

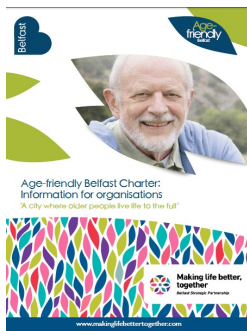
Age-friendly Belfast Update



March 2015

Age-friendly Belfast 2015 Convention

On Tuesday 3rd March 2015 we are hosting the annual Age-friendly Belfast Convention in Belfast City Hall. Come along and celebrate the contribution of older people in the City and get an update on the progress we have made since last year.



We will be launching the Age-friendly Belfast Charter which is a statement of commitment by participating organisations to work together towards a more age-friendly city.

There is an opportunity to hear about some work currently taking place in local areas and see Age-friendly Belfast Reducing Isolation grants projects showcase their work.

The Convention is free and we would particularly welcome older people and stakeholders from the areas new to Belfast.

The Convention will run from 10:00am until 1:00pm with an opportunity at 1:30pm to provide feedback on the new community planning duties and priorities for Belfast.

For more information or to book place, call 9050 2073 or email anne.ross@bhdu.org.

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Age-friendly Belfast Be Prepared events

Last year we hosted our very successful Age-friendly Belfast Winter Warmth events across Belfast for older people.

This year we will be hosting our Age-friendly Belfast 'Be Prepared' events for older people.

Our first 'Be prepared in spring' event

will be on Thursday 23 April in Shankill Leisure Centre, followed by another on Tuesday 5 May in Belfast Botanical Gardens. Both events will start at 10.30am until 2pm.

You'll get advice and information from a range of organisations to help improve your daily living.

You can also get

involved in our in a variety of interactive discussions to help you prepare for spring.

Everyone is welcomed and there is no need to register.

If you have any questions or would like further information please contact Anne Ross on 9050 2073 or email

anne.ross@bhdu.org



Age— friendly Lives



Vulnerable older people and health inequalities: CARDI

Older people on lower incomes and living in deprived areas across the island of Ireland have considerably worse health than better off people of the same age, according to a study funded by CARDI



and carried out by researchers from Trinity College Dublin and University College Dublin. The findings show that older people on low incomes are more likely to smoke and have insufficient exercise. In

contrast regular alcohol consumption is more common among those on high incomes.

Read the full research on the [CARDI website](#).

For more information contact info@cardi.ie

Free, impartial, professional tax help for older people



Tax Help for Older People provides free, impartial, professional tax help and advocacy for older people on lower annual incomes. Help is available to those approaching 60 or older receiving an annual income of less than £20,000. The service, provided by the charity Tax Volunteers, offers caring and friendly advice on personal tax matters by expert advisers which is

jargon-free and individual to each client's needs. The service can be contacted on its Helpline which is available from 9.00 a.m. to 5.00 p.m every weekday: Telephone 0845 601 3321 (local rate) or 01308 488066 or email taxvol@taxvol.org.uk.

For tax queries that cannot be resolved by phone, Help will arrange a face-to-

face meeting, or home visit if required, with one of its team of volunteer tax advisers who work across Northern Ireland.

Face-to-face appointments are held in local Citizens Advice Bureaux or at Advice NI.

For further details check out the Tax Help website www.taxvol.org.uk



INVITATION

to

CARERS WHO CARE FOR an OLDER PERSON to HAVE YOUR SAY on BHSCT CARER SUPPORT SERVICES

Friday 20th March 2015

Europa Hotel, Great Victoria Street,
Belfast, BT2 7AP

11.00am -2.00pm

Registration is essential. Please confirm your attendance with Margaret McDonald Tel: 95046702

Lunch will be provided to all carers who have registered to attend

Age– friendly Neighbourhoods



Getting out and about in Spring

As you get older getting out and about during spring time can be a great opportunity to explore the natural environment around you while getting your daily exercise.

It is important to keep active for your general health and wellbeing.

Whether you join a group or

go out on your own, Belfast has many parks, leisure centres, cycling and walking paths to help get you started.

Why not visit www.belfastcity.gov.uk/leisure/ to get you started with ideas.

The Northern Ireland Tourist Board also produces a directory on Great Days Out

for Groups.

This publication has great information for individuals or groups, to receive hard copy Telephone 028 90441 608 or for further details visit

<http://www.discovernorthernireland.com/groups/>

Age NI teams up with the Ulster Chemists'

Age NI is delighted to be working in partnership with the Ulster Chemist Association 2015-17.

Linda Robinson, Age NI Chief Executive, said: 'What we have in common is a key focus on the health, care, and

independence of local older people. There are more than 350,000 people over 60 in Northern Ireland.

Although people are living longer than ever before, they may not be living better. As we grow older, we face challenges

like poor health, poverty and loneliness, and sometimes we need to rely on the help of others more than we ever did.

For further information please contact Age NI on 028 9024 5729

DID YOU KNOW:

Parkinson's UK have 12 local groups in Northern Ireland, providing a local network of support for people affected by Parkinson's

Source: <http://www.parkinsons.org.uk/content/our-work-northern-ireland>

Supporting Successful Ageing: Age-friendly Belfast visit to Dublin

On Tuesday 24th February 2015, the Age-friendly Belfast team and representatives from the Greater Belfast Seniors Forum visited Dublin to join the Lord Mayor of Belfast Councillor Nichola Mallon,



the Lord Mayor of Dublin Christie Burgh and delegates from the republic of Ireland in an all Ireland discussion on Age-friendly Cities and communities.

Both cities gave feedback on initiatives that are currently taking place in Belfast

and Dublin, what the challenges might be moving forward and identified areas of joint working. The day was completed with a summation of the learning by our very own Lord Mayor of Belfast Nichola Mallon and the Lord Mayor of Dublin.

