



Age-friendly Belfast Update



Older people provide inspiration at the Age-friendly Belfast Older Volunteer awards

December 2016

Some of the city's most inspirational people met on Tuesday 13th December 2016 to receive their award at the annual Age-friendly Belfast Older Volunteer Awards at City Hall.

The purpose of the Age-friendly Belfast Older Volunteer Awards is to ensure the invaluable contribution to society given by older people - those aged 60 years and over - is given formal recognition and to highlight to others the often unseen contributions they make daily.



Lord Mayor with Deirdre O'Hare. Winner of 2016 Volunteer of the year.

Deirdre O'Hare was named the 2016 Older Volunteer of the Year, after volunteering with the Tar Anall over 50s group for the last 15 years.

Teresa Hyland was presented with the Marie Mathews Participation Award - named in honour of a Greater Belfast Seniors Forum member who passed away in 2013.

Teresa volunteers with the Glen

Road Community Centre's Women's Over 50's Club and for the past nine years has arranged arts and crafts, cross community projects and community clean ups.

Grow NI nominated the winner of the Health and Wellbeing category, Tony Doyle for his volunteering with Waterworks community garden and Camberwell Terrace supported living project in north Belfast.

Musician Ken Robb, nominated by the Alzheimer's Society for his volunteering with their 'Singing for the Brain' group was awarded the Creativity and Culture Award, recognising his kindness, sensitivity, enthusiasm and friendliness.

Newington Day Centre volunteers, who are based in the heart of north Belfast, are picking up the Team Award for their work in running the voluntary centre which looks after the community's elderly people.



Ken Robb winner of Creativity and Culture Award

More information on the awards is available at www.belfastcity.gov.uk/volunteering

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Age— friendly Lives



Belfast Health and Social Care Trust signs up to Age-friendly Belfast Charter

The Belfast Trust provides a range of services for older people in the community, at home, and across hospital sites. The Trust employs over 20,000 staff and its purpose is to improve health and wellbeing and reduce health inequalities.

This fits well with the age friendly vision that *Belfast will be a City where older people live life to the full.*

Cathy Jack, Medical Director, is co-ordinating this work with an expert team across the Trust and commented that 'we are delighted to be part of the Age Friendly Charter and look forward to continuing to improve our services and become more age friendly'.

As part of the Trust action plan we want to



initially focus on 2 Hospital sites, Belfast City Hospital and Royal Victoria Hospital, delivering customer care training as well as working on communication, signage and accessibility.

Linked with this the Trust are also focusing on dementia friendly awareness and we have already identified a number of dementia friendly champions and we will also be implementing John's campaign - allowing **families and carers of people with dementia to remain with them in hospital for as many hours as they are needed, and as they are able to give.** The opportunity to further develop age friendly services and locations is important for the Trust.

Age-friendly Belfast Charter Update— Happy Feet Podiatry Services

Happy Feet aim to provide customer satisfaction, staff development and innovation and believe passionately that every customer should receive a five-star service.

The Age-friendly Belfast team talked to Happy Feet and here is what Gerardette McGivern had to say:

The Age-friendly charter is inline with our ethos and we just had to get on board with it. This year major renovations are ahead for

Happy Feet modernising within the constraints of the building to expand our number of treatment rooms while still providing domiciliary care to people in their own homes.

Being part of the charter has meant that the building alterations are now to include a downstairs toilet for customers. We have been able to apply the tried and tested design solutions to even the choice of our flooring and signage within



the building and on our leaflets to be dementia friendly. Dementia friendly training has enabled our staff to adapt their customer service, and we have also hosted a number of foot care events for community groups to raise the profile of looking after your feet and falls prevention.

Age– friendly Neighbourhoods



Tips to avoid Trips, Slips and Falls in Winter Weather

Concentrate

Take your time - proceed slowly along your route. Beware of changes in walking surfaces

Avoid

Go around slippery hazards like wet leaves and icy patches.

Footwear

Wear shoes or boots with rough (ridged or textured) soles to walk in. The inconvenience of changing shoes at your destination is small compared to a fall.

