

Dear Readers

Welcome to the latest issue of *Signpost Express*, your go-to resource for all the exciting updates and events happening during November 2024!

Age NI Brand campaign launch

Alongside Age UK, Age NI wants to start a national conversation about ageing. Our new brand strapline '**Let's change how we age**' reflects this as a rallying cry to all of us who want to build a society where older people are included and valued.



[Read more about the brand refresh here](#)

Watch Age UK's brand campaign video here



We're calling on the NI Executive to:

1 DEVELOP an ageing population strategy

2 INVEST in social care

3 COMMIT to age discrimination law

4 PROTECT our older workers



Have your say on the Programme for Government:
ageni.org/10thPriorityPFG

The Commissioner for Older People for Northern Ireland and Age NI, on behalf of older people and their families and carers, are calling on Ministers to fully develop a 10th Programme for Government priority to address the needs of an ageing society.

The 88-page draft programme for government only has TWO mentions of older people. Age NI and The Commissioner for Older People for Northern Ireland are demanding that a strategic and co-ordinated approach to the challenges of an ageing society is recognised by the government.

In a joint letter, both organisations address the ageing population in Northern Ireland, the challenges this presents and the urgency for a whole of government approach to harness the opportunities of this demographic change and increase the quality of life for all.

[Read the full statement](#)

[Have your say - respond to the consultation 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>

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, and it will open to applications from voluntary and community sector organisations on **21 October 2024** with no closing date.

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

B&Q Foundation Grants

Closing Date 15/11/2024 The funding is intended for registered charities working with people in need (by reason of financial hardship, sickness, disability, other disadvantage or distress) in the UK and who need funding for the following: • Projects that provide, maintain, repair or improve

housing or community space. • Supporting people experiencing poor housing or homelessness. There are two levels of grants: • Up to £5,000 for garden projects • Up to £10,000 for building or indoor projects. The B&Q Foundation will consider awarding higher value grants. The funding can support decorating, renovating, or creating spaces, both indoors and outdoors, where people can feel at home and have a sense of belonging. Projects could include creating community gardens, redecorating properties, installing new boilers, and creating new buildings or rooms. The funding will cover the full cost for the completion of the project, including staff time required.

Projects need to be delivered within six months of receiving the grant.

Apply For a Grant <https://bqfoundation.org.uk/apply-for-a-grant/>

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.

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>

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/>

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

NEW LISBURN: Creative Session Thursday 7th November - Creative session in Lisburn Library on Thursday 7th November from 10.30-12.30pm. If you are interested in attending please email wellnessrecoverynetwork@setrust.hscni.net as spaces are limited.

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

CUPPA & CONNECT

COMMUNITY CAFE

**EVERY
TUESDAY**

**11.30AM
-1.PM**



Hamilton Road Community Hub

**TEA, COFFEE, SCONES &
TRAY BAKES MEET AND MAKE FRIENDS
USEFUL INFORMATION AVAILABLE**



Money Guiders Conference - Talk Money Week!

Attend the [4th Annual Money Guiders Conference](#) and [satellite events](#) to ensure you come away with knowledge on key money matters like energy, debt, gambling, homelessness and much more... Let's #TalkMoney and #DoOneThing to take your help further!

 **Date & Time:** Wednesday 6 November 2024 9:00am to 13:00pm

 **Location & Price:** Online and absolutely FREE!

 Register [NOW](#) 

All 4UK Money Guiders networks are running sessions throughout **Talk Money Week**, these are workshops led by experts, to help you confidently apply your money guidance learning in your role:

Monday 4th November

10:00 - [Money Mindsets: Breaking Free From Debt, with MoneyHeave](#)

14:00 - [Navigating Homelessness: Money Guidance for Frontline Workers](#)

Tuesday 5th November

10:00 - [Navigating the Debt Landscape: Prevention and Solutions, with StepChange](#)

13:30 - [Tackling Inequalities: Digital Inclusion and Financial Inclusion](#)

Thursday 7th November

10:00 - [Effective Messaging For Parent/Child Money Talk, with MaPS Children and Young People Team](#)

11:00 - [Walking the Tightrope: Explore the Dos and Don'ts of Improving a Credit Profile with NestEgg](#)

13:30 - [Women and Gambling Related Harms \[Northern Ireland programme launch\]](#)

15:00 - [Winter Ready Workshop: Energy Efficiency and Money Guidance](#)

Friday 8th November

14:30 - [Treat Yourself! Wellbeing Session for Money Guidance Practitioners](#)

Home Maintenance Service

A Handyman is available to carry out small repairs or household tasks within your home. This service is available to anyone over the age of 65 living in the MUDC Area.

- Fit curtain poles or blinds
- Replace light bulbs
- Accessing your attic or attic clear out
- Putting up a shelf, moving furniture eg enable installation of a hospital bed
- Putting up a shelf, fitting house numbers
- Replacing outside lighting
- Clearing pathways to prevent slips and falls.

