

Dear Readers

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

### Final Push of the #Act4Age Manifesto

This week, we have been promoting the fourth and final key theme of our Act4Age Manifesto: Communities, Connections & Inclusion.



On our social media platforms we have begun releasing videos with some Age NI Consultative Forum members sending their messages to the Election candidates and saying what they think the big priorities should be for the next Assembly and Executive. You can watch these videos (starting with some powerful words from Anne, telling it how it is!), and you can also read the full #Act4Age Manifesto with the buttons below.

[Read the Full Manifesto](#)

[Watch Anne's Video](#)

### Mental Health Awareness Week

9th - 15th May 2022

Mental Health Awareness Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health.

Details on this year's theme can be found here:

Foundation <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/event-mapr>

## Age Sector Networks

### ABC Seniors Network Meeting



It was great to see all the Armagh, Banbridge and Craigavon Seniors Network members out at their core committee meeting at the ABC Community Network premises in Portadown last week. There was a warm welcome to all the new members of the group, and everyone enjoyed the change from the Zoom meeting to which we have all become so accustomed!

The meeting was chaired by David Hammerton and covered a range of topics, such as training updates, and volunteering recruitment, with an event to be organised on June 1st. Elaine gave an overview of our

Act4Age Manifesto, and Vicki explained our up and coming Move More Live More programme, which will benefit older people in the Southern Trust area (more news of this to follow soon!).

Tracey Powell from the SHSCT shared news of funding that will soon be available, and Stephanie Rock of ABC Council informed everyone about the Age Friendly strategic plan which is out for an 8-week public consultation.

A workshop on May 25 on the Reform of Adult Social Care Events was discussed, along with plans for an event for International Older People's Week on 3 October. It was great to have everyone back in a room and we look forward to meetings in the coming months.

### MEAAP Safe Social Club



SUITABLE FOR INDIVIDUALS, COMMUNITY GROUPS & CARE HOME RESIDENTS



**SAFE SOCIAL CLUB IS MEAAP'S VERY OWN VIDEO LIBRARY OF SAFE ENTERTAINMENT FOR OLDER PEOPLE, THAT CAN BE ACCESSED ONLINE VIA TABLETS, LAPTOPS & SMART PHONES.**

**FROM REMEMBERING 'DANCE HALL DAYS' TO 'SING-A-LONG WITH SARAH' OUR CONTENT IS PRODUCED BY LOCAL FACILITATORS AND IS 100% SUBSCRIPTION FREE.**

**TO ACCESS THE SAFE SOCIAL CLUB LOG ON TO OUR WEBSITE AT**

**WWW.MEAAP.CO.UK/SAFESOCIALCLUB**



### MLA Claire Sugden appeals for funding for COAST

## Sugden appeals for funding to secure future of COAST

**EAST Londonderry MLA Claire Sugden has appealed for local government and the Executive to step in to ensure the survival of COAST – an older people's network and support body on the Causeway Coast.**



Unlike other age sector networks in Northern Ireland, the Causeway Older Active Strategic Team (COAST) receives no money from their local council.

It has previously been funded by Big Lottery funding, but funding beyond June remains unconfirmed, despite an application already having been made.

Ms Sugden said: "COAST have done tremendous work since their creation 10 years ago."

"They provide a number of services that have become vital for their members and give older people a voice through their networking with various groups.

"A handyman service has been established, enabling older people to get jobs done to their homes with the security that comes from knowing the person doing the work.

"They install free key safes so that carers, other service providers and family and friends can access their home securely and safely when they need to.

She continued: "The Good Morning service also provides a reassuring – and now vital – service for many across the Causeway Coast and Glen area, making calls in the morning to say hello and check everything is ok with people.

"It's about services that give security and peace of mind to older people, helping them to live more

comfortably in their homes for longer."

Ms Sugden, who is chair of West Bann Development – a body which facilitates Good Morning Causeway – said funding usually had to be made in five-year contracts, but other options existed for the short-term.

