **Daily Lunch Club at Older People North West**
Come dine with Older People North West every Monday to Friday. Warm and friendly company plus good food, with a healthy nutritional four course lunch and find out what's going on at Malvern House, 20-24 Chapel Road, Waterside BT47 2AM. Last orders 12.45pm. Ring 028 7134 7478 or call into centre or email development@olderpeoplenorthwest.org
- 11:15am - 12:15pm ● **Irish Language Class (for improvers) at Creggan Library**
Free weekly class every Monday. Booking not essential. Contact 028 7126 6168 or emailing Creggan.Library@librariesni.org.uk for further information.
- 11:30am - 1:00pm ● **Monday Club 55+ at Eglinton Community Hall**
Monday Club 55+ is a social and recreational club which meets from September to June, providing activities, crafts classes and days out. This month is running a 9 week WHSCT Falls Prevention Programme in partnership with Eglinton Medical Practice. To book contact Debbie Caulfield on 07756464372, email eglingtoncommunity@yahoo.co.uk or phone the Multi- Disciplinary Team at Eglinton Medical Practice on 028 7181 0252. Cost to attend Monday Club 55+ is £3 per week and includes a light lunch.

Programme of Events


 = Ongoing Event


11:30am - 1:00pm  **One-to-One Computer Lessons (Got IT) at Creggan Library**
Learn the basics of computers, email and the internet at your own pace. Avail of a free one to one session. Available every Monday, Tuesday, Wednesday, Friday by appointment. To book phone 028 7126 6168 or email Creggan.Library@librariesni.org.uk


12:00pm - 1:00pm  **Gentle Exercise Session at Malvern House, Older People NW**
Join George every Monday for some gentle chair based activities to suit all abilities. Contact Eilish O'Doherty or Anne Deehan on 028 7134 7478 or email eilish@olderpeoplenorthwest.org

2:00pm - 3:00pm  **Go On Shopping Online at Waterside Library**
Go On Session covering getting started shopping online. Booking advisable. Contact 028 7134 2963 or email waterside.library@librariesni.org.uk


2:00pm - 4:00pm **Positive Ageing Month Information Event in Derg Valley Leisure Centre**
Join in an action packed event with various speakers and information stands to find out about services to support you to age well locally. Booking essential. To register please contact Alexandra Wallace on 028 7125 3253 or email agefriendly@derrystrabane.com

2:00pm - 4:00pm  **Knit and Natter at Shantallow Library**
Knit, crochet, share patterns and chat with a cup of tea. Free event on every Monday. Phone 028 7135 4185 or email shantallow.library@librariesni.org.uk

6:00pm - 7:00pm  **Pilates Class at Eglinton Community Hall**
Come along to a physiotherapist led pilates class on Monday evenings. To book contact Debbie Caulfield on 07756464372, email eglingtoncommunity@yahoo.co.uk or visit <https://www.facebook.com/OakPilates>.

7:00pm - 8:00pm  **Women's Yoga at Learmount Community Centre, Park**
Strengthen your muscles and bones and improve your overall stamina and posture every Monday for 5 weeks from 2nd-30th October. Cost £3 per class. Booking essential contact 028 7778 1881 or email admin@learmountgroup.org

7:00pm - 9:00pm  **Sewing / Quilting Class at Eglinton Community Hall**
This class runs from September to June, beginners welcome. To book contact Debbie Caulfield on 07756464372, email eglingtoncommunity@yahoo.co.uk.

7:00pm - 9:00pm  **Cost of Living Programme, Derg Valley Healthy Living Centre, Castlederg**
Starting on 11th September, the 8 week programme offers a range of sessions to help older people deal with the cost of living crisis. Places limited. Contact kate@dergvalleycare.com or phone 028 8167 0764.

Programme of Events

8:00pm - 9:00pm ● **Social Hurling, Doire at John Mitchel's GAA, Claudy**
 Come along to the Doire Social Hurling every Monday night at John Mitchel's GAA pitch on Learmount Road Claudy for some social interaction, craic and comradeship. Cost £5 per session. Equipment can be provided, contact James Walsh on 07932 005169 or visit their Facebook page

8:00pm - 9:00pm ● **Men's Yoga at Learmount Community Centre, Park**
 Strengthen your muscles and bones and improve your overall stamina and posture every Monday for 5 weeks from 2nd-30th October. Cost is £3 per class. Booking essential. Contact 028 7778 1881 or email admin@learmountgroup.org

Tuesday 3rd October 2023

9:00am - 11:00am ● **Tea and Newspapers at Derry Central Library**
 Tea and Newspapers with free light refreshments is on every Tuesday. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk

10:00am - 11:30am ● **Walking Group, Derg Valley Healthy Living Centre, Castlederg**
 Walking group meets every Tuesday morning. For routes and meeting place contact Derg Valley Healthy Living Centre on 028 8167 0764.

10:30am - 11:15am ● **Nifty 50's at Riversdale Leisure Centre**
 Each Tuesday and Thursday morning the Nifty 50's meet for physical activity sessions. Cost £2 per session. Contact 028 7138 2672

10:30am - 12:30pm ● **Friendship Group at Newbuildings Community Centre**
 Meets every Tuesday at Newbuildings Community Centre and provides social opportunities for people to get together with light refreshments. Costs £1. Contact Naomi or Louise on 028 7131 2252 or email newbuildingscommunity@gmail.com









11:00am - 11:45am ● **Bring the Grandparents to Rhythm and Rhyme at Creggan Library**
 Grandparents & Carers come along to join in at Rhythm and Rhyme to suit all generations both young and old. Booking not necessary. Contact 028 7126 6168 or email creggan.library@librariesni.org.uk

11:00am - 12:00pm ● **Tea and Newspapers at Strathfoyle Library**
 Tea and Newspapers with free light refreshments is on every Tuesday. Phone 028 7186 0385 or email strathfoyle.library@librariesni.org.uk

11:00am - 1:00pm ● **St. Brigid's Women's Group at St Brigid's Parish Hall, Carnhill**
 Offers a range of activities, programmes and events. Costs £3 per session. Contact Tina Doolin on 028 7135 8787 or email tina@shantallow.net

