

<b>Report on</b>	Positive Ageing Month Update
<b>Date of Meeting</b>	7th December 2022
<b>Reporting Officer</b>	Kieran Gordon, Assistant Director Health, Leisure & Wellbeing
<b>Contact Officer</b>	Raisa Donnelly, Age Friendly Coordinator

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

<b>1.0</b>	<b>Purpose of Report</b>
1.1	To provide Members with an update on Positive Ageing Month October 2022.
<b>2.0</b>	<b>Background</b>
2.1	The "Ageing Well" initiative is one of the outcomes within the Health and Wellbeing Theme 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	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 was Positive Ageing Month, a month-long festival of events and activities for older people. It celebrates the contribution that older people make to their communities.
<b>3.0</b>	<b>Main Report</b>
3.1	October was Positive Ageing Month and throughout the month, the contribution that Mid Ulster's older citizens make to their local communities was celebrated. The Age Friendly co-ordinator communicated with community, voluntary and statutory organisations giving them the opportunity to link up to generate ideas and interest for programming of content for the month of October. With a mix of events delivered residents were enabled to connect both virtually through online events and in person.
3.2	There was an extensive programme of in-person and online events throughout the month that aimed to focus on decreasing the sense of isolation and loneliness that many older people feel. Mid Ulster older people's population size has been increasing every year and with that comes the need for increased support therefore issues of health, well-being, financial advice, cost of living issues and even drop-in hearing clinics were all covered via the timetable of free events.
3.3	The programme started on International Day of Older Persons, on Saturday 1 October with the launch of the Food for Life 'Get Together' Christmas Small Grants Scheme. Mid Ulster based activities included 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 Dungannon Park and Manor House in Moneymore, as well as Better

<p>3.4</p> <p>3.5</p> <p>3.6</p>	<p>Connected Fitness sessions online and in Dungannon Leisure Centre. Other events such as a cost-of-living workshop and drop-in hearing clinics were also made available.</p> <p>A wide range of free online sessions were organised for people available to attend, covering topics such as Pension advice, Carers Information Support programme, TV Licensing Scam Awareness talks, and Energy Efficiency in the Home.</p> <p>A social media plan was devised, and sessions were advertised throughout the month of October on social media including Facebook and Instagram for residents of Mid Ulster to take part in. The 1st positive ageing month booklet was made available in hard copy and there was also a one week campaign running in October with Q Radio to advertise the free sessions. A Positive Ageing Month report was produced on the evaluation of social media, press, and website clicks. See attached appendix B.</p> <p>Events were well attended with positive feedback received and a sample of feedback is detailed below:</p> <p><b><u>RNID Drop-In Hearing Clinics</u></b></p> <p>Total of 85 people attended the drop in hearing clinics throughout Mid Ulster. At least 16 people left with a certificate to take to their GP for further investigation.</p> <p><b><u>Cost of Living Workshops</u></b></p> <p>STEP along with supporting agencies including MUDC delivered a series of three coffee mornings during October 2022 throughout the district to approx. 120 people. These events were organised to provide members of the public with access to information that would help to counter the rising costs of living and help them to navigate through the winter months. The events were informal, with information stands staffed by support agency employees and volunteers. Some feedback from the sessions:</p> <p><i>‘Very beneficial, I got a great cookbook with 101 recipes and the Council have invited me to another event next week. I’m glad I came.’</i></p> <p><i>‘Thank you for the coffee and buns. I got some information about my benefits too and spoke to woman from St Vincent De Paul. I need help and she has said she will help.’</i></p> <p><i>‘I’ve been round all the tables and got so much information that will help me. I’m in supported living and it is good to have more support.’</i></p> <p><b><u>Better Connected (Over 50s fitness) with Get out Get Active Coach</u></b></p> <p>117 participants took part in various keep fit exercises throughout the month of October-classes were held in Dungannon Leisure Centre and online via zoom.</p> <p><b><u>Medieval History Walk/Chatty walks</u></b></p> <p>12 participants</p> <p><i>“Really enjoyed and would be interested in keeping in touch about more like events”</i></p> <p><b><u>Age NI Community Navigator Pop Up Information Points</u></b></p> <p>Over approximately 100 people attended Pop Up events throughout the district. Venues included:</p> <ul style="list-style-type: none"> <li>• An Carn Tirkane</li> <li>• Draperstown Library</li> <li>• Gortalowry House</li> <li>• Granaghan Resource Centre</li> <li>• Ballyronan Marina Centre</li> </ul>
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	<ul style="list-style-type: none"> <li>• Magherafelt Library</li> <li>• Maghera Library</li> <li>• Cookstown Library</li> </ul> <p><b><u>Falls Awareness Session with SHSCT</u></b></p> <p>Approx 40 attendees came along to the falls awareness session in the Junction Dungannon. Guest speakers included home safety officer, an optician and the SHSCT who delivered a Take 5 mental wellbeing session along with Thai Chi exercise. Attendees received a goodie bag to take home.</p> <p><i>“It was a fantastic event and thanks to the council’s home safety officer for inviting me. I would love to have something similar in our over 50s and carers group in Tamnamore”</i></p> <p><b><u>Hill of The O’Neill &amp; Ranfurly House Arts &amp; Visitor Centre</u></b></p> <p>Film Waking Ned = 15 participants  Ann Street Memories: A Look Back at Dungannon = 26 participants  Afternoon Tea Dance= 23 participants.</p>
<b>4.0</b>	<b>Other Considerations</b>
<b>4.1</b>	<b>Financial, Human Resources &amp; Risk Implications</b>
	Financial: None
	Human: None
	Risk Management: Considered in line with relevant Council policies and procedures.
<b>4.2</b>	<b>Screening &amp; Impact Assessments</b>
	Equality & Good Relations Implications: N/A
	Rural Needs Implications: N/A
<b>5.0</b>	<b>Recommendation(s)</b>
5.1	To note the update on Positive Aging Month October 2022.
<b>6.0</b>	<b>Documents Attached &amp; References</b>
6.1	Appendix A - Programme of events
6.2	Appendix B - Evaluation of Social media, Press, and Website clicks