There will be a small call out charge of £20 which includes the first hour free. Any additional hours will be £20/ hour up to a maximum of 3 hours.

For more information please contact

Tel. 028 7963 2170

Email: marie.devlin@agewellpartnership.org

📍 @ midulster agewell



HALIFAX FOUNDATION
for Northern Ireland



COMMUNITY
FUND

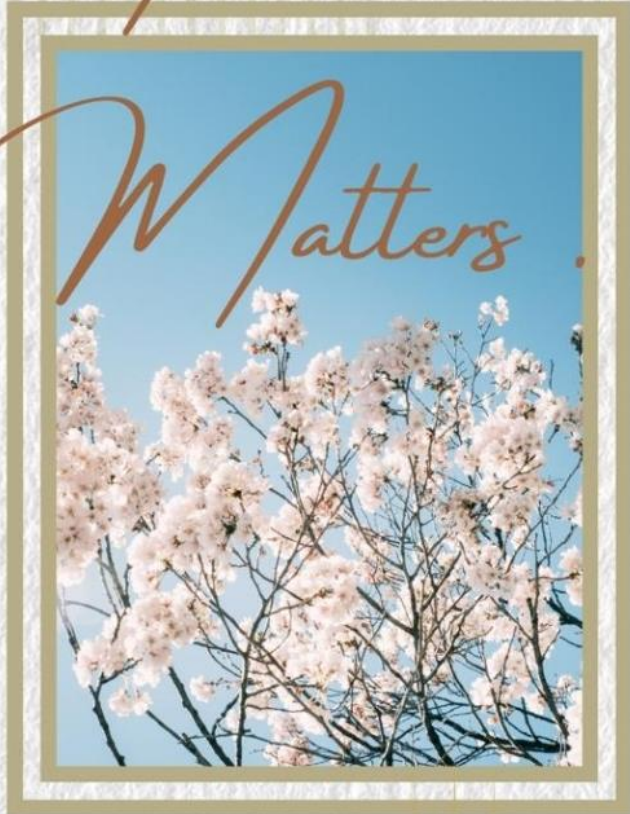


This Course Is For Everyone

Mindfulness

Join us for
a 6-week
beginners
Mindfulness
course
Commencing
:
NOVEMBER
7th at 7pm .

Matters.



Benefits include: Pain Management, Lowers Anxiety,
Better Sleep, Emotional Regulation,
Improved Relationships and much more.

Location- CRAIC THEATRE
COALISLAND
6 week programme
learn what mindfulness is and
how it can benefit you!!



Wellbeing With Excellence

Get in touch - Contact LILAC for registration or
more details - 02886766866
or message 07517776060



Public Health
Agency

OUR VISION FOR THE FUTURE

A new regionally agreed, evidence based Safer Mobility model across Northern Ireland.

SAVE THE DATE

SAFER MOBILITY WORKSHOP

Falls are considered one of the biggest issues within our Health and Social Care system.

The National Institute for Health and Care Excellence guidelines suggest 30% of all adults over 65 will fall at least once and year rising to 50% at 80 yrs of age!

A fall can impact your quality of life both physically and mentally. Falls are a significant pressure for GP's, ambulance & hospitals. Not all falls are inevitable and prevention is crucial.

The Public Health Agency is seeking collaborative input to design a 'Safer Mobility' Model for Northern Ireland.

Please join us so we can develop this model together.



VENUE
DUNADRY HOTEL, ANTRIM



TIME
10am - 1.30pm (Lunch Included)



DATE
Wednesday 27th November 2024



Please RSVP via link in email by 1st November

Registration is now open, Please use [this link](#) to register.



Date: Tuesday 19th November 2024

Time: 9.30am - 4.00 pm

Venue: PIPIS Hope & Support, 39-41 Union Street, Lurgan, BT66 8EB

Target Audience:

Practitioners / service providers (male and female) who work with men in any setting.

Aim:

To explore the key issues that impact on men and their mental wellbeing and understand what works in order to be able to effectively engage with men and signpost them to a range of services.

Learning Objectives:

- Explore why we need to work with men as a specific group.
- Understand the broad determinants of men's mental wellbeing.
- Explore the barriers that men experience when accessing health and social care services and how to create opportunities to engage with them.
- Increase the confidence of participants in relation to working with men.

Content:

- The need to create a 'Safe Space' for men.
- Understanding men through their eyes and life experiences.
- Personal strengths and qualities that practitioners bring to working with men.
- Why focus on men and their mental health?
- Barriers to men seeking help and support.
- Opportunities to create the conditions for engagement.
- Signposting to sources of information, help and support.
- Top tips for engaging with men.

Booking Information:


Please click [HERE](#) to register for the MANifest Workshop

Please note: This workshop explores mental health issue including suicide. It may not be suitable for anyone recently bereaved or affected by suicide.

 Southern Health and Social Care Trust
Quality Care - for you, with you.