Programme of Events

 = Ongoing Event

11:00am - 1:00pm	The Hidden History of Placenames in Strabane (DEEDS Project) A programme exploring the Irish and Ulster-Scots origins of our local placenames for members of the DEEDS project, Delivered on 3rd , 10th & 17th by Derry City and Strabane District Council's Languages Team. For further information contact DEEDS project on 028 7137 3870
12:00pm - 1:00pm	 Chair Yoga at Eglinton Community Hall or Zoom Chair based Yoga activity – no need to lie on a mat. Suitable for a wide range of abilities. Drop in or contact 07756464372 or email eglingtoncommunity@yahoo.co.uk for Zoom link. Cost to £1 to attend
Varies	 Music to your Ears (Men's 55+ Group) in Alley Theatre Strabane A weekly social group on Tuesdays (2hrs) for men aged 55+ years who focus on social engagement through music and learning new skills. Contact Chris McDaid on 07923208500, by email cc@strabanedistrictcaring.com or visit Music To Your Ears Strabane on Facebook for more details and time.
1:30pm - 3:00pm	 Art Class at Malvern House, Older People North West Weekly art class on Tuesdays with Ashling, suitable for all abilities. Phone 028 7134 7478 or email development@olderpeoplenorthwest.org to book.
2:00pm - 3:30pm	 Line Dancing at Malvern House, Older People North West Dance yourself happy and dance yourself fit through Line Dancing every Tuesday and Thursday. Phone 028 7134 7478 or email development@olderpeoplenorthwest.org to book your place
2:00pm - 4:00pm	 Knit and Natter at Derry Central Library Knit, crochet, share patterns and chat with a cup of tea. Every Tuesday. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk
2:00pm - 4:00pm	 Walking for fun through Older People North West Walking group for older people, gentle walks using the city's greenways and public spaces to stretch the legs and to be among great company. Meets at different location points each week and afternoon tea available afterwards at Malvern House, Older People North West during October. Call 028 7134 7478 to book your place or email eilish@olderpeoplenorthwest.org
2:00pm - 5:30pm	 Cryptic Corner at Derry Central Library Have a go at solving puzzles in the Cryptic Corner every Tuesday. Contact 028 7122 9990 or email derrycentral.library@librariesni.org.uk
2:00pm - 8:00pm	 Tea and Reminiscence at Castlederg Library Tea and Newspapers with photographs of times gone by. Contact 028 8167 1419 or email castlederg.library@librariesni.org.uk

Programme of Events

6:30pm - 7:30pm ● **Adult Reading Group at Shantallow Library**
 Meets on the first Tuesday of every month, join in some lively literary discussions in a relaxed, friendly environment. To book contact 028 7135 4185 or email shantallow.library@librariesni.org.uk

7:30pm - 8:30pm ● **Zumba at Eglinton Community Hall**
 Zumba offers fun aerobic exercise to Latin rhythms and runs from August to June. Drop in or contact 07756464372 or email eglintoncommunity@yahoo.co.uk. Cost to attend

Wednesday 4th October 2023

9:00am - 11:00am ● **Tea and Newspapers at Derry Central Library**
 Tea and Newspapers with free light refreshments is on every Wednesday. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk

10:30am - 12:00pm ● **Creative Writing Group at Derry Central Library**
 Are you a budding writer or poet? Come along to our group every Wednesday and share ideas. Whether you are a seasoned writer or beginner. Contact 028 7122 9990 or email derrycentral.library@librariesni.org.uk

10:30am - 12:00pm ● **Tea and Newspapers in Strabane Library**
 Tea and Newspapers with free light refreshments is on every Wednesday. Phone 028 7188 3686 or email strabane.library@librariesni.org.uk











10:30am - 12:30pm ● **Stepping On Programme – (9 week Falls Prevention Programme for over 65's) in Irish Street Community Centre**
 Offering balancing and strengthening exercises to help reduce falls whilst increasing self confidence in situations where they are at risk of falling. From 27th September in Irish Street Community Centre, 19a Bann Drive, BT48 2HJ. Contact Lorraine@bbhealthforum.org or telephone 028 7136 5330. Alternatively contact Davina.Coulter@oakhlc.com or telephone 028 6772 3843.

11:00am - 12:00pm ● **Dance Exercise at Eglinton Community Hall**
 Dance exercise is suitable for a range of abilities as some of the exercises are chair based. Takes place every Wednesday from September to July, except 11th October. Drop in or contact 07756464372 or email eglintoncommunity@yahoo.co.uk. Cost £1 to attend.

11:00am - 12:00pm ● **Tea and Newspapers in Castlederg Library**
 Tea and Newspapers with free light refreshments is on every Wednesday. Phone 028 8167 1419 or email castlederg.library@librariesni.org.uk

Programme of Events

 = Ongoing Event

- 11:00am - 12:30pm  **Carers' Café at Eglinton Community Hall**
Weekly treat for unpaid carers who are caring for relatives, friends and partners. Runs from September to July and offers support, advice, practical talks and training as well as creative activities with Verbal Arts and Echo Echo Dance for health and well-being. In partnership with Eglinton Medical Practice and WHSCT. Drop in or contact 07756464372 or email eglingtoncommunity@yahoo.co.uk. No cost to attend
- 12:00pm - 1:00pm  **Read Aloud in Strabane Library**
A free shared reading session which discusses poetry and short stories. To book phone 028 7188 3686 or email Kate.devine@librariesni.org.uk
- 12:30pm - 1:30pm  **Computer 'Drop In' in Shantallow Library**
Need some help and support with using IT. Access basic computer guidance and support, available every Wednesday. Contact 028 7135 4185 or email shantallow.library@librariesni.org.uk for further information.
- 12:30pm - 1:30pm  **The Eglintones Choir Practice at Eglinton Community Hall**
At building confidence for older people who would like to sing together. Come and sign together for fun, build confidence for older people who would like to sing together. Delivered in partnership with Allegri Choir, every Wednesday for 10 weeks. Drop in or contact 07756464372 or email eglingtoncommunity@yahoo.co.uk. Cost £1 to attend.
- 12:30pm - 2:00pm  **Sewing Bee at Derry Central Library**
Bring your own sewing/craft with you every Wednesday and share ideas. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk
- 1:00pm - 3:00pm  **Men's Shed at Churchtown Community Association**
Join the Men's Shed every Wednesday. All welcome. Phone 028 8167 0652
- 2:00pm - 3:00pm  **Yoga Session at Malvern House, Older People North West**
A yoga session incorporating mindfulness suitable for all abilities, every Wednesday. Call and book your place. Limited to 12 places. Contact Eilish O'Doherty or Anne Deehan on 028 7134 7478 or email eilish@olderpeoplenorthwest.org
- 2:00pm - 4:00pm  **Scam Awareness - Go On Session at Strabane Library**
Tips on how to stay safe online and avoid scams. Booking advisable. Phone 028 7135 4185 or email strabane.library@librariesni.org.uk
- 6:00pm - 8:00pm  **Knit and Natter at Waterside Library**
Knit, crochet, share patterns and chat with a cup of tea. Every Wednesday. Phone 028 7134 2963 or email waterside.library@librariesni.org.uk.
- 7:30pm - 8:30pm  **Ceili and Set Dancing Class at Eglinton Community Hall**
Mary McGuiggan's class runs from September to May each year. Drop in or contact 07756464372 or email eglingtoncommunity@yahoo.co.uk.

