

Age Sector News 28<sup>th</sup> August 2020

Special Edition for COVID-19 (6<sup>th</sup> Edition)

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



More than ever we all need to work together to ensure older people receive the right support, receive the right information and have access to services. Age NI is overwhelmed with the level of goodwill from the Age Sector Networks, Age Friendly officers and communities coming together to connect in and support each other at such a challenging and changing time.

We all have been enjoying some of the pleasures that we previously took for granted while keeping to government guidelines and over the past month. We know there are a lot of you out there doing amazing work for older people and play a key role in supporting our ageing community to fight this pandemic and promote the government guidelines. Over the next few months we all need to invest our time to help support those who are vulnerable and most in need.

Age Sector Networks are in recovery planning, sharing best practice and they have filled in a recent sustainability survey highlighting the need for additional investment in the Age Sector for continued support and key services in such difficult times.

Connecting in with Age Sector Networks and Age Friendly officers over the next month has been very beneficial and this month we have also linked in with National Museums NI supporting their reopening plans ensuring safe opening spaces for older people – so check out more details on their free slow down sessions available.

I really hope you enjoy this September edition full of interesting support and advice for you to share within your community or across your staff teams. Please forward on to relevant organisations and groups.

May you all continue to 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](mailto:elaine.curry@ageni.org)

## News: Regional Age NI News

1. **Lived Experience – Older People, Age NI and the COVID-19 Pandemic 2020** – a new document will be available soon online highlighting the impact of COVID-19 on older people. Age NI wish to share and focus on the main concerns and priorities for older people and learning from their lived experiences.
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/>

## Age Sector Networks in N. Ireland

Online Zoom meetings with Age Sector Network staff and committee members still continued during the summer months. 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 during the past month included:

- National Museums NI reopening plans
- Sustainability of the Age Sector
- Pensioner's Parliament Planning for 2021
- Age Sector Network Updates – sharing best practice
- Older People's Housing Strategy Consultation
- Age Friendly
- Positive Ageing Month

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

A big focus over the summer months has been planning for Positive Ageing Month - October 2020. Age Friendly officers continue to meet weekly on the zoom buddy calls ensuring key focus on developing an Age Friendly culture in each of their local Council areas. Support Task Groups and Themed Workshops have started to address key support areas and share best practice.

# COVID Recovery Planning

## NICVA – Managing the Impact of COVID

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

NICVA is hosting a series of Webinars aimed at providing more specific advice and to walk through the steps involved in conducting a risk assessment.

<https://www.nicva.org/article/risk-management-guidance-to-help-you-move-forward>

## Practical Considerations for Returning to Premises Webinars this month by NIVCA.

- 2 September, 10.00am - 11.00am
- 4 September, 10.00am - 11.00am

Recorded webinars and other information you may find useful:

Financial Planning webinar: <https://vimeo.com/436746720>

<https://www.nicva.org/article/return-to-premises-resources-webinar-recording>

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

<https://www.communities-ni.gov.uk/sites/default/files/publications/communities/covid-19-guidance-on-the-safe-return-of-sport.pdf>

<https://www.publichealth.hscni.net/node/5248>

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

## BuySupplyNI - Covid-19 Supplies to meet the need for PPE and other social distancing supplies during the pandemic.

Northern Ireland companies are now able to source a number of supplies of PPE and social distancing products from the BuySupplyNI portal. The existing site which services the manufacturing industry has been adapted, to provide a means to match buyers with local suppliers throughout Northern Ireland to access the products needed to return to work safely. BuySupplyNI now features a dedicated Covid-19 Supplies section for suppliers and buyers across all industry sectors to register for free and upload the products they can supply or detail the products they require. This is a NI-wide initiative and with participation from Northern Ireland companies it can be developed to fill the current and growing need for PPE and other social distancing supplies during the pandemic. The link to register for the Covid-19 Supplies section is: [www.buysupplyni.com/covid-19-supplies-register](http://www.buysupplyni.com/covid-19-supplies-register)

If you have any queries or questions please contact the team at:

T: 028 2563 3562 or E: [buysupplyni@midandeantrim.gov.uk](mailto:buysupplyni@midandeantrim.gov.uk)

# Learning or Activities to Get Involved In

- **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/>
- **Making going online EASY** <https://www.nidirect.gov.uk/articles/training-and-resources>
- **Staying Safe Online Course:** Advice NI in partnership with Make It Click are offering a free digital skills session on how to stay safe online. This course is an introduction on how to use the internet safely both at home and out and about.

