

Signpost

News for the Age Sector and Network Partners – November 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 Curry from Age NI. If you wish to have anything included in the December Signpost Express, please email Elaine: elaine.curry@ageni.org

1. Age Friendly Network Update & Directory of Services for Older People POPNI

The World Health Organisation (WHO) Global Network of Age-friendly Cities and Communities (GNAFCC) was established to foster the exchange of experience and mutual learning between cities and communities worldwide. An Age-friendly region is defined as an inclusive and accessible environment that promotes active ageing.

AGE FRIENDLY NETWORK: Age NI, together with the Public Health Agency and Department of Communities are in the early stages of setting up an Age-friendly Network for Northern Ireland. All the nominations for all 11 Councils for the Age Friendly Network have been received.

The vision contained in the Active Ageing Strategy for Northern Ireland is that local

councils will lead the development and implementation of Age Friendly plans within their area. The aim of an Age friendly Network is to provide regional leadership, coordination and support for the roll out of Age Friendly across Northern Ireland. Specifically to:

- Promote the good practices which have already been delivered through existing Age Friendly plans in Northern Ireland
- Explore what best practice in terms of participation of older people looks like
- Build support for adopting the Age Friendly process among those Councils who have not yet publicly signed up to the process
- Consider and identify the ongoing support requirements of stakeholders
- Position and consider the idea of an Age Friendly Network, its potential role, membership and scope.

DIRECTORY: One of the major areas that has come up time and time again is that older people and stakeholders wanted a central source to find information for older people, events and activities. Age-friendly Belfast are committed to using the Advice NI website Portal for Older People Northern Ireland (POPNI) as the central information platform for information for older people in Belfast. This may be used regionally to make the resource as effective as possible and work alongside the Age-friendly Network for Northern Ireland. Check out www.popni.net/



2. Reminder about the flu vaccine for people aged over 65

Please encourage seniors that your work with to arrange their Flu vaccine as this year sees a new and more effective vaccine being introduced to improve the protection for older people (aged 65 and over) called Fludax®, which has been specifically designed to increase immunity in this age group. Encourage Flu vaccinations before end of November before Flu's start circulating.



3. 'Little Visitors' become 'Dementia Friends' at Milesian

Primary and Secondary level school pupils in Mid-Ulster have joined forces with Milesian Manor Lifestyle Care home and Linking Generations NI to be trained as 'Dementia Friends'.

The 'Little Visitor's' initiative will see pupils from both The Rainey and Magherafelt Primary School regularly visit Milesian Manor to spend time with the residents to learn what it's like to live with Dementia and Alzheimer's and then turn that understanding into action. Research has shown numerous therapeutic benefits for both the children and people living with the conditions.

The Dementia Friends programme, developed and administered by the Alzheimer's Society, is the biggest ever initiative to help change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition.

To find out more about Milesian Manor Lifestyle Care home please visit www.milesianmanor.com or call 028 7963 1842 to arrange a visit.

4. BIG GIVE – FREE CONCERT TICKETS

Free Concert Tickets available for a Tea Dance with the Ulster Orchestra featuring soloist, Peter Corry. Come to dance and sing along to musical favourites from The Beatles to Strauss! Tea, coffee and biscuits will be served. Big Give is a partnership between the Ulster Orchestra and the Alzheimer's Society. Max capacity is 200 tickets available for the Alzheimer's Society and the Belfast Trust with around 50-75 free places available through our age sector contacts.

When: Wednesday 21 November

Time: Arrive from 1.30pm - Music from 2pm-3pm

Where: Ulster Hall, 34 Bedford Street, Belfast BT2 7FF

For further information please contact: Ciara Jemphrey by email to ciara.jemphrey@alzheimers.org.uk by Monday 12 November 2018

Spaces are limited and will be allocated on a first come first served basis

Please indicate names of person with dementia and carer(s) attending, a contact number, any dietary requirements and emergency contact details.

5. Equality Unit Joint Consultative Forum - Rural Needs Meeting

The Joint Consultative Forum (Rural Needs Meeting) has been arranged to take place in November 2018.

Date: Thursday 22nd November 2018

Time: 10.30am – 1.00pm

Venue: Magharafelt Youth Centre, 1 Princess Terrace, Magherafelt, BT45 6DD

For further information please contact: Equality Unit - Education Authority | 40 Academy Street | Belfast | BT1 2NQ ☎: 028 9056 4213

6. Take 5 Ambassador Briefing Sessions

Are you working within your local community? Could you have a role in promoting positive wellbeing? By attending a Take 5 Ambassador Briefing Session you will be equipped to deliver a short 'Take 5 Steps to Wellbeing' presentation for your local groups.

