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**AGE FRIENDLY NEWS & UPDATES**

**Edition 25 – 21/07/2023**

* **Cost-of-living information events in Derry and Strabane**

A blue poster with text and a house and notes

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Derry City and Strabane District Council, in collaboration with the Department for Communities, is hosting a series of information events for residents across the North West to help with the ongoing cost-of-living crisis. The cost-of-living information and advice events are free to attend and will take place in the Alley Theatre in Strabane on Friday 21st July 2023 (1-5pm) and the Guildhall on Tuesday 25th July 2023 (12-4pm). Both events are being supported by a range of community, voluntary organisations, and partners.  Attendees will be able to access free advice and information on a wide range of cost-of-living issues surrounding housing, mortgages, and benefits as well as tips and advice on how to cut costs over the summer months with children, food waste and every-day household bills. The event is being supported by several local partners including the local Jobs & Benefits Office, Northern Ireland Housing Executive and Advice NI. The Department for Communities staff from Universal Credit, Make the Call and Discretionary Support will also be on hand to advise people on any additional support which they may be entitled to regarding pension credits, working tax credits, tax-free childcare, or benefit entitlements.

* **Interested in joining the Older Persons Reference Panel?**

A group of people sitting in chairs

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As part of developing the Age Friendly structures locally, DCSDC are inviting persons aged 50+ years from across the council area to get involved with the Older Persons Reference Group. Demographically and geographically representative of older people across all council areas, the group members will also be reflective of the World Health Organisations eight domains for creating age friendly cities and communities. This group will be co-designed by older people, including its function, name, frequency of how often it meets. The group should also design regular events to share and review progress and make sure that older voices continue to be heard throughout the Age Friendly programme journey. Please see enclosed below Expression of Interest Form, also available on website[Derry City & Strabane - Over 50s Reference Group (derrystrabane.com)](https://www.derrystrabane.com/community/community/over-50s-reference-group) and these should be returned by 1st September 2023. Further hard copies are available by contacting Alexandra Wallace at DCSDC on 028 7125 3253 or by emailing [Alexandra.wallace@derrystrabane.com](mailto:Alexandra.wallace@derrystrabane.com)



* **PHA Making Life Better Shot term funding Opportunities**

Community and voluntary groups are being encouraged to apply for a short-term funding programme that focuses on improving mental health and emotional wellbeing. The Public Health Agency (PHA) scheme opens to applications aims to address health and wellbeing needs in local communities. The funding programme will also support a range of strategic themes and priorities under the ‘Making Life Better’ public health framework, in particular mental health, emotional wellbeing, suicide prevention and self-harm. The closing date for applications is Wednesday 26 July 2023 at 3pm, please visit [PHA Making Life Better through Short-term funding programme (dhcni.com)](https://www.dhcni.com/pha-short-term-funding-grants)

* **Celebrate National Senior Citizens Day with Allstate Cyber Safety**

Join Allstate in celebrating and empowering adults aged 60+ with our specialized training program. In an ever-evolving digital landscape, it's essential for older adults to stay informed and protected online. Participants will gain valuable knowledge and skills to navigate the digital world confidently and securely. **Register now for the online session via Zoom on 21st August, using the link below for this special session on National Senior Citizens Day!** [Register to attend an Allstate Cyber Safety for Older Adults session (office.com)](https://forms.office.com/Pages/ResponsePage.aspx?id=5zG0iCrPqUO9AIFEH1wtPC8hj3_MIWpMtJqedZEmjx9URUJKTzFBQlZGSDQ3V0ZUR1FSVFJTVEhUTS4u)

