

# Positive Ageing Month

October

Derry City & Strabane District Council

2023



 Western Health  
and Social Care Trust

 Public Health  
Agency

 Derry City & Strabane  
District Council  
Comhairle  
Chathair Dhoire &  
Cheantar an tSratha Báin  
Derry Cille & Strabane  
Deistric Council

  
**Age Friendly**  
Derry City & Strabane District Council

#positiveageingwest

# Welcome to Positive Ageing Month

As Mayor of Derry City and Strabane District Council I am delighted to introduce this programme for Positive Ageing Month 2023. Our Council is truly committed to making here a place where older people can live active and engaged lives and can crucially continue to make a valuable contribution to their communities.

The 1st of October marks International Day of Older Persons with this year's theme "Know Our Place: Celebrating ageing in our community's past, present and future, which launches a programme offering a wealth of opportunities for citizens aged 50 plus years to be included in all aspects of community life.

Locally the age friendly programme aims to ingrain the inclusion of older people by increasing participation ensure access to services and making sure this is an enjoyable place for people to live on grow older ends the wide range of opportunities are reflective of the partnership working by all stakeholders including the community and voluntary sector who continuously reach out to support our older citizens.

I would like to thank everyone for their contributions and the Western Health and Social Care Trust. and the Public Health Agency for their ongoing support. Finally, I would encourage you all to use Positive Ageing Month as an opportunity to try something new get along to as many of the events whilst encouraging others to join you.

## **Councillor Patricia Logue**

Mayor, Derry City and Strabane District Council



As Head of Health Improvement, Equality and Involvement for the Western Health & Social Care Trust, I am delighted once again to support the annual Positive Ageing Campaign. The Campaign continues to be a huge success and is a great opportunity to celebrate the contribution that older people make to our communities. I would like to thank all our partners for providing a wide range of activities and events again this year, and highlighting the great results that can be achieved by working in collaboration with each other.

This year, there is a focus on celebrating ageing in our community's past, present and future, and in particular we want to recognise how we can make our communities a great place to grow older, and celebrate the important role older people have in making our environments a better place to live and age. There are loads of opportunities to get involved in a range of activities including storytelling, dancing, walking, and learning new (or old) skills and meeting new people while doing so. I would encourage everyone to have a look at what is on offer and try to attend as many as you can!

## **Seamus Ward**

Head of Health Improvement, Equality and Involvement, WHSCT



# Programme of Events

● = Ongoing Event

There are lots of events happening throughout October. Whilst some are one off many are happening every week and will only appear in this calendar on the first day of the month.

## Sunday 1st October 2023

7:30pm - 11:00pm ● **DEEDS Dementia Friendly Dance at the Waterfoot Hotel, Derry**  
Open to DEEDS members, their families and older people attending OLT programmes to enjoy some music and dancing. Tickets £5, includes sandwich tea. To book phone 028 7137 3870

### Get Active this October

Use this month as an opportunity to start to get more active, more often. Visit [www.derrystrabaneleisure.com/](http://www.derrystrabaneleisure.com/) to view a range of classes and activities

### Your Happy Place 2024 Age Friendly Calendar Competition

An exciting competition for your image to be included in the 2024 Age Friendly Calendar. This image should capture what or where makes you feel happy. Images can be a painting or a photograph (without people) taken within the Derry and Strabane District Council area by a resident aged 50+ years. Please return your entry to the Age Friendly Co-ordinator by post or email before 16th October to 98 Strand Road, Derry, BT48 7NN or email [agefriendly@derrystrabane.com](mailto:agefriendly@derrystrabane.com)

● **Tea and Newspapers at Derry Central Library**  
Tea and Newspapers is on every Saturday, with complimentary refreshments. Phone 028 7122 9990 or email [derrycentral.library@librariesni.org.uk](mailto:derrycentral.library@librariesni.org.uk)

### ALLY Foyle (Active Living in Later Years)

ALLY Foyle is a network of groups which offers physical, recreational and social activities and programmes directly to older people. For further information contact 028 7126 5098 or email [info@allyfoyle.com](mailto:info@allyfoyle.com)

### Age Connected Christmas Small Grants Scheme 2023

Linking Generations NI Intergenerational Christmas Small Grants Scheme. Offers grants up to £125 to bring generations together during December. Closing date for applications is 27th October. For more information, application pack, ideas and resources please visit the LGNI News page [www.linkinggenerationsni.com/news/](http://www.linkinggenerationsni.com/news/) or contact [elaine.brownlee@bjf.org.uk](mailto:elaine.brownlee@bjf.org.uk)


## Monday 2nd October 2023


9:00am - 11:00am ● **Tea and Newspapers at Derry Central Library**  
Tea and Newspapers with free light refreshments is on every Monday. Phone 028 7122 9990 or email [derrycentral.library@librariesni.org.uk](mailto:derrycentral.library@librariesni.org.uk)

10:00am - 11:00am ● **Irish Language Class (for beginners) at Creggan Library**  
Free weekly class for complete beginners every Monday. Contact 028 7126 6168 or emailing [Creggan.Library@librariesni.org.uk](mailto:Creggan.Library@librariesni.org.uk)





# Programme of Events


 = Ongoing Event


10:00am -  **Scam Awareness - Go On Session at Derry Central Library**  
12:00pm Tips on how to stay safe online and avoid scams. Go On Session covering getting started shopping online. Booking advisable. Contact 028 7122 9990 or email [derrycentral.library@librariesni.org.uk](mailto:derrycentral.library@librariesni.org.uk)


10:20am - **'Chat-Tea Train'**  
TBC Join the 'Chat-Tea Train' leaving on the 10.20am train from North West Transport Hub (Waterside Train Station) for Coleraine. This aims to provide opportunities for older people (65+ years) to chat, connect, and engage with others to reduce isolation and loneliness. Please contact your local GP Practice Social Work team to register your interest, all welcome for a cuppa! Return time to be confirmed at a later. Bring your bus pass for free transport.


10:30am -  **Stepping On Programme – (9 week Falls Prevention Programme for over 65's) in Old Library Trust, Creggan**  
12:00pm Offering balancing and strengthening exercises to help reduce falls whilst increasing self confidence in situations where they are at risk of falling. From 11th September in Old Library Trust HLC, Creggan. Contact [jonathan@olt.ie](mailto:jonathan@olt.ie) or telephone 028 7137 3870. Alternatively contact [Davina.Coulter@oakhlc.com](mailto:Davina.Coulter@oakhlc.com) or telephone 028 6772 3843.

10:30am -  **Time for Me at Learmount Community Centre, Park**  
12:30pm Join this 5 week programme with activities including, art, crafts, reminiscing and gentle exercise from 2nd - 30th October. Costs £2 per class. Booking essential. Contact 028 7778 1881 or email [admin@learmountgroup.org](mailto:admin@learmountgroup.org)

10:30am -  **Sewing Class, Galliagh Women's Group at Galliagh Community Centre**  
1:30pm On every Monday, costs £3 per session. Galliagh Women's Group host a number of other social activities and classes 5 days a week. Contact Tina on 028 7135 8787 or email [tina@shantallow.net](mailto:tina@shantallow.net) for further information on what's available.










10:30am -  **Northside 50+ Group at Shantallow Community Centre**  
12:30pm Meets every Monday and offers a range of activities promoting social inclusion and encouraging positive mental health and well-being. Cost £3 per session. Contact Tina Doolin on 028 7135 8787 or email [tina@shantallow.net](mailto:tina@shantallow.net) for further information.

