

Dear Readers

Welcome to the latest issue of Signpost full of updated news for September 2023 with all the latest updates on information and activities relevant to older people and organisations supporting older people this month. Please share within your community to keep older people informed, engaged and connected.

### Co-design Workshop – Building Better Age Friendly Communities Friday 1<sup>st</sup> September

Are you an individual or organisation interested in building better age -friendly places to make our communities more resilient to climate change?

We will explore outdoor spaces, housing, transport, health and social care, and the environment. We would love your input and discussions.

Sign up via:

Eventbrite: [codesign-belfast.eventbrite.com](https://codesign-belfast.eventbrite.com)

Or Email: [Elaine.curry@ageni.org](mailto:Elaine.curry@ageni.org)



UK Research and Innovation | HERIOT WATT UNIVERSITY | UNIVERSITY of York | SEI Stockholm Environment Institute

### Co-designing Climate Resilient Age-Friendly Cities and Communities

Bringing together the **local community (those aged 60+)** and **key organisations** to explore how we can build age-friendly places and spaces that are resilient to climate change.

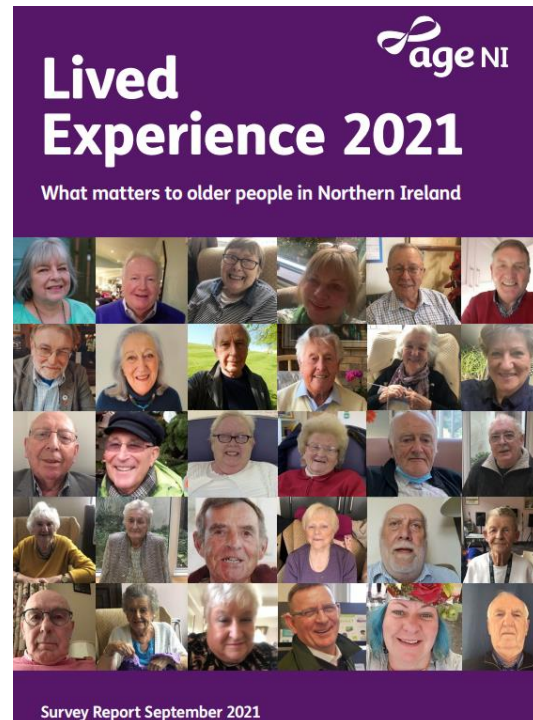
10:00-13:00  
Friday 1st September 2023

Rotunda Suite, Europa Hotel, Great Victoria Street, Belfast, BT2 7AP  
*This in person workshop will include refreshments, followed by lunch*

To attend, please sign up on Eventbrite  
[codesign-belfast.eventbrite.com](https://codesign-belfast.eventbrite.com)  
or email [elaine.curry@ageni.org](mailto:elaine.curry@ageni.org)

### Cover stars needed for the Lived Experience 2023 report!

Do you know anyone who might like to feature on the cover of Age NI's Lived Experience 2023 report?



Check out the examples from our 2021 report - we have received nearly 1000 responses to this year's survey, and hope to feature as many faces as possible to represent all the older people who have told us what is most important to them.

Please share this with anyone you know who may be interested. Please make sure photos are... In focus and in colour; Recent; Head and shoulders only, Doesn't feature anyone else, Doesn't have a distracting background, Is taken in portrait mode (upright) vs landscape (wide)

Photo portraits can be sent to [michele.young@ageni.org](mailto:michele.young@ageni.org) by 31 August 2023. Alternatively, please Whatsapp photos to 078 5527 0787

## Age Sector Networks

Age Sector Networks (ASNs) across Northern Ireland have been busy with Positive Ageing Month planning with the Age Friendly officers for many creative activities to get involved over the month of October. Calendars of events are being uploaded to local Council websites for more information.



