

Dear Readers

Welcome to the latest issue of Signpost full of updated Age Sector news for November 2021.

Move More Live More is now live!



We are incredibly excited to announce our new set of online exercise programmes "Move More Live More" has been launched! This has been created in partnership with the PHA, featuring a range of exercise programmes for all abilities, being broken down into two categories: "Gentle & Seated" and "Active & Standing"

In total there are 12 individual exercise programmes for people to choose from, featuring well know fitness celebrities such as Jane Fonda, Joe Wicks and Mary Peters, along with others from the Health and Social Care Trusts and the Chartered Society of Physiotherapy.

If you would like to take a look at some of the exercise programmes, or even just

read through the Move More Live More PDF, click the button below:



[Learn More](#)

Age Sector Networks in Northern Ireland

Age Sector Networks have been extremely busy in October during Positive Ageing Month and some key topics at meetings in October included: Funding, Sustainability Planning, Impact Reporting, Positive Ageing Month Activities, Action Planning and Training opportunities. See below ABCSN Working group planning an online Christmas Crafts Workshop.



Get in Touch with 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 amazing activity, advice and local support: <https://www.ageuk.org.uk/northern-ireland/get-involved/age-sector/age-sector-networks/>

Signpost News/ Updates

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

All Party Group on Ageing and Older People

All Party Group on Ageing and Older People Wednesday 13th October -

This meeting featured a briefing by Age NI on Lived Experience 2021 and by Causeway Coast and Glens Borough Council on their Age Friendly work.

To attend future meetings please contact michele.young@ageni.org

Age Friendly Webinar

The first international webinar series “A spotlight on Age Friendly Ireland – Policy to Practice” will take place on November 2nd 12.00pm to 2.00pm.

Over the next eight months we will host one webinar per month. Each event will be dedicated to a World Health Organisation Age Friendly theme, with the second webinar taking place on December 14th and focusing on Community Support & Health Services.

[Webinar Registration - Zoom](#)

<https://agefriendlyireland.ie/news/age-friendly-housing-seminar/>



Age NI Survey Christmas in a time of COVID

Christmas in a time of COVID

As we move into Autumn and the longer evenings, our thoughts are already starting to turn to plans for Christmas.

In preparation for Age NI's Christmas fundraising campaign, we are keen to understand how Christmas will look for older people this year: are you looking forward to getting together after last year's limited contact; are you fearful of getting back to "normal" festive gatherings; and in the wake of long periods without family and friends in close contact, what is the one thing you are hoping this Christmas will bring?

We would appreciate your input into this quick online survey, which should take only a couple of minutes to complete:

<https://forms.gle/AqGgrHRVrWq2on8z8>

The survey closes on Friday 5 November 2021. All submissions are anonymous, and the findings will be used to inform Age NI's Christmas fundraising campaign launch and press release in mid-November and as ever, your time and input is very much appreciated. If you can, do please tell others about his survey.

Thank you in advance.

Volunteering: Learning From Today, Prepared For Tomorrow Conference

Volunteer Now is hosting a major online volunteering conference on 2 December 2021.

https://www.volunteernow.co.uk/course/learning-from-today-prepared-for-tomorrow-conference/cid_0/

Learning, Workshops and Training

INTERNATIONAL MENS DAY

November 18th

A “Turning it Around” webinar is taking place on the 18th November from 10-11.30am focusing on two of the six pillars of International Men’s Day. Please contact Brien.frazer@setrust.hscni.net

Online Access Guides for disability groups and organisations

www.AccessAble.co.uk

Libraries NI FREE access to over 160 digital magazines.

<https://www.librariesni.org.uk/events/>

Reconnect with members of your church either in person by attending a church service or online at www.churchservices.tv/churches/

Help with Digital Devices:

<https://supportingcommunities.org/latest-events/2021/1/7/get-to-know-your-new-device>

GO ONLINE Made Easy:

<https://www.nidirect.gov.uk/information-and-services/go-ni/events-and-training>

Free Data Scheme for Charities

<https://www.nicva.org/article/free-data-scheme-for-registered-charities>

The Dementia Podcast

Have you listened to the Dementia Podcast with Professor Colm Cunningham yet?



The Dementia Podcasts provides the latest research, expertise and currency of knowledge from the HammondCare Dementia Centre and their guests. The podcasts address the latest in thinking and practice issues, which include a series of podcast focusing on key issues including 'talking' design and 'talking' behaviours. They consider both clinical and practice issues and the complex issues that need considered in advanced dementia. The topics discussed are very interesting and very relevant.

Join Colm, Professor Assumpta Ryan and Professor Faith Gibson in their discussion of the meaning and best practice implementation of reminiscence and life story work in dementia care in the latest edition by clicking below.

[Listen Now](#)

Census 2021 Outputs Event Now Live

The operational data collection phase of Census 2021 is now complete. NISRA we are now working to process the data collected during the census and by Summer 2022. A webinar event is being held on Wednesday 3rd November at 2pm, which will provide consultees with additional information and an opportunity to ask questions about the issues of interest to them recording will also be available immediately after. If you would like to attend please register on EventBrite at <https://www.eventbrite.co.uk/e/193334387357>

Funding Updates

Funding at your Fingertips

Northern Ireland's leading funding toolkit. Helping charities and communities thrive. www.grant-tracker.org

NICVA Funding information Page

<https://www.nicva.org/covid19/funding-and-fundraising-covid19>

Thomas Wall Trust: Digital Skills 2021 Grants Programme

<https://www.thomaswalltrust.org.uk/digital-skills-2020/>

Community Foundation NI

Number of funds open for applications: <https://communityfoundationni.org/achieving-impact/available-grants/>
<http://www.communityfoundationni.org/apply>

Arnold Clark Community Fund: Winter 2021 Fund reopens

Deadline is 23:59 on 31st December 2021 for applications in the following categories only: food banks, toys banks, housing and accommodation, and poverty relief.

