

Dear Readers

Welcome to the latest issue of Signpost full of updated news for December 2023. Get the latest updates on information, training, events, publications, consultations, and activities for older people during December.

Embracing Warmth, Wellness, and Connections: Nurturing the Holiday Spirit Together!

As we glide into the wintry embrace, let's cradle warmth in our hearts, cherish wellness, and weave stronger connections that rise above the chill. The approaching winter months indicate us to strengthen ourselves, not simply against the cold, but by nurturing staying warm, staying well, and fostering connections that kindle the true essence of this season.

This season let's make cherished Christmas memories not just for ourselves but in the company of cherished communities we live in. As you all venture towards the festive period, may you extend your plans and support the older generation, link generations and story tell. Let us embody the spirit of giving and demonstrate compassion in abundance.

May the glow of this season wrap you in its embrace, keeping you well and safe. Let's continue to relax in the joy of togetherness, as we navigate through this festive season, nurturing not just our own spirits but illuminating the lives of those around us.

Share this edition within your community and spread it among your staff teams. Let's engage and connect, reaching out to various organisations and groups.

With warm regards and heartfelt wishes for a joyous festive season ahead.



Get in Touch with Age Sector Networks or check out the Councils websites for more information on services, activities and events. Or you want to highlight a service in your area, let us know. <https://www.ageuk.org.uk/northern-ireland/get-involved/age-sector/age-sector-networks/>



The Big Give Doubler is here to add a little magic to your donation!

For one week, from 12pm on 28 November to 12pm on 5 December, you can donate to Age NI through the Big Give's Christmas Challenge. See your donation - and your difference - double. Magic.

Help us be there for older people on the hardest days, and every day, when you double your donation to Age NI.

Donate at ageni.org/christmas23



Use the camera on your phone to scan this QR code to be brought directly to the donation link, or visit: ageni.org/christmas23

Thanks to our corporate partners and Big Give Champion for their matched funding pledges, making it possible to double the impact of donations from generous supporters like you.



Registered with the Charity Commission for Northern Ireland NIC104640



Age Friendly Network NI

Best Practice UK Network of Age Friendly Communities Conference

Eight representatives from N. Ireland attended this great Age Friendly conference in London on in November with a breath of inspiring topics to ensure Northern Ireland is Making Later Lives better! Some highlights are below:

State of Ageing 2023 Report

This publication uses the latest national and census data to paint a detailed picture of ageing in England. The report covers demographics, employment, homes, health and wellbeing, people in society, finances and pensions. It includes an in-depth exploration of the increasing diversity of our older population, and the significant disparities between how people from different ethnic backgrounds experience getting older. 50 years of progress against pensioner poverty under threat. A raft of data showing that both the current generations of retirees, and the generations heading towards retirement, are experiencing significant and growing financial difficulties.



It includes an in-depth exploration of the increasing diversity of our older population, and the significant disparities between how people from different ethnic backgrounds experience getting older. 50 years of progress against pensioner poverty under threat. A raft of data showing that both the current generations of retirees, and the generations heading towards retirement, are experiencing significant and growing financial difficulties.

“I can’t afford to enjoy adult life”, “I am greatly concerned about the future”.

“Society has been too slow to adapt for the ageing population – it’s now time for playing catch up”.

“To make later life better – we need laser focus”.

The cost-of-living crisis and financial worries mean not turning the heat on, not seeing friends/family or seeing friends and family less, less showers and baths, less balanced nutritional meals, more rental homes – not able pay mortgages and renting properties – some that are not fit for purpose or not suitable to live in. Homes have higher prices and are less affordable and there is an increase in diversity among older people. Family structures have changed – more single occupy and extended families living aboard. 50-60’s struggle to stay in work due to health issues, caring duties and financial insecurity, with many unpaid carers. People are eating less – and less activity!

Ethnicity, faith and migration in Age Friendly Communities

The older population across the UK has become, and is becoming, increasingly diverse. This panel discussed how age-friendly communities can consider the needs and perspectives of different groups of older adults, and work to address inequalities within their own communities. Food festivals. BAME (Black Asian Minority Ethnic) no longer helpful term – rather use issues of REACH (Race, Ethnicity and Cultural Heritage) – this is more inclusive. No longer hard to reach people – only poor inclusion opportunities. We need the right opportunities and systems to include older people. It’s the

systems and communication in communities that are the problem. Impact of Cost of Living on Ethnic Minority families – cultural food more expensive and people can't afford travelling home.

