

AGEING WELL REPORT 2023

THURSDAY CLUB and MONDAY CLUB

The monthly Thursday Club resumed in September 2022 in The Fullerton Hall, Valencia Place. Unfortunately the numbers attending were low and the venue was not as comfortable as Clare Lodge had been. The kitchen facilities made it difficult to produce the level of meals we would have liked to supply. We were advised that Clare Lodge would not be opening in 2023.

The Executive Committee made the decision to change the format.

The Monday Club commenced on the 27th February 2023.

Members meet the last Monday morning of the month at our premises (10.30am – 12.30pm). The group enjoys a morning of craic, bingo and refreshments. Cost £2.00.

This has proved to be a successful alternative to The Thursday Club.

We extend our thanks to the volunteers who make it possible.

LAUNDRY SERVICE

The Laundry service continues to provide a vital lifeline to very ill and incontinent clients and their carers. Every Tuesday morning a rota of volunteers deliver fresh laundry to clients. Soiled packs are returned to the Downe Hospital Laundry Department.

We extend our thanks to the volunteers for their support in making the service successful.

There are currently vacancies for this service. If you know of anyone who may want to avail of this facility please contact the office.

SILVER SURFERS

Silver Surfers is running successfully with members enjoying classes every Wednesday morning. Our tutor Ann O'Hare, helps members with their queries and helps them to gain confidence when using the internet.

FITTER FEET

The "Fitter Feet" service provides a friendly, professional chiropody service. Members can book appointments which are held at our premises at the reduced rate of £25.00. This has proved to be a popular service, members are advised to book in advance to ensure availability of appointments. All treatments are carried out by accredited chiropodists.

DAYS OUT

To allow more members to avail of the trips we are using Rooney International Coaches to provide a 33 seater bus for the trips which have a high level of comfort. This has proved to be successful.

This year members visited The Abbey Centre, Hillsborough Castle, Conway Mill, Rushmere and Marshes Shopping Centres.

A Halloween trip is planned to Fitzpatrick's restaurant for their Spooktacular display and a Christmas shopping trip to The Marshes, Dundalk.

HOLIDAYS

Members have just returned from a very successful holiday to The Central Hotel, Donegal on 17-21 September 2023.

All enjoyed the hotel and the trips. JMG Travel offered its usual excellent service.

The holiday to The Connemara Coast Hotel in Furbo in April 2023 was enjoyable but the hotel was a disappointment in terms of the dining experience. The hotel had been taken over by a new company and was not up to the standard previously experienced.

The next trip is planned for April 2024.

CHRISTMAS PARTY

The Golf Links House, Newcastle, was the venue for the annual Christmas Party. While numbers were less than pre-covid parties, all enjoyed the excellent christmas fare and the live music provided by Tommy Fitzpatrick. We thank all the staff at The Golf Links House and Tommy Fitzpatrick for donating his time and talent to making it a very enjoyable afternoon. This year's Christmas Party will take place on Monday 4th December 2023.

PAINTING CLASSES

Painting classes continue to prove to be very popular with members enjoying learning new painting skills. Martin McParland continues to encourage and develop members in their efforts. More courses are planned throughout the year.

CRAFT CLASSES

Christmas and Easter Flower-arranging classes took place with Sally McCurry returning to impart her skills and knowledge. These were very enjoyable and members produced some beautiful arrangements. Two classes are planned for December 2023.

SAFE & WELL AT HOME

Age Concern provides a weekly home visit service to local older people. Our home-worker, Bairbre Quinn, provides a practical service such as taking clients shopping, attending appointments, sitting with a relative, or maybe just enjoying a coffee and a chat. The fee is currently £6.00 per hour but will increase to £7.00 per hour in January 2024. There is a small number of spaces available if you know of someone who would be helped by the service.

SWIMMING CLUB

Unfortunately due to high costs we cannot afford to operate a minibus for the Swimming Club.

We had hoped that members could have met and used public transport to attend Downpatrick Swimming Pool, however the new arrangements for the swimming club did not prove successful.

BUSINESS OF THE YEAR AWARD

The annual "Business of the Year Award" was suspended due to Covid.

We plan to restore the award and will seek votes from members later in the year. The annual award recognises the participation of local businesses in the 10% discount scheme.