

Dear Readers

Welcome to the latest issue of Signpost full of updated news for February 2023 with all the latest updates on information and activities relevant to older people and organisations supporting older people this month. Please share within your community to keep older people informed, engaged and connected.

Age NI 2023 calendar



Together with the Public Health Agency (PHA) and the Age Friendly Network NI, Age NI has launched its healthy ageing calendar for 2023, which is being distributed to over 50,000 older people across Northern Ireland.

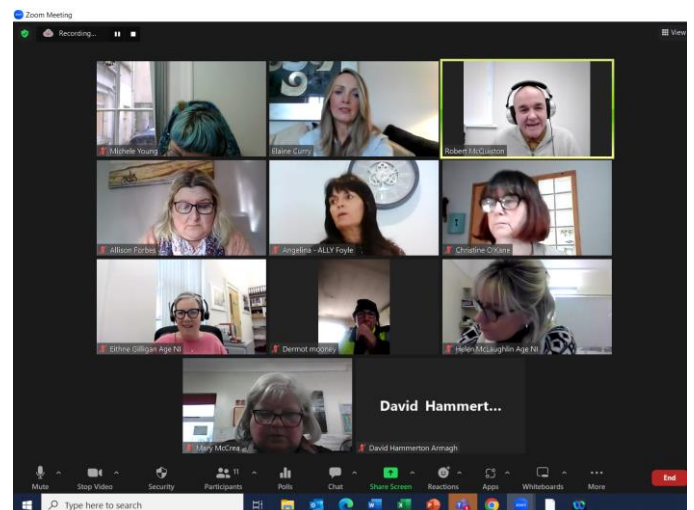
The Age NI 2023 wellbeing calendar is packed with expert advice and information aimed at supporting older people to keep well. This year's focus is on moving more to live more, emphasising the importance of physical activity for both physical and mental wellbeing.

If you or a loved one aged 65+ would like to request a copy from Age NI, please click on the link below to complete the order form or call Age NI on 02890 245729.

<https://www.ageNI.org/forms/healthy-ageing-calendar-2023>

Age Sector Networks

Age Sector Networks (ASNs) across Northern Ireland provide a strong community and voluntary infrastructure offering a range of vital services including befriending schemes, good morning calls, advice and support as well as group activities, arts and crafts projects, networking and engagement opportunities. They operate at a Council level strengthening the voice of older people, address their needs and reflect their views collaborating with Age friendly structures.



ASNs have been extremely busy in January with a great start to the year. Some key topics at the January 2023 online meeting included issues relating to: Cost of living, High Energy Bills, Access to Health & Social Care, Difficulty with Council funding forms, Getting connected, Digital exclusion, Loneliness and Mental Health. All networks have a range of great projects in 2023 offering compassionate services, signposting, warm places, volunteering and engagement opportunities.

Get in Touch with Age Sector Networks

<https://www.ageuk.org.uk/northern-ireland/get-involved/age-sector/age-sector-networks/>

All Party Group on Ageing and Older People

All Party Group on Ageing and Older People. Age NI as Secretariat for this APG held a "Meet the Stakeholders" event on Monday 30th January in Parliament Buildings, Stormont. There were 20 community and voluntary sector organisations all setting out their work and roles as advocates for older people.

Opening remarks were given by Claire Sugden MLA, Chair of APG. Some of the Exhibitors were: Lindsay Armstrong Volunteer Now; Stephen Brown Red Cross; Bernadine McCrory Alzheimers Society; Jenny Marshall MEAAP (ASN's); Jamie Miller National Energy Action; Victoria O'Neill Volunteer Now; Shaun Paskin We are Hourglass; Angela Phillips Alzheimers Society; Eamon Quinn Engage with Age and 1 rep from G6; Vicki Titterington Linking Generations; Rachel Toner Groundworks NI, Elaine Curry - Age NI and ASNs.

We were delighted to welcome 30 MLAs from across the political parties to what turned out to be a really busy and high energy engagement. Elaine Curry – Age NI Engagement Manager shared a stand with Jenny Marshall from MEAAP to represent the work of age sector networks and the Age Friendly Network.



A full account of Age NI's new care and wellbeing services was given, and Age NI Consultative Forum members gave insights on the work of the Consultative Forum. David Telford as Chair of the Consultative Forum introduced a video from our Lived Experience 2021 survey with the views and voices of older people on issues of key concern.



David Telford with the four office bearers of the APG (Claire Sugden, Colm Gildernew, Robbie Butler and Stewart Dickson) ; Helen and Ann with three DUP MLAs (Diane Forsythe, Alan Robinson and Pam Cameron); and Rosa and Alison chatting to Ciara Ferguson MLA.

