

Spring / Summer 2010

Are you a man aged 55+ ?



Do you live in North or
West Belfast and are you
interested in getting out
and about, and socialising
with other men?

Then read on....!



HSC Public Health
Agency

HSC Belfast Health and
Social Care Trust

VSB would like to invite all men aged over 55 and living in North or West Belfast to join in some or all of the activities listed in this booklet.

Some of the activities may involve a small charge to help cover lunch and transport costs.

(Please see back pages of this booklet for transport details and directions to venues.)

Advance booking is ESSENTIAL, so that meals can be arranged.

Places are limited so please ensure you secure your place **at least 2 weeks** in advance of the event by telephoning Lynne or Sandra at VSB on **028 9020 0850**.

For any other information on events and meetings contact **Deirdre Murphy**, VSB's Community Liaison Officer on **028 9020 0850** or email **deirdre@vsb.org.uk**



Belfast Health and Social Care Trust

Men Utd Meetings

Dates: **See below for meetings in 2010**

Time: 10.00am - 1.00pm

Cost: **£3** (towards lunch, payable on the day)

Venue: Sailortown Offices
(Garmoyle Street, beside Doorsteps Sandwich Bar and offices above bookies)

Men United will meet usually on the last Monday of every month in the Sailortown Offices in Garmoyle Street. On occasions guest speakers from various organisations will give talks on health and wellbeing matters.

The meetings are followed by lunch for which there is a charge of £3. *(Please confirm your attendance at meetings so lunch arrangements can be made - telephone Lynne or Sandra at VSB 028 9020 0850)*

All men aged 55+ are welcome - no membership required

- **Tuesday 26th January - *speaker from Community Diabetes Team, followed by an introduction to an exciting new project exploring local history through story telling, reminiscence and memorabilia.***
- **Monday 22nd February**
- **Monday 29th March**
- **Monday 26th April**
- **Monday 24th May**
- **Monday 28th June**
- **Monday 6th September**
- **Monday 25th October**
- **Monday 29th November**

Event: A Walk in the Past

Date: Thursday 4 February

Venue: Mini Tour of Belfast with Dennis Hughes

Cost: £6 (includes lunch - payable on the day)

Time: Meet at 10.30am at Townsend Street Presbyterian Church (please see map at the back of this booklet for directions)
**Tour lasts 11am - 1.00pm, followed by lunch*



Discover the history, life and atmosphere of Belfast with this exciting walking tour. The bus will collect you at Townsend Street and the tour then starts at the Irish News offices, going onwards to the Christian Bros. School, St Patrick's Chapel, Clifton House, Clifton St. Cemetery, the Orange Hall at Carlisle Circus, Jewish Synagogue, St Malachy's, St Mary's Garden, and the Waterworks.

Please ensure you wear suitable footwear!

Limited places available.

Please ensure you book your place on this event in advance by telephoning Lynne or Sandra at VSB on 028 9020 0850

Event: Treading the Boards

Date: Thursday 11 February

Venue: Elmwood Hall
(89 University Road, beside Queen's
Students Union)

Cost: **£5**
(payable on the day)

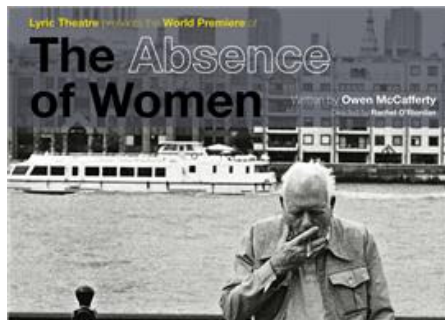
Time: Meet at 6.30pm at Townsend Street
Presbyterian Church (please see map
at the back of this booklet for
directions); return approx 9.30pm
**Show Time: 7.30pm - 9.00pm*

The Lyric Theatre presents the Premiere of *The Absence of Women* by Owen McCaffrey - a funny, poignant play about the life journey of two ordinary and lonely Belfast men.

Please note that seating is in the balcony - if you have specific mobility limitations please let us know when booking your place.

Limited places available.

**Please ensure you book
your place on this event
in advance by
telephoning Lynne or
Sandra at VSB on
028 9020 0850**



Event: **St Patrick's Historical Trip**

Date: Wednesday, 3rd March 2010

Venue: Downpatrick

Cost: £23
(payable on the day)

**Time: Meet at 10.00am at Townsend
Street Presbyterian Church (please
see map at the back of this booklet for
directions); return approx 5.00pm**

Come with us and visit Downpatrick Jail,
Downpatrick Museum and St Patrick's grave.

Then onwards to Saul for lunch and *River Dance*
entertainment.

Limited places available.

