

Positive Ageing Month

October



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council



A month-long programme of events and activities across Mid Ulster.

October 2023

midulstercouncil.org/positiveageingmonth



October 2023

Mid Ulster Positive Ageing Month

Throughout October, Positive Ageing Month will celebrate the contribution that Mid Ulster's older citizens make to their local communities.

With a mix of events to enable older people to connect both virtually through online events and physically there's something for everyone to enjoy.



This programme of events is focused on decreasing the sense of isolation and loneliness that many older people feel. Our Mid-Ulster older people's population size is increasing every year and with that comes the need for increased support around issues of health, well-being, financial advice, cost of living issues and even drop-in hearing clinics which are all covered and on offer in this great timetable of free events.

Councillor Dominic Molloy

Chair, Mid Ulster District Council

For more information on any of the events visit our website midulstercouncil.org/positiveageingmonth or contact:

Raisa Donnelly (Age Friendly Co-ordinator)

T: 03000 132 132

E: raisa.donnelly@midulstercouncil.org

International Day of Older Persons 2023

Sunday 1 October

Each Autumn, Positive Ageing month provides the perfect opportunity to recognise and celebrate the positive contributions of older people in society.

It's also a chance to bring national attention to a shared topic or common issue and this year, Pride in Place has been chosen as a theme by the UK Network of Age Friendly Communities, to highlight older people's contributions to where they live.

RNID - Get support with hearing loss

Monday 2 October from 10am - 12pm

Visit our free drop-in service (no appointment needed) where our friendly volunteers can help with:

- Information on hearing loss and tinnitus
- How to do a hearing check
- Hearing aids, basic repairs and maintenance of NHS hearing aids
- Access to support and services in your area

Contact Iain Irvine - RNID Near You Co Ordinator (NHSCT)
Call: 07940 160672

Cookstown Community Centre, 42 Fairhill Road, BT80 8AG

Magherafelt Library - Cuppa and Chat

Monday 2 October from 1pm - 3pm

Join us for a chat and cuppa in Magherafelt library every Monday from 1pm to 3pm. This is a brilliant opportunity to meet new people and make friendships.

For more information contact Breda at Agewell on 028 7963 2170.



the burnavon

To celebrate Positive Ageing Month in October The Burnavon is offering a selection of workshops to the 60+ age group.

Slate Decoupage Workshop

Wednesday 4 October
10.30am - 1pm

Wind Chime / Sun Catcher Workshop

Wednesday 18 October
10.30am - 1pm

Bath Bomb Making Workshop

Wednesday 11 October
10.30am - 12.30pm

Create Your Own Personalised Fabric Bag

Wednesday 25 October
10.30am - 1pm

**Individual workshops cost £5 - All materials supplied
Book all four workshops for a reduced cost of £17.**

Tea / coffee and scones provided at each workshop above.
Please advise of any allergies or intolerances at time of booking.

Contact the Burnavon Box Office on 028 8676 9949 to register.

Local Places & Faces Exhibition - Cookstown Memories

Monday 2 October - Friday 27 October

Local photographer Norman Bell will take you on a stroll down memory lane in Cookstown, with his digital display of photographs taken over the years. To complement this exhibition Norman will give a talk on his photographs on Thursday 5 October 7.30pm.

Make A Change - Walking Connects

Tuesday 3 October from 11am - 12pm

A Free Walking Programme for anyone over the age of 50 to help promote and raise awareness of the benefits of physical activity every Tuesday in October from 11am-12pm at Meadowbank Sports Arena, Magherafelt.

Contact Teresa.McBennett@midulstercouncil.org call 03000 132 132.

RNID - Hearing Check (Dungannon)

Wednesday 4 October from 10am - 4pm

Visit our free drop-in service from 10am to 4pm in Dungannon Council Offices. No appointment needed.

Take a Trip down memory lane with Norman Bell

Thursday 5 October at 7.30pm

As well as a lifelong interest in recording local events Norman has always been interested in the history of the Cookstown area. The places and faces that will appear on the screen will be familiar to many and will be a trip down memory lane. A digital display of Norman's archived photos will be on display in The Burnavon during the month of October.

To complement this exhibition Norman will give a talk on his photographs on Thursday 5th October in the Burnavon.

