

Dear Readers

Welcome to the latest issue of Signpost full of updated news for May 2023 with all the latest updates on information and activities relevant to older people and organisations supporting older people this month. Please share within your community to keep older people informed, engaged and connected.

AFNNI Rapid Rundown 6th June @ 11am

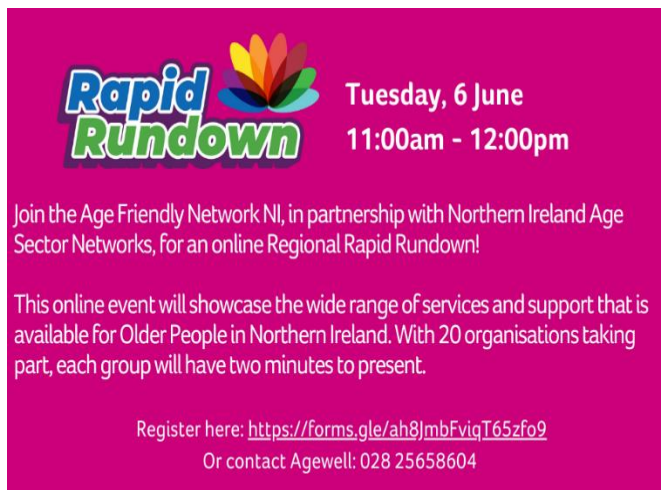
The Age Friendly Network NI in partnership with Northern Ireland Age Sector Networks are hosting an online Regional Rapid Rundown.


This online event will showcase the wide range of services and support that is available for Older People in Northern Ireland.

With 20 organisations taking part, each organisation will be given just two minutes to present.

Register to attend:
at <https://forms.gle/ah8JmbFviqT65zfo9>

or by contacting Agewell on 028 25658604



Rapid Rundown  **Tuesday, 6 June**
11:00am - 12:00pm

Join the Age Friendly Network NI, in partnership with Northern Ireland Age Sector Networks, for an online Regional Rapid Rundown!

This online event will showcase the wide range of services and support that is available for Older People in Northern Ireland. With 20 organisations taking part, each group will have two minutes to present.

Register here: <https://forms.gle/ah8JmbFviqT65zfo9>
Or contact Agewell: 028 25658604

New Age NI Project: Seeds for Bees!



We are “buzzing” for Spring here at Age NI!

We have a new project welcoming (hopefully) the better weather and celebrating the amazing role of bees for our environment: Seeds for Bees!

Groups have been given spring seed planting kits to plant wildflower seeds as part of a new sustainability project supported by Energia’s Greener Possibilities Fund.

These kits have all been snapped up by groups that include pots, seeds, compost, an instruction sheet and a short video explaining how to plant them up. The video shares some interesting facts and information about the importance of bees to sustain our wildflower plants and green spaces.

We look forward to seeing some photos of bees once they bloom.

Thanks to all the groups who are taking part. Happy Planting from all at Age NI!

Age Sector Networks

Age Sector Networks (ASNs) across Northern Ireland having a happy season with lots more group activities, signposting, warm places, volunteering and engagement opportunities.

Senior Well Ageing Network (SWAN) last meeting on 4th April 2023

The Senior Well Ageing Network (SWAN) meeting was well attended in April with group leaders across the Ards and North Down area. Members got updates from partners including SHESCT, the Council, Libraries NI, and Ards and North Down Borough Council.



A very enjoyable session filled with lots of information, advice and group support. Many members wanted to find out more about Age

NI's Movember programme with men's health week coming up. This network is all about strengthening the voice of older people, address their needs and reflect their views collaborating with Age friendly structures.

Thanks to Emma Hingston the Age Friendly Co-ordinator for sharing the new Big Guide with lots of updated information to age well across Ards and North Down.



Please see link to the Big Guide – [The Big Guide | Ards and North Down Borough Council](#)

Senior Information Network Group (SING) held their last meeting on 19th April 2023.

The topics covered at this meeting were: Good Governance, Financial Wellness and lots of age sector information shared from Age NI, SEHSCT, Good Morning Colin and Lisburn & Castlereagh City Council.



Mid Ulster Seniors Network 24th April

Mid Ulster's first 50+ forum was well attended and the main issues raised: importance of Concessionary Bus Pass, Community Transport, Shop Mobility, Disability Access, Domestic Violence and it was also noted that there were less volunteers coming forward.

