



**Positive
Ageing
Month**
October

**Causeway Coast &
Glens
2022**



Welcome

I am delighted as Mayor of Causeway Coast and Glens Borough Council to introduce this programme for Positive Ageing Month 2022.

Causeway Coast and Glens Brough Council through the development of the Age-Friendly Programme aims to engrain the inclusion of older people in all aspects of community life, remove barriers to participation, ensure access to services and make sure this is an enjoyable place for older people to live.

The main way to meet these aims is through partnership working and this is demonstrated by the wide range of events being developed and delivered by Council departments and partnership organisations. I would like to thank all contributing organisations for putting on an extensive and varied range of events. I'd also like to thank the Public Health Agency as primary funders of the Age-Friendly Programme.

The last few years have been difficult for our residents as a result of the pandemic and many older people have felt increased loneliness and isolation as a result. It is heartening therefore, that so many scheduled events are 'in-person', so I encourage as many of you as possible to avail of the opportunity to attend the events.

I'd like to thank all contributing partners again. I hope events are well attended and that many of our older residents have a lot of fun and make many connections throughout the month of October.

Councillor Ivor Wallace

Mayor, Causeway Coast and Glens Borough Council



As the Chair of the Causeway Coast and Glens Age-Friendly Forum, which is helping the Borough Council to develop its Age-Friendly Programme, it is with great pleasure that I commend to you this schedule of activities to celebrate Positive Ageing Month, 2022. This is an annual month-long festival celebrating the role of older people in their community and offering advice and suggestions as to how they can remain active, alert, enjoy social interaction and continue to contribute. The pandemic has limited our participation in previous years but this year's programme has a wide-range of possibilities for you to sample including healthy and enjoyable exercise, helpful information sessions, opportunities for inter-generational exchanges and social occasions.

I am grateful to the Council and all the other bodies who have contributed to this exciting programme and I hope that you will be able to take full advantage of the possibilities it offers. Please let your friends know about what's happening and bring them along to enjoy the fun.

I hope you will find Positive Ageing Month enjoyable, informative and helpful.

Alan Sharp

Chair, Causeway Coast and Glens Age-Friendly Forum



Saturday 1st October

Launch of Food for Life Get Together's Christmas Small Grants Scheme Provided by Linking Generations Northern Ireland

Linking Generations Northern Ireland are launching their Food for Life Get Together's Christmas Small Grants Scheme as part of Positive Ageing Month 2022. They are inviting community groups, schools, care settings, nurseries and housing settings to apply for small grants of £125 to bring generations together during December to enjoy good food and each other's company.

Visit www.linkinggenerationsni.com/news or email joyce.savage@bjf.org.uk

Monday 3rd October

Positive Ageing Month Launch by Age-Friendly (CC&G BC) Cloonavin

Launch of Positive Ageing Month

Walking Football by CC&G BC

9.30-11.00am JDLC

The use of Walking Football to engage and increase participation in men and women over the age of 50. Open to the public £2.10 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

WHST - Launch of Positive Ageing Grants Western Health & Social Care Trust

The Positive Ageing Small Grants Programme is funded by the Public Health Agency and administered by the Western Health & Social Care Trust for the Western Health & Social Care Trust area. The programme is aimed to support activities and programmes specifically for older people to promote the annual Positive Ageing Campaign.

If you require any further information or guidance please contact the Health Improvement Equality and Involvement Department on 028 71865127 or email involve@westerntrust.hscni.net

Weekly Virtual Singing for the Brain by Alzheimers Society NI

2.30-4.00pm NHSCT area only

Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment.