This as a great informal event, with an open-door for MLAs to drop by and take the opportunity to meet with organisations and older people and discuss issues of importance.

The Next meeting is Wednesday, 8 February - 1pm to 2.15pm | Online

The meeting will focus on Reform of Adult Social Care, with an update from the Department of Health's Reform Team, followed by a Q&A and discussion. For further details email: Michele or Eithne

michele.young@ageni.org
eithne.gilligan@ageni.org



We're delighted to tell you that our brand new Regional Shared Lives Service was recently registered with RQIA and we are now up and running and recruiting for Shared Lives Carers.

Please watch our video with the button below, which will tell you a bit more about the service. We would love your help to spread the word and if you, or any of your family or friends are interested in becoming involved please get in touch with alison.milford@ageni.org.

You can also watch our new promotional video which outlines how Shared Lives works, and well done Alison for taking part in this!

[Shared Lives Video](#)

[Shared Lives Webpage](#)

Age Friendly Network NI

Last meeting 6th December 2022 Meeting Topics covered: Age Friendly Officers Information Exchange, Recap on AFNNI work to date, AFNNI Looking Forward, Engagement with Age Sector Networks, DfC updates and PHA Health Messages.

Next Meeting Date: April for members only.



Learning, Workshops and Training

Libraries NI FREE access to over 160 digital magazines and zoom sessions:

<https://www.librariesni.org.uk/events/>

GO ONLINE Made Easy:

<https://www.nidirect.gov.uk/information-and-services/go-ni/events-and-training>

Help with Digital Devices:

<https://supportingcommunities.org/latest-events/2021/1/7/get-to-know-your-new-device>

Ad-hoc IT volunteers to help older people set up their phones/zoom/etc.

<https://www.communityni.org/job/it-volunteers>

Digital inclusion - [BYTES website](#)

Give it a Go Month events, on the Libraries NI website here: [Events \(librariesni.org.uk\)](https://www.librariesni.org.uk/events)

Ageing Well public talks series

The Open University's Ageing Well series continues, with the next session being held on 2 February, focusing on movement and breathing.

The February session will highlight age-related changes in muscles, tendons, bones and the importance of breathing well, exercising well and enough. These sessions are aimed people who work to support ageing populations, so could be very beneficial for a lot of us. You can learn more about these sessions or register now with the button below:



[Ageing well series](#)

British Heart Foundation have a free digital training tool to teach you to save a life in 15 minutes with just your phone and a cushion. Try RevivR now. <https://revivr.bhf.org.uk>

Online Access Guides for disability groups and organisations www.AccessAble.co.uk

GO ONLINE Made Easy:

<https://www.nidirect.gov.uk/information-and-services/go-ni/events-and-training>

Volunteer Now Enterprises Ltd have a variety of training courses coming up:

<https://www.volunteernow.co.uk/training/courses-scheduled/>

Code of Good Governance for Northern Ireland: <https://www.nicva.org/resource/code-of-good-governance-3rd-edition-0>

Governance Health Check:

<https://www.nicva.org/article/governance-health-check-launched>

Get involved in the Impact Practice Network

Wednesday, 8 February 2023 - 10am to 12pm
|NICVA, 61 Duncairn Gardens, Belfast
NICVA is proud to facilitate the development of an Impact Practice Network in Northern Ireland. This session will agree the Terms of Reference of the Network, as well as share learning and provide opportunities for networking. This session is open to people working in the voluntary, community and social enterprise sectors.

[Book here](#)

Armagh Men's healthy cooking programme

A poster for 'Mens' Healthy Eating and Slow Cooker Information Sessions'. The top part has the title in large green letters. Below it, it says 'INFORMATION SESSIONS' and lists the location 'Ardmore Recreation Centre, Armagh' and a '2 week programme' with dates: 'Monday 13 February 2023 | 10.00am - 11.30am' and 'Monday 20 February 2023 | 10.00am - 11.30am'. It also notes 'Specifically for bereaved males' and 'Participants will receive a free slow cooker'. The right side of the poster features an illustration of a slow cooker on a kitchen counter with a bowl and a grater. At the bottom, there is contact information for Tracey: 'To book contact Tracey ☎ 028 3756 4495' and '✉ tracey.powell@southerntrust.hscni.net'. Logos for 'AGE FRIENDLY', 'HSC Public Health Agency', 'HSC Southern Health and Social Care Trust', and 'Healthy Ageing Strategy' are also present.