**Ards & North Down** Positive Ageing Month events please visit:  
[ardsandnorthdown.gov.uk/positive-ageing-month](https://ardsandnorthdown.gov.uk/positive-ageing-month)

A poster for "Positive Ageing Roadshow Events" featuring a stylized flower logo and a list of events on a signpost. The events are: Queen's Hall Newtownards (Wed 5 Oct | 11am-2pm), Bangor Elim Church (Fri 14 Oct | 11am-2pm), Comber Leisure Centre (Wed 19 Oct | 11am-2pm), and Kircubbin Community Centre (Fri 28 Oct | 11am-2pm). It also mentions "Lunch provided" and "REGISTRATION REQUIRED". Logos for P&CSP, HSC, and Ards and North Down Borough Council are at the bottom.

Age Friendly Ards and North Down  
A great place to live and grow older

**Positive Ageing Roadshow Events**  
\*Lunch provided\*  
REGISTRATION REQUIRED

Queen's Hall Newtownards  
Wed 5 Oct | 11am-2pm

Bangor Elim Church  
Fri 14 Oct | 11am-2pm

Comber Leisure Centre  
Wed 19 Oct | 11am-2pm

Kircubbin Community Centre  
Fri 28 Oct | 11am-2pm

P&CSP Policing & Community Safety Partnership  
HSC Public Health Agency  
Ards and North Down Borough Council

**All Party Group on Ageing and Older People Meeting Monday 9<sup>th</sup> October 2023.**  
For further details on future meetings email: Michele [michele.young@ageni.org](mailto:michele.young@ageni.org)

## SWAP Your Happy Place Photo Competition for 2024 Calendar - Closes 15<sup>th</sup> October

A poster for the "Your Happy Place?" competition. It features a collage of photos and a text box with details. The text box says: "An exciting competition for an image to be included in a 2024 Age Friendly Calendar. This image should capture what or where makes you feel happy." It lists rules: "The image should be taken by a resident aged 60+ within the Fermanagh and Omagh District Council Area." and "Images can be a painting or a photograph (without people)." It provides contact info: "Post your entry to: Allison Forbes, 54 Gortview Close, Omagh BT79 7WU or email: aforbes@southwestagepartnership.co.uk" and the closing date: "Closing Date: 15th October 2023". Logos for Fermanagh & Omagh District Council, SWAP, HSC Public Health Agency, and Western Health and Social Care Trust are at the bottom.

**Your Happy Place?**

An exciting competition for an image to be included in a 2024 Age Friendly Calendar. This image should capture what or where makes you feel happy.

- The image should be taken by a resident aged 60+ within the Fermanagh and Omagh District Council Area.
- Images can be a painting or a photograph (without people).

Post your entry to:  
Allison Forbes, 54 Gortview Close, Omagh BT79 7WU or email: aforbes@southwestagepartnership.co.uk

Closing Date: 15th October 2023

Fermanagh & Omagh District Council  
South West SWAP  
HSC Public Health Agency  
Western Health and Social Care Trust

**Get in Touch with Age Sector Networks or check out the Councils websites for more information on positive ageing month events**

<https://www.ageuk.org.uk/northern-ireland/get-involved/age-sector/age-sector-networks/>



**Next Meeting Date: 12<sup>th</sup> September 2023**

### Working Group priorities:

- Resourcing the Age Sector
- Communication and Information
- Transport
- Age Friendly Design principles

**Antrim & Newtownabbey Borough Council share their Age Friendly Newsletter – please check it out and sign up to further editions. The newsletter can be accessed on the Antrim and Newtownabbey Borough Council website on the following link:**  
<https://antrimandnewtownabbey.gov.uk/positive-ageing/>  
[Kelly.doyle@antrimandnewtownabbey.gov.uk](mailto:Kelly.doyle@antrimandnewtownabbey.gov.uk)  
or telephone 02890 340160.



## Learning, Workshops, Training & Events

**Live Here Love Here's Healthy Oceans  
Healthy Minds** 19<sup>th</sup> August – 17<sup>th</sup> September.  
Healthy Oceans Healthy Minds connects  
people to blue spaces and there a schedule of  
over 50+ free events for people of every ability  
to get involved with. Learn more here at the  
link below.