Positive Ageing Month Celebration Event

Positive Ageing Month
October



Physical Activity for Falls Awareness

WHERE AND WHEN:

4th October
BANBRIDGE LEISURE CENTRE
10th October
DUNGANNON LEISURE CENTRE
17th October
NEWRY LEISURE CENTRE

Each event will be from 10.30-12.30
with refreshments

 Southern Health
and Social Care Trust

Quality Care - for you, with you



PHYSICAL ACTIVITY AT EACH EVENT

Falls Fighters Talk (20 mins)
Strength and Balance (15 mins)
Chi Me (15 mins)
Functional Fitness MOT (15 mins)

To book your place please contact

BANBRIDGE EVENT: Stephanie Rock
agefriendly@armaghbanbridgecraigavon.gov.uk
Tel: 07825 010630

DUNGANNON EVENT:
Raisa.Donnelly@midulstercouncil.org
Mobile: 07553 379721

NEWRY EVENT: Tara.Smyth@nmandd.org
Mobile: 07511 046135

RNID - Get support with hearing loss

Friday 6 October from 11am - 1pm

Visit our free drop-in service (no appointment needed) where our friendly volunteers can support you with:

- Information on hearing loss and tinnitus
- How to do a hearing check
- Hearing aids, basic repairs and maintenance of NHS hearing aids
- Access to support and services in your area

Clogher Valley Health & Day Centre, 38 Augher Road, BT76 0AP

Call: 0808 808 0123 Email: contact@rnid.org.uk SMS/text: 07360 268988

Bank of Ireland Financial Wellbeing

Friday 6 October from 11am - 12.30pm



The Bank of Ireland will present a webinar on a variety of financial wellbeing topics. The webinar will also look at fraud and protecting your finances as well as cost of living savings tips, support and resources. Online via teams.

Registration is essential contact Raisa Donnelly 03000 132 132 or email raisa.donnelly@midulstercouncil.org

Dungannon Library - Cuppa and Chat

Friday 6 October from 1pm - 3pm

Every Friday drop in for a Coffee and Chat Dungannon Library 1pm to 3pm. This is a brilliant opportunity to meet new people and make friendships.

For more information please contact Breda at Agewell on 028 7963 2170.

Mid Ulster Memories with Maura Johnston

Monday 9 October from 1pm - 3pm

Join us for Mid Ulster Memories facilitated by Maura Johnston, a chat and cuppa in Cookstown library. Memories are important. This is a great opportunity to share memories and experiences. This session is funded by the Public Health Agency open to anyone who wishes to come along and meeting and reminisce, to tell, to share and to reflect.

Location: Magherafelt Library

For more information please contact Raisa Donnelly 03000 132 132 or email raisa.donnelly@midulstercouncil.org

Falls Awareness Session

Tuesday 10 October from 10.30am - 12.30pm

Information on preventing falls along with MOT fitness checks and strength and balance exercises.

Dungannon Leisure Centre from 10.30am - 12.30pm followed by light refreshments.

Registration is essential contact Raisa Donnelly 03000 132 132 or email raisa.donnelly@midulstercouncil.org

Make A Change Walking Connects

Tuesday 10 October from 11am - 12pm

A Free Walking Programme for anyone over the age of 50 to help promote and raise awareness of the benefits of physical activity every Tuesday in October.

Location: Meadowbank Sports Arena, Magherafelt

Contact Make A Change Officer Teresa Mc Bennett on 03000 132 132 or Teresa.McBennett@midulstercouncil.org

RNID - Hearing Check (Cookstown)

Wednesday 11 October from 10am - 4pm

Visit our free drop-in service from 10am to 4pm in Cookstown Council Offices. No appointment needed.

Chatty Walks with Age Friendly Co-ordinator & SHSCT

Thursday 12 October from 11am - 12 noon

Meet at Coalisland Canal (Newell stores car park).

Dungannon Library - Cuppa and Chat

Friday 13 October from 1pm - 3pm

Every Friday drop into Dungannon Library for a coffee and chat from 1pm-3pm. This is a brilliant opportunity to meet new people and make friendships.

For more information contact Breda at Agewell on 028 7963 2170.

Virtual Tea Dance

Friday 13 October from 3pm - 4pm via Zoom

To register please contact seniors info@belfastcity.gov.uk.



Magherafelt Library - Cuppa and Chat

Monday 16 October from 1pm - 3pm

Why not join us for a chat and cuppa in Magherafelt library? Every Monday from 1pm – 3pm. This is a brilliant opportunity to meet new people and make friendships.

For more information contact Breda at Agewell on 028 7963 2170.

