

2027 CALENDAR

Age Friendly Network NI

Looking after your Emotional Health & Wellbeing

Fermanagh & Omagh District Council
Comhairle Ceantair Fhear Manach agus na hÓmaí

Causeway Coast & Glens Borough Council

Derry City & Strabane District Council
Comhairle Chathair Dhoire & Cheantar an tSratha Báin
Derry Cittie & Stràbane Destrick Cooncil

HSC Public Health Agency
Project supported by the PHA

HSC Western Health and Social Care Trust

South West SWAP Age Partnership

Welcome to the Age Friendly Calendar 2027

Age Friendly Network NI

Welcome to the Age Friendly Calendar 2027 for the Western Health & Social Care Trust area. This 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.

Take 5 steps to wellbeing

Just as we try to eat our “five a day” for our bodies, there are five simple steps we can take every day to look after our minds. The Public Health Agency calls these the **Take 5 steps to wellbeing:**

Connect

Connect with the people around you: family, friends, neighbours and your local community.



Keep Learning

Try something new or rediscover an old interest.



Be Active

Find a way of moving that you enjoy and that suits your pace.



Take Notice

Take notice of the world around you and how you are feeling.



Give

Give your time, a kind word or a helping hand to others.



Throughout the year, this calendar shares ideas to help you build these five steps into your everyday life.

JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
				1 New Year's Day (Bank Holiday)	2	3
4 World Braille Day	5 Test it Tuesday Test some alarms weekly Check for obvious dangers Plan your escape	6	7	8	9	10
11	12	13	14	15	16	17
18 Cervical Cancer Prevention Week	19	20	21	22	23	24
25	26	27	28	29	30	31

GET ACTIVE

Every bit of movement counts

You're never too old to get more active, and it's never too late to feel the benefits. All activity adds up, from a walk to the shops to gardening, dancing or playing with the grandchildren. The more we move, the better we keep moving.



Why it's good for you

Staying active can help you to:

- **Stay independent** by keeping everyday tasks like washing, dressing, bending and climbing stairs easier
- **Reduce your risk of falls** by building strength and improving your balance
- **Protect your heart** and lower the risk of stroke, type 2 diabetes and some cancers
- **Lift your mood**, ease stress and help you sleep better
- **Keep your mind sharp**, as regular activity is linked to a lower risk of dementia
- **Meet new people** by joining a class, walking group or club

How much should I aim for?

The UK guidelines suggest:

- Being active every day, aiming for about 150 minutes (2½ hours) of moderate activity across the week. This is activity that makes you a little warmer and slightly out of breath, but still able to talk.
- Doing activities that build strength and balance on at least two days a week, such as carrying shopping, gardening, chair exercises, tai chi or dancing.
- Breaking up long periods of sitting. Stand up and move around during TV adverts or after a cup of tea.
- If you haven't been active for a while, start small and build up at your own pace. If you have a health condition, have a chat with your GP first.

FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4 World Cancer Day Time to Talk Day	5	6	7
8	9 Safer Internet Day Shrove Tuesday	10	11	12	13	14 Valentine's Day
15	16	17	18	19	20	21
22	23	24	25	26	27	28 Rare Disease Day

FOOD AND MOOD

Eat well, feel well

What we eat affects how we feel as well as our physical health. A balanced diet gives you energy, helps protect against illnesses like heart disease and type 2 diabetes, and can lift your mood.

Eating well doesn't have to mean cooking from scratch every day or being a top chef. Small, simple changes can make a big difference.

Simple steps to healthier eating

- **Fill up on fruit and vegetables.** Aim for at least five portions a day, and remember that fresh, frozen and tinned all count.
- **Watch your portion sizes.** It can still be the food you love, just a bit less.
- **Make healthy swaps** next time you're at the supermarket. Try wholegrain bread, lower-fat milk or reduced-sugar options.
- **Cut back on salt, sugar and fat.** Check food labels and choose more greens and fewer reds.
- **Keep hydrated.** Aim for 6 to 8 drinks a day. Water, milk and tea all count.
- **Enjoy meals with others** when you can. Sharing food is good for the mind as well as the body.

March is also when Nutrition and Hydration Week takes place, so it's a good time to think about what's on your plate and in your cup.

