

Dear Readers

Welcome to the latest issue of Signpost, full of updated news for September. Get the latest updates on information, training, events, consultations, workshops and activities for older people over the next month. Many of the Age Sector Networks across Northern Ireland have plans in place for October Positive Ageing Month in October, so don't forget to jump onto your local Council's website for an array of activities organised in collaboration with Council's Age Friendly Officers.

Age Sector Networks

ABC Seniors Network Enjoy their best practice visit to SWAP in Omagh



Good practise trip with members of ABC Seniors Network and South West Age Partnership in Omagh.

ABC Seniors Day Out

ABC Seniors Network enjoyed a great day out recently when they combined a Good Practice Trip to Omagh and a meeting with the South West Age Partnership.

Around 16 members of the Network embarked on the trip which included a very beneficial Good Practice Event and also a Volunteer Recognition Event at the Blessingbourne Estate.



Accompanying the Network was Billy from Armagh, Banbridge and Craigavon PCSP and Emma from ABC Community Network who also sit on the Committee as support members, offering advice, support, planning and development at all Committee Meetings.

The ABC Seniors Network would like to thank the Take500+ Participatory Budgeting funding for the trip. **Take500+ is a project of ABC Community Planning Partnership.**



Join Agewell Adventure Team on an exciting day out by train! A great opportunity to explore new places with the support of their friendly volunteers.

Ballymena to Newry - Monday 14th
October 2024

Larne/Carrick to Lisburn - Monday
21st October 2024

Book by telephoning the Agewell Office on 028 25658604
Booking is essential!



COMMUNITY - CONNECTION - FRIENDSHIP

The CYU club is a vibrant social group for older people to make new friends, share experiences and enjoy a variety of activities together.



When is it? 1st Wednesday of each month,
2.00pm – 3.45pm (*September- June*)

Where? Based in the Foyer of First Lisburn
Presbyterian Church, Market Square

Reach out to find out more!

