

Dear Readers

Welcome to the latest issue of Signpost, full of updated news for August. Get the latest updates on information, training, events, consultations, workshops and activities for older people over the next month.

### **Age NI response to UK Chancellor's announcement on Winter Fuel Payments**

This week Age NI has been responding to the concerning announcement from the UK Chancellor Rachel Reeves that Winter Fuel Payments for pensioners will be means tested in future. This new policy would apply in England and Wales automatically, but the NI Executive might follow suit if no extra funding can be provided to maintain universal access to the scheme in Northern Ireland.

### **Save the Winter Fuel Payment for Older People who are Struggling**

We are currently adding our voices to the UK-wide call on the UK government to think again and so we invite you to sign this petition facilitated by our colleagues in Age UK: <https://campaigns.ageuk.org.uk/page/154268/petition/1>

### **Please also share the petition link with your friends and family**

We have also been engaging with the local media highlighting our concerns about how this decision might impact older people in Northern Ireland, and you can read our press release here:

<https://www.ageuk.org.uk/northern-ireland/news/age-nis-statement-regarding-the-chancellors-announcement-to-means-testing-winter-fuel-payment/>

We're talking to elected representatives to make sure they know how older people in NI could be impacted. Feel free to send the Age NI statement to your own MP and MLAs if you'd like to make them aware of how you feel about this announcement.

The policy and engagement team will be happy to talk to you if you have any questions about our work to challenge this decision so feel free to contact us. If you are worried about how it might affect you personally, please call the **Age NI advice service on 0808 808 7575**

**We will keep you updated on the outcome of the petition and any further announcements about how the NI Executive intends to respond to this change in UK government policy.**



**Help struggling pensioners:  
Save the Winter Fuel Payment**

**Sign the petition!!**

# Older People's Parliament - 12th October 2024

**The Older People's Parliament is back for 2024.**

**Have your say on what issues you want it to focus on**

The Northern Ireland Assembly represents and makes laws for everyone who lives here. It is essential that there are ways for all sections of our community to have their say, and that we provide opportunities for them to affect change. One of the ways we do this is through Outreach Parliaments which provide a platform for section 75 groups to engage directly with decision-makers and raise issues of concern.

The **Older People's Parliament** will take place on 12 October 2024 in the Assembly Chamber in Parliament Buildings. It will be an opportunity for older people to have their say on issues and decisions that affect their lives.

**You** can help shape the Parliament by telling us what matters to you. What issues do you want your Older People's Parliament to focus on?



To capture people's views, the NI Assembly Engagement Team have created a short online survey [here](#) which will run until 4 September.

Alternatively, they can provide paper copies of the survey, or you can call **02890 521440** to complete the survey over the phone with a member of their Engagement staff.

'Age NI is not organising this older people's parliament but we are happy to support our colleagues in the Assembly Engagement Service with this important event.' We wish to support and promote their survey widely to enable the public to determine which issues are discussed by the Parliaments.

Additionally, they hope to raise the profile of the Parliament by emailing a large number of groups/organisations, councils, and departments and sharing the information and the link to the survey (see below).

On the [Northern Ireland Assembly Citizen Space](#) the survey has now been published. [The direct link to the survey is here.](#)

# "Track, Thrive, Transform: Carers Wanted for App Testing"

## About MyTeleDiary

We all have 24hrs in every day, yet sometimes we feel there aren't enough hours in the day to do everything we must or want to do.

Time is your greatest asset, to take back control of our time we need to think of it as an asset (like money) that we can monitor and see where it is going, how much time we really spend on activities and how this makes us feel. The pace of life is so much faster now, there's often little time to stand back and reflect on what is affecting our wellbeing. The traditional way to do this is on paper in a diary or journal. MyTeleDiary is a flexible and fast way to do this on your mobile phone, with different features to choose from so that you don't need to write so much, just tell it how it is for you. It can take a minute or two each day, or even less if you prefer.

## Opportunity to try MyTeleDiary

We are seeking informal carers (18+) to test MyTeleDiary, a smartphone app designed to help users understand the factors influencing their health and well-being. The app tracks various elements that may affect your health and well-being, combining diary/journal entries with quantitative measures. MyTeleDiary is not a medical device; it does not provide interpretation, advice, or instruction. Its primary purpose is to collect information that allows users to monitor health and well-being factors. We want your feedback on MyTeleDiary - is it easy to use, is it useful, what would you use it for, and does it assist you in your role as a carer? More information [MyTeleDiary](#)

## What will this study involve?

- Complete the study consent form via an online link
- Use the app for 2 to 4 weeks
- Provide feedback on the app
- Attend a focus group (optional)



## More information about how to participate

For a copy of the Participant Information Sheet and a flyer about the study click this link

[Participant Information Sheet - MyTeleDiary](#)

[MyTeleDiary Flyer.pdf](#)

To participate in this study, please click the link below to complete the consent form and the baseline questionnaire (which will take about 15 minutes or so). Once these are submitted, you will receive instructions via email on how to download the MyTeleDiary app and get started.