Fuel Stamp Savings Scheme

Stamp your way to a warmer home

Fuel Stamps and Collection Cards **NOW AVAILABLE**



Public Health Agency

The fuel stamp scheme is designed to help householders spread the cost of their central heating oil and solid fuel.



www.midulstercouncil.org/fuelstamps



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Make A Change Walking Connects

Tuesday 17 October from 11am - 12pm

A Free Walking Programme for anyone over the age of 50 to help promote and raise awareness of the benefits of physical activity every Tuesday in October. Location: Meadowbank Sports Arena, Magherafelt.

Contact Teresa McBennett on 03000 132 132 or Teresa.McBennett@midulstercouncil.org

Money and Pensions Service Talk

Tuesday 17 October at 11am



One hour webinar covering all aspects of pensions with a 45 min presentation via Teams and 15 mins for questions.

There will be a general overview of pensions, state pensions, options on retirement and scams. Meeting link available at www.midulstercouncil.org/positiveageingmonth.

Contact pensionsoutreach.enquiries@maps.org.uk or Raisa Donnelly 03000 132 132 for further information.

RNID - Hearing Check (Magherafelt)

Wednesday 18 October from 10am - 4pm

Visit our free drop-in service from 10am to 4pm in Magherafelt Council Offices. No appointment needed.

Virtual Quiz

Wednesday 18 October from 3pm - 4pm via Zoom



To register please contact seniorsinfo@belfastcity.gov.uk



Mid Ulster District Council
Information For Residents

Energy Efficiency Advice Service



The Energy Efficiency Advice Service is a 1-1 personal approach to manage the energy efficiency of domestic properties within Mid Ulster District Council (Cookstown & Magherafelt areas).

Are you, or someone you know, living in a cold or damp home?

The Energy Advisor can provide tailored support for clients including the generation of referrals to other available support schemes.

For further information please contact Mid Ulster District Council and ask to speak to the Energy Efficiency Adviser on 03000 132 132 or email health.wellbeing@midulster.council.org

What assistance is available from your local council?

- Onward referrals for heating and insulation grants.
- Bespoke energy efficiency advice.
- Home visits to provide tailored information and support.
- Information on local oil buying clubs.
- Information on fuel/oil stamp schemes.
- Attendance at talks and events.

 **Public Health Agency**
Project supported by the PHA



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Learn to Safely Navigate the Internet with Allstate Cyber Safety for Older Adults

Thursday 19 October at 10.30pm



The online interactive training covers common online scams, fraud protection, and cybersecurity awareness, including password protection and privacy settings.

Webinar Via Zoom.

Meeting details at www.midulstercouncil.org/positiveageingmonth

Chatty Walks with Age Friendly Co-ordinator and SHSCT

Thursday 19 October 11am

Time: 11am – 12noon

Meet at the Round Lake, Fivemiletown (Main car park)

Cookstown and District in World War II Talk: America's Appreciation and Pride of Place - John McCann

Thursday 19 October at 7.30pm

The arrival in Cookstown in mid-July 1942 of the United States 28th Quartermaster Regiment was the beginning of a two year period when tens of thousands of American G.I.'s became a familiar sight to the local people in and around the Cookstown District. Within that time, as the war progressed in Europe, many relationships developed between citizens and soldiers.

By using their written words, the aim of this presentation is to examine and celebrate the pride and appreciation of those G.I.'s who found Cookstown a worthy temporary home and 'Oasis between Battlefields' some - not so long - 80 years ago.

The Burnavon, Cookstown. Time 7.30pm. Cost £5

To register contact Burnavon Box Office by telephone 028 8676 9949



Mid Ulster Home Safety Scheme

Mid Ulster Home Safety Scheme helps those over 65, families with children under 5 and vulnerable adults/children avoid serious accidents within the home. The scheme includes:

- Free Home Safety Visits
- Home Safety equipment (where criteria is met)
- Home Safety talks to groups (open to all age groups).

Have you had your FREE Home Safety Visit?

Every year, there are thousands of accidents and injuries in our homes, from burns and scalds to trips and falls. The Mid Ulster Home Safety Scheme aims to reduce the number of accidents which happen in the home by providing information and advice.

Can anyone apply for a FREE Home Safety Check?

If you:
Are **65 or over**, have a **child under 5** or a **vulnerable adult/child** then you are eligible for a free home safety check.

