

Dear Readers

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

2024 marks the 40th anniversary of Volunteers' Week (3rd – 9th June 2024) a UK-wide celebration that provides a focus point and an opportunity for all Age Sector organisations to put their incredible volunteers into the spotlight, to acknowledge, thank and celebrate their work within communities in Northern Ireland.

This year's theme **THANK YOU** aims to highlight the value of volunteering and demonstrate the many wonderful participation of volunteers.

Let's celebrate 40 years of Volunteers Week by saying 'thank you' to all the amazing age sector volunteers. Volunteers Week will run from the 3-9 June and many voluntary organisations will celebrate the Big Help Out (7-9 June) giving organisations the opportunity to not only show their appreciation but also encourage more people to get involved!

Age NI recognises the outstanding contribution and commitment that volunteers across N.Ireland. We would like to say a BIG THANK YOU to all the wonderful volunteers within the Age Sector who are very engaged in committees/ boards and who take part in events and project development on a daily basis.

Volunteers' Week is also a chance for all organisations involving volunteers in their work to recognise their contribution. As part of our Volunteers' Week celebrations, we are encouraging Age Sector Networks and groups to recognise the fantastic contribution volunteers make.

Share a picture, give a certificate or hold an event or have a volunteer meet up – **JUST SAY A BIG THANK YOU** to those who are the foundation of community and a pillar of inspiration. To all volunteers: We see you, we appreciate you, we value you and we support you. You make our communities a beautiful place to live happy, creating opportunities to connect with others and thrive.



Age Sector News

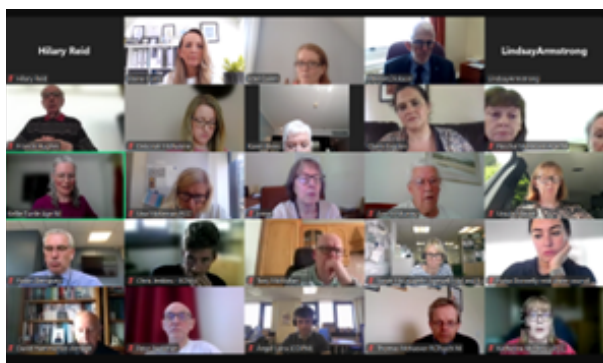
Age Sector Networks have been highly active in recent weeks, consistently reaching out, connecting and promoting Healthy Ageing across Northern Ireland. They support individuals and groups while building strong partnerships. Their engagement with the All Party Group on Ageing and Older People, Age Friendly Network NI, and the Age Friendly Network Subgroup on Resourcing the Age Sector continues. Their efforts ensure that older people are seen, heard, and valued.



SING Network (Lisburn & Castlereagh) with Guest Speaker Richard Dougherty from LVRT Community Transport updating on the valuable services and great community transport options



Mid Ulster Seniors Network – Launch their first Age-Friendly 1st Newsletter with Mid Ulster District Council



The All Party Goup on Ageing and Older People

**Age Friendly Network NI Sub-group:
Resourcing the Age Sector**

Queen's University Belfast: SPACE in Ballycastle

Thanks to Stephen from Good Vibrations for the contact, and thanks to the SOLAS Centre for having Age NI along. Helen enjoyed meeting the men's group at the SOLAS Wellbeing Centre in Ballycastle. The men were contributing to the research Age NI is doing as part of Queen's University's SPACE project, by telling Helen all about healthy ageing in their coastal community.



UK General Election 2024 Announced

On Wednesday 22nd May Prime Minister Rishi Sunak announced the General Election will be held on Thursday 4th July 2024.

Age Sector networks were kind enough to give some feedback at the Age Sector Network meetings last month and have agreed to support the distribution of the Age NI General Election Postcards displaying 4 Issues and 4 Actions needed as a priority – so that older people can keep them at the front door for when canvassers call. These are designed to be a tool for people to ask questions of candidates and raise the profile of older people's issues.

Download the Act4Age materials at: ageni.org/policy

In the run up to the **general election**, make sure you let candidates know about older people's priorities and ask if they will pledge to #Act4Age.



