

## Travelling to hospital appointments 'nightmare' for older patients



### Also inside this edition...

Age Sector Platform welcomes new CEO

Programme for Government consultation

Summary of Northern Ireland Pensioners Parliament

COPNI's Draft Priorities for Action

## Message from the Chair

Hello and welcome to the 24th edition of **aspire!** The Northern Ireland Pensioners Parliament took place in mid October and you can read the summary report on pages 8-9.



We launched a significant piece of research into older people travelling to hospital appointments in Northern Ireland, which you can read about on the following pages.

This edition also features a brief report on our AGM, an update on our Campaign Committees and a report from the Financially Safe and Secure Elder Abuse conference.

Finally, as some of you know, our staff team has undergone a few major changes recently. On that note, I would like to give a warm welcome our new Chief Executive, Eamonn Donaghy. I have no doubt he will fit in very well with the organisation and continue the great work that is being done. I would also like to wish our Communications Manager, Alison McKenna, all the best on her maternity leave. We are already looking forward to seeing her back here in August 2017! Enjoy!



Anne Watson

## Transport took over at AGM

Age Sector Platform's tenth Annual General Meeting took place on Tuesday 13 September in Grosvenor House, Belfast. Around 60 people gathered for the AGM with a wide representation of older people from groups and networks across Northern Ireland.

Eamonn Donaghy, Chief Executive, gave an introduction to members. This included his working background and his plans to lead the organisation over the next few years.

As part of the business section of the AGM, three board members were due to step down, Ivan Baxter, Patricia Donald and Francis Hughes. However, with no nominations received to replace them, it was proposed and seconded that all three remain on the Board for another year. Victor Murphy's three year term as Secretary came to an end and Brenda Irvine was elected as the new Secretary of the organisation. Anne Watson, Chair of ASP, thanked Victor for his time and effort in his officer post and also wished Brenda all the best in her new role.



Out going Secretary of ASP, Victor Murphy

Newly elected Secretary of ASP, Brenda Irvine.



Cover photo: Francis Hughes launches Transport to Hospital Appointments report

Read more on pages 6 - 7.

Following the election of board members and officer positions, Julie Brown and Seamus Lynch from Age Sector Platform updated members on events and campaigning work throughout the year and also provided an overview of the planned 2016 Pensioners Parliament & Lobby of Westminster.

As the business meeting came to an end, Anne Watson introduced the guest speaker for the morning, Scott Kennerley. Scott, Head of Transport at the Consumer Council, outlined his role and the work the Consumer Council does to safeguard consumers in Northern Ireland. He also discussed key issues facing older people, such as accessible transport and awareness of passenger rights.

After a very informative presentation, Scott then took questions from the floor.

Anne Watson formally closed the AGM before lunch was served!



Guest speaker, Scott Kennerley, presenting to members of Age Sector Platform



Platform members, Jean Haveron & Michael Monaghan during a Q&A session with Scott Kennerley

## Group membership of Age Sector Platform

If you're part of an older people's group and would like it to join as a member of the Platform, you can find out more at [www.agesectorplatform.org/membership](http://www.agesectorplatform.org/membership)

## Meet the new Chief Executive of ASP

In August of this year, Age Sector Platform welcomed its new Chief Executive, Eamonn Donaghy, to the charity. Eamonn joins Age Sector Platform from Community Foundation for Northern Ireland, where he spent two and a half years as Communications and Fund Development Manager.

We are delighted to have Eamonn on board! Check out his first interview below:



New Chief Executive of Age Sector Platform, Eamonn Donaghy

### Welcome to Age Sector Platform, Eamonn! Tell us a bit about yourself. (e.g. work history, skills, interests)

I began my career in financial services with Halifax Plc. I joined on a graduate Management Trainee Programme, and “qualified” as a branch manager, working in a number of locations in England and Northern Ireland. I joined the voluntary and community sector in 1997, taking up a post as Head of Fundraising with Barnardo’s NI. I left Barnardo’s after 5 years to join Disability Action as Head of Business Development before joining the Community Foundation for Northern Ireland as Fund Development Manager. Over the years

I have gained considerable experience in all aspects of fundraising and have developed numerous contacts across the voluntary and community and private sectors, something that I think will be important and useful for Age Sector Platform over the next 1-2 years.

