

Live happy

Mid Ulster Age Friendly Newsletter
3rd Edition | Winter 2024/25



Embracing an Age-Friendly Mid Ulster Winter 24/25 Edition



Hello and welcome to the Winter edition of our Mid Ulster Age-Friendly Newsletter, "Live Happy." October was a busy month when we celebrated Positive Ageing Month and the contribution that Mid Ulster's older citizens make to their local communities. A mix of events were available to enable older people to connect, both virtually through online events and physically—there's something for everyone to enjoy.

The programme started on International Day of Older Persons, on Tuesday 1st October, with an information day in the newly purpose-built venue in Pomeroy Forest. Throughout the month, activities included many low-cost sessions, from fitness classes designed to enhance strength, balance, and overall well-being, to engaging workshops that spark creativity and learning. The offerings were as varied as they were enriching. Whether it was hand-pouring seasonal candles, crafting beautiful autumnal wreaths, or participating in informative online sessions about financial well-being and digital changes, there was something for everyone. We also celebrated the 1st year of the Age-Friendly strategy and the work of the Mid Ulster Age-Friendly Alliance!

In this edition, we are excited to share some good news stories, upcoming events, including some that will get you into the Festive Spirit, along with other valuable information and contact details.

As the holiday season approaches, we would like to take this opportunity to wish you a Merry Christmas and a Happy New Year. We hope you have a joyful and peaceful festive season with your loved ones.

We hope you find this newsletter both informative and inspiring. If you have any suggestions or would like to contribute to future editions, we would love to hear from you. Please feel free to reach out to our Age-Friendly Coordinator, Raisa Donnelly, by phone at 03000 132 132 or 07553 379 721, or via email at raisa.donnelly@midulstercouncil.org.

Best regards,
Raisa Donnelly
Age-Friendly
Coordinator for
Mid Ulster



Finding Joy in Song

The Singing for Fun Project

The Singing for Fun project is a heartwarming initiative designed to connect women in rural areas through the power of music. Developed by NHSCT, this six-month pilot program, running from October 2024 to March 2025, invites participants to share in the joy of singing while building community bonds.

Led by experienced Music Facilitator Karen Diamond, the project provides a relaxed and inclusive environment for participants to explore their love of music. The program will culminate in a celebratory end-of-season event, showcasing the talents and connections formed along the way.

Whether you're a seasoned singer or a complete beginner, this project promises to bring joy, connection, and a sense of belonging.

For more details on how to join, reach out to the NHSCT team today!

Rural Women



Karen Diamond, Music Facilitator, pictured alongside Yvonne Carson, Rural Health and Wellbeing Manager for the Northern Trust.



Singing Programme

Moneymore Recreation Centre @ 7.30pm

Monday 9th December 2024
(Please note date change)

Tuesday 7th January 2025

Tuesday 4th February 2025

Tuesday 4th March 2025

Positive Ageing Month Highlights in Mid Ulster!



October was a month filled with energy and enthusiasm as we celebrated Positive Ageing Month across Mid Ulster. The aim was to highlight the invaluable contributions of our older residents while providing opportunities for social connection, learning, and physical well-being.

Workshops encouraged creativity and learning, offering candle-making and autumnal wreath crafting, while fitness sessions focused on strength, balance, and overall wellness. These events fostered a strong sense of community and belonging, ensuring that every participant felt valued and supported.

With a mix of virtual and in-person events, Positive Ageing Month reminded us all of the importance of staying active, engaged, and connected. Thank you to everyone who participated and helped make this month a resounding success!