She has written to the Minister for Communities to seek a resolution to the current issue of funding.

"Even if funding was found on a short-term basis it would allow more time to secure funding from other sources," Ms Sugden continued.

"The danger is that if the organisation does not get this funding in time then the staff that have been trained and have important experience in this field may move on to other positions.

She concluded: "Both local government and the Executive need to find a way to keep COAST running as a matter of urgency."

**Get in Touch with Age Sector Networks in your area:**

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

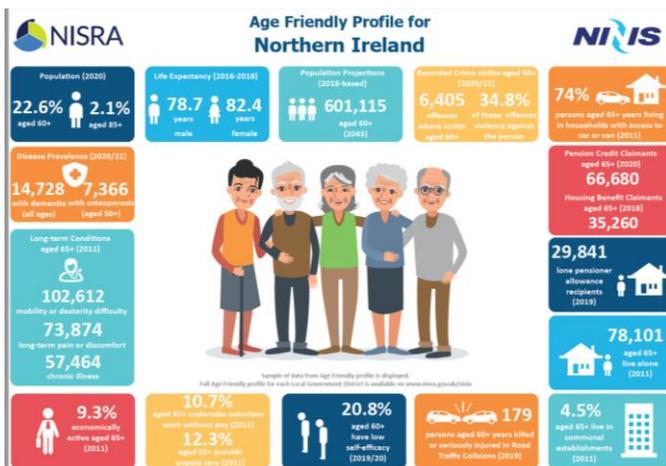
# Age Friendly Network NI

The last Age Friendly Network meeting held in March covered the following topics: Information Exchange by all Council Age Friendly Officers and Age Friendly Network NI members; Age Friendly Network NI membership, PHA updates, DfC Active Ageing Strategy. A big thank you was given to Elma Greer and Allison Forbes for their role as co-chair over the last 2 years, especially their contribution during the pandemic. **The Next Meeting Date:** 7<sup>th</sup> June 2022 for members only.



The Age Friendly infographic is available for all the councils

[https://www.ninis2.nisra.gov.uk/download/Infographics/AFP\\_All.pdf](https://www.ninis2.nisra.gov.uk/download/Infographics/AFP_All.pdf)

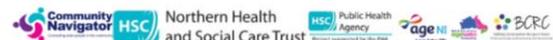


Libraries NI FREE access to over 160 digital magazines and zoom sessions: <https://www.librariesni.org.uk/events/>

**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>

**Food & Mood**  
Explore the links between what you eat & how you feel - with tips to improve both your nutrition and mood.  
**Friday 13 May • 11am**  
<https://tinyurl.com/foodmood-may>



Join us during **Dying Matters Week 2022** for "Big Book Club Night"  
Discussing the novel 'One More Day' by Best Selling Author, Emma Heatherington. Followed by a Q&A session with Northern Trust experienced Palliative Care team who will explain how to be prepared for end of life and what support is available.

**Free Event**  
Thursday 5 May  
7pm – 9pm  
Seamus Heaney HomePlace  
45 Main Street, Bellaghy  
BT45 8HT

**Book Now**  
via Eventbrite.co.uk by searching Big Book Club Night Or call 07841101932  
Facebook Live stream available on: @compassionatecommunitiesniw

# Learning, Workshops and Training

## Funding Updates

### Northern Ireland's leading funding toolkit.

Helping charities and communities thrive.

[www.grant-tracker.org](http://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>

### Northern Ireland Community Foundation - AXA PARKS Fund

Grants are available to local not-for-profit groups in Northern Ireland for projects which develop and preserve public green spaces for community benefit.

**Maximum value: £ 20,000**

Application deadline: 20/05/2022

#### Objectives of Fund

Funding is intended to support projects that provide an opportunity for community members to participate in the creation of and/or enhancement of local green spaces.

**Value Notes:** Grants of between £3,000 and £20,000 are available.

**Who Can Apply:** The following organisations based in Northern Ireland may apply:

Registered charities; Community/voluntary groups; Non-fee-paying schools or non-profit pre-schools.