Easy recipes and more tips

Scan the QR code or visit **choosetolivebetter.com** for quick, tasty recipes, healthy swaps and advice from the Public Health Agency.



MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
1 Zero Discrimination Day International Wheelchair Day	**2**	**3** World Hearing Day	**4**	**5**	**6**	**7** Mother's Day
8 International Women's Day	**9**	**10** No Smoking Day – Smoking cessation team helpline 0800 917 9388	**11**	**12**	**13**	**14**
15 Nutrition and Hydration Week	**16**	**17** St Patrick's Day (Bank Holiday)	**18**	**19**	**20** International Day of Happiness	**21**
22	**23**	**24**	**25**	**26** Good Friday	**27**	**28** Easter Sunday
29 Easter Monday (Bank Holiday)	**30**	**31**				

STRESS AWARENESS MONTH

Take time to unwind

April is Stress Awareness Month, a good time to think about what causes us stress and how we can manage it. We all face stressful times, whether it's worries about health, money, family or changes in later life. A little stress is normal, but too much for too long can affect our sleep, mood and physical health.

The good news is that there are simple things we can all do to help us cope better.

Remember your Take 5 steps:

Connect, Keep Learning, Be Active, Take Notice and Give are all proven ways to help manage stress.

Need to talk?

If you are feeling overwhelmed, speak to your GP. If you are in distress or despair, **Lifeline** offers free, confidential support 24 hours a day on **0808 808 8000**.

For more ideas on looking after your mental health, visit **mindingyourhead.info.**

Tips to help reduce stress

- **Talk about it.** Sharing how you feel with a friend, family member or someone you trust can lighten the load.
- **Focus on what you can control** and try to accept the things you can't change.
- **Keep active.** A walk in the fresh air can clear your head and lift your mood.
- **Get a good night's sleep.** Try to go to bed and get up at the same time each day, and wind down before bed.
- **Make time for yourself.** Do something you enjoy every day, even for just a few minutes.
- **Take up a hobby** or rediscover an old one: gardening, music, crafts, reading or puzzles.
- **Help others.** Volunteering or a simple act of kindness can boost your own wellbeing too.
- **Limit alcohol and caffeine.** They might seem to help in the short term but can make stress worse.
- **Breathe and be present.** Try slow, deep breathing or a simple mindfulness exercise. Breathe in for a count of four and out for a count of six, and notice how your body feels.

Find self-help resources to support your mood and wellbeing here

ascert.biz/thriving-mind/

APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Stress Awareness Month	2	3	4
5	6	7 World Health Day	8	9	10	11 World Parkinson's Day
12	13	14	15	16	17	18
19 MS Awareness Week	20	21	22	23	24	25
26	27	28	29	30		

MENTAL HEALTH AWARENESS

It’s OK not to be OK

Mental Health Awareness Week takes place in May. It’s a chance to talk openly about how we’re feeling and to remind each other that help is available.

Feeling low, anxious, lonely or grieving can happen to any of us at any age, and it’s not something we just have to put up with as we get older.

Reaching out is a sign of strength.

Looking after your mental health

- Keep in touch with family, friends and neighbours, even with a quick phone call.
- Get out and about. A walk in the fresh air can make a real difference.
- Keep doing the things you enjoy, or try something new.
- Talk to your GP if you’ve been feeling low or worried for more than a couple of weeks.

If you need help now

- **Lifeline:** 0808 808 8000. Free, confidential crisis support, 24 hours a day, 7 days a week.
- **Samaritans:** 116 123. Free, any time, day or night.
- In an emergency, call **999** or go to your nearest Emergency Department.

Support for older people

- **Age NI Advice Line:** 0808 808 7575 (Monday to Friday, 9am–5pm). Free advice and information for older people and their families.
- **The Silver Line:** 0800 4 70 80 90. Free, confidential friendship and support for older people, day or night.
- **Hourglass:** 0808 808 8141 (24 hours). Support for older people affected by abuse or harm.

Other support

- **Cruse Bereavement Support:** 0808 808 1677. Support after the death of someone close.
- **Men’s Action Network:** 028 7137 7777 (Monday to Friday, 9am–4pm).
- **Aware NI** runs free depression support groups across Northern Ireland. Visit aware-ni.org.

