

Age Friendly Ireland Weekly Newsletter

15th July 2022

National Updates

What a stunning day in Avondale, Co. Wicklow.

On Wednesday 13th July, Age Friendly Ireland had the pleasure of accompanying Wicklow's Age Friendly Programme and their Older People's Council on a walkability audit of the wonderful Beyond The Trees, Avondale House and Forest Park, tourist attraction in Co. Wicklow. Local Age Friendly Programmes across the country carry out walkability audits in towns and villages as a way of assessing how walkable a community is for older people, people with disabilities and all members of the community, this was the first time we carried out an audit of a tourist attraction which was really interesting and exciting.

Taking part in the audit on this beautiful sunny day were, Regional Programme Manager - Alice Corbett, Wicklow Programme Manager - Clodagh Whelan, Chief Executive of Wicklow County Council - Brian Gleeson, Chair of Wicklow Older People's Council - Mai Quaid along with other members of the OPC and various groups, departments and organisations.

We had a very successful day and it was such a pleasure to see a wonderful attraction that caters to all. It is a must see to visit with stunning walks and stunning views, a day out for all the family.

Thanks from all to Ray Jordan, of Coillte, and all the operations team at Avondale for facilitating the group visit on a very busy day.



Living well in later life is important for all of us. Older people's expectations are changing. The 'new old' are healthier, more active, and more technologically engaged. To meet these changing expectations requires a wider mix of age friendly housing options and healthcare supports to suit diverse lifestyles. This website provides resources, guidance and links to other sources of information to support people to live well as they age. Here you will find information on new and existing homes, grants and funding, healthcare, design information, technology, public realm, regulations, policy and research. It is now also home to our weekly Telehealth Blog.

[You can view the website by clicking here](http://agefriendlyhomes.ie)



Research Project: Climate Change in Rural Ireland: Older People's Perspectives



Are you aged over 55 years?
From a rural or agricultural background?
Maynooth University and Age Friendly Ireland Research Manager would like to hear your thoughts of climate change on older people in rural Ireland

If interested in taking part, please contact Adrienne at:
Adrienne.mccann@mu.ie for further information

Or

You can complete the survey here:

<https://maynoothuniversity.onlinesurveys.ac.uk/climate-change-in-rural-ireland>

National Age Friendly Ireland Programme
A Shared Service Function of Local Government



Dr Adrienne McCann is a researcher and part-time farmer, concerned with how climate change will impact older people living in rural Ireland or from traditional agricultural areas.

This study aims to explore the older person's perspective of climate change, and how proposed changes may impact life in rural Ireland, particularly on agricultural practices and rural living.





Libraries Ireland are giving you an Opportunity to influence their Public Libraries Strategy

Is there something you'd love to see in your local library?

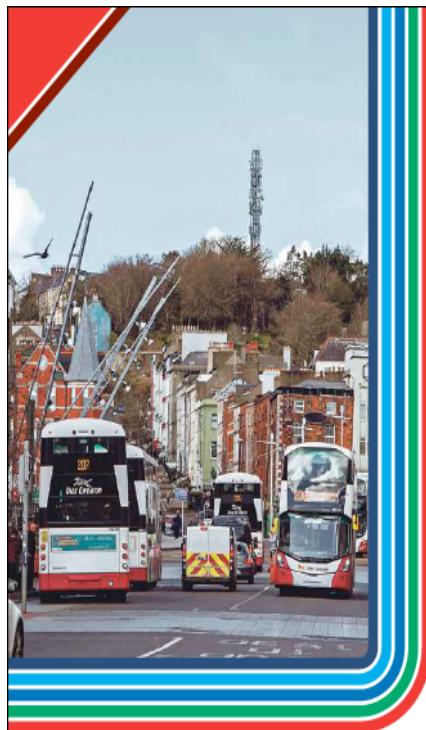
Have your say about the future of libraries in Ireland! Libraries Ireland are giving you an opportunity to let them know what services are important for you to see in your local library going forward – all you have to do is answer the short questionnaire below to share your thoughts and suggestions.

Answer the questionnaire here: <https://librariesireland.ie/public-libraries-strategy-consultation>

BusConnects Cork Sustainable Transport Corridors - Public Information Events and Community Forums

The Emerging Preferred Route Public Consultation for the 12 Sustainable Transport Corridors of BusConnects Cork consultation period will run from Thursday 30 June until Friday 09 September 2022.

