



# Calendar 2023

Looking after your Emotional Health & Well-Being



# Welcome to the Age Friendly Calendar 2023

Welcome to Age Friendly Calendar 2023 for the Western Health & Social Care Trust area. The calendar was produced in partnership with the Public Health Agency, Western Health & Social Care Trust, Derry & Strabane District Council, Fermanagh & Omagh District Council, Causeway Coast & Glens Borough Council and South West Age Partnership.



**There are five simple steps to help keep our minds well and active. Try to build these into your daily life by thinking of them as your “five” a day for wellbeing.**



## Connect

- Stay in touch with friends, family, neighbours, clubs, and your community by phone, text or video calls.
- Try and arrange to speak with someone every day.
- Ask for help with shopping and running errands.
- Take time to chat about how you're feeling with others, it can really help.
- Join a local group – many are meeting face to face or organising online events.



## Keep learning

- Learning new things gives us a sense of achievement, increased confidence and enjoyment. Use this time for some discovery.
- Learn how to use your smart phone or computer to help you stay connected.
- Set yourself a goal, learn a new skill, or take on a new challenge.



## Be active

- Exercise makes us feel good mentally and physically.
- Keep up with usual everyday activities and interests at home. Gardening and housework count as exercise.
- Try a new online or face to face class. There are lots of videos on YouTube for all ages and abilities or check out your local leisure or community centre for classes.
- Continue accessing treatment and support for health conditions from your GP.



## Take notice

- Stop, pause and take a moment to be still and look around you.
- Let go of what none of us can control right now and focus on what you can control.
- Take time to focus on activities you enjoy at home.
- Take note of things that bring you joy and share that joy with others.



## Give

- Do something nice for someone. Smile, seeing yourself and to others can be very rewarding.
- Check by telephone on neighbours or people you know who may need some extra help.
- Phone a friend. You could help make someone's day by picking up the phone and saying hello.
- Volunteer to become a phone befriender to others.

# January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						<b>1</b> New Year's Day
<b>2</b>	<b>3</b>	<b>4</b> Test It Tuesday - Test smoke alarms weekly - Check for obvious dangers - Plan your escape	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					



'My Happy Place' entry for CC&G by Michelle McCartney:  
 "The view from my home, there's 'gold' just in sitting looking at the rainbow on the hill."

## Be active

Every adult should be active at a moderate level each day.

All activity adds up and moving regularly keeps you healthy in body and mind.

To keep moving well we need to keep moving more. Improving your mobility makes everyday tasks like washing, dressing and bending easier.

# February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3 Time to Talk Day	4 World Cancer Day	5	
6	7 Safer Internet Day	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 Shrove Tuesday	22	23	24	25	26
27	28					



# Food & Mood

A healthy diet supports good health and good mood!

The reason many of us don't eat as well as we could is the thought of having to cook from scratch. There are some easy and tasty recipes out there that can have you eating healthier in no time and you don't need to be a superchef to do them. Or try some great healthy swaps the next time you're at the supermarket.

Healthy recipes - Choose to Live Better:  
Visit [www.choosetolivebetter.com](http://www.choosetolivebetter.com)



OR

# March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Zero Discrimination Day	2	3	4	5
6	7	8 International Women's Day No Smoking Day Smoking cessation team helpline: 0800 917 9388	9	10	11	12
13 Nutrition and Hydration Week	14	15	16	17 St Patrick's Day	18	19 Mother's Day
20	21	22	23	24	25	26
27	28	29	30	31		



'My Happy Place' entry and competition winner to DCSDC by Declan Devine:  
Happy memories of a happy childhood.

Declan is also a committee member of Aughabrack Community Hall.

