



SIGNPOST

Age Sector News

JANUARY 2025

Dear Readers

Happy New Year Everyone!

Welcome to the latest issue of *Signpost Express*, your go-to resource for all the exciting updates and events happening during January 2025!

2024 has been a year of positive change, highlights and development for the Age Sector. Thank you for your incredible support, inspiration and collaboration throughout 2024. Your dedication and passion for supporting older people and sharing best practices have been inspiring. This past year, you all have accomplished so much. As we step into the New Year, let's take a moment to celebrate these achievements, the phenomenal work of the age sector and prepare for the exciting opportunities ahead.

Your tireless efforts have been instrumental in making a difference and I hope you took some well-deserved time over the festive season to relax, recharge, and enjoy quality time with loved ones. The holidays are a time to pause, reflect, and refocus and I trust it has left you feeling refreshed for the year to come.

At Age NI, we are continually inspired by the Age Sector and its commitment to enhancing the lives of older people. Your contributions to initiatives such as the Age NI Manifesto, Age Friendly Work, policy consultations, the Older People's Parliament, Positive Ageing Month and being involved in the research with the COPNI on Advancing Age-Friendly Communities are just a few examples of the incredible impact you have made. Together, you exemplify Age NI's vision – **let's change how we age**, ensuring that every older person can enjoy a better, healthier and more fulfilling life.

As we enter 2025, I am thrilled about the opportunities to build upon this year's successes and continue driving meaningful change together. You are not just part of a network, you are part of a transformative movement that prioritises inclusion, healthy ageing, and impactful services for older people.

Thank you for your dedication and commitment to supporting the Age Sector and the Networks and for the tremendous difference you make everyday. Here's to a bright, successful, and inspiring year ahead! Building on our work this year, I know 2025 will be bigger and better for the Age Sector and I am looking forward to all we will achieve together.

With gratitude and warmest wishes,

Elaine Curry

Age NI Engagement Manager

Policy & Engagement Team

All Party Group on Ageing and Older People - Tuesday 21st January 1pm-2pm

You are invited to attend the next meeting of the All Party Group on Ageing and Older People on the following date on Tuesday 21st January, from 1-2pm online via Zoom.

The meeting will focus on:

- Update on the Programme for Government and a summary of the evidence provided by older people in the public consultation.
- Presentation from the Queen's University Belfast SPACE research project exploring the impact of where you live on healthy ageing. Researchers will present their findings on differences in healthy ageing that can be observed across urban, rural and coastal environments, prompting us to discuss what needs to be in place to ensure we can all age well no matter where we live.

Please save the date and time and we will be in touch with an agenda and meeting link. Please register your interest with Michele Young michele.young@ageni.org

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>

The National Lottery Community Fund New Grant Programme: Strengthening Communities

TNLCF has launched its new grant programme, **Strengthening Communities**. This will provide multi-year funding of up to £500,000 for projects which make communities stronger, healthier and more inclusive. The annual budget for this new programme will be around £20 million.

Their strategy, '[It starts with community](#)', puts equity and fairness at the heart of their funding. In **Strengthening Communities**, they will invest most where the need is greatest, ensuring that those who experience poverty, discrimination and disadvantage – adults, children and young people alike – have the same opportunity to fulfil their potential, participate in their communities and live healthier, happier lives. It will be their main funding offer up to 2030 and will start off by specifically targeting two of our strategy mission areas: help children and young people thrive; enable people to live healthier lives

They will continue to expect project proposals to be community-led, to build on existing strengths and to increase connection and strengthen networks. They will also want people applying to the programme to tell them why they are best placed to deliver, how they will know their project has made a difference and how they will measure that impact.

They would be grateful if you could help them to share the news about **Strengthening Communities** with your networks and groups. They will be sharing details of information sessions for any groups interested in applying on our social media channels in the coming weeks. They want people to contact their team and chat to them about their ideas if they would like to apply – here's a [link](#) where there are some more details about the programme.

If you would like to meet with us to discuss in greater detail our ambitions and aims through **Strengthening Communities**, please get in touch by calling 028 9055 1455 or email enquiries.ni@tnlcommunityfund.org.uk

National Lottery Heritage Grants £250,000 to £10million

National Lottery Heritage Grants is our funding programme for all types of heritage projects in the UK. Use this guidance to apply for grants from £250,000 to £10m. You must first submit an Expression of Interest and, if you are successful, we will invite you to apply. Your application will usually go through two phases: a development phase of up to two years, enabling you work on your project proposal, and a delivery phase of no more than five years. If you think a two phase application is not right for your project, please contact your local office to discuss.

