

May 2022

Frailty Network News



If you wish include any items in our next circulation, please contact frailtynetwork@hscni.net

Frailty is everybody's business

Join the NI Frailty Network – email your contact details to frailtynetwork@hscni.net

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Dates for your Diary!



Wednesday 1st June 2022 (9.20am-11.50am)- The British Geriatric Society are hosting an online event which will cover the latest scientific research and best clinical practice in care for older people. It is a free online meeting covering core areas of interest to all specialists responsible for the health care of older people. For more information and to register follow this link: [2022 North Thames Spring Region Meeting | British Geriatrics Society \(bgs.org.uk\)](https://www.bgs.org.uk/2022-north-thames-spring-region-meeting)

SAVE THE DATE!

We have changed the date of our upcoming Northern Ireland Frailty Network Conference from 30th September to Friday 7th October 2022.

Upcoming Courses

Trinity College Dublin have 2 online courses starting in September 2022:

Assessment and management of frailty in ageing adults (STAND ALONE ONLINE)

[Standalone Frailty Module - School of Medicine - Trinity College Dublin \(tcd.ie\)](https://www.tcd.ie)

(two hours once a week, semester 1 only)

Postgraduate Certificate in Advanced Ageing and Frailty Studies (ONLINE)

[PGCert Ageing and Frailty - School of Medicine - Trinity College Dublin \(tcd.ie\)](https://www.tcd.ie)

(two hours twice a week, both semesters)

Deadline for applications: end of June 2022

Homes for Healthy Ageing– Northern Ireland Showcase

“1 in 3 people in Northern Ireland feel they are more often lonely than not, and the number of over-50s experiencing loneliness in the UK is set to reach 2 million by 2025.”

Connected Places Catapult (CPC) Homes for Healthy Ageing Programme aims to help stakeholders understand their local age-related challenges and trial new solutions through real world testing.



Event to showcase latest innovative solutions improving the health, wellbeing and independence of older adults facing social isolation and loneliness in Northern Ireland.

Date : 17 June 2022
Venue: Europa Hotel, Belfast

A consortium of Northern Ireland organisations has partnered with Connected Places Catapult as part of their **Homes for Healthy Ageing** programme. The programme aimed to develop testbeds focused on the local challenge of social isolation and loneliness. Led by Ulster University with Age NI, Belfast City Council, Connected Health Innovation Centre, Markets Development Association, Public Health Agency NI, Queen’s University Belfast, and Health Innovation Research Alliance – the consortium has been working collaboratively with Connected Places Catapult and 10 businesses to test innovative solutions to overcome social isolation and loneliness among older adults in Northern Ireland.

Join us on **17 June 2022 at the Europa Hotel, Belfast**, to see the latest innovative solutions improving the health, wellbeing and independence of older adults facing social isolation and loneliness in Northern Ireland.

For more information and registration:

<https://www.eventbrite.co.uk/e/homes-for-healthy-ageing-northern-ireland-showcase-tickets-344289668667>

It was Mental Health Awareness Week 2022 (9-15th May)

The official theme this year was 'loneliness'. Loneliness is affecting more and more of us and has had a huge impact on our physical and mental health during the pandemic. A survey carried out by the Mental Health Foundation demonstrates that hundreds of thousands of adults in Northern Ireland are affected by loneliness ([Hundreds of thousands of adults in Northern Ireland affected by loneliness | Mental Health Foundation](#)).

Older people are especially vulnerable to loneliness and social isolation, which can lead to serious impacts on their health. To tackle loneliness in older age groups, Age UK have developed a telephone befriender service which offers older people the chance to chat with someone over the phone from the comfort of their own home.

For more information or to volunteer as a telephone befriender, follow this link: [Volunteer as a telephone befriender | Age UK](#)

Shaping Palliative Care Policy Using a Human Rights-based Approach

The All Ireland Institute of Hospice and Palliative Care (AIHPC) have collaborated with Dr John Lombard and Dr Owen Doody from the University of Limerick to share the following report:

[‘Shaping Palliative Care Policy Using a Human Rights-based Approach: Examining the experience of people living in nursing homes, their families, and staff during the COVID-19 pandemic’](#)

This report shares the findings from a recent study on the impact of COVID-19 pandemic on the delivery of palliative care services in nursing homes from the perspective of rights-holders (residents, their families and staff).

What does ageism look like?



Ageism is the most widespread form of discrimination in the UK, and it will likely impact us all at some point, particularly as we get older. The Centre for Ageing Better have shared a blog highlighting the consequences of ageism and what we can do to tackle it.

‘Simply put, it’s a prejudice against our future selves’

To read the blog, please follow this link:

[What does ageism look like? | Centre for Ageing Better \(ageing-better.org.uk\)](#)

Can you help us?

Encompass – we are interested to know more about our health and social care employed members involvement in the Encompass programme. Do you represent your organisation / profession / team in any of the work streams? We would be grateful if you could get in touch to tell us about your involvement so far and help us ensure that Frailty is considered across this programme.

Digital technology – some of our partners are taking forward work around use of technology to assist older adults to maintain independence / improve wellbeing. Would you be interested in getting involved?

Website content – we are developing a website and would like to set up an editorial group to oversee the content. Would you be interested in joining us?

Education – in our February edition, we circulated information on the Health Education England's e-learning module on Frailty. Have you had a chance to register and progress through the material? We'd be really keen to hear your feedback.

Please see the link below for more information and to view Health Education England's e-learning module on Frailty.

[HEE elfh Hub \(e-elfh.org.uk\)](http://e-elfh.org.uk)

If you can support us in any of these areas, please get in touch at frailtynetwork@hscni.net



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