

Dear Readers

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

This month is dedicated to celebrating the amazing contributions of older people within our communities and promoting a positive approach to ageing. As our population grows older, it's more important than ever to recognise how we can support and uplift our senior members while also acknowledging their vital role in shaping community life and their role in volunteering.

In this October issue, you will find valuable information on training, events, consultations, and workshops happening throughout this Positive Ageing Month. A full month that offers a variety of activities across Northern Ireland. All Age Sector Networks, in collaboration with local council's Age Friendly Officers, have been working hard with many different partners to put together an extensive and diverse range of events and workshops. Be sure to check out your local council's website or contact your local age sector network to discover what's planned in your area!

We hope this edition inspires you to join in, celebrate, and engage with the wonderful opportunities.

See below SWAN (Senior Well Ageing Network) welcoming Positive Ageing Month this week displaying their new pull-up stand and a reminder to older people's groups across the Ards and North Down Borough Council area they can join the SWAN Age Sector Network to make connections, promote age-friendly communities, find out about training and funding opportunities, and various other workshops to support group leaders.

**Remember to use social media hashtags this month:** #positiveageingmonth #AgeFriendlyNI





# AGE FRIENDLY IN CONVERSATION

## Age Friendly Lisburn and Castlereagh

**Where: Lisburn City Library**

**When: Friday 4th October**

**Time: 11am**

**Come along to hear about the Age Friendly movement in Lisburn & Castlereagh. The Age Friendly Development Officer will update on the progress of the Age Friendly action plan. There will also be an opportunity to talk about the issues you feel older residents face living in Lisburn & Castlereagh.**

**Email: [lisburncity.library@librariesni.org.uk](mailto:lisburncity.library@librariesni.org.uk) or**

**Tel: 028 9266 9345**



# AFTERNOON TEA DANCES



## Tea Dance - ABC Seniors Network are hosting 3 Tea Dances

for people aged 50+ to encourage everyone to come together, enjoy some dancing, have a cup of tea, make new social connections and enjoy the craic.

Places are limited, for more information or to book a place email:

[agefriendly@armaghbanbridgecraigavon.gov.uk](mailto:agefriendly@armaghbanbridgecraigavon.gov.uk) or call Stephanie on 078 2501 0630

### FREE TO ATTEND

#### Dates and times of Tea Dances:

Tuesday 1st October - Gilford Community Centre, BT63 6ET. 2pm - 4pm

Wednesday 9th October - Portadown Town Hall, BT62 3LY. 2pm - 4pm

Tuesday 22nd October - TMAC Keady, BT60 3TD. From 2pm - 4pm



ABC Seniors  
Network

Armagh, Banbridge  
& Craigavon



# FREE Over 50's Celebration

Dancing

Food

Beauty

Live Music

Info

Health

3 OCT | TO 10 AM  
2 PM

Newry Leisure Centre

Illustrations of a man in a suit and a woman in a dress, and two party hats.



Southern Health  
and Social Care Trust



Positive Ageing Day Partners along with JENNIFER KELLY, Independent Representative



# Preparing for an Ageing Demographic



On Tuesday 24th September, older people had their say on the draft **Programme for Government** at a “Preparing for an Ageing Population” event held at Stormont, hosted by the All Party Group on Ageing and Older People.

We were joined by MLAs, including the First Minister and Deputy First Minister, community groups, and other stakeholders to discuss the challenges and opportunities of our ageing population and how to plan for a future where we all age well.

Thanks to everyone who attended!



Read more: [https://www.ageuk.org.uk/northern-ireland/news/older-people-have-their-say-on-programme-for-government/?mc\\_cid=3f2d284429&mc\\_eid=UNIQID](https://www.ageuk.org.uk/northern-ireland/news/older-people-have-their-say-on-programme-for-government/?mc_cid=3f2d284429&mc_eid=UNIQID)

Respond to the Draft programmes for government: [https://www.northernireland.gov.uk/PfG-consultation?mc\\_cid=3f2d284429&mc\\_eid=UNIQID](https://www.northernireland.gov.uk/PfG-consultation?mc_cid=3f2d284429&mc_eid=UNIQID)

## 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](mailto:enquiries.ni@tnlcommunityfund.org.uk) or calling 028 9055 1455.

<https://www.tnlcommunityfund.org.uk/funding/thinking-of-applying-for-funding>

### Applications Open for Northern Ireland's Arts and Older People Programme

The Arts Council of Northern Ireland, in collaboration with the Public Health Agency and the Baring Foundation, is inviting applications for its annual Arts and Older People funding programme. This initiative offers grants ranging from £1,000 to £10,000 to support projects that enhance the representation of older individuals and promote positive mental health and emotional wellbeing through the arts. The programme aims to combat social isolation, poverty, and health issues affecting older people by encouraging their participation in arts-led activities. Eligible projects must align with one or more of the strategic themes, such as combating loneliness, fostering social inclusion, addressing poverty, and promoting mental health and wellbeing.

