

ISSUE 3

THE Ageing Well MAGAZINE

Better PHYSICALLY Better EMOTIONALLY Better CONNECTED

Spotlight: Future Planning

All you need to know about planning for the future, with MacAllister & McAleese Solicitors, Larne



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Agewell Partnership

**Community
Roundup**
Local Activities

Sunshine Stories
A New Lease of
Life for Jim!

Award Win
IMPACTAgewell®

Welcome



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The Trustees, Staff and Volunteers of Agewell said a fond farewell to long serving Trustees, Kenneth Wilson and Jean Haveron at our recent AGM, held in Leighinmohr House Hotel. Both individuals have been passionate advocates for the voice of Older People since the inception of the organisation and will be greatly missed.

**Kenneth Wilson &
Jean Haveron**

Creases For Carers

Are you an Older Carer aged 50+?

**Do you live in the
Mid & East Antrim area?**

We know that caring for a loved one is a huge responsibility and you may often feel like you don't have enough hours in the day. Our 'Creases for Carers' service can help take the pressure off, by collecting your ironing from your door, having it professionally ironed and returned to you by one of our wonderful volunteers!

**For more information, contact us on
028 25658604 or by email info@meaap.co.uk**



Sunshine Stories!

Every edition we will feature a feel good interview or life story of one of our fantastic members... maybe you could be the next star of our Sunshine Stories!

A New Lease of Life for Jim!

Rita and Jim Hawthorn have thoroughly enjoyed taking part in the Larne Creating Connected Communities Project, funded by Building Community Pharmacy Partnership and coordinated by Mid & East Antrim Agewell Partnership and McFarlane's Pharmacy. They feel that it has made a positive difference to their lives. Along with nine other people aged over 60, they have met each week in Linn Road Community Centre in Larne, for 14 weeks to look at what is important to them for maintaining and improving their health and wellbeing.

They feel that with COVID and the cost of living crisis it has never been more important to look after yourself and to stay connected to others after being in isolation for so long and were keen to join with others to look at ways they could do exactly this.

Jim & Rita lived for 25 years in Africa and were all too aware of the importance of having access to good medical care whilst there and since returning to Northern Ireland have always tried to stay fit and healthy.



Jim underwent major surgery last year and was feeling very anxious about doing any exercise or his usual routine of walking in case he set his health back. An exercise session with Personal Trainer, Ethan as part of the programme, reassured Jim that he was safe to exercise and provided him with the motivation to get back out walking again and doing things around the house.



"The project has given him a new lease of life and encouraged him to get back out and about which has been great for both of us." says Rita.

Both Rita and Jim say they have enjoyed meeting new people and keeping these connections going has seemed effortless. Topics covered by the sessions have included healthy eating, energy saving, rest & relaxation, scams and mobility. They both really look forward to the weekly sessions and have made great friendships with the others taking part and the group have arranged to meet outside of the group after it finishes to maintain their connections.

For information on local groups and activities you could get involved with, feel free to give us a ring on

028 2565 8604

GET IN TOUCH



Better
PHYSICALLY



Better
EMOTIONALLY



Better
CONNECTED



Mid & East Antrim Agewell Partnership

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Community Roundup

Activities in Mid and East Antrim

We are happy to say that there are plenty of groups and activities across Mid and East Antrim to keep you busy and active. In this section, we have put the spotlight on three community activities in local areas, which are now back up and running!



LARNE

MILLBROOK COMMUNITY DEVELOPMENT which is located in the Millbrook Community Hall at the Community Centre, 59a Drumahoe Road, Millbrook are running the **SILVER CIRCLE GROUP**.

They meet **every Tuesday morning** from **10am-12pm** and the group is open to anyone over the age of 50.

For a cost of **£2.00** you can enjoy bingo, chair bowls and enjoy a chat over a cup of tea and a bite to eat. **No need to book, just drop in.**



BALLYMENA

THE VENUE (formerly The Hope Centre) is located at 7-11 Broughshane Street, Ballymena and was re-launched in September 2022. The Venue is **open Monday – Friday, 10am – 2pm** as a drop-in option for the community. It is now a registered warm space which offers a safe and warm space to call into, with free hot drinks and buns.

There is the **"LITTLE LIBRARY"** where you can swap books, as well as **free crochet lessons on a Monday** and **knitting on a Thursday**.

THE VENUE can offer information to sign-post you in the right direction.

When in town, everyone is welcome to call in to use this space.



CARRICKFERGUS

CARRICKFERGUS – MEN'S SHED



A "Men's Shed" is just a larger version of the typical garden shed. It is a place to feel at home and pursue practical interests, share

tools and resources, at their own pace and in a safe, friendly, and inclusive venue. A Men's Shed is a place of leisure where men can come together to work on individual or joint projects, or simply to chat over a hot drink and biscuits.

CARRICKFERGUS MEN'S SHED meet in Shaftsbury Drive (off North Road by the railway bridge) **Mon-Fri 10am-1pm** but feel free to 'drop-in' and one of the members will show you around and introduce you to everyone.