## Less stress

We all experience stressful situations at times. There are plenty of simple lifestyle changes you can make to help you cope better:

- Talk about your feelings
- Take control but accept the things you can't change
- Keep active
- Sleep well
- Have some 'me time'
- Limit your alcohol intake
- Help other people
- Take up a new hobby
- Listen to music
- Try some mindfulness techniques

# April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					<b>1</b> Stress Awareness Month	<b>2</b>
3	4	5	6	7 Good Friday	<b>8</b>	<b>9</b> Easter Sunday
10	11	12	13	14	<b>15</b>	<b>16</b>
17	18	19	20	21	<b>22</b>	<b>23</b>
24	25	26	27	28	<b>29</b>	<b>30</b>



'My Happy Place' entry for CC&G, Margaret & Donna enjoying spending time in Dungiven Regeneration Club's Community garden. Connecting with people and nature.



**May is Care in the Sun month**

## Be active outside

Walking is the easiest and cheapest form of physical exercise. Age should be no barrier, just take it at your pace and build it up gradually. Step out and feel the benefit.

Join a walking group and walk and talk.

Contact the Health Improvement Department in WHSCT for details of a walking group near you.

Tel No: 028 7186 5127

Gardening is another excellent gentle form of exercise

# May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 National Walking Month May Day	2	3	4	5	6	7
8 Coronation Bank Holiday	9	10	11	12	13	14
15 Mental Health Awareness Week Dementia Action Week	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



# Give

The benefits of volunteering can be enormous. Volunteering offers vital help to people in need, but the benefits can be even greater for the volunteer. It can help you make friends, learn new skills and even feel happier and healthier. Giving to others can also help protect your mental and physical health by reducing stress, combating depression, keeping you mentally stimulated and provide a sense of purpose. To find the right volunteer opportunity for you, contact your local Volunteer Centre.

Fermanagh Volunteer Now

Tel: 07467 486 638 | Email: [lynnjohnston@volunteernow.co.uk](mailto:lynnjohnston@volunteernow.co.uk)

Limavady Volunteer Centre:

Tel: 028 7776 5438 (LCDI) | Email: [info@lcdi.co.uk](mailto:info@lcdi.co.uk)

North West Volunteer Centre:

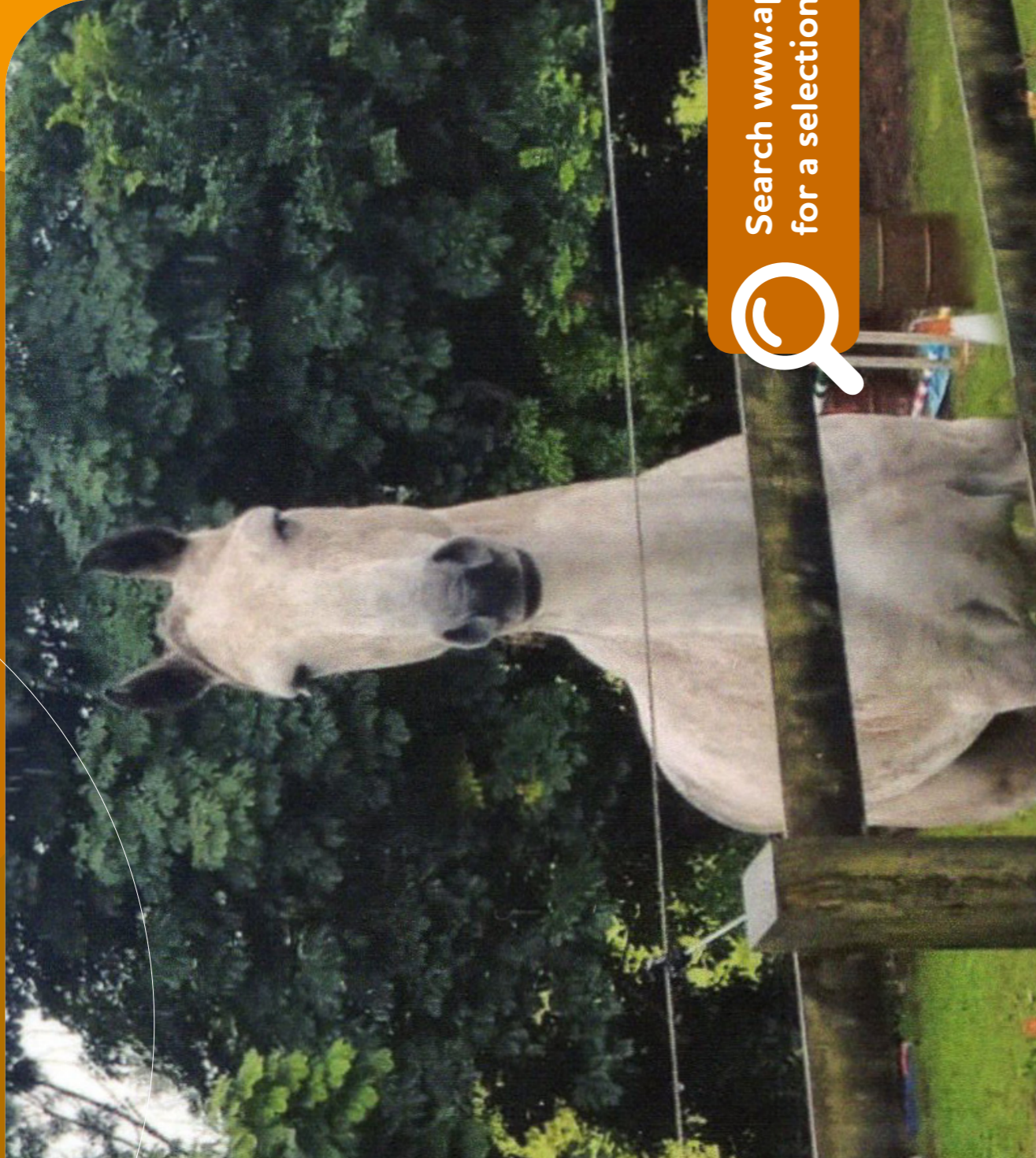
Te: 028 7127 1017 | Email: [info@nwwc.co.uk](mailto:info@nwwc.co.uk)

