

National Updates



Don't forget we are on social media so why not follow us for all the up to date information and live updates on all things Age Friendly happening around the country 😊

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

Fourth Telehealth/Telecare Blog now live on agefriendlyhomes.ie

Our fourth blog has been uploaded to agefriendlyhomes.ie this week. The blogs are written by our own East Regional Age Friendly Programme Manager Louise Edmonds.

#4 – TASK Community Care

Disclaimer on Blogs

Hello and welcome to my 4th technology blog, my aim is to highlight companies that provide services through telehealth and telecare with digital devices, today I would like to showcase **TASK Community Care** and the wide variety of supports they have in place to support older people to remain in their own homes.

TASK Community Care is a wholly owned Irish company, in operation since 1974. As Ireland's longest established provider of personal monitored alarms and telecare, they provide 24-hour assistance, to tens of thousands of older and vulnerable customers nationwide and also across the UK.

The blogs focus on the theme of Telehealth and Telecare. The fourth blog focuses on the TASK Community Care, Ireland's longest established provider of personal monitored alarms and telecare. In addition, TASK supplies an extensive range of other assistive technologies, including personal location trackers, and specialised 'passive monitoring systems' for people with dementia or other high support needs.

[To read the fourth blog, click here to visit agefriendlyhomes.ie/blog](https://agefriendlyhomes.ie/blog)



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Booster dose of the COVID-19 Vaccine

Booster vaccine doses are now being offered for COVID-19:

- first booster - people aged 12 and older can get this if they have not already
- second booster - people aged 60 and older, pregnant women, and people with a weak immune system can book this now

Second booster dose

You can get your second booster dose from:

Monday, 15 August if you are aged 60 or older

- Monday, 15 August if you are pregnant (from 16 weeks)
- Monday, 22 August if you are aged 55 or older
- Monday, 29 August if you are aged 50 or older

You can book a vaccine appointment at a vaccination centre up to 7 days in advance.

If you have not already had your second booster, you can still get one if you are:

- 65 years or older
- [12 years or older with a weak immune system](#)

How long to wait before getting your booster

Wait at least 4 months since getting your last COVID-19 vaccine. You can check the date of your last vaccine on your COVID-19 certificate.

If you had COVID-19, wait at least 4 months since you tested positive or from when your symptoms started.

[Book your COVID-19 booster appointment](#)

Message from Minister Butler

Minister Butler would like to remind all older people and carers to be SunSmart



Wear clothing that covers skin



Apply sunscreen - At least factor 30



Put on a wide brimmed hat



Seek shade



Wear sunglasses



Limit the amount of time in the sun

Early intervention is essential if someone becomes unwell due to heat exhaustion, heatstroke or dehydration and people are advised to contact their GP or seek medical attention



An Roinn Sláinte
Department of Health



comhairle chontae na mí
meath county council



**Engaging
Dementia**

Formerly Sonas[®]apc

**You're invited to International Dementia Conference: Fostering a
Dementia Inclusive Ireland (November 15, 2022)**

**EngagingTM
Dementia**

Formerly Sonas[®]apc

Early Bird and Discounted Tickets for the 14th International Dementia
Conference are now on sale!



Tuesday, 15 November 2022 09:00
International Dementia Conference: Fostering a Dementia Inclusive Ireland
Croke Park



ARCHES Recovery College WRAP timetable



ARCHES Recovery College will be delivering Wellness Recovery Action Planning (WRAP) across Dublin South East, Cluain Mhuire, and East Wicklow (CHO 6) over the next few months.

WRAP is an evidence based self-management programme that helps people be and stay well. Completing a WRAP course will provide you with an action plan that helps you respond to signs that you are struggling, a life crisis, and the after-effects of a crisis. WRAP can empower people to take care of themselves, tell their supporters how they want to be helped, and communicate to their clinical teams what their preferences are.

Participating in a WRAP course is free and is provided by the HSE Mental Health Services. To be eligible for WRAP, you must self-identify as having experience of mental health difficulties or of being a family member or supporter of someone who does. People can attend WRAP in any location in CHO 6 irrespective of where they live in the CHO.

We are offering WRAP in 2 formats: 2 full days or 5 half days.



