



Causeway Coast and Glens 2026



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Welcome to Positive Ageing Month 2026

As Mayor of Causeway Coast and Glens Borough Council, I am delighted to welcome you to this year's Positive Ageing Month programme, celebrating the people, places and connections that make our communities vibrant places to live, work and grow older.

This year's theme, "What's on your doorstep?", encourages us to reflect on the local services, activities, spaces and relationships that help us stay active, connected and involved in our communities. It also provides an opportunity to listen to the views of older residents and understand what matters most to them in their local area.

Across Causeway Coast and Glens, a wide range of organisations have come together to provide opportunities throughout October, from social activities and wellbeing events to information sessions and opportunities to try something new. Whether you are looking to meet others, share your experiences, learn more about local services or simply enjoy time within your community, I hope you find something that interests you.

I would like to thank all our partners, community organisations, volunteers and the Public Health Agency for their continued support of the Age Friendly Programme and for helping to make Positive Ageing Month possible.

I wish everyone an enjoyable and inspiring Positive Ageing Month 2026 and I look forward to meeting our residents when I'm out and about during October.

Councillor Dawn Huggins

Mayor of Causeway Coast and Glens Borough Council



A message from the Age Friendly Coordinator

I hope you have enjoyed reading through this year's Positive Ageing Month programme and discovering more about the fantastic activities, services and opportunities available across Causeway Coast and Glens. Our communities are shaped by the people who live in them, and older residents continue to make an invaluable contribution through their experiences, knowledge, friendships and involvement.

The theme "What's on your doorstep?" reminds us to recognise and celebrate the places, people and connections that help us all to feel welcome, included and connected.

I encourage you to take part in the activities featured in this booklet, explore opportunities within your local area and continue sharing your ideas about how we can make Causeway Coast and Glens an even better place to grow older.

Thank you to everyone who has contributed to making Positive Ageing Month 2026 possible. I hope you enjoy the programme and find something that inspires you.

Stephanie Scott

Age Friendly Coordinator

Causeway Coast and Glens Borough Council



What is Age Friendly Causeway Coast & Glens?

Age Friendly Causeway Coast & Glens is about creating a place where people can age well, stay connected, remain active and continue to participate in community life. Our Age Friendly Programme is part of the World Health Organization's Age-Friendly Communities approach, which supports communities to become better places to live and grow older. Locally, our work is guided by the Age Friendly Action Plan, which sets out 37 actions for partners across Causeway Coast & Glens. It is a partnership approach, bringing together older people, Council, statutory organisations, community and voluntary organisations and other partners to turn priorities into action.

Scan the QR code to find out more:



Or <https://causewaycoastandglens.gov.uk/live/age-friendly>

Causeway Coast and Glens Borough Council

07542 614 665

stephanie.scott@causewaycoastandglens.gov.uk

How Age Friendly works

Working together for an age-friendly Causeway Coast & Glens



1

Older people & communities

Older people's experiences, ideas and priorities help shape the work.



2

Age Friendly Partnership

Organisations from across the statutory, community, voluntary and other sectors work together to progress Age Friendly priorities.



3

Age Friendly Champion

Councillor Tanya Elder provides political leadership and advocacy for Age Friendly work and chairs the Age Friendly Partnership.



4

Age Friendly Coordinator

The Age Friendly Coordinator supports and coordinates the programme, works with partners and helps turn priorities into action.



5

Age Friendly Action Plan 2024-2027

Our shared plan sets out the actions and priorities that partners are working together to deliver.



Together, we can make Causeway Coast & Glens a more age-friendly place to live, work and grow older.

Events in October

BALLYMONEY (Ballymoney Town/Cloughmills/Dunloy/Rasharkin)

1st October, Thursday

Racquet Sports, 9:00-10:00 (weekly) Joey Dunlop Leisure Centre, £3.50
Sport & Wellbeing - Causeway Coast & Glens Council
Enjoy fun and sociable racket sport sessions with pickleball and badminton, designed to help you stay active, improve fitness and meet others in a friendly setting.
No Booking Required. For more information: 028 2766 0260

1st October, Thursday

Giant's Causeway on NI screen, 19:30 Ballymoney Museum, FREE
Causeway Museum Service - Causeway Coast & Glens Council
Experience a nostalgic trip down memory lane with the Northern Ireland Screen Digital Archive for a special film screening of the Giant's Causeway and its surrounding area. This screening will coincide with the museum's new 'Legend to Legacy' Giant's Causeway exhibition. Refreshments served.
Email to Book: museums@causewaycoastandglens.gov.uk

7th October, Wednesday

Active Life, 9:45-10:45, Joey Dunlop Leisure Centre, £3.50
Exercise sessions designed to improve health, flexibility, balance and strength in a fun environment
No Booking Required. For more information: 028 2766 0260

8th & 22nd October, Fridays

Digital Drop-In: Council Services Online, 10:00-16:00, Ballymoney Council Offices, FREE
Call into the Council offices for friendly, practical support with using online Council services. Staff will show you how to complete tasks such as paying bills, renewing a dog licence and ordering a bin, helping you build confidence using digital services.
No appointment needed - just call in! For more information: 028 7034 7034

12th October, Monday

Connect North Drop In, 10:30-12:30, Ballymoney Library FREE
Connect North
Call into Ballymoney Library to see your local Connect North Link Worker who can connect you with support and services to help boost your practical, social and emotional wellbeing.
No appointment needed - just call in! www.connectnorth.co.uk Ring Michelle: 07977514892
Email: connectnorth@northerntrust.hscni.net

15th October, Thursday

RNID Near You Hearing Aid User Support Service, 12:30-14:30, Ballymoney Library FREE
Libraries NI
Ballymoney Library is delighted to welcome RNID Near You to host their free drop in sessions that can assist customers with hearing aids, including basic repairs and maintenance of NHS hearing aids, information on hearing loss and tinnitus, how to do a hearing check and how to access support and services in your area.
No Booking Required. For more information: 028 2766 3589
Email: ballymoney.library@librariesni.org.uk

21st October, Wednesday 13.00

Meet & Eat, 13.00, Julie's Café Ballymoney, £5.00

Dementia Concern Causeway

Over 55 group for people who want to chat, eat and socialise

Ring to Book: 028 7035 7966 or for more information.

27th October, Tuesday

Tea Dance, 13:00-15:00, Castle Community, 50 Castle Street, FREE

Causeway Loneliness Network

Enjoy an afternoon of music, dancing and good company at this friendly tea dance. Come along, enjoy a cuppa and dance the afternoon away in a relaxed and welcoming atmosphere.

Ring to Book. Marin: 07484705678.

BANN (Garvagh/Kilrea/Castlerock/Macosquin/Aghadowey)

29th October, Thursday

Connect North Drop In, 14.30-16.30, Kilrea Library FREE

Connect North

Call into Kilrea Library to see your local Connect North Link Worker who can connect you with support and services to help boost your practical, social and emotional wellbeing.

No appointment needed - just call in! www.connectnorth.co.uk Ring Michelle: 07977514892

Email: connectnorth@northerntrust.hscni.net

BENBRADAGH (Dungiven/Ballykelly/Greysteel/Feeny)

2nd October, Friday

Racquet Sports, 10:30-11:30 (weekly), Dungiven Sports Centre, £3.50

Sport & Wellbeing - Causeway Coast & Glens Council

Enjoy fun and sociable racket sport sessions with pickleball and badminton, designed to help you stay active, improve fitness and meet others in a friendly setting.

No Booking Required. For more information: 028 7774 2794

2nd October, Friday

Active Life, 11:30-12:30 (weekly), Dungiven Sports Centre, £3.50

Sport & Wellbeing - Causeway Coast & Glens Council

Exercise sessions designed to improve health, flexibility, balance and strength in a fun environment No Booking Required. For more information: 028 7774 2794

14th October, Wednesday

Family Recipe Heirloom Crafting Session, 17:30, Dungiven Library, FREE

Sport & Wellbeing - Causeway Coast & Glens Council

Libraries NI

Do you have a special family recipe in your head that you'd love to share as a keepsake with the younger generations in your family? Come along to Dungiven Library where we'll help you to make and decorate a special card with your recipe on it which can be preserved, copied and shared. Ring to Book: 028 7774 1475 Email: dungiven.library@librariesni.org.uk

28th October, Wednesday

Keeping Well in Winter, 14:00-16:00, Dungiven Sports Centre, FREE

WHSC & Age Friendly Causeway

Find out how to stay healthy, active and connected during the winter months, with helpful information, advice and opportunities to support your wellbeing.

No Booking Required. For more information Telephone Eilish: 028 7186 5127

CAUSEWAY (Portrush/P'stewart/Bushmills/Dervock)

2nd October, Friday

Connect North Drop-In, 10:30-12:30, (weekly), Portrush Library, FREE

Connect North

An informal drop-in to meet your local link worker to discuss your needs and receive personalised support to connect with appropriate services to meet your needs. No referral or appointment are required.

