

West Belfast 50+ Forum News

Summer 2009

West Belfast 50+ Forum - giving older people a voice

The Forum believes a sense of independence and dignity is important for older people.

West Belfast 50+ Forum works with a wide range of organisations and groups, ensuring age-related issues are addressed and older people are treated equitably and fairly. West Belfast 50+ Forum brings together people from senior groups and organisations for our monthly information and networking sessions. We welcome representatives of groups and interested individuals.

Members bring their concerns to the monthly meetings for discussion. To date we have led campaigns on free transport, improved health services and better housing. The Forum has regular meetings with local politicians and with key statutory and community representatives.

For more information please contact Deirdre Murphy or Frank Johnston at VSB:

028 9020 0850 or email
deirdre@vsb.org.uk
frank@vsb.org.uk



The Forum has been busy....

The Forum was successful in receiving £8,900 from the Awards for All grant.

- 8 groups have completed the *Making Connections* classes
- Shared culture trip to the Tower Museum in Derry and to the Somme Heritage Centre, Bangor
- 4 lunch clubs received funding to encourage new members to attend
- Memory Lane Cross Community Exhibition and Tea Dance
- 10 groups enjoyed a craft class
- Cross Community Breakfast Clubs

'The Hidden Strength'

The 50+ group of Tar Anall through a newly produced drama will tell their stories of the war, how they survived and how they helped their families and communities to survive. The play is being performed as part of the West Belfast Feile 2009, and the group may consider performing the play for your Senior group in the New Year.

For more information contact Tar Anall **028 9032 3631**

**You are very
welcome to come
along to the West
Belfast 50+ Forum
meetings....**

Venue: Falls Community
Council
(275 Falls Road,
Belfast BT12 6FD)

Time: 11am-1pm

Dates: Thurs 3 September 09
Thurs 8 October 09
Thurs 5 November 09
Thurs 10 December 09

'Afternoon Delight'

'Afternoon Delight' is a unique radio show every Monday on **103.2 fm** from 2.30-3.30pm - the only radio show in Northern Ireland presented by older volunteers and aimed at older people!

'Afternoon Delight' is facilitated by VSB on behalf of the West 50+ Forum and is presented by a core group of volunteers.

Tune in every week to hear information on issues that affect YOU such as community news, consumer rights, health issues, access to benefits and more. Not to mention music, chat,

reminiscence, poetry and different guests!!

Want to get involved? Come on board and have a go at presenting, share your skills or try your hand at being a 'roving reporter' or pass information about your group or event. Lots of volunteer roles are available!

The 'Afternoon Delight' team also do bi monthly exchanges with other older person's radio shows in Dublin. The team travelled down to Dublin on 21st May to record a show at West Dublin Access Radio and work with their volunteers. These trips will

continue over the summer and throughout the year!

If you are interested call Suzanne at VSB:

028 9020 0862 or email suzanne@vsb.org.uk



Spring Chickens!

Spring Chickens is a unique two-year creative outreach programme for older people in Northern Ireland. Big Telly Theatre Company has designed the programme so that it focuses on creative expression and engagement within the older community.

The programme will consist of a variety of workshops focusing on an exciting range of creative skills including story-telling in various forms, circus skills, writing, multi media, comedy, magic, puppetry, design, drama, music, and movement. Big Telly is taking the workshops to sheltered accommodation, residential homes, day care

centres, older peoples groups, and can arrange home visits for those in rural and isolated areas. The aim of this is to explore the diverse tales and stories participants have to offer - some may be imaginative, some life experience, some long and some short. It is an opportunity for these lively stories to be made accessible to the wider community through the medium of the arts. Spring Chickens will culminate at the end of the two years on 3rd October 2009 when five shows will be performed simultaneously in five venues across Northern Ireland. The final shows will

be professionally directed and produced and will be written, designed and performed entirely by the older population. Zoë Seaton is the overall director of the programme, which has been funded by The Atlantic Philanthropies.

'Spring Chickens' are currently recruiting older people who would like to get involved in the theatre productions so if you are interested in giving it a go call Zoe on 02870 831782 or email zoe@big-telly.com

West Belfast 50+ Forum

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 Belfast Health and Social Care Trust