Email: aoife.mcmaster@alzheimers.org.uk

Tuesday 4th October

Third Age workers - An opportunity to attract talent and experience to your team by Labour Market Partnership (CC&G BC) and Causeway Chamber - Booking Required 8am-10am Coleraine Lodge Hotel

Age Friendly Causeway, Labour Market Partnership and Causeway Chamber event for employers to inform and advise businesses on the advantages and opportunities of employing workers aged 50+
Chloe.Stewart@causewaycoastandglens.gov.uk

Tuesday 4th October

Actively Ageing Exercise Classes by Sports Development CC&G BC

9.30-11.30am Roe Valley LC

Badminton / Racket sports 9.30am - 10.30am & older adult exercise session 10.30 - 11.30am

Open to the public £2.50 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Guided Walking Group by Sports Development CC&G BC

11am-12.00 Coleraine LC

Guided walking sessions, open to the public £2.00 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Jive Class by Museum Services (CC&G BC) - Free Event Booking Required

11.30am-12.30 Coleraine Town Hall

As part of Coleraine Museum's latest exhibition 'Let Me Introduce You... A History of Dance Halls in the Causeway Area' dust off your dancing shoes and get jiving with Jive NI.

cms@causewaycoastandglens.gov.uk or phone 028 2766 0230

Safer Ageing and Stopping Abuse by Hourglass 2.00-3.00pm via ZOOM

A webinar hosted by Hourglass, the UK's only charity focused on the abuse and neglect of older people. This aims to highlight abuse against older people and key ways of prevention and ongoing support.

<https://us06web.zoom.us/j/86095224567?pwd=ZFBlaU5oUmtYNDdyT0trS25sSW02UT09>

Contact Shaun Paskin on 07435551657 or email shaunpaskin@wearehourglass.org

From Glens to the Port by Libraries NI - Booking Required

2.30-3.30pm Ballycastle Library

Sketches of local buildings in the North Coast with conversation with Adrian Steel
Ballycastle Library Tel : 028 2076 2566 email : ballycastle.library@librariesni.org.uk

Adult Reading Group by Libraries NI

2.30-3.30pm Cushendall Library

Adult Reading Group First Tuesday of every month open to the public

Cushendall Library Tel : 028 2177 1297 email: cushendall.library@librariesni.org.uk

Alternative Energies' Intergenerational Dancing by DU Dance NI

4.00-5.30pm Ramoan Centre Ballycastle

Intergenerational project bringing young people aged between 15 and 18 years together with older people aged 65+ living in the Ballycastle area.

Contact at Deborah@dudancenicom or 028 9023 0877.

Knit & Natter "Learn Something New" by Libraries NI

6.00-7.30pm Ballymoney Library

Show and tell discussion on the benefits of learning a new skill as you get older

Open to the public

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

Wednesday 5th October

Guided Walking Group by Sports Development CC&G BC

10.00-11.00am Roe Valley LC

Guided walking sessions, open to the public £2.00 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Tea & Newspapers with Board Games by Libraries NI

10.30-11.30am Portstewart Library

Come along to the Tea and Newspapers and avail of the Board Games "Taster" sessions, promoting Scrabble/Draughts/Connect 4/Chess open to the public

Portstewart Library Tel : 028 7083 2712 email : portstewart.library@librariesni.org.uk

Be Safe, Be Well by Libraries NI / Be Safe Be Well

1.00-3.00pm Coleraine Library

An Introduction to Coleraine Men's Shed open to the public

(To follow Tea and Newspapers which is held 10am - 1pm)

Thursday 6th October

Actively Ageing Exercise Classes by Sports Development CC&G BC

9.00-11.00am Joey Dunlop LC

Badminton / Racket sports 9.00am - 10.00am & older adult exercise session 10.00 - 11.00am

Open to the public £2.50 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Actively Ageing Exercise Classes by Sports Development CC&G BC

10.00am-12.30 Coleraine LC

PickleBall 10am - 11.30am & older adult exercise session 11.30 - 12.30am

Open to the public £2.50 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

FREE Hearing Aid Support in Causeway by RNID -

10.00am-12.00 The Sandel Centre, Coleraine

Come to our FREE Hearing Aid support session where we can offer 1 to 1 help and advice on how to get the most out of your hearing aids

Contact Mary Cruickshank at 07918767640 and by email: mary.cruickshank@rnid.org.uk .

