

WHO

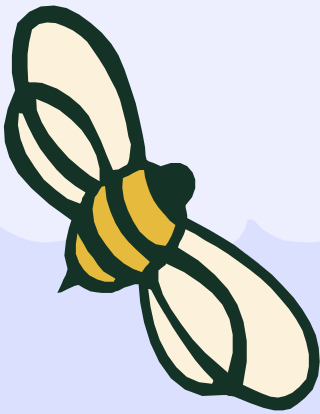
does

WHAT

and

HOW

do I get them?



**A little
book of
useful
contacts**



This booklet is aimed at older person's groups, supported housing and nursing homes to give contact information on sources of entertainment for older people:

- **Transport**
- **Exercise / Health / Beauty**
- **Dance / Tea Dance Venues**
- **Film & Drama**
- **Tours**
- **Music**
- **Arts & Crafts**
- **Senior Citizens Forums**
- **Good Morning Lines**
- **Reminiscence/Story Telling**
- **Support & Trauma Groups**
- **Media / Training**
- **Useful Belfast City Council numbers**
- **Advice Centres**
- **Handyperson & Gardening Services**
- **Miscellaneous**

If you have any names or numbers you think would be useful for other groups, please contact Frank Johnston or Deirdre Murphy at VSB on 028 9020 0850 or email info@vsb.org.uk

This leaflet has been produced by VSB with support from Belfast Health Care Trust.

Please Note: anyone using the services in this booklet does so at their own discretion as it is for information purposes only. It is not an endorsement of these services or organisations and liability for using these services remains between the client and the service provider.

Contact numbers were correct at time of print but may be subject to change.



Belfast Health and Social Care Trust

TRANSPORT

WHO	CONTACT	OTHER INFO
Agnew Travel	028 3832 6755	16, 24, 33, 49, 53 seater available
Ardmonagh Community Transport	028 9024 5943	16 seater
Ardoyne Community Transport	028 9074 3712	16 seater available to groups in Greater Ardoyne area
Belfast Bus Co	028 9074 2444	16, 24, 33 seaters available
Best Buses	9028 4710 0775 625 0004	16 seater mini bus - disabled lift
Billy Anderson	028 9074 4407	16 seater
Bracken Coach Hire	028 3834 2479	
Call – a – Coach	028 9081 5454	16, 24, 33 seaters available
Castlereagh Community Services	028 9049 4550	Self drive 17 seater minibus
Cavehill Coaches	028 9086 2300	
Chambers Coach Hire	028 8674 8152	Quote Age Concern Help the Aged when booking
Comfi Coach	028 9181 2230 0798 9986 069	35 seater
Community Transport Assoc	028 9075 2990 028 9074 7700	5 x 15 seater buses
Dial-a-bus	028 9031 4151	33 seater
Diamond Coaches	028 9080 9099 0770 1420 2303	Alec Rogan
Direct Link Transport	028 9024 3459	8 seater, 14 seater and 2 x 16 seaters minibus (Most are Wheelchair accessible)
Disability Action Transport	028 9029 7870	16 seater or 4 wheelchair + 5 seated passengers

WHO	CONTACT	OTHER INFO
Dot to Dot	028 9043 1890	16,24, 33 seaters available
Flexibus	028 9023 3933	25 or 16 seater + 2 wheelchairs
Fonacoach	028 9023 6464	16, 24, 33, 53 seaters
Giles Tours	028 9181 1099	53 seater; kneeling bus
Go Coach	028 9334 4188	Large + Small groups
Haddington Coach Hire	028 9060 2060	12-50 seater
JMB Coaches	028 7962 8317	Range available
Kudos Executive Mini Coac Travel	028 90815511	
Logans Executive Travel	028 2765 7203	Large + small coaches available (some have wheelchair access)
Max Cabs	028 9065 3030	13 Seater £30 within Belfast
Mini cabs	028 9060 3360	Two –eight seater cabs available
Mini-Coach Travel	028 9077 7440	Range available (16-50 seaters)
North Belfast Community Transport	028 9074 7700	5-10 seater coaches
Richmond Coaches	028 9262 2888	
South & East Belfast Trust	Mandy Magee 028 9056 5656	24 seaters available evenings, weekends and 11.30am-2.30pm
TM Coaches	028 9061 6666	
Translink	028 9033 7006	49 seaters
Travel Ireland Coach Tours Ltd	028 9024 0300 07526 670 008	16 seater and 36 seater

