

Dear Readers

Welcome to the latest issue of Signpost, full of updated news for June 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.

**Last chance to sign up: Rapid Rundown 6<sup>th</sup> June @ 11am.** Please register for this regional event and hear from 20 organisations on what regional services are available for Older People across N.Ireland. Register to attend at <https://forms.gle/ah8JmbFviqT65zfo9>



**Rapid Rundown** Tuesday, 6 June  
11:00am - 12:00pm

Join the Age Friendly Network NI, in partnership with Northern Ireland Age Sector Networks, for an online Regional Rapid Rundown!

This online event will showcase the wide range of services and support that is available for Older People in Northern Ireland. With 20 organisations taking part, each group will have two minutes to present.

Register here: <https://forms.gle/ah8JmbFviqT65zfo9>  
Or contact Agewell: 028 25658604



## Age Sector Networks

Age Sector Networks (ASNs) across Northern Ireland have been happy promoting volunteering, celebrating volunteer week with activities, events and celebrations this June. Many ageing well activities embed so many volunteers in the project design and planning stages. Volunteers are also very much involved in many consultations affecting older people.



Taking place 1-7 June, this year's theme - 'Celebrate and Inspire' – aims to highlight diversity in volunteering and demonstrate the many ways everyone can get involved with volunteering.

Age NI recognises the outstanding contribution and commitment that volunteers across N.Ireland. We would like to say thanks to all the wonderful volunteers in the Age Sector who are engaged in committees/ boards, take part in events and project development on a daily basis.

Volunteers' Week is also a chance for all organisations involving volunteers in their work to recognise their contribution.



As part of our Volunteers' Week celebrations, we are encouraging Age Sector Networks and groups to recognise the fantastic contribution volunteers make. Share a picture, give a certificate or hold an event or volunteer meet up.

### 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 Meeting was held on Monday 22 May 2023.

The agenda of the All Party Group meeting focused on preventing and managing frailty in older people.

There was an opportunity to hear from a number of experts with questions and discussion.

For further details on future meetings email: Michele or Eithne [michele.young@ageni.org](mailto:michele.young@ageni.org) Eithne.Gilligan@ageni.org



**Next Meeting Date:** 13<sup>th</sup> June at 10.00am in the Lough Neagh Discovery Centre, Oxford Island National Nature Reserve, Annaloist Road, Craigavon BT66 6NJ. For members only.

### Working Group priorities:

- Resourcing the Age Sector
- Communication and Information
- Transport
- Age Friendly Design principles

### Where we would like to be in ...



We're now hiring for two Shared Lives posts! Shared Lives is a different way of providing care for older people who need a little support to keep living independently.

It involves Shared Lives Host Carers sharing their family, homelife and hobbies with a matched older person, helping to keep them connected to community and social activities.

This is a wonderful service and we are excited to be leading on this for older people in Northern Ireland. The ethos of Shared Lives is "Our lives are better when they're shared".

Please share the below link with anyone you think may be interested.

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](mailto:alison.milford@ageni.org).

[Shared Lives Social Worker posts](#)

## Public Policy Consultations, Reports & Engagement

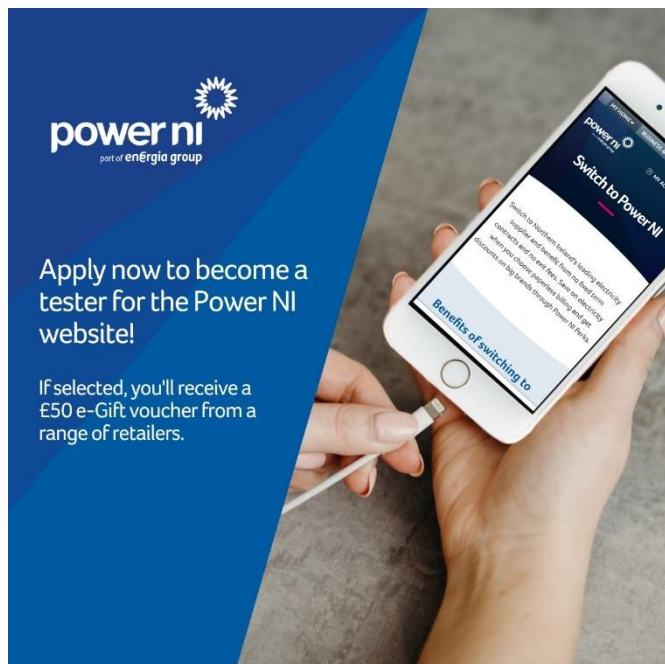
### Power NI website research testers needed

Power NI would like to hear what older people think about their website!

