

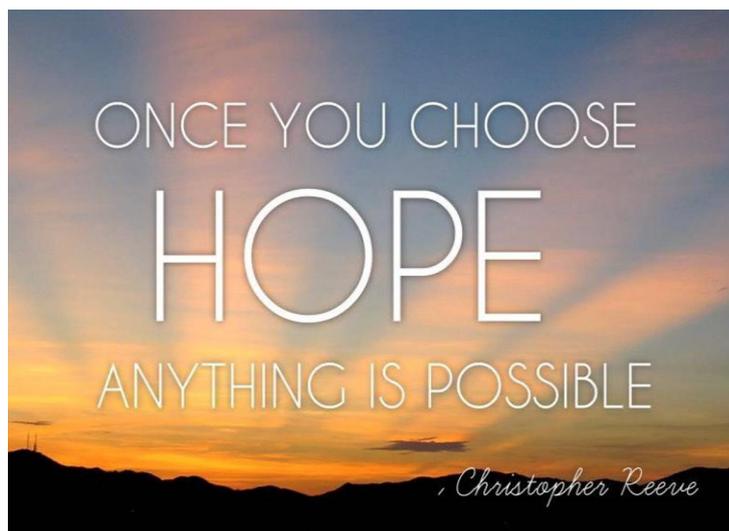
# Signpost

## Age Sector News - January 2021

Dear Readers

**Happy New Year to all of you and welcome to the latest issue of Signpost full of updated news for January 2021.** Get the latest updates on age sector information, training, events, publications, consultations during January.

With the stay at home message and higher restrictions, it is even more important than ever to firmly keep our focus on keeping warm, keeping well and keeping connected. Winter can be tougher than most seasons and this year, living alongside COVID-19 it brings additional challenges and worries.



Let's choose HOPE. Once you choose hope anything is possible. Hope is about seeing the light even if you are surrounded in darkness. There may be more challenges ahead in this pandemic and the vaccines may be only part of the world's solutions. The biggest antidote right now we need is hope. Hope is a word with scientific evidence of raising emotions and health attached to it. Hope is about believing that your future is better than where you are right now and a commitment to doing what is necessary to build a better future.

Where there is no hope things may feel hopeless and uncertain. Now is the time for us to stand bold with hope to be able to see beyond what may be seen as an obstacle. Life is about dealing with multiple challenges and obstacles at any one time - but hope is looking ahead and knowing that the best is yet to come.

May you enjoy this January edition full of interesting information and advice for you to share with your community, committee, board, staff teams or forward to relevant organisations and groups to keep them informed, engaged and better connected. May you all continue to keep well, keep safe and keep connected this New Year.

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](mailto:elaine.curry@ageni.org)



## News: Regional Age NI News

1. **Age NI winter helpline:** If you need help to stay warm or if you know an older person struggling this winter, contact the Age NI Advice and Advocacy Service on 0808 808 7575. Since April, Age NI has made 36,008 calls supporting 2,215 older people in need of friendship, advice and support. We know that there are still thousands more that need our help.
2. **Check in and Chat Service:** Call Age NI Advice on 0808 808 7575 Monday – Friday, 9am-5pm or email [info@ageni.org](mailto: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=\[UNIQID\]](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](http://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/>

## Age Sector Networks in N. Ireland

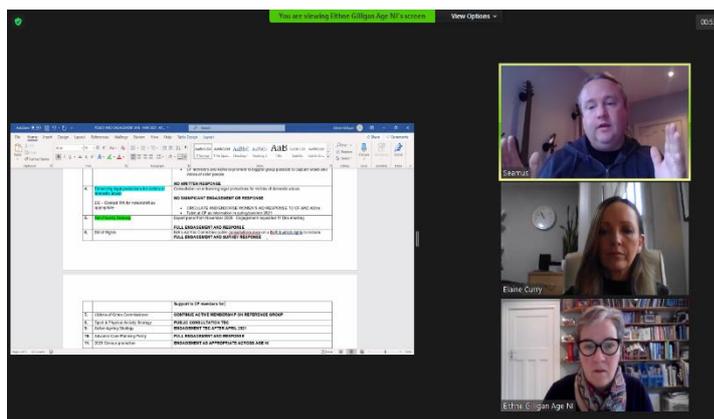


Elaine, Siobhan and Jacqui from Age NI start the New Year collaborating with the Age Sector Networks on a joint funding bid to Department for Communities on the Warm Well and Connected Programme for January- March 2021 to support older people who are at most in need during this lockdown period JAN- MARCH 2021. Age Sector Networks have jointly applied for £40,680 for costs to support their work: paying for postage for newsletter distribution, nutrition packs, data cards and tablets for digital inclusion.

