

# Signpost

**Age Sector News 1<sup>st</sup> October 2020**

**October - Positive Ageing Month**

**Special Edition for COVID-19 (7<sup>th</sup> Edition)**

Welcome to the latest issue of Signpost full of updated news during Positive Ageing Month 2020 - it's a great month to celebrate the contribution that older people make to their communities. Get the latest updates on information, training, events, publications, consultations and activities for older people during October.



Age Sector Networks and Age Friendly Officers have been extremely busy working in partnership over the past few months planning and promoting lots of activities for Positive Ageing Month sharing great ideas and best practice across the age sector. In October you will discover a month-long festival of activities developed with and for older people. This year, in light of Covid-19, you will find a mixture of activities planned that enable older people to connect both virtually through online events, and physically where this is allowed within the Covid-19 guidelines. Opportunities to join in with Slipped Disco, Quizzes, Online Tea Dance at Home, Cookery Demonstrations, Shared Reading, History Talks, Information Sessions and Games afternoons to name a few. There are a few live events at local Museums, movies at cinemas and outside walking events.

I really hope you enjoy this **Positive Ageing Month** edition full of interesting articles and support with many opportunities to engage. Please share within your community, committee, board, staff teams or forward to relevant organisations and groups to keep them informed and connected.

Thanks to everyone doing incredible work with and for older people. You are all playing a crucial role in supporting our community to enjoy later life, keep connected and fight through this pandemic.

May you all continue to keep safe and keep well.

Elaine

Please send us information to highlight activities and updated news in your area. If you wish to have anything included in the next Signpost, please email me:

[elaine.curry@ageni.org](mailto:elaine.curry@ageni.org)

# News: Regional Age NI News

## 1. Lived Experience – NI: Older People Have their Say on Life with COVID

Age NI has launched a hard-hitting and emotive report highlighting the experiences of older people in Northern Ireland living through the COVID-19 Pandemic. The wide-reaching report, Lived Experience, Voices of Older People on the COVID-19 Pandemic, is based on the comments, feedback and experiences of Age NI's Consultative Forum, service users, members of Age Sector Networks, and Age Friendly officers across Northern Ireland over the past six months.

It was launched on Tuesday 22 September with Health Minister Robin Swann and Claire Sugden MLA, Chair of the All-Party Group on Ageing and Older People. The topics covered include Support, Health & Care; Communication and Connection; Loneliness and Isolation; and Loss, Bereavement and Grief.

Linda Robinson, Chief Executive of Age NI said,

*"The COVID-19 pandemic really placed the needs and services for older people in the spotlight. What we wanted to do with this report was to recognise the wide-reaching and intensely felt practical, physical and emotional effects of the pandemic on hundreds of thousands of older people, many of whom were previously living life to the full. By bringing their voice into the public arena, we hope to be able to shape how preparations are made for the challenges of winter, as we all face the reality of living alongside the coronavirus. When we talk about older people, it's easy to revert to a stereotype of someone who is very frail or unwell. While this is true for some older people, the reality is that many don't see themselves as "old": they are in the prime of their lives, with very busy and active social lives, volunteering roles and caring responsibilities. For many, this was the first time they were required to regard themselves as vulnerable or at risk."*

*COVID has caused a seismic psychological shift, as many people have been forced to adjust to losing their independence, relying on others, tackling unfamiliar technology, feeling vulnerable - and in some cases, a burden - for the first time in their lives. Age NI is all about supporting older people to live – and love – later life. COVID-19 has been a deep shock to this and a challenge for us all".*

Age NI has brought together six months of feedback to lay out a detailed agenda of action points for a more positive experience for older people facing life in a time of COVID-19.

The fundamental principles are “Protect, Respect and Don’t Forget”. The action points are for policy-makers and political leaders responsible for the planning and delivery of public

services and health protection, and for the community as a whole, to ensure older people are not left behind as we head into the Autumn/Winter.

“We must recognise specifically how this virus is affecting older people and the very positive impact of a regular call, a socially distanced doorstep chat or small gestures of practical help with shopping. Everyone needs a helping hand from time to time, no matter what age they are: this is what we’re really good at in Northern Ireland and older people should stay firmly in our focus as we head towards the winter.”

