



Age Friendly  
Network NI

# Calendar 2025

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 &  
Cheantair an tSrátha Báin  
Derry Citty & Strábane  
Districck 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 2025

Welcome to Age Friendly Calendar 2025 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
		<b>1</b> New Years Day	<b>2</b>	<b>3</b>	<b>4</b> World Braille Day	<b>5</b>
<b>6</b>	<b>7</b> Test it Tuesday (Test some alarms weekly)	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b> Cervical Cancer Prevention Week	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		



# 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 easier, like washing, dressing and bending.

# February

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

# Food and Mood

A health 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](http://www.choosetolivebetter.com)



**SCAN ME**

# March

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

# 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

Fermanagh & Omagh District Council 1st Place  
My Happy Place - Ann Orr



# April

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

# 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](http://hscni.net))

Gardening is another excellent gentle form of exercise.

Fermanagh & Omagh District Council 3rd Place  
**My Happy Place - Mary Donaghy**



# May

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

# 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**  
WHSCT Carers  
Support Coordinator  
Abbey Street, Derry/  
L'Derry, BT48 9AD  
Email : Carers.Support1@  
westerntrust.hscni.net



# June

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

# 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.

**Healthcare NI**

[www.apps4healthcareni.hscni.net](http://www.apps4healthcareni.hscni.net)

Search [www.apps4healthcareni.hscni.net](http://www.apps4healthcareni.hscni.net)  
for a selection of free apps to try.

Derry City and Strabane District Council 3rd Place  
**My Happy Place - Colette Ramsay**

# July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7 Alcohol Awareness Week	8	9	10	11	12	13
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.

Derry City and Strabane District Council 2nd Place  
**My Happy Place - Mickey Rooney**

**South West Age Partnership (SWAP)**

T: 028 82 251824 or 07955 787456  
E: [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk)

**Ally Foyle (Active Living in Later Years)**

T: 028 7126 5098 or 07419987095  
E: [info@allyfoyle.com](mailto:info@allyfoyle.com)

**Causeway Older Active Strategic Team (COAST)**

T: 028 77767860 or 07517 076815



A STITCH IN TIME



# August

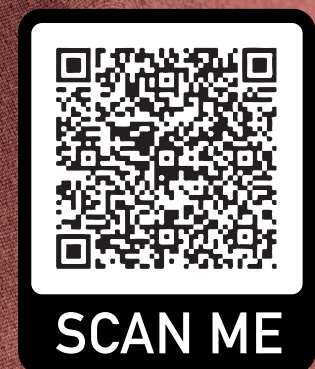
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3 International Day of Friendship – check date, usually July but showing as August
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Summer Bank Holiday	26	27	28	29	30	31

# 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.



# 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 Sept World Suicide Prevention Day	11	12	13	14
15	16	17	18	19	20	21 World Alzheimer's Day
22	23 Falls Prevention week National Eye Health 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.



Fermanagh & Omagh District Council 2nd Place  
My Happy Place - Patricia Fletcher

# October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		<b>1</b> International Day of Older People October Breast Cancer Awareness Month	<b>2</b>	<b>3</b> Back Care Awareness Week	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> World Mental Health Day	<b>11</b> Palliative Care Day	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> World Menopause Day	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> World Stroke Day	<b>30</b>	<b>31</b>		

# 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)

Derry City and Strabane District Council 1st Place  
**My Happy Place - Connie O'Kane**

# November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					<b>1</b> Lung Cancer Awareness month	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b> Stress Awareness Day	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b> International Men's Day	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> Fuel Poverty Awareness	<b>28</b>	<b>29</b>	<b>30</b>



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



# December

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

# Helpful Numbers and Contacts

## Hourglass Northern Ireland

Email [nireland@wearehourglass.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto:environmentalhealth@causewaycoastandglens.gov.uk)  
[www.causewaycoastandglens.gov.uk/](http://www.causewaycoastandglens.gov.uk/)  
[www.facebook.com/CausewayCoastandGlensCouncil](https://www.facebook.com/CausewayCoastandGlensCouncil)  
[www.twitter.com/CausewayCouncil](https://www.twitter.com/CausewayCouncil)

## Derry City & Strabane District Council

Tel: 028 7125 3253  
Email: [info@derrystrabane.com](mailto:info@derrystrabane.com)  
[www.derrystrabane.com](http://www.derrystrabane.com)  
[www.facebook.com/derrycityandstrabane-districtcouncil](https://www.facebook.com/derrycityandstrabane-districtcouncil)  
[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](mailto:info@fermanaghomagh.com)  
[www.fermanaghomagh.com](http://www.fermanaghomagh.com)  
[www.facebook.com/fermanaghomagh](https://www.facebook.com/fermanaghomagh)  
[www.twitter.com/fermanaghomagh](https://www.twitter.com/fermanaghomagh)

## ALLY Foyle (Active Living in Later Years)

Tel: 028 7126 5098 or 07419 987095  
Email: [info@allyfoyle.com](mailto:info@allyfoyle.com)  
[www.facebook.com/activelivinginlateryears](https://www.facebook.com/activelivinginlateryears)  
[www.twitter.com/ally\\_foyle](https://www.twitter.com/ally_foyle)

## Causeway Older Active Strategic Team (COAST)

Tel: 028 77767860 or 07517 076815  
Email: [coast.manager@yahoo.co.uk](mailto:coast.manager@yahoo.co.uk)  
[www.facebook.com/coastnetwork](https://www.facebook.com/coastnetwork)  
[www.twitter.com/COASTnetwork](https://www.twitter.com/COASTnetwork)

## South West Age Partnership (SWAP)

Tel: 07955 787456  
Email: [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk)  
[www.facebook.com/swapnetwork/](https://www.facebook.com/swapnetwork/)  
[www.twitter.com/PartnershipSw](https://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](mailto: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](mailto:agefriendly@derrystrabane.com)  
**T:** 028 7125 3253

### Fermanagh and Omagh District Council

**Pauline Clarke:** Age Friendly Co-ordinator  
**E:** [agefriendly@fermanaghomagh.com](mailto:agefriendly@fermanaghomagh.com)  
**T:** 0300 303 1777

### Causeway Coast and Glens

**Liam Hinphey:** Age Friendly Co-ordinator  
**E:** [age.friendly@causewaycoastandglens.gov.uk](mailto:age.friendly@causewaycoastandglens.gov.uk)  
**T:** 028 7034 7034

# 2026

## January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
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## May

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## September

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## February

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23	24	25	26	27	28	

## June

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22	23	24	25	26	27	28
29	30					

## October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
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## March

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## July

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## November

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30						

## April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## 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
31						

## December

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	31			

# Help and advice with Living Expenses



## Useful Links:

[www.derrystrabane.com/Help-with-Cost-of-Living](http://www.derrystrabane.com/Help-with-Cost-of-Living)

[www.fermanaghomagh.com/services/community/cost-of-living-help/](http://www.fermanaghomagh.com/services/community/cost-of-living-help/)

[www.causewaycoastandglens.gov.uk/live/advice-services](http://www.causewaycoastandglens.gov.uk/live/advice-services)

### **Derry City and Strabane District Council**

Pauline O'Neill – Age Friendly Co-ordinator

### **Fermanagh and Omagh District Council**

Pauline Clarke – Age Friendly Officer

### **Causeway Coast and Glens Borough Council**

Liam Hinphey – Age Friendly Co-ordinator