

# AGEnda would like to wish everyone a **HAPPY NEW YEAR**

## **DATES FOR YOUR DIARY 2018**

### “Fear of Crime” Roadshow

We would like to hear your views on what concerns you have in your local area and how these concerns can be reduced

A light lunch/tea will be served.

The events will take place on the following dates and venues:

Date	Venue	Time
Mon 22 January 2018	<b>NEWTOWNARDS</b> – Queens Hall, West Street, Newtownards, BT23 4EN Lunch will be served at 12noon	11.30am to 2.00pm
Tues 23 January 2018	<b>HOLYWOOD</b> Library Sullivan Building, 86-88 High Street, Holywood, BT18 9AE High Tea will be served at 3.30pm	2.00pm to 4.00pm
Wed 24 January 2018	<b>BANGOR</b> - Marine Court Hotel Quay Street, Bangor, BT20 5ED Lunch will be served at 12noon	11.30am to 2.00pm
Thurs 25 January 2018	<b>COMBER</b> – Leisure Centre 15 Castle Street, Comber, BT23 5DY Lunch will be served at 12noon	11.30am to 2.00pm
Friday 26 January 2018	<b>PORTAFERRY</b> Hotel 10 The Strand, Portaferry, BT22 1PE Lunch will be served at 12noon	11.30am to 2.00pm

**PLACES MUST BE BOOKED BETWEEN 2<sup>ND</sup> – 12<sup>TH</sup> January 2018 on a first come first served basis**

Tel: 028 9127 1968 (please do not leave a message on the answering machine other than a name & number to ring you back.) or call in to

24 Hamilton Road, Bangor, BT20 4LE Mon-Fri 10am to 2pm or email

[agenda@agenorthdownards.co.uk](mailto:agenda@agenorthdownards.co.uk)

Please see website for more details [www.agenorthdownards.co.uk](http://www.agenorthdownards.co.uk)



## AGEnda KEY SERVICES

### AGEnda Support & Signposting

Have you any concerns!

Are there any issues we can help you with!

Do you need a listening ear! If we can't help you we can signpost you to the right person who can support you.

You can call in for a FREE cuppa and a chat



Please see Contact details below or visit our web page and we will do our best to help you.



### AGEnda Good Morning Call Service

Good Morning Call is a FREE confidential daily service for all residents of Ards and North Down Borough Council area over 50 years of age and is carried out 365 days per year. If you register with our service you will receive a daily telephone call from one of our trained volunteers between the hours of 9.15am and 11.00am.



Please see our contact details at the end or visit our Web Page for further information and we will do our best to help you.

### AGEnda Floating Support Service

This is a FREE service that provides short term advice and help to make it easier for people to maintain their independence in the home and community, regardless of tenure (up to 2 years). The service is aimed at people 65 and over in the Ards area who are deemed to be socially isolated.

Please see our contact details at the end or visit our Web Page for further information and we will do our best to help you.

### ACTIVITIES

Various activities/groups for older people to keep active, learning new skills, meet new people and enjoy social interaction.

Please see our contact details at the end or visit our web page

## **Good Morning Call Volunteers**

**AGenda needs enthusiastic volunteers with telephone and basic computer skills to make Good Morning Calls to residents in Ards & North Down Borough Council area. If you have an hour or two to spare in the morning, please get in touch with AGenda. Training will be provided.**



### **The Silver Line – helpline for older people 0800 4 70 80 90**

The Silver Line is the only national, free and confidential helpline for lonely and isolated older people, open 24 hours a day, 7 days a week, 365 days a year.

The 3 main functions are:

- Providing a sign-posting service to link people into services that exist
- Providing a befriending service to combat loneliness
- A means of empowering people who may be suffering abuse and neglect and, if appropriate, to transfer them to a specialist service to protect them from harm.

Volunteers telephone their Silver Line friend once a week from their own home. The calls usually last about 30 to 45 minutes, and can be on any subject which is comfortable to both. It is also confidential Anonymous and free to Volunteer and SL friend. Addresses and telephone numbers are never exchanged. Both the Volunteer and their friend are carefully matched by a professional team.

If you know of an older person who might benefit from The Silver Line Friendship experience please contact The Silver Line on **0800 4 70 80 90** or go to [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

### **Women's Aid North Down & Ards – The One Stop Shop**

The One Stop Shop is a multi-agency, drop in service for women experiencing \*physical abuse,\*emotional abuse,\*financial abuse,\*sexual abuse.

It provides free, immediate and confidential access to Women's Aid, Legal Support, Benefits Advice, Housing Support and Safety Advice.

One Stop Shop venue is: Thriving Life Church, Crawfordsburn Road, Newtownards BT23 4EA. This is held the first and third Tuesday morning of each month from 10am -12pm. Crèche services available. No appointment necessary.

## **Caring Communities Safe & Well**

South Eastern Health & Social Care Trust offers people aged 65 years and over in Ards and North Down the opportunity to:

Meet New People – Get Out and About – Keep Active and Healthy – Have Safe and Secure Home – Access Information and Advice

**Volunteering Befriending Service** – “Make someone’s day a little less lonely”

If you have some spare time and would like to befriend an older person in your area who is lonely or socially isolated please get in touch.

To hear more please call 028 9756 6934 Monday – Friday 9am – 5pm

or Email: [safeandwell@setrust.hscni.net](mailto:safeandwell@setrust.hscni.net)

## **General Data Protection Regulation (GDPR) - What is GDPR?**

GDPR means that consent for AGEnda holding your contact details must be as easy to withdraw as to give permission to hold.

If you **DO NOT** wish AGEnda to hold onto your contact information you need to let us know.

If AGEnda do not hear from you they will continue to hold your contact information and e.g. AGEnda information will be posted out to you as and when available. If you would rather AGEnda emailed information to you please email AGEnda and we will add you to the email contact list. This method of communication saves AGEnda postage.

AGEnda will **NEVER** pass your information onto a third party without your consent.

### **Contact Details – AGE north down & ards (AGEnda)**

**(formerly Age Concern)**

**24 Hamilton Road, Bangor, BT20 4LE**

**Tel: 028 9127 1968 (24hour answer machine available)**

**Monday to Friday 10.00am – 2.00pm**

**Email: [agenda@agenorthdownards.co.uk](mailto:agenda@agenorthdownards.co.uk)**

**Web Page [www.agenorthdownards.co.uk](http://www.agenorthdownards.co.uk)**

