

Dear Readers

Welcome to the latest issue of Signpost Express full of updated Age Sector news for November 2023. This edition of signpost highlights the latest updates on information, training, events, publications, consultations and activities.

### International Men's Day on the 19<sup>th</sup> November 2023

International Men's Day (IMD) is a global awareness day for many issues that men face, including parental alienation, abuse, homelessness, suicide, and violence, celebrated annually on November 19th. The objectives of celebrating International Men's Day are set out in 'All the Six Pillars of International Men's Day'. It is also an occasion to celebrate men's lives, achievements and contributions, in particular for their contributions to nation, union, society, community, family, marriage, and childcare. See Age NI's Good Vibrations Men's Only health programme highlighted this month.



- Find out how to look after your health and stay strong
- Learn expert tips for minding your head
- If you're in a job, plan your later working years
- Option to join a men's group
- Individual support if you need it

Contact: [good-vibrations@ageni.org](mailto:good-vibrations@ageni.org)

*Changing the face of men's health*

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#### International Men's Day 6 Pillars

1. To promote positive male role models
2. To celebrate men's positive contributions to society
3. To focus on men's health and wellbeing
4. To highlight discrimination against males
5. To improve gender relations and promote gender equality
6. To create a safer, better world.

## SING (Senior Information Network Group) visits Antrim Newtownabbey Seniors Forum for a best practice visit

SING (Senior Information Network Group) enjoyed their best practice visit in Newtownabbey during positive ageing month meeting up with ANSF (Antrim Newtownabbey Seniors Forum). SING members got a great overview from Robert McQuiston on the ANSF development work over the past 30 years, the importance of partnership working, the varied activity and programmes they have available, how they engaged men and how they have a great relationship with their local Council supporting an Age Friendly culture.



## Mid Ulster Seniors Network & Over 50's Forum

The Mid Ulster 50 + Forum met up recently and talked about current issues, challenges and local live experiences, sharing discussions on the Age Friendly Action Plan highlighting transport and communication issues.



They raised the importance of the free bus pass and Raisa Donnelly the Age Friendly Co-ordinator updated on the consultation workshops and focus groups held in partnership with the Dept of Infrastructure re: Concessionary fares. Also, the Community Transport Consultation was shared and suggestions for workshops considered. It was good news to hear that £3.4 million was granted to the Community Transport CDM partnership for continuing services, which includes a driver awareness training programme.

A Mid Ulster Age Friendly Communication Plan has been developed. Led by the Mid Ulster District Council, it will be looking at better communication with older people over the next 3 years. The new Positive Ageing booklet was handed out with many activities/ workshops for Positive Ageing Month i.e. Financial Wellbeing. Money and Pension talks and Cyber safety etc. Discussions were raised on the BT Digital Voice too.

**Get in Touch with Age Sector Networks or check out the Councils websites for more information on services, activities and events. Or you want to highlight a service in your area, let us know. <https://www.ageuk.org.uk/northern-ireland/get-involved/age-sector/age-sector-networks/>**



## All Party Group on Ageing and Older People – Monday 9<sup>th</sup> October

MLAs, older people and age sector groups heard from Professor Deirdre Heenan and Sarah McLoughlin about the importance of Early Intervention and Community services at the All Party Group on Ageing and Older People on 9 October. Paschal also outlined the key issues facing older people, identified through Age NI's Lived Experience report.

For further details on future meetings email: Michele  
[michele.young@ageni.org](mailto:michele.young@ageni.org)



## NI Frailty Network Conference

Age NI was proud to take part in the NI Frailty Network Conference run in partnership with the British Geriatric Society at the Stormont Hotel on 13<sup>th</sup> October. Consultative Forum members Ann M. Murray, Anne P. Murray, Florence McKeever, George Bell and Wilma Stewart were there along with staff members Siobhan Casey, Paschal McKeown and Helen McLaughlin. Huge thanks to CF Chair Ann M. Murray for doing a fantastic job of opening the conference.



Lady Mary Peters delivered an important message with a light touch about the importance of keeping mobile as we age, and Siobhan Casey shared the story of the Move More Live More programme with conference delegates, who were all health and social care professionals. The big takeaway from the conference is that across health and social care, frailty is increasingly recognised as a factor which needs to be taken account of right through from emergency care and all aspects of primary care, to long-term outpatient care for ongoing conditions. It was clear from speakers that the research and evidence base is mounting about the extent to which proper assessment and recognition of frailty can help professionals ensure that treatment and care is appropriate, and can have positive impacts on patient and service-user outcomes.