 028 9267 2052

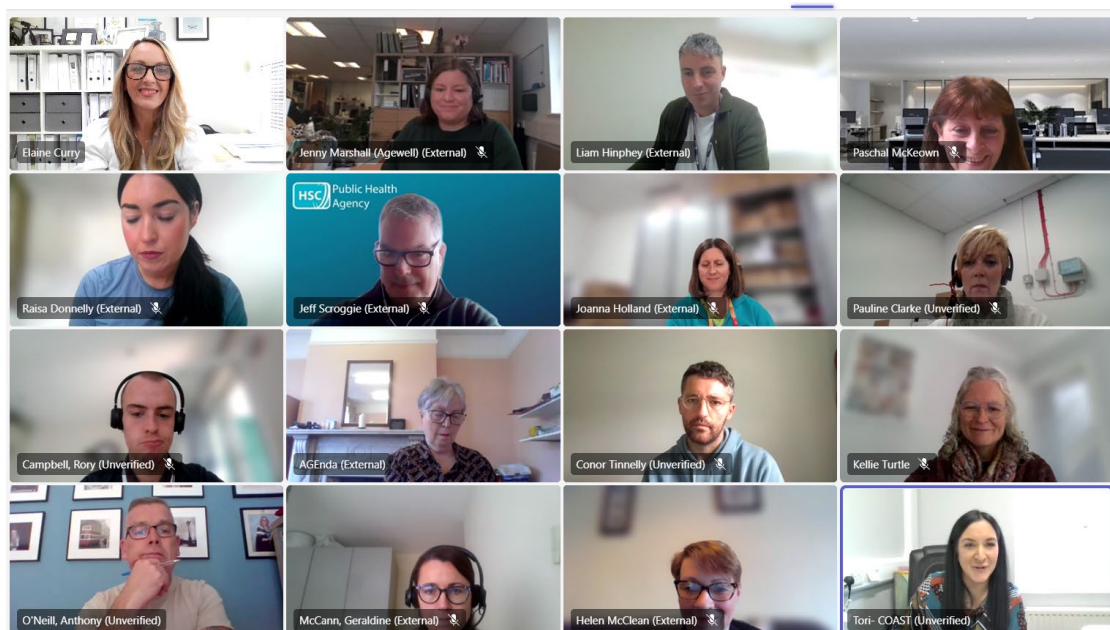
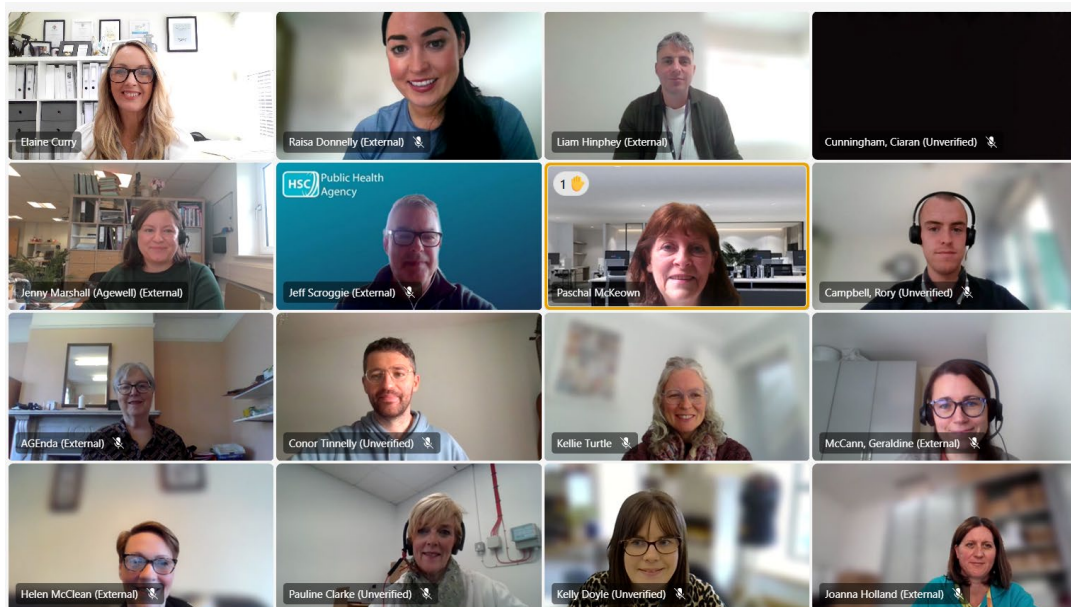
 info@downtowncentre.org

 www.downtowncentre.org

  LISBURN
DOWNTOWN
CENTRE
Supporting People in our Community Since 1988

Age Friendly Network NI Meeting 3rd September 2024

The Age-Friendly Network NI (AFNNI) online meeting was held on Tuesday, 3rd September. It was well attended with representatives from Age Sector Networks, Age NI, Councils' Age Friendly leads, the PHA, Department for Communities, and the Commissioner for Older People NI's Office (COPNI). Updates were provided on strategy plans, operational structures, forward planning, and research related to ageing issues. Everyone welcomed Anthony O'Neill, the DfC new policy lead for the Active Ageing Strategy and Conor Tinnelly, who is new to the COPNI Policy Advice and Research Unit; Conor is supporting research into the need for additional resources for the Age Sector Networks. AFNNI Members received partner updates on key Action Plan priorities, including Transport, Communications, Resourcing of the Age Sector Networks, and Age Friendly Housing. The Action Plan for 2024-2026 was unanimously approved. The Frailty Network NI will be the guest speaker at the next meeting on 10th December in Omagh. If you are sharing any of the activities throughout the month of October, you can use the following hashtags: #PAM24 #AgefriendlyNI.



Older People's Parliament - 12th October 2024

The Older People's Parliament 2024.

Have your say on what issues you want it to focus on

The Northern Ireland Assembly represents and makes laws for everyone who lives here. It is essential that there are ways for all sections of our community to have their say, and that we provide opportunities for them to affect change. One of the ways we do this is through Outreach Parliaments which provide a platform for section 75 groups to engage directly with decision-makers and raise issues of concern.

