

Dear Readers

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

Join in and support Global Intergenerational Week: 24th – 30th April 2024

Linking Generations NI (LGNI) would like you to support the Global Intergenerational Week 2024 Campaign in NI. This annual campaign takes place from the 24th to the 30th April and LGNI will be joining 15 country leads from across the globe to celebrate everything intergenerational!

LGNI will be leading on various initiatives to promote the week and intergenerational activity in NI, including – Council Building Light ups, All Ages April activities, online events, photo competitions, producing ideas & resources and having policy conversations. Check out the LGNI GIW page here for more information on Global Intergenerational Week – Linking Generations NI.

Get help getting the campaign message out by promoting the week and LGNI's activities, but most importantly, through the intergenerational activities and key messaging of your own groups. Please do share this communication with your networks.

Linking Generations NI's network meetings are a great place to start and aim to connect people interested in intergenerational work, provide inspiration and support.

Sign up to attend your local meetings and find out all the latest intergenerational news, local stories and opportunities, including our LGNI's exciting small grants All Ages April small grants scheme. To find out more and register, please visit: [Global Intergenerational Week – Linking Generations NI](#)

You can also sign up to LGNI's network mailing list via: [Sign Up – Linking Generations NI](#)



Age Sector News

COAST Age Champions Over 50's Forum

COAST Age Champions have recently formed a NEW over 50's forum to link into the Causeway Coast and Glens Council Age Friendly Structures and engage with the new Age Friendly Alliance.

Their first priority will be action to support maximising communication methods. Health and Community were their second priorities, followed by Housing.

With Age Champions, recent training participants are building new opportunities for those aged 50+ to thrive and influence services locally and regionally. They wish to build the voice of the 50+ community across their Council area, and strengthen participation in activities and decision-making their Council more Age Friendly. Age Champions will ensure older people's issues are kept high on agendas and community planning structures, improving access to information to help them improve their quality of life.

The Age Champions also enjoyed a bet practice visit to Antrim and Newtownabbey Seniors Forum learning about partnership working, community and Council engagement and funding opportunities.



Funding Updates

Awards for All

Now apply to the programme for funding of between £300 and £20,000 to deliver projects in their local community that can last up to two years. Have a project idea? You can get in touch by emailing enquiries.ni@tnlcommunityfund.org.uk or calling 028 9055 1455.

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

Asda Foundation

Asda Foundation's goal is to build resilient communities by empowering local groups to make a positive difference, addressing local challenges and social needs. Their 'Grassroots Grants' programme and is designed to support a broad range of activities helping to transform communities and improve lives. Contact your local store's Community Champion to submit an application by the **24 May deadline**.

Halifax Foundation—Community Grants Programme

Better Together - Halifax Foundation for Northern Ireland launches new Strategy Better Together and funding programmes. They have designed a suite of new grant programmes to enable applicants to help those in greatest need with grants of up to £40,000. You can find out more here.

<https://www.halifaxfoundationni.org/programmes/community-grant-programme>

Community Flex - £10,000.

Ignite - This is a seeding grant for new charities, £2,000.

Collaborate - This programme is for 2 or more registered charities coming together to tackle a social issue, both charities must have an income under £500k. Max grant £20k.

Micro Community Investment Fund

Funding for organisations who are making the lives of others in their communities better, by improving their financial, physical, and mental wellbeing. No constitution to apply to this fund.

<https://communityfoundationni.org/grants/micro-community-investment-fund/>

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.

Woodroffe Benton Foundation: Small Grants

The Woodroffe Benton Foundation's Small Grants programme offers applicants one-off grants in the range £500 to £2,500. Their next Small Grants Programme funding round will be open from 1 to 31 March 2024 and will focus on "Improving the quality of life and social engagement for older people in England, Wales, Scotland and Northern Ireland". Trustees prefer to support smaller charities with incomes under £750,000. <https://www.woodroffebenton.org.uk/>

National Lottery Community Fund - Sustainable Community Buildings Programme
Sustainable Community Buildings | The National Lottery Community Fund ([tnlcommunityfund.org.uk](https://www.tnlcommunityfund.org.uk))

Workshops, Training, and Digital Support

Libraries NI

FREE access to over 160 digital magazines and zoom sessions: www.librariesni.org.uk/events

Get Moving with Libraries NI

Libraries NI will be hosting a series of online sessions designed to boost your wellbeing. To take part in these Zoom sessions, register on the library website www.librariesni.org.uk or ask library staff for more information. Booking essential.