## Funding Updates

### **Lisburn & Castlereagh City Council opportunities - Community Hardship Fund now open**

Lisburn & Castlereagh City Council has developed a Hardship Funding Programme to support constituted / legally governed community and voluntary/not for profit organisations to address hardship due to the current cost of living crisis, particularly the increase in energy and food costs. The closing date for receipt of applications is 12 noon Friday 3rd November. Click [here](#) for more information and how to apply.

**Crowdfunder Cost of Living Crisis Emergency Fund** Crowdfunder are supporting projects who are tackling food poverty caused or accelerated by the cost of living crisis. Projects can get up to £5,000 for their community food project.

For more information, click [here](#).

**The Screwfix Foundation** supports projects that will fix, maintain, improve and repair charitable and community facilities for those in need across the UK. The Foundation has helped over 1,600 local projects. Registered charities and not-for-profit organisations can apply for funding in the region of £5,000. Click [here](#) for more information.

**Charles Hayward Foundation** The Charles Hayward Foundation (registered charities only) provide both Main Grants (up to £25,000 a year for 1-3 years) and Small Grants (up to £7,000). Main grants cover Social & Criminal Justice, Heritage & Conservation and Overseas work. Small grants cover Social & Criminal Justice, Heritage & Conservation and Older People. For more information click [here](#).

**ASDA Foundation: Empowering Local Communities** The Asda Foundation 'Grassroots Grants' programme is designed to support a broad range of activities helping to transform communities and improve lives. Groups may apply for a maximum of £1,600 and minimum of £400. For more information and to apply for this programme please contact local Asda Community Champion, Sharon McBratney [here](#).

**Building the Community-Pharmacy Partnership Programme** The Building the Community-Pharmacy Partnership (BCPP) Programme supports communities and community pharmacists to work in partnership to address locally defined needs so that people make connections, listen to and understand each other better and work together to address the social determinants of health and health inequalities. For information on the Programme and how to apply click [here](#).

**Community Relations / Cultural Diversity Scheme** Community Relations Council has established a fund to spend each year on community relations projects. It is currently open until 15th December 2023 and for information on how to apply click [here](#).

**Community Relations Council Core Funding Scheme 2024/25** The scheme is intended to help community/voluntary groups throughout Northern Ireland develop their capacity to engage in community relations work and to enhance the community relations potential of projects they undertake. Applications will close at 4pm **Friday 17 November 2023**. More information can be found [here](#).

**Community Foundation NI** Number of funds open for applications:  
<https://communityfoundationni.org/achieving-impact/available-grants/>  
<http://www.communityfoundationni.org/apply>

**Micro Community Investment Fund** - funding for organisations who are making the lives of others in their communities better, by improving their financial, physical, and mental wellbeing. No constitution to apply to this fund. <https://communityfoundationni.org/grants/micro-community-investment-fund/>

**Join NICVA FREE events this autumn!** [view future events](#)

**Northern Ireland's leading funding toolkit.** [www.grant-tracker.org](http://www.grant-tracker.org)

**NICVA Funding Clinics – Book a slot! 22 November 2023**  
[Autumn 2023 Fundraising Clinics for NICVA Members | NICVA](#)

**Brighter Communities - Power NI** - funding of up to £1,000 for small or large communities, sporting, charities, and all age groups to apply who can propose a tangible project or activity that can be realised or executed once the funds have been received and within an 8-week timescale.

**Tesco Community Grants** - grants to schools, community organisations (including registered charities/ companies), health bodies, local authorities and social housing providers – because where our communities thrive, our business and our colleagues thrive too. More information and application National Lottery Awards for all of Northern Ireland - funding can help you to make a difference in your community. Funding from £300 to £10,000. More info and application.

**Halifax Foundation—Community Grants Programme.**

<https://www.halifaxfoundationni.org/programmes/community-grant-programme>

## Workshops & Training & Digital Support

**Libraries NI FREE access to over 160 digital magazines and zoom sessions:**

<https://www.librariesni.org.uk/events/>

**Get Moving with Libraries NI** Libraries NI will be hosting a series of online sessions designed to boost your wellbeing. To take part in these Zoom sessions, register on the library website [www.librariesni.org.uk](http://www.librariesni.org.uk) or ask library staff for more information. Booking essential.