Programme of Events

7:45pm - 8:45pm ● **Yoga for All at Eglinton Community Hall**
Gentle Yoga class, suitable for beginners. Drop in or contact 07756464372 or email eglingtoncommunity@yahoo.co.uk or contact <https://www.facebook.com/hunteraromatics>. Cost to attend

Thursday 5th October 2023

9:00am - 11:00am ● **Tea and Newspapers at Derry Central Library**
Tea and Newspapers with free light refreshments in on every Thursday. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk

9:30am - 2:00pm ● **Luncheon Club, Derg Valley Healthy Living Centre, Castlederg**
Meets every Thursday with a range of activities and lunch. Cost £6 to attend, book in advance. Contact Derg Valley Healthy Living Centre on 028 8167 0764.

9:50am - 11:15am ● **Brighter Ballymagorry Development Group Walking Group**
Get active with weekly walks, meet every Thursday in Fox Lodge Cricket Club car park, 410 Victoria Road, Strabane for 10am start and enjoy refreshments afterwards. Several routes available for different levels and abilities. Contact 07596 477478 or email Brighterballymagorrydevgroup@gmail.com

10:00am - 12:00pm ● **Stay Young Ladies Group at Strabane District and Caring Services**
Social group for persons aged 55+ years meets every Thursday for craft sessions, activities, learning for life and social engagement. Contact Chris McDaid on 07923208500 or email cc@strabanedistrictcaring.com

10:00am - 12:00pm ● **Ladies Craft Group at Churchtown Community Association**
Join the Ladies Craft Group which meets every Thursday for craft and social activities. All welcome. Phone 028 8167 0652


10:00am - 7:30pm ● **Cryptic Corner at Strabane Library**
Have a go at solving puzzles in the Cryptic Corner every Thursday. Contact 028 7188 3686 or email strabanelibrary@librariesni.org.uk for further information.


10:30am - 11:30am ● **Circus Skills at Eglinton Community Hall with In Your Space**
Facilitated by In Your Space, join the 15 week circus skills activity and help improve your flexibility, strength, balance and cognition. Contact 07756464372 or email eglingtoncommunity@yahoo.co.uk. Cost £1 to attend.

10:30am - 12:30pm ● **Women's Group at Newbuildings Community Centre**
Meets every Thursday at Newbuildings Community Centre and offers various arts and crafts activities and social opportunities with light refreshments. Costs £1 to attend and for further information contact Naomi or Louise on 028 7131 2252 or email newbuildingscommunity@gmail.com


Programme of Events


 = Ongoing Event

10:30am - 12:30pm  **Bring the Grandparents to Rhythm and Rhyme at Shantallow Library**
Grandparents & Carers come along to join in at Rhythm and Rhyme to suit all generations both young and old. Booking not necessary. Contact 028 028 7135 4185 or email shantallow.library@librariesni.org.uk


10:30am - 12:30pm  **Stepping On Programme – (9 week Falls Prevention Programme for over 65's) in St Columbas Hall, Omagh**
Offering balancing and strengthening exercises to help reduce falls whilst increasing self confidence in situations where they are at risk of falling. Also from 28th September in St. Columba's Hall, 21 Church Street, Omagh, BT78 1DG. Contact Michael Connolly on 028 8167 0764 or email michael@dergvalleycare.com. Alternatively contact Davina.Coulter@oakhlc.com or telephone 028 6772 3843.


10:30am - 11:15am  **Nifty 50's at Riversdale Leisure Centre**
Each Thursday and Tuesday morning the Nifty 50's meet for physical activity sessions. Cost £2 per session. Contact 028 7138 2672 for further information.


11:00am - 12:00pm  **Tea and Newspapers at Strathfoyle Library**
Tea and Newspapers is on every Thursday with complimentary refreshments. Phone 028 7186 0385 or email strathfoyle.library@librariesni.org.uk

11:00am - 12:00pm  **Adult Reading Group in Newtown Stewart Library**
Meets on the first Thursday of every month and join in some lively literary discussions. Contact 028 8166 2060 or email newtownstewart.library@librariesni.org.uk

11:00am - 12:00pm  **Tea and Newspapers in Castleberg Library**
Tea and Newspapers is on every Thursday with complimentary refreshments. Phone 028 8167 1419 or email castleberg.library@librariesni.org.uk

11:00am - 12:30pm  **The Plum Club (Men & Women 50+ years) in Glenelly / Plumbridge**
Meets every Thursday for a range of activities, information sessions and social events. New members welcome. Contact Bronagh on 028 8164 8000.

11:00am - 1:00pm  **Knit and Natter in Castleberg Library**
Knit, crochet, share patterns and chat with a cup of tea. Every Thursday. Phone 028 8167 1419 or email castleberg.library@librariesni.org.uk.

