

# Signpost

## Age Sector News - July 2021

Dear Readers

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



Huge Congratulations to our Chief Executive, Linda Robinson, who is to receive an Honour from Her Majesty the Queen. Linda has been awarded the BEM (British Empire Medal) for services to Older People and the Royal Naval Reserve. The Age NI team, friends and family join together in wishing our “Lady Ormeau” Linda all the best!

### Special dates to remember July-September 2021:

- 5 – 11 July 2021: Relationships Week
- 31 August 2021: Age Sector Network Exchange meeting
- 17 September 2021: Pensioners’ Parliament/ Act4Age Event

Relationships Week will be taking across the UK from 5-11 July, highlighting the importance of healthy relationships to our wellbeing. As we emerge from the pandemic, while some are keen to get back out socialising, others may find the idea of seeing friends and family daunting after such a long time apart. Building healthy relationships and connecting with others can have a positive impact on our overall wellbeing. Let’s open up this month and celebrate all our valuable relationships with friends, family, neighbours and loved ones. Please continue to keep safe and connected this July and over the summer period.

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)



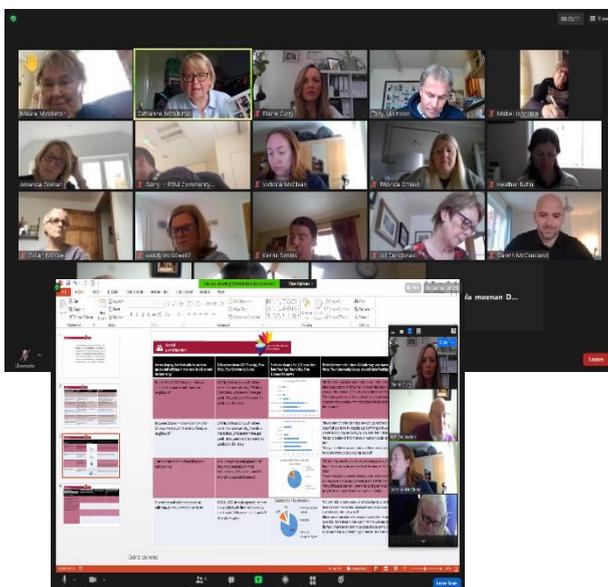
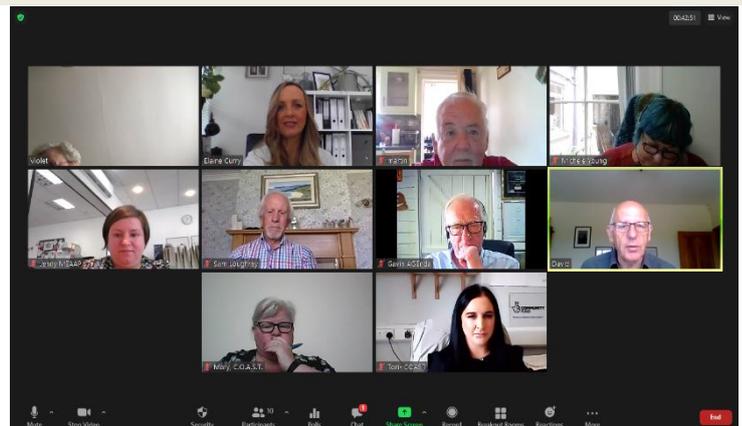
## News: Regional Age NI News

1. **Age NI helpline:** 0808 808 7575.
2. **Age NI Website:** [www.ageuni.org](http://www.ageuni.org) for details of our latest news, activities, campaigns and ways you can support Age NI.
3. **Age UK News:** <https://www.ageuk.org.uk/northern-ireland/>
4. You can find lots of healthy Take 5 wellbeing video information on our [YouTube Channel](#)
5. **Check in and Chat Service:** Telephone befriending service – get in touch on 0808 808 7575 Monday – Friday, 9am-5pm or email [info@ageuni.org](mailto:info@ageuni.org). Read more about it and watch Jim's video story: <https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/check-in-and-chat/>.



## Age Sector Networks in Northern Ireland

**Age Sector Networks Exchange Meeting**  
**22<sup>nd</sup> June** key topics: Sustainability Planning, Age Sector News highlights, Pensioners' Parliament, Network Sharing ideas and Age Friendly. Age Sector Networks next meeting is 31<sup>st</sup> August @ 11am.