Applicants must:

- Have an annual income of less than £500,000.
- Be embedded in the local community.
- Have up-to-date and accurate governing documents.

Local branches of national charities may apply, provided the branch has an annual income of less than £500,000.

#### Restrictions

The following are not eligible for funding:

- Statutory bodies.

- Sports bodies.
- Private or profit-making enterprises.
- Animal welfare organisations.
- Individuals.
- Organisations with a credit union account.
- The advancement of religion.
- Housing Associations.
- Community Interest Companies (CICs) limited by shares or without an asset lock.
- Ongoing or core costs.
- Green spaces which are not freely accessible.
- Large scale construction.
- Work which has not acquired the relevant permissions.
- **Eligible Expenditure**

Eligible projects must:

- Enhance/develop an outdoor physical space in the local community.
- Be accessible to the entire community, aside from exceptions such as refuges, schools, or community day care centres where the land might not be accessible to the whole community, but where the green space will be of huge benefit.
- Encourage community participation and engagement.
- Enhance or protect local biodiversity.

Examples of projects may include:

- Creation of:
  - Community gardens.
  - Sensory gardens.
  - Wildlife habitats.
  - Pocket forests and urban orchards.
  - Walking trails.
  - Rain gardens.
  - Ponds.
  - Pollinator corridors.
  - Native flowering hedgerows.
- Projects that broaden accessibility to an existing green space.
- Transformation of concrete spaces to green spaces.

- Rewilding of local towns and villages.
- Implementation of actions in existing community biodiversity action plans.
- Projects that protect endangered habitats and species.

Funding should be spent by the end of August 2023.

**How To Apply:** The deadline to apply is 1pm on 20 May 2022.

Full guidelines and an online application form can be found on the Community Foundation for Northern Ireland website.

<https://communityfoundationni.org/grants/axa-parks-fund/>

### Addresses and contacts

For further information on how to obtain this grant locally, please contact the following:

#### Enquiries

Community Foundation for Northern Ireland  
Community House

CityLink

Business Park

6A Albert Street

Belfast

BT12 4HQ

Tel: 028 9024 5927

E-Mail: [info@communityfoundationni.org](mailto:info@communityfoundationni.org)

#### The Prince's Countryside Fund: Supporting Rural Communities

<https://www.princescountrysidefund.org.uk/how-we-help/rural-communities/supporting-rural-communities/>

#### **Rank Foundation: Pebble Grants**

Pebbles is their small funding stream for UK registered charities and recognised churches which are raising money for projects where the total cost is less than £150,000. Short breaks, equipment, or capital costs (refurbishment or minor building work). Grants range from £250 up to and including £4,000. Quarterly decisions.

## Other Information

#### Online Access Guides for disability groups and organisations

[www.AccessAble.co.uk](http://www.AccessAble.co.uk)

**Hourglass Helpline: 0808 808 8141**

**MoneyHelper.org.uk 08000113797**

**Post Office card accounts closure extended until 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/>

**Covid-19 Helplines:**

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

**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>

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

**Bereavement Workshops - Irish Hospice Foundation** <https://hospicefoundation.ie/our-supports-services/education-training/our-workshops-webinars/>



## What is Staying Sharp?

The Staying Sharp service offers emotional and practical support, as well as advice, education, connecting with others and fun! It aims to support those people living in Ballymena and the surrounding area who have been told they have a Mild Cognitive Impairment/ Memory loss/ Memory problems or Mild Dementia.

Times like these can impact on a person's sense of self confidence or self esteem. Through Staying Sharp, we are there to support individuals aged 60 and over. We want them, and their carers, to be make sense of what is happening in their lives and to help them to make choices and access new opportunities. We believe this approach will support older people to remain independent in their own homes and communities.