 Men's Action Network

Men's Health
FORUM
in Lurgan

 Public Health Agency

Project supported by the PHA


Men's Health West

Public Policy Consultations & Engagement

Launch of Age NI / QUB Research into Healthy Ageing in Rural and Coastal Areas: Thurs 7 November at Fermanagh House, Enniskillen, 11am until 3pm.

Please note that, as numbers are limited, it's essential to register – just click here: [Spaces and Connections: Healthy Ageing in Rural and Coastal Areas. | Events | Festival of Social Science](#)
Although the official start time is 11am, we begin with tea, coffee and biscuits, and will only start formally at 11.15am so that anyone travelling from further afield can arrive by public transport.

Focus Group on the impact of loneliness and isolation on health: Tuesday 12 November, Silver Birch Hotel, Omagh, starting with lunch at 1.30pm, and ending at 4.30pm. This is being run by Queen's University Belfast, Age NI and Fermanagh and Omagh District Council. Again, numbers are limited, so if you would like to attend, please let Michele Young know at Age NI – just drop her an email: michele.young@ageni.org before Weds 6 November.

Focus Group on the impact of loneliness and isolation on health: Thursday 14 November, Fermanagh House, Enniskillen, starting with lunch at 12pm, and ending at 3.00pm. This is being run by Queen's University Belfast, Age NI and Fermanagh and Omagh District Council. Again, numbers are limited, so if you would like to attend, please let Michele Young know at Age NI – just drop her an email: michele.young@ageni.org before Weds 6 November.

Imtac launches survey about transport and health services: Imtac has launched a survey looking for the experiences of Deaf, disabled people and older people in travelling to and from health services. The survey is part of the gathering of evidence about whether difficulties with transport can make it difficult for some people to access health services in Northern Ireland. The findings of the survey will be used to develop a report which we will use to engage with health service providers and policy makers, transport providers and policy makers and Deaf, disabled and older people themselves to try and identify potential improvements and solutions. The survey is available online here - <https://www.surveymonkey.com/r/5BDH3>

Copies of the survey can be downloaded or printed off from the Imtac website here - <https://www.imtac.org.uk/imtac-health-and-transport-survey>

You can request a hard copy of the survey or arrange to complete the survey over the phone by contacting 028 9072 6020. We are also happy to meet with groups and gain the views of people about issues travelling to health services in other ways. You can contact us on the number above or email on info@imtac.org.uk. The closing date for survey responses is **Monday 18th November 2024**.

Consultation on The Executive Office Budget Allocation for 2024-2025

The Executive Office Equality Impact Assessment Closing date; 8th November 2024.
<https://www.executiveoffice-ni.gov.uk/consultations/consultation-executive-office-budget-allocation-2024-2025-equality-impact-assessment>

Draft Programme for Government 2024-2027 'Our Plan: Doing What Matters Most' Public Consultation <https://consultations.nidirect.gov.uk/teo/pfg-2024/>

How to Respond Make sure to share your thoughts before the consultation deadline on 4 November 2024. Share your opinion on the draft Programme for Government online 'Our Plan: Doing What Matters Most'. Draft impact assessments have been published alongside the draft and can be found on the Draft Programme for Government 2024-2027 'Our Plan: Doing What Matters Most'. www.northernireland.gov.uk/PFG-Documents

The Women's Parliament is back for 2025.

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 **Women's Parliament** will take place on **Friday 28 February 2025** in the Assembly Chamber in Parliament Buildings. It will be an opportunity for women 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 Women's Parliament to focus on?

To capture people's views, we have created a short online survey [here](#) which will run until **28 November**.

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

For any groups or organisations who'd be interested in a workshop from the Engagement Team on the work of the Assembly, as well as help to complete the survey, please contact us at engagement@niassembly.gov.uk

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](#)

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 \(youtube.com\)](#) and we encourage you to share with your networks. For more information, please contact naoimh.mcglone@southerntrust.hscni.net



CALLING ALL MALES!
Would you like to improve your wellbeing?

Explore the benefits of:

1. Connection
2. Taking notice
3. Being active
4. Learning something new
5. Giving something back
6. Valuing yourself



Positive Steps offers you the opportunity to try something new, have fun, and learn & practice strategies that aim to enhance confidence & well-being



4 WEEK COURSE Participants must try to attend all 4 sessions

When: Wednesdays 6th, 13th, 20th & 27th Nov 2024

Time: 1pm - 3.30pm

Where: Bloomfield Community House, 189 Ballyree Drive, Bangor, BT19 7RG

FREE & open to everyone. Participants must try to attend all 4 sessions

FOR FURTHER INFORMATION OR RESERVE YOUR PLACE PLEASE CONTACT LINDSEY OR LAUREN ON 028 91461386 or email admin@ndcn.co.uk

Take5 steps to wellbeing



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@ppttakingcare.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/>

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. 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.
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 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

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