



LEARNING AND LEISURE

LIFE LONG LEARNING

No matter what stage you are at in life, you can continue to learn new things and enter into further education or higher education. There are numerous opportunities available either: full-time or part-time courses; vocational; recreational; or degree level.

FURTHER AND HIGHER EDUCATION COLLEGES

Belfast Metropolitan College

Belfast Metropolitan College offer a full range of adult education courses for all ages including recreational type courses such as gardening and bird watching.

To obtain a copy of the full time or part time prospectus contact course enquiries on **028 9026 5265**

or E-mail: admissions@belfastmet.ac.uk.

Prospectuses can also be downloaded from their website: www.belfastmet.ac.uk

South Eastern Regional College

South Eastern Regional College is the new name for North Down, East Down and Lisburn Institutes.

For more information on courses available contact the course enquiry line on **0845 6007555** or Email: info@serc.ac.uk. Full and part-time prospectuses can be downloaded from their website: www.serc.ac.uk



UNIVERSITIES

University of the Third Age (U3A)

The University of the Third Age (U3A) runs a number of short courses specially designed for older people and are designed purely for personal interest and enjoyment. The Belfast U3A group run a number of activities including: gallery visits and water colour painting classes; book clubs; bridge games; meals out; going to the cinema; gardening tours; walking groups; music sessions and pilates. They meet in Belvoir Players Theatre, Belvoir Estate, Belfast, on the last Thursday of the month at 11.00 am.

For more information on the Belfast U3A visit their website on www.belfastu3a.org.uk.

For more information on the Belfast group contact the NI secretary on **028 9066 4780**

For more information on on-line courses available through the main UK U3A website go to www.belfastu.org.uk/

Queens University Belfast

Copies of the prospectus outlining courses offered by Queens University can be obtained by ringing **028 9024 5133** or can be downloaded from their website: www.qub.ac.uk/

University of Ulster (UU)

The University of Ulster have four campuses from where courses are run (Belfast, Jordanstown, Magee and Coleraine). They also have a 'virtual' campus called Campus One which offers a range of distance learning programmes.



Copies of the prospectus for each of the UU campuses can be obtained by ringing **08 700 400 700** or can be downloaded from their website:
www.prospectus.ulster.ac.uk/

The Open University

The Open University offer a wide range of ‘distance learning’ courses which allow you to study from home by reading course material, working on course activities, writing assignments and perhaps working with other students.

Copies of the prospectus can be obtained by ringing the Belfast Branch of the Open University:

Telephone: **028 9024 5025**

Alternatively you can download the prospectus from the following website:www.open.ac.uk

OTHER TRAINING PROVIDERS

Workers Educational Association (WEA)

WEA provides adult education in community and workplace settings including courses such as: computing; employment skills; women’s self development; leadership; community development; community relations; literacy; numeracy and creative industries.

For more information on courses available telephone WEA on **028 9032 9718** or visit their website where you can view courses and book on-line www.wea-ni.com



EGSA (Educational Guidance Service for Adults)

EGSA is a local, independent, not-for-profit service that aims to connect adults of all ages with learning opportunities. EGSA advisers provide information, advice and guidance on learning and career opportunities including advice on changing careers. This can be relevant at all stages of life especially if you are considering changing careers to a less stressful job later in life.

For more information or advice, contact EGSA on their learners' Line: **028 9024 4274** or visit their website: <http://egsa.org.uk>

Department for Employment and Learning (DEL)

DEL is the Government department responsible for promoting learning and skills, as well as preparing people for work. Their website provides links to further and higher education courses and provides information to help individuals acquire jobs, including self employment. A range of publications/leaflets can be obtained on topics including: your rights at work; unfair dismissal; and resolving disputes at work.

For more information or to obtain leaflets contact DEL on **028 9025 7777**. Website: www.delni.gov.uk

LIBRARIES

There are a number of libraries located within the Belfast area. The largest is the Belfast Central Library located on Royal Avenue, Belfast. They offer the following services:

- Belfast Ulster and Irish Studies Library



- Business Library
- Central lending library
- General reference library
- Life long learning services
- Music library
- Newspaper library
- Exhibitions.

They also offer a number of outreach services to day centres; hospitals residential homes and sheltered dwellings as well as a housebound service. For people with hearing or visual problems the library has talking newspapers, audio books and sub-titled videos.