Learn more about your wellbeing

The **Western Trust Recovery College** runs free mental health and wellbeing courses in Derry/Londonderry, Limavady, Enniskillen, Omagh and Strabane. They’re open to everyone, with no referral needed.

Call **028 8225 2079** or email **recoverycollege@westerntrust.hscni.net**. For more information and local services, visit **mindingyourhead.info**

MAY

Western Health and Social Care Trust

CRIS

This card provides contact details for services you can call if you are worried about your own or someone else's mental health.

Crisis Resources Information and Support

MON	TUE	WED	THU	FRI	SAT	SUN
31 Spring Bank Holiday					1 National Walking Month	2
3 Early May Bank Holiday	4	5	6	7	8	9
10 Mental Health Awareness Week	11	12	13	14	15	16
17 Dementia Action Week (TBC)	18	19	20	21	22	23
24	25	26	27	28	29	30

CARERS WEEK

During the month of June we celebrate Carers Week. A carer is someone who, without payment, provides care and support for a loved one with an illness or a disability.

Lots of people don't recognise themselves as carers and simply see themselves as a son / daughter / parent / spouse looking after a family member who needs the additional support.

Carers are very often so busy looking after the person they care for, they neglect themselves. If you are in a caring role and would like to find out more about the help and support available to you.

Please contact: carers.support1@westerntrust.hscni.net

Carers NI Helpline

028 9043 9843



JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
1 Volunteers' Week	2	3	4	5	6	7 Carers Week
8	9	10	11	12	13	14 Men's Health Week
15 World Elder Abuse Awareness Day	16	17	18	19	20 Father's Day	21
22	23	24	25	26	27	28
29	30					

TAKE NOTICE

Pause, look around and enjoy the moment

Life can feel busy, even in retirement, and it's easy to rush through the day without noticing what's around us. Taking a moment to slow down and be present can help us feel calmer, more content and more connected to the world around us. Summer is the perfect time to take notice. Long days, fresh air and nature in full bloom give us plenty to enjoy.

Simple ways to take notice

- **Use your senses.** Stop for a moment and ask yourself what you can see, hear, smell, touch and taste.
- **Get outside.** Sit in the garden or a local park, or take a walk and look out for birds, flowers, trees and changing skies.
- Notice the little things, like the warmth of the sun, a friendly chat or the taste of your morning cup of tea.
- **Try something different.** Take a new route on your walk, visit somewhere you haven't been for a while or try a new food.
- **Enjoy the moment without rushing.** Savour your meals and give your full attention to the person you're talking to.
- **Keep a gratitude note.** At the end of each day, write down three good things, however small.
- **Take a mindful breath.** Close your eyes, breathe slowly and notice how your body feels.

Free apps to help you relax and be mindful

A wide range of free, trusted health and wellbeing apps is available from Health and Social Care in Northern Ireland, including apps for mindfulness, relaxation and better sleep.

Scan the QR code or visit apps4healthcareni.hscni.net



JULY

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5 Alcohol Awareness Week (TBC)	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

Stay connected, feel supported

Having people around us is one of the most important things we can do for our wellbeing at any age. Strong local connections help us feel valued, supported and part of our community. They can protect against loneliness, keep our minds active and give us people to turn to when life gets difficult.

Many of us find our social circles get smaller as we get older, through retirement, bereavement, health changes or family moving away. Local groups and networks are a great way to meet new people, share interests and enjoy a cup of tea and a chat. Throughout the Western Trust area there are many groups for older people. Whether you would like to make new friends, join an interest, craft or fitness group, learn something new, or make your voice heard on issues that affect people in later life, there is a group for you.

Find a group near you

Fermanagh & Omagh: South West Age Partnership (SWAP)

SWAP brings together more than 80 older people's groups across Fermanagh and Omagh.

54 Gortview Close, Omagh, Co. Tyrone, BT79 7WU
Tel: 07873 392365 **Email:** aforbes@southwestagepartnership.co.uk
facebook.com/swapnetwork

Derry & Strabane: Older People North West (Age Concern Derry)

Lunch clubs, social day centres, meals on wheels, transport, advice and advocacy for people aged 60 and over in the Derry City area.