No appointment needed - just call in! www.connectnorth.co.uk Ring Michelle: 07977514892

Email: connectnorth@northerntrust.hscni.net

3rd October, Saturday

Weekend Wonders | Grandparents Day 10:00-11:30 & 11:45-13:15

Cost £18 (includes one grandparent and one child)

Flowfield Arts Centre

Celebrate the special bond between grandparents and grandchildren in this creative portrait workshop. Draw each other at easels, then add colour, patterns and collage details to create treasured artworks together.

Ring to Book or use the link, For more information: 028 708 31400

<https://www.flowerfield.org/workshops/weekend-wonders-grandparents-day-special-for-6-yrs-session-1>

7th October, Wednesday

Connect North Drop In, 10:30-12:30, Portstewart Library, FREE

Connect North

Call into Portstewart Library to see your local Connect North Link Worker who can connect you with support and services to help boost your practical, social and emotional wellbeing.

No appointment needed - just call in! www.connectnorth.co.uk Ring Michelle: 07977514892

Email: connectnorth@northerntrust.hscni.net

COLERAINE (Coleraine Town)

1st October, Thursday

RNID Near You Hearing Aid User Support Service, 10:00-12.00, Coleraine Library, FREE Libraries NI

Coleraine Library is delighted to welcome RNID Near You to host their free drop in sessions that can assist customers with hearing aids, including basic repairs and maintenance of NHS hearing aids, information on hearing loss and tinnitus, how to do a hearing check and how to access support and services in your area.

No Booking Required. For more information: 028 7034 2561

Email: coleraine.library@librariesni.org.uk

1st October, Thursday

Racquet Sports, 10:00-11:00 (weekly), Coleraine Leisure Centre, £3.50

Sport & Wellbeing - Causeway Coast & Glens Council

Enjoy fun and sociable racket sport sessions with pickleball and badminton, designed to help you stay active, improve fitness and meet others in a friendly setting.

No Booking Required. For more information: 028 7034 7202

1st October, Thursday

Active Life, 11:30-12:30 (weekly), Coleraine Leisure Centre, £3.50

Sport & Wellbeing - Causeway Coast & Glens Council

Exercise sessions designed to improve health, flexibility, balance and strength in a fun environment No Booking Required. For more information: 028 7034 7202

6th October, Tuesday

Generation Celebration, 10:00-11:00, New Row Church, Coleraine SureStart Partnership, FREE
Join us for a fun, interactive session bringing grandparents and grandchildren together to play, connect and make memories. Places are available to families living in a Sure Start area. Please contact your local Sure Start to find out more.
Ring to Book. For more information: 028 7032 1032

6th October, Tuesday

Digital Drop-In: Council Services Online, 10:00-16:00, Cloonavin, FREE
Sport & Wellbeing Causeway Coast & Glens Council
Call into the Council offices for friendly, practical support with using online Council services. Staff will show you how to complete tasks such as paying bills, renewing a dog licence and ordering a bin, helping you build confidence using digital services.
No appointment needed - just call in! For more information: 028 7034 7034

6th October, Tuesday

Meet & Eat, 13:30, Calf Lane Café 44 Maple Drive Coleraine, £5.00
Dementia Concern Causeway
Dementia Concern Causeway Over 55 group for people who want to chat and eat
Ring to Book. For more information: 028 7035 7966

8th October, Thursday

Library Tour, 14:00-15:30 Coleraine Campus, Ulster University, FREE
Discover what Ulster University Library has to offer to the local community. See our modern facilities, learn more about our fascinating collections and find out how you can become a member of our library community.
Email/Ring to Book. Telephone: 07542 614 665 Email: stephanie.scott@causewaycoastandglens.gov.uk

12th October, Monday

Causeway Yarnspinnners, 14:00-15:30, Coleraine Library, FREE
Libraries NI
Sit back and enjoy one of the oldest and most enduring art forms - Storytelling. Join with others and listen to some tall tales, short stories and unique yarns over a nice cuppa.
Ring to Book. Telephone: 028 7034 256 Email: coleraine.library@librariesni.org.uk

15th October, Thursday

Connect North Drop In, 14:30-16:30 Coleraine Library, FREE
Connect North
Call into Coleraine Library to see your local Connect North Link Worker who can connect you with support and services to help boost your practical, social and emotional wellbeing.
No appointment needed - just call in! www.connectnorth.co.uk Ring Michelle: 07977514892
Email: connectnorth@northerntrust.hscni.net

20th October, Tuesday

Digital Drop-In: Council Services Online, 10:00-16:00, Cloonavin, FREE
Sport & Wellbeing Causeway Coast & Glens Council
Call into the Council offices for friendly, practical support with using online Council services. Staff will show you how to complete tasks such as paying bills, renewing a dog licence and ordering a bin, helping you build confidence using digital services.
No appointment needed - just call in! For more information: 028 7034 7034

28th October, Wednesday

Chatty Hotel, 18:00-19:30, Lodge Hotel, Coleraine, FREE
Whether you fancy a chat, a board game, a read of the papers or simply spending some time around others, everyone is welcome
No Booking Required. For more information: 028 7034 4848

LIMAVADY (Limavady Town, Drumsurn, Magilligan)

2nd October, Friday

Handprinting Irish Linen Lampshade, 19:00-21:00, Roe Valley Arts and Cultural Centre, £65 Full £60 Concession
Design and hand-print luxurious Irish linen before transforming it into a bespoke lampshade. A beautiful introduction to textile printing with a contemporary handmade finish.
Telephone: 02877760310
<https://www.eventbrite.com/e/duchas-handprinting-irish-linen-lampshade-for-18yrs-tickets-1998624156654?aff=oddttdcreator>

6th October, Tuesday

Racquet Sports, 10:00-11:00 (weekly) Roe Valley Leisure Centre, £3.50
Sport & Wellbeing - Causeway Coast & Glens Council
Enjoy fun and sociable racket sport sessions with pickleball and badminton, designed to help you stay active, improve fitness and meet others in a friendly setting.
No Booking Required. For more information: 028 7776 4009

6th October, Tuesday (weekly)

Active Life, 11:00-12:00, (weekly) Roe Valley Leisure Centre, £3.50
Sport & Wellbeing - Causeway Coast & Glens Council
Exercise sessions designed to improve health, flexibility, balance and strength in a fun environment. No Booking Required. For more information: 028 7776 4009

9th October, Friday

RNID Near You Hearing Aid User Support Service, 12:00-13.30, Limavady Library, FREE
Libraries NI
Limavady Library is delighted to welcome RNID Near You to host their free drop in sessions that can assist customers with hearing aids, including basic repairs and maintenance of NHS hearing aids, information on hearing loss and tinnitus, how to do a hearing check and how to access support and services in your area.
No Booking Required. Telephone: 028 7776 2540 Email: limavady.library@librariesni.org.uk

12th October, Monday

Safer Journeys, 12:00-14:00, Roe Valley Arts and Cultural Centre, FREE
Road Victim Support NI & Donegal
Explore safer ways to get around, including driving, walking, bus and community transport, with information on eyesight, medication and road safety. Meet local professionals, ask questions and discover support available in your community. This session is about helping you make safer, more confident journeys. Lunch provided
Ring to Book. For more information: 07748 570 558

15th October, Thursday

Digital Drop-In: Council Services Online, 10:00-16:00, Limavady Council Offices, FREE
Sport & Wellbeing Causeway Coast & Glens Council
Call into the Council offices for friendly, practical support with using online Council services. Staff will show you how to complete tasks such as paying bills, renewing a dog licence and ordering a bin, helping you build confidence using digital services.
No appointment needed - just call in! For more information: 028 7034 7034

22nd October, Thursday

Meet & Eat, 14:00, Antoinett's Café, FREE

Dementia Concern Causeway

Over 55 group for people who want to chat and eat and socialise

Ring to Book. For more information: 028 7035 7966

29th October, Thursday

Digital Drop-In: Council Services Online, 10:00-16:00, Limavady Council Offices, FREE

Sport & Wellbeing Causeway Coast & Glens Council

Call into the Council offices for friendly, practical support with using online Council services.

Staff will show you how to complete tasks such as paying bills, renewing a dog licence and ordering a bin, helping you build confidence using digital services.

No appointment needed - just call in! For more information: 028 7034 7034

THE GLENS (Ballycaslte, Loughguile, Stranocum, Rathlin)

1st October, Thursday

Tai Chi, 11:00-12:00, (weekly) Sheskburn House, av. £10-15 for a 6 week block

Glens and Dalriada U3A

Gentle, flowing movements to support balance, flexibility and relaxation, suitable for a range of abilities.

Email to Book. Email: dominic.mcnabb@hotmail.co.uk

1st October, Thursday

Pickleball, 13:30-15:00, (weekly), Sheskburn House, av. £10-15 for a 6 week block

Glens and Dalriada U3A

Try this fun and sociable racket sport combining elements of tennis, badminton and table tennis.

