Signpost

Age Sector News - April 2021

Dear Readers

Welcome to the latest issue of Signpost full of updated news for April 2021 – you will find the latest updates on age sector information, training, events, publications, consultations for April 2021.

Age NI will be trying a new way to send Signpost Express this month so we will be sending out another email so you may get two copies this month. I also suggest you check your spam mail this month to see as it will be coming from a different email address.

*April is my favourite month. April comes from the Latin verb **"aperire**" meaning **"to open".** So, open yourself up to new opportunities this April and keep the good vibes going this month. Hopefully like me you are hopeful of life again soon after this pandemic. It's hard to believe it's been a year.*

*Our top focus this month is promoting the **Pensioners' Parliament Lived Experience Survey** to gain an insight on the top issues that matter to older people. Bringing their issues to political representatives, decision and policy makers. Please see page 4 for more information or go straight to the survey here: https://www.surveymonkey.co.uk/r/LivedExperienceSurveyex*

May you enjoy this April edition full of interesting information for you to share to keep them informed, engaged and better connected.

Important dates this month:

- 7th April World Health Day
- Stress Awareness Month
- Bowel Awareness Month
- 25th MS Awareness Week

May you all continue to keep well, keep safe, keep connected and stay hopeful this April.

Elaine

Please send us information to highlight activities and updated news in your area. If you wish to have anything included in the next Signpost, please email me:
elaine.curry@ageni.org

News: Regional Age NI News

1. **Age NI winter helpline:** 0808 808 7575.
2. **Check in and Chat Service:** Call Age NI Advice on 0808 808 7575 Monday – Friday, 9am-5pm or email info@ageni.org. Telephone befriending available too. https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/check-in-and-chat/.
3. **Keeping Warm this Winter:** https://www.ageuk.org.uk/globalassets/age-ni/documents/information-guides/age-ni-keeping-warm-this-winter---online-version.pdf?mc_cid=4af59566a1&mc_eid=[UNIQID]
4. **Age NI Website:** www.ageni.org for details of our latest news, activities, campaigns and ways you can support Age NI.
5. **Age UK News:** https://www.ageuk.org.uk/northern-ireland/
6. **Good vibrations newsletter – issue 3** please download: https://www.ageuk.org.uk/globalassets/age-ni/documents/stay-well-at-home/age-ni-leaflet_issue-3_online.pdf
7. **Download our Good Vibrations tracker** to easily follow the take 5 steps at home! Every day, think about how much attention you gave each of the five steps and give yourself a score for each area. https://www.ageuk.org.uk/globalassets/age-ni/documents/stay-well-at-home/age-ni_gv-take-5-tracker.pdf
8. **Eat Well with Jane:** To continue these Good Vibrations vibes we have created lots of inspiring and engaging videos and stories which we will be sharing across our social and email channels over the next couple of weeks. Check out Eat well with Jane. Eating well means you're more likely to feel healthier, stay active for longer and protect yourself against illness. Eating well means enjoying your food and having plenty of variety in your diet so you get all the nutrients you need. Check out the first video below, her recipes are fantastic. You can watch the rest of her videos on our YouTube channel. Please share with anyone you think would be interested. https://www.youtube.com/channel/UCUMDdUaa-jcPN9qnrUKOmfw
9. As well as Eat Well with Jane we have developed a suite of video's including **Take Notice with Frank** which focuses on Mindfulness and Keep Fit with Ryan focusing on gentle exercise. You can find all the videos on our YouTube Channel
10. **The Big Knit Campaign:** Join in the beautiful creations of hat knitting and send them to arrive into our office by Monday 12 April. However please don't about the deadline - the campaign will run for another 6 months and final hats should arrive with us by Friday 1 October. Please bag your hats in lots of 25, 50 or 100 and write the number of hats on the bag. This will assist us greatly with the counting. Please include your contact details with every package – e.g. see attached hat submission form for details required. We have a variety of new patterns available to download from our website www.ageni.org/bigknit. Please post your hats to: FREEPOST RRTU-HSZY-LTHZ, Age NI, 3 Lower Crescent, Belfast, BT7 1NR

Age Sector Networks in N. Ireland

Age NI would like to thank the incredible staff and volunteers over the past year for their amazing commitment and support to the Age Sector and being so resilient adapting to new ways of working, engaging and delivering services. The pandemic brought us so many changes and challenges but all networks proved they provide vital services to older people in their local area helping over 15,000 older people. Age NI have been delivering work alongside the Age Sector Networks over the past year and most recently over the past 3 months focused on delivering on the Warm Well and Connected Programme (kindly supported by the Department for Communities) supporting older people who are at most in need during this lockdown period January - March 2021.

