





Age Friendly
Network NI

Calendar 2024

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 &
Cheantar an tSrátha Bán
Derry Cille & Strabane
District Council

 HSC Public Health
Agency
Project supported by the PHA

 HSC Western Health
and Social Care Trust

South West
 SWAP
Age Partnership

Welcome to the Age Friendly Calendar 2024

Welcome to Age Friendly Calendar 2024 for the Western Health & Social Care Trust area. The calendar was produced in partnership with the Public Health Agency, Western Health & Social Care Trust, Derry City & 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 Test it Tuesday	3	4 World Braille Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Cervical Cancer Prevention Week	23	24	25	26	27	28
29	30	31				

A photograph of four elderly women with short, styled white hair, all laughing joyfully. They are gathered around a woman in the center who is wearing an orange long-sleeved shirt. The woman on the far left is wearing a grey jacket, the woman behind her is in a purple top, and the woman on the far right is in a light blue jacket. They are in a bright, indoor setting with a white wall and a window in the background. A rolled-up blue mat is visible in the bottom right corner.

Be Active

Every adult should be active at a moderate level each 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 like washing, dressing and bending easier.

February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 Time to talk Day	3	4 World Cancer Day
5	6 Safer Internet Day	7	8	9	10	11
12	13 Shrove Tuesday	14 Valentines Day	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29 Rare Disease Day			

Food and Mood

A healthy diet supports good health and 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.

Healthy Recipes

www.choosetolivebetter.com



SCAN ME

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Zero Discrimination Day International Wheelchair Day	2	3 World Hearing Day
4	5	6	7	8 International Women's Day	9	10 Mothers Day
11 Nutrition and Hydration Week	12	13 No Smoking Day – Smoking cessation team helpline 0800 917 9388	14	15	16	17 St Patricks Day
18	19	20 International Day of Happiness	21	22	23	24
25	26	27	28	29 Good Friday	30	31 Easter Sunday

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



April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Stress Awareness Month	2	3	4	5	6	7 World Health Day
8	9	10	11 World Parkinson's Day	12	13 MS Awareness Week	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JOINT 2ND PLACE - CHRISTY & HAZEL BLEAKLEY, BALLINAMALLARD 'My Happy Place' Competition entry for Fermanagh & Omagh District Council.

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



May is Care in the Sun month

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

2ND PLACE – PETER DAVIDSON 'My Happy Place' Competition entry to DCSDC from Peter Davidson. Whilst out walking in Gransha Park and Waterside Hospital, my dog Ben ran off after some rabbits and I followed him through some bushes to discover this small path. Slowing right down to pay attention to the sunshine, the trees and their shadows, I knew Ben would return eventually so I allowed myself a few moments of peace and calm that the view presented. I find that simple views, peaceful views, scenic views are the things that still my heart and bring a little peace to my mind. These are indeed, in their own way, "My Happy Places".

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.

Fermanagh Volunteer Now

T: 07467 486638 E: lynn.johnston@volunteernow.co.uk

Limavady Volunteer Centre:

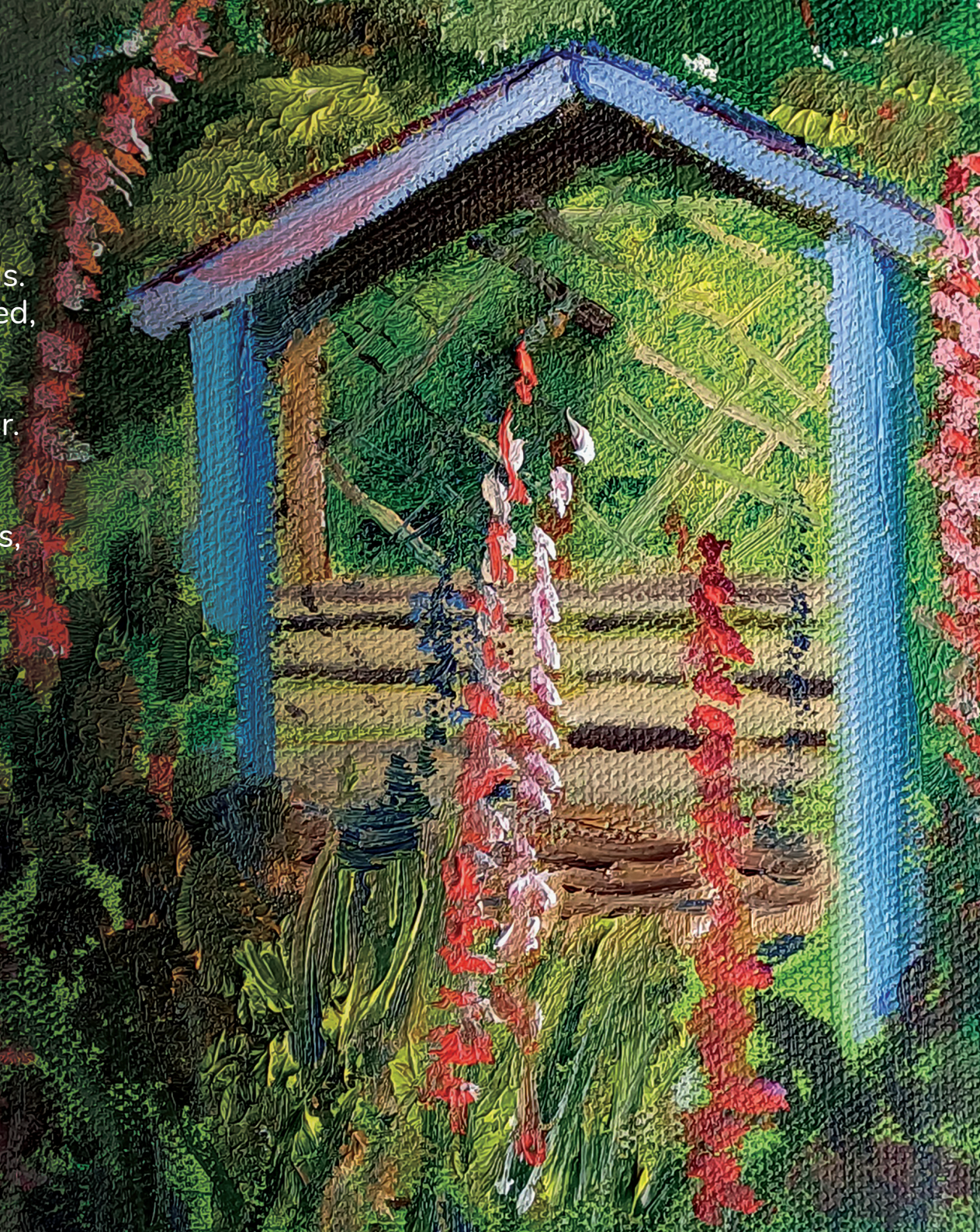
T: 028 7776 5438 (LCDI) E: info@lcdi.co.uk

