

Signpost

News for the Age Sector and Network Partners – August 2018

Welcome to the latest issue of Signpost Express, an e-bulletin to keep you updated on specific and relevant issues to age sector network partners working with older people's programmes including new legislation and developments, news, training, events and activities, advice, campaigns, support and signposting for further information.

This e-bulletin is produced by Elaine from Age NI. If you wish to have anything included in the September Signpost Express, please email Elaine: elaine.curry@ageni.org



1. Small grants funding 2018-2019

The Public Health Agency (PHA) has identified funding for a small grants scheme to address the themes of Mental Health & Emotional Well-Being, Suicide Prevention and Self-Harm. The PHA are keen to fund programmes founded on evidence based practice with a particular focus on those using one or more of the 'Take 5' Steps to Wellbeing for the Western, Belfast, Southern & South-Eastern Health trust areas.

The PHA are inviting community and voluntary sector organisations to apply for non-recurring small grants. **Two types of awards are available under this scheme:**

1. Award one grants - Up to £1,000 that non-constituted and constituted non-profit taking Community / Voluntary Sector groups can apply for.
2. Award two grants - Between £1,001 and to a maximum of £5,000 for constituted, non-profit taking Community / Voluntary sector groups.

For further information or to apply go to: www.dhcni.com/grants

Tel: 028 7138 3386 or Email: clear@dhcni.com

2. FREE Health & Wellbeing Support Service?

Health Matters at Work Initiative - Could your workplace benefit from a FREE Health & Wellbeing Support Service? Due to a funded initiative (supported by the Public Health Agency) Health Matters can provide your business with a free health & wellbeing support service for 1 year. To find out what free services your businesses can avail of within the programme please visit: www.healthmattersni.com

Sign up: Registrations are limited so it is recommended that businesses wishing to 'sign up' should declare their interest as early as possible. This can be done online at www.healthmattersni.com or by emailing: workplacehealth@healthmattersni.com

3. Libraries NI helping you with technology and computers – Go ON

Go ON is an exciting support/training programme for people who want to find out more about technology and computers in a relaxed environment and at their own pace. These computer courses are held in local libraries with experienced staff on hand to help.

Go ON allows people to enhance their computer skills by offering help to do lots of everyday tasks on the computer. Go ON sessions are free but you must be a library member to participate. Library membership is free for everyone. To join all you need to do is bring a form of identification with proof of address.

Contact the library directly to book your place for August – September for any free courses. or go to the Libraries NI website - www.librariesni.org.uk

For details of a library near you contact: Customer Support Line t: 0345 4504 580

4. Safer U App in Mid Ulster

Mid Ulster PCSP has released a great new app uniquely for residents of Mid Ulster, the Safer U app. This app provides the following: Information on the latest crimes and scams in Mid Ulster; What's recently been stolen; Advice on issues such as antisocial behaviour, hate crime, homelessness and road safety; Details of your nearest support organisations; Local news and updates; Your closest defibrillator; Ability to report non emergency issues **Keep yourself informed by downloading the app now:** Search for Safer U on your app store.

5. Help Save Lives

Do You Have a Public Accessible Defibrillator? If so, the Ambulance Service has a new registration scheme for Defibrillators: <http://www.nias.hscni.net/our-services/aed/> If you register your defibrillator this will allow the 999 operator to provide information on the location of the nearest Defibrillator to an emergency call.

Please register your defibrillator - This will help save lives.

6. Dementia-Friendly Communities Research

Alzheimer's Society NI is carrying out research to find out what living in a dementia-friendly community means to you. We want to hear about positive experiences of your community being dementia-friendly and also about what could be better.

Help people with dementia and carers to make their views heard.

Complete survey here: <http://www.smartsurvey.co.uk/s/DFCsNorthernIreland/>

What is a dementia-friendly community?: Alzheimer's Society's dementia-friendly

communities programme encourages everyone, from banks and supermarkets to the local corner shop and hairdresser, to share responsibility for ensuring that people with dementia feel understood, valued and able to contribute to their community.

The findings from this questionnaire will be explored further at a series of workshops with people affected by dementia and key stakeholders this summer. Alzheimer's Society's Dementia-Friendly Communities Team will then use the outputs to inform plans for dementia-friendly communities in the next four years (2019-2022).

Dementia Friendly Awards - Nominate someone who's work you are aware of and admire. Nominations are now open for the annual Dementia Friendly Awards. Do you know a person, organisation or community who has made a real change to the lives of people with dementia? Please complete your online nomination by following this link: [Dementia Friendly Awards | Alzheimer's Society](#) **Nominations close Monday 20 August 2018.**

If you have any questions about the awards please email conferences@alzheimers.org.uk

7. Cross Community Tea Dance in Portadown

When: 24th August 2018

Time: 2.00pm to 5.00pm @ Portadown Town Hall

Cross Community Tea Dance with Tea & Coffee and Tray Bakes served. There will be a raffle for the Lord Mayors Charity with lots of Prizes.

For further information contact: Conrad Wilson - Town Hall Manager - Portadown Town Hall - 15 Edward Street Armagh City, Banbridge and Craigavon Borough Council
Craigavon Office | Craigavon Civic & Conference Centre | Lakeview Road | Craigavon | BT64 1AL Mob: 07919403742 or Telephone : 028 38335264

8. Help you and your group to stop wasting food

'Your Food isn't rubbish' from Love Food Hate Waste. Did you know?