11:00am -  **Tea and Newspapers at Strathfoyle Library**  
12:00pm Tea and Newspapers with free light refreshments is on every Monday. Phone 028 7186 0385 or email [strathfoyle.library@librariesni.org.uk](mailto:strathfoyle.library@librariesni.org.uk)

11:00am -  **Cryptic Corner at Strathfoyle Library**  
12:00pm Have a go at solving puzzles in the Cryptic Corner every Monday. Contact 028 7186 0385 or email [strathfoyle.library@librariesni.org.uk](mailto:strathfoyle.library@librariesni.org.uk)



# Programme of Events

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| 11:00am -<br>12:00pm |  | <b>Tea and Newspapers at Shantallow Library</b><br>Tea and Newspapers with free light refreshments is on every Monday.<br>Phone 028 7135 4185 or email <a href="mailto:shantallow.library@librariesni.org.uk">shantallow.library@librariesni.org.uk</a> |
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| 11:00am -<br>12:00pm |  | <b>Cryptic Corner at Creggan Library</b><br>Have a go at solving puzzles in the Cryptic Corner every Monday. Contact<br>028 7126 6168 or email <a href="mailto:Creggan.Library@librariesni.org.uk">Creggan.Library@librariesni.org.uk</a> |
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| 11:00am -<br>12:00pm |  | <b>Tea and Newspapers at Waterside Library</b><br>Tea and Newspapers with free light refreshments is on every Monday.<br>Phone 028 7134 2963 or email <a href="mailto:Waterside.library@librariesni.org.uk">Waterside.library@librariesni.org.uk</a> |
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| 11:00am -<br>1:00pm |  | <b>Tea and Newspapers at Creggan Library</b><br>Tea and Newspapers with free light refreshments is on every Monday.<br>Phone 028 7126 6168 or email <a href="mailto:Creggan.Library@librariesni.org.uk">Creggan.Library@librariesni.org.uk</a> |
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| 11:00am -<br>1:00pm |  | <b>The Diamond Diners Luncheon Club, Claudy</b><br>Join us at the Diamond Centre every Monday, Wednesday and Friday for<br>tea, scones followed by a variety of activities and lunch. Transport available.<br>Contact 028 7133 8005 to book. |
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| 11:00am -<br>1:00pm |  | <b>The Hidden History of Placenames in Park (DEEDS Project)</b><br>A programme exploring the Irish and Ulster-Scots origins of our local<br>placenames for members of the DEEDS. Delivered on 2nd, 9th & 16th<br>by Derry City and Strabane District Council's Languages Team. Contact<br>DEEDS project on 028 7137 3870 |
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| 11:30am -<br>1:00pm |  | <b>Daily Lunch Club at Older People North West</b><br>Come dine with Older People North West every Monday to Friday. Warm<br>and friendly company plus good food, with a healthy nutritional four course<br>lunch and find out what's going on at Malvern House, 20-24 Chapel Road,<br>Waterside BT47 2AM. Last orders 12.45pm. Ring 028 7134 7478 or call<br>into centre or email <a href="mailto:development@olderpeoplenorthwest.org">development@olderpeoplenorthwest.org</a> |
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| 11:15am -<br>12:15pm |  | <b>Irish Language Class (for improvers) at Creggan Library</b><br>Free weekly class every Monday. Booking not essential. Contact 028 7126<br>6168 or emailing <a href="mailto:Creggan.Library@librariesni.org.uk">Creggan.Library@librariesni.org.uk</a> for further information. |
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| 11:30am -<br>1:00pm |  | <b>Monday Club 55+ at Eglinton Community Hall</b><br>Monday Club 55+ is a social and recreational club which meets from<br>September to June, providing activities, crafts classes and days out.<br>This month is running a 9 week WHSCT Falls Prevention Programme<br>in partnership with Eglinton Medical Practice. To book contact Debbie<br>Caulfield on 07756464372, email <a href="mailto:eglintoncommunity@yahoo.co.uk">eglintoncommunity@yahoo.co.uk</a> or<br>phone the Multi- Disciplinary Team at Eglinton Medical Practice on 028 7181<br>0252. Cost to attend Monday Club 55+ is £3 per week and includes a light<br>lunch. |
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# Programme of Events

 = Ongoing Event

11:30am -  
1:00pm



## **One-to-One Computer Lessons (Got IT) at Creggan Library**

Learn the basics of computers, email and the internet at your own pace. Avail of a free one to one session. Available every Monday, Tuesday, Wednesday, Friday by appointment. To book phone 028 7126 6168 or email [Creggan.Library@librariesni.org.uk](mailto:Creggan.Library@librariesni.org.uk)

12:00pm -  
1:00pm



## **Gentle Exercise Session at Malvern House, Older People NW**

Join George every Monday for some gentle chair based activities to suit all abilities. Contact Eilish O'Doherty or Anne Deehan on 028 7134 7478 or email [eilish@olderpeoplenorthwest.org](mailto:eilish@olderpeoplenorthwest.org)

2:00pm -  
3:00pm



## **Go On Shopping Online at Waterside Library**

Go On Session covering getting started shopping online. Booking advisable. Contact 028 7134 2963 or email [waterside.library@librariesni.org.uk](mailto:waterside.library@librariesni.org.uk)

2:00pm -  
4:00pm

## **Positive Ageing Month Information Event in Derg Valley Leisure Centre**

Join in an action packed event with various speakers and information stands to find out about services to support you to age well locally. Booking essential. To register please contact Alexandra Wallace on 028 7125 3253 or email [agefriendly@derrystrabane.com](mailto:agefriendly@derrystrabane.com)

2:00pm -  
4:00pm



## **Knit and Natter at Shantallow Library**

Knit, crochet, share patterns and chat with a cup of tea. Free event on every Monday. Phone 028 7135 4185 or email [shantallow.library@librariesni.org.uk](mailto:shantallow.library@librariesni.org.uk)

6:00pm -  
7:00pm



## **Pilates Class at Eglinton Community Hall**

Come along to a physiotherapist led pilates class on Monday evenings. To book contact Debbie Caulfield on 07756464372, email [eglintoncommunity@yahoo.co.uk](mailto:eglintoncommunity@yahoo.co.uk) or visit <https://www.facebook.com/OakPilates>.

7:00pm -  
8:00pm



## **Women's Yoga at Learmount Community Centre, Park**

Strengthen your muscles and bones and improve your overall stamina and posture every Monday for 5 weeks from 2nd-30th October. Cost £3 per class. Booking essential contact 028 7778 1881 or email [admin@learmountgroup.org](mailto:admin@learmountgroup.org)

7:00pm -  
9:00pm



## **Sewing / Quilting Class at Eglinton Community Hall**

This class runs from September to June, beginners welcome. To book contact Debbie Caulfield on 07756464372, email [eglintoncommunity@yahoo.co.uk](mailto:eglintoncommunity@yahoo.co.uk).

7:00pm -  
9:00pm



## **Cost of Living Programme, Derg Valley Healthy Living Centre, Castlederg**

Starting on 11th September, the 8 week programme offers a range of sessions to help older people deal with the cost of living crisis. Places limited. Contact [kate@dergvalleycare.com](mailto:kate@dergvalleycare.com) or phone 028 8167 0764.

# Programme of Events

8:00pm - 9:00pm ● **Social Hurling, Doire at John Mitchel's GAA, Claudy**  
Come along to the Doire Social Hurling every Monday night at John Mitchel's GAA pitch on Learmount Road Claudy for some social interaction, craic and comradeship. Cost £5 per session. Equipment can be provided, contact James Walsh on 07932 005169 or visit their Facebook page

8:00pm - 9:00pm ● **Men's Yoga at Learmount Community Centre, Park**  
Strengthen your muscles and bones and improve your overall stamina and posture every Monday for 5 weeks from 2nd-30th October. Cost is £3 per class. Booking essential. Contact 028 7778 1881 or email admin@learmountgroup.org

## Tuesday 3rd October 2023

9:00am - 11:00am ● **Tea and Newspapers at Derry Central Library**  
Tea and Newspapers with free light refreshments is on every Tuesday. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk

10:00am - 11:30am ● **Walking Group, Derg Valley Healthy Living Centre, Castlederg**  
Walking group meets every Tuesday morning. For routes and meeting place contact Derg Valley Healthy Living Centre on 028 8167 0764.

10:30am - 11:15am ● **Nifty 50's at Riversdale Leisure Centre**  
Each Tuesday and Thursday morning the Nifty 50's meet for physical activity sessions. Cost £2 per session. Contact 028 7138 2672

10:30am - 12:30pm ● **Friendship Group at Newbuildings Community Centre**  
Meets every Tuesday at Newbuildings Community Centre and provides social opportunities for people to get together with light refreshments. Costs £1. Contact Naomi or Louise on 028 7131 2252 or email newbuildingscommunity@gmail.com

11:00am - 11:45am ● **Bring the Grandparents to Rhythm and Rhyme at Creggan Library**  
Grandparents & Carers come along to join in at Rhythm and Rhyme to suit all generations both young and old. Booking not necessary. Contact 028 7126 6168 or email creggan.library@librariesni.org.uk









11:00am - 12:00pm ● **Tea and Newspapers at Strathfoyle Library**  
Tea and Newspapers with free light refreshments is on every Tuesday. Phone 028 7186 0385 or email strathfoyle.library@librariesni.org.uk

11:00am - 1:00pm ● **St. Brigid's Women's Group at St Brigid's Parish Hall, Carnhill**  
Offers a range of activities, programmes and events. Costs £3 per session. Contact Tina Doolin on 028 7135 8787 or email tina@shantallow.net



