

Dear Readers

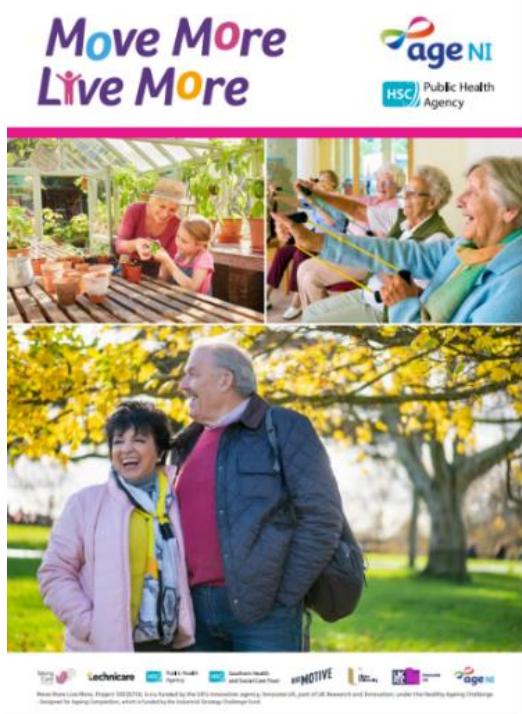
Welcome to the latest issue of Signpost, full of updated news for March. Get the latest updates on information, training, events, consultations, workshops and activities for older people over the next month.

All Party Group on Loneliness and Ageing and Older People

Age NI staff were delighted to be at Parliament Buildings on Monday 26th February for a joint meeting of the All Party Groups on Loneliness and Ageing and Older People. Sam Cunningham was a guest speaker and gave an excellent presentation about the work done by Ag NI's First Connect service to prevent and alleviate loneliness. Edel Quinn spoke about her role drafting the 2020 report on loneliness, Kellie Turtle provided the secretariat for the meeting and Paschal McKeown was also in attendance. It was fantastic to see a packed Senate Chamber with over 50 stakeholders there to meet the MLAs, the majority of whom were older people.



Age Sector Networks – Supporting Move More Live More



Age Sector Networks supporting healthy ageing. Move More Live More booklets will be available through the Age Sector Networks. These booklets bring you expert advice for a healthy later life, with simple tips and information to help you invest in your health and wellbeing. Good nutrition, eating, drinking, medication guidance, the power of breathing, the importance of sleep, and ways to relax, staying safe and secure and staying safe online. You can find a link to the PDF of Age NI's Move More Live More manual (along with a selection of our other booklets) via this link. <https://www.ageuk.org.uk/northern-ireland/information-advice/guides-factsheets/>

Age NI Move More Live More falls prevention project is really innovative and could have huge potential impact and benefits for older people as individuals, as well as for the healthcare system. If you'd like to know more, visit our website www.ageuk.org.uk/movemorelivemore

Good Vibrations podcast – watch here

<https://www.ageuk.org.uk/northern-ireland/information-advice/looking-after-yourself/good-vibrations/>

Funding Updates

FUNDED GrantTracker one-year subscriptions | NICVA. NICVA are offering a free one year Grant Tracker subscription to groups in the Voluntary & Community Sector. With over 1,000 NI specific funding schemes currently listed, Grant Tracker will help you find funding relevant to your projects, keep on top of deadlines and co-ordinate your funding applications. The offer is open to 31st March 2024, however there are only a limited number of free subscriptions remaining.

Please click link below to avail of this great opportunity.

[FUNDED GrantTracker one-year subscriptions | NICVA](#)

Awards for All: Now apply to the programme for funding of between £300 and £20,000 to deliver projects in their local community that can last up to two years. In these challenging times, this change will allow groups greater flexibility by offering funding over a longer period of time. You can find out more by [watching this short film](#). The team at The National Lottery Community Fund are happy to chat to groups about their project ideas so you can get in touch by emailing enquiries.ni@tnlcommunityfund.org.uk or calling 028 9055 1455.

<https://www.tnlcommunityfund.org.uk/funding/thinking-of-applying-for-funding>

Halifax Foundation—Community Grants Programme.

Better Together - Halifax Foundation for Northern Ireland launches new Strategy Better Together and funding programmes. They have designed a suite of new grant programmes to enable applicants to help those in greatest need with grants of up to £40,000. You can find out more here. <https://www.halifaxfoundationni.org/programmes/community-grant-programme>

Community Flex - £10,000.