If you request a home safety check, or are referred for a check by someone like a health visitor, a Health & Wellbeing Officer will visit your home when it's convenient. It's a relaxed and informal visit, giving you an opportunity to discuss any home safety concerns you might have.

The Health & Wellbeing Officer will discuss important areas of home safety and establish what safety equipment you may need.



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Dungannon Library - Cuppa and Chat

Friday 20 October from 1pm to 3pm

Why not join us for a chat and cuppa in Dungannon library? Every Friday from 1pm to 3pm. This is a brilliant opportunity to meet new people and make friendships.

For more information please contact Breda at Agewell on 028 7963 2170.

RNID - Get support with hearing loss

Friday 20 October from 2pm - 4pm

Visit our free drop-in service (no appointment needed) where our friendly volunteers can help with:

- Information on hearing loss and tinnitus
- How to do a hearing check
- Hearing aids, basic repairs and maintenance of NHS hearing aids
- Access to support and services in your area

Dungannon Library, Market Square, Dungannon, BT70 1JD

Call: 0808 808 0123 Email: contact@rnid.org.uk SMS/text: 07360 268988

Sing for Victory workshop with Karen Diamond

Friday 20 October at 2pm

Look back at life in the past and sing along to songs from the 1940s with live piano by music therapist Karen Diamond. Music has the power to unlock memories and participants are encouraged to reminisce in this dementia friendly workshop. A songbook is provided for requests. The workshop lasts approximately 45 minutes to 1 hour. Numbers are limited to 15 participants so please get in contact to book your place.

Email outreach@niwarmemorial.org or phone 02890 320392 option 3.

Belfast Blitz Cathedral Quarter Walking Tour

Tuesday 24 October 2023 at 2pm

In this walking tour of Belfast's Cathedral Quarter, join staff from the Northern Ireland War Memorial to uncover the history and impact of the Belfast Blitz of 1941. Look at images from the time and compare them to how the streets look today. Perfect for the active history lover.

The tour lasts approximately 1 hour and 30 minutes. Numbers are limited to 20 participants so please get in contact to book your place.

Email outreach@niwarmemorial.org or call 028 9032 0392 option 3.

Mid Ulster Memories with Maura Johnston

Monday 23 October from 1pm - 3pm

Join us for Mid Ulster Memories facilitated by Maura Johnston, a chat and cuppa in Cookstown library.

Memories are important. This is a great opportunity to share memories and experiences. This session is funded by the Public Health Agency open to anyone who wishes to come along and meeting and reminisce, to tell, to share and to reflect.

For more information contact Raisa Donnelly 03000 132 132 or email raisa.donnelly@midulstercouncil.org

Magherafelt Library

Monday 23 October from 1pm - 3pm

Why not join us for a chat and cuppa in Magherafelt library? Every Monday from 1pm - 3pm. This is a brilliant opportunity to meet new people and make friendships.

For more information contact Breda at Agewell on 028 7963 2170.



Deafblind NI

Live better with sight and hearing loss

Our wide range of services are designed to help you continue to live the life you love.

Contact us today

www.deafblind.org.uk

Free helpline: 0800 132 320

Text: 07903 572885

Email: info@deafblind.org.uk

Text relay: 18001 then 0800 132320

BSL video relay: deafblind.org.uk/bsl

Celebrate Positive Aging Month with an Allstate Cyber Safety Session



When: 19 October, 10:30am

Where: Zoom



Learn to safely navigate the internet with **Allstate Cyber Safety for Older Adults!** Our interactive training covers common online scams, fraud protection, and cybersecurity awareness, including password protection and privacy settings.

Register for this FREE training session and gain essential skills to protect yourself online.

[CLICK HERE TO REGISTER](#)

**Allstate
cybersafety**



For more information, contact us at AllstateCyberSafety@allstate.com

Allstate

Make A Change Walking Connects

Tuesday 24 October from 11am - 12pm

A Free Walking Programme for anyone over the age of 50 to help promote and raise awareness of the benefits of physical activity every Tuesday in October.

Location: Meadowbank Sports Arena, Magherafelt

**Contact Teresa Mc Bennett on 03000 132 132 or
Teresa.McBennett@midulstercouncil.org**

Chatty Walks with Age Friendly Co-ordinator & SHSCT

Thursday 26 October from 11am - 12 noon

Meet at the Fishing lodge in Dungannon Park.

Dungannon Library - Cuppa and Chat

Friday 27 October from 1pm - 3pm

Why not join us for a chat and cuppa in Magherafelt library? Every Friday from 1pm to 3pm. This is a brilliant opportunity to meet new people and make friendships.