# Programme of Events

 = Ongoing Event

11:00am - 1:00pm	<b>The Hidden History of Placenames in Strabane (DEEDS Project)</b> A programme exploring the Irish and Ulster-Scots origins of our local placenames for members of the DEEDS project, Delivered on 3rd , 10th & 17th by Derry City and Strabane District Council's Languages Team. For further information contact DEEDS project on 028 7137 3870
12:00pm - 1:00pm 	<b>Chair Yoga at Eglinton Community Hall or Zoom</b> Chair based Yoga activity – no need to lie on a mat. Suitable for a wide range of abilities. Drop in or contact 07756464372 or email <a href="mailto:eglingtoncommunity@yahoo.co.uk">eglingtoncommunity@yahoo.co.uk</a> for Zoom link. Cost to £1 to attend
Varies 	<b>Music to your Ears (Men's 55+ Group) in Alley Theatre Strabane</b> A weekly social group on Tuesdays (2hrs) for men aged 55+ years who focus on social engagement through music and learning new skills. Contact Chris McDaid on 07923208500, by email <a href="mailto:cc@strabanedistrictcaring.com">cc@strabanedistrictcaring.com</a> or visit Music To Your Ears Strabane on Facebook for more details and time.
1:30pm - 3:00pm 	<b>Art Class at Malvern House, Older People North West</b> Weekly art class on Tuesdays with Ashling, suitable for all abilities. Phone 028 7134 7478 or email <a href="mailto:development@olderpeoplenorthwest.org">development@olderpeoplenorthwest.org</a> to book.
2:00pm - 3:30pm 	<b>Line Dancing at Malvern House, Older People North West</b> Dance yourself happy and dance yourself fit through Line Dancing every Tuesday and Thursday. Phone 028 7134 7478 or email <a href="mailto:development@olderpeoplenorthwest.org">development@olderpeoplenorthwest.org</a> to book your place
2:00pm - 4:00pm 	<b>Knit and Natter at Derry Central Library</b> Knit, crochet, share patterns and chat with a cup of tea. Every Tuesday. Phone 028 7122 9990 or email <a href="mailto:derrycentral.library@librariesni.org.uk">derrycentral.library@librariesni.org.uk</a>
2:00pm - 4:00pm 	<b>Walking for fun through Older People North West</b> Walking group for older people, gentle walks using the city's greenways and public spaces to stretch the legs and to be among great company. Meets at different location points each week and afternoon tea available afterwards at Malvern House, Older People North West during October. Call 028 7134 7478 to book your place or email <a href="mailto:eilish@olderpeoplenorthwest.org">eilish@olderpeoplenorthwest.org</a>
2:00pm - 5:30pm 	<b>Cryptic Corner at Derry Central Library</b> Have a go at solving puzzles in the Cryptic Corner every Tuesday. Contact 028 7122 9990 or email <a href="mailto:derrycentral.library@librariesni.org.uk">derrycentral.library@librariesni.org.uk</a>
2:00pm - 8:00pm 	<b>Tea and Reminiscence at Castlederg Library</b> Tea and Newspapers with photographs of times gone by. Contact 028 8167 1419 or email <a href="mailto:castlederg.library@librariesni.org.uk">castlederg.library@librariesni.org.uk</a>

# Programme of Events

6:30pm - 7:30pm ● **Adult Reading Group at Shantallow Library**  
Meets on the first Tuesday of every month, join in some lively literary discussions in a relaxed, friendly environment. To book contact 028 7135 4185 or email [shantallow.library@librariesni.org.uk](mailto:shantallow.library@librariesni.org.uk)

7:30pm - 8:30pm ● **Zumba at Eglinton Community Hall**  
Zumba offers fun aerobic exercise to Latin rhythms and runs from August to June. Drop in or contact 07756464372 or email [eglintoncommunity@yahoo.co.uk](mailto:eglintoncommunity@yahoo.co.uk). Cost to attend

## Wednesday 4th October 2023

9:00am - 11:00am ● **Tea and Newspapers at Derry Central Library**  
Tea and Newspapers with free light refreshments is on every Wednesday. Phone 028 7122 9990 or email [derrycentral.library@librariesni.org.uk](mailto:derrycentral.library@librariesni.org.uk)

10:30am - 12:00pm ● **Creative Writing Group at Derry Central Library**  
Are you a budding writer or poet? Come along to our group every Wednesday and share ideas. Whether you are a seasoned writer or beginner. Contact 028 7122 9990 or email [derrycentral.library@librariesni.org.uk](mailto:derrycentral.library@librariesni.org.uk)

10:30am - 12:00pm ● **Tea and Newspapers in Strabane Library**  
Tea and Newspapers with free light refreshments is on every Wednesday. Phone 028 7188 3686 or email [strabane.library@librariesni.org.uk](mailto:strabane.library@librariesni.org.uk)


10:30am - 12:30pm ● **Stepping On Programme – (9 week Falls Prevention Programme for over 65's) in Irish Street Community Centre**  
Offering balancing and strengthening exercises to help reduce falls whilst increasing self confidence in situations where they are at risk of falling. From 27th September in Irish Street Community Centre, 19a Bann Drive, BT48 2HJ. Contact [Lorraine@bbhealthforum.org](mailto:Lorraine@bbhealthforum.org) or telephone 028 7136 5330. Alternatively contact [Davina.Coulter@oakhlc.com](mailto:Davina.Coulter@oakhlc.com) or telephone 028 6772 3843.


11:00am - 12:00pm ● **Dance Exercise at Eglinton Community Hall**  
Dance exercise is suitable for a range of abilities as some of the exercises are chair based. Takes place every Wednesday from September to July, except 11th October. Drop in or contact 07756464372 or email [eglintoncommunity@yahoo.co.uk](mailto:eglintoncommunity@yahoo.co.uk). Cost £1 to attend.


11:00am - 12:00pm ● **Tea and Newspapers in Castlederg Library**  
Tea and Newspapers with free light refreshments is on every Wednesday. Phone 028 8167 1419 or email [castlederg.library@librariesni.org.uk](mailto:castlederg.library@librariesni.org.uk)


# Programme of Events


 = Ongoing Event

11:00am -  **Carers' Café at Eglinton Community Hall**  
12:30pm Weekly treat for unpaid carers who are caring for relatives, friends and partners. Runs from September to July and offers support, advice, practical talks and training as well as creative activities with Verbal Arts and Echo Echo Dance for health and well-being. In partnership with Eglinton Medical Practice and WHSCT. Drop in or contact 07756464372 or email [eglingtoncommunity@yahoo.co.uk](mailto:eglingtoncommunity@yahoo.co.uk). No cost to attend


12:00pm -  **Read Aloud in Strabane Library**  
1:00pm A free shared reading session which discusses poetry and short stories. To book phone 028 7188 3686 or email [Kate.devine@librariesni.org.uk](mailto:Kate.devine@librariesni.org.uk)


12:30pm -  **Computer 'Drop In' in Shantallow Library**  
1:30pm Need some help and support with using IT. Access basic computer guidance and support, available every Wednesday. Contact 028 7135 4185 or email [shantallow.library@librariesni.org.uk](mailto:shantallow.library@librariesni.org.uk) for further information.


12:30pm -  **The Eglintones Choir Practice at Eglinton Community Hall**  
1:30pm At building confidence for older people who would like to sing together. Come and sign together for fun, build confidence for older people who would like to sing together. Delivered in partnership with Allegri Choir, every Wednesday for 10 weeks. Drop in or contact 07756464372 or email [eglingtoncommunity@yahoo.co.uk](mailto:eglingtoncommunity@yahoo.co.uk). Cost £1 to attend.


12:30pm -  **Sewing Bee at Derry Central Library**  
2:00pm Bring your own sewing/craft with you every Wednesday and share ideas. Phone 028 7122 9990 or email [derrycentral.library@librariesni.org.uk](mailto:derrycentral.library@librariesni.org.uk)

1:00pm -  **Men's Shed at Churchtown Community Association**  
3:00pm Join the Men's Shed every Wednesday. All welcome. Phone 028 8167 0652

2:00pm -  **Yoga Session at Malvern House, Older People North West**  
3:00pm A yoga session incorporating mindfulness suitable for all abilities, every Wednesday. Call and book your place. Limited to 12 places. Contact Eilish O'Doherty or Anne Deehan on 028 7134 7478 or email [eilish@olderpeoplenorthwest.org](mailto:eilish@olderpeoplenorthwest.org)

2:00pm -  **Scam Awareness - Go On Session at Strabane Library**  
4:00pm Tips on how to stay safe online and avoid scams. Booking advisable. Phone 028 7135 4185 or email [strabane.library@librariesni.org.uk](mailto:strabane.library@librariesni.org.uk)

6:00pm -  **Knit and Natter at Waterside Library**  
8:00pm Knit, crochet, share patterns and chat with a cup of tea. Every Wednesday. Phone 028 7134 2963 or email [waterside.library@librariesni.org.uk](mailto:waterside.library@librariesni.org.uk).

7:30pm -  **Ceili and Set Dancing Class at Eglinton Community Hall**  
8:30pm Mary McGuiggan's class runs from September to May each year. Drop in or contact 07756464372 or email [eglingtoncommunity@yahoo.co.uk](mailto:eglingtoncommunity@yahoo.co.uk).



