

NEWSLETTER - DATES FOR YOUR DIARY 2015

DO NOT FORGET booking is required for EVENTS/ACTIVITIES

book by phoning 028 9127 1968 or e mail agenda@agenorthdownards.co.uk

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

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.

Call in to 24 Hamilton Road, Bangor or telephone 028 9127 1968
Mon-Friday 10am to 2pm or email agenda@agenorthdownards.co.uk
and we will do our best to help you.

Arts Care Here and Now Festival for Older People 2015 are holding their "In Full Bloom" exhibition in Ulster Hall, Belfast which will run from 5th to 28th March 2015.
The exhibition will showcase work produced by participants (including AGEnda).
The launch will take place on Thursday 5th March 2015 @ 11am. For further details please contact Rachael@artscare.co.uk

Safety of Seniors Event "Keeping Safe & Healthy"

Wednesday 11th March 2015 in Marine Court Hotel, Bangor

10.30am Morning Tea 12noon "Healthy" Lunch

12noon – 1pm – Dance with Thomas

In attendance

PSNI "NO Cold Calling"

North Down & Ards Road Safety

PCSP, NI Fire & Rescue Service, Diabetes UK, Ulster Cancer Foundation,
Home Safety, NI Ambulance Service

Places **must be booked** through AGE north down & ards
on 028 9127 1968 or e mail agenda@agenorthdownards.co.uk
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Transport available (must be booked in advance through AGEnda)

pick up times are as follows:

9.30am The Square, Portaferry, 10.00am Main Street Ballywalter

10.00am Queens Hall, Ards

10.00am Queens Hall, Holywood

Coaches will return to Marine Court Hotel, Bangor at 1.00pm for your return journey to the place you were picked up

Event is funded by Policing & Community Safety Partnership (PCSP)

Upcoming Mayor's Charity Events:

Table Quiz – Thursday 26th March 2015 @ 7.30pm in Carnalea Golf Club
4-6 per team. £5 per person

For further details on above events please contact Heather Loebnau, Mayor's Secretary
North Down Borough Council, Town Hall, The Castle, Bangor on 028 9127 8067

Question & Answer Session with your local Councillors

Friday 27th March 2015

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

Event Funded by North Down Borough Council Community Development Grant

Good Morning Call Service

A FREE daily telephone service 365 days a year for those who live alone and at times feel anxious and vulnerable, and is available to all residents over 50 in North Down and Ards. Do you live alone? Do you know someone who is vulnerable? Are you anxious about being on your own? Are there days when no-one calls with you?

Would you like to hear a friendly voice in the mornings?

Then why not sign up for our FREE call service today? Peace of mind for you and your family.....

Please contact AGE north down & ards Tel: 028 9127 1968 Monday – Friday 10.00am – 2.00pm or Email: agenda@agenorthdownards.co.uk for a Referral Form.



AGE north down & ards (AGEnda) formerly age concern

Volunteers URGENTLY REQUIRED WITH BASIC COMPUTER SKILLS

For more information and/or Volunteer Application form contact AGE north down & ards on 028 9127 1968 or call in to 24 Hamilton Road, Bangor Monday to Friday 10am to 2pm or email agenda@agenorthdownards.co.uk

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 contact AGE north down & ards for further information.

AGE north down & ards – Group/Activities

Group/Activity	Day	Time
Walking Group	Monday	10.15am
SHIP Shape “Have Fun & Dance”	Tuesday	10.30am
Hobbies & Craft class	Tuesday	2.00pm
REACH Mens Health Group	1 st & 3 rd Thursday	10.00am
Ladies Health Group	2 nd & 4 th Thursday	2.00pm
Wednesday Club	Wednesday	10.30am
Coffee Lounge/Drop-In	Monday - Friday	10am-2pm

For information and details on all programmes above please contact:

AGE north down & ards Tel: 028 9127 1968 Monday – Friday 10.00am – 2.00pm Email: agenda@agenorthdownards.co.uk

REACH Mens Health Group Programme – March to June 2015

Thursday 05 th March	10 am - 12 noon	24 Hamilton Road Bangor	Talk on Health for Life – Alcohol by Greg Martin
Thursday 19 th March	08.15 am	Meet at Bangor Train Station (08.37) (09.20)	Trip to Mossley Mill
Thursday 02 nd April	10 am - 12 noon	24 Hamilton Road Bangor	Talk by Cruse Bereavement
Thursday 16 th April	08.15 am	Meet at Bangor Train Station (08.31 am)	Trip to Coca Cola
Thursday 07 th May	10 am - 12 noon	24 Hamilton Road Bangor	Talk by Chemist (Gordons Springhill)
Thursday 21 st May	09.15 am	Arras Park Bangor (go by car)	Trip to Somme Heritage Centre
Thursday 04 th June	07.00 am	Meet at Bangor Train Station (07.11 am) (08.00 Enterprise)	Trip to Dublin Museums
Thursday 18 th June	10am- 12noon	24 Hamilton Road Bangor	End of Year Celebration

Ladies Health Group Programme – March to June 2015

Thursday 12 March	2.00pm – 4.00pm	24 Hamilton Road, Bangor	Stress, Exercise & Relaxation Greg Martin
Thursday 26 March	2.00pm – 4.00pm	24 Hamilton Road, Bangor	Presentation & Talk On compacts Helen McCann
Thursday 16 April	1.45pm	Bangor Abbey	Tour of Bangor Abbey and Coffee in Heritage Centre
Thursday 14 May	2.00pm – 4.00pm	24 Hamilton Road, Bangor	Presentation & Talk On various Crafts Unagh McCullagh
Thursday 28 May	To be confirmed	Bangor Station	Visit to Nomadic
Thursday 11 June	2.00pm – 4.00pm	24 Hamilton Road, Bangor	Talk on Nutrition & Healthy Eating – Greg Martin



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**

Lone Pensioner Allowance for home owners

Ratepayers aged 70 or over and living alone may be entitled to a 20 per cent reduction in their rates.

For more information contact Land & Property Services, Lone Pensioner Allowance
Tel: 0300 200 7801 or email applicationbased.raterelief@dfpni.gov.uk

Ulster Bank Donaghadee – Mobile Bank will be in Donaghadee every Thursday between 2pm and 3.30pm opposite playpark at seafront.

AGE north down & ards Newsletter – If you would like to be added to our Mailing List and receive a Newsletter 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 and leave your contact details.

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