

Age-friendly Belfast Update



Age-friendly Belfast—Beyond 2017

July 2017

The first Age-friendly Plan 2014-2017 is currently being evaluated and a new three year plan is being developed in consultation with older people and relevant stakeholders to cover the period 2018-2021.

On Monday 26th June 2017 Age-friendly Belfast held a stakeholder and older peoples engagement event in the City Hall to showcase Age-friendly Belfast progress and identify needs to shape the next plan.

Councillor Nuala McAllister, the new Lord Mayor of Belfast welcomed everyone to the City Hall.

Councillor Sonia Copeland, Chair All Party Reference Group on Older People and Deputy Lord Mayor highlighted some of the previous work across the city including:

- Living Life to the Full advertising campaign
- Age-Friendly Belfast Volunteer Awards
- Age-friendly Belfast Charter
- Age-friendly calendar
- Intergenerational training and projects
- Positive Ageing Month
- Be Prepared events
- Regular Tea Dances, and
- Christmas Tea Dances hosted in 15 community centre across the city.

Iain Deboys, Chair Healthy Ageing Strategic Partnership gave an overview of where we are now.

Many older people are getting active now than in 2014 and the proportion of older people that feel safer in their

local area after dark has increased by almost 4% in the 3 years. We also see the increase in older people volunteering from 13% on 2014 to 17% in 2017.

84% of older people agreed that Belfast is a city where people can live life to the full.

There was a small workshop where the top priorities for Age-friendly Belfast beyond 2017 were identified as:

- addressing social isolation;
- infrastructure (walkability, signage, seating and toilets);
- transport and accessibility;
- access to suitable housing; and
- tackling poverty.

So what happens next?

Damien Connolly, Environmental Health Manager, Belfast City Council told the audience information and data collected will be analysed to understand where improvements are required and work with partners to plan future actions.

We will then produce a draft Age Friendly Action Plan and launch it at Age-friendly Belfast convention on 2nd October for 12 week public consultation.

We will then consider the responses and make changes to produce a final plan. This will be agreed with key partners and submitted to World Health Organisation.

We will then implement new 2018 - 2021 Age-friendly Belfast Action Plan.

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Age— friendly Lives

Recognise and celebrate older volunteers!



Does your organisation involve volunteers aged 60 and over? If you want to recognise and celebrate the impact they have on your organisation, then here's something for you.

We'll be opening nominations for our annual Age-friendly Belfast Older Volunteer Awards in September.

With age comes a mixture of experience, skills and patience. Older and retired people often have

untapped skills, that can and are being used for a variety of worthy causes and organisations.

These awards are a chance for you to recognise and celebrate the difference older volunteers make to our city.

If you're interested in finding out more about the awards or you want to make a nomination please call 9032 0202 ext 3775, email volunteering@belfastcity.gov.uk or go to www.belfastcity.gov.uk/volunteering

DID YOU KNOW:

3,635 Dementia friends have been created in the Belfast area since 2014.

Up & At It – Belvoir @ Milltown

Funded by Active Belfast, the 'Up & At It' Seniors Physical Activity Programme is running from June until November 2017 twice weekly on Tuesdays and Fridays, 11.00-12.00noon in Belvoir Community Hub.

To date taster sessions have included Boccia, New Age Curling, Armchair Aerobics & healthy eating demonstrations.

For further information or if you are interesting in taking part please contact Frances Dowds, Community Capacity Worker @ 0779346146. Email: frances.dowds@southbelfast.org fb: belvoirhub

Travel costs are available on request.

How can I look after myself in the hot weather?



Very high temperatures and humidity can present a risk to our health, and we can be particularly susceptible to heat-related illness as we get older. Follow these steps to protect yourself:

- Eat a balanced diet to help your body replace any salt you lose by sweating. Try to have more cold foods, particularly salads and fruits as they contain a lot of water.
- Be careful when eating, especially outside. Hot weather causes bacteria to multiply quickly and increases our risk of food poisoning. Bring chilled food home quickly and put it straight in the fridge.
- Keep hydrated. Drink 6-8 glasses of water or fruit juices a day even if you're

not thirsty, and keep a bottle of water with you when you're outdoors.

