



Age Friendly
Network NI

Calendar 2022

Looking after your Emotional
Health & Well-Being



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



Causeway
Coast & Glens
Borough Council



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



Public Health
Agency



Western Health
and Social Care Trust



Welcome to the Age Friendly Calendar 2022

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

There are five simple steps to help keep our minds well and active. Try to build these into your daily life by 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.
- Join a local group – many are meeting face to face or organising online events.



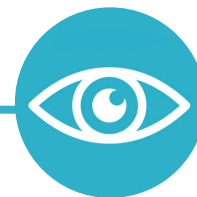
Keep learning

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



Be active

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



Take notice

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



Give

- Do something nice for someone. Smile, seeing yourself and 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	2
3	4 Test It Tuesday - Test smoke alarms weekly - Check for Obvious dangers - Plan your escape	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
31						



Be active

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

All activity adds up and moving regularly keeps you healthy in body and mind . To keep moving well we need to keep moving more. Improving your mobility makes everyday tasks easier; like washing, dressing and bending.



Age NI have launched “Move More Live More”.

Created in partnership with the PHA, it features a range of exercise programmes for all abilities, broken down into two categories: “Gentle & Seated” and “Active & Standing”



**“My Happy Place” competition entry to FODC/SWAP
by Ann Orr taken of Riverside Walk, Omagh, Co Tyrone**

February

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



Food & Mood

A healthy diet supports good health & good mood!

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

<https://www.choosetolivebetter.com/content/healthy-recipes>



March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Shrove Tuesday Zero Discrimination Day	2	3	4	5	6
7	8 International Women's Day	9 No Smoking Day Smoking cessation team helpline: 08009179388	10	11	12	13
14 Nutrition and Hydration Week	15	16	17 St Patrick's Day	18	19	20
21	22	23	24	25	26	27 Mother's Day
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
- Take up a new hobby
- Listen to music
- Try some mindfulness techniques

“My Happy Place” competition entry and winner to DCSDC winner submitted by Pearl Evans. This is her happy place in her back yard. Painted it during lockdown, she can now sit and transport herself to where ever she wants!

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Stress Awareness Month	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Good Friday	16	17 Easter Sunday
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.

Join a walking group and walk and talk.

**May is Care in
the Sun month**

**Entry to “My Happy Place” competition entry by DCSDC by Eileen Diver
Culmore Country Park - It's certainly my Happy Place!!!**

May

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



Give

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

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

Email: Lynn.johnston@volunteernow.co.uk
www.volunteernow.co.uk

June

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



Take notice

Stop and take a moment to look around you. What can you see, feel, hear, smell or taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and notice how that makes you feel. Search ORCHA (hscni.net) for a selection of free apps to try.



My Happy place” competition entry to SWAP/FODC taken by David Munn, Enniskillen from his garden.

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 Bank Holiday	30	31				



Stay connected

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

South West Age Partnership (SWAP):

Tel: 028 82 251824 or 07955 787456

Email: aforbes@southwestagepartnership.co.uk

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 Falls Prevention Week (19th - 25th)	20	21 World Alzheimer's Day	22	23 National Eye Health Week (23rd - 30th)	24	25
26	27	28	29	30		



Keep learning

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

Activities range from gardening to art, to dancing to tai chi to sewing and so much more. Painting is one of the many interests explored during Positive Ageing Month

**Positive
Ageing
Month
October**

**Check out Positive Ageing 2022
on www.westerstrust.hscni.net for
information on what is planned.**

Entry to “My Happy Place” competition entry to DCSDC by Declan Devine, Binbunniff, Aughabrack. Declan painted this during lockdown with stormy skies indicating his feelings about the uncertainty of the times. Declan is also a committee member of Aughabrack and District Community Association

October

BREAST
CANCER
AWARENESS
MONTH



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



Winter wellness

Flu occurs every year, usually in the winter. Sometimes flu can lead to serious illnesses or make existing conditions worse. 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**

**“My Happy Place” Competition entry to FODC/SWAP
by William Holme Photo take at Ely Lodge, Enniskillen.**

November

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



We wish
you a Merry
Christmas
& A Happy
New Year

“My Happy Place” entry and competition winner to FODC/
SWAP ‘The Dormouse’ by Margaret Scott, Omagh, Co Tyrone

December

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

Helpful numbers and contacts

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.

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

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.

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

Critical Care Registers

Northern Ireland Electricity Networks (NIE Networks) and NI Water operate a Critical Care Register where they keep details of consumers who rely on electrical equipment or on a water supply for their day to day care. In the case of electricity customers this includes medical equipment such as oxygen concentrators, patient vital signs monitoring systems and home dialysis. NI Water's critical care register is for consumers with serious medical conditions.

Customer Care Register - Northern Ireland Water (niwater.com) or telephone Waterline on 03457 440088

Register for NIE's critical care service Northern Ireland Electricity Networks (nienetworks.co.uk) Or telephone 03457 643 643.

Cruse Bereavement Support

Call 0808 808 1677

Monday and Friday 9.30 am to 5.00 pm

Tuesday- Thursday 9.30 am to 8.00 pm

Saturday and Sunday 10.00 am to 2.00 pm

Grief can be overwhelming. You don't have to deal with it alone.

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.

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.

Hourglass

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.

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.

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.

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.

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

www.facebook.com/CausewayCoastandGlensCouncil

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: home.safety@fermanaghmagh.com

www.fermanaghmagh.com

www.facebook.com/fermanaghmagh

www.twitter.com@fermanaghmagh

South West Age Partnership (SWAP)

Tel: 028 8225 1824 or 07955 787456

Email: aforbes@southwestagepartnership.co.uk

www.facebook.com/swapnetwork/

www.twitter.com/PartnershipSw

2023

JANUARY

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SEPTEMBER

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OCTOBER

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NOVEMBER

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER

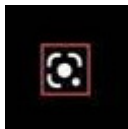
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
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QR codes give you quick access to websites without having to enter or remember a web address. You can use the Camera app on your smartphone or tablet to scan a QR code.

Some phones require you to have a QR reader app if yours does then download the app then:

1. Open your camera and point your device at the QR code
2. Wait for the camera to recognise and scan QR code.

Two things can happen when you correctly hold your smartphone over a QR Code.

1. The phone automatically scans the code.
2. On some readers, you have to press a button to snap a picture, not unlike the button on your smartphone camera.
3. You may also have this symbol  on your camera which is google lens – press it as a QR reader.

3. A banner may appear which you may need to click ok.

Presto! Your smartphone reads the code and navigates to the intended destination, which doesn't happen instantly. It may take a few seconds on most devices.



For further details please contact:

Derry City and Strabane District Council
Ciara Burke
Age Friendly Co-ordinator
Email: agefriendly@derrystrabane.com
Tel: 028 7125 3253

Fermanagh and Omagh District Council
Sharon Howe
Age Friendly Officer
Email: agefriendly@fermanghomagh.com
Tel: 0300 303 1777

Causeway Coast and Glens
Liam Hinphey
Age Friendly Co-ordinator
Email: age.friendly@causewaycoastandglens.gov.uk
Tel: 028 7034 7034