

Welcome to CAP News Issue 10. In this issue you will find a review of Age Awareness Week from Colin Flinn, our Age Awareness Week Correspondent and updates on what happened during the week. You will also find information about the newly launched Community Safety Strategy for Older People in NI, how you can help shape the powers of the forthcoming Older People's Commissioner and why CAP learners are shaking things up in Poland!!

Make Every Week an Age Awareness Week



Colin Flinn, Age Awareness Week Correspondent

As an older man with a particular interest in equality and rights, I jumped at the chance of reporting on Age Awareness Week 2009. I often wonder why the issue of age is not in the media, on the political agenda or in public discourse more often. After all it's something that every single person is going to face if they are lucky enough. So why isn't everyone shouting out about it and why isn't more being done to ensure that it is a positive experience for everyone in society. As one man put it at the Age Awareness Week

Community Safety event in Queen's University which aimed to create more positive links between generations in local communities;

'Our fight now will be your fight in the future unless you listen up and stand with us to protect the rights and needs of older people in our society!'

The aim of Age Awareness Week 2009 was to challenge the attitudes and practices of how older people are portrayed and represented in society, an issue which is becoming increasingly important as our society is an ageing one. In order to meet the needs of an ageing population it is vital that older people are consulted with, listened to, and involved in decision making so that negative attitudes towards older people are transformed and older people are empowered.

Age Awareness Week 2009 went a long way towards challenging the stereotypical portrayals and the representation of older people. The Spring Chickens certainly brought the week to a magical close. Their theatre performance in Belfast Waterfront and venues throughout NI was a brilliant and colourful demonstration of older people's diverse talents and our sheer *joie de vivre* (*Joy of Living*).

Saturday was preceded by a week long programme of very different events exploring issues that older people in our society face.

It was reassuring to hear Robin Newton, Junior Minister with OFMDFM, (in response to the release of the Age Concern Help the Aged NI *One Voice* report), say that he wanted to see gaps in legislation pertaining to the improvement of older people's lives filled as soon as possible.

The week kicked off with a Drive-in Movie, something that isn't usually associated with older people. This event set the scene for the week and as well as enjoying the mischievousness of 79 year old Maude in the film 'Harold and Maude', event attendees were treated to a very interesting welcome DVD which brought the issues associated with ageing to the fore.



At the Drive in Movie - L-R Michele Devlin (Belfast Film Festival), Junior Minister Gerry Kelly, (OFMDFM) Ann Gamble, Anne O'Reilly (Chief Executive, Age Concern Help the Aged NI) and Ted Gamble (event attendee)

The unique contributions that older people bring to organisations as volunteers were highlighted by the Volunteer Development Agency in both their Belfast and Derry/Londonderry offices. I volunteer on a weekly basis and the benefits of this to me as an individual and to the organisation I work for are huge! Visit www.volunteernow.co.uk or call 9023 6100 for more information.

I was also conscious that I wanted to attend events which were going to be taking place throughout the year and not just as part of Age Awareness Week. After all it's these events that really have the power to have an impact on the day to day lives of older

people, something we can plan as part of our weekly activities. Therefore I welcomed the new initiative from National Museums NI: "Live and Learn", which aims to involve older people who do not normally visit museums with new learning opportunities. On Wednesday 30 September I took myself off to the movies at Queen's Film Theatre and watched very different and wisely chosen films on ageing which explored the issues of falling in love in your later years and facing housing discrimination as an LGBT (Lesbian, Bisexual, Gay, Transgender) senior in California. I also attended "Rock 'n' Roll Back the Years" disco on the Falls Road which was one of the many tea dances and discos held throughout the province; what lovely people, great music and sense of community!

Just because the official Age Awareness Week has come to a close it does not mean the older people's issues should now be filed away and forgotten for another year. The issues are ongoing and are part of older people's everyday lives.

Talk with your older neighbour, parent or grandparent see what can you learn from them, how can you help fight their fight for a better future for them, you and your family!

To all readers, of all ages.... make every week an Age Awareness Week!



