

National Updates

Training for Older People's Council

This week our regional team met to put a plan in place. They are getting ready to roll out a national training programme for Older People's Councils in all local authority areas.



Kilrush Walkability



Age Friendly Ireland and National Disability Authority worked together to develop a Universal Design Walkability Audit Tool. The walkability took place in Kilrush and a beautiful video was done showing the importance of the walkability audit in any town plan.

Kilrush Walkability video is now live on You Tube:

<https://www.youtube.com/watch?v=HbJQ77VRZ8&t=9s>



Join Our Free Online Age Friendly Business Training



Please utilise these fabulous opportunities to participate in this free age friendly business training. An essential element to adopting age friendly recognition delivered by our Principal Advisor and Communications Specialist Orlaith Carmody. A unique opportunity not to be missed. Places fill up very quickly so we encourage you to register as soon as possible.

Age Friendly Business Recognition Open Training

Tuesday 11th October 10am-12pm

Join Zoom Meeting

<https://us02web.zoom.us/j/89472505632?pwd=eVpxbWo5ODdlNkxHQkJ5LzBubmcwZz09>

Tuesday 16th November 10am-12pm

Join Zoom Meeting

<https://us02web.zoom.us/j/84206274372?pwd=WDJVVVp3MkVSa3NoMWJaNldSWk9ldz09>

Wednesday 18th January 10am-12pm

Join Zoom Meeting

<https://us02web.zoom.us/j/84110066692?pwd=UnNuM213dFN5TXpNaXRoMlBFbEQ3QT09>

Age Friendly Ireland Business Recognition Training Online

- **Tuesday 11th October 10am-12pm**
via Zoom
- **Tuesday 16th November 10am-12pm**
via Zoom
- **Tuesday 18th January 10am-12pm**
via Zoom

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.





A round up of Positive Ageing Week in Galway

Positive Ageing Week is a wonderful opportunity to shine a light on all the positive aspects of ageing, and the amazing contribution of so many older people in our lives and communities who are quietly contributing and making our lives and neighbourhoods better places. In fact, the contribution of older people is so vast and varied that many of our local communities, organisations, and committees simply wouldn't function without them.

Below is a snapshot of events which took place across Galway City & County

Positive Ageing Week is sponsored by COPE Galway, and Galway City & County Councils, and is an initiative of the Galway Age Friendly Programme.

#LocalHeroes Exhibition

The Flagship event was our Local Heroes Exhibition which featured 22 people from across Galway City and County who epitomise positive, healthy and active ageing and who much better represent the people in older age who we all recognise in our daily lives. The Exhibition is an initiative of the Galway Age Friendly Programme and is sponsored by COPE Galway, Galway City Council and Galway County Council. Thanks to all our local heroes.



See the full gallery [here](#) or at our exhibition in Eyre Square Shopping Centre



Meals4Health

COPE Galway's Meals4Health Social Enterprise sent out goody bags to customers all week, with a great response from all who received them.

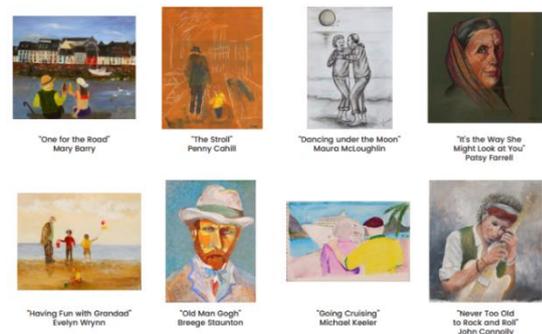
Age Friendly Business Training

A number of local businesses and organisations took part on the Age Friendly Business Training on Monday September 26th. The programme promotes a workplace culture that embraces ageing and celebrates the contribution of older people in the workplace and for businesses.



Galway Art Club

The Galway Art Club once again supported Positive Ageing Week - This year we have 12 wonderful paintings depicting various aspects relating to positive ageing and we are very appreciative of the contribution and talents of all the artists involved



Arthritis Ireland and the UCD Centre for Arthritis Research improving Arthritis Research Outcomes with Patient Engagement across Ireland and Europe

Arthritis Ireland and the UCD Centre for Arthritis Research are delighted to announce that they are hosting a seminar about patients involved in arthritis research and their experiences on World Arthritis Day, Wednesday 12th October at 2pm.



