

Dear Readers

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

General Election 2024 - Age Sector Networks support for Act4Age

The General Election will be held on Thursday 4th July 2024. Age Sector Networks have been distributing Age NI's pledge cards, with 4 priority issues and 4 actions for candidates once elected – so that older people can keep them at the front door for when canvassers call. These are designed to be a tool for people to ask questions of candidates and raise the profile of older people's issues.

Final push - action points leading up to the election on Thursday:

- Email the candidates standing in your area and ask them to sign the Act4Age pledge on our website: ageni.org/Act4Age
- Follow Age NI on social media and share our Act4Age pledge with your local candidates

Many of the candidates are sitting MLAs and Councillors or incumbent MPs and therefore have publicly available email addresses that can be accessed through an online search.

Party offices have also agreed to forward campaign requests to candidates if emailed to their general email address, usually available on their websites. There is a full list of candidates by constituency on our website: ageni.org/Act4Age



Age NI staff away day

It was a great day on 21 June catching up on what's happening across Age NI.



Shared Lives Week

We were delighted to promote the service and celebrate our carers with a lunch at Glenarm Castle.

Watch the video [here](#).



Free basic wills service with Bequeathed

Age NI is now offering our supporters a **free basic will** through our partner Bequeathed. Remembering Age NI in your will can make a real and lasting difference to the lives of older people who have no one to turn to when times get tough.

Bequeathed is a free, convenient service that allows you to make the right will for your needs in the way that suits you best, always with good legal advice.

Learn more [here](#).

Connollys of Moy launch

Age NI is excited to announce a new partnership with Connollys of Moy, offering a range of independent living and mobility products, including adjustable beds and lift & rise recliners.

Connollys of Moy's is offering a promotional discount "AGE50", available on all mobility furniture.

These products are aimed to help provide comfort, accessibility, and increased independence in your own home.

Learn more [here](#).



Men's Health Week

We promoted Men's Health Week with our Good Vibrations team at North Belfast Men's Shed. Watch the video [here](#).

Age Sector News

Age Friendly Network NI celebrates five years of partnership

Members of the Age Friendly Network NI are celebrating five years of partnership. Launched in 2019, the network has a membership of Age Friendly Officers from all 11 Council areas and representatives from the Age Sector Networks, Department for Communities, Public Health Agency and Age NI. The PHA funds local councils to implement the WHO Age Friendly Communities model.



The network's mission is to enhance age-friendly connections across Northern Ireland by advocating for inclusive policies, promoting awareness, ensuring equal access to services, and empowering communities through engagement and support. They aim to create a partnership and environment that respects and values older individuals, ensuring their well-being and social inclusion.

Speaking about the network, Co-Chair Jenny Marshall commented: "It has been wonderful to witness the development of the network over the past five years. The great partnership model between statutory and community helps shape our work to ensure that grassroots community development is key to influencing our strategic objectives in a bid to help Northern Ireland develop an age-friendly agenda"

The network's priorities are based on the eight pillars of Age-Friendliness and include resourcing the Age Sector Networks, communication and information, transport, and age-friendly design principles.

A Network Steering Group has been established to develop a 2-year action plan. The Age-Friendly Network NI aims to ensure that stakeholders, including Councils at the local government level, Age Sector Networks and Age NI from the third sector, alongside central government, work together to drive an Age Friendly agenda and make Northern Ireland an 'age friendly' region in which people, as they grow older, are supported to live well; live a life that is dignified and fulfilled; have their rights and independence promoted, their participation valued and their voices listened to.

For further information on the Age Friendly Network NI contact: elaine.curry@ageni.org

Funding Updates

NICVA: Getting the most out of GrantTracker

Wednesday, 10 July 12pm-1pm (online)
This free webinar is an ideal opportunity for new subscribers, long-term users and those considering subscribing to GrantTracker to explore all the functions that GrantTracker offers. Book here:

<https://www.nicva.org/event/getting-the-most-out-of-granttracker-0>

ASDA Foundation - Investing in People and Places

Grants are available for small, local groups in the UK to improve community spaces and places where local people can be together and thrive. How To Apply: **The Investing in Spaces and Places Grant will open from 9 to 28 July 2024 for decisions in September.** The scheme may close early if demand for funding is high. Application forms will be available from 9 July 2024 at the Asda Foundation website: applicants can check eligibility and will then be directed to the Foundation's Grant Management System to complete the application form. Groups should contact Asda Foundation for further information. <https://asdafoundation.org/>

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. 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>

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.

