



Mid & East Antrim

agewell

Partnership

NEWSLETTER

YOUR LOCAL OLDER PEOPLE'S CHARITY

ISSUE

16

DECEMBER 2020

HELLO



Welcome to the 16th issue of the Mid & East Antrim Agewell Partnership Newsletter. This issue has the latest news and information to ensure you're in the know about all the MEAAP services & events.

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Community Signposting



Since the COVID-19 crisis hit in early March 2020, the Community Navigator service within MEAAP has been busier than ever.

The Community Navigator service is a signposting service funded by The Northern Health & Social Care Trust and delivered in partnership with Age NI. It is available to support Older People aged 50+ in the Mid & East Antrim area to access the support and services that they require.

Examples of services the Community Navigator can signpost you to include:

- Home Safety Check
- Benefit Entitlement check
- Handyperson Scheme
- Good Morning Calls
- Community Transport
- Social Activity
- Befriending Scheme
- Home Fire Safety Check

If you would like to benefit from the Community Navigator service call MEAAP on 028 2565 8604.

Here's how the Community Navigator Service helped support John.

"I first made contact with the Community Navigator service as I was shielding and had no means of getting my groceries and prescriptions.

After chatting with Jenny, she was able to arrange to have my prescriptions delivered from the local pharmacy as well as have groceries delivered from the local shop.

Not having my usual family support, I found I was more fearful during this time and Jenny was able to make a referral to the PSNI Crime Prevention Officer, who was able to visit me at my home and give me a number of tips on how to keep myself safe.

As well as providing advice he also fitted my downstairs windows with window alarms, so now I feel much safer in my home, Jenny also arranged for an activity pack to be delivered to me. This was a lovely gesture and I have really enjoyed the word search book as it gave me something to do each day whilst I was shielding alone at home."



COVID-19 Activity Packs

With funding from The Northern Ireland Housing Executive, The National Lottery Community Fund and Age NI, we were able to provide over 600 activity packs for Older People who have been shielding during the COVID-19 pandemic.

From knitting rainbow bunting to "grow your own herbs", we have been delighted to hear the wonderful feedback.

We still have some packs available so if you would be interested in knitting, crochet, origami or a "grow your own" pack just give us a call on 028 25658604.



Counselling Service Available for Older People

There is no denying that the COVID-19 crisis has had an impact on us all.

For many Older People though, the impact has been much more severe.

Thanks to funding from Legal and General, MEAAP are in a position to provide counselling support for Older People who have been adversely affected by COVID-19.

- Isolation
- Bereavement
- Unemployment

If you or someone you know is struggling to cope with the effects of the pandemic, please feel free to get in touch with our Community Navigator Jenny Dougan, on **028 2565 8604**, who can make a referral to LEAD Counselling for support via telephone.



Mental Health Rundown on LOCKDOWN!

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Some tips from Selena Allen, of LEAD Counselling.

Being told to stay at home can trigger many feelings such as anxiety, anger and fear. Retaining a balance with your mental health can be difficult, here are some tips to help...



- L** – Listen to the radio or your favourite tunes!
- O** – Occupy yourself in the house, create a list of chores/activities to retain motivation.
- C** – Connect with others as much as possible. You are not alone.
- K** – Keep an eye on how much negative news you watch.
- D** – Discuss how you are feeling, ask for help!
- O** – Get Outside, sunshine is good for us!
- W** – Walk, wiggle, whatever, just keep moving your body!
- N** – Nurture yourself with water, food and sleep.

This is a temporary situation; you are doing a great job so far!



Joined-up-care continues to improve the wellbeing of older people in the Mid & East Antrim Area.

At our 2020 'Sharing Our Learning' conference, we showcased exactly what the IMPACTAgewell® project has achieved in just 3 short years and how, with funding from Dunhill Medical Trust and the Health and Social Care Board, we plan to expand the project over the next five years.

Working in partnership with GP surgeries, pharmacies, the NHSCT and the local community, IMPACTAgewell® has so far offered 1000+ older people support in the comfort of their own home.

IMPACTAgewell®, led by MEAAP, works closely with projects such as our Community Navigator, the Good Morning services and the MEAAP handyperson.

COVID-19 has changed how we deliver our project for now. Home visiting is not allowed currently but we are maintaining support through fortnightly phone calls with clients and monthly doorstep visits with activity packs and lots of treats.

We are preparing home visiting protocols so that, when we are allowed to visit people in their own homes and when they would like us to visit, we will be ready to go.



DO YOU MEET THE FOLLOWING CRITERIA?

- Aged 65 years and over
- Live alone or with another older person in your own home or in sheltered housing
- Have one of the following long term health conditions:
 - Diabetes
 - Heart Failure
 - Stroke
 - Parkinson's
 - Frailty
 - Respiratory (COPD)
 - Coronary Heart Disease
 - Hypertension
 - Osteoporosis
- Registered with one of the following GP practices

In the Ballymena Area

- The Surgery
- Broughshane Medical Practice
- Smithfield Medical Practice
- Bernaghmore Medical Practice
- Waveney Medical Practice
- Portglenone Medical Practice
- Cullybackey Medical Practice
- Maine Medical Practice

In the Carrickfergus Area

- Old School Surgery
- Scotch Quarter Practice
- Meadowbridge Surgery
- Castle Practice

In the Larne Area

- Corran Surgery
- Victoria Surgery
- Glens of Antrim Surgery
- Drs Black & Lalsingh



Remarkable research
for healthy ageing
THE DUNHILL MEDICAL TRUST



Health and Social
Care Board

**Speak to you GP today or call MEAAP on
028 2565 8604 to find out more**

MEAAP have worked hard to provide our members & local community with support as part of our COVID-19 Emergency Response.