When and where you can give out personal information and how to spot scams before it's too late. This is a repeat of the previous course of the same name so past participants need not attend. All of the Make It Click courses are free to anyone to take part in. just click on the link below to register. For more information email [comms@adviceni.net](mailto:comms@adviceni.net). <https://www.eventbrite.co.uk/e/make-it-click-staying-safe-online-tickets-114534963158>

- **Breast, Cervical and Bowel Screening Awareness Programme Online.** The Women's Resource and Development Agency is currently providing training across Northern Ireland. The Breast, Cervical and Bowel Screening Awareness Training Programme is available to individuals and organisations working with groups across Northern Ireland. If you are in contact or associated with a local community or women's group that would benefit from this training contact Katherine Robertson by calling 077 8361 1744 or by emailing [Katherine.robertson@wrda.net](mailto:Katherine.robertson@wrda.net) for further details.
- **Digital Listen Share Change (LSC)** Why not set up digital Listen Share Change for your group to come together and have a chat! Using storytelling to help people start a conversation, have a laugh and make new friendships. Participants can take part in an online session using Zoom or by phone using a freephone number. Sessions will last for approximately 45 minutes - 1 hour. If you are interested in taking part and would like further information, please contact: Gareth Doran [gareth.doran@nihe.gov.uk](mailto:gareth.doran@nihe.gov.uk) or ring: 07769910478
- **Re-opening of Museums: Slow down sessions** - Age NI have been helping with the development of re-opening and access plans to allow access during special visiting timeslots for some of those people who may have been more acutely affected by isolation during the lockdown period. They can relax and explore one of their favourite museums for FREE:  
ULSTER MUSEUM 3pm, 3.15pm, 3.30pm, 4pm - **Wed 16 Sep, Wed 14 Oct**  
ULSTER FOLK MUSEUM 3pm, 3.15pm, 3.30pm, 4pm - **Fri 25 Sep, Fri 23 Oct**  
ULSTER TRANSPORT MUSEUM 3pm, 3.15pm, 3.30pm, 4pm **Fri 20 Nov**  
ULSTER AMERICAN FOLK PARK 3pm, 3.15pm, 3.30pm, 4pm **Fri 18 Sep, Fri 16 Oct, Fri 13 Nov**  
**Book one of these FREE sessions** now by calling **028 90 567453** and quoting your VIP reference code '**Access1**'.

# Regional Health Messages

1. **Safer Shopping posters:** <https://www.publichealth.hscni.net/publications/safer-shopping-during-covid-19-poster-and-translations>
2. **Contact Tracing Number - 028 9536 8888** Find out more about contact tracing in Northern Ireland at [www.pha.site/contact-tracing](http://www.pha.site/contact-tracing)
3. **'Test, Trace, Protect' Campaign to support fight against Coronavirus:** Find out more: a step-by-step guide.  
[https://www.publichealth.hscni.net/sites/default/files/2020-07/TEST%20TRACE%20PROTECT%20%20A%20STEP-BY-STEP%20GUIDE\\_0.pdf](https://www.publichealth.hscni.net/sites/default/files/2020-07/TEST%20TRACE%20PROTECT%20%20A%20STEP-BY-STEP%20GUIDE_0.pdf)
4. **Do you need a COVID-19 test:** There are 2 ways to get a coronavirus test: getting a test kit delivered to your home or going to a test site:  
<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>
5. **COVID-19 Travel updates:** Travel NI website - [www.accessibletravelni.org](http://www.accessibletravelni.org)
6. **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>
7. **Translink:**<https://www.translink.co.uk/corporate/media/pressnews/COVID19update>
8. **Face Coverings guidance on exemptions:**  
<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-face-coverings>
9. **DATS service:** <https://www.disabilityaction.org/transport>
10. **Blue Badge Renewals / Applications:** <https://www.accessibletravelni.org/car/>
11. **UK government guidance:** <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/offices-and-contact-centres#offices-3-4>
12. **UK government guidance relating to PPE, cleaning, decontamination etc.**
13. <https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control>  
<https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control>
14. **Labour Relations Agency – advice for employers and employees**
15. <https://www.lra.org.uk/covid-19-advice-employers-and-employees>
16. **NI Direct – advice for workers:** <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-advice-workers>
17. **Department of Health general coronavirus advice and links** <https://www.health-ni.gov.uk/coronavirus>
18. **Public Health Agency – key site for general coronavirus advice and guidance**  
<https://www.publichealth.hscni.net/covid-19-coronavirus>
19. **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
20. **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/WholsDeliveringNI](http://www.facebook.com/groups/WholsDeliveringNI).