Improving Arthritis Research Outcomes with Patient Engagement across Ireland and Europe

Webinar: October 12th 2022 from 2-4pm

Contact rheumatology@ucd.ie for more information.

Arthritis Ireland

PPI (Public and Patient Involvement) means actively working in partnership with patients and members of the public to plan, manage, design and carry out research. It is research being carried out 'with' or 'by' members of the public rather than 'to', 'about' or 'for' them. Enabling the patient voice to take centre stage in the research process will facilitate better outcomes in drug discovery, awareness of symptoms of RMD (rheumatic and musculoskeletal diseases) and access to timely and adequate care.

Speakers on the day will include Arthritis Ireland UCD Chair of Rheumatology Professor Gerry Wilson; CEO of Arthritis Ireland, Gráinne O'Leary; Dr Emma Dorris PPI Ignite manager, UCD; Peter Boyd, EULAR Pare -Chair Elect and a number of patients involved in arthritis research and their experiences.

Topics to be discussed during the seminar are the importance of patient involvement in research and the ways in which they can get involved. Patients will discuss their journey, why they got involved and the knowledge and expertise that they have brought to the research process.

The event will be held virtually on **Wednesday October 12th, 2022 from 2-4pm.**
Contact rheumatology@ucd.ie for more information.

Eventbrite: <https://t.co/DzYPw44qZ3>

Register [here](#) in advance of this meeting.

After registering, you will receive a confirmation email containing information about joining the meeting. A week-long festival to create awareness of the importance of PPI will be launched on 10th October. For full details visit Events • [PPI Ignite Network \(ppinetwork.ie\)](http://ppinetwork.ie)



Announcing the first ever Healthy Ageing 50: leaders transforming the world to be a better place to grow older



Fifty individuals from around the world have been recognised as part of the first ever [Healthy Ageing 50](#): a UN Decade of Healthy Ageing initiative celebrating leaders transforming the world to be a better place to grow older.

These inspirational leaders showcase what is already possible in the area of healthy ageing. They also demonstrate that actions taken across sectors can improve our world to meet the needs and aspirations of current and future generations of older people. This UNIDOP and beyond, will you join them and take action?

[Learn more about the Healthy Ageing 50](#)



WEBINAR SERIES ALERT: Building health and care system resilience and recovery

Community resilience during and beyond COVID 19

Wednesday, 19 October 2022 - 2pm CET

In this webinar we will hear from different international examples on their experiences during the pandemic, to understand better how communities responded, how services evolved, the response of the workforce, what lessons were learned and, how we can take that knowledge forward to further strengthen systems of health and care and improve outcomes for people in the future.



Register

Workforce for Integrated Care: getting ready for the future

Tuesday, 8 November 2022, 7pm CET

A competent and integrated workforce is the key mechanism through which models of integrated care are delivered. In this webinar, our panellist will reflect on the impact of the COVID pandemic in the workforce integration and what are the main challenges and priorities for the future.



[Register](#)

Digital Solutions for Integrated Care beyond COVID 19

Tuesday, 29 November 2022, 7pm CET

Digital Tools for healthcare provision experienced an unprecedented expansion during COVID-19, thus accelerating the digital transformation of the World's usage of digital solutions for healthcare provision. What has happened with these remarkable initiatives after COVID-19? This webinar will share knowledge from different world experiences on how digital solutions are being used to promote the integration of care after COVID-19.



[Register](#)

The future for care integration: delivering the promise

Monday, 12 December 2022, 4pm CET

Chaired by Dr Niamh Lennox-Chhugani, Chief Executive of the International Foundation for Integrated Care (IFIC), in this final webinar in the series, our panellists will share their thoughts on how the pandemic accelerated change in health and care and what this means for the future of integrated care across the world.



[Register](#)

Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us this week on **Friday Oct 7th at 5 pm** for our weekly Zoom. We will be discussing lateral hip pain. As usual, please share this email with anyone you feel might benefit from or enjoy hearing about ExWell.



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The schedule is as follows:

5.00 pm: Welcome
5.05 pm: Exercises for Lateral Hip Pain Aodhaghán Ó'Deasmhunaigh
5.25 pm: ExWell Updates *Danny Fagan*
5.35 pm: Q&A / Discussion. *All*

The link for the meeting is

<https://us06web.zoom.us/j/86118116667?pwd=eVIZU1JzWkdJdDVremcvMEtETFhLQT09>

Local Updates



Older People's Council Open Event

Meath Age Friendly invites you to join the Older People's Council Open Event. Guest speakers on the day will discuss Crime Prevention, Dementia and Wills Planning for the Future.