Email to Book. Email: dominic.mcnabb@hotmail.co.uk

2nd October, Friday

Painting Group, 10:00-14:00, (weekly), Sheskburn House, av. £10-15 for a 6 week block

Glens and Dalriada U3A

Spend time developing your creativity and painting skills in a relaxed and supportive group.

Email to Book. Email: dominic.mcnabb@hotmail.co.uk

2nd October, Friday

Table Tennis, 14:30-15:30, (weekly), Sheskburn House, av. £10-15 for a 6 week block

Glens and Dalriada U3A

Enjoy a friendly game of table tennis while keeping active and meeting others.

Email to Book. Email: dominic.mcnabb@hotmail.co.uk

5th October, Monday (6 week block)

U3A Choir, 11:15-12:15, Sheskburn House, av. £10-15 for a 6 week block

Glens and Dalriada U3A

Join a friendly group singing a variety of songs and enjoying the social side of making music together.

Email to Book. Email: dominic.mcnabb@hotmail.co.uk

5th October, Monday

Active Life, 10:30-11:30, (weekly), Sheskburn Recreation Centre, £3.50

Sport & Wellbeing - Causeway Coast & Glens Council

Exercise sessions designed to improve health, flexibility, balance and strength in a fun environment

No Booking Required. For more information: 028 2076 3300

5th October, Monday

Racquet Sports, 11:45-12:30 (weekly), Sheskburn Recreation Centre, £3.50

Sport & Wellbeing - Causeway Coast & Glens Council

Enjoy fun and sociable racket sport sessions with pickleball and badminton, designed to help you stay active, improve fitness and meet others in a friendly setting.

No Booking Required. For more information: 028 2076 3300

5th October, Monday

Racquet Sports (Intermediate/Advanced), 12:45-13:30, Sheskburn Recreation Centre, £3.50

Sport & Wellbeing - Causeway Coast & Glens Council

Enjoy fun and sociable racket sport sessions with pickleball and badminton, designed to help you stay active, improve fitness and meet others in a friendly setting.

No Booking Required. For more information: 028 2076 3300

6th October, Tuesday

Social Bridge, 10:00-12:00, (weekly), Sheskburn House, av. £10-15 for a 6 week block

Glens and Dalriada U3A

Enjoy a friendly game of bridge in a relaxed and social setting, suitable for those who enjoy cards and meeting others.

Email to Book. Email: dominic.mcnabb@hotmail.co.uk

6th October, Tuesday

Badminton, 15:30-17:30, (weekly), Sheskburn House, av. £10-15 for a 6 week block

Glens and Dalriada U3A

Keep active and enjoy a friendly game of badminton in a welcoming group setting.

Email to Book. Email: dominic.mcnabb@hotmail.co.uk

7th October, Wednesday

Chair Yoga, 9:45-10:45, (weekly) Sheskburn House, av. £10-15 for a 6 week block

Glens and Dalriada U3A

Gentle yoga movements and stretches designed to improve flexibility, balance and wellbeing while seated or supported.

Email to Book. Email: dominic.mcnabb@hotmail.co.uk

7th October, Wednesday

French Conversation, 11:00-12:15, (weekly), Sheskburn House, av. £10-15 for a 6 week block

Glens and Dalriada U3A

Practise your French conversation skills in a relaxed and friendly group.

Email to Book. Email: dominic.mcnabb@hotmail.co.uk

8th October, Thursday

Generation Celebration, 10:00-11:30, 55-57 Leyland Road, FREE

Dalriada Rural SureStart

Join us for a fun, interactive session bringing grandparents and grandchildren together to play, connect and make memories. Places are available to families living in a Sure Start area. Please contact your local Sure Start to find out more.

Ring to Book. For more information: 028 2073 0444

8th October, Thursday

Puzzle Hour, 9:30-10:30, Sheskburn House, av. £10-15 for a 6 week block

Glens and Dalriada U3A

Enjoy an hour of puzzles, brain teasers and friendly conversation in a relaxed setting.

Email to Book. Email: dominic.mcnabb@hotmail.co.uk

9th October, Friday

Brush and Verse: Art and Poetry Club, 14:30-15:30, Ballycastle Library, FREE
Libraries NI

Brush & Verse: Art & Poetry Club invites participants to explore their creativity through a blend of writing and visual art in a relaxed, supportive environment. Led by local author and artist Dessie Smyth, each session offers creative prompts, shared inspiration, and the opportunity to develop your own unique voice—no experience necessary.

No Booking Required. For more information: 028 2076 2566 Email: ballycastle.library@librariesni.org.uk

13th October, Tuesday

Digital Drop-In: Council Services Online, 10:00-16:00, Ballycastle Council Offices, Sheskburn, FREE

Sport & Wellbeing Causeway Coast & Glens Council

Call into the Council offices for friendly, practical support with using online Council services. Staff will show you how to complete tasks such as paying bills, renewing a dog licence and ordering a bin, helping you build confidence using digital services.

No appointment needed - just call in! For more information: 028 7034 7034

13th October, Tuesday

Play Reading Group, 14:00-15:00, Sheskburn House, av. £10-15 for a 6 week block
Glens and Dalriada U3A

Enjoy reading and exploring plays together in a relaxed and sociable group.

Email to Book. Email: dominic.mcnabb@hotmail.co.uk

14th October, Wednesday

Ageing Well in Autumn Human Library Event, 11:00 - 12:00, Ballycastle Library, FREE
NHSC

A Human Library Event to bring people together to talk about their experiences of Ageing Well in Autumn - what works and what doesn't. An informal chat with refreshments, everyone welcome.

No Booking required. N/A

14th October, Wednesday

Monthly Meeting, 10:30-12:00, Sheskburn House, FREE

Glens and Dalriada U3A

Come along to the monthly meeting to hear updates, connect with others and enjoy a range of activities and discussions. Email to Book. Email: dominic.mcnabb@hotmail.co.uk

14th October, Wednesday

Monthly Table Quiz, 14:00-16:00, Sheskburn House, av £4 per quiz

Glens and Dalriada U3A

Test your general knowledge, enjoy some friendly competition and have fun with others at this monthly quiz. Email to Book. Email: dominic.mcnabb@hotmail.co.uk

22nd October, Thursday

Puzzle Hour, 9:30-10:30, Sheskburn House, av. £10-15 for a 6 week block

Glens and Dalriada U3A

Enjoy an hour of puzzles, brain teasers and friendly conversation in a relaxed setting.

Email to Book. Email: dominic.mcnabb@hotmail.co.uk

23rd October, Friday

Connect North Drop In, 10:30-12:30, Ballycastle Library, FREE

Connect North

Call into Ballycastle Library to see your local Connect North Link Worker who can connect you with support and services to help boost your practical, social and emotional wellbeing.

No appointment needed - just call in! www.connectnorth.co.uk Ring Michelle: 07977514892

Email: connectnorth@northerntrust.hscni.net

26th October, Monday

Environment Group, 16:00-17:00, Sheskburn House, av. £10-15 for a 6 week block
Glens and Dalriada U3A

Explore local environmental topics, share ideas and take part in discussions about the natural world.

Email to Book. Email: dominic.mcnabb@hotmail.co.uk

27th October, Tuesday

Digital Drop-In: Council Services Online, 10:00-16:00, Ballycastle Council Offices, Sheskburn, FREE

Sport & Wellbeing Causeway Coast & Glens Council

Call into the Council offices for friendly, practical support with using online Council services.

Staff will show you how to complete tasks such as paying bills, renewing a dog licence and ordering a bin, helping you build confidence using digital services.

No appointment needed - just call in! For more information: 028 7034 7034

Year Round Activity/Services

BALLYMONEY (Ballymoney Town/Cloughmills/Dunloy/Rasharkin)

Active Life (weekly)

Sport & Wellbeing Team in CCGBC

Wednesday (9.45am)

Joey Dunlop Leisure Centre

Exercise sessions designed to improve health, flexibility, balance and strength in a fun environment

Telephone: 028 2766 0260

£3.50

Adult Reading Group (monthly)

Libraries NI

Last Wednesday of every month (2:30pm - 3:30pm)

Ballymoney Library

This group aims to allow everyone's reading experiences to be shared and enjoyed. Participants don't have to be library members but if you join, you can borrow the book the group will be discussing for free.

Telephone: 028 2766 3589 / Email: ballymoney.library@librariesni.org.uk

FREE

Ballybogey over 50's club (weekly)

Wednesday (12pm -2pm)

Ballybogey Hall

Keep active and have fun with a weekly game of bowls. Bring your own bowls and enjoy a friendly, social atmosphere.

Telephone Karen: 07731707682

£2 for Tea and Snack

Dementia Support Group (weekly)

Dementia Concern Causeway

Every Tuesday 2-4pm

Acorn Buisness Centre, Ballymoney

For people living with dementia to socialise and have fun, referral needed for this service.