Omagh Volunteer Centre:

Tel: 028 8224 0772 | Email: [volunteer@omaghvolunteercentre.org](mailto:volunteer@omaghvolunteercentre.org)

# June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Volunteers' week	2	3	4
5	6 Carers' Week	7	8	9	10	11
12 Men's Health Week	13	14	15 World Elder Abuse Awareness Day	16	17	18 Father's Day
19	20	21	22	23	24	25
26	27	28	29	30		



## Take notice

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



Search [www.apps4healthcareni.hscni.net](http://www.apps4healthcareni.hscni.net) for a selection of free apps to try.



OR

'My Happy Place' entry and competition winner for FODC by Margaret Coalter, Ballinamallard.

# July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3 Alcohol Awareness Week	4	5	6	7	8	9
10	11	12 Bank Holiday	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30 International Day of Friendship
31						





## Connect

### It's good to talk!

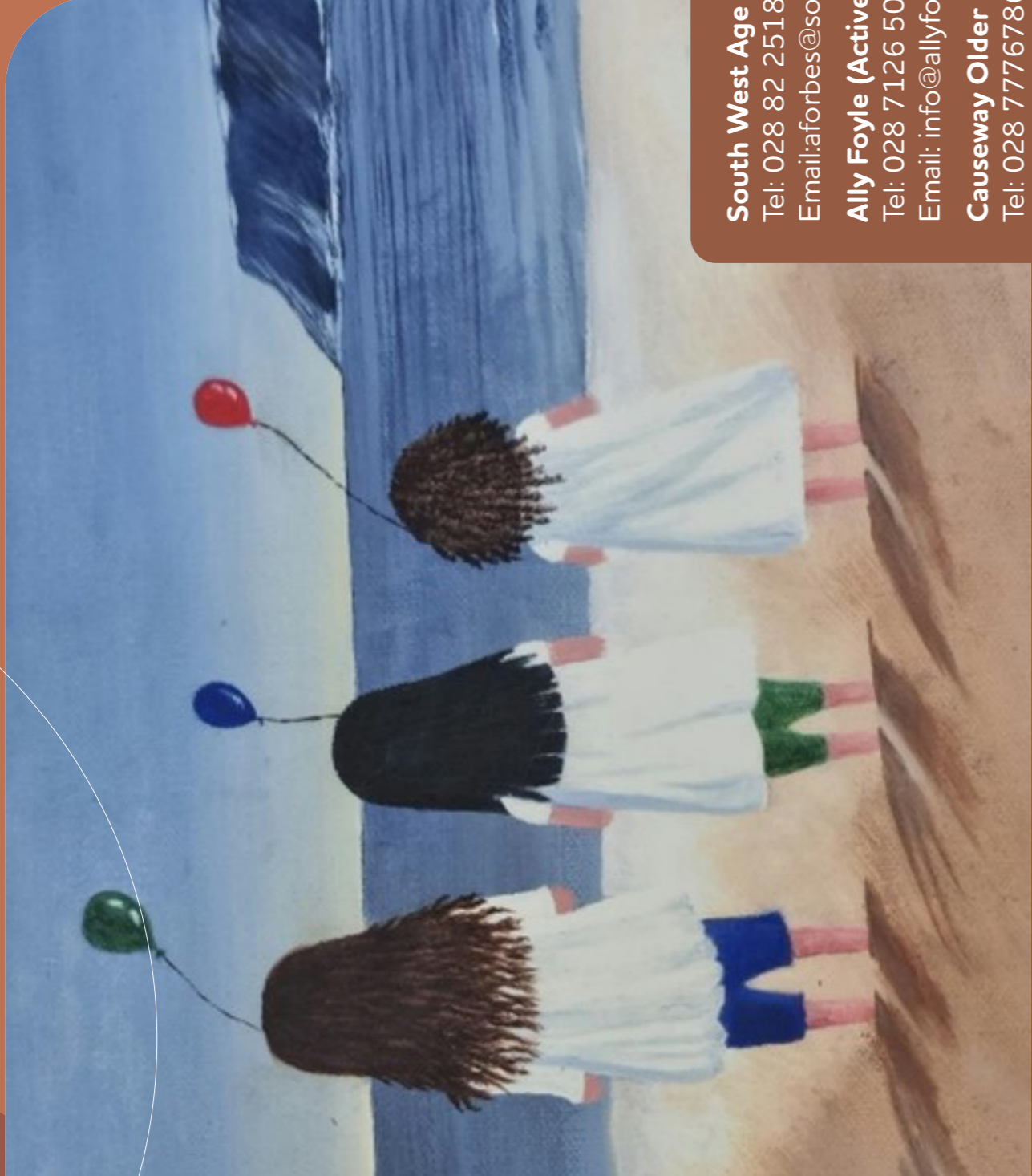
Connecting with others and being sociable can do wonders for our mental health and wellbeing. If being in the same room as someone cannot be safely done face to face, pick up the phone or use a video messaging service like FaceTime.

For support on how to get online contact Digital Support at Libraries NI on 028 9039 5989 (Mon - Fri 9:15am - 4:45pm) with a brief description of how you need IT help, and library staff will phone you within 48 hours with free and helpful advice.

'My Happy Place' competition entry to FODC by Tony McGarvey, Omagh, Gortin Glens.

# August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 Bank Holiday	29	30	31			



# Stay connected

There are many social groups for older people throughout the Western Trust area. Whether you're interested in finding new friends, joining an interest or fitness group or making your voice heard on issues that affect people in later life, there's a group for you. To find out more contact your local Older Persons Network:

**South West Age Partnership (SWAP):**  
Tel: 028 82 251824 or 07955 787456  
Email: [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk)

**Ally Foyle (Active Living in Later Years):**  
Tel: 028 7126 5098 or 07419987095  
Email: [info@allyfoyle.com](mailto:info@allyfoyle.com)

**Causeway Older Active Strategic Team (COAST):**  
Tel: 028 77767860 or 07517 076815

'My Happy Place' entry for CC&G by Geraldine McHendry;

A painting capturing the memories created from a day at the beach with her grandchildren.

