

Signpost

News for the Age Sector and Network Partners – September 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 October Signpost Express, please email Elaine: elaine.curry@ageni.org



1. Attention group leaders - Ideas for a break?

Would you be interested in taking a group for a break to beautiful Bundoran? This is an Invitation for group leaders to hear about the 4 Star Great Northern Hotel Leisure Centre & 18 Hole Golf Course Bundoran Co. Donegal.

- Invitation for 2 people at the Fitzwilliam Hotel Belfast
- For an afternoon of Music, Song, Wine, Tea/Coffee & food

Date Thursday 10th September 2018 at 2pm

A very short presentation on the hotel

For further information or book your place at the Fitzwilliam Hotel please call Marion Tel: 00 353 7198 42888 or Email marion@bmceniffhotels.com

Please RSVP before 1st September 2018 as spaces are limited

A very warm welcome awaits you!

2. Get active in Parkinson's research!

Researchers at Queen's University Belfast are conducting a study that compares the effects of dance (movement to music) and traditional exercise in people affected by Parkinson's. Our goal is to better understand the impact of different types of exercise on mobility, thinking, and quality of life. If you have Parkinson's, are the carer of someone with Parkinson's, or are an adult over the age of 50, you may be eligible to take part. No dance experience necessary!

What will be involved?

- 20 one-hour sessions of dance or exercise
- 3 two-hour assessment sessions (to measure any physical or mental changes)

What will the classes be like?

- The dance classes will be modelled after Dance for PD(R), a program that already serves 1000s of people with Parkinson's worldwide.
- The exercise intervention designed to improve balance in older adults.

Do I get to choose my group?

It is important that we randomly assign you to a group because this will reduce the risk of bias in our results. Both groups will receive the same amount of attention and care.

Where and when?

- Dance and exercises classes will take place at Queen's University Belfast's Physical Education Centre on Tuesday and Thursday afternoons from September to November 2018.
- The three assessment sessions will take place at the David Keir Building at Queen's University Belfast before the classes start in September, after they conclude in November, and in late January 2019.

Interested?

To learn more, or to find out if you are eligible to take part, contact Anna Carapellotti at acarapellotti01@qub.ac.uk or Dr Mihalys Doumas at m.doumas@qub.ac.uk.

3. Free Ulster Orchestra Tickets

Move to the Music supported by JTI September 2018 – May 2019 offers older people free concerts and free travel. The award-winning Move to the Music scheme helps older people who are isolated or lonely to more easily access live orchestral music.

- Enjoy listening to music?
- Over 65?
- Living alone or feeling lonely?
- Have trouble getting out and about?
- Move to the Music could be for you!

Do you know someone who may benefit who lives in these areas below please contact the lead organisation who will take names and process applications for the free tickets:

- Armagh (BT60 - BT67)
- Ballymena (BT42, BT43) Contact Debbie at Good Morning Ballymena 028256 40720
- Coleraine (BT52) – Contact Jenna at COAST 028777 67860
- Cookstown (BT70, BT71, BT80)
- County Down (BT23, BT24, BT30)
- Derry~Londonderry (BT47, BT48) Contact Karen 07514733175
- Enniskillen (BT74, BT94) Contact Allison at SWAP 028 8225 1824
- Omagh (BT78, BT79) Contact Allison at SWAP 028 8225 1824

This Move to the Music scheme may be able to provide you with free tickets to selected Ulster Orchestra concerts throughout the season – along with bus transport from your home, concert programmes and a free hot drink as well!

We need a lead organisation for Armagh, Cookstown and County Down areas to take registration for these areas. Leaflets and application forms will be available on request. Contact Elaine at Age NI by emailing elaine.curry@ageni.org to find out more information.

To apply to take part in the scheme, just fill in the application form and send to lead group in the area. www.ulsterorchestra.org.uk or call us on 028 9023 9900.

4. Arthritis - Challenging Your Condition & Living Well with Pain - FREE self-management courses

CHALLENGING YOUR CONDITION COURSE (2.5 hour session for 6weeks)

CHALLENGING PAIN (3 hr session for two weeks)

LIVING WELL WITH PAIN (2.5 hour session for 6 weeks)

- Training calendar available for September – December 2018
- Information sheet giving a brief summary of each course
- Referral form

These courses are for persons over 18 years.

