

Welcome to CAP news Issue 9! Inside you will find updates on Age Awareness Week 2009, higher education concessionary fees for older people, information about successful lobbying campaigns, a 'Celebration of Learning' event, our very own research conference and a breakthrough on community safety for older people in NI.

Age Awareness Week 2009



Age Awareness Week is now fast approaching and will run from Monday 28 September to Saturday 3 October! The event guide has now gone to print and you can download this by visiting www.ageawarenessweek.com

Age Awareness Week Launch

This year the launch of Age Awareness Week will be a Drive in Movie (Screening Harold and Maude) organised in conjunction with Jameson Belfast Film Festival. This will take place at the Kings Hall Complex Belfast on Monday 28 September at 8pm. Tickets cost £6 (£3 for people over 60) and can be purchased from Jameson Belfast Film Festival on 028 9032 5913 or online at www.belfastfilmfestival.org.

What else is happening?

There are so many events taking place as part of the week including art exhibitions, films, discussions and conferences exploring ageing issues taking place in Belfast; poetry and storytelling in Portadown; an

intergenerational event in Strabane; information events in Ballymoney, Newry and Limavady; and dance and drama in Lisburn, Derry, Omagh, Armagh and Coleraine.

There is something for everyone so visit www.ageawarenessweek.com to download the programme and start planning your Age Awareness Week now!

Get Involved!

There is still time to organise an event as part of Age Awareness Week. Your event information can be added to the Age Awareness Week website (www.ageawarenessweek.com) up to Friday 18 September.

Please contact Patrice Morris (CAP Communications Officer) on **028 9089 5594** or email Patrice.morris@ageconcernhelptheagedni.org to supply information about your event.

We look forward to seeing you during the week and bringing you all the news from the week in the next issue of CAP news!

Capacity Building – Age Concern Help the Aged NI

Concessionary Fees Update

On 9 June, a motion on higher education concessionary fees for older people was tabled in the Northern Ireland Assembly. Stephanie Campbell (CAP Development Officer), the Grassroots Officer and other CAP partners have been working together to build a case to have concessionary fees for older people reinstated in all further education colleges

The motion stated:

'This Assembly calls on the Minister for Employment and Learning to enter into discussions with the Regional Colleges about the options for, and legalities surrounding, the reinstatement of concessionary course fees for older people; and seeks the Minister's acknowledgement that the availability of these discounted courses provides considerable social, as well as educational, benefits to older people.'

The support for the motion was echoed across the Assembly and all members recognised the importance of older people having the opportunity to access classes and avail of concessionary fees.

Mary Bradley MLA stated

'In the three years up to the beginning of the 2007-08 financial year, there was a 37% decrease in older people's uptake of courses. Such a decrease in society participation will result only in voids in older people's daily lives. At this point, I feel that it is important to congratulate organisations, such as the Changing Ageing Partnership and U3A, the University of the Third Age, which are constant

advocates of the importance of access to education and lifelong learning, regardless of age.'

CAP will continue to work with key organisations, older people and decision makers to further this campaign.

Home Helps

In the last edition of CAP news we asked you to tell us about any issues you may be experiencing with your home help.

One lady contacted us to say that her home help visits her for 15 minutes each day from Monday to Friday but does not work weekends or Bank holidays and therefore during these times she has no help at all.

The lady feels that 15 minutes per day is not enough time and that too much Government money is spent on bureaucracy and not enough on providing sufficient home help services for older people.

We would like to hear your experiences of home helps and discuss with you how we can help, but we need information about your personal experiences to help make a change!

Contact Stephanie Campbell (CAP Development Officer) on **07734 533 605**

Email: **Stephanie.campbell@ageconcernhelptheagedni.org**

CAP Lobbying Success



The site where one of the bus shelters will be erected this Autumn.

With the support of CAP Development Officer, Stephanie Campbell, a local resident of Clintyfinnian near Armoy has been successful in lobbying her local council to erect bus shelters in her local area.

With Steph's support Emily developed a campaign plan and a petition template for local residents to sign. With her friend Rosie they gained support from the local community. Emily also asked her local MLA about becoming her "Champion" to lobby the local council.

Emily met with service providers in August 2008, in attendance were the Countryside Access Officer, from Ballymoney Council, Road Services and PSNI Traffic Management and the Mayor of Ballymoney.

Not one but two bus shelters were put forward, first through a committee and then to a full council meeting. After approval the plans were sent to the Planning Department and after a few hiccups the plans to erect two bus shelters were approved.

