



Mid Ulster  
*Seniors Network*  
The Voice of Older People

We Are Here to Help

## Who are we?

Mid Ulster Seniors Network involves community, statutory and voluntary partners, working together to improve later life for people across the Cookstown, Dungannon and Magherafelt areas.

We have been actively involved with key organisations such as Age NI, the Age Friendly Network NI, MU Age Well Partnership, MU Loneliness Network and Mid Ulster District Council and we wanted to come together and bring you some essential information to help you during this pandemic.



## Hello from Mid Ulster Seniors Network

We are thinking about you and we are here to help. 2020 has certainly been a challenging year with the onset of the pandemic, with new restrictions and adapting to new routines.

We, the Mid Ulster Seniors Network, want you to know that there is support out there for you and your family members during this time. This booklet offers you essential phone numbers and information to give you sources of support, if and when you might need it.

This booklet has been designed and produced in partnership with many key community and voluntary organisations operating in the Mid Ulster area. We have been meeting virtually online, sharing information and working with the spirit of togetherness. We want to thank Mid Ulster Disability Forum for the financial support to help us print this information, Age NI for co-ordinating and leading on the design and content plus the multiple partners who have been extremely encouraging and supportive over the past few months compiling this together.

Remember you are not on your own, we can get through this pandemic by supporting each other to keep safe and well. We hope that you stay connected during these difficult times and we wish you and your loved ones well.

## Please see below a range of services that can assist you when you need a helping hand



With the onset of restrictions, the change of routines can be hard and can lead to stress – but remember the restrictions are trying to keep the virus under control. This leaflet offers extra support that can help prevent you from feeling isolated or feeling alone – remember there are many organisations here to help you. Not all older people have internet or perhaps don't have access to it, so we thought it was important to create a list of contacts and phone numbers for you to keep safe or share with others who may need help. If you think this would help an older person in your area – please give this leaflet to them.

### COVID-19 Community Helpline –

Regional number **080 8802 0020**

Email: [covid19@adviceni.net](mailto:covid19@adviceni.net) 9am - 5pm

### ADVICE, SIGNPOSTING AND SERVICES

- Age NI Community Navigator **07814 196935**  
Individual Support, Signposting, Group Support and Referrals
- AGEWELL PARTNERSHIP **028 7963 2170**  
Good morning (50+), signposting & handyman scheme (65)
- Age NI Advice Service –  
Freephone **0808 808 7575**  
Free independent and confidential support for older people, their families and carers.  
Check in and Chat Service
- Age NI First Connect Officer – Sam **07971 389488**  
Emotional Support and Advice
- Age NI Independent Living Products  
**028 9024 5729**  
Bathroom aids & adaptations, mobility products and stair/through the floor lifts.
- Advice NI (Welfare Reform) **028 7930 1862**  
[Michael@adviceni.net](mailto:Michael@adviceni.net)
- Advice4Health Outreach: Fiona **028 7034 0036**  
[a4h@advicecauseway.com](mailto:a4h@advicecauseway.com)
- Action on Hearing Loss – **028 9023 9619**  
RNIB/Talking Newspaper: **028 9032 9373**
- Benefits Community Outreach Officer:  
Michael **077 3987 9393**
- Causeway & Mid Ulster Women's Aid –  
[www.causewayandmidulsterwomensaid.org.uk](http://www.causewayandmidulsterwomensaid.org.uk)
- Christians Against Poverty Debt Advice - Ruth-  
**0800 328 0006** [cap@hopemagherafelt.com](mailto:cap@hopemagherafelt.com)
- MIDAS (Mid-Ulster Advice Services)  
Dungannon **02887 750211**,  
Magherafelt **02879 633079**,  
Cookstown **02886 761875**
- Domestic and Sexual Abuse Helpline  
**0808 802 1414**
- Dungannon Good Neighbour Scheme  
(Tel Call) **07843 478433**
- Deafblind NI Services: Free phone helpline,  
Quarterly Magazine, befriending service  
(Telephone, Email, Video or text), Virtual Social  
Groups, Online BSL Group on Zoom or a  
Group conference call, Deafblind Card, Emotional  
Support Calls, Wellbeing calls, Birthday  
and Christmas Cards and Contact **0800 132320**
- Foodbanks: Cookstown **028 8676 9400**  
MCSN **07551 408854** Dungannon **028 8775 2133**  
Maghera **07759 964550**  
Magherafelt **07393 45 1504**
- 65+ Pension Centre **0800 587 0892**