▲ Falls prevention event with Southern Health and Social care trust and Age friendly Dungannon



◀ Ballinderry Community Hub Health Fayre with cancer focus bus (below)





▲ Afternoon Tea Dance, Desertmartin



▲ Maghera, The Lurach Centre



▲ Arts & crafts, Burnavon, Cookstown



▲ Financial wellness information days



Easy Cottage Pie Recipe



Ingredients

For the cottage pie filling

- 50ml/2fl oz olive oil
- 1 large onion or 3–4 banana shallots, finely chopped
- 650g/1lb 7oz beef mince
- 2 tbsp tomato purée
- 1 tbsp plain flour
- 150ml/5fl oz red wine
- 4 sprigs fresh thyme, leaves only
- 400ml/14fl oz beef stock
- Worcestershire sauce, to taste
- salt and freshly ground black pepper

For the mash

- 900g/2lb King Edward potatoes, peeled and chopped
- 115g/4oz butter
- 125ml/4½fl oz milk

To serve

- 150g/5½oz frozen peas
- 50g/1¾oz butter

Method

1. Heat half the oil in a large heavy-based pan. Add the onion and cook until softened. Tip it onto a plate.
2. Return the pan to the heat and add the remaining oil. When it's hot, fry the mince, in batches if needed, for 4–5 minutes, or until browned all over.
3. Stir in the cooked onion and tomato purée and cook for 1 minute. Stir in the flour and cook for a further minute. Pour in the red wine, scraping up any caramelised bits with a wooden spoon, and add the thyme.
4. Add the stock and simmer for 45 minutes, or until the mince is tender and the mixture has thickened. Season to taste, and add a few dashes of Worcestershire sauce. Keep warm over a very low heat.
5. Meanwhile, for the mash, put the potatoes in a pan of salted water and bring to the boil. Reduce the heat and simmer for 12–15 minutes, or until they are tender.
6. Drain and return the potatoes to the pan, then place over the heat for about 1 minute to drive off any excess moisture. Mash well, then add the butter and milk, beating to form a smooth mash. Season to taste.
7. Preheat the grill to high. Put the cottage pie filling in a baking dish and spoon the mash over the top. Grill for 8–10 minutes, or until golden-brown.
8. Meanwhile, boil the peas in boiling water in a small saucepan for 3–4 minutes, then drain and add the butter. Serve the cottage pie with the peas. be rerolled and cut into shapes to decorate the pie crust if you like) and press the pastry edges onto the dish to create a seal.

Energy Efficiency Advice Service



The Energy Efficiency Advice Service is a 1-1 personal approach to manage the energy efficiency of domestic properties within Mid Ulster District Council (Cookstown & Magherafelt areas).

Are you, or someone you know, living in a cold or damp home?

The Energy Advisor can provide tailored support for clients including the generation of referrals to other available support schemes.

For further information please contact Mid Ulster District Council and ask to speak to the Energy Efficiency Adviser on 03000 132 132 or email health.wellbeing@midulstercouncil.org

What assistance is available from your local council?

- Onward referrals for heating and insulation grants.
- Bespoke energy efficiency advice.
- Home visits to provide tailored information and support.
- Information on local oil buying clubs.
- Information on fuel/oil stamp schemes.
- Attendance at talks and events.

Budget better this winter with the fuel stamp saving scheme or have a call with one of our officers on some energy advice service...



Lidl Northern Ireland teams up with Age NI for new charity partnership

Age NI are excited to announce a new partnership with Lidl Northern Ireland, who have pledged to raise £500,000 to support older people over the next three years.

Through the new charity partnership, which is being supported by renowned boxer Carl Frampton MBE, Lidl Northern Ireland will work to amplify and address the challenges faced by older people in Northern Ireland whilst delivering a range of community-based initiatives and fundraising to support Age NI's mission to make Northern Ireland a better place for older people to live.

Age NI CEO Linda Robinson said: "Older people across Northern Ireland are facing

many challenges, from rising living costs to loneliness, poor access to services and ageist attitudes - and Age NI is here to help. We look forward to the next three years of collaboration and to seeing the positive impact this partnership will have on people across Northern Ireland."

Check out all the great fundraising initiatives at your local Lidl store, and make sure you're following Age NI on social media to see what's coming up!



Awareness Days 2025

There are many significant awareness days and campaigns to look out for in 2025. These events highlight important causes, provide opportunities for education, and encourage meaningful action.

Mark your calendars and get involved!

