

Positive Ageing Month

October



 Fermanagh & Omagh
District Council
Comhairle Ceantair
Fhear Manach agus na hÓmaí

 Western Health
and Social Care Trust

 Public Health
Agency

 Age Friendly
Network NI

 Fermanagh and Omagh
Community Planning Partnership

 South West
SWAP
Age Partnership

FERMANAGH
OMAGH AREA
2020

WELCOME TO POSITIVE AGEING MONTH – OCTOBER 2020

The Western Health & Social Care Trust in partnership with Fermanagh & Omagh District Council, Public Health Agency, South West Age Partnership and Community & Voluntary groups would like to welcome you to Positive Ageing Month which is a month-long campaign of events and activities for older people that recognises and celebrates the contribution older people make to their communities and the wider society.

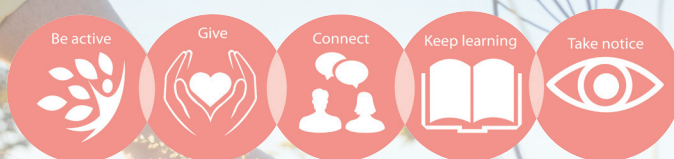
Enniskillen Castle and Strule Arts Centre will light up purple to support and recognise International Day of Older Persons, which is held annually on 1st October, and which kick-starts this year's month-long campaign. Tune into SWAP Facebook and Fermanagh & Omagh District Council Youtube Channel for the live launch of Positive Ageing Month which includes a singing workshop and a warm welcome.

This year, in light of Covid-19, a mixture of activities is being planned that enable older people to connect both virtually through online events, and physically where this is permissible within the Covid-19 guidelines.

A comprehensive programme of events has been developed that encourages older people to take the five steps to well-being; Be Active, Give, Connect, Keep Learning and Take Notice. These 5 steps built into our daily lives can help maintain and improve our health and emotional wellbeing. Have a look and see what's on offer.

At the back you will find an evaluation form – please complete and return. A draw will be held of all the completed evaluations for a small prize!

The details in this brochure were correct at the time of going to print. Each event organiser reserves the right to make changes to the published programme, so please check with the individual venue.



FOREWORD

As Chairman of Fermanagh and Omagh District Council, I am delighted to have been invited to provide a foreword to the programme for the 3rd annual Positive Ageing Month in our district.



One of the core tenets of the Council's new Draft Corporate Plan 2020 – 2024 and the Fermanagh and Omagh Community Plan 2030 is to help and encourage older people to lead more independent, engaged and socially connected lives. One of the actions associated with achieving that objective is to work with partner organisations to develop, support and participate in initiatives which would assist in delivering that goal.

Positive Ageing Month is one such initiative where, in association with its partners Western Health and Social Care Trust, South West Age Partnership and the Public Health Agency, Fermanagh and Omagh District Council has put together an extensive array of events and workshops to promote.

This year has certainly been an extremely difficult one and the Covid-19 pandemic has challenged us all in the way how we have had to adapt to a new normal. We have by circumstances been forced to embrace a new way of living and working.

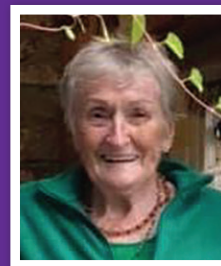
I am delighted that we have been able to put together such a wide range of activities for you all to celebrate Positive Ageing Month which will be delivered in person and virtually.

In these strange and uncertain times, I am delighted to say that there is something for everybody in the programme and I would encourage as many of you as possible to avail of the opportunity to attend the events whether socially distancing in person or joining events virtually from the comfort of your own home.

Once again, can I express my thanks to our partners, the Western Health and Social Care Trust, South West Age Partnership and the Public Health Agency for their commitment to the project and of course the staff of Fermanagh and Omagh District Council Community Services team who have worked incredibly hard in devising such a full programme throughout the month of October for your enjoyment.

Councillor Chris Smyth, Chairman,
Fermanagh & Omagh District Council

Welcome to Positive Ageing month 2020. It's hard to believe we are here again, it doesn't seem like a



year since we were dancing in the Bawnacre at the 2019 closing event.

This year's programme for October 2020 is a very different one due to Covid-19. We won't be able to meet up and celebrate as we normally do but SWAP, WHSCT and Fermanagh & Omagh District Council have done their best to bring older people in Fermanagh and Omagh an interesting and uplifting programme of activities. Most of these activities and events are online and we understand we won't reach everyone but if you're reading this we have reached you and that's a start.

I hope you find something you will enjoy or you see something that a friend might like. We have also included details of organisations providing services in Fermanagh and Omagh for older people that you might find useful.

Enjoy the activities and I hope to see some of you along the way maybe at an online tea dance or a circus workshop.

Please stay safe and keep well

Marj Aitken

Chairperson
South West Age Partnership



ANDREW IRWIN MUSICAL ZEN TO LAUNCH POSITIVE AGEING OCTOBER

The Fermanagh native Andrew Irwin will be bringing musical zen to the launch of Positive Ageing October 2020 with a session teaching us how to find harmony between the mind and body through singing. Well known songs such as Oh Danny Boy, Oh What a Beautiful Morning and Molly Malone will be included. Andrew Irwin studied music at Chetham's School of Music, the Royal Welsh College of Music & Drama, and the Hochschule für Musik und Theater "Felix Mendelssohn Bartholdy" in Leipzig. He has recently performed with Scottish Opera and the Welsh National Opera. Since the Covid-19 lockdown Andrew has played a larger role in the Fermanagh community than ever before; teaching, singing and providing music for care homes.

LIBRARIES NI

Libraries NI is pleased to say that 94 branch libraries have now reopened and resumed normal opening hours. Customers are able to access a range of services including book browsing and borrowing, free Wi-Fi, computer use for up to 60 minutes at a time, low cost printing and photocopying facilities. These branch services are supported by online digital training and immediate and free access digitally to over 17,000 eBooks and audiobooks, 160 eMagazines and 3,000 eNewspapers.

In addition to these services branch libraries are currently operating a new Book and Collect service. The Book and Collect service enables customers to phone their local library to request a selection of books and arrange a contactless collection.

View our online catalogue at www.librariesni.org.uk and check if a particular book/s you are interested in is available in your local library, then phone and speak with a member of staff who will set the book/s aside and arrange a day and time for you to come in and collect. You can also inform staff what genre of books you like to read and/or a particular author you enjoy and staff will select a number of books on your behalf.

We would encourage everyone visiting the library to please adhere to the new operational measures which have been put in place for customer and staff safety. These measures include controls on the number of people allowed in libraries at any one time, use of hand sanitiser, wearing of face coverings where possible, social distancing measures within each library, installation of protective screens and provision of PPE for staff. Returned books will also be stored for a period of time before returning to the shelves.

