

# PROGRAMME PLANNING RESOURCE



This list has been compiled by member groups of South Eastern Trust Older Peoples' Networks to assist with programme planning. This is not an exhaustive list - costs are approximate or may have changed since print, and some speakers may only cover specific areas! To add more information\*, please forward all details as above to [Wendy.McDowell2@setrust.hscni.ni](mailto:Wendy.McDowell2@setrust.hscni.ni) **\*It is your responsibility to ensure that a data sharing agreement has been made prior to forwarding.** Updated 20 March 2024

Speaker/organisation/Topic	Contact Details	Cost/Donation further info
<b>Action On Hearing Loss – Hear to Help Project</b> Hearing checks, hearing aid support and information.	<a href="mailto:Sue.Benham@hearingloss.org.uk">Sue.Benham@hearingloss.org.uk</a>	NO COST.
<b>Age NI</b> A range of staff to deliver talks on a range of topic areas.	0808 808 7575 <a href="mailto:advice@ageni.org">advice@ageni.org</a>	NO COST.
<b>Alderman Deborah Girvan,</b> Shows slides and speaks about role as President of European Columban Way.	<a href="mailto:deborah.girvan@ardsandnorthdown.gov.uk">deborah.girvan@ardsandnorthdown.gov.uk</a>	Donation/gift.
<b>Alzheimer's Society</b> Awareness sessions/talks	028 9066 4100 Alzheimer's Society <a href="mailto:nir@alzheimers.org.uk">nir@alzheimers.org.uk</a> <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>	NO COST.
<b>Aromatherapy Talk</b> Aleida Millar	0789 191 9466	Contact directly for cost.
<b>Art Activities (Zoom/Face-to-face)</b> Therese Gorman	0779 005 6783 <a href="mailto:theresegorman@hotmail.com">theresegorman@hotmail.com</a>	£40 per hour.
<b>Banbridge &amp; Lisburn Ukes</b> Ukulele group	Lisburn Ukes	£250 x 60 mins £300 x 90 mins All money goes directly to charity.
<b>Banks</b> Scams & Computer Safety.	Ask local branch 0786 676 2356 (Ulster Bank Fraud Department)	
<b>Boccia</b> Group buys own boccia balls and hoops.		NO COST. Initial outlay to buy equipment.
<b>Brian Johnston</b> Plays accordion & tells yarns	028 9263 8546	Donation.

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<b>British Red Cross</b> Chris Buckland Katy Harris	0788 079 1444 <a href="mailto:KatyHarris@redcross.org.uk">KatyHarris@redcross.org.uk</a>	help with Independent living, financial advice, help with loneliness
<b>Cancer Focus</b> A range of health talks – cancer prevention, nutrition, smoking, sun care, breast awareness.	028 9066 3281 <a href="mailto:hello@cancerfocusni.org">hello@cancerfocusni.org</a> <a href="mailto:anthonystuart@cancerfocusni.org">anthonystuart@cancerfocusni.org</a> (Talks for men) <a href="http://www.cancerfocusni.org">www.cancerfocusni.org</a>	Please contact for confirmation of cost. £100 face-to-face £60 online
<b>Clifton House</b> Talk on history of Clifton House, now a care home	028 9099 7022	Donation.
<b>Community First Responders</b> Northern Ireland Ambulance Service (NIAS) Community volunteers talk about their work and commitment. Give demo with defibrillator.	Ask local branch	NO COST.
<b>Community Safety Talks</b> Community Police, PSNI	Ask local PSNI branch	NO COST.
<b>Community Tribal Drummers</b> Marcella Gilliland	0789 149 4087 <a href="mailto:info@communitytribaldrummers.co.uk">info@communitytribaldrummers.co.uk</a> <a href="http://www.communitytribaldrummers.co.uk">www.communitytribaldrummers.co.uk</a>	Contact directly for cost. Mileage also included.
<b>Copperwork / Silk Painting</b> Trudy Burke	0752 224 3732 <a href="mailto:trudyburke@btinternet.com">trudyburke@btinternet.com</a>	£40 per hour + materials.
<b>County Down Coastal Talks</b> Brendan Mulhall	<a href="mailto:mulhallbh@yahoo.co.uk">mulhallbh@yahoo.co.uk</a>	Contact directly for cost.