- Hygiene Bank Dungannon –  
[thbdungannon@gmail.com](mailto:thbdungannon@gmail.com)
- Rural Support **0800 138 1678**  
[info@ruralsupport.co.uk](mailto:info@ruralsupport.co.uk)
- Sensory Support – NHSCT – **028 2563 5521**  
SHSCT – **028 3756 4444**

### ACTIVITIES and LEARNING

- Positive Steps Community Centre, Cookstown –  
**028 867 61020**
- First Steps Women's Centre, Dungannon  
**028 8772 7648** [www.firststepswomenscentre.org](http://www.firststepswomenscentre.org)
- Libraries NI – **079 1229 6801** or  
[www.librariesni.org.uk](http://www.librariesni.org.uk)
- Mid Ulster Volunteer Centre (Carefully Yours  
Project – Over 55's ) **028 7930 1862**
- Move with Mary Peters – online:  
[www.ageni.org/movewithmary](http://www.ageni.org/movewithmary)
- Network Personnel Cookstown - **028 8676 6078**  
Magherafelt -**028 7963 1032**
- Reading Rooms online [www.theverbal.co](http://www.theverbal.co) Listen,  
Share, Change Project **07884 050909**
- Recovery College: NHSCT **028 9441 3449**  
SHSCT **028 3833 4444**
- SUSE + Employability Programme (Ages 16-65)  
**07831 12269**
- The HUB BT80 **028 8676 3398**

### MENTAL / EMOTIONAL HEALTH

- Lifeline (For those in distress or despair)  
**0808 808 8000**
- Alzheimer's Society Dementia Connect support  
line **0333 150 3456**
- AWARE **028 9035 7820**
- Carers NI Helpline **028 9043 9843**
- Carers support service: NHSCT **028 2766 1392**  
SHSCT **028 3756 6284**
- Covid Wellbeing NI hub  
<https://covidwellbeingni.info/>
- Digital resources – Download 'Jointly' app –  
**Free Code: DGTL2770**
- CRUSE (Bereavement NI) **0808 808 1677**
- CWSAN Suicide Prevention Development Officer  
**07540 969623** [denise@cwsan.org](mailto:denise@cwsan.org)
- Mental Health Information and Support –  
[www.mindingyourhead.info/services](http://www.mindingyourhead.info/services)
- NHSCT **028 2766 6686** SHSCT **028 8778 4004**
- Samaritans **116 123**
- Stress control classes [www.ni.stresscontrol.org](http://www.ni.stresscontrol.org)

## MID ULSTER DISTRICT COUNCIL

- Mid Ulster Council Offices **03000 132 132**  
(Make A Change Programme for over 50's, Home Accident Prevention, Energy Efficiency (grants for insulation, Fuel stamps, Assisted Kerb Collection for Bins Radar Key to open Public Disabled Toilets)
- Community Development Officers – Group Support Cookstown Margaret McCammon **03000 132 132 Ext 22502**  
Dungannon Anne Barrett **03000 132 132 Ext 24611**  
Magherafelt Emma O'Hagan **03000 132 132 Ext 23616**

## GROUP SUPPORT - Capacity Building / Funding

- Age NI Community Navigator **07814 196935**
- Alcohol & Other Drugs Support Services NHSCT **028 2568 9306** SHSCT **028 3832 2714**
- CWSAN: Anita Kelly **07840 635862**  
[healthalliance@cwsan.org](mailto:healthalliance@cwsan.org)  
Facebook [@cwsan\\_midulster](https://www.facebook.com/cwsan_midulster)  
YouTube: [CWSAN\\_CRUN H&WB](https://www.youtube.com/channel/UCRUnH&WB) [www.cwsan.org](http://www.cwsan.org)
- COSTA: Lorraine Griffin **028 855 56880**  
[info.costa@btconnect.com](mailto:info.costa@btconnect.com)
- NI Rural Women's Network **028 8772 3389** Fed Up to Fabulous Facebook group
- Rural Community Network **028 8676 6670**  
[www.ruralcommunitynetwork.org](http://www.ruralcommunitynetwork.org)
- SHSCT: Tracey Powell **028 3756 4495**  
[tracey.powell@southerntrust.hscni.net](mailto:tracey.powell@southerntrust.hscni.net)
- Supporting Communities (SCNI):  
[Lucia@supportingcommunities.org](mailto:Lucia@supportingcommunities.org)
- SCNI: Help using the internet **07743 562027**  
[Martin@supportingcommunities.org](mailto:Martin@supportingcommunities.org)