Register - email community@meathcoco.ie or call Áine Bird at 046 9097400.



**Older People's Council
Open Event**

Wednesday, October 19th
11.00am to 2.00pm
Ardboyne Hotel, Navan

Limited Places. Pre-Registration Essential.

Email community@meathcoco.ie or call Áine on 046 9097400



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Seniorline

Seniorline is a national confidential listening service for older people provided by trained older volunteers.

Our lines are open every day from **10am to 10pm, 365 days a year**, including Christmas Day, St Stephen's Day and New Year's Day. Seniorline remains open when many statutory services are closed and is recognised as a primary health care service helping to support older people in their community.



Seniorline receives calls from men and women in every part of Ireland. While callers' range in age from late fifties to late eighties. As well as responding to individual callers, Seniorline advocates nationally for older people in Ireland, representing their needs, concerns and wishes to media, the general public, politicians and key stakeholders.

Whether you are feeling lonely, worried about something or just need a chat, give us a call. We are here to listen.

Our vision and mission is that every older person in Ireland would know the Freephone number, call if they need us and receive an empathic response.

Our lines are open every day from **10am to 10pm, 365 days a year.**



Seniorline is a confidential listening service for older people by trained older volunteers, **Freephone 1800 80 45 91.**



Minding my Memory – New six-part video programme from Cork Kerry Healthcare

“Minding My Memory”

This is a practical, straight forward resource for anyone interested in learning more about memory. It is most suitable for people with mild memory issues. The series was produced by primary care occupational therapists who have worked in the area of memory and who have additional training as Dementia Champions. It provides lots of information, tips and strategies for making the most of memory.

The full series is available as a playlist on the Cork Kerry Community Healthcare YouTube channel, and links to each of the six individual videos are below.

Video 1: How your Memory works?



This video explains what memory is, the stages involved in memory, short- and long-term memory and looks at what impacts on memory and how memory can affect you day to day life.

<https://www.youtube.com/watch?v=XnARJUAzjmw>

Video 2: Paying Attention and Safe Driving

This video explores attention which is closely linked with memory. It looks at issues that can help and things that can hinder attention. It provides tips to make the most of attention. The area of driving and memory is also explored.

https://www.youtube.com/watch?v=gJQRtb_S-rw

Video 3: Coping with Stress

This video explores wellbeing and addresses the issue of stress and how it can affect our memory. It includes tips for managing anxiety and includes a guided meditation.

<https://www.youtube.com/watch?v=0KA7O-YM3rl>

Video 4: Lifestyle and Wellbeing

This video looks at wellbeing and offers practical tips and advice regarding areas such as food, hydration and exercise.

<https://www.youtube.com/watch?v=wy0e8y7MEXw>

Video 5: How we Communicate and staying in touch

This video provides tips you can use straight away to help you keep up social contacts and keep socialising.

<https://www.youtube.com/watch?v=zysfGarT7Jg>

Video 6: Practical Tips to help your Memory

Practical tips and strategies to help you make the most of your memory.

<https://www.youtube.com/watch?v=7T5eTFWUkkg>



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2017-2022



Autumn Medley of Creativity

Pictured are some of the participants who took part in the Flower Arranging Workshop as part of the Creative Ireland Autumn Medley of Creativity which took part in Ardee Parish Centre, Ardee Co Louth.



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The event provided a number of free creative workshops for older people such as painting, pottery, flower arranging, creative writing, a holistic workshop and a dance workshop. The event was really well attended with over 100 older people from all over Co Louth taking part in the workshops.

The participants were entertained by The Knockbridge Choir, The Castlebellingham Ukulele Band and Comhaltas.



A number of local creative and community groups exhibited their arts/crafts and provided advice on how to engage in creative activities in the local community.

Age Friendly Information Day



On Thursday 6th October, Longford County Council, Longford Age Friendly Alliance and Longford Older Peoples Council hosted an Age Friendly Information Day for older persons living in County Longford at Longford Rugby Club.



At the event, organisations catering for older people provided information on their services. There were also opportunities for people to meet with and talk to service providers in person. Organisations in attendance included Health Service Executive, Citizens Information, Community Gardaí, Longford County Council, and the Council's Age Friendly Programme.



