

Dear Readers

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

Let's Embrace a Season to Move More – Live More



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This booklet has been developed as part of Age NI's Move More Live More programme, funded by Innovate UK, and aimed at supporting healthy ageing.

Move More Live More brings together expert advice for a healthy later life, with simple tips and information to help you to invest in your health and wellbeing.

The ageing process can naturally lead to some slowing down. At Age NI, we know that falls, or even the fear of a fall, can lead

to changes in lifestyle, confidence and even the loss of independence. This booklet offers the tools to help keep you stronger for longer.

By following some of the exercises and activities to look after your mind and body, you could soon notice a difference. This guide is for everybody! Read on to learn how it is never too late to start and how any physical activity has great benefits! If you haven't done any exercise for a while, it can be hard to know where to start, so read our section on Goal Setting and set yourself a personal goal to keep motivated.

The booklet shows simple tried-and-tested strength and balance exercises; some can be done seated and some standing, and no equipment is needed. Whatever your starting point, have a go, and find ways to work them into your day. You will soon notice how they help you feel stronger and have more energy! A full body MOT can start with the checks included here, from your feet to your eyes and ears and there's advice on keeping your brain sharp and minding your mood.

Our guide to eating and drinking will help to nourish and fuel a healthy body, and our experts share important advice around medication. You can also read about the power of breathing, the importance of sleep, and ways to relax. Finally, we know that feeling safe and secure is a priority for our wellbeing. This guide includes tips on home safety, fall-proofing your home, how to avoid scams and staying safe online.

The Five Steps to Wellbeing are a great place to start. You will find them explained overleaf and you'll see them reinforced throughout the booklet. There are also checklists for you to jot down and track your own goals and progress. Read on to learn how you can Move More and Live More

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 Sector Networks

The Annual Celebration of the Age Sector Networks took place at the PWC premises on 8th December 2023 with many of the network members who could attend. During the event, Paschal outlined the key messages from the Lived Experience Survey 2023 and the networks were acknowledged and awarded certificates in recognition of their commitment and collaborative efforts with Age NI and key achievements and developments within the Age Sector.



Agewell & Rainey Endowed School in Magherafelt working with Mid Ulster Agewell Partnership. Please see Video created by Agewell & Rainey Endowed School in Magherafelt showing the importance of local intergenerational work.



<https://www.facebook.com/raineyendowed/posts/pfbid024rxK7mhWPJW3kHxAkvWEw68FKsiLaCkEiidV5ptWhWrE1Crusay67z9CsPnhYS94!>



Age Friendly Network NI

Eight representatives from N. Ireland attended this great Age Friendly conference in London in November with inspiring topics to ensure Northern Ireland is Making Later Lives better! Some highlights are below:

State of Ageing 2023 Report

This publication uses the latest national and census data to paint a detailed picture of ageing in England. The report covers demographics, employment, homes, health and wellbeing, people in society, finances and pensions. It includes an in-depth exploration of the increasing diversity of our older population and the significant disparities between how people from different ethnic backgrounds experience getting older—fifty years of progress against pensioner poverty under threat. A raft of data shows that both the current generations of retirees and the generations heading towards retirement are experiencing significant and growing financial difficulties. Sections of the report include: Work, pensions and finances; Homes, neighbourhoods and communities; Care and support; Health and wellbeing; Ageism.

The cost-of-living crisis and financial worries mean not turning the heat on, not seeing friends/family or seeing friends and family less, fewer showers and baths, less balanced nutritional meals, more rental homes – not able to pay mortgages and renting properties – some that are not fit for purpose or not suitable to live in. Homes have higher prices and are less affordable, and there is an increase in diversity among older people. Family structures have changed with more single-occupied and extended families living aboard. 50-60's struggle to stay in work due to health issues, caring duties and financial insecurity, with many unpaid carers.

