

ISSUE 4

THE Ageing Well MAGAZINE

Better PHYSICALLY Better EMOTIONALLY Better CONNECTED

Agewell Volunteers

See how a little volunteering makes a massive difference

Top Tips

Improving Your Financial Wellbeing

Sunshine Stories

A 'Tail' of Love at First Sight

© Mid & East Antrim Agewell Partnership

Welcome



Welcome to the 4th edition of The Ageing Well Magazine. 2023 is flying by and Agewell Staff and Volunteers have been hard at work across the Borough. Our band of volunteers has grown extensively during the past few months and in this edition you can read about how important their work is to us in projects like Creases for Carers and Agewell Adventures.

As the cost of living crisis continues we have also compiled a short guide on how to take care of your financial wellbeing during difficult times. Remember if you, or anyone you know is struggling don't hesitate to give us a call for some individual advice.

We want to provide you with top-notch support, so please note that from September our phone lines will be closed on Fridays. We've dedicated our time on Fridays to enhance our services behind the scenes and make sure we're fully equipped to make a difference in your lives.

Better PHYSICALLY, Better EMOTIONALLY & Better CONNECTED...
Agewell Team

In This Issue...

| | |
|---|----|
| Welcome | 02 |
| Meet the Agewell Team | 03 |
| Sunshine Stories - A 'Tail' of Love at First Sight..... | 04 |
| Community Roundup..... | 06 |
| Top Tips to Improve Your Financial Wellbeing..... | 08 |
| Help Us to Help Others | 10 |
| What Our Service Users Have To Say | 12 |
| How can we support you? | 13 |
| Agewell Volunteers..... | 14 |
| Puzzle Time & Competition | 15 |
| IMPACTAgewell | 16 |

Meet The Team!



Name /Role: Charlene Greer,
Finance and Admin Assistant

What you love most about working at Agewell?

No day is the same, it is very rewarding to feel like you have helped someone even in a small way and it's a great team to be part of.

What do you like to do in your sparetime?

In my free time I enjoy spending time with my 6 year old, going to parks, meeting friends and reading together.

What you are best known for in the office at Agewell?

I hate paying delivery charges on things, I'll keep looking until I get the very best price.



Name /Role: Lianne Campbell,
Connect North Link Worker

What you love most about working at Agewell?

I love everything about my job, I get to meet and speak to so many wonderful people. Who else gets to say that their job involves going out to groups and having a cup of tea and a chat.

I also love our small but mighty team, we are like a family and the craic in the office is always mighty.

What do you like to do in your spare time ?

I like to get outside when I can, I would have been very active playing sports. Nothing beats a good bit of fresh air after a long busy day.

What you are best known for in the office at Agewell?

I have been told that I am a bit of a spoon thief. If there are no spoons in the kitchen drawer, they are more than likely on my desk.

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 'Tail' of Love at First Sight

Around four years ago I visited Carrickfergus Dog pound hoping to find a forever friend. I was shown around endless amounts of dogs of all shapes and sizes until I saw him. A male collie, his age was unknown but assumed to be around seven to eight months old. Such a young age to have only ever felt terror.



He was shaking, very thin standing in a corner, he looked so sad. My heart burst and I knew I wasn't leaving him behind. I brought him home and named him Alfie.

It was very difficult at the beginning, I had furry pets all my life who all loved me straight away but Alfie

was different. Previous owners made Alfie untrusting of people and it took a very long time before he began to look at me as a friend.

He spent the majority of his days sitting under my dining room table shaking in fear. He struggled to come to terms with a brush and a Hoover when I used them. It broke my heart but made me all the more determined to ensure his life was filled with happiness, kisses and cuddles.

Four years later and Alfie has completely changed. He is one spoilt boy! But what is the point of having a dog if they aren't spoilt rotten and treated like a family member? We have our own routine every day, scrambled egg for his breakfast in the morning and he loves a banana - small amounts of course! My family are brilliant at helping me take him out for walks and ensure his needs are met now that I find it harder to get out and about myself. At 7pm, when I'm watching Emmerdale, he knows it is his biscuit time and he waits very patiently on me bringing his treat.