Partnerships and funding stream – Building Partnerships with local health systems.

We are moving from competition to collaboration. Building effective relationships within a local ICS is increasingly important for many Age-friendly Communities, in order to develop new collaborations and funding opportunities, particularly from a VCSE perspective. Dr Helen Gilbert- Fellow, The Kings Fund, author of *Actions to Support Partnership: Addressing Barriers to working with the VCSE sector in integrated care systems*. ICS Leads and VCSE sector – Devon has a buddy system. It should be seen as a meeting of minds sharing interests rather than advocacy.



<https://www.kingsfund.org.uk/publications/actions-to-support-partnership>

They have a reflective learning framework for partnership working. People Ageing Well Approach. Middlesbrough – GP's use texting service (addressing hard of hearing).



Professor Sir Michael Marmot: “Nature of ill-health comes with social deprivation”. “More medications are offered to older people than talking therapies.”

“Third sector partnerships necessary – richness, grateful & committed”.

“Life has changed – more older people living alone, no children, no family connections close by, ageism, racism and sexism”. “We live in the best possible world.”

Age Friendly for all Ages – University of Bristol/ Manchester

Healthier lives – Life course experience. Intergenerational connections. Manifesto for All Age Friendly Cities (Bristol). Spaces designed for all and wider trends. Combating Ageism and Connecting Generations.

Age Friendly Communities - Where are we going? Panel speakers brought a unique perspective on leading the development of Age-friendly Communities at an international, national, regional and community level. They shared what progress has been made over the last 15 years since the concept was developed and their view on upcoming opportunities and challenges for work. Speakers: - Thiago Hérick de Sá: Technical Officer - Age-friendly Environment, World Health Organisation - Helena Herklots - Older Peoples Commissioner for Wales - Paul McGarry - Head of Greater Manchester Ageing Hub - Eunice Campbell-Clark - Age-friendly Nottingham Steering Group member.



In 2023 Age Friendly have a Global Network – 1540 Age Friendly Communities – 50 Countries. In 2012 – only 11 Age Friendly Communities – Growing movement – take pride in your achievements, knowledge and expertise. When you think you are ALONE – You are not alone.



“Let’s be optimists now – leave being a pessimist for better times.”

Faith spaces: need more recognition for wellbeing. We need to use faith infrastructure – untapped spaces. Ethnographic fieldwork. Supporting people’s faith is important for wellbeing – smells, sound, taste, temperature, inclusion, compassion and food important for mental health (cultural heritage – especially among older people – it’s their identity – faith has a rich tapestry – experience of being together and spirituality is very soothing). “VCSE should be renamed – Voluntary, Community, Faith and Social Enterprise (VCFSE) - to include Faith”.

Social media – opened up Global Connections – welcomed old and new connections.

Other Reports to check out: Inequality and Older People; Uncertain Futures.

Ageism Action Day and Micro-Grants Launch

Ageism Action Day and micro-grants launch 2024 will see the launch of a national, public facing campaign to tackle ageism. End of the day looked at to the future of this campaign and what it means for Age-friendly Communities. Speaker: Lizz Lewis: Head of Ageism Campaign, Centre for Ageing Better. See below for more details.

Fuel Poverty Awareness Day



30th November was Fuel Poverty Awareness Day. 61% of households in NI are worried about paying for their energy now and going into the winter.

Age NI's 2023 Energy Efficiency Guide, developed with **Power NI** and **National Energy Action NI** is aimed at older people to help them with money and energy saving tips as the weather gets colder.

The guide can be downloaded from our website and is also available as a hard copy. Age Sector Networks will receive copies of these over the next few weeks.

[Energy Efficiency Guide](#)

Funding Updates



Action today for all our tomorrows

Ageism Action Day: Centre for Ageing Better has announced this new Ageism Action Day which is a chance for everyone to do something to change the narrative about ageing. It's an annual day for individuals and communities, workplaces, friends and families to learn, take action and improve lives.

The Action Day is on **20th March 2024**, and will happen every year around the same time.

How much is available? Grants of up to **£500** are available, with an additional up to £150 to cover anything needed to make the event or activity more accessible.

What can the micro-grant cover?