Telephone: 028 7035 7966

FREE

Drop-in, The Salvation Army (twice a week)

Tuesday and Thursday

10:00-13:00

Meetinghouse Street,

Ballymoney, BT53 6JN

Telephone Tim Cook - 07564309972

tim.cook@salvationarmy.org.uk

FREE

Knit and Natter (weekly)

Libraries NI

Tuesday (6:00pm - 7:00pm)

Ballymoney Library

REGIONAL EVENTS IN OCTOBER

Residential Care Costs Thursday 22nd October 2pm-3pm

This session will explain the different types and costs of residential care, including how your financial contribution is assessed. It will cover what is meant by capital and income, and what is included under each when assessing care costs.

U3A Foyle, Pascal McDonald House
Gransha Park, BT47 6TG

Contact your Age Friendly Coordinator to book a space: Stephanie Scott, 07542 614 665 or email: stephanie.scott@causewaycoastandglens.gov.uk

Financial Well-being and Fraud Awareness: Staying Safe, Informed and in Control Tuesday 27th October 11am-12pm

Managing your finances with confidence is more important than ever. This practical and informative session is designed for people aged 65 and over, providing guidance on everyday banking, protecting yourself from fraud and scams, and making the most of your money. We will explore topics including online banking, safe online shopping, ATM usage, standing orders and direct debits, and the different types of savings and deposit accounts available. We will also discuss social tariffs for those receiving certain benefits, power of attorney and care and protection arrangements, joint accounts, third-party mandates, and ways to make your finances environmentally sustainable. Join us for an accessible and engaging discussion to help you stay financially secure, independent, and informed.

Microsoft Teams meeting

Join: <https://teams.microsoft.com/join/390128907329929?p=pVXhUs39v6iP6djgzw>

Meeting ID: 390 128 907 329 929

Passcode: dv2C5kS9

Knit and Natter Groups are for adults who enjoy knitting, crochet, cross stitch and other crafts. They are free of charge to attend and participants have the opportunity to share hints and tips, swap patterns, meet new people and learn new skills. Members can bring along a project they are already working on or can start something new.
Telephone: 028 2766 3589 / Email: ballymoney.library@librariesni.org.uk
FREE

Luncheon Club (fortnightly)

Ballybogey over 50's club
Tuesday (12pm -2pm)
Ballybogey Hall
Enjoy a delicious pre-ordered dinner and friendly company at this welcoming fortnightly luncheon club.
Telephone Karen: 07731707682
£15 Membership- £4 per fortnight

Meet & Eats (monthly)

Dementia Concern Causeway
3rd Thursday of each month
Julie's Café, Ballymoney
Over 55 group for people who want to chat and eat and socialise
Telephone: 028 7035 7966
£5

Mindful Colouring (weekly)

Libraries NI
Thursday (11:00am - 12:00 Noon)
Ballymoney Library
Mindful Colouring groups are for anyone who wants to explore the world of adult colouring with intricate colouring patterns and designs. They can enhance well-being, help calm the mind and relieve stress through relaxed, meditative colouring in.
Telephone: 028 2766 3589 / Email: ballymoney.library@librariesni.org.uk
FREE

Racquet Sports (weekly)

Sport & Wellbeing Team in CCGBC
Thursday (9.00am)
Joey Dunlop Leisure Centre
Enjoy fun and sociable racket sport sessions with pickleball and badminton, designed to help you stay active, improve fitness and meet others in a friendly setting.
Telephone: 028 2766 0260
£3.50

Tea and Newspapers (weekly)

Libraries NI
Friday (3:00pm - 4:00pm)
Ballymoney Library
Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.
Telephone: 028 2766 3589 / Email: ballymoney.library@librariesni.org.uk
FREE

Walking Group (weekly)

Ballymoney Health Walkers
Wednesday, 10.30am
Various Locations
Local walking group
Telephone Ian McCartney: 07706904971 Email: ianmac1127@yahoo.co.uk
FREE

BANN (Garvagh/Kilrea/Castlerock/Macosquin/Aghadowey)

Reminiscence Group (monthly)

Libraries NI
First Tuesday of every month (3:30pm - 4:30pm)
Garvagh Library
This group aims to allow everyone's reading experiences to be shared and enjoyed. Participants don't have to be library members but if you join, you can borrow the book the group will be discussing for free. Telephone: 028 2955 8500 / Email: garvagh.library@librariesni.org.uk
FREE

Knit and Natter (weekly)

Libraries NI
Tuesday (2:30pm - 3:30pm)
Garvagh Library
Knit and Natter Groups are for adults who enjoy knitting, crochet, cross stitch and other crafts. They are free of charge to attend and participants have the opportunity to share hints and tips, swap patterns, meet new people and learn new skills. Members
Telephone: 028 2955 8500 / Email: garvagh.library@librariesni.org.uk
FREE

Knit and Natter (weekly)

Libraries NI
Tuesday (6:30pm - 7:30pm)
Kilrea Library
Knit and Natter Groups are for adults who enjoy knitting, crochet, cross stitch and other crafts. They are free of charge to attend and participants have the opportunity to share hints and tips, swap patterns, meet new people and learn new skills. Members
Telephone: 028 2954 0630 / Email: kilrea.library@librariesni.org.uk
FREE

Meet & Eats (monthly)

Dementia Concern Causeway
Last Tuesday of each month
Memory Lane Tea Room, Kilrea
Over 55 group for people who want to chat and eat and socialise
Telephone: 028 7035 7966
£5

Reminiscence Group (monthly)

Libraries NI
First Saturday of every month (10:30am - 11:30am)
Kilrea Library
You are invited to come along to our Reminiscence Group held in Kilrea Library on the first Saturday of every month.
Telephone: 028 2954 0630 / Email: kilrea.library@librariesni.org.uk
FREE

Tea and Newspapers (weekly)

Libraries NI
Thursday (2:00pm - 3:00pm)
Garvagh Library
Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.
Telephone: 028 2955 8500 / Email: garvagh.library@librariesni.org.uk
FREE

Tea and Newspapers (weekly)

Libraries NI
Saturday (2:30pm - 4:00pm)
Kilrea Library
Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.
Telephone: 028 2954 0630 / Email: kilrea.library@librariesni.org.uk
FREE

Walking Group (weekly May - September)

Aghadowey Community Walking Group
Tuesday, 7.00pm
Various locations
Local walking group
Telephone James Smyth: 07976084858 Email: hsgorran@gmail.com
Telephone Andy Balmer: 07742194360 Email: andybalmer@btinternet.com
FREE

Walking Group (weekly)

Castlerock Walking Club
Thursday, 10.00am
Outside Presbyterian Church Castlerock
Local walking group
Telephone Alma Andrews: 07763140703 Email: almaandrews10@hotmail.co.uk
Telephone Valerie Stewart: 07732784281 Email: mvestewart10@gmail.com
FREE

Walking Group (weekly)

Garvagh Community Walking Group
Monday, 9.30am (summer months) or 10.00am (winter months)
Cornerstone Garden beside Bridge Street Car Park
Local walking group
Telephone Barbara Clyde: 028 2955 7255 Email: barbara.clyde@btinternet.com
Telephone Ian Davidson: 07971744069 Email: lan9203davidson@gmail.com
FREE

Walking Group (weekly)

Get Up and Go Walking Kilrea
Tuesday, 7.00pm
St Vincent De Paul Centre, Kilrea
Local walking group
Telephone Monica McGuigan: 07821452584
Email: monicamcquigan@yahoo.co.uk
FREE

Walking Group (weekly)

Kilrea Wednesday Walkers
Wednesday, 7.00pm
Kilrea Town Hall
Local walking group
Telephone Tommy Collins: 07989397942
Email: collinskilrea@btinternet.com
Maud Steele: 028 2954 0723
FREE

What's Your Story Writing Group (monthly)

Libraries NI
First Thursday of every month (2:00pm - 4:00pm)
Kilrea Library
You are invited to come along to our monthly What's Your Story' writing group to share you story.
Telephone: 028 2954 0630 / Email: kilrea.library@librariesni.org.uk
FREE

BENBRADAGH (Dungiven/Ballykelly/Greysteel/Feeny)

Active Life (weekly)

Sport & Wellbeing Team in CCGBC
Friday (11:30am)
Dungiven Sports Centre
Exercise sessions designed to improve health, flexibility, balance and strength in a fun environment
Telephone: 028 7774 2794
£3.50

Adult Reading Group (monthly)

Libraries NI
First Tuesday of every month (3:00pm - 4:15pm)
Dungiven Library
This group aims to allow everyone's reading experiences to be shared and enjoyed. Participants don't have to be library members but if you join, you can borrow the book the group will be discussing for free. Telephone: 028 7774 1475 / Email: dungiven.library@librariesni.org.uk
FREE

Adult Short Story Reading Group (monthly)

Libraries NI
Third Tuesday of every month (3:00pm - 4:15pm)
Dungiven Library
Come along to Dungiven Library where you can take part in a shared reading experience - you are welcome to read parts of the story along with staff, or you can just listen while enjoying a cup of tea or coffee and biscuits!
Telephone: 028 7774 1475 / Email: dungiven.library@librariesni.org.uk
FREE