ARCHES Recovery College WRAP 2022 Programme

VENUE: ARCHES Recovery College, Vergemount, Dublin South East

OPTION 1: Tuesday September 27, October 4, 11, 18, + 25 from 2pm to 4:30pm

OPTION 2: Thursday October 13 + Friday October 14 from 9:30am to 4:30pm

OPTION 3: Thursday October 13, 20, 27, November 3, + 10 from 10am to 12:30pm

VENUE: Hort Centre, Burton Hall, Cluain Mhuire

OPTION 1: Monday September 5, 12, 19, 26, + October 3 from 1pm to 3:30pm

OPTION 2: Thursday October 20 + Friday October 21 from 9:30am to 4:30pm

OPTION 3: Monday November 7, 14, 21, 28, + December 5 from 10am to 12:30pm

VENUE: Knockrobin Primary Care Centre, East Wicklow

OPTION 1 Tuesday September 27 October 4, 11, 18, + 25 from 2pm to 4:30pm

OPTION 2 Thursday November 17 + Friday November 18 from 9:30am to 4:30pm

VENUE: Arklow Library, Arklow, East Wicklow

OPTION 3: Tuesday September 6, 13, 20, 27, + October 4 from 10am to 12:30pm

To register simply email: info@archesrecovery.ie or call 087 342 9922



To register for a WRAP course, simply email info@archesrecovery.ie or call 087 342 9922 with the location and dates of the course you would like to book onto.

Please note, places are booking up quickly, with a number of WRAP courses almost fully booked, so if you are interested in receiving in WRAP, please get in touch ASAP.

Greener Cleaning Labels

These labels include some simple tips and basic advice about greener cleaning tips around the home. There is also some great advice on greener gardening on the mywaste.ie website see link: <https://www.mywaste.ie/your-greener-living-guides/>

GREENER CLEANING LABELS

Your home will sparkle with the help of these simple, eco-friendly recipes.
Just peel off and apply to empty jars, bottles or spray bottles.
 Labels are available to download on www.mywaste.ie

all purpose cleaner
 COUNTERTOPS, MIRRORS, WINDOWS
 1 PART WHITE VINEGAR • 1 PART WATER
 A FEW DROPS OF ESSENTIAL OIL (OPTIONAL)
 COMBINE ALL THE INGREDIENTS IN A SPRAY BOTTLE & SHAKE BEFORE USE. NOT SUITABLE FOR GRANITE & MARBLE.

bathroom cleaner
 TILES, BATHTUBS, SINKS
 1/4 CUP BAKING SODA • 1 TABLESPOON DISH SOAP
 WARM WATER
 MIX THE INGREDIENTS SLOWLY TO MAKE A PASTE. RUB ON WITH A CLOTH & RINSE OFF WITH WARM WATER.

all in one polish
 WOOD, STAINLESS STEEL
 1 TBSP OLIVE OIL • 1/2 TBSP LEMON JUICE
 1 TBSP WATER
 COMBINE ALL THE INGREDIENTS IN A SMALL JAR & SHAKE WELL. POUR ONTO A CLOTH AND USE AS A POLISH. STAINLESS STEEL APPLICATION - BUFF IMMEDIATELY WITH A DRY CLOTH.

floor cleaner
 TILES, LAMINATE, WOOD
 1 CUP OF WHITE VINEGAR • 1 CUP SODA CRYSTALS
 1/4 CUP OF WASHING LIQUID
 2 TBSP LEMON JUICE (OPTIONAL)
 WEAR GLOVES! ADD SODA CRYSTALS TO THE VINEGAR SLOWLY. STORE IN A LARGE JAR. SHAKE GENTLY TO MIX BEFORE USE. ADD 1/2 CUP TO 8 LITRES OF HOT TAP WATER. NOT SUITABLE FOR WAXED FLOORS.

toilet fizzles
 1 1/2 CUPS BAKING SODA • 1/2 CUPS CITRIC ACID
 1 TSP OF WATER • 15 DROPS OF LAVENDER, PEPPERMINT & LEMON ESSENTIAL OIL
 WEAR GLOVES! MIX THE BAKING SODA & CITRIC ACID IN A SMALL BOWL. ADD APPROX. 1 TSP OF WATER AND ESSENTIAL OILS. PACK FIRMLY INTO ICE CUBE TRAYS. ALLOW TO DRY FOR SEVERAL HOURS. REMOVE GENTLY & STORE IN AN AIRTIGHT JAR.

air freshener
and a great carpet cleaner
 1/2 CUP OF BAKING SODA (PER JAR)
 8-10 DROPS OF YOUR PREFERRED ESSENTIAL OIL
 PUT THE BAKING SODA & ESSENTIAL OIL IN A JAR & SHAKE TO MIX. PIERCE THE LID WITH HOLES. ALSO WORKS AS A CARPET CLEANER. SPRINKLE ON VACUUMED CARPET. LEAVE FOR 24 HOURS & VACUUM AGAIN.

mywaste.ie



Recipes are not suitable for non-washable surfaces (e.g. untreated or oiled wood). Always do a patch test before use on a hidden area. Always wear gloves. Keep away from children.