Groups can choose to mark the day as they would like, using the theme “**see and be seen**” as inspiration, which is all about improving the way ageing is represented in society and challenging negative portrayals and associations. It could be supporting art exhibitions, poetry competitions, fashion shows, film viewings, events which bring generations together, sharing stories of ageing or creating opportunities to discuss ageism at a coffee morning or pub quiz. The options are endless!

What is the deadline? **10th January 2024** but we may have to close early if we receive a high level of demand, so we encourage you to **submit as early as possible**.

Online Information Session: Friday 8th December between 10am and 11am or Thursday 14 December between 1pm and 2pm. Alternatively, you can email grants@ageing-better.org.uk

For more information or to apply click: <https://ageing-better.org.uk/ageism-action-day-micro-grants-age-friendly-communities>

NATIONAL LOTTERY AWARDS FOR ALL



Change to National Lottery Awards for All

The National Lottery Community Fund has announced some important changes to their ever popular small grants programme, National Lottery Awards for All.

This funding programme supports a wide range of activity. Projects have brought people together in communities to strengthen relationships, has improved places and spaces that matter to people and helped people to reach their full potential in communities across the UK. Funding has also been flexible enough to support communities through the toughest of times.

Eligible groups can 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](#).

It is important that organisations considering applying, start by chatting to their community to develop and shape a project idea to meet the needs of the local people. As only one grant can be held at a time, groups should think carefully about what they want to do and to only apply for the amount of funding they need in order to have the greatest impact. Groups should then [read the programme guidance carefully to ensure National Lottery Awards for All](#) is the right programme for them.

Organisations who currently receive funding through National Lottery Awards for All will need to wait until their grant comes to an end before they can reapply. **Only one award can be held at any one time and it is important to note that the maximum amount of funding a group can hold is £20,000 in any 12-month period, so bear this in mind when developing your idea.**

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>

ASDA Foundation: Empowering Local Communities the Asda Foundation 'Grassroots Grants' programme is designed to support a broad range of activities helping to transform communities and improve lives. Groups may apply for a maximum of £1,600 and a minimum of £400. For more information and to apply for this programme please contact local Asda Community Champion, Sharon McBratney [here](#).

Cosaraf: Hardship Grants Grants of up to £2,000 are available to charities, housing associations, schools, and social services providing support for individuals and families; in exceptional circumstances individual grants may exceed £500. Zakat funding is also available for eligible applicants.

Community Relations / Cultural Diversity Scheme Community Relations Council has established a fund to spend each year on community relations projects. It is currently open until 15th December 2023 and for information on how to apply click [here](#).

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

Good Relations Awards: Please see below as a reminder. On behalf of the Community Relations Council. Deadline for completed applications: Tuesday 19 December 2023 at 12 noon. Nominate today – please visit www.goodrelationsawards.com

Halifax Foundation—Community Grants Programme.

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

Mid and East Antrim Borough Council Grants for Groups Council is offering funding for local communities. Open schemes include Public Liability Insurance, Village Christmas Lights, Events, Community Festivals Fund, Policing & Community Safety Partnership, and Covid-19 Community Recovery Scheme where constituted groups are permitted to apply for 100% funding up to a maximum of £500 to encourage them to host a Warm Space for the local community. Deadlines vary.

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.



The Arts Council's National Lottery Small Grants

Programme is now open and accepting applications on a 'rolling' basis from groups and organisations. The aim of the programme is to assist organisations to deliver arts projects which contribute to the growth of arts in the community for new and existing audiences and which reflect the diversity of Northern Ireland's society and culture. We want to support activities which benefit the

people of Northern Ireland or that help arts organisations in Northern Ireland carry out their work.

Awards of between £500 and £5,000 are available.

Info: <https://artscouncil-ni.org/funding-for-organisations/small-grants>

For more information contact NIVCA: [view future events : www.grant-tracker.org](http://www.grant-tracker.org)



Call For Funding Applications

- Have you got a project idea that needs funded?
- Are you working with local police on it?
- Does it contribute to community safety and/or building confidence in policing?
- Is your project idea aligned to a charitable purpose?

The Northern Ireland Policing Board is currently seeking applications for funding from the Police Property Fund Small Grants Scheme.

Find out more about the Police Property Fund Small Grants Scheme and how to apply at:
www.nipolicingboard.org.uk/police-property-fund
Email: policepropertyfund@nipolicingboard.org.uk

Applications close 12 noon on Wednesday 24 January 2024

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.

