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**AGE FRIENDLY NEWS & UPDATES**

**Edition 35 – 20/10/2023**

* **Positive Ageing Month Campaign**

Revisit this month’s brochure for Positive Ageing Month and get along to some of the remaining activities planned. Information on the campaign and also Positive Ageing Month brochures can be accessed online by visiting [www.derrystrabane.com/agefriendly](http://www.derrystrabane.com/agefriendly) Copies of the brochures will be distributed across the area and are available from the Western Trust Health Improvement, Equality and Involvement Department by emailing [Health.Improvement@westerntrust.hscni.net](mailto:Health.Improvement@westerntrust.hscni.net)  or phone 028 7186 5127, or from Derry City & Strabane District Council by telephoning  028 7125 3253



* **Foyle Metro Timetable Enhancements**

Foyle Metro Timetable Enhancements to their services have been announced to timetables including additional later evening services on Friday and Saturday nights. The new timetable will start on Monday, 23rd October, with the later evening weekend services coming into effect from Friday 27th October. Translink has also recently announced enhancements to Goldliner coach services between Derry and Belfast, with the introduction of X212 express services which travel along the new A6, shaving approximately 15 minutes off journey times.

Foyle Metro timetable enhancements are as follows:

The following late-night services will operate on Friday and Saturday nights:

12n - New late circular route covering Carnhill, Galliagh, Clon Elagh, Culmore

2300 ex Foyle Street Buscentre

3n - New late circular route covering Waterside 2300 ex Foyle Street Buscentre

145n – Covering Eglinton, and Strathfoyle ex Foyle Street Buscentre

Other timetable enhancements include:

1 – Culmore – One additional Saturday morning trip at 0900 ex Foyle Street and 0915 ex Culmore

2 – Nelson Drive/ Knightsbridge – one additional Monday – Friday trip at 2110 ex Foyle Street 2130 return. Saturday one additional late trip at 2050 ex Foyle Street, 2110 return.

In addition, service

7n will run Monday – Saturday at 2305 ex Foyle Street to Nelson Drive.

6 – Newbuildings – two additional trips Monday – Friday 2030 and 2220 ex Foyle Street, returning at 2045 and 2235. Saturday one additional trip at 2120, returning at 2135.

8 – Creggan –additional trip at 2050 Monday – Friday and 2030 on a Saturday

9 – additional trip for Ballymagroarty via Rosemount and Glenowen at 1910 ex Foyle Street Monday to Friday

7n – New late circular route covering Brandywell, Creggan, Ballymagroarty and Nelson Drive Monday – Saturday ex Foyle Street Buscentre at 2237

10 – Ballymagroarty – service 7n will serve Ballymagroarty at 2237 ex Foyle Street Monday – Saturday

13 – One additional bus per hour Monday – Saturday to Clon Elagh via Shantallow and Fernabbey, with an extra evening trip. On Friday and Saturday service 12n will cover this area.

183 – Killea – three Saturday trips in each direction.

11 – Woodbrook –additional trips at 2040 ex Foyle Street Monday to Friday and at 2200 ex Foyle Street Monday – Saturday

* **Universal Credit Roll out**

Please see below links to Universal Credit as many people are now facing changes with moves towards this.

<https://www.nidirect.gov.uk/campaigns/move-universal-credit>

* **Important Petition Uprate benefits in line with inflation**

Advice NI have raised the issue of the importance of benefit uprating in line with inflation is vital, otherwise the poorest will just get poorer. They would be grateful if you could share. The ONS release their inflation figures on Wednesday (18th October) and there is great uncertainty as to whether the Government will uprate benefits in line with the CPI figure released on Wednesday, [https://inews.co.uk/news/politics/benefits-squeeze-jeremy-hunt-fund-tax-cuts-2604327](https://protect-eu.mimecast.com/s/tIjFCOyMKhpM50rfEmJ4D?domain=inews.co.uk)

The purpose of the Petition is to get in early and build the pressure on this issue, too late to do anything after the announcement on 22nd November (the Chancellor's Autumn Statement). Grateful if you could sign and share as best you can, within organisations and across wider networks <https://petition.parliament.uk/petitions/644655>

* **Funding Updates**

Council’s Strategic Finance and Funding section now produces a Corporate Community Funding Bulletin in two parts. The Community Funding Bulletin for Funding with a Deadline will be issued every few weeks and The Community Funding Bulletin for Ongoing Funding (No Deadlines) will be revised monthly.  Please visit <https://www.derrystrabane.com/about-council/strategic-finance-funding>

* **Volunteering Epic Awards run by the NW Volunteer Centre.**

Recognise the role of volunteers in your organisation through the EPIC Awards. See below FAQ’s in relation to these.