Use handrails

A secure handhold prevents a fall if you slip.

Assess

Check entrance areas for tracked in rain or snow

which cause slips.



Clean

Wipe your shoes when you go inside – wet soles are dangerous.

Relax

If you fall, stay calm and don't panic! If you are unhurt roll onto all fours and crawl to a chair or step to help yourself up.

Eyes

Get your eyesight checked. This can help prevent a fall.

Exercise

Keep active to maintain muscle strength and flexibility. Walking, gardening, housework are forms of everyday exercise. Some group exercise classes improve strength and balance. Physiotherapists can advise you on exercises.

Salt

After a hard frost or snowfall, use salt or sand to increase traction on garden paths, patios and driveways. This traction can be the difference between falling or not.

Arrange

Call **Belfast Home Safety & Repair Service (Free-phone 0800 14 22 865)** for a free home safety check.

Date for your Diary— Ulster Hall Tea Dances 2017

Age-friendly Belfast are happy to announce that we will be hosting Punjana tea dances in the Ulster Hall in 2017.

1. Age-friendly Belfast Punjana 75th Anniversary US Troops Swing Dance, 26th January 2017.

As part of the Commemorations of **75th Anniversary of the US Troops** coming to Belfast we're hosting tea dances in the Ulster Hall to bring back memories of music and dance from the 1940's and war time

camaraderie.



The tea dances will take place on Thursday 26th January 2017, from 12 noon to 2pm and from 3pm to 5pm with live music and a cup of tea! Free tickets are available from 9am on Monday 9th January 2017 by calling 9033 4455 or in person at the Ulster Hall

Box Office.

2. Age-friendly Belfast Punjana St Patrick's Day Tea Dance ,17th March 2017

We continue to celebrate St Patricks Day in the Ulster Hall with music and dance. The tea dances will take place on Friday 17th March 2017 from 12 noon to 2pm and from 3pm to 5pm with live music and a cup of tea!

Free tickets are available from 9am on Monday 27th February 2017 by calling 9033 4455 or in person.

Age– friendly image



Looking to the future in Age-friendly Belfast

In 2014 we launched our 3 - year Age-friendly Belfast plan. We want to let you know about our progress:

- We launched our Living Life to Full campaign on buses, billboards and on the radio.
- We awarded 18 small grants to combat isolation amongst older people , these projects reached 1297 isolated older people
- Positive Ageing Month in October 2016 saw over 200 events across the city and with thousands of older people attending
- 25 organisations have signed up to our Age-friendly Belfast Charter
- The Belfast residents survey in 2016 showed that over 60's

had the most life satisfaction and 74% feel that their local area is a good place to live.



We're currently making older people aware of the support available to adapt their homes, encouraging participation in physical activity and targeting our activities in areas where there are more people who are lonely or

isolated.

In 2017, we want to develop a new 3 year Age-friendly plan and will be asking seniors:

- What has worked well?
- What do we need to do more of?
- What needs to improve and what needs to be done to make things better?

Look out for our surveys at local tea dances and information stands, shopping centres and St Georges Market. For more information and to give your feedback contact Elma Greer at 028 9050 2073 or email elma.greer@bhdu.org

Danderball open session at Girdwood Community Hub



Danderball has arrived at Better and we want you to get involved!

Danderball is walking football, similar to five-a-side football but the difference is that players are not allowed to run, jog or sprint whether on or off the ball.

Age-friendly Belfast in partnership with Better Leisure Centres, Belfast Community Sports Development Network and the Irish Football Association are hosting an open session in Girdwood Community Hub on Thursday 19

January from 11am until 1pm. Guest speakers and current participants of the programme will be present.

It's a great opportunity to find out more information about the sport and even take part in one of the games. If you're interested in playing or would like to hear more about Danderball please contact

Anne Ross on 9050 2073 or email anne.ross@bhdu.org.