# Programme of Events

7:45pm - 8:45pm ● **Yoga for All at Eglinton Community Hall**  
Gentle Yoga class, suitable for beginners. Drop in or contact 07756464372 or email [eglingtoncommunity@yahoo.co.uk](mailto:eglingtoncommunity@yahoo.co.uk) or contact <https://www.facebook.com/hunteraromatics>. Cost to attend

## Thursday 5th October 2023

9:00am - 11:00am ● **Tea and Newspapers at Derry Central Library**  
Tea and Newspapers with free light refreshments in on every Thursday. Phone 028 7122 9990 or email [derrycentral.library@librariesni.org.uk](mailto:derrycentral.library@librariesni.org.uk)

9:30am - 2:00pm ● **Luncheon Club, Derg Valley Healthy Living Centre, Castlederg**  
Meets every Thursday with a range of activities and lunch. Cost £6 to attend, book in advance. Contact Derg Valley Healthy Living Centre on 028 8167 0764.

9:50am - 11:15am ● **Brighter Ballymagorry Development Group Walking Group**  
Get active with weekly walks, meet every Thursday in Fox Lodge Cricket Club car park, 410 Victoria Road, Strabane for 10am start and enjoy refreshments afterwards. Several routes available for different levels and abilities. Contact 07596 477478 or email [Brighterballymagorrydevgroup@gmail.com](mailto:Brighterballymagorrydevgroup@gmail.com)

10:00am - 12:00pm ● **Stay Young Ladies Group at Strabane District and Caring Services**  
Social group for persons aged 55+ years meets every Thursday for craft sessions, activities, learning for life and social engagement. Contact Chris McDaid on 07923208500 or email [cc@strabanedistrictcaring.com](mailto:cc@strabanedistrictcaring.com)

10:00am - 12:00pm ● **Ladies Craft Group at Churchtown Community Association**  
Join the Ladies Craft Group which meets every Thursday for craft and social activities. All welcome. Phone 028 8167 0652


10:00am - 7:30pm ● **Cryptic Corner at Strabane Library**  
Have a go at solving puzzles in the Cryptic Corner every Thursday. Contact 028 7188 3686 or email [strabanelibrary@librariesni.org.uk](mailto:strabanelibrary@librariesni.org.uk) for further information.


10:30am - 11:30am ● **Circus Skills at Eglinton Community Hall with In Your Space**  
Facilitated by In Your Space, join the 15 week circus skills activity and help improve your flexibility, strength, balance and cognition. Contact 07756464372 or email [eglingtoncommunity@yahoo.co.uk](mailto:eglingtoncommunity@yahoo.co.uk). Cost £1 to attend.


10:30am - 12:30pm ● **Women's Group at Newbuildings Community Centre**  
Meets every Thursday at Newbuildings Community Centre and offers various arts and crafts activities and social opportunities with light refreshments. Costs £1 to attend and for further information contact Naomi or Louise on 028 7131 2252 or email [newbuildingscommunity@gmail.com](mailto:newbuildingscommunity@gmail.com)


# Programme of Events


 = Ongoing Event

10:30am -  **Bring the Grandparents to Rhythm and Rhyme at Shantallow Library**  
12:30pm Grandparents & Carers come along to join in at Rhythm and Rhyme to suit all generations both young and old. Booking not necessary. Contact 028 028 7135 4185 or email [shantallow.library@librariesni.org.uk](mailto:shantallow.library@librariesni.org.uk)


10:30am -  **Stepping On Programme – (9 week Falls Prevention Programme for over 65's) in St Columbas Hall, Omagh**  
12:30pm Offering balancing and strengthening exercises to help reduce falls whilst increasing self confidence in situations where they are at risk of falling. Also from 28th September in St. Columba's Hall, 21 Church Street, Omagh, BT78 1DG. Contact Michael Connolly on 028 8167 0764 or email [michael@dergvalleycare.com](mailto:michael@dergvalleycare.com). Alternatively contact [Davina.Coulter@oakhlc.com](mailto:Davina.Coulter@oakhlc.com) or telephone 028 6772 3843.


10:30am -  **Nifty 50's at Riversdale Leisure Centre**  
11:15am Each Thursday and Tuesday morning the Nifty 50's meet for physical activity sessions. Cost £2 per session. Contact 028 7138 2672 for further information.


11:00am -  **Tea and Newspapers at Strathfoyle Library**  
12:00pm Tea and Newspapers is on every Thursday with complimentary refreshments. Phone 028 7186 0385 or email [strathfoyle.library@librariesni.org.uk](mailto:strathfoyle.library@librariesni.org.uk)

11:00am -  **Adult Reading Group in Newtownstewart Library**  
12:00pm Meets on the first Thursday of every month and join in some lively literary discussions. Contact 028 8166 2060 or email [newtownstewart.library@librariesni.org.uk](mailto:newtownstewart.library@librariesni.org.uk)

11:00am -  **Tea and Newspapers in Castlederg Library**  
12:00pm Tea and Newspapers is on every Thursday with complimentary refreshments. Phone 028 8167 1419 or email [castlederg.library@librariesni.org.uk](mailto:castlederg.library@librariesni.org.uk)

11:00am -  **The Plum Club (Men & Women 50+ years) in Glenelly / Plumbridge**  
12:30pm Meets every Thursday for a range of activities, information sessions and social events. New members welcome. Contact Bronagh on 028 8164 8000.

11:00am -  **Knit and Natter in Castlederg Library**  
1:00pm Knit, crochet, share patterns and chat with a cup of tea. Every Thursday. Phone 028 8167 1419 or email [castlederg.library@librariesni.org.uk](mailto:castlederg.library@librariesni.org.uk).

11:30am -  **Guitar Jamming at Malvern House, Older People North West**  
1:00pm Come along to weekly session every Thursday. Listen, tap, sing, or play your own air guitar. Contact Eilish O'Doherty or Anne Deehan on 028 7134 7478 or email [eilish@olderpeoplenorthwest.org](mailto:eilish@olderpeoplenorthwest.org)


# Programme of Events


2:00pm - 3:00pm	●	<b>Basic IT One-to-One Session at Strathfoyle Library</b> Avail of a free one to one IT session to help support you. Available every Thursday. Booking is essential. Phone 028 7186 0385 or email strathfoyle.library@librariesni.org.uk
2:00pm - 3:30pm	●	<b>Silver Circus at the Glassworks, Great James Street</b> Open Circus Class for people aged 50 plus. Come along and try your hand at all the circus skills, make some new friends, and have a cuppa and a chat with some like-minded people. Wear comfy clothing and bring a smile, an open mind, and a bottle of water. This is a free weekly project running from April – June, September – November. Email info@inyourspaceni.org phone 028 7137 7113 or just come along and complete the registration on the day.
2:00pm - 4:00pm	●	<b>Knit and Natter in Shantallow Library</b> Knit, crochet, share patterns and chat with a cup of tea. Every Thursday. Phone 028 7135 4185 or email shantallow.library@librariesni.org.uk.
2:15pm - 4:00pm	●	<b>Knit and Natter in Newtownstewart Library</b> Knit, crochet, share patterns and chat with a cup of tea. Every Thursday. Phone 028 8166 2060 or email newtownstewart.library@librariesni.org.uk
2:30pm - 4:30pm	●	<b>Adult Reading Group at Newtownstewart Library</b> Encourages and welcomes new members to try out something new and discover the benefits of reading. Contact 028 8166 2060 or email newtonstewart.library@librariesni.org.uk
6:30pm - 7:30pm	●	<b>Knit and Natter in Derry Central Library</b> Knit, crochet, share patterns and chat with a cup of tea. Every Thursday. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk.
8.00pm - 10.00pm	●	<b>St. Brigid's Women's Group at St Brigid's Parish Hall, Carnhill</b> Offers a range of activities, programmes and events. Costs £3 per session. Contact Tina Doolin on 028 7135 8787 or email tina@shantallow.net
<b>Friday 6th October 2023</b>		
9:00am - 11:00am	●	<b>Tea and Reminiscence at Derry Central Library</b> Tea and Newspapers with photographs of times gone by, with free light refreshments. Phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk for further information.
9:30am - 1:00pm	●	<b>Family History Group at Derry Central Library</b> Learn more about your family history, group meets every Friday. For information phone 028 7122 9990 or email derrycentral.library@librariesni.org.uk
10.00am - 11.00am	●	<b>Free Over 50s Fitness Classes in Lisnafin Community Centre</b> Lisnafin/Ardnalee/Trust CCDA are facilitating Free Over 50s Fitness Classes in Lisnafin Community Centre on Friday mornings for 6 weeks ending on 20th October. Phone 028 7188 0658 for further information.