All groups and partners shared new programmes and summer activities with Libraries NI highlighting their Monday afternoons coffee and chat days. Support and advice was given to new group leaders and training opportunities. The Volunteer Centre gave an update on their new Forever Young Programme and Council highlighted their 5 Health & Wellbeing programmes.



Raisa Donnelly the Mid Ulster Age Friendly co-ordinator and Elaine Curry Age NI Engagement Manager were sharing information on the Age Friendly Network NI

work and the feedback from local focus group on the great community spirit in Mid Ulster from their recent engagements.

Age Sector Network Exchange Meeting 25th April 2023 @ Age NI offices in Belfast

Some key topics at the last Age Sector Network Exchange meeting included issues relating to: Age Sector Funding, Free bus pass, Banking issues, Access to Health & Social Care, Keeping connected, Shared Lives, Digital exclusion and Loneliness.



Age Sector Network leaders shared new activities and programmes: book buddies, adventure trips - bus buddies, happy at home newsletters, Information Big Guides, Craft classes, Age awareness training and Age friendly training.



Get in Touch with Age Sector Networks

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

Age Awareness Training

Age Awareness Training

If Customer Service excellence is central to your business, how well do you understand the needs of older people?

Does your customer service team experience challenges when communicating with older customers?

Age NI Age Awareness Training will support your customer service team to learn how to communicate better with older people, and ultimately enable older customers to feel valued and understood when contacting you.

Through this training, customer service staff will:

- Break down Age stereotypes
- Understand the challenges facing older people
- Learn the factors influencing communication with older people
- Improve communication between generations
- Discover how to signpost older customers who need other support



2 hour session cost:
Online £350 + VAT
In Person £500 + VAT



"Very interesting course, worthwhile."

"Really engaging, well timed and full of information."

"Really useful having an older person's perspective"

Does your customer service team experience challenges when communicating with older customers? Age NI offer an Age Awareness Training session that is specifically aimed at customer service teams within businesses/ organisations.

This training will help develop skills within your team on how to communicate effectively with older people and understand barriers to communication, ultimately improving the service you provide and ensuring customers feel understood and valued.

The session can be delivered either virtually or in person and lasts approximately 2 hours. If you are interested in hearing more or would like to book a session, please contact

Age Friendly Training Co-ordinator
Claudine Kelly at:
Email: claudine.kelly@ageni.org
Telephone: M: 07425620194

All Party Group on Ageing and Older People

All Party Group on Ageing and Older People 23rd March. Last month the agenda of the All Party Group meeting focused on an update from the Department of Communities on the Active Ageing Strategy and Age Friendly Network NI.



Another big turnout on Zoom - unsurprisingly given the level of interest in this hugely important issues on ageing. Over 50 older people as well as representatives from statutory, voluntary and community organisations attended.

You can read more about the meeting at the link below:

[APG 28 March 2023](#)

For further details on future meetings email:
Michele or Eithne michele.young@ageni.org
Eithne.Gilligan@ageni.org



Learning, Workshops, Training & Events

Last meeting 24th March 2023 Meeting

Age Friendly Officers Information Exchange, Survey Feedback – Priority work, Where we would like to be in 2 years and 10 years with the best practice of Age Friendly Ireland. Engagement with Age Sector Networks, DfC updates and PHA Health Messages.

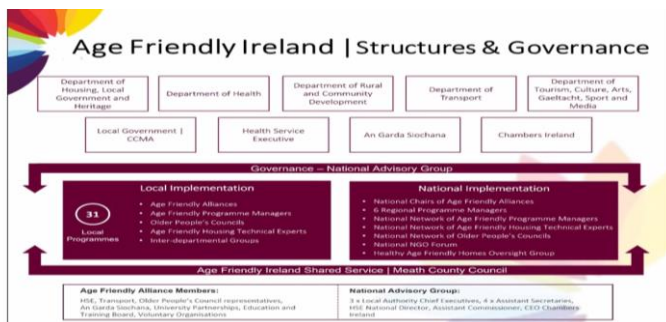
Where we are now...



Priority Themes	Agreed Actions
NI Network Steering Group	Two year action plan to be developed
Resourcing of Age Sector Networks	Thematic subgroup to be developed
Transport	Thematic subgroup to be developed
Communication and Information	Thematic subgroup to be developed
Age Friendly Design Principles	Thematic subgroup to be developed

Where we would like to be in ...