Out of Hours - At time of print the Out of hours Service has not returned but this is under continual review.

Digital Assistance - Libraries NI website www.librariesni.org.uk hosts numerous help sheets to assist with digital skills, health and wellbeing. An extensive programme to help you get online with Zoom will be held during October. Visit the website for more details. Other digital assistance from Libraries NI is available via a dedicated helpline. Simply phone our digital team on 028 9039 5989 (Mon - Fri 9:15am - 4:45pm) with a brief description of how you need IT help and library staff will phone you within 48 hours with free, helpful advice. Libraries NI also provides a Customer Support Line – 0345 450 4580.

ENNISKILLEN CASTLE

You in town today?

Open just for those of you who may remember- enjoy an afternoon of shopping the old-fashioned way. Doing the messages!



A visit to Gordon Johnson's shop and a look at the goods for sale in Fermanagh many moons ago.

A look too at the ledger from Anderson's shop in Church Street & an amazing insight into what your old money could buy. Though your visit is free!! Booking via Allison Forbes

on 028 8225 1824/ 07955 787456 or forbes@southwestagepartnership.co.uk these are small bubble sessions of 6 persons.

Opening at 11.00am sessions will be delivered at: 11:30am, 12:30pm, 1:30pm, 2:30pm, 3:30pm

LISTEN SHARE CHANGE

Why not set up digital Listen Share Change to come together and have a chat! We use storytelling to help people start a conversation, have a laugh and make new friendships. Take part using Zoom or by phone using a freephone number.

Join the Fermanagh & Omagh Positive Ageing; Listen Share Change on Thursday 15 October at 3.00pm by calling Verbal LSC team. Alternatively if you are part of an older persons group and fancy setting up your own group session call the Verbal LSC team. They can talk you through any details for logging on and have a range of resources to take you through accessing Zoom or dialling in via telephone. Verbal LSC Team – 028 7126 6946

POETRY COMPETITION



Heating your home can be expensive, particularly in the colder months when temperatures are lower and fuel prices can be higher. This can be particularly difficult for those on lower incomes or those who have larger houses.

We would love to hear about your experiences of heating your home and invite you to write a short poem with the starting line being 'Keeping warm in

winter.....!

Entries should be submitted by 31st October 2020 and can be posted to:

**Pearl Coalter
Fermanagh and Omagh
District Council
The Grange
Mountjoy Road
BT79 7BL**

Please include your name, address and contact telephone number. There will be prizes for the top 3 entries.

Good luck!

<p>Online Reading Sessions</p>		<p>40 minute sessions</p>
<p>Conversations</p>	<p>LISTEN SHARE CHANGE Housing Executive Verbal</p>	<p>Fun</p>
<p>Friendships</p>		<p>Join using Zoom or Free phone call Book now via www.theverbal.co</p>

DoH
www.healthni.gov.uk

HSC Health and Social Care

You can help yourself stay well this winter

- Get the free flu jab or nasal spray if you're eligible*
- Keep warm – put on an extra layer or turn up the heat
- Get help and advice from your pharmacist if you start to feel unwell

STAY WELL THIS WINTER

* Free for over-65s, people with a long-term health condition, pregnant women, pre-school children aged 2-4, primary school children and carers at home.

#StayWellNI

www.nidirect.gov.uk/stay-well

Stepping ON Over 65 Falls Prevention Programme

The *Stepping On* programme is a nine week programme aimed at:

- Reducing Falls
- Increasing Self Confidence
- Otago Balance & Strengthening Exercises
- Falls Messages

age 65+  1/3 of all over 65's will fall in a 1 year period

age 80+  1/2 of all over 85's will fall in a 1 year period (DoH, 2009)

For further information or to register contact:

The Oak Healthy Living Centre
Tel: 028 677 23843
E-mail: davina.ohl@btconnect.com

Other partners: • Bogside & Brandywell HLC
• Old Library Trust HLC • Deravallev Care HLC • Arc HLC

HSC Public Health Agency
Printed and funded by the PHA

Coronavirus

STAY SAFE SAVE LIVES

 **Keep your distance**

 **Cough or sneeze into your elbow, or a tissue and dispose in a bin**

 **Don't touch your face**

 **Wash your hands well and often** 20 secs

 **Download the StopCOVID NI app**

 **You must use face coverings in enclosed spaces like shops, healthcare settings and on public transport**

If you have coronavirus symptoms, even if mild, go home, self-isolate and book a test.

For more information go to www.pha.site/coronavirus

HSC Public Health Agency

WE ALL MUST DO IT TO GET THROUGH IT
WASH YOUR HANDS
KEEP YOUR DISTANCE

Produced by the Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS

HSC Health and Social Care

Take5

steps to wellbeing

We know when we are mentally and physically well but sometimes we need a little extra support. Here are five simple steps to practise every day:

- 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.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing (www.neweconomics.org).
Graphic designed in association with Belfast Strategic Partnership.

www.mindingyourhead.info

Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114 (local rates)

EVENT DATES / Positive Ageing October 2020

THURSDAY 1

- 10am **STRETCH & TONE**
Fermanagh Lakeland Forum £4.50. Booking essential on 028 66324121 or online booking at <https://leisure.fermanaghmagh.com>
- 12.00 noon **POSITIVE AGEING LAUNCH**
with Fermanagh & Omagh District Council Chair, SWAP Chair and singing workshop by Andrew Irwin – streamed live on SWAP Facebook and on Fermanagh & Omagh District Council YouTube Channel to access later.
Strule Arts Centre and Enniskillen Castle will be lit up Purple to mark International Day for older people

FRIDAY 2

- 9.30 & 10.30am **YOGA FOR INTERMEDIATE AND BEGINNERS**
Fermanagh Lakeland Forum £4.50. Booking essential on 028 66324121 or online booking at <https://leisure.fermanaghmagh.com>
- 11am **CARERS WALKING GROUP - FERMANAGH**
Coleshill, Enniskillen), contact Cathy 028 6634 4163/ 075 2589 8985
- 2pm - 3.30pm **DIGITAL ARCHIVING OF CULTURAL HERITAGE: The involvement of older people and intergenerational approaches.**
PLACE-EE has researched, collated and recorded important cultural heritage across 4 rural and isolated regions of Europe (NI, Ireland, Iceland, Sweden). Register in advance for this webinar: https://zoom.us/webinar/register/WN_o5slTS_gQnCWuKdYumDzKA

