

National Updates

REGISTER NOW for A SPOTLIGHT ON AGE FRIENDLY IRELAND | POLICY TO PRACTICE |
WEBINAR 8 - Social Participation



INVITATION TO:
A SPOTLIGHT ON AGE FRIENDLY IRELAND
POLICY TO PRACTICE

REGISTER HERE

WEBINAR 8 | 20TH OF SEPTEMBER 2022 | 12.00 - 2.00pm

SOCIAL PARTICIPATION



SPEAKERS

- Damien English, T.D. | Minister of State for Business, Employment and Retail, Department of Enterprise, Trade & Employment
- Geraldine Mc Tavish | GAA Diversity and Inclusion Officer
- Marian Higgins | Director of Services, Kildare County Council
- Meadhbh Haiceid | Libraries Development, Local Government Management Agency



WHO Global Network
for Age-friendly Cities
and Communities



comhairle chontae na mí
meath county council

Click here to register:

https://us06web.zoom.us/webinar/register/WN_TFO4TYuJT0Gr_UFOCN-wVQ



Join us at the Think Ahead launch!

Join Irish Hospice Foundation in launching the expanded and updated Think Ahead!

Tuesday 4th October from 10am-12pm at Royal College of Physicians of Ireland, No 6 Kildare Street, Dublin 2, D02 E434.



Learn about this life-changing resource for patients, carers, and healthcare teams in Ireland. With live music, an engaging panel, and special features unique to 'thinking ahead'! Exciting keynote speaker to be announced, and a light lunch to follow. We hope you're able to join us!

Think Ahead Launch

[Register Here](#)



Public Awareness on making an Enduring Power of Attorney – Week of September 12th

**News Release issued by Safeguarding Ireland
Monday September 12, 2022.**

Call for more people to make an Enduring Power of Attorney. Just 6% of adults have an Enduring Power of Attorney. Safeguarding Ireland warns on widespread misunderstanding of 'Next of Kin'

Safeguarding Ireland has called for a major increase in the number of adults making an Enduring Power of Attorney (EPA), in order to safeguard and reduce adult abuse. New research by RED C has found that just 6% of Irish adults have an EPA in place – which leaves people at greater risk of abuse and exploitation if they lack capacity to make decisions due to illness, disability or frailty.

Safeguarding Ireland is this week leading a nationwide public awareness campaign to encourage more adults to plan ahead, talk with their Solicitor and make an Enduring Power of Attorney.

RED C was commissioned to carry out a survey on a nationally representative sample of adults (1,000 people) on understanding of and attitudes to EPAs. The main reasons why the vast majority of adults had not made an EPA included:

- 36% – never thought about it
- 27% – had no current concerns about their capacity and believed they didn't need it
- 12% – believed they were too young to need one
- 9% – didn't understand why they would need one
- 5% – didn't know who they would appoint
- 4% – were concerned that it would be expensive.

Safeguarding Ireland Chairperson Patricia Rickard-Clarke said “An EPA gives legal clarity. It makes people’s wishes and preferences known, and they can be followed”. “To make an EPA people must make an appointment with a Solicitor and appoint their most trusted person with authority to make future decisions about their finances, property and personal welfare if needed.” “When there is no EPA in place, there are risks. Close family members may be asked to help with decisions as a ‘next of kin’. However, next of kin is highly misunderstood in this country. A next of kin has no legal authority. A next of kin may not know a person’s wishes, and in some case may abuse their position and theft and crime occurs.”

“Safeguarding Ireland therefore encourages all adults to make an EPA and to safeguard themselves against future risk of adult abuse.”

A detailed information booklet on making an EPA is available at <https://www.safeguardingireland.org/public-awareness/>

Equity by Design – Principles in Action Spotlight

Cohousing Creates Community, on **Tuesday, September 20th at 11 am ET**. The registration link can be found [here](#).