- 2** **Two Years**
Success completion of proposed two-year action plan included four priority themes
- 5** **Five Years**
Additional priority themes developed with thematic sub-groups and associated targets. I.e Housing, Employment
- 10** **Ten Years**
Age-Friendly implemented at all levels including Central Government, Local Government and third sector.



Next Meeting Date: xx at 10.00am in the Lough Neagh Discovery Centre, Oxford Island National Nature Reserve, Annaloist Road, Craigavon BT66 6NJ. For members only.

Armagh City, Banbridge and Craigavon Borough Council Financial and Debt Management Programme – May 2023

Do you live in the ABC area? Would you like to know a bit more about how to manage your money during these difficult times? Invite: Join one or all of the free, independent information sessions being delivered in your area by a professional adviser.

These sessions are part of the ABC council funded project to support those in the ABC area to manage money and debt in the cost of living crisis. The sessions are available to anyone living in the ABC council area. Sessions: We are offering sessions in the following topics: 1: Budgeting and Spending –covering budgeting and making the most of your money. 2: Borrowing, Credit Scores and Savings - covering borrowing, accessing credit and better credit options. 3: Dealing with Debt and Mental Well-Being - covering getting debt advice, money worries and mental well-being. Register now below:

www.adviceni.net/money-debt/financial-and-debt-management-programme/information-sessions

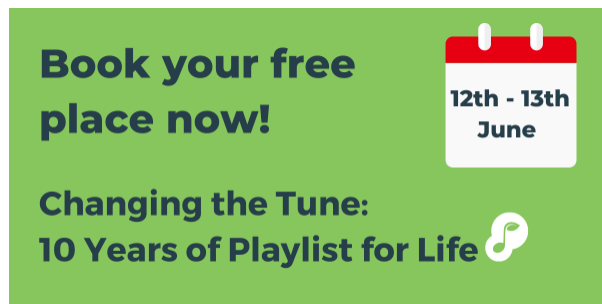
Disability Sport NI

See attached link to some of the training courses Niall can provide to your group/organisation

www.dsni.co.uk/training-and-education/categories/sports-leaders-awards/

Playlist for Life 10th Anniversary celebrations - Tuesday 13th June - online event on Zoom

For further information and booking visit the Eventbrite page: [Changing the Tune: 10 Years of Playlist for Life \(online event\)](#)



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

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:
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. revivr.bhf.org.uk

Volunteer Now Enterprises Ltd Training
www.volunteernow.co.uk/training/courses-scheduled/

Code of Good Governance for Northern Ireland: www.nicva.org/resource/code-of-good-governance-3rd-edition-0
Governance Health Check:
www.nicva.org/article/governance-health-check-launched

Linking Generations NI

The Network Meetings are now open for registration via our webpage [LGNI Network Meetings Register Now! – Linking Generations NI](#) – if you could all register your attendance and also share with contacts that would be great! You can promote by sharing the above link with your contacts.

Ageing Well public talks series



[Ageing well series](#)

Funding Updates

Community Foundation NI

Number of funds open for applications:

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

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

The PEACEPLUS programme updates please

use the following link: [https://seupb.us7.list-](https://seupb.us7.list-manage.com/subscribe?u=c15167a3e7e2a23f5ee173f3c&id=819661ec74)

[manage.com/subscribe?u=c15167a3e7e2a23f](https://seupb.us7.list-manage.com/subscribe?u=c15167a3e7e2a23f5ee173f3c&id=819661ec74)

[5ee173f3c&id=819661ec74](https://seupb.us7.list-manage.com/subscribe?u=c15167a3e7e2a23f5ee173f3c&id=819661ec74)

Link to SEUPB website:

<https://seupb.eu/PEACEPLUS>

Parkinson's UK: Physical Activity Grants

This grant aims to help people with Parkinson's to become and stay active with grants of up to £2,500. The funder has confirmed the scheme will reopen 2 May 2023 as a rolling programme – no deadline. The funding scheme's webpage will be updated in due course.

Community Foundation for NI: Partners for Social Care and Health Improvement Fund

is a partnership fund between the Hospital Saturday Fund and the McCall Foundation aiming to fund and support the development of new and innovative processes, policies, products or programmes that increase the quality, impact, efficiency and/or affordability of social care. Grants of between £5,000 to £10,000 will be available. **Deadline 8 May 2023 (1pm).**

Nationwide Building Society: Community Grants opening 25 April

Charities, Community Land Trusts and housing co-operatives who are making positive changes and have a great housing solution can apply for grants of between £10,000 and £60,000.