For more information contact Breda at Agewell on 028 7963 2170.

Magherafelt Library - Cuppa and Chat

Monday 30 October from 1pm - 3pm

Why not join us for a chat and cuppa in Magherafelt library? Every Monday from 1pm - 3pm. This is a brilliant opportunity to meet new people and make friendships.

For more information contact Breda at Agewell on 028 7963 2170.

Move With Music - Tea Dance

Monday 30 October from 12.30pm - 3pm

A fun afternoon to get out, connect and to keep active; and what better way than to dance the afternoon away with music and dance steps provided by Marie Garrity. Enjoy music and dance in company with some light refreshments provided.

The Terrace Hotel Magherafelt - Admission free.

Please note spaces are limited. To register contact Raisa Donnelly 03000 132 132 or email raisa.donnelly@midulstercouncil.org

Halloween Celebrations in Mid Ulster

- 27 October 2023 - Dungannon Halloween Dungannon
- 28 October 2023 - MUSA Halloween MUSA
- 31 October 2023 - Halloween Hooley Maghera Leisure Centre
- 31 October 2023 - Maghera Fireworks Maghera
- 31 October 2023 - Coalisland Halloween

For further details see www.midulstercouncil.org

Physical Activity and Information Talks

Strength and balance exercise classes delivered by Healthy Kidz across the centres along with health and wellbeing information talks from health professionals. Light refreshments provided.

To register or further information please contact Raisa Donnelly 03000 132 132 or email raisa.donnelly@midulstercouncil.org

Every Thursday in October:

- Maghera Leisure Centre 10am - 12pm
- Greenvale Leisure Centre 11:30am - 1:30pm

Every Friday in October:

- Moneymore recreation centre 11-1pm
- Cookstown Leisure centre 12:30 - 2:30pm

Tai Chi and Wellness

Tuesday 10 and 17 October

Tai Chi and Wellness Programme with Ann and Paula from New Life Directions on from 10am to 1pm in the Rowan Tree Centre Pomeroy. To book your place, please contact Anita 075 4063 5862 or healthalliance@cwsan.org

Move More Live More

Monday 23 October from 2pm - 3pm

Regional online session to promote falls prevention messages and inform individuals how they can access the 6 week Move More Live More programme

To get Zoom link for session email: move-more@ageni.org

Positive Ageing Month 2023

For further information on Positive Ageing Month in Mid Ulster contact:

Raisa Donnelly

Age Friendly Co-ordinator
Mid Ulster District Council
Ballyronan Road
Magherafelt
BT45 6EN

Tel: 03000 132 132

Mob: 07553379721

Email: Raisa.Donnelly@midulstercouncil.org

PLEASE NOTE: All information is correct at time of printing and is subject to change. Please visit midulstercouncil.org/positiveageingmonth for updates.



make a *change*
a helping hand for your health

Are you aged 50 or over?

**Do you live in the Mid Ulster District Council area?
Are you interested in making a small change for
your health and getting support to do so?**

Make A Change offers one-to-one support to help you 'make a change'. Whether you want to improve your diet or get more active, Make A Change could be for you. The dedicated Health and Wellbeing Officer will work closely with you over a period of weeks or months, to help you along the way. You don't have to do it alone!

**You decide what you want to change.
We provide you with help and support to change it.**

This service is confidential and FREE of charge.

**Please contact the Health & Wellbeing Officer
E: health.wellbeing@midulstercouncil.org
T: 03000 132 132**

 Northern Health
and Social Care Trust

 Southern Health
and Social Care Trust

 Public Health
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District Council



Age Friendly
Mid Ulster

Supporting Organisations



Age Friendly
Network NI



HSC Public Health
Agency



**Bank of
Ireland**



**Allstate
cybersafety**



HSC Northern Health
and Social Care Trust



HSC Southern Health
and Social Care Trust



Age Friendly Strategic Plan **2023 - 2026**

Our Plan for an Ageing Community

Ensuring people age well in Mid Ulster











Easy read



Age Friendly
Mid Ulster



What is the plan

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Age-friendly plan Introduction

This easy read version of the Age-friendly plan tells you our vision and what we plan to do to support older people to age well.

An Age-friendly community is one in which people of all ages can live healthy and active lives and where everyone is treated with respect, regardless of their age. As we all live longer, there are huge opportunities to create ageing well communities.