For further information please visit: www.agefriendly.ie

Age– friendly image



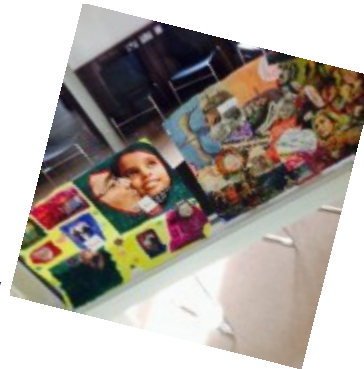
Here and Now Festival

Funded by the Public Health Agency, the Here & Now Festival for older people over the age of 60 offers a series of co-ordinated, skill-building arts workshops over a twelve-week period up until the end of March 2015.

The Arts Care artists will travel across the five Health and Social Care Trusts to different health

and community settings to Facilitate art workshop sessions across a variety of creative disciplines and produce end of the project performances/exhibitions.

The artists and project artists involved are a collective of highly experienced Arts in Health arts professionals who



expertly facilitate a wide range of safe and meaningful workshops.

The Here and Now website features inspiring stories, feedback and photographs from the workshops along with up-to-the-minute information on the progress of the festival and forthcoming events.

The Social Sofa – the big launch

After months of truly hard work, dedication, perseverance and commitment the UK's very first social sofa was officially unveiled by Belfast's Lord Mayor, Councillor Nichola Mallon, on Thursday 19th February.

The Social Sofa has been a collaborative project between the Spectrum Centre, Hemsworth Court and artist Maria Duddy – and funded by the Arts Council NI's Arts and Older People Programme (with support from the Baring Foundation).

The project has enabled people living with dementia to be at the forefront of a unique creative experience where they devised a design and then, through the application of thousands of coloured mosaic tiles, transformed a blank 2 tonne concrete sofa into the visually stunning creation in the photos.

In addition the project secured numerous positive outcomes for participants – partnerships with older groups (both old and young), development of skills, pride, fun and enjoyment, and expression. Over 10 months the project has challenged many of the

misconceptions and stereotypes surrounding people living with dementia and is testimony to their ability to continue to contribute much to their community and to wider society.

The Sofa will remain at Hemsworth Court for a period before being sited in other public locations throughout Belfast as a means of continuing to showcase the creativity and ability of older people and people living with dementia.



Trust Chairman Peter McNaney launched the event with the Lord Mayor, Councillor Nichola Mallon officially unveiling the Social Sofa, marking the completion of a 10 month artistic journey.



General information



Parkinson's Support: Supporting all those affected by Parkinson's

Parkinson's UK has around 370 local groups throughout the UK that are run by volunteers who usually have experience of Parkinson's and are supported by professional staff.

Meeting other people with similar experiences can be invaluable when you're affected by Parkinson's. The groups welcome family members and carers, and

some involve health or social care professionals.

Meetings can be informal - a chance to talk and discuss worries and experiences - or may include a presentation by an invited speaker, such as a professional or complementary therapist. Meetings are available



in Belfast in City Way Day Centre, Sandy Row on the third Wednesday of each month at 7.30pm.

For more information please contact 9076 0945 or Email: info@parkinsonssupport.org

You can get more information from: www.parkinsons.org

Family Friendly Belfast



This the third year of Family Friendly Belfast which provides a wide range of family friendly and family focussed activities that are affordable, attractive and accessible to all.

During March, there are a number of free activities and taster sessions on offer including walking trails, cookery workshops, poetry slams, a multisensory show for babies and a Vintage Acoustic Picnic at The

Oh Yeah Music Centre to celebrate the music of 1964.

Bring along your grandchildren to listen to live rock and roll music, play records on a real record player and learn some rock and roll dancing!

Whether you have babies, primary school children, teenagers or a mixture of all in your family – there really is something for everyone! Find out more by visiting our website: www.makinglifebettertogether.com.

Family Friendly Belfast 2015 is run by Belfast Strategic Partnership and Belfast City Centre Management with support from the Public Health Agency.



**Making life better,
together**
Belfast Strategic Partnership





‘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

T: 028 9050 2073

South Belfast Lifestyle Forum Open Day

South Belfast Lifestyle Forum (SBLF) is having an open day on Tuesday 10th March, 10:00am to 12:00 noon in Donegall Pass Community Centre, Apsley Street, Belfast (off Donegall Pass). All older people’s groups in South Belfast are invited to drop in and get information on funding for groups and some refreshments.

For further information contact Theresa McVeigh on 90735698

Team contacts:

Anne Ross, Healthy Ageing
Project Support Officer—
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Elma Greer, Healthy Ageing
Coordinator —
elma.greer@bhdu.org

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

We are on the web! - www.belfastcity.gov.uk/seniors

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.



NICVA | 61 Duncairn Gardens | Belfast | BT15 2GB
Thursday 5th March 2015 | 10.30am-12.30pm

Are you a man aged 50+ who is interested in hearing about the opportunities to set up a men’s group or shed or become more active in your community. The benefits include making new friends, learning new skills, social opportunities and better physical and mental health. Hear how other men aged 50+ have already done this locally and from across the city. There will be information and advice on:

- Benefits of setting up a men’s group or “Men’s Shed”
- Who can help and advise you on setting up a group including funding
- Individual and group volunteering opportunities for men 50+
- Other opportunities to stay active including e.g. walking, bowling, practical learning opportunities

Refreshments and lunch provided

We also want to hear your views on what other support and advice you would need to become more active.



Please register your interest by contacting Pamela on:
T: 028 90 232020 | E: pamela.higgins@volunteernow.co.uk
Places are limited and will be allocated on a first come basis