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<b>Craft Sessions/Flower Arranging</b> Kelli Johnston, Let's Craft NI	0753 045 6256 <a href="mailto:letscraftni@hotmail.com">letscraftni@hotmail.com</a>	Prices vary.
<b>Dance/Exercise/Chair Based Aerobics</b> Rosie Mullin	0740 090 9096 <a href="mailto:rosiemullin16@gmail.com">rosiemullin16@gmail.com</a>	£45 per hour.
<b>Deafblind NI</b> Norman McCudden, Outreach Officer Awareness talk re those living with sight & hearing loss and support available.	0792 080 2668 <a href="mailto:Norman.McCudden@deafblind.org.uk">Norman.McCudden@deafblind.org.uk</a> DB.NorthernIreland	NO COST.
<b>Dr Geraldine Gallagher:</b> 1) Guided Reminiscence 2) Tissue Art Stained Glass	0778 436 6681	1) £70 per session. 2) £50 per hour.
<b>East Belfast Mission</b>	<b>East Belfast Mission</b>  Skainos Square  239 Newtownards Road Belfast BT4 1AF  T:028 9045 8560 W: <a href="http://www.ebm.org.uk/support-us">www.ebm.org.uk/support-us</a>	<b>Friendship Circle</b> , Wednesday, 2pm, Join us in the Skainos Centre for chats, tea & coffee!  <b>"Overs" Lunch Club</b> , Thursday, 12 noon, Enjoy a 3 Course Lunch in a warm space with great company!  <b>Turas Irish Language Classes</b> , classes and craic for all ages and abilities! You can find details on our website <a href="http://ebm.org.uk/turas">ebm.org.uk/turas</a> or call 028 9045 8560  <b>Community Fridge</b> , open daily from 9:30am-12 noon for fresh food donated by local businesses  <b>Crisis Support</b> , If you are struggling with food or utilities contact us on: <b>07736 715 602</b>

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		<p><b>Care Counselling:</b> free counselling and psychotherapy for anyone, please contact us on 208 9045 8560</p> <p><b>Tenancy Support and Homelessness Services,</b> If you are experiencing difficulties with housing and homelessness contact us on 028 9045 8560</p> <p><b>Exploring Faith, Contemplative Prayer,</b> Monday, 9am, Online via zoom. <b>Bible Study Group,</b> Thursday, 11am, Exploring Faith for Adults in Skainos</p> <p><b>Volunteering,</b> we have a range of volunteering opportunities in our offices, shops, fundraising team and café, contact us on 028 9045 8560</p> <p>We are also always happy to come and speak to groups about our work and opportunities 😊</p>
<p><b>Eleanor Launchbury</b> Tells of her experience taking part in TV shows such as The Chase</p>	<p>028 9028 1204 07709917548</p>	<p>£20 per session.</p>
<p><b>Energy Efficiency Workshop</b> Nichola MacDougall, National Energy Action NI Money saving tips.</p>	<p><a href="mailto:Nichola.macdougall@nea.org.uk">Nichola.macdougall@nea.org.uk</a></p>	<p>NO COST.</p>
<p><b>Felting</b> Jennifer Cunningham, Artist</p>	<p>0798 806 2489</p>	<p>Contact directly for cost.</p>
<p><b>Fire Safety</b> NI Fire &amp; Rescue Service</p>	<p>Lisburn: 028 9266 4221 Ards &amp; North Down: 028 9127 1906 Down: 028 4483 9308 Belfast: <a href="mailto:enquiries@nifrs.org">enquiries@nifrs.org</a></p>	<p>NO COST. Requires planned well in advance.</p>