# September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10 World Suicide Prevention Day
11	12	13	14	15	16	17
18 National Eye Health Week / Falls Prevention Week	19	20	21 World Alzheimer's Day	22	23	24
25	26	27	28	29	30	



**Positive Ageing Month**  
October

Check out Positive Ageing Month on [www.westerntrust.hscni.net](http://www.westerntrust.hscni.net) for information on what is planned.

# Keep learning

Positive Ageing Month takes place each year in October. It is a month long campaign of events and activities for older people that have been developed to promote active and healthy ageing and reduce social isolation and loneliness.

Activities range from gardening to art, dancing to tai chi, sewing and so much more

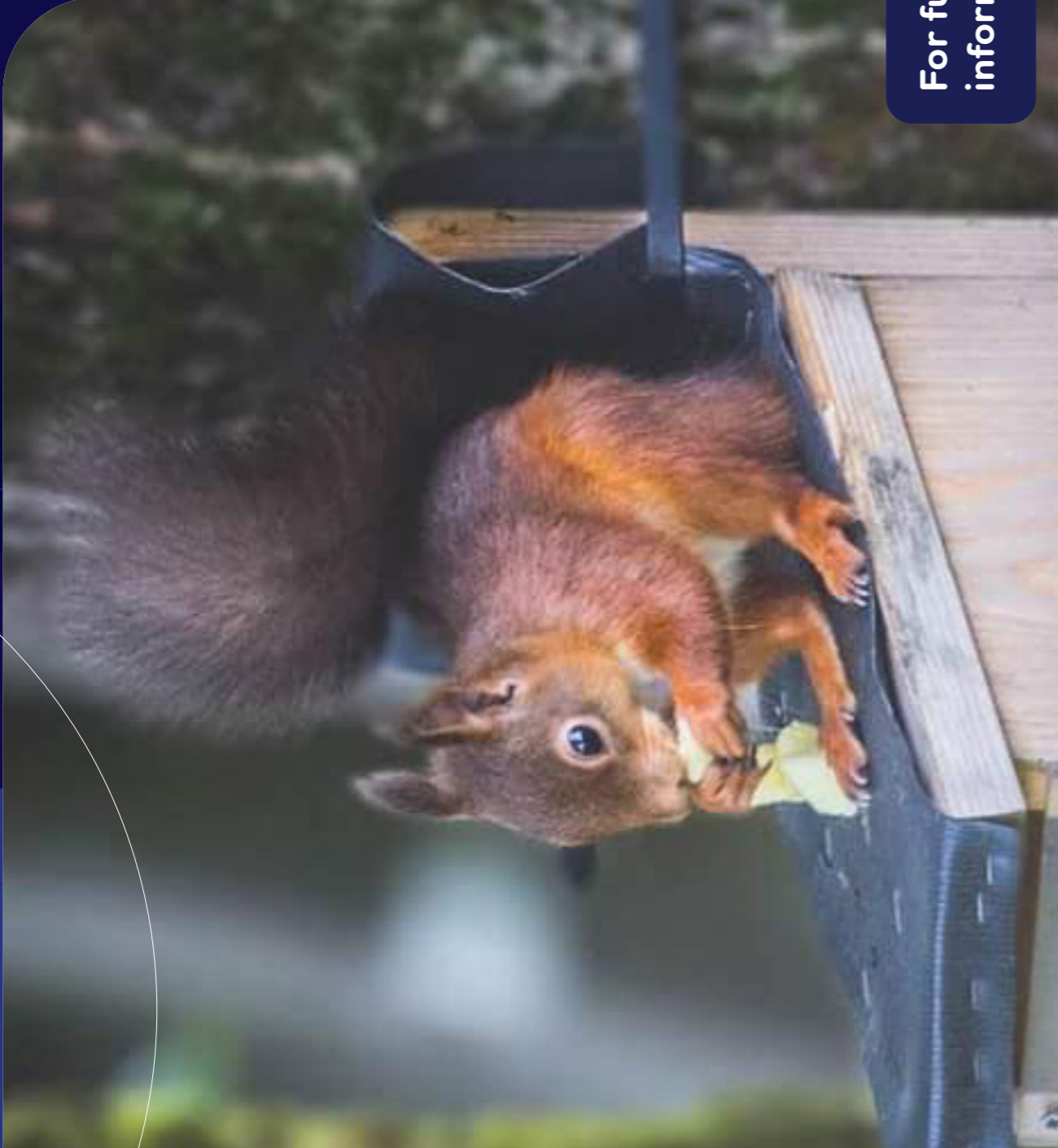
Painting is one of the many interests explored during Positive Ageing Month.