### How have you settled into your role so far, and what are you looking forward to most in the coming year?

I have really enjoyed my initial weeks at Age Sector Platform. I have been struck by the commitment and dedication of staff, Trustees and members and everyone has been extremely welcoming. I feel that I have been here a lot longer and that is a really nice thing as I feel very much at home and comfortable with the culture of the organisation. The Northern Ireland Pensioners Parliament on the 13 and 14 October was my first major event with the organisation and it was a great experience. It gave me the opportunity to really get close to the issues and challenges facing us and to get to meet as many of our members as possible. I am now really looking forward to other key events such as the trip to Westminster and the ‘Question Time’ event at Stormont.

## Have you always had an interest in older people's issues, or what attracted you to working with Age Sector Platform?

There is no doubt that my interest in and affinity for older people's issues is one of the main motivations I had for applying for the position as CEO at Age Sector Platform. This was developed during my time at Disability Action when I developed and secured funding from Big Lottery NI for a project aimed at supporting older people at risk of isolation and marginalisation. I met a great many older people during the course of my research and gained real insight into the challenges they were facing. What really struck me was how many of these older people lacked adequate support structures and the knowledge and confidence to address the situations they were facing.

## What do you do in your spare time? How do you switch off from work mode in the evenings and at weekends?

I have 3 teenagers and find that much of my spare time is taken up providing a taxi service! When I'm not ferrying back and forth I can usually be found in front of Sky Sports. I am interested in most sports, particularly football, tennis, cricket and rugby but I'll pretty much watch anything. I'm a bit of a movie buff and that would be my specialist subject in pub quizzes. I'm also a keen reader, anything from modern history to a good pulp thriller!



Eamonn speaking at the NI Pensioners Parliament

## Individual Membership of Age Sector Platform

Aged 50 + and want to become part of a strong, unified voice for older people in NI?  
by joining Age Sector Platform as an Individual Member you will:

- Help strengthen the voice of older people in Northern Ireland
- Become more aware of legislation and policies that affect you as an older person
- Gain access to valuable information on campaigning and lobbying
- Improve the lives of vulnerable older people whose voice is often unheard

To apply for membership online, or to find out more, visit  
[www.agesectorplatform.org/membership](http://www.agesectorplatform.org/membership)

## Travelling to hospital appointments ‘nightmare’ for older patients

Older people in Northern Ireland are being expected to travel longer distances to attend hospital appointments but are not being supported to do so, according to a new report launched by the Northern Ireland Pensioners Parliament.

The report has revealed that almost half of those surveyed experienced difficulty in travelling to hospital appointments during the last two years, with one in seven missing an appointment due to problems with transport.

The research also highlights problems with parking at hospitals and difficulties in using public transport to access hospital appointments.

Francis Hughes from the Northern Ireland Pensioners Parliament commented: “Over the last number of years, patients have been expected to travel to specialist clinics in hospitals which may be further away from where they live. In theory, this may be a sensible way forward for the health service in Northern Ireland, but in practice it can result in a



Transport to Hospital Appointments Report launched on 14 October 2016



Francis Hughes, Chair of Age Sector Platform's Transport Committee, officially launched the Transport to Hospital Appointments at the NI Pensioners Parliament.

logistical nightmare for many older patients who can't drive and who live in areas where public transport is simply not an option.”

“Our research has highlighted some clear areas for improvement. Nine out of ten older people did not receive any information on transport options with their appointment letter. This simply isn't good enough.

More information on existing travel schemes must be provided to patients so they can make an informed decision about how best to get to their appointment. One in four older people mentioned the

travel distance to hospital as being problematic for them; and for many this was heightened by the allocation of early appointments, the unsuitability of public transport routes and restrictions imposed on community transport services. If the Health Service is serious about improving outcomes for patients, more thought must be given to older people expected to travel long distances to hospital appointments.”