Ignite This is a seeding grant for new charities, £2,000.

Collaborate This programme is for 2 or more registered charities coming together to tackle a social issue, both charities must have an income under £500k. Max grant £20k.

King Charles III Charitable Fund: Small Grants

Micro Community Investment Fund - funding for organisations who are making the lives of others in their communities better, by improving their financial, physical, and mental wellbeing. No constitution to apply to this fund. <https://communityfoundationni.org/grants/micro-community-investment-fund/>

The Henry Smith Charity: Strengthening Communities The Strengthening Communities grant programme is designed to support small charitable organisations working at grassroots level so that funding reaches the most disadvantaged areas of the UK, targeting places that are economically marginalised and affected by poverty. They fund established organisations with a track record of delivering services directly to beneficiaries - organisations that are embedded within their communities and are addressing local needs with grants of £20k – £70k per year for 3 years. Organisation size is £20k – £500k per annum with focus of work in Northern within the 15% most deprived areas Grants available from £20k to £60k per year for 1–3-year projects. No deadlines.

Tesco Community Grants - grants to schools, community organisations (including registered charities/ companies), health bodies, local authorities and social housing providers – because where our communities thrive, our business and our colleagues thrive too. More information and application National Lottery Awards for all Northern Ireland - funding can help you to make a difference in your community. Funding from £300 to £10,000. More info and application.

Woodroffe Benton Foundation: Small Grants - The Woodroffe Benton Foundation's Small Grants programme offers applicants one-off grants in the range £500 to £2,500. Their next Small Grants Programme funding round will be open from 1 to 31 March 2024 and will focus on "Improving the quality of life and social engagement for older people in England, Wales, Scotland and Northern Ireland". Trustees prefer to support smaller charities with incomes under £750,000. <https://www.woodroffebenton.org.uk/>

National Lottery Community Fund - Sustainable Community Buildings Programme

Grants are available for voluntary and community organisations in Northern Ireland to support them in making their buildings more energy efficient, helping to save money on bills.

[Sustainable Community Buildings | The National Lottery Community Fund \(tnlcommunityfund.org.uk\)](https://www.tnlcommunityfund.org.uk)

Workshops & Training & Digital Support

Libraries NI FREE access to over 160 digital magazines and zoom sessions:

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

Get Moving with Libraries NI Libraries NI will be hosting a series of online sessions designed to boost your wellbeing. To take part in these Zoom sessions, register on the library website www.librariesni.org.uk or ask library staff for more information. Booking essential.

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

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

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

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

Digital inclusion - [BYTES website](#)

Online Access Guides for disability groups and organisations www.AccessAble.co.uk

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

British Heart Foundation have a free digital training tool to teach you to save a life in 15 minutes with just your phone and a cushion. Try RevivR now. <https://revivr.bhf.org.uk>

LGNI Network Meeting Dates Register through this webpage link - [LGNI Network Meeting's Register Now! – Linking Generations NI](#)

Code of Good Governance for Northern Ireland: <https://www.nicva.org/resource/code-of-good-governance-3rd-edition-0>

Governance Health Check: <https://www.nicva.org/article/governance-health-check-launched>

Volunteer Now Enterprises Ltd have a variety of training courses: NEW Inclusion, Equity & Equality sessions, Volunteer Strategy, Volunteer Role Development, Keeping Adults Safe: Adult Safeguarding Champion & Appointed Person Refresher training, Volunteer Policy. Befriending Training Workshop. Take a look at the Courses page here for the full list and book your places! <https://www.volunteernow.co.uk/training/courses-scheduled/>

Stepping Stones NI Free training is available to community groups targeting over 50s; women, those not in employment, education or training, or people with learning barriers/disabilities. To find out more please email [Jane Gilmore](#) in Stepping Stones.

Supporting Communities A range of training courses are available for community groups. Further information can be accessed [here](#).

Information Session: Supporting Older People

Step are delivering a free 2-hour workshop for groups and organisations supporting Older People.

This workshop provides a guide to Social Security benefits and entitlements for Older People and will cover the following topics:

- State Retirement and Pension Credit
- Older People and Disability/Carers Benefits
- Universal Credit and Older People
- Housing Benefit and Lone Rates Relief
- Winter Fuel Payments, Discretionary Support Grants, and other help & support
- Q & A Session

When and Where?