SUNDAY 4

- 11:30am **SHOPPING THE OLD FASHIONED WAY!**
Silver Sunday @ Enniskillen Castle. Small bubble tours exclusively for older people themed. Book your FREE place with Allison Forbes on 028 8225 1824/ 07955 787456 or aforbes@southweststagepartnership.co.uk. Tours will take place at 11:30 am; 12:30; 1:30; 2:30; 3:30pm
- 3.30pm **CHAIR BASED SENIOR FITNESS**
Bawnacre Centre, Irvinestown £2.00 Booking essential on 028 68621177 or online booking at <https://leisure.fermanaghmagh.com>
- 7.30pm - 9pm **GETTING BACK TO YOUR ROOTS!** Place EE virtual Genealogy event. Zoom Meeting ID: 967 4763 0208 Passcode: 707238

MONDAY 5

- 2pm **COOKERY DEMONSTRATION**
Alex Connell, Roving Chef from Vegetarian for Life is going to do a cookery demo. Come along and watch and be inspired. Via Zoom, To book call 07713684705 or email postiveageingmonth@belfastcity.gov.uk

TUESDAY 6

- 10am **CARERS WALKING GROUP**
Omagh (Usually meet Leisure Centre), contact Geraldine 028 7135 5023/078 1015 6551
- 10.30am **CHAIR BASED SENIOR FITNESS**
at Fermanagh Lakeland Forum £2.70 Booking essential on 028 66324121 or online booking at <https://leisure.fermanaghomagham.com>
- 11am **STREETWISE COMMUNITY CIRCUS**
- a free, weekly, physical warm up with Bucky – delivered via Zoom – continues into December. Book in by contacting Allison Forbes on 028 8225 1824/07955 787456 or afortbes@southweststagepartnership.co.uk
- 2.30pm **HOW TO AVOID DOORSTEP SCAMS**
Greg from Policing Community and Safety Partnership provides information via Fermanagh & Omagh PCSP Facebook and Fermanagh & Omagh District Council YouTube Channel.
- 7.30 - 8.30pm **TUES NIGHT IS STORY NIGHT**
Place EE virtual storytelling event. Zoom Meeting ID: 974 3684 8580
Passcode: 560635

WEDNESDAY 7

- 10.30am **LINKING GENERATIONS NI**
Come and find out more about Linking generations and how they can support you with intergenerational work. Delivered via Zoom. To book Info@gnl.org.uk
- 11am - 12.15 **SING FOR JOY** Fermanagh & Omagh District Council
Zoom singing sessions. Book your FREE place with Allison Forbes on 028 8225 1824/ 07955 787456 or afortbes@southweststagepartnership.co.uk
- 3pm - 3.45pm **CHAIR BASED FITNESS**
at Castle Park Leisure Centre, Lisnaskea £2.70 Booking essential on 028 677 21299.
- 3pm - 4pm **MORE MONEY IN YOUR POCKET**
Join Brenda Kearns from Age NI – Entitlements
Delivered via Zoom - Book by calling 028 90 892606

THURSDAY 8

- 10am **STRETCH & TONE**
Fermanagh Lakeland Forum £4.50. Booking essential on 028 66324121 or online booking at <https://leisure.fermanaghomagham.com>
- 11am **FREE JUGGLING FOR BEGINNERS**
zoom workshops – Book in by contacting Allison Forbes on 028 8225 1824/ 079 5578 7456 or afortbes@southweststagepartnership.co.uk
- 2pm – 3pm **NIFRS**
Talk delivered by zoom with Question and Answer session on Fire Safety in the home Micky Curran. Zoom Meeting ID: 889 8275 5478, Passcode: 562540

FRIDAY 9

- 9.30 & 10.30 **YOGA FOR INTERMEDIATE AND BEGINNERS**
Fermanagh Lakeland Forum £4.50. Booking essential on 028 66324121 or online booking at <https://leisure.fermanaghomagham.com>
- 11am **CARER'S WALKING FERMANAGH**
Coleshill, Enniskillen, contact Cathy 028 6634 4163/ 075 2589 8985
- 2pm **CRAFTY HALLOWEEN WORKSHOPS**
including a Halloween Trick or Treat Reuseable Bag and Sew Tastic Halloween Pumpkins – Fermanagh & Omagh District Council You Tube channel and shared on SWAP Facebook page so that you can view again at any time.

MONDAY 12

- 3.30pm **CHAIR BASED SENIOR FITNESS**
Bawnacre Centre, Irvinestown £2.00 Booking essential on 028 68621177 or online booking at <https://leisure.fermanaghomagham.com>
- 7.30 - 8.30pm **HOW DOES YOUR GARDEN GROW?**
Place EE virtual class. Zoom Meeting ID: 945 0382 8665 Passcode: 738210

TUESDAY 13

- 10am **CARERS WALKING GROUP - OMAGH**
(Usually meet @ Leisure Centre), contact Geraldine 028 7135 5023/ 078 1015 6551
- 10.30am **CHAIR BASED SENIOR FITNESS**
Fermanagh Lakeland Forum £2.60 Booking essential on 028 66324121 or online booking at <https://leisure.fermanaghomagham.com>

11am **STREETWISE COMMUNITY CIRCUS**
will also be offering a free, weekly, physical warm up with Bucky – delivered via Zoom – continues into December.

7.30 - 8.30pm **TUES NIGHT IS STORY NIGHT**
Place EE virtual Storytelling event. Zoom Meeting ID: 974 3684 8580
Passcode: 560635

WEDNESDAY 14

11am – 12.15 **SING FOR JOY**
Fermanagh & Omagh District Council – Zoom singing sessions. Book your FREE place with Allison Forbes on 028 8225 1824/ 07955 787456 or aforbes@southwestagepartnership.co.uk.

3pm – 3.45pm **CHAIR BASED FITNESS**
at Castle Park Leisure Centre, Lisnaskea £2.70 Booking essential on 028 677 21299.