“Missed appointments are of considerable cost to the health service, and there is clearly a link between missed appointments and a lack of transport options or poor transport links. Investment in better transport to hospital appointments and a more considered appointments system are certainly solutions which we believe could reduce the number of missed or cancelled appointments, thereby saving the health service money longer term.”



### **The Northern Ireland Pensioners Parliament recommends the following:**

- Patients should always receive information about transport options with the notification of their appointments. This should include a location map, information on public and community transport options, as well as details of the Hospital Travel Costs Scheme and non-emergency passenger ambulance transport service.
- When appointment times are being allocated, consideration should be given to the distance being travelled by patients.
- Community transport providers should be funded to provide services to older people who are expected to travel outside of their local area for specialist health services.
- Translink and relevant bodies within the Health & Social Care sector should regularly share information to ensure public transport services meet the needs of those travelling to hospital.
- Hospitals should evaluate their car parking facilities on a regular basis, in particular the demand for disabled parking spaces.

For more information on the Northern Ireland Pensioners Parliament  
phone 028 9031 2089 or visit [www.pensionersparliament.org](http://www.pensionersparliament.org).

# Northern Ireland Pensioners Parliament

180 older people attended the 6th annual Northern Ireland Pensioners Parliament at the Clayton Hotel in Belfast on 13 and 14 October. The Parliament was opened by Robin Newton MBE MLA, who described it as one of the most important events of the year and stressed the importance of priorities arising out of the Parliament finding their way onto the agenda of ministers and into the Programme for Government. Four key plenary sessions were held on; Programme for Government; Health and Social Care; Transport and Westminster issues. The keynote speakers over the two days were Mike Nesbitt, Chair of the Committee of the Executive Office, David Malcolm from the Department of Communities, Chris Matthews from the Department of Health, the Commissioner for Older People for Northern Ireland, Eddie Lynch and Sean Johnston from Department of Infrastructure.



Speaker of the Assembly, Robin Newton MBE MLA officially opened the Parliament

During the Programme for Government session Mike Nesbitt MLA highlighted the fact that the draft Programme for Government contains no reference whatsoever to older people in its current framework and described it as having “gone wrong” already. He urged the NIPP to “make a lot of noise very quickly” to address the shortcomings of the draft document. The Health and Social Care plenary session saw Chris Matthews, Director of Disability, Mental Health and Older People in the Dept of Health, address the Parliament. This was followed by a Q&A session with a panel of health experts.



Mike Nesbitt MLA, addressing delegates on day 1 of the Parliament.



L-R: David Malcolm, Dept for Communities, discussing the Draft Social Strategy & Chris Matthews, Dept of Health.



L-R Claire McIlhatton, NI Public Service Ombudsman, Chris Matthews, Mark Taylor, Consultant, Kevin Keenan, H&SC Board & Garrett Martin, Royal College of Nursing NI.

Day two began with a presentation by the Older People’s Commissioner for Northern Ireland, Eddie Lynch, who reflected on his initial months in post and outlined his priorities for his term in office. He also presented findings from a report compiled by his office entitled ‘Financial Abuse of Older People in Northern Ireland: The Unsettling Truth’.



The Transport session featured a presentation on the findings of a survey conducted by Age Sector Platform on Transport to Hospital Appointments (pages 6-7). This was followed by a presentation from Sean Johnston from the Department for Infrastructure who outlined the responsibilities of his Department in respect of transport infrastructure and provision. The session concluded with a vigorous Q&A session with a panel of experts on transport.

In the final plenary session on Westminster issues, a panel of Northern Ireland MP’s faced rigorous questions on issues including the continued exclusion of older people in Northern Ireland from the Warm Homes Discount scheme and the State Pension qualifying age.