Malvern House, 20 Chapel Road, Waterside, L'Derry, BT47 2AN
Tel: 028 7134 7478
Email: development@olderpeoplenorthwest.org

Derry & Strabane: U3A Foyle

U3A (University of the Third Age) Foyle offers learning, interest groups and social activities for people no longer in full-time work.

Pascal McDonald House, Gransha Park, Londonderry BT47 6TG
Tel: 028 7186 0123 **Email:** info@u3afoyle.com
u3afoyle.com

Causeway Coast & Glens: COAST (Causeway Older Active Strategic Team)

COAST is the older people's network for the Causeway Coast & Glens area, including Limavady.

Old Roe Valley Hospital, 24d Benevenagh Drive,
Limavady BT49 0AQ
Tel: 028 7776 7860 **Email:** coast.manager@yahoo.co.uk
facebook.com/coastnetwork

Why not bring a friend or neighbour along?
A small step like saying hello or inviting someone to join you could make a big difference to them, and to you.



AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
30 Summer Bank Holiday	31					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	29

FALLS AWARENESS

Falls are the single biggest cause of accidental injury in the home and sadly are the largest cause of accidental death among over over 65s in the UK.

Falling is not an inevitable part of getting older and there are a number of ways to reduce the risk of falling:

- Keep your home safe, remove clutter, clear pathways and keep rooms well-lit
- Look after yourself and stay active through walking or other activities you enjoy
- Look after your feet, wear well-fitting shoes and get regular foot care check-ups
- Maintain a healthy diet, include foods with calcium and vitamin D such as milk and meat
- Get your eyes tested once a year, and avoid bifocal or varifocal glasses
- Manage your medications, if you're on 4 or more kinds of tablets ask your GP/ pharmacist to check them as some may cause dizziness

If you do have a fall, remember there is no shame in falling, and by telling a loved one or a health professional you have had a fall, you may be able to reduce the risk of having another fall, which could lead to more serious injury.

For more information on falls, see QR code



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	19
20 National Eye Health Week	21 Falls Prevention Week World Alzheimer's Day	22	23	24	25	26
27	28	29 World Heart Day	30			

POSITIVE AGEING MONTH

Positive Ageing Month takes place each year in October. It is a month-long campaign 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, to dancing to tai chi to sewing and so much more.

Contact the Age Friendly Team in your Council for further details.



Positive Ageing Month

October

OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
				1 International Day of Older People Breast Cancer Awareness Month	2	3
4	5	6	7	8	9 World Hospice & Palliative Care Day	10 World Mental Health Day
11	12	13	14	15	16	17
18 World Menopause Day	19	20	21	22	23	24
25	26	27	28	29 World Stroke Day	30	31

WINTER WELLNESS

Be winter ready

Cold weather can be hard on our health, especially as we get older. Being cold for long periods raises the risk of chest infections, heart attacks, strokes and falls. A little preparation can help you stay well, warm and safe all winter.

Get your winter vaccines

Flu happens every year, usually in winter. It can lead to serious illness or make existing conditions worse. If you are aged 65 or over, even if you feel fit and healthy, protect yourself with the free flu vaccine from your GP or pharmacy.

- **Aged 75 or over?** You may also be offered the COVID-19 vaccine and the RSV vaccine. RSV is a common virus that can cause serious chest infections.
- **Ask your GP or pharmacist** which vaccines you are eligible for.

Keep warm

- Heat your home to at least 18°C, especially the rooms you use most.
- Wear several thin layers rather than one thick one, and keep your feet and hands warm.
- Keep your bedroom warm at night and close curtains at dusk to keep heat in.
- Have regular hot meals and warm drinks throughout the day.

Stay well

- Keep moving. Even light activity at home helps keep you warm.
- Keep a supply of your regular medicines and ask your pharmacist for advice on minor winter illnesses like coughs and colds.
- Take care in icy weather. Wear shoes with a good grip and keep paths gritted.
- Keep in touch with family, friends and neighbours, and check on others who may be living alone.

Worried about heating costs?

Help may be available. Call the Department for Communities **Make the Call** service on **0800 232 1271** to check you are receiving all the benefits and support you are entitled to.