**SING** members joined the Age Friendly Alliance meeting in June to review the results of their Age Friendly survey in Lisburn and Castlereagh, to look at solutions to multiple issues raised on the eight Age Friendly themes. Action Plan to be reviewed over the next few months to reflect updated data and respond to the current needs across their Council area.

**ABC Seniors Network** continues to meet three or four times per month to consult with members, to address key issues raised by group members and to explore how they can support them in the future. They are planning for a new 3-year project and will be submitting a funding application in September to look at employing their first member of staff. Great partnership working and collaboration across the Armagh, Banbridge and Craigavon area this summer.



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

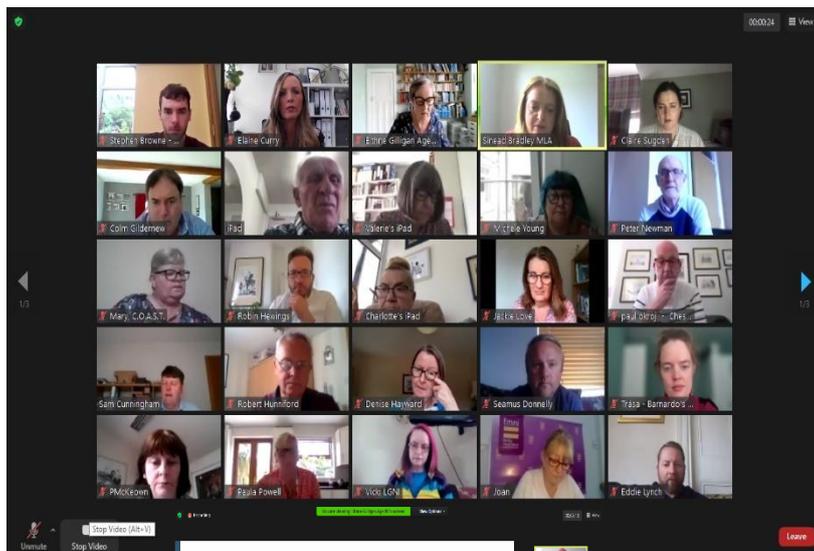
## Age NI Pensioners' Parliament



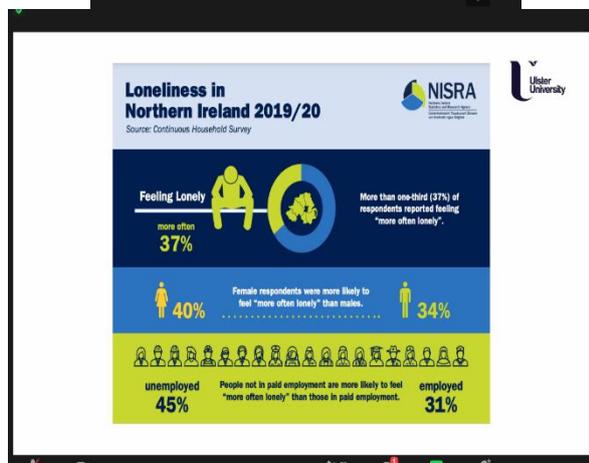
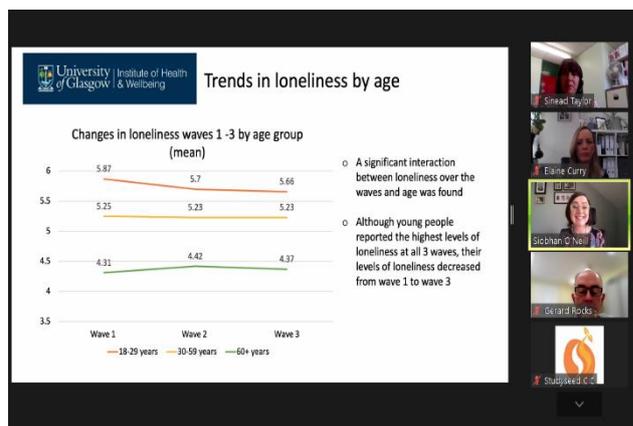
Pensioners' Parliament working group is looking at the Lived Experience survey results and will be finalising the report over the summer months. A regional Act4Age online event is being organised for week commencing 6<sup>th</sup> September, which will be followed by the Pensioners' Parliament session at the NI Assembly on Friday