Age Sector Networks join together regularly to share information on winter planning and funding to develop warm-well and connected programmes, share success stories of ongoing local activities and how they continue to reach their members during the winter months. Multiple health and wellbeing projects are being carried out by all the age sector network staff, committees, boards and volunteers with the spirit of togetherness. Lots of valuable learning and sharing across N. Ireland.

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/>

## Age NI Policy and Engagement Team



Age NI Policy & Engagement team (Eithne, Elaine and Seamus) start the year with planning for 2021 to ensure the team are well prepared and prioritise work plans for engaging with key stakeholders such as: Age Sector Networks, All Party Group on Ageing and Older People, Age Friendly

Network NI, Age NI Consultative Forum, Age NI Peer facilitators, NI Assembly Engagement Team, Public Health Agency, DfC and many more organisations and agencies. Age NI actively informs and lobbies local and Northern Ireland government to prepare and plan more effectively for the opportunities and challenges of our ageing society, and to ensure that older people's issues are represented at the highest level.

## Age NI Pensioners' Parliament



The Age Sector Platform led the very popular Pensioners' Parliament since 2011 allowing older people from across Northern Ireland to have their say on the issues that mattered to them. It was valued by many older people, providing opportunities for issues to be raised and discussed with political representatives, decision and policy makers. Following their decision in 2019 to close, Age Sector Platform asked Age NI to take forward the Pensioners' Parliament. Planning has now started and we are actively gathering ideas and views on key issues for Springtime events. Further

details and promotion will take place in February 2021 so watch this space for further updates.

## Learning and Activities to Get Involved In

- **Minding Your Head website** <https://www.mindingyourhead.info/>
- **Reconnect with members of your church** either in person by attending a church service or online at [www.churchservices.tv/churches/](http://www.churchservices.tv/churches/)
- **Digital Listen Share Change (LSC)** Using storytelling to help people start a conversation, have a laugh and make new friendships: Gareth Doran [gareth.doran@nihe.gov.uk](mailto:gareth.doran@nihe.gov.uk) or ring: 07769910478
- **Calling all Centenarians...** As part of Fermanagh Omagh District Councils plans to mark 100 years since the creation of Northern Ireland we are calling all individuals who are 100 or over in 2021. Plans are in the making to work with people on a shared reminiscence project. If you or a family member are turning 100 or are already so and reside in the Fermanagh Omagh District Council please contact [age.friendly@fermanaghomagh.com](mailto:age.friendly@fermanaghomagh.com) for more information.
- **Create your own at home Tea Dances:** Dance your way into 2021 with our series of at home Tea Dances a different artist every month, you can grab a cuppa, relax and enjoy the music or put on your dancing shoes clear some floor space and dance away, grab a broom if home alone! Look forward to seeing you there.....Keep on Dancing!! For more info email [seniorsinfo@belfastcity.gov.uk](mailto:seniorsinfo@belfastcity.gov.uk) or call Gillian on 07713684705

## Training/ Courses/ Information Updates

- **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>
- **PILOT to loan tablets (& provide monthly data allowance) and training to adults who have never used the internet (English only)** The Department of Finance are running a small pilot for getting tablets to adults who are vulnerable and isolated. It includes loan of a 10' tablet and free monthly data allowance as well as focused training from Libraries and Supporting Communities over a period of six months or so. It will run in two 'phases' with initial roll-out to approx. 70 recipients in February followed by another 70 or so in March. It is aimed at vulnerable and isolated adults who have never used a device before and don't have the internet. It may be of special interest to people in rural communities. The pilot is due to start next month, so if you do know anyone who might be eligible to apply, please contact Colin directly at [colin.cluney@finance-ni.gov.uk](mailto:colin.cluney@finance-ni.gov.uk)
- **Warm Homes Scheme**  
If you receive certain benefits you could be eligible for insulation and heating through the Warm Homes Scheme. For more information, visit NIHE's Warm Homes NI scheme advice: <https://www.nihe.gov.uk/Housing-Help/Affordable-Warmth-Boiler-Replacement>
- **Affordable Warmth scheme**  
Find out more about NIDirect's AffordableWarmth scheme
- RNIB is currently recruiting 5 people for their **Eye Work Too Programme**. This initiative is dedicated to offering life-changing opportunities to blind or partially sighted people by ultimately securing job and further education outcomes. The programme is currently delivered virtually. For more information please contact Anne Cahill M: 07845 499482 E: [Anne.Cahill@rnib.org.uk](mailto:Anne.Cahill@rnib.org.uk)

