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**AGE FRIENDLY NEWS & UPDATES**

**Edition 27 – 04/08/2023**

* **BT Digital Voice Programme – Engagement Event, Derry 26/9/23**

Digital Voice is the name of our new home phone service. Digital calls are made over our broadband network, rather than the old analogue network, which has been around for more than 40 years and is becoming increasingly unreliable, energy hungry and can’t give our customers the world-class service we want to provide. Switching to Digital Voice will give our customers clearer call quality and help prevent the majority of scam calls. The good news is, the landline isn’t going away, it’s just being upgraded. For most customers, the upgrade will be as simple as connecting their home phone handset to a router rather than the phone socket on the wall. The migration to Digital Voice must take place for all customers by December 2025.

As part of this programme, BT are carrying out a series of Regional Engagement initiatives to support people through the move from the current line to digital voice. This will include some “roadshow” style events where we bring BT to the regions to ensure everyone is as informed as possible and has the chance to ask any questions they might have.

Locally there is a large event planned for Derry, and there are plans to run smaller pop-up style events in libraries throughout the region. This will be held on 26th September from 10am-3pm at Foyle Arena, 2 Limavady Road, BT47 6JY. We will also have a branded BT Demo van which will be active throughout the country in September. For further information please contact Geraint James, Engagement Manager, Digital Voice on 0331 622 1238 or email [Geraint.James@ee.co.uk](mailto:Geraint.James@ee.co.uk)



* **Age Friendly Networks Funding Mapping Research Report**

The Centre for Ageing Better UK are pleased to share their full reports from the funding mapping research we conducted earlier this year. In the Spring they worked with a consultant to map how the UK Network of Age-friendly Communities is funded/resourced, to hear about communities’ experiences of accessing funding, with the ultimate aim of better supporting current and aspiring age-friendly communities to maximise their funding opportunities.

We would recommend you take a look at our summary report which gives:

• An overview of the funding landscape across the network

• Guidance for Age-friendly Communities on accessing funding

• A list of potential funding sources

We are also attaching our full research report in case you want to take deep dive on any areas including:

• Guidance on “making the case” for Age-friendly Communities to secure funding.

• The perspective of funders on Age-friendly Communities.

• Case studies from a selection Age-friendly Communities showing their overall funding profile.

Over the coming months they will work to translate some sections of these reports onto their website, to reach a wider audience. Please see link for full report



* **Deafblind NI**

Live better with sight and hearing loss, a wide range of services are designed to help you continue to live the life you love with support from Deafblind NI. Contact us today using the most suitable way [www.deafblind.org.uk](http://www.deafblind.org.uk), Free helpline: 0800 132 320, Text: 07903 572885, Email: [info@deafblind.org.uk](mailto:info@deafblind.org.uk) ,Text relay: 18001 then 0800 132320, BSL video relay: deafblind.org.uk/bsl



* **Household Emergency Life Saving Plan**

In the event of a major emergency, it may be some time before the emergency services can help you. So it’s important that you and your family or house mates have made preparations to take care of yourselves in emergency situations. You should make a plan in advance. Complete this plan and keep it safe

in case you need to use it, please visit <https://www.nidirect.gov.uk/sites/default/files/publications/Household-emergency-life-saving-plan.pdf>

* **Regulation and Quality Improvement Authority (RQIA)**

The Regulation and Quality Improvement Authority (RQIA) is the independent body responsible for monitoring and inspecting the availability and quality of health and social care services in Northern Ireland, and encouraging improvements in the quality of those services. For further details on what RQIA covers and provides please visit <https://www.rqia.org.uk/RQIA/media/RQIA/Resources/About-RQIA-Booklet.pdf>

* **Shop, Cook and Save**

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The Public Health Dietitians Group, which is a regional nutrition group launched a new video series on our YouTube channel on how you can eat well on a budget.  With the current cost of living crisis putting pressure on many households, the ‘Shop, Cook and Save’ series aims to show how you can make healthier choices and save money by batch cooking, saving on your weekly shop, easy cooking for one, tips to use your slow cooker and storing and reheating food safely. Go check them out! And please share widely across your networks. They’ll also go out via HIEI mailing list & our social media channels.

