

AGE
AWARENESS
WEEK 2010

www.ageawarenessweek.com

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AGE

AWARENESS WEEK 2010

RECOGNITION

ACKNOWLEDGE
OUR CONTRIBUTION

EVENT PROGRAMME



We love,

we give, we care!

25 SEPTEMBER – 2 OCTOBER

www.ageawarenessweek.com

GET INVOLVED!

There are many ways to get involved in Age Awareness Week 2010

ATTEND AN EVENT:

You can take part in a range of events during Age Awareness Week. All events which explain how to 'get involved' are open to the public, so go along and show your support for individual groups and the work they do to tackle ageing issues. Contact individual event organisers for more information – you will find contact details alongside the respective events.

ORGANISE AN EVENT:

If you would like to run an event during Age Awareness Week please **Email** rachel.heatley@ageni.org or **Tel** 028 9024 5729.

Your event can appear on the Age Awareness Week website up to Friday 17 September 2010.

KEEP UP TO DATE!

As we become aware of the other events in the run up to Age Awareness Week 2010 we will add these to **www.ageawarenessweek.com**

Please visit the website regularly to keep up to date with what is happening in your area during Age Awareness Week.



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WELCOME

The Changing Ageing Partnership (CAP) would like to welcome you to the fifth Age Awareness Week, which continues to celebrate the diversity of older people's lives and highlight the positive contribution older people make to society.

This year's theme of 'recognition' will challenge negative attitudes about older people's contribution to society, and how we recognise older people's skills, experiences, achievements and contributions, through a range of events across Northern Ireland.

CAP has supported older people to develop a louder, stronger and more informed voice and to build confidence to ensure that their voices are heard, but more has to be done. Our attitude as a society towards older people has to change.

It is in society's interest that everybody stands together to fight for the rights of older people to ensure a more equal, informed and richer society now and in the future.

We would like to invite you to take part in Age Awareness Week. You can take part by organising your own event (the details of which can be added to our website up to Friday 17 September) or attending an event outlined in this event guide.

This year's launch event will see a 100-seater cinema travel to a different town in Northern Ireland each day of Age Awareness Week and everyone can get involved (See page 11-12 for details). Events vary from Friendship Club open afternoons to networking seminars with colleagues from Age Platform Europe and everything in between. Browse through this guide to find an event near you and show your support for the positive recognition of older people in our society by joining us at an event during the week.

We look forward to meeting you at Age Awareness Week.

Kind regards

The CAP team



RECOGNITION

This year's theme of 'recognition' will challenge negative attitudes about older people's contribution to society, how we engage with older people and also stimulate public debates on the importance of recognising older people's skills, experiences, knowledge, achievements and contributions now and for future generations.

Older people are active citizens who play vital roles as carers, volunteers, and employees. By recognising the important contributions they make, we can transform negative attitudes and empower older people, creating a richer society for all.



AT A GLANCE

Saturday 25 September	Be Unique, Learn the Technique Stye Brae Hall, Gilnahirk Presbyterian Church, 161 Gilnahirk Road, Belfast	2pm – 4.30pm	P 25		Two Small Words The Void Gallery, Patrick Street, Derry / L'Derry	1pm	P 13
	CINEMOBILE 'Up' and 'The Bucket List' Queen's University, Physical Education Centre Car Park, Botanic Park, Belfast	1pm / 3pm	P 11-12		Killyleagh and Shrigley Friendship Club Open Afternoon Killyleagh Bridge Centre, Braeside Gardens Killyleagh, Downpatrick	1pm – 4pm	P 29
Sunday 26 September	CINEMOBILE 'Up' and 'The Bucket List' (Broadway) Laharna Retail Park, Circular Road, Larne	4pm / 6pm	P 11-12		Passing Down the Tradition of Industry and Harmony Community Room, Age Concern Newcastle Office Complex, 21 Dundrum Road, Newcastle	2pm – 6pm	P 22
Monday 27 September	CAP Research Showcase The Great Hall at Queen's University, Belfast	10am	P 13		CINEMOBILE 'Up' and 'The Bucket List' Public Car Park, Meadowlane Shopping Centre, Moneymore Road, Magherafelt	4pm / 6pm	P 11-12
	Together We Are Stronger The Lodge, Main Street, Castlewellsan, BT31 9DA	10.30am – 1pm	P 21		Live and Learn Project Ulster Museum, Botanic Gardens, Belfast	All day event	P 23
	Bellwood Senior's Amphibious Cultural Tour Belle Bashford Court, Woodstock Road, Belfast	11am	P 19		One Good Reason – Volunteering Action Day Ballymena, Belfast, Derry/L'Derry and Newry	8.30am Breakfast 10am – 1pm Volunteering Session	P 20
	CINEMOBILE 'Up' and 'The Bucket List' Joey Dunlop Leisure Centre, 33 Garryduff Road, Ballymoney	4pm / 6pm	P 11-12		Seminar for Turkington Fund Grant Recipients Old Town Hall, Carrickfergus	10am	P 30
Tuesday 28 September	Intergenerational Information and Training Seminar Millennium Court Arts Centre, William Street, Portadown	9.30am – 3pm	P 29		Boccia Tournament The Lodge, Castlewellsan	10am – 1pm	P 33
	Local History Resources Uncovered Down County Museum, The Mall, Downpatrick	10am – 1pm	P 21		Valuing Heritage by Valuing Memories Celebration Glenavon House Hotel, 52 Drum Road, Cookstown, Co. Tyrone	10am – 3.30pm	P 17
	Movers and Shakers Donal Casey Court, Templemore, Derry	12noon – 2pm	P 33				