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<b>Floristry &amp; Art</b> Fiona Rainey  Floral craft & artist	07988932221 <a href="mailto:fionarainey28@gmail.com">fionarainey28@gmail.com</a>  Facebook: Fiona Rainey Art	Contact directly for cost.
<b>Geoff Hatt</b> Singer-songwriter & musical facilitator.	0758 570 7618 <a href="mailto:geoffhattmusic@gmail.com">geoffhattmusic@gmail.com</a>	Contact directly for cost.
<b>Groundwork NI</b> Talks to encourage communities to be more sustainable.	028 9074 9494 <a href="mailto:info@groundworkni.co.uk">info@groundworkni.co.uk</a>  @groundworkni	NO COST.
<b>Guide Dogs For The Blind</b> June	0770 344 2420	Talks about having a guide dog, training etc.
<b>Habitat for Humanity</b> Karen Dunlop	028 9263 5635 <a href="mailto:Peterg@habitatireland.org">Peterg@habitatireland.org</a>	Talks around volunteering and what habitat do.
<b>Heartstart</b> Lynda Donaldson Save a life training.	<a href="mailto:Lyndadon10@gmail.com">Lyndadon10@gmail.com</a>	NO COST.
<b>Helen McCann, Bangor</b> Talks & displays collection of powder compacts etc.	028 9145 4640	Donation. Down area only
<b>Hoddmimirs Wood Craft</b> – dressed in Medieval costume. Richard & Natalie Stewart	0790 069 970 or 0797 079 3960  www.hoddmimirs-wood-craft.co.uk	£70 per session.

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<p><b>Home Accident Prevention</b> Charlene Piggott Home Safety talk including safety equipment &amp; referrals to home safety check scheme.</p>	<p>0796 146 0785 <a href="mailto:Charlene.piggott@lisburncastlereagh.gov.uk">Charlene.piggott@lisburncastlereagh.gov.uk</a></p>	<p>NO COST.</p>
<p><b>Home Safety, Scams &amp; Internet Security Talks</b> PCSP (local councils)</p>	<p>Lisburn &amp; Castlereagh: 028 9250 9284 (James Bingham &amp; Stephen Addley) Ards &amp; North Down: 028 9182 4070 (Jane Shields) Down: 0755 103 8479 (Judith Thompson) Belfast:  Lisburn: <a href="mailto:pcsp@lisburncastlereagh.gov.uk">pcsp@lisburncastlereagh.gov.uk</a> Ards &amp; North Down: <a href="mailto:Jane.Shields@ardsandnorthdown.gov.uk">Jane.Shields@ardsandnorthdown.gov.uk</a> Down: <a href="mailto:Judith.Thompson@nmandd.org">Judith.Thompson@nmandd.org</a> Belfast:</p>	<p>NO COST.</p>
<p><b>Hourglass</b></p>	<p><a href="mailto:nireland@wearehourglass.org">nireland@wearehourglass.org</a> <a href="http://www.wearehourglass.org">www.wearehourglass.org</a>  hourglassNI</p>	<p>NO COST.</p>
<p><b>Just Breathe &amp; Create</b> Chanel McKinstry, Landscape &amp; Nature Artist</p>	<p>0779 216 0045 <a href="http://www.chanelmckinstry.com">www.chanelmckinstry.com</a></p>	<p>Contact directly for cost.</p>
<p><b>Lagan Valley Regional Park</b> Film &amp; talk re the area including Loughkeeper's Cottage</p>	<p>028 9049 1922</p>	<p>Contact directly for cost.</p>