Shared Learning for State of the Ageing Reports:

- [Guide: Developing a local 'State of Ageing'](#)
- [The State of Ageing in Leeds: What life is like for people aged 50 and over in Leeds](#)

We are moving from competition to collaboration. Building effective relationships within a local ICS is increasingly essential for many Age-friendly Communities to develop new collaborations and funding opportunities, particularly from a VCSE perspective.
<https://www.kingsfund.org.uk/publications/actions-to-support-partnership>

In 2023, Age Friendly will have a Global Network – 1540 Age Friendly Communities – 50 Countries. Age-Friendly Communities is a growing movement – take pride in your achievements, knowledge and expertise.

The event promoted the Ageism Micro-Grants Launch. Ageism Action Day will be on 20th March 2024, and will happen every year around the same time.

Ards and North Down Borough Council has approved the adoption of the Age-Friendly Employer Pledge as part of the Council's continued commitment to being an age-friendly Borough.



ANDBC signs-up to Age-Friendly Employer Pledge. The Age-Friendly Employer Pledge is a nationwide programme for employers that recognise the importance and value of older workers. They are committed to improving work for people aged over 50 and are prepared to take action to help them flourish in a multigenerational workforce.

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The Mayor of Ards and North Down, Councillor Jennifer Gilmour, said: “The adoption of the Age-Friendly Employer Pledge is both a statement and recognition of the Council’s commitment to people of all ages that our Borough should be ‘A Great Place to Live and Grow Older’. Our ageing population brings opportunities and challenges so it is essential that all organisations, especially those that make decisions on behalf of the public, ensure that environments are created to allow people to flourish as they age. We all want to live healthy, active and engaged lives.

“We hope the Council’s adoption of the pledge will set an example to other businesses in the Borough, and Officers will be encouraging other employers to consider signing the pledge as one of the proposed actions in the Age-Friendly Strategy and Action Plan.”

Jeff Scroggie, Health and Social Wellbeing Improvement Manager at the Public Health Agency (PHA), said: “Supporting the development of age-friendly communities is a key priority for the PHA and we are delighted to see Ards and North Down Borough Council introduce the Age-Friendly Employer pledge. By taking this pledge, the Council is showing continued commitment to improving the working environment for people aged over 50. We would encourage other employers to consider signing the pledge as an important first step to promote physical and social environments that support healthy and active ageing, and a good quality of life for older people. This will go a long way in supporting the long-term goal of making Northern Ireland age-friendly.”

John Kiernan, Employer Engagement and Network Manager at the Centre for Ageing Better, said:

“We are delighted that Ards and North Down Borough Council has taken the important step of signing the Age-Friendly Employer Pledge. It has never been more important for employers of all sizes to be age-friendly and show that they recognise the importance of older workers. Having more local authorities sign the pledge is really great. Not only are local authorities often one of the biggest employers in any locality, but we know that the good practice they demonstrate can also be an inspiration and influence for other local employers to follow.”

For more information on how to become an age-friendly employer, visit [Centre for Ageing Better](#)

Fuel Poverty – Energy Efficiency Guide



61% of households in NI are worried about paying for their energy now and going into the winter.

Age NI's Energy Efficiency Guide, developed with **Power NI** and **National Energy Action**

NI is aimed at older people to help them with money and energy saving tips as the weather gets colder.

The guide can be downloaded from our website and is also available as a hard copy. Age Sector Networks will receive copies of these over the next few weeks.

[Energy Efficiency Guide](#)



REGIONAL REVIEW OF NEUROLOGY SERVICES IN NORTHERN IRELAND ENGAGEMENT OPPORTUNITY

Are you, or someone you care for, a current patient of Neurology Services in Northern Ireland? If yes, we'd like to hear from you.

Why? The Department of Health are currently reviewing Regional Neurology Services and are now in a position to invite feedback on the broad range of draft recommendations.

To find out more:
Scan the QR code or
visit www.pcc-ni.net

Closing date: 5pm 9 February 2024

SCAN
ME



Shop, Cook and Save – New videos show how you can eat well on a budget



The Public Health Dietitians Group (PHDG) has launched a new video series on its YouTube channel 'Public Health Dietitians' showing how you can eat well on a budget.

With the current cost of living crisis putting pressure on many households in Northern Ireland, the 'Shop, Cook and Save' series aims to show how you can make healthier choices and save money by batch cooking, saving on your weekly shop, easy cooking for one, and storing and reheating food safely.

