

Age Sector News 17th June 2020

Special Edition for COVID-19 (4th Edition)

Welcome to the latest issue of Signpost Express, a fourth special edition to keep you all updated on specific and relevant issues to the age sector across Northern Ireland during this COVID 19 pandemic.



It's been a busy few weeks working with the Age Sector Networks, Council's Age Friendly officers and Health Trusts who have been all fully engaged and responding to the needs of the 60+ community. Lots of vibrant activity happened around Volunteer Week, Carer's Week, Alcohol Awareness Week and Loneliness Awareness Week where we had the opportunity to grasp some of the key issues facing older people during the pandemic.

Everyone in the Age Sector has been reviewing individual work plans and all fully focused on resilience and recovery planning, sharing best practice as well as raising the key questions around investment in the Age Sector and addressing sustainability.

We really are in this together and it's great to have been called by Age Friendly Officers "the glue" to keeping key organisations together during the past few months. I have a joy job with Age NI being able to connect, empower and support vital local services on the ground and I have been listening to all the key issues affecting older people during COVID-19 from numerous sources and I am currently collating this information to inform our work priorities over the next year.

Whilst we are not yet free from this virus, we can start to feel that we are all together making positive steps. For us, in Age NI, the next few months will be important as we move through our recovery phases reviewing our work plans for the remaining months of the year as we all start to return to new ways of working.

I hope you enjoy this Signpost edition full of interesting support and advice for you to share within your community or across your staff teams.

May you all keep well over the next few weeks. Keep safe and keep well.

Elaine

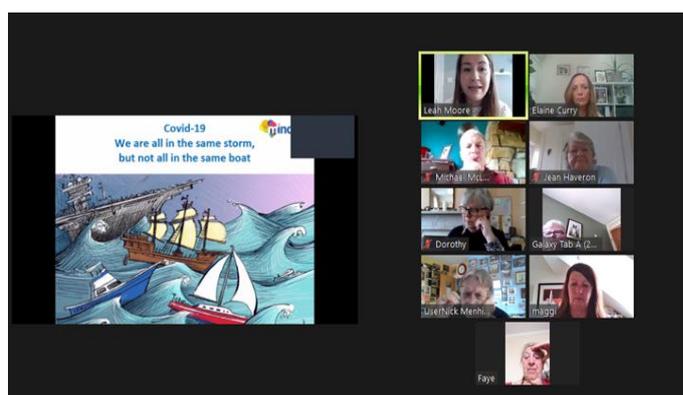
Please send us information to highlight corona virus response activities and updated news in your area. If you wish to have anything included in the next Signpost Express, please email me: elaine.curry@ageni.org

News: Regional Age NI News

1. **Check in and Chat Service:** Call Age NI Advice on 0808 808 7575 Monday – Friday, 9am-5pm or email info@ageni.org. Telephone befriending available too. <https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/check-in-and-chat/>
2. **Age NI Website:** www.ageni.org for details of our latest news, activities, campaigns and ways you can support Age NI during this difficult period.
3. **Age UK News:** <https://www.ageuk.org.uk/northern-ireland/>

Age Sector Networks in N. Ireland

Age NI host fortnightly zoom meetings with Age Sector Network staff and committee members bringing together local age sector networks online to share information, strengthen collaboration and support age sector activity and development during COVID-19.



This week Age NI teamed up with Action Mental Health to deliver a Mind-set workshop to the Age Sector Networks leaders supporting mental health and well-being during COVID-19. It's great to have open conversations on mental health and emotional well-being

and smash the stigma of mental health! It is great to have this support during challenging times ensuring we all keep mentally fit. (If you want to run a workshop get in touch with Karen Hillis AMH Regional Contact: khillis@amh.org.uk)

Age NI hosted a meeting with Age Sector Networks and the National Museums NI helping them shape their reopening plans so lot's planned for reopening dates. June. Watch this space because there are lots of great updates coming soon.

Engage with Age have organised a super "big day inside out" planned for 25th June lots of great events online and offline morning, afternoon and evening. The one day festival of activities for older people can be viewed on www.thebigdayinsideout.com

"The Big Day Inside Out" offers a range of activities for older people – physical activities, classes, arts, discussions, and entertainment. Some activities happen at home, while there are a number of outdoor events that follow government guidelines. The festival is for people with computers and those without. I am really interested in attending the 3pm session: The Big Debate: Older People and the New Normal".

Age NI is delighted to help fund Age Sector Networks across N. Ireland to support them with their COVID-19 response services and activities and the amazing work they do keeping older people connected with a variety of services, programmes and activities.