Funding Updates

Community Foundation NI

Number of funds open for applications:

<https://communityfoundationni.org/achieving-impact/available-grants/>

<http://www.communityfoundationni.org/apply>

The **PEACEPLUS** is due to be launched in the next few months. There will be opportunities for funding for groups under the PEACEPLUS programme via grants directly from SEUPB. Council will be disseminating information including opening of the grants through our community and voluntary newsletter and mailshots to the database. Please see below PEACEPLUS update from SEUPB. If you wish to sign up to future newsletters and correspondence directly from SEUPB on their various programme updates please use the following link: <https://seupb.us7.list-manage.com/subscribe?u=c15167a3e7e2a23f5ee173f3c&id=819661ec74>

Link to SEUPB website:

<https://seupb.eu/PEACEPLUS>

Arts Council of Northern Ireland: Annual Funding Programme 2023/24. For core and programming costs. Only organisations who have received an award of at least £10,001 from the Arts Council since 1 April 2020 are eligible to apply to the Annual Funding Programme. New applicants must contact the relevant art form officer by 5pm on 10 February at the latest to discuss a possible application. Please note this is a criterion for eligibility. <http://artscouncil-ni.org/funding/scheme/annual-funding-programme>

Community Foundation for Northern Ireland - Fibus Community Fund Grants are available for local community groups and voluntary organisations to address digital poverty in rural communities in Northern Ireland. Maximum value: £ 2,000 Application deadline: 20/02/2023

The funding is intended to assist grassroots organisations in providing digital technology for the most vulnerable, promoting connectivity, community and facilitating a strong, sustainable broadband connection across rural communities in Northern Ireland. Eligible postcodes and the online application form can be accessed from the Community Foundation Northern Ireland website.

[The Fibus Community Fund - Community Foundation Northern Ireland \(communityfoundationni.org\)](https://communityfoundationni.org)

National Lottery Awards for all of Northern Ireland - funding can help you to make a difference in your community. Funding from £300 to £10,000 to support what matters to people and communities.

Smart Energy GB in Communities Fund

Grant funding available to support smart meter projects in 2023. Closing date: 12 noon, Friday 10 February 2023. Targeted to organisations reaching people in fuel poverty; people lacking basic digital skills; or carers. Full details on the application process are included in the Guidance Document on the [NEA website](#). Queries [contact NEA](#)

Northern Ireland's leading funding toolkit.

Helping charities and communities thrive.

www.grant-tracker.org

NICVA are holding 'Success in fundraising applications' Tuesday, 7 February 2023 - 10am to 1pm

[Book here](#)

NICVA Fundraising Advice Team through their GrantTracker have advised on the following funding opportunities:

- Alec Dickson Trust
www.alecdicksontrust.org.uk/
- B&Q Foundation | B&Q in the Community | B&Q (diy.com) – will fund boilers and other items for senior centres, community centres, etc.
<https://www.diy.com/corporate/bandq-foundation>
- Who We Support | McCarthy Stone
www.mccarthystonefoundation.org – priority is project on the health and wellbeing of older people.
- Home | Benefact Trust – faith sector in particular
<https://benefacttrust.co.uk/>
- Carers' Support Fund - Community Foundation Northern Ireland
<https://communityfoundationni.org/grants/carers-support-fund-2/>
- Grants | Mid Ulster District Council
www.midulstercouncil.org – now open
- Community Cashback grant SPAR NI
www.spar-ni.co.uk – reopens 1 Feb
- Grants | Ards and North Down Borough Council – a range of schemes open including their In Bloom fund
www.ardsandnorthdown.gov.uk/residents/grants
- National Lottery Awards for All Northern Ireland | The National Lottery Community Fund
www.tnlcommunityfund.org.uk

Special for 2023 to help people gather and celebrate, they will fund events for

- King's Coronation (6 May)
- Eurovision Song Contest (9–13 May)
- 75th Anniversary of Windrush (22 June).

Other Information

Help NI is an online directory of community and voluntary services for mental health and wellbeing. www.findhelpni.com

Hourglass Helpline: 0808 808 8141

MoneyHelper.org.uk 08000113797

www.moneyhelper.org.uk/en/money-troubles/way-forward

Helplines NI Website: <https://helplinesni.com/>

Linking Generations NI

The Network Meetings are now open for registration via our webpage [LGNi Network Meetings Register Now! – Linking Generations NI](#) – if you could all register your attendance and also share with contacts that would be great! You can promote by sharing the above link with your contacts.