Lelia Jackson launches the Age Awareness Week event guide and website

Stephanie Campbell (CAP Community Development Officer) reflects on a week packed full of activities...

Another Age Awareness Week has passed. It was great to attend some of the events and to meet so many of you in person. In total 15 events were sponsored by CAP.

The Conway Seniors Group organised a question and answer session with 25 older people and three local politicians in attendance. The older people who attended the event had the opportunity to question their local decision makers about issues that affected them in their local community.

The HEART Project held a "Rock 'n' Roll Back the Years Disco" which took a nostalgic look at music from the 1950's and they had a sing-along too. Siobhan Skates (Project Coordinator) said: 'This event was a complete success, we could have sold this out for three nights. I would like to thank CAP for this opportunity.'



Rock and Roll Back the Years Disco

Gillygooley 2nd Youth held an intergenerational event which gave older people the opportunity to show school children items such as gas masks from war time and talk about what it was like to live during this time. In a letter from the school pupils involved they said: 'We would like to thank you for your kindness, we all enjoyed seeing the old artefacts and loved making the butter and tasting it. We feel very lucky to have taken part in this event with you.'

Killyclogher Senior Citizens Club arranged a visit to Stormont and met with MLAs during their visit to discuss older people's issues in their local area. The visit was hosted by West Tyrone MLA Pat Doherty and MLAs who met with the group on the day included Michelle Gildernew, Jeffery Donaldson and Conor Murphy.

Newtownabbey Senior Citizen's Forum celebrated the benefits of older people's involvement in volunteering. Awards were given out on the day to those older people who have been involved in volunteering.



June Mallon receiving her volunteering presentation from the Lord Mayor of Newtownabbey, Alderman John Scott

The **Carcullion House Luncheon Club** event promoted healthy eating and the importance of keeping physically active.

Trillick Age Concern invited A2B (Access to Benefits) along to their event to take part in a discussion about benefits. The event finished with some old-time dancing.

Clonard Senior Citizen's Group had an event involving older people in residential homes who took part in taster sessions of salsa and ballroom dancing. Strictly Come Dancing better watch out, there's competition about!

Age Concern Cookstown organised a tea dance and karaoke. There was also an art display of work from the Over 50s Arts and Craft class.

Age Concern Greencastle held an old time dance to celebrate the active representation of older people during Age Awareness Week.

The Challengers consist of three forums and members of Engage with Age joined up with three other Belfast based older people's forums to share their experiences of lobbying and campaigning.



The Challengers Event

Eye Count Lobbying Group held an event to highlight their experiences of being visually impaired or blind. **Guests at the event were blind-folded and helped to walk around a simulated street to experience the day to day difficulties that people with visual impairments incur.** Members of the group will continue to lobby decision makers and service providers to make changes that could have a huge impact on their everyday lives.

The **Cross Border Seniors** event highlighted the differences of political representation in the Republic of Ireland and in Northern Ireland. John Brodie (Cross Border Seniors, County Cavan) spoke of his experience of being a member of the Senior Citizens Parliament in the Republic of Ireland. The group will continue discussions about how to achieve a similar Parliament at Stormont.

Helping to Age Well group held an event to challenge service providers to address inequality in accessing services.

The final event was organised by CAP and looked at how older people see themselves and how they feel they are represented in society. As you can see in the picture below a good (and very colourful) time was had by all.



Participants of the art event showing off their work

Thinking CAP's on

The theme of Age Awareness Week 2010 is "Recognition". It is a great time to start thinking about what type of event you would like to organise to celebrate and/or discuss the recognition of older people in our society. It would be great to hear about your ideas when we send out our grant application forms soon. Remember any type of event is welcome as long as it celebrates and/or explores the 'recognition' of older people in our society.

For more information contact Stephanie Campbell using the contact details on the back page.

Attracta Cosgrove (CAP Training Officer) reflects on successful training events during Age Awareness Week 2009

The WEA held two very successful events during Age Awareness Week this year, to celebrate the theme of 'Representation' among participants involved in 50+ Learning Programmes.