Northern Ireland's First Funeral Festival

Agewell hosted Northern Ireland's first Funeral Festival in Ballymena on 11th October 2022. This pioneering and innovative event was a fantastic success and provided many people of all ages with the opportunity to meet and chat to those working in the end of life sector, including funeral directors, florists, solicitors and palliative care experts. Jenny Marshall, Executive Director of Community Programmes at MEAAP commented *"Many of the older people we work with are keen to plan ahead but often feel they have no opportunity to do so. The aim of this event was to get people talking about end of life and death, and to challenge the taboo around the subject. Death is the one life event we can all be sure of, so it's important that we are able to talk about it comfortably."*

One local lady who attended the event commented *"I had no idea what to expect but it was so relaxed and comfortable, everyone was chatting and laughing, not at all scary or negative. It was great to have the opportunity to actually see and touch the coffins, and now I have a clear idea of what I would like and what I wouldn't like for my own funeral. Once I have my plans in place, I will have peace of mind knowing that my family's burden will be lightened as I will have made the majority of difficult decisions for them. It has also given me the confidence to make*



an appointment with my local solicitor to organise my will and power of attorney."

Jenny also went on to say *"The event was so successful that we are already receiving requests about when we will host the next one. Hopefully this event has been the beginning of a culture shift that is very much needed, where we can normalise the conversation around death and dying."*



'Questions I'm Too Afraid To Ask'

At our Funeral Festival we gave attendees the opportunity to ask questions anonymously about death and dying, that they may have been too afraid to ask.

We promised we would get the answers, so here they are!

**"Can I be buried in my slippers and cosy socks?
I don't want to be cold."**

Yes you can be buried with your slippers, that's not a problem at all.

"Do you wear shoes in the coffin?"

Most people do not wear shoes in a coffin but there are no rules to say you can't - Clergy wear shoes in a coffin as a rule.

"Can I have my daughters ashes buried in the coffin with me?"

Yes you can have your daughters ashes placed in your coffin and buried with you but you should make the powers that be aware of this fact.

"Do you just set false teeth in or do you use Fixodent?"

False teeth are usually just placed in the mouth and Fixodent is not normally required as they are not doing any work.

"Can I have my hair styled for my funeral"

Yes anyone can have their hair styled for their funeral - this would be done on a regular basis. Funeral Directors will try and accommodate your wishes as best they can.

"I have a doll that was given to me from my Granda. She means the world to me. Can she be buried with me?"

The doll can be buried with a deceased person but if the body is being cremated then the authorities must be informed in case there are batteries or similar inside which would explode in the cremator.

Thanks to local Funeral Director W J O'Donnell for answering our questions!



Spotlight Interview

Future Planning with Shirley-Anne Hilditch



We recently asked local Solicitor, Shirley-Anne Hilditch, from MacAllister McAleese Solicitors in Larne about the most important elements of future planning. Shirley-Anne has worked within the legal sector for over 20 years and advises clients in relation to Will Drafting, Enduring Power of Attorney matters and in the Administration of Estates.

Why make a Will?

By making a Will you are ensuring that your family/friends are avoiding potential legal and financial problems at a time that may be very difficult. By making a Will you also decide exactly who inherits from your estate and in what shares.

What happens if you die without making a Will in Northern Ireland?

If you die without leaving a Will, your estate including any property, assets, possessions, money that you own at your death, will be distributed in accordance with the Rules of Intestacy. This means that the law decides who shall inherit your estate, in what order and by what percentage. This therefore may not be what you would wish to happen in the event of your death.



What is an Executor?

When you make a Will it is necessary to appoint at least one Executor. An Executor is a person or persons named in your Will who will oversee the process of administering your estate and distribute your assets in accordance with the wishes set out in your Will. It is a good idea to have at least two Executors so they can share the responsibility and in case one of them dies before you.

By making a Will and appointing an Executor/s, you are appointing a person or persons who you have confidence in dealing with your financial affairs after you die. If you don't have anyone that you feel would be suitable or your family and friends don't want to take on the role, you can appoint a professional Executor such as a Solicitor or an Accountant.

What are the duties of an Executor?

Some of the duties of an Executor include making arrangements for your funeral, making sure the property owned by the person who has died is secure as soon as possible after death, collecting and gathering in all assets due to the estate, paying any outstanding taxes and debts out of the estate, applying for a Grant of Probate (if necessary), distributing the estate to the people who are named as the beneficiaries in the Will.

Can an Executor also be a Beneficiary?

A frequently asked question is whether an Executor of a Will can also be a beneficiary. The short answer is yes however Executors, beneficiaries or the spouses of Executors must not witness Wills as this can invalidate the gift made.

What is an Enduring Power of Attorney?

An Enduring Power of Attorney is a document in which you nominate a person or persons to be able to continue to deal with your property and affairs even after you are no longer mentally capable of dealing with them yourself. An Enduring Power of Attorney only deals with your financial affairs and does not include welfare and health matters.

What happens if you do not have an Enduring Power of Attorney?

If you do not have an Enduring Power of Attorney and you become unable to manage your own property and finances, the Office of Care & Protection will appoint someone known as a "Controller" to manage them on your behalf who may not necessarily be the person or persons who you would have chosen.