## USEFUL CONTACTS

- Action Fraud **0300 123 2040**
- Action on Elder Abuse **080 8808 8141**
- Consumer Council **028 9025 1600**
- Crimestoppers **0800 555 111**
- Diabetes Helpline **028 9536 0600**

- Emergency Services **999**
- Flooding Incident Line **0300 2000 100**
- Helplines NI [www.helplinesni.com](http://www.helplinesni.com)
- Liberty Church - Community support/ Counselling/Foodbank **07788 871287**
- Mid Ulster Disability Forum **028 8676 4170**  
[www.accessmidulster.com](http://www.accessmidulster.com)  
[midulsterdisabilityforum@hotmail.com](mailto:midulsterdisabilityforum@hotmail.com)
- Mid Ulster Loneliness Network – Email: [MULNetwork@gmail.com](mailto:MULNetwork@gmail.com)
- Mid Ulster Shop Mobility / Gobility **028 877 24183**
- NI Direct **0300 200 7899** [www.nidirect.gov.uk](http://www.nidirect.gov.uk)
- NI Electricity **03457 643 643**
- NI Water **0345 744 0088**
- Northern Ireland Fire & Rescue Service (NIFRS)  
Free Fire safety checks **028 9266 4221**
- Oil Buying Clubs – for info ring NI Housing Executive **028 9598 2068** or **028 9598 3316** or  
Text your details to **07939 843716** or  
Email: [oilbuyingclubs@nihe.gov.uk](mailto:oilbuyingclubs@nihe.gov.uk)
- Police Non-Emergency **101**
- Telephone Preference service - The free opt out service enables you to not receive unsolicited sales or marketing calls **0345 070 0707 /**  
[www.tpsonline.org.uk/register](http://www.tpsonline.org.uk/register)
- Transport Cookstown/Dungannon **028 8772 9714**
- Transport Out & About, Magherafelt **028 7930 0123**

## GP and Health Care

- Access and Information Service (Dungannon) **028 3756 4300** (Mon - Fri: 8.30am - 5.00pm),  
**028 9504 9999** (out of hours)  
[access.information@southerntrust.hscni.net](mailto:access.information@southerntrust.hscni.net)
- Community Care: Cookstown/Magherafelt – **0845 600 3111** Dungannon **028 3756 4300**
- Out of Hours Cookstown and Magherafelt - **028 2566 3500**
- Out of Hours Dungannon **028 3839 9201**
- Mid Ulster Health Care **028 3756 5600**
- Regional Emergency Social Work Service **028 9504 9999**

# Get in touch - We are only a phone call away!

Contact Age NI Community Navigator  
Eugene: **07814 196935**

Signposting, Group Support and Referrals (Cookstown/ Magherafelt area)  
If you are 50 and over and you have an issue you can contact the community navigator.

**You are never alone.**

We can't control everything that happens but we can control how we react to it. Good times can always happen during the difficult times – so search for the positive things in life.

**Keep Well, Keep Connected and Keep Safe.**

Elaine Curry  
Age NI Engagement Manager  
MUSN Membership Queries  
**07912 046 534**



# Look after your Wellbeing

There are five simple steps to help you keep well and keep active. Try to build these into your daily life—think of them as your ‘five a day’ for wellbeing. Try building them into your 5 a day.

## Take 5 steps to wellbeing



### Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



### Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



### Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



### Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



### Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Join up free today get all the latest health news and opportunities in your area and receive a regular e-zine  
<http://healthallianceni.com/membership-registration/>

Apps Library – A range of HC approved apps for fitness, nutrition, sleep and mental health –  
[www.apps4healthcareni.hscni.net](http://www.apps4healthcareni.hscni.net)

## Age Well Partnership

Mid Ulster AgeWell is a local Partnership covering the Mid Ulster Area (Cookstown, Magherafelt & Dungannon and South Tyrone Council areas) working together to improve services for vulnerable older people in our Community. We are to work with the local community throughout Mid Ulster providing a range of FREE services and help including: Good Morning & Telephone Call, Home Maintenance Worker and Community Engagement Worker.