For more information or to view the report visit: [www.ageni.org/LivedExperience](http://www.ageni.org/LivedExperience)

2. **Check in and Chat Service:** Call Age NI Advice on 0808 808 7575 Monday – Friday, 9am-5pm or email [info@ageni.org](mailto:info@ageni.org). Telephone befriending available too. <https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/check-in-and-chat/>
3. **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.
4. **Age UK News:** <https://www.ageuk.org.uk/northern-ireland/>
5. **The Big Wheesht:** Calling all chatterboxes, gossips and nonsense-talkers! The challenge is on to stop talking any day in the month of October and raise some money by zipping it. Many older people living alone, experience silence and loneliness everyday. During the COVID pandemic lockdown, this has been one of the hardest things to cope with. Imagine if that was you - how would you feel? The good thing is that you can help Age NI to be there for more lonely older people by taking part in The Big Wheesht! One of Belfast's best-known gabblers, May McFetridge, has backed the campaign.  
[https://www.youtube.com/watch?v=c3Li6J7\\_C\\_I&feature=youtu.be&mc\\_cid=8a35479fd8&mc\\_eid=4e721736b5](https://www.youtube.com/watch?v=c3Li6J7_C_I&feature=youtu.be&mc_cid=8a35479fd8&mc_eid=4e721736b5)  
Find out more: [https://www.ageni.org/the-big-wheesht?mc\\_cid=8a35479fd8&mc\\_eid=4e721736b5](https://www.ageni.org/the-big-wheesht?mc_cid=8a35479fd8&mc_eid=4e721736b5)

## Age Sector Networks in N. Ireland

Online Zoom meetings with Age Sector Network staff and committee members still continue. We have been sharing information, strengthening collaboration and supporting age sector activity, addressing sustainability, impact reporting, recovery planning and we have been addressing risk management.

Key Topics of meetings and support during September included:

- Positive Ageing Month planning
- National Museums NI Slow Down sessions / vouchers
- Funding Support
- Impact Reporting
- Risk Management
- Supporting groups to come back with confidence
- Age Sector Network Updates – sharing best practice
- Older People's Housing Strategy Consultation
- Sport and Physical Activity Pre-Consultation

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

Members of the Age Friendly Network NI still continue to meet and engage with each other developing a culture of Age Friendly across their local Council areas. The regional Age Friendly Network Meeting – 22<sup>nd</sup> September focused on:

- Positive Ageing Month - October 2020
- Age Friendly officers sharing Age Friendly development and key work
- Support Task Groups sharing current practice and share best practice
- Co-design of the Active Ageing Strategy
- Promoting Public Health Messages
- Information Exchange

For more information on some Positive Ageing Programmes see link below:

<https://www.makinglifebettertogether.com/wp-content/uploads/2017/09/Positive-Ageing-Month-Events-Guide-Oct-17-WEB.pdf>

<https://www.fermanaghomagh.com/services/community/positive-ageing-month/>

## COVID Recovery Planning

### NICVA – Managing the Impact of COVID

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

NICVA have specific advice and to help you walk through the steps involved in conducting a risk assessment. <https://www.nicva.org/article/risk-management-guidance-to-help-you-move-forward>

<https://www.nicva.org/article/6-hr-considerations-when-returning-to-premises>

<https://www.nicva.org/covid19/#hubindex>

**BuySupplyNI - Covid-19 Supplies to meet the need for PPE and other social distancing supplies during the pandemic.** T: 028 2563 3562 or E: [buysupplyni@midandeastantrim.gov.uk](mailto:buysupplyni@midandeastantrim.gov.uk)

**Volunteer Now – Volunteers returning guidelines and templates:**

<https://www.volunteernow.co.uk/volunteering/helpachother/>

## Learning and Activities to Get Involved In

- **World Mental Health Day** (WMHD) We are now encouraging everyone to re – connect with someone they haven't spoken to in a while by phone or zoom. There are many people in our communities who have lost their social networks due to Covid -19 so pick up the phone and make someone's day. See the link for Jason white's video for WMHD <https://youtu.be/UhpMOvfbZrs> Please feel free to share and like
- **World Mental Health Day campaign Monday 5th October - Saturday 10th October run by AWARE** COVID-19 has changed our lives and impacted our mental health significantly. The campaign aims to promote positive mental health during this time and encourage people to look at the ways they can better manage their mental health as we continue to move through uncertainty. Some activities you can get involved in during the week include. Keep an eye on social media channels throughout the week sharing some self-care tips, videos, and mental health blog posts. Facebook/Twitter @AwareNI, Instagram @aware\_ni, and LinkedIn @AWARE.
- **Minding Your Head website** <https://www.mindingyourhead.info/> - just click on the link. Being aware in the present moment can help us feel calm and relaxed and to think more positively. For more examples of ways to Take Notice at this time, visit the Covid Wellbeing NI Hub.
- **Self-care "Being Kind To Yourself During Difficult Times"** on the 8th of October at 10am - 11am via ZOOM. Registration for the session is required E: info@impactnetworkni.org.
- **Reconnect with members of your church** either in person by attending a church service or online at [www.churchservices.tv/churches/](http://www.churchservices.tv/churches/)
- **Silver Sunday, The National Day for Older People-** SAVE THE DATE: 4 October 2020 Resource and ideas: <https://silversunday.org.uk/join-in/run-events/>
- **Digital Listen Share Change (LSC)** Using storytelling to help people start a conversation, have a laugh and make new friendships: Gareth Doran [gareth.doran@nihe.gov.uk](mailto:gareth.doran@nihe.gov.uk) or ring: 07769910478
- **Connect 2020, Arts Care Autumn Arts Programme:** <https://www.artscare.co.uk/>