AT A GLANCE

	Recognition and Connection Unit 5, The Abbey, Abbey Yard, Newry	10am – 4pm	P 20
	Bewitching Stitching The Manor Lodge Hotel, Moneymore, Co. L'Derry	1pm – 5pm	P 27
	Case Studies Booklet Launch Old Town Hall, Carrickfergus	2pm	P 14
	CINEMOBILE 'Up' and 'The Bucket List' Canal Basin Car Park, Dock Street, Strabane	4pm / 6pm	P 11-12
	Movie 'Gen Silent' Queen's Film Theatre, 20 University Square, Belfast	6.45pm	P 16
	Senior Autumn Fest Cinema and Buffet Downpatrick Golf Club, Saul Road, Downpatrick	7pm	P 16
	Painting Classes in Oil and Acrylics (for 10 weeks) Down Arts Centre, 2-6 Irish Street, Downpatrick	7pm – 9pm	P 27
	Guitar Lessons (for 10 weeks) Down Arts Centre, 2-6 Irish Street, Downpatrick	7pm – 9pm	P 26
	Singer's Circle (for 10 weeks) Down Arts Centre, 2-6 Irish Street, Downpatrick	7.30pm – 9.30pm	P 26
Thursday 30 September	Live and Learn Project Ulster Folk and Transport Museum, Cultra	All day event	P 23
	Relations Between the Generations Long Gallery, Parliament Buildings, Stormont, Belfast	9.45am – 2pm	P 18

	Age Awareness Day Omagh Library, 1 Spillar's Place, Irishtown Road, Omagh	2pm – 5pm	P 28
	CINEMOBILE 'Up' and 'The Bucket List' Community Centre Car Park, Kesh	4pm / 6pm	P 11-12
	Tea Dance Location / Time TBC		P34
Friday 1 October	Down Senior Forum HAP event The Great Hall, Downshire Hospital, Ardglass Road, Downpatrick	10pm – 4pm	P 31
	In the Know The Hanwood Centre, Tullycarnet, Belfast	10am / 1.00pm	P 31
	Senior Autumn Fest 'Your Opinion Please' Downpatrick Golf Club, Saul Road, Downpatrick	7.30pm	P 18
	CINEMOBILE 'Up' and 'The Bucket List' Lower Green Car Park, Strangford	4pm / 6pm	P 11-12
	Intergenerational Group Newhill Youth & Community Centre Belfast	8.30pm - 10pm	P 28
Saturday 2 October	Live and Learn Project Ulster American Folk Park, Omagh	All day event	P 23
	CINEMOBILE 'Up' and 'The Bucket List' The Palace Demesne, Armagh	4pm / 6pm	P 11-12
Throughout the week	Creation of Appliqué Community Centre, Cornerstone, 34 Main Street, Beragh, Omagh		P 14
	Intergenerational Art Project Conway Mill, 5-7 Conway Street, Belfast		P25
	Spring chickens Belfast / Armagh / Coleraine / Derry / Omagh		P28

LAUNCH OF AGE AWARENESS WEEK 2010

SATURDAY 25 SEPTEMBER

Screening Up – 1pm, The Bucket List – 3pm

Location Queen's University, Physical Education Centre
Car Park, Botanic Park, Belfast.

Age Awareness Week 2010 will bring the magic of the movies and age issues to your doorstep with the help of Ireland's first travelling cinema – Cinemobile.