Further Information: On FREE courses and to secure a place, please contact 028 9078 2940 or email yvonnek@arthritiscare.org.uk.

Further information can be found on the website

<https://www.arthritiscare.org.uk/our-services-and-support/events/filter:Courses%20and%20Workshops>

5. Free promotion of services/ activities within NHSCT area

The 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 are not currently included i.e. new funded projects. If you are aware of these groups, please let us know and ask them to contact us with the relevant information, so that we can help promote their service for free and ensure the website is accurate and up to date.

6. Developing an Integrated Employee Health and Wellbeing Programme

The Health and Safety Authority's strategy for 2016-2018 places an increased focus on work related health risks. Employers have a legal obligation to assess all workplace health risks which may cause illness, and to comply with health and safety general

application regulations.

This seminar - being held in Portlaoise on Thursday 20th September 2018 - will

focus upon: developing a workplace health and wellbeing policy; conducting risk assessments on all workplace physical and behavioral risks; reducing stress and increasing personal resilience. For more details, visit:

www.eapinstitute.com/documents/EmployeeHealthWellbeing2018.pdf

7. Comic Relief - New programmes open for funding

Over the last 12 months, Comic Relief has been going through a period of change - transforming from an organisation known for its annual campaigns and telethons to a dynamic year-round creative agency for social change.

Their vision remains the same: to create a Just World free from Poverty. Building on what they know works, they will continue to partner with amazing organisations doing brilliant things.

Over the next five years, they will tackle the four major challenges and target four key issue areas;

- Providing a safe place to be for some of the world's most vulnerable people
- Fighting for gender justice
- Supporting children to survive and thrive
- Global Mental Health Matters

They are also committed to investing in organisations who are using Sport for Change and Social Tech in their approach. They will fund in 14 priority countries around the world and all four nations in the UK, with funds split equally between the UK and rest of the world. **To find out more about the strategy, please visit**

<https://www.comicrelief.com/what-we-do>

On Wednesday 15 August, they launched two new programmes. The first, under the theme of Safe Place to Be, invites applications from local organisations working to prevent homelessness and insecure shelter in the UK and selected locations across

the world. The second is an open call for local, intermediary organisations in Scotland, Wales and Northern Ireland which can deliver Comic Relief funding across all four themes to grassroots groups. A call for intermediary organisations in England will follow soon. **For more information on both programmes please go to:**

<https://www.comicrelief.com/funding/current-opportunities>

Over the next 12 months they will open funding opportunities under the other three themes, Sport for Change and Social Tech. Keep an eye out for details in the Autumn.

If you have any questions please contact Grantsinfo@comicrelief.com



8. Mental Health Services: Family, Carer and Supporter Guide

The purpose of this Guide is to outline to family members, carers and supporters of service users the care they can expect for their relatives or friends when they use HSE Mental Health services. It also makes some suggestions as to how they can care for themselves when a relative or friend is unwell or feeling emotional distress. Access a copy online at: www.healthpromotion.ie/hp-files/docs/HMT01164.pdf



9. A Connected Island - An Ireland Free from Loneliness

In June 2018, The Loneliness Taskforce launched a report recommending that Government take action on loneliness and social isolation in Ireland. In this document, they highlight that loneliness is the public health crisis of this generation, and the report seeks to spark a nationwide conversation about this issue. The report is titled 'A Connected Island - An Ireland Free From Loneliness', and it can be accessed online at: <https://lonelinesstaskforce.files.wordpress.com/2018/06/loneliness-taskforce-a-connectedisland-an-ireland-free-from-loneliness.pdf>



10. Unique Opportunity for Community Leaders

CAIRDE Teo in partnership with Trademark Belfast and Aonach Mhacha is offering a free, half day introductory course for aspiring community leaders and volunteers entitled 'Community Empowerment and Economic Development'.

The short introductory course will be delivered

In: Armagh City Hotel from 09:30 to 13:00

On: Saturday 8th September 2018

Tea, coffee and refreshments will be provided. Early registration is advised.

