

August 2023

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



SAVE THE DATE!!



This years NI Frailty Network Conference will be a joint event with the British Geriatric Society NI Division on

Friday 13th October

2023.

For more information and to register for our conference, please follow the link:

[2023 Joint BGS and Northern Ireland Frailty Network Meeting | British Geriatrics Society](#)

****PLEASE NOTE– places for this years conference can only be booked through the BGS website via the link above ↑↑**

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Twenty minutes of daily exercise can help reverse frailty and build resilience in over 65-year-olds

Dr John Travers, a general practitioner and assistant professor of public health and primary care at Trinity College Dublin has completed his PhD on reversing frailty and building resilience in older people.



Results indicated that a combination of exercises and dietary protein significantly reduced frailty and improved self-reported health.

To read the full study, please follow this link:

[Twenty minutes of daily exercise can help reverse frailty and build resilience in over 65-year-olds | British Geriatrics Society \(bgs.org.uk\)](#)

World Patient Safety Day!

This year's World Health Organisation (WHO) World Patient Safety Day is taking place on 17th September 2023.

The objective of this day is to increase public awareness and engagement and enhance patient safety and reduce patient harm.

The WHO has selected 'Engaging patients for patient safety' as the theme for this year's World Patient Safety Day, in recognition of the crucial role patients, families and caregivers play in the safety of health care.

Request for participants for study on death literacy across community and national levels

The All Ireland Institute of Hospice and Palliative Care (AIHPC) is currently supporting Stephanie Crawford who is a PhD researcher in Queen's University Belfast and the title of her study is: '*Investigating the appropriateness of the Death Literacy Index (DLI) to the population of Ireland*'.

This study aims to optimise and validate the 'death literacy index' (DLI) in an all-Ireland context.

People are eligible to participate in the study if you are:

- A resident of Northern Ireland
- A resident of the Republic of Ireland
- Over the age of 18 years

Please use the web address below to sign up for participation. You will then be contacted via email to arrange a date and time for the interview which suits you

https://qubpsych.eu.qualtrics.com/jfe/form/SV_6ID0e99eW2sQSqK

Frailty in Urgent Care Settings Survey

The British Geriatric Society have circulated a survey to understand and map the UK front door frailty landscape. Results will be collated into an Age and Aging editorial and the deadline for responses in **15th September 2023**.

For more information or to complete the survey, please follow the link: [2023 Frailty and Urgent Care SIG survey \(surveymonkey.co.uk\)](https://surveymonkey.co.uk/2023-Frailty-and-Urgent-Care-SIG-survey)

All Ireland Martha McMenemy Memorial Scholarship Fund 2023

Martha McMenemy was the Chief Nurse in the Western Health & Social Services Area and Divisional Chair of Business & Professional Women who created a fund for members of the Nursing and Midwifery professions working in Ireland to undertake a study in the fields of nursing or midwifery.

This scholarship could provide you with an opportunity to influence the modernisation of Health & Social Care Services, through one of the following categories:

- A project demonstrating improvements in care or the patient's experience.
- A small scale research, audit project and/or reflective practice.
- Leadership Development – Personal Development or Team Development

Each Scholarship is worth up to a maximum of £3,000 or € equivalent which the Panel will allocate as deemed appropriate.

Please click on the icon → for more information and how to apply:



Global Ageing Event

Scottish Care, together with the National Care Forum and the Global Ageing Network is hosting the biennial Global Ageing Conference and International Workforce Summit in Glasgow on the 6th-8th September 2023.

For more information, please follow the link: [Global Ageing Conference 2023 \(globalageing2023.com\)](https://globalageing2023.com)



Move it or Lose it Annual Healthy Ageing Conference

The Move it or Lose it Annual Healthy Ageing Conference will be held on Friday 22nd September 2023 from 10am to 4pm in Birmingham. This event has a great line-up of leading academics, scientists, expert and influencers sharing tips on how to live well and promote healthy and successful ageing.

Speakers include:

- Dr Raymond Reynolds, BSc, MSc, PhD– ‘Unravelling the mystery of falls’
- Professor Janet Lord FMedSci- ‘Just what is inflammaging, why does it matter and how can you prevent it?’

For more information or to register follow this link: [Move it or Lose it Annual Conference | Move It Or Lose It](#)

Engage with Age job opportunities!

Engage with Age is currently recruiting two posts for its PAL Project.

The PAL Project seeks to empower older people to address the impact of loneliness and isolation through activity groups and also befriending.

The two roles and their links to the application forms are:

- Development Officer for Groups Activities: <https://www.communityni.org/job/development-officer-pal-project-group-activities>
- Development Officer for Befriending: <https://www.communityni.org/job/development-officer-pal-project-befriending-officer>

The closing date for both roles is **Thursday 31st August at 4pm.**

Please click the links above for more information.



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