



Derry City & Strabane
District Council
Comhairle
Chathair Dhoire &
Cheantar an tSrátha Báin
Derry Citty & Strabane
District Council



Derry City & Strabane

District Council 2025



Welcome to Positive Ageing Month



Councillor Ruairí McHugh

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 2025. Our Council is truly committed to creating a place where older people can live active and engaged lives and can continue to make a valuable contribution to their communities.

The 1st of October marks International Day of Older Persons with this year's theme being:

“Building Belonging: Celebrating the Power of our Social Connections”

Locally the Age Friendly programme aims to prioritise the inclusion of older people by increasing participation, ensuring access to services and making sure that this is an enjoyable place for people to live and grow older. The programme has with a wide range of opportunities that are reflective of the all the partnership working with 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 and to attend as many of the events as possible and encourage others to join you.



Seamus Ward

Head of Health Improvement, Equality and Involvement for the Western Health & Social Care Trust

As Head of Health Improvement, Equality and Involvement for the Western Health & Social Care Trust, I am delighted once again to support this 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, for demonstrating the great results that can be achieved by working in collaboration with each other.

As we grow older, the relationships we build and nurture play a vital role in our emotional, mental, and physical wellbeing. This year's theme highlights the importance of connection – with family, friends, neighbours, and our wider community – in creating a sense of purpose, inclusion, and joy in later life. Throughout the month, a number of events and activities will be hosted which are designed to strengthen these bonds, promote community spirit, and encourage everyone to reach out, get involved, and celebrate the power of togetherness.

*Because ageing well isn't just about years
– it's about feeling you belong.*

Tea and Newspaper’s 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 of charge 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 14th 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 | 12:30pm to 1:30pm

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 earning at any age. Refreshments will be provided. **Booking Essential.**

Contact Diane Thomson

✉ diane.thomson@librariesni.org
☎ 028 7135 4185

Irish Language Class: Beginners

ONGOING

Every Friday Morning | 10:00am to 11:00am

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

Have you ever wanted to learn Gaeilge? At Shantallow Library we offer adults the ever-popular Irish language classes for beginners and improvers. Join others as you attain your Cúpla Focal. It’s never too late to learn new things!

Contact Diane Thomson

✉ diane.thomson@librariesni.org
☎ 028 7135 4185

Irish Language Class: Improves

ONGOING

Every Friday Morning | 11:15am to 12:15am

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

Have you ever wanted to learn Gaeilge? At Shantallow Library we offer adults the ever-popular Irish language classes for beginners and improvers. Join others as you attain your Cúpla Focal. It’s never too late to learn new things!

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

☎ 07720602146

Drumming your way to Wellness

6 WEEKS

Wednesday 8th October | 12:00pm to 1:00pm

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

Come along and drum your way to wellness. This fun and interactive workshop will run for 6 weeks and will help to relieve stress and anxiety. **Booking is advisable.**

Derg Valley Care - Kate Duffy

☎ 028 8167 0764

Autumn Mason Jar Decorating

ONE OFF

Thursday 9th October | 11:00am to 12:00pm

Venue: Castlederg Library, 1 Hospital Road, Castlederg, BT81 7BU

Join us for a fun morning decorating mason jars for your Autumn décor! Please contact the library to book your place!

Castlederg Library, Libraries NI - Jacqueline Kerrigan

✉ Jacqueline.kerrigan@librariesni.org.uk

☎ 028 8167 1419

Irish & Ulster-Scots Language Awareness Workshop

ONE OFF

Thursday 9th October | 10:30 am

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

A programme exploring the Irish and Ulster Scots origins. This will be delivered in conjunction with Derry City and Strabane District Council's Language Team. Please note this is a closed event.

✉ languages@derrystrabane.com

☎ 028 7125 3253



Monday Club 55+

ONGOING

Every Monday from September '25 to June '26 | 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 '25 to June '26 | 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

Sewing / Quilting Class

ONGOING

Every Monday from September '25 to June '26 | 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.