Is this the right programme for you?

- Is your organisation looking to care for and sustain heritage in the UK?
- Will your heritage project run for no more than five years (excluding the development phase)?
- Do you require a grant of between £250,000 and £10m?
- Are you a not-for-profit organisation or a partnership led by a not-for-profit organisation?
- Does your project take into account our four investment principles? If you answered yes to these questions, then National Lottery Heritage Grants could be for you.

Our investment principles Four investment principles guide all our grant decision making under our 10-year strategy, Heritage 2033:

- saving heritage
- protecting the environment
- inclusion, access and participation
- organisational sustainability

You must take all four principles into account in your application. The strength of focus, and emphasis on each principle, is for you to decide and demonstrate. The investment principles, and our strategic initiatives, will help us achieve our ambitions for heritage to be valued, cared for and sustained for everyone's future.

Things you need to know:

- Your project must not start before we make a decision:
- You must first submit an Expression of Interest to tell us about your idea, and we will let you know if you are invited to apply; Deadlines for development and delivery applications are quarterly; Once we receive your application and all the correct supporting documents, we will assess your application within 12 weeks and, following assessment, it will be assigned to the next scheduled decision meeting.
- For grants under £1m, you must contribute at least 5% of your project costs. For grants over £1m, you must contribute at least 10% of your project costs.
- Payments for development grants under £250,000 are made in three stages: 50% in advance, 30% in advance, and then 20% in arrears. Payments for development grants over £250,000, and all delivery grants, are made in arrears.
- We provide lots of good practice guidance. We recommend that you read the guidance that is relevant to you to help you develop and manage your project.

- We may consider applications for over £10m for truly exceptional heritage projects. If this applies to your project, you should contact your local office to discuss this.

For more information and to apply, please visit National Lottery Heritage Grants £250,000

The 2025/26 Central Good Relations Fund (CGRF) opened for applications on Tuesday 17 December 2024 at 2.30pm, for groups who wish to apply online for a project funding grant (for projects over £1,500). Applications must be submitted online by Monday 27 January 2025 at 4:00pm [More information and application here.](#)

To help groups apply for funding, the Executive Office will be hosting three 'CGRF Online Information Sessions' via MS Teams. The sessions will take place on:

- Session 1 – Tuesday 7 January 2025 @ 10.30am - [Register here](#)
- Session 2 – Monday 13 January 2025 @ 2.30pm - [Register here](#)
- Session 3 - Thursday 23 January 2025 @ 10.30am - [Register here](#)

Should you have any queries in advance of the information session (or at any time), or have anything in particular you would like us to cover within the session please email:

GoodRelationsFund@executiveoffice-ni.gov.uk

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. IGNITE provides funding to support a charity to get started. Open to organisations recently set up (within last 2 years), priority will be given to charities with limited funds available to them. Maximum award £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.

WCIT Charity Accepting Applications for IT4Good Grants Programme

The WCIT Charity is offering grants of up to £15,000 for educational establishments and not-for-profit organisations across the UK to support IT projects and activities.

The IT4Good Grants Programme will support activities within the themes of education, inclusion, IT for charities, and understanding of IT, such as the development and delivery of new services, solutions, training, apps, analytics, AI, robotics, or accessibility features/hardware.

Projects that are more likely to be funded include:

- Projects where WCIT is a material or sole funder.
- Projects where WCIT is the sole funder of the IT component of a larger project.
- Organisations that could benefit from pro-bono support.

Proposals should demonstrate an innovative use of IT, be scalable for wider replication, and be sustainable over time. Grants of over £15,000 may be considered in exceptional circumstances.

The next deadline for applications is 10 February 2025.

For more information, please visit [Home - WCIT Charity](#)

Age Without Limits Day 2025: Micro-grants for Age-friendly Communities

Without Limits Day on Wednesday 11th June 2025, with the theme "Celebrate Ageing. Challenge Ageism". It is a day for us all to come together and take action to end ageism - as individuals, with friends and family, in our communities and in our workplaces. To apply for a micro-grant for the Age Without Limits Day on 11th June 2025, for more info contact: grants@ageing-better.org.uk and fill in application by 5pm on 10th February 2025. Grants of up to £500 are available, with an additional £150 to cover anything needed to make the event or activity more accessible.