EXERCISE / HEALTH / BEAUTY

WHO	CONTACT	OTHER INFO
A&D Diversional Therapy	Dawn 07793053278 Angela 07793053277	Reflexology, aromatherapy, massage, armchair aerobics, etc
Ageing Well Reach	Elma Greer 028 9024 5729	Wellbeing
Agnes Vokes	07754958520	Hot stone massage
Alan Bates	07887 513 888	Light exercises; armchair aerobics
Anne Sheppard	0772 4137 021	Ear acupuncture, hand massage, Indian head massage
Bowling for Seniors	Dan Cregan 028 9062 2914	Keen rates for senior groups
Capelli	Zoe Alexandra 0784 565 4937	Mobile Hairdresser - keen rates for senior groups
Christine Boyle	07795 481 246	Beginner & progressive yoga classes
Claire Lagen	028 9074 6555	Boccia
Community Partnership	Stephen Nicoll 028 9074 5588	Complimentary therapy, stress management, smoking cessation
David Bell	0771 121 9390	Complimentary therapy and massage. Talks and workshops.
Edmund Nixon	07973 780 951	Swimming lessons, aromatherapy, reflexology, etc
Eileen McCullough	050601891922	Hand massage, reflexology

WHO	CONTACT	OTHER INFO
Gillian Lagre (MICHT)	028 90 871590 0781220 1189	Massage Therapy
Happy Feet (Gerardette McCann)	028 9022 7142 07787878807	Chiropody treatment - group and home visits
Healthy Living Centres	Health Promotion Agency 028 9031 1611	Ring to find out your nearest Healthy Living Centre
Heavenly Hands	07716690002	www.heavenlyhands. org.uk Reflexology, massage, hopi ear candle
Helen Bradley	0798 2800 743	Breast Awareness talks
Jan	0773 842 2096	Hot Stones, Indian head massage aromatherapy.
Jill	0796 9072 110	Aromatherapy, reflexology, Indian head massage
Julie Robinson	07843 053 445	Manicures, facials, waxing etc ... special rates for seniors
Karen Donnelly	0798 067 1407	Ear Acupuncture
Laraine Spackman	0289058 2946 07894 204 69	Yoga, relaxation & stress management
Life Doc	028 9084 8282	Armchair aerobics
Lifeworks	Patricia McDaniel 028 9074 5588	Indian Head Massage, Reiki, Hot Stone Massage, Baby Massage, etc
Mandy Hanna	0774 5839 945 mandy3hanna@ yahoo.co.uk	Health & wellbeing

WHO	CONTACT	OTHER INFO
Mobile Hairdresser	Theresa 0787 199 3381	Mobile hairdresser specialist for sick and elderly
Mobile Hairdresser	Pauline 07706 506 947	Mobile hairdresser
Mobile Pampering	Joanne Easthope 0771 9591 936	Mobile pampering service
Pauline McKee	9071 3441 0777 3176 130	Indian Head Massage, reflexology
Rain Maher	07912 863 665	Yoga Teacher
Reflexology Taster Sessions	Sharon McCaffrey 028 9061 8463 / 0788 8804328	Can be held in local venues at a nominal fee of £10 per session
Rosie	0780 2794 839	Aromatherapy, hot stones
Therapies Inc.	Kathy Green 028 9029 5960 077 1504 6139	
Tomas Fisher	07753745322 tomasfisher69@hotmail.com	Acupuncture, reflexology, massage
Yoga	Stephanie 07707 574 592	Lyengar Yoga