Power NI want to ensure that their website meets the needs of real people, finding information on energy plans and tariffs.

They are looking for older people to take part in an online research session from the comfort of their home . If selected, they'll be compensated for their time with a £50 e-gift voucher, which can be spent at a large range of retailers.

They don't need to be a current Power NI customer to apply.



Please share the below application link:

[Power NI Online Research Session](#)

### Changes to the Concessionary Fares Scheme – have your say 14<sup>th</sup> June

The Department for Infrastructure (DfI) is carrying out a consultation on Changes to Concessionary Fares which you will be aware provides free and discounted public transport for some groups of people, including older people. The consultation is likely to launch in early June and will be open for a period of 12 weeks.

DfI is holding an online Focus Group aimed at Age Sector Networks, Age Friendly Co-ordinators, and members of the Frailty Network on **Wednesday 14 June, 10am – 11.30am**, so that you can hear from those leading the review process and contribute directly to the consultation.

DfI have let us know that only 15 places are available for this meeting, so we will go with the first 15 to express an interest in attending. However, you might be interested to know:

- DfI is holding a separate meeting with Age NI's Consultative Forum;
- They have indicated to us that they will hold other meetings open to the public;
- DfI will launch an online consultation survey on their website and will share the link with us as soon as it is live.

**Please let Michele** [michele.young@ageni.org](mailto:michele.young@ageni.org) know by Monday 5 June if you are able to attend.

DfI undertook a survey in 2019 to understand how people use the Concessionary Fares scheme. Here is the link to the report which you may find useful:

[Northern Ireland Concessionary Fares Survey - 2019 | Department for Infrastructure \(infrastructure-ni.gov.uk\)](#)

## Community Policing Survey 2023

The NI Policing Board are seeking your views on how the police engage and deliver services. If you would like to comment please complete the Community Policing Survey 2023. Click on the link below to access the survey.

<https://consultations.nidirect.gov.uk/doj/community-policing-survey-2023/>

## Belfast Workshop – Ageing and Climate Change.



**TAKE PART**

### Ageing and climate change workshop

Refreshments & lunch included!

Are you aged 60+?  
Share your thoughts about what climate change means to you and your community

**Friday 16th June 2023**  
10:00 - 12:30  
Dublin Suite, Europa Hotel, Great Victoria Street, Belfast, BT2 7AP

To attend, please contact  
[age.friendly@causewaycoastandglens.gov.uk](mailto:age.friendly@causewaycoastandglens.gov.uk)

Aged 60+? Please join this workshop

**When:** Friday 16th June at 10am

**At:** the Europa Hotel in Belfast.

This is an opportunity to share your thoughts about what climate change means to you and your community. Refreshments & lunch included. To attend, email Liam: [age.friendly@causewaycoastandglens.gov.uk](mailto:age.friendly@causewaycoastandglens.gov.uk)

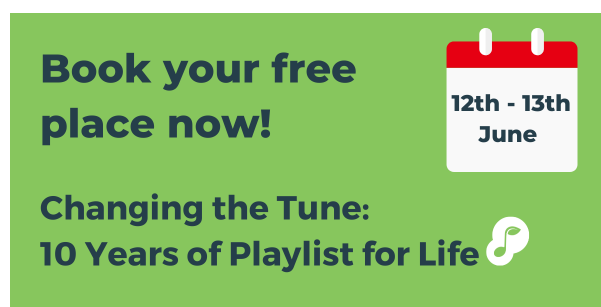
A UK-wide online survey is also running alongside these in-person events:

[www.ageandclimate.com/take-part](http://www.ageandclimate.com/take-part)

**Dfc Consultation - People and Place Review 19<sup>th</sup> June 2.30pm-3.30pm** meeting – for individual older people. 4pm -5pm meeting for ASN’s leaders. Please register with Elaine [elaine.curry@ageni.org](mailto:elaine.curry@ageni.org)

## Learning, Workshops, Training & Events

**Playlist for Life 10th Anniversary celebrations** - Tuesday 13th June - online event on Zoom For further information and booking visit the Eventbrite page: [Changing the Tune: 10 Years of Playlist for Life \(online event\)](#)



**Book your free place now!**

**12th - 13th June**

**Changing the Tune: 10 Years of Playlist for Life**

**Sustaining Healthy Relationships Workshop** Tuesday, 6 June - 6pm to 8.30pm  
3 Glengall Street, Belfast

Looking to work on your relationships? Relate NI are delivering a workshop to develop the foundational relationships that improve wellbeing and bring us joy in life.