JANUARY	
1-30	Dry January
20-26	Cervical Cancer Prevention Week
20	Brew Monday
27	Parent Mental Health Day

FEBRUARY	
3-9	Children's Mental Health Week
4	World Cancer Day
6	Time To Talk
10-16	Random Acts of Kindness Week

MARCH	
8	International Women's Day
12	National No Smoking Day
16	Disabled Access Day
17-23	Nutrition and Hydration week

APRIL	
1-30	Stress Awareness Month
7	World Health Day
20	easter Sunday
22	Earth Day

MAY	
1-31	Skin Cancer Awareness Month
12-18	Mental Health Awareness Week
19-25	Dementia Action Week
23	Don't Fry Day

JUNE	
2-6	Volunteers' Week
5	National Carers' Week
9-15	Men's Health Week
15	Father's Day

JULY	
1-31	Talk To Us Month
7-13	Alcohol Awareness Week

AUGUST	
5-9	World Breastfeeding Week
14	National Financial Awareness Day
19	World Humanitarian Day

SEPTEMBER	
10	World Suicide Prevention Day
11-15	Pension Awareness Day
21	World Alzheimer's Day
29	World Heart Day

OCTOBER	
1-31	Menopause Awareness Month
1-31	Stoptober
1-31	ADHD Awareness Month
10	World Mental Health Day

NOVEMBER	
1-30	Movember
1	National Stress Awareness Day
3-7	Talk Money Week
17-23	Self Care Week

DECEMBER	
2	Cyber Monday (#CyberMonday)
3	International Day Of Persons With Disabilities
5	International Volunteer Day

Bernie's Journey

From Victim of Crime to Health and Happiness

The Over 50's forum and the Mid Ulster Senior Network meeting recently met with staff from the office of the Northern Ireland Public Services Ombudsman (NIPSO) to learn more about its service.

At the meeting, Bernie also shared a good news story of her experience after being a victim of crime and her journey into fitness and photography.

BERNIE'S STORY...

"After suffering from several injuries from unexplained falls, I decided to take part in the strength and balance classes in Hollywood Fitness, Cookstown, last November. My granddaughter encouraged me to take part in the strength and balance classes in Hollywood Fitness, Cookstown, last November (funded by Rebecca Williamson). The difference the classes have made to me is unbelievable. I was having a lot fewer falls and, just as importantly, when I did have a fall, I was able to get up and not have to lie on the floor until someone called to help me up. We had two classes per week for 18 weeks until, unfortunately, the funding ceased.

The funded classes were so well attended, and it is a pity that the funded classes can't continue. The classes have made such a difference to me as I suffer from more than one chronic illness, and they have significantly improved my quality of life. Due to increasing my strength and balance, I'm back out walking with groups such as Mid Ulster Agewell, Kildress Health Matters, and Mid Ulster Walking for Wellness. I have even trained with the Northern Trust to become a walk leader. It

motivates me to get out of the house.

After being a victim of crime in my home over two years ago, I had got to the stage where I didn't want to go out anywhere, nor did I want anyone coming to my home, which was becoming detrimental to my mental health as well as physical. I was referred by the police to the Connect North link worker, who put me into contact with Age NI, where I also now take part in mindfulness photography.

I would like to remain independent and live life, instead of just existing, for as long as possible. I think these classes and connections have got me actually living again, as well as making new friends and enjoying a chat and a laugh!"



Have You Experienced Poor Public Service in Northern Ireland?



If you've faced disappointing or unresolved issues with public services, there's a way to address it. Complaining can prevent such problems from recurring and help others too. Here's how to take action:

STEP 1 Approach the Public Body First

Before escalating, give the public body an opportunity to resolve the issue.

- Request their complaints procedure and submit your complaint in writing.
- Consider seeking support if needed.

What happens next?

The organisation will acknowledge your complaint, usually within a few days, and aim to investigate and respond within 20 working days.

STEP 2 Contact NIPSO If You're Still Unhappy

If your complaint remains unresolved, the Northern Ireland Public Services Ombudsman (NIPSO) can step in.

- NIPSO will assess your complaint and provide guidance on what to do next.
- Findings from investigations help improve standards across services.
- Assistance is available for any questions about submitting your complaint.

NIPSO handles complaints involving health and social care, housing, education, local councils, and central government. Their service is free and aims to ensure fairness and accountability in public services.

Visit www.nipso.org.uk, call 0800 34 34 24, or email nipso@nipso.org.uk for more info.