- **Virtual Self-Management Courses:** Reaching people living with arthritis and other long term conditions and empower them to take back some control of their lives. Phone on 028 90782940 or email [y.knipe@versusarthritis.org](mailto:y.knipe@versusarthritis.org).
- **Free Wills Month:** From 1st – 31st October you can participate in Free Wills Month. If you want to avail of this service, visit the website link below. You can of course choose to leave a gift in your will to Age NI but this is not mandatory. The whole process is free. The list of participating solicitors will be available to view on the website from 1st October. I have attached an information leaflet to share too. If you have made a will, do please let us know. <https://freewillsmonth.org.uk/>
- **Re-opening of Museums: Slow down sessions** - Relax and explore one of your favourite museums for FREE:  
ULSTER MUSEUM 3pm, 3.15pm, 3.30pm, 4pm - **Wed 14 Oct**  
ULSTER FOLK MUSEUM 3pm, 3.15pm, 3.30pm, 4pm - **Fri 23 Oct**  
ULSTER TRANSPORT MUSEUM 3pm, 3.15pm, 3.30pm, **Fri 20 Nov**  
ULSTER AMERICAN FOLK PARK 3pm, 3.15pm, 3.30pm, **Fri 16 Oct, Fri 13 Nov**  
**Book one of these FREE sessions** now and quoting code '**Access3**'.  
When booking your visit you will need to choose a time and date above.  
Please call the booking numbers below for the museum you would like to visit, please note the phone line opening hours.  
*Ulster Museum: 028 9044 0000 - Booking line: Tues – Sun 10am – 5pm*  
*Ulster American Folk Park: 028 8225 6320 Booking line Mon – Fri 10am – 5pm*  
*Ulster Folk Museum & Ulster Transport Museum: 028 90395292*  
*Booking line: Mon, Tues, Thurs, Fri 10am – 5pm*

## Training/ Courses

**Elevate: dates just released for free online training:** The Elevate team is delighted to offer four new dates for free online training on Community Development & Health Inequalities. The previous dates were fully booked out within 24 hours so book as soon as you can: <https://elevateni.org/training/training-dates/>

### Communication tools for effective leadership and project management

Date & Time: Wednesday, 21 October 2020 - 9.00am to 10.00am Online event with NICVA. Would you like to maximize the communication, leadership, and project management skills across your organisation? If so, join NICVA and Business in the

Community for a FREE webinar to explore communication tools, digital training, and expert learning. [Book your place here](#)

### **ILM Level 3 Award in Management of Volunteers**

Date & Time: 13 October - 6 November 2020 Online training with NICVA

This course is for people who manage volunteers and would like to improve their skills and knowledge in writing volunteer agreements and supervising and supporting volunteers. It has been designed specifically for our sector by NICVA and Volunteer Now and provides you with a recognised ILM qualification. [Find out more and register here](#)

## **Regional Health Messages**

1. **Flu:** All eligible people should be encouraged to get their flu vaccination this year. Here is a list of resources to support you in your awareness raising:

Flu is more serious than you think leaflet (translations): [www.pha.site/Flu-leaflets](http://www.pha.site/Flu-leaflets)

General information regarding Flu vaccination for adults:

<https://www.nidirect.gov.uk/articles/flu-vaccine-adults>

2. **COVID:** For up-to-date information go to the PHA website:

<https://www.publichealth.hscni.net/covid-19-coronavirus>

Please encourage your groups and networks to raise awareness about the PHA StopCOVID NI contact tracing app and how to download it. Everyone with an eligible phone should be encouraged to download the app from here:

<https://www.publichealth.hscni.net/covid-19-coronavirus/testing-and-tracing-covid-19/stopcovid-ni-contact-tracing-app>

The Public Health Agency has launched a monthly update. The aim of the PHA Update is to help maintain a source of regular communication with stakeholders on key areas of work, with particular focus at present on COVID-19. Subscribers will receive the monthly update and occasionally, special issues for major announcements. To subscribe to the PHA Update visit  
[www.pha.site/subscribeupdate](http://www.pha.site/subscribeupdate)

The following website provides regular updates on the Covid-19 Pandemic – regulations and restrictions:

- At a glance – guidance on what the restrictions mean for you:  
<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>
- Detailed guidance on the latest restrictions in Northern Ireland and Public Health advice including the relevant regulations, and guidance on “gatherings operated or organised by a responsible person”  
<https://www.health-ni.gov.uk/publications/health-protection-coronavirus-restrictions-northern-ireland-regulations-2020>