The **Older People's Parliament** will take place on 12 October 2024 in the Assembly Chamber in Parliament Buildings. It will be an opportunity for older people to have their say on issues and decisions that affect their lives.

You can help shape the Parliament by telling us what matters to you. What issues do you want your Older People's Parliament to focus on?



To capture people's views, the NI Assembly Engagement Team have created a short online survey [here](#) which will run until 4 September.

Alternatively, they can provide paper copies of the survey, or you can call **02890 521440** to complete the survey over the phone with a member of their Engagement staff.

'Age NI is not organising this older people's parliament but we are happy to support our colleagues in the Assembly Engagement Service with this important event.' We wish to support and promote their survey widely to enable the public to determine which issues are discussed by the Parliaments.

Additionally, they hope to raise the profile of the Parliament by emailing a large number of groups/organisations, councils, and departments and sharing the information and the link to the survey (see below).

On the [Northern Ireland Assembly Citizen Space](#) the survey has now been published. [The direct link to the survey is here.](#)

Funding Updates

Awards for All

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. Have a project idea? 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>

National Lottery Rural Engagement Arts Programme | Arts Council NI (artscouncil-ni.org)

<https://artscouncil-ni.org/funding-for-organisations/rural-engagement-arts-programme>

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.

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. Grants of £20k – £70k per year for 3 years. Organisation size is £20k – £500k per annum with the focus on work in Northern within the 15% most deprived areas . Grants are 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.

Paul Hamlyn Foundation: Ideas and Pioneers Fund

They want to support those with a new idea for social change. They will fund individuals, and also groups of up to three people working together (you don't need to be a registered organisation) and small organisations, of any legal structure, that have no more than the equivalent of five full-time staff.

They provide grants of up to £20,000, and a programme of support, to help you develop your skills and explore an idea for social change that has the potential to transform the way things are currently done. The fund specifically focuses on early-stage ideas when it's harder to get funding and support to develop these ideas further. Deadline 16 September 2024. [Paul Hamlyn](#)

[Foundation: Ideas and Pioneers Fund](#)



Lisburn & Castlereagh City Council invite you to our **FUNDING CLINICS**

Opportunities for community and voluntary sector organisations to meet with potential funders to discuss your projects

Loughmoss
Leisure Centre,
Carrduff

26 September
2024

6 - 9 pm

St Clare's
Community
Hall, Glenavy

1 October
2024

6 - 9 pm

Bridge
Community
Centre, Lisburn

19 November
2024

6 - 9 pm

HOW TO REGISTER

Contact Community Services on 028 9244 7713
or email

community.services@lisburncastlereagh.gov.uk

Workshops & Training & Digital Support

Preparing for Collaboration- Tuesday, 10 September - 10am to 1pm | Online

This 3 hour online session delivered by Andrew Talbot from Collaboration Ireland will help prepare your organisation for collaboration. It is for board members and staff in organisations that would like to learn more about collaboration and tips for the best way to prepare and approach collaboration. It is generously funded by Halifax Foundation for Northern Ireland.

Book here <https://www.nicva.org/event/preparing-for-collaboration>

ILM Level 5 Diploma in Leadership and Management - 12 September to 12 December 2024 |

NICVA, Belfast and Online: This qualification is for leaders and managers who want to develop their personal and professional skills. Learners will assess their own leadership performance and learn tools and techniques such as problem solving and decision making and managing conflict. You will also learn how to manage teams and how to motivate yourself and others. **Book here**

<https://www.nicva.org/event/ilm-level-5-diploma-in-leadership-and-management-4>

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](#)

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](mailto:jane.gilmore@steppingstonesni.org) in Stepping Stones.