THURSDAY 15

10am **STRETCH & TONE**
Fermanagh Lakeland Forum £4.50. Booking essential on 028 6632 4121 or online booking at <https://leisure.fermanaghomagh.com>

11am **FREE JUGGLING FOR BEGINNERS**
zoom workshops – Book in by contacting Allison Forbes on 028 8225 1824/ 079 5578 7456 or aforbes@southwestagepartnership.co.uk

3pm **LISTEN SHARE CHANGE EVENT**
by NIHE – conversation around a book – book by Verbal LSC Team – 028 7126 6946

FRIDAY 16

9.30 & 10.30am **YOGA FOR INTERMEDIATE AND BEGINNERS**
Fermanagh Lakeland Forum £4.50. Booking essential on 028 66324121 or online booking at <https://leisure.fermanaghomagh.com>

11am **CARERS WALKING - FERMANAGH**
Coleshill, Enniskillen, contact Cathy 028 6634 4163/ 075 2589 8985

3pm - 4pm **CREATE YOUR OWN AT HOME TEA DANCE**
Grab a cuppa and take a trip down memory lane with a live zoom performance from Rosie and Gary Hunter. Via Zoom
To book call 077 1368 4705 or email postiveageingmonth@belfastcity.gov.uk

3pm - 4pm **SLOW DOWN AFTERNOON**
The Ulster American Folk Museum (Omagh) Enjoy the museum FREE and at a slower pace. Arrive from 3pm to 4pm Booking essential calling 028 8225 6320 and quoting your VIP reference code 'Access 3'

MONDAY 19

3.30pm **CHAIR BASED SENIOR FITNESS**
Bawnacre Centre, Irvinestown £2.00 Booking essential on 028 68621177 or online booking at <https://leisure.fermanaghomagham.com>

TUESDAY 20

10am **CARERS WALKING GROUP - OMAGH**
(Usually meet @ Leisure Centre), contact Geraldine (028) 7135 5023/ 078 1015 6551

10.30am **CHAIR BASED SENIOR FITNESS**
at Fermanagh Lakeland Forum £2.70 Booking essential on 028 66324121 or online booking at <https://leisure.fermanaghomagham.com>

11am **STREETWISE COMMUNITY CIRCUS**
will also be offering a free, weekly, physical warm up with Bucky – delivered via Zoom – continues into December. Book your FREE place with Allison Forbes on 028 8225 1824/ 07955 787456 or aforbes@southwestagepartnership.co.uk

2pm **BREAST AWARENESS AND BREAST SCREENING**
The Women's Resource and Development Agency will deliver an awareness session including a practical demonstration on how to check your breasts and the signs and symptoms to look for. Delivered via Zoom To book email positiveageingmonth@belfastcity.gov.uk or phone 077713684705

7.30 - 8.30pm **TUES NIGHT IS STORY NIGHT**
Place EE virtual Storytelling event. Zoom Meeting ID: 974 3684 8580
Passcode: 560635

WEDNESDAY 21

11 - 12 noon **ACTIVE AGEING STRATEGY**
Creating an Age Friendly Region
An interactive panel discussion with Allison Forbes from SWAP and other experts on the existing Active Ageing Strategy, how well it's working and what we can improve in a future strategy. Delivered via Zoom. To book email age.friendly@communities-ni.gov.uk

11am – 12.15 **SING FOR JOY**
Fermanagh & Omagh District Council – Zoom singing sessions. Book your FREE place with Allison Forbes on 028 8225 1824/ 07955 787456 or aforbes@southwestagepartnership.co.uk.

3pm - 3.45pm **CHAIR BASED FITNESS**
Castle Park Leisure Centre, Lisnaskea £2.70 Booking essential on 028 677 21299.

THURSDAY 22

- 10am **STRETCH & TONE**
Fermanagh Lakeland Forum £4.50. Booking essential on 028 66324121 or online booking at <https://leisure.fermanaghomagham.com>
- 11am **FREE JUGGLING FOR BEGINNERS**
zoom workshops – Book in by contacting Allison Forbes on 028 8225 1824/ 07955 787456 or afortbes@southweststagepartnership.co.uk

FRIDAY 23

- 9.30 & 10.30am **YOGA FOR INTERMEDIATE AND BEGINNERS**
Fermanagh Lakeland Forum £4.50. Booking essential on 028 66324121 or online booking at <https://leisure.fermanaghomagham.com>
- 11am **CARERS WALKING GROUP**
Fermanagh (meet @ Coleshill, Enniskillen), contact Cathy 028 6634 4163/ 075 2589 8985

MONDAY 26

- 3.30pm **CHAIR BASED SENIOR FITNESS**
at Bawnacre Centre, Irvinestown £2.00 Booking essential on 028 68621177 or online booking at <https://leisure.fermanaghomagham.com>

TUESDAY 27

- 10.00am **CARERS WALKING GROUP**
Omagh (Usually meet @ Leisure Centre), contact Geraldine (028) 7135 5023/ 078 1015 6551
- 10.30am **CHAIR BASED SENIOR FITNESS**
Fermanagh Lakeland Forum £2.60 Booking essential on 028 66324121 or online booking at <https://leisure.fermanaghomagham.com>
- 10.30am – 12 **DO YOU WANT TO UNDERSTAND YOUR PENSION AND FINANCES?**
These sessions are funded by the National Lottery and are open to individuals aged 50+ Delivered via Microsoft Teams. To Registration contact Rosie rosie.smyth@ageni.org 07918148575
- 11am **STREETWISE COMMUNITY CIRCUS**
will also be offering a free, weekly, physical warm up with Bucky – delivered via Zoom – continues into December. Book your FREE place with Allison Forbes on 028 8225 1824/ 07955 787456 or afortbes@southweststagepartnership.co.uk
- 7.30 - 8.30pm **TUES NIGHT IS STORY NIGHT**
Place EE virtual storytelling event. Zoom Meeting ID: 974 3684 8580
Passcode: 560635

WEDNESDAY 28

- 11am – 12.15 **SING FOR JOY**
Fermanagh & Omagh District Council. Zoom singing sessions. Book your FREE place with Allison Forbes on 028 8225 1824/ 07955 787456 or aforbes@southwestagepartnership.co.uk
- 3pm – 3.45pm **CHAIR BASED FITNESS**
Castle Park Leisure Centre, Lisnaskea £2.70 Booking essential on 028 677 21299.

THURSDAY 29

- 10am **STRETCH & TONE**
Fermanagh Lakeland Forum £4.50. Booking essential on 028 66324121 or online booking at <https://leisure.fermanaghomagh.com>
- 11am **FREE JUGGLING FOR BEGINNERS**
zoom workshops – Book in by contacting Allison Forbes on 028 8225 1824/ 07955 787456 or aforbes@southwestagepartnership.co.uk

FRIDAY 30

- 9.30 & 10.30am **YOGA FOR INTERMEDIATE AND BEGINNERS**
Fermanagh Lakeland Forum £4.50. Booking essential on 028 66324121 or online booking at <https://leisure.fermanaghomagh.com>
- 11am **CARERS WALKING GROUP - FERMANAGH**
Coleshill, Enniskillen, contact Cathy 028 6634 4163/ 075 2589 8985

We hope you have enjoyed some of the activities for Positive Ageing October 2020.



Streetwise Community Circus
SCC sccw.co.uk 02890 687828

PRINCIPAL FUNDER arts council LOTTERY FUNDED

The Baring Foundation

Belfast City Council

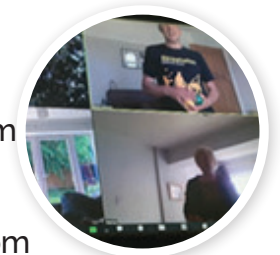
Would you like to try something new?