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<p><b>Leanne Briggs, North Down Museum</b> Slideshow presentation of Bangor in the past and more recent.</p>	<p>028 9127 1200 <a href="mailto:Leanne.briggs@ardsandnorthdown.gov.uk">Leanne.briggs@ardsandnorthdown.gov.uk</a></p>	<p>Donation to cover travel costs during the day. Evening session donation – increase for unsocial hours.</p>
<p><b>Libraries NI</b> Services offered by Libraries NI</p>	<p>Lisburn: 028 9266 9345 (Heather McConaghy) Ards &amp; North Down: 0751 230 8724 (Gary Hill) Down: 0345 450 4580 (Karen Maginess)  <a href="mailto:Heather.McConaghy@librariesni.org.uk">Heather.McConaghy@librariesni.org.uk</a> <a href="mailto:Gary.Hill@librariesni.org.uk">Gary.Hill@librariesni.org.uk</a> <a href="mailto:Karen.Maginess@librariesni.org.uk">Karen.Maginess@librariesni.org.uk</a></p>	<p>NO COST.</p>
<p><b>Linking Generations NI:</b> 1) Joyce Savage (Lisburn &amp; Castlereagh, Ards &amp; North Down) 2) Lynn Bennett (Down)</p>	<p>1) 0748 061 3931 2) 0781 004 6301  1) <a href="mailto:Joyce.savage@bjf.org.uk">Joyce.savage@bjf.org.uk</a> 2) <a href="mailto:Lynne.bennett@bjf.org.uk">Lynne.bennett@bjf.org.uk</a>  @linkinggenerationsni  Linking Generations Northern Ireland</p>	<p>NO COST.</p>
<p><b>Make The Call Wraparound Service</b> Accessing benefit support</p>	<p>0800 232 1271 <a href="mailto:makethecall@dfcni.gov.uk">makethecall@dfcni.gov.uk</a></p>	<p>NO COST.</p>
<p><b>Marbles Creative Life Coaching</b> Janette McKnight Life &amp; wellbeing workshops &amp; coaching End of life planning facilitation</p>	<p>0747 327 4802 <a href="mailto:janette@marblescreative.co.uk">janette@marblescreative.co.uk</a>  <a href="http://www.marblescreative.co.uk">www.marblescreative.co.uk</a></p>	<p>Contact directly for cost.</p>
<p><b>Memories of the Belfast Blitz - Sharon Dickson</b> Sharon will take you on a journey through the war years</p>	<p>028 9508 8919</p>	<p>£100</p>

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<b>MoneyHelper</b> Online financial support tool	0800 011 3797 <a href="mailto:Margaret.McCloskey@maps.org.uk">Margaret.McCloskey@maps.org.uk</a>	NO COST.
<b>Movement to Music Sessions</b> Theresa Messenger	0748 652 9716 <a href="mailto:tmessengerdmp@gmail.com">tmessengerdmp@gmail.com</a>	£45 per hour.
<b>NI Abdominal Aortic Aneurysm (AAA) Screening Programme</b> Diane Stewart, Programme Manager, RVH Targeting men 65 and over.	028 9063 8256 <a href="mailto:Diane.stewart@belfasttrust.hscni.net">Diane.stewart@belfasttrust.hscni.net</a>	NO COST.
<b>NI Battery Hen Rescue</b> Barbara Madek	0797 327 0133	Talks around rehoming etc
<b>NI War Memorial Museum</b> Michael Burns, Research Officer Offering a range of tours, activities and workshops (reminiscence) for groups of all ages and abilities.	028 9032 0392 <a href="mailto:infor@niwarmemorial.org">infor@niwarmemorial.org</a>	NO COST INTO MUSEUM.
<b>Norman Weatherall</b> Various talks on 'old Belfast' – shops, pictures, houses etc.	028 9070 1618	£40 per session.
<b>Photography</b> Raphael Mason Showing & talking about photographs, some award winning. Can be delivered indoor or as part of a walk.	<a href="mailto:info@raphaelmasonphotography.com">info@raphaelmasonphotography.com</a>	Prices vary. Approx. £75 for 1½ hours.
<b>Punjana Limited</b>	028 9045 0631	