For more information on services offered by Belfast Central Library telephone: **028 9050 9150**. For more information on the local of libraries in Belfast and beyond visit the following website: www.ni-libraries.net

LEISURE ACTIVITIES AND FACILITIES

Community Centres

Community Centres run by **Belfast City Council** offer a range of activities including homework/after school clubs; keep-fit sessions; yoga; dancing events; bowls; craft classes; women's groups and parent and toddler clubs. Some community centres also have a range of meeting facilities and computer equipment for you to use. Each community centre run their own range of activities so contact your nearest community centre to find out what activities are run in your area.



Ardoyne Community Centre

40 Herbert Street, Belfast, Telephone: 028 9074 8523

Concorde Community Centre

36 Alliance Road, Belfast, Telephone: 028 9071 2450

Dee Street Community Centre

12-16 Dee Street, Belfast, Telephone: 028 9045 8113 or
028 9045 5039

Divis Community Centre

9 Ardmoulin Place, Belfast, Telephone: 028 9024 2551

Donegall Pass Community Centre

25 Apsley Street, Belfast, Telephone: 028 9032 7661

Duncairn Community Centre

Upper Mervue Street, Belfast, Telephone: 028 9074 0212

Finaghy Community Centre

1-6 Geeragh Place, Belfast, Telephone: 028 9062 0474

Glen Road Community Centre

2 Carrigart Avenue, Belfast, Telephone: 028 9062 7189

Hammer Community Centre

Agnes Street, Belfast, Telephone: 028 9033 2860

Highfield Community Centre

High Green, Belfast, Telephone: 028 9039 1009 or
028 9071 7065



Horn Drive Community Centre

44a Horn Drive, Belfast, Telephone: 028 9060 4860

Inverary Community Centre

Inverary Avenue, Belfast, Telephone: 028 9047 1456

Knocknagoney Community Centre

41a Knocknagoney Drive, Belfast,
Telephone: 028 9076 1432

Ligoniel Community Centre

144 Ligoniel Rd, Belfast, Telephone: 028 9071 9337

Markets Community Centre

Market Street, Belfast, Telephone: 028 9023 5969

Morton Community Centre

Lorne Street, Belfast, Telephone: 028 9068 1874

North Queen Street Community Centre

46a Victoria Parade, Belfast, Telephone: 028 9032 3945

Olympia Community Centre

Boucher Road, Belfast, Telephone: 028 9024 7547

Sandy Row Community Centre

Sandy Row, Belfast, Telephone: 028 9032 5403

Suffolk Community Centre

Carnamore Park, Belfast, Telephone: 028 9060 2564



Whiterock Community Centre

Whiterock Road, Belfast, Telephone: 028 9032 8623

Woodvale Community Centre

79a Disraeli Street, Belfast, Telephone: 028 9035 1548

Physical Activity

Regular physical activity is vital for good health. Walking is one of the easiest ways to exercise. Aim to walk briskly for 30 minutes on most days – this will give you most benefit. Before going walking, put on comfortable shoes and wear bright clothes or clothes that reflect light so that you are clearly seen. If you are going out walking alone tell someone where you are going and what time you intend returning. Carrying personal alarms may be considered if you are wary of walking at night.

Active Belfast

The aim of Active Belfast is to promote healthy living and encourage people to be more physically active which can improve their health and social wellbeing. There are many benefits to being more active including maintenance of good physical and mental health, improved balance and coordination and mobility and reduced risk of disease.

Being more active can also help with increasing your life expectancy and if you are living within a disadvantaged area can be up to ten years less than those living in another area.

Active Belfast aims to address these inequalities through working with our partners to encourage people to get more



active under the three categories of Active Living, Active Leisure and Active Sport.

If you would like more information on keeping physically active and how we can help you contact the Active Belfast Team on **(028) 9050 2073** or email activebelfast@bhdu.org

Belfast City Council can provide information on activities run within leisure centres and parks that are suitable for older people.

Leisure centre activities specifically aimed at older people include: swimming lessons; aqua aerobics; art classes; bowls, ladies cycling; ladies aerobics; old time dancing; seniors tea dance; synergise; yoga; pilates; senior citizens fitness; wellness classes; tennis sessions and senior classes.

If you are aged 60 or over, you can have free access to the fitness suites, activity classes or the swimming pool at any Belfast City Council leisure centre up to 11am, Monday to Friday. All you need to do is apply for a Boost card. Application forms are available from all leisure centre reception areas. If you want to use your card outside these times, it costs between £1.50 - £2.00 per activity.