17<sup>th</sup> September 2021. Watch out for survey results and details of these important events. If you have any questions, please contact Eithne [eithne.gilligan@ageni.org](mailto:eithne.gilligan@ageni.org)

# APG on Ageing and Older People / Loneliness



A joint meeting of the **APG on Ageing and Older People** and the **APG on Loneliness** was held on **Wednesday 16th June** via Zoom. Taking place during Loneliness Week, this special joint meeting highlighting policy-based solutions to addressing loneliness. It was a great showcase of inspiring responses to staying connected during lockdown by many organisations, including a representative from Scotland sharing ideas on the development and implementation of *Loneliness Strategy – A Connected Scotland Strategy*.



## Learning, Workshops and Training

- **AWARE NI** have released an animated video to celebrate the 25th Anniversary of the charity and to celebrate 25 years providing support and services to people and communities across Northern Ireland. You can watch it here: [https://www.youtube.com/watch?v=6fG7\\_TQ39Ng&t=1s](https://www.youtube.com/watch?v=6fG7_TQ39Ng&t=1s)
- **Cyber-Awareness training for older people.** Did you know individuals over the age of 60 are more likely to be targeted by cyber-criminals? To promote awareness of this threat, a team of passionate cybersecurity employees at Allstate developed a programme for older adults, to help them navigate the internet safely and with confidence. A number of Allstate

Cyber Safety for Older Adults training sessions are coming up in July and August.

Individuals interested in FREE cybersecurity training can contact:

[AllstateCyberSafety@allstate.com](mailto:AllstateCyberSafety@allstate.com) or write to Victoria Logan, Cybersecurity Awareness and Communication Specialist, Allstate Information Security, 10 Mays Meadow, Belfast, BT1 3PH. [victoria.logan@allstate.com](mailto:victoria.logan@allstate.com) or check the link here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=5zG0iCrPqUO9AIFEH1wtPC8hj3MIWpMtJqedZEmjx9URUJKTzFBQIZGSDQ3V0ZUR1FSVFJTVEhUTS4u>

- **Online Access Guides** – a resource for disability groups and organisations to encourage disabled people and carers to try new places and have confidence in being able to check a venue’s accessibility before visiting. The website is [www.AccessAble.co.uk](http://www.AccessAble.co.uk) and they also have an app called AccessAble. Belfast City Council have a link where you can find some local venues too: <https://www.accessable.co.uk/belfast-city-council>  
If your group want any virtual meetings for a virtual tour contact Ellen Ilott, Partnerships Manager, Mobile: 07706 173458 Office: 01438 842710  
Email: [ellen.ilott@AccessAble.co.uk](mailto:ellen.ilott@AccessAble.co.uk) Twitter: @EllenAccessAble
- **ArtwithNorma** has projects, printed materials & bespoke packs to help you & your members move forward with confidence & creativity. This includes projects for now & Sept - Dec, Christmas Present making etc. You can browse the kits here: [www.artwithnorma.com](http://www.artwithnorma.com)  
Make direct contact: 07704624810 or [artwithnorma@gmail.com](mailto:artwithnorma@gmail.com)
- **Libraries NI FREE access to over 160 digital magazines.**  
<https://www.librariesni.org.uk/events/>
- **Reconnect with members of your church** either in person by attending a church service online at [www.churchservices.tv/churches/](http://www.churchservices.tv/churches/)
- **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>
- **Business in the Community Northern Ireland (BITCNI)** in partnership with NICVA have a skills match platform designed to meet the needs arising due to COVID-19 and beyond.  
[www.skillsmatchni.com](http://www.skillsmatchni.com)
- **Ulster Orchestra at Home** Members of the Orchestra have been producing regular music sessions, including some introductions to players etc. Link to webpage:  
<https://www.ulsterorchestra.org.uk/whats-on/let-s-play-at-home!/>  
Access to play list on You Tube: #UOLetsPlayAtHome  
<https://www.youtube.com/playlist?list=PLVU6NtUhWWXSaNT257pQ4fpwptFW5E2cd>

