

January/February 2024

# Frailty Network News

If you wish include any items in our next circulation, please contact



[frailtynetwork@hscni.net](mailto:frailtynetwork@hscni.net)  
*Frailty is everybody's business*

Join the NI Frailty Network – email your contact details to [frailtynetwork@hscni.net](mailto:frailtynetwork@hscni.net)

Please follow the link below to our website:  
[Frailty Network | Frailty Network \(hscni.net\)](http://Frailty Network | Frailty Network (hscni.net))

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We appreciate all feedback/comments you may have on our website and would love to hear from you if you have any upcoming events or items you want posted on the website, or included in upcoming newsletters, please email us at [frailtynetwork@hscni.net](mailto:frailtynetwork@hscni.net)

## 2024 Northern Ireland and Royal College of Psychiatrists Old Age Faculty Joint Meeting

The British Geriatric Society are holding a joint meeting with the Royal College of Psychiatrists Old Age Faculty. This event will cover the latest scientific research and the best clinical practice in care of older people and will take place in the **Stormont Hotel, Belfast on Friday 1st March 2024.**

For more information and to register for this event, please follow this link: [2024 Northern Ireland and Royal College of Psychiatrists Old Age Faculty Joint Meeting | British Geriatrics Society \(bgs.org.uk\)](https://www.bgs.org.uk/2024-northern-ireland-and-royal-college-of-psychiatrists-old-age-faculty-joint-meeting)

Abstracts: closing date is **Friday 2nd February 2024 at 5pm.**

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## Age NI's New Men's Health Programme



Age NI has launched a new programme aimed at supporting the mental health and wellbeing of men in Northern Ireland age over 50.

**Good Vibrations** is a new men's health programme from Age NI aimed specifically at men aged 50 and over.

Funded by the Movember Foundation, it covers everything from planning towards your pension and retirement to seeking work-life balance as caring responsibilities develop or health issues occur.

For more information please follow this link: [Good Vibrations \(ageuk.org.uk\)](https://ageuk.org.uk)

## ***Palliative Care Network hybrid launch event***

The RCN Northern Ireland Palliative Care Network is a group of members who work together to share ideas and improve practice.

The network aims to create an environment to:

- create an increase in awareness of Palliative care
- offer a supportive environment to share experience
- develop and identify learning opportunities
- contribute to influencing policy and practice development

**This event will be held on Wednesday 21st February 2024 at 1pm**

To register to attend this hybrid event please email your name, RCN membership number, email address and inform us if you are attending in person or via teams to [karen.bowes@rcn.org.uk](mailto:karen.bowes@rcn.org.uk)

If you are an RCN member and are interested in joining the Palliative Care Network please contact Karen (email address above).

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## **Global Intergenerational Week 24th-30th April 2024**

Join Linking Generations NI to celebrate Global Intergenerational Week!

Global Intergenerational Week is a campaign connecting everyone who is passionate about everything intergenerational. The week will run from **24th April – 30th April 2024** and aims to inspire individuals, groups, organisations and local/national governments to fully embrace intergenerational practice, connecting people of all ages especially the younger and older generations.

For more information please follow this link:

[Global Intergenerational Week – Linking Generations NI](#)

## **Trinity College Dublin Online Frailty Education Programme – Applications now**

- **Postgraduate Certificate in Advanced Ageing and Frailty Studies (30 ECTS)**

**Duration:** September to June (Semesters 1 and 2)

**Schedule:** Two hours twice a week, Tuesdays 3-5 pm and Fridays 2-4 pm Irish Standard Time

**Modules:**

Assessment and Management of Frailty in Ageing Adults (5 ECTS)

Biology of the Ageing process (10 ECTS)

Frailty in ageing adults: clinical practice (5 ECTS)

Quantitative Analytics for Ageing and Frailty (10 ECTS)

**Explore the program:** <https://www.tcd.ie/courses/postgraduate/courses/advanced-ageing-and-frailty-studies-pgradcert/>

For more information or to express your interest, please feel free to contact: <https://www.tcd.ie/medicine/medical-gerontology/contact-us/>

- **Micro-credential in Assessment and Management of Frailty in Ageing Adults (5 ECTS)**

**Duration:** September to January (Semester 1)

**Schedule:** Ten 2-hour live sessions, Tuesdays 3-5 pm Irish Standard Time

**Key Highlights:**

Understand what frailty is & isn't

Appreciate its potential reversibility

Learn its multiple identification tools

Apply knowledge to practice

**Enrol now:** <https://www.tcd.ie/courses/microcredentials/by-school/micro-credentials---medicine/assessment-amp-management-of-frailty-in-ageing-adults---mc-module/>



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