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<b>Recycling Talk (local councils)</b> Talk & demo on what to put in your brown/green/household bin.	Lisburn & Castlereagh: <a href="mailto:waste.education@lisburncastlereagh.gov.uk">waste.education@lisburncastlereagh.gov.uk</a> Ards & North Down: <a href="mailto:Clive.Catterson@ardsandnorthdown.gov.uk">Clive.Catterson@ardsandnorthdown.gov.uk</a> Down: <a href="mailto:rebecca.mcgreevy@nmandd.org">rebecca.mcgreevy@nmandd.org</a> Belfast: <a href="mailto:wastemanagement@belfastcitycouncil.gov.uk">wastemanagement@belfastcitycouncil.gov.uk</a>	NO COST.
<b>Royal National Institute of Blind People (NI)</b> Olive Rogers – talk re sight loss & help available	028 9032 9373	Donation.
<b>RSBP</b> Colin Graham	028 9049 1547 <a href="#">RSPB Groups - The RSPB</a>	<a href="#">RSPB Groups - The RSPB</a> Website for details of events in area.
<b>SE Trust Falls Prevention Team</b> Falls prevention talk.	<a href="mailto:fallsprevention.service@setrust.hscni.net">fallsprevention.service@setrust.hscni.net</a>	NO COST.
<b>Seaside Beads</b> Andrea Harper Handmade Jewellery	0792 520 8433  @seasidebeads.x Seaside Beads	Contact directly for cost.
<b>Sharon Dickson</b> Storyteller: The Belfast Blitz/The Mills/Folklore/ Stories of Yesteryear	07507493813	Contact directly for cost.
<b>Streetwise Circus School</b> Lorne Street, Belfast Circus skills, build confidence & enhance hand-eye co-ordination.	028 9068 7828	Approx £75 per session.
<b>Tesco Healthy Living – Community Champions</b> Healthy foods available – samples.	Lisburn – 0345 677 9434 Bangor – 0345 677 9103 Newtownards – 0345 026 9662	NO COST.

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	Newcastle – 0345 266 6547 <a href="http://www.tesco.com">www.tesco.com</a>	
<b>The Consumer Council NI</b>	028 9025 1600 <a href="mailto:info@consumercouncil.org.uk">info@consumercouncil.org.uk</a> <a href="http://www.consumercouncil.org.uk">www.consumercouncil.org.uk</a> The Consumer Council Northern Ireland	NO COST.
<b>Time Steps</b> Stephanie Lavery (Cookstown) A range of talks such as Victorian Christmas.	028 8673 5707	£30 per session plus £20 mileage. More suitable for a larger group.
<b>Tricia Wellness - Patricia Martin</b> Nutrition/Seven Pillars of Health Chi Me Functional Breathing Coach	0770 756 5283 <a href="mailto:trishmn@hotmail.co.uk">trishmn@hotmail.co.uk</a>	£50 per hour.
<b>Ulster Scots</b> Educational Talk	028 9023 1113 <a href="mailto:info@ulsterscotsagency.org.uk">info@ulsterscotsagency.org.uk</a>	
<b>V For Life Charity</b> Claire Bannerman, Roving Chef Cookery demos and cook-alongs via Facebook or Zoom.	<a href="mailto:claire@vegetarianforlife.org.uk">claire@vegetarianforlife.org.uk</a> <a href="http://www.vegetarianforlife.org.uk">www.vegetarianforlife.org.uk</a>	Contact directly for cost.
<b>Versus Arthritis</b> Awareness & support available.	028 9078 2940	NO COST.
<b>Volunteer Now – Andrew Hanna</b> A project to encourage those who haven't volunteered before. 1-1½ hour workshop exploring volunteering opportunities with a hands-on volunteering experience.	028 9023 2020	NO COST.

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<b>Volunteer Now – Clara O’Callaghan</b> Mobile volunteering sessions	0799 911 8485	NO COST.
<b>Women’s Resource &amp; Development Agency (WRDA)</b> The Breast, Cervical and Bowel Cancer Screening Awareness Training Programme.	0775 172 7384 <a href="mailto:Katherine.robertson@wrda.net">Katherine.robertson@wrda.net</a>	NO COST.
<b>Wood Carving/Wood Turning Demonstrations or Workshops</b> Steve Ryan, Green Woodwork Ireland	0787 611 3536	Prices vary.
<b>Yoga/Breath Work</b> Aine Dorman	0779 874 1794 <a href="mailto:Ainedorman79@gmail.com">Ainedorman79@gmail.com</a>	Flexible depending on group and length of class.