Streetwise in partnership with SWAP are offering free Zoom classes coaching juggling in your own home. It's a lot of fun and all sessions start with a chat and a coffee! No experience is required. An experienced Streetwise coach will lead you through a series of warm up exercises and beginner juggling techniques leading you towards your new skill.

WARM UP SESSIONS:
every Tuesday from 11am-12pm

BEGINNER JUGGLING:
every Thursday from 11am-12pm

To book in please contact Allison on aforbes@southwestagepartnership.co.uk



NO COLD CALLING

Cold calling is the solicitation of business from potential customers who have had no prior contact with the salesperson. It is an attempt to convince potential customers to purchase either the salesperson's product or service.

Cold calling is not illegal. However, any trader that ignores a sticker or notice on your door stating that you do not wish to receive cold calls may be committing a criminal offence. Also, any trader that ignores any requests by you to leave and not return is committing a criminal offence. If someone is at your door and will not leave call the Police on **999**.

Bogus Callers may pretend to be from utility suppliers and other reputable organisations, in order to gain access to your property. Once access has been gained they will steal money and other valuables. Rogue Traders will try and talk householders into paying for the services they are offering. They will often be unqualified to carry out these services and will either do a poor job or may take the payment and not do the job at all. Being targeted in this way can be very upsetting and have a profound effect on the individual who has been targeted.

Callers should always be asked for proof of identity. Genuine callers will be only too happy to provide this information and to wait outside the property until it is verified. You can check a caller quickly by phoning **101** and accessing the Quick Check Service. Trained officers will help to check the identity of the caller at your door. No caller should be given access to the property until the householder is sure they are genuine.

How can I prevent cold calling traders from calling at my home?

Fermanagh and Omagh PCSP is promoting a scheme to deter Cold Callers throughout the district. We are providing residents with stickers which can be displayed on your



window in an effort to deter doorstep callers. The PCSP Cold Caller stickers are designed to make it clear to any would-be cold callers that they are not welcome and we hope that most traders will respect your wishes and the sticker. However, we cannot guarantee that by displaying a sticker you will not receive visits from any cold calling traders.

If traders do ignore your sticker please do let us know, if you have an address for them please let us have it we can ask them not to call at your home again. We may not be able to reply to every request but in the case of an emergency, particularly where a trader is on the scene or a suspected rogue trader is expected to return at a particular time, we will try to get help for you.

Tuesday 6 October at 2.30 pm Greg from Policing Community and Safety Partnership provides information via Fermanagh & Omagh PCSP Facebook and Fermanagh & Omagh DC YouTube Channel.





HALLOWEEN TRICK OR TREAT REUSEABLE BAG

Materials & Equipment:

- ✓ Sewing machine
- ✓ Scissors
- ✓ Measuring tape
- ✓ Thread
- ✓ Paper
- ✓ Pen
- ✓ Fabric (bag) 40-50cm x 40 x 50cm
- ✓ Fabric (Halloween shapes) - 20 cm x 10 cm scraps/ 30cm x 20 cm
- ✓ Cut out shapes can be found on the link and printed out

Join us to get into the Halloween spirit...

Make a spooky or beautiful bag for yourself, a gift or for a child to go trick or treating...

- This is a very simple make, just basic one line sewing skills are needed...
- The fabric needed can be found around your home or you can purchase some halloween theme cotton or polycotton fabric.
- The bag is a great base for any design to be added on top. We are adding something spooky but you can add whatever shapes you wish. The bag can also be made larger or smaller.
- Our video on the Fermanagh & Omagh District Council YouTube Channel (will be shared on SWAP Facebook Page) will show you step by step exactly how to do this.

This craft workshop is delivered through Fermanagh & Omagh District Council Arts Programme.

SEW TASTIC HALLOWEEN PUMPKINS...

Materials & equipment:

- ✓ Sewing machine
- ✓ Scissors
- ✓ Thread
- ✓ Paper
- ✓ Pen
- ✓ Fabric - 20 cm x 10 cm scraps/ 30cm x 20 cm
- ✓ Cinnamon stick

Join us to make your very own fabric pumpkins, perfect to get you in the spooky mood for Halloween!

- You do not need to be a pro, just a straight-ish stitch on the sewing machine and you can make loads of these to scatter around your home.
- Using fabric and a cinnamon stick these look and smell gorgeous!
- These can be made using any scraps of any fabric you have in your home. An old dress, curtains, cushions, tea towels.... Anything you desire. Or possibly you can grab some Halloween fabric or fabric to match your home...
- These are not difficult to make so let's do loads.... So watch the video once on Fermanagh & Omagh District Council YouTube Channel (will also be shared on SWAP Facebook Page.. Assemble your fabric and tools..

Watch again and away you go... This craft workshop is delivered through Fermanagh & Omagh District Council Arts Programme.

GENEALOGY, GARDENING OR CRAFT CLASSES?



PLACE-EE is a project which encourages older people to access the Internet, this October will see the project deliver a variety of online classes including genealogy, gardening and a variety of crafts. The classes will be delivered via Zoom, and if needed, support will be given on the use of zoom, allowing you to enjoy these classes from the comfort of your own home. If you are interested in learning more about the various courses on offer, have a tablet, smart phone or computer and access to the internet, contact Joanne Cunningham at Fermanagh & Omagh District Council on 0300 303 1777 or joanne.cunningham@fermanaghomagh.com for more information. If you have participated in previous Place EE activities or cultural heritage please log on to the webinar below for an online conference with a range of interesting speakers.



Getting back to your roots!

Monday 5 Oct: 7.30pm - 9.00pm

Ever thought about tracing your ancestry or compiling your own family tree? As part of the PLACE-EE Project, Local Genealogist, Historian and Tour Guide Vincent Brogan, in this one-off Zoom session, will introduce you to basic Genealogy techniques, helping you to get started on that journey of discovery. **Zoom Meeting ID: 967 4763 0208 Passcode: 707238**

Tuesday night is Story night.

Tuesday 6, 13, 20 27 October: 7.30pm - 9.00pm
The PLACE-EE Project invites you to join renowned Storyteller Liz Weir MBE via Zoom each Tuesday night in October 7.30pm - 8.30pm. Grab a coffee, put your feet up and be entertained by stories steeped in myth and legend, some based on a

little bit of truth and others born from a whole lot of imagination.

Zoom Meeting ID: 974 3684 8580 Passcode: 560635

How does your Garden Grow?