## Recognition

To express our gratitude for your participation and valuable feedback, we are pleased to offer a reward voucher linked to your level of participation.

**To participate in this study, click on this link:**

<https://redcap.link/MyTeleDiarySurvey>

For any queries contact Siobhan on [s.poulter@ulster.ac.uk](mailto:s.poulter@ulster.ac.uk)

## **A message from Eddie Lynch, within The Office of Commissioner for Older People N. Ireland**

As of 14 June, my term in Office as Commissioner for Older People officially ended. However, until the appointment of a new Commissioner, The First and deputy First Ministers have asked me to stay on in a caretaking capacity in the meantime.

As a result, there may be temporary limitations to my Office's authority, but I will continue to fulfil internal responsibilities, until my replacement takes over. The post for the next Commissioner has now been advertised by The Executive Office, and applications close Friday 16 August.

As always, I will keep you updated of any developments to my position.



My final term as Commissioner was exceptionally busy with the Northern Ireland sitting of the Covid-19 Inquiry. As a core participant, I was called to give evidence to the Inquiry in person on 1 May, and provide a written closing. You can read more about my participation to the Inquiry in the summary below.

Over the past couple of months my policy and research team have been working behind the scenes on a new report, which calls for the Government to include older people and the ageing population as a priority for the next Programme for Government. The consequences of an ageing population is a concern I have voiced repeatedly during my time as Commissioner. This report adds to existing knowledge and data on how an aging demographic will affect society in Northern Ireland. The full report is now available to read online.

I hope you are enjoying the longer, brighter evenings and the somewhat warmer weather the summer months bring.

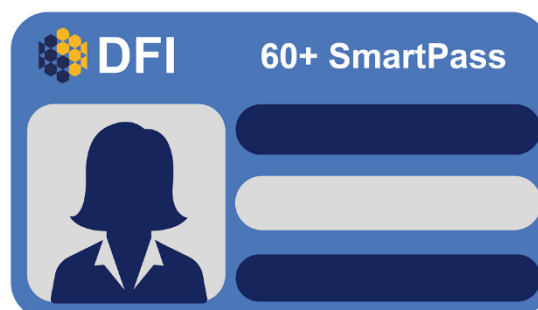
As some community groups take a break over the summer, I'd like to remind everyone the importance of staying connected. Getting out of the house and staying socially active is crucial for our mental and physical health.

I will be sure to say a final farewell following an update on my role and successor. For now, take care, and let's hope for improved weather in the last of the summer months ahead.

## SmartPass remains

Infrastructure Minister John O’Dowd has announced the retainment of Translink’s SmartPass and Senior SmartPass scheme for over-60’s. The scheme however, will see the introduction of an initial fee for first time applicants, only. Translink’s Senior SmartPass, for people over 65, will cost £12 and a SmartPass, for people aged 60 to 64, will cost £20, effective in the autumn.

The travel announcements followed a public consultation carried out last summer, which asked whether Translink’s concessionary travel rules should be changed, curtailed or extended.



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### Commissioner’s new report makes calls to support ageing population

The Commissioner for older people has published a report that analyses the consequences of demographic ageing in Northern Ireland.

The report, ‘At the centre of government planning. The Programme for Government and preparing for an ageing population’, adds to existing knowledge and demographic data to examine how the ageing of the population will affect the social and economic institutions of Northern Ireland.

Commenting on the report, the Commissioner said:

“The proportion of people aged 65 and over in Northern Ireland is projected to grow to over 24% by 2040. This is great news as it shows that we are living longer, healthier lives, however, an ageing population also brings challenges and consequences at all levels, from the economy to the quality of our public services.

***“We are already witnessing some of these issues, but things will get worse if no action is taken. “To address this, the report makes recommendations to government to plan for the ageing population. A key recommendation is to include a ‘high-level Outcome’ in the forthcoming Programme for Government.***

“Incorporating this Outcome would help ensure coordination across government departments to make Northern Ireland a sustainable society amid the threats posed by demographic ageing.”