Tea and Newspapers by Libraries NI

10.30am-12.30 Cushendall Library

Call in and read the local papers at Tea & Newspapers, open to the public

Cushendall Library Tel : 028 2177 1297 email: cushendall.library@librariesni.org.uk

Knit & Natter with a topic of positive ageing chatting circle by Libraries NI

10.30am-12.00 Limavady Library

Come along to our weekly Knit & Natter and discuss positive ageing with one and other

Limavady Library Tel : 02877762540 email: limavady.library@librariesni.org.uk

Thursday 6th October

TV Licensing Support 11.00am-11.30 via ZOOM

TV Licensing Northern Ireland Support Team will be providing a free training session for Positive Ageing Month.

<https://us04web.zoom.us/j/74364972993?pwd=0KYGijQUfsPOp4PISw4xBxwsHkRKqa.1>
Meeting ID: 743 6497 2993 / Passcode: k767s2

Mindful Colouring by Libraries NI

2.00-3.00pm Portstewart Library

Mindful colouring sessions to focus and relax the mind

Portstewart Library Tel : 028 7083 2712 email : portstewart.library@librariesni.org.uk

"Women's Health" magazine and well-being/Anti-ageing magazines by Libraries NI

6.30-7.30pm Portstewart Library - Booking Required

Portstewart Library Tel : 028 7083 2712 email : portstewart.library@librariesni.org.uk

Knit & Natter with a topic of positive ageing topics by Libraries NI

6.30-7.45pm Ballycastle Library

Come along to our weekly Knit & Natter and discuss positive ageing with one and other

Ballycastle Library Tel : 028 2076 2566 email : ballycastle.library@librariesni.org.uk

Friday 7th October

Harvest Moon Tea Dance by Museum Services (CC&G BC) - Free Event Booking Required

1.00-3.00pm Roe Valley Arts & Cultural Centre

This is a cabaret style seated event. Take a trip down memory lane in this special Autumn tea dance. This event is for our local senior citizens to enjoy an afternoon of tea, sandwiches, traybakes and nostalgia from days gone by.

<https://roevalleyarts.com/events/harvest-moon-tea-dance> and via our box office on 028 7776 0650

Monday 10th October

Walking Football by Sports Development CC&G BC

9.30-11.00am Joey Dunlop LC

The use of Walking Football to engage and increase participation in men and women over the age of 50. Open to the public £2.10 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Positive Ageing Tea & Newspapers by Libraries NI

10.30-12.00pm Dungiven Library

Tea & Newspapers with Positive Ageing Topics

Dungiven Library Tel : 028 7774 1475 email : dungiven.library@librariesni.org.uk

Read Aloud Session by Libraries NI

11.00am-1.00pm Coleraine Library

Come along and listen to stories being read by Library Staff.

Coleraine Library Tel : 028 7034 2561 email : coleraine.library@librariesni.org.uk

Monday 10th October

Video launch - Positive Volunteering in Older Years

Hear from four volunteers about the positive impact of volunteering on their lives and those they support.

(Can be accessed via Council's website and YouTube channel.)

Community Coffee Morning by Building Communities Resource Centre

10.00am-1.00pm Ballycastle Golf Club Free Event

Community coffee morning hosted by BCRC community navigator and Apex Housing.

Contact BCRC Community Navigator Ciara Forsythe on 075 93130700

or via email: communitynavigator@theresourcecentre.org

Carers Afternoon Tea by Building Communities Resource Centre

1.00 -3.00pm Sandel Centre, Coleraine

Carers afternoon tea hosted by BCRC Community Navigator.