	<p>Cohousing is a type of intentional community that focuses on shared spaces, shared resources, shared time and shared values. New global insights and innovations can help expand the reach of cohousing to all people of all ages. We are excited to further discuss this movement with Casey Bastiaans, Outreach Coordinator of POCSHN (People of Color Sustainable Housing Network), Charles Durrett, Principal at The Cohousing Company, and Stig Hesselund, Project Manager at Realdania.</p> <p>Tuesday, September 20th, 2022 11:00 am – 11:30 am EDT Equity by Design Principles in Action Virtual Spotlight – Cohousing Creates Community</p> <p>Registration link: https://publicprivatestrategies.zoom.us/webinar/register/WN_JQGC8ZsCTCq_aPBX53oxheg</p>
	<p style="text-align: center;">Ulster Bank – Choose, Move, and Close. Stakeholder Briefing Event</p> <p>Ulster Bank Ireland DAC began writing to current and deposit account customers, on a phased, rolling basis, to give them six months’ notice to Choose a new provider, and Move and Close their Ulster Bank accounts. Following on from our stakeholder event last July and as the first customers approach the end of their six months’ notice period in October, we would like to invite representatives from advocacy groups for customers in vulnerable situations to another briefing session to update you on our Choose, Move, Close campaign.</p> <p>This event will take place (via Zoom) on Tuesday 27 September 2022 at 3pm</p> <p>If you, a colleague or any nominated representative would like to attend, please respond to Communications.ulsterbank@natwest.com by Friday 23 September 2022 with your name, company name and email address so that we can ensure your access via Zoom once you have registered.</p>
	<p style="text-align: center;">Public Consultation on Proposals for Small Public Service Vehicles (eg Taxis) Fines for the Non-Compliant – Focus on Safety, Consumer Protection and Services for Users with a Disability and SPSV Driver Licence Validity Period</p> <p>The National Transport Authority (“NTA”) invites written submissions or observations on the proposal “SPSV (Small Public Service Vehicles) Fines for the Non-Compliant – Focus on Safety, Consumer Protection and Services for Users with a Disability and SPSV Driver Licence Validity Period”.</p> <p>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:</p> <ul style="list-style-type: none"> • refusal to carry a Guide Dog or and Assistance Dog • refusal by the driver to carry a passenger in a wheelchair. <p>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.</p>



Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us this week on **Friday September 16th at 5 pm** for our weekly Zoom. We will be discussing shoulder pain (Part 2). As usual, please share this email with anyone you feel might benefit from or enjoy hearing about ExWell.

The schedule is as follows

5.00 pm: Welcome

5.05 pm: Shoulder Pain Part 2 *Dr Noel McCaffrey*

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=eVIZU1JzWkdJdD VremcvMEtETFhLQT09>

IGS Public Lecture 3

"In Praise of Walking" by Professor Shane O'Mara

Date: Thursday 15 September. Time: 3pm to 4.30pm. Venue: Online

The 'In Praise of Walking' lecture will be delivered by Shane O'Mara, Professor of Experimental Brain Research (Personal Chair) at Trinity College, Dublin, and an expert on the benefits of walking.

Joined by a diverse range of panellists, the lecture will be chaired by the President of the Irish Gerontological Society, Professor Rose Anne Kenny, and Deirdre Lang, Director of Nursing/National Lead Older Persons Services, Clinical & Integrated Programmes, Office of the Nursing & Midwifery Service Director (ONMSD). You may submit questions prior to the lecture and note that questions submitted prior to the event will receive priority.

You can join the event live here on

15 September at 3pm: <https://broadcastonline.ie/igs/>

There is no need to pre-register.

Note that this lecture will be recorded and will be available to view on the website shortly after the event. For more information about the IGS go to <https://www.irishgerontology.com/>



An Older People's Council for Galway City

Over a hundred attendees came along to the Menlo Park Hotel on Monday the 5th of September to find out more about the new Older People's Council for Galway city. Among the line-up of informative and enlightening speakers were none other than the well-known playwright and author Michael Harding. There is no arguing that Harding captured the complete attention of the audience as he shared some stories from his own life and reminded everyone about the significance of sharing their own stories and practising mindfulness in their lives.

There was an informative piece delivered by Anne Rizzo of Age Friendly Ireland (West) who spoke about how Older People's Councils work and provided positive examples of the work of OPCs around the country. Attendees were very interested to hear that World Health Organisation conferred on Ireland the title of the first Age Friendly country in the world in 2019 and that statistics show that our children and grandchildren can look forward to a life expectancy of at least 100 years old.