Age Sector Networks have been remarkable over the past year always sharing information, delivering doorstep activities, wellness packs and coming up with joyful connected programmes – being the heart of their community for older people. We always enjoy getting together with the networks every month via zoom and we are so impressed with their level of partnership working and enthusiasm during the past year. Topics at the last meeting included the following: Challenges for group leaders; Sharing information; Census ; Take 5 message; Funding challenges, Sustainability, Training opportunities; Age Friendly; Pensioners' Parliament and Funding opportunities.

Age Sector Networks details are in the link below if you want to find out more information and check out their social media pages thriving with amazing winter activity and support: https://www.ageuk.org.uk/northern-ireland/get-involved/age-sector/age-sector-networks/

All Party Group on Ageing and Older People

The All Party Group on Ageing and Older People met on Tuesday 9th March 2021 via zoom. The main topic on the agenda was the Programme for Government Draft Outcomes Framework which is out for consultation at the moment. A big turnout for this meeting with MLAs joined by older people from Age Sector Networks and the Consultative Forum

as well as representatives of community, voluntary and statutory organisations.

Speakers from The Executive Office team outlined the framework and Eddie Lynch, Commissioner for Older People gave his views – in a nutshell, that older people do not feature sufficiently and that an additional, tenth outcome specifically on older people is required. Hear! Hear!

if you have any questions about this meeting do please get in touch with Eithne Gilligan eithne.gilligan@ageni.org

Age NI Pensioners' Parliament

Pensioners' Parliament allows older people from across Northern Ireland to have their say on the issues that matter to them. Bringing older people issues to political representatives, decision and policy makers. After many planning meetings a plan has been confirmed with two key elements:

1. **March – April 2021 - Lived Experience survey 2021**

Asking older people to identify and rank the issues that matter most to them. Findings will inform programme content, communications and questions for Pensioners' Parliament regional event in June 2021, ensuring we raise these with our elected representatives, policy-makers and decision-takers.

2. **June 2021 - Age NI Pensioners' Parliament and Act4Age Summit 2021** – a one day event, incorporating a morning conference leading on to a question session with Ministers in the afternoon. The afternoon session will be hosted by the NIA Engagement Team.

Both elements will seek the continued support of stakeholders and partners to promote engagement and involvement of older people and develop the programme content for the June event. Plans for local events are not being taken forward at this time due to lockdown restrictions. We do, however, need help in promoting the Lived Experience survey and encouraging the participation of older people and to help with identifying guests for the event in June – virtually or, hopefully, in person in Parliament Buildings, Stormont.

We need your help to:

- Invite older people to complete the survey. Here's the link for those who can access the survey online: https://www.surveymonkey.co.uk/r/LivedExperienceSurveyex
- Offer to support them if that's appropriate e.g. during a check in phone call or similar contact
- If they can't do it online with or without your help, we can send you hard copies of the survey with Freepost envelopes so you can post them out or circulate and return to us – phone 028 9024 5729 or email info@ageni.org to request
- If you are aged 55 or over, complete the survey yourself https://www.surveymonkey.co.uk/r/LivedExperienceSurveyex
- Promote our survey on your own social media – I'll be following up with more materials next week to do this

Thank you in advance for helping us to reach and hear the views of older people. If you have any questions, please contact Eithne eithne.gilligan@ageni.org

Learning and Activities to Get Involved In

- **Shielding, Social Isolation and Staying Connected:** This resource provides a guide on how to prevent loneliness during COVID-19 as our lives, routines and connections change beyond recognition. https://learningzone.niscc.info/learning-resources/102/shielding-social-isolation-and-staying-connected
- **Did you know that if you're a library member you can have FREE access to over 160 digital magazines?** Choose from a wide variety of topics, like food and cooking, TV, art and photography, health and fitness, home and garden, science and tech and many more. Libraries NI website events: https://www.librariesni.org.uk/events/
- **Reconnect with members of your church** either in person by attending a church service or online at www.churchservices.tv/churches/