Gardening Club (monthly)

Libraries NI
Last Tuesday of every month (3:00pm - 4:00pm)
Dungiven Library
Meet with fellow gardening enthusiasts every month to swap seeds, cuttings, plants produce and share gardening stories, tips and advice over a cuppa.
Telephone: 028 7774 1475 / Email: dungiven.library@librariesni.org.uk
FREE

Knit and Natter (weekly)

Libraries NI
Tuesday (11:00am - 12:30 Noon)
Dungiven Library
Knit and Natter Groups are for adults who enjoy knitting, crochet, cross stitch and other crafts. They are free of charge to attend and participants have the opportunity to share hints and tips, swap patterns, meet new people and learn new skills. Members
Telephone: 028 7774 1475 / Email: dungiven.library@librariesni.org.uk
FREE

Racquet Sports (weekly)

Sport & Wellbeing Team in CCGBC
Friday (10:30am)
Dungiven Sports Centre
Enjoy fun and sociable racket sport sessions with pickleball and badminton, designed to help you stay active, improve fitness and meet others in a friendly setting.
Telephone: 028 7774 2794
£3.50

Tea and Newspapers (weekly)

Libraries NI
Friday (10:30am - 12:00 Noon)
Dungiven Library
Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.
Telephone: 028 7774 1475 / Email: dungiven.library@librariesni.org.uk
FREE

CAUSEWAY (Portrush/P'stewart/Bushmills/Dervock)

Adult Board Game Club (weekly)

Libraries NI
Monday (11:45am - 12:45pm)
Portstewart Library
Portstewart Library invites all adults to come along and play some board games with your friends at the library, where friendly staff are more than happy to help.
Telephone: 028 7083 2712 / Email: portstewart.library@librariesni.org.uk
FREE

Adult Reading Group (monthly)

Libraries NI
First Wednesday of every month (3:00pm - 4:00pm)
Portrush Library
This group aims to allow everyone's reading experiences to be shared and enjoyed. Participants don't have to be library members but if you join, you can borrow the book the group will be discussing for free. Telephone: 028 7082 3718 / Email: portrush.library@librariesni.org.uk
FREE

Adult Reading Group (monthly)

Libraries NI
First Friday of every month (10:30am - 11:30am)
Portstewart Library
This group aims to allow everyone's reading experiences to be shared and enjoyed. Participants don't have to be library members but if you join, you can borrow the book the group will be discussing for free. Telephone: 028 7083 2712 / Email: portstewart.library@librariesni.org.uk
FREE

Dementia Support Group (weekly)

Dementia Concern Causeway
Every Thursday 2-4pm
Agherton Church Hall, Portstewart
For people living with dementia to socialise and have fun, referral needed for this service.
Telephone: 028 7035 7966
FREE

Drop in Intergenerational Christmas Decoration Session (one off)

Flowerfield Arts Centre
Saturday 5th December (10.30-12noon)
Flowerfield Arts Centre
People of all ages are invited to join us for a festive drop-in session, making beautiful decorations to treasure or hang proudly at home. Share stories, swap ideas and enjoy quality time together as you craft alongside each other. *Children must be accompanied by an adult.
Telephone: 02870831400 info@flowerfield.org
FREE

Festive Tea Dance with the Leading Ladies (one off)

Friday 27th November (2:30-4:30pm)
Flowerfield Arts Centre
Join us for a special festive tea dance and share great live music with the wonderful Leading Ladies singing all your old-time favourites. Dancing, tea, coffee, scones and treats in time to get you in the festive mood! This event is free and residential, care homes and community groups are most welcome to come along for a great afternoon together.
<https://www.flowerfield.org/events/festive-tea-dance-with-the-leading-ladies-1>
Telephone: 028 708 31400 Email: info@flowerfield.org
FREE- but booking is essential

Gardening Club (weekly)

Libraries NI
Friday (3:00pm - 4:00pm)
Portrush Library
Meet with fellow gardening enthusiasts every month to swap seeds, cuttings, plants produce and share gardening stories, tips and advice over a cuppa.
Telephone: 028 7082 3718 / Email: portrush.library@librariesni.org.uk
FREE

Knit and Natter (weekly)

Libraries NI
Tuesday (6:00pm - 7:15pm)
Portrush Library
Knit and Natter Groups are for adults who enjoy knitting, crochet, cross stitch and other crafts. They are free of charge to attend and participants have the opportunity to share hints and tips, swap patterns, meet new people and learn new skills. Members
Telephone: 028 7082 3718 / Email: portrush.library@librariesni.org.uk
FREE

Knit and Natter (weekly)

Libraries NI
Tuesday (11:00am - 12:30 Noon) & Thursday (6:30pm - 7:30pm)
Portstewart Library
Knit and Natter Groups are for adults who enjoy knitting, crochet, cross stitch and other crafts.

They are free of charge to attend and participants have the opportunity to share hints and tips, swap patterns, meet new people and learn new skills. Members
Telephone: 028 7083 2712 / Email: portstewart.library@librariesni.org.uk
FREE

Scottish Dancing Family Workshop (one off)

Saturday 28th November (10am – 1pm)

Flowerfield Arts Centre

Join Rowland from the Royal Scottish Country Dance Society for a joyful family Scottish Dancing workshop celebrating our Scots heritage. Whether you're 8 or 80, this fun beginner-friendly session teaches the steps and patterns needed to perform a traditional reel. Bring the whole family, enjoy lunch together and finish by performing your new dance for friends and family with live music and entertainment.

<https://www.flowerfield.org/workshops/scottish-dancing-family-workshop-for-8-yrs>

Telephone: 028 7083 1400

info@flowerfield.org

FREE- but booking is essential

Tea and Newspapers (weekly)

Libraries NI

Wednesday (11:00am - 1:00pm)

Portrush Library

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Telephone: 028 7082 3718 / Email: portrush.library@librariesni.org.uk

FREE

Tea and Newspapers (weekly)

Libraries NI

Wednesday (10:30am - 11:30am)

Portstewart Library

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Telephone: 028 7083 2712 / Email: portstewart.library@librariesni.org.uk

FREE

Walking Group (weekly)

Causeway Cancer Walking Group

Tuesday, 10.00am

East Strand Car Park, Portrush

Local walking group

Telephone Simon Moore: 07821 788 260 Email: simondaphne44@gmail.com

FREE

COLERAINE (Coleraine Town)

AC/DC Dementia Choir (weekly)

Dementia Concern Causeway

Every Monday 2.30 - 4

St Andrews Church, Ballysally, Coleraine

Singing group for people living with dementia and their friends, family or carers.

Telephone: 028 7035 7966

FREE

Active Life (weekly)

Sport & Wellbeing Team in CCGBC

Thursday (11:30am)

Coleraine Leisure Centre

Exercise sessions designed to improve health, flexibility, balance and strength in a fun environment

Telephone: 028 7034 7202

£3.50

Adult Reading Group (monthly)

Libraries NI

First Friday of every month (2:30pm - 3:30pm)

Coleraine Library

This group aims to allow everyone's reading experiences to be shared and enjoyed. Participants don't have to be library members but if you join, you can borrow the book the group will be discussing for free.

Telephone: 028 7034 2561 / Email: coleraine.library@librariesni.org.uk

FREE

Chat & Knit Drop in (weekly)

Focus on Family

11-19 Glenburn Crescent, Coleraine, BT52 2QR

Monday, 2.00-4.00pm

Bring your own knitting, crochet or other crafts and have a cup of tea and a chat with the ladies in the group

Telephone: 028 7032 9550

Email: manager@focusonfamily.org.uk

£1 contribution for tea and biscuits each week

Coleraine History Hub (weekly)

Causeway Coast and Glens Museum Services

Wednesdays (11am-3pm)

The Diamond Centre

Coleraine History Hub is situated at Units 4/5 in the Diamond Shopping Centre, Coleraine. Our Hub houses a small local history research library, sensory wall and object displays. From Mid September, the hub will be open on Wednesdays, 11am to 3pm, for members of the public to stop by to view items from the collection store or to conduct research. If you would be interested in conducting research utilising Coleraine Museum's collection, we recommend that you contact Museum Services in advance of your visit - email museums@causewaycoastandglens.gov.uk

Telephone: 028 2766 0230

FREE

Dementia Café (weekly)

Dementia Concern Causeway

Every Wednesday 2.30 -4

Methodist Welcome Centre, Coleraine

Drop in café for people living with dementia and their carers.

Telephone: 028 7035 7966

FREE

Dementia Support Group (weekly)

Dementia Concern Causeway

Every Friday 11- 1pm

Sandle Centre, Coleraine

For people living with dementia to socialise and have fun, referral needed for this service.