* **Co-production with people living with dementia. A new way of working**

Please find attached information of a PPI-Dementia event that NIPHRN is jointly organising with PPI-QUB to present research from UU and QUB on  ‘Co-production with people living with dementia: A new way of working’  for your interest/information on 25th October 2023 at 1.00pm  to 3.30pm [Registration for the webinar is free](https://protect-eu.mimecast.com/s/FoiiCQ0nMfkY6PBsxXREY?domain=forms.office.com)



* **National Cholesterol Month**

This National Cholesterol Month, we’ll be highlighting the different ways you can eat healthier. With just a few small changes, you can make a big difference to your long-term health. For tips and advice on eating well, visit [www.ChooseToLiveBetter.com](http://www.ChooseToLiveBetter.com)

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* **Cost of living**

If you're struggling with bills or to manage your money, there are a number of organisations that can offer assistance and support [Derry City & Strabane - Hardship Support (derrystrabane.com)](https://www.derrystrabane.com/community/hardship-fund)

* **Carers Education**: **Thursdays** **9th – 30th November at 11am and Hillcrest Trust/Trench Road**

 A FREE 4-week Course for those looking after someone with dementia at home but does not exclude those whose loved ones are in care homes as the understanding and communication etc is still needed for them to advocate and support their loved ones.  This course teaches what is dementia and helps carers to gain an understanding about different types of dementia, their signs, and symptoms, about communication, different behaviours, and coping strategies etc. It is taught weekly with time for carers to talk and make connections as well as learning together. We do encourage family members to come on together and share the learning, so places are open for several members of the same family to come onto the programme at the same time and share the learning.

Carers Monthly Drop In is hosted in OLT and alternates between day and evening sessions. This is a drop-in service for carers to meet and talk over a cuppa and we also host guest speakers as well. These will be held on Thursdays 26th October at 11am /23rd November at 6pm and 14th December at 11am. Our December Drop In will include mince pies and shortbread. Please contact Sinead Devine for places for both on 028 71 373870 or email: [sinead@olt.ie](mailto:sinead@olt.ie)

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* **What do you need to know about pensions?**

Please see attached slides from the Money & Pensions Service who facilitated a session for DCSDC during October to let people know about their pensions. Contact their Pensions Helpline on 0800 011 3797.



# GAA Generations

Professor Pat Dolan pictured at the launch of GAA Generations at Raheny GAA Club with younger and older members of GAA, LGFA and Camogie Clubs.We are our stories, and we tell them while standing on the shoulders of those who came before us.  Ireland boasts a rich tradition of passing our stories from one generation to the next. To honour that, and to capture a better understanding of what the GAA means to its members, we have launched ‘GAA Generations’ oral research project.

**What is GAA Generations?**  
The idea is simple – we are inviting young GAA, LGFA and Camogie Association members aged 12-21 to record on their mobile phone a conversation with ‘One Good Adult’; someone who they look up to and admire in the 55+ age bracket. It could be, for example, a parent/grandparent, a coach, or a teacher, past or present, that saw and nurtured your potential.

Older participants will also be given the opportunity to quiz their young interviewees on their GAA experiences and how it may have impacted their understanding of who they are.

**What’s the purpose of the project?**  
GAA Generations aims to recruit between 500-1,000 young GAA, LGFA and Camogie Association members (aged 12-21 years-old) who will receive online training in conducting an interview with a person of influence in their life aged 55+. The conversations with their selected ‘One Good Adult’, recorded on a smart phone along with a photo of the participants, will be stored on the GAA’s eLearning platform and published as part of the GAA archive. For taking part, you will receive a UNESCO Chairs/GAA Youth Researcher Certificate of Participation.

**How can I get involved?**\_  
If you are a young GAA, LGFA and Camogie Association member aged 12-21 years (inclusive) and would like to participate in this research project please complete the [expression of interest form](https://protect-eu.mimecast.com/s/Kef2CpQ81Cn7nqzfDmdB7?domain=forms.office.com).

If you are a teacher and would like to have your students involved please see the [Teacher Classroom Activity Page](https://protect-eu.mimecast.com/s/ZzEgCqY71I8V8nOuQsYGY?domain=gaa.ie).

**How does it work?**  
STEP 1 - Participants will be notified of registration steps by email upon completion of the expression of interest form

STEP 2 – Participant must complete a short online Training Module on the GAA eLearning Platform

STEP 3 – Participants identify the person (Age 55+) they will interview and conduct an audio interview approx. 15mins long using their Smartphone

STEP 4 – Participants Upload the Interview to the GAA eLearning Platform

STEP 5 – Participants are issued with a UNESCO Chairs/GAA Youth Researcher Certificate of Participation.

STEP 6 – Researchers from the University of Galway will analyse the interviews

STEP 7 - UNESCO Child & Family Research Centre, University of Galway and the GAA will host a special event with a special guest, for up to 100 participants in Croke Park on November 2nd.

For further information contact [gaagenerations@gaa.ie](mailto:gaagenerations@gaa.ie) or Stephen Quinn at [+353 (0) 1 819 2387](tel:+353%20(0)%201%20819%202387) GAA Generations has benefitted from funding from the HSE Mental Health division via the National Office for Suicide Prevention. Depending on the volume of applications received, it may not be possible to facilitate everyone due to the analysis of the data required.

