

Dear Readers

Welcome to the latest issue of Signpost full of updated Age Sector news for July 2022. Get the latest updates on information, training, events, publications, consultations and activities during July.

Age Sector Networks

Catapult Homes for Healthy Ageing Showcase



Many of the Age Sector Networks attended the Catapult Homes for Healthy Ageing Showcase at the Europa Hotel learning about the latest technological innovations to support healthy ageing.

Over 80 people came to the event, with at least 75% of these coming from the Age NI invitation, with people from our Consultative Forum, Age Sector Colleagues from MEEAP (Mid & East Antrim Agewell Partnership), Newtownabbey Seniors, Engage with Age, MUSN (Mid Ulster Seniors Network), and some new faces from Good Vibrations community.



Mid Ulster Seniors Network Strategic Partnership meeting



Mid Ulster Seniors Network Strategic Partnership welcomed everyone to their first face to face meeting in over 2 years in June. Elaine Curry Age NI Engagement Manager met with 20 different partners delivering valuable services for older people across the Mid Ulster area. As Mid Ulster is developing their new Age Friendly strategic plan the partners discussed the main issues older people are facing, with the key topics being the cost-of-living crisis, loneliness and pay rates for carers. It was noted that care packages are not available for people leaving hospital, and concerns were voiced over the logistics of care at home. Further problems discussed included the financial struggles for older people to socialise, day centre days being reduced (in some cases from 5 days a week to just 1), and access to centres for older people with dementia, following changes in COVID restrictions. All issues raised will go to inform the new Mid Ulster Age Friendly plan.



The PSNI Chief Constable Simon Byrne stakeholder engagement event.



The PSNI Chief Constable Simon Byrne invited older people to meet him at one of a number of stakeholder engagement sessions in June.

Joining the Chief Constable were members of Age NI's Consultative Forum (Graham, Anne and Emily), representatives from MEAAP (Jean and Eve), Eddie Lynch, Commissioner for Older People and Eithne from Age NI.



Key issues discussed were scams and community policing as well as current and future challenges facing older people in the context of policing.

Age NI reflected opportunities for more, local engagement via age sector networks and the All Party Group on Ageing and Older People so watch this space!

SING (Senior Information Network Group)



SING (Senior Information Network Group) met up for the first time face to face and it was lovely to see the Lisburn and Castlereagh group leaders together sharing information, best practice, planning Positive Ageing Month and welcoming 3 new members. Age NI, SEHSCT and Lisburn and Castlereagh Council are all lead partners supporting this Age Sector Network growth and thrive, promoting voice and good governance. (Age NI Engagement Manager) was distributing Age NI calendars, Key safes and Personal Alarms leaflets.



Get in Touch with Age Sector Networks in your area:

<https://www.ageuk.org.uk/northern-ireland/get-involved/age-sector/age-sector->



The last Age Friendly Network meeting held on 7th June. The following topics were covered: Information Exchange by all Council Age Friendly Officers and Age Friendly Network NI members; Refresh of AFNNI membership, PHA updates, DfC Active Ageing Strategy, Positive Ageing Month (PAM) and public health messages for the winter months; Benefits and impacts of public/awareness campaigns; Age Friendly “proofing” and standards are key shared objectives for AFNNI members; social participation big focus of 2022. The meeting ended with Around the Meadow walk.



The Next Meeting Date: 6th September 2022
Venue TBC, 6th December 2022 Venue for members only.



Carers' Week 2022



For Carers' Week, we took time to recognise and appreciate all of the incredible older carers in Northern Ireland who are supporting and looking after their friends, family and loved ones. They're hidden heroes. Northern Ireland's health and social care system would collapse without our unpaid carers, so we need to do everything we can to give them the support and respite they need. We have joined a public call for the full reopening of day centres, short breaks and respite support in every Health and Social Care Trust in Northern Ireland. These services still haven't returned to pre-COVID levels & some carers haven't had a break in over 2 years. It's an unsustainable situation. Read the full statement with the button below.

[Read the full statement here](#)

If you're an older carer yourself, or you know someone who is, there is support for you:

[Learn More](#)

Age should not be a barrier



We were made aware of a fantastic story this week from Sport NI, about their Chair George Lucas and his participation in a tennis tournament in America at 75 years young!