Food is an expensive bill for most people, now more than ever before. We know many people may turn to takeaways and ready meals in an attempt to save money, however that is not usually the best option and there are lots of ways you can make healthier choices without any added expense such as batch cooking your meals or storing and reusing leftovers.

Whether you are cooking for a big family or cooking for yourself, this series offers useful tips to make the most out of your meals and save money. You can also access free healthy recipe videos and nutrition webinars on the channel if you're looking for some more inspiration to make healthy, tasty meals that are perfect for the whole family to enjoy.

The new series is available now on the 'Public Health Dietitians' YouTube channel which is free and available to access at any time. Subscribe on YouTube at:

www.pha.site/public-health-dietitians-youtube



Funding Updates

NATIONAL LOTTERY AWARDS FOR ALL



Change to National Lottery Awards for All

The National Lottery Community Fund has announced some important changes to their ever popular small grants programme, National Lottery Awards for All.

This funding programme supports a wide range of activity. Projects have brought people together in communities to strengthen relationships, has improved places and spaces that matter to people and helped people to reach their full potential in communities across the UK. Funding has also been flexible enough to support communities through the toughest of times.

Eligible groups can 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. In these challenging times, this change will allow groups greater flexibility by offering funding over a longer period of time. You can find out more by [watching this short film](#).

It is important that organisations considering applying, start by chatting to their community to develop and shape a project idea to meet the needs of the local people. As only one grant can be held at a time, groups should think carefully about what they want to do and to only apply for the amount of funding they need in order to have the greatest impact. Groups should then [read the programme guidance carefully to ensure National Lottery Awards for All](#) is the right programme for them.

Organisations who currently receive funding through National Lottery Awards for All will need to wait until their grant comes to an end before they can reapply. **Only one award can be held at any one time and it is important to note that the maximum amount of funding a group can hold is £20,000 in any 12-month period, so bear this in mind when developing your idea.**

The team at The National Lottery Community Fund are happy to chat to groups about their project ideas so you can get in touch by emailing enquiries.ni@tnlcommunityfund.org.uk or calling 028 9055 1455.

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

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 a minimum of £400. For more information and to apply for this programme please contact local Asda Community Champion, Sharon McBratney [here](#).

Boots Charitable Trust Extends Grants Programme

Boots Charitable Trust is an independent registered charity wholly funded by Boots UK Limited. The Trust recently expanded its grants programme from its home base of Nottinghamshire to across the UK. Registered charities working in the areas of health, lifelong learning, community development and social care can apply four times a year for grants of between £100 and £10,000.

Grants of up to £5,000 are available for smaller voluntary organisations whose income and expenditure is less than £5,000 per year and who are not yet required to register with the Charity Commission. To be eligible, projects must meet at least one of Trust's four funding priorities:

- Health: Community healthcare, such as homecare or support for sufferers of medical conditions, and health education and prevention
- Lifelong learning: Local literacy and numeracy projects
- Community development: For example, supporting councils in providing voluntary services
- Social care: Personal, social or community activities or schemes.

Additionally, a particular focus within each of these priorities is how the projects demonstrate a commitment to improving diversity, equality and inclusion within the community. There is particular interest in projects with the capacity to deliver significant impact and which reach the greatest number of people. The funding can be used for most expenditure items, including salary and running costs. Large building or construction projects will not be funded, although minor structural improvements and refurbishments would be considered. There are four application windows per year and applications will only be accepted during the quarterly windows. Applications will next be accepted from 1 to 28 February 2024.

For more information and to apply please visit Boots UK - Boots Charitable Trust (boots-uk.com)

Cosaraf: Hardship Grants Grants of up to £2,000 are available to charities, housing associations, schools, and social services providing support for individuals and families; in exceptional circumstances individual grants may exceed £500. Zakat funding is also available for eligible applicants.

Community Foundation NI Number of funds open for applications:

<https://communityfoundationni.org/achieving-impact/available-grants/>

<http://www.communityfoundationni.org/apply>

Halifax Foundation—Community Grants Programme.

