

Dear Readers

Happy Positive Ageing Month and welcome to the latest issue of Signpost Express full of updated Age Sector news for October 2023.

Every year, Positive Ageing Month is celebrated in October, and it is a month-long campaign of events, activities and programmes that promote positive ageing as well as celebrating the contribution older people make to their communities. We all recognise having an ageing population, means that the demographic profile will change significantly over the next 10- 20 years. It is for us all to consider how best to support the older people in our communities and also how to best celebrate older members' contribution to community life.

This edition of signpost highlights the latest updates on information, training, events, publications, consultations and activities.



### See some examples of Positive Ageing Activities across Northern Ireland

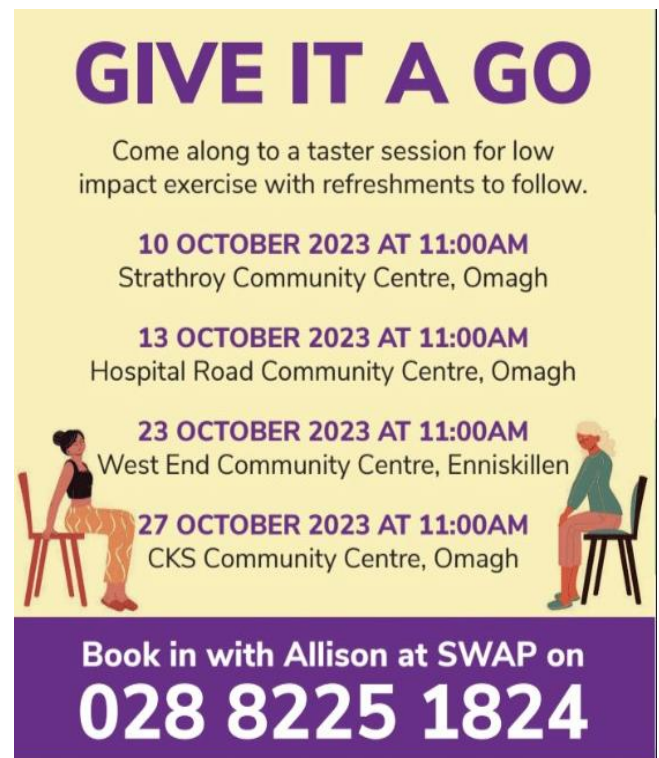


Age Friendly  
Ards and  
North Down  
A great place to live  
and grow older

**Positive Ageing Roadshow Events**  
\*Lunch provided\*  
REGISTRATION REQUIRED

- Queen's Hall Newtownards  
Wed 5 Oct | 11am-2pm
- Bangor Elim Church  
Fri 14 Oct | 11am-2pm
- Comber Leisure Centre  
Wed 19 Oct | 11am-2pm
- Kircubbin Community Centre  
Fri 28 Oct | 11am-2pm

PSP Policing & Community Safety Partnership  
HSC Public Health Agency  
Ards and North Down Borough Council



**GIVE IT A GO**

Come along to a taster session for low impact exercise with refreshments to follow.

- 10 OCTOBER 2023 AT 11:00AM**  
Strathroy Community Centre, Omagh
- 13 OCTOBER 2023 AT 11:00AM**  
Hospital Road Community Centre, Omagh
- 23 OCTOBER 2023 AT 11:00AM**  
West End Community Centre, Enniskillen
- 27 OCTOBER 2023 AT 11:00AM**  
CKS Community Centre, Omagh

Book in with Allison at SWAP on  
**028 8225 1824**

Get in Touch with Age Sector Networks or check out the Councils websites for more information on positive ageing month events <https://www.ageuk.org.uk/northern-ireland/get-involved/age-sector/age-sector-networks/>




### **Lisburn & Castlereagh Council Age Friendly - Special Notice**

Councillor Thomas Beckett, Communities & Wellbeing Chairman is delighted that we are once again supporting Positive Ageing Month. It is important we recognise the role that older people play in our community. Throughout October 2023 a wide range of activities designed to promote the inclusion and wellbeing of older people will take place across the Lisburn & Castlereagh Council area. Details of these can be found below. The theme for this year's Positive Ageing Month is 'Know Our Place'.