George is leading by example, and in his own words "Age should not be a barrier". This is a real example of the power of sport for all ages, and highlights the importance of regular physical activity for the mind and body. You can read the full story with the button below:

[Read the full story](#)

Volunteers' Week 2022



For Volunteers' Week last month, we celebrated volunteers right across Age NI on our social media, website and in the local press. Our volunteers know that by sparing just a few hours a week, they can make a real impact! Volunteers provide essential support to our charity, massively extending our capabilities, and making a real difference to the lives of older people in Northern Ireland. You can click the button below to learn more about some of our incredible volunteers. Huge thanks to each and every one of them.

[Learn More](#)

Guest Blog: Putting Volunteering at the Heart of Business



The Responsible
Business Network
Northern Ireland

Lauren Cunningham, Community Engagement Manager at Business in the Community, discusses the role of businesses supporting the voluntary and community sector.

<https://www.nicva.org/article/guest-blog-putting-volunteering-at-the-heart-of-business>

ABC Seniors Network Volunteer Celebrations



The ABC Seniors Network held a great Volunteer Celebration event on 1st June as part of the Queen's Jubilee. A big thanks and congratulations to all our Age NI and Age Sector volunteers who keep going all year round and right across Northern Ireland, and without whom we couldn't do such important work together.



Learning, Workshops and Training

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>

Have your say on digital inclusion

Community, voluntary and social enterprise sector colleagues, the Community Foundation NI, in partnership with Comic Relief, are conducting research on Digital Needs and Digital Inclusion across the sector. Watch this one minute video and see how you can benefit and how you could contribute.

[Watch the video](#)

Take the survey on the [BYTES website](#)

More Money in Your Pocket Guide 2022/23



The updated **More Money in Your Pocket Guide for 2022/23** has now been added to our website.

This great resource is full to the brim with information on benefits, explaining whether or not people will be eligible to claim and how to go about doing this. If you know someone who might find this information useful, or would be curious yourself to know what is available, be sure to give this advice guide a read by clicking below!



More money in your pocket

How to claim the right
benefits in later life



[Read Now](#)

Shared Lives – New Programme & Job Opportunity



Shared Lives NI



We are pleased to share the brilliant news that we have been appointed to deliver a new service for older people. It is called Shared Lives and will support older people right across Northern Ireland.

Shared Lives is an alternative to traditional models of care and provides a safe, welcoming, family environment through matched Host Carers, who will share their lives, hobbies and community with an older person in need of support.

Shared Lives is a successful model which already exists as a service, primarily for children and adults with learning disability, however, the new Age NI Shared Lives service will be a first in Northern Ireland for older people aged over 65.

Exciting New Job Opportunity - spread the word! The service is pending registration and we are now recruiting the Registered Manager for Shared Lives. We'll be looking for an experienced social worker to lead and develop this exciting new service. The job is now open until Friday 15 July 2022 at 12 noon.

We would really appreciate if you can share the information in the attached flier with your networks, friends and family or refer people to www.ageNI.org/sharedlives for more information.

Funding Updates

NICVA Funding information Page

<https://www.nicva.org/covid19/funding-and-fundraising-covid19>

Northern Ireland's leading funding toolkit.

www.grant-tracker.org

Community Foundation NI

Number of funds open for applications:

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

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

The Carers' Support Fund

The Community Foundation NI, on behalf of the Department of Health, is delighted to open for application a Carers' Support Fund. It will provide support for organisations working for and with carers. Grant values of between £2,000 and £75,000 Click [here](#) for more information.

Community Foundation for Northern Ireland: Micro Community Fund

The Foundation is making changes to the application process and will be hosting an online Information Workshop into the new application process to be held **4 July at 7pm**. Click link to find out more and register

<https://www.eventbrite.co.uk/e/micro-community-investment-fund-information-session-tickets-366828141847>

ASDA: Empowering Local Communities Grant
Empowering Local Communities is an Asda Foundation grant for local groups aimed at supporting a broad range of activities which contribute towards transforming communities and improving lives. Grants for rising cost of living; groups supporting refugees arriving to the UK are also welcome to apply under this grant. The application window is 30 May – 19 August.

<https://www.asdafoundation.org/how-to-apply>



Northern Ireland's leading convenience brand Centra has launched a region-wide Community Fund to the value of £5,000 as part of its latest marketing campaign. Community groups are encouraged to apply for Centra's 'Choices' fund, with five individual pots of £1,000 available. Applications are open from now and will remain open until **12th August 2022** click [here](#)



The Sir Jules Thorn Charitable Trust: Ann Rylands Small Donations Programme makes grants to support charities' core costs or to support a specific project. The maximum award amount was increased to £2,500. The programme prioritises applications from charities which offer practical support for:

- Older people
- People with disabilities or living with serious illness, or
- People facing challenges with mental health, social exclusion, homelessness or other difficulties in their lives.