Workshops, Training, and Digital Support

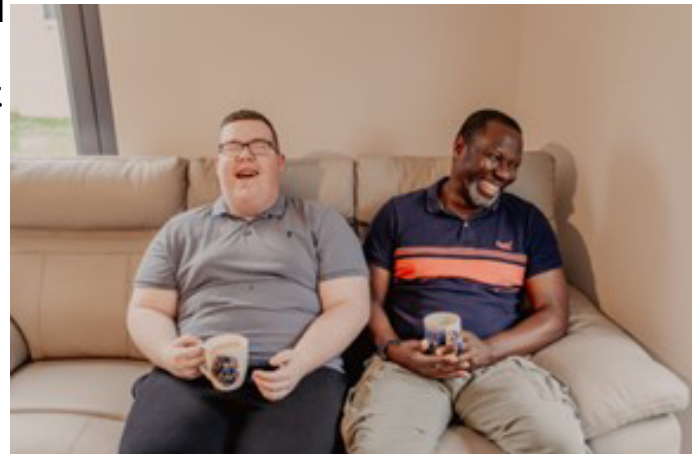
Summer Newsletter Age Friendly Antrim & Newtownabbey has lots of health and wellbeing information, safety tips, meet our park rangers and ways to keep active over summer.

You can read the newsletter here: https://issuu.com/anborough/docs/summer_newsletter_2024_web_low_res

New Belfast 'Hub' will offer specialist support and activities for disabled people and their families.

The disability charity, Sense, has announced that it will open a major new centre in Belfast next year, offering specialist support and services to people with complex disabilities and their families.

You can read the newsletter here: <https://www.sense.org.uk/content/services/new-belfast-hub-will-offer-specialist-support-and-activities-for-disabled-people-and-their-families/>



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: 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

www.nidirect.gov.uk/information-and-services/go-ni/events-and-training

Help with Digital Devices

supportingcommunities.org/latest-events/2021/1/7/get-to-know-your-new-device

Ad-hoc IT volunteers

Help for older people to set up their phones/zoom/etc.: www.communityni.org/job/it-volunteers

Digital inclusion

BYTES website: www.bytes.org/survey

Online Access Guides

Info for disability groups and organisations: www.AccessAble.co.uk

British Heart Foundation

Try RevivR, a free digital training tool to teach you to save a life in 15 minutes with just your phone and a cushion: <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

There is a variety of training courses available, take a look at the Courses page here for the full list and book your place: <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: supportingcommunities.org/training-overview

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: ageni.org/cybersafetytraining



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

MINDFULNESS COURSES

Learn the basics of *mindfulness* practice and how it can help you live a more *relaxed* life.

Mindfulness has been proven to help people with busy lives deal with feelings of stress and anxiety.


Who is Mindfulness for?


Mindfulness offers valuable benefits to many individuals, including busy mums looking to relax and recharge, professionals grappling with stress and seeking healthy coping mechanisms, those working in high-stress environments prone to burnout, and creative individuals striving to enhance their focus and problem-solving skills.

How to Apply

For more information and to find out how to apply, please visit the AWARE website:
www.aware-ni.org

or scan the QR Code:



AWARE-NI.ORG  T: 02890 357 820 (BELFAST) / 02871 240 602 (DERRY/LONDONDERRY)
Registered with the Charitable Commission for Northern Ireland with NIC100541 Company No. NI1 30447

Population Plus

Kavita Brownlie, Connect North Link Worker for Mid and East Antrim is available for support for anyone aged 18+ living in Ballymena, Carrickfergus or Larne areas, however there is also lots of useful information about what is available in the local community to support your health and wellbeing. You can find this on Population Plus, an online directory of services provided by the Connect North team at The Northern Health & Social Care Trust.



You can visit the directory of services here:
[Population Plus](#)

To find out more about the Connect North service or to get help accessing the Population Plus online directory, contact Kavita on 028 25658604.



Women - Let's Walk!

This summer why not join us for a leisurely stroll around the park?

Connect with nature, enjoy the fresh air and have a natter with new friends and old



Dates and Locations

Thu 27th June - Ecos Nature Park, Co Antrim

Thu 25th July - Killyfole Lough, Co Fermanagh

Thu 8th August - Gortin Glen Forest Park, Co Tyrone

Thu 22nd Aug - Hillsborough Forest Park, Co Down

Walks will begin at 10.30am and should last about an hour finishing with some light refreshments

Dress for the weather and wear comfortable footwear

Email paula@nirwn.org to register your interest





FREE Health & Wellbeing Programme



reap@fermanaghomagh.com

Fermanagh & Omagh District Council
 Comhairle Ceantair Fhear Manach agus na hÓmaí
Omagh - 028 82246535
Enniskillen - 028 66326478



Free Health and Wellbeing Courses starting soon in Omagh and Enniskillen

<ul style="list-style-type: none"> • Building Confidence and Self Esteem • Building Resilience 	<ul style="list-style-type: none"> • Coping with Anxiety • Coping with Depression • Mindful Eating 	<ul style="list-style-type: none"> • Getting a Good Nights Sleep • Mindfulness & Relaxation

To find out if your eligible for this free training and to register contact the REAP Team

Introducing the Antrim & Newtownabbey Wool Drive

Do you have spools of yarn, knitting needles or crochet hooks that you are no longer using? Why not recycle them by donating to the Antrim and Newtownabbey Wool Drive!