Training, Courses and Information Updates

- **NICVA Capacity building webinars**
  Want to know how to use LinkedIn to Connect? Or how your charity can use social media to fundraise? Maybe you are thinking of starting a social enterprise, but need some help? NICVA's recent Accelerator Programme webinars and resources can help. Watch the webinars here https://www.nicva.org/topics/accelerator-programme

  Measuring your Impact Webinar:
  https://www.nicva.org/article/measuring-your-impact-cfni-recording

- **Help with Digital Devices:** https://supportingcommunities.org/latest-events/2021/1/7/get-to-know-your-new-device

- **GO ONLINE Made Easy:** https://www.nidirect.gov.uk/information-and-services/go-ni/events-and-training

- **Hourglass: We can't tackle the abuse of older people alone!** Please sign up to their newsletter to keep up to date with their work Freephone Helpline: 0808 808 8141

- **The little book of scams** https://www.psni.police.uk/globalassets/crime/fraud/scamwise/scamwise-ni---the-little-book-of-big-scams--fifth-edition.pdf

Regional Health Messages

- People wanting to book a vaccination centre appointment are asked to do so online if it all possible: https://vaccinations.covid-19.hscni.net/booking (external link opens in a new window / tab) If online booking is not possible, then the telephone booking number is 0300 200 7813. The booking line is open 8am to 8pm, Monday to Friday.
- **COVID:** For up-to-date information go to the PHA website: https://www.publichealth.hscni.net/covid-19-coronavirus

  The Public Health Agency has launched a monthly update.To subscribe to the PHA Update visit www.pha.site/subscribeupdate

  Department of Health NI https://www.health-ni.gov.uk/coronavirus

  COVID-19 Travel updates: Travel NI website - www.accessibletravelni.org

  Using public transport, people walking, wheeling or cycling and people travelling by car. https://www.nidirect.gov.uk/articles/safer-travel-guidance-public-transport-users-walkers-cyclists-drivers

- **Amy's COVID-19 incubation video:** https://vimeo.com/488071904
- **Dave's symptoms, testing and tracing video:** https://vimeo.com/469707818
  Close contact definition: https://vimeo.com/500380372
- **Digital self-trace - how does it work:** https://vimeo.com/484096114
- **Car sharing advice** - https://vimeo.com/manage/488920758/general translations also available at https://www.publichealth.hscni.net/publications/advice-car-sharing-english-and-translations
- **Safer shopping during COVID-19 video, poster and translations** https://www.publichealth.hscni.net/publications/safer-shopping-during-covid-19-poster-and-translations

- **COVID-19 - how to reduce the spread within your home graphics and animation** https://www.publichealth.hscni.net/publications/covid-19-how-reduce-spread-within-your-home

Funding

- **The Volant Trust: COVID-19 Response Fund:** Applications should demonstrate a strong focus on alleviating social deprivation and helping vulnerable groups who have been particularly impacted by the Covid-19 pandemic. Deadline 31st July 2021. https://www.volanttrust.org/how-to-apply-covid-19/?dm_i=55Z4,9ZJ0,3FHS13,14E9O,1

- **NICVA Funding information Page:** https://www.nicva.org/covid19/funding-and-fundraising-covid19

- **The Pressure Group Fund:** The Pressure Group Fund - Community Foundation Northern Ireland (communityfoundationni.org)
- **Department for Finance Dormant Accounts Fund 2021.** The Dormant Accounts Fund will be delivered by The National Lottery Community Fund. Multi-year grants of up to £100,000 will be available to build organisations' resilience and sustainability. For more information visit https://www.tnlcommunityfund.org.uk/funding/programmes/dormant-accounts-ni
- **The Ireland Funds Heart of the Community Fund:** The Heart of the Community Fund is aimed at smaller organisations meeting direct needs in their local communities. It will provide critical and timely funding to a wide range of not-for-profit and community organisations across the Republic of Ireland and Northern Ireland. For more information: https://irelandfunds.org/grants/

Public Policy Consultations & Engagement

- **Draft PfG Outcomes Framework Engagement Event - An overview**

  Within "New Decade, New Approach" there is a clear direction, outlined by the political parties, to drive forward the new Programme for Government:

  - ✓ Outcomes based.
  - ✓ Aim to improve lives.
  - ✓ Based on principles and practice of citizen and community engagement and co-design.
  - ✓ Reconciliation should be a central part of the approach.
  - ✓ Focus on building a united community in a way that has equality and mutual respect at the fore.