Evelyn Fanning, HSE Health Promotion & Improvement, Community Healthcare West shared information on the work of Galway City Alcohol Forum in raising awareness of alcohol related harm. As part of this an information session on Alcohol and Growing Older was delivered by Marion Rackard, Project Manager, HSE National Alcohol Programme which highlighted the high levels of hazardous drinking among adults over 65, low risk alcohol guidelines and supports available. She encouraged older people to be agents of change in helping to denormalise alcohol and support the work of the Alcohol Forum in reducing alcohol harm.

Building on the theme of 'wellbeing and participation' at the event, attendees also had a moment to enjoy some relaxing chair yoga with Galway Sports Partnership and wonderful live music with Mike Stewart and Enda Dempsey.

Speaking about the event co-organiser Ciara Coy of Galway City Partnership stated “We are delighted to have had such a wonderful turnout and to see so many people interested in an Older People’s Council in Galway city. The new OPC will be a key means of hearing the needs of older people in our city and we invite all those who are interested to come along to the Galway City Older People’s Executive AGM on Wednesday 14th September at 11am in the Harbour Hotel.”

Stalls at the event were hosted by the Gold Star Disability Initiative, Meals4Health, An Garda Síochána Crime Prevention, Galway Sports Partnership, Healthy Galway, Galway Contact, Domestic Violence Response, GRETB Community Education Service, Healthy Age Friendly Homes Programme, Galway City Libraries, HSE Community Healthcare West and Galway City Alcohol Forum.

To register to attend the AGM for Galway city’s Older People’s Executive in the Harbour Hotel please contact Ciara on 083 0234390 or ciara@gcp.ie.



Age Friendly Business Training Galway



Could you use a few more customers? There are three quarters of a million older people (65+), living and shopping in Ireland who 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.



[Age Friendly Ireland Business Recognition online training:](#)
September 26th, 2022 11:00 AM

Register in advance for this meeting, Click on the Zoom link
<https://us02web.zoom.us/meeting/register/tZludumrpjsoHN3ljWH-2qNmGDp6ZjJ77uxe>



Bunclody Library

The Ballinacoola Holy Well Project- a Talk by the Bunclody Traveller Women's Group Thursday 22nd September 7-8pm

Members of the Bunclody Traveller Women's Group will be talking about their recent restoration project of the Holy Well at Ballinacoola. Booking Essential. To book, please contact Bunclody Library at 053 9375466.

War of Independence and Civil War Walking Tour of Bunclody with Barry Lacey Saturday 24th September 11-12pm

Join Historian in Residence Barry Lacey as he explores Bunclody's history in both the War of Independence and Civil War periods. The walk lasts for approx. 1 hour and will be leaving from the entrance of Bunclody Town Library. Booking Essential, please contact Bunclody Library at 053 9375466. Please check in at the staff desk in the library when you arrive.

FCJ Secondary School Time Capsule Project Talk – Thursday 29th September 7-8pm

This talk will look at how FCJ students accumulated the material for the time capsule and put together the exhibition which is on display in the library from Wednesday 21st September. To book, please contact Bunclody Library at 053 9375466.

New! Home Energy Saving Kit

Our new Home Energy Saving Kit is now available to borrow from Bunclody Library. 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? We also have digital radon monitors available to borrow, all you need is your library card!



Let's Talk and Walk

A woodland walk in support of the Green Ribbon campaign

FREE

End Mental Health Stigma,
Wear the Green Ribbon this September



Tintern Abbey

Co. Wexford, Y34 KR64

Sunday, 18th September 2022 at 11am

An easy, family friendly walk – suitable for all ages, including buggies.
Refreshments will be served after the walk.



IFA

In association with



Mental Health Ireland



comhairle chontae na mí
meath county council





*Working to make
Waterford a great place
to grow older in*

**Refreshments
will be provided
from 1 pm**

ANNUAL GENERAL MEETING

Waterford City Hall,
Wednesday 28th
September
1pm - 4pm

**Guest Speaker
Greg Martin**

Greg Martin is the Director of the National Health Protection Surveillance Centre
Greg will provide an informative and upbeat talk about moving on from the pandemic and what we might expect in the future..

