

# Age-friendly Belfast Update



July 2016

## Ulster Bank signs up to Age-friendly Belfast Charter

Age Friendly Belfast are keen to keep our readers updated on our Age-friendly Charter progress.

In our last edition we announced that Ulster Bank had signed up to our Age-friendly Charter.

We caught up with Ulster Bank and their progress. Here is what Gillian Orr, Business Community Partner from Ulster Bank had to say:



Photo caption: Sean Murphy, Regional Managing Director for Branch and Private Banking in the Ulster Bank LTD with Age-Friendly Belfast representatives at the Charter breakfast

At Ulster Bank we are keen to ensure banking is easy and accessible for our customers and we are delighted to be part of the Age-Friendly Belfast Charter and to look at how we can continue to improve our services and become even more Age Friendly.

As part of our Charter review, we are looking at how our branches can become more dementia friendly so we can offer meaningful help for what matters for customers and families that

are affected by the condition.

We have also recently appointed a Community Protection Advisor who works with our branch team and external stakeholders to identify and safeguard customers from financial harm.

We have also hosted a number of Community Protection events in branches across Northern Ireland, working with Trading Standards and local police to raise awareness of financial crime and what steps you can take to safeguard yourself against it.

For a full list of business and organisations signed up and for information on how your organisation can sign up telephone Elma Greer on 028 9050 2073 or visit

[www.makinglifebettertogether.com/age-friendly/](http://www.makinglifebettertogether.com/age-friendly/)

### Inside this issue:

VOLUNTEERS' WEEK PRESENTATION EVENT	2
DRAFT PROGRAMME FOR GOVERNMENT	2
HAVE YOUR SAY BELFAST	2
A WALK IN THE PARK	3
PHA NEXT STEP CHALLENGE	3
DEMENTIA NI BELFAST EMPOWERMENT GROUP	4
DO YOU KNOW SOMEONE WHO VOLUNTEERS IN YOUR COMMUNITY?	4
MORE MONEY IN YOUR POCKET	5
POSITIVE AGEING MONTH — CALL FOR PARTICIPATION	5
BE AWARE OF BOGUS CALLERS	5
HANDY PERSON HOME SAFETY CHECK & REPAIR SERVICE	6



### Volunteers' Week presentation event

As part of Volunteers' Week 2016, the Big Celebration Belfast City Council hosted a certificate presentation event to recognise and celebrate the contribution of volunteers across the city to its work.

Volunteers from the city's older peoples groups were amongst those in attendance. In all thirty three groups attended on the day and

heard the Lord Mayor, Alderman Brian Kingston and the Chair of



the People and Communities committee, Cllr Matt Garrett

praise their contribution to making Belfast a great city to live in.

Wendy Osborne, Chief Executive of Volunteer Now, also spoke at the event. Wendy talked about her own personal experience of volunteering and how her experience as a student volunteer had shown her the difference that volunteering makes to people's lives.

#### DATE FOR YOUR DIARY:

Age-friendly Belfast next **Be Prepared** event will take place on **Tuesday 4th October** in Belfast City Hall, 10.00am until 12.30pm. Look out for more information in our next Age-friendly Update.

#### Draft Programme for Government Framework

The Programme for Government (PfG) sets the strategic context for both the Budget and the Investment Strategy for Northern Ireland.

The draft framework contains 14 strategic outcomes which, taken together, set a clear direction of travel and enable continuous Improvement on the essential components of societal wellbeing.

You can access the draft Programme for Government Framework 2016-21 here, [www.northernireland.gov.uk/topics/work-executive/programme-government](http://www.northernireland.gov.uk/topics/work-executive/programme-government)

Closing dates for comments is Friday 22nd July 5.00pm.

### Have your say Belfast

The Belfast Strategic Partnership's (BSP's) Mental Health and Emotional Wellbeing Thematic Group are creating a survey to help understand your thoughts and ideas about emotional health and wellbeing.