Through the variety of activities we have on offer we hope our older residents will join in, be proud of our city and enjoy new and existing friendships. These activities are designed to assist people to remain active, alert and healthy while enjoying engaging with others. Together we can promote social inclusion and enable people to continue to contribute to their communities. Councillor Beckett would like to thank partners for their contribution also to Positive Ageing Month 2023. We hope you take advantage of the activities on offer and enjoy Positive Ageing Month 2023.

To view all activities by day during the month of October please click [here](#). You can view the activities by Health & Wellbeing, Culture, Education and Support. You can also view all activities on offer during the month of October.

 <p>EDUCATION</p> <p>2 October Active Ageing Information Session</p> <p>VIEW</p>	 <p>HEALTH &amp; WELLBEING</p> <p>2 October Monday Club</p> <p>VIEW</p>	 <p>HEALTH &amp; WELLBEING</p> <p>2 October Over 50s Fun &amp; Fitness</p> <p>VIEW</p>
--	--	---



## Get Moving with Libraries NI

Between 10<sup>th</sup> October and the end of March, Libraries NI will be hosting a series of online sessions designed to boost your wellbeing. To take part in these Zoom sessions, register on the library website [www.librariesni.org.uk](http://www.librariesni.org.uk) or ask library staff for more information. Booking essential.

**Yoga** This is gentle yoga designed to soothe the nervous system, with an emphasis on the breath and relaxation. It will help improve strength, flexibility, balance and focus. With facilitator Fiona Jones. These sessions will take place every second Tuesday (except during February, when they will take place **every** Tuesday)

### **Yoga Sessions 2:00pm-3:00pm**

Tuesday 10, 24 October; Tuesday 7, 21 November; Tuesday 5, 19 December; Tuesday 9, 23 January  
Tuesday 6, 13, 20, 27 February; Tuesday 5 March

### **Chi Me 11:00am-12 noon**

Chi Me is a simplified and accessible form of Tai Chi. It gently helps to improve overall health and reduce stress. It improves posture and balance and helps to strengthen vital internal energy. With facilitator Gareth Klein. These sessions will take place every second Tuesday (**Thursdays** in February).

Tuesday 17, 31 October; Tuesday 14, 28 November; Tuesday 12 December; Tuesday 16, 30 January;

Thursday 8, 15, 22, 29 February; Tuesday 12 March

Even if a staff member can register for the session and have it running in the group setting to encourage participation that would be great.



# Financial Wellbeing Webinar

The Bank of Ireland will present an online webinar via Microsoft Teams on a variety of financial wellbeing topics including:

- Fraud
- Protecting your finances
- Cost of living savings tips
- Support and resources

To register your place contact:  
Raisa Donnelly  
Telephone: 03000 132 132 or  
Email [raisa.donnelly@midulstercouncil](mailto:raisa.donnelly@midulstercouncil)

**Friday  
6th October  
11am**



# POSITIVE AGEING MONTH

**Come along to one of our FREE Check In, Check Up Health Fairs.**

There will be an opportunity to hear about the work of Age Friendly in our Borough, try out arm chair aerobics, hear from a range of local groups during the Rapid Rundown and visit stands hosted by statutory, community and voluntary groups.

## **Stiles Community Centre**

Monday 2 October 2023  
10.30am-12.30pm

## **Lillian Bland Pavilion**

Friday 6 October 2023  
10.30am-12.30pm

## **Ballyclare Town Hall**

Wednesday 11 October 2023  
10.30am-12.30pm

## **Neillsbrook Community Centre**

Friday 13 October 2023  
10am-12pm

## **Mossley Pavilion**

Tuesday 17 October 2023  
10.30am-12.30pm

## **Crumlin Leisure Centre**

Thursday 19 October 2023  
10.30am-12.30pm

## **Valley Leisure Centre**

Thursday 26 October 2023  
10.30am-12.30pm

*Refreshments available. No registration required.*

Contact: Kelly Doyle, Antrim and Newtownabbey Borough Council

E. [envhealth@antrimandnewtownabbey.gov.uk](mailto:envhealth@antrimandnewtownabbey.gov.uk) T. 028 9034 0160





Every year, Positive Ageing Month is celebrated in October.