- Dress appropriately. Wear a hat and loose-fitting, light-coloured clothes. Opt for open-toed sandals and avoid flip flops which can be hard to walk in. Sandals that fasten with Velcro are a good idea if your feet swell up in the heat.
- Avoid strenuous physical activity or housework when it's very hot.
- Stay out of the sun during hottest parts of the day (usually 11am–3pm).
- Consider ways to keep your home cooler. Keep curtains and blinds closed in rooms that catch the sun. There may be appliances in the house that are generating heat, so turn them off where possible.

For further information please visit [Age UK—staying cool in a heatwave](#)



Age-friendly Neighbourhoods



Bring your grandparents to the park

Trying to find things to do with your grandchildren during the summer months can be quite a challenge.

Join us in Botanic Gardens on Tuesday 22 August from 10.30am to 1.30pm for a fun-filled morning in the park. There'll be games, arts and crafts and music to entertain everyone.



You can:

- try your hand at making kites,
- play the gathering drums, or
- follow us on a treasure trail.

i To find out more information, call 9032 0202 ext 3368.



Positive Ageing Month 2017

This year's Positive Ageing Month will take place in October. The Age-friendly Belfast team is currently developing the programme and would love to hear from groups and organisations who'd like to run an event as part of Positive Ageing Month.

This includes:

- community groups,
- venues,
- arts organisations and
- non-profit organisations.

Age-friendly Belfast supports competition to name new supported housing scheme in West Belfast

Age-friendly Belfast were delighted to speak at a fantastic event 7th June in St Joseph's Primary School to announce the new name for this exciting housing development.



Well done to Caitlin and Caragh who came up with the winning name '**Cullingtree Meadows**'.

Our Age-friendly Belfast team has been involved in a partnership approach in west Belfast to raise awareness and create a better understanding of dementia in the community and local schools.



This will support people living with dementia when they move into Cullingtree Meadows late 2017 and work will include:

- Providing 2-hour dementia awareness sessions
 - Working with local schools on art work to promote this development
- Organising Age Friendly/Dementia Friendly intergenerational community events

If you would like to get involved or receive information on this work contact please contact: Elma Greer 028 9050 2073.



All events must be suitable for older people and highlight existing activities which attendees will be encouraged to get involved with after October.

Keep an eye out for the next edition of Age-friendly Belfast update which will have more information about dozens of exciting events and activities happening through the month of October.

For more information or to register an event please contact positiveageingmonth@belfastcity.gov.uk by

Age– friendly image



Northern Ireland's only Elder Abuse Helpline is now live!

Action on Elder Abuse Northern Ireland have launched a dedicated Helpline to support anyone who has experienced or is concerned about elder abuse, providing anyone who is concerned or has witnessed abuse, providing advice and guidance on options and support.

The call is free and operators are available Monday to Friday 9am to 5pm on **080 8808 8141**.

ELDER ABUSE RESPONSE HELPLINE
THE SOLUTION IS IN YOUR HANDS

Financial
Neglect
Sexual
Psychological
Physical

CONCERNED ABOUT ELDER ABUSE?
HELP IS JUST A PHONE CALL AWAY

080 8808 8141
Monday to Friday 9am - 5pm

Action on Elder Abuse
Registered charity in Scotland (SC346278)
Registered in England & Wales 1140543
Company number: 07290002

www.actiononelderabuse.org.uk
www.elderabuse.org.uk/northernireland
Action on Elder Abuse Northern Ireland
@AOLAIreland

SCOTTISH CHARITY
SC346278

AOLAI is a registered charity in England and Wales (1140543), and also in Scotland (SC346278). Registered company no. 07290002.

Help is just a phone-call away!

You can download this Helpline poster from the website to display anywhere you think older people will benefit <http://bit.ly/2r0olCQ>

If you would like further information, or interested in working together to end elder abuse, please contact – deborahmccready@elderabuse.org.uk

Training for Informal Caregivers Programme



Caring for someone with dementia can be tough and isolating.

Getting support from people who understand the challenges you face can make a massive difference.

That's where our Training for Informal Caregivers Programme can help.

Training for Informal Caregivers is a series of free workshops delivered over 4 weeks, 2 days or 3 days in venues throughout the Belfast.