4 Issues

Ask candidates what they will do to support older people's priorities

1. Enough income to meet the cost of living and not be at risk of poverty.
2. Health and social care services that support us to age well.
3. Age-friendly communities with transport that helps us stay connected.
4. Stronger measures to protect our rights and prevent age discrimination.

4 Actions

Ask candidates if they'll pledge to support these actions in Westminster

1. Keep the pension triple lock in place and maximise and improve access to benefit entitlement.
2. Support measures that will improve health and social care services for our ageing population.
3. Make sure Northern Ireland gets enough funding to deliver the public services we need.
4. Support new laws to protect people from scams, prohibit discrimination, and protect access to physical banking services.



Contact Age NI:

Website: www.ageni.org

Email: info@ageni.org

Phone: 028 9024 5729

Free advice line: 0808 808 7575

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

Twitter/X: @Age_NI and @agenipolicy

Instagram: @age_ni

LinkedIn: Age-NI

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>

Clarion Futures - Digital Grants

Delivering a range of grant programmes which support those working to improve the lives of our residents, as well as helping them stay more digitally connected. Grants of up to £5,000 for innovative digital inclusion projects for Clarion residents. Clarion Futures is part of Clarion Housing Group. **Deadline 12 June 2024 (noon).**

Community Foundation for N: Social Justice Small Grants Programme

The Social Justice Fund is part of, and supported by, the Northern Ireland Human Rights Fund (NIHRF). This collaborative Fund will work to advance a fairer and more equal society where the human rights of all are protected. Grants are available up to £5,000 in some cases the panel will consider grants up to £15,000. **Closing date 10 June at 1pm.**

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.

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 Safety

Older Adult Cyber Safety Training for those aged 50+ living in the Belfast area, funded by the Belfast Policing and Community Safety Partnerships. Learn more and share: ageni.org/cybersafetytraining

Purple Heart Project

Supporting Patients living with Dementia, or experiencing confusion in SHSCT hospitals. The Purple Heart Project was developed by CAH ED sister Shauna Colyer to identify and support patients presenting in the Emergency Department (E.D.) with Dementia, Delirium or confusion. The project aims to improve Person Centred Care for patients with Dementia and those experiencing confusion and to avoid any unnecessary distress during their time in hospital.



The leaflet is titled 'Purple Hearts' and is for the 'Craigavon Emergency Department'. It includes a photo of the hospital building. The text on the leaflet is as follows:

Purple Hearts

Craigavon Emergency Department

You are in Craigavon Emergency Department.
 One person is welcome to stay with you.

Name: _____

Today is: _____

Why am I here? _____

Arrival time: _____

You are here because... _____

Look inside for more information.

What's next?

- Triage - Quick assessment by nurse
- Waiting
- Doctor
- Investigations (Tests)

Mealtimes

Breakfast is at: _____

Lunch is at: _____

Tea is at: _____

Co-Produced by CAH E.D. Dementia Quality Improvement Group with Dementia NI

Craigavon Emergency Department contact number: 028 38 33 4444

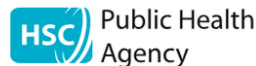
HSC Southern Health & Social Care Trust

Through engagement with families and the use of the Person Centred “This is me” document we aim to provide staff with additional information about the person, their preferences, hobbies and interests to support engagement, reduce distress and promote dementia informed care. Hospitals are busy places and can feel overwhelming for anyone, but they can be especially stressful for people with Dementia, Delirium or experiencing confusion.”

When? This is an ongoing project, which is officially launching in CAH ED on the 13th of May, followed by Daisy Hill ED on 20th May 2024.

Co-Production: Building on the success of other co-production projects within the Trust, staff within ED CAH have met with members of Dementia NI to develop a patient information leaflet that helps a person with Dementia understand their journey through the Emergency Department.

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!



Move More Live More

A 2 week health and wellbeing, falls prevention programme for anyone aged 65+

/// Tuesday 11 & 18 June
10.00am - 11.30am
Banbridge Leisure Centre

OR

/// Wednesday 12 & 19 June
10.00am - 11.30am
Richhill Recreation Centre

Move More Live More is a 2 week health and wellbeing, falls prevention programme for anyone aged 65+.