Charles Hayward Association

Small Grants for Small Charities Supporting Older People UK registered charities with an annual income of less than £350,000 can apply for a grant of up to £7,000. The funding will support programmes that are:

- Aiming to alleviate isolation and depression in older people, including informal day care or social, physical and recreational activities.
- Which give practical help, assistance and support for older people living in their own homes.
- Addressing the emotional and practical needs of older carers.
- Designed to meet the specific needs of people with dementia.

The Charles Hayward Foundation, who offers these grants, wish to fund preventative and early intervention programmes being delivered at the community level which allow older people to stay in their own homes and remain independent. Programmes need to demonstrate their effectiveness in improving the quality of life of older people. The Foundation favours projects that offer a consistent and sustained benefit rather than one-off events or short-lived activities.

Please note this is a very popular fund and is usually oversubscribed. Applications are currently being accepted. There are no deadlines.

For more information, please visit: [A grant-making charitable trust for UK charities - Charles Hayward Foundation](#)

Funding Available for Building Community-Pharmacy Partnerships (NI)

Funding is available to community organisations working in partnership with community pharmacists on projects and initiatives that address local health and social wellbeing needs across Northern Ireland.

The Building the Community-Pharmacy Partnership (BCPP) is a joint venture between the Community Development and Health Network (CDHN) and the Health and Social Care Board with strategic direction offered by a multi-agency Steering Group. The programme works towards:

- Enabling project participants to reach their full potential.
- Promoting the role of community pharmacies in public health advocacy.
- Supporting community partners to address and recognise health inequalities in their community.
- Increasing social capital to build connected and engaged communities.

Both of the programme's grant streams are currently open to applications from community organisations working in partnership with community pharmacists:

- Level 1 - for groups interested in developing ideas and a community pharmacy partnership. Grants of up to £2,500 will be awarded for projects lasting up to six months.
- Level 2 - for groups seeking to develop a community pharmacy partnership that will address a range of locally identified health and well-being needs. Grants of up to £12,000 will be awarded for projects lasting approximately one year.

Participants must be key in the planning, delivery and evaluation of initiatives. The closing date for submissions depends on the level of funding being sought:

The deadline for Level 1 applications is 27 February 2025, and the deadline for Level 2 applications is 20 March 2025.

For more information, please visit Building the Community-Pharmacy Partnership Programme | Community Development and Health Network [Building the Community-Pharmacy Partnership Programme | Community Development and Health Network](#)

Workshops & Training & Digital Support

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

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

Libraries NI Free Wellbeing Sessions: Sessions are open to all adults, and they take place online every Tuesday morning at 11:00am until the end of March. Everyone is welcome - you can register on the Libraries NI website here:

<https://www.librariesni.org.uk/events/mindfulness-online-sessions/?src=hpbnr>

Libraries NI Free online yoga sessions led by practitioner Siri Meylahn. These take place on

Thursdays at 11:00am. <https://www.librariesni.org.uk/events/weekly-online-yoga-sessions-2024-25?src=hpbnr>

In addition to ongoing **Yoga and Mindfulness sessions**, a new series of Learn @ Lunch starting next Friday, 10 January at 12:30pm. This series will focus on photography. From mastering smartphone portraits and exploring editing apps to capturing the Northern Lights, each session offers valuable insights into different aspects of photography. Participants will also discover the works of renowned Irish photographers and learn how to apply these influences to their own images. To register, or find out more visit- <https://www.librariesni.org.uk/events/learn-at-lunch>

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](#)

**Beat the January Blues - Armagh City Hotel on Thursday 23rd
January from 2pm-4pm**



AFTERNOON

Tea Dance

**FOR PEOPLE AGED 50+
THURSDAY 23 JANUARY 2025
ARMAGH CITY HOTEL | 2.00PM - 4.00PM**

This is a great opportunity to get out of the house,
enjoy some dancing, a cup of tea and make new social connections.
For more information or to book email [✉ agefriendly@armaghbanbridgecraigavon.gov.uk](mailto:agefriendly@armaghbanbridgecraigavon.gov.uk)
or call Stephanie [☎ 07825 010 630](tel:07825010630)

*Music by Housty
Light refreshments will be served.*

 Public Health Agency
Project supported by the PHA

 **AGE FRIENDLY**
Award for Age-Friendly Organisations

 Armagh City
Banbridge & Craigavon
Borough Council

To book your place email agefriendly@armaghbanbridgecraigavon.gov.uk or
ring or WhatsApp Stephanie on **07825010630**.