Chair Yoga

ONGOING

Every Tuesday from September '25 to June '26 | 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 '25 to June '26 | 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 '25 to '26 | 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.



Yoga for All

ONGOING

Every Wednesday from September '25 to '26 | 7.30pm to 8.30pm
Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Gentle yoga suitable for beginners. **Costs TBC**

Contact Eglinton Community Hall

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

Weekly Walk

ONGOING

Thursday 2nd, 9th, 16th, 23rd and 30th October | 10.30am to 11.30am
Venue: From Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

A weekly walk which is led by an experienced walk leader. Support can be provided.

Contact Eglinton Community Hall

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

Carers' Café

ONGOING

Every Wednesday - Activity runs all year | 11.30am to 12.30pm
Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Weekly treat for unpaid carers. Support, advice, practical talks and training. In partnership with Eglinton Medical Practice and WHSCT.

Contact Eglinton Medical Practice

☎ 028 8167 1419 or drop in to register.

The Eglintones Choir Practice

ONGOING

Every Wednesday | 12.30pm to 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.
Cost - £2

Contact Eglinton Community Hall

✉ eglintoncommunity@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. **Costs TBC**

Contact Eglinton Community Hall

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

Circus Skills

ONGOING

Every Thursday | 12.00pm
Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Activity for flexibility, strength, balance and cognition. Working with *In Your Space* to chart physical and cognitive improvements for 50+ participants. **Cost - £2**

Contact Eglinton Community Hall

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

Crochet Class

ONGOING

Every Friday | 1.00pm to 3.00pm
Venue: Eglinton Community Hall, 40 Main Street, Eglinton, BT47 3AD

Learn how to crochet and improve your skills in a friendly environment.
Cost - £5 per class

Contact Eglinton Community Hall

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

Irish & Ulster-Scots Language Awareness Workshop

A Monday in October TBC | Morning TBC

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

A programme exploring the Irish and Ulster Scots origins. This will be delivered in conjunction with Derry City and Strabane District Council's Language Team.

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

☎ 028 7125 3253

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.

Basic IT Computer One-to-One Session

ONGOING

Every Friday | By appointment during Library opening hours

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

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. **Booking is essential.**

Strathfoyle Library - Libraries NI - Julie Holmes

✉ strathfoyle.library@librariesni.org.uk

☎ 028 7186 0385

Tea and Newspaper's Club

ONGOING

Every Monday, Tuesday, Thursday, Friday and Saturday | 10.30am to 12.30pm

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

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

Strathfoyle Library, Libraries NI - Julie Holmes

✉ strathfoyle.library@librariesni.org.uk

☎ 028 7186 0385

Knit and Natter

ONGOING

Every Tuesday | 2.00pm to 4.00pm

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

Come together to knit, crochet, sew, share patterns and chat! Refreshments provided.

Strathfoyle Library, Libraries NI - Julie Holmes

✉ strathfoyle.library@librariesni.org.uk

☎ 028 7186 0385

Weekly Meeting of Enagh Seniors Group

ONGOING

Every Tuesday | 10.00am to 12.00pm

Venue: Strathfoyle Library, 22 Temple Road, 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

FOYLESIDE DEA

Individual Pack for Older People

From 1st October | 9.00am to 4.00pm
Venue: Ally Foyle, 18 Ballinska Road, 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 28th October | 3.00pm to 4.30pm
Venue: Ulster University Derry-Londonderry Campus, Block MM, Northland Road, Londonderry BT48 7JL

Discover what Ulster University Library has to offer to 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@derrystrabane.com

MOOR DEA

Tea and Newspaper's Club

ONGOING

Every Monday, Tuesday, Wednesday, Friday and Saturday | 10.00am to 12.00pm
Venue: Creggan Library, 59 Central Drive, 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, 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, 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, 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 hours