Expert speakers will talk on different aspects of health, such as sleep, nutrition and mental health and how this can relate to falls. Each session will end with some strength and balance exercises for all abilities and light refreshments will be served.

For more information or to book a place contact Clare on
☎ 07773 113 544 or email ✉ move-more@ageni.org

Abbeyfield Belfast – Accommodation Available

We provide very sheltered supported living for older people in Belfast. Our residents tend to be people who have become isolated and lonely in their homes, maybe after losing a partner, people who are finding chores harder, etc. The houses are lovely, very warm and welcoming (not care homes), and there is funding available.

Bell Rotary (the Kings Road house) has just got a gorgeous new sensory garden, all are welcome at the grand opening:

Saturday 1st June, 1.00 - 4.00pm

Bell Rotary, 10 - 12 Kings Road, Belfast BT6 5JJ

Telephone: 028 9065 5587



Dementia Information Programme Promoting Good Dementia Care

Free programme for carers, family and friends of people living with dementia or anyone who has questions about dementia

In partnership with Newry and Mourne Memory Service

Four consecutive Thursdays beginning 6 June, 7pm – 9pm
Ballybot House, 28 Corn Market, Newry, BT35 8BG

- Week 1: Introduction to Dementia – Non-Medical Prescriber Information, guidance, signposting and support - Dementia Navigators
- Week 2: Occupational Therapy and Dementia – Occupational Therapist Behaviours that may challenge – Memory Services Nurse
- Week 3: Herbert Protocol and ICE cards – PSNI Safeguarding – Safeguarding Team Alzheimer's Society Services – Dementia Adviser
- Week 4: Accessing Benefits – Community Advice NM&D Controllership/Enduring Power of Attorney Legal matter and Planning for the Future

Just turn up on the evening or if you would like more information, please contact Pauline Murphy, Dementia Adviser on 07725 215610 or email pauline.murphy@alzheimers.org.uk / southern@alzheimers.org.uk

Please complete the weekly evaluation, this will help us make improvements to the programme.



WALKING
football

ARE YOU MALE? | **ARE YOU OVER 60?** | **DO YOU ENJOY FOOTBALL?**

THIS ALLOWS PEOPLE WHO HAVE LOVED THE SPORT ALL THEIR LIVES TO ONCE AGAIN SAFELY GET BACK TO PLAYING AND ALSO INTRODUCES THE SPORT TO PEOPLE WHO PERHAPS HAVE NEVER CONSIDERED PLAYING BEFORE.

If this is something you would be interested in contact Claire on 028 7930 1862

Mid Ulster Volunteer Centre | SUPPORTED BY THE IRISH FOOTBALL ASSOCIATION AND THE COMMUNITY FUND | COMMUNITY FUND

Fermanagh Dementia Singing Group

A singing group for people living with dementia in our local community and their carers

Tutor: Aideen McNamara

Venue: Fermanagh House, Enniskillen



Wednesday 19 June 2024
Wednesday 26 June 2024
Wednesday 3 July 2024
Wednesday 10 July 2024
Wednesday 17 July 2024
Wednesday 24 July 2024

1.30pm - 3.00pm



funded through the Charlie's Bar Christmas Campaign



Public Policy Consultations and Engagement

NICVA Consultation on Charity Threshold

NICVA has highlighted a consultation launched by DfC on 21 May 2024 regarding the threshold below which charities in Northern Ireland are required to register or provide an annual report and accounts. This will be an important consultation for some Age Sector Networks and groups.

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

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

The consultation is open to everyone to respond and will last for twelve weeks, closing on 11 August 2024. The online consultation questionnaire and more background information can be found at the following link

NICVA has a link a web page on this consultation, including dates of a NICVA online engagement event and information sessions being organised by DfC (these are only information sessions and not engagement events).

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

[DfC Consultation Information](#)

NICVA will be holding an online seminar on the charity registration threshold consultation to hear views and to inform a response. Please share, and join on 20 June:

[NICVA seminar](#)

Shaping the future relationship with Government - Update on Proposals for a new Partnership Agreement & Fair Funding Principles

The Joint Forums Voluntary & Community Sector Panel on 30th May invited VCS colleagues to an update briefing & discussion on the proposals for a new Partnership Agreement between the Voluntary & Community Sector & Government including the agreement of a set of Fair Funding Principles. These proposals detailed shared values & ways of working better together to meet the needs of communities and individuals across NI. The Panel shared details and heard views on the draft Fair Funding Principles developed jointly between the VCS and Public Sector representatives of the Forum, which detail key principles and ways of working that should inform the funding relationship between the sectors.