11:30am - 1:00pm  **Guitar Jamming at Malvern House, Older People North West**
Come along to weekly session every Thursday. Listen, tap, sing, or play your own air guitar. Contact Eilish O'Doherty or Anne Deehan on 028 7134 7478 or email eilish@olderpeoplenorthwest.org

Programme of Events


- 2:00pm - 3:00pm ● **Basic IT One-to-One Session at Strathfoyle Library**
 Avail of a free one to one IT session to help support you. Available every Thursday. Booking is essential. Phone 028 7186 0385 or email strathfoyle.library@librariesni.org.uk
- 2:00pm - 3:30pm ● **Silver Circus at the Glassworks, Great James Street**
 Open Circus Class for people aged 50 plus. Come along and try your hand at all the circus skills, make some new friends, and have a cuppa and a chat with some like-minded people. Wear comfy clothing and bring a smile, an open mind, and a bottle of water. This is a free weekly project running from April – June, September – November. Email info@inyourspaceni.org phone 028 7137 7113 or just come along and complete the registration on the day.
- 2:00pm - 4:00pm ● **Knit and Natter in Shantallow Library**
 Knit, crochet, share patterns and chat with a cup of tea. Every Thursday. Phone 028 7135 4185 or email shantallow.library@librariesni.org.uk.
- 2:15pm - 4:00pm ● **Knit and Natter in Newtownstewart Library**
 Knit, crochet, share patterns and chat with a cup of tea. Every Thursday. Phone 028 8166 2060 or email newtownstewart.library@librariesni.org.uk
- 2.30pm - 4.30pm ● **Adult Reading Group at Newtownstewart Library**
 Encourages and welcomes new members to try out something new and discover the benefits of reading. Contact 028 8166 2060 or email newtonstewart.library@librariesni.org.uk
- 6:30pm - 7:30pm ● **Knit and Natter in Derry Central Library**
 Knit, crochet, share patterns and chat with a cup of tea. Every Thursday. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk.
- 8.00pm - 10.00pm ● **St. Brigid's Women's Group at St Brigid's Parish Hall, Carnhill**
 Offers a range of activities, programmes and events. Costs £3 per session. Contact Tina Doolin on 028 7135 8787 or email tina@shantallow.net
- Friday 6th October 2023**
- 9:00am - 11:00am ● **Tea and Reminiscence at Derry Central Library**
 Tea and Newspapers with photographs of times gone by, with free light refreshments. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk for further information.
- 9:30am - 1:00pm ● **Family History Group at Derry Central Library**
 Learn more about your family history, group meets every Friday. For information phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk
- 10.00am - 11.00am ● **Free Over 50s Fitness Classes in Lisnafin Community Centre**
 Lisnafin/Ardnalee/Trust CCDA are facilitating Free Over 50s Fitness Classes in Lisnafin Community Centre on Friday mornings for 6 weeks ending on 20th October. Phone 028 7188 0658 for further information.


Programme of Events


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10:15am -  **Irish Language Class (Beginners Course) in Shantallow Library**
11:00am Join the weekly beginners Irish Language Class and gain a 'Cúpla Focal' badge, every Friday. For further information phone 028 7135 4185 or email shantallow.library@librariesni.org.uk


10.30am -  **The Friday Walkers, Glenelly**
11.30am The Friday Walkers meets every Friday for a regular walk and chat in the Glenelly area. For further information on meeting point and routes contact Bronagh Kearney on 028 8164 8000.

10:30am -  **Tea and Newspapers at Strabane Library**
12:00pm Enjoy Tea and Newspapers with free light refreshments every Friday. Phone 028 7188 3686 or email strabane.library@librariesni.org.uk


10.30am -  **POP Group (Positive Older People) at Ballymagroarty Community Centre**
12.30pm Come along to the POP Group every Friday for social activities including dance, music, bingo, information sessions, light refreshments and much more. New members welcome. Cost £2per session. Contact Roxanne on 028 7127 1977

11:00am -  **Tea and Newspapers in Castleberg Library**
12:00pm Tea and Newspapers with free light refreshments every Friday. Phone 028 8167 1419 or email castleberg.library@librariesni.org.uk

11:00am -  **Tea and Newspapers in Strathfoyle Library**
12:00pm Tea and Newspapers with free light refreshments every Friday. Phone 028 7186 0385 or email strathfoyle.library@librariesni.org.uk


11:00am -  **Tea and Newspapers in Waterside Library**
12:00pm Tea and Newspapers with free light refreshments every Friday. Phone 028 7134 2963 or email waterside.library@librariesni.org.uk

11:00am - **Financial Wellbeing, Fraud and Cost of Living tips (online)**
12:00pm Bank of Ireland hosts a workshop on financial wellbeing, security of wellbeing, five ingredients for financial wellbeing, supports and resources. Fraud, to protect your finances and cost of living. To join the Microsoft Teams meeting use the following Meeting ID 383 288 270 925 and use Passcode Yh2JTS. For further enquiries please contact financialwellbeingni@boi.com


11:00am -  **Knit and Natter at Creggan Library**
1:00pm Knit, crochet, share patterns and chat with a cup of tea. On every Friday. Phone 028 7126 6168 or email Creggan.Library@librariesni.org.uk


11:15am -  **Irish Language Class (Improvers 8 Week Course) in Shantallow Library**
12:15pm Join the weekly Improvers Irish Language Class and gain a 'Cúpla Focal' badge, every Friday. For further information phone 028 7135 4185 or email shantallow.library@librariesni.org.uk


Programme of Events

12.30pm - 2.30pm  **Luncheon Club at Newbuildings Community Centre**
 Meets every Friday with activities and conversation offering hot lunch with desert, tea/coffee. Booking required. Costs £2.50. Contact Naomi or Louise on 028 7131 2252 or email newbuildingscommunity@gmail.com

1.00pm - 3.00pm  **Crochet and Knitting at Eglinton Community Hall**
 Social and recreational activity for a small group who share their skills and experience. New members and beginners always welcome. Contact 07756464372 or email eglintoncommunity@yahoo.co.uk .Cost £3

2:00pm - 3:00pm  **Basic IT One-to-One Session at Strathfoyle Library**
 Book a free one to one basic IT session to help support you. Available every Friday. Booking is essential, phone 028 7186 0385 or email strathfoyle.library@librariesni.org.uk


2:00pm - 4:00pm  **Knit and Natter in Strabane Library**
 Knit, crochet, share patterns and chat with a cup of tea. Every Friday. Phone 028 7188 3686 or email strabane.library@librariesni.org


6.00pm - 7.00pm  **Pilates Class at Eglinton Community Hall**
 Come along to a physiotherapist led pilates class in Eglinton Community Hall on Monday evenings. To book contact Debbie Caulfield on 07756464372, email eglintoncommunity@yahoo.co.uk or visit <https://www.facebook.com/OakPilates>. Cost to attend, block bookings available

7.15pm - 8.15pm  **Pilates Class at Eglinton Community Hall**
 Come along to a physiotherapist led pilates class in Eglinton Community Hall on Monday evenings. To book contact Debbie Caulfield on 07756464372, email eglintoncommunity@yahoo.co.uk or visit <https://www.facebook.com/OakPilates>.