Westminster Panel: Gavin Robinson MP, Mickey Brady MP, Stewart Dickson MLA, Margaret Ritchie MP & Danny Kinahan MP



Commissioner for Older People, Eddie Lynch, opened proceedings on day 2 of the Parliament



Manda Craig from Castlerock puts a question to the Westminster panel



Pensioners from across Northern Ireland ready for an action packed two day Parliament



Mike Nesbitt MLA, pictured with Michael Monaghan, Chair of the NI Pensioners Parliament & Seamus Lynch

## The new Commissioner outlines his priorities

The Commissioner for Older People for Northern Ireland has been speaking to older people across Northern Ireland to hear their views on his proposed priorities for his term of office. Eddie Lynch took up his position as Commissioner for Older People for Northern Ireland in June this year following eight years as the Chief Executive of Age Sector Platform. Since then, Eddie has spent much of his time meeting with older people and speaking out on important issues including financial abuse against older people, negative language towards older people in the aftermath of 'Brexit' and the lack of focus given to older people within the Draft Programme for Government (PfG).



In July this year the Commissioner announced a series of engagement events being held across Northern Ireland, of which older people gave their views on his priority areas for action during his term of office. Eddie Lynch said, "As Commissioner, I have a set of priorities that I want to take forward in the next four years. I have based these on work already carried out by my office, including over 100 live cases that older people have brought to me asking for advocacy, support and assistance. I also have several years of experience in working directly with older people and I think it's extremely important that my work reflects their views and opinions. This is why I have held six engagement events across Northern Ireland to meet with older people, their families and carers.

At the heart of his priorities, the Commissioner wishes to create a society which respects, values and protects older people by providing advice to government, holding public authorities to account for their performance and promoting the positive aspects of ageing. Tackling financial abuse and loneliness will be some of the areas of focus for the Commissioner's term. The services and treatment older people receive from public authorities, including healthcare providers, will also be examined and the Commissioner will be working to make sure that older people receive the care and treatment they need.

"I want to thank all of the older people who attended these events and freely gave their time, expertise and views. By doing this, I can be reassured that any work carried out by my office is on the issues that matter most to older people in Northern Ireland." The events took place in Belfast, Armagh, Enniskillen, Ballymena, Cookstown and Derry/Londonderry. The Commissioner also met with local groups in Newry and North Down. Roughly 400 people engaged with the Commissioner and gave their feedback on the draft priorities which the Commissioner plans to focus his work on.

Feedback from the engagement events is currently being analysed and will influence the Commissioner's final priorities for term which will be published in his Corporate Plan later this year.

# Commissioner's Draft Priorities

## Respect

- Social inclusion: Ensuring older people remain connected to where they want to be and to their families and friends
- Examine the arrangements for older people in nursing care and residential settings
- Press for introduction of legislation to end age discrimination in the provision of goods, facilities and services
- Monitor and review emerging policy proposals from government to ensure older people receive the health and social care services and support they need.

## Value

- Encourage employment and entrepreneurship for those over 60
- Highlight the benefits of older people getting online and encourage digital inclusion
- Advocate with government for older people to be a priority in the Programme for Government
- Monitor implementation of actions outlined in the Active Ageing Strategy
- Advocate on behalf of, and support those living with age-related health conditions
- Help and support older people to make plans and communicate their choices for their end of life

## Protect

- Look at the strategic approach to the provision of services and support for dementia in Northern Ireland
- Examine the role of the health and social care regulator and make recommendations to improve its effectiveness
- Identify the scale of financial abuse against older people, raise awareness of the issue and challenge relevant organisations to make required changes
- Work with criminal justice agencies to better support older people who are victims of crime
- Press government for the introduction of an Adult Safeguarding Bill for Northern Ireland.



Eddie Lynch with older people at his Belfast engagement event



Age Sector Platform members meet Eddie in his new role as Commissioner

## Taking action on elder abuse in Northern Ireland

On Friday 30th September 2016, Action on Elder Abuse Northern Ireland held its first national conference called *'Financially Safe and Secure? Working together to address the financial abuse of older people in Northern Ireland'*. It was sponsored by Ulster Bank and supported by the Commissioner for Older People for Northern Ireland.

Over 150 delegates from across health and social care, justice, policing, community, voluntary and faith sector organisations, including members from Age Sector Platform's Fear of Crime/ Elder Abuse Campaign Committee, gathered in the Dunadry Hotel in Antrim for the first conference of its kind in Northern Ireland.

