

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/amend information*, please forward all details as above to Wendy.McDowell2@setrust.hscni.ni ***It is your responsibility to ensure that a data sharing agreement has been made prior to forwarding.** Updated 14 Nov 2024

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

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British Red Cross Chris Buckland Katy Harris	0788 079 1444 KatyHarris@redcross.org.uk	help with Independent living, financial advice, help with loneliness
Cancer Focus A range of health talks – cancer prevention, nutrition, smoking, sun care, breast awareness.	028 9066 3281 hello@cancerfocusni.org anthonystuart@cancerfocusni.org (Talks for men) www.cancerfocusni.org	Please contact for confirmation of cost. £100 face-to-face £60 online
Clayful Minds – Rebekah Leeson Air drying clay workshops, therapeutic workshops, mindfulness workshops for all abilities.	07919371505 rebekah@clayfulminds.co.uk	Contact directly for cost.
Clifton House Talk on history of Clifton House, now a care home	028 9099 7022	Donation.
Community First Responders Northern Ireland Ambulance Service (NIAS) Community volunteers talk about their work and commitment. Give demo with defibrillator.	Ask local branch	NO COST.
Community Safety Talks Community Police, PSNI	Ask local PSNI branch	NO COST.
Community Tribal Drummers Marcella Gilliland	0789 149 4087 info@communitytribaldrummers.co.uk www.communitytribaldrummers.co.uk	Contact directly for cost. Mileage also included.
Copperwork / Silk Painting Trudy Burke	0752 224 3732 trudyburke@btinternet.com	£40 per hour + materials.

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

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		<p>Crisis Support, If you are struggling with food or utilities contact us on: 07736 715 602</p> <p>Care Counselling: free counselling and psychotherapy for anyone, please contact us on 208 9045 8560</p> <p>Tenancy Support and Homelessness Services, If you are experiencing difficulties with housing and homelessness contact us on 028 9045 8560</p> <p>Exploring Faith, Contemplative Prayer, Monday, 9am, Online via zoom. Bible Study Group, Thursday, 11am, Exploring Faith for Adults in Skainos</p> <p>Volunteering, 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>Eleanor Launchbury 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>Energy Efficiency Workshop Nichola MacDougall, National Energy Action NI Money saving tips.</p>	<p>Nichola.macdougall@nea.org.uk</p>	<p>NO COST.</p>
<p>Felting Jennifer Cunningham, Artist</p>	<p>0798 806 2489</p>	<p>Contact directly for cost.</p>
<p>Fire Safety NI Fire & Rescue Service</p>	<p>Lisburn: 028 9266 4221 Ards & North Down: 028 9127 1906</p>	<p>NO COST. Requires planned well in advance.</p>