Contact BCRC Community Navigator Ciara Forsythe on 075 93130700

or via email: communitynavigator@theresourcecentre.org

The Ulster Plantation and Us by Ulster Scots Community Network

2.00-3.00pm Limavady Library

The talk will give a flavour of the Plantation of Ulster; when it happened, why it happened, what happened, what evolved from it

<https://us06web.zoom.us/j/5924632166?pwd=dIREQ1Jlc0plcDdNOE1FVElwdWZlZz09>

Meeting ID: 592 463 2166 / Passcode: Us1010

Chair Yoga by Libraries NI - Booking Required

2.15-2.45pm Limavady Library

Chair Yoga with Paschal Proctor

Limavady Library Tel : 02877762540 email: limavady.library@librariesni.org.uk

Shining the Spotlight on Volunteering by Community Development (CC&G BC)

Online

A short video highlighting the positive impact of volunteering in older age. We hear from 4 local people who have used volunteering to support their mental & physical health as well as providing expertise and a valuable resource to their community

Weekly Virtual Singing for the Brain by Alzheimers Society NI

2.30-4.00pm NHSCT area only

Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment.

Email: aoife.mcmaster@alzheimers.org.uk

Tuesday 11th October

Actively Ageing Exercise Classes by Sports Development CC&G BC

9.30-11.30am Roe Valley LC

Badminton / Racket sports 9.30am - 10.30am & older adult exercise session 10.30 - 11.30am

Open to the public £2.50 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Guided Walking Group by Sports Development CC&G BC**11am-12.00 Coleraine LC**

Guided walking sessions, open to the public £2.00 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Tuesday 11th October**FREE Hearing Aid Support in Causeway by RNID****10.00am-12.00 Ramoan Parish Centre, Ballycastle**

Come to our FREE Hearing Aid support session where we can offer 1 to 1 help and advice on how to get the most out of your hearing aids

Mary Cruickshank at 07918767640 and by email: mary.cruickshank@rnid.org.uk .

Read Aloud & Poetry Session by Libraries NI**2.00-3.00pm Portstewart Library**

Relax and listen to a read aloud session,

Portstewart Library Tel : 028 7083 2712 email : portstewart.library@librariesni.org.uk

Alternative Energies' Intergenerational Dancing by DU Dance NI**4.00-5.30pm Ramoan Centre Ballycastle**

Intergenerational project bringing young people aged between 15 and 18 years together with older people aged 65+ living in the Ballycastle area.

Contact at Deborah@dudancenicom or 028 9023 0877.

Knit & Natter session with Nostalgic photos of Portrush by Libraries NI**6.00-7.15pm Portrush Library**

Come along to the Knit & Natter group and view the Nostalgic photos of old Portrush

Wed nesday 12th October**Guided Walking Group by Sports Development CC&G BC****10.00-11.00am Roe Valley LC**

Guided walking sessions, open to the public £2.00 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Tea & Newspapers with Board Games by Libraries NI**10.30-11.30am Portstewart Library**

Come along to the Tea and Newspapers and avail of the Board Games "Taster" sessions, promoting Scrabble/Draughts/Connect 4/Chess

Portstewart Library Tel : 028 7083 2712 email : portstewart.library@librariesni.org.uk

Thursday 13th October**Actively Ageing Exercise Classes by Sports Development CC&G BC****9.00-11.00am Joey Dunlop LC**

Badminton / Racket sports 9.00am - 10.00am & older adult exercise session 10.00 - 11.00am

Open to the public £2.50 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Actively Ageing Exercise Classes by Sports Development CC&G BC
10.00am-12.30 Coleraine LC

PickleBall 10am - 11.30am & older adult exercise session 11.30 - 12.30am
 Open to the public £2.50 per person
 Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Thursday 13th October

Tea and Newspapers by Libraries NI
10.30am-12.30 Cushendall Library

Call in a read the local papers at Tea & Newspapers, open to the public
 Cushendall Library Tel : 028 2177 1297 email: cushendall.library@librariesni.org.uk

Create & Craft Morning by Libraries NI
10.30am-12.00 Ballymoney Library

All adults welcome to come along and join in
 Ballymoney Library Tel : 028 2766 3589 email : ballymoney.library@librariesni.org.uk

Tea & Newspapers with local Information chat by Libraries NI
2.00-3.00pm Garvagh Library

Tea & Newspapers with local Information chat
 Garvagh Library Tel : 028 2955 8500 email : garvagh.library@librariesni.org.uk