Information Stands

Health and Well being - Waterford Integrated Care for Older People - Social Prescribing- Gardai, Home Security - Volunteer Centre- Training Courses, ETB - Housing Advice - Citizen's Information - Waterford Sports Partnership - Waterford Libraries - Waterford PPN - Local Link -Energy Advice - Active Retirement - EU Links - SOLAS -Waterford Day Centres - ALONE - University of the 3rd Age - Waterford Disability Network

Come along and get the answers to your questions!



Monday 26th September

- **11. am** Chair Based Yoga Ardkeen Library, Waterford (lift available) - free.
Booking - Waterford Sports Partnership

- **11 am** History Trail of Old Dungarvan Waterford County Museum - €3. Booking - Waterford Sports Partnership
- **11.30 am and 2 pm** Tour of Waterford Silver Museum and Museum of Time. To book, phone 089 4554670 and quote PAW – Free

Tuesday 27th September

- **9.30 am - 12.30 pm** Still Life Workshop Ardkeen Library with Marcella Brennan Meagher - Free - please book on 051 849755
- **10 am - 1pm** Morning of Reminiscing Greenway Manor Hotel
Tea/Coffee and biscuits provided. Screening a film called 'Down the Town' by Waterford Youth Arts. This is a Sacred Heart Family Resource Centre event and Free to all. Booking Essential, please call Anne or Laura on 051 – 306728 to book your place. (transport available - call 089 6113863)
- **10.30 am** Intergenerational story and craft time Carrickphierish Library - Free - Please Book on 051 849696
- **11 am** City Walls Walk and Talk Wyse Park - €3. Booking - Waterford Sports Partnership
- **2 pm** Intergenerational story and craft time Brown's Road Library - Free - Please Book on 051 849614
- **3 pm** Stories of Cheekpoint.

A ramble through history. This is a 90-minute rambling walk through the village of Cheekpoint. The route takes you to houses and sites redolent with history and intriguing stories. En route meet a cast of characters who will share their stories with us through 18th -20th-century eyes. The walk leader is OPC member Ray McGrath. Space is limited so reserve early by phoning 083 8353673 – Free

Wednesday 28th September

- **10.30 am** Jewellery Making Workshop Central Library with Sharon Fleming - Free - please book on 051 849975
- **1 pm - 4 pm** Waterford Older People's Council Annual General Meeting City Hall, Waterford - Refreshments and Information Stands

Thursday 29th September

11 am - 1pm Activator Pole Gathering with Frank Fahey of Fitwalk Ireland Rainbow Hall, Kilmacthomas - Free
2 pm Tea Dance. Sacred Heart Centre the Folly, Waterford, X91 D981, Refreshments and Music -Free

Friday 30th September

- **11 am** Guided Walk with Steps back Thru Time Kilmacthomas - €3 - Booking Waterford Sports Partnership
- **11 am** Intergenerational story and craft time Ardkeen Library - Free - Please book on 051 849755
- **11am** Chair Based Yoga Dungarvan Library - Free - Booking Waterford Sports Partnership
- **7.30 pm** Concert by the Fire St Mary's Church of Ireland, Convent Row, Dungarvan. A concert in music and words to celebrate the talents of older people.

Waterford Sports Partnership Bookings on www.eventbrite.ie. Please contact Sinead, 087-4596179 for information.

For more details, have a look at the Facebook Pages of Waterford Older People's Council; Waterford Sports Partnership and Waterford City and County Libraries.



Positive Aging Week event in Waterford - Chair Yoga



Join us for
CHAIR BASED YOGA
Monday 26th September @11am
in Ardkeen Library

◦ **Come along & enjoy the wonderful health benefits of yoga!**

LIFT AVAILABLE TO ACCESS LIBRARY

FREE EVENT BOOKING ESSENTIAL on www.eventbrite.ie

FOR BOOKINGS OR FURTHER INFORMATION PLEASE CONTACT:
Sinéad Brannigan on 087 459 6179 or email sbrannigan@waterfordsportspartnership.ie





Kilkenny Older Peoples Council Celebrating 10 years.



Kilkenny Older People's Council is holding a celebratory event on Tuesday 1st November 2022 in the Ormonde Hotel from 9.45am.

We are celebrating 10 years of the Kilkenny Age Friendly Programme and our contribution to it. We will also be celebrating getting back together again-the first event since the 2019 Annual Conference. The event will be attended by 150 members of Kilkenny Older Peoples Council, invited guests, speakers/presenters, personnel manning information stands and media.