Mid Ulster District Council have been engaging with residents over the age of 50 from April 2022 – March 2023 to find out how it feels to grow older in their communities and what matters most to them with improvements for the future.

The findings from engagement with 425 people have informed actions to make improvements over the next three years, looking at key actions covering the 8 Age-friendly themes.

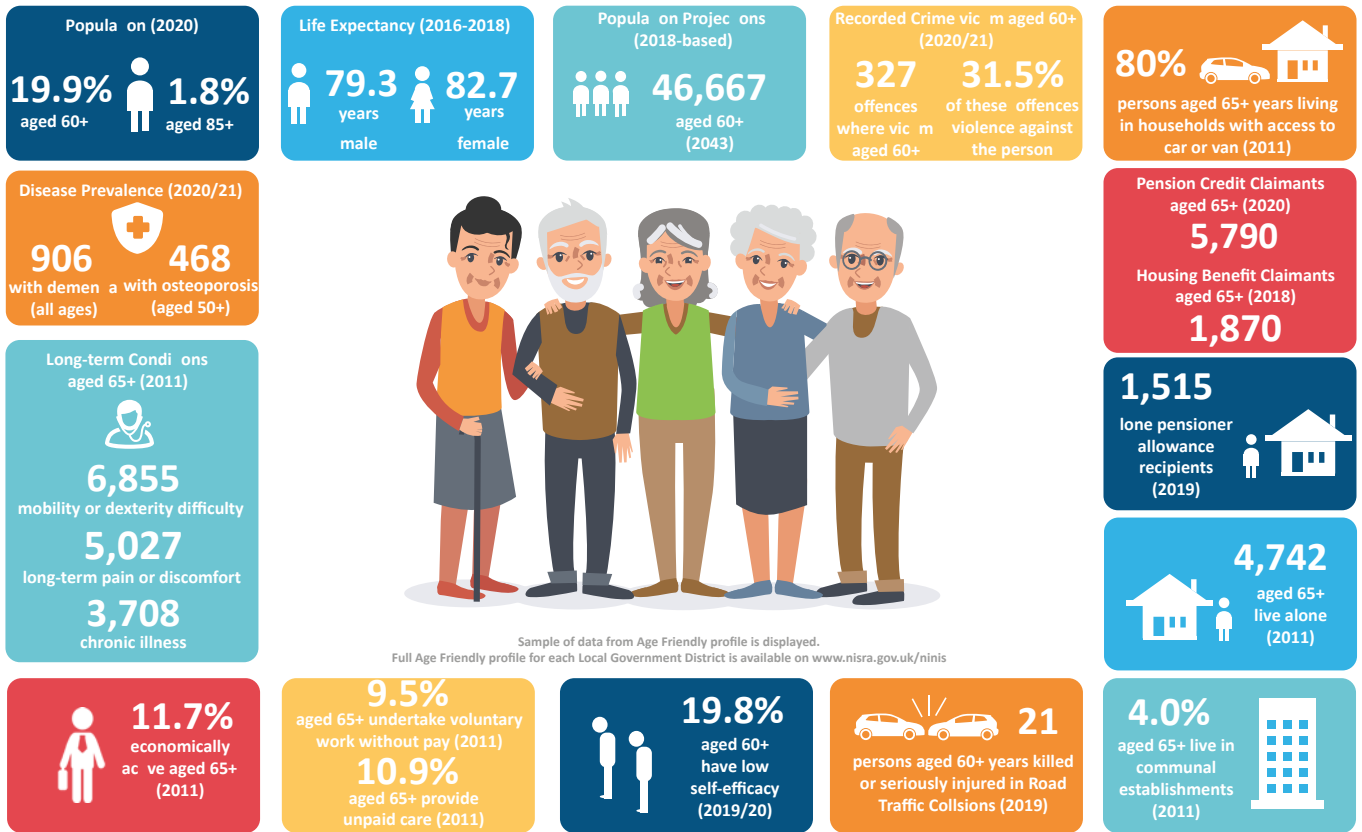
Mid Ulster is fully aware we have an ageing population meaning that there will be more older people over the age of 50 in the next 10-20 years. We want to be better prepared to support older people and future generations.