[Read the report here](#)



## Funding Updates

**Awards for All: Now apply** to the programme for funding of between £300 and £20,000 to deliver projects in their local community that can last up to two years. Have a project idea? you can get in touch by emailing [enquiries.ni@tnlcommunityfund.org.uk](mailto:enquiries.ni@tnlcommunityfund.org.uk) or calling 028 9055 1455.

<https://www.tnlcommunityfund.org.uk/funding/thinking-of-applying-for-funding>

**Halifax Foundation—Community Grants Programme.** Better Together - Halifax Foundation for Northern Ireland launches new Strategy Better Together and funding programmes. They have designed a suite of new grant programmes to enable applicants to help those in greatest need with grants of up to £40,000. You can find out more here.

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

**Community Flex** - £10,000.

**Ignite** This is a seeding grant for new charities, £2,000.

**Collaborate** This programme is for 2 or more registered charities coming together to tackle a social issue, both charities must have an income under £500k. Max grant £20k.

**The Henry Smith Charity: Strengthening Communities** The Strengthening Communities grant programme is designed to support small charitable organisations working at grassroots level so that funding reaches the most disadvantaged areas of the UK, targeting places that are economically marginalised and affected by poverty. Grants of £20k – £70k per year for 3 years. Organisation size is £20k – £500k per annum with the focus on work in Northern within the 15% most deprived areas . Grants are available from £20k to £60k per year for 1–3-year projects. No deadlines.

**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 Northern Ireland - funding can help you to make a difference in your community. Funding from £300 to£10,000. More info and application.

**Paul Hamlyn Foundation: Ideas and Pioneers Fund** - They want to support those with a new idea for social change. They will fund individuals, and also groups of up to three people working together (you don't need to be a registered organisation) and small organisations, of any legal structure, that have no more than the equivalent of five full-time staff. They provide grants of up to £20,000, and a programme of support, to help you develop your skills and explore an idea for social change that has the potential to transform the way things are currently done. The fund specifically focuses on early-stage ideas when it's harder to get funding and support to develop these ideas further. Deadline 16 September 2024. [Paul Hamlyn Foundation: Ideas and Pioneers Fund](#)

## Workshops & Training & Digital Support

### **Preparing for Collaboration- Tuesday, 10 September - 10am to 1pm | Online**

This 3 hour online session delivered by Andrew Talbot from Collaboration Ireland will help prepare your organisation for collaboration. It is for board members and staff in organisations that would like to learn more about collaboration and tips for the best way to prepare and approach collaboration. It is generously funded by Halifax Foundation for Northern Ireland.

**Book here** <https://www.nicva.org/event/preparing-for-collaboration>

### **ILM Level 5 Diploma in Leadership and Management - 12 September to 12 December 2024 |**

**NICVA, Belfast and Online:** This qualification is for leaders and managers who want to develop their personal and professional skills. Learners will assess their own leadership performance and learn tools and techniques such as problem solving and decision making and managing conflict. You will also learn how to manage teams and how to motivate yourself and others. **Book here**

<https://www.nicva.org/event/ilm-level-5-diploma-in-leadership-and-management-4>

### **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.

**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>

**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. 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](mailto:jane.gilmore@steppingstonesni.org) in Stepping Stones.

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

**Cyber Safety:** Older Adult Cyber Safety Training for those aged 50+ living in the Belfast area, funded by the Belfast Policing and Community Safety Partnerships. Learn more and share below.  
[https://www.ageuk.org.uk/northern-ireland/information-advice/work-learning/cyber-safety-training/?mc\\_cid=7f05856965&mc\\_eid=UNIQID](https://www.ageuk.org.uk/northern-ireland/information-advice/work-learning/cyber-safety-training/?mc_cid=7f05856965&mc_eid=UNIQID)

**During Positive Ageing Month LGNI** will be advocating for the importance of intergenerational connections to challenge ageism and to celebrate the positive contribution older people can make in their communities. Main activities:

- On social media will be celebrating some of the fantastic intergenerational activities taking place across NI – please join in by sharing and tagging
- We will share a PAM intergenerational ideas guide in advance of PAM to inspire the development of intergenerational PAM activities
- Our LGNI network meetings will be taking place in late mid-September and will include PAM info
- Our Christmas intergenerational small grants scheme will launch on 1<sup>st</sup> October (Older People's Day)

As a small team the easiest way for us to share all of our activities is via our network and I would therefore very much appreciate it if your PAM info could include a signpost to our network sign up see below:

Interested in developing connections in the community you live, work or go to school to celebrate Positive Ageing Month 2024? Sign up to LGNI's free intergenerational network for lots of exciting opportunities including – networking, small grants, training and resources [Sign Up – Linking Generations NI](#)



**Silver Sunday, here are the links for the info pack and event calendar:**

[https://silversunday.org.uk/wp-content/uploads/2021/05/Silver-Sunday-Info-Pack\\_2024.pdf](https://silversunday.org.uk/wp-content/uploads/2021/05/Silver-Sunday-Info-Pack_2024.pdf)

<https://silversunday.org.uk/calendar/>



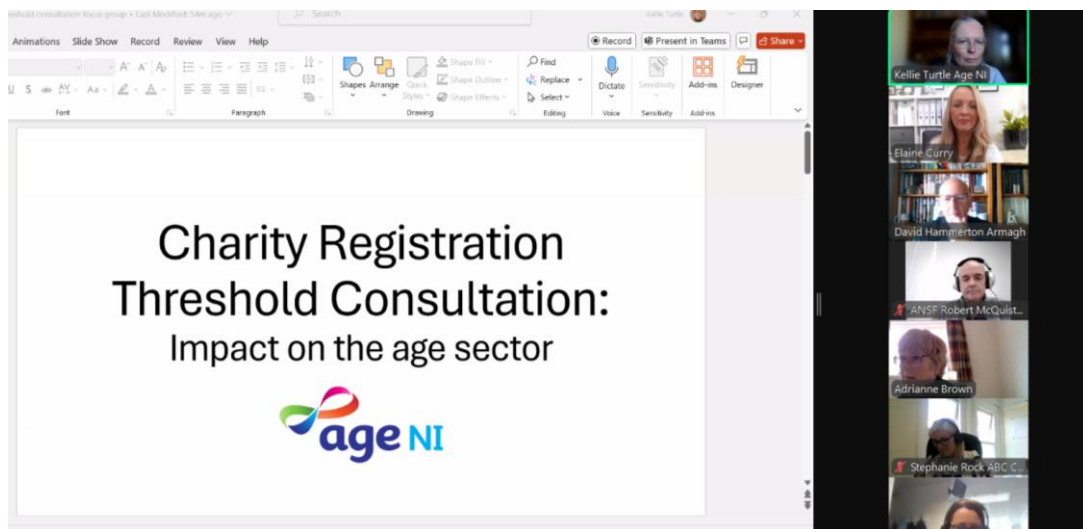
## Public Policy Consultations & Engagement

**The Charity Threshold Consultation** - An important consultation for some Age Sector Networks and groups. The consultation seeks views on the regulatory framework for those charities falling below the £20,000 registration threshold that choose not to register or de-register as charities. Small charities under this income threshold will still be able to remain registered should they wish to remain a registered charity. The consultation also seeks views on the future threshold for reporting easements proposed for small registered charities.

The consultation follows provision made within the Charities Act (Northern Ireland) 2022 that allows the Department for Communities (DfC) to introduce a registration threshold to remove the requirement for low-income charities to register with the Charity Commission for Northern Ireland. This has the potential to reduce the administrative burden for small charities and remove barriers to volunteering.

The consultation is open to everyone to respond and will last for twelve weeks, closing on 11 August 2024. The online consultation questionnaire and more background information can be found at the following link. NICVA has a link a web page on this consultation, including dates of a NICVA online engagement event and information sessions being organised by DfC (these are only information sessions and not engagement events).

Age NI Policy & Engagement Team met with Age Sector representative on 1<sup>st</sup> August to gain views of the Age Sector. Age NI will be submitting evidence to the Department for Communities consultation on introducing a £20,000 threshold for charity registration with the Charity Commission. Our aim is to reflect and amplify the views of smaller organisations in the age sector.



This is an important consultation for many networks and groups in the Age Sector. As this is happening over the summer when some organisations will not be meeting, please spread the word now. Learn more:

[DfC consultation information](#)

**NIHE launch public consultation on draft Community Involvement and Cohesion Strategy 2024 – 2029 Northern Ireland Housing Executive has launched a public consultation on their draft Community Involvement and Cohesion Strategy 2024 – 2029.** The consultation gives our customers, members of the public, partners and stakeholders the opportunity to help shape services delivered by the Housing Executive to build strong, vibrant and inclusive communities. enable us to build on the success of our previous Community Involvement and Cohesion strategies and will enable and engage communities to interact and work together to co-design Housing Executive services and support a more cohesive society. "Community involvement and tenant participation is at the heart of our services and I would encourage everyone to read the draft strategy and complete our online consultation survey at: [www.nihe.gov.uk/working-with-us/partners/consultations](http://www.nihe.gov.uk/working-with-us/partners/consultations)

## Every Story Matters – Covid-19 Inquiry

Every Story Matters is a chance to share your thoughts, feelings and experiences of the pandemic. Every experience shared will feed into the UK Covid-19 Inquiry, and will help the Inquiry understand the impact of Covid-19 and shape future recommendations.