DATE: Thursday 14 March 2024

TIME: 10 am to 12 noon

VENUE: Cookstown Library, Burn Road, Cookstown

To reserve your place please
email cookstown@stepni.org





‘EAT WELL, SPEND LESS’ SHOWCASE with PAULA MCINTYRE

Lisburn & Castlereagh City Council’s Environmental Health, Risk & Emergency Planning team are hosting a **FREE** Healthy Eating on a Budget event - ‘Eat Well, Spend Less’, on the evening of 15th March 2024 with **top local celebrity chef Paula McIntyre**

TIME: 18:30- 21:00

DATE: FRIDAY 15th MARCH 2024

LOCATION: ISLAND HALL, LISBURN & CASTLEREAGH CITY COUNCIL, CIVIC HEADQUARTERS, LAGAN VALLEY ISLAND, LISBURN, BT27 4RL

Let’s come together to make a difference to our community. **Call now to reserve your place.**

What to expect?

This is a chance for our local residents & community groups to learn about:-

- food safety in the home and at community events – Robert Lamont, Environmental Health Manager.
- providing nutritious food on a budget - Vanessa McMinn, Registered Dietitian.

and to enjoy:-

- **a Cookery Demonstration on eating well and spending less by Paula McIntyre, Celebrity Chef.**

For more information and to confirm your attendance at this event please contact Community.Services@lisburncastlereagh.gov.uk or telephone 02892 447713

by Friday 8th March 2024





DRIVE CHANGE IN 2024...

Volunteer & gain
your Minibus D1
licence for **FREE**



Down Armagh Rural Transport are now recruiting for community volunteers as part of our "Drive to Thrive" employability project.

As you volunteer your time with DART as a community driver you will be progressing through your PCV D1 (Minibus) Complete Course & Driver CPC training, normally costing between £1200-£1500.

**LIMITED
TRAINING
SPACES
AVAILABLE**



TEL: (028)38317810
WHATSAPP: 07398172370
INFO@DARTPARTNERSHIP.ORG.UK
WWW.DARTPARTNERSHIP.CO.UK
10 CHARLESTOWN AVENUE, PORTADOWN, BT635ZF




LGNi Network Meeting Dates released!
Register to attend YOUR area!
LGNi news, training opportunities, All Ages April Funding, Global Intergenerational Week & local stories!

www.linkinggenerationsni.com



Are you interested in developing connections between generations in the community you live, work or go to school? Linking Generations NI's network meetings are a great place to start and aim to connect people interested in intergenerational work, provide inspiration and support.

Sign up to attend your local meeting now and find out all the latest intergenerational news, local stories and opportunities including our LGNI's exciting small grants All Ages April small grants scheme **To find**

out more and register please visit

[LGNi Network Meetings Register Now! – Linking Generations NI](#)

You can also sign up to LGNI's network mailing list via [Sign Up – Linking Generations NI](#)



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- Boost confidence and mobility
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- Tailored for over 60's

Please contact Allison on
alforbes@southwestagepartnership.co.uk

Or

028 8225 1824 or
07955 787 456 to book your place

Starts Tuesday 5th of
March at 10.30am



South Eastern Health
and Social Care Trust

HOW CAN I PREVENT FALLING?



Keeping bones healthy

- Eat **foods** rich in calcium & Vitamin D.
- Grow stronger bones by taking regular exercise.
- Stop smoking.

Medicines

- Some medicines can cause side-effects such as feeling dizzy, drowsy or unsteady which can increase your risk of falling.
- Only take medicines that have been prescribed to you and don't mix them with alcohol.

In the house safety

- Don't place objects on the stairs.
- Ensure there is good lighting.
- Install handrails.
- Replace damaged carpet.
- Avoid trailing leads/wires.
- Use non slip mats.
- Install grab rails by the toilet & shower.

Outside safety

- Have broken or uneven pathways & driveways repaired.
- Remove leaves & debris.
- Install handrails on any steps.
- Have salt spread on icy pathways/ avoid walking in icy conditions.

Eyesight check ups

- Good vision is important to maintain your balance.
- You are advised to have your eyesight checked by an optician if you have an eye condition or over the age of 70.