Motivational speaker Brian McIvor delivered the keynote address at the event and Longford Age Friendly Ambassador Declan Nerney also made a special appearance.



Exhibition of the 44TH ANNUAL 'PRESS PHOTOGRAPHER OF THE YEAR AWARDS' now on show at the Waterford Ardkeen Library

Exhibition of the 44TH ANNUAL 'PRESS PHOTOGRAPHER OF THE YEAR AWARDS' now on show at the Waterford Ardkeen Library



The 44th annual 'Press Photographer of the Year Awards', the annual awards of the Press Photographers Association of Ireland, were announced in February during a specially directed live Zoom awards ceremony presented by broadcaster Miriam O'Callaghan alongside Paul Sherwood, the then President of the Press Photographers Association of Ireland. The event saw photographers from all across Ireland honoured and recognised for excellence in press photography, during a year of many highs and lows.

The 'Press Photographer of the Year' title was awarded, for the second year in a row, to James Crombie of Inpho Photography, whose portfolio the judges cited as *"the outstanding portfolio of the awards"*.

James received three category awards – first prize in Nature and the Environment, for what the judges coined as *"picture of the year"*, 'Murmuration' which beautifully captured a starling murmuration creating the shape of a bird over Lough Ennell, third place in Daily Life and People for his image 'Fishing' taken on Lough Corrib, Co. Galway and third place in Sports Feature for 'Golden Moment', a very emotional image of Kellie Harrington as she celebrated with her gold medal at the Tokyo Olympic Games.



The awards, which were presented across ten categories, were opened with a special address by An Taoiseach, Micheál Martin T.D. and featured appearances by a host of other well-known personalities and stars including Emily O'Reilly, Neven Maguire, Robbie Henshaw, Eve McCrystal, Colm Stafford Johnson, Panti Bliss and Dearbhail McDonald.

ACTIVE OLDER PEOPLE UPCOMING PROGRAMMES

BOOK NOW!

PROGRAMME	DATE & TIME	LOCATION/ MEETING @	MORE INFO:
Pop-Up Activator Pole Walks	Tuesday 4 th October @ 12pm	Lismore Library P51 EK60	Pop-Up Activator Pole Walks are suitable for men & women that can walk at least 1km in distance.
	Tuesday 1 st November @ 12pm		
	Tuesday 29 th November @ 12pm		
	Tuesday 13 th December @ 12pm		
Pop-Up Activator Pole Walks	Thursday 6 th October @ 11am	Dungarvan Library X35AV29	Each walk will include exercises that can improve your heart health, mobility, strength & balance.
	Thursday 3 rd November @ 11am		
	Thursday 1 st December @ 11am		
	Thursday 15 th December @ 11am		
Pop-Up Activator Pole Walks	Thursday 6 th October @ 12pm	Ardkeen Library X91 YT53	<i>Come along and enjoy this FREE, FUN activity!</i>
	Thursday 3 rd November @ 12pm		
	Thursday 1 st December @ 12pm		
	Thursday 15 th December @ 12pm		
Pop-Up Activator Pole Walks	Friday 7 th October @ 11am	Kilmacthomas Library X42 T289	All registered participants must activate a FREE library membership to borrow a set of 'Activator Poles' and be eligible for the walks. If you're already a library member no action needed. Full support will be provided to activate membership.
	Friday 4 th November @ 11am		
	Friday 2 nd December @ 11am		
	Thursday 16 th December @ 11am		
Adapted Circuits for Women 50+	Four Week Programme Starting on Wednesday 5th October 11am to 12pm (Registration at 10.30am on Oct 5 th)	Waterford Warriors Unit 16D, Six Cross Roads Business Park X91 KV24	A functional movement class for over 50's using specific exercises to increase strength and flexibility for your whole body in a fun and relaxed environment. €28 PER PERSON LIMITED PLACES
Men on the Move	Six Week Programme Starting on Monday 10th October 6.15 to 7.15pm	Butler Community Centre Waterford X91 FEP4	Men on the Move is suitable for beginners and men returning to exercise. Exercises will be adapted to individual ability levels. Each session will include cardio (walking/jogging) and upper and lower bodyweight exercises (squats, lunges, press ups, shoulder presses, etc.). <i>Come along and try it out!</i> €15 or €3 pay as you go
Dance for Life for women over 50!	Six Week Programme Starting on Wednesday 12th October 11am to 12pm	Cill Barra Sports Centre Ballybeg Waterford X91 NP60	Join us for a fun filled DANCE PROGRAMME led by an experienced tutor. <i>Come along and have some fun, learn new dance moves, meet friends, or make new ones whilst enjoying some light exercise!</i> €15 or €3 pay as you go
Aqua-Fit for men & women 50+	Eight Week Programme Starting on Wednesday 12th October 1.15 to 2.15pm	Aura Leisure Centre Youghal P36 C978	Join us for Aqua Fit, an aerobics-based exercise class performed in a swimming pool. This programme can help to improve your heart health, strength, and flexibility by using resistance from water & pool-based equipment like floats & noodles. €48 per person Pay as you go option available