Living Life to the Full (6 weeks @ 2hrs per week)

This 6 week course looks more closely at the ways in which mental health can be impacted by life events and unhelpful thinking styles which may also then affect our physical health and overall enjoyment of life. This programme looks at a different topic each week, and it is broken down as follows:

To register for a place visit Living Life to the Full <https://www.aware-ni.org/booking-living-life-to-the-full/>

- **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/>
- **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>
- **Mitigating the impact of COVID-19 Webinar: 26th January 2021**  
Time: 10am – 12pm Registration: <https://us02web.zoom.us/meeting/register/tZEpc-mprjwqG9l44FPVW3y6yZY97WAA9KAI>

### **Digital Resources:**

- **64 Million Artists January Challenge FREE DAILY CREATIVE PROMPTS**

<https://64millionartists.com/our-work/the-january-challenge/>

It's not too late to join thousands of people across the UK (and beyond) in a creative challenge this month. Easy creative activities are sent to your inbox each day and your challenge is to simply- give them a go. See what other people are making on social media and join the buzz for free.

- **BBC Get Creative at Home FREE TUTORIALS AND DOWNLOADS**

<https://www.bbc.co.uk/programmes/p0778tx6>

Join a host of famous faces for dozens of creative masterclass that you can enjoy at home. From Jools Holland, Simon Callow, Anthony Gormley and Clare Twomey, these bitesize films are a joy for everyone to watch and be inspired by.

- **M4D Radio FREE DIGITAL STATION FOR PEOPLE LIVING WITH DEMENTIA**

<https://m4dradio.com/>

Enjoy radio 24 hours a day, 365 days a year if you are living with dementia and would like tailored programmes, music and content at home. Simply click one button on the website to begin listening to an uplifting, inspiring radio station this year for free.

- Disability Sport NI has launched a new Stay Active Online campaign to include Stay Active Online Exercise Classes, Stay Active Online Challenges and Stay Active Online Resource Cards. Full details are outlined below. If you would like to request any additional information on any of the Stay Active Online campaign please email [aherron@dsni.co.uk](mailto:aherron@dsni.co.uk)

### **Non-Digital Resource:**

- **Colouring pages from 113 Museums around the world- FREE DOWNLOADS TO PRINT**

<https://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html?fbclid=IwAR38nEkNybzxxasEZjqNjCprnkGlyYhuTRFW64C2iSCo7JzkW76lvRkkRiY>

If you love to colour and fancy a new challenge, then why not download and print some interesting, and often intriguing, pictures and booklets that have been shared for FREE by 113 museums across the world. There really is something for everyone.

## **Regional Health Messages**

- **Further Covid-19 restrictions come into effect after midnight Thursday 7th January and will remain in place until 6th February 2021, with a review date of 21 January 2021.** Details of how the new regulations apply are available via this link: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>

- **GP practices will start rolling out the free COVID-19 vaccination programme from Monday 4th January 2020.** GP practices will be contacting patients in order of priority to receive the COVID-19 vaccination. This priority list has been set by the Department of Health and patients will not need to contact GP practices. Supplies of the vaccine will be limited initially but are expected to build up rapidly in the months ahead.

The initial vaccinations will begin Monday, 4 January, for a small number of GP Practices while most Practices should be able to begin the vaccination programme from Monday 11 January 2021. The first priority group will be patients aged 80 years and over, followed by those aged 75 years and older. The full programme will take some time to deliver due to the number of individuals that will require vaccination but patients will be called according to set priority groups and your patience is appreciated. The roll out of the vaccine will take place over a number of months.

There may be some small disruption to services when the vaccination clinics are being delivered. We want to assure you that patients who need care and need to be seen, will continue to be seen. If you are one of the priority groups you will be called and the vaccine is FREE.