# Programme of Events


 = Ongoing Event


10:15am -  **Irish Language Class (Beginners Course) in Shantallow Library**  
11:00am Join the weekly beginners Irish Language Class and gain a 'Cúpla Focal' badge, every Friday. For further information phone 028 7135 4185 or email [shantallow.library@librariesni.org.uk](mailto:shantallow.library@librariesni.org.uk)


10.30am -  **The Friday Walkers, Glenelly**  
11.30am The Friday Walkers meets every Friday for a regular walk and chat in the Glenelly area. For further information on meeting point and routes contact Bronagh Kearney on 028 8164 8000.

10:30am -  **Tea and Newspapers at Strabane Library**  
12:00pm Enjoy Tea and Newspapers with free light refreshments every Friday. Phone 028 7188 3686 or email [strabane.library@librariesni.org.uk](mailto:strabane.library@librariesni.org.uk)


10.30am -  **POP Group (Positive Older People) at Ballymagroarty Community Centre**  
12.30pm Come along to the POP Group every Friday for social activities including dance, music, bingo, information sessions, light refreshments and much more. New members welcome. Cost £2per session. Contact Roxanne on 028 7127 1977

11:00am -  **Tea and Newspapers in Castlederg Library**  
12:00pm Tea and Newspapers with free light refreshments every Friday. Phone 028 8167 1419 or email [castlederg.library@librariesni.org.uk](mailto:castlederg.library@librariesni.org.uk)

11:00am -  **Tea and Newspapers in Strathfoyle Library**  
12:00pm Tea and Newspapers with free light refreshments every Friday. Phone 028 7186 0385 or email [strathfoyle.library@librariesni.org.uk](mailto:strathfoyle.library@librariesni.org.uk)


11:00am -  **Tea and Newspapers in Waterside Library**  
12:00pm Tea and Newspapers with free light refreshments every Friday. Phone 028 7134 2963 or email [waterside.library@librariesni.org.uk](mailto:waterside.library@librariesni.org.uk)


11:00am - **Financial Wellbeing, Fraud and Cost of Living tips (online)**  
12:00pm Bank of Ireland hosts a workshop on financial wellbeing, security of wellbeing, five ingredients for financial wellbeing, supports and resources. Fraud, to protect your finances and cost of living. To join the Microsoft Teams meeting use the following Meeting ID 383 288 270 925 and use Passcode Yh2JTS. For further enquiries please contact [financialwellbeingni@boi.com](mailto:financialwellbeingni@boi.com)


11:00am -  **Knit and Natter at Creggan Library**  
1:00pm Knit, crochet, share patterns and chat with a cup of tea. On every Friday. Phone 028 7126 6168 or email [Creggan.Library@librariesni.org.uk](mailto:Creggan.Library@librariesni.org.uk)


11:15am -  **Irish Language Class (Improvers 8 Week Course) in Shantallow Library**  
12:15pm Join the weekly Improvers Irish Language Class and gain a 'Cúpla Focal' badge, every Friday. For further information phone 028 7135 4185 or email [shantallow.library@librariesni.org.uk](mailto:shantallow.library@librariesni.org.uk)


# Programme of Events


12.30pm - 2.30pm  **Luncheon Club at Newbuildings Community Centre**  
Meets every Friday with activities and conversation offering hot lunch with desert, tea/coffee. Booking required. Costs £2.50. Contact Naomi or Louise on 028 7131 2252 or email [newbuildingscommunity@gmail.com](mailto:newbuildingscommunity@gmail.com)

1.00pm - 3.00pm  **Crochet and Knitting at Eglinton Community Hall**  
Social and recreational activity for a small group who share their skills and experience. New members and beginners always welcome. Contact 07756464372 or email [eglintoncommunity@yahoo.co.uk](mailto:eglintoncommunity@yahoo.co.uk) .Cost £3

2:00pm - 3:00pm  **Basic IT One-to-One Session at Strathfoyle Library**  
Book a free one to one basic IT session to help support you. Available every Friday. Booking is essential, phone 028 7186 0385 or email [strathfoyle.library@librariesni.org.uk](mailto:strathfoyle.library@librariesni.org.uk)


2:00pm - 4:00pm  **Knit and Natter in Strabane Library**  
Knit, crochet, share patterns and chat with a cup of tea. Every Friday. Phone 028 7188 3686 or email [strabane.library@librariesni.org](mailto:strabane.library@librariesni.org)


6.00pm - 7.00pm  **Pilates Class at Eglinton Community Hall**  
Come along to a physiotherapist led pilates class in Eglinton Community Hall on Monday evenings. To book contact Debbie Caulfield on 07756464372, email [eglintoncommunity@yahoo.co.uk](mailto:eglintoncommunity@yahoo.co.uk) or visit <https://www.facebook.com/OakPilates>. Cost to attend, block bookings available

7.15pm - 8.15pm  **Pilates Class at Eglinton Community Hall**  
Come along to a physiotherapist led pilates class in Eglinton Community Hall on Monday evenings. To book contact Debbie Caulfield on 07756464372, email [eglintoncommunity@yahoo.co.uk](mailto:eglintoncommunity@yahoo.co.uk) or visit <https://www.facebook.com/OakPilates>.


## Saturday 7th October 2023


9:00am - 11:00am  **Tea and Newspapers at Derry Central Library**  
Tea and Newspapers is on every Saturday, with complimentary refreshments. Phone 028 7122 9990 or email [derrycentral.library@librariesni.org.uk](mailto:derrycentral.library@librariesni.org.uk)


10:30am - 12:30pm  **Tea and Newspapers in Creggan Library**  
Tea and Newspapers is on every Saturday, with complimentary refreshments. Phone 028 7126 6168 or email [Creggan.Library@librariesni.org.uk](mailto:Creggan.Library@librariesni.org.uk)

11:00am - 12:00pm  **Cryptic Corner at Castlederg Library**  
Have a go at solving puzzles in the Cryptic Corner every Saturday. Contact 028 8167 1419 or email [castlederg.library@librariesni.org.uk](mailto:castlederg.library@librariesni.org.uk) for further information


# Programme of Events

 = Ongoing Event


11:00am -  **Tea and Newspapers at Strathfoyle Library**  
12:00pm  
Tea and Newspapers is on every Saturday, with complimentary refreshments. Phone 028 7186 0385 or email [strathfoyle.library@librariesni.org.uk](mailto:strathfoyle.library@librariesni.org.uk)

2:00pm -  **Grandad's & Grandma's Storytime & Craft at Derry Central Library**  
3:00pm  
Storytime & Crafts with Grandad's & Grandma's, bringing along family members to have the traditional fairy-tale stories told. Booking advisable. Phone 028 7122 9990 or email [derrycentral.library@librariesni.org.uk](mailto:derrycentral.library@librariesni.org.uk) for further information.


## Monday 9th October 2023

10:00am -  **Irish Language Lessons in Creggan Library**  
11:00am  
Learn Irish and develop conversation and friendship. Phone 028 7126 6168 or email [Creggan.Library@librariesni.org.uk](mailto:Creggan.Library@librariesni.org.uk)

12:00pm - **Loving Life – Living Longer Launch Event at New Gate**  
4:00pm  
Tea Dance to celebrate the launch of the Older People's Wellbeing Project, funded by the National Lottery Community Fund. This free event is being held at New Gate Arts and Cultural Centre, 20-22 Hawkins Street, BT48 6RF. To book contact Sarah on [sarah@bbhealthforum.org](mailto:sarah@bbhealthforum.org) or phone 028 7136 5330

6:30pm -  **Adult Reading Group in Strathfoyle Library**  
7:45pm  
Meets the second Monday of the month, join in some lively literary discussions. Contact 028 7186 0385 or email [strathfoyle.library@librariesni.org.uk](mailto:strathfoyle.library@librariesni.org.uk)

## Tuesday 10th October 2023

 **Shop, Cook & Save – You Tube Channel**  
The Public Health Dietitians Group, launched a new video series on YouTube on how you can eat well on a budget. With the current cost of living crisis putting pressure on many households, the 'Shop, Cook and Save' series aims to show how you can make healthier choices and save money by batch cooking, saving on your weekly shop, easy cooking for one, tips to use your slow cooker and storing and reheating food safely. Visit [Shop, Cook & Save - YouTube](#)


11:00am - **Compassionate Conversation Workshop in Derry Central Library**  
12:30pm  
Learn about the power of compassion in helping you to support others while also maintaining your emotional wellbeing. Suitable for people who want to support others who are feeling lonely and socially isolated because they are affected by advanced illness, frailty, caregiving and bereavement. To book or for more information phone Susanne Bergin on mobile 07841101932 or email [susanne@compassionatecommunitiesni.com](mailto:susanne@compassionatecommunitiesni.com)