**Yoga** This is gentle yoga designed to soothe the nervous system, with an emphasis on the breath and relaxation. It will help improve strength, flexibility, balance and focus. With facilitator Fiona Jones. These sessions will take place every second Tuesday (except during February, when they will take place **every** Tuesday)

### **Yoga Sessions 2:00pm-3:00pm**

Tuesday 7, 21 November; Tuesday 5, 19 December; Tuesday 9, 23 January Tuesday 6, 13, 20, 27 February; Tuesday 5 March

### **Chi Me 11:00am-12 noon**

Chi Me is a simplified and accessible form of Tai Chi. It gently helps to improve overall health and reduce stress. It improves posture and balance and helps to strengthen vital internal energy. With facilitator Gareth Klein. These sessions will take place every second Tuesday (**Thursdays** in February).

Tuesday 14, 28 November; Tuesday 12 December; Tuesday 16, 30 January;  
Thursday 8, 15, 22, 29 February; Tuesday 12 March

Even if a staff member can register for the session and have it running in the group setting to encourage participation that would be great.

**Give it a Go Month events, on the Libraries NI website here:** [Events \(librariesni.org.uk\)](https://www.librariesni.org.uk/events)

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

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

**Ad-hoc IT volunteers** to help older people set up their phones/zoom/etc.

<https://www.communityni.org/job/it-volunteers>

**Digital inclusion - [BYTES website](#)**

**Online Access Guides for disability groups and organisations** [www.AccessAble.co.uk](http://www.AccessAble.co.uk)

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

**British Heart Foundation** have a free digital training tool to teach you to save a life in 15 minutes with just your phone and a cushion. Try RevivR now. <https://revivr.bhf.org.uk>

**Volunteer Now Enterprises Ltd Training** <https://www.volunteernow.co.uk/training/courses-scheduled/>

**LGNI Network Meeting Dates** Register through this webpage link - [LGNI Network Meeting's Register Now! – Linking Generations NI](#)

**Code of Good Governance for Northern Ireland:** <https://www.nicva.org/resource/code-of-good-governance-3rd-edition-0>

Governance Health Check: <https://www.nicva.org/article/governance-health-check-launched>

**Volunteer Now Enterprises Ltd** have a variety of training courses: NEW Inclusion, Equity & Equality sessions, Volunteer Strategy, Volunteer Role Development, Keeping Adults Safe: Adult Safeguarding Champion & Appointed Person Refresher training, Volunteer Policy-Your Starting or Review Point, and Befriending Training Workshop. Take a look at the Courses page here for the full list and book your places! <https://www.volunteernow.co.uk/training/courses-scheduled/>

**Stepping Stones NI** Free training is available to community groups targeting: over 50s; women, those not in employment, education or training, or people with learning barriers/disabilities. To find out more please email [Jane Gilmore](#) in Stepping Stones.

**Supporting Communities** A range of training courses are available for community groups. Further information can be accessed [here](#).

**Money Guiders Conference** The countdown is on until Talk Money Week 2023 and even more excitingly the Money Guiders Conference on Wednesday the 8th of November! If you have not registered for your ticket yet, please click [here](#) and join Money Guiders across the UK learning from each other and sharing best practice!

**Age NI Move More Live More** falls prevention project is really innovative and could have huge potential impact and benefits for older people as individuals, as well as for the healthcare system. If you'd like to know more, visit our website

[www.ageNI.org/movemorelivemore](http://www.ageNI.org/movemorelivemore)

**Move More  
Live More**



# Living Life To The Full

Brought to you by AWARE NI in partnership with North Down Community Network. A free six-week mental health course using CBT techniques.

*This programme can make a big difference in your life!*

## When and Where?

*Dates:* 8th, 15th, 22nd, 29th of November and 6th, 13th of December 2023

*Venue:* NDCN Wellbeing Centre,  
25-27 Main Street,  
Bangor, BT20 5AF

*Time:* 2pm - 4pm

*Fee:* FREE

To book a place, please contact Lindsey via email:

✉ [wellbeingndcn@gmail.com](mailto:wellbeingndcn@gmail.com)

or phone:

☎ 02891 461 386





## Other Information

### Business in the Community - Volunteering in the community

- BitC practical action days throughout the year – Volunteer Week and Cares at Christmas.
- Team building challenges
- Individual volunteering opportunities
- Bespoke matched opportunities.