LEISURE CENTRES

WHO	CONTACT
Andersonstown Leisure Centre	028 9062 5211
Ballysillan Leisure Centre	028 9039 1040 028 9091 8731
Beechmount Leisure Centre	028 9032 8631
Grove Health & Wellbeing Centre	028 9072 6363
Shankill Leisure Centre	028 9024 1434
Valley Leisure Centre	028 9086 1211
Whiterock Leisure Centre	028 9023 3239

HEALTHY LIVING CENTRES

WHO	CONTACT
Newlodge / Duncairn Community Health Partnership	028 9074 5588
Ardoyne / Shankill Community Health Partnership	028 9075 6638

DANCE

WHO	CONTACT	OTHER INFO
ArtsEkta Ltd	Nisha Tandon 07736 243348 028 9023 1381 07740543195	Dance - all cultures
Ballroom Dancing	Peter / Anna 028 3083 7390 07533 770 758	
Jenny Elliott	028 9040 1333	Dance Tutor
Dance Unlimited	Barbara / Brian 028 2827 0740	Dance entertainment and lessons
Deborah Hamilton	028 9028 5685	Workshops in dance and visual arts
Harbour lights Dance Troupe	028 9071 1680	Dance show with dance displays and music from the 40s,50,s and 60s
Irish Dancers	Mr Nicoll 077 027 97220	Irish dancing display
Irish Dancers	Moya 028 9061 0267	Husband & wife Irish dancers
Salsa	Richard / Anna 078 3451 831	
Scottish Dancers	Rev Lambe 028 9084 9144 07921145596	Scottish dancing display
Scottish Dancers	Catherine 028 9076 0283	Scottish dancing display
Tom & Sally Robinson	9071 9421	Dance instructors - all styles. Keen rates.

TEA DANCE VENUES

WHO	CONTACT	OTHER INFO
BCM (Belfast Central Mission)	Janet Sewell 028 9024 1917	Monthly tea dance at Glengall St
Benview Women's Group	Kathy Burns 028 90 221384	Monthly tea dance at Benview Community Centre
Spectrum Centre	Audrey Barr 028 9050 4555 028 9031 4298	Tea Dance
St Kevins	Pat Anderson 07979 515340	Tea Dance
Tom & Sally	028 9071 9421	Tea Dance facilitators and also teachers of dance
VSB	Frank / Deirdre 028 9020 0850	Can assist you in producing flyers and planning your tea dance event

FILM & DRAMA

WHO	CONTACT	OTHER INFO
Classic Film Club	028 9061 7018 07709 214121	Your favourite movies brought to you!
Film Archives	Meadhbh 028 9026 8575	Old films of Belfast
Grand Opera House	028 9024 0411	Tours / shows
Joel Simon	028 9045 0260	Music & drama workshops
Maura O'Reilly	028 9036 9429	Drama workshops
Orla McKeagney	028 9023 1892	Drama workshops
Peter Quigley	028 9079 8591	Drama and acting workshops, movement classes
Ross Anderson	0786 860 8760	Drama & singing
Shankill Community Theatre	Renee Grey 07729 418522	Drama
Sheena Bleakney	028 9024 7971	Drama classes
Tongue'n'cheek	Maria McKee 028 9071 5165	Performance coaching
Tudor Cinema	Noel Spence 028 9187 8589	Choose your own Golden Oldie! Ring after 6pm

TOURS

WHO	CONTACT	OTHER INFO
Andersonstown News Group	028 9061 9000	Tour
Aunt Sandra's Candy Factory	David Moore 028 9073 2868	
BBC Recordings	0870 333 198	Complimentary tickets for BBC recordings
Belfast Castle	Cathryn Gribbon 028 9077 6925	Tours of the Castle and grounds
Belfast Welcome Centre	028 9024 6609	Visitor information on a range of topics such as events, transport, tours, museums, restaurants, pubs and clubs
Black Taxi	028 9064 2264	Tours of Belfast
Botanic Gardens	028 9031 4762	Tours on request
Grand Opera House	028 9024 0411	Tours
Guided Bus Tours of Belfast	028 9045 9035	Bus leaves from Castle Place
Lagan Boat tours	028 90330844	Trips on the River Lagan from 2pm
Linenhall Library	028 9032 1707	Tours
Old red bus	George 07990526385	Tours of Belfast
Ulster Folk & Transport Museum, Cultra	028 9042 8428	