Monday 12 Oct: 7.30pm - 9.00pm

As part of the PLACE-EE Project, Professional Horticulturist Scott Fallis will answer all your garden woes and quandaries in this live Zoom Gardening Question and Answer session. Got a rose bush underperforming, a knotweed moving in or just want to know, what to feed, and when, then please forward your questions to joanne.cunningham@fermanaghomagh.com before Sunday 4th of October for inclusion in this packed 1.5-hour gardening blitz.

Zoom Meeting ID: 945 0382 8665 Passcode: 738210

Online Webinar
Friday 2 October 2020
14:00-15:30
60-90 minutes
Register in advance for this webinar:
https://zoom.us/webinar/register/WN_o5sITS_gQnCWuKdYumDzKA

ARE YOU AN INFORMAL OR UNPAID CARER?

The Carers Support Team run a number of Carers Walking Groups across the Western Trust. This is an opportunity to meet with other carers, talk to a member of the carers support team and engage with some gentle exercise.

Tuesday 10am – Omagh
(Usually meet, Leisure Centre), contact Geraldine.
Friday 11am – Fermanagh



(meet, Coleshill, Enniskillen), contact Cathy.

Cathy (028) 6634 4163/075 2589 8985
Geraldine (028) 7135 5023/078 1015 6551

Please contact Cathy or Geraldine in the first instance as the venue for meeting can vary.

 Western Health and Social Care Trust



FREE HOME FIRE SAFETY CHECK!

If you:

- are aged 60 and over; have a disability, impaired mobility, or a health condition that would impact on your ability to acknowledge and respond to an emergency in the home; or
- receive assistance from an agency which has a Safety Partnership with NIFRS, then contact us for a FREE HOME FIRE SAFETY CHECK!

TELEPHONE 028 9266 4221, or email forbes@southweststagepartnership.co.uk or visit www.nifrs.org/fire-safety/fire-safety-check-form/ or Allison at SWAP can refer you.

ONLINE FIRE SAFETY INFORMATION SESSION

8 October 2020, 2pm

NIFRS are hosting an informative online session on home safety.

Meeting ID:

889 8275 5478

Passcode: 562540

We are keen to answer any questions you may have so email, text or telephone Allison with them on and we will answer them at the session.

NNNI
NATIONAL MUSEUMS NI

Slow Down Afternoons

Relax and explore one of your favourite museums for **FREE**



Join us at National Museums NI for a **FREE** Slow Down Session. Take your time, relax and explore one of your favourite museums at an easier pace.

ULSTER MUSEUM	ULSTER AMERICAN FOLK PARK	ULSTER FOLK MUSEUM	ULSTER TRANSPORT MUSEUM
Wed 16 Sep 3pm, 3.15pm, 3.30pm, 4pm	Fri 18 Sep 3pm, 3.15pm, 3.30pm	Fri 25 Sep 3pm, 3.15pm, 3.30pm, 4pm	
Wed 14 Oct 3pm, 3.15pm, 3.30pm, 4pm	Fri 16 Oct 3pm, 3.15pm, 3.30pm	Fri 23 Oct 3pm, 3.15pm, 3.30pm, 4pm	
Wed 11 Nov 3pm, 3.15pm, 3.30pm, 4pm	Fri 13 Nov 3pm, 3.15pm, 3.30pm		Fri 20 Nov 3pm, 3.15pm, 3.30pm, 4pm

Call the number below for the museum you'd like to visit. Quote reference **Access 3** when booking:

Ulster Museum: **028 9044 0000**
Booking line available Tuesday – Sunday 10am – 5pm

Ulster American Folk Park: **028 8225 6320**
Booking line available Monday – Friday 10am – 5pm

Ulster Folk Museum & Ulster Transport Museum: **028 9039 5292**
Booking line available Monday, Tuesday, Thursday, Friday 10am – 5pm

Your feedback will help us improve, so please fill out an evaluation form when you visit.

ENERGY EFFICIENCY GRANT SCHEMES AND ADVICE

Energy efficiency grant schemes are available for owner occupiers or private renters on lower incomes. Measures can include; cavity wall and/or loft insulation or heating upgrades (where the boiler is over 15 years old). To check if you are eligible, please contact Fermanagh & Omagh District Council's Health Improvement Team on 0300 303 1777.



Energy Saving Tips

- Set your heating to switch off 30 minutes before you leave your house.
- Make sure radiators are not obstructed by curtains or furniture.
- Close your curtains at dusk, to retain the heat generated inside your room.
- Use low energy light bulbs (as well as being cheaper to run, they last 10 times longer).
- Turn off household appliances. Do not leave these on standby as this is still using electricity.
- When using the washing machine, use low temperature settings and only when you have a full load.
- When possible, dry clothes outside and NOT in the tumble dryer

ENERGY EFFICIENCY WITHIN THE HOME

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

Recycle, Solar panel, Gas, Low watt, Electricity, LED Bulb, Grants, Insulation, Thermostat, Saving money, Reduce, Oil, Energy

SING FOR JOY!

WEDNESDAY
7, 14, 21 & 28
OCTOBER
11am - 12noon

Singing is one of life's little pleasures, whether belting out a number in the shower or humming along with the radio on rainy afternoons. Not only is it fun, but singing has been linked to countless health benefits, both mentally and physically. Our Singing for Joy sessions will help strengthen your lungs, boost your immune system, act as a natural anti-depressant and improve your mental alertness. So warm up your vocal chords and join us every Wednesday in October with tutor Valerie Whitworth. No previous experience required and sessions are delivered online using zoom. Book your FREE place with Allison Forbes on 028 8225 1824/ 07955 787456 or aforbes@southweststagepartnership.co.uk.

Sing for Joy is delivered through Fermanagh & Omagh District Council Arts Programme

HOME SAFETY ADVICE

Fermanagh and Omagh District Council offer free home safety advice for all residents who are over 65 and living within our council area. The checks offer tips on all aspects of home safety, as well as specialist advice on topics like heating and energy efficiency. Participants will also be able to avail of FREE home safety equipment. To book your assessment please call 0300 303 1777.

Accident Prevention Top Tips

- Have your smoke alarm tested on a weekly basis. If you are unable to do this safety, ask a family member or friend to help.
- Have burners serviced annually and chimneys cleaned regularly.
- Have one carbon monoxide detector for every fossil fuel burning appliance situated within the home. Carbon monoxide is a colourless, odourless gas and carbon monoxide poisoning can be fatal. Have your carbon monoxide detector situated as per the manufacturer's instructions and test regularly.
- Wear secure footwear within the home and remove tripping hazards, such as, trailing electrical cables, mats, small furniture and clutter.
- Ensure handrails are fitted on stairways.
- Wipe up any spills as soon as they happen.
- Maintain driveways and paths by clearing leaves and moss.
- To keep children safe, ensure blind cords are out of reach and chemicals are stored in locked cupboards.