Carers' [vaccinations www.hscboard.hscni.net/our-work/social-care-and-children/getting-help-for-carers/](http://www.hscboard.hscni.net/our-work/social-care-and-children/getting-help-for-carers/)

- **Flu:** [www.pha.site/Flu-leaflets](http://www.pha.site/Flu-leaflets); General information regarding Flu vaccination for adults: <https://www.nidirect.gov.uk/articles/flu-vaccine-adults>
- **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](http://www.pha.site/subscribeupdate)

The following website provides regular updates on the Covid-19 Pandemic – regulations and restrictions: At a glance – guidance on what the restrictions mean for you: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>

Detailed guidance on the latest restrictions in Northern Ireland and Public Health advice including the relevant regulations, and guidance on “gatherings operated or organised by a responsible person” <https://www.health-ni.gov.uk/publications/health-protection-coronavirus-restrictions-northern-ireland-regulations-2020>

**Contact Tracing Number - 028 9536 8888** [www.pha.site/contact-tracing](http://www.pha.site/contact-tracing)

**Do you need a COVID-19 test:** <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

**UK government guidance:** <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/offices-and-contact-centres#offices-3-4>

**COVID-19 Community Helpline:** 0808 802 0020. You can also get in touch by email and text message: email: [covid19@adviceni.net](mailto:covid19@adviceni.net) text: ACTION to 81025

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

**COVID-19 Travel updates:** Travel NI website - [www.accessibletravelni.org](http://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>

**Translink:**<https://www.translink.co.uk/corporate/media/pressnews/COVID19update>

**Take 5 Video:** The 'Take 5 steps to well-being'

<https://www.youtube.com/watch?v=VXHgUWnOo68>

## 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](https://www.volanttrust.org/how-to-apply-covid-19/?dm_i=55Z4,9ZJ0,3FHS13,14E9O,1)
- **Garfield Weston Foundation's New £25m Culture Fund** Discretionary Grants are available to charitable organisations in the UK for a wide range of projects in the areas of welfare, youth, community, arts, faith, environment, education, health, and museums and heritage. <https://garfieldweston.org/>
- **The Austin and Hope Pilkington Trust:** Support for projects focusing on issues arising from the Covid 19 pandemic that address the needs of people aged 60 and over and BAME communities. For Grant Round 4 click here. [https://austin-hope-pilkington.org.uk/what-we-fund/?dm\\_i=55Z4,9CJE,3FHS13,11I3H,1](https://austin-hope-pilkington.org.uk/what-we-fund/?dm_i=55Z4,9CJE,3FHS13,11I3H,1)
- **National Lottery Awards for All Northern Ireland (New COVID-19 restriction)** <https://www.tnlcommunityfund.org.uk/funding/programmes/awards-for-all-northern-ireland>

- **Halifax Foundation Application deadline: rolling**  
<https://www.halifaxfoundationni.org/programmes/community-grant-programme>
- **NICVA Funding information Page:** <https://www.nicva.org/covid19/funding-and-fundraising-covid19>
- **Rank Foundation:** <https://rankfoundation.com/covid-19-update/>
- **Community Finance Ireland** <https://communityfinanceireland.com/covid-charity-fund-readiness-information/>
- **Community Foundation NI** <https://communityfoundationni.org/>
- **The Telecommunity Fund Grant:** Constituted grass roots community and voluntary groups are eligible to apply No Deadline, ongoing Priority will be given to Priority will be given to projects that will benefit groups dealing with disadvantage (e.g. rural isolation, low income, social exclusion, reduced access to services), and projects that involve the beneficiaries in their development and delivery. See link below: <https://communityfoundationni.org/grants/the-telecommunity-fund-grant/>
- **The Pressure Group Fund:** The Pressure Group Fund - Community Foundation Northern Ireland (communityfoundationni.org)
- **Department for Finance Dormant Accounts Fund opens 12th January 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 Executive Office (TEO) closes 2.00pm on 25th January 2021.** The Minority Ethnic Development Fund provides support for voluntary and community organisations working with people from ethnic minority backgrounds to promote good relations. For more information visit <https://www.executiveoffice-ni.gov.uk/articles/racial-equality#toc-2>
- **National Churches Trust closes 25th January 2021.** Treasure Ireland project provides a new Community Grants Programme which offers your church or chapel funding of between £500 and £10,000 for church maintenance or urgent repair work of costs up to £100,000 (incl VAT and fees). For more information visit <https://www.nationalchurchestrust.org/our-grants/>
- **Sport NI Supporting Sport to Build Back Better Project Re-Boot Team Up Programme** Project Reboot: Team Up is designed to enable grant investment in new and innovative projects intended to support the engagement and re-