Online Access Guides for disability groups and organisations www.AccessAble.co.uk

The Domestic and Sexual Abuse Helpline

Call: 0808 802 1414

E-mail: help@dsahelpline.org

The Herbert Protocol

Helping people with dementia to stay safe and independent: You can download the Herbert Protocol from the PSNI website here: www.psni.police.uk/herbertprotocol

Deafblind UK

Tel: 0800 132320 (Helpline Number) Text: 07903572885

Email: info@deafblind.org.uk

Text relay: 18001 then 0800 132320

Facetime: helpline.dbuk@deafblind.org.uk
(Not BSL)

BSL video relay: www.deafblind.org.uk/bsl

Free counselling for anyone affected by sight loss from RNIB Helpline on 0303 123 9999 or email: needtotalk@rnib.org.uk if you need support and live in Northern Ireland.

Consumer Council: Click [here](#) and see how much money you could save.

www.consumercouncil.org.uk/onlinetools

SCAMS SUPPORT

If you receive a suspicious message via email, website or text message, you can take the following actions:

Report here via:

<https://www.ncsc.gov.uk/section/about-this-website/report-scam-website>

Via text message - Report suspicious text messages for free to 7726.

Via website: www.actionfraud.police.uk or by phoning 0300 123 2040.

Via phoning police on the non-emergency number 101.

BEAM Creative Network Scams Film:

<https://vimeo.com/699606663/6f815e57a7>

Regional Health Messages

The Public Health Agency launched the 'Talking really helps' suicide prevention campaign this week and we are asking our partner organisations across the community and voluntary sector to support the campaign.

The campaign encourages openness and talking in relation to feelings of anxiety, distress or crisis. The campaign aims to increase help seeking behaviours and promotes call Lifeline on 0808 808 8000 for support. You can find a range of resources to promote the campaign at pha.site/TalkingReallyHelps this includes new posters and videos and posts for social media, there is also suggested text to include on social media posts.

Department of Health guidelines recommend all adults should complete 150 minutes of physical activity in a week. Older adults at risk of falling should also undertake physical activity to improve muscle strength, balance and coordination at least twice a week.

Falls prevention clinics are run in Armagh, Dungannon, Lurgan and Newry:

<https://southerntrust.hscni.net/your-health/health-improvement/home-accident-prevention/southern-trust-falls-clinics/>

Dysphagia awareness animation

<https://youtu.be/cWnDCPpiaYQ> or visit the website at <http://pha.site/Dysphagia>

PHA Health Dietitians You Tube

Public Health Dietitians Group NI

Healthy eating webinars -

<https://vimeo.com/showcase/8198914>

Public Policy Consultations, Reports & Engagement

Nobody should die in poverty

(mariecurie.org.uk)

Mental health and the cost-of-living crisis

report: another pandemic in the making?

www.mentalhealth.org.uk/our-work/policy-and-advocacy/mental-health-and-cost-of-living-crisis-report

Grief & Bereavement in Northern Ireland

The Commissioner for Older People is supporting the Patient and Client Council in their work to develop of a Bereavement Charter for NI as part of the NI Bereavement Network. To help the Patient and Client Council to begin the wider societal conversation needed for the development of a Bereavement Charter for NI, the PCC are running the following survey to understand what matters most to the people of Northern Ireland when considering death, bereavement and grief. Find out more information [here](#)

Charity Commission for Northern Ireland

joint consultation Have your say on how the charity regulator will develop and grow over the coming years. [Have your say](#)

Local Collaboration to Reduce Digital Exclusion – upcoming study

Lauren, a Product Designer and Researcher at Kraydel, based locally in Belfast.

“At Kraydel, our mission is to improve the social connectivity and independence of older adults. In the last few years, we've developed Konnect: the only TV-based video calling and remote monitoring system for older adults; giving peace of mind to family & friends and enabling better access to the services that support them”.

We currently have an upcoming study in partnership with University of Ulster, funded by Invest NI, aiming to assess the usability of our product and gather feedback around potential improvements. It's vital for us include older adults' voices as we develop our product, so that we can create a system that adequately meets their needs. As well as opening up a conversation about future collaboration opportunities, I'd like to ask for your help in connecting us to local service users who we could potentially recruit for this study.

We're looking for 10-12 participants, over the age of 65, who not currently use the internet on a daily, or weekly basis. Participants would participate in a trial of the product at the University of Ulster Living Laboratory, lasting no more than 90 minutes. Expenses covered.

Ballyowen, Enler & Mount Oriel Day Centres as possible starting points - if you can think of any other centres or forums with participants that match this profile, suggestions welcome within the Belfast Health & Social Care Trust area. For further information: Lauren Lundholm

UX DESIGNER:

lauren.lundholm@kraydel.com

Further Age NI Engagement and Opportunities

Get on the Signpost Express Mailing list: email Michele Michele.young@ageni.org. If your contact details change, please help us keep your information up to date by calling **028 9024 5729**.

