

MEN'S 50+ INFORMATION EVENT

East
Belfast

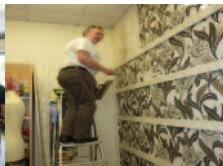
Mountpottinger Presbyterian Church | Castlereagh St
Monday 2nd February 2015 | 10.30am-12.30pm

Are you a man aged 50+ who is interested in hearing about the opportunities to set up a men's group or shed or become more active in your community. The benefits include making new friends, learning new skills, social opportunities and better physical and mental health. Hear how other men aged 50+ have already done this locally and from across the city. There will be information and advice on:

- Benefits of setting up a men's group or "Men's Shed"
- Who can help and advise you on setting up a group including funding
- Individual and group volunteering opportunities for men 50+
- Other opportunities to stay active including e.g. walking, bowling, practical learning opportunities

We also want to hear your views on what other support and advice you would need to become more active.

Refreshments
and lunch
provided



Please register your interest by contacting Pamela on:

T: 028 90 232020 | **E:** pamela.higgins@volunteernow.co.uk

Places are limited and will be allocated on a first come basis

MEN'S 50+ INFORMATION EVENT

West
Belfast

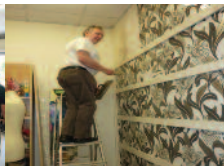
Conway Mill | 5-7 Conway Street | Belfast | BT13 2DE
Wednesday 25th February 2015 | 10.30am-12.30pm

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South
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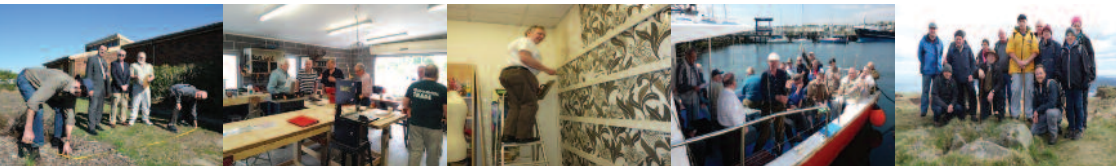
Crescent Arts Centre | 2-4 University Rd | Belfast | BT7 1NH
Tuesday 3rd March 2015 | 10.30am-12.30pm

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North
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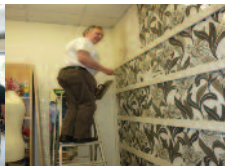
NICVA | 61 Duncairn Gardens | Belfast | BT15 2GB
Thursday 5th March 2015 | 10.30am-12.30pm

Are you a man aged 50+ who is interested in hearing about the opportunities to set up a men's group or shed or become more active in your community. The benefits include making new friends, learning new skills, social opportunities and better physical and mental health. Hear how other men aged 50+ have already done this locally and from across the city. There will be information and advice on:

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