engagement of participants into sport from 1st April 2021 - 31st March 2022 with an a focus on partnership and engagement aimed at sports clubs and organisations enabling sport. For more information visit <http://www.sportni.net/funding-and-support/supporting-sport-build-back-better/supporting-sport-to-build-back-better/> Project Re-Boot comprises of three levels of investment: 1.Team-Up £10,000-£25,000, 2.Activate Max £5,000, 3.Sport Local £500-£1,000 Sport NI are hosting 3 online information sessions for potential applicants. To further information, register and guidance visit <http://www.sportni.net/supporting-sport-to-build-back-better-project-reboot-team-up/>

- **Voluntary, Community & Social Economy COVID Recovery Fund opens 18th January 2021** Funds remain available that would allow for the purchase of Personal Protective Equipment (PPE) and other items to enable the reopening and continued delivery of vital community services. With this in mind it is planned to reopen for applications under Theme 3 of the Fund (Future PPE and Sundry Equipment needs) for a period of two weeks from 18 January 2021 to 29 January 2021. Importantly to help ensure that VCSE organisations have the PPE required to continue service delivery, the maximum award from this part of the Fund which was previously capped at £2,000, will rise to £5,000. Organisations who were previously successful in applying to this element of the fund can reapply to receive up to £5k (e.g. if an organisation was awarded £2k from the 1st round of applications, they can apply for a further £3k). This opportunity for groups to make new or additional applications will help provide the Sector with the opportunity to plan ahead and ensure their premises are ready to deliver services as soon as Covid restrictions are relaxed. This will be distributed by Co-operation Ireland in partnership with Rural Community Network.

## Public Policy Consultations & Engagement

- **Census 2021 Engagement and Promotion:** The census happens only once every 10 years and gives us a picture of all the people and households in Northern Ireland. The census asks everyone the same questions about the same day - Census Day: Sunday 21 March 2021. The information collected is used to help make decisions about how vital services such as education, transport and health are planned and funded. We encourage everyone to take part in Census 2021. You can visit website ([www.census.gov.uk/ni](http://www.census.gov.uk/ni)) for more information, or get in touch with the Census Engagement team directly at [census.engagement@nisra.gov.uk](mailto:census.engagement@nisra.gov.uk)
- **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 as part of the NI Human Rights Festival <http://www.nihrf.com>

- **Pension Credit Uptake:** The Department for Communities is working to improve Pension Credit uptake. Throughout October 2020, we tweeted a number of key messages to encourage uptake including a link to NI Direct [www.nidirect.gov.uk/articles/understanding-pension-credit](http://www.nidirect.gov.uk/articles/understanding-pension-credit)
- **Mervyn Storey MLA has progressed his proposed Private Members Bill** which is now out for consultation: <https://www.surveymonkey.co.uk/r/JD3HCKN> Please circulate to carers, organisations supporting carers and you are of course welcome to respond yourself. The closing date for the consultation is the 7th March.
- **The Patient and Client Council are hoping to hear how the pandemic has affected individual’s healthcare or social care, and how appropriate and effective they feel the Health and Social Care (HSC) response to COVID-19 has been.** Details on the survey can be found here <https://patientclientcouncil.hscni.net/novel-coronavirus/https-wh1-snapsurveys-com-s-aspk160855003903/> I appreciate some of those may not be on line. If any members would like to complete the survey over the phone they can do so by calling a Freephone number on 0800 917 0222 or should they need a paper copy posted to them this is also possible by contacting David Cassidy on 0776 613 8810.
- **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: Age NI are holding a workshop with DoH team 21 January
  - Enhancing legal protections for victims of domestic abuse
  - Anti-Poverty Strategy
  - Victims of Crime Commissioner
  - Sport & Physical Activity Strategy: PUBLIC CONSULTATION TBC in 2021
  - 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](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 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](mailto: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](mailto: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.



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