Alfie changed my life and has been there for me when I have needed him most, I would do anything for him and he is the best friend I could ask for.

He is one fantastic and very happy boy now! Although he is still not a fan of the postman!!"

Pets make wonderful companions, even later in years. If adopting a dog is something you are considering please contact Dogs Trust for more information and an application form.

Alternatively if you are already a dog owner and worry about what will happen your pet when you pass away. You can contact The Dogs Trust to chat about their Canine Care Card.

Dogs Trust Ballymena

**60 Teeshan Rd, Fairview,
Ballymena BT43 5PN**

0303 003 0000

GET IN TOUCH



Better
PHYSICALLY



Better
EMOTIONALLY



Better
CONNECTED



Mid & East Antrim Agewell Partnership


Broughshane House, 70 Main Street
Broughshane, Ballymena
BT42 4JW

 www.meap.co.uk

 [@meapni](https://twitter.com/meapni)

 facebook.com/meapni

 [@meapni](https://www.instagram.com/meapni)

 028 2565 8604

 info@meap.co.uk

Community Roundup

LARNE



LCCC LARNE COMMUNITY CARE CENTRE: (Home to Good Morning Larne, Community Connections, Larne Crisis Accommodation)

LCCC provide tailored individual and family support services, including benefit and welfare advice, referral service, signposting those in need of assistance to the relevant support agencies. LCCC provide free confidential advice and support throughout the Larne area and also run additional support projects throughout the year.



SUPPORT LINE:

By calling our support line you can speak to our dedicated support worker to obtain advice and support over the

phone. Or book into our drop in sessions for 1 to 1 advice.

Our support line is open from:

Monday – Friday: 1 pm – 3 pm

Call our Community Connections Support Line on **07762 871 103**



DROP IN:

At our drop-in sessions you can have a 1 to 1 chat with a trained support worker, who can provide

practical support, signposting and a listening ear. Our support worker is trained to offer benefit and budgeting advice, help with housing issues, and can offer signposting to specialist support organisations.

CARRICKFERGUS



CHILL is a local community group whose aim is to improve and promote positive mental health and wellbeing, and to raise

awareness of suicide prevention in the Carrickfergus, Greenisland and Whitehead areas.

CHILL offer a range of activities and programmes which include: peer support, counselling, therapies, group work, wellbeing education and training as well as other relevant and beneficial activities.

Various groups/ meeting such as Chill 'n' Chat, Walking groups, Menopause Café & many more which go on throughout the year, check out their Facebook page or call in to get the most up to date information at *CHILL, Caretaker's House, Antrim Street, BT38 7DG*

Chill CARRICKFERGUS HUB IMPROVING LIVES LOCALLY

SUPPORT

KINDNESS

FRIENDSHIP

CONFIDENCE

EMPOWERMENT

SAFETY

PROMOTING POSITIVE MENTAL HEALTH
RAISING SUICIDE AWARENESS
COUNSELLING 1:1
WORKSHOPS
MENTORING & SUPPORT

**Everyone included
Everyone involved**

31 Lincolnton Street, Carrickfergus, BT38 7DG

f Carly: 07342 937136 Maggie: 07496 304213 **Lifeline** 0800 555 1200

Activities in Mid and East Antrim

BALLYMENA



NORDIC WALKING GROUP:

It's always great to get outdoors and meet new people, the Nordic Walking Group meets **every Thursday morning at 11.30am**. The group meet in the carpark at the Ecos Centre and do the park run route. The group have time to do a warm up and mobilization before the walk. Newcomers will get

sized up with poles and instructions on how to use them. The group is mixed ability and all are welcome.

For further information, please contact Patricia Hamill:
Patricia.Hamill@midandeantrim.gov.uk



HARRYVILLE MEN'S SHED:

Harryville Men's Shed is a place where men can meet, socialise and be involved in

various projects. It aims to promote positive mental and physical health and wellbeing to its members and those looking to get involved.