Saturday 7th October 2023


9:00am - 11:00am  **Tea and Newspapers at Derry Central Library**
 Tea and Newspapers is on every Saturday, with complimentary refreshments. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk


10:30am - 12:30pm  **Tea and Newspapers in Creggan Library**
 Tea and Newspapers is on every Saturday, with complimentary refreshments. Phone 028 7126 6168 or email Creggan.Library@librariesni.org.uk

11:00am - 12:00pm  **Cryptic Corner at Castlederg Library**
 Have a go at solving puzzles in the Cryptic Corner every Saturday. Contact 028 8167 1419 or email castlederg.library@librariesni.org.uk for further information


Programme of Events

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
11:00am -  **Tea and Newspapers at Strathfoyle Library**
12:00pm
Tea and Newspapers is on every Saturday, with complimentary refreshments. Phone 028 7186 0385 or email strathfoyle.library@librariesni.org.uk

2:00pm -  **Grandad's & Grandma's Storytime & Craft at Derry Central Library**
3:00pm
Storytime & Crafts with Grandad's & Grandma's, bringing along family members to have the traditional fairy-tale stories told. Booking advisable. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk for further information.


Monday 9th October 2023

10:00am -  **Irish Language Lessons in Creggan Library**
11:00am
Learn Irish and develop conversation and friendship. Phone 028 7126 6168 or email Creggan.Library@librariesni.org.uk

12:00pm - **Loving Life – Living Longer Launch Event at New Gate**
4:00pm
Tea Dance to celebrate the launch of the Older People's Wellbeing Project, funded by the National Lottery Community Fund. This free event is being held at New Gate Arts and Cultural Centre, 20-22 Hawkins Street, BT48 6RF. To book contact Sarah on sarah@bbhealthforum.org or phone 028 7136 5330

6:30pm -  **Adult Reading Group in Strathfoyle Library**
7:45pm
Meets the second Monday of the month, join in some lively literary discussions. Contact 028 7186 0385 or email strathfoyle.library@librariesni.org.uk





Tuesday 10th October 2023

 **Shop, Cook & Save – You Tube Channel**
The Public Health Dietitians Group, launched a new video series on YouTube on how you can eat well on a budget. With the current cost of living crisis putting pressure on many households, the 'Shop, Cook and Save' series aims to show how you can make healthier choices and save money by batch cooking, saving on your weekly shop, easy cooking for one, tips to use your slow cooker and storing and reheating food safely. Visit [Shop, Cook & Save - YouTube](#)

11:00am - **Compassionate Conversation Workshop in Derry Central Library**
12:30pm
Learn about the power of compassion in helping you to support others while also maintaining your emotional wellbeing. Suitable for people who want to support others who are feeling lonely and socially isolated because they are affected by advanced illness, frailty, caregiving and bereavement. To book or for more information phone Susanne Bergin on mobile 07841101932 or email susanne@compassionatecommunitiesni.com


Programme of Events

Wednesday 11th October 2023

- 10:00am - 11:30am **Energy Efficiency in the Home – Online via Zoom**
National Energy Action will host an information session to help find out about energy efficient heating, lighting, and appliances, keeping the heat where it is needed, comparing, and switching energy suppliers, advice, and support. Booking is essential. Please register via this link: <https://www.eventbrite.co.uk/e/energy-efficiency-in-the-home-in-northern-ireland-tickets-684994566187>. For more information email Nichola.macdougall@nea.org.uk
- 10:30am - 12:30pm  **Gardening Workshop, Learmount Community Centre, Park**
Come along to our monthly Garden Workshop, on 2nd Wednesday each month with guest speaker to help prepare for the incoming season with some hands on planting. Booking is essential. Cost £3 per class. Contact 028 7778 1881 or email admin@learmountgroup.org
- 11:00am - 12:00pm  **Tea and Reminiscence at Castleberg Library**
Tea and Newspapers with photographs of times gone by, with free light refreshments. Phone 028 8167 1419 or email castleberg.library@librariesni.org.uk
- 11:00am - 12:30pm **Moves and Melodies Goes on Tour to Eglington Community Hall**
The Millennium Forum's "Moves and Melodies" age-friendly project on tour to Eglington. There will be an opportunity to learn new dance skills and sing a range of song styles. Admission is free. Everyone is welcome – complimentary tea! To book visit www.millenniumforum.co.uk or telephone box office 028 7126 4455 (Select Option 1). For further information email Lisa on lisah@millenniumforum.co.uk
- 11:00am - 2:00pm **Positive Ageing Month Information Event in Foyle Arena**
Join in an action packed event with various speakers and information stands to find out about services to support you to age well locally. Booking essential. To register please contact Alexandra Wallace on 028 7125 3253 or email agefriendly@derrystabane.com
-  **E-Clinics One to One at Creggan Library**
IT Help for beginners including help with your mobile device and other electronic devices. Booking advisable. Phone 028 7126 6168 or email Creggan.Library@librariesni.org.uk
- 2:00pm - 3:00pm  **Adult Reading Group in Waterside Library**
Join free monthly reading group which takes place on 2nd Wednesday of every month. Contact 028 7134 2963 or email waterside.library@librariesni.org.uk

Programme of Events


 = Ongoing Event

2:00pm -  **Mayors Tea Dance, Guildhall**
4:00pm It's time to dust off the dancing shoes and get ready to jive and swing. Contact the Mayor's Office on 028 7137 6508 or by emailing mayor@derrystrabane.com. Limited free tickets are limited, donations to Mayors Charities are welcome.


3:30pm -  **Get Support with Hearing Loss at Old Bridge House, Glendermott Road.**
4:30pm Visit RNID's free drop-in service held on the 2nd Wednesday of every month. Get support you with information on hearing loss and tinnitus, how to do a hearing check, hearing aids, including basic repairs and maintenance of NHS hearing aids and how to access support and services. For further information contact Volunteering.northernireland@rnid.org.uk phone 0808 808 0123 or visit www.rnid.org.uk/NearYou


7:00pm -  **Shepherd's Crook Making workshops in Glenelly House, Plumbridge**
10:00pm The CARE project are running a 4 week Shepherd's Crook making workshop. Places limited, for further information and to book contact Bronagh Kearney on 028 8164 8000.