The 'Have Your Say Belfast 2016' survey aims to find out what helps, or has helped you to deal with life's ups and downs. We'd like you to tell us about:

- you,
- your home life,
- your social life, and
- where you live.

We'll take what you say, look at ways we can improve and develop a plan to make Belfast a place where you feel involved, and where you can enjoy life.

A paper copy of the survey will be sent to every household in Belfast, which can be returned via the Freepost address provided on it.

You can also complete the survey at [www.haveyoursaybelfast.com](http://www.haveyoursaybelfast.com). The closing date for all surveys is Sunday 31st July 2016.

For more information call 9050 2073 or email [frazerj@belfastcity.gov.uk](mailto:frazerj@belfastcity.gov.uk)



## Age— friendly Neighbourhoods



### A walk in the park

Older adults who participate in any amount of physical activity gain health benefits.

Keeping active helps you to:

- Age well and enjoy life.
- Stay independent.
- Reduce falls.
- Keep up with the children you know.
- Meet people and share the company of others.
- Feel happier and keep your brain sharp.

Some physical activity is

better than none, and more physical activity provides greater health benefits.



Walking is one of the easiest and cheapest ways of enjoying the outdoors and keeping fit.

Belfast City Council have a number of different walking routes in their parks to help you get active. There are trails available for all types of mobility levels.

Each small step leads to a better you so enjoy the great outdoors by going for a walk in one of our 46 parks with a friend.

A list of Belfast parks is available from <http://www.belfastcity.gov.uk/leisure/outdoorleisurefacilities/>

## Challenge yourself to take more steps & take the PHA's next step challenge

Join us as we start the Public Health Agency's

**#StepChallenge**



For info on the Step Challenge visit [www.choosetolivebetter.com](http://www.choosetolivebetter.com)



## Age– friendly image



# Dementia NI Belfast Empowerment Group

A new membership organisation specifically for people living with a diagnosis of dementia, invite people to join them to challenge the stigma of dementia.

Dementia NI empowerment groups help influence how people can live well after a diagnosis.

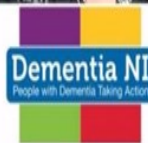
Staff members support the groups and provide a platform to encourage individuals to challenge the stigma surrounding a diagnosis, raise awareness of dementia as well as

educating the public and other organisations.

Group member Liz Cunningham who lives with dementia, heads up the new Belfast group and is appealing for others to get involved.

Liz says,

"I'm not here to be



the face of everybody else with Dementia, I want them to speak for themselves."

We encourage individuals with a diagnosis of any type of dementia living within the Belfast Trust catchment area, to become involved.

For details, please contact Dementia NI on: 02890 68 67 68 or email [in-fo@dementiani.org](mailto:info@dementiani.org)

---

## Do you know someone who volunteers in your community?



Our annual Age-friendly Older Volunteer Awards are now open for nominations.

The Awards are an opportunity for groups and organisations to celebrate their volunteers who are aged 60 and over.

Last year's Intergenerational Group winner was Cregagh Community

Association based in east Belfast.

The association is volunteer-led and was awarded for its work involving older people from the community and a neighbouring primary school and youth club.

The Intergenerational team from the community association was nominated by Cregagh Community Centre for their efforts in breaking down barriers between young and old in the Cregagh estate.

The team worked with Cregagh Primary School

and the local youth club, by sharing trips and activities which gave the different generations the opportunity to learn about each other and challenge their perceptions.

Help us celebrate the positive contribution of older people by nominating senior volunteers.

If you'd like to nominate a group or organisation for the awards, go to [www.belfastcity.gov.uk/volunteering](http://www.belfastcity.gov.uk/volunteering) or call 9032 0202 ext 3775 for more information.

Closing date for entries is Friday 21st October, 4.30pm

## General information



### More money in your pocket

Age NI's More Money in Your Pocket is full of information about financial support that is available in later life and how to access it.

More Money in Your Pocket is available to **download by visiting**

[www.ageuk.org.uk/northern-ireland/publications/more-money-in-your-pocket/](http://www.ageuk.org.uk/northern-ireland/publications/more-money-in-your-pocket/)

If you would like to request a free copy of the guide posted to your home, please call 0808 800 7575.



