



Calendar 2026

Looking after your Emotional
Health & Well-Being

Welcome to the Age Friendly Calendar 2026

Welcome to Age Friendly Calendar 2026 for the Western Health & Social Care Trust area. The calendar was produced in partnership with Public Health Agency, Western Health & Social Care Trust, Derry City and 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 thinking 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.



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 Years Day | 2 | 3 | 4 World Braille Day |
| 5 | 6 Test it Tuesday - check your alarms weekly | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 Cervical Cancer Prevention Week | 20 | 21 | 22 | 23 | 24 | 25 Burns Night |
| 26 | 27 | 28 | 29 | 30 | 31 | |

Be Active

Every adult should be active at a moderate level each day (recommended 150 minutes a week).

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.

Welcome
Prehen Wood



WOODLAND TRUST
NORTHERN IRELAND

February

Gemma Harkin – Prehen Woods
Derry City & Strabane District Council

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

Did you know?

We lose muscle and strength as we get older, making it harder to do our daily activities. Eating a nutrient rich diet and including protein at each mealtime can help prevent this! Protein foods include: meat & poultry, eggs, fish, beans, pulses, tofu, nuts and seeds.

To find out more about eating, drinking and ageing well, scan here:



The Association
of UK Dietitians

March

Brian O'Kelly
Causeway Coast & Glens Borough Council

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|-----------------------------------|--|----------------------------------|---|--|---|
| | | | | | | 1 Zero Discrimination Day International Wheelchair Day |
| 2 World Hearing Day | 3 World Hearing Day | 4 National No Smoking Day Smoking Cessation Team Helpline 0800 917 9388 | 5 World Sleep Day | 6 International Day of Happiness | 7 World Down Syndrome Day | 8 International Women's Day |
| 9 Nutrition and Hydration Week | 10 St Patrick's Day | 11 National No Smoking Day Smoking Cessation Team Helpline 0800 917 9388 | 12 World Sleep Day | 13 International Day of Happiness | 14 World Down Syndrome Day | 15 Mother's Day |
| 16 Nutrition and Hydration Week | 17 St Patrick's Day | 18 National No Smoking Day Smoking Cessation Team Helpline 0800 917 9388 | 19 World Sleep Day | 20 International Day of Happiness | 21 World Down Syndrome Day | 22 Mother's Day |
| 23 Nutrition and Hydration Week | 24 St Patrick's Day | 25 National No Smoking Day Smoking Cessation Team Helpline 0800 917 9388 | 26 World Sleep Day | 27 International Day of Happiness | 28 World Down Syndrome Day | 29 Mother's Day |
| 30 Nutrition and Hydration Week | 31 St Patrick's Day | | | | | |

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.

SCAN QR

Minding Your Head



SCAN QR

Stress Control Classes



April

Brian Keys, Ballinamallard
Fermanagh & Omagh District Council

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-------------------------|-----------------------|-----------------------------|-----------------------|--------------------------------------|-----------------------------|--------------------|
| | | 1 Stress Awareness Month | 2 World Autism Day | 3 Good Friday Walk to Work Day | 4 | 5 Easter Sunday |
| 6 | 7 World Health Day | 8 | 9 | 10 | 11 World Parkinson's Day | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 MS Awareness Week | 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

Contact the Health Improvement Department in WHSCT for details of a walking group near you, or visit Physical Activity | Western Health & Social Care Trust (hscni.net) Gardening is another excellent gentle form of exercise.



May is Care in the Sun month

David Robertson, Enniskillen – Devenish Island
Fermanagh & Omagh District Council

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

A close-up photograph of a red squirrel perched on a tree branch covered in green moss. The squirrel is facing right, with its head slightly turned. It has reddish-brown fur on its back and head, and a white underbelly. Its ears are pointed, and it has a small tuft of hair on its head. The background is a soft-focus green, suggesting a forest setting.

Give

During the month of June we celebrate Carers Week. A carer is someone who, without payment, provides care and support for a loved one with an illness or a disability. Lots of people don't recognise themselves as carers and simply see themselves as a son/daughter/parent/spouse looking after a family member who needs the additional support. Carers are very often so busy looking after the person they care for, they neglect themselves. If you are in a caring role and would like to find out more about the help and support available to you, please contact:

Geraldine McLaughlin

WHST Carers Support Coordinator

Abbey Street, Derry/L'Derry, BT48 9AD

Email : Carers.Support1@westerntrust.hscni.net

June

Pam Hardeman - Watching red squirrels from our hide in Muff Glen Eglinton
Derry City & Strabane District Council

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|------------------------------------|-----|-----|-----|-----|---------------------------------|
| 1 Volunteer's Week | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 Carers Week Men's Health Week | 9 Loneliness Awareness Week | 10 | 11 | 12 | 13 | 14 World Blood Donor Day |
| 15 World Elder Abuse Awareness Day | 16 | 17 | 18 | 19 | 20 | 21 Fathers' Day |
| 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.

Scan our QR Code for a selection of free apps to try.