# Programme of Events

**Wednesday 11th October 2023**


**10:00am - 11:30am** **Energy Efficiency in the Home – Online via Zoom**  
National Energy Action will host an information session to help find out about energy efficient heating, lighting, and appliances, keeping the heat where it is needed, comparing, and switching energy suppliers, advice, and support. Booking is essential. Please register via this link: <https://www.eventbrite.co.uk/e/energy-efficiency-in-the-home-in-northern-ireland-tickets-684994566187>. For more information email Nichola.macdougall@nea.org.uk


**10:30am - 12:30pm**  **Gardening Workshop, Learmount Community Centre, Park**  
Come along to our monthly Garden Workshop, on 2nd Wednesday each month with guest speaker to help prepare for the incoming season with some hands on planting. Booking is essential. Cost £3 per class. Contact 028 7778 1881 or email [admin@learmountgroup.org](mailto:admin@learmountgroup.org)

**11:00am - 12:00pm**  **Tea and Reminiscence at Castlederg Library**  
Tea and Newspapers with photographs of times gone by, with free light refreshments. Phone 028 8167 1419 or email [castlederg.library@librariesni.org.uk](mailto:castlederg.library@librariesni.org.uk)


**11:00am - 12:30pm** **Moves and Melodies Goes on Tour to Eglington Community Hall**  
The Millennium Forum's "Moves and Melodies" age-friendly project on tour to Eglington. There will be an opportunity to learn new dance skills and sing a range of song styles. Admission is free. Everyone is welcome – complimentary tea! To book visit [www.millenniumforum.co.uk](http://www.millenniumforum.co.uk) or telephone box office 028 7126 4455 (Select Option 1). For further information email Lisa on [lisah@millenniumforum.co.uk](mailto:lisah@millenniumforum.co.uk)


**11:00am - 2:00pm** **Positive Ageing Month Information Event in Foyle Arena**  
Join in an action packed event with various speakers and information stands to find out about services to support you to age well locally. Booking essential. To register please contact Alexandra Wallace on 028 7125 3253 or email [agefriendly@derrystrabane.com](mailto:agefriendly@derrystrabane.com)

 **E-Clinics One to One at Creggan Library**  
IT Help for beginners including help with your mobile device and other electronic devices. Booking advisable. Phone 028 7126 6168 or email [Creggan.Library@librariesni.org.uk](mailto:Creggan.Library@librariesni.org.uk)


**2:00pm - 3:00pm**  **Adult Reading Group in Waterside Library**  
Join free monthly reading group which takes place on 2nd Wednesday of every month. Contact 028 7134 2963 or email [waterside.library@librariesni.org.uk](mailto:waterside.library@librariesni.org.uk)

# Programme of Events


 = Ongoing Event


2:00pm -  **Mayors Tea Dance, Guildhall**  
4:00pm It's time to dust off the dancing shoes and get ready to jive and swing. Contact the Mayor's Office on 028 7137 6508 or by emailing [mayor@derrystrabane.com](mailto:mayor@derrystrabane.com). Limited free tickets are limited, donations to Mayors Charities are welcome.


3:30pm -  **Get Support with Hearing Loss at Old Bridge House, Glendermott Road.**  
4:30pm Visit RNID's free drop-in service held on the 2nd Wednesday of every month. Get support you with information on hearing loss and tinnitus, how to do a hearing check, hearing aids, including basic repairs and maintenance of NHS hearing aids and how to access support and services. For further information contact [Volunteering.northernireland@rnid.org.uk](mailto:Volunteering.northernireland@rnid.org.uk) phone 0808 808 0123 or visit [www.rnid.org.uk/NearYou](http://www.rnid.org.uk/NearYou)


7:00pm -  **Shepherd's Crook Making workshops in Glenelly House, Plumbridge**  
10:00pm The CARE project are running a 4 week Shepherd's Crook making workshop. Places limited, for further information and to book contact Bronagh Kearney on 028 8164 8000.

## Thursday 12th October 2023

2:00pm -  **Go On Shopping Online at Newtownstewart Library**  
4:00pm Go On Session covering getting started shopping online. Booking advisable. Contact 028 8166 2060 or email [newtownstewart.library@librariesni.org.uk](mailto:newtownstewart.library@librariesni.org.uk)

2:30pm -  **Adult Reading Group in Castlederg Library**  
3:30pm Meets on the second Thursday of every month. Contact 028 8167 1419 or email [castlederg.library@librariesni.org.uk](mailto:castlederg.library@librariesni.org.uk)

2:00pm -  **Dementia Friendly Tea Dance at Millennium Forum**  
3:30pm Monthly free tea dance for an afternoon of entertainment and music provided by Dougie Breslin. Booking is essential. Places are limited. Telephone 028 71264455 (Option 1) to book and advise of any dietary requirements or book online at [www.millenniumforum.co.uk](http://www.millenniumforum.co.uk)


7:00pm -  **Flower Arranging Course in Glenelly House, Plumbridge**  
9:00pm The CARE project are running a 4 week flower arranging course. Places limited, for further information and to book contact Bronagh Kearney on 028 8164 8000.

## Friday 13th October 2023

11:00am -  **Tea and Reminiscence at Waterside Library**  
12:00pm Tea and Newspapers with photographs of times gone by, with free light refreshments. Phone 028 7134 2963 or email [waterside.library@librariesni.org.uk](mailto:waterside.library@librariesni.org.uk)

# Programme of Events

## Saturday 14th October 2023


- 2:00pm - 3:00pm  **Grandad's and Grandma's Storytime & Craft at Waterside Library**  
 Storytime & Crafts with Grandad's & Grandma's, bringing along family members to have the traditional fairy-tale stories told. Booking advisable.  
 Phone 028 7134 2963 or email [waterside.library@librariesni.org.uk](mailto:waterside.library@librariesni.org.uk)

## Monday 16th October 2023

### Book Week NI

Book Week NI is a joint initiative celebrating the pleasures and benefits of reading. Book Week NI encourages everyone to visit their local library to read, visit your local library for further details

- 10:30am - 11:30am **Walking for Health from Ebrington Square**  
 Join in the Walk Leader led free gentle and inclusive walk lasting approximately 1 hour. Meet at Ebrington Square at the Bakery (Peace Tree).  
 Contact [Ellie.Leonard@westerntrust.hscni.net](mailto:Ellie.Leonard@westerntrust.hscni.net) or phone 028 7186 5127 for further details.

- 2:00pm - 4:00pm  **Go On Libby at Waterside Library**  
 Go On Session setting up Libby app to borrow online content from Libraries NI. Phone 028 7134 2963 or email [waterside.library@librariesni.org.uk](mailto:waterside.library@librariesni.org.uk) for further information.

- 5:00pm **Your Happy Place Photo/Painting Age Friendly Calendar Competition**  
 Submit your images for the competition today, Email your entry to [agefriendly@derrystrabane.com](mailto:agefriendly@derrystrabane.com) or alternatively post to Age Friendly Co-ordinator, DCSDC, 98 Strand Road, Derry. BT48 7NN


## Tuesday 17th October 2023

- 10:30am - 11:30pm  **Get Support with Hearing Loss at Derg Valley Living Centre, 5 Parkview Road, Castlederg, BT81 7BN**  
 Visit RNID's free drop-in service held on 3rd Thursday of every month. Get support you with information on hearing loss and tinnitus, how to do a hearing check, hearing aids, including basic repairs and maintenance of NHS hearing aids and how to access support and services in your area. Contact [Volunteering.northernireland@rnid.org.uk](mailto:Volunteering.northernireland@rnid.org.uk) phone 0808 808 0123 or visit [www.rnid.org.uk/NearYou](http://www.rnid.org.uk/NearYou)

- 11:00am - 12:30pm **What do you need to know about pensions? (Online via Teams)**  
 Planning for a more certain future. Join experts from the government-backed MoneyHelper to cut through the complexity and talk about your pension rights including planning and budgeting for retirement. Webinar delivered by the Money & Pensions Service covering general pensions, state pensions, options on retirement, scams etc with an opportunity for Q&A. Join the online session on Microsoft Teams using meeting ID 392 141 323 32 and Passcode kebr25.

# Programme of Events

 = Ongoing Event


2:00pm -  **Go On Libby at Shantallow Library**  
4:00pm Go On Session setting up libby app to borrow online content from Libraries NI. Phone 028 7135 4185 or email [shantallow.library@librariesni.org.uk](mailto:shantallow.library@librariesni.org.uk)

## Wednesday 18th October 2023

10:30am - **Walking for Health from Strabane Towpath**  
11:30am Join in the Walk Leader led free gentle and inclusive walk lasting approximately 1 hour. Meet at Strabane Towpath. Contact [Ellie.Leonard@westerntrust.hscni.net](mailto:Ellie.Leonard@westerntrust.hscni.net) or phone 028 7186 5127 for further details.