This 100-seater mobile venue has been designed with comfort and ease of viewing in mind. The Cinemobile will start off in Belfast to launch the week and will travel to a different town in Northern Ireland throughout Age Awareness Week.

Admission is **£3 per person**. Tickets can be bought at each Cinemobile location and are available at the door on a first come – first served basis.

Sunday 26 September – Larne

Broadway – Also known as Laharna Retail Park
Circular Road, Larne, County Antrim BT40 1HU

Monday 27 September – Ballymoney

Joey Dunlop Leisure Centre
33 Garryduff Road, Ballymoney BT53 7AU

Tuesday 28 September – Magherafelt

Public Car Park – Meadowlane Shopping Centre
Moneymore Road, Magherafelt BT45 6PR

Wednesday 29 September – Strabane

Canal Basin – Car Park
Dock Street, Strabane BT82 8EE

Thursday 30 September – Kesh

Community Centre Car Park, Kesh

Friday 1 October – Strangford

Lower Green Car Park, Strangford

Saturday 2 October – Armagh

The Palace Demesne, Armagh

cinemobile
IRELAND'S FIRST TRAVELLING CINEMA

www.ageawarenessweek.com



THE MOVIE – UP

Directors: Pete Docter and Bob Peterson / 2010 / 96 mins
4pm daily (except on Sat 25 September, screening 1pm)

Carl Fredricksen, a recently widowed 78-year-old, misses his wife and often thinks of the promise he made her. It was their lifelong dream to follow in the footsteps of their childhood hero, adventurer Charles Muntz and set up home in the wilds of South America.

When Carl refuses to move from their house, despite offers from property developers, and he accidentally hits a construction worker who damaged his treasured mailbox, he is forced into a retirement home. But before they can take him, he and his house fly away with the help of thousands of balloons.

However he has a stowaway aboard. An 8 year old Wilderness Explorer named Russell, who is trying to get an 'assisting the elderly' badge. Together, they embark on the adventure of a lifetime into a lost world, filled with giant birds, talking dogs and lots of surprises.

THE MOVIE – THE BUCKET LIST

Director: Rob Reiner / 2007 / 97 mins
6pm daily (except on Sat 25 September, screening 3pm)

Corporate billionaire Edward Cole (Jack Nicholson) and working class mechanic Carter Chambers (Morgan Freeman) have nothing in common except for their terminal illnesses.

While sharing a hospital room together, they begin to find common bonds and when Edward finds the discarded bucket list that Carter had written, listing all the things he wanted to do before dying, he includes his own items and invites Carter on a journey of friendship, discovery and redemption. In the process, both men become unlikely friends, and ultimately find the joy in life.



LAUNCHES

CAP Research Showcase

MONDAY 27 SEPTEMBER 2010

ORGANISED BY

Changing Ageing Partnership

WHERE / WHEN

Great Hall, Queen's University, Belfast / 10am

The CAP Research Showcase will present the results from CAP-funded research completed in 2010. The event will feature studies from schools and disciplines including anthropology, criminology, drama, economics, law, management, medicine, psychology and sociology.

GET INVOLVED

This event is fully booked. For more information or to see the full reports, please visit **Web** www.changingageing.org

Two Small Words

TUESDAY 28 SEPTEMBER 2010

ORGANISED BY

Workers' Educational Association

WHERE / WHEN

The Void Gallery, Patrick Street,
Derry / L'derry / 1pm

This exhibition of older learner's photographs celebrates and gives thanks for the unsung work and contributions older people make in their communities. Participants have worked with professional photographer, Emmett McSheffrey on the theme of 'recognition' to deliver a diverse range of photographs for display.

GET INVOLVED

The exhibition is open to the public on Tuesday 28th September from 2pm onwards and will run until Tuesday 5th October for viewing between 10am-5pm daily (closed Monday). For further information contact The Void Gallery **Tel** 028 7130 8080

Case Studies Booklet Launch

WEDNESDAY 29 SEPTEMBER 2010

ORGANISED BY

The Community Foundation for
Northern Ireland (The Turkington Fund)

WHERE / WHEN

Community House, Citylink Business Park,
6 Albert Street, Belfast BT12 4HQ / 2pm

As guest speaker, well known actress and performer Olivia Nash will help launch the Turkington Fund's Case Studies Booklet, which features older people's projects that have received grants from the fund. The event will also include a dance performance from *Age on Stage*.

