

National Updates



Join Our Free Age Friendly Ireland Business
Recognition Training Online

Could you use a few more customers? How about
1 million more...



Did You Know . . . There are three quarters of a million older people (65+), living and shopping in Ireland and this is anticipated to grow to 1.5 million by 2051. Older people account for up to 50% of all consumer spending in the EU. They have the time to shop, they like to shop, and they are loyal customers. They will come back to you again and again if you make the consumer experience comfortable and pleasant for them.

Are you doing everything you can to capture and retain this powerful customer base?

Age Friendly Ireland Business Recognition online training are now offering a number of open training dates – not specific to a town or company – which everyone is welcome to attend. Please do tell your colleagues and fellow business owners about the opportunity, we would love to have them on board.

Age Friendly Ireland Business Recognition online training:

Tuesday 13th September from 10am to 12pm

To Register Click on the Zoom link

<https://us02web.zoom.us/j/89209276451?pwd=WHRJQmI2SjJCOGIL3BSQWZ2KzY2Zz09>

Tuesday 11th October from 10am to 12pm

To Register Click on the Zoom link

<https://us02web.zoom.us/j/89472505632?pwd=eVpxbWo5ODdInkxHQkJ5LzBubmcwZz09>



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.

If you wish to request a hardcopy of the survey please contact Adrienne at 087 335 4932



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](#)



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Public Consultation on Proposals for SPSV Fines for the Non-Compliant – Focus on Safety, Consumer Protection and Services for Users with a Disability and SPSV Driver Licence Validity Period

The National Transport Authority (“NTA”) invites written submissions or observations on the proposal “SPSV Fines for the Non-Compliant – Focus on Safety, Consumer Protection and Services for Users with a Disability and SPSV Driver Licence Validity Period”.

The public consultation has been launched to increase the fines (to the maximum amount of €250.00) for Small Public Service Vehicles or Hackneys which include for the:

- refusal to carry a Guide Dog or and Assistance Dog
- refusal by the driver to carry a passenger in a wheelchair.

The details can be found here at [Public consultation on proposals for Taxi/Hackney fines](#)

The closing date is on Sunday September 25th, 2022 at 12.00pm.

Travel assistance scheme to be extended to Cork from September

Bus Éireann and the National Transport Authority have announced the extension of the Transport for Ireland Travel Assistance Scheme to passengers in Cork from September.



The scheme, which has operated in Dublin since 2008, helps people with disabilities and who have additional needs to use public transport.

John O'Flynn, Head of Customer Experience at the NTA, said that a travel assistant helps the customer to plan their journey.

Please see full article here:

<https://www.rte.ie/news/munster/2022/0816/1316060-transport-cork/>

Click here for full information on public transport:

https://www.citizensinformation.ie/en/travel_and_recreation/public_transport/travelling_publictransport_with_disability.html

Ulster Bank Withdrawal - Update



Ulster Bank is continuing the process of our phased withdrawal from the Republic of Ireland market.

Current and Deposit Account Choose-Move-Close Advertising Campaign - Ulster Bank's new campaign to encourage customers to take action and to remind them that Ulster Bank's phased withdrawal is progressing is live and Ulster Bank's customer-facing colleagues are focused on outreach to customers and dealing directly with customers to assist them as they move their accounts.

While customers can close their accounts themselves through our app and other channels, we understand that many customers will choose to keep their account open during their period of transition to a new provider. For most customers, six months should be more than adequate time to take action and have their new current account up and running. Some customers may have individual circumstances that mean they need additional help – we continue to have conversations with customers who may fall into that category now and over the past months, so that they are encouraged and supported as much as we can to take action and ensure they have continuity of service.

If any customer feels like they need more help, please call Ulster Bank on 0818 210 260 or 00353 1804 7475 if calling from abroad. Ulster Bank also has a dedicated phone line for customers who have vulnerabilities on 1800 656 001.