Your donations will go to local organisations that host knitting groups, so not only are you doing good things for the environment, you are also supporting your community and helping someone learn a new skill.

We are looking for useable quantities of wool, of all weights, colours, and types. We are also looking for pairs of knitting needles, crochet hooks and any other tools that can be reused by a knitting group!

Your donations of wool and tools are welcomed at Mossley Mill and Antrim Civic Centre starting July 1st 2024.

If you have questions or would like more information, please visit our website or get in touch by phoning environmental health on 028 9034 0160

Please note that we are not collecting donations for Winter Woollies at this time – please hang onto those items for now!

For more information contact:

Kelly Doyle - Environmental Health Officer
Mossley Mill, Carnmoney Road North, Newtownabbey. BT36 5QA
T: 028 9034 0160
E: Kelly.Doyle@antrimandnewtownabbey.gov.uk



Social fund for funeral expenses payment

A new online eligibility checker launched by Down to earth to help guide families through this complex process at an already difficult time for them and hopefully help avoid funeral-related debt. Please feel free to share as appropriate.

Our partners at Down to Earth have launched a new digital eligibility checker for the Social Fund Funeral Expenses Payment.

The new online tool is its first of its kind and guides people through the complex criteria for this benefit, which is available to some bereaved people from the DWP (England and Wales) and Department for Communities (Northern Ireland).

Based on their front-line experience, they have learned that the criteria for the Funeral Expenses Payment are complex, which often leads to exclusion.

This uncertainty makes it difficult for many people to budget for funeral arrangements, and for the most vulnerable, it can lead to a financial crisis. They hope the new online tool will help recently bereaved individuals avoid funeral-related debt and give them space to grieve.

Public Policy Consultations and Engagement

NICVA Consultation on Charity Threshold

This will be an important consultation for some Age Sector Networks and groups. The consultation seeks views on the regulatory framework for those charities falling below the £20,000 registration threshold that choose not to register or de-register as charities. Small charities under this income threshold will still be able to remain registered should they wish to remain a registered charity. The consultation also seeks views on the future threshold for reporting easements proposed for small registered charities.

The consultation follows provision made within the Charities Act (Northern Ireland) 2022 that allows the Department for Communities (DfC) to introduce a registration threshold to remove the requirement for low-income charities to register with the Charity Commission for Northern Ireland. This has the potential to reduce the administrative burden for small charities and remove barriers to volunteering.

The consultation is open to everyone to respond and will last for twelve weeks, closing on 11 August 2024. The online consultation questionnaire and more background information can be found at the following link. NICVA has a link a web page on this consultation, including dates of a NICVA online engagement event and information sessions being organised by DfC (these are only information sessions and not engagement events).

This will be an important consultation for many networks and groups in the Age Sector. As this is happening over the summer when some organisations will not be meeting, please help us spread the word now. Learn more:

[DFC Consultation Information](#)

NIHE launch public consultation on draft Community Involvement and Cohesion Strategy 2024 – 2029 Northern Ireland Housing Executive has launched a public consultation on their draft Community Involvement and Cohesion Strategy 2024 – 2029

The consultation gives our customers, members of the public, partners and stakeholders the opportunity to help shape services delivered by the Housing Executive to build strong, vibrant and inclusive communities. enable us to build on the success of our previous Community Involvement and Cohesion strategies and will enable and engage communities to interact and work together to co-design Housing Executive services and support a more cohesive society. “Community involvement and tenant participation is at the heart of our services and I would encourage everyone to read the draft strategy and complete our online consultation survey at: [Consultation](#)

Every Story Matters – Covid-19 Inquiry

Every Story Matters is a chance to share your thoughts, feelings and experiences of the pandemic. Every experience shared will feed into the UK Covid-19 Inquiry, and will help the Inquiry understand the impact of Covid-19 and shape future recommendations.

- What is Every Story Matters?
- Why should I share my experience?
- What will happen to the stories I share?
- How do I share my story?
- More questions about Every Story Matters

There are three ways you can share your experiences of the coronavirus pandemic:

1. Online. Share your story online by filling out a form on the Covid-19 Inquiry website.
2. By phone. You can share your story over the phone by making a free phone call the Age UK Covid-19 Inquiry line on 08000 322 550. Lines are open Monday to Friday, from 10am to 4pm.
3. By post. You can get a paper form either by emailing contact@covid19.publicinquiry.uk, or by writing to FREEPOST, UK Covid-19 Public Inquiry.

