



Calendar 2021

Looking after your Emotional
Health & Well-Being



Welcome to the Age Friendly Calendar 2021

The calendar was produced in partnership with Western Health & Social Care Trust, Public Health Agency, Derry City and Strabane District Council, Fermanagh and Omagh District Council, Causeway Coast and Glens Borough Council and South West Age Partnership.

There are five simple steps to help keep our minds well and active. Try to build these into your daily life—think of them as your ‘five a day’ for wellbeing.



Connect

- Stay in touch with friends, family, neighbours, clubs, and your community by phone, text or video calls.
- Try and arrange to speak with someone every day.
- Ask for help with shopping and running errands.
- Take time to chat about how you're feeling with others, it can really help.



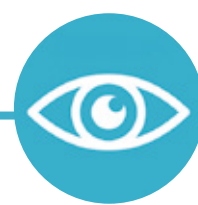
Keep learning

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



Be active

- Exercise makes us feel good mentally and physically.
- Keep up with usual everyday activities and interests at home. Gardening and housework count as exercise.
- Try a new online class. There are lots of fun videos available free on YouTube for all ages and different levels of ability.
- Continue accessing treatment and support for health conditions from your GP.



Take notice

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



Give

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

January

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



Be active

Every adult should be active at a moderate level every day. Over a week, try the target of 2½ hours of activity (150 minutes) which can be spread out each day. All activity adds up.

Strength and balance exercises will help keep you steady on your feet and avoid trips and falls. For a range of exercises check out Move with Mary at www.ageni.org/movewithmary



February

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



Food & Mood

A healthy diet supports good health & good mood!

Top Tips for Everyday

- Eat regular meals, including breakfast
- Eat a wide variety of foods to get essential nutrients, vitamins and minerals.
- Include: Plenty of fruit & veg – aim for 5 a day
- Wholegrains (bread, breakfast cereals, rice)
- Oily fish (salmon, mackerel, sardines)
- Lean meat, poultry & eggs
- Dairy foods (milk, yoghurts, cheese)
- Drink at least 6-8 glasses of water per day
- Reduce Tea & Coffee intake

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8 International Women’s Day	9	10 No Smoking Day Smoking cessation team helpline: 08009179388	11	12	13	14 Mother’s Day
15	16	17 St Patrick’s Day	18	19	20	21 Census Day
22	23	24	25	26	27	28
29	30	31				



Less stress

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

- Talk about your feelings
- Take control but accept the things you can't change
- Keep active
- Sleep well
- Have some 'me time'
- Limit your alcohol intake
- Help other people

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Stress Awareness Month	2 Good Friday	3	4 Easter Sunday
5 Easter Monday	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		



Be active outside

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



May is Care in the Sun month

May

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



Give

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

- Limavady Volunteer Centre:**
Tel: 02877765438 (LCDI) Email info@lcdi.co.uk
- North West Volunteer Centre:** Tel: 028 7127 1017
Email: enquiries@volunteeringnorthwest.co.uk
- Omagh Volunteer Centre:** Tel: 028 82240 772
- Volunteer Now Fermanagh:** Mob: 07467 486638

June

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



Take notice

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



Search www.apps4healthcareni.hscni.net for a selection of free apps to try.

July

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



Connect

It's good to talk!

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

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

August

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



Stay connected

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

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

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

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

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 Falls Prevention Week (20th - 26th)	21 National Eye Health Week (21st - 27th)	22	23	24	25	26
27	28	29	30			



**Positive
Ageing
Month**
October

Keep learning

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

Check out Positive Ageing 2021 on www.westerntrust.hscni.net for information on what is planned.

October



Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 International Day of Older Persons	2	3 National Grandparents Day Silver Sunday
4 Fire Safety Week (4th - 10th)	5 Back Care Awareness Week (5th - 9th)	6	7	8	9	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	30	31



Winter wellness

If you are aged 65 or over, even if you feel fit and healthy, protect yourself and get the free seasonal flu vaccine from your GP.

Other Winter tips:

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

For further winter wellness information visit: www.nhs.uk

November

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



Artwork by Pat Fletcher Belleek, winner of SWAP Christmas Card Competition 2020.