* **Elevate Community Mentoring and Grants programme opens**

The Public Health Agency (PHA) – funded Elevate Community Mentoring and Grants programme 2023-24 is now open.  The programme supports groups who could benefit from mentoring and funding (up to £5,000) to deliver a project which uses community development to tackle health inequalities. The closing date for applications is  4:00pm on Monday 28th August 2023. This year, we will consider all applications, and particularly welcome applications from groups who are in local areas with previously low uptake (Lisburn and Castlereagh, Antrim and Newtownabbey, Lisanelly Omagh and Crossmaglen areas) and groups who support people from LGBTQIA+, BAME, and other under-represented groups. If you would like to find out more, please attend an online sessions via Zoom being held on Monday 24th July at 7:00pm or Tuesday 1st August at 11:00 am. To register or find out more please click here! ([https://elevateni.org/our-events/](https://protect-eu.mimecast.com/s/rWeACZVY1S5477gIW5auq?domain=elevateni.org/)) <https://elevateni.org/mentoring/> Also, check out the latest Impact Stories from last year's Mentees from the Elevate Community Mentoring Grants Programme 2022-23! [https://elevateni.org/mentoring/mentees/](https://protect-eu.mimecast.com/s/5SGbC2vxMiplVV3TYpiXK?domain=elevateni.org)

* **State of Caring Survey 2023**

Do you support or provide unpaid care to a family member or friend? Carers NI has launched it's annual State of Caring 2023 survey, and would be really grateful for your help in encouraging local carers to take part. Every response to the survey helps to build a picture of unpaid caring experiences in Northern Ireland – highlighting the biggest challenges facing our carer population, including carers of those with mental ill-health, and providing the evidence needed to make a case for change.  
Click here ([https://www.carersuk.org/policy-and-research/state-of-caring-survey/](https://protect-eu.mimecast.com/s/LoewCjqZ1Tn5YYmuWPaAR2?domain=carersuk.org/)) for more information or to take the survey  
The survey closes on 3rd August 2023 so make sure to respond and have your voice heard!

* **ALLY Foyle Newsletter**

Please find enclosed the latest edition of ALLY Foyle’s Newsletter



* **Dementia Friendly Tea Dances at Derg Valley Care Centre**

Tickets are now available to book for the Dementia Friendly Tea Dances at Derg Valley Care Centre on the following dates:

1. Friday 28th July at 2pm
2. Thursday 24th August at 2pm
3. Friday 15th September at 2pm

Book early to avoid disappointment by telephoning 028 7126 4455 (Option 1)



* **Travel health and getting healthcare in Europe**

With a little forward planning, you can protect your health when travelling to Europe and avoid unexpected medical bills. Your existing European Health Insurance Card (EHIC) or a new UK Global Health Insurance Card (GHIC) gives you the right to access state-provided healthcare during a temporary stay in the EU. Please visit NI direct for details on how to apply <https://www.nidirect.gov.uk/articles/travel-health-and-getting-healthcare-europe>

* **Understanding 'Social Value'? (Online Session)**

Would you like to obtain a better understanding of what we mean when we talk about ‘Social Value’ and ‘Impact Measurement’ in a short online session. This session will help you to:  
- Recognise the importance of measuring your social value  
- Understand the jargon associated with impact measurement  
- Learn about the tools available to use to measure your impact

These will be held on Wednesday 2nd August 2023 from 10.00 am to 11.00 am, and Wednesday 30th September 2023 from 10.00 am to 11.00 am  
Click here to register! ([https://supportingcommunities.org/latest-events/what-is-social-value-2aug](https://protect-eu.mimecast.com/s/R40xCgLZ0SA0qqyTjuyEn?domain=supportingcommunities.org))

* **Thinking differently about health**

Our health is shaped by a wide range of factors, from the jobs we do to the places we live. These are the wider (sometimes referred to as the 'social' or 'socio-economic') determinants of health and they influence our opportunities to be healthy. But when we talk about health, are we getting the message across? Is everyone seeing the full picture? Creating a healthy society requires greater action on the wider determinants of health. However, in the public debate about how to improve health in the UK, health inequalities and the wider determinants are often left out or misunderstood.  
Click here to read more! ([https://www.health.org.uk/what-we-do/a-healthier-uk-population/thinking-differently-about-health](https://protect-eu.mimecast.com/s/Ci9SC9Q1WCk3zzqINuRUc?domain=health.org.uk))

* **Mayor relaunches Council's Community Toilet Scheme**

A person holding a sign

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The public in Derry and Strabane are being encouraged to access toilet facilities in local businesses who have signed up for Council’s Community Toilet Scheme. Speaking at a re-launch to increase awareness of the scheme, Mayor of Derry City and Strabane District Council, Councillor Patricia Logue, highlighted the importance of making the public aware of the many conveniences open and free for them to use when shopping or socialising across the Council area.