Thursday 12th October 2023


2:00pm -  **Go On Shopping Online at Newtownstewart Library**
4:00pm Go On Session covering getting started shopping online. Booking advisable. Contact 028 8166 2060 or email newtownstewart.library@librariesni.org.uk

2:30pm -  **Adult Reading Group in Castleberg Library**
3:30pm Meets on the second Thursday of every month. Contact 028 8167 1419 or email castleberg.library@librariesni.org.uk

2:00pm -  **Dementia Friendly Tea Dance at Millennium Forum**
3:30pm Monthly free tea dance for an afternoon of entertainment and music provided by Dougie Breslin. Booking is essential. Places are limited. Telephone 028 71264455 (Option 1) to book and advise of any dietary requirements or book online at www.millenniumforum.co.uk


7:00pm -  **Flower Arranging Course in Glenelly House, Plumbridge**
9:00pm The CARE project are running a 4 week flower arranging course. Places limited, for further information and to book contact Bronagh Kearney on 028 8164 8000.

Friday 13th October 2023

11:00am -  **Tea and Reminiscence at Waterside Library**
12:00pm Tea and Newspapers with photographs of times gone by, with free light refreshments. Phone 028 7134 2963 or email waterside.library@librariesni.org.uk

Programme of Events

Saturday 14th October 2023


- 2:00pm - 3:00pm  **Grandad's and Grandma's Storytime & Craft at Waterside Library**
 Storytime & Crafts with Grandad's & Grandma's, bringing along family members to have the traditional fairy-tale stories told. Booking advisable. Phone 028 7134 2963 or email waterside.library@librariesni.org.uk

Monday 16th October 2023

Book Week NI


Book Week NI is a joint initiative celebrating the pleasures and benefits of reading. Book Week NI encourages everyone to visit their local library to read, visit your local library for further details

- 10:30am - 11:30am **Walking for Health from Ebrington Square**
 Join in the Walk Leader led free gentle and inclusive walk lasting approximately 1 hour. Meet at Ebrington Square at the Bakery (Peace Tree). Contact Ellie.Leonard@westerntrust.hscni.net or phone 028 7186 5127 for further details.

- 2:00pm - 4:00pm  **Go On Libby at Waterside Library**
 Go On Session setting up Libby app to borrow online content from Libraries NI. Phone 028 7134 2963 or email waterside.library@librariesni.org.uk for further information.

- 5:00pm **Your Happy Place Photo/Painting Age Friendly Calendar Competition**
 Submit your images for the competition today, Email your entry to agefriendly@derrystrabane.com or alternatively post to Age Friendly Co-ordinator, DCSDC, 98 Strand Road, Derry. BT48 7NN


Tuesday 17th October 2023

- 10:30am - 11:30pm  **Get Support with Hearing Loss at Derg Valley Living Centre, 5 Parkview Road, Castlederg, BT81 7BN**
 Visit RNID's free drop-in service held on 3rd Thursday of every month. Get support you with information on hearing loss and tinnitus, how to do a hearing check, hearing aids, including basic repairs and maintenance of NHS hearing aids and how to access support and services in your area. Contact Volunteering.northernireland@rnid.org.uk phone 0808 808 0123 or visit www.rnid.org.uk/NearYou

- 11:00am - 12:30pm **What do you need to know about pensions? (Online via Teams)**
 Planning for a more certain future. Join experts from the government-backed MoneyHelper to cut through the complexity and talk about your pension rights including planning and budgeting for retirement. Webinar delivered by the Money & Pensions Service covering general pensions, state pensions, options on retirement, scams etc with an opportunity for Q&A. Join the online session on Microsoft Teams using meeting ID 392 141 323 32 and Passcode kebr25.

Programme of Events

 = Ongoing Event

2:00pm -  **Go On Libby at Shantallow Library**
4:00pm Go On Session setting up libby app to borrow online content from Libraries NI. Phone 028 7135 4185 or email shantallow.library@librariesni.org.uk

Wednesday 18th October 2023

10:30am - **Walking for Health from Strabane Towpath**
11:30am Join in the Walk Leader led free gentle and inclusive walk lasting approximately 1 hour. Meet at Strabane Towpath. Contact Ellie.Leonard@westerntrust.hscni.net or phone 028 7186 5127 for further details.

Thursday 19th October 2023

10:30am - **Cyber Safety Session for Older Adults – Online**
11:30am Interactive training covers common online scams, fraud protection, and cybersecurity awareness, including password protection and privacy settings. Learn to safely navigate the internet with Allstate Cyber Safety for Older Adults! For more information email AllstateCyberSafety@allstate.com

11:00am -  **Get Support with Hearing Loss at Carnhill Resource Centre**
12:30pm Visit RNID's free drop-in service held on 3rd Thursday of every month. Get support you with information on hearing loss and tinnitus, how to do a hearing check, hearing aids, including basic repairs and maintenance of NHS hearing aids and how to access support and services in your area. Contact Volunteering.northernireland@rnid.org.uk phone 0808 808 0123 or visit www.rnid.org.uk/NearYou

12:30pm - **City of Derry International Choir Festival Community Event for Dementia**
2:30pm Mellow DEEDS Choir will perform as part of the City of Derry Choir Festival, alongside a visiting international choir and a community choir from the Derry/Strabane area. These wonderful choirs will perform to an audience of dementia social and activity groups at Shantallow Community Centre, Open to DEEDS dementia groups, registration via DEEDS Support Workers. Includes light lunch. For further information contact Sinead Devine on 028 71 373870 or email sinead@olt.ie


2:00pm -  **Moves and Melodies in the Millennium Forum**
3:30pm Moves and Melodies is a free monthly song and dance workshop to learn new dance skills and sing a range of song styles every month. Early booking is advisable. Contact Lisa Heaney on 028 7127 2779 (option 1) or email lisah@millenniumforum.co.uk

Saturday 21st October 2023

3:00pm - **City of Derry International Choir Festival in Eglington**
4:30pm Eglington Community Hall will host performances by visiting Community Choirs as part of the City of Derry International Choir Festival. No booking required. Further information available from Mairead Nic Bhloscaidh, Derry Choir Festival by emailing mairiad@derrychoirfest.com or telephone 028 7136 3672