ABC Seniors Network was delighted to support the Southern Local Adult Safeguarding Partnership Video to mark World Elder Abuse Awareness Day #WEAAD to watch the video see the link below:

<https://www.facebook.com/SouthernHSCT/videos/257432345559076/>

Age Sector Networks details are in the link below if you want to find out more information and check out their social media pages thriving with activity:

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

Age Friendly Network NI



We held a fantastic Age Friendly Network meeting via zoom on 9th June 2020 all sharing the learning from COVID-19 and the ongoing work across N. Ireland ensuring we are focused on developing an Age Friendly culture in each of the local Council areas. Great attendance from Age Sector Network Representatives, Age

Friendly Officers, AF Council Leads, PHA, DfC, Age NI and PHA.

We continue to have weekly Age Friendly Buddy Calls and we plan for additional workshops/ training to support the Age Friendly Network NI members work collaboratively and share insights to their work locally.

Learning – At Home Support – Activity

- **Resources for Exercise at Home:**

<https://www.moveitorloseit.co.uk/coronavirus-support-for-older-people-exercise-at-home/>

- **Dementia NI** has also set up an 'In the Same Boat' Peer support group for members who live with a diagnosis of dementia through our Facebook page and also they have developed a 'Peer Support Room' within Dementia NI 'In

the Same Boat' group so that members feel free to join the room when they would like to speak to other members within a safe and secure environment.

- **The online wellbeing hub** at www.mindingyourhead.info The Covid Wellbeing NI hub is hosted on the Minding Your Head website www.mindingyourhead.info The Minding Your Head website is managed by the Public Health Agency. The hub will enhance existing access to information and services that support mental health and emotional wellbeing. It draws together information, self-help guides and ways to find support on a range of mental health and wellbeing issues.
- **AWARE mental health awareness videos** shows you how to recognise signs of poor mental health and provides self-help tips and ideas to improve your wellbeing: <https://youtu.be/vCL63SlhPmU>
- **10 things you can do to feel better right now:** Simple steps that we can implement into our lives that can make a big difference to our mental health.
- <https://youtu.be/u-oBEqk4nzM>
- <https://www.facebook.com/AwareNI/videos/764144557450978/> www.aware-ni.org
- **Cruse Bereavement Care** are excited to announce they have moved all training, including application and interview, online, and are inviting interested people to register their interest in applying for the role of Bereavement Volunteer – Telephone Support by emailing us at northern.ireland@cruse.org.uk.
- **Esc films** - free mindfulness, relaxation and gentle exercise resources for older people. For more details see link below: https://www.facebook.com/549445551/posts/10158133775475552/?substory_index=14
- **COVID Rehab Resource:** To support recovery and rehabilitation following COVID-19 Lancashire Teaching Hospitals AHPs have created an on-line patient resource. NI Direct link: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice>
- **Review the Equality as part of the National Disability Strategy:** Alex Johnson, CEO of Inclusive Ability Group has put together a government petition to hold the government to account by getting them to review the Equality as part of the National Disability Strategy.

https://petition.parliament.uk/petitions/305867?fbclid=IwAR2UBluMnqOEgz2EJMOt6dxSnCkQjFuP6d4aIHvYHBPcw-dbM0SXb_OEoes

- **Here to Help App:**

For I-Phone / I-Pad via Apple Store:

<https://apps.apple.com/gb/app/here2help/id1451763548>

For Android, via Google Play:

https://play.google.com/store/apps/details?id=com.kobault.help&hl=en_US

- **Link to the Details of the critical care register from Power NI**

<https://powerni.co.uk/help-support/customer-support/customer-care-register/>

- **NICVA** <https://www.nicva.org/article/nicvas-advice-on-managing-the-impact-of-coronavirus>

- **Job opportunities** out there at present with many employers urgently seeking workers <https://www.jobcentreonline.com/JCOLFront/Home.aspx>

- **Ignite IT** is part of a scheme to use IT to help the vulnerable through by supplying computers to help those who are likely to suffer the most. Individuals must be aged 70 or over; has an underlying health condition or disability; has no social support network. 08000 488 638 message on Ignite ITs face book page or email Ken at Ken@ignite.it

- **Ulster Orchestra at Home:** Please see some links to some virtual music from members of the Ulster Orchestra: <https://www.ulsterorchestra.org.uk/whats-on/let-s-play-at-home!/>

- **All driving licences** with an expiry date between 1 February and 31 August 2020 will be treated as valid for a further seven months.