The Community Toilet Scheme, operated by Council in partnership with local businesses, permits members of the public to use their facilities for free during normal opening hours without having to make a purchase. Participating businesses receive an annual fee from Council based on the facilities they have available. As well as the commercial premises signed up to the Community Toilet Scheme, the Mayor pointed out that there are a large number of Council premises which also have toilet facilities available for use by the public. These premises include legacy public toilets, leisure centres and civic buildings.

While participating businesses will make their toilet facilities available to members of the public, business owners will continue to retain the right to refuse entry to anyone who would normally be refused entry to the premises.

Businesses in the Community Toilet Scheme are identifiable by a window sticker, provided by Council, indicating that they are participating in the scheme and the level of facilities available. Interested businesses must also have public liability insurance to provide this service.

Further information, including a map highlighting the Community Toilet Scheme participating locations is available on the council website [www.derrystrabane.com/communitytoilets](http://www.derrystrabane.com/communitytoilets) or by contacting a member from the Environmental Health Team on 028 71 253 253 or [communitytoilets@derrystrabane.com](mailto:communitytoilets@derrystrabane.com)

* **Samaritans Awareness Day**

The 24th July (24/7) is Samaritans Awareness Day, because we’re here to listen 24/7. On this date and throughout July, we'll be running our awareness-raising campaign Talk to Us, to remind people that we’re here for anyone who needs someone to listen.Every year in July, Samaritans branches in the UK and Republic of Ireland hold local events to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night.

[Whatever you're going through, call us free any time, from any phone, on 116 123 or by visiting https://www.samaritans.org/www.samaratians.org](Find out what your local branch is doing during Talk To Us by  Talk to us on the phoneWhatever you're going through, call us free any time, from any phone, on 116 123 or by visiting https://www.samaritans.org/www.samaratians.org Find your nearest branch)

* **Friel Reimagined: Digitising a Playwright's Archive**

Libraries NI and Queen's University Belfast presents Friel Reimagined: Digitising a Playwright's Archive on Tuesday 25 July from 1:00pm - 2:00pm - Online via Zoom. To register please visit here: <https://bit.ly/LNIFrielReimagined>



* **Thousands who took time off work to look after kids could be owed £1,000s in state pension payments**

Martin Lewis’s recent article highlights that people who took time off to look after kids could be owed money in state pension payments. To view click on [Warning: 100,000s who took time off work to look after kids could be owed £1,000s in state pension payments – what you need to know (moneysavingexpert.com)](https://www.moneysavingexpert.com/news/2023/07/state-pension-underpayments-caregivers-owed-claim/)

* **The Big Butterfly Count 2023!**

Count the number and type of butterflies and day-flying moths, stay for 15 minutes and record all you see! Download an ID guide and record your results with the Butterfly Conservation by visiting <https://bigbutterflycount.butterfly-conservation.org>

* **Consultation on a Strategic Framework to End Violence Against Women and Girls and Foundational Action Plan.**

The Executive Office have recently launched their consultation on a Strategic Framework to End Violence Against Women and Girls and Foundational Action Plan. For further details please visit <https://www.executiveoffice-ni.gov.uk/consultations/consultation-strategic-framework-end-violence-against-women-and-girls-and-foundational-action-plan>

* **Consumer Watch, the Consumer Council's monthly newsletter – June Edition**

**Welcome to the June edition of Consumer Watch, the Consumer Council's monthly newsletter, with** lots of useful information this month including, changes to your gas and electric bills, our electric vehicle guide, mobile roaming charges, summer travel tips, advice to use up your everyday stamps. Please read it now and share <https://mailchi.mp/consumercouncil/june2023>

* **NWCN E-bulletin 5th July 2023**

Please see below link for the latest e-bulletin newsletter from NWCN

<http://www.nwcn.org/content/nwcn-ebulletin-05-july-2023>

* **GSK Health Inequalities programme**

The GSK Health Inequalities programme is open to registered charities that are at least one year old, located and working in the UK, with a total annual income of between £20,000 and £150,000. Up to 15 charities will receive up to £10,000 in unrestricted funding and access to training and development valued at £2,700. Health inequalities are avoidable and systematic differences that include access to care, quality and experience of care, life expectancy, and wider factors such as environment and housing. The alarming scale of these inequalities was exposed during the Covid-19 pandemic.  
  
GSK and The King’s Fund actively encourage organisations to apply that are led by and support people from under-represented backgrounds, people from ethnic minority communities, people with disabilities and people from the LGBTQ+ community. We want people to bring their unique blend of experiences, backgrounds, perspectives and knowledge as we recognise that diversity makes us stronger.  
Deadline for application is 5.00pm on Monday 14 August 2023. For more information and to apply - Click here! ([https://www.kingsfund.org.uk/projects/gsk-impact-awards/gsk-health-inequalities-programme](https://protect-eu.mimecast.com/s/_8ExCqY71I8011NiZqeEkq?domain=kingsfund.org.uk))

* **2023 IMA Annual Conference, *Influencing Museums,***

The 2023 IMA Annual Conference, *Influencing Museums,*will be held at Ulster University Magee Campus, Derry, on Friday 8 September and Saturday 9 September. This conference will focus on the vital role museums play in shaping public conversations and driving positive change in our society. Join us as we collectively explore how museums can effectively speak truth to power, navigate external pressures, and lead with integrity in challenging times.

Discover strategies for addressing conflicts between museum values and stakeholder views, amplifying marginalised voices, and acknowledging historical complicity. Together, let's shape a future where museums influence, lead, and drive positive change, ensuring they remain beacons of truth and catalysts for transformation in a rapidly changing world. For further information please visit [2023 IMA Annual Conference - Ima (irishmuseums.org)](https://irishmuseums.org/annual-conference/2023-irish-museums-association-annual-conference)

* **Joint Public Health Conference**

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Registration is now open for the Joint North South Public Health Conference taking place online on Wednesday, 29 November from 10am-4pm. This year’s all-island conference is entitled ‘The Health-Wealth Divide - Leaving No One Behind’ and will focus on addressing health inequalities on the island of Ireland. This virtual event will bring together international and local experts to discuss the drivers of health inequalities in the context of the cost-of-living crisis and wider determinants of health. It will also provide an opportunity for knowledge exchange on what works, what doesn’t work, and what could work better when it comes to addressing health inequalities at a local and national level. To register please visit <https://us06web.zoom.us/webinar/register/WN_eWGN59DBTtuDDNh1yJz9Ow#/registration>

* **Good Relations Week 2023 event registration is now live.**

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The theme for this year’s celebration is ‘Together’ which will shine a light on individuals and organisations working together and sharing ideas and experiences in tackling everything from sectarianism and racism to gender inequality, shared spaces, peace-building, and cultural diversity. Good Relations Week 2023, Monday 18 to Sunday 24 September 2023 will deliver a positive message of togetherness as it celebrates peace-building and cultural diversity in an effort to eradicate sectarianism, racism and inequality.

As appropriate, could you please share details with your partners and stakeholders, encouraging them to support #GRW23.Organisations can sign-up and log-in to register physical and online events using the automated online registration system at [www.goodrelationsweek.com](https://protect-eu.mimecast.com/s/82jVCvol1C7KYPMTXxV5f?domain=goodrelationsweek.com) The deadline for event registrations is Friday 1st September 2023 at 5pm. For further support, please contact [mark.maher@executiveoffice-ni.gov.uk](mailto:mark.maher@executiveoffice-ni.gov.uk)