Better Together - Halifax Foundation for Northern Ireland launches new Strategy and funding programmes. After listening to their applicants and grant holders, the Halifax Foundation for Northern Ireland are delighted to launch Better Together - their Strategy for 2024-2028. As part of their new Strategy, 'Better Together', 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 This is our main programme which will be a rolling programme, open to registered charities only which have 1 years full accounts published on the Charity Commission website. Maximum grant available £10,000. The charity income in the last 12 months needs to be less than £500,000 (this is a change to our last programme as it was open to those with an income of less

than £1m) the charity must support those in greatest need and we can support running costs, salaries, materials, training, transport, activity costs and volunteer costs. Open now!

Ignite This is a seeding grant for new charities, this does not mean newly registered on the Charity Commission website this means set up within the last 2 years -we will check the constitution date for this information. Groups must be on the Charity Commission website. The maximum grant available is £2,000. There is a set budget for this programme and once this has been allocated we will not be able to issue any further grants. There is an option for mentoring or training support with this grant. Open now!

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. This programme has a set budget and once this is allocated we will not be able to issue any further funding. Applicants must have a pre-application meeting with the Grants Team before applying online. This is for one year funding only. This programme is open for applications now. Max grant £20k.

Empower This programme is not currently open for applications however this will open for funding on 3rd June 24 closing on 28th June 24. Awards will be made in August with a starting date of September. This is for infrastructure charities supporting community groups to receive 1-2 year funding , maximum grant is £20k. The organisation needs to be a registered charity and must be strategic/ transformational in nature. Projects must not duplicate activities supported by or the responsibility of government departments. A pre-application meeting must take place before applying.

40 Invest This programme is not open for applications. It's our 40th Anniversary in 2025, to celebrate we will be providing 2 year grants of £40,000 (£20k per year) 10% of this can be allocated as a contingency fund for unexpected expenditure. This programme opens for applications on Monday 2nd September and closes on Monday 30th September 2024. Awards will be made in December, with a start date of January 2025. An additional £5,000 we will held for each grantee to support capacity building initiatives. Income must be less than £250k.

King Charles III Charitable Fund: Small Grants

The King Charles III Charitable Fund is set to launch its Small Grants Programme in 2024, continuing the legacy of former initiatives like the Prince's Countryside Fund. This new programme focuses on supporting projects that contribute to the environment, countryside, social inclusion, health and wellbeing, education, heritage and conservation. The Fund awards small grants of up to £5,000 per year to approximately 100 community based organisations each year. Applications will next open 5th to 22nd February 2024.

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/>

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. They fund established organisations with a track record of delivering services directly to beneficiaries - organisations that are embedded within their communities and are addressing local needs with grants of £20k – £70k per year for 3 years.

Organisation size is £20k – £500k per annum with focus of work in Northern within the 15% most deprived areas Grants available from £20k to £60k per year for 1–3-year projects. No deadlines.

Laughology: THE HAPPINESS FUND opens Funding grassroots, neighbourhood-based community projects throughout the UK with a grant of £5,000 twice a year to charities or CICs, the Happiness Fund enables and supports projects which improve mental health and wellbeing, inclusion, learning and skills development in local communities. Ultimately it creates happier people and neighbourhoods - think Holly Willoughby meets Sponge Bob Square Pants. Fund opens 29 February 2024.

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.



The Arts Council's National Lottery Small Grants Programme is now open and accepting applications on a 'rolling' basis from groups and organisations. The aim of the programme is to assist organisations to deliver arts projects which contribute to the growth of arts in the community for new and existing audiences and which reflect the diversity of Northern Ireland's society and culture. We want to support activities which benefit the people of Northern Ireland or that help arts organisations in Northern Ireland carry out their work.

Awards of between £500 and £5,000 are available.

Info: <https://artscouncil-ni.org/funding-for-organisations/small-grants>

National Lottery Community Fund - Sustainable Community Buildings Programme

Grants are available for voluntary and community organisations in Northern Ireland to support them in making their buildings more energy efficient, helping to save money on bills.