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## OUTINGS – LISBURN, DOWN, ARDS & NORTH DOWN AREAS

Name of Venue	Contact Number	Entrance Fee	Useful Information
<b>Ballance House</b>	028 9264 8492 <a href="http://www.theballancehouse.com">www.theballancehouse.com</a> The Ballance House – Ulster New Zealand Trust <a href="mailto:@ballance_house">@ballance_house</a>	Tour £5.50 Members free	Available for private bookings & groups all year round Open to the public Sunday afternoons, 2-5pm from April-September - Tea barn open during this time. Parking for car, minibus and coach available.
<b>Bow Street Mall, Lisburn</b>	028 9267 5438	N/A	Disabled access, car parking, cafes nearby.
<b>Down County Museum</b>	0330 137 4049 <a href="mailto:Museums@nmandd.org">Museums@nmandd.org</a> <a href="http://www.visitmournemountains.co.uk">www.visitmournemountains.co.uk</a> NMD Museums	NO COST	Charges may occur for some special events and for guided tours. Tuesday-Saturday 10am-4.30pm.
<b>Exploris Aquarium</b> Exploris sea creatures.	028 4272 8062 <a href="mailto:info@explorisni.com">info@explorisni.com</a> <a href="mailto:groups@explorisni.com">groups@explorisni.com</a>	Group bookings	The Kraken Bar & Grill. Upstairs with lift.
<b>Hillsborough Castle &amp; Gardens, Royal Hillsborough</b>	<a href="http://www.hrp.org.uk">www.hrp.org.uk</a>	Concession for 65+	Castle tour and gardens Gardens only
<b>Irish Linen Centre &amp; Lisburn Museum</b> Guided tours on local history & Irish linen industry. Workshops Gillian Topping	028 9266 3377 <a href="mailto:llc.reception@lisburncastlereagh.gov.uk">llc.reception@lisburncastlereagh.gov.uk</a> <a href="http://www.lisburnmuseum.com">www.lisburnmuseum.com</a>	NO COST	

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<b>Montalto Estate</b> Lake & good walks.	028 9756 6100 <a href="http://www.monaltoestate.com">www.monaltoestate.com</a>	Senior Concession (65+) @ £7.80	Café & shop.
<b>Newcastle, Co Down</b>	0330 137 4026 (Newcastle Centre)	N/A	Walks along the promenade, shopping, good range of cafés & restaurants.
<b>Newry &amp; Mourne Museum</b> Prehistoric material, Newry as a merchant town the working life of the area & modern experiences living in a border area.	0330 137 4422 <a href="mailto:Museums@nmandd.org">Museums@nmandd.org</a> <a href="http://www.visitmournemountains.co.uk">www.visitmournemountains.co.uk</a> NMD Museums	NO COST	FREE tours of the main exhibitions available each Wednesday & Thursday @ 2pm – booking advisable. Changes made to the main exhibitions on an annual basis.
<b>Rushmere Shopping Centre, Craigavon</b>	028 3834 3350	N/A	Cafes on site, disabled access, car parking.
<b>Seaforde Gardens &amp; Tropical Butterfly House</b> Gardens/Maze/Tropical Butterflies	028 4481 1225 <a href="mailto:info@seafordegardens.com">info@seafordegardens.com</a>	£6.70 Gardens or House. £11.50 for both. Group Concession	The Garden House Café.
<b>The Irish Café</b> Crumlin, Co Antrim	028 9442 2701	N/A	Morning coffee & home baked scones. Easy parking on level ground. Cater for all dietary requirements. Price can be negotiated for groups.
<b>Tullyglass Hotel, Ballymena</b>	028 2565 2630	N/A	Carvery available – great food.
<b>Ulster Folk Museum, Cultra</b>	028 9042 8428	Varies	Quite hilly. Good café. Pack a waterproof jacket!

This list has been compiled by member groups of South Eastern Trust Older Peoples' Networks to assist with programme planning. This is not an exhaustive list - costs are approximate or may have changed since print, and some speakers may only cover specific areas! To add more information\*, please forward all details as above to [Wendy.McDowell2@setrust.hscni.ni](mailto:Wendy.McDowell2@setrust.hscni.ni) \*It is your responsibility to ensure that a data sharing agreement has been made prior to forwarding. Updated 20 March 2024