Venue: Creggan Library, 59 Central Drive, 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

Health & Wellbeing Day

ONE OFF

Monday 13th October | 1.00pm to 4.00pm

Venue: Bishop Street Community Centre, Bishop Street, BT48 6UJ

Join us for free health checks and friendly sessions on how to look after your wellbeing and reduce your risk of cancer. You'll hear practical tips on nutrition, self-care, alcohol and smoking, and overall wellbeing from the Bogside & Brandywell Health Forum and HIVE Cancer Support, along with information on cancer screenings from local screening services, supported by our Cancer Champions team. Free refreshments will also be provided! This event is for anyone aged 50+ who is supportive of the LGBTQIA+ community, LGBTQIA+ themselves, friends, family or an ally to the community.

The Rainbow Project - Jade Fleming

✉ jade@rainbow-project.org

☎ 07923619058

Freaky Bingo

ONE OFF

Monday 20th October | 2.00pm to 4.00pm

Venue: Bishop Street Community Centre, Bishop Street, BT48 6UJ

Participants are invited to join us for a spooktacular day of fun playing bingo with a twist. Prizes on the day. **Cost £5.00.**

Bogside and Brandywell Health Forum - Denise Robinson or Sandra Doherty

✉ denise@bbhealthforum.org or sandra@bbhealthforum.org

☎ 028 7136 5330

Halloween Dance

ONE OFF

Monday 27th October | 2.00pm to 5.00pm

Venue: Maldron Hotel, Butcher Street, BT48 6HL

Participants are invited to join us for our annual Halloween Dance. Fancy dress is a must!! There will be prizes for the best spooktacular costume on the day. **Booking is essential!! Cost £12.00.**

Bogside and Brandywell Health Forum - Denise Robinson or Sandra Doherty

✉ denise@bbhealthforum.org or sandra@bbhealthforum.org

☎ 028 7136 5330



Autumn Tea Dance

ONE OFF

Thursday 16th October | 2.00pm to 4.00pm

Venue: Park Community Hall, 109 Altinure Road, BT47 4DE

Tea Dance in which residents from the Sperrin DEA will be invited to meet and chat over a cup of tea with a few sandwiches and cakes and have a pleasant afternoon of music and dance.

Learmount Community Development Ltd. Min McCann

✉ manager@learmountgroup.org

☎ 028 7778 1881



Strabane 6-week Pain Management Course (for people with any Long-Term Condition)

Monday 8th September for 6 weeks | 10.30am to 1.00pm

Venue: Fountain Street Community Centre, Strabane, BT82 8JG

6-week Pain Management Course. Our pain management courses are designed to help people learn tools to manage Long-Term Conditions (LTCs) They aim to improve help participants take back control, increase their confidence and connect them with other people with similar conditions.

Versus Arthritis - Shauna Mc Menamin

✉ s.mcmenamin@versusarthritis.org

☎ 028 969 23264 or 07773 033576

Strabane Peer to Peer Support Group for Arthritis and MSK Conditions

EVERY 3RD WEDNESDAY
IN EACH MONTH

Wednesady 15th October | 10.30am to 12.00pm

Venue: Fountain Street Community Centre, Strabane, BT82 8JG

Strabane Peer to Peer Support Group begins with Chi-Me, which is a low-impact movement and exercise program, inspired by Tai Chi. It is accessible for a wide range of ages, abilities and Long-Term Conditions. The Group finishes with a cuppa and a chat

Versus Arthritis - Shauna Mc Menamin

✉ s.mcmenamin@versusarthritis.org

☎ 028 969 23264 or 07773 033576

Project Me Time Silk Flowering Arranging

ONE OFF

Tuesday 7th October | 7.00pm to 9.00pm

Venue: Grass Roots Learning Hub, 5 John Wesley Street, Strabane, BT82 8RJ

Come along and enjoy a relaxing evening of silk flower arranging, perfect for beginners and enthusiasts alike. Spaces are limited to 15 participants. To reserve your place, please contact Strabane Community Project. All materials will be provided on the night, just bring your creativity. **Booking is essential.**