[Healthy Oceans Healthy Minds](#)



### **Saturday 19th August 2023**

Learn to Sail in Bangor Marina  
Victorian Water Works Tour in Belfast with NI Water  
Beach clean at Wake the Giant event, Warrenpoint  
Beach clean with Unit T in Newcastle

### **Sunday 20th August 2023**

Sound healing with Mourne Magic, Kilclief Beach  
Foraging with Feasting on Weeds, Crawfordsburn  
Litterpick in Carrickfergus with Eco Rangers NI



## Sperrin U3A – New members welcome

Sperrin U3A welcome new members - a  
membership fee of £25 per annum

Contact Sperrin u3a using the contact email  
for information regarding membership and  
upcoming events and meetings.

Email: [Sperrin.u3a@outlook.com](mailto:Sperrin.u3a@outlook.com)

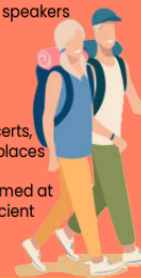
**Contact Information:**  
Facebook: Sperrin u3a  
Email: [sperrin.u3a@outlook.com](mailto:sperrin.u3a@outlook.com)



THE UNIVERSITY OF THE THIRD AGE

### GROUPS AND ACTIVITIES

- Monthly meetings with speakers
- Book Club
- Bridge Group
- Tai Chi
- Genealogy
- Walking Group
- Outings: theatres, concerts, exhibitions, tours, and places of interest
- New groups can be formed at anytime if there is sufficient interest in a subject or activity.



### MAGHERAFELT, MAGHERA, COOKSTOWN AND SURROUNDING AREAS

If you are retired (or semi-retired) and would like to develop new interests, stay active, have fun, and make new friends, why not consider joining your local u3a.

We are a self-help organization and a registered charity with groups and activities led by members for members.



### MEETINGS 2023

**Venue:** Meadowbank Centre  
**Time:** 2pm

- **September 12th** – Ric Else and Hazel Watson Rathlin Island Naturalists
- **October 10th** – Susan Gilchrist Arthritis Care
- **November 14th** – Michael Fryer World War II
- **December 12th** – Christmas Lunch Moyola Golf Club

## Armagh Banbridge & Craigavon Council Debt Resource and Money Management

[www.adviceni.net/sites/default/files/2023-05/ABC-Money-and-Debt-Information-Resource.pdf](http://www.adviceni.net/sites/default/files/2023-05/ABC-Money-and-Debt-Information-Resource.pdf)

[www.adviceni.net/money-debt/financial-and-debt-management-programme/resources](http://www.adviceni.net/money-debt/financial-and-debt-management-programme/resources)

## Shop, Cook, Save – You Tube Video Series

With the cost of living crisis the Public Health Dietitians Group have great videos – check them out.

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

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

**Give it a Go Month events, on the Libraries NI website here:** [Events \(librariesni.org.uk\)](https://www.librariesni.org.uk/events/)

**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](http://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>

**Volunteer Now Enterprises Ltd Training**

<https://www.volunteernow.co.uk/training/courses-scheduled/>

**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>

**‘Mental Health & Wellbeing Connecting Event’ on Friday 29th September, 10-1pm, in Ards Leisure Centre.** If you wish to attend please email:

[wellnessrecoverynetwork@setrust.hscni.net](mailto:wellnessrecoverynetwork@setrust.hscni.net)

## **LGNI Network Meeting Dates**

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

The direct sign up links and dates for yourselves are below (which can also be forwarded:

Mid Ulster, Armagh Banbridge Craigavon & Newry Mourne & Down 19th September 10:30am-12pm [Register to attend](#)

Antrim Newtownabbey & Mid & East Antrim 20th September 1:30pm - 3pm

[Register to attend](#)

Ards & North Down, Belfast & Lisburn Castlereagh 21st September 10:30am -12pm

[Register to attend](#)

Derry Strabane, Fermanagh & Omagh & Causeway Coast & Glens 21st September 1:30pm-3pm [Register to Attend](#)

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***NICVA - Keeping our heads above water - How to get green & affordable energy***

Friday, 8 September 10am to 11.30am |  
Online by NICVA

Feeling overwhelmed by soaring energy bills?