Ulster Bank will write to 75,000 personal credit card holders next month (September 2022), providing them with six months' notice to Choose an alternative provider if required; Move their recurring transactions; pay the outstanding balance and Close their Ulster Bank credit card. Ulster Bank credit cards will no longer work from the end of the six-month notice period (March 2023). Ulster Bank held an information session with representatives of the financial sector today to brief them on this plan and will hold further briefing sessions with other stakeholders over the coming weeks and months as this activity progresses.

Over the past months, Ulster Bank has proactively contacted customers who may have difficulty repaying their full credit card balance within the notice period, to offer support and to remind them of the activity underway to close accounts as part of Ulster Bank's phased withdrawal. Ulster Bank recognises that some customers may not be able to clear their balance within six months and will work with these customers on a case-by-case basis for individual plans.

If any customer needs additional support, we strongly encourage them to contact us as soon as they can either in branch, or on the phone. We want to ensure that customers who need additional help are supported at this time.

The National Care Experience Programme is holding information sessions on the National End of Life Survey.

About the survey

The National End of Life Survey is a nationwide survey asking bereaved relatives about the care provided to their loved ones in the last months and days of their life. The purpose of the survey is to learn from people's experiences of end-of-life care in order to improve the services provided both to people who are dying, and to their loved ones.

The survey will start on 1st September 2022. Individuals who register the death of a loved one between September and December 2022 will be invited to participate in the survey between March and May 2023

Attending an information session

You can add the links in the table below to your calendar or alternatively respond to this email, indicating the time and date of the information session you would like to attend, and we will issue you with a calendar invite.

<p>Tuesday, 23 August</p> <p>14:30 – 15:00</p>	<p>Wednesday, 31 August</p> <p>10:00 – 10:30</p>
<p>Join the Zoom Meeting by clicking on the link below and enter the password when prompted:</p> <p>https://us02web.zoom.us/j/82464911249</p> <p>Meeting ID: 824 6491 1249 Passcode: 677903</p> <p>Phone in by calling the number below and enter the meeting ID and password, when prompted:</p> <p>01 536 9320</p> <p>Meeting ID: 824 6491 1249 Passcode: 677903</p>	<p>Join the Zoom Meeting by clicking on the link below and enter the password when prompted:</p> <p>https://us02web.zoom.us/j/82269239737</p> <p>Meeting ID: 822 6923 9737 Passcode: 712232</p> <p>Phone in by calling the number below and enter the meeting ID and password, when prompted:</p> <p>01 536 9320</p> <p>Meeting ID: 822 6923 9737 Passcode: 712232</p>

Siel Bleu Ireland Updates



Siel Blue are offering Community Classes and Online Classes which are priced at €18 a month 10 classes per week mixed abilities.

Online Classes Booking link: <https://www.sielbleu.ie/book-online-class/>

Online Classes run from Monday to Friday and can be booked prior.

They also have a one-to-one option too. €65 per session for sports therapy sessions and €35 per session for 1-1 exercise-only classes.

LET'S ADD LIFE TO YEARS AND YEARS TO LIFE

EXERCISE FOR OLDER ADULTS

Increase Independence | Increase Strength | Increase Coordination | Increase Mobility |



SIEL BLEU AT HOME HAS BROUGHT ALL CLASSES ONLINE AND INTO YOUR HOMES, SO START EXERCISING WITH US TODAY!

- Exercises suitable for all with 5 different class types.
- Classes delivered by Siel Bleu Ireland Physical Trainers.
- Workouts can be done while seated, standing or a mixture of both.
- 11 live classes every week, join as many or few as you like.
- Re-watch classes on the Glofox App.
- Only €18 per month, sign up today and experience a month for free



WOULD YOU LIKE ONE OF OUR HIGHLY QUALIFIED TRAINERS TO COME AND WORK WITH YOU PERSONALLY THROUGH OUR 1-1 SERVICE?

- A full assessment of your mobility, strength and fitness.
- A programme tailored to your needs and designed to meet your personal goals.
- Regular meeting with our trainers in the comfort of your own home.
- All for just €35 per session.



