

Later Life Newsletter

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Now reaching over 100,000
individuals and organisations

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Older People's Day 1st October is a national celebration of the achievements and contributions that older people make to our society. Our aim is to tackle negative attitudes and outdated stereotypes and change attitudes to ageing by getting as much positive media coverage as possible. So join our Social media campaign on Twitter and sign up for our **Thunderclap**: ow.ly/B3F8P Don't miss out on this opportunity to make a difference - visit the Older People's Day website and pledge your support: <http://olderpeoplesday.co.uk/our-partners/>

Stick Your Neck Out is a film by the Beth Johnson Foundation in which John talks about how his life changed dramatically and for the worse in his 50's and then, by the time he reached pension age, for the better. What did John do? He stuck his neck out, tried new things, and didn't give up. To read more and to view on Vimeo <http://bit.ly/1vqx6aA>

An extra news outlet is now available to keep you up to date with all the stories in the media relating to older people. Click on the link to subscribe: <https://paper.li/f-1409134528>

Claim your State Pension Online – it's secure and easy to do: State Pension

Online is a service that allows people within four months of their State Pension age to claim their State Pension using the GOV.UK website. It is secure and available at a time that is convenient for the customer. Improved information and prompts are now available for customers when they use the [Claim your State Pension online](#) page on the [GOV.UK](#) website. For more information contact: digitalservicesdivision.communicationsgateway@dwp.gsi.gov.uk

Derbyshire NHS Trust has employed a poem "*Please Hear What I'm Not Saying*" by Charles C Finn to convey the issues surrounding mental illness. It has been called 'original' and 'unique' and is being used by many charities and organisations to great effect. View the film here: youtu.be/XYLV7Tgbv8w and [read the testimony](#) of a carer

Damaris is an educational charity creating official community resources to accompany the latest feature films. Imagine the unique opportunity to set up your own screening of a major feature film for your community group – at whatever time and date suits you. [find out more](#)

Silver Line Scotland is a free, national helpline providing information, friendship and advice to older people, 24 hours a day, every day. The service is delivered in partnership by Age Scotland and [The Silver Line Helpline](#). Freephone: 0800 4 70 80 90; Textphone: 0845 226 5851 (Monday to Friday, 8am-8pm); Free or local rate call from Mobile: 0300 4 70 80 90

The Accessible Britain Challenge was launched by Mark Harper, Minister of State for Disabled People on 4th September. Challenging all communities to engage and

work with disabled people to remove barriers that get in the way of them being full and active participants in their community. The Challenge is aimed at all members of the community including local businesses, employers, service providers, voluntary and community organisations and disabled people themselves. **To support the Challenge** the Office for Disability Issues has created an online resource on GOV.UK at www.gov.uk/accessablebritain

Talking Tonics gives organisations and volunteers the tools to run peer support telephone groups for older people. On the groups, members talk about health and well-being, so that they can gradually make a difference in their lives to become healthier and happier. [read more](#)

The Innocent Big Knit - knitting little hats to raise money to help keep older people warm in winter. More details [here](#)

How are older people faring across the globe? [Global AgeWatch Index](#) ranks countries by how well their ageing populations are faring based on income, health, employment and education, and enabling environment.

The latest edition of the Senior Siren <http://sclt.us/#/senior-siren-editions/4573598653>

The latest issue of [AGEnda](#)

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