This NICVA event will bring together speakers from NICVA, Action Renewables and the National Lottery Community Fund to help you understand what you and your organisation can do keep energy costs down and reduce your carbon emissions to help tackle climate change.

[Book here](#)

## Managing the Media with Sarah Travers

**In Person:** Tuesday, 10 October - 9.30am to 4.30pm | NICVA, 61 Duncairn Gardens, Belfast

If you would like to get the mainstream media interested in your story this is the training course for you. Former BBC journalist Sarah Travers will help you; make your story newsworthy to appeal to journalists, plan your key message for a media interview and experience a live TV interview in a safe environment. [Book here](#)

### **Strengthening practice by putting the user at the heart of what we do: The role of focus groups**

Tuesday, 17 October 2023  
- 10am to 12pm | Online by NICVA

Elevating the voice of users and engaging with them in innovative ways helps ensure that our services are designed and developed to response to the needs of the people that we serve and to enable us to advocate and lobby for change. This short workshop is designed as an introduction to focus groups for people working in the community and voluntary sector.

[Book here](#)

### **NICVA Funding Clinics – Book a slot!**

- 26 September 2023
- 31 October 2023
- 22 November 2023

[Autumn 2023 Fundraising Clinics for NICVA Members | NICVA](#)

## Funding Updates

### **Community Foundation NI**

Number of funds open for applications:

<https://communityfoundationni.org/achieving-impact/available-grants/>

<http://www.communityfoundationni.org/apply>

### **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/>

### **Power NI's Brighter Communities**

<https://www.powerni.co.uk/community/brighter-communities/#FormWrapper>

### **Inclusive Communities: The Phoenix Green Community Fund -**

support community groups and organisations across the licence area with funding to help them deliver activity that helps to improve our environment and tackling the climate crisis. Funding monthly.

<https://www.phoenixnaturalgas.com/greencommunityfund>

### **Foyle Foundation: Small Grants**

Designed to support charities registered in the UK, especially those working at grass roots and local community level, in any field, across a wide range of activities. Online applications accepted from charities - annual turnover less than £150,000 per annum. Charities can apply for between £2,000 and £10,000 for one-year grants to cover core costs, projects, essential equipment or building projects. No deadlines.

### **Halifax Foundation—Community Grants Programme.**

<https://www.halifaxfoundationni.org/programmes/community-grant-programme>

## Public Policy Consultations, Reports & Engagement

### COPNI- Tackling Ageism in Northern Ireland



The Commissioner for Older People is calling on older people across Northern Ireland to share their views on ageism.

The Commissioner aims to address the issue by encouraging Government to improve policy and legislation affecting older people, examine why ageism happens and how to reduce it and educate the public on why ageism happens and how to stop it.

Help inform the Commissioner's recommendations to Government by sharing your views and completing our short survey.

[Tackling ageism Survey \(surveymonkey.co.uk\)](https://www.surveymonkey.co.uk)

## Tackling Ageism

The Commissioner for Older People for Northern Ireland, Eddie Lynch, is hosting events to hear your views and experiences of ageism

[Antrim, Monday 4 September,](#)

[Downpatrick, Tuesday 12 September](#)

[Armagh, Wednesday 13 September](#)

[Omagh, Friday 15 September](#)

[Fermanagh, Tuesday 19 September](#)

[Derry/Londonderry, Thursday 21 September](#)

(All details including venue will be provided upon registration)

We anticipate high demand for this event, and we will offer places on a first come first served basis.

If you are aged 60+, register your interest via

[communications@copni.org](mailto:communications@copni.org) or call 028 9089 0892

### Age NI Response to DfI consultation on concessionary fares scheme

Age NI welcomed the opportunity to respond to the Department for Infrastructure's (DfI) consultation on free and discounted fares on public transport (concessionary fares).

This response has been submitted to DfI and reflects views of older people gathered during the consultation period as well as views expressed in our Lived Experience 2023 survey.