Please note the Public Information Events and Community Forums detailed below as part of the Emerging Preferred Route Public Consultation for the BusConnects Cork Sustainable Transport Corridors.



**BUS
CONNECTS
CORK**
SUSTAINABLE TRANSPORT FOR A BETTER CITY.

BusConnects Cork Community Forum

BusConnects Cork is the National Transport Authority's plan for the delivery of a sustainable transport network for the Cork Metropolitan Area.

We are currently developing plans in collaboration with Cork City Council to introduce 12 new **Sustainable Transport Corridors (STCs)** - with dedicated bus and cycle lanes - across the city and suburbs. These will improve the transport system, provide more liveable streets and better serve the needs of everyone.

The NTA is committed to working with all interested parties in the development of the new sustainable transport corridors and as such is establishing **3 Community Forums** for the proposed STCs.

Our aim is to create two way communication with local communities allowing information and feedback to be relayed clearly, quickly and accurately.

Each forum will comprise a representative from: **resident and community associations, disability and special interest groups and business organisations** on the corridors along with local public representatives. As places are limited, two representatives per group can be accepted.

If you would like to nominate representatives for your group, let us know by sending an email to corkstc@busconnects.ie, stating the Community Forum that interests you, Forum 1, 2 or 3 as set out on the right.

Find out more about how to get involved at www.busconnects.ie



Ríocht
na hÉireann
Government of Ireland

Tionscadal Eireann
Project Ireland
2040



Comhairle Cathrach Choraidh
Cork City Council

Sustainable Transport Corridors

- | | |
|---|---|
| 1 | A Dunkettle to City
B Mayfield to City
C Blackpool to City
D Hollyhill to City
E Sunday's Well to Hollyhill |
| 2 | A Ballincollig to City
B Bishopstown to City
C Togher to City |
| 3 | H Airport Road to City
I Maryborough Hill to City
J Mahon to City
K Kinsale Road to Douglas |

NTA
Údarás Náisiúnta Bompair
National Transport Authority



comhairle chontae na mí
meath county council

Age Friendly
IRELAND

CCMA
Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association



BusConnects Cork Public Consultation Information Events

The National Transport Authority (NTA) is currently developing plans in collaboration with Cork City Council to introduce **12 new Sustainable Transport Corridors (STCs)** that aim to improve the transport system in the Cork Metropolitan Area.

The initial consultation is underway and we would like to hear your feedback.

The NTA is holding a number of public information events about the initial Sustainable Transport Corridor proposals where you will have the opportunity to engage directly with the teams involved. Details below:

Sustainable Transport Corridors	Location	Dates
E Ballincollig to City F Bishopstown to City	Oriel House Hotel, Ballincollig, Co. Cork, P31 DY93	Tue 19th July 2pm -7pm Wed 20th July 9am - 2pm
A Dunkettle to City B Mayfield to City C Blackpool to City D Hollyhill to City L Sunday's Well to Hollyhill	Silversprings Hotel, Tivoli, Co. Cork T23 E244	Mon 25th July 2pm - 7pm Tue 26th July 9am- 2pm
G Togher to City H Airport Road to City I Maryborough Hill to City J Mahon to City K Kinsale Road to Douglas	Nemo Rangers GAA Club, Mount Vernon Crescent Ballinlough Co. Cork T12 R2PC	Wed 27th July 2pm -7pm Thurs 28th July 9am - 2pm

All are welcome to attend.
To find out more, visit www.busconnects.ie/cork/



BUS CONNECTS CORK
SUSTAINABLE TRANSPORT FOR A BETTER CITY.

dementia
under stand together

Development of UT Campaign Symbol

Over the past years our Dementia: Understand Together campaign has been supported by the many community champions and national partner organisations, who in solidarity with people with dementia and their families are taking actions to create dementia inclusive communities.

To visually connect the many dementia inclusive activities and services across the country and to highlight that communities are working towards becoming dementia inclusive, we are in the process of creating an overarching campaign symbol/icon.