GET INVOLVED

This event is open to the public. To register an interest in intending or for more information contact Sharon Killen on **Tel** 028 9024 5927 or **Email** skillen@communityfoundationni.org

Creation of Appliqué

ORGANISED BY

Beragh Art Group

WHERE / WHEN

Community Centre, Cornerstone,
34 Main Street, Beragh, Omagh

Date / Time TBC

Visit www.ageawarenessweek.com
for further updates

Beragh Art Group in partnership with Age NI and the Ulster American Folk Park are launching the *Creation of an Appliqué*, a wall hanging to be created by the talented group members which will depict a local village scene. It's hoped that the appliqué, which the group will work on over the coming months, will be ready for public viewing in Spring 2011 and will demonstrate the value of cross community togetherness to a younger audience.

FILMS

Please see page 11-12 for information on the Cinemobile which will launch Age Awareness Week.

Film is an interesting and challenging medium through which to explore a wide variety of concepts and ideas.

As part of this year's Age Awareness Week, we are presenting two opportunities to examine the theme of recognition in a cinematic context. No doubt both movies will challenge your perceptions about older people and the significant role they play in our society.



FILMS INCLUDE:



GEN SILENT

WHERE / WHEN

Screen 2, Queen's Film Theatre
/ Wednesday 29th September, 6.45pm

ORGANISED BY

Age NI



What would you do to survive if you were old, disabled and ill – afraid of discrimination or abuse? Gen Silent is the new LGBT documentary that asks six LGBT seniors if they will hide their true identities in order to survive. They put a face on what experts in the film call an epidemic: LGBT seniors so afraid of discrimination and abuse in long-term health care that some go back into the closet. Many of our greatest generation are dying prematurely because they don't ask for help and have too few people in their lives to care for them.

GET INVOLVED

Tickets cost: £6 per person (there is a concession rate of £5 for Senior Citizens). Prior ticket purchase is essential, and tickets can be booked online **Web** <http://www.queensfilmtheatre.com/> or by contacting the QFT box office on **Tel** 028 9097 1097.

SENIOR AUTUMN FEST CINEMA AND BUFFET

WHERE / WHEN

Downpatrick Golf Club, Saul Road, Downpatrick
/ Wednesday 29th September, 7pm

ORGANISED BY

Down Age Sector Partnership

Downe U3A and senior organisations from the greater Downpatrick area are coming together to enjoy an evening of cinematic delight. Organisers are keeping tight lipped about the title of the movie which they will unveil on the night but they promise that it will reflect a feeling of wellbeing and the joys of life no matter what your age. The event is free but priority will be given to Downe U3A members, senior organisations in the Downpatrick area and beyond.

GET INVOLVED

This event is open to the public. Booking is required and places are limited. To request a ticket please contact William Devlin on **Email** info@downeu3a.eu by 5pm on Monday 27 September, using the heading Fest Cinema and stating your full name (and organisation, if applicable). For further information **Tel** 028 4483 1783.

DISCUSSIONS AND DEBATES

Valuing Heritage by Valuing Memories Celebration

WEDNESDAY 29 SEPTEMBER 2010

ORGANISED BY

Reminiscence Network
Northern Ireland

WHERE / WHEN

Glenavon House Hotel, 52 Drum Road,
Cookstown / 10am-3.30pm

Project staff, partner organisations and participants will share their experiences of the Valuing Heritage by Valuing Memories initiative recalling how over the last three years it has provided numerous opportunities for people of all ages to preserve and celebrate personal memories. A highlight of the night is sure to be the keynote speech delivered by veteran broadcaster Joe Mahon, from UTV's *Lesser Spotted Ulster*.

GET INVOLVED

This event is open to the public. Booking is essential as spaces are limited. For further information **Tel** 18002 028 9023 7820 (please dial full number and wait to be connected) or **Email** info@rnni.org **Web** www.rnni.org



Relations Between the Generations

THURSDAY 30 SEPTEMBER 2010

ORGANISED BY

Linking Generations NI /
The Beth Johnson Foundation

WHERE / WHEN

Long Gallery, Parliament Buildings,
Stormont / 9.45am-2pm

Linking Generations NI is hosting a series of round table discussions giving young and old alike, the opportunity to explore areas in which there may be intergenerational conflict but also to find some common ground. It will provide an opportunity to look beyond concerns each age group may have and consider issues of global significance.

GET INVOLVED

Limited places are available. For further information please contact Vicki Titterington, Intergenerational Project Coordinator on **Tel** 028 9181 3022 or **Mob** 07732 875 409.