Harryville Men's Shed is located at Unit 4/12 Antrim Road, Ballymena and is open Monday – Friday. Local men are welcome to drop in and learn more about what is going on at the Shed. There are coffee mornings, gym facilities and various ongoing projects to participate in.

For more information about Harryville Men's Shed, their activities, please visit their Facebook page; email: mensshed@ballymenasouth.com or contact Denver on 07968 860 567.



BALLYMENA U3A:

The Ballymena U3A stands for the University of the Third Age. The activity group meetings are all held

in locations around Ballymena. The U3A has various small interest groups and a timetable is available online for times and locations. There is also a monthly meet on the first Thursday of each month at 11.00am, in the ECOS Hub in the ECOS Centre. New members or prospective members are welcome to go along to one of the monthly meetings in the ECOS Centre to find out more before joining. You can participate in as many groups as you like or just come to the monthly talks.

To join the U3A, annual fee is £15.00, valid until 29th February 2024 and the monthly meetings run from September to June.

For further information or to request a callback, please email: u3aballymena19@gmail.com

Top Tips To Improve Your Financial Wellbeing

We are all feeling the pinch of the cost of living crisis. Why not try these top tips to save your money over this Autumn/Winter.

- **UTILITY BILLS-** Check your utility providers. Are you getting the best deal for your electricity, gas, internet broadband, phone bills and home insurance? Shop around for the best prices. You don't have to be loyal to the companies you have always used.



- **LONE PENSIONER RATES-** Did you know? Ratepayers aged 70 or over who live alone may be entitled to 20 percent discount on their rates. Tenants and homeowners are eligible for Lone Pensioner Allowance. Your social security benefits should not be affected because the allowance is not means-tested. For more information or to claim Lone Pensioner Allowance contact the Land and Property Services helpline on 0808 808 7575.
- **BENEFITS-** Get a benefits entitlement check. You have nothing to lose only gain if you are not already claiming benefits you could be entitled to.

- **GROCERIES-** Do a weekly meal plan, write a shopping list and only buy what you need.
- **AROUND THE HOUSE-** Turn off your standby items at night and when you are not using them.



- **TV LICENCING-** All over-75s used to get a free TV licence, but the rules changed in August 2020 and free licences are now only available to over-75s who receive the pension credit benefit. For full help on whether you need to pay or not, you can telephone the over-75s information line free on 0800 232 1382.
- **OIL CLUBS-** If you use oil heating, why not see if there is an oil club in your local area. Buying heating oil in larger quantities is more cost effective.



- **SAVING FOR OIL-** Some oil companies allow you to set up a monthly direct debit in to your account with them, so when you need oil you won't be paying a large sum of money in one go. If you have enough credit it can even pay for your full fill.
- **OIL STAMPS-** The oil stamp scheme allows householders to buy £5 oil stamps from local retailers and Council premises helping them to budget and spread the cost of central heating oil.



- **COLD WEATHER PAYMENT-** If the average temperature in your area is or is expected to be 0 degrees or below for 7 days in a row between November and March you could get payment of £25 a week. You should automatically receive cold weather payment if you get guarantee pension credit.
- **WINTER FUEL PAYMENT-** Households that house someone over pension credit age should receive an annual payment to help with heating costs. You will get less if you live with other people who qualify for the same. If you think you should be receiving this payment contact the winter fuel payment centre on 0800 731 0160.

For more information and support on your financial wellbeing, contact us at Agewell on 028 2565 8604 and we can make a referral on your behalf to the appropriate organisations.

Become a Supporter of Agewell

Life today can often feel chaotic and fast-paced, it's essential to remember the importance of supporting our local communities and making a positive impact on the lives of others.

Agewell is working tirelessly to enhance the lives of Older People in the Mid & East Antrim area. We strive to promote well-being, independence, and inclusion so that everyone can lead fulfilling lives. Today, we invite you to join us in making our communities **Better PHYSICALLY, Better EMOTIONALLY & Better CONNECTED** by becoming a supporter of Agewell and give regularly to our charity.

By giving regularly, you can play a vital role in transforming lives and creating a brighter future for Older People in our communities of Ballymena, Larne and Carrickfergus.