The Responsible  
Business Network  
Northern Ireland

**Consumer Council:** [www.consumercouncil.org.uk/onlinetools](http://www.consumercouncil.org.uk/onlinetools)

**Census Results published** [census@nisra.gov.uk](mailto:census@nisra.gov.uk)

**Find Help NI** is an online directory of community and voluntary services for mental health and wellbeing. [www.findhelpni.com](http://www.findhelpni.com)

**Help NI** [www.findhelpni.com](http://www.findhelpni.com)

**Helplines NI Website:** <https://helplinesni.com/>

**Hourglass Helpline:** 0808 808 8141



**LGNI Network Meeting Dates** Register through this webpage link - [LGNI Network Meeting's Register Now! – Linking Generations NI](#)

**MoneyHelper.org.uk 08000113797** <https://www.moneyhelper.org.uk/en/money-troubles/way-forward>

**Online Access Guides for disability groups and organisations** [www.AccessAble.co.uk](http://www.AccessAble.co.uk)

**The Domestic and Sexual Abuse Helpline** Call: 0808 802 1414

**Bereavement support:** <https://www.health-ni.gov.uk/news/new-bereavement-support-website-northern-ireland>

**The Herbert Protocol:** [www.psni.police.uk/herbertprotocol](http://www.psni.police.uk/herbertprotocol)

**SCAMS SUPPORT:** If you receive a suspicious message via email, website or text message, you can take the following actions:

- Report here via: <https://www.ncsc.gov.uk/section/about-this-website/report-scam-website>
- Via text message - Report suspicious text messages for free to 7726.
- Via website: [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or by phoning 0300 123 2040.
- Via phoning police on the non-emergency number 101.
- BEAM Creative Network Scams Film: <https://vimeo.com/699606663/6f815e57a7>

## Governance Health Check & Guide

[www.diycommitteeguide.org](http://www.diycommitteeguide.org)

[Governance Health Check](#)

[The-Code-of-Good-Governance-3rd-Edition.pdf](#)

**The Domestic and Sexual Abuse Helpline** Call: 0808 802 1414

E-mail: [help@dsahelpline.org](mailto:help@dsahelpline.org)

Or visit <http://dsahelpline.org> (web chat available)

## Dementia Society Resources

- Dementia Friendly Environment Checklist  
<https://www.alzheimers.org.uk/sites/default/files/2019-01/Dementia%20Friendly%20Environment%20Checklist.pdf>
- Checklist for possible dementia symptoms  
<https://www.alzheimers.org.uk/sites/default/files/2023-04/dementia-symptoms-checklist.pdf>
- 3 Nations Dementia Working Group (fortnightly webinars – Can register as a Professional to be added to mailing list and kept up to date)  
<https://www.3ndementiawg.org/category/events/>
- Innovation Hub <https://innovationhub.alzheimers.org.uk/>

**Energy Strategy E-Bulletin** - which aims to keep stakeholders informed about progress on the Energy Strategy for Northern Ireland. <https://www.economy-ni.gov.uk/publications/energy-strategy-e-bulletin-23>

**Deafblind UK** Tel: 0800 132320 (Helpline Number) Text: 07903572885

Email: [info@deafblind.org.uk](mailto:info@deafblind.org.uk) Text relay: 18001 then 0800 132320

Facetime: [helpline.dbuk@deafblind.org.uk](mailto:helpline.dbuk@deafblind.org.uk) (Not BSL)

BSL video relay: [www.deafblind.org.uk/bsl](http://www.deafblind.org.uk/bsl)

Free counselling for anyone affected by sight loss from RNIB Helpline on 0303 123 9999 or email: [needtotalk@rnib.org.uk](mailto:needtotalk@rnib.org.uk) if you need support and live in Northern Ireland.

## Online Digital Support

- **Libraries NI FREE access to over 160 digital magazines and zoom sessions:**  
<https://www.librariesni.org.uk/events/>
- **GO ONLINE Made Easy:** <https://www.nidirect.gov.uk/information-and-services/go-ni/events-and-training>
- **Help with Digital Devices:** <https://supportingcommunities.org/latest-events/2021/1/7/get-to-know-your-new-device>
- **Ad-hoc IT volunteers** to help older people set up their phones/zoom/etc.  
<https://www.communityni.org/job/it-volunteers>
- **Digital inclusion - [BYTES website](#)**

## Regional Health Messages

**Dysphagia awareness animation** <https://youtu.be/cWnDCPpiaYQ> or visit our website at <http://pha.site/Dysphagia>

**PHA Health Dietitians You Tube & Public Health Dietitians Group NI**

Healthy eating webinars - <https://vimeo.com/showcase/8198914>

**World Mental Health Day Video** Please find attached a link to a great video that was created by Norwich City Football Club and shared recently for World Mental Health Day. It is only two minutes 30 seconds but has a very powerful message. Please share with family, friends, work colleagues and contacts.