### Be part of Positive Ageing Month

Belfast City Council in partnership with Age-friendly Belfast are looking forward to celebrating Positive Ageing Month in Belfast throughout October 2016 and we are now calling for organisations in the city to contribute to Belfast's Positive Ageing Month.

This is an incredible opportunity to highlight all the positive ways older people impact our city and a great chance to showcase your services to people who might not be aware of what you do.

We'd like to compile an extensive list of those events and services, taking place during October, which would be of particular interest to older people.

These events don't have to be free though it would be amazing if they were as affordable as possible.

They don't even have to be created especially for Positive Ageing Month – it's absolutely fine to use this as an opportunity to showcase existing services and offers, or events which are already happening, as long as you think they'd be of interest to our older people.

Belfast City Council will be producing a

brochure highlighting all the events taking place during Positive Ageing Month.

We'll also be running several bespoke events including a launch event and a large **Be Prepared** event at the City hall on Tuesday 4th **October** which will act as a great opportunity to highlight the events in the brochure.

We would love as many of our venues, organisations and local businesses as to be involved in this celebration.

Belfast City Council will undertake to ensure the events are well-promoted and will also offer free Dementia Friendly Training to your staff and volunteers through the Alzheimer's Society.

If you think that you could be apart of this years Positive Ageing Month please send us a short (50 word max) explanation of your event, including dates, times, contact details and any information required for booking by **Friday 29<sup>th</sup> July**.

In addition we welcome you to send us a Jpeg image which illustrates your event or venue.

Please send this information to [carson-ian@belfastcity.gov.uk](mailto:carson-ian@belfastcity.gov.uk)





**‘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](http://www.makinglifebettertogether.com/agefriendly)

T: 028 9050 2073

**Team contacts:**

**Anne Ross, Healthy Ageing Project Support Officer (Editor) —**  
[anne.ross@bhdu.org](mailto:anne.ross@bhdu.org)

**Elma Greer, Healthy Ageing Coordinator —**  
[elma.greer@bhdu.org](mailto:elma.greer@bhdu.org)

**Gillian McEvoy, Senior Environmental Health Officer—**  
[mcevoyg@belfastcity.gov.uk](mailto:mcevoyg@belfastcity.gov.uk)

**HANDY-PERSON HOME SAFETY CHECK & REPAIR SERVICE**



Receive a free home safety check and avail of the reduced handy-person repair rates.

- The service is for those over 65 years (or vulnerable adult) living in the Belfast City Council Area.
- All recipients of the Home Safety Check receive a selection of free ‘helping-hand’ aids & equipment (subject to stock availability)
- The service is available from 9 am to 5 pm, Mon to Fri excl. Public Holidays

Eligibility group	Charges
1.) Those aged 65+ or a vulnerable adult — Home Safety check only	Free
2.) Those aged 65+ or a vulnerable adult and in receipt of benefits—Home Safety Check & Repairs	Free Home safety Check & £5.00 per hour for repairs
3.) Those aged 65+ or a vulnerable adult and not in receipt of the benefits—Home Safety Check & Repairs	Free Home Safety & Check & £ 15.00 per hour for repairs

*All materials are to be supplied by the occupant.  
General consumables: glue, nails, sandpaper, etc. provided free of charge*

**Contact Details:**

Email: [handyman@brysonenergy.org](mailto:handyman@brysonenergy.org)  
Free-phone: **0800 14 22 865**

**\* All our Staff are Police Checked \***



**Would you like to receive free Living life to the full posters for your workplace?**

If so, contact Anne Ross on [anne.ross@bhdu.org](mailto:anne.ross@bhdu.org) or telephone 028 9050 2073



**Living life to the full**  
Older people work, volunteer, provide care and take part in community and family life  
[www.makinglifebettertogether.com/age-friendly](http://www.makinglifebettertogether.com/age-friendly)