Why Give to Agewell?

Agewell is a dynamic charity committed to enhancing the wellbeing of seniors in the region. We offer a wide range of services and initiatives that promote positive, healthy and friendly aging. From one-to-one support and health workshops to befriending services and intergenerational projects, Agewell strives to address the unique challenges faced by Older People.



THIS IS THE DIFFERENCE YOU CAN MAKE TO THE LIFE OF A LOCAL OLDER PERSON



£10 could provide a befriending visit for an isolated older person. £20 could provide a telephone counselling session for an Older Person struggling with situations of emotional distress, such as bereavement or anxiety.



£50 could provide telephone support for 21 Older People, every month, that enables connections with local support services, that can improve their health and wellbeing.



How to Play YOUR Part:

Set up a Standing Order: A standing order is a hassle-free way to donate regularly to Agewell. Simply complete and return the standing order form included inside this magazine to the Agewell office. Even small contributions can make a significant impact when given consistently.

Becoming a regular donor to Agewell is an opportunity to make a tangible difference in the lives of Older People within our community and become a lifeline for those who need it most.

Together we can empower lives and create a brighter future for Older People in the Mid & East Antrim area. Your support can make a world of difference.

If you feel you could give regularly to Agewell, so we can together, support Older People in Mid & East Antrim become **Better PHYSICALLY**, **Better EMOTIONALLY** & **Better CONNECTED** please fill out the standing order form inside this edition of the **AgeingWell** Magazine, and return it to our offices at **Agewell, Broughshane House, 70 Main Street, Broughshane, BT42 4JW** or call our team on **028 2565 8604**.

Here is what our Service Users had to say about our services!



HANDYPERSON SERVICE

"My health had deteriorated and I was no longer able to get outside to enjoy my garden as the step to the back door was a struggle for me. The Handyperson came out and fitted a grab rail, he was very efficient and friendly and even completed a safety check of my home whilst he was there. I have been sitting out every day since and feel my overall health has improved."

SCAM SAVVY

"I was scammed a few years ago out of a significant amount of money. It left me feeling very vulnerable and I was frightened every time I received a phone call or message on my mobile phone after this. I heard about the Scam Savvy service through a relative and decided I would like to sign up. It took a very quick phone call to Agewell who just needed my contact details and I now receive a weekly text message alerting me to all the latest scams that are out there. This knowledge has been really useful and has helped me feel safe."

CREASES FOR CARERS

"I was always very independent and I'm the main carer for my wife who has a dementia diagnosis. I had a recent fall and hurt my wrist which had a negative result on my ability to complete household tasks. My IMPACTAgewell® officer discussed the Creases for Carers service with me, a free door to door ironing service. I am so thankful for this extra support, I don't know how I would have managed to do the ironing and I really look forward to the volunteer arriving each week."

If you would like to avail of any of the Agewell services, give us a call on **028 2565 8604**.



IMPACTAgewell

Who are we?

IMPACTAgewell - Home visits by community based worker, who listens to what really matters most to YOU in your health and social care needs - Putting your wellbeing and social care needs on a par with your medical needs.

What can I expect?

Support to guide you through conversations in areas including, your home, your health, your wellbeing, your future and your community and discover solutions.

My Home

"I was struggling to do normal tasks around the house as I felt unsteady on my feet due to a few falls and now that I live alone, I kept my front door unlocked in case I had a bad fall. The IMPACTAgewell® project organised grab rails to be fitted in my house. The Crime Prevention Officer visited my home and discussed a safety plan. He then got the Handyperson to install a Key box so family and emergency services can come into my home when the door was locked."



My Health

"The IMPACTAgewell® Officer suggested I attend the DESMOND course to manage my diabetes. Nervous about attending due to my hearing, I was referred to a Community Hearing Service who showed me how to care for my hearing aid. With newfound confidence, I attended DESMOND and learned to use the Eatwell Plate to make healthier decisions, resulting in weight loss."



Am I eligible for Support ? →

- Are you over 60 and living alone or with another older person?
- Do you live with a long term health condition?
- Are you registered with a GP in Mid and East Antrim?