'My Happy Place' competition entry to DCSDC by Margaret Rowlandsom.

# October



Mon	Tue	Wed	Thu	Fri	Sat	Sun
						<b>1</b> International Day of Older People
<b>2</b>	<b>3</b> Back Care Awareness Week	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b> Palliative Care Day	<b>10</b> World Mental Health Day	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b> World Menopause Day	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					



# Winter wellness

Flu occurs every year, usually in the winter. Sometimes flu can lead to serious illnesses or make existing conditions worse. Protect yourself and get the relevant vaccines offered.

## Other Winter Tips:

- Wear correct footwear when walking on wet or icy surfaces
- Eat a balanced diet
- Stay connected with family and friends
- Keep warm whether you are at home or out and about
- Look out for Fuel Poverty Awareness Day towards the end of November

For further winter wellness information visit: [www.nhs.uk](http://www.nhs.uk)

'My Happy Place' competition entry to DCSDC by James Breslin.

# November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Lung Cancer Awareness Month	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 International Men's Day
20	21	22	23	24	25	26
27	28	29	30			

We wish  
you a Merry  
Christmas  
& A Happy  
New Year



My Happy Place' competition entry to FODC by Anna Hassard, Enniskillen.

# December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 World AIDS Day	2	3 International Day for persons with Disabilities
4	5 International Volunteer Day	6	7	8	9	10 International Human Rights Day
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Christmas Day	26 Boxing Day	27	28	29	30	31 New Year's Eve

# Helpful numbers and contacts

## Hourglass Northern Ireland

Email nireland@wearhourglass.org  
Tel: 0800 8808 8141

## Age NI Advice Service and

### 'Check in and chat'

### phone service

Freephone 0800 808 7575  
Email info@ageni.org  
Monday to Friday, 9am to 5pm including Bank Holidays

Provides advice, information and benefit checks. Anyone over 60 in Northern Ireland can also register free of charge, to receive a regular telephone call.

## Alzheimer's Society

### Dementia Connect support line

0333 150 3456

www.alzheimers.org.uk

Open every day and includes the online forum for carers Talking Point.

## Carers NI Helpline

028 9043 9843

Monday to Thursday, 9am to 4pm

Email advice@carersni.org

Provides a range of general and specialist advice services for carers, including advice on benefits, community care and carer support.

## Diabetes Helpline

028 9536 0600

7 days a week, including bank holidays, 9am to 3pm

Has been launched in response to #COVID19 for people living with diabetes in Northern Ireland.

## Digital Help

Text the word DIGITALHELP (all one word) to 67300 with a brief description of what help you require

Provided by Go ON NI and BITC to give Digital advice to those who require some guidance.

## Mental Health/

### Emotional Support

Lifeline 0800 808 8000

Samaritans 116 123

CRUSE 0800 808 1677

Monday to Friday, 9.30am to 5pm

(excluding bank holidays) extended

hours on Tuesday, Wednesday and

Thursday evenings until 8pm.

For immediate 24 hour support contact Lifeline or

Samaritans 116 123. CRUSE helpline for those

bereaved and self-isolating/bereaved by the

virus call 0800 808 1677.

## Northern Ireland Fire &

### Rescue Service (NIFRS)

Anyone who is concerned for their own or someone else's home fire safety

contact 028 9266 4221

## Advice NI

Freephone Advice Helpline 0800 915 4604

Email advice@adviceni.net

## GP Out-of-Hours Service –

### Western Urgent Care

(Limavady/L Derry/Strabane/Omagh /Enniskillen)

Monday to Friday, 6pm to 8.30am and

24 hours weekends and bank holidays

Tel: 028 7186 5195

Attendance at GP Out-of-Hours centres is by appointment only so please phone in advance.

