



# Update

## What is age friendly?

An Age Friendly Community is one where older people are supported to age safely, enjoy good health and participate fully in their community. The Age Friendly Process is designed to ensure the region is informed and ready to meet changing needs, interest and aspirations of its' citizens.

## A new year, a new start, a new name!

In December the Mighty Oaks had their last meeting of the year.

This meeting brought a new name for the group who are now known as the **'Positive Ageing Forum'**.

The group felt it better reflected the work they are involved with.

## Older peoples voices matter to us!

We want to grow and want you to get involved with having an impact on age friendly topics in your area. If you are 50+ and interested in supporting the Age Friendly agenda by becoming a member of the Positive Ageing Forum then please get in touch with Joanne at Derry Healthy Cities. Our next meeting will be Friday 2nd March, with a guest speaker from the Pensioners Parliament.

**T: 028 7161 1384 E: [Joanne@dhcni.com](mailto:Joanne@dhcni.com) or [agefriendlyderrystrabane@gmail.com](mailto:agefriendlyderrystrabane@gmail.com)**

***Making Derry & Strabane  
a great place to grow older!***

## Achievements:

- Consulted with local older peoples groups
- Supported developments to make local libraries Age Friendly
- Supported developments to make transport more Age Friendly
- Improved contact with the Community Wardens
- Responded to Local health cuts consultation
- Attended and presented at Age Friendly Regional Conference November 2017
- Input to Community Planning
- Launch of Age Friendly Businesses



## Examples of current projects the Positive Ageing Forum are involved with:

### **Wayfinder project:**

Have you ever got lost in the Altnagelvin Hospital Site? We certainly have! So when we were asked to join the “Wayfinder” group we jumped at the chance. We have been meeting with staff involved in the new build, staff who will be based in the new build and other agencies to ensure that signage is a high priority. Our role is to provide feedback from an Age Friendly perspective. You will be glad to hear that this is only the start of the process and that in the future the group will be looking at signage throughout the whole site, not just the new build.

### **Collaborating with Dementia NI:**

The local dementia NI Derry/Londonderry Empowerment group are working hard to tackle issues affecting them. Through a joint up meeting we discovered that we also have many of the same concerns. Joining up provides both our groups with a stronger voice.

### **Community plans:**

Members of our group responded to the Community Planning consultation. The group provided recommendations regarding the inclusion of older people within the proposals. As a result the team said they would ensure that the Age Friendly focus was strengthened throughout all outcomes of the plan. Another success story.

## What else has been happening with Age Friendly Communities?

- January has been busy with both the Age Friendly Communities Steering group and North West Ageing Well Together Steering group meeting up and joining forces.
- Age Friendly Communities met with Strabane Chamber of Commerce for a Business Breakfast. This was to discuss Age Friendly businesses in the area.
- Age Friendly training is scheduled to take place for local Arts centers and Businesses throughout the Spring.



Want to find out more information about **Age Friendly Derry & Strabane** and how you can get involved? Then please contact **Joanne on 028 7161 1384** or **Joanne@dhcni.com**

**Events & surveys that you can get involved with:**

**Western Trust:** Café Style 'Engagement' Event 2018 Friday 23 March 2018 The Mellon Country Inn Hotel, 134 Beltany Road, Omagh, Co Tyrone. BT78 5RA  
10.00am – 2.00pm

Light refreshments will be served on arrival • Lunch will be provided

[www.westeritrust.hscni.net/pdf/Engagement%20Event.pdf](http://www.westeritrust.hscni.net/pdf/Engagement%20Event.pdf)

**Age NI:** Age NI is working with the Public Health Agency to help shape a new approach to, and model for frailty and associated services in Northern Ireland. We are working with older people to understand 'What Really Matters' when it comes to the issue of frailty. We are hoping that a diverse range of older people (over the age of 60) will fill in this survey (<https://www.surveymonkey.co.uk/r/GX72ZMF>)

**Local useful contacts:**

Bridge Accessible Transport: 028 7137 4556 or [info@bridgetransport.co.uk](mailto:info@bridgetransport.co.uk)

Easilink Community Transport: 028 71883282 or [www.easilink.org](http://www.easilink.org)

Translink: 028 90666630 or [www.translink.co.uk](http://www.translink.co.uk)

GP out of hours: 028 7186 5195

Samaritans: 028 7126 5511/116 123 (From UK & ROI)

Lifeline: 0808 808 8000

Derry & Strabane District Council Community Safety Wardens: 028 7125 3253

Home Safety Team: 028 7125 3253

Western Health and Social Care Trust: Primary Care & Older People 028 7138 1615

Carers Support Team: 028 7135 5023

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