Many of Belfast City Council Leisure Centres offer leisure classes designed specifically for older people. These include,



Wellness Classes - that involve aerobic exercises and relaxation techniques to create a gentle but effective workout. They are available from

Centre	Day	Time	Contact Details
Falls Leisure Centre	Monday	10am to 11am	028 9091 8731

Seniorcise - is a gentle exercise session designed especially for those aged 50 for more. Seniorcise classes are available from

Centre	Class	Time	Day	Contact Details
Olympia Leisure Centre	Senior Citizen Fitness	10.30am	Mon	028 9091 8746
Olympia Leisure Centre	Senior Citizen Fitness	10.30am	Wed	028 9091 8746
Andersonstown Leisure Centre	Seniorcise	11.30am	Thur	028 9072 6311
Olympia Leisure Centre	Senior Citizen Fitness	10.30am	Fri	028 9091 8746



For more information on Belfast City Council Leisure Centres in your area contact Parks and Leisure department on **028 9032 0202** or visit www.belfastcity.gov.uk/leisurecentres/olderpeople.asp

Parks and open spaces: Belfast has hundreds of miles of paths and trails, including historical and challenging routes. Belfast City Council has a variety of maps, taken from their A Walk in the Park guide, to help you choose the route that's best for you. You can pick up your free copy of A Walk in the Park at Malone House, Belfast Castle and the Belfast Welcome Centre (Donegall Place).

For more information on leisure centre and park events or activities contact Belfast City Council on: **028 9032 0202** or visit the website www.belfastcity.gov.uk/seniors/leisurecentres/olderpeople.asp

Highway to Health routes incorporate a 2.5km route which runs throughout the city centre, starting at Belfast City Hall and continuing until Laganside and back again. There is also a Highway to Health route around Musgrave Park. It uses a yellow walking sign at one kilometre intervals on established routes.

For more information on Highway to Health walking routes contact Northern Ireland Chest Heart and Stroke on **028 9032 0184** or visit their website: www.nichsa.com



Walking Groups

There are a number of organisations/ groups that run walking groups in the Belfast area. Belfast Health and Social Care Trust's Health Improvement Department are currently compiling a full list of walking groups in the Belfast area and can also provide you with more information on request. Telephone: **028 9056 5421**

Dancing

Dancing is a great way to stay active and can be good for socialising. In Belfast many of the community centres hold regular dancing events for people aged 50+ including sequence dancing and country and western dancing. Contact your local community centre for details of events being held in your area. Many community groups and older peoples groups also run tea dances from time to time. Belfast Metropolitan College run a number of dancing courses e.g. line dancing, ball room dancing, country and western dancing, modern sequence dancing. Full details of these courses are listed on their part-time prospectus.

For a copy of the part-time prospectus on contact Belfast Metropolitan College on **028 9026 5265** or visit their website where you can download a copy of the prospectus: www.belfastmet.ac.uk/

Belfast Health and Social Care Trust: Health Improvement
Belfast Health and Social Care Trust's (HSCT) Health Improvement Department offer a number of courses where



participants are trained to deliver activities or programmes such as: chair based activity programmes; social dance; health awareness programmes; and walking groups. They also offer first aid awareness training for walk leaders and a weight management education programme targeted at community groups.

For more information on any of these courses contact the Health Improvement Department within Belfast HSC Trust on **028 9041 7457**

Volunteer Now: Who, What, Where Booklet

Volunteer Now have put together a 'Who, What, Where' booklet which provides useful contacts in relation to groups in Belfast organising activities e.g. music, health, beauty etc.

To obtain a copy ring Volunteer Now on **028 9023 2020**. You can also download it from their website: www.volunteernow.org.uk

Older People's Organisations and Groups

There are a number of organisations/groups in Belfast that provide support/information and organise activities specifically for older people. These include: Volunteer Now; Engage with Age and older people's forums (of which there are 6 across Belfast which support many more smaller groups).

For more information on these groups including contact details go to the Support Organisations section.