[Sustainable Community Buildings | The National Lottery Community Fund](https://sustainablecommunitybuildings.org.uk)
(tnlcommunityfund.org.uk)

For more information contact NIVCA: [view future events : www.grant-tracker.org](https://www.grant-tracker.org)

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 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 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 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

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](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](#).

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

Age NI Good Vibrations men's health programme was launched in January. Learn more on our website, download our men's health guide, and listen to our new men's health podcast:

<https://www.ageuk.org.uk/northern-ireland/information-advice/looking-after-yourself/good-vibrations/>



LGNI Network Meeting Dates released!
Register to attend YOUR area!
LGNI news, training opportunities, All Ages April Funding, Global Intergenerational Week & local stories!
www.linkinggenerationsni.com



Are you interested in developing connections between generations in the community you live, work or go to school? Linking Generations NI's network meetings are a great place to start and aim to connect people interested in intergenerational work, provide inspiration and support.

Sign up to attend your local meeting now and find out all the latest intergenerational news, local stories and opportunities including our LGNI's exciting small grants All Ages April small grants scheme launching 1st February!

To find out more and register please visit

[LGNI Network Meetings Register Now! – Linking Generations NI](#)

You can also sign up to LGNI's network mailing list via

[Sign Up – Linking Generations NI](#)

Other Information

Consumer Council: www.consumercouncil.org.uk/onlinetools

Census Updates: census@nisra.gov.uk

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

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

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 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

[Governance Health Check](#)

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

Dementia Society Resources: Innovation Hub <https://innovationhub.alzheimers.org.uk/>

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

Email: info@deafblind.org.uk Text relay: 18001 then 0800 132320

Facetime: helpline.dbuk@deafblind.org.uk (Not BSL) BSL video relay:

www.deafblind.org.uk/bsl Free counselling Helpline on 0303 123 9999



Do you have a concern or issue about health or social care?

Health and Social Care services can be complex. If you, a family member or someone you care for has a concern or issue, we can support you, so your voice is heard.

**Contact us on Freephone 0800 917 0222 Monday to Friday 9am - 4pm
(Excluding Bank Holidays)**

The Patient and Client Council independently represents the interests of the Public in Health and Social Care.

Our vision is for a Health and Social Care Service actively shaped by the needs and experiences of patients, clients, carers and communities.

To find out more and to sign up to our Membership Scheme which keeps you up-to-date with our work:

Phone: 0800 917 0222

Email: info@pcc-ni.net

Post: Freepost, Patient and Client Council

Website: www.pcc-ni.net

Follow the PCC on Social Media: [X @PatientClient](#) [f @PatientAndClientCouncil](#)