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

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

<https://www.youtube.com/watch?v=VXHgUWnOo68>

23. **If your finances are affected by the outbreak visit:**

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-and-benefits>

24. **Social Distancing guidance for blind and partially sighted people and**

**guidance for wider public.** Working in partnership with Guide Dogs NI, RNIB have developed guidance on social distancing for blind and partially sighted people in Northern Ireland. Two documents have been developed. One addresses the needs of blind and partially sighted people specifically. It covers a range of issues including guiding and mask wearing. The second, is aimed at raising awareness among the wider public and service providers and offers tips on how to support blind and partially sighted people, to resume their everyday activities, as society begins to emerge from lockdown. **The documents are available to view online via the [RNIB website](#)**

You can also download the documents directly via the links below:

1. [NI Guidance on Social Distancing if you are Blind or Partially Sighted](#) (APDF)
2. [NI Guidance on Social Distancing if you are Blind or Partially Sighted](#) (Word)
3. [NI Social Distancing Guidelines - how you can support Blind and Partially Sighted people](#) (APDF)
4. [NI Social Distancing Guidelines - how you can support Blind and Partially Sighted people](#) (Word)

## Funding

- **Funding Available for Remote Healthy Eating Projects** The Community Food Initiatives (CFI) is a healthy eating programme funded by safefood. The programme runs over a three year cycle and its purpose is to provide people with the knowledge and skills to provide healthy food options for themselves and their families. Safefood is providing funding to community organisations to deliver healthy eating projects to participants in their own homes.  
<https://www.communityni.org/news/funding-available-remote-healthy-eating-projects>
- **Good Relations and Peace Building news: CR/CD Small Grants Scheme** This funding is intended to help community/voluntary groups throughout Northern Ireland engage in Community Relations work. Deadline: 4 December 2020  
[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)

- **Funding to Support Older People Hardest Hit by the Coronavirus:** Grants of between £5,000 and £15,000 are available to registered charities across the UK working with older people hardest hit by the Coronavirus. Independent Age's £760,000 Grant Fund will give priority to organisations working with: Older people living in particularly complex and challenging situations, such as having no network of family, friends or community to call on; have a disability or long-term health condition; be caring for a dependant adult with learning disabilities or dementia or be facing other circumstances that make it harder to manage at this challenging time.

Older people who are very isolated and most at risk of missing out on the help available from government or charities that serve a very wide client group. Funding should be used to continue to keep these vital services running, providing advice, support, opportunities, and practical help.

Organisations must have an annual income of less than £1 million, with at least one paid member of staff, and should request enough funds to see them through the next six months of delivery. **The closing date for applications in this round is 9am on the 11th September 2020.**

<https://www.independentage.org/community/grants-fund>

- **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>
- **NICVA Link to NICVA's Funding information Page:**  
<https://www.nicva.org/covid19/funding-and-fundraising-covid19>
- [ASDA Foundation: Covid-19 Grant](#)
- [Community Foundation for NI:Comic Relief Community Support Programme](#)  
(Closing Date,1pm on 18th September)
- [COVID-19 Homelessness Response Fund](#) (Next Closing Date for NLCF Funding Scheme 14th September)
- [eBay UK: £1.7m funding & training support package to boost charity online retail](#)
- [Enkalon Foundation Coronavirus Community Support Fund](#)
- [NHS Charities Together](#)
- [Rank Foundation \(UK\): Emergency and Resilience Funds](#)
- [Social Investment Business: Resilience and Recovery Loan Fund](#) (funded by Big Society Capital)