We wish
you a Merry
Christmas
& 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
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Christmas Day	26 Boxing Day
27	28	29	30	31 New Year's Eve		

Helpful numbers and contacts

Action on Elder Abuse

Call 080 8808 8141
Monday to Friday, 9am to 5pm

If you are an older person and concerned about, or affected by abuse, you can ring this dedicated helpline.

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 and includes the online forum for carers Talking Point.

Carers NI Helpline

028 9043 9843
Monday to Thursday, 9am to 4pm
Email advice@carersni.org

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

COVID-19 Community Helpline – Regional number

0808 802 0020
Email covid19@adviceni.net
9am to 5pm, seven days a week

Local to Northern Ireland, and is managed by Advice NI.

Diabetes Helpline

028 9536 0600
7 days a week, including bank holidays, 9am to 3pm

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

Digital Help

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

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

Mental Health/Emotional Support

Lifeline 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.

For immediate 24 hour support contact Lifeline or Samaritans 116 123. CRUSE helpline for those bereaved and self-isolating/bereaved by the virus call 0808 808 1677.

Northern Ireland Fire & Rescue Service (NIFRS)

Anyone who is concerned for their own or someone else’s home fire safety contact 028 9266 4221

They cannot deliver “face to face” fire safety advice, but can provide advice over the phone via specialist Prevention and Protection Teams.

NHS 111

If you have symptoms of Covid-19 you can ring NHS 111 for information or advice and they will help you decide if you need to contact your GP.

GP Out-of-Hours Service – Western Urgent Care

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

Monday to Friday 6pm to 8.30am and 24 hours weekends and bank holidays
Tel: 028 7186 5195

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

Make the Call Service

Tel: 0800 232 1271
Email: makethecall@dfcni.gov.uk

Contact to make sure you’re getting all the benefits, services and supports you’re entitled to. Monday to Friday from 10am to 4pm.

Council Home Safety Services

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

Contact your local council’s Home Safety Officer to avail of this service.

Causeway Coast & Glens Borough Council

Tel: 028 7034 7034
Email: environmentalhealth@causewaycoastandglens.gov.uk

www.causewaycoastandglens.gov.uk/
www.facebook.com/CausewayCoastandGlensCouncil
www.twitter.com/CausewayCouncil

Derry City & Strabane District Council

Tel: 028 7125 3253
Email: info@derrystrabane.com

www.derrystrabane.com
www.facebook.com/derrycityandstrabane-districtcouncil
www.twitter.com/dcsdcouncil

Fermanagh & Omagh District Council

Tel: 0300 303 1777
Textphone: 028 8225 6216
Email: info@fermanaghomagh.com

www.fermanaghomagh.com
www.facebook.com/fermanaghomagh
www.twitter.com@fermanaghomagh

ALLY Foyle (Active Living in Later Years)

Tel: 028 7126 5098 or 07419 987095
Email: info@allyfoyle.com
www.facebook.com/activelivinginlateryears
www.twitter.com/ally_foyle

Causeway Older Active Strategic Team (COAST)

Tel: 028 77767860 or 07517 076815
Email: coast.manager@yahoo.co.uk

www.facebook.com/coastnetwork
www.twitter.com/COASTnetwork

South West Age Partnership (SWAP)

Tel: 028 82 251824 or 07955 787456
Email: aforbes@southwestagepartnership.co.uk
www.facebook.com/swapnetwork/
www.twitter.com/PartnershipSw

2022

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**Looking after your
mental health while
you stay at home.**



Connect



Be active



Take notice



Keep learning



Give

For further details please contact:

Jackie Parkington

Age Friendly Co-ordinator

Email: agefriendly@derrystrabane.com

Tel: 028 7125 3253

Sharon Howe

Age Friendly Co-ordinator

Email: agefriendly@fermanghomagh.com

Tel: 0300 303 1777

Age Friendly, Leisure and Development Services

Email: age.friendly@causewaycoastandglens.gov.uk

Tel: 028 7034 7034