Wednesday 7 February 2024, 2–4pm
Bangor Carnegie Library

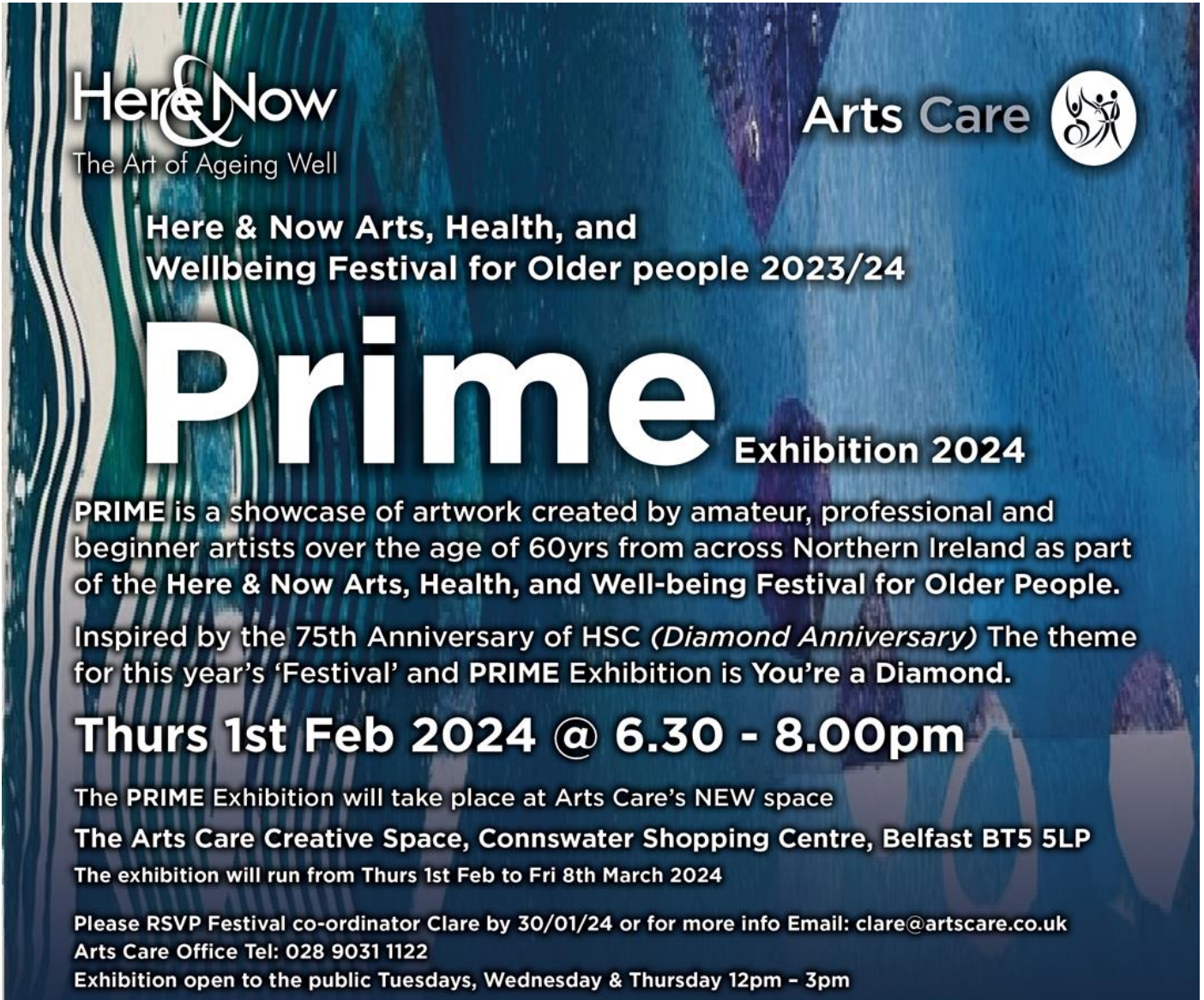
Learn how to use the internet safely and hear what digital support is available from Libraries NI and Go ON NI.

Registration is required


To register please email: agefriendly@ardsandnorthdown.gov.uk or telephone 07741 103277 by Thursday 1 February.



Arts Care is delighted to invite you to – the **PRIME** Exhibition Launch- Part of the Here and Now Festival 2023/24 - **Thurs 1st February 6.30pm – 8.00pm**



Here & Now
The Art of Ageing Well

Arts Care 

Here & Now Arts, Health, and Wellbeing Festival for Older people 2023/24

Prime

Exhibition 2024

PRIME is a showcase of artwork created by amateur, professional and beginner artists over the age of 60yrs from across Northern Ireland as part of the **Here & Now Arts, Health, and Well-being Festival for Older People**.

Inspired by the 75th Anniversary of HSC (*Diamond Anniversary*) The theme for this year's 'Festival' and **PRIME** Exhibition is **You're a Diamond**.

Thurs 1st Feb 2024 @ 6.30 - 8.00pm

The **PRIME** Exhibition will take place at Arts Care's **NEW** space
The Arts Care Creative Space, Connswater Shopping Centre, Belfast BT5 5LP
The exhibition will run from **Thurs 1st Feb to Fri 8th March 2024**

Please **RSVP** Festival co-ordinator Clare by **30/01/24** or for more info Email: clare@artscare.co.uk
Arts Care Office Tel: 028 9031 1122
Exhibition open to the public **Tuesdays, Wednesday & Thursday 12pm - 3pm**



PRIME is a showcase of artwork created by amateur, professional and beginner artists over the age of 60 from all over Northern Ireland as part of the **Here & Now Arts, Health, and Well-being Festival for Older People**. This is the 13th year of the Arts Care 'Here and Now' Arts Festival for Older people.