TOURS TOURS TOURS TOURS TOURS TOURS TOURS TOURS

MUSIC

WHO	CONTACT	OTHER INFO
Andersonstown School of Music	Marian 028 9043 4894	Music lessons and available for booking
Andy Fee	07767 358040	Singer/ All Frank Sinatra Songs
Ballymac	028 9072 9214	DJ
Beyond Skin	Darren Ferguson 07792 503 913	A wide ranging group of cultural musicians
Bobby Hamilton	028 9065 0896	Singer/Guitarist - music from the 50's and 60's, country & western, sing-along
Brendan & Jim	028 9061 9206 028 9028 9993	Guitar & banjo - will happily come along to your senior group
Brendan Popplestone	028 9056 6056	Tea dance band for day centres
Ceril	07999 871 400	Classic songs and melodies in strict tempo dance styles
David	028 9071 9358	Singer
David & Gabe	028 9059 0765	Music
E Hunter	028 9336 5827	Fiddler
Frank Wilson	028 9062 2045	Music
Gerry Coogan	028 9061 1142	Music
Gerry Lowe	028 9062 1060	Music
Harry Hamilton	028 9037 0502	Music
Helen Bradley	0798 2800 743	Singer
Jamsie	078 135 07359	All types of music including tea dances
Jenny Allen	07832 142 006	Professional singer

MUSIC MUSIC MUSIC MUSIC MUSIC MUSIC MUSIC MUSIC MUS

WHO	CONTACT	OTHER INFO
Jim McGee	028 9029 1896	Music
Joe Cush	9027 8539	Musician
John	9045 9003	DJ
Julie Harper	028 9059 8003	Music workshops
McGill Brothers	Peter 0771 107 1061	Tea dance
Michael McKenna	028 9077 9577	Banjo
Norman Field	07969 127 678	Music
Ronan Young	07784 556028	Irish music
Seamus O'Hara	0792 268 5787	Irish music / other types
Sister Big Knickers	086 8404 504	70's/80's Roadshow
St Malachy's Quartet	028 9074 8285	Book through Mr McCriskin
Raymond Stevenson	028 9062 6928	
The Rapparees	Kevin 0782 882 1977	Irish Folk Band
Thomas Loughran	028 9031 3749 0779 922 5612	Musician
Tom The Music Man	028 90691803 0771 4532 002	Cabaret fun and craic, sing along, keen rates for seniors groups
Yolande Powell	028 9264 8039	Music workshops

ARTS & CRAFTS

WHO	CONTACT	OTHER INFO
Alice McGuinness	028 9077 2580	Tiffany copper foil technique workshops
Angela Ginn	028 9043 9522	General arts classes
Anna Collins	07813 050 649	Ceramic classes - make your own jewellery, pots, etc
Anna O'Kane	028 9064 2251	Glass painting workshops
Anne Quail	028 9050 3184	Textile art workshops
Anushiya Sundaralingam	028 9448 7167	Art tutor
Arts Ekta	Nisha Tandon 07736 243 348	Art, Indian culture, etc
Barbara	028 9334 1777	Jewellery & handbags
Bits & Bobs	Tilly 028 9028 3345	Gifts
Bobby Rai-Purdy	07837815147	Visual art workshops
Bronagh	0777 925 5346	Ceramics
Caroline Jeffrey	028 9338 2393	Photography workshops
Ciara Stewart	07762 354 478	Spontaneous Therapeutic Art
Claire Duberry	028 9335 0426	Graphic arts workshops
Claire McGoran	028 9066 3441	Textile art workshops
Colin McGookin	028 9028 2893	Painting & sculpture workshops
Community Arts Foundation	028 9024 2910	Contact Maureen