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	Down: 028 4483 9308 Belfast: enquiries@nifrs.org	
Floristry & Art Fiona Rainey Floral craft & artist	07988932221 fionarainey28@gmail.com Facebook: Fiona Rainey Art	Contact directly for cost.
Geoff Hatt Singer-songwriter & musical facilitator.	0758 570 7618 geoffhattmusic@gmail.com	Contact directly for cost.
Groundwork NI Talks to encourage communities to be more sustainable.	028 9074 9494 info@groundworkni.co.uk @groundworkni	NO COST.
Guide Dogs For The Blind June	0770 344 2420	Talks about having a guide dog, training etc.
Habitat for Humanity Karen Dunlop	028 9263 5635 Peterg@habitatireland.org	Talks around volunteering and what habitat do.
Heartstart Lynda Donaldson Save a life training.	Lyndadon10@gmail.com	NO COST.
Helen McCann, Bangor Talks & displays collection of powder compacts etc.	028 9145 4640	Donation. Down area only
Hoddmimirs Wood Craft – 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>Home Accident Prevention Charlene Piggott Home Safety talk including safety equipment & referrals to home safety check scheme.</p>	<p>0796 146 0785 Charlene.piggott@lisburncastlereagh.gov.uk</p>	<p>NO COST.</p>
<p>Home Safety, Scams & Internet Security Talks PCSP (local councils)</p>	<p>Lisburn & Castlereagh: 028 9250 9284 (James Bingham & Stephen Addley) Ards & North Down: 028 9182 4070 (Jane Shields) Down: 0755 103 8479 (Judith Thompson) Belfast: Lisburn: pcsp@lisburncastlereagh.gov.uk Ards & North Down: Jane.Shields@ardsandnorthdown.gov.uk Down: Judith.Thompson@nmandd.org Belfast:</p>	<p>NO COST.</p>
<p>Hourglass</p>	<p>nireland@wearehourglass.org www.wearehourglass.org hourglassNI</p>	<p>NO COST.</p>
<p>Just Breathe & Create Chanel McKinstry, Landscape & Nature Artist</p>	<p>0779 216 0045 www.chanelmckinstry.com</p>	<p>Contact directly for cost.</p>
<p>Lagan Valley Regional Park Film & 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>Leanne Briggs, North Down Museum Slideshow presentation of Bangor in the past and more recent.</p>	<p>028 9127 1200 Leanne.briggs@ardsandnorthdown.gov.uk</p>	<p>Donation to cover travel costs during the day. Evening session donation – increase for unsocial hours.</p>
<p>Libraries NI Services offered by Libraries NI</p>	<p>Lisburn: 028 9266 9345 (Heather McConaghy) Ards & North Down: 0751 230 8724 (Gary Hill) Down: 0345 450 4580 (Karen Maginess) Heather.McConaghy@librariesni.org.uk Gary.Hill@librariesni.org.uk Karen.Maginess@librariesni.org.uk</p>	<p>NO COST.</p>
<p>Linking Generations NI: 1) Joyce Savage (Lisburn & Castlereagh, Ards & North Down) 2) Lynn Bennett (Down)</p>	<p>1) 0748 061 3931 2) 0781 004 6301 1) Joyce.savage@bjf.org.uk 2) Lynne.bennett@bjf.org.uk @linkinggenerationsni Linking Generations Northern Ireland</p>	<p>NO COST.</p>
<p>Make The Call Wraparound Service Accessing benefit support</p>	<p>0800 232 1271 makethecall@dfcni.gov.uk</p>	<p>NO COST.</p>
<p>Marbles Creative Life Coaching Janette McKnight Life & wellbeing workshops & coaching End of life planning facilitation</p>	<p>0747 327 4802 janette@marblescreative.co.uk www.marblescreative.co.uk</p>	<p>Contact directly for cost.</p>
<p>Memories of the Belfast Blitz - Sharon Dickson Sharon will take you on a journey through the war years</p>	<p>028 9508 8919</p>	<p>£100</p>

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MoneyHelper Online financial support tool	0800 011 3797 Margaret.McCloskey@maps.org.uk	NO COST.
Motoring Memories Heritage Museum Raymond Walls, Ballygowan Co Down A unique private collection featuring early petrol cans, petrol pumps, oil cans & pourers, enamel signs. Also AA, RAC collectables & the largest collection of petrol pump globes in the British Isles.	028 9752 8166 0771 434 5355 raymondwallssnr@gmail.com	Admission to groups which also includes refreshments being served is by voluntary donation.
Movement to Music Sessions Theresa Messenger	0748 652 9716 tmessengerdmp@gmail.com	£45 per hour.
NI Abdominal Aortic Aneurysm (AAA) Screening Programme Diane Stewart, Programme Manager, RVH Targeting men 65 and over.	028 9063 8256 Diane.stewart@belfasttrust.hscni.net	NO COST.
NI Battery Hen Rescue Barbara Madek	0797 327 0133	Talks around rehoming etc
NI War Memorial Museum Michael Burns, Research Officer Offering a range of tours, activities and workshops (reminiscence) for groups of all ages and abilities.	028 9032 0392 infor@niwarmemorial.org	NO COST INTO MUSEUM.
Norman Weatherall Various talks on 'old Belfast' – shops, pictures, houses etc.	028 9070 1618	£40 per session.

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Photography Raphael Mason Showing & talking about photographs, some award winning. Can be delivered indoor or as part of a walk.	info@raphaelmasonphotography.com	Prices vary. Approx. £75 for 1½ hours.
Punjana Limited	028 9045 0631	
Recycling Talk (local councils) Talk & demo on what to put in your brown/green/household bin.	Lisburn & Castlereagh: waste.education@lisburncastlereagh.gov.uk Ards & North Down: Clive.Catterson@ardsandnorthdown.gov.uk Down: rebecca.mcgreevy@nmandd.org Belfast: wastemanagement@belfastcitycouncil.gov.uk	NO COST.
Royal National Institute of Blind People (NI) Olive Rogers – talk re sight loss & help available	028 9032 9373	Donation.
RSBP Colin Graham	028 9049 1547 RSPB Groups - The RSPB	RSPB Groups - The RSPB Website for details of events in area.
SE Trust Falls Prevention Team Falls prevention talk.	fallsprevention.service@setrust.hscni.net	NO COST.
Seaside Beads Andrea Harper Handmade Jewellery	0792 520 8433 @seasidebeads.x Seaside Beads	Contact directly for cost.
Sharon Dickson Storyteller: The Belfast Blitz/The Mills/Folklore/ Stories of Yesteryear	07507493813	Contact directly for cost.

