



Derry City & Strabane
District Council
Comhairle
Chathair Dhoire &
Cheantar an tSratha Báin
Derry Citty & Strábane
Deistrick Cooncil



Derry City & Strabane

District Council 2026





All information was correct at the time of publication

Welcome to Positive Ageing Month

Councillor Grace Uí Niallais

Mayor of Derry City and Strabane
District Council

As Mayor of Derry City and Strabane District Council, I am delighted to introduce this programme for Positive Ageing Month 2026.

Our Council is committed to creating a district where older people can live active, healthy and fulfilling lives, remain connected to their communities, and continue to make a valuable contribution to society. Positive Ageing Month provides an opportunity to celebrate the important role that older people play in enriching community life across our council area.



The month begins with the International Day of Older Persons on 1st October. The theme this year is “The Part We Play.” This focus celebrates the vital, ongoing contributions older adults make to society through leadership, care giving, volunteering, economic activity, and a lifetime of shared experience.

Locally, our Age Friendly Programme is focused on ensuring that older people feel valued, included and supported. Through increasing opportunities for participation, improving access to services, and creating age-friendly environments, we are working to make this a great place in which to live and grow older.

This year’s programme offers a wide range of activities and events that reflect the strength of partnership working across the district. I would like to acknowledge and thank our many stakeholders, including the community and voluntary sector organisations, whose commitment and dedication continue to support and enhance the lives of older people. I would also like to express my sincere appreciation to the Western Health and Social Care Trust and the Public Health Agency for their ongoing support and collaboration.

I encourage everyone to make the most of Positive Ageing Month by trying something new, attending events, meeting new people and strengthening existing connections. Most importantly, I invite you to encourage family members, friends and neighbours to get involved and share in the experience.

Together, let us celebrate positive ageing and the power of belonging within our communities.

Ballyarnett DEA

Tea and Newspapers Club

ONGOING

Every Monday morning | 11:00am to 12:00pm

Venue: Shantallow Library, 92 Racecourse Road, Londonderry, BT48 8DA

Tea and Newspapers Club is offered free to patrons and branch visitors. As a community hub, we are keen to encourage social interaction between other library users or for those looking to escape the hustle and bustle of life and catch up on local and global news in a more tranquil setting.

Contact Diane Thomson

✉ diane.thomson@librariesni.org

☎ 028 7135 4185

Knit and Natter

ONGOING

Every Monday and Thursday | 2:00pm to 4:00pm

Venue: Shantallow Library, 92 Racecourse Road, Londonderry, BT48 8DA

Knit and Natter Groups are for adults who enjoy knitting, crochet, cross-stitch and other crafts. They are free to attend and participants have the opportunity to share hints and tips, swap patterns, meet new people and learn new skills. Members can bring along a project they are already working on or can start something new. Refreshments will be provided.

Contact Diane Thomson

✉ diane.thomson@librariesni.org

☎ 028 7135 4185

Adult Book Club

ONGOING MONTHLY

Tuesday 13th October | 6:30pm to 7:30pm

Venue: Shantallow Library, 92 Racecourse Road, Londonderry, BT48 8DA

On the second Tuesday of every month, Shantallow Library offers book lovers the opportunity to discuss and review popular novels, chat with other readers and enjoy the refreshments on offer.

Contact Diane Thomson

✉ diane.thomson@librariesni.org

☎ 028 7135 4185

Basic IT Computer One-to-One Session

ONGOING

Every Wednesday | 10.15am - 11.15am

Venue: Shantallow Library, 92 Racecourse Road, Londonderry, BT48 8DA

Do you lack confidence with computers? Book your relaxed one-to-one IT session with us and we'll take you through the basics. At Libraries NI, we believe in learning at any age. Refreshments will be provided. **Booking Essential / ID required..**

Contact Diane Thomson

✉ diane.thomson@librariesni.org

☎ 028 7135 4185



Refresh Health and Wellness

ONGOING

Every Wednesday morning | 10:00am to 11:00am

Venue: Sion Mills Community Centre, 2 Garden Road, Sion Mills, Strabane, BT82 9NR

Come along for some creative fun and effective physical activity that will give you a sense of purpose and positive interactions for all participants. It's always fun and being active creates a wonderful sense of wellbeing and achievement. Stay after and have a cuppa and a chat!

Sion Mills Community Association

✉ sionmillscommunity@gmail.com

☎ 077 2060 2146

Glass Craft - Jewellery

ONE OFF

Thursday 8th October | 10:00am to 12:00pm

Venue: The Somme Memorial Hall, Newtownstewart, BT78 4NE

Design your own handmade fused glass jewellery inspired by your favourite colours. Your finished jewellery will be vibrant, eye catching and truly one of a kind. This programme is delivered by HARC (Healthy Active Rural Communities).

Booking is advisable.

The Somme Memorial Hall - Elaine McKeag

✉ draulsterscots.info@gmail.com

☎ 028 8166 2435 or mobile 079 0401 9483

Embroidery

6 WEEKS

Wednesday 14th October | 10.00am - 12.00pm

Venue: The Somme Memorial Hall, Newtownstewart, BT78 4NE

Come along for a 6 week workshop where you will craft and design a unique piece of embroidery that embodies timeless elegance while showcasing the intricate details of your creation. This programme is delivered by HARC (Healthy, Active Rural Communities).