## Thursday 19th October 2023

10:30am - **Cyber Safety Session for Older Adults – Online**  
11:30am Interactive training covers common online scams, fraud protection, and cybersecurity awareness, including password protection and privacy settings. Learn to safely navigate the internet with Allstate Cyber Safety for Older Adults! For more information email [AllstateCyberSafety@allstate.com](mailto:AllstateCyberSafety@allstate.com)

11:00am -  **Get Support with Hearing Loss at Carnhill Resource Centre**  
12:30pm Visit RNID's free drop-in service held on 3rd Thursday of every month. Get support you with information on hearing loss and tinnitus, how to do a hearing check, hearing aids, including basic repairs and maintenance of NHS hearing aids and how to access support and services in your area. Contact [Volunteering.northernireland@rnid.org.uk](mailto:Volunteering.northernireland@rnid.org.uk) phone 0808 808 0123 or visit [www.rnid.org.uk/NearYou](http://www.rnid.org.uk/NearYou)

12:30pm - **City of Derry International Choir Festival Community Event for Dementia**  
2:30pm Mellow DEEDS Choir will perform as part of the City of Derry Choir Festival, alongside a visiting international choir and a community choir from the Derry/Strabane area. These wonderful choirs will perform to an audience of dementia social and activity groups at Shantallow Community Centre, Open to DEEDS dementia groups, registration via DEEDS Support Workers. Includes light lunch. For further information contact Sinead Devine on 028 71 373870 or email [sinead@olt.ie](mailto:sinead@olt.ie)

2:00pm -  **Moves and Melodies in the Millennium Forum**  
3:30pm Moves and Melodies is a free monthly song and dance workshop to learn new dance skills and sing a range of song styles every month. Early booking is advisable. Contact Lisa Heaney on 028 7127 2779 (option 1) or email [lisah@millenniumforum.co.uk](mailto:lisah@millenniumforum.co.uk)


## Saturday 21st October 2023

3:00pm - **City of Derry International Choir Festival in Eglington**  
4:30pm Eglington Community Hall will host performances by visiting Community Choirs as part of the City of Derry International Choir Festival. No booking required. Further information available from Mairead Nic Bhloscaidh, Derry Choir Festival by emailing [mairead@derrychoirfest.com](mailto:mairead@derrychoirfest.com) or telephone 028 7136 3672



# Programme of Events



## Monday 23rd October 2023

- 10:30am - 11:30am **Walking for Health from Ebrington Square**  
Join in the Walk Leader led free gentle and inclusive walk lasting approximately 1 hour. Meet at Ebrington Square at the Bakery (Peace Tree). Contact Ellie. Leonard@westerntrust.hscni.net or phone 028 7186 5127 for further details.
- 11:00am - 12:30pm **Bocce Competition at Foyle Arena**  
Bocce competition for participating teams from across the council area. For further information please contact Ryan Porter on 028 7125 3253 or email Ryan.porter@derrystrabane.com
- 2:00pm - 3:00pm  **Move More Live More – Online Session**  
Age NI will host a session on Zoom to share falls prevention messages and advise how you can access their 6 week Move More Live More programme. For further information or to register email move-more@ageni.org or contact 028 9024 5729


## Tuesday 24th October 2023

- 10:30am - 12:30pm **Go On Shopping Online at Strathfoyle Library**  
Go On Session covering getting started shopping online. Booking advisable. Contact 028 7186 0385 or email strathfoyle.library@librariesni.org.uk
- 11:00am - 12:30pm  **Get Support with Hearing Loss at Carnhill Resource Centre**  
Visit RNID's free drop-in service held on 3rd Thursday of every month. Get support you with information on hearing loss and tinnitus, how to do a hearing check, hearing aids, including basic repairs and maintenance of NHS hearing aids and how to access support and services in your area. Contact Volunteering.northernireland@rnid.org.uk phone 0808 808 0123 or visit www.rnid.org.uk/NearYou

## Wednesday 25th October 2023

- 2:00pm - 4:00pm  **Go On Health Online at Castlederg Library**  
Learning about your health using online tools. Booking advisable. Contact 028 8167 1419 or email castlederg.library@librariesni.org.uk
- 2:30pm - 3:30pm  **Glaucoma UK**  
Join this online information and awareness session to learn more about Glaucoma and support available. To register please contact Helen McVitty-O'Hara on 078 370 695 04 or email H.Mcvittyohara@glaucoma.uk


## Thursday 26th October 2023

- 10:00am - 12:00pm  **Get Support with Hearing Loss at Ballycolman Community Centre**  
Visit RNID's free drop-in service held on last Thursday of every month. Get support you with information on hearing loss and tinnitus, how to do a hearing check, hearing aids, including basic repairs and maintenance of NHS hearing aids and how to access support and services in your area. Contact Volunteering.northernireland@rnid.org.uk phone 0808 808 0123 or visit www.rnid.org.uk/NearYou

# Programme of Events

 = Ongoing Event

10:30am - 11:30am **Halloween themed Rhythm & Rhyme at Derry Central Library**  
Bring the younger generation along and enjoy all your favourite Halloween Rhythm & Rhymes. Phone 028 7122 9990 or email [derrycentral.library@librariesni.org.uk](mailto:derrycentral.library@librariesni.org.uk) for further information.

2:00pm - 3:30pm  **Moves and Melodies at the Millennium Forum**  
Join the free monthly song and dance workshops in the Studio Theatre with opportunities to learn new dance skills and sing a range of song styles every month. To book visit [www.millenniumforum.co.uk](http://www.millenniumforum.co.uk) or telephone box office 028 71264455 (Select Option 1). For further information email Lisa on [lisah@millenniumforum.co.uk](mailto:lisah@millenniumforum.co.uk)

10:30am - 1:30pm **Age Positively with Versus Arthritis: Physical Activities for All**  
Versus Arthritis will offer some of the physical activities that support people with arthritis, MSK conditions and chronic pain. We will also give a talk on arthritis awareness and the work of Versus Arthritis. This will be held in Skeoge Community Hub, 67 & 67a Clon Dara, Derry, to book please contact or phone 028 9078 2940

## Friday 27th October 2023

10:45am - 11:30am **Halloween themed Rhythm & Rhyme at Derry Central Library**  
Bring the younger generation along and enjoy all your favourite Halloween Rhythm & Rhymes. Phone 028 7122 9990 or email [derrycentral.library@librariesni.org.uk](mailto:derrycentral.library@librariesni.org.uk)

7:30pm - 9:30pm **History Workshop at Learmount Resource Centre, Park**  
Come along to this History Workshop, where discussions will be based on local and national historical subject with a Guest Speaker. Held on last Friday of every month. Costs £2. Booking essential. Contact 028 7778 1881 or email [admin@learmountgroup.org](mailto:admin@learmountgroup.org)

**Closing Date for Age Connected Christmas Small Grants Scheme 2023**  
Linking Generations NI Intergenerational Christmas Small Grants for £125 closes today. For more information contact [elaine.brownlee@bjf.org.uk](mailto:elaine.brownlee@bjf.org.uk) or visit [www.linkinggenerationsni.com/news/](http://www.linkinggenerationsni.com/news/)

## Saturday 28th October 2023

11:00am - 12:00pm **Halloween Grandad's and Grandma's Storytime & Craft**  
Halloween Storytime & Crafts with Grandad's & Grandma's bringing along family members to have fun together. Available across all libraries within Derry City and Strabane District Council area. Booking is advisable. Please contact your local library for further details.

## Monday 30th October 2023

**Halloween Crafts and Story Time**  
Available across all libraries within Derry City and Strabane District Council area. Booking is advisable. Please contact your local library for further details.

# Programme of Events

**Tuesday 31st October 2023**

## **Halloween Crafts and Story Time**

Available across all libraries within Derry City and Strabane District Council area. Booking is advisable. Please contact your local library for further details.

*The details in this brochure were correct at the time of going to print.  
Activities may be subject to change.*



# Eating Well as You Age

Find out about good  
nutrition for the  
later years from  
a Registered  
Dietitian.