- [The Barclays Foundation: COVID-19 Community Aid Package](#)
- [The Community Justice Fund](#)
- [The Plunkett Foundation \(In Kind Support\)](#)
- [The Volant Trust: COVID-19 Response Fund](#) (2 Deadlines, 31st December 2020 & 31st July 2021)

## Consultations – Surveys

- **Shielding survey for Northern Ireland (Group Living settings):** Patient and Client Council are currently looking at the impact of shielding on residents, staff and families of residents living within “group settings”. This could be a nursing home, residential care homes, supported living accommodation, hostel or respite facilities. Either fill in the questionnaire, or register for Zoom engagement sessions. This is to enable feedback from real life experiences from people shielding, staff carers/family members. Zoom calls to take place Tuesday 1st September in the afternoon, Thursday 3rd September, one call in the morning and one in the evening.

<https://patientclientcouncil.hscni.net/get-involved/shielding-during-covid-19/>

- **The Council of the Pharmaceutical Society NI** public consultation on draft Guidance on the Provision of Services for pharmacists in Northern Ireland. The Consultation will run end **12 noon on Wednesday, 30 September 2020**.  
[Peter.Hutchinson@psni.org.uk](mailto:Peter.Hutchinson@psni.org.uk) / [Simon.McClenahan@psni.org.uk](mailto:Simon.McClenahan@psni.org.uk)
- **Engage with Age online survey:** Engage with Age are making an effort to speak with older people to get their views on how they feel about meeting up in the near future for activities. See link to an online version of our Activities 2020 survey. Please fill in the survey (if you're an older person) and also forward it to others:  
<https://www.surveymonkey.co.uk/r/EWA-Activities2020>

Any older person can fill in the survey, which is taking place in the context of Covid and realising that restrictions may change over the next while. The survey is also going out via the PAL Gazette, and through groups. Anyone who leaves their details will be entered in to a draw with the chance to win a £50 Marks and Spencer's voucher. I hope you can help spread the word and help us find out how people really feel.

- **Impacts of COVID-19 survey:** Researchers at the University of Edinburgh have designed a survey aimed at assessing inequalities in the health and wellbeing impacts of COVID-19-related physical/social distancing policies globally. The survey is open to all adults over 18 years. The team is particularly interested in capturing responses from adults over 50 and/or underrepresented populations. You can help by taking a few minutes both to participate in the survey yourself and to share the survey with your wider networks.  
[https://edinburgh.eu.qualtrics.com/jfe/form/SV\\_9tAVSKFwAkpUwkZ?mc\\_cid=c85e0b1698&mc\\_eid=4e721736b5](https://edinburgh.eu.qualtrics.com/jfe/form/SV_9tAVSKFwAkpUwkZ?mc_cid=c85e0b1698&mc_eid=4e721736b5)
- **NISRA COVID-19 Opinion Survey - key findings, loneliness:** Interesting new survey data from NISRA this morning, which assesses the impact of COVID-19 on a number of different policy areas in Northern Ireland, including loneliness. Some key findings:

- Almost one in three people with a longstanding illness (30%) reported feeling lonely 'often/always' or 'some of the time' – significantly higher than those without a longstanding illness (15%).
- Less than one in five people with a longstanding illness (18%) reported never feeling lonely, significantly lower than those without a longstanding illness (30%).
- Almost half of people with a longstanding illness (48%) reported feeling 'more often lonely' – significantly higher than those without a longstanding illness (35%).

The survey findings are available in full here:

<https://www.nisra.gov.uk/sites/nisra.gov.uk/files/publications/NISRA%20COVID-19%20Survey%20Key%20Findings.pdf>

## 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)**