Emily said:

'I would like to thank everyone who has helped and supported us in this project and to say how delighted Rosie and I are at the successful outcome, and hope it makes travelling much more pleasant for all, young and old.'

It is hoped the bus shelters will be erected this Autumn.

Well done Emily !!

Training – Workers' Educational Association

CAP Annual Celebration of Learning, June 2009

CAP learners from both sides of the border came together to celebrate their successes at the CAP certificate presentation ceremony on Thursday 4 June at NICVA, Belfast.

Learners, guests and tutors attended the annual 'Celebration of Learning' event to recognise the achievement of learners who took part in CAP training courses over the past year. Over 80 learners attended the celebration at which 16 group representatives were presented with certificates by Julie Brown from The Atlantic Philanthropies. The certificates recognised and celebrated successful completion of courses ranging from ICT for Advocacy, Lobbying Programmes, Digital Photography for Advocacy, Principled Negotiation Skills and Media Spokesperson Training.



Event attendees

Attendees heard how learners have been putting their skills into action. In one example, participants of the IT for Advocacy training at Dee Street had been researching and collating a booklet of useful and relevant websites for older people. The completed booklet was available at the event.

Another example discussed was the Donard Day Centre in Kilkeel, whose members used their IT training to set up and run a group newsletter.

The group said:

'We would like to thank CAP for giving us the opportunity to get our newsletter started. It was something that had been talked about for a couple of years and without your help we would still be just talking about it. We have published 3 newsletters so far and are working on our fourth. Thank you to all concerned'

In continuing to build on their skills, the group is now collaborating with a local school to add ongoing intergenerational value to their editorial team.

Learner Experiences Brought To Life

Attendees at the event were also treated to interesting and stimulating presentations by a number of group representatives, which brought to life real and personal experiences of different training opportunities and the many different outcomes that can result.

The presentations began with Alison Ince and Marie Mullan, who both gave very interesting and different perspectives about how they have been able to put their Lobbying Skills and Media Training into practice. An example included challenging concessionary fees and unwarranted actions by local telecommunications providers.



Marie Mullan speaking at the presentation

They were followed by John Brodie (Active Virginians, Monaghan) and Sadie Hamill (Young at Heart and PALS in NI), who were representing the Cross-Border Seniors Lobbying Group. They outlined how their Lobbying Training Programme had enabled groups from different jurisdictions to explore their respective realities of ageing. As Sadie put it:

“The Cross-Border group was great as it brought together older people from both sides of the border and allowed us to compare notes on how seniors are treated in the north and south. Together we learned lobbying skills and we particularly enjoyed the public speaking training. Now having trained to improve our communication skills all we have to do is improve the politician’s listening skills’



Members of the Cross-Border Seniors

The Eye-Count Lobbying Group was represented at the event by Dorothy Callan and Sharon Matthews, who spoke about the confidence that members gained from their Lobbying Training Programme. Dorothy explained how this new confidence helped them to effectively prepare and raise issues relating to sight deterioration or loss in a recent meeting with relevant service providers. Sharon concluded by reminding us that these issues are very real and important not just to a specific sector of our community, but are actually challenges experienced by many of us as we get older.



Members of the Eye-Count Group

Margy Washbrook (Manager of Engage with Age) and Dorothy Ramsay (South Belfast Lifestyle Forum) talked about how The Challengers Lobbying Group had developed and grown over the past year to become an ongoing force to be reckoned with. We learned about their preparatory training and face-to-face meetings with service providers and MLA’s, which have had a number of successful outcomes this year, including improved litter bin facilities on the Shankill Road.



Members of the Challengers Lobbying Group

Finally, Anne Watson and Bill Carson, members of the Age Sector Platform, spoke positively about their experiences of the television and radio media training undertaken with professional journalists. They also emphasised the increasing importance of older people having the confidence to speak out for themselves about issues of concern.

CAP – a platform of opportunities

The event also highlighted how many CAP participants had become involved in other organisations and initiatives as a result of being involved in CAP. Examples include: participating in website and needs analysis focus groups, sitting on user groups and working with researchers to get a 'real' perspective on ageing issues.