GO ONLINE Made Easy

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

Help with Digital Devices

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

Ad-hoc IT volunteers

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

Digital inclusion

BYTES website: www.bytes.org/survey

Online Access Guides

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

British Heart Foundation

Try RevivR, a free digital training tool to teach you to save a life in 15 minutes with just your phone and a cushion: <https://revivr.bhf.org.uk>

LGNI Network Meeting Dates

Register through this webpage link: [LGNI Network Meeting's Register Now! – Linking Generations NI](#)

Code of Good Governance for Northern Ireland

<https://www.nicva.org/resource/code-of-good-governance-3rd-edition-0>

Governance Health Check

<https://www.nicva.org/article/governance-health-check-launched>

Volunteer Now

There is a variety of training courses available, take a look at the Courses page here for the full list and book your place: <https://www.volunteernow.co.uk/training/courses-scheduled/>

Stepping Stones NI

Free training is available to community groups targeting over 50s; women, those not in employment, education or training, or people with learning barriers/disabilities. To find out more please email [Jane Gilmore](mailto:Jane.Gilmore@steppingstonesni.org) in Stepping Stones.

Supporting Communities

A range of training courses are available for community groups. Further information can be accessed here: supportingcommunities.org/training-overview

Cyber Security event

Age NI staff visited CGI in the UK's Cyber Escape Experience this month at Custom House Square, aiming to support older people 50+ to stay one step ahead of cyber criminals.

Age NI will soon be offering free Older Adult Cyber Safety Training for those aged 50+ living in the Belfast area, funded by the Belfast Policing and Community Safety Partnerships.

Learn more and share: ageni.org/cybersecuritytraining



Age Without Limits Action Day

Stephen, Movember Co-Ordinator and Eugene Connect North Co-Ordinator, recently attended the Age Without Limits Action Day in Cookstown.

Over 20 support agencies took part in the day, which aimed to help build community partnerships, share knowledge about healthy ageing and encourage participation in active lifestyles.

The event was organised in partnership by Mid Ulster District Council, Age Friendly Mid Ulster, Public Health Agency and Radius Housing. Stephen is pictured at the event with the Chair of Mid Ulster District Council, Dominic Molloy and Raisa Donnelly, Age Friendly Co-Ordinator.

Move More Live More



Aged over 65? Take Part in a New Falls Prevention Programme *Growing older doesn't have to mean slowing down!*

Age NI is looking for participants for an exciting new project aimed at supporting older people to live well for longer, by staying strong and preventing falls.

Want to Move More to Live More?

Whether you have never had a fall and would simply like to learn more about staying strong, or you have experienced a fall and lost confidence, **Move More Live More is for YOU.**

Two Week Online Programme

Access information and join an online group to discover how to improve your health and **prevent falls.**

This programme is offered **FREE** to anyone aged over 65. We are now taking registrations for upcoming sessions.

Through tailored programmes to meet your needs, Move More Live More will support you to:

- **Improve strength and balance**
- **Boost confidence and motivation**
- **Increase knowledge to reduce risk of falls**
- **Move More to Live More**

APPLY ONLINE NOW:

Scan the QR code (below) with the camera on your smart phone, or visit:

www.ageni.org/movemorelivemore

Or email move-more@ageni.org for more information.



Join now!

Transport for Senior Citizens

In partnership with DART Partnership we will be offering a transport service for people aged over 55 to come to our community centre every Thursday and join in our Richmount Elders group activities and lunch. Pick up times will be between 9.30 and 10.30 am and collection time from the Richmount Centre will be 3.30pm.



All areas of Portadown (within the town boundary) covered and the former Armagh Council area

Supported by:



This service is being made available with the use of our volunteer drivers (who are not paid) and funding from the Halifax Foundation.

The charge will be £3 per person for the return journey.

Numbers will be strictly limited

Service due to start Thursday 11 April

If you would be interested in this service please send text to: 07934186635, email: richmountrea@gmail.com or send a Facebook message



New members to Richmount Elders always welcome - only qualification is that you are over 55

PROUDLY SUPPORTING OUR COMMUNITY



**Richmount Rural Community Association, 2 Derrylettiff Road, Scotch Street, Portadown. BT62 1QU.
Email: richmountrea@gmail.com Tel: 07934186635**

Public Policy Consultations and Engagement

Business in the Community Digital Inclusion Project

Business in the Community is undertaking a Northern Ireland focused research project in partnership with Go On NI to determine levels of digital exclusion, the groups most affected by digital exclusion, the barriers to digital inclusion and potential interventions to bridge the digital divide. To contribute, please complete our survey, the link is:

<https://forms.office.com/e/yipvQfGp6W>

The closing date for response is Friday 12th April at 5pm.