WHO	CONTACT	OTHER INFO
Crescent Arts	Moya / Henry 028 9024 2338	Outreach arts & crafts programme
Darlene Hagan	028 8673 6060	Textile art workshops
Deborah Fitzsimmons	028 9022 9842	Creative expression workshops
Denise	028 9268 8208 0778 8838 358	General crafts - Proceeds to Romania
Dianne Whan	028 9443 2970	Art & Ceramics
Dorothy Dinsmore	028 9065 5636	Felt Making – available to groups
Earthform Ceramics	028 9089 4563	Ceramics workshops
Edward McKinstry	028 9076 1130	Painting workshops
Frances Huddleston	07940 393 715	Costume making workshops
Geraldine Cousins	028 9062 0260	Sculpture workshops
Grainne Kielty	028 9022 2041	General arts & crafts workshops
Heather Wilson	028 9028 3216 07715281313	General Arts & Crafts workshops
Jill McKeown	028 9029 3393	Printmaking workshops
Jim McKeivitt	028 9024 3145	Murals workshops
Julie Graham	028 9081 3019	Ceramics
Laura Bell	07793 728 340	Ceramics
Laureen Magill	028 9186 1862	Arts / crafts
Lisa Stewart	028 9020 2287	Face painting
Lydia Smyth	028 9080 5135	Textile art workshops
Marian Walsh	028 9022 9079	Arts & Crafts
Nadine Arbuthnot	028 9068 1665	Workshops incl. paper craft, knitting, weaving
Nikki Terlik	028 9059 4849	Jewellery workshops
Patricia McCall	07792 300 817	Ceramics workshops

ARTS & CRAFTS ARTS & CRAFTS ARTS & CRAFTS ARTS & CRAFTS

WHO	CONTACT	OTHER INFO
Peter Quigley	028 9079 8591	Drawing and painting classes
Plaster Craft	Paula Sawyer 028 9445 2481	
Play Resource	028 9035 7540	
Rachel Julca	028 9061 1063 07814 345 354	Arts & Crafts
Robin Cordimer	07966 375 613	Printmaking workshops
Rosemary Moore	07747404604	Textile art workshops
Sabine Wolniczak-Macdonald	028 9147 8961	Willow-work workshops
Sam Walklett	07775 626 016	Candle making workshops
Shauna McCann	07835 440 862	Arts / crafts
Sheelagh Colclough	07759480149	Papier Mache workshops
Sparkles / Marie McClury	07933 176 707	Gifts & jewellery
Therese Gorman	028 9263 8565	Workshops on low budgets on all aspects of art & craft
Victoria Bradshaw	078 1592 4996	Textile art & photography workshops
Violet Walker	028 9024 6603	Crafts, card making, knitting
Wenda Campbell	028 9029 9400	Pottery & working with people with special needs

SENIOR CITIZENS FORUMS

WHO	CONTACT	OTHER INFO
Newtownabbey Senior Citizens Forum	028 9083 6673	Newtownabbey
North Belfast Senior Citizens Forum	Magdalena Chudzikiewicz 028 9074 9944	Advice Worker - North Belfast
Shankill Senior Citizens Forum	Frank Johnston / Deirdre Murphy 028 9020 0850	Shankill
West Belfast Senior Citizens Forum	Frank Johnston / Deirdre Murphy 028 9020 0850	West Belfast

GOOD MORNING LINES

WHO	CONTACT	OTHER INFO
Ballysillan	028 9071 9200	'Friend on the phone' telephone service operating daily between 9am – 12pm.
West Belfast	028 9020 0228	Telephone service operating Monday - Sunday inclusive. Office hours are Mon to Fri 9.30 – 4.20pm and Sat & Sun 6-9pm
East Belfast	028 9046 9946	