Shop Cook & Save (Full Playlist): [Shop, Cook & Save - YouTube](https://protect-eu.mimecast.com/s/y-u9Cnrx1i7OB42t9i9Sd?domain=youtube.com)

* **Easy Cooking For One** - [Shop, Cook & Save: Easy Cooking For One - YouTube](https://protect-eu.mimecast.com/s/ofvpCoQV1CrqWARUz1Vge?domain=youtube.com)
* **Easy batch cooking** - [Shop, Cook & Save: Easy Batch Cooking - YouTube](https://protect-eu.mimecast.com/s/IAp2CpQ81CnM6gWfYKJK9?domain=youtube.com)
* **How to Shop & Save** - [Shop, Cook & Save: How to Shop and Save - YouTube](https://protect-eu.mimecast.com/s/Gf6ECqY71I80wg3SEDjvU?domain=youtube.com)
* **Easy Slow Cooking** - [Shop, Cook & Save: Easy Slow Cooking - YouTube](https://protect-eu.mimecast.com/s/M4kkCrR81f8VJyYSjFvrG?domain=youtube.com)
* **Store & Reheat Food Safely** - [Shop, Cook & Save: Store and Reheat Food Safely - YouTube](https://protect-eu.mimecast.com/s/vDR3Cvol1C7NVJ5t5IcaA?domain=youtube.com)
* **Glaucoma UK**

Did you know that older people are at higher risk of Glaucoma. Glaucoma is the name given to a group of eye conditions in which the optic nerve is damaged. Glaucoma can progress to blindness in some cases, but it doesn’t have to. Awareness of glaucoma among members of the public is low, regular eye tests are crucial to detecting glaucoma at an early stage and preventing further sight loss.  Glaucoma UK raise awareness of glaucoma, provide advice and support to people living with glaucoma in the UK, and fund research into better diagnosis, care and treatment.   Providing services including support groups both online and face-to-face, a buddying scheme and a glaucoma helpline.  For further information [Glaucoma UK | Here to support people with glaucoma](https://protect-eu.mimecast.com/s/vw5OCN9LJh0lDPNFmi_8h?domain=glaucoma.uk/)



 It’s common to have questions and feel confused when you’re diagnosed with glaucoma, which is why we have a range of free resources to help make sense of it all. You can either order print materials or download digital versions immediately. For further information please visit www.[glaucoma.uk/free-resources](https://protect-eu.mimecast.com/s/iR9iCPZ7LtKG8N4c12Xs2?domain=glaucoma.uk) or telephone the Glaucoma helpline on 01233 64 81 70.

* **FÉILE 2023 - 12th – 19th August 2023**

The dates have been announced for the 31st annual edition of Féile, Derry’s leading community arts festival! Féile 2023 will take place from 12th – 19th August! This year, over 100 events will take place across the Bogside, Brandywell, Creggan, Bishop Street and Fountain neighbourhoods and Derry City Centre, including music, literature, sport, education, visual arts, theatre, carnival, fun days, health, discussions, lectures, conferences, community consultation and tours. Féile 2023 is the result of the commitment of a multitude of groups, initiatives and volunteers who come together each year to shape and manage a fantastic programme of events. The full Féile 2023 programme will be available from [www.feilederry.com](http://www.feilederry.com)

* **Pride in ageing...Words of Wisdom with Marie Query**

The Commissioner for Older People, Eddie Lynch recently met with representatives from Here NI, The Rainbow Project and Cara-Friend to discuss the issues faced by older people in the LGBTQIA+ community. This month’s words of wisdom is with Marie Quiery, a member of HereNI and activist for LGBTQIA+ rights, she shared her words of wisdom about ageing as a member of the LGBTQIA+ community. Read the interview here <https://www.copni.org/news/2023/july/pride-in-ageing-words-of-wisdom-with-marie-quiery>

* **Regional Community Resilience Group (RCRG)** **Spring/Summer 2023** **ezine**