[Book now](#)

### Making self evaluation work for you

Tuesday, 6 June - 10am to 12pm | NICVA, 61 Duncairn Gardens, Belfast

Evaluating your service can sometimes feel like an overwhelming challenge. This FREE session delivered by NICVA and CES will help you build capacity for self-evaluation - from knowing when and how to get started through to telling your story so people will listen.

[Book your place here](#)

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

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

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

**Online Access Guides for disability groups and organisations** [www.AccessAble.co.uk](http://www.AccessAble.co.uk)

**GO ONLINE Made Easy:**

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

**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>

**Volunteer Now Enterprises Ltd Training**

<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>

## Funding Updates

### Community Foundation NI

Number of funds open for applications:

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

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

### Arts Council of NI - Rural Engagement Arts Programme

The programme is expected to run for three years. Applications are currently being accepted for the second year. The deadline for applications is 3 July 2023 (12:00pm).

Notification of decisions by 31 August 2023.

Guidance notes and the online application form can be found on the Arts Council

Northern Ireland website. Contact Arts Council Northern Ireland for further information.

Useful links:

[Rural Engagement Arts Programme | Arts Council NI \(artscouncil-ni.org\)](#)

### Co-op Local Community Fund

Applications have now opened for community groups and charities to apply to receive funding and support from Co-op's Local Community Fund. Bringing people together to access food: Such as community fridges, allotments, and cookery classes.

- Helping to improve people's mental wellbeing: Including sporting activities and, clubs and societies that promote mental well-being and build social connections
- Enabling communities to save and restore nature or tackle climate change: With examples including community gardens, tree planting, energy schemes, re-wilding, and sustainable transport.

Community groups interested in applying to Co-op's Local Community Fund, should visit [causes.coop.co.uk](http://causes.coop.co.uk)

The **PEACEPLUS** 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>

**Northern Ireland's leading funding toolkit.**  
Helping charities and communities thrive.  
[www.grant-tracker.org](http://www.grant-tracker.org)

**NICVA Fundraising Clinics:** [Clinics are available on 20, 21, 27 or 28 June 2023. Full details and booking on the NICVA website.](#)

### **Supporting Communities Funding Clinic Sessions**

Tuesday 27th June 2023 from 10.00 am to 3.00 pm

This is a one-to-one funding support session for HCN members:

What funding to apply for; How to structure your application and plan accurate budgets; How to carry out a community survey; How to prepare for action planning; How to do pre and post-monitoring and evaluation of your project

Book Your Place - [Please fill in this form](#)

The funding clinic will run from 10 am - 3 pm with 30 min slots available for individuals or groups to discuss their funding needs one-to-one with our funding officer.

This service is free for HCN members. If interested in the Housing Community Network, please get in touch!

## Other Information

**Help NI** [www.findhelpni.com](http://www.findhelpni.com)

**Hourglass Helpline: 0808 808 8141**

**MoneyHelper.org.uk 08000113797**

**Online Access Guides for disability groups and organisations** [www.AccessAble.co.uk](http://www.AccessAble.co.uk)

**The Domestic and Sexual Abuse Helpline**

Call: 0808 802 1414

**Bereavement support:** <https://www.health-ni.gov.uk/news/new-bereavement-support-website-northern-ireland>

**The Herbert Protocol:**  
[www.psni.police.uk/herbertprotocol](http://www.psni.police.uk/herbertprotocol)

**Consumer Council:**  
[www.consumercouncil.org.uk/onlinetools](http://www.consumercouncil.org.uk/onlinetools)

**Helplines NI Website:** <https://helplinesni.com/>  
**Deafblind UK**

Tel: 0800 132320 (Helpline Number) Text: 07903572885

Email: [info@deafblind.org.uk](mailto:info@deafblind.org.uk)  
Text relay: 18001 then 0800 132320

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

BSL video relay: [www.deafblind.org.uk/bsl](http://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](mailto:needtotalk@rnib.org.uk) if you need support and live in Northern Ireland.

## Further Age NI Engagement and Opportunities

**Get on the Signpost Express Mailing list:** email Michele [Michele.young@ageni.org](mailto: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](mailto: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](mailto: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](http://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](mailto: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](mailto:elaine.curry@ageni.org)