Physical activity

- Balance can be retained & improved with specific exercises.
- Weak muscles can be a result of not using them enough. To strengthen these muscles you can get individually prescribed exercises.

Other Information

Consumer Council: www.consumercouncil.org.uk/onlinetools

Census Updates: census@nisra.gov.uk

Find Help NI is an online directory of community and voluntary services for mental health and wellbeing. www.findhelpni.com

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

Hourglass Helpline: 0808 808 8141

LGNI Network Meeting Dates Register through this webpage link - [LGNI Network Meeting's Register Now! – Linking Generations NI](#)

MoneyHelper.org.uk 08000113797 <https://www.moneyhelper.org.uk/en/money-troubles/way-forward>

Online Access Guides for disability groups and organisations www.AccessAble.co.uk

The Domestic and Sexual Abuse Helpline Call: 0808 802 1414

Bereavement support: <https://www.health-ni.gov.uk/news/new-bereavement-support-website-northern-ireland>

The Herbert Protocol: www.psni.police.uk/herbertprotocol

SCAMS SUPPORT: If you receive a suspicious message via email, website or text message, you can take the following actions:

- Report here via: <https://www.ncsc.gov.uk/section/about-this-website/report-scam-website>
- Via text message - Report suspicious text messages for free to 7726.
- Via website: www.actionfraud.police.uk or by phoning 0300 123 2040.
- Via phoning police on the non-emergency number 101.
- BEAM Creative Network Scams Film: <https://vimeo.com/699606663/6f815e57a7>

Governance Health Check & Guide

www.diycommitteeguide.org

[Governance Health Check](#)

[The-Code-of-Good-Governance-3rd-Edition.pdf](#)

Dementia Society Resources: Innovation Hub <https://innovationhub.alzheimers.org.uk/>

Deafblind UK Tel: 0800 132320 (Helpline Number) Text: 07903572885

Email: info@deafblind.org.uk Text relay: 18001 then 0800 132320

Facetime: helpline.dbuk@deafblind.org.uk (Not BSL) BSL video relay:

www.deafblind.org.uk/bsl Free counselling Helpline on 0303 123 9999



Do you have a concern or issue about health or social care?

Health and Social Care services can be complex. If you, a family member or someone you care for has a concern or issue, we can support you, so your voice is heard.

**Contact us on Freephone 0800 917 0222 Monday to Friday 9am - 4pm
(Excluding Bank Holidays)**

The Patient and Client Council independently represents the interests of the Public in Health and Social Care.

Our vision is for a Health and Social Care Service actively shaped by the needs and experiences of patients, clients, carers and communities.

To find out more and to sign up to our Membership Scheme which keeps you up-to-date with our work:

Phone: 0800 917 0222

Email: info@pcc-ni.net

Post: Freepost, Patient and Client Council

Website: www.pcc-ni.net

Follow the PCC on Social Media: [X @PatientClient](#) [f @PatientAndClientCouncil](#)

Public Policy Consultations & Engagement



We need your help with the project to redesign the [Assembly website](#).

We want to make changes to our navigation, access to information, and overall accessibility for everyone.

You can help by taking our survey and telling us what you think of the current site and what you would like to see in a new one.

Take our quick survey:

<https://lk.nia.fyi/your-voice-matters>

Tell us: How do you use the website? What challenges do you face?

Help us: Create a website that truly works for everyone!

Closing date: 23:59 on Sunday 10 March 2024

Click the survey link above and join the conversation!

Age NI E-Learning survey



Age NI is currently exploring how to better support larger organisations with their Diversity and Inclusion work in relation to age. Some organisations have expressed an interest in using e-learning to reach a larger number of staff than they could with traditional workshops.

Please share this brief online survey for us to gauge interest on this topic, thanks!

[Survey link](#)

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**.

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: <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.

[Please share this Signpost with anyone you feel may be interested.](#)

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 & 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 info@ageni.org.

[View our website](#)

[Like our Facebook page](#)

[Follow us on Twitter](#)

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.



Support Age NI in this year's Belfast City Marathon! There are still spots available to participate in the 8 mile walk on 5th May 2024 - register below and let the fundraising team know if you're taking part at ageni.org/marathon.

[Belfast City Marathon](https://ageni.org/marathon)

Signpost Next Edition 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