PAM is a month-long campaign of activities and events that aim to promote positive ageing, as well as acknowledging the contribution that older people make to our communities. Lisburn & Castlereagh City Council aims to actively contribute to making Northern Ireland an age friendly region in which people, as they get older, are valued and live actively with their rights respected and dignity protected.

In celebration of life and age, here at ISLAND Arts Centre we will be hosting events and activities such as;

**Silver Screen Socials:** On 2 October, join us in an intimate setting, make new friends and step back in time with Billy Wilder's comedy masterpiece 'Some Like It Hot'. With Marilyn Monroe, Tony Curtis, and Jack Lemmon, this quick witted movie will have you belly laughing. Enjoy refreshments on the day too.

**Strictly Community Tea Dances:** On 3 October, join us for one of our community dance events. Get foot loose and take a spin around the dance floor, have some craic with the musical duo Double Trouble and our secret guest entertainment.

Phone or email to book for next week! Susan Taggart Community Arts Events Office Telephone Number: 02892 447526



## 🍁 OCTOBER EVENTS 🍁

SAVING MONEY WITH NI WATER 3rd of October 2pm-3pm

[Saving Money with NI Water Tickets, Tue 3 Oct 2023 at 14:00 | Eventbrite](#)

Join us to learn how NI Water screens and filters water to remove anything that could be harmful before it reaches your tap. How you can save water, energy and money by using water wisely, fixing leaks, installing water-efficient devices, and choosing eco-friendly products.

How you can protect the environment by disposing of waste properly.

HELPING HOMELESS SERVICE USERS: HOMELESS CONNECT

10th of October 11am-12pm

This session will look at the support Homeless Connect offer to service users that are facing homelessness or in temporary accommodation through practitioners. We will learn how staff can refer to this service and the eligibility criteria to avail of it.

Helping Homeless Service Users: [Saving Money with NI Water Tickets, Tue 3 Oct 2023 at 14:00 | Eventbrite](#)

ASSISTING CLIENTS WITH MONEY ISSUES AFFECTING THEIR HOUSING

18th of October 9:30am-1pm IN PERSON - Maldron Hotel Belfast

We will be looking at Housing Rights NI and their range of services, having a discussion about a variety of money related topics relevant to Northern Ireland and ultimately aiming to empower future practitioner conversations with their clients. This event is LIMITED TO 20 people.

Assisting clients with money issues affecting their housing [In-Person] [Click here to register](#)

Talk Money Week 2023 Talk Money Week 6th - 10th of November 2023 - Planning is fully underway for our Money Guiders Conference taking place on 8th November 2023. Click here to save the date... [Click here to register](#)





# Festival of Hope

## World Mental Health Day

10th October 2023 at 2 Royal Avenue

A DAY OF FREE EVENTS TO CELEBRATE WORLD MENTAL HEALTH DAY

### DROP IN ACTIVITIES

From 10am to 5pm



Add your favourite song to our Hope playlist



Help us create a giant artwork on the theme of Hope



Info on local projects and services promoting positive mental health



Explore books which can improve your mental health with Libraries NI

### WORKSHOPS

Advance booking required

#### Nature's Prescription

10am-11am



Learn how getting in touch with nature can improve your mental health

#### Self-Compassion Through Movement

11.30am-12.30pm



Gentle movement, breathing and mindful awareness to help us nurture kindness towards ourselves

#### Food and Mood

1pm-2pm



Find out how what you eat affects how you feel and how to eat for better mental health

#### Zentangle Art Workshop

2.30pm-3.30pm



A calm space for you to experiment and create your own zentangle artwork with pen and colour

#### Clay Creations

4pm-5pm



Create your own keyring or coaster using leaves, flowers, clay and paint

SCAN  
QR CODE  
TO BOOK



HSC Public Health Agency

Project supported by the PHW

HSC Belfast Health and Social Care Trust

caring supporting improving together



For further information contact [health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net)

## Age Sector Networks

Age Sector Networks (ASNs) across Northern Ireland have been busy with Positive Ageing Month planning with the Age Friendly officers for many creative activities to get involved over the month of October. Calendars of events are being uploaded to local Council websites for more information.