- ✓ Aligned to a multi-year budget, with a sustained approach to public finances.
- ✓ Actions and priorities are to be continually evaluated based on their impact on achieving against the well-being outcomes.
- ✓ A dedicated PfG monitoring and reporting website is developed to allow for transparent public reporting on the live PfG;

For more information: https://www.nicva.org/article/draft-pfg-outcomes-framework-engagement-event-an-overview

- **Bill of Rights** - Draft Response and the infographic. http://www.niassembly.gov.uk/assembly-business/committees/2017-2022/ad-hoc-committee-on-a-bill-of-rights/have-your-say-human-rights-in-northern-ireland/

  The Human Rights Consortium of which we are members is developing a "Make Our Futures Fair" campaign, this is linked to their aspiration to have a Bill of Rights. They launched this at as part of the NI Human Rights Festival http://www.nihrf.com

- **Public Health Agency (PHA) Pre-consultation for suicide prevention and post-vention services.** The PHA want to actively engage with stakeholders who have a role in helping reduce levels of suicide. In order for the PHA to develop future services, it is important to review current services and most importantly listen to the views of service users, local communities and other organisations delivering services, through this pre-consultation process. There are a number of ways to get involved. This pre-consultation will be open for 8 weeks from between 15th February 2021 until 11th April 2021. For further information or to register your interest (using the attached form) please contact Engage.PL2@hscni.net

- **Sport & Physical Activity Strategy:** The Department for Communities has launched a new sport and physical activity strategy for Northern Ireland to cover the next decade and beyond. The new strategy builds on the successful foundations of the Sport Matters strategy which was published in 2009 and which continues to guide Government policy until the new strategy is agreed and put in place. The Department would welcome your views. Please complete the on-line survey by 23 April 2021. Consultation online - see Strategy for Sport and Physical Activity | Department for Communities (communities-ni.gov.uk).

  The webinars will take place on the following dates and times. Given the current restrictions, these will be held online via Zoom.

  □ Thurs 15th April @ 11.00 am □ Mon 19th April @ 7.00 pm

  Please use this email address strategy2020@communities-ni.gov.uk

- **Several public consultations currently open on issues of interest to older people: For information on all current public consultations go to:** https://www.northernireland.gov.uk/consultations
  - Draft Mental Health Strategy 2021-2031
  - Adult Protection Bill for Northern Ireland
  - Consultation on enhancing legal protections for victims of domestic abuse
  - Anti-Poverty Strategy
  - Adult Protection Bill for Northern Ireland
  - Organ donation - statutory opt-out system for Northern Ireland:

- Enhancing legal protections for victims of domestic abuse
- Anti-Poverty Strategy
- Victims of Crime Commissioner
- Active Ageing Strategy ENGAGEMENT TBC AFTER APRIL 2021
- Advance Care Planning Policy
- European Union Settlement Scheme
- Post Office Card Account POCA
- Consumer Council Public Transport Survey

Further Age NI Engagement / Opportunities

Get on the Signpost Express Mailing list: email Michele 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 Contact 0808 100 4545.
0800 023 2986 – this takes you directly to PPP Taking Care Personal Alarms (the 2 numbers facilitate marketing) – nb number takes you in to main UK system. If you want to email details please use: ni.staff@ppptakingcare.co.uk – this goes to NI staff.

Age NI Stores: We always appreciate any stock donations to any of the Age NI's five stores in Belfast, Ballymena, Bangor, Carrickfergus, Coleraine, and Newtownards. Our Bangor, Newtownards and Ballymena stores have now opened and are accepting stock donations. The rest of our stores should be opening soon visit our website for updates.

Independent Living Products: bathroom aids & adaptations, mobility products and stair/through the floor lifts 028 9024 5729.

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 Katie on katie.johnson@ageni.org or on 02890 245 729.

View our website / Like our Facebook page / Follow us on Twitter

Have Your Say – Share a Story

- **In your experience – what's your story?** Stories can reflect positive or negative experiences that you or an older person you know has experienced. Sharing your story helps us to identify the issues that matter to older people and build evidence to support our campaigning and lobbying activities. Age NI online questionnaire can capture older

people's experiences of: If you have a story to share, please follow the link below and complete the questionnaire: https://www.surveymonkey.co.uk/r/inmyexperience

Please share this Signpost with anyone you feel may be interested.

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.

age NI
Love later life

Please send us information that would benefit the age sector
Send details to: elaine.curry@ageni.org