## Other Information

- **Hourglass:** Please sign up to their newsletter to keep up to date with their work Freephone Helpline: 0808 808 8141
- **Scam artists work all year round! REGISTER** with your telephone provider’s free nuisance telephone service. Examples include BT Call Protect, Sky –Talk Shield, Talk Talk – Call Safe. Register with the Telephone Preference Service (0345 0700707)

- **Post Office card accounts are closing in November:** 0800 085 7133 (Textphone 0800 085 7146) or 3344 (or 0345 722 3355 for Typetalk)
- **Information on Grief:** <https://www.publichealth.hscni.net/publications/covid-19-bereavement-resources>
- **Digital Future of Banking:** <https://healthallianceni.com/useful-financial-resources-tools/>  
A data-driven guide called “Digital Money for Seniors” explores key facts and challenges faced by the elderly in a world increasingly accustomed to digital banking. Here's the full guide for your reference - <https://www.comparethemarket.com/credit-cards/content/digital-money-for-seniors/>

This guide shares important insights such as:

- How the rapid move towards online banking and digital services risks leaving older people behind.
- The importance of digital inclusion and age-friendly banking to reliably meet the needs of the elderly.
- Great examples of industry initiatives that help teach and support seniors to use digital services.
- Useful tips and advice to offer help to elderly relatives or friends when using smartphones and the internet.

Research found that:

- 42% of over 75s in England weren't using the internet and are still digitally excluded.
- 49% of people aged 55 and over said they weren't confident using an app to apply for a credit card or loan.
- Bank branches and cashpoints (ATMs) relied upon by many seniors are disappearing at a rapid rate across the UK.

## Regional Health Messages

- **For more information on guidelines:** <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>
- **COVID:** For up-to-date information go to the PHA website: <https://www.publichealth.hscni.net/covid-19-coronavirus>
- **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>
- **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>
- **PHA Healthy Eating Webinars:** <https://vimeo.com/showcase/8198914>
- **The Health and Care Professions Council Protecting the Public: are seeking to appoint three new members of the Council,** two Registrant Council Members and One Lay Council Member. Remuneration: £12,000 annual allowance. Time requirement: Approximately 30 days per annum. This is an exciting opportunity to play a key role in

shaping the future of health and care regulation. The successful applicant will need to have experience of strategic and collective decision-making, as well as the ability to develop strong relationships and to uphold HCPC's principles of transparency and accountability. You will share our core commitment to public protection. Full details of eligibility are set out in the candidate information pack. How to apply - visit: [www.hcpc-uk.org/become-a-council-member/](http://www.hcpc-uk.org/become-a-council-member/) or contact: [appointments@hcpc-uk.org](mailto:appointments@hcpc-uk.org) or call 020 7840 9710.

Closing date for applications: 9am on Monday 2 August 2021

Interviews to be held: w/c Monday 27 September 2021

## Funding

- **The Asda Foundation - Bringing Communities Back Together.** The Asda Foundation is inviting applications for grants to reunite communities, celebrate togetherness, and support groups as Covid restrictions begin to ease during July, August and September. Grants of between £250 and £1,000 are available through the Bringing Communities Back Together fund. Groups that can apply include local community groups, charity, Community Interest Group, sports group, not-for-profit, elderly clubs, lunch clubs, arts and crafts groups, other hobbyist clubs, council-run groups and parish councils. Applications forms are available from Asda stores, with a deadline of 16 August 2021 to submit them instore to an Asda Community Champion. Application forms and further information is also available on the Asda Foundation site. <https://www.asdafoundation.org/sharing-stories>
- **Micro Community Investment Fund Ongoing** - No Deadline, Grant size: Up to £2,000. The Micro Community Investment Fund has been launched with support from Bank of Ireland UK, in recognition and celebration of the contribution of voluntary groups and people to our society and the need for a simple application process for small amounts of funding. The fund will provide valuable investment for community initiatives making a difference in towns and villages across Northern Ireland. For further details register your interest follow link below. <https://communityfoundationni.org/grants/micro-community-investment-fund/>
- **The Telecommunity Fund** - Supports small, locally based grass roots community projects with £500-£2,000. Priority will be given to projects that will benefit groups dealing with disadvantage (eg rural isolation, low income, social exclusion, reduced access to services), and projects that involve the beneficiaries in their development and delivery. **Applications for next round need to be submitted before Monday 2nd August 2021.** <https://communityfoundationni.org>.
- **Community Foundation NI** currently have a number of other funds open for applications:
  - All-Island Community Fund
  - RTE Toy Show Appeal Fund
  - Social Justice Small Grants Programme
  - The Wesleyan Foundation – Small Grants Programme
  - Made By Sport's 'Clubs In Crisis' Fund
  - Pressure Group FundPlease find below the link to our grants page for further details:  
<https://communityfoundationni.org/achieving-impact/available-grants/>  
<http://www.communityfoundationni.org/apply>

