

Report on	Age Friendly Update
Date of Meeting	12th October 2023
Reporting Officer	Kieran Gordon, Assistant Director Health, Leisure & Wellbeing
Contact Officer	Raisa Donnelly, Age Friendly Co-ordinator

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	The purpose of the report is to provide information on the event to mark Mid Ulster Loneliness Network 2nd birthday along with the formal launch the Mid Ulster Age Friendly Strategy and action plan. In addition, information is also provided on Positive Ageing month taking place during October.
2.0	Background
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	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	The Age Friendly Co-ordinator continues to meet the PHA objectives by working alongside Mid Ulster Loneliness Network, Mid Ulster Disability Forum, Mid Ulster Seniors Network and Mid Ulster Age Well to further develop a positive ageing community within Mid Ulster.
2.4	The Age Friendly Co-ordinator along with the Mid Ulster Loneliness Network delivered an event on 29th September 2023 in the Burnavon Cookstown to mark the networks 2nd birthday along with the formal launch of the Mid Ulster Age Friendly Strategy and action plan.
2.5	October celebrates 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.
3.0	Main Report
3.1	A new Age-friendly structure that aligns with Councils' Community plans has been implemented with the formation of an Age-friendly Alliance to deliver on the 3-year Age-Friendly Strategy and Action Plan that was approved at Development Committee in July 2023 (minute reference: D109/23).

<p>3.2</p> <p>3.3</p> <p>3.4</p> <p>3.5</p>	<p>The Age-friendly Co-ordinator will be responsible for engaging with the Older Persons forum and will report back to the Strategic Alliance on a continual basis to enable effective co-production and consultation with older people throughout all stages of the Age-friendly Strategy and Action plan and any other local issues. This is a co-production and people-led process where local people and organisations have made contributions on what it is like to live in their area. Their views have informed this three-year action plan for delivery.</p> <p>The Age Friendly co-ordinator has been working to bring together a programme of events for Positive Ageing Month – further details enclosed within the appendix. A mix of events have been organised for residents to enable them to connect both virtually through online sessions and face to face in person events.</p> <p>The programme began on Sunday 1st October, International Day of Older Persons. The programme of events is focused on raising awareness of the impact of an ageing population and the need to ensure that people can grow old with dignity and continue to participate in society as citizens with full rights. It also seeks to emphasise how older people can make major contributions to their communities, through volunteer work, transmitting experience and knowledge, helping their families with caring responsibilities and participating in the paid labour force. It's also a chance to bring national attention to a shared topic or common issue 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.</p> <p>Mid Ulster based activities include a number of free series of sessions held by the Council's Age Friendly Co-ordinator including a Tea Dance, a Falls awareness and prevention workshop and Chatty Walks with the Council's Make A Change officers and the Southern Health and Social Care trust.</p> <p>Other events such as, Mid Ulster reminisce exhibitions, craft making workshops, physical activity classes, cuppas and chats and drop-in hearing clinics are available to residents to participate in.</p> <p>A wide range of free online sessions are also organised for people available to attend, covering topics such as financial wellbeing, Pension advice, Energy Efficiency in the Home and Staying Safe whilst online.</p>
<p>4.0</p>	<p>Other Considerations</p>
<p>4.1</p>	<p>Financial, Human Resources & Risk Implications</p> <p>Financial: Costs for development of programme of events contained within annual grant funding received from the PHA and also funding from Northern Healthy Lifestyle Partnership grant. Contribution of £3,000 from Council to MULN approved in April 2023 (minute reference: D066/23).</p> <p>Human: Staff time</p> <p>Risk Management: Considered in line with relevant Council Policies and Procedures.</p>
<p>4.2</p>	<p>Screening & Impact Assessments</p> <p>Equality & Good Relations Implications: None anticipated at this juncture.</p>

	Rural Needs Implications: None anticipated at this juncture.
5.0	Recommendation(s)
5.1	To note the contents of this report.
6.0	Documents Attached & References
6.1	Appendix A: Positive Aging Month Schedule of Activities Appendix B: Mid Ulster Age Friendly Strategy (easy read)