The Somme Memorial Hall - Elaine McKeag

✉ draulsterscots.info@gmail.com

☎ 028 8166 2435 or mobile 079 0401 9483

Glass Craft - Glass Candle Holder

ONE OFF

Thursday 15th October | 2.00pm - 4.00pm

Venue: Derg Valley Care, 5 Parkview Road, Castlederg, BT81 7BU

Create a beautiful glass candle holder tailored to your home decor. Select colours that enhance your interior style. Guided by our expert facilitator you will cut glass and incorporate coloured frits and stringers to raft your unique design. Programme delivered by HARC (Healthy Active Rural Communities).

Derg Valley Care - Kate Duffy

✉ kate@dergvalleycare.com

☎ 028 8167 0764

Seasonal Wreath Workshops

ONE OFF

Thursday 15th October | 6.00pm - 8.00pm

Venue: Derg Valley Care, 5 Parkview Road, Castlederg, BT81 7BU

Under the direction of our skilled facilitator, you will design a stunning seasonal wreath to bring home and showcase for everyone to appreciate. Programme delivered by HARC (Healthy Active Rural Communities).

Derg Valley Care - Kate Duffy

✉ kate@dergvalleycare.com

☎ 028 8167 0764

Sounds Baths

ONE OFF

Thursday 22nd October | 2.00pm - 2.30pm

Venue: Derg Valley Care, 5 Parkview Road, Castlederg, BT81 7BU

Relax, Restore and recharge with the soothing sounds of crystal singing bowls, chimes and other healing instruments. Programme delivered by HARC (Healthy Active Rural Communities).

Derg Valley Care - Kate Duffy

✉ kate@dergvalleycare.com

☎ 028 8167 0764

Drawing with Shelia

6 WEEKS

Thursday 29th October | 2.00pm - 4.00pm

Venue: Derg Valley Care, 5 Parkview Road, Castlederg, BT81 7BU

Develop your drawing skills with Shelia over a 6 week programme at Derg Valley Care. This programme is delivered by HARC (Healthy, Active, Rural Communities).

Derg Valley Care - Kate Duffy

✉ kate@dergvalleycare.com

☎ 028 8167 0764

Candle Making

ONE OFF

Monday 5th October | 11.30am - 1.30pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Participants will make their own large wooden wick candle, pack of wax melts and tea light candles. Programme being delivered by HARC (Healthy, Active, Rural Communities).

Contact Eglinton Community Hall Debbie Caulfield

✉ eglintoncommunity@yahoo.co.uk or drop in to register. **£3.00 for refreshments.**

Monday Club 55+

ONGOING

Every Monday from September '26 to June '27 | 11.30am to 1.30pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Social and recreational group with arts & crafts for local people over the age of 55.

Cost - £3 includes refreshments

Contact Eglinton Community Hall

✉ eglintoncommunity@yahoo.co.uk or drop in to register.

Physiotherapist Led Pilates

ONGOING

Every Monday and Friday from September '26 to June '27 | 6.00pm to 7.00pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Age friendly adult class which is physiotherapist led. **Costs TBC**

Contact Eglinton Community Hall

✉ eglintoncommunity@yahoo.co.uk

🌐 www.facebook.com/OakPilates

AM Fitness - Women's Exercise Tailored For Menopause

ONGOING

Monday 5th, 12th, 19th and 26th October | 7.00pm - 8.00pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

A premium strength and conditioning class for women aged 40+ who are navigating perimenopause or menopause, designed for those who want more individual attention and a space that doesn't feel overwhelming. Max 8 ladies per group.

Contact Eglinton Community Hall

✉ eglintoncommunity@yahoo.co.uk or drop in to register.

Sewing / Quilting Class

ONGOING

Every Monday from September '26 to June '27 | 7.00pm to 9.00pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Sewing and quilting classes. New beginners welcome. **Costs TBC**

Contact Eglinton Community Hall

✉ eglintoncommunity@yahoo.co.uk or drop in to register.

Gentle Yoga

ONGOING

Every Tuesday from September '26 to June '27 | 9.30am to 10.30am

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Gentle yoga Age Friendly adult classes. **Cost - £7 drop in or block of 4 classes £20**

Contact Eglinton Community Hall

✉ eglintoncommunity@yahoo.co.uk or drop in to register.

Chair Yoga

ONGOING

Every Tuesday from September '26 to June '27 | 11.00am to 12.00pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Age Friendly chair based yoga activity suitable for a wide range of abilities. **Cost - £2**

Contact Eglinton Community Hall

✉ eglintoncommunity@yahoo.co.uk or drop in to register.

Zumba

ONGOING

Every Tuesday from September 26 to June 27 | 7.30pm to 8.30pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Come and join in the fun with Latin rhythms, aerobic exercises. **Costs TBC**

Contact Eglinton Community Hall

✉ eglintoncommunity@yahoo.co.uk or drop in to register.

Dance Exercise

ONGOING

Every Wednesday from September 26 to June 27 | 11.00am to 12.00pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Dance exercise, suitable for a range of abilities as some of the exercises are chair based. **Cost - £2**

Contact Eglinton Community Hall

✉ eglintoncommunity@yahoo.co.uk or drop in to register.

Carers' Café

ONGOING

Every Wednesday | 11.30am - 12.30pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Weekly treat for unpaid carers who are caring for relatives/spouses. Carers' Café provides support, advice, practical talks and training, and is delivered in partnership with Eglinton Medical Practice and WHSCT.