The CAP Partners were also on hand at the event to highlight opportunities available through their strands. Stephanie Campbell, CAP Development Officer from Age Concern Help the Aged NI, offered attendees further campaigning support and also highlighted opportunities for groups involved in CAP training to receive grants to hold Age Awareness Week events. (*Applications for AAW 2009 are now closed. Applications for AAW 2010 will open in the New Year. Check future issues of CAP news and www.changingageing.org for further updates.*)

Una Lynch, CAP Research Manager from QUB then highlighted recent and upcoming CAP research, and gave an overview of the research that was being presented in the afternoon.

The event concluded with Certificates of Appreciative Thanks which were awarded to the individuals of the CAP Research Reference Group in recognition of their ongoing help and valuable input throughout the year. The members of the CAP Research Reference Group are: Martha Lavery, Faith Gibson, Paul Gibney, Elizabeth Campbell, Colin Flinn, Alfred Thompson, Mary Morrison, Indira Laugee, Anne Watson, Trevor McKeown and Irene Haughey.



The CAP Research Group

Euro Talk – Information is power!

Did you know that the Slovak Republic has a model of 15 principles outlining the rights of older people to a dignified life, which includes accessibility to education? Or that the citizens of Hamburg managed to successfully achieve governmental recognition of the wider benefits of learning for older people?

There is a wealth of information and good practice across Europe in the field of ageing that groups in the ageing sector in Northern Ireland can both learn from, and contribute to.

European funding opportunities, projects to widen participation, Intergenerational work, ICT for older people, Advocacy projects and Third Age Partnerships are just a few of the areas where the cross-cultural sharing of expertise and good practices can not only be an important resource in enriching the activities of your group, but can also become an influential evidence base to support addressing learning in later life locally.

With this aim in mind, the WEA Learning Age Team has been working with several other European Partners on developing a lifelong learning information-sharing project.

Broadening People's minds in Ageing (EUBiA), a Grundtvig funded initiative, aims to strengthen European contacts and partnerships through networking and the sharing of good practices.

If your group would like to be kept up to date with what's happening in the EU on issues relating to learning in later life, or perhaps you have good practice examples that you could share with the partnership, please check out the EUBiA site on the WEA website:

www.weani.com/currentweaprojects or contact Attracta for further information.



Representatives from 7 different countries involved in the EUBiA project.

Research – Queen's University Belfast

Planning Together: Policies and Participation in Ageing Societies

CAP will host an International Research Conference on 16 and 17 September 2009 in Queen's University Belfast. The conference is being organised with our colleagues in the Social Policy and Ageing Research Centre, Trinity College Dublin.

The conference will bring a wide range of international experts such as Professor Jim McCarthy from New York University who will provide an overview of global population trends and Professor Ian Deary from Edinburgh who will speak about 'How Intelligence Affects Life and Vice Versa' together with older people, practitioners, policy makers and researchers so that we can capitalise on that collected knowledge and experience to identify priorities for action to ensure the best quality of life possible for older people in Northern Ireland.

Full details of the conference programme and registration details are available on **www.qub.ac.uk/sites/planningtogether**

Register	Cost
Full Delegate Fee	£75.00
1 Day Fee (Choice of day)	£45.00
Student / Retired Delegate Fee	£40.00
Conference Dinner	£25.00

To register please contact:

The Cap administrator at QUB
Institute of Governance
63 University Road
Queen's University Belfast

Tel: **028 9097 2548**
Or email: **Cap@qub.ac.uk**

CAP PhD Students

Lynn Johnston



I am a 2nd year PhD student within the School of Sociology, Social Policy and Social Work. My research is focussing on relationships between generations in Northern Ireland. My career to date has been in the field of community development and adult education.

It is widely accepted that positive relationships between individuals in communities and neighbourhoods are crucial to enable us to live more peacefully and happily together. This concept of positive social relations, sometimes called 'social capital', has been referred to as part of the community development process of building a 'cohesive community' and this is something that politicians have placed centrally in relation to policy development.

The practice of bringing together older and younger people in community settings for structured activity and contact has been developing here in Northern Ireland for around a decade and it is these projects that I have a particular interest in. I want to find out how and what they contribute to communities.

Of course, there is a lot of informal intergenerational activity happening in our society. In Northern Ireland in particular, a large proportion of grandparents take time out to look after grandchildren. This provides great economic benefits to society, principally in enabling the parents of those children to work outside the home. I want to compare this type of contact to the structured intergenerational contact mentioned above and consider what each of these delivers in relation to 'social capital'.