<https://www.youtube.com/watch?v=tX8TgVR33KM&pp=ygUabm9yd2ljaCBjaXR5IG1lbnRhbCBoZWFsdGg%3D>

## Public Policy Consultations & Engagement

# DeafblindUK



Deafblind NI is in the process of gathering feedback from service providers on the issues and challenges faced by people with a dual sensory impairment, i.e. a level of sight loss and a level hearing loss, e.g. someone who wear glasses for reading and is hard of hearing, through to someone who is profound deaf and completely blind.

We would be extremely grateful if you could click on the following link and complete the short survey.

<https://forms.office.com/Pages/ResponsePage.aspx...>

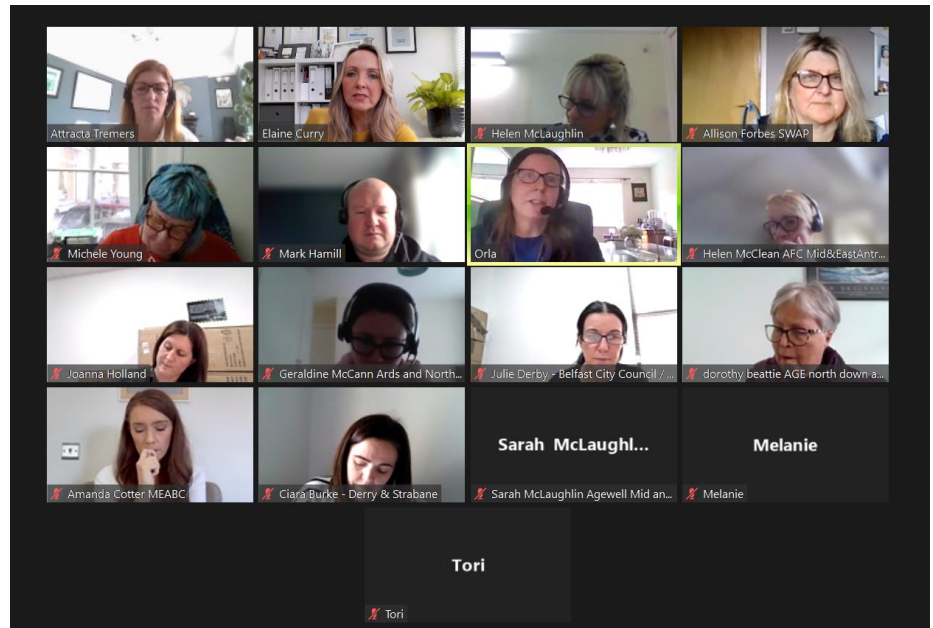
The survey should take around 10 minutes to complete, and we would ask that you complete it by Monday 13th November.



## Department of Infrastructure – Community Transport Review/ Evaluation

Elaine Curry (Engagement Manager) facilitated a focus group session with DfI which involved some of the Age Friendly Co-ordinators and Age Sector representatives, where DfI outlined the Community Transport Review.

Age Sector Networks and Age Friendly officers shared the benefits of Community Transport and issues relating to challenges regarding transport highlighting evidence with DfI relating to transport findings from local surveys/baseline information. DfI have also agreed to attend the AFNNI Transport Subgroup moving forward, which is a positive development.



## 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** Call **0808 100 4545** - this number takes you in to the main UK system for Age NI's partner supplier, Taking Care. Local contact email is: [ni.staff@ppptakingcare.co.uk](mailto:ni.staff@ppptakingcare.co.uk)

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

**Age NI Stores:** We always appreciate any stock donations to any of the Age NI's four stores in Ballymena, Bangor, Coleraine, and Newtownards. We now also partner with online retailer HARU (Help and Reuse) to sell branded and premium items online to achieve a fairer price: ask in store for more details.

**Work for Age NI:** <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.Gamble@ageni.org or 02890 245 729.

**More Money in Your Pocket Guide 2022/23** [Read Now](#)

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

## Age NI News

1. **Age NI helpline:** 0808 808 7575.
2. **Age NI Website:** [www.ageni.org](http://www.ageni.org) for details of our latest news, activities, campaigns & ways you can support Age NI.
3. **Age UK News:** <https://www.ageuk.org.uk/northern-ireland/>
4. You can find all healthy **Take 5 Steps to Wellbeing** videos on our [YouTube Channel](#)
5. **Check in and Chat Service:** To enquire, call Age NI Advice on 0808 808 7575 Monday – Friday. 9am-5pm or email [info@ageni.org](mailto:info@ageni.org).

[View our website](#)

[Like our Facebook page](#)

[Follow us on Twitter](#)

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.

### Signpost News/ Updates

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