Eglinton Community Hall

Contact Eglinton Medical Practice or drop in.

The Eglintones Choir Practice

Every Wednesday | 12.30pm - 1.30pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Singing together for fun. This project is being run in partnership with Allegri Choir aimed at building confidence of older people who like to sing together. **Cost £2**

Contact Eglinton Community Hall

✉ eglintoncommunity@yahoo.co.uk or drop in to register.



AM Fitness - Women's Exercise tailored for menopause ONGOING

Wednesday 7th, 14th, 21st, 28th | 7.00pm - 8.00pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

A premium strength and conditioning class for women aged 40+ who are navigating perimenopause or menopause. Designed for those who want more individual attention and a space that doesn't feel overwhelming. Maximum 8 ladies per group.

Contact Eglinton Community Hall

✉ eglingtoncommunity@yahoo.co.uk or drop in to register.

Ceili Dancing ONGOING

Every Wednesday | 7.30pm to 8.30pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Come along for an evening of craic and dance with Mary McGuiggan's Ceili and set dancing class. **Cost TBC**

Contact Eglinton Community Hall

✉ eglingtoncommunity@yahoo.co.uk or drop in to register.

Yoga for All ONGOING

Every Wednesday | 7.30pm to 8.30pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Gentle Yoga class, suitable for beginners. **Cost TBC**

Contact Eglinton Community Hall

✉ eglingtoncommunity@yahoo.co.uk or drop in to register.

Weekly Walk ONGOING

Every Thursday | 10.30am - 11.30am

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Weekly walk led by our walk leader with support given to people who attend with mobility issues.

Contact Eglinton Community Hall

✉ eglingtoncommunity@yahoo.co.uk or drop in to register.

Circus Skills with In Your Space Circus

ONGOING

Every Thursday | 12.00pm - 1.00pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Activity for flexibility, strength, balance and cognition. We will be working with In Your Space to chart physical and cognitive improvements for participants.

Cost - £2

Contact Eglinton Community Hall

✉ eglintoncommunity@yahoo.co.uk or drop in to register.

Feel Free Tai Chi

ONGOING

Every Friday | 11.30pm to 12.30pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Tai Chi is a gentle, low-impact form of exercise in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths.

Cost - £5 per class

Contact Eglinton Community Hall

✉ eglintoncommunity@yahoo.co.uk or drop in to register.

Pilates

ONGOING

Every Friday | 6.00pm - 7.00pm

Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Physiotherapist led Pilates class. Tutor will advise of cost.

Block bookings are available.

Contact Eglinton Community Hall

✉ eglintoncommunity@yahoo.co.uk or drop in to register.

Embroidery

6 WEEKS

Beginning Thursday 8th October | 9.30am - 11.30am

Venue: Women's Centre, 12 Bawnmore Pl, Strathfoyle, BT47 6XP

Craft and design a unique piece of embroidery that embodies timeless elegance while showcasing the intricate details of your creation. Programme being delivered by HARC (Healthy Active Rural Communities).

Strathfoyle Women's Centre

✉ strathfoylewomenscentre@hotmail.co.uk

☎ 028 7186 0733

Candle Making

ONE OFF

Tuesday 20th October | 11.00am - 1.00pm

Venue: Bready Sollus Centre, 231 Victoria Road Bready, Co. Tyrone

Participants will make their own large wooden wick candle, pack of wax melts and tea light candles.

Bready Sollus Centre

✉ rapid@busda.org.uk

☎ 075 4260 7446



Weekly Meeting of Enagh Seniors Group

ONGOING

Every Tuesday | 10.00am to 12.00pm

Venue: Strathfoyle Library, 22 Temple Road, Strathfoyle, BT47 6TJ

Enagh Seniors Group participate in Chair Yoga, Craft and Art classes, Mindfulness and keeping healthy and active in older life. We are in the process of organising a new programme which will include day trips to interesting places and historic venues. We will also have some fun along the way.

Enagh Seniors Group - Bridgeen Rutherford

✉ bridgeenrutherford@gmail.com

☎ 07780379022

The Story of Places

CLOSED EVENT

Thursday 15th and 29th October | 11.00am to 1.00pm

Venue: Eglinton Men's Shed, 7b Benbow Industrial Estate, Killylane Road, Eglinton, BT47 3DW

To mark Positive Ageing Month Derry City and Strabane District Council's Languages Team will deliver a series of workshops throughout the month of October to members of the Eglinton Men's Shed. 'The Story of Places' workshops will explore the Irish and Ulster Scots origins of our local place names and townland names and offers participants a unique opportunity to learn more about the shared linguistic heritage of our council area. This is a closed event.

For further information

✉ languages@derrystrabane.com

☎ 028 7137 6579

Glass Craft - Candle Holder

ONE OFF

Wednesday 21st October | 10.00am - 12.00pm

Venue: Lettershandoney Community Centre, 109a Lettershandoney Ave, Lettershandoney, BT47 3HZ

Create a beautiful glass art candle holder tailored to your home decor. Select colours that enhance your interior style. Guided by our expert facilitator, you will cut glass and incorporate coloured frits and stringers to craft your unique design. This is being delivered as part of HARC (Healthy Active Rural Communities).

Lettershandoney and District Development Group

✉ info@lettershandoney.com



Sounds Baths

ONE OFF

Wednesday 21st Oct | 2.00pm - 3.30pm

Venue: Lettershandoney Community Centre, 109a Lettershandoney Ave, Lettershandoney, BT47 3HZ ,

Relax, restore and recharge with the soothing sounds of crystal singing bowls, chimes and other healing instruments. Programme being delivered as part of HARC (Healthy Active Rural Communities).