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

Cyber Safety: Older Adult Cyber Safety Training for those aged 50+ living in the Belfast area, funded by the Belfast Policing and Community Safety Partnerships. Learn more and share below. https://www.ageuk.org.uk/northern-ireland/information-advice/work-learning/cyber-safety-training/?mc_cid=7f05856965&mc_eid=UNIQID

During Positive Ageing Month LGNI will be advocating for the importance of intergenerational connections to challenge ageism and to celebrate the positive contribution older people can make in their communities. Sign up to LGNI's free intergenerational network for lots of exciting opportunities including – networking, small grants, training and resources [Sign Up – Linking Generations NI](#)



Mid Ulster Multiply programme is hosting 5 drop-in days in October. These events will provide accessible information to support residents plan for retirement. They will take place from **11am – 3pm** every Wednesday throughout the council area.

- 2nd Oct - Maghera Leisure Centre
- 9th Oct - Cornmill, Coalisland
- 16th Oct - The Bridewell, Magherafelt
- 23rd Oct - The Junction, Dungannon
- 30th Oct - The Burnavon, Cookstown

There will be information stalls, interactive workshops and talks at each venue, (people can plan their attendance around preferred topic)

For more information contact: Geraldine Daly, Multiply Officer | Mid Ulster District Council

Tel: 03000 132 132 Ext: 101426 Mob: 07584 331984

Mid Ulster District Council Health & Well Being Team in partnership with CWSAN are hosting a

Health & Well-Being Information Event



Funded through the Northern Healthy Lifestyles Partnership

Lurach Centre Maghera

Tuesday 17th September 2024

Call in anytime between 10.30am - 12.30pm



The Farm Families Mobile Unit will also be in attendance from 10am - 4pm.

If you haven't been to see your GP in the past 12 months get your blood pressure, cholesterol, diabetic risk score checked.

Appointments need to be Booked in Advance by contacting the details below:

Mid Ulster District Council

☎ 03000 132 132

✉ health.wellbeing@midulstercouncil.org

Call Anita on

☎ 075 4063 5862

✉ anita@cwsan.org





Become a Dementia Friend

Join us for this free interactive Information Session to learn how dementia affects a person and what you can do to make a difference. Become a Dementia Friend and join more than 3 million others taking action. From being more patient in a shop queue to campaigning for change, every action counts.

Anyone of any age can become a Dementia Friend.

DATE **06 September 2024**

START TIME **11.00am**

DURATION **1 hour**

VENUE

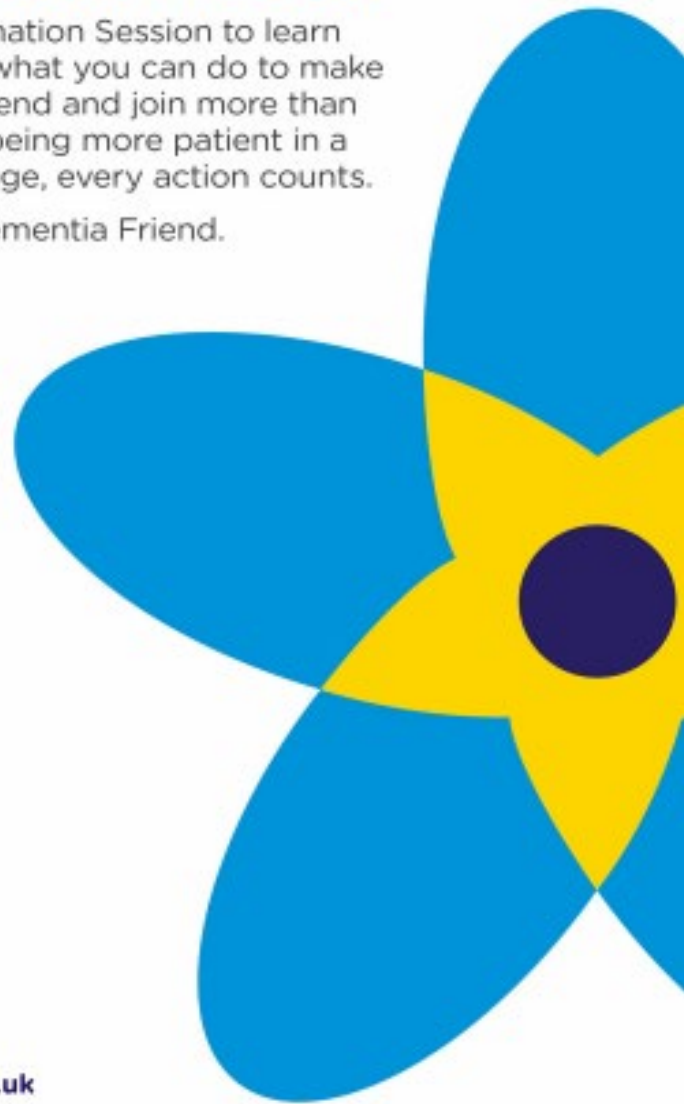
**Lisburn Library
23 Linenhall Street
Lisburn
Co. Antrim
BT28 1FJ**