**028 7963 2170**



## Grace Watson – Lockdown Poem

Oh this lockdown is a pain  
But at least we don't have to queue in the rain  
The gloves and masks are very good  
And all the kind people who donate food.  
The thing I miss so much  
Is the human touch  
My daughter phones me every night  
Just to check that I'm alright.  
Hopefully this lockdown will be over soon  
And the news will have no more doom and gloom  
And all the children will be able to play  
And I can cuddle my grand-daughter every day.

# TOGETHER WE CAN HELP STOP THE SPREAD OF COVID-19.

**It usually spreads by droplets from coughs, sneezes and speaking. Please remember to:**

### CHECK GUIDELINES

- Listen and look out for any changes to these guidelines in the media

### REGULAR HAND HYGIENE

- Wash your hands with hot water and soap more often for 20 seconds each time.
- Try and keep a minimum of two metres (six feet) apart from others when out and about.
- Carry tissues with you to catch coughs and sneeze, throw away after.

### OUT AND ABOUT – SOCIAL DISTANCE

- Stay at home as much as possible and keep to government guidelines.
- Use of face coverings in certain indoor settings, such as shops or shopping centres (mandatory since 10th August).
- Outside the home – gatherings will be limited.
- Do not leave home if you or anyone in your household has symptom.

### SPOT THE SYMPTOMS OF CORONAVIRUS

If you have symptoms of Covid-19 (a new continuous cough, a high temperature a loss of, or change in, your normal sense of smell or taste) - you can ring NHS 111 for information or advice and they will help you decide if you need to contact your GP.

### SELF-ISOLATE - GET A TEST - GET RESULTS- PROVIDE DETAILS - CONTACT TRACERS WILL CALL YOU FROM THE NUMBER 028 9536 8888

GET THE StopCOVID NI Proximity App if you have a phone.

### ACCESS TO HEALTHCARE

The NHS has systems in place to ensure that care is still available. If you become unwell you can still speak to your GP. If you need urgent medical help, whether or not you have coronavirus symptoms, you should contact 111 or call 999 in an emergency.

### SUPPORT BUBBLE

Forming a support bubble means you effectively become one household – you can act as if you all lived together. This means you can do things such as go round to their house, stay the night and travel together in private vehicles. You don't need to socially distance from others in your support bubble.



**WE WANT YOU TO KEEP SAFE AND KEEP WELL**



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

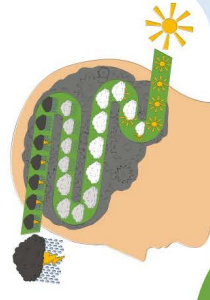


**30 actions to look after ourselves and each other as we face this global crisis together. Please use & share** 

- 1** Make a plan to help you keep calm and stay in contact
- 2** Enjoy washing your hands. Remember all they do for you!
- 3** Write down ten things you feel grateful for in life and why
- 4** Stay hydrated, eat healthy food and boost your immune system
- 5** Get active. Even if you're stuck indoors, move & stretch
- 6** Contact a neighbour or friend and offer to help them
- 7** Share what you are feeling to and be willing to ask for help
- 8** Take five minutes to sit still and breathe. Repeat regularly
- 9** Call a loved one to catch up and really listen to them
- 10** Get good sleep. No screens before bed or when waking up
- 11** Notice five things that are beautiful in the world around you
- 12** Immerse yourself in a new book, TV show or podcast
- 13** Respond positively to everyone you interact with
- 14** Play a game that you enjoyed when you were younger
- 15** Make some progress on a project that matters to you
- 16** Rediscover your favourite music that really lifts your spirits
- 17** Learn something new or do something creative
- 18** Find a fun way to do an extra 15 minutes of physical activity
- 19** Do three acts of kindness to help others, however small
- 20** Make time for self-care. Do something kind for yourself
- 21** Send a letter or message to someone you can't be with
- 22** Find positive stories in the news and share these with others
- 23** Have a tech-free day. Stop scrolling and turn off the news
- 24** Put your worries into perspective and try to let them go
- 25** Look for the good in others and notice their strengths
- 26** Take a small step towards an important goal
- 27** Thank three people you're grateful to and tell them why
- 28** Make a plan to meet up with others again later in the year
- 29** Connect with nature. Breathe and notice life continuing
- 30** Remember that all feelings and situations pass in time