Programme of Events



Monday 23rd October 2023

- 10:30am - 11:30am **Walking for Health from Ebrington Square**
Join in the Walk Leader led free gentle and inclusive walk lasting approximately 1 hour. Meet at Ebrington Square at the Bakery (Peace Tree). Contact Ellie. Leonard@westerntrust.hscni.net or phone 028 7186 5127 for further details.
- 11:00am - 12:30pm **Bocce Competition at Foyle Arena**
Bocce competition for participating teams from across the council area. For further information please contact Ryan Porter on 028 7125 3253 or email Ryan.porter@derrystrabane.com
- 2:00pm - 3:00pm  **Move More Live More – Online Session**
Age NI will host a session on Zoom to share falls prevention messages and advise how you can access their 6 week Move More Live More programme. For further information or to register email move-more@ageni.org or contact 028 9024 5729

Tuesday 24th October 2023

- 10:30am - 12:30pm **Go On Shopping Online at Strathfoyle Library**
Go On Session covering getting started shopping online. Booking advisable. Contact 028 7186 0385 or email strathfoyle.library@librariesni.org.uk
- 11:00am - 12:30pm  **Get Support with Hearing Loss at Carnhill Resource Centre**
Visit RNID's free drop-in service held on 3rd Thursday of every month. Get support you with information on hearing loss and tinnitus, how to do a hearing check, hearing aids, including basic repairs and maintenance of NHS hearing aids and how to access support and services in your area. Contact Volunteering.northernireland@rnid.org.uk phone 0808 808 0123 or visit www.rnid.org.uk/NearYou

Wednesday 25th October 2023

- 2:00pm - 4:00pm  **Go On Health Online at Castlederg Library**
Learning about your health using online tools. Booking advisable. Contact 028 8167 1419 or email castlederg.library@librariesni.org.uk
- 2:30pm - 3:30pm  **Glaucoma UK**
Join this online information and awareness session to learn more about Glaucoma and support available. To register please contact Helen McVitty-O'Hara on 078 370 695 04 or email H.Mcvittyohara@glaucoma.uk


Thursday 26th October 2023

- 10:00am - 12:00pm  **Get Support with Hearing Loss at Ballycolman Community Centre**
Visit RNID's free drop-in service held on last Thursday of every month. Get support you with information on hearing loss and tinnitus, how to do a hearing check, hearing aids, including basic repairs and maintenance of NHS hearing aids and how to access support and services in your area. Contact Volunteering.northernireland@rnid.org.uk phone 0808 808 0123 or visit www.rnid.org.uk/NearYou

Programme of Events

 = Ongoing Event

10:30am - **Halloween themed Rhythm & Rhyme at Derry Central Library**
11:30am Bring the younger generation along and enjoy all your favourite Halloween Rhythm & Rhymes. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk for further information.

2:00pm -  **Moves and Melodies at the Millennium Forum**
3:30pm Join the free monthly song and dance workshops in the Studio Theatre with opportunities to learn new dance skills and sing a range of song styles every month. To book visit www.millenniumforum.co.uk or telephone box office 028 71264455 (Select Option 1). For further information email Lisa on lisah@millenniumforum.co.uk

10:30am - **Age Positively with Versus Arthritis: Physical Activities for All**
1:30pm Versus Arthritis will offer some of the physical activities that support people with arthritis, MSK conditions and chronic pain. We will also give a talk on arthritis awareness and the work of Versus Arthritis. This will be held in Skeoge Community Hub, 67 & 67a Clon Dara, Derry, to book please contact or phone 028 9078 2940

Friday 27th October 2023

10:45am - **Halloween themed Rhythm & Rhyme at Derry Central Library**
11:30am Bring the younger generation along and enjoy all your favourite Halloween Rhythm & Rhymes. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk

7:30pm - **History Workshop at Learmount Resource Centre, Park**
9:30pm Come along to this History Workshop, where discussions will be based on local and national historical subject with a Guest Speaker. Held on last Friday of every month. Costs £2. Booking essential. Contact 028 7778 1881 or email admin@learmountgroup.org

Closing Date for Age Connected Christmas Small Grants Scheme 2023
Linking Generations NI Intergenerational Christmas Small Grants for £125 closes today. For more information contact elaine.brownlee@bjf.org.uk or visit www.linkinggenerationsni.com/news/

Saturday 28th October 2023

11:00am - **Halloween Grandad's and Grandma's Storytime & Craft**
12:00pm Halloween Storytime & Crafts with Grandad's & Grandma's bringing along family members to have fun together. Available across all libraries within Derry City and Strabane District Council area. Booking is advisable. Please contact your local library for further details.

Monday 30th October 2023

Halloween Crafts and Story Time
Available across all libraries within Derry City and Strabane District Council area. Booking is advisable. Please contact your local library for further details.

Programme of Events

Tuesday 31st October 2023

Halloween Crafts and Story Time

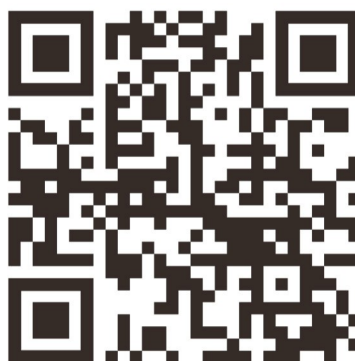
Available across all libraries within Derry City and Strabane District Council area. Booking is advisable. Please contact your local library for further details.

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



Eating Well as You Age

Find out about good nutrition for the later years from a Registered Dietitian.



028 9260 0477

For your FREE Home Fire Safety Check



HOME FIRE SAFETY CHECK

STOP FIRE

 Northern Ireland Fire & Rescue Service
Protecting Our Community

FREE Home Fire Safety Check!

If you:

- are aged 60 and over;
- have a disability, impaired mobility, or a health condition that would impact on your ability to acknowledge and respond to an emergency in the home; or
- receive assistance from an agency which has a Safety Partnership with NIFRS, then contact us for a FREE HOME FIRE SAFETY CHECK!

