



Information Sheet for Older Persons and Groups in North & West Belfast

Edition 9: Autumn 2009

Start the Day the Right Way!

Over 60s can start the day with a swim **free of charge** from **9am-11am** Monday – Fridays. It's the perfect way to start the day. Any activity at a council run leisure centre is free of charge, so you could go to a fitness class or use the gym. Some classes are aimed at older people such as the Wellness Class (*Falls*), Seniorcise 50+ (*Andersonstown*), Yoga (*Whiterock*) and Express Pilates (*Grove*).

At weekends or any other time of the day, over 60s can take advantage of a discounted rate of just £1 for any activity. Just bring something to show your age such as your birth certificate, driving licence or passport. For more information telephone your local leisure centre below or visit the website:

www.belfastcity.gov.uk/leisure

- **Andersonstown Leisure Centre** 9072 6311
- **Avoniel Leisure Centre** 9045 1564
- **Ballysillan Leisure Centre** 9091 8731
- **Falls Leisure Centre** 9050 0510
- **Grove Wellbeing Centre** 9072 6363
- **Indoor Tennis Centre and Ozone Complex** 9045 8024
- **Olympia Leisure Centre** 9091 8746
- **Shankill Leisure Centre** 9091 8750
- **Whiterock Leisure Centre** 9023 3239



part of it

A Warm Welcome at Belfast's Welcome Centre

For Free information on things to do in Belfast and Northern Ireland, visit the Belfast Welcome Centre (Donegall Place beside Boots) You don't have to be a visitor to visit! Information can be provided on all of our visitor attractions and upcoming events.

Telephone **9024 6609** or visit www.gotobelfast.com

Fundraising Coffee Morning & Craft Sale

Thursday 19th November 2009

11am-2pm at VSB (34 Shaftesbury Square)

ADMISSION £2 (inc. tea/coffee & tray bake)

This is a fundraiser for VSB's Befriending Scheme which supports socially isolated older people living in Belfast.

Come along for tea and buns and some early Christmas shopping!

Grand Opera House discounts

25% discount available for Grand Opera House pantomime **Aladdin** for the following performances: Sat 28 Nov 2.30pm & 7.30pm, Mon 30 Nov at 7.30pm and Tues 1 December at 7.30pm. Please contact Box Office on **028 9024 1919 to book and quote 25% discount.**

You can also register to be included on an email mailing list which sends details of various special offersthroughout the year - send you full name, phone number and email address to Gerard Loughran gloughran@goh.co.uk



Christmas Creations

2pm-4pm, Sunday 6th December 2009

Have a Jolly Colin Christmas at **Colin Glen Forest Park** for an afternoon of crafts. Using holly, ivy and other materials collected from the Glen, visitors can make their own Christmas Wreath or Yule Log. Cost: **£3.**

Alternatively if you would like Lori to come to your group, please telephone **9061 4115** or email info@colinglenrust.org



VSB: Supporting Older People

Deirdre Murphy & Frank Johnston
(Community Liaison team)
Voluntary Service Bureau
34 Shaftesbury Square
Belfast BT2 7DB

Tel: (028) 9020 0850
Fax: (028) 9020 0860
Email: frank@vsb.org.uk
deirdre@vsb.org.uk
Web: www.vsb.org.uk

RELAX with Reflexology

Reflexology is an holistic therapy, treating the whole body rather than individual symptoms. Reflexology can treat all the symptoms of stress and benefits can include enhanced mobility of the joints, improved sleep, decreased anxiety and tension, improved circulation.

For more information or to book a session, please contact Sharon McCaffrey 0788 8804 328

Bank Charges too Much?

HSBC are offering free banking for community groups.

For more information contact Jane at HSBC Bank plc - Telephone 0845 5854971 or email jane.steen@hsbc.com



Just the Ticket

Register your seniors' group with the Belfast Waterfront hall **Community Ticketing** programme to receive information on discounted group tickets. Email bulletins are sent monthly, limited tickets available.

To register your group contact: Belfast Waterfront Hall, Community Ticketing, 2 Lanyon Place, Belfast BT1 3WH
Or telephone Adam Turkington or Alice Quigley for more information on **028 90 334400**

Lunch Club for 50+

Joanmount Methodist Church Lunch Club on the **first Tuesday** of each month, 12 noon to 2pm.