Age NI Advice and Advocacy Service:

Free independent and confidential support for older people, their families and carers.

Call Freephone 0808 808 7575

Age NI Personal Alarms

Call **0808 100 4545** - this number takes you in to the main UK system for Age NI's partner supplier, Taking Care. Local contact email is: ni.staff@ppptakingcare.co.uk

Independent Living Products: bathroom aids & adaptations, mobility products and stair/through the floor lifts **028 9024 5729**.

Age NI Stores: We always appreciate any stock donations to any of the Age NI's four stores in Ballymena, Bangor, Coleraine, and Newtownards. We now also partner with online retailer HARU (Help and Reuse) to sell branded and premium items online to achieve a fairer price: ask in store for more details.

Work for Age NI: View opportunities:

<https://www.ageuk.org.uk/northern-ireland/about-us/work-for-us/>

Age at Work project: Mid-Career Reviews aim to support individuals seeking a refresh of their current role, skills and prospects.

Age NI Volunteering: Age NI are looking for volunteers. For information or to register, contact Val.Gamble@ageni.org or 02890 245 729.

More Money in Your Pocket Guide 2022/23

[Read Now](#)

[Please share this Signpost with anyone you feel may be interested.](#)

Age NI News

1. **Age NI helpline:** 0808 808 7575.
2. **Age NI Website:** www.ageni.org for details of our latest news, activities, campaigns & ways you can support Age NI.
3. **Age UK News:** <https://www.ageuk.org.uk/northern-ireland/>
4. You can find all healthy **Take 5 Steps to Wellbeing** videos on our [YouTube Channel](#)
5. **Check in and Chat Service:** To enquire, call Age NI Advice on 0808 808 7575 Monday – Friday, 9am-5pm or email info@ageni.org.

[Like our Facebook page](#)

[Follow us on Twitter](#)

Age NI is the leading charity for older people in Northern Ireland. We deliver care services, provide advice and advocacy, offer products and services, fundraise and influence our decision-makers to improve later life for us all.

Age NI, 3 Lower Crescent, Belfast BT7 1NR. Company number NI071940. HMRC Charity reference number XTI4600. Registered with the Charity Commission for Northern Ireland NIC104640.

Signpost News/ Updates

Please send us information to highlight activities and news in your area. If you wish to have anything included in the next Signpost, please email: elaine.curry@ageni.org

Age NI Plan at a Glance 2022-23

Common Purpose	Age NI enables older people to make the very best of their lives and works to create a society that truly values, supports and welcomes them.
Vision	A society in which we can thrive as we age
Mission	To help people to enjoy later life
Values	You matter - We care - Together we make a difference

Pillar	Objective	Priorities
People <i>Provide and develop quality services and support to improve the independence and wellbeing of older people</i>	By 2025, we will have supported the wellbeing and independence of more older people through a diverse range of high-quality services and activities	<ul style="list-style-type: none"> Continue high quality compassionate and safe service delivery Refine and test new models of service delivery which meet the changing demographic and address isolation and loneliness Work with partners to promote the benefits of healthy ageing and address frailty Identify tools to support people to help themselves to promote independent living
Places <i>Prepare for our ageing demographic by creating an age friendly society.</i>	By 2025, we will have driven forward the age friendly agenda through training, collaboration and sharing of good practice	<ul style="list-style-type: none"> Increase visibility and reach of Age NI in local communities Continue to support the development of Age Sector Networks Support the development of Age Friendly agenda in workplaces and communities
Policy <i>Protect and promote the rights of older people</i>	By 2025, we will have further promoted the voices and the rights of older people through policy and engagement	<ul style="list-style-type: none"> Ensure older people are reflected in Government priorities (e.g. PFG) Secure a Loneliness Strategy for Northern Ireland. Influence Health & Social Care Reform Progress adoption of GFS (Good, Facilities and Services) legislation Collect evidence on what matters most to older people e.g., through Lived Experience approach (loneliness, frailty, etc)
Progressive Organisation Age NI is a professional, sustainable, well governed organisation driven by the voice of older people	By 2025, we will have further invested in the talent of our team, leadership, technology and engagement	<ul style="list-style-type: none"> Recruit & retain talented and committed Trustees, staff and volunteers Ensure effective leadership Embed culture & values across all work areas within Age NI Grow and achieve a sustainable a diverse revenue base Enhance technology capabilities across the organisation Strengthen the role and influence of the Consultative Forum Increase collaborative working with key stakeholders