REMINISCENCE / STORY TELLING

WHO	CONTACT	OTHER INFO
Beth Campbell	028 9087 7648	Range of props and visual aids to aid storytelling sessions
History talks of Ireland	Sean McCaffrey 028 9020 2088	Visits to places of historical significance can also be organised if transport provided
NI Reminiscence Network	028 93372831	Promotes Social wellbeing by valuing memories
Sailor town Historical Society	Sean Baker 028 9075 1094	DVD old Belfast, history photographic display
Sailor town Places & Faces	Tommy O'Hara 028 4483 9263 07756704583	Poetry reading (about old Belfast)
St Peters Senior Community Group	Patsy Curtis 028 9024 0969	Photographic exhibitions, 'Changing Times' publication for sale £5 (old photographs of Falls Road area), photo book of St Peters area should be available from April/May '08 (£6)
Ulster Museum @ Ulster Folk & Transport Museum (Cultra)	Rosemary Stewart 028 9039 5080	FREE. Borrow a Reminiscence Box for your group - each box contains a variety of objects to use as memory triggers and a resource file

WHO	CONTACT	OTHER INFO
Lucille O'Neill	028 9024 4070	Story telling
Alexander McNiece	028 9127 1610 07716 600 635	Story telling; music; Broadway musicals

SUPPORT & TRAUMA GROUPS

WHO	CONTACT	OTHER INFO
Cancer Life Line	028 9035 1999	Supports people living with cancer and their families. Services include: Counselling, welfare assistance, alternative therapies, support groups and educational classes
Cruse	028 9079 2419	Provides help and support to anyone bereaved by death
Families Beyond Conflict	Sharon Bailey 028 9024 8985	Drop-in centre situated in Tennant Street and servicing the Greater Shankill area. Services include assistance with form filling, benefits and housing information and educational and recreational courses
Road Trauma Support	Phyllis Sloan 0779 687 0618 Nora Ferguson 0796 793 7203	Voluntary support group. Provides emotional support, practical help and info to people who have been bereaved or injured through a road traffic accident

WHO	CONTACT	OTHER INFO
Survivors of Trauma	028 9074 9944	Supports people who suffered trauma on account of the violence through the Troubles
Victim Support	028 9032 8152	Provides emotional & practical support for victims of crime
Victims and Survivors Trust	028 9022 2181	Assists victims and survivors of the conflict
Wave Trauma Centre	028 9077 9922	Provides care and support to people bereaved/traumatised as a result of the Troubles

MEDIA

WHO	CONTACT	OTHER INFO
Andersonstown News	028 9061 9000	
Belfast Telegraph News Desk	028 9026 4420	
Community Telegraph	028 9026 4000	
Irish News	028 9032 2226	
North Belfast News	028 9058 4444	
Shankill Mirror	028 9031 2882	
South Belfast News	028 9061 9000	

TRAINING

WHO	CONTACT	OTHER INFO
Changing Ageing Partnership (CAP)	028 9032 9718	Contact Attracta Cosgrove
Northern Ireland Council for Voluntary Action (NICVA)	028 9087 7777	Contact Roisin Kelly for all skills development and training enquiries.
Play Resource	028 9035 7540	Arts and Crafts courses
Volunteer Development Agency	028 9023 6100	Contact Dee Kelly
Women's Resource Development Agency	028 9023 0212	Contact Mary Frances for various awareness raising programmes such as Mental Health & Emotional Well Being, Women's Health and Good Relations

USEFUL BELFAST CITY COUNCIL NUMBERS

WHO	CONTACT	OTHER INFO
Bin Collections	028 9027 0230	
Bulky household items/Special collections	028 9027 0230	
Cemeteries and Crematorium Office	028 9027 0296	<i>Mon-Thurs 8.30am-5pm (4.30 Fri) Sat 8.30am-12 pm</i>
City Cemetery	028 9032 3112	
Community Safety	028 9027 0469	
Community Services	028 9027 0505	
Complaints	028 9027 0270	
Dog Warden Service	028 9027 0431	
Food Safety / Public Health	028 9027 0428	
General Enquiries	028 9032 0202	
Home Safety Check Scheme	028 9027 0469	
Noise hotline	028 9037 3006	
Parks	028 9032 0202	
Pest Control	028 9027 0431	
Recycling centres	028 9027 0656	
Registration of births, marriages and deaths	028 9027 0274	
Roselawn Cemetery	028 9044 8288	
Street Cleaning (Enquiries)	028 9027 0230	