Strabane Community Project - Ursula Doherty

✉ strabanecommunityproject@btinternet.com

☎ 028 7188 3102

STRABANE DEA

Reading Group

ONGOING

Wednesday 8th October | 11.00am to 12.00pm
Venue: Strabane Library, Railway Street, Strabane

Read, enjoy, discuss. Come and share your enthusiasm and express your opinions about books and their authors.

Strabane Library, Libraries NI - Angela Kerrigan or Kate Devine

✉ Strabane.library@librariesni.org.uk
☎ 028 7188 3686

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

Smart Moves: Discussion on Transport Needs

ONE OFF

Tuesday 14th October | 10.30am to 2.30pm
Venue: Fir Trees Hotel, Dublin Road, Strabane, BT82 9EA

Join us for an informal round-table event where we will explore the transport needs of older people through open conversation across six important themes: health, socialising, education, volunteering, communication, and resources. This is your chance to have your voice heard, share your experiences, and help shape better services for our community. There will also be opportunities to: Sign up for Translink Smart Passes, Register with Easilink Community Transport, Explore ways to volunteer with Easilink

Please email agefriendly@derrystrabane.com to register and let us know if transport is required.

Easilink, Una D'Arcy and Derry City and Strabane District Council - Pauline O'Neill

✉ una@easilink.org or pauline.oneill@derrystrabane.com

WATERSIDE DEA

Tea and Newspaper's 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

Waterside Peer to Peer Support Group for Arthritis and MSK Conditions

1ST WEDNESDAY OF EVERY MONTH

Wednesday 1st October | 12.00pm to 1.30pm
Venue: Waterside Shared Village, Irish Street, Waterside, BT47 2DD

Support Group begins with Chi-Me, which is a low-impact movement and exercise program, inspired by Tai Chi. It is accessible for a wide range of ages, abilities and Long-Term Conditions. The Group finishes with a cuppa and a chat

Versus Arthritis - Shauna Mc Menamin

✉ s.mcmenamin@versusarthritis.org
☎ 028 969 23264 or 07773 033576

Knit and Natter

ONGOING

Every Wednesday | 6.00pm to 7.30pm
Venue: Waterside Library, The Workhouse, 23 Glendermott Road, BT47 6BG

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.

Waterside Library - Libraries NI

✉ waterside.library@librariesni.org.uk
☎ 028 7134 2963

Etymology Group

ONGOING

Every Thursday | 2.00pm to 3.00pm

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

Topical discussion group which focuses on the origins of phrases and words over a free cup of tea or coffee.

Waterside Library - Libraries NI

✉ waterside.library@librariesni.org.uk

☎ 028 7134 2963

Gardening Club

ONGOING

Last Tuesday of every month (28th) | 2.00pm to 3.00pm

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

Relax and share gardening tips, swapping cuttings, seeds and produce. All skills and levels welcome!!

Waterside Library - Libraries NI

✉ waterside.library@librariesni.org.uk

☎ 028 7134 2963

Adult Book Club

EVERY FORTNIGHT THERE AFTER

Monday 13th October | 2.00pm to 3.00pm

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

Waterside Library offers book lovers the opportunity to discuss and review popular novels. Chat with other readers and enjoy the refreshments on offer.

Waterside Library - Libraries NI

✉ waterside.library@librariesni.org.uk

☎ 028 7134 2963

'Chat Tea Train'

ONGOING AT DIFFERENT TIMES OF THE YEAR

Thursday 2nd 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. Opened to everyone.