As well as our well-developed exercise programme's for the aging adult we at Siel Bleu are leading the way in exercise medicine application at an affordable price. We work with a variety of chronic conditions such as COPD, Stroke, Dementia, Heart conditions and much more.

www.sielbleu.ie

Contact Us:
sielbleuathome@sielbleu.ie

+353 01 2096889
(9-5 Mon-Fri)



Making Galway a Great City to Grow Old In!



The Mayor of Galway City, Cllr. Clodagh Higgins met with members of Salthill Active Retired, Access for All, AMACH! Silver Rainbows and Salthill Men's Shed group in Salthill to test out the new Age Friendly seating located adjacent to Ladies Beach.



Age Friendly Galway worked in collaboration with the Galway City Council's Recreation and Amenity Department to make subtle changes to the upgrade works recently carried out in Salthill. Referencing the Age Friendly Seating guidance, the height and depth of the seating was adjusted. Provision of arm rests give additional support and the angle of the backrest tilted ensures the experience is comfortable.



This wonderful location is supported by public toilets, public parking and provides a spectacular view across the bay where Galway's older persons are being prioritised whether they are out walking, swimming or enjoying a cuppa from the nearby kiosk. This is a great start to the provision of Age Friendly seating in the city and we invite suggestions of where else may require seating improvements or new seating to ensure Galway is a great City to grow in.



The Mayor Cllr. Clodagh Higgins said "I'm delighted to be in a position to launch this project, particularly as the project was the result of such close cooperation and design across Galway City Council. The project adds hugely to the attractiveness and suitability of the public realm in the heart of our city."



Sligo Age Friendly Strategy - Community Consultation Sessions

SLIGO AGE FRIENDLY STRATEGY 2022 - 2026

COMMUNITY CONSULTATION SESSIONS

LOCATION	DATE	TIME
Cliffoney Hall	Thursday 18th August 2022	10am - 1pm
Tubbercurry - Teach Laighe	Friday 19th August 2022	10am - 1pm
Sligo Town - Glasshouse Hotel	Friday 19th August 2022	2pm - 5pm
Enniscrone Family Resource Centre	Thursday 25th August 2022	2pm - 5pm
Ballymote Family Resource Centre	Friday 26th August 2022	10am - 1pm

ENJOY A CHAT AND A CUPPA HEAR ABOUT PROGRESS

DISCUSS ISSUES FACING OLDER PEOPLE IDENTIFY PRIORITIES

[FURTHER DETAILS](#) GTIMLIN@SLIGOCOCO.IE 087 1751671 071 9114422



local link

Louth Meath Fingal

POSITIVE AGE

Need Transport for Shopping, Health, Appointment?

CALL: (046) 907 4830

Need a weekly call, for a chat?

CALL: (046) 948 3030

Positive Age and TFI Local Link LMF are working together....



Positive Age is a county-wide volunteering service that assists older people living in County Meath by making weekly phone calls.

Local Link Louth Meath & Fingal provide rural transport for shopping, health and social activities. Working together, we can give extra support.

Positive Age and Local Link Louth, Meath & Fingal will not pass on information without your consent.

posagemeach@gmail.com

'Making Music in the Midlands' has begun!

'Making Music in the Midlands' is off to a flying start!



MN Music Network

1

Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

For 'Making Music in the Midlands', Music Network and Age Friendly Ireland invited residents of counties Laois, Longford, Offaly, Roscommon and Westmeath, aged 55 and over, to join an exciting music project. The project is led by renowned musicians Alec O'Leary, Angelina Carberry, Dan Brouder, Adele O'Dwyer, Phil Robson, Ciaran Wilde, Catherine McEvoy, and Jacinta McEvoy.



The focus of this project is on returning to playing an instrument and sharing the joy of group music-making over eight weeks between August and September 2022.

Click here for more information on the project:

<https://www.musicnetwork.ie/news/catch-up-with-making-music-in-the-midlands>

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 Mr. Vijay Naraidoo on “Advocating for the Rights of Older Adults in LMICs”



The International Federation on Ageing held a Global Cafe event this morning called - **In Conversation with Mr. Vijay Naraidoo on “Advocating for the Rights of Older Adults in LMICs”**

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