## What can you expect from Staying Sharp?

- . Emotional and practical support.
- . Free benefits check to ensure you are claiming correct benefit entitlement,
- . One to one support from MCI advisor.
- . Befriending service with support of volunteer.

- . Online groups including singing for health, relaxation, reminiscence.
- . Signposting to other activities in your area.
- . Links with other community and voluntary organisations.

## Who to contact?

Kiera Campbell is the Staying Sharp Co-ordinator in this area and the Mild Cognitive Impairment Advisor for Age NI. Contact Details Tel No: 07484096974  
Email: [kiera.campbell@ageni.org](mailto:kiera.campbell@ageni.org)

## Regional Health Messages

**COVID:** For up-to-date information go to the PHA website:  
<https://www.publichealth.hscni.net/covid-19-coronavirus>

**COVID-19 Travel updates -**  
[www.accessibletravelni.org](http://www.accessibletravelni.org)

**Government Coronavirus guidelines:**  
<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>

**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>

<https://www.moneysavingexpert.com/family/cost-of-living-survival-kit/>

## New NFPCG 'Deconditioning' resources now available to support re-conditioning

I am delighted to share with you a suite of resources, developed by the National Falls Prevention Coordination Group (NFPCG), intended to support individuals, health and care professionals and commissioners to take action to overcome the reduction in physical activity participation and resultant deconditioning effect of the COVID-19 pandemic.

Five resources have been developed in response to the recommendations listed in the Public Health England guidance 2021, COVID-19: Wider impacts on people aged 65 and over - this guidance provides an estimation of the impacts of coronavirus (COVID-19) on physical activity, deconditioning and falls in older adults and recommendations to mitigate these effects. To read the full report, go to:

<https://www.gov.uk/government/publications/covid-19-wider-impacts-on-people-aged-65-and-over>.

**NI Rare Disease Virtual Support Hub**



Please don't struggle alone!  
Contact the hub for:

**advice  
support  
assistance**

Tel: 07704476930/07704476929  
Email: [info@nirdp.org.uk](mailto:info@nirdp.org.uk)  
[Join us for updates](#)

#StrongerTogether



## Public Policy Consultations & Engagement

### The Reform of Adult Social Care - public consultation

Many of you will already be aware that there is a public consultation on-going on the Reform of Adult Social Care in Northern Ireland by the Department of Health. The consultation deadline has been extended to **1 June 2022**.

Views on the consultation paper will be used to develop a 10-year plan to address the challenges in the organisation, funding, commissioning, planning and delivery of adult social care services.

We would encourage all our providers of commissioned services to read the document and take the opportunity to feedback on the consultation at the following link:

[www.HaveyoursayNI.co.uk](http://www.HaveyoursayNI.co.uk)  
[Citizen HSC Hubs - May - Patient and Client Council Northern Ireland \(pcc-ni.net\)](http://www.pcc-ni.net)

### Consultation on Review of Urgent and Emergency Care Services in Northern Ireland - Closing date 15 June 2022 at 17:00

Please see the link below to the review of Urgent and Emergency Care consultation page and access to the events registration form. <https://www.health-ni.gov.uk/consultations/consultation-review-urgent-and-emergency-care-services-northern-ireland>

Dates for online consultations via zoom.  
-Monday 16 May 2022: 10.30 am - 12 midday  
-Thursday 19 May 2022: 7 pm - 8.30 pm  
-Wednesday 8 June 2022: 2 pm - 3.30 pm

The Department is also planning to deliver consultation with sign language interpreting service at one of these events, if you are interested in attending a signed event please email [UECS@health-ni.gov.uk](mailto:UECS@health-ni.gov.uk)

## Further Age NI Engagement / Opportunities

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

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

### Age NI Personal Alarms

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:** 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](mailto:Val.Gamble@ageni.org) or 02890 245 729.

**Ad-hoc IT volunteers** to help older people set up their phones/zoom/etc.  
<https://www.communityni.org/job/it-volunteers>

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

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.

## 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 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](#)

## Signpost News/ Updates

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