Yoga This is gentle yoga designed to soothe the nervous system, with an emphasis on the breath and relaxation. It will help improve strength, flexibility, balance and focus. With facilitator Fiona Jones. These sessions will take place every second Tuesday (except during February, when they will take place **every** Tuesday)

Yoga Sessions 2:00pm-3:00pm Tuesday 5, 19 December; Tuesday 9, 23 January Tuesday 6, 13, 20, 27 February; Tuesday 5 March

Chi Me 11:00am-12 noon Chi Me is a simplified and accessible form of Tai Chi. It gently helps to improve overall health and reduce stress. It improves posture and balance and helps to strengthen vital internal energy. With facilitator Gareth Klein. These sessions will take place every second Tuesday (**Thursdays** in February). Tuesday 12 December; Tuesday 16, 30 January. Thursday 8, 15, 22, 29 February; Tuesday 12 March. Even if a staff member can register for the session and have it running in the group setting to encourage participation that would be great.

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

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>

Volunteer Now Enterprises Ltd Training <https://www.volunteernow.co.uk/training/courses-scheduled/>

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-Your Starting or Review Point, and 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](#).

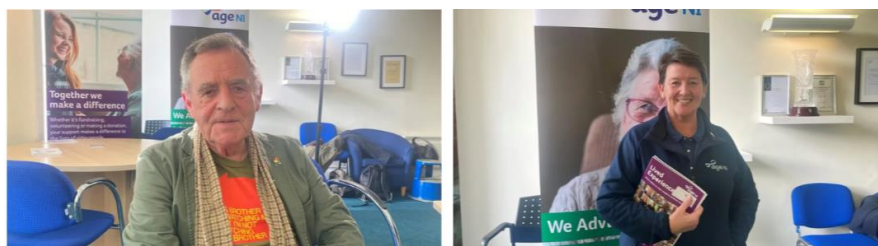
Money Guiders Conference The countdown is on until Talk Money Week 2023 and even more excitingly the Money Guiders Conference on Wednesday the 8th of November! If you have not registered for your ticket yet, please click [here](#) and join Money Guiders across the UK learning from each other and sharing best practice!

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.ageni.org/movemorelivemore

**Move More
Live More**

Age NI on the BBC Age NI has been featured in the BBC piece this week "Health service: 'My care package saves me from hospital.'" On Tuesday, Linda and Consultative Forum member George were interviewed by Marie Louise Connolly about the funding and delivery of social care in Northern Ireland. [Read the article here](#)





Is it time to look after yourself?

**Good Vibrations is a new over 50's,
men-only health programme.**

- Find out how to look after your health and stay strong
- Learn expert tips for minding your head
- If you're in a job, plan your later working years
- Option to join a men's group
- Individual support if you need it

Interested? Contact: good-vibrations@ageni.org

Good Vibrations Co-ordinators:

George Smith

[E George.Smith@ageni.org](mailto:E.George.Smith@ageni.org)

M 07436 581437

Stephen Gourley

[E Stephen.Gourley@ageni.org](mailto:E.Stephen.Gourley@ageni.org)

M 07816 247 624

Changing the face of men's health

FUNDED PROJECT  MOVEMBER®

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

Public Policy Consultations & Engagement

Voluntary and Community Sector Infrastructure Support Public Consultation launched

The Department for Communities is seeking views on draft proposals for future Infrastructure Support of the Voluntary and Community Sector in Northern Ireland. The Department welcome views and responses on the proposed framework through the consultation events being hosted both in person and online through November and December 2023.

[Register now for one of the upcoming consultation engagement events.](#)



Beyond Breaking Point' exposes devastating impact of poverty in Northern Ireland

The Society of St Vincent de Paul (SVP) has launched a groundbreaking report, Beyond Breaking Point: Sharing the perspective of SVP Members on the cost of living crisis, at Stormont, shedding light on the harsh realities of poverty in Northern Ireland and calling on MLAs to get back to work to meet the growing needs of the people here.

Consultative Forum with the NI Ambulance Service Age NI's Consultative Forum had a great

session with Northern Ireland Ambulance Service (NIAS) giving them feedback on materials they are developing aimed at informing people about how best to use the ambulance service, and what happens when you call 999. Here's Engagement Manager Helen with



Maggie Hamilton (NIAS), and Consultative Forum members Ann M. Murray, George Bell, Johnny Graham, Irene Kingston, Anne P. Murray and David McCurry.

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.

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 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.

With your support, we can help more lonely older people

[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.

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