BOOK YOUR PLACE TODAY on www.eventbrite.ie

For more information please contact: **Sinéad Brannigan** on **087 459 6179**
or email sbrannigan@waterfordsportspartnership.ie



www.waterfordsportspartnership.ie

Waterford Sports Partnership - Supporting Activity and Sport for All





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Fingal County Council: Celebrating Positive Ageing Week 2022

To celebrate Positive Ageing Week, Fingal County Council organised a number of county-wide events, as well as local community events and staff training on intergenerational practice and ageism.

Give it a Go Day



A Give it a Go Day took place on Tuesday 27th September 2022 in Newbridge House, Donabate with the aim of showcasing what is possible, presenting a positive image of old age, and encouraging older people to participate in activities. Various groups and sporting organisations demonstrated physical activities suitable for older people such as boules, walking football, tai chi, adapted cricket, croquet, as well as music and dance. Transport was provided from various locations across the county. Although it was a wet day, it didn't dampen enthusiasm with those present trying out new activities and making new connections.

Promoting intergenerational practice



Accredited training on intergenerational practice was delivered to Fingal County Council Staff and partner organisations by Linking Generations NI and accredited by the CPD Standards UK.



A full day workshop took place on Thursday 22nd September which included topics such as understanding intergenerational practice, the benefits of intergenerational practice and bringing generations together. The workshop also brought participants through the process of evaluating the social impact of intergenerational practice in their work and promoting sustainable practice. The day provided staff and partner organisations with an opportunity to work through the process of introducing an intergenerational initiative from the initial idea, to promoting and ensuring sustainability. Projects developed among participants in small groups included parenting support, cultural festivities, skill sharing such as graffiti, sharing life stories and an intergenerational choir. Projects which we hope will be piloted over the next 12 months or so.

Ageism Workshop



To support the theme of Ageism for Positive Ageing Week 2022, two online “Agewise” workshops hosted by Age and Opportunity took place on Wednesday 28th September 2022.

Staff from Community, Libraries, Housing, Operations, Water Services, Planning and Architects participated in these interactive workshops. They challenged our thinking about ageing and the associated myths and stereotypes as well as raising awareness of ageism in our communities and workplace.

A Medley of Creativity



Age friendly Fingal in partnership with Age Friendly Ireland and Creative Ireland hosted an Autumn Medley of Creativity in Newbridge House and Farm on Tuesday 20th September 2022.

The aim of the event was to inspire creative engagement with older people through a number of workshops such as painting, tai chi, herbal soap making and jive and salsa classes. Entertainment was provided by the Forget Me Nots Choir based in Baldoyle.

Huntstown Community Centre was one of a number of community centres participating in events to celebrate Positive Ageing Week. An afternoon of



'new' activities for older people took place on Thursday 29th September including exercise classes by Siel Bleu and EFT Tapping. Siel Bleu provide exercise programmes for older people regardless of physical or intellectual ability. The classes were undertaken while seated thus facilitating the participation by all present at the event. EFT (Emotional Freedom Techniques) is an easy intervention that stimulates acupuncture points by tapping the points. Participants were taught how to use this simple technique to aid relaxation, relieve anxiety and enhance wellbeing. Activities were followed by refreshments which provided an opportunity for participants to welcome newcomers and chat about the various clubs and activities for older people in the centre, with the aim of encouraging them to join.



+OY TOGETHER OLD & YOUNG

A not to be missed opportunity to learn how young children and older adults are learning together also in (post) COVID times.



Learn about intergenerational practice and create opportunities for intergenerational learning in your own area.

Presentations, videos, readings, discussion boards and quizzes.