The conference was opened by the Minister of Justice for Northern Ireland, Claire Sugden MLA, who commended the work of Action on Elder Abuse NI and reiterated her commitment, which she gave previously, to address abuse in all its forms.



Guest speakers at the conference, L-R: Gary Fitzgerald, CEO of Action on Elder Abuse, Eddie Lynch, Commissioner for Older People NI, Justice Minister Claire Sugden MLA, Veronica Gray, Action on Elder Abuse NI, Sean Murphy, Ulster Bank & Marie Louise Connolly, BBC Health Correspondent

Keynote speaker, Eddie Lynch, Commissioner for Older People, launched his research report *'Financial Abuse of Older People in Northern Ireland: The Unsettling Truth'*. Eddie revealed the research identified that 21% of people aged 60 and over have been subject to some form of financial abuse in the past year and committed his term of office to addressing the issue.

Veronica Gray, Director of Action on Elder Abuse Northern Ireland commented "Financial abuse has been described as the 'crime of the 21st century' and there can be no doubt this crime is fast becoming a silent crisis which requires critical and urgent attention. Our UK-wide Elder Abuse Response Helpline took over 7,500 calls reporting financial abuse last year, with an estimated £79 million reported as stolen, coerced or defrauded from older people. We must do more together to raise awareness and protect older people. Our message is simple: Financial Abuse is a Crime: Recognise it...Report it...Stop it!! Elder Abuse Response is available Monday to Friday, **9am to 5pm on 080 8808 8141**. The call is confidential and Freephone and we encourage anyone with any concerns to call us today".

## ASP Campaign Committees update

Over the past number of months, Age Sector Platform (ASP) has been busy reshuffling its Campaign Committees. After a few years on the sidelines, a Transport Campaign Committee has been reformed due to an increase in the number of issues on this topic highlighted by older people. This committee is one of six campaign committees revised by ASP. The others are:

- Health Campaign Committee
- Age Discrimination Campaign Committee
- Westminster Campaign Committee
- Energy Campaign Committee
- Elder Abuse/Fear of Crime Campaign Committee



L-R: Nixon Armstrong, Seamus Lynch, Paul Givan MLA, Minister for Communities, Anne Watson & Eamonn Donaghy

Recently, ASP Campaign Committees have been extremely active in pursuing policy makers and public representatives, encouraging them to implement motions passed by delegates at the Northern Ireland Pensioners Parliament. In September, a delegation from ASP met with the Minister for Communities, Paul Givan MLA who's department has responsibility for older people and discussed a range of issues with him including the Active Ageing Strategy, Poverty/Fuel Poverty and Age Equality.

Meanwhile a delegation from ASP's Age Discrimination Campaign Committee met with Dr. Evelyn Collins CEO of the Equality Commission to discuss the Commission's proposals for reform of Age Discrimination in the Provision of Goods, Facilities and Services (GFS).

In the course of the meeting the ASP delegation expressed their extreme disappointment at the last NI Assembly's (2011-16) failure to introduce age discrimination legislation in the provision of GFS and outlined their determination to put the strongest possible pressure on MLA's to have this legislation passed within the current NI Assembly's mandate (2016-21).



L-R: Michael Monaghan , Tony Damoglou, Jenny Methven & Seamus Lynch from Age Sector Platform with Róisín Mallon & Dr Evelyn Collins (Centre) from the Equality Commission

# Campaigning Matters

## Programme for Government Consultation

After six weeks of public consultation and nearly three months of work by senior civil servants, Delivery Plans for the draft Programme for Government (PfG) were released on Friday 28 October 2016. These Delivery Plans underpin the Programme for Government and represent the concrete deliverables that will aim to move indicators in the right direction and ultimately bring about the desired societal outcomes.

The PfG set out 14 Outcomes which “best describe the society we wish to have”, then a set of 42 indicators and associated measurements which demonstrate progress towards the Outcomes.