The programme covers topics that matter to you as a carer, including what is dementia, legal and financial issues and learning to manage as a carer.

The programme is also delivered in the Northern, Southern and Western trust areas.

For more information, please phone 028 9038 7480 or email NICaregiver.Training@alzheimers.org.uk

Get Involved in the Digital Makers Project

Are you interested in art, craft, making?
Have you heard about 3D printing or laser cutting?
Want to learn more about using computers to make art in FabLab Belfast?

The Digital Makers project is a new art program run by FabLab Belfast, partnered

with the Belfast City Council, Age-friendly Belfast and Nominet Trust, which empowers older people (aged 55+) to improve on their digital skills, and create beautiful artwork in the while they're at it.

We will be running workshops in the Lab, where

people can make small items to bring home. These workshops will be free.



If you're interested in finding out more, email Kerrie.hanna@ashtoncentre.com or call 02890755412. www.DigitalMakersNI.com

General information



Digital Age Project Training



Free workshop on using digital tech to bring generations together in your area

Is your group/ organisation/ school interested in how to connect older and younger members of your community by using IT?

Find out how to set up and deliver an intergenerational IT course helping older learners get online and using the Digital Age Project IT toolkit as a learning resource see

www.digital-age.org.uk.

Hollywood Arches Library, Belfast
BT4 1NT
Tuesday 24th October
2.30 p.m. – 5.00 p.m.



Representatives from organisations can book a place by emailing Linking Generations NI at info@lgnni.org.uk

STRAND ARTS CENTRE

SILVER SCREENINGS & THURSDAY CLASSICS

Weekly screenings on Thursdays at 2pm of classic movies for seniors supported by Specsavers Connswater and Arts & Business NI. Tickets £3.00 including tea/coffee. This is not just a chance to watch a classic film, but also to meet and interact, enjoy a social experience and take a trip down memory lane. These films also screen as our Thursday Classics at 8pm. Tickets £4.00.

JULY

6th & 13th TOOTSIE (1982) [15]

Dustin Hoffman lands the role of a lifetime as a popular soap actress

20th & 27th BUTCH CASSIDY AND THE SUNDANCE KID (1969) [PG]

Starring Paul Newman and Robert Redford

AUGUST

3rd, 10th & 17th A MATTER OF LIFE AND DEATH (1946) [U]

Powell & Pressburger classic starring David Niven

24th & 31st THE AFRICAN QUEEN (1950) [PG]

John Huston directs Humphrey Bogart and Katharine Hepburn

BOOKINGS ON (028) 9065 5830 OR ONLINE AT

WWW.STRANDARTSCENTRE.COM

Strand Arts Centre can contribute to transport costs. E-mail

richard@strandartscentre.com or

intern@strandartscentre.com

TV LICENSING

Getting a TV Licence

You need to be covered by a TV Licence to watch or record live TV programmes on any channel, or download or watch BBC programmes on iPlayer.

This could be on any device, including a TV, desktop computer, laptop, mobile phone, tablet, games console, digital box or DVD/VHS recorder.

If you do any of the above without a valid licence, you risk prosecution and a maximum fine of up to £1,000. You will also still have to buy a TV Licence if you need one.

To find out more, go to www.tvlicensing.co.uk/



‘A city where older people live life to the full’



HEALTHY AGEING STRATEGIC PARTNERSHIP

Belfast Health Development
Unit, 2nd Floor,
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BT1 5GS

We are on the web! -

www.makinglifebettertogether.com/agefriendly

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Age NI and the PSNI Economic Crime Unit have teamed up with Financial Fraud Action UK to encourage people to better protect themselves, and older people they know, from financial fraud.



Financial fraud is a real and growing problem and many of us will know someone who has fallen victim.

Age NI’s Advice and Advocacy Service hears from many older people who are concerned about scams.

Many older people who have been targeted by scams end up not reporting it for various reasons, so it’s possible that the number of people affected could be higher than we know.

Age NI and PSNI Economic Crime Unit are encouraging everyone to 'take five' - to take a moment to pause and think before they respond to any financial requests and share any personal or financial details.

If you, or an older person you know, needs advice or support, please call the Age NI Advice team on freephone **0808 808 7575**.

Further information is available from <https://takefive-stopfraud.org.uk/>