JOIN OUR FREE 5-WEEK ONLINE COURSE STARTING ON 7 NOVEMBER 2022

<p>FREE</p> <ul style="list-style-type: none"> • Access to this course for 5 weeks • Includes all videos, articles, self-assessment activities, discussion forums, quizzes and games 	<p>UPGRADE</p> <ul style="list-style-type: none"> • Unlimited access after course ends • Includes all course materials • Certificate of Achievement (provided you have 80% success rate on the quizzes) <p>50 euro</p>
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For more information and to register, visit the [TOY website](#)

+OY TOGETHER
OLD & YOUNG

SAVE THE DATE

New edition of the **TOY Online Course**
on Intergenerational Learning

Starts on
7 November 2022

Registration open
10 October 2022

 **5 weeks,**
4 hours a week

 **Learn for free**

 **Certificate and**
unlimited access to
contents - 50 Euro

www.toyproject.net - info@toyproject.net



Park and Ride Service for Senior Football Semi Finals

Wexford GAA together with Wexford County Council's Slaintecare Healthy Communities Programme, Age Friendly Programme, Wexford Local Link and Wexford Bus have arranged a Park & Ride Service from County Hall to in Chadwicks Wexford Park and return on Sunday 9th October for the Senior Football Semi Final games.

The service is specifically for older people and their carers. It is the intention of Wexford GAA, Wexford County Council, Wexford Local Link and Wexford Bus that this facility will enhance access to and enjoyment of what are sure to be two very enjoyable games. Wexford County Council greatly appreciates the hard work and support of their own staff, the staff of Local Link and Wexford Bus, and the staff and officer board of Wexford GAA in making this project possible.



Transport will be provided from County Hall car park to Chadwicks Wexford Park from 1pm on Sunday 9th with a return shuttle bus running after both



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

games. Games are scheduled for 2pm and 4pm. Those wishing to avail of this service are advised to park at Wexford County Council HQ Offices at County Hall where they will be directed to available buses. Those travelling on the bus must have purchased their tickets in advance of travelling.



The Autumn/Winter Garden with Maria from Bell Meadow Flowers

Thursday 13th October at 7.00pm

We welcome back Maria from Bell Meadow Flowers in Tullow for a talk on the jobs in the garden for Oct to late winter and how to save your own seeds. Maria will also do a flower arranging demo incorporating foraged items from our hedgerows as well as some late blooms from the garden. Places limited, booking required. Telephone 053 9375466 or book online at wexfordcoco.libcal.com

Sensory Friendly Quiet Hour

Every Saturday from 4-5pm, Sensory Friendly Quiet Hour is observed in the library.

We encourage you to come along and relax in the calm environment of the library. All welcome!

Home Energy Kit Now Available at Bunclody Library

Our new Home Energy Saving Kit is now available to borrow from Bunclody Library. This kit contains a range of tools/exercises to help householders make sense of the energy they consume on a daily basis and to identify possible problem areas. Please contact the library at 053 9375466 or email bunclodylib@wexfordcoco.ie for further details.

Digital Radon Monitors

Do you want to test your home for radon? Digital radon monitors are available to borrow for a period of 4 weeks, all you need is your library card!



Public Consultation Event for the Older People's Council



On Tuesday 27th September 2022, South Dublin County Council and Age Friendly Ireland hosted a Public Consultation Event for the Older People's Council in the Maldron Hotel, Tallaght.



The event highlighted many issues facing older people in our communities, all this feedback will contribute to the formulation of South Dublin's Older Peoples Council Plan going forward. Representatives from more than 30 Active Age groups were present on the day as well as our Alliance representatives from An Garda Síochána, Transport Infrastructure Ireland, SAGE Advocacy and the HSE.



Age Friendly South Dublin supporting the Tallaght launch of Sláintecare Healthy Communities.

Paula Swayne South Dublin Age Friendly Programme Manager & Mary Roach Local coordinator for the healthy age friendly homes programme.



South Dublin Age Friendly Programme Manager Paula Swayne, Mayor Emma Murphy, Healthy Age Friendly Homes Coordinator Mary Roach

We support older people living in the communities in Tallaght through the Older Peoples Council, through self referrals and in partnership with the network of voluntary older people's community groups and the agencies working in these areas.



South Dublin Age Friendly Programme Manager Paula Swayne, Minister Frank Feighan, Healthy Age Friendly Homes Coordinator Mary Roach



Dún Laoghaire-Rathdown County Council Festival of Inclusion 2022 off to a great start with Autumn Medley of Age-Friendly Creative Activities in dlr Lexlcon Library.