You can also call the **Age NI Advice Line** free on **0808 808 7575** (Monday to Friday, 9am–5pm) for advice on benefits, energy costs and staying warm this winter.

NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
1 Lung Cancer Awareness Month	2	3 Stress Awareness Day	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					


MERRY CHRISTMAS
We wish you a Merry Christmas and a Happy New Year.

DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
		1 World AIDS Day	2	3 International Day of 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 Bank Holiday (for Christmas Day)	28 Bank Holiday (for Boxing Day)	29	30	31 New Year's Eve		

HELPFUL NUMBERS AND CONTACTS

Hourglass Northern Ireland
Email nireland@wearehourglass.org
Tel: 080 8808 8141

Age NI Advice Service and 'Check in and chat' phone service
Freephone 0808 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.

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.

Advice NI
Freephone Advice Helpline 0800 915 4604
Email advice@adviceni.net

Mental Health/Emotional Support
Lifeline 0808 808 8000
Samaritans 116 123
CRUSE 0808 808 1677
Monday to Friday, 9.30am to 5pm
(excluding bank holidays) extended hours on Tuesday, Wednesday and Thursday evenings until 8pm.

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: info@causewaycoastandglens.gov.uk
www.causewaycoastandglens.gov.uk
www.facebook.com/CausewayCoastandGlensCouncil
x.com/causewaycouncil

Derry City & Strabane District Council
Tel: 028 7125 3253
Email: info@derrystrabane.com
www.derrystrabane.com
www.facebook.com
/derrycityandstrabane-districtcouncil
x.com/dcsdcouncil

Fermanagh & Omagh District Council
Tel: 0300 303 1777 | Textphone: 028 8225 6216
Email: info@fermanaghomagh.com
www.fermanaghomagh.com
www.facebook.com/fermanaghomagh
x.com/fermanaghomagh

Causeway Older Active Strategic Team (COAST)
Tel: 028 77767860 or 07517 076815
Email: coast.manager@yahoo.co.uk
www.facebook.com/coastnetwork
x.com/COASTnetwork

South West Age Partnership (SWAP)
Tel: 07873 392365
Email: aforbes@southwestagepartnership.co.uk
www.facebook.com/swapnetwork

Northern Ireland Fire & Rescue Service (NIFRS)
Anyone who is concerned for their own or someone else's home fire safety contact 028 9266 4221

WHSCT Health Improvement, Equality and Involvement Department
health.improvement@westerntrust.hscni.net
028 7186 5127

For further details please contact:

Derry City and Strabane District Council
Pauline O'Neill: Age Friendly Co-ordinator
E: agefriendly@derrystrabane.com
T: 028 7125 3253

Fermanagh and Omagh District Council
Pauline Clarke: Age Friendly Officer
E: age.friendly@fermanaghomagh.com
T: 0300 303 1777

Causeway Coast and Glens
Stephanie Scott: Age Friendly Co-ordinator
E: age.friendly@causewaycoastandglens.gov.uk
T: 028 7034 7034

2028

JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
31					**1**	**2**
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FEBRUARY

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MARCH

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APRIL

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MAY

MON	TUE	WED	THU	FRI	SAT	SUN
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JUNE

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JULY

MON	TUE	WED	THU	FRI	SAT	SUN
31					**1**	**2**
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AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
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SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
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OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
30	31					**1**
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9	10	11	12	13	**14**	**15**
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NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
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6	7	8	9	10	**11**	**12**
13	14	15	16	17	**18**	**19**
20	21	22	23	24	**25**	**26**
27	28	29	30			

DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
				1	**2**	**3**
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18	19	20	21	22	**23**	**24**
25	26	27	28	29	**30**	**31**

Help and advice with LIVING EXPENSES



USEFUL LINKS:

www.derrystrabane.com/community/helpwithcostofliving

www.fermanaghomagh.com/services/community/community-help-support/cost-of-living-help/

www.causewaycoastandglens.gov.uk/live/advice-services

Derry City and Strabane District Council
Pauline O'Neill – Age Friendly Co-ordinator

Fermanagh and Omagh District Council
Pauline Clarke – Age Friendly Officer

Causeway Coast and Glens Borough Council
Stephanie Scott – Age Friendly Co-ordinator

Age Friendly Network NI