Welcome to the Spring/Summer 2023 edition of RCRG ezine We hope you find this edition of the ezine informative and useful when preparing for the season ahead. Please visit below links or click on PDF below. <https://www.infrastructure-ni.gov.uk/publications/getting-weather-ready-regional-community-resilience-group-newsletter>



* **Dementia Friendly Tea Dances on Tour**

Tickets are now available to book for our Dementia Friendly Tea Dances at Derg Valley Care Centre on the following dates, Thursday 24th August at 2pm and Friday 15th September at 2pm. Book early to avoid disappointment, by telephoning 028 71264455 (press Option 1)



* **Praxis Care Dementia Services**

Praxis Care have regional Dementia Services can provide dementia support, for further details on services, ‘Living Well with Dementia’ and also giving information and advice to anyone who may be concerned about their memory or supporting someone affected by dementia, please contact Tracy Smyth, Dementia Carer Co-ordinator on 07811585823 or email [tracysmyth@praxiscare.org.uk](mailto:tracysmyth@praxiscare.org.uk). See below poster for further information



* **Derry City & Strabane Job Fair**

The Department for Communities, Derry City and Strabane Labour Market Partnership and the Cross Border Partnership for Employment Services are inviting employers from the Derry City and Strabane District Council and surrounding areas to register their interest in attending the following job fair which will be held on **12th September 2023 from 11.00am – 3.00pm** in the **City Hotel, Derry.**

* **Cycle to help get active**

**From increasing physical activity to improved mental health, cycling has ‘wheelie’ good benefits for your overall health and wellbeing. It can also help reduce carbon footprint, so we can continue to protect our environment too. To find out more about the benefits of getting active, visit** [www.choosetolivebetter.com](http://www.choosetolivebetter.com)

* **Faughan Valley Woodland Trails Open to the Public**

From the soaring height of the ancient trees to the tiniest wild flowers, the Faughan Valley Woodlands have secrets to uncover and surprises to seek. Relax by the rippling waters of the River Faughan, follow the poetry trail into the First World War or discover woodland sculptures nestled throughout the valley – there’s an adventure for everyone. The Faughan Valley Woodlands include Oaks Wood, Brackfield Wood, Red Brae Wood, Killaloo Wood, Burntollet Wood and Brackfield Bawn Wood, with onward links to Ness and Ervey Wood. Discover shorter walks within each wood or follow the new interconnecting path network for a long ramble around the valley. There are three trails available to explore, River Path: 3.8km, Sculpture Loop: 3.6km and the Valley Trail: 8.5km.

Volunteers in the Faughan Valley Woodlands are involved with everything from building leaky dams to planting and coppicing trees, to river monitoring and surveying a whole array of wildlife from bats to butterflies. We also offer accredited training for our volunteers so they can learn new skills that will enable them to help conserve their local areas. For more information or to get involved with volunteering, email [robertwatson@woodlandtrust.org.uk](mailto:robertwatson@woodlandtrust.org.uk) or visit [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)

* **Abdominal Aortic Aneurysm (AAA)**

**The aorta is the main artery that supplies blood to your body. As some people get older, the wall of the aorta in the abdomen can balloon out to form an abdominal aortic aneurysm, otherwise known as AAA. If you have an AAA, you will usually not notice any symptoms or pain so it's important to consider attending your screening appointment when invited. For more information and advice on AAA screening, visit** [www.pha.site/screeningleaflet](http://www.pha.site/screeningleaflet)

* **Be TICK aware**

**Ticks are common in woodland and moorland areas, but can also be found in gardens or parks. Lyme disease is a bacterial infection spread to humans by infected ticks. There's currently no vaccine available to prevent Lyme disease. The best way to prevent it is to adopt easy habits when you're in the countryside or near wildlife. Find out more at:** [www.nidirect.gov.uk/conditions/lyme-disease](http://www.nidirect.gov.uk/conditions/lyme-disease)

* **Millennium Forum**

Please see below for the latest Access Newsletter for August from the Millennium Forum

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