This venue is wheelchair accessible.

NAME **Heather McConaghy**

CONTACT DETAILS

**Tel. 028 9266 9345
Email lisburncity.library@librariesni.org.uk**



 dementiafriends.org.uk  [@DementiaFriends](https://twitter.com/DementiaFriends)

 [/DementiaFriends](https://facebook.com/DementiaFriends)



Autumn
'24

WEEKLY SESSIONS



North Down
Community Network



FOUNTAIN CENTRE - 2 Queen's Parade, Bangor BT20 3BJ
BLOOMFIELD COMMUNITY HOUSE - 189 Ballyree Drive, Bangor BT19 7RG
TRINITY CHURCH BANGOR - 31 Main Street, BANGOR BT20 5AF
HAMILTON RD HUB - 39 Hamilton Road, BT20 4LF
SKIPPERSTONE COMMUNITY CENTRE - 99 Skipperstone Rd, BT20 4EU

Monday

Walking Group - 10am-11am

Meet at McKee Clock

Chair Yoga - 11.30am-12.30pm

Fountain Centre, Queens Parade

Wee Yarners - 2pm-4pm

Knitting/Crochet Group

Hamilton Rd Hub

Tuesday

NDCN Drop-in & Signposting - 9.30-1.30pm

Hamilton Road Hub

IT 1-1 Support (phone to book appointment)

10am-12pm

Hamilton Road Hub

Cuppa & Connect 11.30 - 1pm

Hamilton Road Hub

Sing 4 The Soul - 1.30pm - 2.30pm

Hamilton Road Hub

Wednesday

NDCN Drop-in & Signposting - 9.30-1.30pm

Bloomfield Community House

Writing Group - 10am - 12pm

(Pre-registration necessary)

Bloomfield Community House

Art Sessions - 1-3pm

(Pre-registration necessary)

Bloomfield Community House

Thursday


Gentle Yoga - 2pm-3pm

Skipperstone Community Centre

FOR REGISTRATION

& CONTACT:

 admin@ndcn.co.uk

 **02891 461386**

 www.ndcn.co.uk

 **NDCN Resource Centre**
5 Castle Park Rd, BT20 5TF

Friday

Chi Me - 9.30-10.30am

Skipperstone Community Centre

OR 11am-12pm

Trinity Church Bangor

Ukulele - 12pm-1pm

Trinity Church Bangor

Public Policy Consultations & Engagement

The Pensions (Extension of Automatic Enrolment) Bill was introduced in Northern Ireland Assembly on 20 May 2024. The purpose of the Bill is to make provisions to provide the Department for Communities with the power to make regulations in order to make a number of changes to Automatic Enrolment. Automatic Enrolment was introduced in 2012 to enable more people to save for their retirement and to make pension saving the norm for most people in work. Further information on Automatic Enrolment is available here. This Bill open for public consultation. See link: <https://consult.nia-yourassembly.org.uk/communities/auto-enrolment-bill/>

Winter fuel payments. Age NI is profoundly disappointed at the decision by the NI Executive to means test Winter Fuel Payment. This decision, we believe, will leave so many older people not receiving the vital help they need to stay warm this winter.