- **The Queen’s Green Canopy (QGC)** is a unique tree planting initiative created to mark Her Majesty’s Platinum Jubilee in 2022 which invites people from across the United Kingdom to “**Plant a Tree for the Jubilee.**” Everyone from individuals to groups, villages, cities, counties, schools and corporates will be encouraged to play their part to enhance our environment by planting trees from October, when the tree planting season begins, through to the end of the Jubilee year in 2022. [www.queensgreencanopy.org](http://www.queensgreencanopy.org)
- **PHA Making Life Better through Short term funding programme.** Apply for PHA Making Life Better through Short term funding programme of up to £1,000 or £5,000. Find out if your project or organisation is eligible for funding. Applications close 5 July 2021. Please return your completed application to [funding@dhcni.com](mailto:funding@dhcni.com) by **12 noon on 5 July 2021**. Click links for more information: [Application Form 2021/22](#) [General guidance](#) and [Guidelines for completion of application form](#)
- **NICVA Funding information Page:** <https://www.nicva.org/covid19/funding-and-fundraising-covid19>
- **Thomas Wall Trust: Digital Skills 2021 Grants Programme:** A second year of this new programme running throughout 2021. Providing grants of up to £5000 for organisations working towards equipping adults with basic digital skills for work and life, helping them access the online world. <https://www.thomaswalltrust.org.uk/digital-skills-2020/>
- **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>
- **Funding at your Fingertips:** Northern Ireland’s leading funding toolkit. Helping charities and communities thrive. [www.grant-tracker.org](http://www.grant-tracker.org)

## Public Policy Consultations & Engagement

- **Several public consultations currently open on issues of interest to older people:** <https://www.northernireland.gov.uk/consultations>
- **Electoral Register— Canvass 2021 is coming on 1 July 2021.** The Electoral Office is required by law to refresh the Electoral Register for Northern Ireland. The current register will close on 30 June and **all eligible electors in Northern Ireland will be required to re-register with effect from 1 July**. The only thing you need to do now is have your National Insurance Number available. You can find your National Insurance Number on your payslip, P60, National Insurance Number card or letters about tax, pensions and benefits. If you still cannot find your National Insurance Number you can request written confirmation of it from the National Insurance Contribution Office (phone 0300 200 3500 or visit [www.hmrc.gov.uk](http://www.hmrc.gov.uk)).

## 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 – for sales/ installation, contact 0800 085 8611** - this takes you directly to the main UK contact for PPP Taking Care Personal Alarms, or visit <https://personalalarms.ageco.co.uk> for online ordering.

For local email enquiries, please use: [ni.staff@ppptakingcare.co.uk](mailto:ni.staff@ppptakingcare.co.uk).

**Age NI Stores:** We always appreciate any stock donations to any of Age NI's four stores in Ballymena, Bangor, Coleraine, and Newtownards. Visit our website for store opening hours.

**Independent Living Products:** for bathroom aids & adaptations, mobility products and stair/through the floor lifts, for information, call 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 Val on [Val.Gamble@ageni.org](mailto:Val.Gamble@ageni.org) or on 02890 245 729.

[View our website](#) / [Like our Facebook page](#) / [Follow us on Twitter](#)

### With your support, we can help more lonely older people

A donation of **£5** covers one Check In and Chat call to keep lonely older people connected.

A donation of **£50** trains a Check In and Chat volunteer to befriend and support an older person.

A donation of **£100** supports 20 weekly friendship calls to an isolated older person.

[Donate](#)

**Please share this Signpost with anyone you feel may be interested and send us information that would benefit the age sector via: [elaine.curry@ageni.org](mailto:elaine.curry@ageni.org)**

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.

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