

## DATES FOR YOUR DIARY 2016

**Question & Answer Session with your local Councillors from Ards & North Down**

**Wednesday 27<sup>th</sup> January 2016**

**in Signal Business Centre, Balloo Road, Bangor**

(AGEnda will give you directions to Signal Business Centre)

**10.30am Tea 12.30pm Lunch**

Places must be booked (as seating is limited) through

AGE north down & ards on 028 9127 1968 or e mail [agenda@agenorthdownards.co.uk](mailto:agenda@agenorthdownards.co.uk)

or call in to 24 Hamilton Road, Bangor 10am to 2pm Monday to Friday

Event Funded by Ards & North Down Borough Council Community Development Grant

### SAFETY OF SENIORS EVENTS

**We want you to tell us how to Reduce Crime and Fear of Crime  
In your area**

**FREE Safety Device – FREE Refreshments including Lunch**

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

Date	Venue	Time
Monday 8 Feb 2016	Ballywalter - Village Hall 49-51 Main Street, <b>Ballywalter</b> , BT22 2PQ	2.00pm to 4.00pm
Tuesday 9 February 2016	Hollywood - Queens Leisure Complex Sullivan Place, <b>Hollywood</b>	2.00pm to 4.00pm
Wed 10 February 2016	Bangor - Marine Court Hotel Quay Street, <b>Bangor</b>	10.30am to 12.30pm
Thurs 11 February 2016	Comber – St Mary’s Church of Ireland The Square, <b>Comber</b>	10.30am to 12.30pm
Friday 12 February 2016	Portaferry – Ballyphilip Church of Ireland, 10 Church St, <b>Portaferry</b>	10.30am to 12.30pm

**PLACES MUST BE BOOKED BY Thursday 28<sup>th</sup> January 2016**

Tel: 028 9127 1968 or call in to 24 Hamilton Road, Bangor Mon-Fri 10am to 2pm or email [agenda@agenorthdownards.co.uk](mailto:agenda@agenorthdownards.co.uk)

Events are funded by Policing & Community Safety Partnership (PCSP) and supported by NI Fire & Rescue Service, NI Ambulance Service, PSNI, North Down & Ards Road Safety



The PSNI have launched a scheme called “Quick Check” to tackle the issue of bogus callers. The 24-hour telephone allows householders to make a freephone call to verify the individual identity of anyone calling at their door **FREEPHONE 0800 013 22 90**

**Police Non-Emergency Tel. 101**

**Emergency Tel. 999**

### **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.**

**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 Contact details below or visit our Web Page.**



### **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.**

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

**AGE north down & ards Floating Support Service 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 Borough Council area who are deemed to be socially isolated. Please see Contact details below for further information or visit our Web Page.**

### **Volunteers URGENTLY REQUIRED WITH BASIC COMPUTER SKILLS**

**For more information and/or Volunteer Application form contact AGE north down & ards – details below or visit our Web Page.**

### **Tesco Door Collection – Saturday 2<sup>nd</sup> April 2016 – Bloomfields Bangor**

*If you can give one hour of your time on Saturday 2<sup>nd</sup> April 2016 please contact AGEnda Tel: 028 9127 1968 or call in to 24 Hamilton Road, Bangor Mon-Fri 10am to 2pm or email [agenda@agenorthdownards.co.uk](mailto:agenda@agenorthdownards.co.uk) to register your name to help with the collection*

## AGE north down & ards – Group/Activities – 24 Hamilton Road, Bangor

Group/Activity	Day	Time
Card Making Class	2 <sup>nd</sup> Monday of month	10.15am
Walking Group	Monday	10.15am
SHIP Shape “Have Fun & Dance”	Tuesday	10.30am
REACH Mens Health Group	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday	10.00am
Ladies Health Group	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday	2.00pm
Wednesday Club	Wednesday	10.30am
Drop-In	Monday - Friday	10am-2pm

For information and details on all programmes above please see Contact Details below or visit our Web Page.

### ‘Be Careful, Don’t Rush’

Celebrating 150 years of train travel between Holywood and Bangor

Signed copies of Robin Masefield’s new book are available in AGenda, 24 Hamilton Road, Bangor. Suitable gifts for Fathers Day. Cost £10 – proceeds of this book will go to AGE north down & ards.



Northern Ireland Pensioners Parliament – Allows older people from across Northern Ireland to have their say on the issues that matter to them. The Parliament is organised by Age Sector Platform

Local Parliament Ards & North Down Friday 4<sup>th</sup> March 2016 in Queens Hall, Newtownards from 10.30am – 3.30pm RSVP by contacting Age Sector Platform T: 028 9031 2089 / E: [info@agesectorplatform.org](mailto:info@agesectorplatform.org) Or register online via [www.pensionersparliament.org](http://www.pensionersparliament.org)

AGE north down & ards Mailing List – If you would like to be added to our Mailing List please contact AGE north down & ards, Monday-Friday 10am-2pm on 028 9127 1968 or call in to 24 Hamilton Road, Bangor or email [agenda@agenorthdownards.co.uk](mailto:agenda@agenorthdownards.co.uk) and leave your contact details

### Contact Details – AGE north down & ards, (formerly Age Concern)

24 Hamilton Road, Bangor Tel: 028 9127 1968 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)

### ADVERTISEMENT

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