The National Lottery Community Fund: Living Places and Spaces

Opens 1st November, this programme offers small scale capital grants of between £1,000 and £10,000 to support communities in creating more sustainable and resilient outdoor spaces. They are distributing these grants on behalf of the Department for Infrastructure.

Free fundraising clinics for NICVA members

[Find full details and book your slot here](#)

Joseph Rowntree Charitable Trust

Supports people who address the root causes of conflict and injustice. They have a dedicated Northern Ireland programme prioritising: Strengthening human rights and equality, Supporting inclusive, non-sectarian and participatory politics, Supporting processes of demilitarisation, and Dealing with the past. Click [here](#).

Other Information

Loneliness Beyond Covid-19 International Conference on 18th November. Further information and registration is available here - <https://lonelinessbeyondcovid-19.w.tame.events/>

'Living Well With' ... Healthy Eating

NI Rare Disease Partnership – Southern Health Trust. November Friday 12th at 11am

Guest speaker: SHSCT community nutrition & dietetic service offering practical advice on maintaining a healthy diet.

To register email info@nirdp.org.uk

Belfast film festival (4th-13th November)

which may appeal to older people. Full programme here:

<https://belfastfilmfestival.org/whats-on>

Post Office card accounts closure extended until November 2022 - GOV.UK

The Post Office Card Accounts (POCa) scheme was previously set to end in November 2021. It has now been extended for 12 months to ensure ... www.gov.uk

0800 085 7133 (Textphone 0800 085 7146) or 345 3344 (or 0345 722 3355 for Typetalk).

Hourglass Helpline: 0808 808 8141

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

Covid-19 Helplines:

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

See link to Directory of Services within NHSCT area.

<https://www.northerntrust.hscni.net/services/older-peoples-services/support-in-your-area/>

Introduction to Domestic Energy Efficiency Training - Free Live Webinar.

NEA are concerned that the 'perfect storm' of higher energy prices, reduced incomes, and leaky, inefficient housing could put many households in Northern Ireland at increased risk of fuel poverty this coming winter.

Webinar dates:

Wednesday 23rd November 2021
10am -12.30pm

Wednesday 7th December 2021
10am-12.30pm

FREE for Health & Social Care, housing professionals, community & voluntary organisations within the Belfast Area.

If you belong to an organisation outside of the Belfast Area, please contact us, as we may have capacity to provide this training free.

Phone: 028 9023 9909 **Email:**
nichola.macdougall@nea.org.uk

Regional Health Messages

Care home visiting restrictions have eased and moved to the 'Gradual Easing' stage of the Visiting with Care Pathway.



Care Home Visiting Restrictions Eased

4 people can visit at one time from no more than 2 households

4 visits per week are allowed

Care Partner arrangements remain in place

For info go to: pha.site/VisitingCareHomes

HSC Health and Social Care

[More Information](#)

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

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

Covid Booster Vaccination and Flu vaccination via Community Pharmacies

Participating community pharmacies across Northern Ireland able to provide COVID-19 Booster and FLU vaccinations for frontline Health and Social Care Workers. This service has started. The list of participating pharmacies in your area can be obtained by visiting:

<http://www.hscboard.hscni.net/booster-covid19-vaccination/>

For more information on the service, please see the attached letter or visit

<http://www.hscboard.hscni.net/community-pharmacy-vaccinations/>

COVID-19 Travel updates -

www.accessibletravelni.org

Government Coronavirus guidelines:

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

Suspicious Text Messages: You can report suspicious text messages by forwarding them to 7726.

Public Policy Consultations & Engagement

Several public consultations currently open on issues of interest to older people:

For information on all current public consultations go to:

<https://www.northernireland.gov.uk/consultations>

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

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**.

Keysafe Social Media Launch: Our range of independent living products has been expanded with our new Keysafes, which were launched on social media this week to promote the product!

These are a simple but smart and secure way to leave a key safely outside the house. With a Keysafe, a spare key can be left safely in a locked box fixed to the outside wall of the house. They have a combination code, which can be shared with family, friends, or carers to grant them access in the case of an emergency. We



currently have a 10% discount code available, just quote "AGE10" at checkout to use this. For more information on the products or to place an order, please click below.

[See Our Keysafes](#)

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.

Ad-hoc IT volunteers to help older people set up their phones/zoom/etc.

<https://www.communityni.org/job/it-volunteers>

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 and ways you can support Age NI.
3. **Age UK News:**
<https://www.ageuk.org.uk/northern-ireland/>
4. You can find all healthy **Take 5 Steps to Wellbeing** videos on our [YouTube Channel](#)
5. **Check in and Chat Service:** To enquire, call Age NI Advice on 0808 808 7575 Monday – Friday, 9am-5pm or email

[View our website](#)

[Like our Facebook page](#)

[Follow us on Twitter](#)

Support Check In and Chat

Please support our current fundraising



campaign to fund our Check In & Chat service, keeping lonely isolated older people connected. Learn more about how important this service is to one of our service users, **Jim**, here:

<https://youtu.be/aQNQkdTLgpQ>

[Donate](#)

[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.

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