Age Sector Platform responded to the draft Programme for Government consultation over the summer and throughout the submission proposed a number of key activities that the organisation considered would progress the Programme for Government’s desired outcomes. These were:

- Protect the Smartpass and free prescriptions for everyone aged 60+
- Substantially reduce operation waiting times, and ensure care packages are based on need
- Ensure the most vulnerable older people are assisted with their energy bills
- Drastically improve the energy efficiency of new and existing homes
- Improve conviction rates and enable more severe sentencing for crimes against older people
- Ensure legislation effectively tackles age discrimination in goods, facilities and services
- Support the Northern Ireland Pensioners Parliament

Age Sector Platform expressed disappointment that there was no reference to older people specifically in the initial draft document, despite the changing demographics. After some feedback on this point as part of the consultation process, a summary of responses was released in September which did state that ‘older people’ was one of a number of areas where respondents believed should be given greater prominence.

# Campaigning Matters

Chris Matthews, Director of Disability, Mental Health and Older People in the Department for Health, is also a Senior Responsibility Owner for the area of 'improving support for adults with care needs' and authored some of the Delivery Plans that relate to older people. Chris spoke at the Pensioners Parliament in October and said that "it is important that the experiences of older people are listened to and reflected in the way services are delivered". Whilst this latest document does include references to older people and commitments to deliver on relevant strategies, some key issues have been excluded and others lack detail on how they will be achieved. The main points are:

- Legislation on Goods, Facilities and Services is not mentioned, while other equality legislation is to be strengthened
- Commitment to implement Active Ageing Strategy (was due to be released earlier this year)
- Deliver affordable warmth and boiler replacement schemes
- Commitment to find ways of stimulating demand for and supply of appropriate, smaller, affordable accommodation for older owner-occupiers and supporting those who want to downsize
- Commitment to the use of telemonitoring and self-directed support in relation to adults receiving personal care at home to enable more people stay in their homes for *longer*
- Review the effectiveness of the current Fuel Poverty Strategy and develop a new strategy which complements the Executive's other energy efficiency scheme
- Accessible Strategy Strategy will be published in 2016

The document, released on 28 October, also confirms that it will be a one-year budget with a multi-year budget for capital spend.

There will now be an eight week consultation period which closes on December 23, 2016. Age Sector Platform will be making a submission and responding to a number of questions the consultation has outlined.

The Delivery Plans will now go out to consultation and then there will be a series of events over the coming months that will allow organisations to influence government policy, including the economic, social and investment strategies and the Budget.

Eamonn Donaghy, Chief Executive of Age Sector Platform stated, "Age Sector Platform is ready to play its role to ensure that the voice of older people is front and centre of policy making and we will continue to help develop and implement solutions to tackle areas of concern for older people".

# 4 C The Risks

Protect yourself & your family  
from food poisoning



We all think our home is the least likely source of food poisoning, but according to the World Health Organisation, more than 40% of food poisoning occurs in our homes.

As you get older, your body can't fight the bacteria that causes food poisoning like it used to. It is important to stay safe and follow some simple food safety tips on chilling, use-by dates, cooking and avoiding cross-contamination.

## **Listeriosis or Listeria bacteria**

Food poisoning caused by the bacteria Listeria is a particular risk for us as we get older, as our immune system begins to decline. From 2003-2013, 50% of Listeriosis cases on the island of Ireland were in the over 65 age bracket. While the numbers of people who contract listeriosis are small, the impact on individuals is significant, with a mortality rate of up to 30%. We have put together some top tips to protect yourself from food poisoning.

## **Check your fridge is below 5° Celsius**

Remember any cooked leftovers need to be refrigerated within two hours and eaten within three days.

## **Keep an eye on Use-by dates**

Unlike most bacteria that cause food poisoning, Listeria can grow slowly at refrigeration temperatures, and often linked to sandwiches, cooked meats, butter, smoked salmon, soft cheeses, pate, prepared salads and some cut fruits such as melon.

It's very important to avoid eating foods once past their 'use-by' date. After this date, even if it still looks and smells alright, Listeria may be present.

Be aware that once a food, e.g. sliced ham, is opened, disregard the use-by date and consume within 2 days of opening.

