

JOIN ARDS AND NORTH DOWN'S
Big Conversation
#myvoicemyAND

Welcometo our September newsletter-keeping you up-to-date and ...**engaged**... with the Big Plan and community planning in Ards and North Down.

In this edition...

We look at why it's important to take control of your own health and wellbeing. We explore how you can get active and improve your health through walking and gentle exercise and tell you what's available in Ards and North Down, to help you keep active for free or at a very low cost.

Community Planning has also teamed up with Dementia NI to bring you a truly inspiring event. The Real Lives event will take place on 25 October 2018 and tell the real life stories of those living with Dementia. We spoke with Allison from Dementia NI to find out why the event is so important to her and members of Dementia NI. Turn to page 4 and 5 to find out more.



Get Active!

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Real Lives Event

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Positive Aging

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Get Active for FREE!

Everybody Active 2020 is a four year lottery funded programme aimed at getting people more active more often!

The Everybody Active programme endeavours to get underrepresented groups such as women, girls, those who have retired, have a disability or those who lack confidence or feel they are not fit enough, back into sport and physical activity.

Ards and North Down Borough Council has teamed up with Sport NI to offer activity classes including walking, yoga, boxercise, cycling and running* for **FREE!** The classes range from 30 minutes to an hour and are suitable for all abilities.

The classes are not about pushing yourself to breaking point, they are designed to build your confidence, to re-ignite a spark of interest in exercise, but most importantly, to allow you to have fun while keeping active!

We spoke to one of the participants who took part in the boxercise class to find out how she got involved and what difference the class has made to her. Read her story below.

If you would like to find out more about the Everybody Active classes on offer, please visit www.ardsandnorthdown.gov.uk or email:

EBAfitness@ardsandnorthdown.gov.uk

* Couchto5K is £1



"I heard about Everybody Active classes from a friend. I hadn't exercised in a long time and I was worried about not being able to complete a class. I was always interested in learning how to box, but I didn't have the confidence to join a boxing club. The Everybody Active boxercise class ran for a 4 week period and I decided to give it ago. I am so glad I did! I loved the class! Kyle, the coach was very supportive and encouraging and there were a range of people, who felt just like me also taking part. Since then, I have attended the free cycling class and more boxercise classes. Keeping active now is much easier and I enjoy it—I never thought I would say that".

Walk your way to keeping active!

Sometimes we can overlook the benefits of the simplest of activities we do everyday such as walking. You may have heard about the Step Challenge which encourages people to try and reach a target of 10,000 steps each day. That may seem like a lot, but remember, doing something is better than doing nothing. Try and gradually increase your physical activity by building up the number of steps you take each day. Try taking the stairs instead of the lift, parking further away from the shopping centre or meeting friends for coffee on-the-go. All of this will make a difference to your physical health and mental wellbeing and it's **FREE!**



Here in Ards and North Down we have beautiful parks and pathways you can explore. Including some National Trust properties, Scrabo County Park in Newtownards, Island Hill in Comber and if you're feeling energetic, why not take the coastal path and walk from Bangor to Crawfordsburn or all the way to Hollywood. There are also a range of self guided walking tours that you can take around the Borough.

For more information and to download a self guided walking tour of one of the towns or villages in Borough, please visit: www.visitardsandnorthdown.com/resources/downloadable-guides

Keep active as you age!

Studies have shown that keeping active as you get older is one of the healthiest things you can do. It can also become more difficult, especially for those aged 60+

Ards and North Down Borough Council and the South Eastern Health and Social Care Trust have worked together to design and develop an activity programme specifically for the 60+ age group. The programme allows participants to enjoy physical activity within a fun, safe and supportive environment.

Classes such as Tai Chi, Water Aerobics, Pilates and Chair Aerobics as well as access to the fitness suite are available at Ards Leisure Centre, Comber Leisure Centre, Portaferry Sports Centre and Bangor Aurora. Prices range from £1.50-£3.



If you are interested in finding out more please call your local leisure centre or visit www.ardsandnorthdown.gov.uk and search for active ageing.

REAL LIVES EVENT

LEARNING FROM THOSE WHO LIVE WITH DEMENTIA

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Thursday, 25 October 2018
Bangor Aurora , *12pm—2pm



Dementia NI member Allison explains what you can expect from the Real Lives event

Why is it important?

