

Signpost

News for the Age Sector and Network Partners – November 2017

Welcome to the latest issue of **Signpost Express**, an e-bulletin to keep you updated on specific and relevant issues to age sector network partners working with older people's programmes including new legislation and developments, news, training, events and activities, advice, campaigns, support and signposting for further information.

This e-bulletin is produced by Elaine from Age NI. If you wish to have anything included in the November Signpost Express, please email Elaine: elaine.simpson@ageni.org

1. DEVELOPING A MULTI-DISCIPLINARY FUTURE FOR PRIMARY CARE

A working group set up by Department of Health want to improve primary care provision. Primary care is traditionally based on GPs working independently with some input from other disciplines but this working group aims to improve primary care provision by encouraging people to work together in teams to provide holistic care – not just medical or nursing care building around the patient, focusing on early intervention and prevention moving from a medical to a wellbeing focussed model.

Dates for this events per Trust area are below:

Area	Workshop Location	Date	Time
Western area	Fermanagh House, Enniskillen	Wednesday 6 th December 2017	6pm-9pm
South Eastern area	QIIC, Ulster Hospital, Dundonald	Tuesday 12 th December 2017	2pm-5pm
Belfast area	NICVA, Duncairn Gardens, Belfast	Thursday 14 th December 2017	6pm-9pm
Southern area	Seagoe Parish Centre, Portadown	Tuesday 16 th January 2018	2pm-5pm
Northern area	All Saints Parish Centre, Ballymena	Wednesday 24 January 2018	2pm-5pm



2. Fermanagh & Omagh District Council Community & Voluntary Sector Community Convention

An opportunity for members of community and voluntary groups from across the Council District. The event will include speakers from Building Change Trust and Fermanagh and Omagh District Council Community Planning, and workshops covering fundraising, social media, volunteering and making your community venue more accessible.

- At: Bawnacre Centre, Irvinestown
- When: Thursday 16 November 2017 - Registration 6.45pm, starting at 7pm
- Places limited to 3 per group
- Please register with alison.gilmore@fermanaghomagh.com Tel 0300 303 1777 ext 21217



3. Scarred for Life Video Launch

On Thursday 26 October 2017 a Home accident prevention video 'Scarred for Life' was launched by the Public Health Agency (PHA), in association with local councils in Northern Ireland highlighting the dangers associated with hot appliances, liquids and bath water.

The video is the latest in a series of awareness-raising activities to reduce the prevalence of accidents that occur in or around the home, and shows how quickly and easily burns and scalds can occur. To view the video visit www.nidirect.gov.uk/burns-safety-advice

4. Vincent de Paul helping older people in Northern Ireland

Their respite and well-being centre, Clare Lodge, which is located on the Central Promenade in Newcastle, County Down, is a wonderful facility which offers older people who are living alone or who perhaps feel isolated, the opportunity for short respite breaks in a homely, warm and welcoming environment.

Christmas and the New Year can be an especially difficult time for older people and Clare Lodge offers a variety of very affordable packages to suit different needs. It can accommodate 52 individuals in en-suite bedrooms, all of which are wheelchair accessible with a lift for ease of access.

For more information or to request a booking please contact Clare Lodge on: 028 4372 2849

E mail: clare.lodge@svpni.co.uk - Society of St Vincent de Paul - Clare Lodge Centre

5. Alzheimer's Society Causeway

Caring for someone with dementia are being offered support and advice at monthly carers groups being run by Alzheimer's Society in Causeway. The Alzheimer's Society carer support groups provide opportunities for carers to ask questions and learn from the experiences of others within the group. Trained Alzheimer's Society staff are on hand to provide information about dementia and practical tips about coping with the condition.

- **Ballymoney** - meets the last Wednesday of each month (next date is Wednesday 25 October) 2.30pm – 4pm, Robinson Community Hub (separate building on the Robinson hospital site, to the left of the main building)
- **Coleraine** - meets the first Tuesday of each month (next date is Tuesday 7 November) 7.30pm – 9pm, in the new venue of Coleraine Rugby Club (Please use the entrance at the side of the Clubhouse)

For further details contact Aoife McMaster on 028 7035 8887.

6. Free Universal Credit Session on Monday 22nd Jan @ Citizens Advice Regional office

Due to high demand another Free Universal Credit Session is available at Citizen's Advice Regional office on Monday 22nd Jan 2018.

Also running Free Money Management Course Thursday 30th November at the Regional office.

For further information contact:

Pat Hutchinson MBE Training Manager Tel: 02890231120 Ext 235

Or email: nichola.macdougall@citizensadvice.co.uk or phone 02890231120 ext

Or visit website for further details: www.citizensadvice.co.uk

7. Community Development & Health Training

CDHN are delivering Community Development & Health Training 'Understanding the values of Community Development within communities'

This training introduces participants to the values and principles of community development within a community setting to address the issues that affect health. Suitable for anyone who is new to community development work or to refresh knowledge.