* **Change to Cemetery Hours**

From November 1st 2023 until February 29th 2024 all Council's cemeteries will change to winter opening hours of 8am to 4.30pm. Full details of cemetery services are available at [www.derrystrabane.com/cemeteries](https://protect-eu.mimecast.com/s/2_2wCrR81f8Wwy3i7N7H6?domain=derrystrabane.com).

* **Temporary Staff Required for the Electoral Office**

At the Electoral Office we want to expand our list of temporary staff who may work with us at election time. The work involves supporting the delivery of an election either by helping out in a Polling Station or counting votes in a Count Centre. Rates of pay (currently under review) are Poll Clerks £240 fee for working in Polling Stations (6am until 11pm on Election Day) and prior training. Count Assistance £30 per hour for overnight and £15 per hour for day counts. An application form and further information on how to apply can be found on our website at [https://ow.ly/otb950PV0JN](https://protect-eu.mimecast.com/s/DIfGCvol1C7ROJ0IXt3sI?domain=ow.ly) Completed applications should be emailed to [recruitment@eoni.org.uk](mailto:recruitment@eoni.org.uk). Contact us at [recruitment@eoni.org.uk](mailto:recruitment@eoni.org.uk) or phone 028 9044 6680 if you have any queries or wish to confirm that you are already on our temporary staff list (you do not need to reapply if you are already on our list).

* **Drugs and Alcohol Services**

No matter where you live, or how you're affected by drug and alcohol misuse, support services are available in your local area. Find out more at [www.DrugsAndAlcoholNI.info](https://protect-eu.mimecast.com/s/PqdeCAPNpfN8rxJC2U3ab?domain=drugsandalcoholni.info)

* **Culmore Womens Circle**

Culmore Womens Circle, is a fun and vibrant Womens Group which meets on the 2nd Tuesday of every month from 12pm – 1.30pm, with the first Autumn session taking pace on 10th October. Open to new members to come along and join the group, meet new friends, and learn new skills. Culmore Womens Circle welcome a donation of £3 towards lunch. Telephone 028 7116 3713 for further information.

* **Looking After Your Eyes**

Following on from World Sight Day did you know that one-in-five of us will experience sight loss in our lifetime, but more than half of sight loss can be prevented? Some key steps you can take to maintain good eye health include attending regular eye tests, being more active and stopping smoking. To find out more about how to look after your eyes, visit [www.pha.site/LookAfterYourEyes](https://protect-eu.mimecast.com/s/w-E0Cyrojirp6GmcNVj9F?domain=pha.site)

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* **Bone and Joint Week 2023**

It's important to get active as you get older to help improve your strength and balance which will also help reduce your risk of future health conditions.  For tips and advice on ageing well by being active, visit [www.pha.site/ActiveAgeing](https://protect-eu.mimecast.com/s/0xneCzKvkfM78XNFw8lTY?domain=pha.site)

A person sitting on a couch

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* **NWCN E-bulletin**

For the latest NWCN e-bulletin please visit <http://www.nwcn.org/content/nwcn-ebulletin-18-october-2023>

* **Raising awareness of Meals on Wheels services**

The University of Bristol have been leading a team of researchers, conducting research on Meals on Wheels, a service that delivers meals to older adults, and adults with care and support needs, who might otherwise not be able to acquire and prepare their own meals. During the [National Meals on Wheels week 2023](https://protect-eu.mimecast.com/s/e_23CKZ1Dt26qkYCM8-S7?domain=thenacc.co.uk) (30th October – 3rd November), they plan to launch a policy briefing that summarises the results of our research to date, and their implications for policy and practice. Most importantly, we will launch two infographics that will be free to download and re-use to raise awareness of this important service.  Also consider registering for the free webinar [‘Meals on Wheels: Raising awareness of the service and its benefits’](https://protect-eu.mimecast.com/s/PQGuCL87EHR7P2gIqx9D6?domain=us06web.zoom.us), which will take place on Wednesday 1st November, 15.00-16.00, as part of the National Meals on Wheels week 2023.

The webinar will look at the benefits of Meals on Wheels, particularly the ones beyond nutrition, and will highlight why there is a need to raise awareness of Meals on Wheels services, from the perspectives of researchers from the USA, a service provider in South West England (Bristol City Council, Bristol Community Meals), and my research team at the School for Policy Studies, University of Bristol.

For further information please contact Angeliki Papadaki, Associate Professor in Public Health Nutrition Faculty PGR Director/Graduate Dean, Faculty of Social Sciences and Law, School for Policy Studies, University of Bristol  by telephone +44 (0) 117 456 0887 (via Microsoft Teams)  or E-mail: [angeliki.papadaki@bristol.ac.uk](mailto:angeliki.papadaki@bristol.ac.uk)