More information on the application can be found on this [link](#).

Other Information



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

Census 2021: First results published
census@nisra.gov.uk

MoneyHelper has created some new tools that I would like to share with you ie

Managing your money in uncertain times -
<https://www.moneyhelper.org.uk/en/money-troubles/way-forward>

Hourglass Helpline: 0808 808 8141

MoneyHelper.org.uk 08000113797

**Post Office card accounts closure
November 2022 - GOV.UK**

0800 085 7133 (Textphone 0800 085 7146) or
345 3344 (or 0345 722 3355 for Typetalk).

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

**Online Access Guides for disability groups
and organisations** www.AccessAble.co.uk

Covid-19 Helplines:

<https://covidwellbeingni.info/helplines.html>

BEAM Creative Network Scams Film:
<https://vimeo.com/699606663/6f815e57a7>

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

Governance Health Check launched



The revised Governance Health Check has been launched by the Developing Governance Group at a special online seminar. If you missed the seminar on 9 June, [you can watch a recording](#) (on Vimeo) and [download the Health Check](#).

The Governance Health Check is a self assessment questionnaire which has been devised as a practical resource to assist board / committee members and those that work with voluntary-led boards to work towards adhering to the principles of the Code of Good Governance.

It is a best practice tool which can also help organisations of any size to demonstrate their good governance practices to their stakeholders, beneficiaries and funders alike.

[Read the full article](#)

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.

Mother and Baby Home ML investigation

[MotherBabyHomes.Magdalenelaundries@psni.i.police.uk](mailto:MotherBabyHomes.Magdalenelaundries@psni.police.uk)

Direct line 0 44 28 9090 1728

Mother and Baby Institutions, Work Houses and Magdalene Laundries Investigation Team

Email: MotherBabyHomes.Magdalenelaundries@psni.police.uk
Direct line: (Mon-Fri 9am-5pm): 028 9090 1728

psni.police.uk 
Report online. Call 101. In an emergency call 999

we care
we listen
we act



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](https://www.deafblind.org.uk/helpline.dbuk@deafblind.org.uk)
(Not BSL)

BSL video relay: www.deafblind.org.uk/bsl

Age NI New Personal Alarm



We have introduced a new personal alarm product available, the Mobile Alarm. This neat new addition to our range is like a simplified mini mobile phone, functioning as a 24-hour falls alarm, it can make and receive calls from a small number of selected emergency contacts.

It gives you the confidence to stay active and connected to help, both at home and out-and-about. Our Personal Alarms are provided by our carefully selected partner, Taking Care (PPP Taking Care Limited) and available from Age Co.

Mobile Alarm benefits & Features:

- Button and impact detector - get help if you fall
- Speak to emergency contacts via the Mobile device
- GPS allows location tracking
- 24-hour monitoring
- Uses mobile technology so get help from anywhere in the UK

To see the full range of Age NI personal alarms or to find out how to order online, click the link below:

[Age NI Personal Alarms](#)

Regional Health Messages

Keep Hydrated

As the warmer weather approaches, don't forget to stay hydrated and aim to drink 6-8 glasses of water a day as dehydration can make it difficult to concentrate and can cause headaches and fatigue. So, stop now before you read any further and have a glass of water.

Public Health Dietitians Group NI

Healthy eating webinars -

<https://vimeo.com/showcase/8198914>

Dysphagia awareness animation

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

Health Alliance NI

Just a reminder to visit the [Health Alliance website](#) for up to date health and well-being information, funding opportunities, events/activities and to avail of programmes & training in the Northern Area or why not become a member today for free and receive a regular e-zine

<http://HealthAllianceNI.com/Membership-Registration/>



Public Policy Consultations & Engagement

The Reform of Adult Social Care Public Consultation closed July 2022.

Details on Age NI response can be found on our website.

Rent control - tenant survey

Research is currently being conducted on behalf of the Department for Communities (DfC) on the regulation of rent in the private rented sector in Northern Ireland (NI). This work involves reviewing and analysing existing evidence on rent regulation/control, as well as researching rent levels and affordability, and the implications of rent freeze/cuts for tenants privately renting in NI.