For further information: Every Story Matters

Ards and North Down Borough Council

Have Your Say: Council to Develop New Leisure Strategy

Ards and North Down Borough Council is developing a Leisure Strategy that will focus on the Borough's active leisure opportunities. Have Your Say by completing the community survey and you will be entered into a draw to win a three month membership at a leisure facility that the Council or its partners operate. Fill in the survey here: [Survey](#)

The new Leisure Strategy will help shape the future of leisure in the Borough and provide a clear direction for the Council to improve this provision for the duration of the Strategy (2025-2034).



New Mid Ulster Community Development Strategy Community Engagement

Ulster District Council has begun the process of designing a new community development strategy and action plan and we have employed EOS Community Consulting to support with this piece of work. We would much appreciate if you could take the time to read and respond to the email from EOS below: Please complete survey which is available here [Mid Ulster Community Voluntary Social and Enterprise Sector Survey](#) asks about how things are currently and what support you might need now and in the future.

Information and Contacts

Consumer Council

Visit: www.consumercouncil.org.uk/onlinetools

Census Updates

Email: census@nisra.gov.uk

Find Help NI

An online directory of community and voluntary services for mental health and wellbeing.

Visit: www.findhelpni.com

Helplines NI

Visit: helplinesni.com

Hourglass Helpline

Call: 0808 808 8141

LGNI Network

Register here for meeting dates

Visit: [LGNI Network Meeting's Register Now](#)

MoneyHelper

Call: 08000113797

Visit: www.moneyhelper.org.uk/en/money-troubles/way-forward

Online Access Guides

For disability groups and organisations

Visit: www.AccessAble.co.uk

The Domestic and Sexual Abuse Helpline

Call: 0808 802 1414

Bereavement support

Visit: www.health-ni.gov.uk/news/new-bereavement-support-website-northern-ireland

The Herbert Protocol

Visit: www.psnipolice.uk/herbertprotocol

Governance Health Check & Guide

Visit: [DIY Committee Guide](#)

Visit: [Governance Health Check](#)

Read: [The Code of Good Governance \(PDF\)](#)

Dementia Society Resources: Innovation Hub

Visit: innovationhub.alzheimers.org.uk/

Deafblind UK

Helpline (call): 0800 132320

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: 0303 123 9999

Scam Support

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

- Report here: 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>

Age NI Engagement and Opportunities

Sign up to Signpost Express

Visit our website [here](#), email [Michele](#), or call 028 9024 5729 to register or update your contact information.

Age NI Advice and Advocacy Service

Free independent and confidential support for older people, their families and carers.

Call: Freephone 0808 808 7575

Visit: ageni.org/advice

Age NI Personal Alarms

Our personal alarm service is provided by partner Taking Care.

Call: 0800 085 8611

Visit: ageni.org/personalalarms

Age NI Key Safes

Our partner the Key Safe Company offer secure solutions for sharing home access with family, friends, and carers.

Call: 0330 363 2022

Visit: ageni.org/keysafes

Independent Living Products

Learn about products that are available, from stairlifts and mobility aids to bathroom adaptations.

Visit: ageni.org/products

Age NI Shops

Our Age NI charity shops are always looking for quality pre-loved items.

Visit: ageni.org/shops

Work for Age NI

Visit: ageni.org/workforus

Age at Work Programme

Mid-Career Reviews aim to support individuals seeking a refresh of their current role, skills and prospects.

Learn more here: ageni.org/ageatwork

Volunteer with Age NI

We are always looking for volunteers across our services and shops.

Visit: ageni.org/volunteer

Move More Live More

Our More More Live More programme supports older people to live well for longer, with a focus on staying strong, agile and preventing falls.

Learn more: ageni.org/movemorelivemore

Read our falls prevention guide: [Move More Live More guide \(PDF\)](#)

Good Vibrations

Good Vibrations is a men's health programme aimed specifically at men aged 50 and over.

Learn more: ageni.org/goodvibrations

Listen to our men's health podcast *How's the form?*: ageni.org/howstheform

Guides and Factsheets

Visit: ageni.org/guides

Stay up to date with Age NI

Website: ageni.org

Facebook: [agenicharity](https://www.facebook.com/agenicharity)

Twitter/X: [@Age_NI](https://twitter.com/Age_NI)

Instagram: [@age_ni](https://www.instagram.com/age_ni)

LinkedIn: [Age-NI](https://www.linkedin.com/company/age-ni)

Youtube: [@AgeNIorg](https://www.youtube.com/@AgeNIorg)

With your support, we can help more lonely older people

Signpost Next Edition

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

Please share this Signpost with anyone you feel may be interested, and past issues are available on our website:

ageni.org/signpostexpress

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.