Here & Now Arts, Health & Wellbeing Festival

7th February 2025 – 14th March 2025



Call out for Artists over the age of 60.

Each year, as part of the 'Here & Now' Arts, Health & Well-being Festival for Older People Arts Care hosts the **PRIME** exhibition.

This exciting opportunity is open to artists of all types to show their work – amateur artists, those who have developed their artistic talent in later life, or professional artists and creatives, but all must be over the age of 60.

Arts Care, as always looks to engage with Artists in the Here & Now and so this year our chosen theme for the 'Here & Now Festival' is '**Right Here, Right Now**'.

We would like to invite all interested artists to submit an 'Expression of interest form' by **Wed 18th December 2024 4.00pm** -

Up to three pieces of art linked to the theme will be considered.

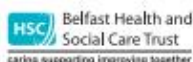
The **PRIME Exhibition** will take place in Arts Care's Connswater space. The Arts Care Creative Space, Unit 25-27, Connswater Shopping Centre, Belfast, BT5 5LP

The **Prime** exhibition will run from the **7th Feb 2025 - 14th March 2025**.

We look forward again to creative and exciting artistic work across all artforms

For **Expression of Interest Form** or more information about the PRIME Exhibition, contact Festival co-ordinator Clare.

Email: clare@artscare.co.uk Tel: 07704 567833 Or the Arts Care office Tel: 028 9031 1122



January 2025 CrISP Dates for South Eastern Trust

Our Carer Information Support Programme (CrISP) aims to improve the knowledge and understanding for people caring for someone living with dementia

CrISP 1

Monday 13th, 20th, 27th January / 6.30pm - 8.00pm

Online via Zoom

CrISP 1

Wednesday 15th and 22nd January / 10.30am - 2.30pm

Manor Court Community Centre Newtownards

CrISP 2

Wednesday 29th January / 10.00am - 2.00pm

Market House, Ballynahinch

scan QR code or email crispseni@alzheimers.org.uk to register or find out more about programmes



Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.

Public Policy Consultations & Engagement

'Hospitals – Creating a Network for Better Outcomes' consultation

The Department of Health is currently consulting on 'Hospitals – Creating a Network for Better Outcomes'. This consultation was launched on 2nd October and will run until 28th February 2025.

The Department of Health has developed a [Framework document](#) which sets out:

- Why we need to reconfigure our Hospitals;
- How we will manage our hospital system as an integrated network; what pathways there are for citizens to access hospital services and how they can travel there;
- Where those services are and will be delivered; and
- When future service reviews will take place to inform future reconfiguration.

This will become the basis and strategic context for current and future service reconfigurations.

A public event for the Belfast Trust area will be held on Tuesday 21st January from 7 to 9pm in the Ramada by Wyndham Hotel, Talbot Street, Belfast BT1 2LD. Additionally, an online event will take place on Tuesday 11th February 2025 from 7 to 9pm. These events will provide information about the proposals, answer questions from attendees and encourage participation in the consultation process.

Health Minister Mike Nesbitt said: "Since I took up this post more than six months ago, I have been clear about my ambition to deliver better outcomes for patients, service users and our healthcare workforce. Reconfiguration is not about cutting costs or closing hospitals. It's about managing change in a controlled way to ensure that our citizens, wherever they live in Northern Ireland, receive the right treatment in the right place, at the right time. Our hospitals have a stronger and better future as part of a Northern Ireland network of care. It should also be emphasised that the hospital network document does not propose any changes to any hospital services. Its purpose is to provide a basis and context for any future decisions.

It's vital that we have as wide an engagement as possible with communities, the health and social care workforce, and society as a whole about our plans for the reconfiguration of the hospital network. By listening to each other and working together, we can create a network of care that meets the needs of everyone."