Senior Autumn Fest 'Your Opinion Please'

FRIDAY 1 OCTOBER 2010

ORGANISED BY

Down Age Sector
Partnership

WHERE / WHEN

Downpatrick Golf Club, Saul Road,
Downpatrick / 7.30pm

This event will bring together Down U3A members, local schools and senior organisations in the Downpatrick area for a topical discussion, in the format of the BBC Radio 4's 'Any Questions?' programme.

GET INVOLVED

Admission is by ticket only, any individual in receipt of a ticket is invited to submit a question in writing, which will then be put to the panel. **Email** your question to William Devlin info@downeu3a.eu by Thursday 30 September. Please include your full name and use the heading YOP. For further information call William on **Tel** 028 4483 1783.

LEARNING AND VOLUNTEERING

Bellwood Senior's Amphibious Cultural Tour

MONDAY 27 SEPTEMBER 2010

ORGANISED BY

Bellwood Senior's

WHERE / WHEN

Belle Bashford Court, Woodstock Road, Belfast / 11am

Members of local resident's groups will embark on the 'Big Splash' amphibious bus tour, visiting sites throughout Belfast where they once lived and worked.



One Good Reason – Volunteering Action Day

WEDNESDAY 29 SEPTEMBER 2010

ORGANISED BY

Volunteer Now

WHERE / WHEN

Ballymena, Belfast, Derry/L'derry, and Newry / 8.30am (Breakfast) / 10am-1pm (Volunteering Session)

Volunteering Action Day is aimed at people aged 50 and over to encourage them to take up the challenge of volunteering for a morning in their local community. A day like this can challenge the stereotypes that older people are passive recipients of services, whilst at the same time providing recognition for the impact that can be made by older volunteers in their communities through one day of action. Individuals aged 50+ are invited to take part, alone or as a group of friends. Employers are invited to facilitate the participation of their employees aged over 50 and groups, clubs and forums are being challenged to volunteer together.

GET INVOLVED

This event is open to the public. Booking is essential as spaces are limited. For more information on how you or your group can take part please contact Helen Connolly on **Tel** 028 9020 0858, **Email** Helen.connolly@volunteernow.co.uk or visit **Web** www.volunteernow.co.uk.

Recognition and Connection

WEDNESDAY 29 SEPTEMBER 2010

ORGANISED BY

City of Newry U3A

WHERE / WHEN

Unit 5, The Abbey, Abbey Yard, Newry / 10am-4pm

This IT workshop will once again bring together older people's groups from North and South, in a cross-border initiative to establish a digital method of communication between the groups, by showing them the benefits of group email and social networking.

EXHIBITIONS

Together We Are Stronger

MONDAY 27 SEPTEMBER 2010

ORGANISED BY

Ageing and Engaging

WHERE / WHEN

The Lodge, Main Street, Castlewellan
/ 10.30am-1pm

This public event will showcase the work of a group of age sector representatives who have been developing a seniors' led network in the Newry, Mourne and Down areas. Attendees are encouraged to give their input, join the network and celebrate.

GET INVOLVED

This event is open to the public. For further information please contact Una Mulgrew on **Tel** 028 9089 2634 or **Email** una.mulgrew@ageni.org



Local History Resources Uncovered

TUESDAY 28 SEPTEMBER 2010

ORGANISED BY

Down County Museum

WHERE / WHEN

Down County Museum, the Mall,
Downpatrick / 10am-1pm

Visitors to Down County Museum are being given an opportunity to see how the museum's resources and the expertise of its staff can be used by community and cultural groups in their own venues or centres. Museum staff will also exhibit a variety of items from the handling collections, the photographic archive, the textile collection and the archaeological collection.

GET INVOLVED

This event is open to the public. For further information please contact Linda McKenna, Community Education Manager on **Tel** 028 4461 5218 or **Email** Linda.mckenna@downdc.gov.uk

Passing Down the Tradition of Industry and Harmony

TUESDAY 28 SEPTEMBER 2010

ORGANISED BY

Age Concern Network
of Newcastle and District

WHERE / WHEN

Community Room, Age Concern Newcastle
Office Complex, 21 Dundrum Road,
Newcastle / 2pm-6pm

This intergenerational event will bring together local older people with primary school students to take part in a storytelling session focusing on the tradition of industry. The event will also involve an exhibition of photos and artefacts accumulated with the assistance of the Ulster Folk and Transport Museum and local scholar Jean Forbes.

GET INVOLVED

For further information contact Carmel McGrady **Tel** 028 4372 4709 from 9am-1pm daily.