Celebration of Learning



Participants at the celebration of learning event

Over 80 learners from various groups throughout Northern Ireland received certificates to celebrate their achievements in the WEA 50+ Learning Age Project at a ceremony in NICVA. All the learning programmes offered through the project are learner-driven and have been designed with the direct involvement of the learners. Learning programmes include IT, drama, reminiscence, dance, history and genealogy, to give just a few examples.

WEA Development Officer Carolyn Hale commented at the event: 'We feel it is important to hold events like this, not only as a way of celebrating achievements, but also to provide opportunities for people to network and discuss common issues and concerns.'

Guest Speaker, Ann Gamble (Friendship Federation representing Age Sector Platform) said: 'It is apt that this event is taking place during Age Awareness Week. This week celebrates the lives and contribution of older people. **Today is all about older people becoming more knowledgeable and using this knowledge to stand up for our rights and to express ourselves more effectively.**'



Ann Gamble Speaking at the event

Congratulations to all the learners who were presented with certificates on the day!

Launch of new Learning Programme

In Derry/Londonderry, the launch of an innovative Learning Age Project programme during Age Awareness Week was met with a great deal of enthusiasm.

WEA Development Officer, Sinead Devine, presented a new photographic programme called 'Me, Myself and I'.



WEA Development Officer Sinead Devine at the launch of the project

Combining creativity with digital photography skills, this learner-driven project is designed to involve the most isolated older people in our community and will specifically look at building self-confidence and self-esteem among participants.

The photography programme, funded by Derry City Council and the Atlantic Philanthropies, aims to look at representation through self image and the transition into older age, the wider world, and individual hopes and dreams for the future.

You can find out more about this project by contacting Sinead Devine, WEA Development Officer, Learning Age Project, Sinead.Devine@wea-ni.com
Tel: 028 7136 9947

CAP Learners highlight good learning practices in Poland

In October, 34 learners and organisations from Italy, England, Germany, Czech Republic, Slovakia, Austria and Northern Ireland gathered in Gdansk, Poland for the third meeting of the EuBiA project.



3rd meeting of EuBiA in Gdansk, Poland

EuBiA, which stands for European Broadening Minds in Ageing, is a Lifelong Learning Project funded by Grundtvig, and aims to bring together organisations and older learners from different countries in a networking forum with a view to:

- Exchanging good practice and know-how in lifelong learning
- Strengthening existing skills and strategies
- Adopting and adapting good practices
- Exchanging experiences in the fields of advocacy and participation of older learners
- Developing a signposting guide to give direction for working with older learners.

At the EuBiA meeting it was very encouraging that experiences of CAP Advocacy Training in Northern Ireland were presented as good practice examples of lifelong learning to our European counterparts.



The WEA Learning Age Team invited CAP learners Sadie and Philomena to join them on the trip to Gdansk

Sadie Hamill (Young at Heart, Lurgan), reflected:

'As a volunteer I was honoured to be asked to take part in this event. Thanks to the valuable training I received from WEA, I was able to give my opinions on Good Practice. I was amazed at how well my input was received. It was a great learning experience and very interesting to see what older people in other counties are doing about lifelong learning. Had I been told when I retired that I would take part in such meetings I would not have believed it. Now I have new friends and great memories of my few days in Gdansk.'

Philomena Gallagher (ACHTANI) pointed out that involvement in the EuBiA project has had a number of positive outcomes for her:

'My trip to Gdansk to participate in the EuBiA Project was fantastic. I met with some marvellous people and was introduced to new ideas, new food, and the history of Poland. I got the opportunity to highlight good practices within the Ageing Well Project (Age Concern Help the Aged NI), for example: the Pharmacist in the Community Project; Actively Ageing Well project; Intergenerational projects and Reminiscence projects.

She continued; 'Much to my amazement I discovered that the wants and needs of all older people are similar regardless of their country of origin, that is to keep mentally, physically and socially active in order to add life to years and years to life. Life long learning is vital for older people to live healthier and happier lives.'