**Contact Tracing Number - 028 9536 8888** [www.pha.site/contact-tracing](http://www.pha.site/contact-tracing)

**Do you need a COVID-19 test:** <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

**UK government guidance:** <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/offices-and-contact-centres#offices-3-4>

**NI Direct – advice for workers:** <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-advice-workers>

**Department of Health general coronavirus advice and links** <https://www.health-ni.gov.uk/coronavirus>

**COVID-19 Community Helpline:** 0808 802 0020. You can also get in touch by email and text message: email: [covid19@adviceni.net](mailto:covid19@adviceni.net) text: ACTION to 81025

**Department of Health NI** <https://www.health-ni.gov.uk/coronavirus>

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

**Using public transport,** people walking, wheeling or cycling and people travelling by car. <https://www.nidirect.gov.uk/articles/safer-travel-guidance-public-transport-users-walkers-cyclists-drivers>

**Translink:** <https://www.translink.co.uk/corporate/media/pressnews/COVID19update>

**Face Coverings guidance on exemptions:**

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-face-coverings>

**DATS service:** <https://www.disabilityaction.org/transport>

**Blue Badge Renewals / Applications:** <https://www.accessibletravelni.org/car/>

### 4. **Take 5 Video:** The 'Take 5 steps to well-being'

<https://www.youtube.com/watch?v=VXHgUWhOo68>

5. **Pension credit promotion:** <https://www.communities-ni.gov.uk/news/minister-encourages-people-not-miss-out-claiming-pension-credit>

## Funding

- **Garfield Weston Foundation's New £25m Culture Fund to Open on 5 October**  
Discretionary Grants are available to charitable organisations in the UK for a wide range of projects in the areas of welfare, youth, community, arts, faith, environment, education, health, and museums and heritage. <https://garfieldweston.org/>
- **The Austin and Hope Pilkington Trust:**  
Support for projects focusing on issues arising from the Covid 19 pandemic that address the needs of people aged 60 and over and BAME communities. For Grant Round 4 click here. [https://austin-hope-pilkington.org.uk/what-we-fund/?dm\\_i=55Z4,9CJE,3FHS13,11I3H,1](https://austin-hope-pilkington.org.uk/what-we-fund/?dm_i=55Z4,9CJE,3FHS13,11I3H,1)
- **National Lottery Awards for All Northern Ireland (New COVID-19 restriction)**  
<https://www.tnlcommunityfund.org.uk/funding/programmes/awards-for-all-northern-ireland>
- **Halifax Foundation Application deadline: rolling**  
<https://www.halifaxfoundationni.org/programmes/community-grant-programme>
- **Funding Available for Remote Healthy Eating Project:**  
<https://www.communityni.org/news/funding-available-remote-healthy-eating-projects>
- **Good Relations and Peace Building news: CR/CD Small Grants Scheme**  
[https://www.community-relations.org.uk/community-relations-cultural-diversity?mc\\_cid=842b315766&mc\\_eid=20ad8a81f7](https://www.community-relations.org.uk/community-relations-cultural-diversity?mc_cid=842b315766&mc_eid=20ad8a81f7)
- **NICVA Funding information Page:** <https://www.nicva.org/covid19/funding-and-fundraising-covid19>
- **Rank Foundation:** <https://rankfoundation.com/covid-19-update/>
- **The Barclays Foundation: COVID-19 Community Aid Package:**  
<https://home.barclays/news/press-releases/2020/04/barclays-launches-p100-million-covid-19-community-aid-package/>
- **The Volant Trust: COVID-19 Response Fund (2 Deadlines, 31st December 2020 & 31st July 2021)** <https://www.volanttrust.org/how-to-apply-covid-19/>

## Consultations – Surveys

- **NISRA COVID-19 Opinion Survey:** <https://www.nisra.gov.uk/publications/nisra-coronavirus-covid-19-opinion-survey>
- **The Department for Work and Pensions - Research on improving retirement services in NI.** Volunteers needed for research being carried out by DWP Pensions. They really need people who aren't as familiar with the system or process so that they can improve their retirement services. This is a really important opportunity to improve things for people close to or in retirement. They want to speak to people who are close to or over State Pension age. The research will include providing feedback over the phone, if you're interested and would like to take part please sign up here: <https://getinvolved.dwp.gov.uk/digital/95136bd4>

## 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 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@ppptakingcare.co.uk](mailto:ni.staff@ppptakingcare.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. Our Bangor, Newtownards and Ballymena stores have now opened and are accepting stock donations. The rest of our stores should be opening soon visit our website for updates.

**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](mailto: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](mailto:elaine.curry@ageni.org)**