Profile of growing older in Mid Ulster



Age Friendly Profile for Mid Ulster



148,528 Population of Mid Ulster (2020)

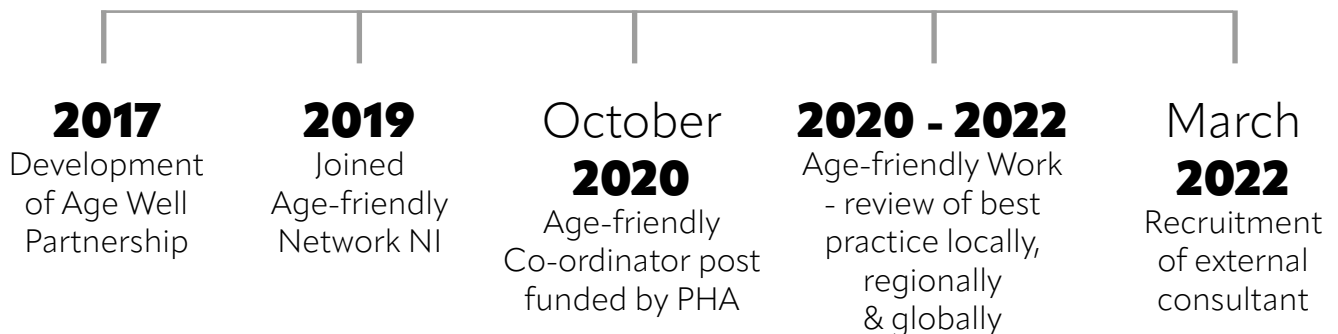
2,673 Aged 85+ 1.8%

29,557 Mid Ulster population aged 60+ years 19.9%

46,667 Mid Ulster aged 60+ expected to rise to by 2043

Steps taken by Council to date

Over the past five years Mid Ulster Council have been working hard to support older people with care, connections and wellbeing.



Mid Ulster Age friendly Journey to Date



**Positive Ageing
Month Delivery
(October)**

**Launch of Chatty Cafés,
Chatty benched and Chatty
Libraries alongside Mid
Ulster Loneliness Network**

**Delivery of
small Grant
programmes**

**Kindness postbox project delivered to local
schools community groups & nursing homes**

**Access Adult Training and
walkability audits alongside Mid
Ulster Disability Forum**

**Meeting with Commissioner
for Older People NI Eddie
Lynch**

**Involved in consultation DfC
Active Ageing Strategy and Age NI
Pensioners' Parliament**

**Centre For Better Ageing
Annual Conference
Birmingham**

Age-friendly and our community plan

The Mid Ulster District Council Community plan, alongside the Age-friendly plan, will build on the solid foundation of the existing relationships, partnerships, programmes already in place.

The Age-friendly plan will link to the community plans outcomes as it highlights that an ageing population is an important issue to address.

With the purpose of community planning being to improve how public services work together, with local people, to plan and deliver better services. Age-friendly will be a relevant way of working to gain positive outcomes for the Council's population in future years, linking to the current eight Age-friendly themes ensuring that everyone will benefit.

This Age-friendly plan tells you our vision and what we plan to do to support residents to age well in their community.



Our Vision

Mid Ulster is an Age-friendly district where older people are valued, engaged and supported to live healthy, active and fulfilling lives.



Theme 1:

Outdoor Spaces Buildings Action Plan

We plan to increase infrastructure to support an Age-friendly community, with increased access to Mid Ulster community areas and green spaces, both town and rural, that the public enjoys.

Suggested Actions:

- Encourage and promote more access to outdoor spaces – recreation, leisure, parks, chatty benches and chatty cafes.
- Develop a set of Age-friendly design guidelines and business charters for our district that will grow over time.
- Promote accessibility apps and websites and recognition of Age-friendly awards to places to promote accessibility.
- Promote anti-littering programmes of education, awareness raising and enforcement.
- Explore options to improve accessibility along pavements and roads e.g. Awareness raising and signage.



Theme 2: Transport Action Plan

We plan to increase partnership working to ensure better transport options and for improved accessibility, equality and safety.

Suggested Actions:

- Engage with decision makers to maintain community transport services; improving the reliability, accessibility and affordability of transport within town, rural areas and hospital settings.
- Promote smart passes and community transport, volunteer driver schemes with good news stories promoting services and easy to read timetables.
- Promote Shopmobility and GObility services and increase referrals from healthcare professionals across Mid Ulster, including NHSCT and SHSCT.
- Promote Age-friendly Awareness Training to all transport providers.



Theme 3: Housing Action Plan

We plan to give older people more choices to live independently and safely within their homes.