Live and Learn Project

**WEDNESDAY 29 SEPTEMBER / THURSDAY 30 SEPTEMBER
/ SATURDAY 2 OCTOBER 2010**

ORGANISED BY

Live and Learn Project National
Museums of Ireland

WHERE / WHEN

29 Sep — Ulster Museum, Botanic
Gardens, Belfast / All day

30 Sep — Ulster Folk and Transport
Museum, Cultra / All day

2 Oct — Ulster American Folk Park,
Omagh / All day

Museums across Northern Ireland are hosting a series of one-day events celebrating the skills, knowledge and experience of older people. Visitors to the Folk and Transport Museum will be able to enjoy a range of hands on activities, tours, traditional music and workshops. At the Ulster Museum they are holding a day geared towards anyone interested in art, heritage, culture and creativity. While in the Ulster American Folk Park participants will engage with traditional crafts like cooking, rope making, wood turning, music and storytelling.

GET INVOLVED

This event is open to the public. For further information contact
The Live and Learn Team, Belfast **Tel** 028 9039 5080/5081/5082
The Live and Learn Team, Omagh **Tel** 028 8225 6321
or visit **Web** www.nmni.com



ARTS EVENTS

Intergenerational Art Project

MONDAY 13 SEPTEMBER – THURSDAY 25 NOVEMBER 2010

ORGANISED BY

Springboard Opportunities Limited

WHERE / WHEN

Conway Mill, 5-7 Conway Street, Belfast

Time TBC

Visit www.ageawarenessweek.com
for further updates

This cross community intergenerational art project will bring young and old alike from both sides of the border together to work through the medium of art. Work on the project kicks off on Monday 13 September and the completed art work will be unveiled on Thursday 25 November. The theme of the project will reflect the differences and similarities of both generations and how people, not defined by age, have common interests, concerns and hopes.

GET INVOLVED

For further information please contact Josey Grogan, Programme Manager on **Tel** 028 9031 5111 **Email** josey@springboard-opps.org

Be Unique, Learn the Technique

SATURDAY 25 SEPTEMBER 2010

ORGANISED BY

Belfast Central Branch Carers

WHERE / WHEN

Stye Brae Hall, Gilnahirk Presbyterian Church,
161 Gilnahirk Road, Belfast / 2pm-4.30pm

Belfast Central Branch Carers are holding a card making exercise which will be led by a skilled instructor. Carers, volunteers and friends of carers will all have an opportunity to try out their card making skills, with prizes for the 'best effort' cards.

GET INVOLVED

This event is open to the public. Booking is essential as spaces are limited. To book a place contact Kate Glackin **Tel** 028 9079 9197 or **Email** glackink@yahoo.com by Monday 13 September.

Guitar Lessons

WEDNESDAY 22 SEPTEMBER 2010

ORGANISED BY

Down Arts Centre

WHERE / WHEN

Down Arts Centre, 2-6 Irish Street,
Downpatrick / 7pm-9pm (for 10 weeks)

Guitar tutor Johnny Pedlow is delivering a 10 week programme of guitar lessons aimed at beginners, and those hoping to improve their skills.

GET INVOLVED

This event is open to the public. For more information contact Down Arts Centre Box Office **Tel** 028 4461 0747 **Web** www.downartscentre.com

Singer's Circle

WEDNESDAY 22 SEPTEMBER 2010

ORGANISED BY

Down Arts Centre

WHERE / WHEN

Down Arts Centre, 2-6 Irish Street,
Downpatrick / 7.30pm-9.30pm
(for 10 weeks)

This lively group of singers is gathering every Wednesday night for 10 weeks to sing, make friends, learn new songs, and simply enjoy the power of song.

GET INVOLVED

This event is open to the public. For more information contact Down Arts Centre Box Office **Tel** 028 4461 0747 **Web** www.downartscentre.com

ARTS EVENTS

Bewitching Stitching

WEDNESDAY 29 SEPTEMBER 2010

ORGANISED BY

The Three Spires Craft Club

WHERE / WHEN

The Manor Lodge Hotel, Moneymore,
Co. L'Derry / 1pm-5pm

Members of the *Three Spires Craft Club* through their event want to recognise that older people are continuing to celebrate the heritage of stitching, which has been passed on to them from their parents and grandparents. They firmly believe stitching helps to keep their minds alert, prevents depression and is an opportunity to make new friends.

Painting Classes in Oil and Acrylics

WEDNESDAY 29 SEPTEMBER 2010

ORGANISED BY

Down Arts Centre

WHERE / WHEN

Down Arts Centre, 2-6 Irish Street,
Downpatrick / 7pm-9pm (for 10 weeks)

For the beginner or improver these painting classes led by tutor Brian Trainor are open to all ages. This well established course introduces the beginner to their medium and allows the more experienced painter to develop their individual skills.

