

Northern Ireland
charities together

Giving Together Newsletter

Issue: Issue 22 Spring/Summer 2018

How your donations support Health and Wellbeing



Age NI: Robert's Wellbeing improved because of Age NI

'I'm Robert, I'm 78. My life was turned around by Age NI over 14 years ago. Before finding Age NI I was in a very dark place.

The Age NI day centre has been the saviour of me with regard to loneliness. It has brought me out of the dark place I was in. I really enjoy getting my dinner in the day centre. The food is all home cooked, very tasty and it gives me a break from cooking at home. I don't feel isolated anymore. I look forward to my time there each week and it's good to get out of the house for a while. I love the activities and the company. I have made many friends for life. I have my confidence back and I no longer think that having my stroke was the end of it all. I feel that the centre gave purpose back to my life.'

Together we are changing lives. Your donations directly change the lives of people like Robert.

Northern Ireland is ageing. There are almost 300,000 people aged 65 and over living here. In the next twenty years, the number of people aged 65 and over is projected to increase by 75%! That's 1 in 4 people.

For support and advice call Freephone 0808 808 7575.



Cancer Focus Northern Ireland: Emotional Support and Wellbeing

Cancer Focus Northern Ireland's aim is to care for local cancer patients and their families, help people lower their risk of cancer with our cancer prevention work, fund potentially life-saving research at local universities and advocate at Stormont for better health policies.

Our most used services are counselling and family support, which focus on the wellbeing of our clients. These services provide emotional support for adults and children, helping to alleviate worry and anxiety at one of the most difficult times in their lives.

Our services offer patients and their carers support, and the chance to meet and talk to others on the same journey, helping to alleviate worry and anxiety.

We are extremely proactive with our cancer prevention work in schools and colleges, workplaces and at community venues, advising people on healthier lifestyles. This



includes stop smoking clinics and ManPowered, a healthy activities project for men with low risk prostate cancer. Our Keeping Well vans bring health checks to the heart of communities and to workplaces. We have a comprehensive programme of educational activities for schools which supplements the NI Curriculum.

Cancer Focus Northern Ireland is also the secretariat for the All Party Group on Cancer at Stormont where we are currently calling on the Assembly to resume and for the development of a new strong and effective cancer strategy to improve cancer outcomes for people in Northern Ireland.

NSPCC/Childline: Self-Care for Childline Volunteers

'It's about self-care - in order to support others you have to be in a good place yourself and make sure you look after yourself physically & mentally.' **Michael, Childline Volunteer.**

There is no doubt that dealing with calls from young people about issues such as suicidal feelings, bullying, abuse and mental health issues can be emotionally stressful for volunteer counsellors. Childline has put mechanisms in place to ensure volunteers feel valued, well supported and are aware of their own self-care and emotional wellbeing.

Volunteers need to complete 44 hours of initial training and mentoring over a few weeks to ensure they are prepared for the counselling role.

Before and after every shift, volunteers attend a briefing and debriefing with other volunteers and a supervisor, giving them a chance to talk through the shift and



any issues it brought up for them before going home.

Volunteers are assigned to a key supervisor whom they

can contact at any time to discuss any aspect of their volunteering including any calls that have concerned them. Other self-care initiatives include yoga workshops, sharing mindfulness videos and dedicating the month of January to the topic of volunteer self-care.

Volunteers are encouraged to develop their own strategies for dealing with stress and to relax, for some this could be exercise, for others a long bath – it's an individual choice. What is important is that volunteers are aware of the emotional impact of their role and take steps to look after themselves.

CLIC Sargent Northern Ireland: Fitness 4 Survivors 2018

CLIC Sargent have embarked on designing and running a research study that examines the impact exercise can have on the fitness, quality of life and fatigue of young adult cancer survivors in Northern Ireland.