**Please ensure you book your
place on this event in advance
by telephoning Lynne or
Sandra at VSB on
028 9020 0850**



Event: **Sailortown Poetry**

Date: Wednesday, 17 March 2010

Venue: McMahan's Bar
(Garmoyle Street, Belfast)

Cost: Free

Time: 1.00pm - 4.00pm

(Please make your own way to McMahan's Bar)

Docksiders Senior Men's group invite you to a recital by local Sailortown / York Road poet and novelist, John Campbell. We will be joined by the Docksiders Senior Men's Group and local poet, Tommy O'Hara.

Light refreshments available.

Please ensure you book your place on this event in advance by telephoning Lynne or Sandra at VSB on 028 9020 0850

*This event is funded by Belfast City Council
St Patrick's Day Good Relations fund.*



Event: **We're going to the Zoo, Zoo, Zoo...**
You can come too, too, too!

Date: **Saturday 27 March 2010**

Venue: Bellevue Zoo

Cost: **£5** (payable on the day)

Time: Meet at 1.00pm at Townsend Street
Presbyterian Church (please see map
at the back of this booklet for directions);
return approx 4.30pm

Take a step back in time to the old Bellevue Zoo with a guided tour of the old zoo site and find out how the zoo adapted to the changing face of Belfast, particularly during World War II when the Cave Hill area came under heavy attack. *(Don't forget that Seniors, children under four and disabled get free entry to the new part of the zoo)*



Please ensure you wear suitable footwear.

Note: if you have limited mobility this trip may not be suitable for you as the old zoo is hilly and mossy.

Places are limited and will be on a first-come first-served basis!

Please ensure you book your place on this event in advance by telephoning Lynne or Sandra at VSB on 028 9020 0850

Event: NI War Memorial

Date: Thursday 15th April 2010

Venue: NI War Memorial
(21 Talbot Street, Belfast)

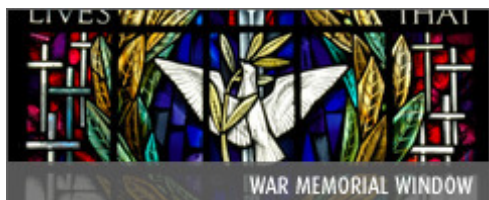
Cost: £3
(includes lunch - payable on the day)

Time: Meet at 10.00am at Townsend Street
Presbyterian Church (please see map
at the back of this booklet for
directions);
**Visit lasts 10.30am - 12.00pm,*
followed by lunch

Come along to the War Memorial on Thursday 15th April, the 69th Anniversary of the Belfast Blitz. Look round the exhibition, hear a short presentation about the Belfast Blitz and share any memories of the war.

Then on to Angela's
Café (Antrim Road)
for lunch at 1.00pm.

**Please ensure you
book your place on
this event in advance
by telephoning Lynne
or Sandra at VSB on
028 9020 085**



Event: A tour of the Bush!

Date: Friday 16th April 2010

Cost: £20
(payable on the day)

Transport: Meet at Townsend Street
Presbyterian Church at **9.30am** and
return approx 5.30pm

If you have a bus pass, please bring it with you as it entitles you to free transport on the minibus at the Giants Causeway



Join us for a tour of the beautiful Antrim coast, Giants Causeway, Dunluce Castle and a visit to Old Bushmills Distillery - discover the secrets and work that goes into every drop of whiskey which is made the same way today as they did in the area over 400 years ago!

Places are limited and will be on a first-come first-served basis!

Please ensure you book your place on this event in advance by telephoning Lynne or Sandra at VSB on 028 9020 0850

Event: Underneath the Arches

Date: Wednesday 5th May 2010

Venue: Marble Arch Caves

Cost: £20 (payable on the day)

**Transport: A bus will collect you at Townsend
Street Presbyterian Church at
9.30am and return approx 5.30pm**

Join us for a guided tour of the Marble Arch Caves in Fermanagh, and follow the journey of Edouard Martel, a daring French cave scientist who first explored the caves in 1895.

The caves can be wet and have uneven surfaces - please ensure you wear suitable footwear.

Places are limited and will be on a first-come first-served basis!

Please ensure you book your place on this event in advance by telephoning Lynne or Sandra at VSB on 028 9020 0850



Event: No Man is an Island

Date: Thursday 3rd June 2010

Venue: Rathlin Island

Cost: £20 (payable on the day)

Transport: A bus will collect you at Townsend Street Presbyterian Church at **8.30am and return at approximately 5.30pm**

*** If you have a bus pass, please bring it with you as it will allow you a free crossing on the ferry**

Join us on a visit to Rathlin Island off the coast of Ballycastle (weather permitting!)



The island is a special area of conservation in Northern Ireland - view the cliffs and their huge sea bird populations.

Places are limited and will be on a first-come first-served basis!

Please ensure you book your place on this event in advance by telephoning Lynne or Sandra at VSB on 028 9020 085

What would YOU like to do?