Lettershandoney and District Development Group

✉ info@lettershandoney.com

Embroidery

6 WEEKS

Beginning Thursday 8th October | 9.30am - 11.30am

Venue: Women's Centre, 12 Bawnmore Pl, Strathfoyle, BT47 6XP

Craft and design a unique piece of embroidery that embodies timeless elegance while showcasing the intricate details of your creation. Programme being delivered by HARC (Healthy Active Rural Communities).

Strathfoyle Women's Centre

✉ strathfoylewomenscentre@hotmail.co.uk

☎ 028 7186 0733

FOYLESIDE DEA

Individual Pack for Older People

From 1st October | 9.00am to 4.00pm

Venue: Ally Foyle, 18 Ballinska Road, Derry~Londonderry

A selection of individual packs that contain cookery packs, warm home packs or puzzle packs. Something to suit everyone's needs. Please contact Ally Foyle to receive one of these packs.

Ally Foyle - Angelina Cooper

✉ info@allyfoyle.com

☎ 07419987095

Ulster University Derry~Londonderry Campus Library Tour ONE OFF

Tuesday 6th October | 2.00pm - 3.30pm

Venue: Ulster University Derry~Londonderry Campus, Block MM, Northland Road, Londonderry BT48 7JL

Discover what Ulster University Library has to offer the local community. See our modern facilities, learn more about our fascinating collections and find out how you can become a member of our library community.

To register your place on the tour please email

✉ agefriendly@derrystرابane.com



Sensory Information Hub Launch

Wednesday 30th September | 10.30am - 3.30pm

Venue: Derry Central Library, Foyle Street, Derry-Londonderry

Deafblind UK, in collaboration with Libraries NI invite you to our Community Sensory Connections event in Derry Central Library.

Alongside drop-in engagement throughout the day, we will be hosting two specialist workshops:

Workshop #1 - Deafblind Awareness 11am - 12.30pm

A specialist tutor will lead this awareness session, supported by a deafblind individual sharing lived experience and answering questions.

Workshop #2 - Accessing Library Services Using Technology 1.30pm - 3.00pm

This hands-on session explaining how to access library services using technology. This session will also cover other aspects of mobile technology that can help you in today's world.

Both workshops will be supported by BSL interpreters.

Spaces for each workshop are limited and allocated on a first-come, first-served basis. To reserve a place, please send the attendee's name and preferred workshop to

✉ northernireland@deafblind.org.uk or northernireland@deafblind.org.uk

☎ 0800 132 320

Tea and Newspapers Club

ONGOING

Every Monday, Tuesday, Wednesday, Friday and Saturday | 10.00am to 12.00pm

Venue: Creggan Library, 59 Central Drive, Derry-Londonderry, BT48 9QH

Enjoy a cuppa, join friends for a chat and have a read of the local and national newspapers.

Creggan Library, Libraries NI - Glen Foley

✉ creggan.library@librariesni.org.uk

☎ 028 7126 6168

Irish Language Class: Beginners

ONGOING

Every Monday | 10.15am to 11.15pm

Venue: Creggan Library, 59 Central Drive, Derry~Londonderry, BT48 9QH

Learn the basics of conversational Irish at our weekly class for complete beginners.

Creggan Library, Libraries NI – Glen Foley

✉ creggan.library@librariesni.org.uk

☎ 028 7126 6168

Irish Language Class: Improvers

ONGOING

Every Monday | 11.30am to 12.30pm

Venue: Creggan Library, 59 Central Drive, Derry~Londonderry, BT48 9QH

Build on your basic knowledge of Irish at our weekly class for improvers.

Creggan Library, Libraries NI – Glen Foley

✉ creggan.library@librariesni.org.uk

☎ 028 7126 6168

Knit and Natter

ONGOING

Every Friday | 11.00am to 1.00pm

Venue: Creggan Library, 59 Central Drive, Derry~Londonderry, BT48 9QH

Come together to knit, crochet, share patterns and chat! Tea, coffee and biscuits provided.

Creggan Library, Libraries NI – Glen Foley

✉ creggan.library@librariesni.org.uk

☎ 028 7126 6168



Basic IT Computer One-to-One Session

ONGOING

Every Friday | By appointment during library opening

Venue: Creggan Library, 59 Central Drive, Derry~Londonderry, BT48 9QH

Learn the basics of computers, email and the internet at your own pace at our one-to-one classes. Booking is essential.

Creggan Library, Libraries NI - Glen Foley

✉ creggan.library@librariesni.org.uk

☎ 028 7126 6168

Act Your Age Drama Group

ONE OFF

Thursday 1st and 8th October | 2.00pm - 3.30pm

Venue: Millennium Forum Theatre & Conference Centre, 3 Newmarket St, Derry~Londonderry, BT48 6EB

Act Your Age Drama Group at the Millennium Forum, an age friendly drama group for older people, led by experienced drama facilitator Bernadette MacFarland.

Millennium Forum - Lisa Heaney

☎ 028 7126 4455 (Select Option 1)

Direct Payments Information Session for Carers and Families

ONE-OFF

Thursday 22nd October | 12.00pm - 1.30pm

Venue: Health for Life, 2 Central Drive, Creggan, BT48 9QG

Direct Payments are funds paid directly to individuals who have been assessed as needing social care support. They are designed to give people greater choice, control, flexibility, and independence in managing their care and support needs.