If you are interested to attend the event in Belfast or online please register using this link: [Public Consultation events - Hospital Network | Eventbrite](#)

You can view the consultation details and complete the questionnaire online at <https://consultations2.nidirect.gov.uk/doh-1/hospitals-creating-a-network-for-better-outcomes/> (external link opens in a new window / tab)

or share your views via email at rebuildinghsc.services@health-ni.gov.uk

Other Consultations

Review of access to palliative care services - Organisations/Health Professionals Dept of Health
Online Survey Closing date: 14th February 2025

[Review of access to palliative care services - Organisations/Health professionals - Northern Ireland Assembly - Citizen Space](#)

Consultation launched on Gender Pay Gap Information Regulations The Dept of Communities
Consultation on The Gender Pay Gap Information Regulations | Department for Communities
Closing date: 14th February 2025

[Consultation on The Gender Pay Gap Information Regulations | Department for Communities](#)

Consultation on Proposals for Inclusion in a Victims and Witnesses of Crime Bill Dept of Justice
Online Survey Closing date: 20th February 2025

[Consultation on Proposals for Inclusion in a Victims and Witnesses of Crime Bill - NI Direct - Citizen Space](#)

WRDA Women's Health OLDER WOMEN Focus Group

Age NI has been contacted by Meghan Hoyt of the Women's Resource and Development Agency (WRDA) who are carrying out research into women's experiences of accessing health care in Northern Ireland. They would like to hear specifically from women about this.

The focus group will be held online on:

Wednesday 22 Jan 2025, 11am – 12.30pm (ZOOM).

This relates to a wider DoH consultation on women's health.

If you are female and feel that it is important for the voices and experiences of older women to be included in this work, please let Michele know if you plan to attend at michele.young@ageni.org – the link will be sent to you once we hear from you.

“In 2024, Northern Ireland is without a Women's Health Strategy. This is despite both national and international obligations requiring the development of a strategy. The WRDA is conducting research to fill this gap. This project will highlight the current challenges facing women accessing health care in Northern Ireland. It will also form the basis for a lobbying strategy for the WRDA and is intended to contribute to the development of a Women's Health Strategy for Northern Ireland.

The focus groups conducted for this research will target key demographic groups. They will be run as an informal conversation structured around experiences of the health service and potential for change. Data collected from focus groups will be anonymised, coded, analysed and used to inform the research.

For any further information please contact Meghan at meghan.hoyt@wrda.net

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 Health Check & Guide

www.diycommitteeguide.org

[Governance Health Check](#)

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

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/>

NEW Take 5 Steps to Wellbeing toolkit: <https://www.makinglifebettertogether.com/wp-content/uploads/2015/07/Take-5-Toolkit.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>

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

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

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

A new Dementia documentary has been launched raising awareness of the poignant and powerful voices of people living with Dementia. "Hear Our Voice is more than a documentary; it is a call to action in which we share challenges that we face and invite viewers to follow our "Top 10 Tips" for supporting people living with Dementia. The documentary can be viewed here [Hear Our Voice \(youtube.com\)](https://www.youtube.com/watch?v=HearOurVoice) and we encourage you to share with your networks. For more information, please contact naoimh.mcglone@southerntrust.hscni.net

A promotional poster for a workshop titled "January Jumpstart". The background features a close-up of a person's face looking upwards, with sunlight filtering through leaves, creating a warm and hopeful atmosphere. The text is arranged in a clear, readable layout. At the top, the title "January Jumpstart" is written in a large, blue, handwritten-style font. Below it, a purple text block asks, "The New Year beckons a new start, new plans and new experiences! But how do you stick with and see through your fresh ideas beyond January?". The workshop details are listed in purple text: "Come & Join our online workshop with Maire McGrath from FutureSpark Coaching who will unpack a wealth of practical techniques to help you build new habits and stay focused in 2025". To the right, the date and time are given in a bold, purple font: "Thursday 23rd January 2025 7 - 8 pm". A dark purple rectangular button with white text says "Register Now!". At the bottom left is the logo for NIRWN (Northern Ireland Rural Women's Network), and at the bottom right is the email address "paula@nirwn.org" in purple text.

January Jumpstart

The New Year beckons a new start, new plans and new experiences! But how do you stick with and see through your fresh ideas beyond January?

Come & Join our online workshop with Maire McGrath from FutureSpark Coaching who will unpack a wealth of practical techniques to help you build new habits and stay focused in 2025

**Thursday 23rd
January 2025
7 - 8 pm**

**Register
Now!**

paula@nirwn.org

NIRWN
Northern Ireland
Rural Women's Network

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 on topics including health and social care, financial entitlements, and housing. 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.

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/>

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

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.

https://www.bequeathed.org/ageni?mc_cid=e03f293502&mc_eid=03280c0aeb

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.

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.



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

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