## Make the Call Service

Tel: 0800 232 1271

Email: makethecall@dfcni.gov.uk

Contact to make sure you're getting all the

benefits, services and supports you're entitled

to. Monday to Friday from 10am to 4pm.

## Council Home

### Safety Services

To help prevent accidents, local councils offer a free assessment visit and equipment (subject to availability) to the homes of those over 65 years or who are vulnerable. Contact your local council's

Home Safety Officer to avail of this service.

## Causeway Coast & Glens

### Borough Council

Tel: 028 7034 7034

Email: environmentalhealth@causewaycoastand-glens.gov.uk

www.causewaycoastandglens.gov.uk/

www.facebook.com/CausewayCoastand-GlensCouncil

www.twitter.com/CausewayCouncil

## Derry City & Strabane

### District Council

Tel: 028 7125 3253

Email: info@derrystrabane.com

www.derrystrabane.com

www.facebook.com

/derrycityandstrabane-districtcouncil

www.twitter.com@dcsdouncil

## Fermanagh & Omagh

### District Council

Tel: 0300 303 1777 | Textphone: 028 8225 6216

Email: info@fermanaghomagh.com

www.fermanaghomagh.com

www.facebook.com/fermanaghomagh

www.twitter.com@fermanaghomagh

## ALLY Foyle (Active Living in

### Later Years)

Tel: 028 7126 5098 or 074 19 987095

Email: info@allyfoyle.com

www.facebook.com

/activelivinginlateryears

www.twitter.com/ally\_foyle

## Causeway Older Active

### Strategic Team (COAST)

Tel: 028 77767860 or 07517 076815

Email: coast.manager@yahoo.co.uk

www.facebook.com/coastnetwork

www.twitter.com/COASTnetwork

## South West Age

### Partnership (SWAP)

Tel: 028 82 251824 or 07955 787456

Email: aforbes@southwestagepartnership.co.uk

www.facebook.com/swapnetwork/

www.twitter.com/PartnershipSw

## For further details please contact:

Derry City and Strabane District Council

Clara Burke: Age Friendly Co-ordinator

Email: agefriendly@derrystrabane.com | Tel: 028 7125 3253

Fermanagh and Omagh District Council

Sharon Howe: Age Friendly Officer

Email: agefriendly@fermanaghomagh.com | Tel: 0300 303 1777

Causeway Coast and Glens

Liam Himphrey: Age Friendly Co-ordinator

Email: age.friendly@causewaycoastandglens.gov.uk | Tel: 028 7034 7034

## JANUARY

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## FEBRUARY

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## MAY

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## JULY

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## AUGUST

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## OCTOBER

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## NOVEMBER

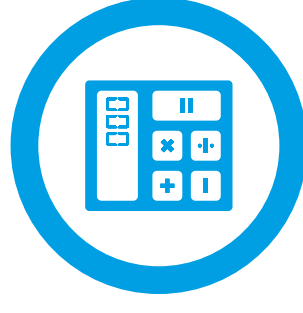
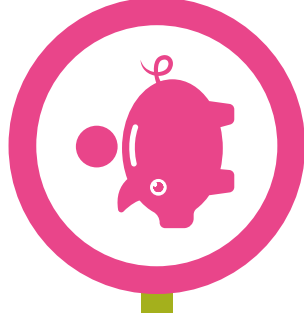
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## DECEMBER

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20	21	22	23	24	25	26
27	28	29	30	31		

# 2024

# Help and advice with **Cost of Living**



## Useful links:

[www.derrystrabane.com/Help-with-Cost-of-Living](http://www.derrystrabane.com/Help-with-Cost-of-Living)

[www.fermanaghomagham.com/costoflivinghelp](http://www.fermanaghomagham.com/costoflivinghelp)

[www.causewaycoastandglens.gov.uk/live/advice-services](http://www.causewaycoastandglens.gov.uk/live/advice-services)