Mindful Colouring by Libraries NI
2.00-3.00pm Portstewart Library

Mindful colouring sessions to focus and relax the mind
 Portstewart Library Tel : 028 7083 2712 email : portstewart.library@librariesni.org.uk

"Learn a language" promoting e-language packs by Libraries NI - Booking Required
6.30-7.30pm Portstewart Library

Portstewart Library Tel : 028 7083 2712 email : portstewart.library@librariesni.org.uk

Pensions and You: Planning for a more certain future by Moneyhelper
10.30 - 11.30 via TEAMS

Join experts from the government-backed MoneyHelper to cut through the complexity and talk about your pension rights.
teams.microsoft.com/dl/launcher Meeting ID: 330 758 725 394 / Passcode: XfiB97

Friday 14th October

Positive Ageing Tea & Newspapers by Libraries NI
10.30-12.00pm Dungiven Library

Tea & Newspapers with Positive Ageing Topics
 Dungiven Library Tel : 028 7774 1475 email : dungiven.library@librariesni.org.uk

FREE Hearing Aid Support in Causeway by RNID
11.00am-12.30 LCDI

Come to our FREE Hearing Aid support session where we can offer 1 to 1 help and advice on how to get the most out of your hearing aids
 Mary Cruickshank at 07918767640 and by email: mary.cruickshank@rnid.org.uk .

Autumn Tea Dance by Museum Services (CC&G BC) - Free Event Booking Required**2.00pm - 4.00pm, Ballymoney Town Hall**

This is a cabaret style seated event. Waltz down memory lane to the music of Francis Faulkner at this special tea dance.

cms@causewaycoastandglens.gov.uk or phone 028 2766 0230

Monday 17th October**Walking Football by Sports Development CC&G BC****9.30-11.00am Joey Dunlop LC**

The use of Walking Football to engage and increase participation in men and women over the age of 50. Open to the public £2.10 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Volunteer Café - Promoting Positive Ageing by Volunteer Centre LCDI**10.00-11.00am LCDI Community Centre**

Promoting Positive Ageing through Volunerring, hear from fellow volunteers and share experiences. LCDI, Roe Valley Hospital, Limavady Tel: 02877765438 email: volunteers@lcdi.co.uk

Scrabble for Adults by Libraries NI - Booking Required**2.30-3.30pm Ballycastle Library**

Enjoy Scramble ? Come along and join in.

Ballycastle Library Tel : 028 2076 2566 email : ballycastle.library@librariesni.org.uk

Weekly Virtual Singing for the Brain by Alzheimers Society NI**2.30-4.00pm NHSC area only**

Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment.

Email: aoife.mcmaster@alzheimers.org.uk

Alternative Energies' Intergenerational Dancing by DU Dance NI**4.00-5.30pm Ramoan Centre Ballycastle**

Intergenerational project bringing young people aged between 15 and 18 years together with older people aged 65+ living in the Ballycastle area.

Contact at Deborah@dudancenicom or 028 9023 0877.

Tuesday 18th October**Guided Walking Group by Sports Development CC&G BC****10.00-11.00am Roe Valley LC**

Guided walking sessions, open to the public £2.00 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Actively Ageing Exercise Classes by Sports Development CC&G BC**9.30-11.30am Roe Valley LC**

Badminton / Racket sports 9.30am - 10.30am & older adult exercise session 10.30 - 11.30am

Open to the public £2.50 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Scam Awareness - Go On session by Libraries NI - Booking Required**2.30-4.30pm Dungiven Library**

If you can spot a scam you can stop a scam, join in and learn some useful hints and tips to being more scam aware.