It is never too late to reach your full potential. In the words of GB Shaw: 'man does not cease to play because he grows old - man grows old because he ceases to play.'

If you would like more information on the EuBiA project, please contact Attracta on 9032 9718, Attracta.Cosgrove@wea-ni.com or visit the EuBiA site at www.weani.com/currentweaprojects

Following our article in the last CAP News, we were delighted to receive a very positive response from a number of local organisations and groups in the ageing sector wishing to learn more about becoming involved with the EuBiA Network.

Una Lynch (CAP Research Manager) tells us how international research is helping to shape the lives of older people in Northern Ireland

The first CAP International Research conference took place on 16 and 17 September 2009 at Queen's University Belfast and was a great success. 'Planning Together: Policies and Participation in Ageing Societies' was organised in partnership with our colleagues from the Social Policy and Ageing Research Centre (SPARC) at Trinity College Dublin and brought experts from a wide range of areas together with older people, practitioners, policy makers and researchers.

'Societies across the world are ageing, and most have embarked on the process of adapting their policies to this demographic shift. Advocacy efforts by older people for older people are the way of the future and a critical element for policy planning.'

Dr Jeremy Harbison, Chair of the CAP Advisory Group

Friends of CAP including Anne Watson, Colin Flinn, Sadie Hamill along with Francis Hughes and Bill Carson of Age Sector Platform ensured that older people's voices were an integral part of the conference.



Older people's panel

Professor James McCarthy from City of New York University provided a riveting insight into the drivers for population change. Speaking about this he said:

'The goal is to empower older people to transform how they are viewed by sections within our society.'

He continued; 'To realise this, the political programme must develop a holistic agenda that recognises the multiple realities of older people's lives alongside issues traditionally associated with older people such as health and social care, economic independence and community safety.'

Interestingly Professor McCarthy said that ageing societies were not a direct result of declining mortality rates or an increase in life expectancy but were rather largely a consequence of falling fertility rates. He went on to argue that effective responses therefore required joined up working and approaches that viewed society as a whole, providing dignity for all members. Drawing on international comparisons with countries such as Italy and Japan, Professor McCarthy argued that declining fertility rates in Northern Ireland is a fairly recent phenomena, and as a result Northern Ireland has the advantage of having a relatively young population and an opportunity to learn from the mistakes of other countries in planning for the future. He concluded by advising us to: *'Make use of, rather than squander, the advantage of late onset of fertility decline.'*

Mr Dave Rogers, Head of Research and Evaluation at the Department of Employment and Learning provided a fascinating insight into economic and employment challenges of an ageing society.

Highlighting dramatic changes predicted with regards to the ratio of people of pensionable age to people of working age. He said that in 1971 the ratio was 1:24, in 2008 it was 1:27.9 and by 2043 it is estimated that for every one person of working age there will be about 37 people of pensionable age. These stark statistics have implications in terms of funding future pensions and providing work forces.

Mr Rogers outlined possible strategies that could maximise quality of life for all. These range from fiscal initiatives aimed at incentivising an improvement in fertility rates to initiatives that would increase the numbers of people in employment including creating employment opportunities suitable for older people.

Dr Susanne Sorensen, Head of Research at the Alzheimer's Society described the Society's commitment to user involvement in their £50 Million (PA) research programme. She said: 'People with dementia will always be at the centre of everything we do.'

One mechanism that helps this happen is the Society's Quality Research in Dementia (consumer) network. Comprised of 180 members from across the UK the network includes people with dementia, carers and ex-carers. Dr Sorensen outlined the work of the network which ranges from setting strategic priorities to reviewing research applications and developing campaigning.

You can become involved in a research study on brain training by visiting www.bbc.co.uk/bang

The Research

In 1947, 70,000 Scottish children took part in the Scottish Mental Survey. This was the most comprehensive study of its kind ever carried out and provided a unique and invaluable set of recorded data about the mental ability of an entire cross section of society.