The Concessionary Fares Scheme "SmartPass" is of great value to older people who have, on numerous occasions, expressed their support for the policy and its retention.

Age NI believes that the DfI policy on concessionary fares should be retained in its current form without any reduction in the current eligibility criteria.

Age NI supports Option 1A set out by the DfI in its consultation paper – to make **no change** to the Scheme, leaving the age eligibility rules as they are now.

Age NI rejects the proposals in Options 2, 3 and 4 to limit the use of the SmartPass and to introduce fees for the application, renewal and replacement of the card.

We look forward to more defined plans and proposals to extend the scheme to meet its aim of reducing social exclusion and will be happy to engage with the Department at the appropriate time when more details are confirmed.

For further information on the response please see:

[age-ni-response-concessionary-fares-dfi-16aug23-.pdf \(ageuk.org.uk\)](#)



## Other Information

Help NI [www.findhelpni.com](http://www.findhelpni.com)

Hourglass Helpline: 0808 808 8141

MoneyHelper.org.uk 08000113797

Online Access Guides for disability groups and organisations [www.AccessAble.co.uk](http://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](http://www.psni.police.uk/herbertprotocol)

**Consumer Council:**  
[www.consumercouncil.org.uk/onlinetools](http://www.consumercouncil.org.uk/onlinetools)

**Helplines NI Website:** <https://helplinesni.com/>  
**Deafblind UK**

Tel: 0800 132320 (Helpline Number) Text: 07903572885

Email: [info@deafblind.org.uk](mailto:info@deafblind.org.uk)  
Text relay: 18001 then 0800 132320

Facetime: [helpline.dbuk@deafblind.org.uk](mailto:helpline.dbuk@deafblind.org.uk)  
(Not BSL)

BSL video relay: [www.deafblind.org.uk/bsl](http://www.deafblind.org.uk/bsl)

Free counselling for anyone affected by sight loss from RNIB Helpline on 0303 123 9999 or email: [needtotalk@rnib.org.uk](mailto:needtotalk@rnib.org.uk) if you need support and live in Northern Ireland.

## Dogs Trust



My name is Kirsty and I am the Supporter Relations Officer for Dogs Trust Ballymena Rehoming Centre. I wanted to let you know I **offer free talks to community and social groups across your area.**

So who are we, what do we do and what does the future hold? Well, I won't go into too much detail now (I'll save that for the presentation!). However, in simple terms, we love and care for around 15,000 dogs every year at our network of rehoming centres and we never put down a healthy dog.

Aside from providing a rehoming service for the dogs that come to us, we also run various other projects, campaigns and services, like the *Canine Care Card* Service. This is a free service, whereby, in the event of the owner's death, we will look after their dog, providing them with all the care they need until we can find a responsible, loving new home for them. This is often of great concern to the elderly, as their dog may be their only friend and companion – Dogs Trust can give them peace of mind, knowing that their canine companion's future is safe, should the worst happen to them.

I also offer tours of the Ballymena Rehoming Centre (this may be of interest to some of your clients?). This is a quick behind the scenes into the wonderful work we do!

I therefore hope this email gives you a little insight into our work. Should you wish to arrange a group talk, or have any questions at all about Dogs Trust, then please feel free to contact me on 07436162209 or email [kirsty.mark@dogstrust.org.uk](mailto:kirsty.mark@dogstrust.org.uk).

**Kirsty Mark, Supporter Relations Officer**

074 3616 2209 or 028 2566 1007

[kirsty.mark@dogstrust.org.uk](mailto:kirsty.mark@dogstrust.org.uk)

[www.dogstrust.org.uk](http://www.dogstrust.org.uk)

Dogs Trust – A dog is for life®

## Further Age NI Engagement and Opportunities

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](mailto: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:** 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](mailto:Val.Gamble@ageni.org) or 02890 245 729.

## More Money in Your Pocket Guide 2022/23

[Read Now](#)

[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](http://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](mailto:info@ageni.org).

[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.

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