Let's Go! Steps for Engaging Older People and Improving Communities for All Ages: Toolkit and Event

"Let's Go! Steps for Engaging Older People and Improving Communities for All Ages" will help catalyze small-scale interventions in low-resourced communities in Latin America, the US and beyond, and will advance more communities' age-friendly journeys. On July 27, AARP, HelpAge International and the Pan-American Health Organization (PAHO) will be releasing the toolkit

AARP

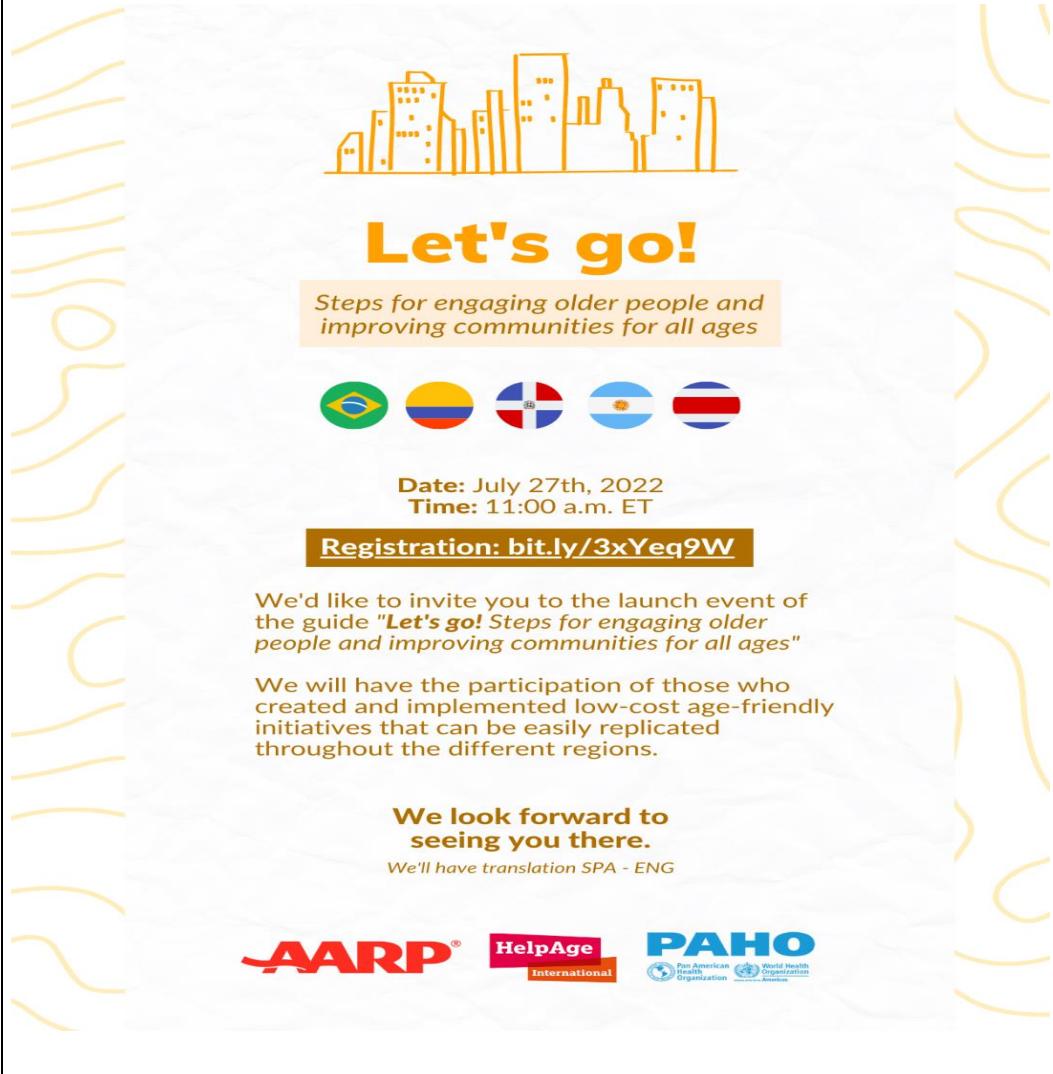


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Cumann Lucht Bainisiochta Contae agus Cathrach
County and City Management Association

and speaking about interventions conducted by grassroots leaders in five Latin American countries that can easily be replicated elsewhere. Registration can be found [here](#).



Local Updates



RAMS to Kilkenny - Kings of the Castle

On a very overcast morning the RAMS set off for their first tour since lockdown, in 2020. A group of 25 members availed of this wonderful day out, and we were pick up at the Community Centre at 9 .3 am. Light clothing was advised, but as the day proceed it was a day for tee shirts and shorts!! A luxury coach was provided by Premierline coaches.