Those participating on the course will be presented with the opportunity to attend a series of workshops, advice clinics and bespoke support meetings, culminating in the production of business plans and the procurement of additional supports towards the establishment of new enterprises.

Individuals or groups with enterprising ideas for new businesses that have a cultural or a community dimension are particularly welcome. This project is being delivered with financial support from the Big Lottery Fund's Awards for All Programme.

For more information or to reserve a place on the course, please contact Gearóid by telephone on 028 37515229 or by email gearoid@cairdeteo.com .

11. Building the Community-Pharmacy Partnership Funding

Building the Community-Pharmacy Partnership (BCPP) in Northern Ireland is a collaboration between the Community Development and Health Network and the Health and Social Care Board - with strategic direction offered by a multi-agency Steering Group. The programme aims to promote and support communities to work in partnership with local pharmacists to address health and wellbeing needs using a community development approach by: increasing skills; encouraging community activity and self-help; expanding understanding of health issues; supporting local people to play a key role in promoting health. Applications are now being invited for the

Level 2 funding scheme.

For more details see: www.cdhn.org/level-2-application

12. Safety advice with regard carbon monoxide

For safety advice with regards to carbon monoxide - the silent killer, carbon monoxide is a tasteless and odourless gas, once breathed in enters the bloodstream and prevents oxygen being carried around the body eventually leading to death. Symptoms can often be mistaken for a flu and include headaches, tiredness and confusion.

<https://www.ageuk.org.uk/northern-ireland/information-advice/care/home-safety/fire-prevention-gas-safety-and-electric-safety/>

For safety advice with regard carbon monoxide visit www.hseni.gov.uk/watchout or call 0800 0320 121.

13. Volunteering Small Grants are Now Open

Grants of between £200 and £1,200 to help organisations throughout Northern Ireland recruit and support volunteers. Funding can be provided for recruitment, volunteer expenses, recognition, training and a small amount of running costs. Information sessions are organised in various locations. For more details, to download application form and guidance notes and dates/times for info sessions and clinics contact your local Volunteer Centre.

****closing date for applications: 3rd September 2018 at 12noon***

14. 2018/ 2019 Assets Recovery Community Scheme

The Department of Justice is inviting public sector bodies, voluntary and community sector organisations to bid for a share of a £700,000 fund made available from recovered criminal assets to help in crime prevention or help reduce the fear of crime in the community. Organisations applying for funding must clearly demonstrate how they will directly benefit victims, communities or the environment.

Further information: please visit the Department's website <https://www.justice-ni.gov.uk/articles/assets-recovery-community-scheme> The closing date for applications is 3 September 2018.

Application forms are available from <https://www.justice-ni.gov.uk/publications/2018-19-arcs-guidance-notes-and-application-form>

The closing date for applications is 3 September 2018.

15. Survey of the experiences of disabled and older peoples using taxis:

The closing date for survey seeking the views of disabled people and older people on their experiences of using taxis in Northern Ireland has been extended. The survey has been developed by the Department for Infrastructure and NISRA with support from Imtac. Its findings will be used to inform future changes to the way taxis are regulated here.

Imtac is very much aware of the difficulties some disabled people are experiencing accessing taxis, including widespread problems with the availability of wheelchair accessible vehicles and the continuing refusals to carry passengers with assistance dogs. This survey is important to help make the case for the vital changes to the way services are regulated here. We would ask individuals and organisations to complete the survey and to encourage others to do the same.

The new closing date for the survey is Friday 7th September 2018

Please complete the survey online by clicking the following link:

<https://www.surveymonkey.co.uk/r/Nltaxis>

If you require alternative formats please contact David Gibson at 028 9054 0326 or by emailing safeandsustainabletravel@infrastructure-ni.gov.uk

For assistance or group survey please contact Michael on 028 9072 6020 (leave a message on the answerphone if no-one is in). Alternatively email michael@imtac.org.uk.

15. Age NI New Website

After months of hard work, we are delighted that our new website went live.

Please check it out at www.ageuk.org.uk/northern-ireland

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 Trading Ltd (Insurance products)
028 9590 0393