Registration open: Annual Joint Public Health Conference: Healthy Planet, Healthy People - 30th November 2022

**Evidence.
Policy.
Partnership.**

Registration now open!

Healthy Planet, Healthy People
10am on Wednesday, 30 November, 2022
Conference held via Zoom

'Climate change is the greatest global health threat facing the world in the 21st century, but it is also the greatest opportunity to redefine the social and environmental determinants of health' - The Lancet Countdown on health and climate change

[Register Now](#)



**JOINT PUBLIC HEALTH
CONFERENCE**
30 November, 2022

Wednesday 30 November 10:00 am

**Healthy Planet,
Healthy People**

HSC Public Health Agency | Institute of Public Health | QUEEN'S UNIVERSITY BULFINCH | UCC

You are invited to attend the Joint North South Public Health Conference taking place online on **Wednesday, 30 November** from 10am-4pm, with scheduled breaks.

The title of this year's all-island conference is **'Healthy Planet, Healthy People'** and will focus on how the global climate crisis is impacting our health.

This virtual conference will bring together global experts to discuss the challenges posed by the climate crisis, but also the substantial co-benefits for health that accompany action on climate change.

Local Updates



Good news from Wexford GAA

As part of Wexford GAA's commitment to the Wexford Age Friendly Alliance, Older Person tickets for all knockout games will be available to be purchased from Pettitt's Supervalu in Wexford, Enniscorthy and Gorey and from Sinnott's Centra Irishtown in New Ross as well as online from

<https://scanner.topsec.com/?d=1406&r=show&u=www.wexfordgaa.ie%2Ftickets&t=c8e14af3c50739f7a8986a61bc89aea605c43258>

Note that it is only OAP tickets that will be sold in shops. Regular adult tickets must still be purchased online.

Ticket price details for the knockout stages are as follows:

Quarter Finals, Semi Finals and Relegation Finals



Senior / Intermediate (single match) €10.00



Galway City OPC 'Open Event'

The poster features logos for Galway City Council, Cúram Sláinte Phobail, Iarthar, Community Healthcare West, Galway City Partnership, and the Galway Age Friendly Programme. The main text reads: GALWAY CITY OLDER PEOPLE'S COUNCIL OPEN EVENT. The event is on MON 5TH SEPT 2022 | 10.30AM - 2 PM at MENLO PARK HOTEL. Activities include GUEST SPEAKERS | YOGA | MUSIC and LUNCH PROVIDED. An illustration shows diverse older people sitting on a bench and standing. A red banner at the bottom says: Call Ciara on 083 0234390 to register.

Galway City Council and Galway City Partnership, in association with HSE Community Healthcare West and the Galway Age Friendly Programme, will host the **Galway City Older People's Council 'Open Event'** on **Mon 5th September** from **10.30am - 2.00pm** in the **Menlo Park Hotel**. We will have key speakers, information stalls and entertainment for all to enjoy. We will also invite attendees to complete an 'Expression of Interest' form for the new Galway City OPC.

  **REGISTRATION:** [CLICK HERE](#) to register for the Open Event or contact Ciara on 083 0234390 / ciara@gcp.ie.

Galway City OPC AGM

The **AGM** to elect the new Galway City OPC will be held the following week on **Thursday 15th September** at **11.00am** in the **Westside Resource Centre**.



Beach Parking

A reminder if visiting Bettystown beach, the parking on the beach is reserved for disability and Age Friendly spaces only.

There is no parking on the beach this summer. There are a small number of Age Friendly and Blue Badge (Disabled) spaces on the beach at Bettystown, which will be co-ordinated by the Beach Wardens. This will be strictly monitored to ensure these spaces are available for those who need them most and fines will issue for noncompliance.

Parking is available at Colaiste na hInse on the Coast Road. It's a short walk to the beach through Brookside Lane. Exit the car park and go left to the Coast Road, turn left towards Bettystown, the laneway is on the right-hand side (black gate).



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



IFA Global Cafe | In conversation with IFA's United Nations Representatives 'SPECIAL EDITION'.



The International Federation on Ageing held a Global Cafe event this morning called - **In conversation with IFA's United Nations Representatives SPECIAL EDITION**

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: Call save 1850 24 1850

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