### Age Sector Network Exchange Online Meeting

Age NI were delighted to see the Age Sector network representatives at The Age Sector Network Exchange Online Meeting in September.

**Key topics discussed:** Updates on Age NI's services and programmes, impact reporting, sustainability, signpost express highlights, best practice visits and funding support for groups were discussed.

Organisations got to share updates on plans for Positive Ageing Month with a range of vibrant activities coming up in October. Each Council area has links on their website for more details under Age Friendly.



**Get in Touch with Age Sector Networks in your area:**

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



## Funding Updates

**Electrical Safety First: Electrical Safety Fund** Electrical Safety First is committed to helping those who are most vulnerable to electrical risk and injury in their homes; risks that have exacerbated in recent years the cost-of-living crisis, rocketing inflation, and rising energy prices. Although applications are invited for grants of up to £5,000 per organisation, they may consider larger funding amounts of up to £10,000 for joint and/or larger projects, which focus on or incorporate a data capture element and require cross-agency working. Eligible applicants are fire and rescue services, trading standards authorities, community safety organisations, schools or other educational institutions, not-for-profit organisations. Deadline 22 October 2023

### **Halifax Foundation—Community Grants Programme.**

<https://www.halifaxfoundationni.org/programmes/community-grant-programme>

### **Community Foundation NI** Number of funds open for applications:

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

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

**Micro Community Investment Fund** - funding for organisations who are making the lives of others in their communities better, by improving their financial, physical, and mental wellbeing. No constitution to apply to this fund. <https://communityfoundationni.org/grants/micro-community-investment-fund/>

**Inclusive Communities: The Phoenix Green Community Fund** - support community groups and organisations across the licence area with funding to help them deliver activity that helps to improve our environment and tackling the climate crisis. Funding monthly.

<https://www.phoenixnaturalgas.com/greencommunityfund>

**Music for All's funding round 3 now open** Music for All are delighted to be able to offer financial awards as well as donations of instruments in a range of categories. Music for All provides grants for both individuals and groups to enable more people to access musical instruments and lessons and music programmes for the community. Next deadline 27 October 2023 (23:59).

**Join NICVA FREE events this autumn!** [view future events](#)

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

**NICVA Funding Clinics – Book a slot!** 31 October 2023 22 November 2023

[Autumn 2023 Fundraising Clinics for NICVA Members | NICVA](#)

**Faith & Money Matters** 4, 11, 18, 25 October - 12pm to 1pm | Online by NICVA and RCN

## Workshops & Training & Digital Support

**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/>

**LGNI Network Meeting Dates** Register through this webpage link - [LGNI Network Meeting's Register Now! – Linking Generations NI](#)

**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>

**Volunteer Now Enterprises Ltd** have a variety of training courses: NEW Inclusion, Equity & Equality sessions, Volunteer Strategy, Volunteer Role Development, Keeping Adults Safe: Adult Safeguarding Champion & Appointed Person Refresher training, Volunteer Policy-Your Starting or Review Point, and Befriending Training Workshop. Take a look at the Courses page here for the full list and book your places! <https://www.volunteernow.co.uk/training/courses-scheduled/>

**Age NI Move More Live More** falls prevention project is really innovative and could have huge potential impact and benefits for older people as individuals, as well as for the healthcare system. If you'd like to know more, visit our website

[www.ageni.org/movemorelivemore](http://www.ageni.org/movemorelivemore)

# Move More Live More

**Keeping Well Van** – Coming to **Brownlow Hub on Wed 25 October** as part of Positive Ageing Month. Thanks Frances Haughey - Health Improvement Team for organising. **Booking is essential and places are limited.** Book your app. by emailing: [community.hub@armaghbanbridgecraigavon.gov.uk](mailto:community.hub@armaghbanbridgecraigavon.gov.uk) or calling The Hub on **028 3831 3630**