Telephone: 028 7035 7966

FREE

Dementia Support Group (weekly)

Dementia Concern Causeway
Every Friday 2-4pm
Sandle Centre, Coleraine
For people living with dementia to socialise and have fun, referral needed for this service.
Telephone: 028 7035 7966
FREE

Facial Lymphatic Drainage (6 weeks)

Focus on Family
11-19 Glenburn Crescent, Coleraine, BT52 2QR
Monday 21st Sept, 6.30-8.30pm
A gentle facial massage technique designed to support relaxation, reduce facial puffiness and promote a sense of wellbeing.
Telephone Catherine: 0779 313 1094
£5 per session

Knit and Natter (weekly)

Libraries NI
Monday (10:30am - 11:30am)
Coleraine Library
Knit and Natter Groups are for adults who enjoy knitting, crochet, cross stitch and other crafts. They are free of charge to attend and participants have the opportunity to share hints and tips, swap patterns, meet new people and learn new skills. Members
Telephone: 028 7034 2561 / Email: coleraine.library@librariesni.org.uk
FREE

Meet & Eats (monthly)

Dementia Concern Causeway
2nd Tuesday of each Month
Calf Lane Café, Millburn, 44 Maple Drive
Over 55 group for people who want to chat and eat and socialise
Telephone: 028 7035 7966
£5

Racquet Sports (weekly)

Sport & Wellbeing Team in CCGBC
Thursday (10:00am)
Coleraine Leisure Centre
Enjoy fun and sociable racket sport sessions with pickleball and badminton, designed to help you stay active, improve fitness and meet others in a friendly setting.
Telephone: 028 7034 7202
£3.50

Sewing Group (weekly)

Focus on Family
11-19 Glenburn Crescent, Coleraine, BT52 2QR
Tuesday, 11am-1pm or 2.00-4.00pm
Use sewing machines to make garments, quilts & bags
Telephone: 028 7032 9550
Email: manager@focusonfamily.org.uk
£1 contribution each week

Sewing Group (weekly)

Focus on Family
11-19 Glenburn Crescent, Coleraine, BT52 2QR
Thursday, 7.00-9.00pm
Use sewing machines to make garments, quilts & bags
Telephone: 028 7032 9550
Email: manager@focusonfamily.org.uk
£1 contribution each week

Tea and Newspapers (weekly)

Libraries NI
Wednesday & Thursday (10:00am - 12:00 Noon)
Coleraine Library
Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.
Telephone: 028 7034 2561 / Email: coleraine.library@librariesni.org.uk
FREE

Walking & Wellbeing Group (weekly)

Focus on Family
11-19 Glenburn Crescent, Coleraine, BT52 2QR
Tuesday, 10-11.30am
Refresh your mind, move your body and connect with your community. Turn up at Focus on Family at 10am for the walk, followed by a cuppa and a chat
Telephone Linda Goldie: 028 7032 9550 to register
Email: nurture@focusonfamily.org.uk
FREE

Walking Group (weekly)

Causeway Cancer Walking Group
Thursday, 10.00am
Strand Car Park, Coleraine
Local walking group
Telephone Simon Moore: 07821788260 Email: simondaphne44@gmail.com
FREE

Walking Group (weekly)

Coleraine & Portstewart Walking for Health
Monday, 10.15am
Various locations
Local walking group
Telephone Robin Archibald: 07885595466 Email: robinarchibald10@btinternet.com
Telephone Mark Reavey: 028 7032 0642 Email: monsieurmark@talktalk.net
FREE

Walking Group (weekly)

Mountsandel Walking for Health Group
Saturday, 10.30am
Various locations
Local walking group
Telephone Danny Mullan: 07980 269 028
Email: dannydullan@lineone.net
Telephone John Bustard: 07749 182 1185
Email: Jbschool50@hotmail.com
FREE

Walking Group (weekly)

Quilly Walking Group
Tuesday, 7.00pm
Killowen Medical Centre Car Park
Local walking group
Telephone Liam and Ann Toner: 07786955230 / 028 7035 3803
Email: liamtoner1951@hotmail.co.uk
FREE

Yoga (weekly)

Focus on Family
11-19 Glenburn Crescent, Coleraine, BT52 2QR
Wednesday 5.45-7.00pm

Yoga for all levels – everyone welcome to join at any time

Telephone Brian: 0782 119 4428
£3 per session

LIMAVADY (Limavady Town, Drumsurn, Magilligan)

A Wool Felted Robin (one off workshop)

Roe Valley Arts and Cultural Centre
Saturday 21 November | 11am–1pm
Roe Valley Arts and Cultural Centre
Craft a charming festive robin decoration through the art of needle felting. A relaxing morning of creativity, colour and handmade Christmas cheer.
Telephone: 028 77760310
£45 full, £40 concession

Active Life (weekly)

Sport & Wellbeing Team in CCGBC
Tuesday (11:00am)
Roe Valley Leisure Centre
Exercise sessions designed to improve health, flexibility, balance and strength in a fun environment
Telephone: 028 7776 4009
£3.50

Adult Reading Group (monthly)

Libraries NI
First Wednesday of every month (4:00pm - 5:00pm)
Limavady Library
This group aims to allow everyone's reading experiences to be shared and enjoyed. Participants don't have to be library members but if you join, you can borrow the book the group will be discussing for free.
Telephone: 028 7776 2540 / Email: limavady.library@librariesni.org.uk
FREE

Art Group (weekly)

Limavady Art Group
Friday (1pm)
Roe Valley Arts and Cultural Centre
Enjoy time to explore your creativity, develop your artistic skills and meet others in a relaxed and friendly setting.
Telephone: 028 77760310

Christmas Nordic Houses (one off workshop)

Roe Valley Arts and Cultural Centre
Thursday 3 December | 7–9pm
Roe Valley Arts and Cultural Centre
Create a beautiful collection of Scandinavian-inspired decorative houses, bringing a simple, elegant touch of Nordic style to your festive home
Telephone: 028 77760310
£45 full, £40 concession

Christmas Table Centrepiece (one off workshop)

Roe Valley Arts and Cultural Centre
Wednesday 16 December | 7–9pm
Roe Valley Arts and Cultural Centre
Create an elegant seasonal centrepiece using fresh foliage and festive materials. Perfect for dressing your Christmas table with natural style and handcrafted charm
Telephone: 028 77760310
£50 full, £45 concession

Christmas Wreath (one off workshop)

Roe Valley Arts and Cultural Centre
Thursday 26 November | 7–9pm
Roe Valley Arts and Cultural Centre
Create a fresh festive wreath using seasonal foliage, natural textures and decorative details. A welcoming workshop celebrating the beauty of Christmas floristry.
Telephone: 028 77760310
£55 full, concession £50

Dementia Support Group (weekly)

Dementia Concern Causeway
Every Tuesday 11- 1pm
Roe Valley Arts & Culture Centre, Limavady
For people living with dementia to socialise and have fun, referral needed for this service.
Telephone: 028 7035 7966
FREE

Fused Glass Angel (one off workshop)

Roe Valley Arts and Cultural Centre
Saturday 19 December | 1.30–3.30pm
Roe Valley Arts and Cultural Centre
Create a beautiful, fused glass angel to treasure or gift this Christmas. Discover the colourful possibilities of glass while crafting a unique festive keepsake.
Telephone: 028 77760310
£40 full, £36 concession

Irish Linen Printed Christmas Stocking (one off workshop)

Roe Valley Arts and Cultural Centre
Friday 4 December | 7–9pm
Roe Valley Arts and Cultural Centre
Print your own Irish linen before creating a luxurious handmade Christmas stocking. A contemporary festive textile workshop celebrating craft, creativity and tradition.
Telephone: 028 77760310
£45 full, £40 concession

Knit and Natter (weekly)

Libraries NI

Thursday (10:30am - 12:00 Noon)

Limavady Library

Knit and Natter Groups are for adults who enjoy knitting, crochet, cross stitch and other crafts.

They are free of charge to attend and participants have the opportunity to share hints and tips,

swap patterns, meet new people and learn new skills. Members

Telephone: 028 7776 2540 / Email: limavady.library@librariesni.org.uk

FREE

Meet & Eats (monthly)

Dementia Concern Causeway

4th Wednesday of each month

Antoinette's café, Limavady

Over 55 group for people who want to chat and eat and socialise

Telephone: 028 7035 7966

£5

Monoprint Hare Workshop (one off workshop)

Roe Valley Arts and Cultural Centre

Saturday 14 November | 11am-1pm

Roe Valley Arts and Cultural Centre

Celebrate one of Ireland's most iconic wildlife symbols in this creative monoprint workshop.

Guided by Carolyn Faith, you'll use expressive printmaking techniques to create a striking hare

print, exploring texture, layering and etching along the way.

Telephone: 028 77760310

£35 full, £31 concession

Racquet Sports (weekly)

Sport & Wellbeing Team in CCGBC

Tuesday (10:00am)

Roe Valley Leisure Centre

Enjoy fun and sociable racket sport sessions with pickleball and badminton, designed to help

you stay active, improve fitness and meet others in a friendly setting.