IN THE FIRST SIX WEEKS OF LOCKDOWN...
(23rd March 2020 – 3rd May 2020)

Opening hours extended for telephone enquiries

We opened Monday – Sunday 9am to 9pm



1,502 calls answered, including **80** over the Easter Bank Holiday weekend



1,055 successful calls made

160 individuals & **32** local groups have agreed to volunteer

686 prepared meals delivered



161 active IMPACT Agewell® cases reviewed

15 emergency keysafes fitted

149 People have received support with prescriptions, groceries and dog walking from volunteers





87 potential new
IMPACTAgewell®
 referrals identified



71 referrals to Good Morning Services
 for telephone befriending

58,000 flyers delivered to each
 household in partnership with
 Mid & East Antrim Borough Council

216 additional
 voluntary hours
 provided by our
 staff team

3,000 letters sent
 to our members
 along with scam
 awareness advice



**10 COVID-19 Advice
 text alerts funded by
 MEABC PCSP issued**

We owe a huge thank you to our funders,
 existing and new, who have given us the support
 and space to redesign our services to continue
 supporting Older People throughout Ballymena,
 Larne & Carrickfergus.



Remarkable research
 for healthy ageing
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Ready, Steady, Agewell!



'Ready, Steady, Agewell!' is an exciting project that aims to engage Older People across Mid & East Antrim in physical activity at home.

The project, funded by The Community Foundation NI's Community Innovators Programme and The Hospital Saturday Fund, supports 15 Older People in using a 'Move With Mary' workbook along with an Amazon Echo Dot. This device allows Dame Mary Peters to talk users through their daily exercises and was specially created for this project in partnership with Age NI.



Another group of 15 Older People will have only received the workbook. This will help us compare if a friendly reminder and guidance from the Echo Dot will encourage you to move more.

This project will not only benefit physical activity but the Echo Dot is a fantastic handsfree method to set reminders, alarms, play music, games and stay connected to the world for those who are isolated, have mobility limitations or visual impairments.

Hard to Swallow

The Community Foundation NI's Community Innovators Programme has also funded us to partner with the Northern Health & Social Care Trust to design a new project for people living with swallowing difficulties.



This new project called 'Hard to Swallow', aims to raise awareness of the difficulties experienced by many Older People in relation to eating, drinking, and swallowing.

MEAAP and the NHSCT are working with local community members and organisations to produce an information booklet, full of Hints & tips, for people living with swallowing difficulties.

The new booklet will be launched during a month-long awareness campaign to highlight the condition and its symptoms.

Rapid Rundown



On Wednesday 2nd December 2020 MEAAP's Community Navigator hosted an online webinar which showcased the amazing range of services and support that is available for Older People in Mid & East Antrim.



With local 21 local organisations taking part, the session was fast and furious with a jam packed agenda of information. Each organisation was given just two minutes to present and we heard from many fantastic organisations. Feedback from the session has deemed it exceptionally successful, with requests to make it an annual event!



If you missed the session, you can watch it back on our website by going to

www.meap.co.uk/rapidrundown

Donating to MEAAP



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It is easier than ever to give to MEAAP.

There are three simple ways, below, for you to help us make a big difference in the lives of Older People in Ballymena, Larne & Carrickfergus.

IN PERSON

You can donate in person at any of our meetings or events throughout the year.

You can also donate by calling into the office at **18 Queen Street, Ballymena** or calling us on **028 2565 8604**.

ONLINE

MEAAP is enrolled in the PayPal Giving Fund. This enables you to donate online by donation page at www.meap.co.uk/donate, or by searching for us on the PayPal app.

Using the PayPal Giving Fund ensures that we get 100% of your donation.

BY TEXT

You can donate quick and easily by just sending a text message from your mobile phone.

To donate £1, text **AGEWELL** to **70201**

To donate £3, text **AGEWELL** to **70331**

To donate £5, text **AGEWELL** to **70970**

To donate £10, text **AGEWELL** to **70191**

Our handyperson service, delivered in partnership with Bryson Energy is as popular as ever! If you need some small home repairs carried out, why not give us a ring to make a booking on 028 2565 8604.

For just £10 per hour for a maximum of 3 hours, in partnership with Bryson Energy, you could have small home repairs and improvements completed by our handyman. We aim to do jobs within 10 days of request.



**GET IN
CONTACT
WITH
MEAAP**
**WE LOVE
HEARING FROM
YOU!**



028 2565 8604



18 Queen Street
Ballymena
BT42 2BD



info@meaap.co.uk
www.meaap.co.uk



Office Hours:
Monday - Friday
9am-5pm