

April 2024

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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SAVE THE DATE!!



This years NI Frailty Network Conference will be held on

TUESDAY 1ST OCTOBER

2024

To celebrate The International Day of Older Persons!

****Keep an eye on our website [Frailty Network | Frailty Network \(hscni.net\)](https://www.frailtynetwork.net)**

and upcoming newsletters for more information.

The British Geriatrics Society in Northern Ireland



With the [BGS Spring Meeting 2025](#) set to take place on 9-11 April 2025 in Belfast, Stacey Finlay, the BGS Nurses and Allied Healthcare Professionals representative for Northern Ireland, reflects on the value of BGS membership.

Being an older person's nurse brings a significant amount of variety in the work we do. That variety requires a vast range of skills and, as all healthcare professionals, to continually update our knowledge and practice to ensure we provide up-to-date, evidence-based care. [Membership of the British Geriatrics Society](#) provides a wide array of benefits that can aid your career progression and the care that you provide for older people. As a member, you have access to [Age & Ageing](#) journal, discounts for BGS [events](#) and free [e-learning](#) modules.

There's also the chance to network with other specialists and experts, and opportunities to work with special interest groups and councils within the BGS, to guide evidence and policy development to improve healthcare for older people on a wider scale.

The theme for this year's International Nurses Day is 'Our Nurses. Our Future. The economic power of care'. Joining and engaging with the BGS is in keeping with this theme as engaging with the BGS as a nurse gives you the opportunity to lead, alongside multidisciplinary and medical colleagues, in improving healthcare for older people. As good healthcare for older people leads to good healthcare for everyone, economically this is a no-brainer.

New free Cyber Safety training will empower older adults across Belfast

Age NI in partnership with Belfast District Policing and Community Safety Partnerships (DPCSPs) has developed a free cyber safety training workshop specifically aimed at empowering older adults across Belfast to improve their online safety.

Aimed at those over 50, the workshop will build confidence in the ability to use online technologies safely. The workshop covers topics such as the safe use of social media, identity protection and well as how to avoid online scams.

Register for Age NI's Cyber Safety Training here:

<https://www.ageuk.org.uk/northern-ireland/information-advice/work-learning/cyber-safety-training>

Top up your COVID-19 protection with the Spring Booster campaign

Please see below link for information relating to topping up your COVID-19 protection with the Spring booster:

[PHA launch COVID-19 Spring Booster \(mailchi.mp\)](#)

An Introduction to Age-friendly Communities

The Centre for Ageing Better are hosting an hour long webinar that will cover the basics of Age-friendly communities and provide practical examples from UK members on their journey to become better places to grow old.

For more information, or to sign up please follow this link: [An introduction to Age-friendly Communities | Centre for Ageing Better \(ageing-better.org.uk\)](#)

Innovative Age NI Shared Lives service making a positive impact for older people



Shared Lives NI

Age NI are delighted to be offering a Regional NI Shared Lives Service. Launched over 6 months ago, the service provides support for people aged 65 and over who may be lonely and isolated and helps them to stay as independent as they can, for as long as possible.

The first Shared Lives match was made in the Northern Health and Social Care Trust area in December, between Michael Lawson from Larne and Mark Logan from Whitehead and since then, both have been enjoying spending time with each other and taking part in a variety of activities together.

To read more about the Shared Lives service, please follow this link:

[Innovative Age NI Shared Lives service making a positive impact for Larne man \(ageuk.org.uk\)](#)



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