Please speak to your GP, your Community Pharmacist or your NHSCT representative (social worker, nurse etc) or call Agewell on 028 256 58604

www.meap.co.uk
[@meapni](https://www.facebook.com/meapni)
[facebook.com/meapni](https://www.facebook.com/meapni)

[@meapni](https://www.instagram.com/meapni)
 028 2565 8604
info@meap.co.uk

Address: Mid and East Antrim Agewell Partnership, Broughshane House, 70 Main Street, Broughshane, BT42 4JW



Volunteering with Agewell



Volunteering is a great way to meet new people and try new things. For many, volunteering can help improve confidence and provide opportunities to learn and develop new skills. In addition to this, volunteering is a great way to 'give back' or support causes you may be passionate about.

At Agewell we currently have a number of exciting volunteering opportunities including; Befrienders, Office Volunteers, Volunteer Drivers and Fundraising Volunteers. There really is something to suit everyone!

What our Service Users had to say about Agewell Volunteers!

"My volunteer is so kind and caring and I am very thankful for their time."

"I always looking forward to getting the volunteer come on a Monday as I know I will have someone to speak with, I feel like they care and never fail to make me laugh."

"Nothing is any trouble, always up for a chin wag and they really do make me feel like I am cared for. A real ray of sunshine!"

"It is a pleasure to build a friendship with such a kind, caring and outgoing individual. I always look forward to the visit and I know they will lift me spirit."

"I feel so privileged to have the opportunity to get to know this person, they have made such a big impact on how I feel and have really lifted my mood, something I will always be grateful for."

If you have one spare hour per week, you could make an amazing difference to the life of a local Older Person. Why not give us a call on **028 256 58 604** to find out more!



**Frank and his BFF Volunteer
Fred McGuigan**



**Sadie and her BFF Volunteer
Peggy Butler**



**Volunteer Driver
PJ Whyte**



**Agewell Volunteers enjoying our Volunteer
Thank You event – June 23**



Puzzle Time

15

The following jumbled words are skills you can practice to help keep your memory sharp (hint: we've underlined the first letter of each word for you). Once you figure out the answers, unscramble the highlighted letters to answer the riddle (eight letters have been filled in for you, and letters can be used multiple times).

ICESTAOS

| | | | | | | | | |
|--|--|--|--|--|--|--|--|--|
| | | | | | | | | |
|--|--|--|--|--|--|--|--|--|

XEARL

| | | | | |
|---|--|--|--|--|
| R | | | | |
|---|--|--|--|--|

RENNECATCTO

| | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|
| C | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|

COSFU

| | | | | |
|--|--|--|---|--|
| | | | U | |
|--|--|--|---|--|

LSWO NOWDD

| | | | | | | | | |
|--|---|--|--|--|--|--|--|--|
| | L | | | | | | | |
|--|---|--|--|--|--|--|--|--|

NAQSIGRE

| | | | | | | | |
|--|--|--|--|--|--|--|---|
| | | | | | | | E |
|--|--|--|--|--|--|--|---|

WITRE

| | | | | |
|--|--|--|---|--|
| | | | T | |
|--|--|--|---|--|

PETREA

| | | | | | |
|--|--|--|--|---|--|
| | | | | A | |
|--|--|--|--|---|--|

IUSAVISLE

| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|

"Why do reptiles have such good memories?"

| | | | | | | | | | | | | | | | |
|---|--|--|--|--|---|--|--|---|--|---|--|---|--|---|--|
| B | | | | | S | | | H | | Y | | H | | V | |
|---|--|--|--|--|---|--|--|---|--|---|--|---|--|---|--|

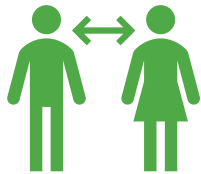
| | | | | | | | | | | | |
|--|--|--|---|--|--|--|--|--|--|---|--|
| | | | T | | | | | | | L | |
|--|--|--|---|--|--|--|--|--|--|---|--|

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®
- Connect North Link Worker
- 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