Northern Ireland's leading funding toolkit.

Helping charities and communities thrive.

www.grant-tracker.org

Tesco Community Grants

Tesco Community Grants support thousands of community projects and good causes across Northern Ireland. The scheme is open to all schools, registered charities and not-for-profit organisations. The deadline for this round is 20th May 2023.

NICVA Fundraising Advice Team through their GrantTracker have advised on the following funding opportunities:

- Alec Dickson Trust
www.alecdicksontrust.org.uk/
- B&Q Foundation | B&Q in the Community | B&Q (diy.com) – will fund boilers and other items for senior centres, community centres, etc.
<https://www.diy.com/corporate/bandq-foundation>
- Who We Support | McCarthy Stone
www.mccarthystonefoundation.org – priority is project on the health and wellbeing of older people.
- Home | Benefact Trust – faith sector in particular <https://benefacttrust.co.uk/>
- Carers' Support Fund - Community Foundation Northern Ireland
<https://communityfoundationni.org/grants/carers-support-fund-2/>
- Community Cashback grant SPAR NI
www.spar-ni.co.uk
- National Lottery Awards for All Northern Ireland | The National Lottery Community Fund £300- £10,000
www.tnlcommunityfund.org.uk

ARN Foundation's Tackling Isolation Fund

The ARN Foundation's Tackling Isolation Fund will support organisations to deliver projects in support of older people affected by the cost of living crisis; and will be managed by the Community Foundation for Northern Ireland.

Among the hardest hit by the cost of living crisis are older people. Older people are often on fixed income, and the rising cost of food and fuel has often led to having to choose between eating or heating.

In recognition of the needs of older people, this a new Fund has a particular focus on food and fuel. **Groups supporting older people can access up to £10,000 of financial support.**

Eligibility: To be eligible to apply your project must target at least three of the key priorities detailed below:

- Supporting older people to keep warm.
- Supporting older people to access a nutritious meal.
- Reducing isolation and vulnerability of older people through supporting participation in activities.
- Enabling older people to access technology, and to potential benefits and entitlements that they may not be aware of.
- Beneficiaries who are rurally isolated.

Examples of projects could include, but are not limited to:

- Supporting older people through delivery of services to live an independent and well-nourished way of life in their own home and as part of the community.
- Providing opportunities for older people to be involved in the design, delivery and ongoing management of community-based initiatives.
- Overcoming social isolation through social contact with other older people building on food activities, such as cooking from scratch and sharing meals, and other activities involving the wider community.
- Promoting intergenerational activities by involving older and younger people in food-based and social activities.
- Providing choice in meeting nutritional needs, including delivery of shopping by volunteers or accompanied shopping, and befriending support.
- Increasing affordability of, and access to, basic foodstuffs and/or fuel.

Closing date for applications is 26th May 2023. For more information and to apply, please visit [The ARN Foundation Tackling Isolation Fund - Community Foundation Northern Ireland \(communityfoundationni.org\)](https://www.communityfoundationni.org)

New 'Food hubs' grant funding available

Community Fridges Funding - bring people together around good food. Across the UK they are reducing social isolation, increasing access to skills, sharing knowledge and repurposing fresh (surplus) food.

In partnership with Starbucks we're offering £7,000 (per group) in funding for up to 50 Community Fridges to develop additional food initiatives. These additional activities could be skills workshops, growing initiatives, gardening schemes or cooking (to name a few)! So, if you're already running an open Community Fridge feel free to apply.

The funding aims to support the development of new activities relating to cooking, growing, budgeting and using surplus food that fit into one of four themes:

Skills – To up-skill your community and raise awareness of sustainable, affordable, and healthy living. E.g. workshops, events, cookbooks, or how-to-guides.

Affordable food – To try out new ways to increase access to local and affordable food. E.g. food cooperatives, food box schemes or food markets.

Community connection – To provide opportunity for the community to come together around shared food. E.g. community meals, coffee and chats, youth activities, and recipe shares.

Growing – To support community growing and increase the amount of edible food grown and shared locally. E.g. community gardens, greening projects and seed or plant sharing.

31st March 2023. Applications close 31st May 2023 at 11.59pm.