Launch - Thursday 1st February 2024 @ 6.30 - 8.00pm - Refreshments provided.

The Exhibition will run from - Thurs 1st February to Fri 8th March 2024. **Gallery opening for public viewing** - Tuesdays, Wednesday & Thursday 12pm – 3pm - The Arts Care Creative Space, Connswater

Arts Care Office Tel: 028 9031 1122 Email: clare@artscare.co.uk



FREE MEN'S HEALTH EVENT

Family members welcome! No need to book!

- Information stands with health advice and community organisations
- Free blood pressure checks
- Blood Tests (available to Donaghadee male patients as appropriate)
- GP Dr Gareth Hiscocks available for general health queries
- Free Haircuts for men on the day (first-come-first-served)
- Complimentary tea, coffee and refreshments

 Shore Street Presbyterian Church,
1 Warren Road Donaghadee, BT21 0DS

 Wednesday 21st February

 11.30am- 1:30pm

For more information contact:

sonia.weatherup@setrust.hscni.net



Beyond Breaking Point' exposes devastating impact of poverty in Northern Ireland

The Society of St Vincent de Paul (SVP) has launched a groundbreaking report, Beyond Breaking Point: Sharing the perspective of SVP Members on the cost of living crisis, at Stormont, shedding light on the harsh realities of poverty in Northern Ireland and calling on MLAs to get back to work to meet the growing needs of the people here.

Strategic Framework to Prevent the Harm caused by Obesity, and Improve Diets and Levels of Physical Activity

Department of Health - Strategic Framework to Prevent the Harm caused by Obesity, and Improve Diets and Levels of Physical Activity | Department of Health (health-ni.gov.uk)

Closing Date; 16th February 2024

Covid Inquiry in Northern Ireland - Every Story Counts: 5 & 6 February.

<https://covid19.public-inquiry.uk/every-story-matters-events/>

- Monday 5 February: Derry/Londonderry - Millennium Forum Theatre and Conference Centre, 3 Newmarket St, Londonderry, BT48 6EB 10am-4pm
- Tuesday 6 February: Enniskillen - Fermanagh House, Broadmeadow PI, Enniskillen, BT74 7HR 10am-3pm

There is no requirement to register for these event. The events will be an opportunity to drop in to speak to Inquiry staff about Every Story Matters, receive assistance in completing the online form, collect a paper form and printed information about Every Story Matters.

There will also be listening hubs, which are spaces where you will be able to learn about Every Story Matters and Pods, which are quiet spaces where you will be able to complete the form with or without assistance. There will also be interactive themed discussion boards where you will have the opportunity to share your experiences on a specific element of the pandemic and at the same time see what other people have shared.

30 April – 16 May 2024 <https://covid19.public-inquiry.uk/news/update-uk-covid-19-inquiry-to-hear-evidence-in-scotland-wales-and-northern-ireland-in-early-2024/>

Information on applying for a place in the public gallery will be released close to the date of the hearings. General email: akaash.dheer@covid19.public-inquiry.uk

Integrated Partnership Boards – Service Users and Carer’s

Please see link below to the Expression of Interest for the Service User and Carer appointments to the five Area Integrated Partnership Boards (AIPBs) for the roll out of the Integrated Care System across Northern Ireland.

[ICS NI - Area Integrated Partnership Boards Service User and Carer Expression of Interest - NI Direct - Citizen Space](#)

NB – Closing date **Wednesday 14th February at 3.00pm**

Any queries should be directed to this email address aipb@hscni.net

For more information <https://www.nicva.org/article/nicva-working-with-department-of-health-on-area-integrated-partnership-boards>

Further Age NI Engagement / Opportunities

Get on the Signpost Express Mailing list: email Michele Michele.young@ageni.org. If your contact details change, please help us keep your information up to date by calling 028 9024 5729.

Age NI Advice and Advocacy Service: Free independent and confidential support for older people, their families and carers. **Call Freephone 0808 808 7575**

Age NI Personal Alarms 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

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.

[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 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.

[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 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