The funding is open to constituted community and voluntary groups, non-governmental organisations, local authorities, and arts organisations that work with older people in Northern Ireland. Applicants must demonstrate strong partnership working, particularly with care homes, carers and dementia groups. Projects that focus on strengthening the voice of older people are particularly encouraged. These projects should offer artistic, professional and personal development opportunities to help older individuals advocate on issues affecting them. Funding can be used for a variety of costs, including venue hire, materials, equipment, artists' fees, publicity, and community consultation. Supported projects are expected to commence after 1 January and be completed by 31 December 2025. The deadline for applications is 17 October 2024 (12 noon). For more information, please visit National Lottery Arts and Older People Programme | Arts Council NI ([artscouncil-ni.org](http://artscouncil-ni.org))

<https://artscouncil-ni.org/funding-for-organisations/arts-and-older-people-programme>

### 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/>

### Greenhall Foundation

The objective of the Green Hall Foundation is to sustainably improve lives: among the sick, the elderly, the disabled and the disadvantaged particularly in the UK. Overseas projects are also supported provided that the applicant charity is registered in the UK. Preference is given to

appeals where the Foundation can meet a significant proportion of the funding required and to appeals where permanent equipment or building is required as opposed to funding salaries or the charity running costs. UK-based registered charities can apply for grants ranging from £1,000 to £10,000. Trustees meet in May and November. Each May meeting will be open to Charities in all income brackets. Each November meeting will only be open to Charities with an annual income of £250,000 or less. Next application period opens 3 March 2025 – each round closes when 150 applications have been received

### **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/>

**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](http://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](http://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](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 their preferred topic) For more information contact: Geraldine Daly, Multiply Officer | Mid Ulster District Council Tel: 03000 132 132 Ext: 101426 Mob: 07584 331984



# 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](mailto:marie.devlin@agewellpartnership.org)

📍 @ midulster agewell



HALIFAX FOUNDATION  
for Northern Ireland



COMMUNITY  
FUND

# Public Policy Consultations & Engagement

## The Older People's Parliament 2024 coming up soon

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.

Age NI is not organising this older people's parliament but are supporting our colleagues in the Assembly Engagement Service with this important event. Look out for our Age NI Policy & Engagement Twitter feed and Facebook page with coverage of the day.

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## 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/>

On 5 September 2024 the Executive agreed a draft Programme for Government 2024-2027 'Our Plan: Doing What Matters Most'. An eight-week public consultation on the draft Programme for Government 2024-2027 'Our Plan: Doing What Matters Most' began on 9th September 2024 and end on 4th November 2024. We want to hear your views during this important period. Alternative versions of the approved draft 'Our Plan: Doing What Matters Most' document will be provided on request.

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](http://www.northernireland.gov.uk/PFG-Documents)

Join NICVA engagement sessions: <https://www.nicva.org/article/vcse-joint-engagement-sessions-on-the-draft-programme-for-government-2024-2027>



## 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.diycommittee.org](http://www.diycommittee.org)

[Governance Health Check](#)

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

## Other Useful Information

**Consumer Council:** [www.consumercouncil.org.uk/onlinetools](http://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](http://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](http://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](http://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](mailto:info@deafblind.org.uk) Text relay: 18001 then 0800 132320  
Facetime: [helpline.dbuk@deafblind.org.uk](mailto:helpline.dbuk@deafblind.org.uk) (Not BSL) BSL video relay:  
[www.deafblind.org.uk/bsl](http://www.deafblind.org.uk/bsl) Free counselling Helpline on 0303 123 9999

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## Dementia Support

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

**The Herbert Protocol:** [www.psni.police.uk/herbertprotocol](http://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. Both the Southern and South Eastern Health and Social Care Trusts and Dementia NI teamed up with people living with Dementia to coproduce 'Hear Our Voice'. It gives viewers a glimpse into the lives of those living with dementia, educates and promotes understanding and reduces stigma. Peter Alexander, Dementia NI member said that the idea behind 'Hear Our Voice' is a desire to transform the narrative around the condition.

"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. "By sharing our real experiences, we hope to foster understanding, challenge stereotypes, reduce stigma and support the viewer to provide compassionate, person-centred care to people living with Dementia." Naoimh McGlone, Service Improvement Lead for Dementia in the Southern Trust, said that dementia is one of the most prominent challenges our society faces today.

"The number of people living with Dementia in Northern Ireland is expected to triple by 2051, to 60,000 and the Southern Trust is expected to have the highest number of people living with condition by 2032.

"In order to meet the needs of this changing demographic we have to think of new and innovative ways to develop our skilled and competent workforce. Developed and filmed in the heart of the Southern Trust, Hear Our Voice aims to support health and social care staff in providing high quality person-centered care to those living with dementia and ensure the general public can respond to the realities of the disease through these 10 Top Tips.

"Being involved in this ground-breaking co-production project has been enlightening and humbling in equal measure. The creators' generosity and vulnerability in sharing their innermost world demonstrates immense courage and true commitment to improving the quality of care provided to people living with Dementia. As a Trust, we are so grateful for their time, effort and dedication to creating 'Hear Our Voice.'

"I congratulate the Trusts and Dementia NI for developing this powerful documentary which I have no doubt will challenge existing stereotypes and will be an informative way to educate people in how best to support individuals living with dementia." Thanks to the support of the Department of Health's Strategic Planning and Performance Group (SPPG) and the Public Health Agency (PHA), the documentary has been shared across Health and Social Care NI.

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](mailto:naoimh.mcglone@southerntrust.hscni.net)



## Further Age NI Engagement / Opportunities

Get on the Signpost Express Mailing list: email Michele [Michele.young@ageni.org](mailto: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](mailto: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](http://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](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](http://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](mailto: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](#)

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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](mailto:elaine.curry@ageni.org)

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