**Keeping Well Van**  
Get your free personalised health check

25th October 2023  
Brownlow Community Hub - 7 Brownlow Rd, Armagh,  
Craigavon BT65 5DL

- Body Composition analysis
- BMI
- Blood Pressure Check
- Blood Glucose Test
- Bespoke Lifestyle Advice
- Awareness of the signs & symptoms of cancer
- Information on cancer screening programmes
- Stop smoking advice & support

To book an appointment contact:  
Paul Henry  
E-Mail: [community.hub@armaghbanbridgecraigavon.gov.uk](mailto:community.hub@armaghbanbridgecraigavon.gov.uk)  
Tel: 02838313630

For additional health information  
please scan the QR code

\*Appointments last 30mins and slots are limited. Early booking is essential \*

**keeping well?**

**Cancer Focus**  
NORTHERN IRELAND

[www.cancerfocusni.org](http://www.cancerfocusni.org)





Still some places left for this Physical Activity for Falls Awareness Event taking place in Banbridge on **Wednesday 4 October from 10.30am-12.30pm**. Drop me an email on [agefriendly@armaghbanbridgecraigavon.gov.uk](mailto:agefriendly@armaghbanbridgecraigavon.gov.uk) or call me on 07825010630 to book your place. Please share with all your contacts:



# Positive Ageing Month Celebration Event



## Physical Activity for Falls Awareness

**WHERE AND WHEN:**  
4th October  
**BANBRIDGE LEISURE CENTRE**  
10th October  
**DUNGANNON LEISURE CENTRE**  
17th October  
**NEWRY LEISURE CENTRE**

Each event will be from 10.30-12.30 with refreshments



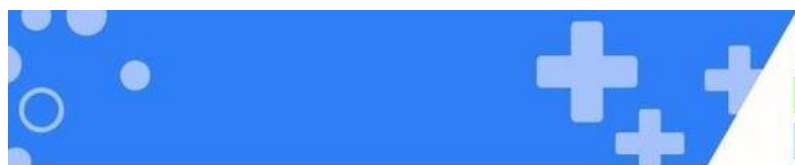
**Southern Health and Social Care Trust**  
Quality Care - for you, with you



**PHYSICAL ACTIVITY AT EACH EVENT**  
Falls Fighters Talk (20 mins)  
Strength and Balance (15 mins)  
Chi Me (15 mins)  
Functional Fitness MOT (15 mins)

To book your place please contact  
**BANBRIDGE EVENT: Stephanie Rock**  
[agefriendly@armaghbanbridgecraigavon.gov.uk](mailto:agefriendly@armaghbanbridgecraigavon.gov.uk)  
Tel: 07825 010630  
**DUNGANNON EVENT:**  
[Raisa.Donnely@midulstercouncil.org](mailto:Raisa.Donnely@midulstercouncil.org)  
Mobile: 07553 379721  
**NEWRY EVENT: Tara.Smyth@nmandd.org**  
Mobile: 07511 046135

**12th Annual NICHI Health & Wellbeing Event - Theme: Promoting Wellness**  
Location: Tullyglass Hotel, Ballymena Date: Tuesday 24th October Time: 5.30pm - 8.30pm To  
Register visit <https://nacn.org/wp/register/> Email: [registration@nacn.org](mailto:registration@nacn.org) or Tel: 028 2177 2100



# 12th Annual NICHI Health & Wellbeing EVENT



## PROMOTING WELLNESS

Location: **Tullyglass Hotel, Ballymena**  
Date: **Tuesday 24th October**  
Time: **5.30pm - 8.30pm**

**TO REGISTER** visit <https://nacn.org/wp/register/>  
**E: registration@nacn.org** or **T: 028 2177 2100**

Maximum 5 people per group





# Relate NI

## Golden Threads:

### A Relational Approach to Improving Mental Health

3 FREE WORKSHOPS AVAILABLE TO ATTEND AT CLANRYE!

Communicating Well   Love Yourself  
& Relationship Transitions



**When?**      Wednesday from 4th - 18th October 2023  
at 11am - 12.30pm (1.5 hrs)

**Where?**      Clanrye - Unit 34, Armagh Business Centre, 2  
Loughgall Road, Armagh

**How do I register?**  
Contact: Sarah on 07870508039



#### WHAT IS GOLDEN THREADS?

Healthy relationships are the Golden threads that bind our communities together. They are a fundamental cornerstone of our health and wellbeing.