Visit www.nifrs.org/fire-safety/fire-safety-check-form/ for more information



Northern Ireland
Fire & Rescue Service





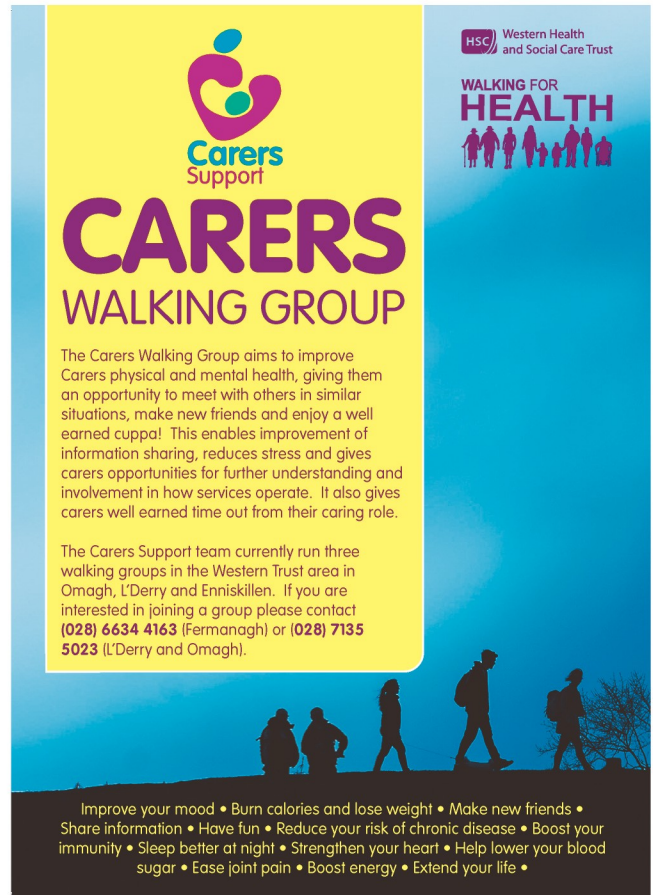
make the call
0800 232 1271*
Quick Call, Lasting Difference.

Talk to us about accessing benefits, supports and services you may be entitled to.

Text: **ADVICE to 67300***
 Visit: **nidirect.gov.uk/makethecall**
 Email: **makethecall@dfcnl.gov.uk**

Department for **Communities**
 www.communities-ni.gov.uk

*network charges may apply



HSC Western Health and Social Care Trust
WALKING FOR HEALTH

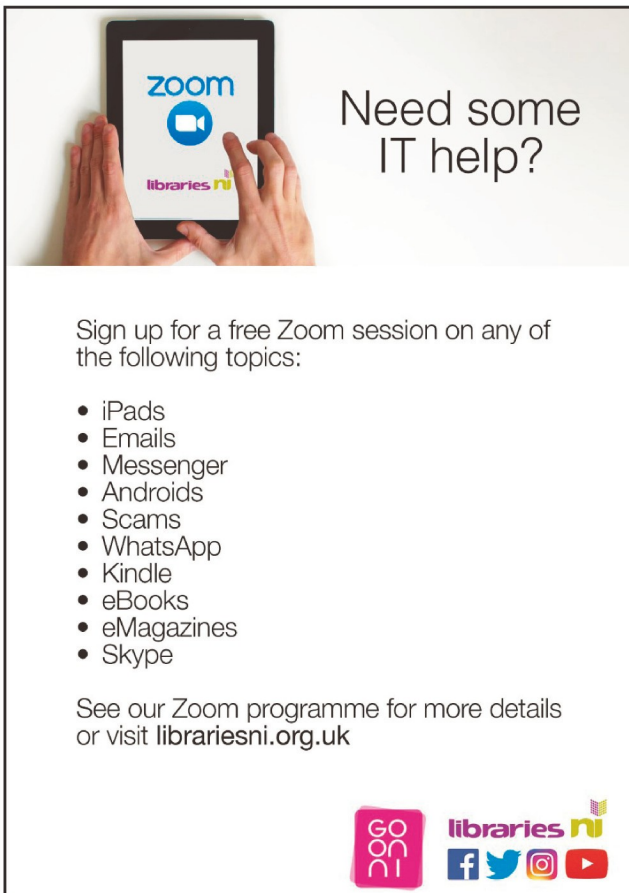
Carers Support

CARERS WALKING GROUP

The Carers Walking Group aims to improve Carers physical and mental health, giving them an opportunity to meet with others in similar situations, make new friends and enjoy a well earned cuppa! This enables improvement of information sharing, reduces stress and gives carers opportunities for further understanding and involvement in how services operate. It also gives carers well earned time out from their caring role.

The Carers Support team currently run three walking groups in the Western Trust area in Omagh, L'Derry and Enniskillen. If you are interested in joining a group please contact **(028) 6634 4163** (Fermanagh) or **(028) 7135 5023** (L'Derry and Omagh).

Improve your mood • Burn calories and lose weight • Make new friends • Share information • Have fun • Reduce your risk of chronic disease • Boost your immunity • Sleep better at night • Strengthen your heart • Help lower your blood sugar • Ease joint pain • Boost energy • Extend your life •



Need some IT help?

Sign up for a free Zoom session on any of the following topics:

- iPads
- Emails
- Messenger
- Androids
- Scams
- WhatsApp
- Kindle
- eBooks
- eMagazines
- Skype

See our Zoom programme for more details or visit librariesni.org.uk

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Facebook, Twitter, Instagram, YouTube icons



NW Community Arts & Culture supports

Positive Ageing Month

Donegal County Council and Derry City and Strabane District Council are working in partnership to promote and encourage greater engagement with arts and cultural activities to highlight the positive opportunities available for older residents in our community. **Find opportunities in your area:**

www.donegalcoco.ie/culture
 Rita Chapman E: rchapman@donegalcoco.ie
 T: 00353 (0) 87 127 4955

www.derrystrabane.com/artsandculture
 Derry/Strabane: Jean Smyth E: artsandculture@derrystrabane.com
 T: 0044 (0) 7730 900 610

Facilitated by the North West Regional Development Group (NWRDG) in conjunction with and supported by the Executive Office and the Irish Government.

Take5

steps to wellbeing

HSC Western Health
and Social Care Trust



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.



Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.



Evaluation - How did we do?



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

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



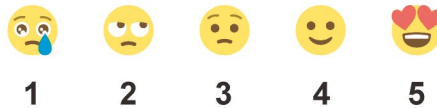
2. Would you come back to similar events?

Yes No

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

Yes No

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



Why? _____

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

Yes No

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

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

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

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

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

9. Any other comments?

Are you?

Male Female Other

Are you aged?

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



10. Please provide us with your postcode _____

Derry City & Strabane District Council
Age Friendly



Tear questionnaire off.
Fold & seal before posting
Thank you

AFFIX
POSTAGE
STAMP
HERE

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