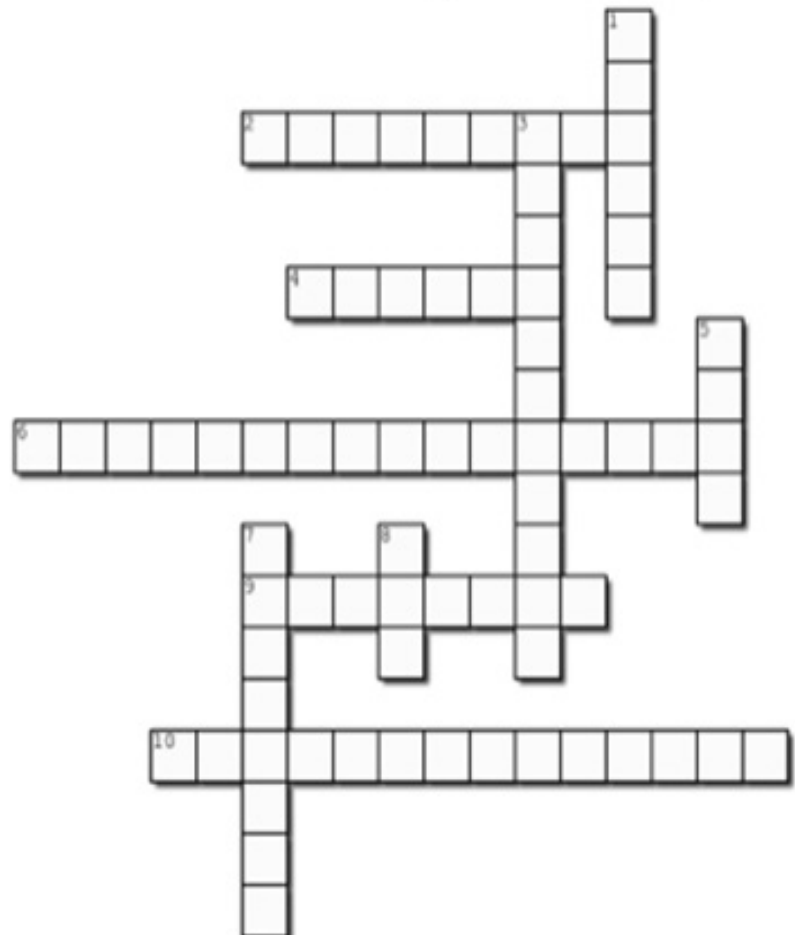
Use the information above to complete crossword puzzle

ACROSS:

- the age you need to be to avail of an older person's home assessment.
- It is important to wear this type of footwear when in the home.
- Cords that can cause falls.
- Fossil fuel burning appliances should be serviced this often.
- A potentially fatal colourless, odourless gas.

DOWN:

- Smoke alarms should be tested this often.
- When spills should be cleaned up
- A rootless plant that becomes slippery when wet
- A wooden bar used to safety guide you when using stairs
- Another word for a mat that can be a tripping hazard.



DIRECTORY OF SERVICES

Action on Hearing Loss

t. 073 932 33559
e. barry.grimes@hearingloss.org.uk
w. www.actiononhearingloss.org.uk/northernireland
fb. Action on Hearing Loss - Northern Ireland

Arc Healthy Living

Helping others to help themselves
t. 028 686 28741
e. aidan.ormsby@archlc.com
w. www.archlc.com
fb. Arc Hlc

The B Friend Hub - Omagh

The B-Friend Hub provides free telephone and home befriending for older people living in Omagh, Strabane and Fermanagh
t. 0759 195 2133, 028 8224 0772
e. jo@thebefriendhub.org
w. www.omaghvolunteercentre.org

The B Friend Hub - Fermanagh

The B-Friend Hub provides Free telephone and home befriending for older people living in Omagh, Strabane and Fermanagh
t. 075 9138 6189, 028 6698 0027
e. rita@thebefriendhub.org
w. www.omaghvolunteercentre.org

Carers support

Information and Signposting Service for unpaid Carers
t. 028 6634 4163, 075 2589 8985
e. Cathy.Magowan@westerntrust.hscni.net
w. www.westerntrust.hscni.net
fb. Western Trust

Community Advice Fermanagh

Free, independent confidential and impartial information, advice, advocacy and representation.
t. 028 663 2802, 073 9492 1753
e. speoples@communityadvicefermanagh.com

Connect Fermanagh

Providing a friendly chat and information and help to link you to the right support and services in your area.
t. 028 6632 0230
e. info@connectfermanagh.org
w. www.connectfermanagh.com

The Consumer Council

Promote and safeguard the interests of consumers in Northern Ireland.
t. 0800 121 6022
e. contact@consumercouncil.org.uk
w. www.consumercouncil.org.uk
fb. The Consumer Council Northern Ireland

Deafblind

Deafblind NI supports people who have any level of sight and hearing loss.
Directline. 01 7339 73459
t. 078 7688 1012
e. paula.meenan@deafblind.org.uk
w. www.deafblind.org.uk
fb. DB.NorthernIreland

Dementia NI

t. 02896931555, 07966881422
e. paula@dementiani.org
w. www.dementiani.org

Fermanagh & Omagh District Council

t. 0300 303 1777, 028 8225 6216
e. info@fermanaghomagh.com
w. www.fermanaghomagh.com

Fermanagh Rural Community Network

The Local Rural Support Network for County Fermanagh and our key activities are provision of practical support, guidance, information, signposting and networking opportunities for groups throughout County Fermanagh.
Textphone. 028 6632 7006
e. info@fermanaghrcn.org
w. www.fermanaghrcn.org
w. www.facebook.com/Fermanaghrcn/

GP Out-of-Hours Service

Western Urgent Care (Limavady/L'Derry/
Strabane/Omagh/Enniskillen)

Our vision is a Health and Social Care
service that is shaped by the needs and
experience of patients, clients, carers and
communities

t. 028 7186 5195

Lakeland Community Care

Our vision is a Health and Social Care
service that is shaped by the needs and
experience of patients, clients, carers and
communities

t. 028 6638 6934

e. Frances@lakelandcare.org.uk

w. www.lakelandcare.org.uk

w. www.facebook.com

LakelandCommunityCare/

Libraries NI - Lisnaskea

t. 028 6772 1222

e. lisnaskea.library@librariesni.org.uk

w. www.librariesni.org.uk

Libraries NI - Enniskillen

t. 028 6632 2886

e. enniskillen.library@librariesni.org.uk

w. www.librariesni.org.uk

Libraries NI - Irvinestown

t. 028 6862 1383

e. irvinestown.library@librariesni.org.uk

w. www.librariesni.org.uk

Libraries NI Fintona

t. 028 8284 1774

e. fintona.library@librariesni.org.uk

w. www.librariesni.org.uk

Libraries NI - Omagh

t. 028 8244 0733

e. omagh.library@librariesni.org.uk

w. www.librariesni.org.uk

Make the Call

Talk to us about accessing benefits,
supports and services you may be entitled
to.

t. 0800 232 1271

e. makethecall@dfcni.gov.uk

w. nidirect.gov.uk/makethecall

fb. Make the Call

Move with MacMillan

Fermanagh & Omagh District Council -
Living with Cancer?