Join us to learn more about Direct Payments, how they work, the application process, and how they can be used to support people living with dementia at home.

This information session will be delivered by Centre for Independent Living NI.

Health for Life - Eilish Brown

✉ eilish@olt.ie

☎ 028 7137 3870

Moves and Melodies - Song and Dance Afternoon

ONGOING

Thursday 22nd October | 2.00pm - 3.30pm

Venue: Millennium Forum Theatre & Conference Centre, 3 Newmarket St, Derry-Londonderry, BT48 6EB

Moves and Melodies is an age friendly project in the Millenium Forum that provides a safe space for older people to come along to sing and dance their heart away.

Millennium Forum - Lisa Heaney

☎ 028 7126 4455 (Select Option 1)





Spooky Bingo with Micky Doherty

ONE OFF

Monday 26th October | 6.00pm - 8.00pm

Venue: Bishop Street Community Centre, Bishop St, Derry~Londonderry BT48 6XQ

Participants will enjoy a night full of fun and laughter with our local celebrity Micky Doherty hosting on the night. This is a great opportunity to engage with the local community, make new connections and see what other services are available in your area.

Health for Life - Denise Robinson

✉ denise@bbhealthforum.org

☎ 028 7137 3870

Dementia Friendly Tea Dance

ONE OFF

Thursday 29th October | 2.00pm - 3.30pm

Venue: Millennium Forum Theatre & Conference Centre, 3 Newmarket St, BT48 6EB

These Dementia Friendly Tea Dances are held once a month in the Studio Theatre with the Millennium Forum. The Tea Dance is free and entertainment and music is provided by Dougie Breslin.

Millennium Forum - Lisa Heaney

☎ 028 7126 4455 (Select Option 1)

Embroidery

6 WEEKS

Monday 5th October | 10.30am - 12.30am

Venue: Learmount Community Centre, 192 Learmount Road, Park, BT47 4BA

Craft and design a unique piece of embroidery that embodies timeless elegance while showcasing the intricate details of your creation. Programme delivered by HARC (Healthy Active Rural Communities).

Learmount Community Development Ltd. Min McCann

✉ manager@learmountgroup.org

☎ 028 7778 1881

Embroidery

6 WEEKS

Wednesday 7th October | 7.00pm - 9.00pm

Venue: Glenelly House, 11b Main St. Plumbridge, Co. Tyrone BT79 8AA

Craft and design a unique piece of embroidery that embodies timeless elegance while showcasing the intricate details of your creation. Programme delivered by HARC (Healthy Active Rural Communities).

Glenelly House

✉ project@glenellycommunity.com

☎ 07936776235

Glass Craft Coasters

ONE OFF

Thursday 8th October | 7.00pm to 9.00pm

Venue: Glenelly House, 11b Main St. Plumbridge, Co. Tyrone BT79 8AA

Design and create your own set of beautiful handcrafted fused glass coasters in this relaxed, hands on workshop. Perfect for beginners and creative enthusiasts alike. Programme delivered by HARC (Healthy Active Rural Communities).

Glenelly House

✉ project@glenellycommunity.com

☎ 077 2177 6235

Glass Craft

ONE OFF

Wednesday 14th October | 2.00pm - 4.00pm

Venue: The Coup, 13 Lisnaragh Rd, Donemana, Strabane BT82 0QL

Design your own glass work with your personal colour choices. You will be guided by our expert facilitator and create a unique piece of Glass Art. This programme is delivered by HARC (Healthy Active Rural Communities).

The Coup - Donemana

☎ 077 19067 835

Short Stories - Tall Tales

ONE OFF

Thursday 29th October | 12.45pm - 1.45pm

Venue: Learmount Community Centre, 192 Learmount Road, Park, BT47 4BA

An Intergenerational story telling event with a bit of lunch and a cuppa, bringing young people and older people together to learn about each other and build a unique bond.

Learmount Community Development Group - Min McCann

✉ manager@learmountgroup.org

Learmount Sound Baths

ONE OFF

Wednesday 21st October | 10.30am - 12.00pm

Venue: Learmount Community Centre, 192 Learmount Road, Park, BT47 4BA

Relax, restore and recharge with the soothing sounds of crystal singing bowls, chimes and other healing instruments. Programme delivered by HARC (Healthy, Active Rural Communities).

Learmount Community Development Group - Min McCann

✉ admin@learmountgroup.com

☎ 028 7778 1881

STRABANE DEA

Journey Together - Easilink Service Users Connection Event

ONE OFF

Friday 16th October | 1.30pm to 3.00pm

Venue: Easilink Community Transport, 39 Bowling Green, Strabane, BT82 8BW

Easilink will facilitate a welcoming space at its new premises where service users can come together to connect, share experiences, build relationships with other users, staff, volunteers and drivers. Refreshments will be provided in a relaxed and friendly setting.

Easilink - Charlene Devine

✉ charlene@easilink.org

☎ 028 7188 3282

Knit and Natter

ONGOING

Every Friday | 2.00pm to 4.00pm

Venue: Strabane Library, Railway Street, Strabane

For adults who enjoy knitting and crocheting. Come along and share hints and tips, swap patterns, meet new people and learn new skills over a cup of tea or coffee.