If you have any suggestions for activities, outings or places of interest that you feel the group would enjoy, note them down here and let Deirdre know ... we'll see what we can do!

Telephone Deirdre Murphy at VSB: **028 9020 0850**
or email **deirdre@vsb.org.uk**

For your records...

Please keep a note here to remind you what events you have booked to attend.

Please confirm your attendance at events in advance so catering arrangements can be made: telephone Lynne or Sandra at VSB on 028 9020 0850

- ☐ **Men Utd. Meeting + talk on Diabetes & local history project**
Tuesday 26th January 2010
- ☐ **Walking Tour of North Belfast**
Thursday 4th February 2010
- ☐ **Lyric Theatre - *An Absence of Women***
Thursday 11th February 2010
- ☐ **Men Utd. Meeting**
Monday 22nd February 2010
- ☐ **Trip to Downpatrick**
Wednesday 3rd March 2010
- ☐ **Sailortown Poetry Reading**
Wednesday 17th March 2010
- ☐ **Visit to Bellevue Zoo**
Saturday 27th March 2010
- ☐ **Men Utd. Meeting**
Monday 29th March 2010

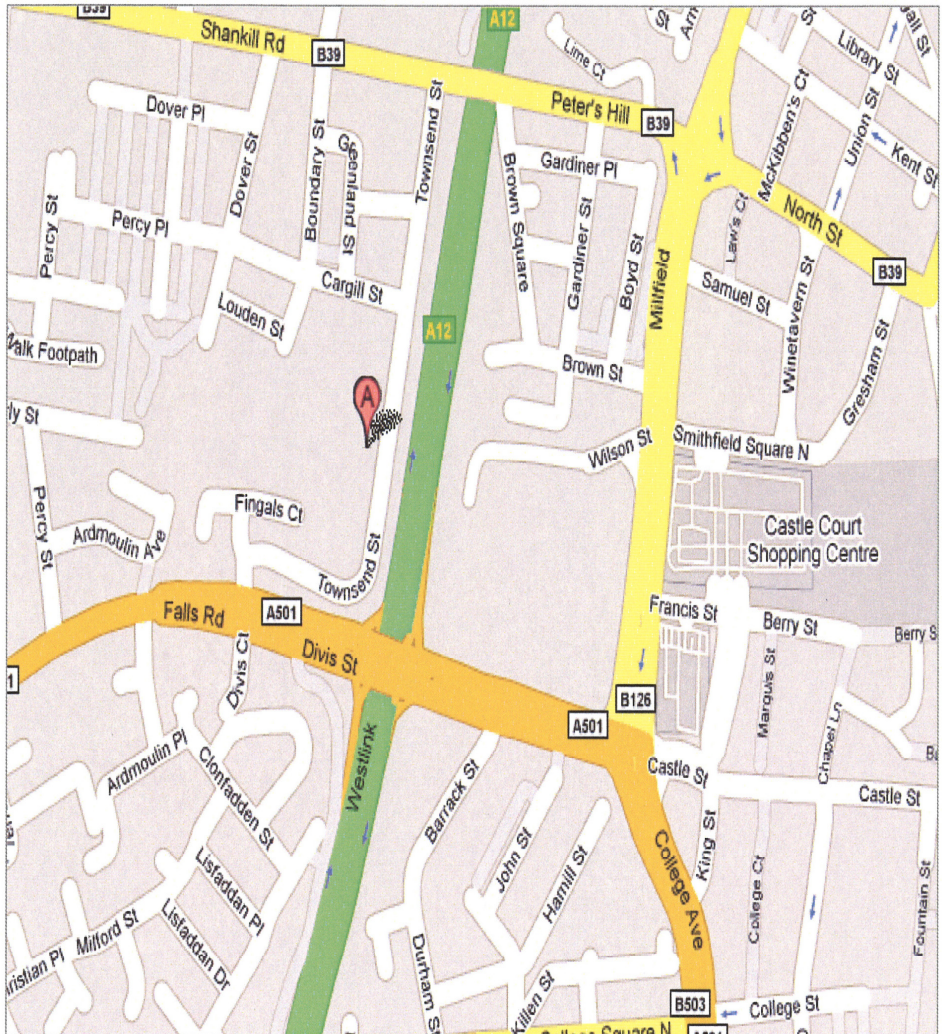
- ☐ **Visit to NI War Memorial**
Thursday 15th April 2010
- ☐ **Tour of the North Coast / Bushmills**
**bring your bus pass on this outing if you have one*
Friday 16th April 2010
- ☐ **Men Utd. Meeting**
Monday 26th April 2010
- ☐ **Trip to Marble Arch Caves**
Wednesday 5th May 2010
- ☐ **Men Utd Meeting**
Monday 24th May 2010
- ☐ **Trip to Rathlin Island**
**bring your bus pass on this outing*
Thursday 3rd June 2010
- ☐ **Men Utd Meeting**
Monday 28th June 2010