3 course meal - minimum £3

(varied programme)

Meet at: 1 Wallasey Park, Belfast BT14 6PN. For more information contact Rev Williamson 028 9084 4101



Beech Tree Café

Based at the corner of Beechmount Avenue and Falls Road, it is an ideal venue for Senior Citizens Coffee Mornings. The venue has been transformed into a welcoming coffee shop with wheelchair-friendly access and homemade traditional food. You can phone ahead to book parties of 16 or more, or the Café can deliver lunch to you if you are having a meeting.

For more information telephone **028 9022 5926** or visit their website:

www.beechtreeinternetcafewestbelfast.co.uk

Planning an Event?

Hannahstown Community Association can facilitate your needs.

Based in a quiet rural setting in the heart of the Hannahstown Hills with spectacular views over Belfast.

Excellent car parking - with disabled access.

We have rooms available to hire for meetings, training and conferences with the capacity to seat 200.

We also have an excellent Sports Hall for hire with Showers & Lockers.

H.C.A. can facilitate Weddings - Funerals - Christenings - & Birthday Parties.

Just on the outskirts of Belfast - easily accessible from the M1 via Glen Road or Upper Springfield Road

For more information visit their website www.hannahstownparish.com or telephone **028 90 309795**

Hannahstown Community Association, 23 Hannahstown Hill, Belfast BT17 OLT

Over 50's Sweet Tunes Group

Every Thursday Cloona Oasis Centre run an Over 50's Sweet Tunes group. This runs in rotation with one week music and singing, and the next week different activities such as musical bingo. Activities run from **1pm-3pm**, but why not come along a bit earlier and have some lunch or a cup of tea/coffee in their café.

Venue: Cloona Oasis Centre, 30 Colin Rd, Dunmurry, Belfast

For more information contact Caren McKeown on **9062 4923**

Messing about on the River!

Why not enjoy a trip on the River Lagan on the **Joyce Too**, and reminisce with Derek and Philip or sail down river and see where the Titanic was built. For more information,

Lagan Boat Tours ☎ 028 9033 0844

Mobile: 07718 910 423

Or what about a cruise on the **Maid of Antrim** on Lough Neagh? Sails hourly from Antrim every Sunday from 12noon - 6pm (£6 for seniors). For more information ring **07969 927098**

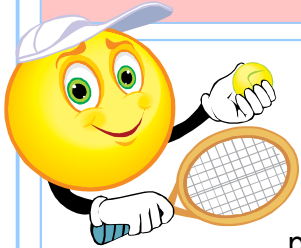


Attention Senior Groups

Get sporty with the Belfast City Council-**Support for Sport Grant**. Your group could avail of **£1000** towards a sporting type activity such as armchair aerobics, new age curling, swimming, water aerobics or dancing, just as long as the activity is **sport orientated**.

A one off payment of £250 is also available for those groups that are under 3 years in existence.

So get up and at it - contact Belfast City Council **Sports & Leisure Department** on **9032 0202** for your application form.



Belfast Compass Tours



A walking tour of Belfast with a difference! Relive the history, life and atmosphere. Discover the stories behind the Revolution, Famine and the Architecture that has made Belfast the city it is today. The tour starts at the *Irish News* offices (Donegall Street) and passes many places of interest. **Tours cost £7** and are followed by a hearty lunch in *Angela's* (opposite the Waterworks).

To book your tour of North or West Belfast contact Denis on **07944 256560** or email contact@belfastcompasstours.com

Don't forget that walking is a sport! Apply for funding from the City Council's Support for Sport Grant!

Sportopps.com

Sportopps.com is a locally based social enterprise that can provide your group or organisation with fully qualified and insured sports coaches. If you would like to run some physical activity sessions Sportopps.com can help. We can provide coaches in Boccia (indoor bowls), armchair aerobics, soft ball tennis and new age curling. Our coaches are happy to work in a range of different settings and with people of all ages and abilities. Don't panic if you do not have facilities or equipment. Sportopps.com will provide the equipment and we can also advise you of local community facilities that can be used at a low cost. Why not give us a call and let us help you get active? For more information or to book a coach please contact Heather on **028 9033 2020**.

Calling All Talent: All Ages, Amateur and Pro!

You could soon be on your way to featuring on a new Web TV channel with your act promoted to thousands of potential customers and event organisers. For local dates and locations of Auditions and Open Days please visit www.TalentShowcase.TV or telephone **(028) 900 200 80**

Let me Entertain You !