<https://www.eventbrite.co.uk/e/qa-community-fridge-food-hubs-funding-april-2023-tickets-598264082977>

Other Information

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

Hourglass Helpline: 0808 808 8141

MoneyHelper.org.uk 08000113797

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

E-mail: help@dsahelpline.org

New bereavement support website for Northern Ireland

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

The Herbert Protocol

Helping people with dementia to stay safe and independent: You can download the Herbert Protocol from the PSNI website here: www.psni.police.uk/herbertprotocol

Consumer Council: Click [here](#) and see how much money you could save. www.consumercouncil.org.uk/onlinetools

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

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>

PHA Health Dietitians You Tube

Public Health Dietitians Group NI

Healthy eating webinars -

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

Parkinson's UK Belfast Support Group

PARKINSON'S^{UK}
NORTHERN IRELAND
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Parkinson's UK Belfast Support Group offers
information, friendship and support to local
people with Parkinson's, their families and
carers. Come along and join us, meet
other people affected by Parkinson's in your
area and have a cup of coffee and a natter at
our regular monthly meetings in St John's
Church Hall, St John's Orangefield, Belfast
BT5 6AB.

Meetings are always on the 2nd Wednesday
of each month 10th May, 2pm - 4pm. For
more information contact Morag at
mchambers@parksinsons.org.uk or on 07825
450219.

Reminder of Age NI's Virtual Wellbeing Friendship group 2pm

Contact Hannah for more
details: hannah.lockhart@ageni.org

**VIRTUAL
WELLBEING
FRIENDSHIP GROUP**



April - Staying safe in the home



Open to anyone 60+ living in the Belfast,
Northern and Southern Trust areas.

Public Policy Consultations, Reports & Engagement

Rural Survey - The Northern Health and Social Care Trust

NHSCT are reflecting on our work in rural areas and we want to hear from you! We would like to find out your views on rural health and wellbeing issues and ask that you consider completing the following short survey.

The definition of 'rural' includes all settlements of less than 5,000 people including those who live in open countryside.

Survey link:

<https://consultations2.nidirect.gov.uk/hsc/rural-health-and-wellbeing-survey>

Hard surveys are also available on request. To thank you for time you will be eligible to be entered into a free draw to receive a £50 gift voucher for Tullyglass House Hotel, Ballymena.

Charity Commission for Northern Ireland

joint consultation Have your say on how the charity regulator will develop and grow over the coming years. [Have your say](#)

The Money and Pensions Service is keen to make sure we are doing all we can to support you and others in similar roles and to do this we need to learn more about YOU!

We'd appreciate if you could take 5 minutes of your time to answer questions about you and your role, where you work, your customers/service users, your attitudes and perceptions relating to talking about money and your training preferences.

To access the survey please click here:

[Practitioner Survey 2023](#)

Community and Voluntary Sector Infrastructure Support Future Plans

The Department for Communities is asking for your participation in a [survey](#) and invite you to join engagement events. A review of sectoral needs will inform how they can better support the sector to deliver outcomes set out in any future Programme for Government.

Have your say: short [survey](#).

More information on the [website](#).

Email: cssp@communities-ni.gov.uk

Community and Voluntary Sector Engagement Sessions regarding ICS (Integrated Care System NI)

Sessions are being held in the coming weeks in order to engage with and seek the input from the C&V sector regarding the ICS.

- Tues 2nd May 10am-12 Noon, Newry
<https://www.eventbrite.co.uk/e/ics-community-and-voluntary-sector-engagementevent-newry-tickets-620560652617>
- Wed 3rd May 10.30-12.30pm RCN, C'town
<https://www.eventbrite.co.uk/e/ics-community-and-voluntary-sector-engagementevent-cookstown-tickets-620562738857>
- Thurs 4th May 10.30am-12.30pm Enniskillen
<https://www.eventbrite.co.uk/e/ics-community-and-voluntary-sector-engagementevent-enniskillen-tickets-620563972547>
- Friday 5th May, 10am -12 Noon, Belfast
<https://www.eventbrite.co.uk/e/ics-community-and-voluntary-sector-engagementevent-belfast-tickets-620569117937>
- Tues 9th May 2.30-4.30pm– North West
<https://www.eventbrite.co.uk/e/ics-community-and-voluntary-sector-engagementevent-derrylondonderry-tickets-620576439837>
- Tuesday 23 May 2-4pm - Online session hosted by NICVA. Register here

Further Age NI Engagement and Opportunities

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.

More Money in Your Pocket Guide 2022/23

[Read Now](#)

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

Age NI News

1. **Age NI helpline:** 0808 808 7575.
2. **Age NI Website:** www.ageni.org 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.

[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.

Send Us Signpost News

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