Newry & Mourne Area - Monday 19th November 2018 2.30pm – 3.30pm

Venue: Training Room 1, PIPS Hope & Support, Newry

Armagh & Dungannon Area - Thursday 22nd November 2018 11.00am – 12.00 noon

Venue: Promoting Wellbeing Team Training Room, St Luke's Hospital, Armagh

Craigavon & Banbridge Area - Friday 23rd November 2018

Venue: Health Education Room, Brownlow Health Centre, Craigavon

To book a place please email: Take.5@southerntrust.hscni.net

7. Marketing For Social Enterprises Event in the Burnavon, Cookstown - 6th November 2018

As part of the Mid Ulster Social Enterprise Programme, a Marketing for Social Enterprises Event will be held on Tuesday 6th November 2018 in the Burnavon, Cookstown. Brilliant guest speakers including Dave Linton, who set up the inspirational social enterprise Madlug, which provides children in care with bags when moving.

If you would like to register, please follow the link below.

<https://www.eventbrite.co.uk/e/marketing-for-mid-ulsters-social-enterprises-tickets-50394998798>

8. Overcoming Third Sector Challenges

Friday 30th November 2018, 09:20 – 15:40, London

The Third Sector Commissioning conference examines how to improve partnership working with the third sector to enable the most effective delivery of public services, with both financial and social benefits.

With an increasingly uncertain financial and political future, it has never been more important for commissioning bodies to use innovative models to ensure their financial resources are maximised to guarantee a social return on investment.

Key topics include:

- The new Civil Society Strategy
- Embedding and measuring social value
- Developing the use of outcomes based commissioning, co-commissioning, consortia working, grant-making and social impact bonds
- Supporting the voluntary sector to respond to the changing operating market

Promotional code TSCPZO-1709076 to receive 20% and the code TSCPEO-1709076 to receive 30%.

For further details contact: Louise Bevin Senior Conference Producer

t: 0845 647 9000 e: louise.bevin@westminsterinsight.com

Follow the Westminster Insight social network/ join the conversation on Twitter |
LinkedIn

9. Consumer Council Roadshow

This Ards and North Down Borough Council has invited The Consumer Council Roadshow to **Londonderry Park Pavilion, Portaferry Road, Newtownards**
Time: **5pm – 8pm on Tuesday, 20 November 2018**

The aim of the event is to provide practical guidance and top tips to those in advice-giving roles who work with vulnerable or low income consumers.

At the roadshow you will learn how to:

- save money on household bills;
- protect against fraud and scams;
- prepare for winter;
- support consumers with a disability or long-term health condition;
- understand your consumer rights online and on the high street;
- make an effective complaint; and know where to go for expert help & advice

You will also have the opportunity to take part in the Consumer Clinic where you can bring along your energy bill for a free check or ask advice on a particular issue of concern.

To register for the event please e-mail:

healthandwellbeing@ardsandnorthdown.gov.uk

or phone 0300 013 3333 ex 40236 before 10 November 2018.

10. 2018 COPNI Christmas Card Photography Competition - Invite for Entries

The COPNI is inviting older people from within your group to submit a photograph for the COPNI Christmas card and e-card with the theme of Christmas/Winter.

As the photograph will be used on a Christmas card, images and themes associated with Christmas or Winter are suitable. Photos can be taken with any smartphone or camera and can be old or new.

The closing date for entries is Friday 30th November and they can be submitted either via email to communications@copni.org or by post to the following address;

The Commissioner for Older People for Northern Ireland
Christmas Card Competition 7-9 Shaftesbury Square Belfast BT2 7DP

Should you have any questions contact Turlough on 028 90 890 897 or by emailing turlough.mcaleenan@copni.org



11. National Alcohol Awareness Week

Multiple National Alcohol Awareness Week (AAW) is week commencing 19th Nov 2018.

In Partnership with ASCERT, Alcohol and You are keen to raise awareness about Alcohol, our most common and widely used drug.

ASCERT have again kindly offered a free half day Training Course: Understanding Alcohol.

ARDS: Mon 19th Nov, 1.30pm - 4.30pm, St Marks Parish Centre (opposite Ards Hospital) (20 people)

DPK: Tues 20th Nov, 2pm - 5pm, Training Room 2, Downshire Hospital Site, Downpatrick (22 People)

LISBURN: Wed 21st Nov, 10am - 1pm Level 5 Conference Room, Lisburn Health Centre. (20 People)

All staff is free to avail of this training. As there is a limit to numbers (as requested by ASCERT) this will be on a first come basis and booking is essential.

If you would like to book a place please contact Jacqui.Henning@setrust.hscni.net

If you would like to discuss any further training for you or your team please contact Jenna or Colin at ASCERT 08002545123



12. Regional Prescribing Support Dietetic team

The collection of dietitians and prescribing support assistant staff came together in the summer of 2017, placed regionally across Northern Ireland under the management of one Health and Social Care Trust. The aim and ethos of the team is to promote the safe and effective prescribing of oral nutritional supplements, underpinned by providing patient centred care in the management of malnutrition.

As a regional team this unique nature allows for the promotion of regional guidelines and strategies, such as the promoting good nutrition strategy in addition to the Northern Ireland formulary.

For more information please check out their twitter account, @HSC_PSRD.

Or email Marie-Claire Marie-Claire.Kane@northerntrust.hscni.net



13. Community Support from Tesco

Tesco Community Champions are able to offer tailored support in fundraising and awareness to community groups across Mid Ulster.

