



Mid & East Antrim Community Snapshot April 2023

Hello,

Welcome to our latest Mid & East Antrim Community Snapshot, a monthly update of local community & voluntary services, organisations and projects available to help support Older People across Ballymena, Carrickfergus & Larne.

What is Going on at Agewell?

MOIC are currently looking for individuals to test a diabetes monitoring app.

The criteria:

- 60 years plus**
- Living in the Northern Trust area**
- Monitoring their Diabetes**
- Android Device & Wifi**

**Please contact Nicola on
028 2565 8604**



Chinese Banquet Evening & Charity Auction

**At The Go Sun Restaurant, Ballymena
Wednesday 19th April 2023 at 7pm**

Tickets £30 each

**Tickets available from Agewell Office on
028 25658604 or admin@meaap.co.uk**



Creases For Carers

Are you an Older Carer aged 50+?

Do you live in the
Mid & East Antrim area?

We know that caring for a loved one is a huge responsibility and you may often feel like you don't have enough hours in the day. Our 'Creases for Carers' service can help take the pressure off, by collecting your ironing from your door, having it professionally ironed and returned to you by one of our wonderful volunteers!

For more information, contact us on
028 25658604 or by email info@meaap.co.uk



Our creases for carers service is now for those aged 50+



WOULD YOU HAVE ONE HOUR PER WEEK TO SPARE, TO VISIT AN ISOLATED OLDER PERSON FROM YOUR LOCAL AREA?

Agewell are searching for passionate volunteers from Ballymena, Larne and Carrickfergus to carry out befriending visits to local Older People who live alone and are at risk of social isolation.

FULL TRAINING PROVIDED

For a volunteer application pack, please contact 028 25658604 or email admin@meaap.co.uk

PROJECT KINDLY FUNDED BY  **COMMUNITY FUND**


Building Flourishing Friendships
Befriending from NCARD


agewell
MEASURING THE IMPACT OF AGING

What is going on in the community



Wednesday 19 April 2023, 2pm to 4pm at Galgorm Wood, [#Cullybackey](#)

Book online at: <https://forms.office.com/r/mhrhb6UMZQ>

Getting gentle exercise outdoors in the fresh air and interacting with other people can be hugely beneficial for both physical and mental health.

A series of 90 minute 'chatty walks' will run this winter and spring Borough wide.

Enjoy a guided walk led by local expert followed by a hot drink and some time for socialising.

To ensure attendees safety spaces will be strictly limited. Booking is essential. Please complete booking form to secure your place.

We encourage you to attend solo and connect with other people. Attendees are advised to check the weather in advance and wear suitable clothing and footwear.

Information on meeting point will be sent to attendees ahead of walk.



STEPPING OUT TOGETHER

Would you like to get out more and meet new people? Would you like to improve your fitness & wellbeing?



This is a diverse walking group for people of all abilities and fitness levels. Why not plan to join us on Monday 06 March at 7.30pm at Harryville Community Centre. For more info, please feel free to contact our Facebook page or speak to one of our committee members



Free Pawsitive Walks and Talks

Every Tuesday, 10am - 11am
Larne Promenade
Meeting at Prom Cafe

midandeastantrim.gov.uk

Green Dog
Walkers

MACMILLAN
CANCER SUPPORT

Get Out.
Get Active

Mid & East
Antrim
Borough Council



Join us for a community
Walk & Talk



EVERY WEDNESDAY EVENING
6pm

Meeting at the Larne Community
Fridge
Larne Promenade
For up to a 2 mile walk



For further information contact:
mcmanus_peter@hotmail.com
Photo by Caroline Smyth Photography



Mid & East Antrim Borough Council

Have your say on proposed amendments to Council's Cemetery Management Rules and Regulations

We are calling upon residents to take the opportunity to have their say regarding proposed amendments to Council's rules and regulations which govern the management of its cemetery sites.

Before Christmas, Funeral Directors, clergy, stone masons and elected representatives were written to in order to obtain their views on a number of proposed amendments including; extension of circumstances when resident concessions are applied, resident concessions for expatriates in certain circumstances and acceptable conduct towards cemetery staff.

The public is invited to attend drop-in sessions to speak to an Officer and have their say.

Drop-in sessions will take place as follows:

[#Larne](#) - Wed 22 March 2023 - 10am to 12noon - Larne Market Yard

[#Carrickfergus](#) - Thurs 30 March 2023 - 10am to 12noon - Carrickfergus Civic Centre

Residents are therefore urged to get involved in the consultation process by reviewing the proposed changes and completing an online survey at:

www.midandeastantrim.gov.uk/Consultations

The survey closing date is Wednesday 19 April 2023 at noon.



Community Link Worker Service
Mid & East Antrim Agewell Partnership
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70 Main Street, Broughshane
T: 028 25658604
E: communitynavigator@meaap.co.uk

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