Dungiven Library Tel : 028 7774 1475 email : dungiven.library@librariesni.org.uk

Wednesday 19th October**Guided Walking Group by Sports Development CC&G BC****10.00-11.00am Roe Valley LC**

Guided walking sessions, open to the public £2.00 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Tea & Newspapers with Board Games by Libraries NI**10.30-11.30am Portstewart Library**

Come along to the Tea and Newspapers and avail of the Board Games "Taster" sessions, promoting Scrabble/Draughts/Connect 4/Chess

Portstewart Library Tel : 028 7083 2712 email : portstewart.library@librariesni.org.uk

Coleraine Walking Trail by Libraries NI - Booking Required**6.00-8.00pm Coleraine Library**

Come along and join a historical walking tour with refreshments at the end of the trail back in Coleraine Library

Coleraine Library Tel : 028 7034 2561 email : coleraine.library@librariesni.org.uk

A new era for 50+ workers by Labour Market Partnership (CC&G BC) - Booking Required**11.30am-1.30pm Coleraine - Vineyards Compassion**

This event will raise awareness of new opportunities and initiatives for employment and self employment across a wide range of sectors, including working from home.

Chloe.Stewart@causewaycoastandglens.gov.uk

Read Aloud Session - "Positive Stories" by Libraries NI - Booking Required**3.00-4.00pm Ballymoney Library**

U3A invited along but public also welcome

Ballymoney Library Tel : 028 2766 3589 email : ballymoney.library@librariesni.org.uk

Brew & Board Game Morning by Libraries NI**11.00am-12.30 Portrush Library**

Brew & Board Game Morning-join in the board games with a cuppa, socialise and have some fun

Portrush Library Tel : 028 7082 3718 email : portrush.library@librariesni.org.uk

Thursday 20th October**Actively Ageing Exercise Classes by Sports Development CC&G BC****9.00-11.00am Joey Dunlop LC**

Badminton / Racket sports 9.00am - 10.00am & older adult exercise session 10.00 - 11.00am

Open to the public £2.50 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Thursday 20th October

Actively Ageing Exercise Classes by Sports Development CC&G BC **10.00am-12.30 Coleraine LC**

PickleBall 10am - 11.30am & older adult exercise session 11.30 - 12.30am
Open to the public £2.50 per person
Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Mindful Colouring by Libraries NI **2.00-3.00pm Portstewart Library**

Mindful colouring sessions to focus and relax the mind
Portstewart Library Tel : 028 7083 2712 email : portstewart.library@librariesni.org.uk

Tea and Newspapers by Libraries NI **10.30am-12.30 Cushendall Library**

Call in a read the local papers at Tea & Newspapers, open to the public
Cushendall Library Tel : 028 2177 1297 email: cushendall.library@librariesni.org.uk

Living well-promote gardening/healthy eating/crafting by Libraries NI - Booking Required **6.30-7.30 Portstewart Library**

Portstewart Library Tel : 028 7083 2712 email : portstewart.library@librariesni.org.uk

Knit & Natter with a topic of positive ageing topics by Libraries NI **11.00 am-12.00 Kilrea Library**

Come along to our weekly Knit & Natter and discuss positive ageing with one and other
Kilrea Library Tel : 028 2954 0630 email : kilrea.library@librariesni.org.uk

Chatty' Café Launch by Causeway Loneliness Network **3.30pm Currans Bakery & Shop (Invitation Only)**

Launch of 2nd Chatty Café concept where folk can be assured of a friendly face and a chat if they are feeling lonely.

Causeway Loneliness Network (Tori COAST) Tel: 028777 67860 email: coastmanager@yahoo.co.uk

Scam Awareness session - TV Licencing

Friday 21st October

Tea and Newspapers by Libraries NI **3.00-4.00pm Ballymoney Library**

Join the weekly Tea & Newspaper session and chat about the power of positive thoughts
Ballymoney Library Tel : 028 2766 3589 email : ballymoney.library@librariesni.org.uk

Ballycastle Storytelling by Museum Services (CC&G BC) - Free Event Booking Required **2.30-3.30 Ramoan Parish Centre Booking Essential**

Join Liz Weir and Friends for an afternoon of storytelling and reminiscence.
cms@causewaycoastandglens.gov.uk or phone 028 2766 0230

Monday 24th October

Walking Football by Sports Development CC&G BC

9.30-11.00am Joey Dunlop LC

The use of Walking Football to engage and increase participation in men and women over the age of 50. Open to the public £2.10 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Tea and Newspapers with Family History Talk "What the library can offer" by Libraries NI

10.00am-12.00 Limavady Library

Call in and find out what Family history searches you can do in your local Library

Limavady Library Tel : 02877762540 email: limavady.library@librariesni.org.uk

Energy Efficiency in the Home by National Energy Action - Booking Required

10.00am-11.00 via ZOOM

Find out about energy efficient heating, lighting, and appliances, keeping the heat where it is needed, comparing and switching energy suppliers, advice and support in Northern Ireland.

To register please email agefriendly@ardsandnorthdown.gov.uk

Weekly Virtual Singing for the Brain by Alzheimers Society NI

2.30-4.00pm NHSCT area only

Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment.

Email: aoife.mcmaster@alzheimers.org.uk

Tuesday 25th October

Guided Walking Group by Sports Development CC&G BC

11am-12.00 Coleraine LC

Guided walking sessions, open to the public £2.00 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Actively Ageing Exercise Classes by Sports Development CC&G BC

9.30-11.30am Roe Valley LC

Badminton / Racket sports 9.30am - 10.30am & older adult exercise session 10.30 - 11.30am

Open to the public £2.50 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Alternative Energies' Intergenerational Dancing by DU Dance NI

4.00-5.30pm Ramoan Centre Ballycastle

Intergenerational project bringing young people aged between 15 and 18 years together with older people aged 65+ living in the Ballycastle area.

Contact at Deborah@dudanceni.com or 028 9023 0877.

A new era for 50+ workers by Labour Market Partnership (CC&G BC) - Booking Required

11.30am-1.30pm Limavady - Roe Valley Arts and Cultural Centre

This event will raise awareness of new opportunities and initiatives for employment and self employment across a wide range of sectors, including working from home.

Chloe.Stewart@causewaycoastandglens.gov.uk

Wednesday 26th October

A new era for 50+ workers by Labour Market Partnership (CC&G BC) - Booking Required **10.30am-1.30pm Ballycastle - The Marine Hotel**

This event will raise awareness of new opportunities and initiatives for employment and self employment across a wide range of sectors, including working from home.

Chloe.Stewart@causewaycoastandglens.gov.uk

Guided Walking Group by Sports Development CC&G BC

10.00-11.00am Roe Valley LC

Guided walking sessions, open to the public £2.00 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Focus on Food Nutrition by Libraries NI - Booking Required

2.00-4.00pm Limavady Library

Dr Pamela Magee University of Ulster Food & Nutrition-Food Nutrition Focus talk

Limavady Library Tel : 02877762540 email: limavady.library@librariesni.org.uk

Tea & Newspapers with Board Games by Libraries NI

10.30-11.30am Portstewart Library

Come along to the Tea and Newspapers and avail of the Board Games "Taster" sessions, promoting Scrabble/Draughts/Connect 4/Chess

Portstewart Library Tel : 028 7083 2712 email : portstewart.library@librariesni.org.uk

Thursday 27th October

Actively Ageing Exercise Classes by Sports Development CC&G BC

9.00-11.00am Joey Dunlop LC

Badminton / Racket sports 9.00am - 10.00am & older adult exercise session 10.00 - 11.00am

Open to the public £2.50 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Actively Ageing Exercise Classes by Sports Development CC&G BC

10.00am-12.30 Coleraine LC

PickleBall 10am - 11.30am & older adult exercise session 11.30 - 12.30am

Open to the public £2.50 per person

Tel: 07517 995578 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Mindful Colouring by Libraries NI

2.00-3.00pm Portstewart Library

Mindful colouring sessions to focus and relax the mind

Portstewart Library Tel : 028 7083 2712 email : portstewart.library@librariesni.org.uk

Tea and Newspapers by Libraries NI

10.30am-12.30 Cushendall Library

Call in a read the local papers at Tea & Newspapers, open to the public

Cushendall Library Tel : 028 2177 1297 email: cushendall.library@librariesni.org.uk

Thursday 27th October

A new era for 50+ workers by Labour Market Partnership (CC&G BC) - Booking Required

11.30am-1.30pm Ballymoney Town Hall

This event will raise awareness of new opportunities and initiatives for employment and self employment across a wide range of sectors, including working from home.

Chloe.Stewart@causewaycoastandglens.gov.uk

Scam Awareness - Go On session by Libraries NI

11.00am-1.00pm Coleraine Library

If you can spot a scam you can stop a scam, join in and learn some useful hints and tips to being more scam aware.

Coleraine Library Tel : 028 7034 2561 email : coleraine.library@librariesni.org.uk

Puzzles/Brain games- "World of puzzles"/"You Play" magazines by Libraries NI

6.30-7.30pm Portstewart Library

Portstewart Library Tel : 028 7083 2712 email : portstewart.library@librariesni.org.uk

Volunteer Café - Promoting Positive Ageing by Causeway Volunteer Centre

10.00-11.00am Martha's House, Abbey Street

Promoting Positive Ageing through Volunerring, hear from fellow volunteers and share experiences.

Causeway volunteer Centre Tel: 02870358285 email: volunteer@causewayvc.org

Friday 28th October

Get Your Hearing Checked by RNID

10.00am-1.00pm Coleraine Library

Come and take our FREE 3 minute hearing check.

RNID at 07587130205 or by email: volunteering.northernireland@rnid.org.uk

Halloween Storytelling by Museum Services (CC&G BC) - Booking Required

7.30-9.30pm Roe Valley Arts & Cultural Centre

Halloween storytelling with Liz Weir and Stephen O'Hara

cms@causewaycoastandglens.gov.uk or phone 028 2766 0230

Saturday 29th October

Granny & Grandad's Stories & Craft's by Libraries NI - Booking Required

11.00am-12.00 Coleraine Library

Grandparent themed stories, and craft involving grandparents

Coleraine Library Tel : 028 7034 2561 email : coleraine.library@librariesni.org.uk

Monday 31st October

Halloween Party with Storytelling by Building Communities Resource Centre

1.30-3.30pm St Patrick's Scout Hall, Coleraine

Free Halloween community party hosted by BCRC Community Navigator and Northern Area Community Network.

Contact BCRC Community Navigator Ciara Forsythe on 075 93130700 or via email: communitynavigator@theresourcecentre.org

Your Happy Place?

An exciting competition for an image to be included in a 2023 Age-Friendly Calendar. This image should capture what or where makes you feel happy.

- The image should be taken from within the Limavady or Benbradagh Wards in Causeway Coast and Glens Council by a resident aged 50+ years.
- Images can be a painting or a photograph (without people).

Post to: Age Friendly Co-ordinator, CC&GBC, 7 Connell Street, Limavady, BT49 0HA or email age.friendly@causewaycoastandglens.gov.uk

Closing Date: 15th October 2022



Celebrate Positive Ageing Month with **libraries NI**

Local libraries across the Causeway Coast and Glens Borough Council area are running a full programme of free age friendly events covering a variety of topics to upskill you as part of Positive Ageing Month 2022.

Local libraries will be hosting events that encourage people to come into the library, enjoy learning something new whilst meeting new people at the same time.

Events include those focused on making sure everyone can get online, increase their confidence online and learn how to protect themselves against digital scammers through various Go On sessions. Other events include an introduction to many of our regular activities which take place in libraries on a weekly basis. These include Knit and Natter, Tea and Newspapers, Mindful Colouring and Adult Reading Groups.

These free activities not only teach participants a new skill or help improve an existing one, but also provides everyone with the opportunity to be part of a local community network.

Keep an eye on the Libraries NI website www.librariesni.org.uk and social media for full details of upcoming events in the Causeway Coast and Glens Borough Council area.



Connect with us
www.librariesni.org.uk

Join us as we start the Public Health Agency's **#StepChallenge**



For info on the Step Challenge visit www.choosetolivebetter.com