Award Win for IMPACTAgewell®



In October of last year IMPACTAgewell® was awarded “Best Health Creating, Population Health Management Approach” at the 2022 Health Creation Awards at a reception at the House of Lords in Westminster after being shortlisted from entries across the UK. Sarah, Jenny and Ellen travelled to London to receive the award on behalf of the IMPACTAgewell® team and our partners.

The Health Creation Alliance is the only national cross-sector movement addressing health inequalities through health creation. Their mission is to increase the number of years people live in good health in every community and they define health creation as “the process through which individuals and communities gain a sense of purpose, hope, mastery and control over their own lives and immediate environment; when this happens their health and wellbeing is enhanced.”

The award for “Best Health Creating, Population Health Management Approach” recognises individuals or organisation that are adopting the principles of Health Creation in delivery of your population health management strategies and programmes.



Executive Director of Health Programmes at Agewell Sarah McLaughlin said;

“We are extremely honoured to have received this award from The Health Creation Alliance. At Agewell we have always been uniquely placed to listen to the needs of Older People allowing us to work with all of our partners, including the local community, positively enhancing the established systems to show there are alternative ways to address people’s needs. Through our IMPACTAgewell® Hubs we created unique new working relationships in the area which previously didn’t exist and to have the success of this model recognised on a national level is inspirational.

Currently we work with 20 of the 26 GP surgeries across Mid and East Antrim. By next year we hope to encourage them all to come on board with IMPACTAgewell® so that all Older People registered with any GP surgery in our borough can access our support. We realise this is a very pressurised time for our partners in primary care and we are here to offer them our support and to offer Older People support in their health and wellbeing.”

Agewell Adventures

Join us for our very first 'Agewell Adventure'!



On **Monday 12th June 2023** we will be trialing our very first Agewell Adventure via train to the historic city of Derry/Londonderry.

Local Older People have told us that whilst having a 60+ SmartPass is great, they often don't have the confidence to travel very far on their own. That is why, we have created an opportunity for you to see the beautiful sights of Northern Ireland in a safe, friendly and low cost, small group environment, accompanied by an Agewell Volunteer for peace of mind.

As this is our first Agewell Adventure, we will be trialing our model with individuals from the Ballymena area and if successful, in the Autumn we will be organising trips departing from Larne and Carrickfergus as well!

What's the plan?

After a scenic train journey along the beautiful North Coast, light refreshments will be provided by Agewell on arrival, followed by two hours of free time to take in the sights of Derry/Londonderry at your leisure. The group will then meet again for lunch before travelling home.

If you are interested in joining us or to find out more, give us a call on **028 2565 8604** to register. Please note that numbers will be limited and spaces accommodated on a 'first come - first served' basis.

To make use of this opportunity you will;

- Need your 60+ SmartPass
- Be able to make your way to and from the meeting point at Ballymena Train Station, Galgorm Road, Ballymena.

"I only use my SmartPass to go into town for my weekly messages but I would love to have the confidence to go a bit further afield. I worry about what would happen if I got on the wrong train or bus, or who would help me if I got lost. Whilst I am still very able and active for my age, I don't have many friends who can go with me on a day out." - Sylvia from Ballymena

WOULD YOU HAVE ONE HOUR PER WEEK TO SPARE, TO VISIT AN ISOLATED OLDER PERSON FROM YOUR LOCAL AREA?

Agewell are searching for passionate volunteers from Ballymena, Larne and Carrickfergus to carry out befriending visits to local Older People who live alone and are at risk of social isolation.

**FULL TRAINING
PROVIDED**

For a volunteer application pack, please contact

028 25658604 or email admin@meaap.co.uk

PROJECT KINDLY FUNDED BY  **COMMUNITY FUND**



Sudoku

	5		3				2	1
	1			5	9			8
9	8	3	2			4		5
4		2	1					7
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Word Search

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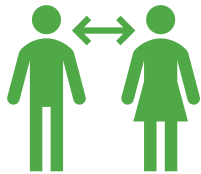
Agewell
 Ballymena
 Larne
 Carrickfergus
 Shed
 Community
 Funeral
 Festival
 Award
 Health

HOW CAN WE SUPPORT YOU?

ONE PHONE CALL CAN OPEN MANY DOORS



Speak to an Agewell Team Member
on **028 2565 8604**



Individual Support

- IMPACTAgewell®
- Community Navigator
- Counselling Service
- Financial Wellbeing
- Creases For Carers Ironing Service



Personal Security

- Nuisance Call Prevention
- Scam Savvy Text Alert Service



Home Safety

- Handyperson Service
- Keysafes
- Home Repairs
- Grab Rails
- Fire Safety Check Referrals
- Crime Prevention Referrals



Befriending

- Good Morning Telephone Befriending
- Building Flourishing Friendships Face-to-Face Befriending



Community Support

- Advice & Guidance
- Training & Mentoring
- Capacity Building



Publications

- Ageing Well Magazine
- Annual Calendar
- Health & Wellbeing Information



Social Connections

- Safe Social Club
- Agewell Members' Events
- Signposting to Local Groups