People who are more socially connected to family, friends, or their community are happier, physically healthier and live longer, with fewer mental health problems than people who are less well connected.

Golden Threads Project aims to educate and inform on the vital connection between mental well-being and relationships

Golden Threads is supported by the Department of Health Mental Health Support Fund through Community Foundation NI





South Eastern Health  
and Social Care Trust



Health Development  
Department



# 'Walk and Talk'

To mark World Mental Health Day we encourage you to get outside and **'Walk and Talk'** with a friend.

As part of the campaign we are asking you to submit a 'selfie' as you're out and about walking and talking.



There will be a prize  
for the 2 best photos.

Closing date for submissions:  
13 October 2023

Please submit your photos to:  
[brien.frazer@setrust.hscni.net](mailto:brien.frazer@setrust.hscni.net)

[www.mindingyourhead.info](http://www.mindingyourhead.info)

## Other Information

### Business in the Community - Volunteering in the community

- BitC practical action days throughout the year – Volunteer Week and Cares at Christmas.
- Team building challenges
- Individual volunteering opportunities
- Bespoke matched opportunities.



The Responsible  
Business Network  
Northern Ireland

Community Connections Conference Wednesday, 25 October - 9.30am to 1.30pm | All State, Mays Meadow, Belfast. Do you want to build stronger, more impactful links with the business sector in Northern Ireland? This half-day conference organised by Business in the Community and NICVA, will provide opportunities to connect and network with businesses and enhance your knowledge of corporate community relationships in NI. [Book here](#)

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

**Census Results published** [census@nisra.gov.uk](mailto:census@nisra.gov.uk)

**Find Help NI** is an online directory of community and voluntary services for mental health and wellbeing. [www.findhelpni.com](http://www.findhelpni.com)

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

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

**Hourglass Helpline: 0808 808 8141**



**LGNI Network Meeting Dates** Register through this webpage link - [LGNI Network Meeting's Register Now! – Linking Generations NI](#)

**MoneyHelper.org.uk 08000113797** <https://www.moneyhelper.org.uk/en/money-troubles/way-forward>

**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.psnipolice.uk/herbertprotocol](http://www.psnipolice.uk/herbertprotocol)

**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](http://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>

## Governance Health Check & Guide

[www.diycommitteeguide.org](http://www.diycommitteeguide.org)

[Governance Health Check](#)

[The-Code-of-Good-Governance-3rd-Edition.pdf](#)

**The Domestic and Sexual Abuse Helpline** Call: 0808 802 1414

E-mail: [help@dsahelpline.org](mailto:help@dsahelpline.org)

Or visit <http://dsahelpline.org> (web chat available)



**Energy Strategy E-Bulletin** - which aims to keep stakeholders informed about progress on the Energy Strategy for Northern Ireland. <https://www.economy-ni.gov.uk/publications/energy-strategy-e-bulletin-23>

## 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.

## Online Digital Support

- **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](#)**



## Regional Health Messages

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

PHA Health Dietitians You Tube

Public Health Dietitians Group NI

Healthy eating webinars -

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



## Mental Health Awareness day on 10/10/23

For further information or booking, please contact Shelly on [SWilson@amh.org.uk](mailto:SWilson@amh.org.uk)

amh works  
Improving mental & emotional well-being in the workplace  
action mental health  
www.amh.org.uk | rpower@amh.org.uk

### Mental Health Awareness Day 2023

10th October 2023 is Mental Health Awareness Day.

Celebrate MHAD 2023 with our new engaging and interactive **"Wellness Toolbox"** lunch and learn session.

This **1 hour online training** equips employees with an understanding of mental health whilst teaching them skills to **manage stress** and **boost resilience** inside and outside the workplace.