The theme of the day will be two fold-celebrating our achievements for the first decade and highlighting the next leg of the age-friendly journey.

The programme for the day will include:

- opening welcomes and speech from Chair, Kilkenny Older Peoples Council,
- speeches from An Cathaoirleach, Kilkenny County Council & from the Chief Executive Kilkenny County Council,
- our Age Friendly Ambassador Nickey Brennan (former Chair of our Alliance and former GAA President),
- the launch of our book " Making our County Age Friendly" a chronological account of the first decade of the Kilkenny Age Friendly Programme,
- our Video's premiere, where the key leaders over the past decade will highlight many of the Programme's achievements,
- Dr Debra O Neill, Trinity College (former Programme Manager in Kilkenny) will outline the major findings from our recent programme of facilitated consultations with over 200 older people around the County.
- an afternoon song and music is also promised, as well as surprise guests.

This is a significant event for the Kilkenny Age Friendly Programme and for us, the Kilkenny Older People's Council, which is an equal partner with Local Authority, HSE, An Garda Siochana, Sports Partnerships & Education & Training Board, in its delivery.

Michael Delahunty, Chair, Kilkenny Older People's Council.087 6218589.



Digital Drop in centre-Kilkenny Library Service.



Want to learn basic phone or iPad skills?

Kilkenny Library Service is bringing back its digital drop in service, starting Wednesday 21st September at Kilkenny City Library (Carnegie-Johns Quay) from 11am to 1pm. Transition year students will be available to give one-to-one help to older people with mobile phones, iPad, tablets etc. No booking is necessary-Just drop in & bring your device. This free service is running until May 2023.



Positive Ageing Week Fingal

Comhairle Contae
Fhine Gall
Fingal County
Council



Fingal County Council

Positive Ageing Week

Free Public Events

TUESDAY 20 SEPTEMBER

A Medley of Creativity

Age friendly Fingal in partnership with Age Friendly Ireland and Creative Ireland are hosting an Autumn medley of Creativity inspiring free Creative engagement with Older people through a number of workshops & performance and information stands & Exhibitions

Venue: Newbridge House & Farm, Donabate - 11.00 a.m. to 2.00 p.m.

THURSDAY 22 SEPTEMBER

Fun Walking Activities Day

Fingal's Sports Development Office in partnership with Walk 21 and Fingal Age Friendly, will host a Fun Walking Activities day. Activities include walking football, yoga, walking cricket and so much more

Venue: Millennium Park, Dublin 15 - 10.00 a.m. to 12.00 p.m.

TUESDAY 27 SEPTEMBER

Give it a Go Day

Fingal Age Friendly Team will host a Give it a Go Day to showcase physical activities suitable for older people such as boules, walking football, tai chi, adapted cricket, croquet, as well as music and dance. The aim is to showcase what is possible, present a positive image of old age and encourage older people to participate in activities

Venue: Newbridge House & Farm, Donabate - 10.30 a.m. to 12.30 p.m.



AUTUMN MEDLEY OF CREATIVITY

SEPTEMBER 2022

INSPIRING **FREE** CREATIVE
ENGAGEMENT FOR OLDER PEOPLE

WORKSHOPS &
PERFORMANCES



INFORMATION &
EXHIBITIONS

- 14/09 - The Round Tower, Clondalkin
- 20/09 - Newbridge House, Donabate
- 22/09 - Ashbourne Library, Meath
- 27/09 - Ardee Parish Centre, Louth
- 29/09 - dlr LexIcon, DunLaoghaire

FIND OUT MORE HERE

WWW.CREATIVE-LIVES.ORG/MEDLEY



Clár Éire Iddánach
Creative Ireland
Programme
2017-2022



Comhairle Contae
Fhine Gall
Fingal County
Council



comhairle chontae na mí
meath county council

Comhairle Contae
Átha Cliath-Thuais
South Dublin County Council

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 Dr. Dalia Tsimpida on "The Importance of Socioeconomic Inequalities on Hearing Health in Later Life"



The International Federation on Ageing held a Global Cafe event this morning called: **In Conversation with Dr. Dalia Tsimpida on "The Importance of Socioeconomic Inequalities on Hearing Health in Later Life"**

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