For your senior group get-togethers, seasonal events and holiday festivities you can't go wrong with these entertainers!

- **Andy Fee** - Singer/ All Frank Sinatra Songs - 07767 358040
- **Tom Patterson** - Cabaret fun and craic, sing along, keen rates for seniors groups - 90691803 or 0771 4532 002
- **The Magill Brothers**- tea dance music - Peter 0771 107 1061
- **Jamsie** - all types of music including tea dances - 078 135 07359
- **Harbour Lights** - music from the 40's-60's - dance show & displays - 9071 1680
- **Dance Unlimited** - dance entertainment and lessons - 2827 0740
- **Tom & Sally Robinson** - dance instructors, all styles, keen rates 9071 9421
- **Lindsey** - salsa dancing - 07967 807 790

For a fuller list of entertainers and suggestions of activities for your senior group, please see VSB's **Who does What & How do I get them** booklet - contact Lynne or Sandra for your copy - **028 9020 0850**



A large print version of this publication is available on request:

Contact VSB ☎ **028 9020 0850** or email info@vsb.org.uk

Alternatively download from www.vsb.org.uk

Up and Down the 6 Counties

Top ten attractions you must visit in Northern Ireland:

- 1 Giants Causeway Visitor Centre
- 2 Oxford Island Nature Reserve
- 3 W5
- 4 Island Arts Centre
- 5 Belfast Zoo
- 6 Carrick a Rede Rope Bridge
- 7 Historic Walls of Derry
- 8 Ulster Folk and Transport Museum
- 9 Portstewart Strand
- 10 Ulster American Folk Park

For more information on locations / entry prices, etc please contact the Northern Ireland Tourist Board on **9023 1221** or visit the Discover Northern Ireland website: www.discovernorthernireland.com

The Blitz

Relive and remember 1941 with a slide show and talk on the Belfast Blitz.

Dennis Hughes will come to your group (small fee payable)

To book please contact Dennis on **07944 256560**



FREE HEARING CHECK

It only takes a few minutes, so do RNID's free online hearing check at www.rnid.org.uk/123 or by phone on **0844 800 3838**

RNID also require volunteers to help support people who are deaf or hard of hearing - including befriending, giving talks to groups, supporting someone who has recently lost their hearing.

For more information telephone **028 9023 9619**

Changing Belfast

They say Belfast is changing for the better or the worse
The question now is changing another blessing or a curse
We already lost the shipyard there's no more Dockers at the dock
And the factory floors are closing doors with double action locks

We've lived through all the dark years history's victims known worldwide
And the humbled voice of reason was washed away with every tide
But the tide keeps on returning with a strident surging call
For everyman to play their part for Peace for one and all
Catholic Protestant Dissenter that famed phrase from long ago
Is now echoing around the world our changing face to show
Former enemies together a new product of our time
No more eye for eye retribution leaving everybody blind
After wintering and wakening the Lagan flow to nurse
Will globalisation be a blessing or just another curse
So let us pray for all our people the living and the passed
And the rebirth of the lagan and a brand new aul Belfast

© Tommy O'Hara

Christmas Panto 21 Dec 2009 - 9 January 2010



Have a fun evening's entertainment with Belvoir Players - this year's Christmas panto is **Snow White and the Seven Dwarfs**.

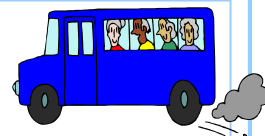
Tickets: Adults £8 Concession £6

Most performances begin 8pm, but there are also a few matinee performances. Please ring the box office in advance to check availability **9049 1210**

Venue: Belvoir Players Studio, 94 Belvoir Drive, Belfast

Travel Ireland Tours

Enjoy a bus tour with your senior group. Travel up the Antrim Coast and take in Dunluce, Bushmills, Giants Causeway. Or what about a trip to Derry and visit the Museum and Derry's walls. Telephone **028 9077 2180** to find out more information about all tours available or visit their website www.travelirelandcoachtours.com



VSB is committed to supporting older people and senior groups. Please contact Frank Johnston or Deirdre Murphy:

- if you wish to become involved in a group near you or with a local senior citizens forum
- if you are running an event that would be of interest to older people - we are happy to promote it

Tel: 028 9020 0850 Email: frank@vsb.org.uk or deirdre@vsb.org.uk

This project is supported by Belfast Health & Social Care Trust