Pension Credit deadline:
21 December 2024

Apply now to make sure you are receiving the benefits that you are entitled to, including the Winter Fuel Payment.

Call our free advice line:
0808 808 7575

Awareness Sessions
hosted by
Suicide Prevention Development Officers
in the Northern Area

#SPDOs

Mindset Workshop

with Action Mental Health

Available to anyone living or working in the Northern Area (18+)

**Monday
20th January 2025**

10AM - 1PM - ONLINE VIA ZOOM

This session will help raise awareness of signs and symptoms of mental ill health/Promote self-help & resilience techniques and how to maintain a safe level of positive mental and emotional health and well-being/Promote self-care/Provide information and/or resources on mental health support organisations available (locally and regionally)

REGISTER: denise@cwsan.org



Empowering Older Adults

Age NI's Cyber Safety Training



In an increasingly digital world, the safe use of online platforms has become essential. Age NI, in partnership with the Belfast DPSCP, offers a 2.5-hour Cyber Safety Training session tailored to older adults. This initiative aims to enhance online confidence and empower participants to navigate the digital landscape securely.

The Importance of Cyber Safety

With over 5,729 cases of fraud reported to the PSNI in the past year, resulting in losses of £19.7 million, the need for digital literacy and safety measures has never been more critical. Age NI's training addresses key areas such as:

- Safe use of social media
- Identity protection
- Using online services securely
- Avoiding online scams

Proven Success

Since April 2024, Age NI has delivered 36 sessions to over 200 participants. Feedback underscores the program's success:

- 99% of attendees found the information clear and easy to follow.
- 100% reported increased awareness and understanding of cyber safety.
- 100% said they are now more likely to report cyber safety issues.

Participant Testimonials

Participants have expressed newfound confidence and knowledge:

"Very helpful to have the workshop – increased my level of knowledge to keep safe online."

"Helped with understanding what scams are out there and with gaining confidence in using websites and looking out for 'problem' sites."

"It gave me the opportunity to be confident about my level of security and how to further improve it."

"I feel empowered to make changes to my settings and privacy levels. I'm more comfortable and capable of reorganising my IT life."

"I'll consider online banking more than before and online shopping."

Get Involved

If you or someone you know could benefit from this invaluable training, contact Jacqui Corscadden for more information.

Email: jacqui.corscadden@ageni.org



Rates Allowances

Support for pensioners and people with disabilities

Lone Pensioner Allowance

You may be eligible for a 20% discount if:

- You're a ratepayer aged 70 or over; and
- You live alone

In some circumstances you can have someone living with you and still receive LPA (subject to conditions)



Land & Property Services
Seirbhísí Talún agus Maoine



Department of Finance
Airgeadais
www.finance.gov.uk

Help is available for those aged 70 and over and living alone to pay their household rate bill. Find out about a range of reliefs and entitlements including Lone Pensioner Allowance. Scan the QR Code above or visit <https://www.nidirect.gov.uk/articles/lone-pensioner-allowance>

Disabled Persons Allowance

You may be eligible for a 25% rates reduction if:

- A person with a disability lives in your home; and
- The property has been adapted to meet the needs of the disabled person (adaptions need to meet specific criteria)



Land & Property Services
Seirbhísí Talún agus Maoine

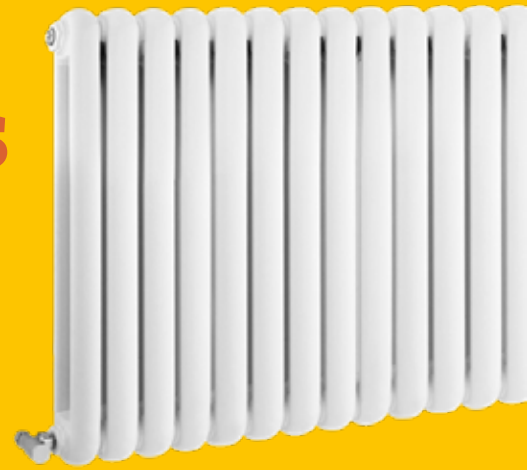


Department of Finance
Airgeadais
www.finance.gov.uk

Scan the QR Code above or visit www.nidirect.gov.uk/articles/disabled-persons-allowance for more information on how to apply.