General information



Commissioner for Older People launches scam report



Commissioner for Older People for Northern Ireland warns 'Older people in Northern Ireland are bombarded by

scam mail and calls in their own homes'.

The Commissioner for Older People for Northern Ireland, Eddie Lynch has launched research on Tuesday 13th December showing that older people are at risk of constant, multiple attempts to scam them.

The report was launched at a

meeting of the Causeway Older Active Strategic Team (COAST) in Coleraine. Speaking to older people at the event, the Commissioner spoke of his alarm at the figures and the need for action to be taken.

The research report can be found at www.copni.org/news

Emergency store cupboard for winter

A few well chosen tinned, dried or frozen foods can help keep you well-nourished and tide you over a spell of severe weather or if you're feeling unwell.

Eating a balanced diet is important for good health. For a healthy combination why not try tinned cooked meat, fish (like cooked ham or corned beef, sardines or salmon) or baked beans as a handy lunch option served with toast.

Toast bread directly from frozen and choose

wholegrain or wheaten bread or rolls for more fibre.

Dried pasta or rice are great standbys for a hot meal or snack and you can buy pre-cooked microwavable pouches too. Serve with an egg, tuna or some cooked chicken and some cooked frozen or tinned vegetables.

Individual pots of tinned rice or custard make an appetising dessert served with fruit in natural juice. UHT or long life milk is also a good standby if you run out of fresh milk.

Make your home safe—look out for the dangers with blind cords!

The dangers associated with blind cords were highlighted in a video on Tuesday 6 December by the Public Health Agency (PHA), in association with local councils in Northern Ireland, to encourage everyone to make their home blind cord safe.

Dr Michael McBride, Chief Medical Officer for Northern Ireland, said: "Home accidents can easily be prevented by being aware of the dangers and hazards that are present in the



home environment and putting in place interventions to minimise the risks.

The video aims to highlight the dangers of looped blind cords and look at ways in

which blind cord injuries and deaths can be reduced.

To view the video visit www.nidirect.gov.uk/blind-cord-safety



'A city where older people live life to the full'



HEALTHY AGEING STRATEGIC PARTNERSHIP

Belfast Health Development
Unit 5th Floor, 9 Lanyon Place
Belfast
BT1 3LP

We are on the web! -

www.makinglifebettertogether.com/agefriendly

T: 028 9050 2073

Team contacts:

Anne Ross, Healthy Ageing
Project Support Officer
(Editor) —
anne.ross@bhdu.org

Elma Greer, Healthy Ageing
Coordinator —
elma.greer@bhdu.org

Gillian McEvoy, Senior
Environmental Health
Officer—
mcevoyg@belfastcity.gov.uk

Scams – are you a victim?

Do you receive letters indicating you have won a large sum of money, prize draw cheque, car, holiday, cruise, TV or something else?

Are you posting money off to addresses that are based overseas e.g. to lotteries, or clairvoyants?

Have you ever received a phone call to say that you:-

- (i) Have a computer virus;
- (ii) Have won the lottery;
- (iii) Have inherited money;
- (iv) Have to give your bank details over;
- (v) Must buy tablets/pills which are on special offer;
- (vi) Owe HMRC a sum of money;
- (vii) Are due a refund of money e.g. PPI; or
- (viii) Should make investments e.g. in land, property, gold, diamonds, oil, wine or oil paintings.

Have you been caught by an internet subscription trap e.g. have you ordered goods by phone or online (believing that you were signing up to a free trial) only to discover that you had signed up to paying an amount monthly for 12/24 months?

Have you been caught out by a romance scam e.g. did someone contact you of the blue, start chatting, then claim they had affections for you and then tell you a story, which required you to “wire money” to them via Western Union, Moneygram, Ukash or a bank transfer?

If the answer to **YES** to **ANY** of the questions listed above, then you might have been scammed?



If you would like to be added to our mailing list for the Age-friendly Belfast Update please contact our Age-friendly Belfast team on 028 9050 2073 or email anne.ross@bhdu.org.

Action Fraud

National Fraud & Cyber Crime Reporting Centre