

WEA NI



GATE È Generations Ageing  
Together in Europe

Northern Ireland  
Policies and practices



# Active Ageing NI

What does the NI Assembly say?

Ageing in an inclusive society



# Active Ageing NI

What are government departments doing?

What is FE doing?

What is ageing sector doing?



# WEA - Active Ageing

- LAP has provided a range of programmes which help support active ageing .
  - Physical Activity
  - Social interaction
  - Mentally stimulating
- Health and Well Being Programme: Active Lifestyles
- Planning for Retirement



# WEA Active Lifestyles Programme

- Encourages older people to develop the knowledge, understanding, skills and attitudes needed for mental, emotional, social and physical well being in later life.
- Takes a holistic, life course and community development based approach to promoting health and well being in later life and takes account of the rich diversity of older people in Northern Ireland and their social and community context.
- Looks at importance of diet, exercise, mental stimulation and social activity in promoting health and well being in later life.
- Aims to increase mobility and independence in later life.
- Raise awareness of and knowledge of age related illness and preventative measures.
- Raise awareness of the range of activities available locally in relation to health and well being.



# Body Wisdom - Derry

- Working with local Professional Dance Company Echo Echo
- Provides contemporary dance and movement courses for older people
- Learn about the body, how it moves & responds, how to deal with physical problems and working through these
- Physical Activity & Relaxation



# Old Library Trust . Derry

## Health 4 Life Programme

- A Five Year Programme, Funded by the Big Lottery
- Open to those aged 60+
- **Programme includes:**
  - Gym and Spin for all Abilities
  - Line Dancing
  - Boccia
  - Walking Club
  - Healthy Eating and Cooking
  - Foot Care Clinic
  - Gentle Yoga
  - The Social Hour
  - Memory Club- Dementia Group



# Belfast Healthy Ageing Strategic Partnership - HASP

Belfast HASP is a partnership of key agencies providing a joined up approach to the delivery of services which promote the health, wellbeing and independence of older people in Belfast.

The partnership is currently focussing on four key issues:

- joined up information and advice
- community capacity building
- combating social isolation
- home support services or care and repair.





# Tri Age - Belfast

- Springfield Charitable Association - Lottery funded
- The overall aim is to enhance the quality of life, health and wellbeing of older people who live in west Belfast
- Aimed at disadvantaged older people, who are isolated and considered hard to reach or those who have been diagnosed or at risk of developing dementia and other associated illnesses.
- Work towards removing barriers and will actively promote participation and engagement in community life.
- Develop a community support programme to promote independent living. Offer a range of programmes based around diet, exercise and stimulation and by providing in-centre and outreach advice services around benefits, home safety and heating, falls and accident prevention.



# Engage with Age . Hope Project

“Target less active older people at risk of social isolation

“Reducing isolation, increasing confidence and better access to improved social networks and relationships.

“Establish hubs for older people’s engagement in a range of activities in sheltered housing schemes and other locations.

“Improving older people’s quality of life, health and well-being through planning and taking part in meaningful and fulfilling activities.

“Stronger relationships developed between housing association residents, staff and local community by sharing resources and shared activities.

“Increased participation of volunteers in befriending and one to one support.