Wasting food is a BIG problem. Here in the UK we waste around £12.5 billion of food and drink each year. Or 7 million tonnes – enough to fill Wembley Stadium 9 times over! Most of the food we waste could be eaten. Throwing away our food and drink is a waste of money. The food and drink we waste each year works out at around £470 per household.

Further information and recipe ideas available: <https://www.lovefoodhatewaste.com>

9. Handyperson Home Safety Check & Repair Service – Belfast City Council

Receive a free home safety check and avail of the reduced handy-person rates.

The service is for those over 65 years (or Adults at Risk) living in the Belfast City Council area. All recipients of the Home Safety Check receive a selection of free 'helping hand' aids and equipment (subject to stock availability)

The service is available from 9am to 5pm, Monday to Friday excluding Public Holic

Eligibility Group	Charges
Those aged 65+ or an Adult at Risk - Home Safety Check only	Free
Those aged 65+ or a vulnerable adult and in receipt of benefits - Home Safety Check and Repairs	Free home Safety Check and £5.00 p hour to repairs
Those aged 65+ or an Adult at Risk and not in receipt of benefits - Home Safety Check and Repairs	Free Home Safety Check and £15.00 per hour for repairs

Materials are to be supplied by the occupant

General consumables: glue, nails, sandpaper etc provided free of charge.

Contact: Tel: 0800 14 22 865 or **Email:**

handyman@brysonenergy.org **ALL STAFF ARE POLICE CHECKED**



10. Walk and Sketch 2018

A series of 8 walking and sketching in Belfast Parks with artists Sharon Wagner. Sessions are free but places are limited. Basic materials the weather.



workshops will take place Kelly and Cilla participants should book as will be provided. Dress for

Sundays 3 - 5pm

22 July - Sir Thomas & Lady Dixon Park, BT17 9LA
29 July - Victoria Park, BT4 1JT
12 Aug - Waterworks, BT14 6NG
26 Aug - Ormeau Park, BT7 3GG
02 Sept - Cavehill Country Park, BT15 5GR
09 Sept - Botanic Park, BT7 1LP

To book please email: wideskies@virginmedia.com

Text 07488 554697 (calls will not be answered) For further information visit: www.pssquared.org

11. £3 million for Big Lottery Fund Project

The Big Lottery Fund is investing more than £3 million of National Lottery funding in a project to improve the health and wellbeing of people across Northern Ireland and Scotland.

Bogside and Brandywell Health Forum, which is based in a healthy living centre in Derry/Londonderry, has been awarded the grant of £3,188,212 to deliver a social prescribing project across the two countries.

The National Lottery cash is building on a successful social prescribing pilot for older people in Derry and Strabane over the past year where GPs were able to refer patients to take part in community activities to reduce their isolation and dependence on

medication.

The new funding will allow them to develop a three-year project for adults across Northern Ireland and will work with 60 GP practices in partnership with the Healthy Living Centre Alliance and the five Health and Social Care Trusts. Part of the funding will be used to deliver a similar project in Scotland in partnership with Scottish Communities for Health and Wellbeing.

For more information check out: https://www.biglotteryfund.org.uk/global-content/press-releases/northern-ireland/190618_ni_ukp_social-prescribing



12. Wesleyan Foundation Large Grants Fund

Administered by the Community Foundation for Northern Ireland, the Wesleyan Foundation was established in 2017 to support various good causes throughout the UK. The Wesleyan Foundation aims to help community groups and organisations based within the regions covered by the Wesleyan network. The Large Grants Scheme provides grants from £2000 to £10,000. <http://www.communityfoundationni.org/wesleyan-foundationgrants>



13. Grow Wild: Community Project Funding

Grow Wild is awarding funding of £2,000 or £4,000 to community groups that want to bring people together through activities that connect their community and celebrate UK native wild flowers, plants and/or fungi.

Grow Wild will fund 50 groups in 2018 across England, Scotland, Wales and Northern Ireland – and there's lot of support throughout.

Groups will begin delivery of their project in March 2018 and finish by October 2018.

Who can apply? You are eligible to apply if you are:

- A voluntary, youth or community group, which is constituted, not-for-profit or charitable. In particular: Youth groups. Secondary schools. Parish, town and community councils. Health authorities, health boards and prisons.
- For more information see: <https://www.growwilduk.com/project-funding>



14. Trusthouse Charitable Foundation

Trusthouse is an independent grant making foundation which makes approximately 150-200 grants totalling around £2.5 million a year to a variety of charitable organisations based in areas of extreme deprivation. The Foundation is interested in projects which fall into two categories: Community Support; Arts, Education & Heritage and their preference is for front line projects in areas of extreme urban deprivation or remote, socio-economically deprived rural areas. **For more information on this grant please visit:** <http://trusthousecharitablefoundation.org.uk/grants/>



15 . Cash 4 Clubs

Cash 4 Clubs is a sports funding scheme which gives clubs a unique chance to apply for grants to improve facilities, purchase new equipment, gain coaching qualifications, and generally invest in the sustainability of their club. Since 2008 over £3,000,000 has been given out in grants to community sports clubs across the UK. The Cash 4 Clubs scheme is funded by Paddy Power Betfair and is supported by SportsAid, the charity for sports people. **For more information:** <https://cash-4-clubs.com/>



Connect with us @ Age NI

Our address

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[Add us to your address book](#)

Contact us

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