GET INVOLVED

This event is open to the public. For more information contact Down Arts Centre Box Office **Tel** 028 4461 0747 **Web** www.downartscentre.com

Intergenerational Group

FRIDAY 1 OCTOBER 2010

ORGANISED BY

Engage With Age /
Newhill's 'Ladybirds'

WHERE / WHEN

Newhill Youth and Community Centre,
261 Old Whiterock Road, Belfast
/ 8.30pm-10pm

This event showcases fashion and music throughout the decades, with young and older people designing and modelling costumes of their choice from the 1950s to the present day. Background music relating to the costumes will accompany the models on their catwalk. Invitations will be sent out to older people's groups in the West Belfast area nearer the event. Refreshments will be served.

Spring Chickens Two

FRIDAY 1 OCTOBER 2010

ORGANISED BY

Big Telly Theatre Company

WHERE / WHEN

Tues 28 September, 8pm
Riverside Theatre, Coleraine

Fri 1 October, 8pm
Ulster Museum, Belfast

Wed 29 September, 8pm
Strule Arts Centre, Omagh

Sat 2 October, 8pm
Millennium Forum, Derry

Thurs 30 September, 8pm
Market Place Theatre, Armagh

Spring Chickens - The Shows are back by popular demand. Taking place over five nights during Age Awareness Week 2010, the shows celebrate the creativity and imaginations of older people. Based on the theme of Utopia, older people will present their visions of a perfect world. Each local show, with their own professional director and crew, is written and designed by local older people and web streamed live on the night so loved ones can see them on stage wherever they may be.

GET INVOLVED

Booking for all performances is essential.

All bookings will be handled by the respective venues:

To follow the performances
online visit **www.big-telly.com**



Belfast:	Ulster Museum	028 7083 1782
Armagh:	Market Place Theatre	028 3752 1821
Omagh:	Strule Arts Centre	028 8224 7831
Coleraine:	Riverside Theatre	028 7032 3232
Derry:	Millennium Forum	028 7126 4455

INFORMATION EVENTS

Intergenerational Information and Training Seminar

TUESDAY 28 SEPTEMBER 2010

ORGANISED BY

Linking Generations NI
(Beth Johnson Foundation)

WHERE / WHEN

Millennium Court Arts Centre, William Street, Portadown, BT62 3NX / 9.30am-3pm

This seminar is suitable for anyone interested in developing intergenerational projects and programmes. The aim of the seminar is to raise awareness of intergenerational practice, and highlight the many possibilities intergenerational programmes offer to the age sector, education, communities and public policy agendas. Delegates will receive basic guidance and training on establishing and running intergenerational projects and programmes, as well as having the opportunity to explore possible funding streams for intergenerational initiatives.

GET INVOLVED

This event is open to the public. For further information please contact Vicki Titterington, Intergenerational Project Coordinator on **Tel** 028 9181 3022 or **Mob** 07732 875 409.

Killyleagh and Shrigley Friendship Club Open Afternoon

TUESDAY 28 SEPTEMBER 2010

ORGANISED BY

East Down Rural Community Network

WHERE / WHEN

Killyleagh Bridge Centre, Braeside Gardens, Killyleagh, Downpatrick / 1pm-4pm

Join members of Killyleagh and Shrigley Friendship Club at their open afternoon and see the variety of activities available for older people in the district. Organisers invite you to come along for a sing song, some pampering and some craic. Lunch and refreshments provided.

GET INVOLVED

This event is open to the public. For further information please contact Lise Curran on **Tel** 028 4461 2311.

Seminar for Turkington Fund Grant Recipients

WEDNESDAY 29 SEPTEMBER 2010

ORGANISED BY

The Community Foundation for Northern Ireland (The Turkington Fund)

WHERE / WHEN

Old Town Hall, Carrickfergus / 10am

This event invites older people's projects who have been grant recipients of the Turkington Fund to attend a 'recognition' themed seminar. Invitees will take part in structured feedback sessions on the projects that they have undertaken, and they will also be invited to display the results of their work at the event. The Turkington Fund aims to recognise and celebrate the contribution of older people to our society by offering funding for locally based community projects which are run by and for older people.