* In store bag packing collection - helping you connect and build relationships with our customers.

- * Front of store collection - suiting smaller groups
- * Donations - do you have an event we can support? We love to get involved and help.
- * Need a helping hand are on hand to support with any events
- * Would you be interested TESCO community food connection scheme? Offering surplus food through their partnership with FareShare and FoodCloud. Making sure that no food fit for human consumption goes to waste.
- * Free Training room available in store that can be used for group meetings



14. NHSCT Community Care Directory of Services (web based)

The NHSCT Community Navigators are currently in the process of updating the NHSCT Community Care Directory of Services.

www.northerntrust.hscni.net/services/1912.htm

Some organisations providing valuable services within the local community may not be currently included e.g. new funded projects. If you are aware of these groups, please let us know and ask them to contact community navigators with the relevant information, so that we can help promote their service and ensure the website is accurate and up to date. Information includes:

- Service Provided & Provider: (Independent Charity/Organisation/NHSCT)
- Description of Service: Please Include Eligibility Criteria eg Age, Ability; Location (inc Postcode); Frequency - Opening hours; Activity - Day/Time/Venue; Referral process
- Contact Details: Helpline /Tel Number / Mobile / E-mail / Website & Social Media

Current Themes

Advice, Benefits & Money; Health & Social Wellbeing; Alcohol & Substance Misuse; Bereavement; Carer's Support; Disability; Mental Health; Mobility Issues; Re-ablement; Relationships; Heating Support; Long Term Health Conditions; Palliative Care; Physical Activity & Leisure; Safety in the Home; Transport

For more information contact the Community Navigators below or check out the Northern Trust's Website - <http://www.northerntrust.hscni.net/services/1727.htm>

Area	Lead Contact	Contact Details
Coleraine, Ballymoney & Moyle	Ashley Todd (Bronagh McFadden on maternity leave)	Ballymoney Community Resource Centre (BCRC) Unit 22 & 23 Acorn BusinessCentre, 2 Riada Avenue, Ballymoney BT53 7LH T: 028 2766 5068 E: bcrnavigator@gmail.com F: @communitynavigatorforolderpeople
Antrim & Newtownabbey	Stephen Gourley	Barron Hall 230 Antrim Road, Glengormley, Newtownabbey BT36 7QX (Senior Citizens Forum) T: 078 1419 6820 E: communitynavigator.AN@ageni.org F: @saatnetwork T: @ancomnav www.ageni.org/communitynavigator
Ballymena, Larne & Carrickfergus	Jenny Dougan	Mid & East Antrim Agewell Partnership (MEAAP), 18 Queen St, Ballymena, BT42 2BD T: 028 2565 8604 / 079 2755 0393 E: communitynavigator@meaap.co.uk www.meaap.org F: @meaapni T: @meaapni
Cookstown & Magherafelt	Anita Kelly	Mid Ulster Seniors Network (MUSN) Positive Steps Community Centre 2c Park Avenue Cookstown BT80 8AH T: 078 1419 6935 E: communitynavigator.MU@ageni.org F: @midulsterseniors T: @musn_lcn www.ageni.org/communitynavigator

15 . AUGHLISH FARM – GET INVOLVED

Rosie Gibson has just retired from nursing after 36 years and she is in the process of opening her farm outside Dungiven as a Social/ Caring Farm where people with learning disabilities, mental health issues young and old the list is endless can come for a few hours and help on the farm with animals and general up keep of the farm.

To get out in the fresh air, have companionship, social integration, feel needed and useful. If you think this could be useful to other groups please pass it on.

If you have any further questions don't hesitate to contact Rosemary Gibson: E-Mail address: rosie200926@yahoo.co.uk

Mobile no: 07515 743420 Facebook Page: Aughlish Farm

16. Spread the Warmth

Spread the Warmth, a joint initiative by Age NI and Power NI, was officially launched last week (25 October) at The Pensioner's Parliament at Belfast's iconic Europa Hotel.

The new guide, specifically designed for those in later life, comes as Age NI and Power NI mark ten years of working together to support older people to stay warm and safe in their homes.

As well as busting myths about the cold, the **Spread the Warmth** Guide includes Age NI's '5 Top Tips' for staying healthy in the winter, and details on Power NI's Customer Care Register, which aims to protect older and vulnerable customers in their homes.

As we get older, our bodies respond differently to the cold and research shows, that groups such as the over 65s, can be more vulnerable as the seasons get frostier. Keeping warm both inside and outside your home can help reduce your risk of serious health problems that are more common in the colder months, such as chest infections, heart attacks and strokes.

To find out more and download your copy of Spread the Warmth, go to <https://www.ageni.org/spreadthewarmth>. Or call Age NI on 028 90 24 5729 to request a free copy.

Connect with us @ Age NI

Our address

Age NI
3 Lower Crescent
Belfast, County Antrim BT7 1NR

[Add us to your address book](#)

Contact us

Email: info@ageni.org
Tel: 028 9024 5729
Age NI Advice Service
0808 808 7575
Age NI Enterprises (Insurance products)
028 9590 0393