Step Advice Services - Mid Ulster

Changes to Winter Fuel Payments for Pensioners



There are changes to the Winter Fuel Allowance for pensioners:

Eligibility

From winter 2024/2025, the Winter Fuel Allowance will only be available to those who receive Pension Credit or other means-tested benefits. This means that an estimated 10 million pensioners will no longer be eligible.

Amount

The amount of the Winter Fuel Allowance depends on your circumstances:

- If you or your partner were born between 23 September 1944 and 22 September 1958, you will receive £200
- If you or your partner were born before 23 September 1944, you will receive £300

Case Study

A pension aged couple called into Step Advice office enquiring about tax deduction for occupational pensions. An appointment was scheduled to meet with a qualified benefits advisor, who was able to provide advice on tax deductions but also took the opportunity to provide the couple with full benefit check. Both partners were in receipt of State retirement pension and one was receiving a monthly occupational pension total income £376.00 per week, they had savings between £15,000. Through their conversation with

the advisor, the advisor identified both had significant health problems and were taking medication daily and attending hospital appointments. The advisor suggested both claim Attendance Allowance as they met the criteria, the advisor assisted with all form filling.

Both partners were awarded high-rate Attendance Allowance of £108.55 per week, this is non means tested benefit and not counted as income. As both were now in receipt of disability benefit, the advisor completed a Pension Credit check and established they were now entitled to Pension Credit and additional £220.00 per week income, this means they can also avail of help with rates, help with healthcare costs and will receive the Winter Fuel Payment.

DID YOU KNOW?

Thousands of pensioners are missing out on Pension Credit worth on average £3,900 per year. That needs to change.



This year you must be in receipt of Pension Credit, to automatically qualify for the Winter Fuel Payment 2024. The final date to make a successful backdated claim to Pension Credit to receive the Winter Fuel Payment is 21 December 2024.

Contact Step Advice Service for a Pension Credit Check today.

Dungannon - 028 8775 0211
Cookstown - 028 8676 1875
Magherafelt - 028 7963 3079



Home Maintenance Service

A Handyman is available to carry out small repairs or household tasks within your home.

This service is available to anyone over the age of 65 living in the MUDC Area. Types of job include but not restricted to:

- Fit curtain poles or blinds
- Replace light bulbs
- Accessing your attic or attic clear out
- Putting up a shelf, moving furniture eg enable installation of a hospital bed
- Putting up a shelf, fitting house numbers
- Replacing outside lighting
- Clearing pathways to prevent slips and falls.

There will be a small call out charge of £20 which includes the first hour free. Any additional hours will be £20/ hour up to a maximum of 3 hours.

For more information please contact

Tel. 028 7963 2170

Email: marie.devlin@agewellpartnership.org

📍 @ midulster agewell



Discover History & Heritage at Killymaddy Centre Cabragh, Dungannon

At Killymaddy Centre, we host a History Talk on the **4th Tuesday** of every month at 8pm. Join us on Saturday mornings from 11am to 1:30pm for a range of activities, including tracing your family tree, family history research, accessing past copies of the Mid Ulster Mail (available on request), enjoying our reading library, or simply relaxing with tea, coffee, and friendly conversation.

Starting **Thursday, 7th November**, we're offering a 6-week Practical Nutrition Course on healthy eating, running every Thursday from 11am to 1pm. Everyone is welcome!

We are also gathering expressions of interest for Sunday afternoon meet-ups, which would include activities such as board games, jigsaws, draughts, card games (whist, 25), storytelling, and writing your family story.

Join our Heather's Edge weekly Zoom calls for fascinating discussions on topics like townlands, place names, surnames, DNA genealogy, maps and topography, Irish manuscripts, music, heritage, and traditions. The sessions include a monthly schedule of talks with participants from around the globe:

Thursdays at 8pm

Hosted by the South Armagh group.

Fridays at 8pm

Hosted by Around the Heather's Edge.

To receive your Zoom invite, please email: aroundtheheather@gmail.com

For further information, contact Marie via email at mariequinn042@gmail.com or call her on 07919 246 572.