E. Cassidy

July

Ernie Cassidy
Causeway Coast & Glens Borough Council

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

Connect

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)

T: 07955 787456

E: aforbes@southwestagepartnership.co.uk

Ally Foyle (Active Living in Later Years)

T: 028 7126 5098 or 07419987095

E: info@allyfoyle.com

Causeway Older Active Strategic Team (COAST)

T: 028 77767860



August

Caroline Doherty - Fruit from her fruit trees in her garden
Derry City & Strabane District Council

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-------------------------------|-----|-----|-----|-----|-----|--|
| 31 Summer Bank Holiday | | | | | 1 | 2 International Day of Friendship |
| 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 |

Falls Awareness

Falls are the single biggest cause of accidental injury in the home and sadly are the largest cause of accidental death among over 65's in the UK. Falling is not an inevitable part of getting older and there are a number ways to reduce the risk of falling:

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

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



September



World Alzheimer's Awareness Month

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|--------------------------------------|-----|---|--|-----|---------------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 <small>World Suicide Prevention Day</small> | 11 | 12 | 13 <small>World Sepsis Day</small> |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 <small>Falls Awareness Week</small> | 22 | 23 | 24 | 25 <small>World's Biggest Coffee Morning Macmillan Cancer Support</small> | 26 | 27 |
| 28 | 29 <small>World Heart Day</small> | 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.

October

Richard Pierce - Derrygonnelly
Lough Navar Lookout

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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| | | | 1 Positive Ageing Month International Day of Older Persons | 2 | 3 Back Care Awareness Week | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 World Mental Health Day Palliative Care Day | 11 |
| 12 | 13 | 14 | 15 | 16 World Food Day | 17 | 18 World Menopause Day |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 World Stroke Day | 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. Further information visit nhs.uk

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 at home or out and about. Look out for **FUEL POVERTY AWARENESS DAY** towards the end of November.



November

Gregory McCann
Causeway Coast & Glens Borough Council

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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| 30 | | | | | | 1 |
| 2 | 3 | 4 Stress Awareness Day | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 World Diabetes Day | 15 |
| 16 | 17 | 18 | 19 International Men's Day | 20 Carers' Rights Day World Pancreatic Cancer Day | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 Fuel Poverty Awareness Day | 28 | 29 |



**We wish you a
Merry Christmas
and a Happy
New Year.**

December

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

Helpful Numbers and Contacts

Hourglass Northern Ireland

Email nireland@wearehourglass.org

Tel: 080 8808 8141

Age NI Advice Service and 'Check in and chat' phone service

Freephone 0808 808 7575

Email info@ageni.org

Monday to Friday, 9am to 5pm including Bank Holidays

Provides advice, information and benefit checks. Anyone over 60 in Northern Ireland can also register free of charge, to receive a regular telephone call.

Alzheimer's Society Dementia Connect support line

0333 150 3456

www.alzheimers.org.uk

Open every day 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.

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.

Advice NI

Freephone Advice Helpline 0800 915 4604

Email advice@adviceni.net

Mental Health/Emotional Support

Lifeline 0808 808 8000

Samaritans 116 123

CRUSE 0808 808 1677

Monday to Friday, 9.30am to 5pm

(excluding bank holidays) extended hours on Tuesday,

Wednesday and Thursday evenings until 8pm.

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.

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

dG-lensCouncil

www.twitter.com/CausewayCouncil

Derry City & Strabane District Council

Tel: 028 7125 3253

Email: info@derrystrabane.com

www.derrystrabane.com

[www.facebook.com](https://www.facebook.com/derrycityandstrabane-districtcouncil)

[/derrycityandstrabane-districtcouncil](https://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](https://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: 07955 787456

Email: aforbes@southwestagepartnership.co.uk

www.facebook.com/swapnetwork/

www.twitter.com/PartnershipSw

Northern Ireland Fire & Rescue Service (NIFRS)

Anyone who is concerned for their own

or someone else's home fire safety

contact 028 9266 4221

WHSCT Health Improvement, Equality and Involvement Department

health.improvement@westerntrust.hscni.net

028 7186 5127

For further details please contact:

Derry City and Strabane District Council

Pauline O'Neill: Age Friendly Co-ordinator

E: agefriendly@derrystrabane.com

T: 028 7125 3253

Fermanagh and Omagh District Council

Pauline Clarke: Age Friendly Officer

E: age.friendly@fermanaghomagh.com

T: 0300 303 1777

Causeway Coast and Glens

Stephanie Scott: Age Friendly Co-ordinator

E: age.friendly@causewaycoastandglens.gov.uk

T: 028 7034 7034

2027

January

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September

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February

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October

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March

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November

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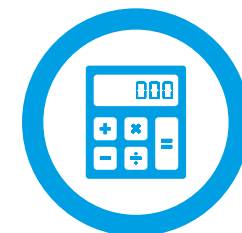
August

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December

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Help and advice with Living Expenses



Useful Links:

www.derrystrabane.com/community/helpwithcostofliving

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

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

Derry City and Strabane District Council

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