Professor Ian Deary and his team from Edinburgh University began working with this same group of people in 1997 to find out how and why some brains age better than others. He began a groundbreaking project to retest this group of people in older age in an effort to provide the crucial missing scientific component for research into age-related cognitive decline and to generate the life indicators which could allow us all to live a healthy and active old age. For information on the study and to see an interview with Professor Deary visit website: <http://www.disconnectmind.org.uk>

Professor Rose Anne Kenny from Trinity College Dublin told people at the conference about TILDA which is a new study into ageing in the Republic of Ireland. TILDA is the most comprehensive study on ageing ever undertaken in Ireland. This groundbreaking study will explore the health, lifestyles and financial situation of 8,000 to 10,000 people as they grow older, and observe how their circumstances change over a 10 year period. Further information about this research study is available at www.tilda.tcd.ie.

Social Justice – An approach to the development of policy

Dr Ken Logue Ageing Programme Executive at The Atlantic Philanthropies, Belfast and his colleague Dr Stephen McConnell Head of Policy and Advocacy in the USA office, spoke about the need for social justice. A message echoed by: Professor James Goodwin, Head of research in Age Concern Help the Aged, England; Professor Brendan McCormack (Chair) and Ms Anne O'Reilly, (Chief Executive) of Age Concern Help the Aged NI who said "creating space and opportunity for older people to be able to contribute to and influence policy development was key to achieving social justice."

Drawing on powerful statistics and research, Professor Phillipson from the Centre of Gerontology, Keele University highlighted the grave inequalities that are prevalent in our society: 'A study of men aged 45-65 found that the level of incapacity experienced by men in the lowest social class by their mid-50s was not reached by men in the top social class until their mid-sixties. In other words, the process known as 'functional ageing' tends to begin about 10 years earlier in poorer groups, with men and women in disadvantaged circumstances ageing more quickly than their better off contemporaries.'

Echoing Professor McCarthy's earlier arguments he called for an approach that was inclusive of everyone and said that: '**Ageing is an issue for generations, but it is also a question to be solved with generations.**' He continued: 'The role of nation states and global institutions will be central in the management of ageing populations. People taking social and political responsibility at all levels will also be central to the task of developing appropriate policies to meet the needs of all citizens for the twenty-first century.'

Older People's Advocate for Northern Ireland, Dame Joan Harbison, brought the conference to a close and stressed the importance of ensuring that older people were enabled to contribute to the policy agenda and the importance of joined up Government in making policy driven by social justice a reality.

Building together for the future during Age Awareness Week

We were delighted to join with Age Sector Platform and the Community Safety Unit during Age Awareness Week to host a workshop aimed at building safer communities. In a day chaired by Professor Sally Wheeler, Director of the Institute of Governance at Queen's University Belfast, over 100 participants from across Northern Ireland came together in the Great Hall at Queen's. This intergenerational event brought together teenagers, octogenarians and every age in between to explore ways in which Northern Ireland could be made a safer place to live.

Dr Peter Shirlow from the School of Law at Queen's University informed the audience that it is estimated that in 1971, 30,000 people were recorded as being injured as a result of the security situation in Northern Ireland, this represented an average of 800 people per year; in 2008 the total was 73.

Discussing unreported crimes and drawing on research that he and his colleague Graham Ellison carried out in North Belfast, Dr Shirlow estimated that 'in terms of vandalism to home, vehicle or other property, burglary, theft of vehicle, physical assault, theft from the person, mugging and other violent crime within low income communities around 65-78% of these crimes remain unreported.'

Dr Shirlow said that people aged over 65 are *most* likely to report a crime directly to the PSNI (**58.3%**) followed by 45-64 year olds (**53.7%**). Interestingly, **47.8%** of 16- 21 year olds indicated that they would report a crime directly to the PSNI. The age group *least* likely to report a crime directly to the PSNI were those aged between 22-30years (**31.1%**).

In terms of priority areas for the PSNI, an overwhelming majority of respondents felt that the issue of 'illegal drugs' needed to be tackled as an urgent priority (**81.2%**), followed by 'under-age drinking' (**77.9%**), 'physical assaults' (**73.2%**), 'interface / sectarian violence' (**71.1%**) and 'car theft' (**71.1%**).