Northern Ireland

Love Needs No Words - Kelly Mullan



I'm Kelly, the founder of Love Needs No Words Project NI. I wanted to take a moment to introduce myself and share some exciting news with you.

We're thrilled to announce that Love Needs No Words Project is embarking on a new journey to becoming a social enterprise. Our focus remains on raising awareness for nonspeaking individuals within healthcare, education, and our communities.

We're launching a Nonspeaking Awareness Consultancy service as part of this evolution. We aim to collaborate with healthcare and education professionals to foster greater understanding and support for nonspeaking individuals across various environments. Together, we're striving to make the world a better place for those we care about. Check out our website for more information:

<https://loveneedsnowords9.wixsite.com/mysite-5>

Whether you're interested in our consultancy services, resource booklets, online workshop, or simply want to connect, please reach out. This venture is new to us, but with your support, we're excited to see it grow. We just wanted to say hello and keep you updated on something we are so excited about. Thank you for being a part of our journey!

For more information contact Kelly Mullan - Love Needs No Words Project NI - Mobile 07711906942

Invitation: A new Fuel Poverty Strategy and Fuel Poverty Scheme Pre-Consultation Engagement

A new Fuel Poverty Strategy is being developed to provide an all-of-government framework for addressing fuel poverty and its impacts in Northern Ireland. This reflects commitments in the *draft Housing Supply Strategy* as well as the Executive’s *Energy Strategy for Northern Ireland*. The new Strategy will recognise our responsibilities under the *Climate Change Act (NI) 2022* and focus on ensuring a Just Transition for the residential sector. Simultaneously the Department of Communities is developing a successor to the Affordable Warmth Scheme to ensure that home energy support is available for low-income households for the future.

We are now beginning a period of intensive stakeholder engagement to inform both the Strategy and the Scheme given the clear cross-over between the two. This will take the form of workshops and focus groups across Northern Ireland between March and June 2024 and we would like to invite you to take part.

The events will be roundtable discussions offering everyone a chance to have their say. Each series of workshops will have at least one online event for those unable to attend in person. Where an event is repeated it is not necessary to attend more than one. We may also schedule some additional online events over the summer, if necessary.

Topic	Content
Eligibility: How to determine who should receive support	<ul style="list-style-type: none"> Who should be eligible for home energy support schemes in future? How do we prioritise government support? What principles could be used to determine eligibility for future home energy interventions? How can we apply these principles to develop eligibility criteria for a new Affordable Warmth Scheme?
Collaboration: Identifying partners and their roles	<ul style="list-style-type: none"> If home energy interventions are not an option, how do we target and deliver short-term support? For people who need emergency assistance, how can we work in partnership to ensure they access long term solutions? Who are relevant partners and what are their roles? How can this referral network / partnership approach support a new Affordable Warmth Scheme?
Understanding and framing: Improving our definition and developing a vision and principles	<ul style="list-style-type: none"> What does a Just Transition mean for fuel poverty? What should a vision and Principles for a Fuel Poverty Strategy be? What data and indicators could be used to support our work?
Feedback session	<ul style="list-style-type: none"> An overview of the input from workshops Proposed next steps and feedback on new or emerging issues

How to register

Details of all events and registration links for these workshops can be found on the Department for Communities website: communities-ni.gov.uk
 For further information on any of the events please contact: fuelpovertystrategy@communities-ni.gov.uk

Dates for workshops:

Workshop Topic	Dates/Registration	Location
Workshop 1 – Eligibility: How to determine who should receive support	<i>Tuesday 9 April</i> (external link opens in new window)	Belfast –NICVA, 61 Duncairn Gardens, Belfast BT15 2GB to be held on 09/04/2024 from 10.00 to 13.00
	<i>Monday 15 April</i>	Londonderry/Derry – Shantallow Community Centre, 38 Drumkleck Drive, Derry/Londonderry, BT48 8EN to be held on 15/04/2024 from 13.30 to 17.00
	<i>Tuesday 18 April</i>	Online – MS Teams meeting to be held on 18/04/2024 from 10.00 to 13.00
Workshop 2 – Collaboration: Identifying partners and their roles	<i>Tuesday 30 April</i>	Belfast –NICVA, 61 Duncairn Gardens, Belfast BT15 2GB to be held on 30/04/2024 from 10.00 to 13.00
	<i>Tuesday 7 May</i>	Dungannon – The Junction, 12 Beechvalley way, Dungannon BT70 1BS – to be held on 07/05/2024 from 10.00 to 13.00
	<i>Thursday 9 May</i>	Online – MS Teams meeting to be held on 09/05/2024 from 10.00 to 13.00
Workshop 3 – Understanding and framing: Improving our definition and developing a vision and principles	<i>Thursday 23 May</i>	Newry - NMEA, Enterprise House Win Business Park Canal Quay, Newry BT35 6PH - to be held on 23/05/2024 from 10.00 to 13.00
	<i>Wednesday 29 May</i>	Belfast –NICVA, 61 Duncairn Gardens, Belfast BT15 2GB to be held on 29/05/2024 from 10.00 to 13.00
	<i>Monday 3 June</i>	Online – MS Teams meeting to be held on 03/06/2024 from 10.00 to 13.00
Feedback Session: An opportunity to hear feedback from the workshops and the next steps for the Fuel Poverty Strategy and Scheme	<i>Thursday 20 June</i>	Online – MS Teams meeting to be held on 20

Information and Contacts

Consumer Council

Visit: www.consumercouncil.org.uk/onlinetools

Census Updates

Email: census@nisra.gov.uk

Find Help NI

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

Visit: www.findhelpni.com

Helplines NI

Visit: helplinesni.com

Hourglass Helpline

Call: 0808 808 8141

LGNI Network

Register here for meeting dates

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

MoneyHelper

Call: 08000113797

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

Online Access Guides

For disability groups and organisations

Visit: www.AccessAble.co.uk

The Domestic and Sexual Abuse Helpline

Call: 0808 802 1414

Bereavement support

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

The Herbert Protocol

Visit: www.psnipolice.uk/herbertprotocol

Governance Health Check & Guide

Visit: [DIY Committee Guide](#)

Visit: [Governance Health Check](#)

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

Dementia Society Resources: Innovation Hub

Visit: innovationhub.alzheimers.org.uk/

Deafblind UK

Helpline (call): 0800 132320

Text: 07903572885

Email: info@deafblind.org.uk

Text relay: 18001 then 0800 132320

Facetime: helpline.dbuk@deafblind.org.uk
(not BSL)

BSL video relay: www.deafblind.org.uk/bsl

Free counselling Helpline: 0303 123 9999

Scam Support

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

- Report here: www.ncsc.gov.uk/section/about-this-website/report-scam-website
- Via text message - Report suspicious text messages for free to 7726.
- Via website: www.actionfraud.police.uk or by phoning 0300 123 2040
- Via phoning police on the non-emergency number 101
- BEAM Creative Network
Scams Film: <https://vimeo.com/699606663/6f815e57a7>

Age NI Engagement and Opportunities

Sign up to Signpost Express

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

Age NI Advice and Advocacy Service

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

Call: Freephone 0808 808 7575

Visit: ageni.org/advice

Age NI Personal Alarms

Our personal alarm service is provided by partner Taking Care.

Call: 0800 085 8611

Visit: ageni.org/personalalarms

Age NI Key Safes

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

Call: 0330 363 2022

Visit: ageni.org/keysafes

Independent Living Products

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

Visit: ageni.org/products

Age NI Shops

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

Visit: ageni.org/shops

Work for Age NI

Visit: ageni.org/workforus

Age at Work Programme

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

Learn more here: ageni.org/ageatwork

Volunteer with Age NI

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

Visit: ageni.org/volunteer

Move More Live More

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

Learn more: ageni.org/movemorelivemore

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

Good Vibrations

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

Learn more: ageni.org/goodvibrations

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

Guides and Factsheets

Visit: ageni.org/guides

Stay up to date with Age NI

Website: ageni.org

Facebook: [agenicharity](#)

Twitter/X: [@Age_NI](#)

Instagram: [@age_ni](#)

LinkedIn: [Age-NI](#)

Youtube: [@AgeNIorg](#)

With your support, we can help more lonely older people

Signpost Next Edition

Please send us information to highlight activities and news in your area. If you wish to have anything included in the next Signpost, please email:
elaine.curry@ageni.org

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

ageni.org/signpostexpress

Age NI is the leading charity for older people in Northern Ireland. We deliver care services, provide advice and advocacy, offer products and services, fundraise and influence our decision-makers to improve later life for us all.

Age NI, 3 Lower Crescent, Belfast BT7 1NR. Company number NI071940. HMRC Charity reference number XTI4600. Registered with the Charity Commission for Northern Ireland NIC104640.