Regional Health Messages

1. **PHA:** <https://www.publichealth.hscni.net/covid-19-coronavirus>
2. **COVID-19 Community Helpline:** 0808 802 0020. You can also get in touch by email and text message: email: covid19@adviceni.net text: ACTION to 81025
3. **Shopping Delivery slots:** To access this service you must first register online via NI Direct here - <https://www.nidirect.gov.uk/services/register-priority-online-food-delivery>
4. **Whoisdeliveringni** is a Facebook group (run by members of the community) which allows users to share information on businesses in Northern Ireland delivering fresh food, groceries and pre-made meals - www.facebook.com/groups/WhoisDeliveringNI.

5. **NICVA directory of community and voluntary sector support:** COVID-19 website hub with regular updates, resources, advice and funding schemes. <https://www.nicva.org/covid19/#hubindex>
6. **Department of Health NI** <https://www.health-ni.gov.uk/coronavirus>
7. **Northern Ireland's contact tracing programme** is continuing to expand, with all positive cases of COVID-19 now being contact traced. Contact tracing is an important part of infection control, and is a key element of Health and Social Care's work to help reduce the impact of COVID-19. Find out more about contact tracing in Northern Ireland at www.pha.site/contact-tracing
8. **Take 5 Video:** These are difficult times and it is important to try to look after your mental health as much as possible. The 'Take 5 steps to well-being' is a set of evidence-based public health messages aimed at improving the well-being of everyone. They are really simple steps that everybody can take. <https://www.youtube.com/watch?v=VXHgUWnOo68>
9. **Shielding Survey:** As part of this engagement The PCC has developed a survey to gather the views and experiences of people who are shielding and their carers and loved ones. It is available online at the link below and takes around 10 minutes to complete: <https://wh1.snapsurveys.com/s.asp?k=159111662844>
10. **Working for Openness in Health and Social Care Groups** are being set up to shape and quality assurance guidance for people who use Health and Social Care Services, on how openness must apply across Health and Social Care. Guidance is also being written for staff, and for the various organisations which make up Health and Social Care in Northern Ireland. For more information and to apply, please visit: www.makechangetogether.co.uk

Funding

- **EMERGENCY CHARITY FUNDS: Opened Monday 15th June:** <https://www.communities-ni.gov.uk/news/ps155m-fund-support-charity-sector-during-covid-19-crisis-open-monday>

Rural Community Network NI are holding a ZOOM session with The National Lottery Community Fund to hear about how the Department for Communities COVID-19 Charities Fund will be delivered in Northern Ireland. The session will be held on Tuesday the 23rd June 2020 from 2pm-3pm. To register for the event, please email teresa@ruralcommunitynetwork.org or ring 028 8676 6670.

- **National Lottery Awards for All Northern Ireland (New COVID-19 restriction)**

<https://www.tnlcommunityfund.org.uk/funding/programmes/awards-for-all-northern-ireland>

- **National Lottery Heritage Fund:** Closing 30 June 2020
- **Halifax Foundation Application deadline: rolling**
<https://www.halifaxfoundationni.org/programmes/community-grant-programme>
- **Community Foundation for Ireland**
<https://www.communityfoundation.ie/grants/types-of-grants/covid-19-response-fund>
- **Moy Park launches £1 million Community Support Fund**
<http://www.northernirelandchamber.com/member-news/moy-park-launches-1-million-community-support-fund/>
- **Co-op Local Community Fund:** Application deadline: Sunday, 28 June
<https://causes.coop.co.uk/>

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 Contact 0808 100 4545.
0800 023 2986 – this takes you directly to PPP Taking Care Personal Alarms (the 2 numbers facilitate marketing) – nb number takes you in to main UK system. If you want to email details please use: ni.staff@pptakingcare.co.uk – this goes to NI staff.

Age NI Stores: We always appreciate any stock donations to any of the Age NI's five stores in Belfast, Ballymena, Bangor, Carrickfergus, Coleraine and Newtownards. Just to confirm we are unable to accept any stock donations for the foreseeable future.

Independent Living Products: bathroom aids & adaptations, mobility products and stair/through the floor lifts 028 9024 5729.

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 Katie on katie.johnson@ageni.org or on 02890 245 729.

[View our website](#) / [Like our Facebook page](#) / [Follow us on Twitter](#)

Have Your Say – Share a Story

- **In your experience – what’s your story?** Stories can reflect positive or negative experiences that you or an older person you know has experienced. Sharing your story helps us to identify the issues that matter to older people and build evidence to support our campaigning and lobbying activities. Age NI online questionnaire can capture older people’s experiences of: If you have a story to share, please follow the link below and complete the questionnaire:

<https://www.surveymonkey.co.uk/r/inmyexperience> _

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.



Please send us information that would benefit the age sector

Send details to: elaine.curry@ageni.org