Age Awareness Day

THURSDAY 30 SEPTEMBER 2010

ORGANISED BY

Omagh Library

WHERE / WHEN

Omagh Library, 1 Spillar's Place, Omagh / 2pm-5pm

Visitors to Omagh Library will have the opportunity to meet with representatives from a variety of organisations including the PSNI, Churches Forum, RNID, Age NI, Meadowbank Residential Care, Homestart, and Access to Benefits, in order to ask them questions on issues of importance to older people. The day will also include a tea dance, and a reminiscence session featuring old newspapers and items from the mid twentieth century. Refreshments will be provided.

GET INVOLVED

This event is open to the public. For further information please contact Tina Monaghan on **Tel** 028 8224 4821 **Email** tina.monaghan@librariesni.org.uk

In the Know

FRIDAY 1 OCTOBER 2010

ORGANISED BY

Engage with Age

WHERE / WHEN

The Hanwood Centre,
Tullycarnet, Belfast / 10am-1pm

Engage with Age wants to bring together forums and groups from South and East Belfast and Castlereagh for a fun event highlighting the benefit of 'Senior's Info', a website and directory designed for older people in Belfast.

GET INVOLVED

This event is open to groups in South and East Belfast, and Castlereagh.

Spaces are limited and booking is essential. For further information please contact Carol Simpson on **Tel** 028 9064 9649 or

Email carol.simpson@engagewithage.org.uk

Down Senior Forum Healthy Ageing Partnership event

FRIDAY 1 OCTOBER 2010

ORGANISED BY

East Down Rural Community Network

WHERE / WHEN

The Great Hall, Downshire Hospital,
Downpatrick / 10am-4pm

This information session for older people in rural areas of East Down will include free electric blanket testing, the provision of local transport information and will highlight a range of other relevant health and safety issues.

GET INVOLVED

This event is open to the public. For more information contact Lise Curran, Ann Grant or Janine Connolly on **Tel** 028 4461 2311.



DANCE AND GAMES

Movers and Shakers

TUESDAY 28 SEPTEMBER 2010

ORGANISED BY

COSY (Citizens of Senior Years) Club

WHERE / WHEN

Donal Casey Court, Templemore,
Derry / 12noon-2pm

This intergenerational dance event will see COSY (Citizens of Senior Years) Club members showing the youth of today some dance moves. Then the teachers become the pupils, when the young people show off some dance moves of their own.

GET INVOLVED

For further information please contact Geraldine Fitzpatrick
Email Geraldine_fitzpatrick@hotmail.com

Boccia Tournament

WEDNESDAY 29 SEPTEMBER 2010

ORGANISED BY

East Down Rural Community Network

WHERE / WHEN

The Lodge, Castlewellan,
/ 10am-1pm

Older people in the East Down area and beyond are being invited to take part in an indoor Boccia tournament. All are welcome, and individuals and groups alike can be facilitated.

GET INVOLVED

This event is open to the public. If you would like to take part please contact Paula Nixon or Ann Grant on **Tel** 028 4461 2311 for further information.

Tea Dance

THURSDAY 30 SEPTEMBER 2010

ORGANISED BY

East Down Rural Community Network

WHERE / WHEN

Location / Time TBC
Visit www.ageawarenessweek.com
for further updates

Recapture some of the elegance of yesteryear with a tea dance for older people living in the East Down area. This is an opportunity for older people to celebrate, socialise and dance their way down memory lane.

GET INVOLVED

This event is open to the public. For further information please contact Paula Nixon or Ann Grant on **Tel** 028 4461 2311.



ABOUT CAP

The Changing Ageing Partnership (CAP) was established in December 2005 to improve the quality of life for older people. Funded by Atlantic Philanthropies, the partnership brings together, Age NI, Queen's University Belfast and the Workers' Educational Association.

The CAP vision is of a strong, informed voice capable of challenging attitudes and approaches to ageing. The goal is to empower older people to transform how they are viewed by sections within our society. The programme has developed a holistic agenda that recognises the multiple realities of older people's lives alongside issues traditionally associated with older people such as health and social care, economic independence and community safety.

WHAT WILL CAP DO?

CAP's vision is delivered through three integrated programme strands:

- Equality policy development
- Research and policy evidence
- Leadership and lobbying training

CONTACT CAP PARTNERS

AGE AWARENESS WEEK

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AGE SECTOR PLATFORM

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FUNDER'S NOTE

The Atlantic Philanthropies aims to make lasting change to the lives of vulnerable and disadvantaged older people and achieve social justice for them. To that end and through our support for Age Awareness Week we seek to strengthen the voice and social action of older people.

With our grantees we also hope to improve the economic and health security of older people through advocacy and by influencing policy and to build the enduring capacity of those organisations who represent the interests of older people.