

Time is an interesting thing – generally we find folk either have too much or too little! If you have some to spare or would like to consider different ways of filling your time we know that it is good for us all to have social connections and here are some suggestions you might consider:

**Armagh Library** has a variety of craft and reading groups happening – more details here <https://www.librariesni.org.uk/Libraries/Pages/Armagh-City-Library.aspx> or phone 028 3752 4072

**Homestart volunteer** Help support parents with young children <https://www.home-start.org.uk/why-volunteer>  
Our local branch can be contacted via [homestartad@btconnect.com](mailto:homestartad@btconnect.com) or 028 8778 9744

**Armagh Men's Shed** - A community based, non-commercial organisation where the focus is on the provision of a safe, friendly and inclusive social environment. More about the Mens shed movement here <https://menssheds.org.uk>

The Armagh branch is at Coppersmith Entry, 77-79 Lower English Street Armagh and is open Monday to Friday 9 am to 4 Tel 02837528997 <https://business.facebook.com/armaghmensshed/>

**Armagh Parkrun** Many of the health problems that we see day to day can be helped by exercise. Walking or running in the fresh air on a Saturday morning with a supportive community is a lovely way to get regular activity. Every is welcomed and encouraged any Sat starting at 9.30am in the Palace Demesne. More information at <https://www.parkrun.org.uk/armagh/> or <https://www.facebook.com/armaghparkrun/>

**Southern Regional College** in Armagh has a variety of evening and part time courses <https://www.src.ac.uk/tm-contact-us> tel 0300 123 1223

**Dementia café volunteer** –Information about the Alzheimer society Dementia cafés here <https://www.alzheimers.org.uk/get-support/your-support-services/dementia-cafe>  
In Armagh it generally is every Wednesday- more info on volunteering at the bbc link above or contact rosario.mchugh@alzheimers.org.uk or phone 028 82250103

**Armagh City choir** - Wed evenings in the Royal school- They are particularly keen to have new tenors and basses. <https://www.facebook.com/armaghcitychoir/> or phone Kathy for more information 07900 492600

**Fit 4U** volunteer- <http://www.southerntrust.hscni.net/2245.htm> at the leisure centre look for voluteers from time to time to direct folk to the hall etc contact Rhonda Richardson, Fit 4 U Project Officer, Promoting Wellbeing Division, Tel: 028 3756 4490 Mobile: 077 8743 4256 Email: [rhonda.richardson@southerntrust.hscni.net](mailto:rhonda.richardson@southerntrust.hscni.net)

**Support at home Volunteer** with the Red Cross – more information available here <https://www.bbc.co.uk/programmes/articles/hdLWHRfH7PVIhRqdHb2XST/opportunities-in-armagh> or contact [NCLiddle@redcross.org.uk](mailto:NCLiddle@redcross.org.uk)

**Mums and Toddlers:** There are lots of mums and tots groups in Armagh run by community groups and local churches – some mums go to several different ones in a week! Ask our Health Visitors if you want more information.

**Local Churches and community centres** have a variety of other clubs and activities in their premises and are generally happy to be contacted to provide details.