**“ Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances ” ~ Viktor Frankl**

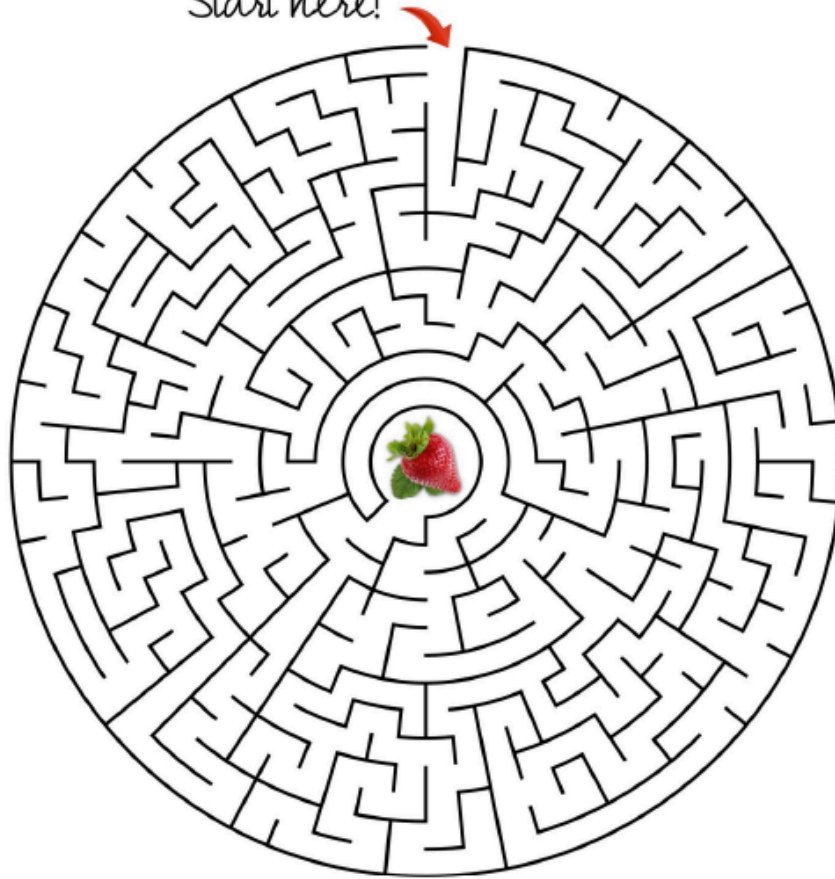


## ACTION FOR HAPPINESS

[www.actionforhappiness.org](http://www.actionforhappiness.org)

# MAZE MADNESS

Start here!



## SPOT THE DIFFERENCES

Can you spot  
**7**  
differences?



# What's so funny?



What did the fisherman say to the magician?

Pick a cod, any cod!

**DID YOU KNOW?**

Garlic was given to those who built the pyramids in Egypt to enhance their physical strength & endurance!

**DID YOU KNOW?**

Laughing can increase blood flow by 20%!

Institute of Irish Leadership are having 6 week **Zoom Cookery Classes and Irish Conversation Circles**

For more info contact:  
kathleenburnsiil@gmail.com or 028 8775 7800



## Get Involved with Mid Ulster Seniors Network

We have meetings online via zoom during the pandemic and can contact you to essential services. Are you aged over 50? Or do you work with older people in the local community? Please join us.

The Mid Ulster Seniors Network (MUSN)

- Ensure the voices of older people are heard
- Raise concerns and take action on local issues
- Influence decision-makers - Councils, Health Trusts and MLAs
- Influence the future planning of services for your local area
- Encourage people to avail of existing opportunities and services
- Promote an Age Friendly Community

### Stay in touch

To join the MUSN and sign up to our mailing list

Mobile: 07912 046534 (Elaine)

Email: [elaine.curry@ageni.org](mailto:elaine.curry@ageni.org)

Mobile: 07725 432778 (Raymond)

Mobile: Age NI Community Navigator 07814 196935

MUSN Facebook: <https://www.facebook.com/midulsterseniors/>