We'll help get you active

t. 03003031777, 07464980250

e. aidan.mccarron@fermanaghomagh.com

w. www.macmillan.org.uk

fb. Sport and Countryside recreation at

Fermanagh and Omagh District Council

mPower - WHSCT

We deliver a service to support people to
develop wellbeing plans in the Fermanagh
area, who are over 65, with 1 or more long
term health condition to live healthier and
more independent lives

t. 028 6634 4042, 075 8510 2515 or 075
8414 2197

e. mpower@westerntrust.hscni.net

w. mpowerhealth.eu

The Oak Healthy Living

Connecting Our Community to Support
Health & Well-Being

t. 028 677 23843, 07593446201

e. Davina.Coulter@oakhlc.com

w. www.oakhealthylivingcentre.com

fb. Oak Healthy Living Centre

Omagh Forum for Rural Associations

Delivering the South West Rural
Community Development Service

t. 028 8225 1559, 079 6874 1745

e. info@omaghforum.org

w. www.omaghforum.org

fb. Omagh Forum for Rural Associations

Omagh Independent Advice Service

Providing free, generalist, confidential, independent advice and representational service. . We deal with Social Security Benefits, Employment Law, Housing, Debt/Money Advice, Consumer issues and other Welfare Rights matters.

t. 028 8224 3252
e. info@oias.co.uk
w. www.aiac.co.uk

Patient and Client Council

Provides an independent, informed and influential voice that makes a positive difference and advocates for people across Northern Ireland in Health and Social Care.

t. 0800 917 0222
e. info.pcc@pcc-ni.net
w. www.patientclientcouncil.hscni.net/
PatientAndClientCouncil

Shopmobility Omagh

t. 02882240991, 07517953536
e. shopmobilityomagh@outlook.com
fb. Shopmobility Omagh

Shopmobility Enniskillen

t. 028 6632 9965
e. enniskillensm@live.co.uk
w. www.shopmobilityenniskillen.com
fb. Shopmobility Enniskillen

South West Age Partnership

Connecting Older People across Fermanagh and Omagh
t. 02882251824, 07955787456
e. aforbes@southwestagepartnership.co.uk
fb. swapnetwork

Stroke Association NI

Rebuilding lives after stroke.
Helpline: 0303 3033 100
Textphone: 1800 0303 3033 100
t. 077 6490 7731
e. helen.mills@stroke.org.uk
w. www.stroke.org.uk

Easilink & Fermanagh Community Transport

Making Accessible Community Transport Safer

Dial a Lift (DAL) is a transport option for individuals living in rural areas outside of Omagh and Enniskillen towns without access to public transport or a car.

Dial a Lift (DAL) can be used to access a variety of local services including:

- Local Shopping
- Some Local Health Services
- Post Office and Banking
- Training and Employment
- Visiting Friends and Family
- Link to Public Transport to travel further afield

YOU MUST BECOME A MEMBER TO USE DAL.

The Disability Transport Scheme (DATS) provides a transport solution for people living in the urban areas of Omagh or Enniskillen.

Easilink and Fermanagh Community Transport provide this service on behalf of Disability Action.

Criteria based membership service

- A. Registered Blind**
- B. 80 Years old +**
- C. Disability Living Allowance (Mobility)**
- D. Disability Living Allowance (Care)**
- E. Attendance Allowance (Care)**
- F. Doctor or Health Care Professional**



MAX 5

Person Capacity

Making the vehicles safer for the members / passengers at this time



Check your symptoms



Wash Your Hands



Wear a face covering



Keep your distance



Sit away from others

DIAL A LIFT OPERATES
Monday - Friday
8am - 6pm

T: 028 66324260 (Fermanagh)
T: 028 8224 8140 (Omagh)





POSITIVE AGEING OCTOBER 2020

Please take a moment to tell us how our delivery of Positive Ageing has been in these challenging times. Your feedback is essential.

Please return this form to SWAP 54 Gortview Close, Omagh, BT79 7WU or your local group if you are a member – your entry will be entered into a draw which will take place on 30 November 2020.

NAME..... Tel No:

√ Please rate your level of satisfaction on the scale from 1 to 5
(5 represents the highest level of satisfaction and 1 the lowest)

- | | |  | 1 | 2 | 3 | 4 | 5 |  |
|-----|---|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---|
| 1. | Your ENJOYMENT of Positive Ageing October | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 2. | Did Positive Ageing October make you feel LESS ISOLATED and more INVOLVED | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 3. | How EASY did you find it to access events held during positive ageing | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 4. | How CONFIDENT did you feel accessing online activities? | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 5. | The RELEVANCE of the activities during Positive Ageing October | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 6. | How POSITIVE (on the scale of 1 to 5) are you about getting older? | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 7. | Do you have access to a digital device? | | | | | | | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 8. | Would you like the loan of a digital device to see if this is something you would like? | | | | | | | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 9. | Did you need support to access the online activities? | | | | | | | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 10. | Do you use? (please circle all relevant) | | | | | | | |
| | <input type="checkbox"/> none of the below | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | <input type="checkbox"/> Email | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | <input type="checkbox"/> Facebook | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | <input type="checkbox"/> Twitter | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | <input type="checkbox"/> Instagram | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | <input type="checkbox"/> Youtube | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | <input type="checkbox"/> Whatsapp | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 11. | How did you know about Positive Ageing October? (please circle all relevant) | | | | | | | |
| | <input type="checkbox"/> Word of mouth | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | <input type="checkbox"/> Facebook | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | <input type="checkbox"/> Text message/WhatsApp | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | <input type="checkbox"/> Personal Phonecall | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | <input type="checkbox"/> Poster | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | <input type="checkbox"/> Befriending Service Email | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 12. | Are you a registered member of a group? | | | | | | | Yes <input type="checkbox"/> No <input type="checkbox"/> |

Thank you very much for your time



TEAR SURVEY OFF,
FOLD & SEAL BEFORE POSTING,
THANK YOU

AFFIX
POSTAGE
STAMP
HERE

POSITIVE AGEING OCTOBER 2020

SWAP
54 Gortview Close,
Omagh,
BT79 7WU