Strabane Library, Libraries NI - Angela Kerrigan or Kate Devine

✉ Strabane.library@librariesni.org.uk

☎ 028 7188 3686



WATERSIDE DEA

Tea and Newspapers Club

ONGOING

Every Tuesday and Thursday | 3.30pm to 4.30pm

Venue: Waterside Library, The Workhouse, 23 Glendermott Road, BT47 6BG

Enjoy a cuppa, join friends for a chat and have a read of the local and national newspapers.

Waterside Library - Libraries NI

✉ waterside.library@librariesni.org.uk

☎ 028 7134 2963

Winter Warm Hub

1ST WEDNESDAY OF EVERY MONTH

Starts Wednesday 7th October | 10.30am - 12.00pm

Venue: Crescent Community and Cultural Centre, 205-211 Sperrin Park, Waterside, BT47 6NQ

Looking for somewhere warm and welcoming this winter? Come along to our Winter Warm Hub, a friendly space where older people can pop in, enjoy a chat, and meet others in the community. Relax with a hot drink and enjoy a light breakfast or freshly baked scones in a warm and welcoming environment.

Whether you'd like some company, a change of scenery, or simply a chance to connect with others, everyone is welcome.

To register please contact Caw/Nelson Drive Action Group - Michelle Oliphant

☎ 028 7131 8100

✉ info@cndag.co.uk

The Story of Places

CLOSED EVENT

Thursday 8th and Friday 16th October | 11.00am - 1.00pm

Venue: U3A, Pascal McDonald House, Gransha Park, Waterside BT47 6TG

To mark Positive Ageing Month Derry City and Strabane District Council's Languages Team will deliver a series of workshops throughout the month of October to members of the U3A. 'The Story of Places' workshops will explore the Irish and Ulster Scots origins of our local place names and townland names and offers participants a unique opportunity to learn more about the shared linguistic heritage of our Council Area. This is a closed event.

For further information

✉ languages@derrystrabane.com

☎ 028 7137 6579

WATERSIDE DEA

'Chat Tea Train'

ONGOING AT DIFFERENT TIMES OF THE YEAR

Monday 5th October | 10.00am

Venue: Meeting at Waterside Train Station

The 'Chat Tea Train' aims to provide opportunities for older people (60+ years) to chat, connect, and engage with others to reduce isolation and loneliness. Please contact your GP Practice Social Work Team to register your interest, all welcome for a cuppa!

Western Health and Social Care Trust

Contact your local GP Social Care Worker for referral.

U3A Foyle - Retired to Inspired

ONE OFF

Thursday 1st October | 10.00am to 12.00pm

Venue: U3A, Pascal McDonald House, Gransha Park, Waterside, BT47 6TG

An introduction to U3A Foyle. This tour of our premises will open your eyes to the opportunities for life after retirement. See up close the range of classes and activities delivered. We will definitely have something to interest you.

U3A - Christine O'Kane

✉ info@u3afoyle.com

☎ 028 7186 0123

Intergeneration Circus, Creativity and Connection Workshop

ONE OFF

Friday 9th October | 10.00am - 12.00pm

Venue: St Columb's Park House, 4 Limavady Road, Waterside, BT47 6JY

Celebrate Positive Ageing Month with a joyful intergenerational morning of creativity, circus and connection. Primary School pupils and older people will make keepsake bunting, enjoy hands on circus workshops, watch a youth circus performance and share refreshments together. Participation will be invited through Primary Schools and older people's groups/care homes.

In Your Space Circus and Fuse Arts - Cath McBride

✉ cath@inyourspaceni.org Zoe@fuseartsni.com

☎ 028 7137 7113 / 075 9922 7161

Art Class

ONGOING

Every Tuesday | 1.00pm to 2.00pm

Venue: Older People North West, 20 Chapel Road, Waterside, BT47 2AN

Come and explore your creativity in art classes with Aishling Collins.
All levels welcome, including beginners!

Older People North West - Anne Deehan

✉ development@olderpeoplenorthwest.org

☎ 028 7134 7478

Line Dancing

ONGOING

Every Tuesdays and Thursdays | 2.00pm to 3.30pm

Venue: Older People North West, 20 Chapel Road, Waterside, BT47 2AN

Keep fit and enjoy learning and perfecting your line dancing skills with Suzanne Boyle.
Followed by tea and scones.

Older People North West - Anne Deehan

✉ development@olderpeoplenorthwest.org

☎ 028 7134 7478

Yoga and Mindfulness

ONGOING

Every Wednesday | 11.00am to 1.00pm

Venue: Older People North West, 20 Chapel Road, Waterside, BT47 2AN

Come and relax and enjoy some me time with yoga and mindfulness.

Older People North West - Anne Deehan

✉ development@olderpeoplenorthwest.org

☎ 028 7134 7478

WATERSIDE DEA

Guitar Jam and Lunch

ONGOING

Every Thursday | 11.30am to 12.45pm

Venue: Older People North West, 20 Chapel Road, Waterside, BT47 2AN

Listen to music while you dine and sing along to the guitar and familiar songs.

Older People North West - Anne Deehan

✉ development@olderpeoplenorthwest.org

☎ 028 7134 7478

Indoor Bowling

ONGOING

Every Friday | 10.30am - 11.30am

Venue: Older People North West, 20 Chapel Road, Waterside, BT47 2AN

Indoor bowling for older people to enjoy.