To ensure this review is reflective of the experiences of tenants who live in the private rented sector, we would be grateful if any of your client groups who currently live in the private rented sector could complete the following survey to ensure a broad range of stakeholder views are included in our finalised report: <https://cih.research.net/r/JGS3MQ5>

This survey will take no more than 10-15 minutes to complete and will assist us in providing robust findings to help inform any decision that DfC may take moving forward in relation to rent regulation within the PRS.

NICVA Wired Up Survey



Community, voluntary and social enterprise sector colleagues, the Community Foundation NI, in partnership with Comic Relief, are conducting research on Digital Needs and Digital Inclusion across the sector. Watch this one minute video and see how you can benefit and how you could contribute.

[Watch the video](#)

Take the survey on the [BYTES website](#)

Protein & Muscle Study
The Nutrition Innovation Centre for Food and Health (NICHE) is conducting a study to investigate the benefits of a fish protein on health

We are looking for men and women aged 50-70y who are willing to consume a protein supplement or control

Cholesterol & vitamin D will be measured in your blood samples

Who can volunteer?

- ✓ Healthy adults, aged 50-70y
- ✓ Not taking protein supplements
- ✓ Willing to attend 2 appointments at UU, Coleraine
- ✓ Willing to consume protein/control supplements alongside resistance training for 8 wks

Physical measurements (including a DXA bone scan) will be taken

**Additional exclusion criteria will apply*

If you are interested in taking part in the study or would like more information, please contact:
Ms. Lisa Rowan / Dr. Mary Slevin
NICHE, Ulster University, Coleraine
Telephone: 028 701 23530 / 701 23041
Email: Rowan-L@ulster.ac.uk / mm.slevin@ulster.ac.uk

Approval obtained from East Midlands Research Ethics Committee (21/EM/0140; v5 01/03/2022)

Can Technologies for Help Manage Anxiety – Questionnaire

IMAGINE Study - Questionnaire

Many people experience anxiety these days, for all kinds of reasons. Increasingly, people are turning to technology to ease these feelings or help them cope. The IMAGINE project wants to know more about peoples' views and /or experiences of using technologies for managing anxiety. We would very much like to hear from people who use or might benefit from using these technologies through our questionnaire. The IMAGINE study is being conducted by researchers at Ulster University along with its partners in France, Germany, Belgium, the Netherlands, and Scotland. This international study will allow a comparison of the development and use of these new technologies across different countries in North-West Europe.

This questionnaire is for:

- People experiencing general anxiety (self-declared and currently not receiving NHS treatment)
- Non-professional carers of a person experiencing anxiety.
- Health professionals working in the voluntary or private sectors with people experiencing anxiety

To participate please click the below link to read our participant information sheet (PIS) and complete your consent. When you submit this **Google Form**, you will see another link to the IMAGINE Study questionnaire.

To take part, click the below link to our PIS, consent and then IMAGINE study questionnaire

<https://forms.gle/5j8w1sTQMvY7PjTX9>



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: View opportunities: <https://www.ageuk.org.uk/northern-ireland/about-us/work-for-us/>

Age at Work project: Mid Career Reviews aim to support individuals seeking a refresh of their current role, skills and prospects.

Age NI Volunteering: Age NI are looking for volunteers. For information or to register, contact Val.Gamble@ageni.org or 02890 245 729.

Summer Appeal 2022 - Could you help us support more older carers?

In a recent report 70% of older carers said they felt exhausted and worn out as a result of caring, and 65% said they felt lonely and cut off from people. Could you help us provide emotional support to older carers who desperately need a break from their caring role and a chance to start being themselves again?



Ralph has been caring for his wife, who is living with dementia, for the past eight years. He told us: "After five years of being the sole carer for my wife my old body just couldn't take anymore. I ended up utterly helpless and I lost all sense of my place in the world."

Ralph was able to get help from one of our Wellbeing Officers, Sam Cunningham, who provided one-to-one emotional support for Ralph. Having the opportunity to share his feelings made a big difference to Ralph and gave him the confidence to start attending one of our wellbeing groups. Joining the group gave Ralph a sense of purpose, an opportunity to engage in fun activities and most importantly the chance to make new friends.

A donation today could help us be there for more people like Ralph! "Donate Now" Button <https://www.ageni.org/Appeal/summerappeal2>

"Read Ralphs story" button (optional) – <https://www.ageni.org/news/ralphs-story>

“Listen to Ralph talk about the support he has received” button (optional) -

<https://www.youtube.com/watch?v=WVmXIT8AZeM>

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 and 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

[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 XT14600. 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