I plan to select one particular neighbourhood as a case study to enable me to investigate a range of factors and angles in relation to the research topics mentioned. I hope to be commencing my field work in Autumn this year and I look forward to sharing my findings with CAP members in the future.

Brendan Sturgeon



I completed my Masters with the Irish Politics department at Queen's before I began my PhD. Since then I have been working on my thesis entitled Anti-social activity in the contemporary UK: An analysis of political and community responses, 1997-2008.

The study looks at the definition of the term 'anti-social behaviour' (ASB) from older people's perspective. The research also evaluates the consequences of such behaviour for older people. I carried out interviews and focus groups with a number of older people to get their views on delinquency. The findings were emotive, with a number of respondents often stating that ASB had a high impact on their quality of life. The study then sought to evaluate the response of the government and community organisations to the variety of problems created by ASB.

The research found ASB to be a plaguing, degenerative and severe problem in poor and vulnerable households with older people, younger people who have been in care, homeless families and single parents being most dramatically affected.

The study found that while younger people were often the main recipients of the delinquency, the fear was often more pronounced for the older people involved in the research process. In a number of cases 'fear' becomes the main feature of ASB for people.

It is this sense of concern which seems to have a more dramatic effect on someone's perception of their safety than any specific incident. One incident will have what could be described as a 'ripple' effect on the community; increasing a 'sense' of rising ASB levels, even if this is not wholly accurate. This heightened sense of fear had severe personal ramifications for the older people studied.

Brendan will be continuing with his research over the coming months and we look forward to the launch of the final report. CAP readers can contact Brendan about his research via the email address below:

Bsturgeon01@qub.ac.uk

CARDI announces winning grants for research to benefit the health and well being of older people

The Centre for Ageing Research and Development (CARDI) is delighted to announce the successful applicants for call 1 of its Research Grants Programme.

The programme aims to promote north-south research partnerships that bring together different subject areas to look at issues affecting older people in new ways. The research should involve older people themselves and the findings will be designed to improve policies and services for older people.

Professor Bob Stout, Queen's University Belfast, Co-chair of the grants panel, said:
'We were delighted to receive a very large number of applications. Clearly a lot of new contacts have been made between academics and representatives of the voluntary, public and private sectors on both sides of the border. These grants, worth almost €90,000, will serve as pump-priming money. This fits well with CARDI's wish to get all the partners together and stimulate research that will bring benefits to the daily lives of older people and ensure that both parts of Ireland are geared up to meet the needs of an ageing society.'

Grant winners

Together the six grant winners cover a wide spectrum of research, reflecting the huge range of topics including:

- Physical exercise and how it can promote brain function and help people recover from neurological illness
- Healthy ageing in rural communities
- Standards of care that exist for older people in long-stay care and the unique and complex end of life care needs of people with dementia
- Transport needs of vulnerable older people, especially in rural areas
- The urban environment and how it can be accessed and used to the greatest possible extent by people of all ages
- Developing an all-Ireland module on intellectual disability that will be part of a long-term study of older people, with the help of older people with intellectual disability, their carers, professionals and policy makers.

The CARDI Grants Programme Call 2 is now open

The Centre for Ageing Research and Development in Ireland (CARDI) is delighted to open Call 2 of its grants programme. It is inviting applications for grants to fund cross-border and inter-disciplinary research or to create networks of academics with the public, private and voluntary sectors to examine issues arising out of an ageing society in Ireland, north and south.

In Call 2 our research grants have been increased to €25,000 and our network grants will be funded up to a limit of €10,000. It is a precondition that applications must be both cross-border and inter-disciplinary.

More information about the grants, terms of reference, including an application form, can be accessed on www.cardi.ie/grantprogramme or email info@cardi.ie

If you would like a briefing meeting on your campus or for your organisation, we will be happy to make a presentation and answer questions. We are particularly interested in meetings involving people from different disciplines and sectors (e.g. academic, statutory, voluntary and community). Please email info@cardi.ie or ring our Belfast office: **028 9069 0066**.

For more information please contact: Paul McGill, Strategic Research Officer, CARDI.

Tel: **00353(0) 867 904 158** or

Kate Morris, Communications Officer, CARDI.

Tel: **00353 (0) 867 927 684**

VSB Door -2 – Door Transport Buddy Scheme extends to Dungannon and Strabane



Following the success of the Door-2- Door,Transport Buddy Scheme which has recently come to completion in North & West Belfast, The Department for Regional Development have provided funding for Voluntary Service Bureau to introduce the transport buddy scheme into the Dungannon and Strabane areas. This is a pilot scheme which will run from April 2009 – April 2010.