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Streetwise Circus School Lorne Street, Belfast Circus skills, build confidence & enhance hand-eye co-ordination.	028 9068 7828	Approx £75 per session.
Tesco Healthy Living – Community Champions Healthy foods available – samples.	Lisburn – 0345 677 9434 Bangor – 0345 677 9103 Newtownards – 0345 026 9662 Newcastle – 0345 266 6547 www.tesco.com	NO COST.
The Consumer Council NI	028 9025 1600 info@consumercouncil.org.uk www.consumercouncil.org.uk The Consumer Council Northern Ireland	NO COST.
Time Steps 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.
Tricia Wellness - Patricia Martin Nutrition/Seven Pillars of Health Chi Me Functional Breathing Coach	0770 756 5283 trishmn@hotmail.co.uk	£50 per hour.
Ulster Scots Educational Talk	028 9023 1113 info@ulsterscotsagency.org.uk	
V For Life Charity Claire Bannerman, Roving Chef Cookery demos and cook-alongs via Facebook or Zoom.	claire@vegetarianforlife.org.uk www.vegetarianforlife.org.uk	Contact directly for cost.

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Versus Arthritis Awareness & support available.	028 9078 2940	NO COST.
Volunteer Now – Andrew Hanna 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.
Volunteer Now – Clara O'Callaghan Mobile volunteering sessions	0799 911 8485	NO COST.
Women's Resource & Development Agency (WRDA) The Breast, Cervical and Bowel Cancer Screening Awareness Training Programme.	0775 172 7384 Katherine.robertson@wrda.net	NO COST.
Wood Carving/Wood Turning Demonstrations or Workshops Steve Ryan, Green Woodwork Ireland	0787 611 3536	Prices vary.
Yoga/Breath Work Aine Dorman	0779 874 1794 Ainedorman79@gmail.com	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
Ballance House	028 9264 8492 www.theballancehouse.com The Ballance House – Ulster New Zealand Trust @ballance_house	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.
Bow Street Mall, Lisburn	028 9267 5438	N/A	Disabled access, car parking, cafes nearby.
Down County Museum	0330 137 4049 Museums@nmandd.org www.visitmournemountains.co.uk NMD Museums	NO COST	Charges may occur for some special events and for guided tours. Tuesday-Saturday 10am-4.30pm.
Exploris Aquarium Exploris sea creatures.	028 4272 8062 info@explorisni.com groups@explorisni.com	Group bookings	The Kraken Bar & Grill. Upstairs with lift.
Hillsborough Castle & Gardens, Royal Hillsborough	www.hrp.org.uk	Concession for 65+	Castle tour and gardens Gardens only
Irish Linen Centre & Lisburn Museum Guided tours on local history & Irish linen industry. Workshops Gillian Topping	028 9266 3377 llc.reception@lisburncastlereagh.gov.uk www.lisburnmuseum.com	NO COST	

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Montalto Estate Lake & good walks.	028 9756 6100 www.monaltoestate.com	Senior Concession (65+) @ £7.80	Café & shop.
Newcastle, Co Down	0330 137 4026 (Newcastle Centre)	N/A	Walks along the promenade, shopping, good range of cafés & restaurants.
Newry & Mourne Museum Prehistoric material, Newry as a merchant town the working life of the area & modern experiences living in a border area.	0330 137 4422 Museums@nmandd.org www.visitmournemountains.co.uk 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.
Rushmere Shopping Centre, Craigavon	028 3834 3350	N/A	Cafes on site, disabled access, car parking.
Seaforde Gardens & Tropical Butterfly House Gardens/Maze/Tropical Butterflies	028 4481 1225 info@seafordegardens.com	£6.70 Gardens or House. £11.50 for both. Group Concession	The Garden House Café.
The Irish Café 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.
Tullyglass Hotel, Ballymena	028 2565 2630	N/A	Carvery available – great food.
Ulster Folk Museum, Cultra	028 9042 8428	Varies	Quite hilly. Good café. Pack a waterproof jacket!

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