All are welcome!

Peer Led Advocacy Helpline Support Groups Respite Training

Helpline 0800 103 2833

How we can help

CAUSE understands that caring for someone with a serious and severe mental illness can be extremely challenging. We have a professional and compassionate team of staff who provide quality, confidential support and advocacy to those who are caring for someone with a mental health challenge that heavily impacts on their day to day.

Who is our service for?

This service is aimed at family members, partners or friends who are supporting someone with a serious and severe mental illness.

How to contact us:

Tel: 028 90 650 650

Email: info@cause.org.uk

Web: www.cause.org.uk

www.facebook.com/CAUSEcarers

@CAUSEcarers causecarers

SUPPORTING A FRIEND, RELATIVE OR PARTNER WITH A SERIOUS MENTAL ILLNESS

Mid Ulster Move More Programme

Supporting health and well-being for those living with cancer

The Mid Ulster Move More programme commences 28 October 2024 with a new timetable offering a range of low impact physical activity classes.

Mid Ulster District Council is continuing their long-term intervention to help people living with cancer improve their health and well-being through physical activity.

The programme is for all people who have had a cancer diagnosis and are at any stage of their cancer journey or now cancer free.

WHY MOVE MORE?

Becoming more physically active is a positive change when you are living with or after cancer. Cancer and its treatments can make things feel very uncertain. Doing something for yourself like becoming more active can help you feel better and more in control.

Research suggests that along with having a healthy diet, being physically active can help reduce the risk of some cancer types coming back. It can also help reduce the risk of developing other health problems, such as heart disease, stroke and diabetes.

Mid Ulster District Council

Move More Programme

Classes are available throughout the area for people at any stage of their cancer journey.

For further details contact 077 8868 2163
ivan.mckeown@midulstercouncil.org

MACMILLAN
CANCER SUPPORT

**MOVE
MORE**



Winter Wordsearch

C	H	R	I	S	T	M	A	S	T	R	E
R	E	I	N	D	E	E	R	H	O	L	L
A	T	U	R	K	E	Y	T	I	N	S	E
C	R	A	C	K	E	R	S	S	T	U	F
K	S	T	O	C	K	I	N	G	E	L	V
E	L	I	G	H	T	S	M	I	S	T	L
R	P	R	E	S	E	N	T	S	I	N	G
S	N	A	T	I	V	I	T	Y	B	A	U
P	U	D	D	I	N	G	S	A	N	T	A
T	R	E	E	W	I	N	E	T	H	O	L
H	O	L	L	Y	D	A	Y	E	L	V	E
T	I	N	S	E	L	C	A	R	R	I	O
R	S	T	U	F	F	I	N	G	R	I	C

Find the following words in the puzzle. Words are → ↓ hidden and ↘

BAUBLES
CRACKERS
NATIVITY
STUFFING

BOXINGDAY
ELVES
PRESENTS
TINSEL

CHRISTMAS
HOLLY
REINDEER
TREE

LIGHTS
SANTA
TURKEY
PUDDING

MISTLETOE
STOCKING
WINE

Winter Quiz Quiz

- Santa Claus is also known as Saint who?
- Who sang the song "I'm dreaming of a White Christmas" back in 1953 – and it was a big hit?
- True or false – do reindeers have antlers?
- Which Christmas reindeer has a shiny nose?
- In the song Jingle Bells – how many horses pulled the sleigh?
- Who is the famous snowman that has a Christmas song written about him?
- Who helps Santa make the toys at the North Pole?
- What happens if you get caught standing under the mistletoe?
- In the song "The twelve days of Christmas" – what type of tree does a partridge sit in?
- What is traditionally placed on top of the Christmas tree?
- What is the second line in the song "Silent Night"?
- In what town was Jesus born?
- Santa's beard is said to be as white as?
- How many reindeer pull Santa's sleigh?
- Name the nine reindeer?