The classes ran for 10 weeks, with young adult cancer survivors attending a CrossFit gym twice a week to work on developing their fitness together. The classes were run by Simon Darby, young persons' social worker who trained up to become a CrossFit coach specifically to coach these classes as part of his research study.

The results of the research study will be published in 2018 but what is known is that young people's lives have been positively

impacted on a very practical level. Many of the young people took up employment during and following the exercise study, it has also helped improve self confidence, improve energy levels and mood whilst bringing young people together to form friendships and a support network.



RNIB Northern Ireland: Someone to talk to

The RNIB Sight Loss Counselling team offers emotional support to anyone affected by sight loss in any way. We're here for people of all ages, including children and young people from the age of 11, and anyone supporting a person with sight loss who might also need someone to talk to.

People living with sight loss may worry about their future and the changes they face on a daily basis which can lead to feelings of anger, sadness and anxiety. During these times, many people find it helpful to talk through their feelings with someone outside their usual circle of family and friends.

Our Sight Loss Counselling team is made up of skilled counsellors and confidence-building professionals who have extensive experience in supporting people impacted by sight loss. We provide free one-to-one telephone or online counselling so you can access the support you

need from the convenience of your own home.

Ken has experienced the benefits of counselling himself and urges others to consider it:

'Talking about our feelings and struggles or reaching out for help is not a weakness. I actually think it takes more courage to talk.

Coming to an acceptance of the sight you've lost is like a grieving process, and you don't get fixed overnight; sometimes you need support to work through things.'

To connect with Sight loss advice and support services, contact the RNIB Helpline on 0303 123 9999 or visit us at www.rnib.org.uk



Northern Ireland Chest Heart & Stroke: Improving Lives, Inspiring Change

Would you like to live longer, be happier and healthier?

Making healthy lifestyle choices can prevent many of the illnesses that lead to long-term ill health problems and sadly even death. Lifestyle factors such as exercise, weight, diet, sleep, stress levels, alcohol and smoking all affect your risk of heart disease, stroke, respiratory illness and many other health conditions.

Northern Ireland Chest Heart & Stroke launched its Well NI programme to help support people make manageable lifestyle choices, and live longer, healthier lives.

We provide a range of bespoke health packages for local businesses, community groups and individuals which include:

Well Checks – one to one sessions which pick up early indicators of cardiovascular or respiratory diseases from key body composition measurements, enabling individuals to improve



their health and lower cardiovascular risk.

Well Talks – bespoke interactive talks aimed at increasing knowledge on specific conditions, or health topics and lifestyle choices linked to them.

Well Mind – practical business based programmes to help employees assess their level of stress and provide practical techniques which manage personal stress levels better to improve overall health and wellbeing.

For more information, please go to our website - www.nichs.org.uk/wellni. Alternatively, you can contact Gemma Burton, Health Promotion Service Manager on 028 9032 0184.



Age NI

Web: www.ageni.org

Telephone: 028 9024 5729

Registered with the Charity Commission for Northern Ireland NIC104640



Cancer Focus Northern Ireland

Web: www.cancerfocusni.org

Telephone: 028 9066 3281

Registered with the Charity Commission for Northern Ireland NIC101307



NSPCC/Childline

Web: www.nspcc.org.uk/childline

Telephone: 028 9035 1135

Reg. Charity No: 216401 & SC037717



CLIC Sargent Northern Ireland

Web: www.clicsargent.org.uk

Telephone: 028 9072 5780

Reg. Charity No: 1107328 & SC039857



Northern Ireland Chest Heart & Stroke

Web: www.nichs.org.uk

Telephone: 028 9032 0184

Registered with the Charity Commission for Northern Ireland NIC103593



Supporting people
with sight loss

Royal National Institute of Blind People Northern Ireland

Web: www.rnib.org.uk/northernireland

Telephone: 028 9032 9373

Reg. Charity No: 226227

If you would like this information in braille, on audio tape or as large print please telephone the Royal National Institute of Blind People on 0303 123 9999 or businesslink@rnib.org.uk