

Report on	Positive Ageing Month 2021
Date of Meeting	12 th October 2021
Reporting Officer	Fiona McClements

Is this report restricted for confidential business? If 'Yes', confirm below the exempt information category relied upon	Yes	
	No	X

1.0	Purpose of Report
1.1	To provide Members with an update on the planned events during Positive Ageing Month taking place during October 2021.
2.0	Background
2.1	The "Ageing Well" initiative is one of the outcomes within the Health and Wellbeing Thematic group of the Mid Ulster Community Plan. Work on this theme is being progressed by the Age Friendly Co-ordinator who is funded by the Public Health Agency.
2.2	In Northern Ireland, the Active Ageing Strategy is one of the Northern Ireland Executive's key strategies to address the ageing of our population. It's vision is 'one of Northern Ireland being an Age Friendly region in which people, as they get older, are valued and supported to live actively to their fullest potential; with their rights respected and their dignity protected'.
2.3	October is Positive Ageing Month which is a month-long festival of events and activities for older people. It celebrates the contribution that older people make to their communities.
3.0	Main Report
3.1	Throughout October, Positive Ageing Month will celebrate the contribution that Mid Ulster's older citizens make to their local communities. There are a mix of events planned to enable older people to connect both virtually through online events and physically where possible, within COVID-19 guidelines, taking place.
3.2	The programme starts on International Day of Older Persons, Friday 1 st October with an online Age-Friendly convention. Mid Ulster based activities include a free series of sessions held by the Council's Age Friendly Co-ordinator on Falls Awareness and Prevention and Chatty Walks with the Council's Live Active NI Recreation Officer at Clonoe Community Centre, Mid Ulster Sports Arena and Polepatrick in Magherafelt, as well as Better Connected Fitness sessions online and in Dungannon Leisure Centre.
3.3	A wide range of free online sessions are also available to attend, covering topics such as cyber safety, online privacy and security, eating well and cookery demos,

	health workshops including dementia and Bowel Cancer awareness, money and energy saving advice and virtual sing-a-longs and reminiscence sessions.
3.4	A social media plan has been devised and sessions will be advertised throughout the month of October on social media including Facebook for residents of Mid Ulster to take part in. There will also be a one week campaign running in October with Q Radio to advertise the free sessions.
3.5	To find out more, view the Councils' Positive Ageing Month programme at https://www.midulstercouncil.org/positiveageingmonth2021
4.0	Other Considerations
4.1	Financial, Human Resources & Risk Implications
	Financial: N/a
	Human: Staff time
	Risk Management: Current covid restrictions to be adhered to
4.2	Screening & Impact Assessments
	Equality & Good Relations Implications: N/a
	Rural Needs Implications: N/a
5.0	Recommendation(s)
5.1	Members are asked to note the content of the report.
6.0	Documents Attached & References
6.1	Appendix 1 – Programme of events https://www.midulstercouncil.org/events-listing/positive-ageing-month-2021
6.2	Appendix 2 – Photographs of launch with Chair – Chatty walks at Polepatick Cemetery