Older People North West - Anne Deehan

✉ development@olderpeoplenorthwest.org

☎ 028 7134 7478

Falls Integrated Pathway: Ways To Reduce Risk Of Falls And Serious Injury Including Services Available

ONE OFF

Venue: Foyle Arena, Limavady Road, Waterside, BT47 6JY

This session will include falls statistics, why falls occur, practical measures to prevent falls, fear of falling and what to do if you have a fall and how to get up safely if appropriate. The session provides an opportunity for discussion and booklet resources with take away information to support with falls prevention and services available on the day.

Western Health & Social Care Trust - Ann Marie Conlon

✉ annmarie.conlon@westerntrust.hscni.net or

✉ agefriendly@derrystarabane.com

☎ 07769300028



The Chat Tea Ball

ONE OFF

Thursday 22nd October | Doors open at 6.30pm to start at 7.00pm

Venue: Waterfoot Hotel, Caw Roundabout, Clooney Road, BT47 6TB

The Chat Tea Ball is for people 50+ to chat, connect, and engage with others, reducing isolation and loneliness. It will be an evening of entertainment (Music, singing, comedy, dancing) and light refreshments. **Please contact your GP Practice Social Work Team to register and purchase your tickets. Cost £5.00.**

Western Health and Social Care Trust

Contact your local GP Social Care worker for referral.

Halloween Tea Dance

ONE OFF

Wednesday 28th October | 2.00pm - 4.00pm

Venue: Older People North West, 20 Chapel Road, Waterside, BT47 2AN

Get into the Halloween spirit and join us for our Halloween Tea Dance. Come in fancy dress if you dare!!

Older People North West - Anne Deehan

✉ development@olderpeoplenorthwest.org

☎ 028 7134 7478



Will Writing and Enduring Power of Attorney Workshops

ONE OFF

Tuesday 13th October | 2.00pm - 4.00pm

Venue: St Columb's Park House, 4 Limavady Road, Waterside, BT47 6JY

Tuesday 20th October | 2.00pm - 4.00pm

Venue: Fir Trees Hotel, Dublin Road, Strabane, Co. Tyrone, BT82 9EA

Babington Solicitors will be delivering a free workshop on Will Writing and Enduring Power of Attorney (EPA) in Northern Ireland as part of Positive Ageing Month. The workshop will take place in Derry and Strabane and will provide practical information on the importance of making a will, planning for the future, and understanding Enduring Power of Attorney. The sessions will be led by Maeve Morrison and colleagues from Babington Solicitors, who have kindly offered to deliver these workshops free of charge. In addition, Sharon Williams from Compassionate Communities will be in attendance to discuss Advance Care Planning, helping attendees to understand and communicate their future care wishes.

If you wish to book a place, please contact Age Friendly and indicate which venue you will be attending.

✉ agefriendly@derrystrabane.com.

Silent Disco

ONE OFF

Wednesday 14th October | 6.30pm - 8.30pm

Venue: Guildhall, Guildhall, Guildhall Square, Derry-Londonderry, BT48 6DQ

Get ready to dance the day away at our Silent Disco in the Guildhall, Derry~Londonderry, as part of Positive Ageing Month! Enjoy a fantastic mix of music through the decades, from the golden era of the showbands right through to today's biggest hits. Whether you love to jive, sing along to classics, or enjoy modern favourites, there will be something for everyone. Put on your headphones, choose your channel, and join us for a fun-filled afternoon of music, memories, and laughter.

Limited to 80 spaces.

Bar facilities available on the night.

To book your place please email

✉ agefriendly@derrystrabane.com.

Tour of Stormont

ONE OFF

Monday 19th October

Pick Up: Strabane Canal Basin at 8.30am

Pick Up: Beside Guildhall at 9.15am for arrival at 11.00am

Join us for a fascinating visit to Stormont as part of Positive Ageing Month. On arrival at 11.00am guest will be greeted with refreshments before taking part in a workshop that explains the role and work of the NI Assembly. Participants will then enjoy a visit to the Public Gallery followed by a guided tour. The day will then conclude with a light lunch.

Spaces are limited to 30 (15 Strabane, 15 Derry) and will be allocated on first come basis.

Please advise if you have any dietary requirements.

To book your place please email

✉ agefriendly@derrystrabane.com.

Steps to Better Health Event

ONE OFF

Thursday 22nd October | 11.00am to 1.00pm

Venue: Melvin Hall, 7 Melvin View, Strabane BT82 9PR

Join us at the Steps to Better Health Event in Strabane and discover a range of services and supports to help you improve your health and wellbeing. This free community event will feature health checks, information stalls from local organisations, nutrition advice, and opportunities to learn more about healthy lifestyle choices. Attendees can also explore a range of complimentary therapies and wellbeing activities designed to support both physical and mental health. Whether you are looking for practical health information, support services, or inspiration to take positive steps towards a healthier lifestyle, there will be something for everyone.

Please note that spaces for health checks are limited and must be booked in advance.

To reserve your place please email

✉ agefriendly@derrystrabane.com.

REGIONAL EVENTS

Financial Well-being and Fraud Awareness: Staying Safe, Informed and In Control

ONE OFF

Thursday 23rd October | 11.00am

Venue: Online – Microsoft Teams

Managing your finances with confidence is more important than ever. This practical and informative session is designed for people aged 65 and over, providing guidance on everyday banking, protecting yourself from fraud and scams, and making the most of your money. Join us for an accessible and engaging discussion to help you stay financially secure, independent, and informed.