# 028 9260 0477

## For your **FREE** Home Fire Safety Check



# HOME FIRE

# SAFETY CHECK

**STOP**  
**FIRE**



Northern Ireland  
Fire & Rescue Service  
Protecting Our Community

## FREE Home Fire Safety Check!

If you:

- are aged 60 and over;
- have a disability, impaired mobility, or a health condition that would impact on your ability to acknowledge and respond to an emergency in the home; or
- receive assistance from an agency which has a Safety Partnership with NIFRS, then contact us for a **FREE HOME FIRE SAFETY CHECK!**

Visit [www.nifrs.org/fire-safety/fire-safety-check-form/](http://www.nifrs.org/fire-safety/fire-safety-check-form/) for more information



Northern Ireland  
Fire & Rescue Service







# make the call

**0800 232 1271\***

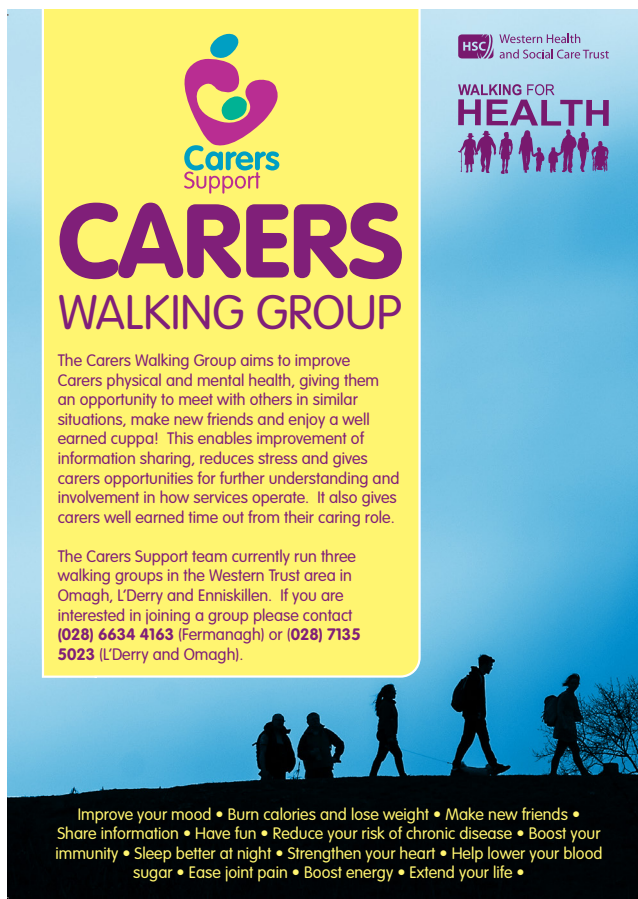
**Quick Call, Lasting Difference.**

Talk to us about accessing benefits, supports and services you may be entitled to.

Text: **ADVICE to 67300\***  
 Visit: [nidirect.gov.uk/makethecall](http://nidirect.gov.uk/makethecall)  
 Email: [makethecall@dfcnl.gov.uk](mailto:makethecall@dfcnl.gov.uk)

Department for Communities  
[www.communities-ni.gov.uk](http://www.communities-ni.gov.uk)

\*network charges may apply



**Carers Support**

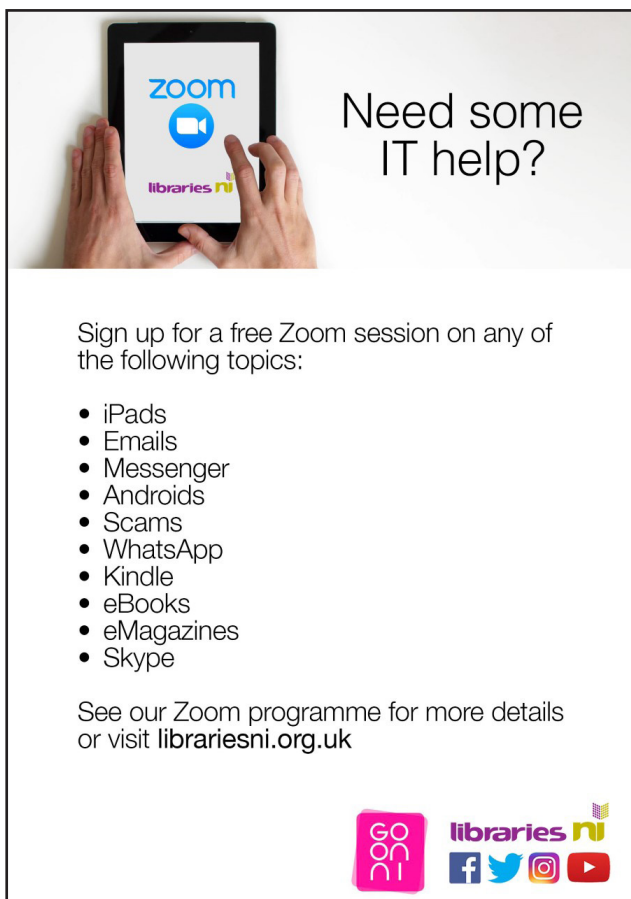
# CARERS WALKING GROUP

The Carers Walking Group aims to improve Carers physical and mental health, giving them an opportunity to meet with others in similar situations, make new friends and enjoy a well earned cuppa! This enables improvement of information sharing, reduces stress and gives carers opportunities for further understanding and involvement in how services operate. It also gives carers well earned time out from their caring role.

The Carers Support team currently run three walking groups in the Western Trust area in Omagh, L'Derry and Enniskillen. If you are interested in joining a group please contact **(028) 6634 4163** (Fermanagh) or **(028) 7135 5023** (L'Derry and Omagh).

**WALKING FOR HEALTH**

Improve your mood • Burn calories and lose weight • Make new friends • Share information • Have fun • Reduce your risk of chronic disease • Boost your immunity • Sleep better at night • Strengthen your heart • Help lower your blood sugar • Ease joint pain • Boost energy • Extend your life •



## Need some IT help?

Sign up for a free Zoom session on any of the following topics:

- iPads
- Emails
- Messenger
- Androids
- Scams
- WhatsApp
- Kindle
- eBooks
- eMagazines
- Skype

See our Zoom programme for more details or visit [librariesni.org.uk](http://librariesni.org.uk)

**GO ON IT** **libraries ni**

f t i y



**NW Community Arts & Culture supports**

# Positive Ageing Month

Donegal County Council and Derry City and Strabane District Council are working in partnership to promote and encourage greater engagement with arts and cultural activities to highlight the positive opportunities available for older residents in our community. **Find opportunities in your area:**

[www.donegalcoco.ie/culture](http://www.donegalcoco.ie/culture)  
 Rita Chapman E: [rchapman@donegalcoco.ie](mailto:rchapman@donegalcoco.ie)  
 T: 00353 (0) 87 127 4955

[www.derrystrabane.com/artsandculture](http://www.derrystrabane.com/artsandculture)  
 Derry/Strabane: Jean Smyth E: [artsandculture@derrystrabane.com](mailto:artsandculture@derrystrabane.com)  
 T: 0044 (0) 7730 900 610

Facilitated by the North West Regional Development Group (NWRDG) in conjunction with and supported by the Executive Office and the Irish Government.

# Take5

steps to wellbeing



Western Health  
and Social Care Trust



Health  
Improvement,  
Equality &  
Involvement

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.



Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Take notice

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



Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

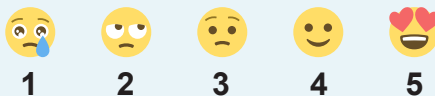


# Evaluation - How did we do?

To help evaluate Positive Ageing Month we wish to receive your feedback. All information collected is confidential. If you wish to cut this page out, seal and return by affixing a stamp, otherwise you can scan the code on a phone or tablet to access the form and complete online.



1. How much did you enjoy the events in Positive Ageing Month? 1 – 5 scale (5 is enjoyed)



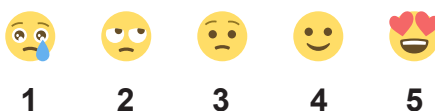
2. Would you come back to similar events?

Yes ☒ No ☐

3. Are you a member of a older persons group?

Yes ☒ No ☐

4. How positive are you about growing older? 1 – 5 scale (5 is Very Positive)



Why? \_\_\_\_\_

5. Do you feel attending older peoples events makes you feel more included in society?

Yes ☒ No ☐

6. How did you find out about Positive Ageing Month?

newspaper	email	website	friends/ family	social media	local group /club	other (please state)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Which of the following best describes what you gained from attending any events during Positive Ageing Month (tick as many that apply)

new skill	meet new people	fitness	feel more involved	new information	did not gain	other (please state)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. How could Positive Ageing Month be improved for next year?

\_\_\_\_\_  
\_\_\_\_\_

9. Any other comments?

\_\_\_\_\_

Are you?

Male

Female

Other

☐☐☐

Are you aged?

50-54

55-59

60-64

65-69

70-74

75-79

80-84

85 +

☐☐☐☐☐☐☐☐

10. Please provide us with your postcode \_\_\_\_\_



Tear questionnaire off.  
Fold & seal before posting  
Thank you

AFFIX  
POSTAGE  
STAMP  
HERE

Age Friendly Co-Ordinator  
Derry City & Strabane District Council  
98 Strand Road  
Derry  
BT48 7NN