Telephone: 028 7776 4009

£3.50

Tea and Newspapers (weekly)

Libraries NI

Monday & Friday (10:30am - 12:00 Noon)

Limavady Library

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and

discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee

and biscuits.

Telephone: 028 7776 2540 / Email: limavady.library@librariesni.org.uk

FREE

THE GLENS (Ballycaslte, Loughguile, Stranocum, Rathlin)

Adult Reading Group (monthly)

Libraries NI

Cushendall

First Tuesday of every month (2:30pm - 3:30pm)

Cushendall Library

This group aims to allow everyone's reading experiences to be shared and enjoyed. Partici-

pants don't have to be library members but if you join, you can borrow the book the group will be discussing for free.

Telephone: 028 2177 1297 / Email: cushendall.library@librariesni.org.uk

FREE

Tea and Newspapers (weekly)

Libraries NI

Tuesday & Saturday (2:00pm - 4:00pm)

Cushendall Library

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and

discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee

and biscuits.

Telephone: 028 2177 1297 / Email: cushendall.library@librariesni.org.uk

FREE

Walking Group (weekly)

Cushendun Walking Group

Wednesday, 7.00pm

Cushendun in summer and Cushendall in winter

Telephone Claire Cushenan: 07930531717 Email: clairecushenan@hotmail.com

Telephone Roisin Hamilton: 07793556113

FREE

Walking Group (weekly)

Moyle Walking for Health Group

Saturday, various times

Sheskburn House Recreation Centre

Telephone Tiffany Collings: 07719380366

Email: tiffanycollings@hotmail.co.uk

FREE

Active Life (weekly)

Sport & Wellbeing Team in CCGBC

Monday (10:30am)

Sheskburn Recreation Centre

Exercise sessions designed to improve health, flexibility, balance and strength in a fun environment

Telephone: 028 2076 3300

£3.50

Adult Reading Group (monthly)

Libraries NI

Second Monday of every month (11am - 12:00 Noon)

Ballycastle Library

This group aims to allow everyone's reading experiences to be shared and enjoyed. Partici-

pants don't have to be library members but if you join, you can borrow the book the group will

be discussing for free.

Telephone: 028 2076 2566 / Email: ballycastle.library@librariesni.org.uk

FREE

Adult's Board Game Club (weekly)

Libraries NI

Friday (2:30pm - 4:30pm)

Ballycastle Library

Ballycastle Library invites all adults to come along and play some board games with your

friends at the library, where are friendly staff are more than happy to help.

Telephone: 028 2076 2566 / Email: ballycastle.library@librariesni.org.uk

FREE

Badminton (weekly)

Glens and Dalriada u3a
Tuesday (3.30-5.30)
Sheskburn House, Ballycastle
Keep active and enjoy a friendly game of badminton in a welcoming group setting.
dominic.mcnabb@hotmail.co.uk
av. £10-15 for a 6 week block

Chair Yoga (weekly)y

Glens and Dalriada u3a
Wednesday (9.45-10.45)
Sheskburn House, Ballycastle
Gentle yoga movements and stretches designed to improve flexibility, balance and wellbeing while seated or supported.
dominic.mcnabb@hotmail.co.uk
av. £10-15 for a 6 week block

Conversation Station (weekly)

Libraries NI
Thursday (2:30pm - 4:00pm)
Cushendall Library
Come along to our weekly Conversation Station to socialise, chat, make friends and discuss community and local information over a nice cuppa.
Telephone: 028 2177 1297 / Email: cushendall.library@librariesni.org.uk
FREE

Environment Group (monthly)

Glens and Dalriada u3a
Monday (4.00-5.00)
Sheskburn House, Ballycastle
Explore local environmental topics, share ideas and take part in discussions about the natural world.
dominic.mcnabb@hotmail.co.uk
av. £10-15 for a 6 week block

French Conversation (weekly)

Glens and Dalriada u3a
Wednesday (11.00-12.15)
Sheskburn House, Ballycastle
Practise your French conversation skills in a relaxed and friendly group.
dominic.mcnabb@hotmail.co.uk
av. £10-15 for a 6 week block

Knit and Natter (weekly)

Libraries NI
Tuesday (2:30pm - 4:30pm) & Thursday (6:30pm - 7:45pm)
Ballycastle Library
Knit and Natter Groups are for adults who enjoy knitting, crochet, cross stitch and other crafts. They are free of charge to attend and participants have the opportunity to share hints and tips, swap patterns, meet new people and learn new skills. Members can bring along a project they are already working on or can start something new.
Telephone: 028 2076 2566 / Email: ballycastle.library@librariesni.org.uk
FREE

Monthly Meeting

Glens and Dalriada u3a (monthly)
Wednesday (10.30-12.30)
Sheskburn House, Ballycastle
Come along to the monthly meeting to hear updates, connect with others and enjoy a range of activities and discussions.
dominic.mcnabb@hotmail.co.uk
FREE

Monthly Table Quiz

Glens and Dalriada u3a (monthly)
Wednesday (2.00-4.00)
Sheskburn House, Ballycastle
Test your general knowledge, enjoy some friendly competition and have fun with others at this monthly quiz.
dominic.mcnabb@hotmail.co.uk
av. £4 per quiz

Painting Group (weekly)

Glens and Dalriada u3a
Friday (10.00-2.00)
Sheskburn House, Ballycastle
Spend time developing your creativity and painting skills in a relaxed and supportive group.
dominic.mcnabb@hotmail.co.uk
av. £10-15 for a 6 week block

Pickleball (weekly)

Glens and Dalriada u3a
Thursday (1.30-3.00)
Sheskburn House, Ballycastle
Try this fun and sociable racket sport combining elements of tennis, badminton and table tennis.
dominic.mcnabb@hotmail.co.uk
av. £10-15 for a 6 week block

Play Reading Group (monthly)

Glens and Dalriada u3a
Tuesday (2.00-3.00)
Sheskburn House, Ballycastle
Enjoy reading and exploring plays together in a relaxed and sociable group.
dominic.mcnabb@hotmail.co.uk
av. £10-15 for a 6 week block

Puzzle Hour (fortnightly)

Glens and Dalriada u3a
Thursday (9.30-10.30)
Sheskburn House, Ballycastle
Enjoy an hour of puzzles, brain teasers and friendly conversation in a relaxed setting.
dominic.mcnabb@hotmail.co.uk
av. £10-15 for a 6 week block

Racquet Sports (weekly)
Sport & Wellbeing Team in CCGBC
Monday (11:45am)
Sheskburn Recreation Centre
Enjoy fun and sociable racket sport sessions with pickleball and badminton, designed to help you stay active, improve fitness and meet others in a friendly setting.
Telephone: 028 2076 3300
£3.50

Racquet Sports (weekly)
Sport & Wellbeing Team in CCGBC
Monday (12:45)
Sheskburn Recreation Centre
Enjoy fun and sociable racket sport sessions with pickleball and badminton, designed to help you stay active, improve fitness and meet others in a friendly setting. Intermediate/Advanced level
Telephone: 028 2076 3300
£3.50

Social Bridge (weekly)
Glens and Dalriada u3a
Tuesday (10.00-12.00)
Sheskburn House, Ballycastle
Enjoy a friendly game of bridge in a relaxed and social setting, suitable for those who enjoy cards and meeting others.
dominic.mcnabb@hotmail.co.uk
av. £10-15 for a 6 week block

Table Tennis (weekly)
Glens and Dalriada u3a
Friday (2.30-3.30)
Sheskburn House, Ballycastle
Enjoy a friendly game of table tennis while keeping active and meeting others.
dominic.mcnabb@hotmail.co.uk
av. £10-15 for a 6 week block

Tai Chi
Glens and Dalriada u3a (weekly)
Thursday (11.00-12.00)
Sheskburn House, Ballycastle
Gentle, flowing movements to support balance, flexibility and relaxation, suitable for a range of abilities.
dominic.mcnabb@hotmail.co.uk
av. £10-15 for a 6 week block

Tea and Newspapers (weekly)
Libraries NI
Monday, Tuesday, Wednesday, Friday & Saturday (10:30am - 12:00 Noon)
Ballycastle Library
Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.
Telephone: 028 2076 2566 / Email: ballycastle.library@librariesni.org.uk
FREE

u3a Choir (weekly)
Glens and Dalriada u3a
Monday (11.15-12.15)
Sheskburn House, Ballycastle
Join a friendly group singing a variety of songs and enjoying the social side of making music together.
dominic.mcnabb@hotmail.co.uk
av. £10-15 for a 6 week block

OTHER

Dementia Voice Group (monthly)
Alzheimer's Society
Antrim
Last Tuesday Morning of the Month
Stiles Community Centre (by appointment only)
A monthly group providing an opportunity for people affected by dementia to share their experiences, views and ideas, helping to shape the work and services of Alzheimer's Society and other organisations. Telephone Aoife McMaster: 077 1037 9947 Email: causeway@alzheimers.org.uk
FREE