Microsoft Teams Meeting

<https://teams.microsoft.com/meet/390128907329929?p=pVXhUs39v6iP6djgzw>

Meeting ID: 390 128 907 329 929 Passcode: dv2C5kS9

Online Talk about Residential Care Costs

ONE OFF

Wednesday 22nd October | 2.00pm

Venue: Online

Planning Ahead for Future Care Costs. Join Martin McDaid for an online session exploring the costs of residential and other care services, how financial assessments determine your contribution, and what is included as capital and income. The session will also cover current legislation and potential future changes affecting care funding.

✉ agefriendly@derrystrabane.com to register and a link will be sent via email.

Get online with Go ON NI: Digital Skills Training

ONGOING

Thursday 30th October*

Venue: Online

The Go ON NI team works in partnership with Libraries NI to provide free digital training and support to help you get online. Training courses take place in your local library and include learning basic digital skills or improving your existing digital skills in an individual or group setting.

***For more info, dates and times by contacting your local Library by telephone or by visiting www.librariesni.org.uk/go-on-events/**

Department of Finance – Go ON NI

✉ future@finance-ni.gov.uk

Lone Pensioner Allowance

If you are the Ratepayer and are aged 70 or over and live alone, you may be entitled to a discount of 20% on your rates with Lone Pensioner Allowance.

Lone Pensioner Allowance is not means tested, so we won't ask you to provide information about your income and savings. If you are eligible, you can make an application at any time during the rating year. You may still be entitled to Lone Pensioner Allowance if you are over 70 and don't live alone if you:

- ✓ live with a carer who is not your spouse or partner
- ✓ provide care for someone who lives with you who is not your spouse or partner
- ✓ live with anyone who is under the age of 18
- ✓ live with someone who has a severe mental impairment including your spouse or partner

Further information is available at:

www.nidirect.gov.uk/articles/lone-pensioner-allowance
and www.nidirect.gov.uk/rates-help
or by calling 0300 200 7801

Disabled Person's Allowance

If you live in a property that has been internally adapted or has additional internal features to accommodate the needs of a disabled person living there, you might be entitled to a discount of 25% on your rates with Disabled Person's Allowance.

Disabled Person's Allowance is not means tested, so we won't ask you to provide information about your income and savings. The property must be adapted to meet the needs of a person with a disability who lives in your home. Types of adaptations that qualify are:

- ✓ a room, other than a kitchen, bathroom or toilet, which is wholly used by the person with a disability for treatment or therapy
- ✓ an extra kitchen for the person with a disability
- ✓ an extra toilet for the person with a disability (including an ensuite)
- ✓ an extra bathroom (including extra toilets and an ensuite)
- ✓ extra floor space to use a wheelchair easily inside the property (wheelchairs for outdoor use only are excluded)

Further information is available at:

www.nidirect.gov.uk/articles/disabled-persons-allowance
and www.nidirect.gov.uk/rates-help
or by calling 0300 200 7801



Northern Ireland Fire & Rescue Service

Most fires in the home can be prevented. At Northern Ireland Fire & Rescue Service (NIFRS) we are committed to keeping everyone safe from fire. We are calling on the public to follow our simple fire safety advice to protect you and your home.

Smoke alarms



- A smoke alarm should be fitted on every floor and for those with impaired mobility fit an additional smoke alarm in the room in which they sleep
- Smoke alarms should be tested weekly

Cooking

- Never leave cooking unattended
- Don't cook if you are tired, have consumed alcohol or have taken medication that could make you drowsy
- Avoid leaving items on your cooker/hob e.g. tea towels and medication

Electrical



- Do not overload electric sockets and always use the correct fuse
- Make sure power leads are not frayed/damaged
- If using a mobility scooter, e-bike or e-scooter, charge batteries when awake, unplug when finished charging and avoid storing them in escape routes

Smoking

- Never smoke in bed

- Avoid smoking when tired, have consumed alcohol or taken medication that makes you feel drowsy
- Extinguish cigarettes properly and empty ashtrays safely (dampen contents)



Bedtime routine

- Have a bedtime routine – turn off electrical items at the plug, close internal doors, empty ashtrays, extinguish candles, and put a spark guard on open fires
- Plan your escape route and keep this route clear from obstructions

We offer an online Home Fire Safety Check. The easy-to-follow self-assessment involves answering a series of questions about your household and each room in the home. Once this is completed, you will receive a personalised fire action plan identifying the potential hazards in the home with safety advice. Visit www.nifrs.org for more information.



Derry City & Strabane
District Council
Cathair Dhoire &
Cathair an tSiobhaine
Derry City & Strabane
District Council



Book a Free Home Safety Visit

Safety information and
advice to help reduce
accidents in the home



Free Home Safety Visits to those aged over 65 or vulnerable

Potential hazards in the home include:

**Slips and Falls • Carbon Monoxide
Burns and Scalds • Poisoning
Fire • Electrical Dangers**

For more information:

- ☎ 028 71 253 253
- ✉ homesafety@derrystrabane.com
- 🌐 www.derrystrabane.com/homesafety



JOIN OR LEAD A WALK

**Join a free
weekly walk in
your community**

Make new friends
Improve your fitness
Get outdoors
Boost your mood

**Train as a
Walk Leader in
your community**

Learn new skills
Help others get active
Support your community
Make a difference

Scan the QR code or contact
Catherine (07856 935077)
www.walkingforall.com