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ARTS AND LEISURE IN BELFAST

Useful contacts include:

	Website Address	Telephone
Grand Opera House	www.goh.co.uk	028 9024 1919
Old Museum Arts Centre	www.oldmuseumartscentre.org	028 9023 3332
Queens Film Theatre	www.queensfilmtheatre.com	028 9097 1097
Crescent Arts Centre	www.crescentarts.org	028 9024 2338
Lyric Theatre	www.lyrictheatre.co.uk	028 9038 5685
Belfast Civic Arts Centre	none	028 9031 6901
Belvoir Players Drama Group	www.belvoirplayers.org	028 9049 1210

Belfast Welcome Centre

Belfast Welcome Centre provides a wide range of information on activities/events happening in Belfast as well as general tourist information; information on getting around Belfast and maps; accommodation; and places to visit.



For more information visit Belfast Welcome Centre at:
47 Donegall Place, Belfast; Telephone: **028 9024 6609**;
website: www.gotobelfast.com

Northern Ireland Tourist Board provide regional information on events, places to see etc. You can also download the Belfast Visitors map from their website: www.discovernorthernireland.com.

All Ireland Tourism Information can be found on the following website: www.tourismireland.com

SHOPPING: BUYING GOODS

When you buy goods the law says that you are entitled to expect those goods to be of satisfactory quality (free of flaw/damage); fit for the purpose it was made for; and as described on the box/or by the retailer. If the goods are not of satisfactory quality then you are entitled by law for a full refund if you complain to the retailer within a reasonable time. In most cases you will need to show your receipt as proof of purchase. You have no right to a refund/repair if the fault in the goods was pointed out to you at the time of sale, or should have been evident on reasonable inspection, or the fault was due to fair wear and tear. For goods bought in a sale the same rights apply except when the goods are marked 'seconds' or 'shop soiled'.

When buying goods from a private individual the goods should be as described however you have no rights if the goods are not of satisfactory quality or not fit for a particular purpose.



The Consumer Council suggest that paying for goods by credit card can give you extra protection if something goes wrong. However you should use credit cards wisely, ensuring you have the finances in place to pay for the credit card bill, and be aware of interest charges that will be added if you do not pay your credit card bill in full each month.

For further information on your rights when buying goods contact the Consumerline on **0845 600 6262** or visit their website: www.consumerline.org

BELFAST CITY COUNCIL CONSUMER ADVICE CENTRE
The Consumer Advice Centre in Wellington Place offers free specialist advice to consumers and traders in Belfast on a range of issues such as consumer rights, faulty goods, shopping complaints, bad customer service and holiday complaints. They can also help by advising you of your rights, drafting letters on your behalf and following up on your complaints.

For more information contact the Consumer Advice Centre on **028 9032 8260** or by emailing consumeradvice@belfastcity.gov.uk

HOLIDAYS

If you plan to go abroad for your holiday and are currently being treated for a medical condition it is advisable to speak to your GP to check he/she is happy with you flying. You should also make sure you have good travel insurance



to ensure you are fully covered for any medical emergency that may occur whilst on holiday. Your local travel agency will be able to give you advice on travel insurance. If you are travelling to Europe you should also have a European Health Insurance Card (EHIC) which gives you reduced cost or free, state-provided medical treatment in countries throughout Europe for up to five years. The EHIC is free for the whole family. It is not an alternative to travel insurance as you still need to be covered for things like cancellations, loss and theft, but it does mean that you'll get the response you need in the event of a health emergency.

To find out more about the EHIC or get an application form:

- Pick up an application form from the post office
- Visit the Department of Health website: www.dh.gov.uk/travellers
- Call the Department of Health customer service centre on **020 7210 4850**
- Call the EHIC enquiry line on **0845 605 0707**

For information on flying, go to the Transport section. (page 153)

A number of church organisations organise holidays for adults/ older people – ask your minister/priest/religious leader to find out more.

BCM (Belfast Central Mission)

BCM run holidays for 'older people' at BCM's Childhaven Centre in Millisle. The holidays include day trips and evening entertainment such as Old Time Dancing or musical groups.



The aim of the holidays is to provide socially isolated older people with an opportunity to meet and mix with others. They also provide stimulation, fun and friendship at an affordable price.

For further information contact the Community Services Manager within BCM on **028 9024 1917**

SAGA

SAGA group specialise in holidays for the over 50+ age group. They can also provide holiday insurance.

For more information visit their website: www.saga.co.uk or telephone **0800 096 0074** to request a brochure.

DAY CENTRES

Belfast Health and Social Care Trust have a number of specialist Day Centres in the community which caters for the needs of frail elderly, physically disabled and mentally ill people and those with dementia. A wide range of activities and services are available through their multi-disciplinary staff teams. Speak to your doctor or social worker for more information on day centres in your area.