On arrival in Kilkenny, a journey of one and a half hours, we visited the Club House Hotel in the centre of Kilkenny Town. Which is a lovely quaint hotel, with a warm welcome and excellent service and food. A greeting of freshly brewed coffee/tea, and plates of baked fruit scones, butters, jams, clotted cream, on each table, so help yourself to more. After coffee we relaxed and waited for our time slot for our visit at the Kilkenny Castle.

The members of the RAMS in Rhythm "entertained" the hotel guests with a few songs from their excellent repertoire of songs. The Rose of Mooncoin was a real hit, with all the hotel guests, who only called in for a coffee? A nice relaxing walk up to the Castle was very refreshing, and a walk through the market square, and a visit the various stall, all selling their wares. Well worth a visit.

The Kilkenny Castle is very impressive and recently renovated by the office of Public Works. A wonderful job has been done on the castle. RAMS visited the Castle as part of our educational trips. We had a wonderful time, and the senior prices were very good, plus the organizer is free. We were met by our tour guide, a lovely young, very efficient girl, who brought the castle to life for us. The tour takes about one hour, and the tour guide is well worth the extra price. The steps are a little problem for older persons, and a relaxing few seats in some rooms would really be appreciated. Booking is necessary but walk in are also available.



After the tour, we returned to the Club House Hotel for a late lunch, which was pre-booked, and ordered. An excellent choice of mains course was available; with the Sea Trout as one of the favourites. The service and the food were excellent, and the dessert was a pleasant surprise for our Men. Copious amounts of tea and coffee was available to us all. Not to disappoint the late guests of the afternoon, the RAMS in Rhythm, again entertained the members and the guests to another rendition of songs. This time it was with a Dublin flavour, with The Ferry Man, and Dublin in the Rare Old Times, Dublin can be Heaven. They still went down well with all the guests and staff.

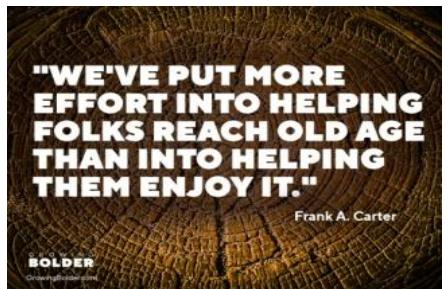
"When are you coming Back" as we were leaving to return home. and with a warm send off from the management and staff. It was back to Annie May's in Newcastle Co Dublin, for to finish off an excellent day, and "one for the road".

Again, the wonderful hospitality of Eugune, and his staff, who looked after us so well. With this trip over it is now time to organise our next trip, so hopefully, September will be the next one.

The RAMS were so pleased to be in a position to tour again, after the two years of lockdown. We will be holding our weekly meeting each Thursday at 10am in the Community Centre Newcastle, and new members are most welcome. The RAMS will have our recess for August, and we will return in September the 1st. The RAMS in Rhythm will continue to fundraise and entertain during June, July, and August, in

various nursing homes, Tallaght Hospital and Peamount Hospital. They will be fundraising in the Square Tallaght Town Centre on Saturday 9th July, in aid of Our Lady's Hospice Harold's Cross, singing from 12 noon to 2 pm. The RAMS recently fundraised for the Local Tidy Towns, Newcastle, and the local 4 District area for the purchase of a defibrillator.

Matt Dowling, Secretary, RAMS



Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone.

Please email us your news to us at agefriendlyireland@meathcoco.ie for inclusion in our weekly newsletter

International Updates



International
Federation on
Ageing

IFA Global Cafe | In Conversation with Prof. Milena Head Equity in Information Systems and Addressing the Digital Divide



The International Federation on Ageing held a Global Cafe event this morning called – **In conversation with Prof. Milena Head**
Equity in Information Systems and Addressing the Digital Divide.

A recording of this event will be available on the Federation's website
<https://ifa.ngo/ifa-global-cafe/> and
<https://drbarometer.com/community/resource-library>

Useful Contacts and Info

Age Friendly Ireland Shared Service Office Telephone: **046 9097413**

Or Email: agefriendlyireland@meathcoco.ie

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

Website: www.agefriendlyireland.ie / www.agefriendlyhomes.ie

HSE Advice Line: Callsave 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday



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