Although this study was based in North Belfast, themes of under reported crime and types of crime that older and younger people fear came up throughout the day among all of the event attendees.

Intergenerational Projects – An essential element of effective policy planning for an ageing society

Several intergenerational projects were showcased during the event and have proved to be an effective response to fear of crime and enhanced community safety.

Members of the Belleek and District Community partnership showcased their educational pack on intergenerational work called 'Neighbourhoods: reducing fear of crime in rural areas.'

Although this was developed for a particular area it provides a framework which can be adapted to any community. For more information visit:

www.fermanagh.gov.uk/communitysafety

Intergenerational collaboration is an essential element of effective policy planning for ageing societies and at the community safety event young people from *Opportunity Youth* delivered a thought provoking presentation which highlighted the challenges and difficulties facing their generation in today's society.

Following on from this presentation, Phil Evans and Bill Carson (Age Sector Platform) spoke about the need for greater intergenerational collaboration in order to allow each age group to understand the other. Phil commented: 'we have more in common than we often realise.'



Phil Evans speaking at the event

The power inherent in intergenerational collaboration was evident in the rousing response, led by the *Opportunity Youth* group and other teenagers in the room, to Bill Carson's call for support for the ASP campaign for a decent pension for all.

A performance by the PSNI drama group Lisburn *infotainment* provided a light hearted insight into the risks of bogus callers. The message was simple: **always**

check callers identity and never let anyone into your home unless you are sure of their identity.

Finally, Martina McKillop from the Community Safety Unit highlighted current priorities within CSU and referred to work currently ongoing on a community safety strategy for older people.

Please see page 12 for details of the launch of this strategy.

Cogworks: the cognitive health & well being hub

In CAP news issue 8 we announced CAP's involvement in an international research network called 'Cogworks'. The aim of Cogworks is to develop research aimed at identifying environmental, social and new technological interventions that promote healthy cognitive (mental functioning) ageing and independence in later life.

On November 5 the Cogworks team went to Warwick University where Elizabeth Burton (Professor of Sustainable Building Design and Wellbeing) hosted workshops with older people, researchers, policy makers and practitioners that explored the influence of the built environment and adaptive technologies on cognitive health and wellbeing.

Professor Geraldine Macdonald a member of the Cogworks network and Director of the Institute of Child Care at Queen's University said:

'The discussion gave us lots of food for thought about the nature of cognitive health and what makes it different for people. And the experience of working with Cogworks highlights the added value of bringing together people from different disciplines and walks of life.'

The Older People's Advocate for Northern Ireland Dame Joan Harbison is chairing the project steering group and Dr Una Lynch, CAP Research Manager said:

'We are delighted with the response and support that our work has received and we have been beavering away on the various themes; carers, housing and adaptive technologies. A workshop in Belfast in November explored the influences on cognitive ageing across the lifespan from child hood to older age.'

As always we will keep CAP news readers updated about this project in future issues. You will also find out more information about this project by visiting our website: www.changingageing.org.



The 'We Agree' campaign is a partnership between Age Concern Help the Aged NI and Age Sector Platform. Our aim is to campaign for an Older People's Commissioner in Northern Ireland that has sufficient powers to: protect the interests of older people; uphold their rights; and act with urgency in cases of need.

As the public consultation on the draft legislation that will support the post draws to a close, age sector representatives set out their policy position on the consultation and ask you:

'What will you do to make it happen?'

The age sector policy position advocates an Older People's Commissioner that is underpinned by broad and wide ranging powers.