Retire to Inspire

ONE OFF

Monday 6th October | 11.00am to 12.00pm

Venue: U3A, Pascal McDonald House, Gransha Park, Londonderry, 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

Top of the Hill Men's Shed

ONGOING

Every Monday to Thursday and upon request | 10.30am to 1.30pm

Venue: Hillcrest House, 14-17 Jasmine Court, BT47 2DZ

Welcome to the Waterside men's shed where men talk shoulder to shoulder rather than face to face. The Men's Shed is a safe space, where we avoid topics of nationality, race, culture, creed or politics, so any man can comfortably come and join us

Hillcrest Trust - Bernie Brown

✉ info@hillcresttrust.com

☎ 028 7134 7515

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

Singing for Health

ONGOING

Every Wednesday | 12.00pm to 1.00pm

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

These singing sessions have been very popular to date. Learn, sing, make connections, leaving everyone in a happier space.

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

Guitar Jam and Lunch

ONGOING

Every Thursday | 11.30am to 1.30pm

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

Stronger for Longer

ONE OFF

Thursday 16th October | 2.00pm to 3.00pm

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

Advice and education highlighting how strength and balance exercises can help you keep doing things you enjoy and maintain independence in later life.

Western Health and Social Care Trust - Conor Maguire

✉ conor.mcguire@westerntrust.hscni.net

☎ 028 7186 0007 ext. 217653

Falls Integrated Pathway: Ways to reduce risk of falls and serious injury including services available

ONE OFF

Thursday 16th October | 3.30pm to 4.00pm

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

To dove tail on the previous information session 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. 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

☎ 07769300028

The Chat Tea Ball

ONE OFF

Thursday 23rd 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 – Opened to everyone

Regional Rapid Run Down

ONE OFF

Wednesday 8th October | 11.00am to 12.00pm

Venue: Online

Discover how organisations across Northern Ireland are supporting older people and how they can support you. Don't miss this quick informative session packed with valuable insights and connections.

Mid and East Antrim Age Well Partnership

☎ 028 2565 8604

🌐 www.meap.co.uk/regionalrapidrundown

Interactive Online Dementia Training

ONE OFF

Wednesday 8th October | 7.00pm to 9.00pm

Venue: Online - Zoom

Dementia Friendly East Belfast presents its Online Interactive Dementia Training, via Zoom. This excellent training is suitable for carers, family members and health workers. It's packed with tips and useful information. "Very worthwhile session. Excellent." "Great videos and visuals." "Very informative."

Engage with Age for Dementia Friendly East Belfast.

🌐 InteractiveDementiaTrainingOct2025.eventbrite.co.uk

How to Become an Age Friendly Employer

ONE OFF

Thursday 16th October | 11:30am

Venue: Online - Microsoft Teams

An age-friendly workplace is one where employees feel included, respected, and valued regardless of their age. In this online session, the Centre for Ageing Better will provide information on how organisations can support an age-inclusive workforce by signing the Employer Pledge. This Pledge encourages employers to demonstrate their commitment to improving the experience of older workers by taking meaningful action toward creating a more age-friendly workplace.

Centre for Ageing Better

🌐 <https://ageing-better.org.uk/>

Meeting ID: 370 885 891 813 1 **Passcode:** zs2Mm7v7



REGIONAL EVENTS

STOP-CHECK-ASK. Scam Aware with TV Licensing

ONE OFF

Friday 17th October | 11.30am to 12.00pm

Venue: Online - Microsoft Teams

Scams using false TV Licensing communications have become a regular occurrence throughout Northern Ireland since 2020. TV Licensing asks that everyone follow the STOP-CHECK-ASK procedure for all TV Licensing materials before sharing personal details and financial information.

Cavendish Consulting on behalf of TV Licensing

✉ edward.ferrin@cavendishconsulting.com
tvlicensing@cavendishconsulting.com

☎ 07860822416

Meeting ID: 318 945 941 246 4 Passcode: CE77Dj2L

Bank of Ireland Financial Wellbeing Session

ONE OFF

Thursday 23rd October | 11.00am

Venue: Online - Microsoft Teams

Nearly 1 in 5 people in the UK are over State Pension age (65+) and we can expect the average person to spend a quarter of their lifetime retired. We know that when it comes to finances, the main focus for retired people is on managing existing resources rather than accumulating them. They are doing this in an increasingly complex financial world, whilst being more likely to experience changes associated with health, capacity, and bereavement.