Age NI CEO Linda Robinson and Charity Director Paschal McKeown spoke about winter fuel payments on Good Morning Ulster and the Nolan Show last week, listen below.

[Listen to Paschal on Good Morning Ulster \(start at 1:45:05\)](#)

[Listen to Linda on the Nolan Show \(start at 20:10\)](#)

We are encouraging everyone to respond to Age UK's Winter Fuel Payment Petition to join us in asking the government to halt their proposed change to the Winter Fuel Payments.

Petition available here: campaigns.ageuk.org.uk/page/154268/petition/1

#MakeEqualityAPriority Consultative Forum member Colin is featured in the Equality Commission's campaign highlighting gaps in equality law, talking about age discrimination.

[Watch here](#)

North West Transport Plan 2035 - Stage 1 Engagement

Department is currently preparing a new Transport Plan for the Derry City and Strabane District Council (DCSDC) area called the North West Transport Plan 2035 (NWTP). The NWTP will cover local transport issues (active travel, public transport, the local road network and parking etc) and will set the framework for transport policy and investment decisions up until 2035. An initial engagement exercise on Stage 1 is now open and will run to the 05 November 2024. *Please note this is not a formal consultation exercise. This will be undertaken later at Stage 4.* You can find out

more details on the NWTP at <https://www.infrastructure-ni.gov.uk/articles/north-west-transport-plan>

Provide your comments on Stage 1 of the NWTP here: <https://consultations2.nidirect.gov.uk/dfi-1/nwtp2035>

Governance

Charity bank account challenges update - Some organisations are still having issues with their bank over their bank account. Over the last two years NICVA has continued to raise these issues on behalf of the sector to the banks, regulators and other stakeholders. In response to some organisations having issues with opening a bank account or knowing what is available to the sector, NICVA has produced an updated comparison table of some of the main current accounts available to voluntary organisations in N.Ireland.

<https://www.nicva.org/resource/bank-account-availability-for-voluntary-organisations>

Governance for new, or nearly new, trustees - Wednesday, 18 September - 4pm to 6pm | Online - Good governance is essential for an organisation to have direction, plan ahead, be effective and meet legal requirements. This training will develop and improve your governance knowledge to ensure that your organisation is governed and led effectively. [Book here](#)

Governance Health Check & Guide

www.diycommitteeguide.org

[Governance Health Check](#)

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

Other Useful Information

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

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>

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>

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

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

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

New free wills service

Did you know Age NI is now offering our supporters a free will writing service through our partner Bequeathed? Having an updated will is the only way to be sure the people and causes you care about are looked after when you are gone. To make your free will for good, register with **Bequeathed** and follow their three easy steps. Bequeathed provides a legally binding service the same as visiting a solicitor face to face.

[Get started here](#)

Newry Social Cafe

Mourne Country Hotel,
52 Belfast Road,
Newry, BT34 1TR

Monday 9 September
(2nd Monday of every month)
from 2-3.30pm

A welcoming meeting place for
people with Parkinson's and
their supporters. Come along
for a chat and a cuppa!



PARKINSON'S^{UK}
NORTHERN IRELAND

Contact: Morag Chambers
Email: mchambers@parkinsons.org.uk
Phone: 020 7963 3618

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.

Move More Live More booklets: expert advice for a healthy later life, with simple tips and information to help you invest in your health and wellbeing. 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.ageni.org/movemorelivemore

Good Vibrations podcast – watch here: <https://www.ageuk.org.uk/northern-ireland/information-advice/looking-after-yourself/good-vibrations/>

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](#)

If you follow our social media channels please share our posts to spread the word!

[Learn more](#)

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 XT14600. Registered with the Charity Commission for Northern Ireland NIC104640.



Please share this Signpost with anyone you feel may be interested.