Answers on page 10

healthy lifestylez

DUNGANNON LEISURE CENTRE

Active Lifestyle Starting w/c 23rd
26 week programme Sept 2024

MONDAY
3:15PM-4:15PM
ALL STARS
(Club for primary children w/ SEN)

TUESDAY:
10AM-11AM 12PM-1PM 2PM-3PM 3:15PM-4:15PM
DANDERBALL (Walking football) **TUESDAY CLUB** **FIT 4 U** **FIT 4 U 2**

THURSDAY:
10AM-11AM 11:30AM-12:30PM
MUM & BABY FITNESS **STRENGTH & BALANCE**

FRIDAY:
10AM-11AM
POSTNATAL YOGA

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MAGHERA LEISURE CENTRE

Active Lifestyle Starting w/c 23rd
26 week programme Sept 2024

MONDAY:
12PM-1PM 2PM-3PM 3:30PM-4:30PM
LIIT (Low Intensity Interval Training) **DANDERBALL** (Walking Football) **ALL-STARS** (Club for primary children w/ SEN)

WEDNESDAY:
9:45AM-10:45AM
BEGINNERS YOGA

THURSDAY:
11:30AM-12:30PM
STRENGTH & BALANCE

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COOKSTOWN LEISURE CENTRE

Active Lifestyle Starting w/c 23rd
26 week programme Sept 2024

MONDAY:
10AM-11AM 11:30AM-12:30PM
POSTNATAL YOGA **CHAIR-BASED AEROBICS**
Starting 4th Nov

THURSDAY:
9AM-10AM 1:45PM-2:45PM 3:15PM-4:15PM
TAI-CHI *Starting 3rd Oct* **STRENGTH & BALANCE** **ALL STARS** (Club for primary children w/ SEN)

FRIDAY:
1:30PM-2:30PM
LIIT (Low Intensity Interval Training)

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GREENVALE LEISURE CENTRE

Active Lifestyle Starting w/c 23rd
26 week programme Sept 2024

MONDAY:
10AM-11AM 11AM-12PM
LIIT (Low Intensity Interval Training) **TAI-CHI** @ Meadowbank Sports Arena *Starting 30th Sept*

WEDNESDAY:
11:45AM-12:45PM
BEGINNERS YOGA

FRIDAY:
10:30AM-11:15AM 11:30AM-12:30PM
MUM & BABY FITNESS **CHAIR-BASED AEROBICS**

THURSDAY:
10AM-11AM 2:30PM-3:15PM 3:30PM-4:30PM
STRENGTH & BALANCE **WATER AEROBICS** **ALL STARS** (Club for primary children w/ SEN)



Book here using the Leisure Hub



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

Useful Phone Numbers

Access and Information service (SHSCT)	028 37564300
Action Fraud	0300 123 2040
Age Friendly Co-ordinator	07553379721
Age NI Advice Service	0808 808 7575
Alzheimer's Society Dementia Connect support line	0333 150 3456
Carers NI Helpline	028 9043 9843
CDM community transport (Cookstown & Dungannon)	028 8676 7766
Consumer Council	028 9025 1600
Connect North Link Worker (NHSCT)	078 1419 6935
CWSAN	028 8773 8845
Emergency services	999
Hourglass (Elder Abuse)	0808 808 8141 or 078 6005 2906
Lifeline (For those in distress or despair)	0808 808 8000
Make the Call- Benefits Check	0800 232 1271
Mid Ulster Age Well	028 79632170
Mid Ulster District Council Offices	03000 132 132
NI Direct	0300 200 7899
NI Electricity	0345 764 3643
NI Water	0345 744 0088
Out and About community transport (Magherafelt)	028 79300123
Police Non-Emergency	101
'Phone First' Southern Health and Social Care Trust area	0300 123 3 111
'Phone First' Northern Health and Social Care Trust area	0300 123 1 123
Radius- Floating Support Service	0330 123 0888
Road Repairs (including pot holes), Department for infrastructure	0300 200 7893
Street Lighting, Department for infrastructure	0300 200 7899
Translink	028 90666630
Women's Aid (Causeway & Mid – Ulster)	028 86769300

This magazine is available upon request in a range of alternative formats.

Alternative formats may include Easy Read, Braille, large print, audio formats (CD, mp3 or DAISY) or minority languages to meet the needs of those for whom English is not their first language.