Booking is essential, a link will be emailed to you.

Bank of Ireland

✉ pauline.oneill@derrystrabane.com

Online Talk about Residential Care Costs

ONE OFF

Thursday 23rd October | 2.00pm

Venue: Online

The online session is in relation to Planning Ahead for Future Care costs. The session will look at Residential Care Costs, types and costs of Care. Financial Assessment re your contribution to Care Costs. First look at what is meant by Capital, what is included as Capital? Then look at what is meant by Income - What is included as Income. Current legislation and future legislation.

Martin McDaid

✉ pauline.oneill@derrystrabane.com to register and zoom link will then be sent.

Spooky Online Chocolate Bingo

ONE OFF

Thursday 30th October | 7.30pm to 8.30pm

Venue: Online

Engage with Age. It's online bingo, but not as you know it. Eyes down for an evening of music with Victor Mawhinney, games and bingo fun. Fancy dress encouraged.

Engage with Age

☎ 028 9073 5696

✉ info@engagewithage.org.uk to register and zoom link will then be sent.

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 exist-ing 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



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.

Now serving decaffeinated tea & coffee on Ward 3

TO HELP YOU FEEL MORE COMFORTABLE DURING YOUR STAY, WARD 3 IS NOW OFFERING DECAF DRINKS AS STANDARD.

WHY DECAF?

- GENTLER ON YOUR BLADDER – LESS URGENCY AND FEWER TOILET TRIPS
- HELPS YOU REST BETTER – ESPECIALLY AT NIGHT
- KINDER TO YOUR HEART AND NERVOUS SYSTEM
- STILL TASTES GREAT!

PREFER YOUR USUAL TEA OR COFFEE WITH CAFFEINE?
JUST ASK A MEMBER OF STAFF – WE'RE HAPPY TO PROVIDE IT.

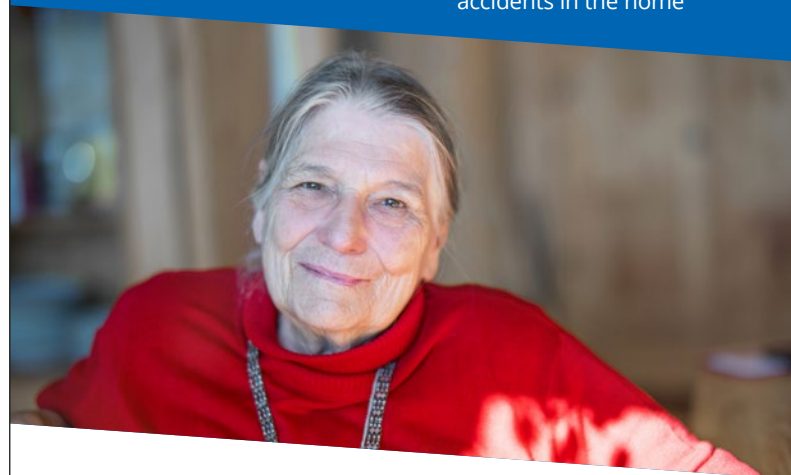
YOUR COMFORT MATTERS
WE'RE HERE TO SUPPORT YOUR REST, RECOVERY, AND WELLBEING.
THANK YOU,

– THE WARD 3 TEAM



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



For more
information
on training
to become a
Walk Leader or
information on
walking groups in
your local area
contact us.



Health
Improvement,
Equality &
Involvement

☎ 028 7186 5127

📧 health.improvement@westerntrust.hscni.net

WALKING FOR
HEALTH