## **Avoid cross-contamination between hands, packaging and utensils**

Keep raw and cooked foods separate in the fridge. Store raw foods at the bottom of the fridge to avoid raw juices dripping on other foods and contaminating them. Always wash your hands and clean utensils, chopping boards and surfaces after every use.

For more information visit [www.safefood.eu](http://www.safefood.eu) or call our helpline on **0800 085 1683**

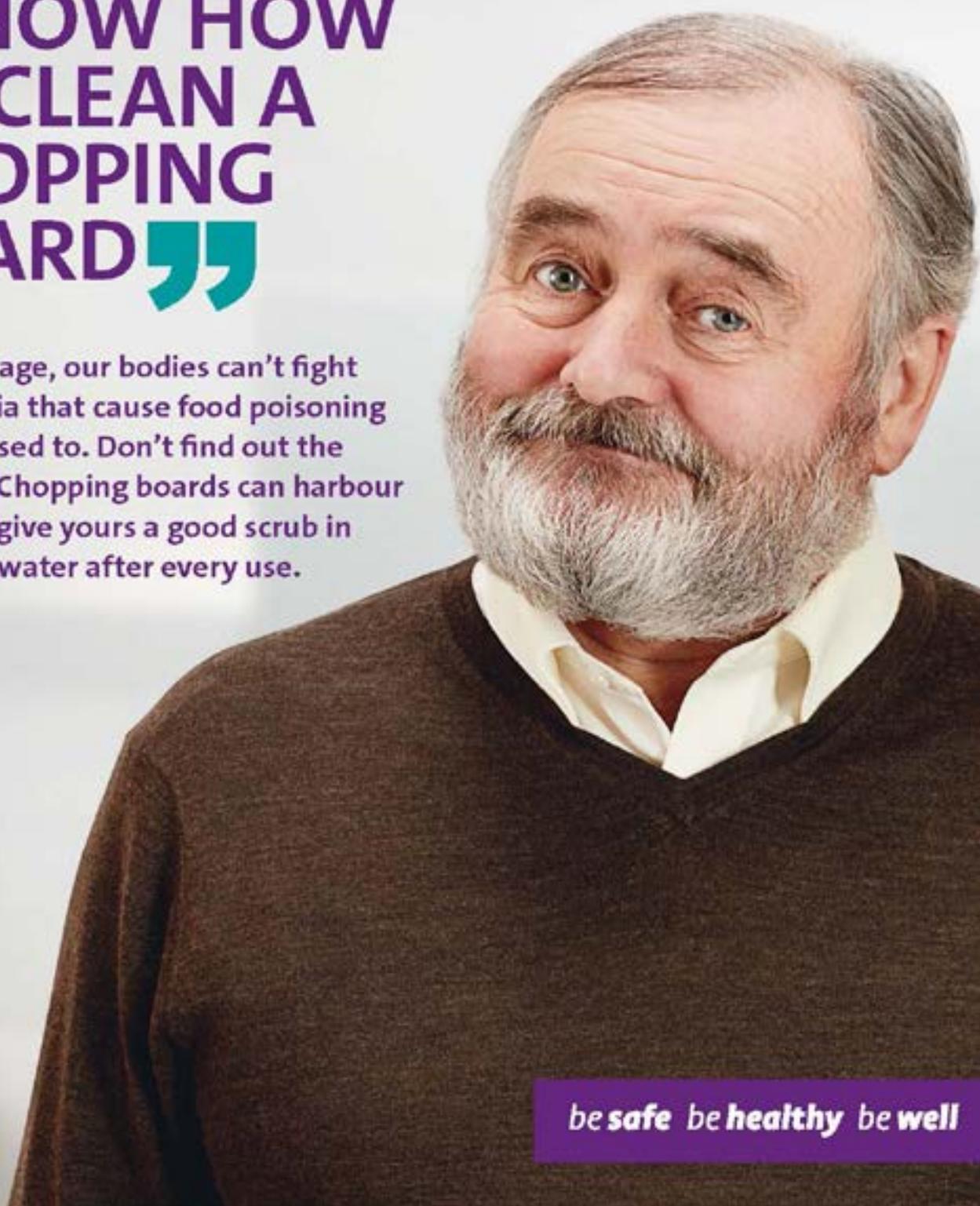
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“ I’M 66.  
OF COURSE  
I KNOW HOW  
TO CLEAN A  
CHOPPING  
BOARD”

But at our age, our bodies can’t fight the bacteria that cause food poisoning like they used to. Don’t find out the hard way. Chopping boards can harbour germs. So give yours a good scrub in hot soapy water after every use.