Venue Directions: Townsend Street Presbyterian Church

A. Townsend St. Presbyterian Church

32 Townsend St, Belfast, County Antrim, BT13

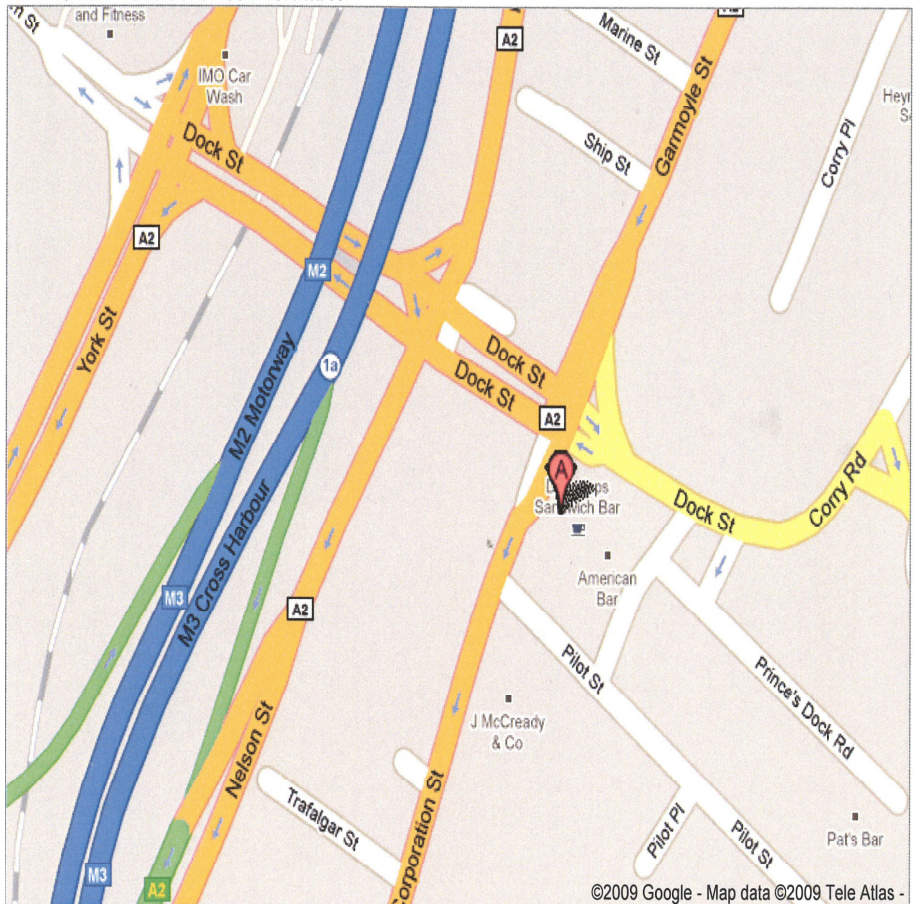
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Venue Directions: Sailortown Offices

A. **Sailortown Cultural & Historical Society**

11-13 Garmoyle St, Belfast, County Antrim, BT
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Transport to Venues

Door-2-Door Transport is the new local urban transport service for people with disabilities, or for those who find it difficult using mainstream public transport.

Door-2-Door Transport will allow you to get about the town you live. It can take you to your work, your local shop, your town centre, your hairdresser, your local bank, your local doctor, or even just to visit your family or friends.

FREE MEMBERSHIP!

Your first trip (single or return) is free! After that, you will be charged a flat fare of **£1.50**, per single journey, to travel anywhere within your local area (known as the Operational Area). You may be able to travel beyond this distance but it will cost more than the flat fare.

To apply to join the Door2Door scheme please contact:-

Tel: **0845 9 800 800**

E-mail: door2door@drdni.gov.uk

Or call in person to:
Clarence Court
10-18 Adelaide Street
Belfast BT2 8GB

Translink

If you are aged **over 60** and you are a permanent resident of Northern Ireland, then you are eligible for a 60 Plus SmartPass which will allow you free bus and rail travel throughout Northern Ireland.

To request an application form, you can complete and submit an online form which can be found on the Department for Regional Development website (www.drdni.gov.uk/index/smart60.htm).

Alternatively, you can request an application form by phoning **0845 600 0049** or call into any bus or train station in Northern Ireland.

Translink bus & rail **timetable enquiries** are available on their website www.translink.co.uk or through their Call Centre:

Tel: 028 90 66 66 30

(Opening hours: Monday – Sunday 7am to 8pm)

VSB
34 Shaftesbury Square
Belfast BT2 7DB

Tel: 028 9020 0850
Email: info@vsb.org.uk
Web: www.vsb.org.uk



VSB's Community Liaison
Project supports
senior forums and groups in
North & West Belfast