ADVICE CENTRES

WHO	CONTACT
Ardoyne Association	028 9071 5175
Ashton Centre	028 9074 2255
Ballysillan Community Forum	028 9039 1272
CAB Antrim Road	028 9050 3000
Cliftonville Regeneration Forum	028 9074 9147
Corpus Christi Services	028 9024 0653
Disability Action	028 9029 7880
Falls Community Council	028 9020 2030
Falls Women's Centre	028 9032 7672
Greater Turf Lodge Residents Association	028 9061 9124
Greencastle CEP	028 9036 5060
Housing Rights Service	028 9024 5640
Ligoniel Improvement Assoc	028 9039 1225
LNbcc	028 9028 8887
Neighbourhood Dev Assoc	028 9058 4848
Springfield Charitable Assoc	028 9032 9085
Tar Isteach	028 9074 6665
The Vine Centre	028 9035 1020

Handyperson & Gardening Services

WHO	CONTACT	OTHER INFO
Wishing Well Family Centre	028 9074 0454	Small gardening tasks undertaken to nominal charge. Upper North Belfast area
HandyVan	0808 808 7575	Home security and minor household repairs. No charge.
Greater Shankill Alternatives	028 9031 1420	Telephone and support services; home security checks. Greater Shankill area. Free of charge.
Good Morning Ballysillan	028 9071 9200	Small gardening and minor repair jobs for clients of Good Morning Ballysillan service
Ardcomm Maintenance	028 9024 5943	Building, repair and maintenance services. Free quote for jobs at affordable rates. (Social economy business)
Ligoniel Improvement Association	028 9039 1225	Gardening, painting, decorating and house clearance services. Ligoniel area. Small charge.

MISCELLANEOUS

WHO	CONTACT	OTHER INFO
Alistair MacKenzie	9058 0284 07821 273304	Photographer - weddings, special events, pet portraits
Alister Carswell	028 9127 1958	Fashion clothing - everything under £15. He comes to your group
Corpus Christi Services	Kathleen McGarry 028 9024 0653	Home visitation service in Ballymurphy and the Upper Springfield Ward.
Dusty Bluebells	Eileen 028 9087 5546	Floral art demonstrations
Horace Punch	07711561622	Punch & Judy show
Joan	079 4497 1109	Dog minding / sitting service
Kevin McMullan	028 9023 6367	Poet & Entertainer
Marie McClurg	079 3317 6707	Sparkle jewellery parties
West Belfast Festival	028 9031 3440	All types of entertainment
Zoo Lab	0132 461 8600	Animal visits - a selection of small animals can be brought to your group. Book well in advance.
Friends of the Waterworks	Gerry Tohill 0787 295 5186	Fishing excursions at Waterworks Park, Belfast

This booklet is aimed at older person's groups, supported housing and nursing homes to give contact information on sources of entertainment for older people.

If you have any names or numbers you think would be useful for other groups, please contact Frank or Deirdre at VSB on 028 9020 0850.


This booklet has been produced by VSB with support from Belfast Health Care Trust.


Please Note: anyone using the services in this booklet does so at their own discretion as it is for information purposes only. It is not an endorsement of these services or organisations and liability for using these services remains between the client and the service provider.

Contact numbers correct at time of print but may be subject to change.



VSB
34 Shaftesbury Square
Belfast BT2 7DB

 028 9020 0850

 www.vsb.org.uk

 info@vsb.org.uk

*This booklet has been produced by VSB in
conjunction with Belfast Health Care Trust*



Belfast Health and
Social Care Trust

(Last updated 18.11.2009)