In September 2022 former Communities Minister Deirdre Hargey, in the context of current challenges faced in the relationship, outlined the need for a renewal and recommitment of the 2011 Concordat's agreement between Government and the Voluntary and Community Sector.

The Minister tasked the membership of the Joint Forum (JF) (Joint Forum between Government and the Voluntary and Community Sector) to develop and take forward proposals for this work, in anticipation of aligning this with a future Northern Ireland Programme for Government. These proposals for a new 'Partnership Agreement' between the Voluntary and Community Sector and Government should detail shared values and agree commitments to working better together to meet the needs of communities and individuals across NI. This included development a set of cross cutting Fair Funding Principles, that should underpin the funding relationship between the VCS and Government.

In mid - 2023 the JFVCS Panel began a process of engagement with the wider sector on the draft proposals as they were under development. Alongside this a public consultation was held by the Department for Communities, on a suggested set of Values and Ways of Working that should underpin a new agreement, as part of a wider consultation by the Department on draft proposals for future Infrastructure support of the Voluntary and Community Sector in NI.

Building on this engagement a draft Partnership Agreement has now been progressed via the Joint Forum, articulating a set of core Values and Ways of Working which should guide and inform the relationship between the voluntary and community sector, Government, and its agencies, with a view that this might ultimately be presented to Ministers and act as the foundation for agreement and adoption of a new Partnership Agreement. For further information please see: [Shaping the future relationship with Government - Update on Proposals for a new Partnership Agreement & Fair Funding Principles | NICVA](#)

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

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

Every Story Matters – Covid-19 Inquiry

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

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

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

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

For further information: Every Story Matters

Information and Contacts

Consumer Council

Visit: www.consumercouncil.org.uk/onlinetools

Census Updates

Email: census@nisra.gov.uk

Find Help NI

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

Visit: www.findhelpni.com

Helplines NI

Visit: helplinesni.com

Hourglass Helpline

Call: 0808 808 8141

LGNI Network

Register here for meeting dates

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

MoneyHelper

Call: 08000113797

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

Online Access Guides

For disability groups and organisations

Visit: www.AccessAble.co.uk

The Domestic and Sexual Abuse Helpline

Call: 0808 802 1414

Bereavement support

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

The Herbert Protocol

Visit: www.psnipolice.uk/herbertprotocol

Governance Health Check & Guide

Visit: [DIY Committee Guide](#)

Visit: [Governance Health Check](#)

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

Dementia Society Resources: Innovation Hub

Visit: innovationhub.alzheimers.org.uk/

Deafblind UK

Helpline (call): 0800 132320

Text: 07903572885

Email: info@deafblind.org.uk

Text relay: 18001 then 0800 132320

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

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

Free counselling Helpline: 0303 123 9999

Scam Support

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

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

Age NI Engagement and Opportunities

Sign up to Signpost Express

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

Age NI Advice and Advocacy Service

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

Call: Freephone 0808 808 7575

Visit: ageni.org/advice

Age NI Personal Alarms

Our personal alarm service is provided by partner Taking Care.

Call: 0800 085 8611

Visit: ageni.org/personalalarms

Age NI Key Safes

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

Call: 0330 363 2022

Visit: ageni.org/keysafes

Independent Living Products

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

Visit: ageni.org/products

Age NI Shops

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

Visit: ageni.org/shops

Work for Age NI

Visit: ageni.org/workforus

Age at Work Programme

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

Learn more here: ageni.org/ageatwork

Volunteer with Age NI

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

Visit: ageni.org/volunteer

Move More Live More

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

Learn more: ageni.org/movemorelivemore

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

Good Vibrations

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

Learn more: ageni.org/goodvibrations

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

Guides and Factsheets

Visit: ageni.org/guides

Stay up to date with Age NI

Website: ageni.org

Facebook: [agenicharity](#)

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.

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