Suggested Actions:

- Scope and promote the opportunities for people to remain independently at home in a safe, warm and affordable environment as they age well in their own homes.
- Lobby government to support home grant schemes that enable people to live independently in a safe, warm and affordable home.
- Maintain a good morning call and home maintenance service for those in need.
- Promote Dementia Friendly assisted technology and safety measures with Herbert Protocol and PSNI.



Theme 4: Social Participation

We plan to increase social participation, addressing loneliness and isolation by connecting older people to services and their local communities.

Suggested Actions:

- Develop more chatty places – warm, friendly chat areas, promoting libraries providing services for older people such as reading newspapers aloud, a cup of tea etc.
- Increase Age-friendly promotion, i.e: social media/ newsletter to highlight current activities, organisations and good news stories.
- Encourage the development of buddy schemes to support involvement in local activities and community groups.
- Promote training for staff who work in the community, the voluntary and educational sectors.
- Ensure better access to affordable services and activities that are age appropriate with convenient times and locations.



Theme 5: Respect and Social Inclusion Action Plan

This plan will support and focus on the diverse range of people living within mid ulster from 50+. As we all live longer, there are great opportunities to create vibrant communities, develop life-long interests and aspirations, and support diversity amongst our ageing population considering people living with a disability, LGBT communities, BAME groups and carers.

We plan to increase opportunities to support and promote active ageing, removing barriers to older people to ensure they are more respected, valued and included.

Suggested Actions

- Develop an Age-friendly older people's forum to consult on policies and inclusion.
- Connect and support people to participate in digital training and digital inclusion programmes.
- Develop and roll out a 'Positive Aging' plan e.g. appreciating diversity



Theme 6: Civic Participation Action Plan

We plan to increase employment support, financial well-being and volunteering opportunities, ensuring older people have vital roles in their communities.

Suggested Actions

- Support people to plan for a better later, i.e. Produce Retirement packs for 50+, and promote volunteering opportunities.
- Encourage businesses to prioritise Age-friendly planning and retain an older workforce, i.e. Age NI Age @ Work mid-career reviews, Age-friendly training and policies to support roles i.e. Menopause.
- Promote cost-of-living, benefit uptake and financial well-being workshops i.e. Make the Call pop-up clinics.



Theme 7: Communication and Information Action Plan

We plan to have an effective communication system to ensure older people have the information, advice and support they need to claim their rights and entitlements and access services.

Suggested Actions

- To develop a communication action plan i.e. developing a database for partners, organisations and older people's groups for future communication.
- Provide online sessions such as pension advice, and TV licensing scam awareness talks.
- Develop an Age-friendly newsletter with essential contacts, linking to Mid Ulster District Council website.
- Develop one-stop shops for people to access information i.e. Rural areas information roadshows.
- Connect and support people to access information, including digital training, digital inclusion programmes and promoting digital champions.
- Encourage organisations to produce Age-friendly documents, including funding applications.



Theme 8: Community Support and Health

We plan to help people stay well and feel good for longer by connecting them to community and healthcare services to live independent and healthy lives.

Suggested Actions

- Build and maintain relationships with all service providers to share support and increase referrals, i.e., meals on wheels, luncheon clubs and food banks.
- Identify and promote good mental health, physical activity and well-being programmes and support i.e. Mental Health Community Ambassadors, Physical activity referral scheme, walking groups and leisure centre activities, Make a change programme, Take 5 Programme, Safer U App, Scam Wise and Action Mental Health support.
- Share information on health issues, relevant services, development opportunities regarding nutrition, diabetes, sleep routines and public health messages.
- Support and raise awareness around End-of-Life Care.



Making our plan happen

By working together with all partners and interested individuals, we can all do our part to ensure that the Mid Ulster District is a great place to grow older.

- An Age-friendly Alliance is a multiagency partnership who will lead in delivering this Age-friendly strategic plan.
- An Age-friendly co-ordinator will facilitate quarterly meetings and liaise with partners, task groups and action leads.
- We will refresh the membership of the Mid Ulster Seniors Network (representatives of older people's groups and service providers) to include an older people's forum, ensuring older people have their voices heard.

**Mid Ulster District Council Community
Plan 2017-2027**

AGE-FRIENDLY ALLIANCE

Age-friendly Co-ordinator

**Ageing Well
Initiative**

**Task groups & leads for
Age friendly action plan**

**Age Friendly Over 50's Forum
(Mid Ulster Seniors Network)**

- Already in place
- Community and Voluntary service
- Needs developed

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