Singing for the Brain (weekly)
Alzheimer's Society
Antrim
Monday Afternoons
St Joseph's Parish Community Hall, Antrim (by appointment only)
For people living with dementia. Sing and socialise with other people affected by dementia. Our Singing for the Brain sessions use singing to bring people with dementia together in a friendly and stimulating activity. Telephone Aoife McMaster: 077 1037 9947 Email: causeway@alzheimers.org.uk
FREE

Dementia Carer Support Group (monthly)
Alzheimer's Society
Ballymena
Third Thursday Morning of the Month
Maine Business Centre, Cullybackey (by appointment only)
For carers of people with dementia. Meet other people who are also supporting someone with dementia. Have the opportunity to talk about your caring role in a safe and relaxed environment. You will also receive helpful information and advice from our experienced staff.
Telephone Aoife McMaster: 077 1037 9947 Email: causeway@alzheimers.org.uk
FREE

Connect North Link Worker Drop-ins (weekly)
Connect North (NHSCT & Age NI)
Online
Variable
Local Libraries
An informal drop-in to meet your local link worker to discuss your needs and receive personalised support to connect with appropriate services to meet your needs. No referral or appointment are required. Locations, dates and times of drop-ins are kept up to date within the online directory
Telephone Michelle: 07977514892 Email: connectnorth@northerntrust.hscni.net
FREE

Dementia Carer Support Group (monthly)

Alzheimer's Society

Online

Second Wednesday Evening of the Month

Online via Zoom (by appointment only)

For carers of people with dementia. Meet other people who are also supporting someone with dementia. Have the opportunity to talk about your caring role in a safe and relaxed environment. You will also receive helpful information and advice from our experienced staff.

Telephone Aoife McMaster: 077 1037 9947 Email: causeway@alzheimers.org.uk

FREE

Singing for the Brain (weekly)

Alzheimer's Society

Online

Tuesday Afternoons

Online via Zoom (by appointment only)

For people living with dementia. Sing and socialise with other people affected by dementia.

Our Singing for the Brain sessions use singing to bring people with dementia together in a friendly and stimulating activity.

Telephone Aoife McMaster: 077 1037 9947 Email: causeway@alzheimers.org.uk

FREE

Young Onset Dementia Carer Support Group (monthly)

Alzheimer's Society

Online

Third Monday Evening of the Month

Online via Zoom (by appointment only)

For carers of people with dementia. Meet other people who are also supporting someone with dementia. Have the opportunity to talk about your caring role in a safe and relaxed environment. You will also receive helpful information and advice from our experienced staff.

Telephone Aoife McMaster: 077 1037 9947 Email: causeway@alzheimers.org.uk

FREE

AGE FRIENDLY PARTNERSHIP DIRECTORY



Alzheimers Society

If you're worried about your memory, have been diagnosed with dementia, or care for someone who has been diagnosed, our dementia advisers are here to help. Our Dementia Advisers provide advice, practical guidance and signposting throughout the dementia journey. Information and support can be provided by phone, email, post, online or through face-to-face visits.

Aoife McMaster - 077 1037 9947 causeway@alzheimers.org.uk



Causeway Older Actice Strategic Team (COAST)

The COAST is the Age Sector Network for the Causeway Coast and Glens area, bringing organisations together to improve the lives of older people. Working with the Age Friendly Officer, we support older people to remain active, independent and connected through practical services, including Handyperson and Gardening Services, and advocate for older people's voices to influence local and regional services and decisions.

T: 028777 67860 M: 07394677645 Email: coast.manager@yahoo.co.uk



Connect North

Connect North is the NHSCT area wide social prescribing service connecting individuals to local services and supports to address their practical, social and emotional needs. Our publicly accessible online directory of services (www.connectnorth.co.uk) and link worker drop-ins enable you to connect directly to services and supports without the need for a referral or an appointment. Link workers can help you access the right support based on your needs.

Email: connectnorth@northerntrust.hscni.net or ConnectNorthLW.ccg@ageni.org Ring: 07977 514892



Dementia Concern Causeway

DCC aims to help keep people living with dementia in their own homes and maintain independence for as long as possible. DCC adopts a person-centered approach, connecting with others, building, and maintaining relationships, embracing uniqueness and providing a safe supportive environment with high levels of dignity and respect. Through groups and one to one provision, Dementia Concern Causeway will support people living with Dementia and their families in the Causeway Coast and Glens area to stay active and connected and to maintain and share their hobbies, interests, and experiences with one another.

02870 357966 OR Facebook or via email on info@dementiaconcerncauseway.org



Libraries NI

Libraries NI provides welcoming spaces where older and retired people can enjoy reading, meet others and take part in a wide range of free activities. From Knit and Natter groups and Tea and Newspapers to talks, creative sessions and local events, libraries offer opportunities to stay active, discover new interests and enjoy friendly company in a relaxed environment. Everyone is welcome, just call in to your local library to see what is going on.

www.librariesni.org.uk



Northern Health and Social Care Trust - Health and Wellbeing Team

The Trust's Health and Wellbeing Team lead on the public health approach to population wellbeing through prevention and early intervention. Our services focus on population health as well as individual wellbeing and we engage in community development across sectors to build community resources supporting good health and wellbeing. We provide a wide range of services to Northern Trust staff, schools, organisations, communities and individuals who live or work in the Northern Trust area.

healthandwellbeingteam@northerntrust.hscni.net



Causeway Loneliness Network

Causeway Loneliness Network is made up of a range of community, voluntary and statutory organisations who all work together to prevent and address loneliness.

healthandwellbeingteam@northerntrust.hscni.net



Public Health Agency (PHA)

PHA supports older people across Northern Ireland to live healthier, more independent and connected lives. Through our Ageing Well programme, we work with councils, community organisations and health services to promote healthy ageing, prevent falls and frailty, reduce loneliness, and build age-friendly communities. Older people can get involved through local Age Friendly networks, community activities, consultation opportunities and wellbeing programmes in their area.



Current Walks

ACROSS THE CAUSEWAY COAST & GLENS

Walk Name	When	Meeting Point
1. Walk Together, Cushendall, Co. Antrim	Every Tuesday at 1pm	Cushendall Beach Car Park
2. Stroll with Solas, Ballycastle, Co. Antrim	Every Thursday at 11am	Solas House, 62 Ann Street, Ballycastle, BT54 6AD
3. CFCC Walkers and Talkers, Ballymoney, Co. Antrim	Every Thursday at 1:30pm	CFCC Hub, 25 Church St, Ballymoney, BT53 6HS
4. Sharkin Strollers, Rasharkin, Co. Antrim	Every Thursday at 10:30am	Drumbolcan Park, Rasharkin, Ballymena BT44 8RX
5. Meet and Miles, Bushmills, Co. Antrim	Every Monday at 10:30am	Bushmills Presbyterian Church, Main St, Bushmills BT57 8QA
6. The Mill Walk, Cloughmills, Co. Antrim	Every Friday at 12pm	The Mill, Cloughmills, Ballymena, BT44 9LE
7. Nuns Walk, Portstewart, Co. Londonderry	Every Tuesday at 7pm	The Witches Hat, The Crescent, Portstewart, BT55 7AD
8. Ballykelly Mens Shed Walk	Tuesdays at 10am (1km walk) and Thursdays at 10am (3km walk)	3 Shackleton Drive, Ballykelly, BT49 9PR



Let us know you're coming

Register at:
www.walkingforall.com

Short weekly walks around the local area
Led by a trained Walk Leader
Free to join
Spend time outdoors
Meet others

For more information or to start a Walking for All group in your area, contact:

Colleen Martin - Walking for All Officer

colleen.martin@causewaycoastandglens.gov.uk

07704 073437



A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB)

Move, Mingle & Munch

A healthy lifestyles programme for
adults aged 60+



Gentle physical
activity to keep you
active and feeling
your best.



Healthy eating ideas,
practical tips and
simple recipes.



Make new friends,
share experiences
and enjoy social
opportunities.



Starting
end of October
2026



6 – 8 week
programme



Ballymoney
(exact venue TBC)

For more information, please contact:



Stephanie.Scott@causewaycoastandglens.gov.uk



07542 614 665



Healthier
Happier
Together

A message from Age Friendly Champion

I hope you have enjoyed reading through this year's Positive Ageing Month programme and discovering more about the fantastic activities, services and opportunities available across Causeway Coast and Glens.

Our communities are shaped by the people who live in them, and older residents continue to make an invaluable contribution through their experiences, knowledge, friendships and involvement.

The theme "What's on your doorstep?" reminds us to recognise and celebrate the places, people and connections that help us all to feel welcome, included and connected.

I encourage you to take part in the activities featured in this booklet, explore opportunities within your local area and continue sharing your ideas about how we can make Causeway Coast and Glens an even better place to grow older. Thank you to everyone who has contributed to making Positive Ageing Month 2026 possible. I hope you enjoy the programme and find something that inspires you.



Councillor Tanya Elder