- What is Every Story Matters?
- Why should I share my experience?
- What will happen to the stories I share?
- How do I share my story?
- More questions about Every Story Matters

There are three ways you can share your experiences of the coronavirus pandemic:

1. **Online.** Share your story online by filling out a form on the [Covid-19 Inquiry website](#).
2. **By phone.** You can share your story over the phone by making a free phone call the Age UK Covid-19 Inquiry line on **08000 322 550**. Lines are open Monday to Friday, from 10am to 4pm.
3. **By post.** You can get a paper form either by emailing [contact@covid19.publicinquiry.uk](mailto:contact@covid19.publicinquiry.uk), or by writing to FREEPOST, UK Covid-19 Public Inquiry.

For further information: <https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/coronavirus-guidance/every-story-matters/>

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## Budget 2024-25 EQIAs: Informing NICVA's response

NICVA has organised three online sessions to hear your views on the current Budget 2024-25 Equality Impact Assessments (EQIAs) local government Departments are consulting on. Your feedback will help to inform our consultation response and be crucial in helping us highlight the specific adverse impacts of the proposed budgetary cuts on the sector and those individuals and communities we serve.

[Department of Health - Monday, 5 August at 2pm](#)

[Department for Communities - Tuesday, 6 August at 2pm](#)

[Department for Infrastructure - Wednesday, 7 August at 9.30am](#)

## Department of Health Future Core Grant Scheme - Help Shape the Process

Wednesday, 21 August - 1pm to 3pm | NICVA, 61 Duncairn Gardens, Belfast

This collaborative event, which will focus on developing the engagement process required to improve the Core Grant Scheme run by the Department of Health. This meeting will help us develop a process that will enable dialogue and distillation of ideas needed to inform and shape the new scheme.

[Book here](#)

### Governance

**Charity bank account challenges update** - Some organisations are still having issues with their bank over their bank account. Over the last two years NICVA has continued to raise these issues on behalf of the sector to the banks, regulators and other stakeholders. In response to some organisations having issues with opening a bank account or knowing what is available to the sector, NICVA has produced an updated comparison table of some of the main current accounts available to voluntary organisations in N.Ireland.

<https://www.nicva.org/resource/bank-account-availability-for-voluntary-organisations>

**Governance for new, or nearly new, trustees - Wednesday, 18 September - 4pm to 6pm | Online** - Good governance is essential for an organisation to have direction, plan ahead, be effective and meet legal requirements. This training will develop and improve your governance knowledge to ensure that your organisation is governed and led effectively. [Book here](#)

#### Governance Health Check & Guide

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

[Governance Health Check](#)

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

### Other Useful Information

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

**Find Help NI** is an online directory of community and voluntary services for mental health and wellbeing. [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>

**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>

**Dementia Society Resources:** Innovation Hub

<https://innovationhub.alzheimers.org.uk/>

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

**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 Helpline on 0303 123 9999

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## New free wills service

Did you know Age NI is now offering our supporters a free will writing service through our partner Bequeathed?

Having an updated will is the only way to be sure the people and causes you care about are looked after when you are gone.

To make your free will for good, register with **Bequeathed** and follow their three easy steps.

Bequeathed provides a legally binding service the same as visiting a solicitor face to face.

[Get started here](#)

## 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.

**Move More Live More booklets:** expert advice for a healthy later life, with simple tips and information to help you invest in your health and wellbeing. You can find a link to the PDF of Age NI's Move More Live More manual (along with a selection of our other booklets) via this link. <https://www.ageuk.org.uk/northern-ireland/information-advice/guides-factsheets/>

**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)

**Good Vibrations podcast – watch here:** <https://www.ageuk.org.uk/northern-ireland/information-advice/looking-after-yourself/good-vibrations/>



## 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).

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

[View our website](#)

[Like our Facebook page](#)

[Follow us on Twitter](#)

**If you follow our social media channels please share our posts to spread the word!**

[Learn more](#)

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 Next Edition 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)

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