"As you can imagine my diagnosis completely floored me. I was scared, angry, worried, depressed but at the same time relieved to eventually know what was wrong.

Dementia NI is an organisation that was set up by five individuals who had a dementia diagnosis because they felt people with dementia didn't have a voice.

Traditionally it was always the voice of professionals, carers and family members who were listened to, but rarely the person living with the symptoms of dementia.

Our organisation gives people with dementia a voice and empowers them to talk at events so that our story is heard. People try to understand but unless you are living with dementia you can't truly understand what it is like. Dementia NI has given me a purpose and a reason to get up in the morning and to keep going, I will be eternally grateful to them.

What do you hope the event will achieve?

Dementia NI aims to challenge the stigma of dementia. We want people to get away from thinking that dementia is all about the end stages, nursing homes and needing additional care. There is a lot more to dementia than that.

People who are diagnosed can still live a fulfilling life. They want to do normal things and join in the same activities as everyone else. Sometimes we may need additional help, but most of all we just need a little more compassion and understanding.

Why is it important that people learn about the challenges that a diagnosis of dementia brings?

No one knows what the future holds. Dementia NI members are raising awareness to assist not only themselves but others in Northern Ireland living with dementia currently as well as those who may get a diagnosis in the future. We want to enhance the public's understanding and perception of the illness to allow people like us to have a meaningful and fulfilling life."



Everyone is welcome at this unique and inspiring event!

One of the ambitions of the Big Plan is that Ards and North Down is a welcoming and friendly place for everyone. This includes being age friendly and dementia friendly.

Ards and North Down Borough Council area has a higher proportion of patients on the dementia register than the Northern Ireland (NI) average (9.84 per 1,000 patients compared to 7.17 for all NI). This statistic may be reflective of the age demographic of the Borough and our ageing population. But dementia doesn't just affect older people.

Hear from local people, just like Allison as they share their story and journey from diagnosis.

At the Real Lives event...

Gain an insight into the signs and symptoms, and the challenges that a diagnosis of dementia brings. Supported by staff and volunteers who give a background on dementia, Dementia NI members raise awareness of dementia and bring these unique sessions to life by adding real-life experiences of living with dementia to help explain what support they need.

Discover how you can best support people living with dementia in the community and participate in thought-provoking discussions around the stigma surrounding dementia.

*** A light lunch will be provided from 11.30am.**

For tickets, please search Real Lives on [Eventbrite](#) or register via the events section of Dementia NI's Facebook page:

www.facebook.com/DementiaNI

For more information, please contact Ashleigh on Tel: 028 90 686768 or Email: ashleigh@dementiani.org

Positive Ageing Month

October 2018

Positive Ageing Month is an opportunity to highlight the important contributions that older people make to society and raise awareness of the issues and challenges of ageing in today's world.

The theme of the 2018 commemoration is:

'Celebrating Older Human Rights Champions'

Please see below for a list of **FREE** events taking place in Ards and North Down:

Pilates — Donaghadee

Monday, 1 October 2018 from 1pm-1.45pm in Donaghadee Community Centre. For more information, contact: gym-phlp@hotmail.com

Positive Ageing Fair — Bangor

Tuesday, 2 October 2018 from 11am-1pm in the Community Café, Flagship Centre. For more information, contact: gregorymartin@ndcn.co.uk

Living Strength and Balance — Kircubbin

Tuesday, 9 October 2018 from 12.15pm-12.45pm in the Peninsula Healthy Living Centre. For more information contact:

gym-phlp@hotmail.com

Chi-Me — Kircubbin

Wednesday, 17 October 2018 from 12.15pm-12.45pm in the Peninsula Healthy Living Centre. For more information contact:

gym-phlp@hotmail.com

Boccia/Kurling — Portaferry

Thursday, 25 October 2018 from 11am-12.00pm in Ballyphilip Church Hall. For more information contact: gym-phlp@hotmail.com

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Stay informed

Stay part of the conversation by signing up for this newsletter, following us on twitter or view the community planning section hosted on Ards and North Down Borough Council's website.

Ards and North Down's strategic partners include:

