**A colorful flower logo with purple text

Description automatically generated**

**AGE FRIENDLY NEWS & UPDATES**

**Edition 51 – 15/03/2024**

* **St Patrick’s Day Festival**

Mayor of Derry City and Strabane District Council, Councillor Patricia Logue, has encouraged the public to familiarise themselves with the parking, traffic, and travel arrangements in place this Sunday for the city’s annual St Patrick’s Day Spring Carnival celebrations. Thousands of people are expected in the city centre for an action packed programme of music, dance, food and folklore and the city’s famous parade which will feature a record number of over 800 participants.

The ‘Out of the Darkness Into the Light’ themed celebrations will celebrate the arrival of spring in all its colourful splendour with entertainment and activity planned for Guildhall Square, the Peace Garden, and the Craft Village. The centrepiece event will once again be the North West Carnival Initiative’s renowned Spring Carnival Parade which will feature flamboyant performances from local dance groups, sports clubs, and community organisations. Where possible, the public are strongly advised to use the public transport system or to consider walking to the event. Details of all buses can be found by visiting [**www.translink.co.uk/Routes-and-Timetables**](http://www.translink.co.uk/Routes-and-Timetables). Full programme details of the St. Patrick’s Day Festival are available at [**www.derrystrabane.com/springcarnival**](http://www.derrystrabane.com/springcarnival).If you have any queries or would like any more information on the above, please contact the Events team on 028 7125 3253 to discuss.

* **Age Without Limits Action Day & Campaign – 20th March**

The Action Day is a chance for everyone to do something to change the way we all think and act about age and ageing. It’s an annual day for individuals and communities, workplaces, friends, and families to learn, take action and change the way we think about ageing. Ageism is the most widespread form of discrimination in the UK according to the Centre for Ageing Better. Taking place on Wednesday 20th March, please visit and access resources to see how you can become involved [Age Without Limits Action Day | Age without limits](https://www.agewithoutlimits.org/action-day)

* **Feedback from Passengers with Reduces Mobility at City of Derry Airport**

City of Derry Airport (CODA) are keen to gather feedback from passengers relating to their experience of the facilities at City of Derry Airport. The team at the airport have developed a poster and QR code as an addition to the cards issued on behalf of the CAA. They would like feedback and would be very grateful for your comments and any suggestions for improvements that you may have.

A blue and white card with a qr code

Description automatically generated

* **Nutrition And Hydration Week 2024**

Nutrition And Hydration Week 2024 takes place from 11th- 17th March 2024 and recognises that eating and drinking well can make a big difference to your body and overall health. Check out the [www.ChooseToLiveBetter.com](https://url.uk.m.mimecastprotect.com/s/vvqACBLNqS7pkrNFzXjry?domain=choosetolivebetter.com) website for tips and advice on how you can stay hydrated and eat a balanced diet.



* **FestivALL**

DCSDC will be hosting a 2-day FestivALL on 20th & 21st March 2024 at the Foyle Arena, supported by PHA with the aim of promoting the reduction of physical, communicational, social, and economic barriers faced by people with disabilities, carers and older people and have a direct impact on improving physical and mental wellbeing needs.  FestivALL is a celebration of the creativity and talent within DCSDC and create conditions where people with disabilities experience equal opportunity and face no barriers to participation.

Please see attached the programme for FestivALL booking for activities on Wednesday and Thursday is essential. To book please contact Caitriona Doherty on [Caitriona.Doherty@Derrystrabane.com](mailto:Caitriona.Doherty@Derrystrabane.com) or telephone 028 7125 3253 with details of the event you would like to book and number of places.  Please include any information regarding additional support required.  We aim to make our event as accessible as possible for all participants.  Large groups with young people or vulnerable adults will be required to bring along support workers.



* **Free Lenovo Devices**



Is your organisation working to close the digital divide for older or disabled people? AbilityNet’s Connecting U digital inclusion scheme is open for applications, aiming to support those facing difficulties accessing digital services by providing a free device.  AbilityNet are gifting Lenovo M8 Tablets which are 3G enabled with a sim card provided and providing support to help set up the devices and show recipients the basics. Click [here](https://url.uk.m.mimecastprotect.com/s/IQXdCAPNpfNL0KnfGZGnp?domain=nicva.org) for further information and to apply The deadline for applications is Friday 15 March 2024 at 5pm. All enquiries to Chris Grant via email  [chris.grant@abilitynet.org.uk](mailto:chris.grant@abilitynet.org.uk)

* **Tackling Barriers to Participation Consultation**

Derry City and Strabane District Council wishes to understand the barriers to being active and involved in sport and physical activity for non-active people, especially in underrepresented groups through the “Tackling barriers to Participation” programme.  By understanding the barriers, actions to address them are likely to be more effective. The aim is to consult with relevant stakeholders to establish what barriers they are facing that excludes/limits their opportunities to participate fully in Sport and Physical Activity. As part of the process it is anticipated that consultation is carried out in each of the 7 DEA’s and Strabane Town to establish barriers that is relevant to the people from that  geographical area.  An online survey will be carried out to enable as many stakeholders as possible to input to the process.  The underrepresented groups that will be included as part of the process will be

•             Women & girls

•             People with disabilities

•             Children & young people

•             Older people aged over 65

•             Ethnically diverse communities

•             People living in areas of greatest need

Please see attached timetable of workshops and appreciate if you can share with any relevant groups

A poster of a group of people

Description automatically generated

* **Respecting residents rights in care homes**

The Commissioner for Older People, Eddie Lynch recently launched a new report, 'Respecting residents rights in care homes' The Commissioner's report reviews the contract currently in place between Health and Social Care Trusts and care home providers. The report highlights a gap in the system which fails to protect care home residents from being involuntarily transferred or ‘evicted’ to another care home, for reasons other than a change of care needs. The Commissioner said: “Care homes currently hold all the power about residents’ security.  In the cases brought to my office, there is simply not enough due process to protect the rights of an older person in care.  Residents in care homes are less protected in terms of security of tenure than a person in a private tenancy arrangement (outside of a care home) is.”  He is calling for changes and the report includes several recommendations which, if implemented, would ensure the rights of residents are placed at the heart of the care home contract.

Read more here: [https://www.copni.org/news/2024/march/the-commissioner-is-calling-for-changes-to-the-regional-care-home-contract-to-ensure-stronger-rights-protections-for-residents-living-in-care-homes](https://url.uk.m.mimecastprotect.com/s/I-p-C861VC6DKr0hnGKkw?domain=copni.org)



The Commissioner is urging any families who are experiencing issues in relation to the Regional Care Home Contract, with their loved one’s care home to contact the COPNI advocacy team on 028 9089 0892 or email us on [info@copni.org](mailto:info@copni.org) for support. Phone lines are open Monday- Friday 10am-4pm.  For weekend and out of hours queries, you can submit an enquiry form here: [https://www.copni.org/contact-us](https://url.uk.m.mimecastprotect.com/s/aUaoC9Q1WCkLp1XCECZly?domain=copni.org)

* **Recovery College New Spring/Summer Prospectus 2024**

The Recovery College has this week launched their new Spring/Summer 2024 prospectus which details the wide range of courses relating to mental health and wellbeing available this term. We are delighted to reach five areas of the Western Trust with our popular courses running in Derry/Londonderry, Limavady, Enniskillen, Omagh and Strabane. We now offer online courses which are pre-recorded and can be accessed at any time via [mymentalhealthrecovery.com](https://url.uk.m.mimecastprotect.com/s/E-Y7C0VYKSGqL85C2w_U7?domain=mymentalhealthrecovery.com)

Please visit [https://westerntrust.hscni.net/recovery-college-launches-spring-2024-prospectus/](https://url.uk.m.mimecastprotect.com/s/imCuCgLZ0SAO7kRf3Ijps?domain=westerntrust.hscni.net) or download the prospectus or enrolment form at <https://westerntrust.hscni.net/service/recovery-college/>

* **Have you been impacted by cancer?**

Do you enjoy crochet, knitting or needlework? The ‘Yarn Away’ Group meets on Wednesday’s from 10.30am – 12.00pm at the Macmillan Support Centre, Altnagelvin. Bring whatever you’re working on or join us in making items to be donated to hospital patients. If you’re only a beginner the group will do their best to help you hone your skills. Tea & coffee provided. For more information contact: [hwb.campus@westerntrust.hscni.net](mailto:hwb.campus@westerntrust.hscni.net) or 02871611272

* **Parkinson’s UK Support Groups**

There are nine Parkinson’s UK Support Groups and Branches regionally. They usually meet once a month (some take off over summer/Christmas) and love to see new people at their meetings - and you'll be made very welcome if you go along.

In March they’re meeting up on the following dates and times:

* BELFAST -  Wednesday 13 March from 2-4pm
* SPIRES MAGHERAFELT - Thursday 14 March from 7-9pm
* NORTH DOWN - Monday 18 March from 2-4pm
* LISBURN - Monday 18 March from 2.30-4pm
* OMAGH - Tuesday 19 March from 2.30-4pm
* FOYLE (Derry) - Wednesday 20 March from 7.30-9pm
* NEWTOWNABBEY -Thursday 21 March - 7.30-9.00pm
* BALLYMENA - Friday 22 March from 3-4.30pm
* ARMAGH - Tuesday 26 March from 2-3.30pm

For information on venues you can either contact Morag via email at: [mchambers@parkinsons.org.uk](mailto:mchambers@parkinsons.org.uk) or use our Local Support tool on our website to search for support close to you: [https://localsupport.parkinsons.org.uk/](https://url.uk.m.mimecastprotect.com/s/hNjiCN9LJh0DGRlCmO9hV?domain=localsupport.parkinsons.org.uk)

* **Needing help and support to quit smoking this No Smoking Month?**

Free help is available regionally to anyone wanting to start their Stop Smoking journey,, please visit <https://www.stopsmokingni.info/> for further information.

* **Free, impartial guidance on your pension options**

A telephone appointment with Pension Wise is free and offers impartial guidance about your defined contribution pension options. To book your appointment now, please visit [Book your appointment now](https://www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise/book-a-free-pension-wise-appointment) and for further information please visit [Pension Wise appointment options | MoneyHelper](https://www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise/book-a-free-pension-wise-appointment)

* **Make a Will Month**

The month of March marks Make a Will Month and people are encouraged to use this month as an opportunity to make a will. Having a Will in place when you die is more important than you may think. Your Will can make life much easier for those you love. Please visit Foyle Hospice for further details on make a will <https://foylehospice.com/make-a-will/>

* **Volunteer opportunities through the North West Volunteer Centre**

Please find enclosed the latest update of volunteering opportunities for Spring Summer 2024 through the North West Volunteer Centre