- Strabane Enterprise Agency - 8th November 2017
- The Palace Demesne, Armagh - 15th November 2017
- Cregagh Youth and Community Centre - 22nd November 2017
- Oakfield Community Centre, Carrickfergus - 29th November 2017

Registration: Caroline McNulty E: carolinemcnulty@cdhn.org T: 028 3026 4606
<https://www.cdhn.org/news/community-development-health-training-november-2017>

8. Strin'Art Scarlett Memory Program

Stim'Art Scarlett is the first adapted memory program for seniors suffering from cognitive disorders such as Alzheimers, Stroke, Parkinson's etc. During the exercise, no time pressure, no feeling of failure, the key is that seniors go at their own pace, performing exercises that make them happy, while allowing them to maintain their cognitive abilities.

New games are now available on Stim'Art Scarlett.

For further information contact:

curieux@dynseo.com

www.dynseo.com

9. PHA - Promote Flu Vaccine amongst Older People

It's important that as many older people and carer's are protected as possible against flu as we approach the flu season – to make sure older people stay well this winter.

I would appreciate if you could promote the uptake of the Flu Vaccine in your communications with older people (e.g. newsletters, etc) as soon as possible. I would also appreciate if you could circulate the information amongst your older people and groups.

All individuals over 65 and carers of any age are eligible to receive the flu jab at their doctor's surgery.

For further information on the flu vaccine see www.pha.site/fluleaflets. For further information on how to help yourself stay well this winter visit www.nidirect.gov.uk/stay-well



10. Looking after someone?

Carers Trust can help with advice on personal wellbeing, benefits and support, and can signpost for assistance with finance.

For further information on the Carers Support Service Call the helpline and information service: Tel: 07826 930508 or Email: price@carers.org Monday–Friday, 9am–5pm
Or contact a local Outreach and Information Support Worker

- Ruth Allen: Armagh & Dungannon - Email: rallen@carers.org Tel: 07702 819112
- Michelle Moul: Craigavon & Banbridge - Email: mmoult@carers.org Tel: 07702 819111
- Eleanor Doherty: Newry & Mourne Email: edoherty@carers.org Tel: 07702 819109

- Carers.org/carers-support-servicenorthern-ireland

www.facebook.com/CarersTrust

www.twitter.com/carustrustni

11. Fundraising Clinics for Faith Organisations Tuesday 28th November at RCN

This clinic will provide an hour of free one to one fundraising advice for faith based organisations who want to diversify their income and increase their sustainability. You can use your one-hour slot for:

- discussing current funding applications
- exploring potential new sources of income developing a fundraising plan or a fundraising strategy
- or simply taking the opportunity to have a sounding board regarding anything fundraising-related.

Clinic slots will operate on a first come, first served basis. For more details and to register, visit the NICVA website www.nicva.org or alternatively, contact Conor at RCN on 028 8676 6670.

12. Introduction to Social Media and Getting your message across

WHEN: Wednesday 22nd November 10am to 1pm at NICVA

This session will explore the benefits to your group using social media. It will include how to:

- use Facebook and Twitter
- develop a social media plan

- run a social media campaign
- get your message across effectively.

For more details and to register, visit the NICVA website www.nicva.org



13. Volunteer Now Training Dates

Keeping Adults Safe: Recruitment, Selection and Management

- 9 November, 10am-4pm, Dungannon

Keeping Adults Safe: Training for Staff and Volunteers

- 10 November, 10am-4pm, L'Derry

Train the Trainers

- 15, 16 & 29 November, 10am-4pm, L'Derry

Integrated Keeping Adults and Children Safe: Training for Staff and Volunteers

- 16 November, 10am-4pm, Enniskillen

Keeping Children Safe: Designated Officer Training

- 22 November, 10am-4pm, Enniskillen

Young People & Volunteering: The Essentials

- 30 November, 10am-4pm, Belfast

For more information: Volunteer Now Enterprises Ltd Belfast, BT2 7DB, Tel: 028 9023

2020 Email: training@volunteernow.co.uk



14. FUNDING: Halifax Foundation for N. Ireland

Community Grant Programme - Halifax Foundation for NI

The Halifax Foundation for Northern Ireland's Community Grants Programme supports underfunded, grassroots charities that enable people, especially disabled and disadvantaged people, to play a fuller role in society. The programme is open to registered charities with an income of less than £1 million. Grants are for one year only and the average grant is currently £3400. (Formerly known as Lloyds Bank Foundation for Northern Ireland.)

<http://www.halifaxfoundationni.org/>

Pitching 4 Pounds

'Pitching for Pounds' is an exciting Foundation initiative aimed at registered charities in Northern Ireland. What makes this programme unique is that charities can pitch for funds based on the needs of their organisation. It gives charity representatives space to develop their ideas and be creative. Successful charities will be awarded a £15,000 grant over 12 months.

<https://www.halifaxfoundationni.org/pitch>

The overall aim of the Halifax Foundation for Northern Ireland is to support grassroots charities that enable disabled and disadvantaged people to play a fuller role in society.

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028 9590 0393