The dlr Festival of Inclusion 2022 was launched on Thursday 29th September with a jam-packed morning of age-friendly creative events, which saw a large crowd gather in dlr Lexlcon Library.



Chairperson, Eugene Magee and members of dlr Age-Friendly Alliance along with Councillor Mary Hanafin, Cathaoirleach, Siobhán Nic Gaoithín, Dún Laoghaire-Rathdown County Council Age-Friendly Programme Manager, Louise Edmonds, Eastern Area Regional Manager of Age-Friendly Ireland with members of Rathfarnham Ukulele Group (RUG's) at the Autumn Medley of Creativity Event which took place in dlr Lexlcon Library, Dún Laoghaire on the 29th September

The Autumn Medley of Age-Friendly Creative Activities brought together artists and the public for an inspiring day of creative engagement for older people. The free event was organised by the Dún Laoghaire-Rathdown County Council Age-Friendly Programme and the national Age-Friendly Programme in conjunction with Creative Lives and funded by Creative Ireland.

Among the performers, artists and creatives on the day, were RUG's – Rathfarnham Ukulele Group who provided plenty of upbeat foot stomping tunes. Dance Theatre of Ireland's 'Vintage Youth' performed in Moran Park and great laughs and entertainment was provided by 'The Raging Hormones' - the award-winning community drama group from Loughlinstown with their hilarious piece taking place in the realms of a nursing home.



Councillor Mary Hanafin, Cathaoirleach with members of the 'Raging Hormones' Drama Group who performed in the Studio Theatre, dlr Lexlcon Library as part of the Autumn Medley of Creativity Event which took place on the 29th September

Horticulturist Aoife Munn's workshop saw many participants go home with their own hand made herbal soap and dance artist Olwyn Lyons performed Jive & Salsa and a Dementia friendly print workshop was held with artist Caroline Hyland with the Living Well with Dementia art group.



*Wreath making at the Autumn Medley of Creativity Event which took place in dlr Lexlcon Library, Dún Laoghaire on the 29th September
Credit Peter Cavanagh Photography for the images*

Beautiful Autumn Wreaths were created under the guidance of Frida O'Neill and wonderful canvases were painted in John Carpenters Cabaret painting class.

Local craft work was on display by Dún Laoghaire Men's Shed and Dún Laoghaire ICA and information and advice on creative opportunities available to all was provided by dlr Libraries and Arts Office, Southside Partnership, Living Well with Dementia, IADT and UCD as well as the ACORN Age-Friendly tablet demonstration.

The dlr Festival of Inclusion is a community based social inclusion events programme that promotes the many groups, organisations and volunteers organising activities and events and offering supports in the community and

the festival will continue across Dún Laoghaire-Rathdown until the 5th November.

'Promoting Equality, Diversity and Inclusion in Dún Laoghaire-Rathdown' is the overall festival theme this year with dozens of organisations and community groups hosting activities, coffee mornings, cultural programmes, entertainment, exhibitions, music, open days, performances, information sessions and talks, as well as free training, workshops and much more across the county.

Join us and be part of the dlr Festival of Inclusion 2022!

See full programme & event details at <https://events.dlrcoco.ie/event/dlr-festival-inclusion-2022> and for more information on dlr Festival of Inclusion events 2022, contact: **Siobhán Nic Gaoithín, Social Inclusion Officer & Age-Friendly Programme Manager, Community Section of dlr County Council** on community@dlrcoco.ie / 01 205 4893.



Positive Aging Week Mitchelstown



Mitchelstown Social Club celebrated Positive Ageing Week with an afternoon tea party and then danced the evening away.



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 | Mr Greg Shaw interviews Mr Colum Lowe on "This Age Thing - Our Future Starts Today"

ifa Global Café
in conversation with experts

"THIS AGE THING:
Our Future Starts Today"

FRIDAY
7 OCTOBER 2022

7:00 A.M.
Eastern Daylight Time

MR. COLUM LOWE
DIRECTOR | DESIGN AGE INSTITUTE

www.ifa.ngo

The International Federation on Ageing held a Global Cafe event this morning called: **In Conversation with Mr. Colum Lowe, Director of the Design Age Institute in London, to discuss "This Age Thing: Our Future Starts Today."** 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**

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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