Age Sector Policy Position

The Older People's Commissioner must:

- Be empowered to act independently from all other government and public authorities
- Be endowed with the capacity to undertake casework and initiate litigation in strategic cases
- Have the power to mediate on issues of contention between service providers and older people
- Have an arbitration function exercisable where time is a critical factor (this could be facilitated by a third party to maintain the Commissioners obligation to act in older people's interests)
- Be empowered to conduct formal investigations, issue directives, conduct audits of compliance and reviews of performance
- Have strong powers of sanction to promote compliance among providers of goods and services
- Be endowed with "victim" status to enable cases to be taken without the requirement to name an individual

- Have the power to commission and publish research on issues affecting older people, provide information and stimulate debate on issues and models of good practice
- Have a duty to communicate widely, seek the opinions of older people and take their views into account.

Francis Hughes, spokesperson for Age Sector Platform, said: 'The legislation currently on the table contains many of the essential powers that the Commissioner should have – but it does not go far enough. We need to make sure that the Commissioner can act swiftly when required and can take cases on behalf of older people if needed. It is also vital that the Commissioner is tuned into the views and issues of older people and has the tools at their disposal to tackle the problems older people face. The attendance at the public meetings during November 2009 has highlighted again the importance older people place on getting this right.'

Anne O'Reilly, Chief Executive of Age Concern Help the Aged NI, explains: 'We have developed a strong policy position and it is our intention to campaign for enhanced powers. In particular we are advocating that the Commissioner has 'victim' status or standing, strong powers of sanction and dispute resolution mechanisms that will enable issues to be resolved quickly and cost effectively. We believe that these powers are paramount to equipping the Commissioner with the ability to deliver the best possible outcomes for older people now and in the future.'

What will you do to make it happen?

For more information on the age sector's 'We Agree' campaign, visit www.weagree.org.uk or phone 028 9024 5729

Alison McElhinney (ASP) reports from a packed launch of the NIO's dedicated Community Safety Strategy for Older People.



The launch of the Community Safety Strategy for Older People

The age sector has welcomed the launch of a new, dedicated community safety strategy for older people. The strategy was launched by the NIO Minister Paul Goggins MP to a packed room of older people in Grosvenor House in Belfast on Monday 23 November.

Michael Monaghan, spokesperson for Age Sector Platform said:

'Older people have been calling for a dedicated strategy to reduce the level of crime and fear of crime among our older citizens for some time and we are pleased that our voice has now been heard and acted upon. Older people will be at the heart of this strategy and will have a stronger say on what they require to be safe and feel safe in their home and wider community.'

This strategy is not the end but rather marks the beginning of an enhanced programme of work and older people and their representatives are ready to play their part in tackling this scourge in our society. The age sector will continue to work on behalf of older people to ensure that the strategy lives up to its name - it must work to ensure that older people can live a full and active life safely and without fear.

Lock, Stop, Chain and Check

Older people can take simple steps to increase their protection. For example, if you get an unexpected knock at the door you should lock, stop, chain and check.

1. **Lock** - make sure you lock all external doors before going to the front door
2. **Stop** - stop to think if you are expecting anyone
3. **Chain** - put the door chain on and look out of the window or spy hole
3. **Check** - Check who the caller is and check their ID. Do not be afraid to phone the company or organisation the caller says they are from to check their validity

And if in doubt, keep them out.

CAP Contacts

CAP Training:

Attracta Cosgrove

028 9032 9718

Email: attracta.cosgrove@wea-ni.com

CAP Research:

Dr Una Lynch

028 9091 3650

Email: u.lynch@qub.ac.uk

CAP Campaigning:

Stephanie Campbell

07734 533 605

Email:

[stephanie.campbell@](mailto:stephanie.campbell@ageconcernhelptheagedni.org)

ageconcernhelptheagedni.org

Age Awareness Week:

Patrice Morris

028 9089 5594

Email: [patrice.morris@](mailto:patrice.morris@ageconcernhelptheagedni.org)

ageconcernhelptheagedni.org

Age Sector Platform:

Eddie Lynch

028 9031 2089

Email: [eddie.lynch@](mailto:eddie.lynch@agesectorplatform.org)

agesectorplatform.org

Please let us know what you think

We want you to enjoy reading CAP news and to find the information useful. If you have any comments or suggestions on content or format please let us know. CAP news is edited by Patrice Morris, patrice.morris@ageconcernhelptheagedni.org