

Happy New Year
to all our
Clients, Volunteers, Funders & Partners
from **AGEnda**

Feedback information on:

"FEAR OF CRIME" EVENTS

funded by Policing &
Community Safety Partnership

**held between 14 - 18 November 2016 in
Ards, Holywood, Bangor, Comber & Portaferry
is on **Pages 3 & 4****

AGE north down & ards have secured funding from **Ards & North Down Borough Council Community Development** to invite people over 50 years of age from the Ards and North Down Borough Council area to hold a:

Question & Answer Session with local Councillors
focusing on:

"THE BIG PLAN FOR ARDS AND NORTH DOWN"

Wednesday 18th January 2017

Community Hub, Hamilton Road, Bangor

10.30am - Tea • 12.30pm - Lunch

**This is your opportunity to have your say on
"The Big Plan" and how it should work for You.**

PLACES MUST BE BOOKED (as seating is limited) **through AGE north down & ards on:**

Tel: 028 9127 1968

or **Email:** agenda@agenorthdownards.co.uk

or **Call in to:** 24 Hamilton Road, Bangor Mon-Fri, 10am to 2pm

AGEnda Support & Signposting

- **Have you any concerns!**
- **Are there any issues we can help you with!**
- **Do you need a listening ear!**

If we can't help you we can signpost you to the right person who can support you.
Please see Contact details for further information or visit our Web Page.
We will do our best to help you.

AGEnda Good Morning Call Service

Good Morning Call is a FREE confidential daily service for all residents of Ards and North Down Borough Council area over 50 years of age.

If you register with our service you will receive a daily telephone call from one of our trained volunteers between the hours of 9.15am and 11.00am.

Please see Contact details for further information or visit our Web Page.

AGEnda Floating Support Service

This is a FREE service that provides short term advice and help to make it easier for people to maintain their independence in the home and community, regardless of tenure (up to 2 years). The service is aimed at people 65 and over in the Ards Borough Council area who are deemed to be socially isolated.

Please see Contact details for further information or visit our Web Page.

Volunteering Opportunities

AGEnda

Volunteering is the commitment of time and energy, **for the benefit of society and the community, the environment, or individuals outside one's family.** It is undertaken freely and without concern for financial gain.

Contact **AGEnda** for more information on becoming a volunteer.

Caring Communities Safe & Well

Volunteer Befriending Service – **"Make someone's day a little less lonely"**

If you have some spare time and would like to befriend an older person in your area who is lonely or socially isolated please get in touch. The service also offers people aged 65 and over in Ards & North Down the opportunity to: **Meet New People, Get Out and About, Keep Active and Healthy, Have Safe and Secure Homes, Access Information and Advice.**

To hear more please Call: **028 9756 6934** Monday – Friday 9am – 5pm
or Email: **safeandwell@setrust.hscni.net**

Feedback information on:

“FEAR OF CRIME” EVENTS

AGenda delivered **5 X Fear of Crime Events** between 14-18 November 2016 throughout Ards & North Down Borough Council Area funded by Policing & Community Safety Partnership and facilitated by Liam McGarry, McGarry Consultants.

Over 500 people attended the events.

We focused on three crimes and provided people with advice, tips and contact details for local organisations.

Nuisance Calls and Online Protection were also discussed.

Crime 1. **BOGUS CALLERS**

When someone comes to your door that you are not expecting. **If in any doubt, say “NO”.**

- **STOP** people at the door.
- **ASK** for identification and call to check.
- **SAY** no thanks and never give out information.
- **DON'T** have cash in the house.

Crime 2. **SCAMS**

- **STOP** – Always check with someone you trust first.
- **BE ALERT** – Don't give out bank or personal details.
- **TAKE TIME OUT** – Never be rushed into a decision.
- **ONLINE** – Use strong passwords and be careful online.

Crime 3. **BURGLARY**

- **LOCK** front and back doors at ALL times.
- **HIDE** valuables from view (e.g. phones, cash, jewellery).
- **PROTECT** your home by using alarms, lights, radio etc.
- **LOOK OUT** for neighbours and suspicious behaviour.

Plus. **NUISANCE CALLERS**

- **CALL** your telephone provider for assistance.
- **NEVER** give out details, say NO and put the phone down.
- **ALWAYS** take time out and check with someone you trust.
- **CONSIDER** using voicemail, caller display or call blocker.

6 Tips • 6 Tips • 6 Tips • 6 Tips

You are not alone, there are organisations out there who can help. There is also a lot of good advice out there. Most of all, remember a few golden rules and keep good practices.

- Tip 1. Always lock your doors, and ask for ID.**
- Tip 2. Hide valuables and don't keep cash.**
- Tip 3. Be careful giving out personal or bank details.**
- Tip 4. Never be rushed, always take time out to check.**
- Tip 5. Say NO, and look out for other older people.**
- Tip 6. Use FREE Fire, Police and Crime Safety advice.**

Attached is a list of organisations "Useful Contact Numbers"



Fear of Crime Event in Newtownards on Monday 14th November 2016

Left to Right – Alan McCay PCSP, Julie Morton Alzheimers Society NI, Phil Donnan NIFRS, Dorothy Beattie AGEnda, Alderman Ian Henry PCSP, Albert Spratt PCSP & Ards and North Down over 50's Forum, Inspector Ray Shaw PSNI

• CONTACT DETAILS •

AGE north down & ards (formerly Age Concern)
24 Hamilton Road, Bangor

Tel: 028 9127 1968 Monday to Friday 10.00am – 2.00pm

Email: agenda@agenorthdownards.co.uk • **Web Page:** www.agenorthdownards.co.uk