**be safe be healthy be well**

# Think you know your TV programmes?

In this edition of 'fun stuff', we are reeling back the years on the telly! Can you correctly match the name of the TV programme to the picture? We have given you an example to help kick things off!



**The Beverley Hill Billies**



**I Love Lucy**



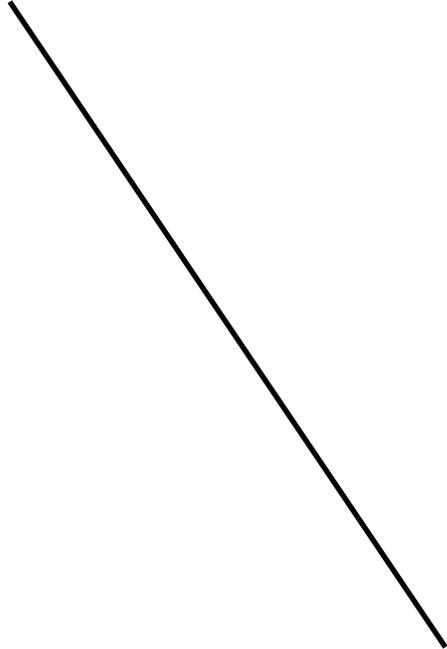
**Rawhide**



**Ballykissangel**



**Monkey**



## Up for a laugh?

**When a grandfather tries to help his grandson with maths!**

**Grandfather:** "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

**Grandson:** "Seven."

**Grandfather:** "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

**Grandson:** "Seven."

**Grandfather:** "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

**Grandson:** "Six."

**Grandfather:** "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

**Grandson:** "Seven!"

**Grandfather:** "Johnny, where in the heck do you get seven from?!"

**Grandson:** "Because I've already got a freaking cat!"

## Sudoku

		2	7	9	3		1	
		1	5					
4							9	
	4				1	3		
			9			8		
				7	8			6
	9				6			
			2			4		
	6			3		2		

# Age Sector Platform Members

ABC Seniors Network  
Age NI  
Age North Down and Ards Over 50s Forum  
ALLY Foyle  
Belfast East Seniors Forum  
Carers NI  
Castlereagh Lifestyle Forum  
Civil Service Pensioners' Alliance (CSPA)  
COAST (Causeway Older Active Strategic Team)  
Communications Workers Union (NI Regional Retired Members)  
Engage with Age  
GMB Retired Members  
Greater Shankill Senior Citizens' Forum  
Hoi Sum Chinese Elderly Group  
ICTU Retired Workers Committee (NI)  
Indian Senior Citizens Club  
Mid and East Antrim AgeWell Partnership  
Mid Ulster Seniors Network  
NASUWT Retired Members Association  
National Federation of Occupational Pensioners  
National Pensioners Convention (NI)  
Newry and Mourne Senior Citizens' Consortium  
Newtownabbey Senior Citizens' Forum  
NIPSA Retired Members Association  
North Belfast Senior Citizens' Forum  
North West Ageing Well Together (NNAWT)  
Older Women's Network NI  
Public Commercial Services Union (Associate and Retired Members)  
South Belfast Lifestyle Forum  
South West Age Partnership  
UNISON Retired Members  
Unite Retired Members  
West Belfast 50+ Forum

If you have any feedback or would like to request additional copies of this magazine, please get in touch.



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The logo for The Atlantic Philanthropies, featuring the words "The ATLANTIC Philanthropies" in a serif font. "The" is in a smaller font size above "ATLANTIC", and "Philanthropies" is in a smaller font size below "ATLANTIC". The entire logo is enclosed in a thin black rectangular border.