For more information or booking please email: [swilson@amh.org.uk](mailto:swilson@amh.org.uk)

action mental health

## Public Policy Consultations & Engagement

All Party Group on Ageing and Older People Meeting Monday 9<sup>th</sup> October 2023. For further details on future meetings email: Michele [michele.young@ageni.org](mailto:michele.young@ageni.org)

### COPNI- Tackling Ageism in Northern Ireland



The Commissioner for Older People is calling on older people across Northern Ireland to share their views on ageism. The Commissioner aims to address the issue by encouraging Government to improve policy and legislation affecting older people, examine why ageism happens and how to reduce it and educate the public on why ageism happens and how to stop it.

Help inform the Commissioner's recommendations to Government by sharing your views and completing our short survey. [Tackling ageism Survey \(surveymonkeys.com/uk/surveys/copni-tackling-ageism-survey\)](https://surveymonkeys.com/uk/surveys/copni-tackling-ageism-survey)

During 2022, two reports were commissioned by the **Ending Violence Against Women and Girls (EVAWG)** Directorate in The Executive Office (TEO), which focused on women and girls experience of violence across Northern Ireland.

The research reports were launched recently and have been published on the TEO EVAWG webpage. We wanted to share these research reports with you for your reference.

**‘It’s Just What Happens’ Girls and Young Women’s Views and Experiences of Violence in Northern Ireland** - Research led by Dr Siobhan McAlister Prof. Dirk Schubotz and Dr Michelle Templeton from Queen’s University Belfast, and Dr Gail Neill Ulster University - [research-publication-its-just-what-happens-girls-and-young-womens-views-and-experiences-violence](#)

**Every Voice Matters! Violence Against Women in Northern Ireland** Research led by Dr Susan Lagdon, Prof. Dr Marcin Owczarek, Dr Ngozi Anyadike-Danes and Prof. Mark Shevlin, Ulster University, and Dr Claire McCartan and Julie-Ann Jordan from the IMPACT Research Centre - [research-publication-every-voice-matters-violence-against-women-northern-ireland](#)

### **One week left for Consultation!**

We only have a week left to the end of the public consultation (**03 October 2023**) on the Strategic Framework to End Violence Against Women and Girls and the foundational Action Plan. We invite you to share this with your groups/organisations and networks, on your communications and other social media platforms (tag us in @ExecOfficeNI) one more time, to encourage those who maybe haven’t got around to completing this, to do so. For ease of access here is the link to the consultation.

The link to Citizen Space to access the consultation online [EVAWG Consultation – Citizen Space](#)

So far we have over 400 responses, which is great, and I hope you can help us with a final push to share the consultation.

Next we will be moving to analyse the consultation responses, which we anticipate will take us to November, we will update you on that. If you have **plans for the 16 days of Action** in November we would be keen to hear about them, let us know on [EVAWG@executiveoffice-ni.gov.uk](mailto:EVAWG@executiveoffice-ni.gov.uk)

**Claire Archbold Director Ending Violence Against Women and Girls Strategy**

**The Executive Office Castle Buildings|Stormont Estate|Belfast|BT4 3TT**

\* [EVAWG@executiveoffice-ni.gov.uk](mailto:EVAWG@executiveoffice-ni.gov.uk)





## Investing in the Community & Voluntary Sector

### Stakeholder Engagement Workshops

Promoting Wellbeing Division fund a range of contracts and services across the Trust area to support health and wellbeing through early intervention and prevention.

Join our workshop discussions to review where and how we channel this funding in the future, to help consolidate and strengthen our investment in the community and voluntary sector.

Workshops are open to all stakeholders across the Trust including community and voluntary sector groups, service users, carers, funders, HSC staff and our statutory partners.

Email [PWB.mailinglist@southerntrust.hscni.net](mailto:PWB.mailinglist@southerntrust.hscni.net) to RSVP and receive venue details.

#### Workshop dates

**6 October, 10am-1pm** – Lurgan

**11 October, 10am-1pm** – Dungannon

**25 October, 2-5pm** – Newry

An online workshop may also be scheduled subject to interest. Please RSVP.



## Further Age NI Engagement / 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:** <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).

## With your support, we can help more lonely older people

[View our website](#)

[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)