What is the Door to Door Service?

Door-2-Door Transport is a service provided by the Department for Regional Development for people living in urban areas who find it difficult using mainstream transport. Your first trip will be free and after that you will be charged a flat fare of £1.50 per journey to travel within your local area. It can take you to your work, local shop, hairdresser, bank, doctor or simply to visit family or friends.

You can use the Door to Door Service if....

- You are in receipt of the higher rate mobility component of Disability Living Allowance (DLA)
- You are in receipt of the higher rate care component of DLA
- You are in receipt of the higher rate care component of Attendance Allowance
- You are registered blind
- You are 80 years of age or over

If none of the above describes your circumstances, you can also apply for membership by providing your Doctors name and address who can confirm that you are suitable for the scheme.

What is the Transport Buddy Scheme?

If you are registered or would like to register to become a member of the Door-2-Door transport service and you live in Dungannon or Strabane you may also be able to benefit from the Transport Buddy Scheme

Transport Buddies can provide the following

- One to one support in helping you to plan journeys using Door-2-Door service
- Provide information on social activities in your area
- Accompany you on a number of outings using Door-2-Door transport to help build your confidence and use the service independently in the future.

For further information please contact:

Jill Hunter
 VSB
 Transport Buddy
 Development Officer

07974 610 120
Text: BUD for a call back service

jill@vsb.org.uk
www.vsb.org.uk

Breakthrough on Community Safety for Older People



Age Sector Platform (ASP) recently celebrated news that a strategy specifically for the safety of older people has been promised by NIO Minister Paul Goggins, following recent campaigning by the organisation.

Michael Monaghan, ASP Community Safety Spokesperson

ASP Community Safety spokesperson, Michael Monaghan, commented: 'Age Sector Platform has always supported the older person's right to live free from fear of crime within their home and community. Crime against older people is one of the great scourges in our society and the fear that this breeds has a serious impact on the lives of older people in Northern Ireland. That is why we have campaigned for a tailored strategy for older people for such a long time.'

He continued: 'The promise of a dedicated strategy is very welcome news and we are glad that government has listened to the voice of older people on this issue. It is important to note that this strategy is not only produced for older people, but that older people have been actively involved in its design, implementation and will have a role in monitoring its progress.'

'We welcomed the commitment from the NIO Minister in May 2009 that older people would form part of a steering group to develop the strategy over the summer months. This has allowed older people to shape what is contained in the strategy, so that it will make a real difference in tackling crime and the fear of crime amongst older people.'

The strategy will be launched in Autumn 2009.

For more information about this campaign, please contact Eddie Lynch, ASP Project Manager on **028 9031 2089** or email **eddie.lynch@agesectorplatform.org**

A Powerful Older People's Commissioner for NI! Your chance to have your say!

This autumn, the legislation that will define the powers and duties of the Older People's Commissioner (OPC) will open for public consultation. The consultation will provide an opportunity for anyone with an interest to comment on what is being proposed. It is a crucial stage in the development of an OPC for NI. This consultation period provides you with the very real opportunity to give your opinion on what the duties and powers of the OPC should be. It gives the opportunity to ensure that the OPC is afforded every power necessary to operate in the most effective manner for every older person in NI.

Age Concern Help the Aged NI and Age Sector Platform will be campaigning for a robust and effective Commissioner to meet the needs of every older person in NI.

OPC Project Leader Michele Smyth explains: 'We are currently in the process of setting up a coalition of groups and organisations with the shared goal of campaigning 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.

'In the coming months, our intention is to extend the reach of our campaigning activity to older people and the wider general public. We will continue to provide information for the purpose of promoting a strong and united policy position that advocates an empowered Older People's Commissioner in Northern Ireland. We would encourage every individual older person and all older people's groups to respond to this consultation.'

To get more information about our position on the consultation and how to get involved with the coalition please contact:
Michele Smyth (OPC Project Leader)

Tel: **028 90 895584**
e-mail:
michelle.smyth@ageconcernhelptheagedni.org

New CAP Poster



To accompany all of our branding materials we now have a new CAP poster! A big thank you to all the CAP participants who agreed to appear on the poster (from left to right: Indira Laughee, Irene Haughey, Jack Moore, Trevor McKeown, Elizabeth Campbell, Alfie Thompson).

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