Omagh Volunteer Centre

T: 028 8224 0772 E: volunteer@omaghvolunteercentre.org

North West Volunteer Centre

T: 028 7127 1017 E: info@nwvc.co.uk



June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Volunteers' week	2
3	4	5	6	7	8	9
10 Carers Week Mens Health Week	11	12	13	14	15 World Elder Abuse Awareness Day	16 Fathers Day
17	18	19	20	21	22	23
24	25	26	27	28	29	30

3RD PLACE – LINDA MING 'My Happy Place' Competition entry to DCSDC from Linda Ming. Linda has painted her happy place, her flower garden section of her St. Columbs Park Allotment. I love sitting watching nature in my allotment garden area after working with my vegetable crops. Often a few other allotmentees will join me here for a cup of tea and a chat.

Take Notice



SCAN ME

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.

Healthcare NI

www.apps4healthcareni.hscni.net

July

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

JOINT 2ND PLACE – IRIS SPEER, BALLINAMALLARD 'My Happy Place' Competition entry for Fermanagh & Omagh District Council.

Connect

A photograph of three elderly women laughing joyfully together outdoors. The scene is bathed in the warm, golden light of a sunset or sunrise, with the sun low in the sky behind them, creating a soft glow and long shadows. The women are in the foreground, their faces lit up with genuine happiness. The woman on the left has short, curly white hair and is wearing a light-colored top. The woman in the middle has voluminous, curly grey hair and is wearing a dark red scarf and a matching top. The woman on the right has blonde hair and is wearing a dark top. The background is a blurred landscape of hills and trees, suggesting a natural setting.

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: 028 82 251824 or 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 or 07517 076815

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 Bank Holiday	27	28	29	30	31	

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 at top right of page.



September

September is World Alzheimer's Awareness Month

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	21 World Alzheimer's Day	22
23 National Eye Health Week Organ Awareness Week	24	25	26	27	28	29 World Heart Day
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



October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 International Day of Older People Breast Cancer Awareness Month	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 World Stroke Day	30	31			

1ST PLACE – PATRICIA FLETCHER FROM GARRISON 'My Happy Place' Competition entry for Fermanagh & Omagh District Council. The Thatch, Belleek. Patricia's Happy Place is when she is painting.

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 at home or out and about
- ▶ Look out for Fuel Poverty Awareness
- ▶ Day towards the end of November

Further Information

visit [nhs.uk](https://www.nhs.uk)



November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Lung Cancer Awareness month	2	3
4	5	6 Stress Awareness Day	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	

1ST PLACE – DAVID FAHY 'My Happy Place' Competition entry and Winner in DCSDC from David Fahy. David painted the view of the Old Fishing Boat in the River Foyle from Bay Road Nature Reserve, somewhere he visits practically every day for a walk. His Happy Place.

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



December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 World Aids Day
2	3 International Day for 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

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/derrystrabane)

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

[www.twitter.com@dcsdcouncil](https://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](https://www.facebook.com/allyfoyle)

[/activelivinginlateryears](https://www.facebook.com/allyfoyle)

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

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

health.improvement@westerntrust.hscni.net

028 7186 5127

For further details please contact:

Derry City and Strabane District Council

Ciara Burke: Age Friendly Co-ordinator

E: agefriendly@derrystrabane.com

T: 028 7125 3253

Fermanagh and Omagh District Council

Age Friendly Co-ordinator

E: agefriendly@fermanaghomagh.com

T: 0300 303 1777

Causeway Coast and Glens

Liam Hinphey: Age Friendly Co-ordinator

E: agefriendly@causewaycoastandglens.gov.uk

T: 028 7034 7034

2025

January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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February

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March

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31						

April

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May

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June

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30						

July

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28	29	30	31			

August

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18	19	20	21	22	23	24
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September

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

October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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20	21	22	23	24	25	26
27	28	29	30	31		

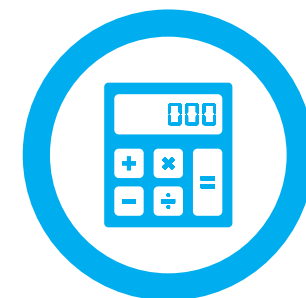
November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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3	4	5	6	7	8	9
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December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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22	23	24	25	26	27	28
29	30	31				

Help and advice with Cost of Living



Useful Links:

www.derrystrabane.com/community/helpwithcostofliving

www.fermanaghomagh.com/costoflivinghelp

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

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