

National Updates

Final Webinar in the series A SPOTLIGHT ON AGE FRIENDLY IRELAND | POLICY TO PRACTICE | WEBINAR 8 - Social Participation

Our final webinar in the series of A Spotlight on Age Friendly Ireland took place on Tuesday. Minister Damien English TD spoke about Ireland's progress with age friendly developments, the important role of Older People's Councils in informing decision makers, and the core domain of social participation. Mairead Cranley described social participation opportunities for older and younger people through the fabulous Ceol le Cheile intergenerational choir in Donegal. Geraldine McTavish, Diversity & Inclusion Officer with the GAA, spoke about the many ways the GAA supports older people's participation and the work Croke Park undertook to become recognised as the first Age Friendly Stadium.



Kildare County Council's Marian Higgins explained how libraries are developing as Age Friendly, with built environment changes, digital skills, cultural programming, and an accessible collection with multiple formats such as large print books.

We also heard from our Older People's Councils, who described their experiences of participating in these structures at local and national level and also Our Age Friendly Ambassadors, who are wonderful spokespeople for the programme, highlighting the huge contribution older people make to our society and helping to make Ireland a great place in which to grow older.



Chief Executive of Meath County Council Jackie Maguire gave the closing remarks, highlighting the role of local government in supporting older people's social participation.

In case you missed any of our wonderful webinars, you can look back on them here:

<https://www.youtube.com/channel/UCDyrpmcoSfMofgPRRGCPDmw>

Age Friendly Ireland National Ploughing Championships

Age Friendly Ireland attended the National Ploughing Championships this year and what a wonderful 3 days we had. We met thousands of wonderful people and made great engagements far and wide. We even had some very special visitors stop by to say hello.



In the photo's we have our Age Friendly team of Tom Curran Age Friendly Laois Programme Manager, Eileen Hughes Regional Programme Manager, Amanda Scanlon Roscommon Programme Manager and Dr. Adrienne McCann Age Friendly Research Manager, along with Garda Commissioner Drew Harris.



In the photo's we have our Age Friendly team of Emer Coveney National Programme Manager Age Friendly Ireland, Alice Corbett Regional Programme Manager, Claire McNabola Longford Programme, Ann Moran Healthy Age Friendly Homes Coordinator Westmeath, Mary Roach Healthy Age Friendly Homes Coordinator South Dublin, Mary Lyons Older Person Council Representative from South Dublin along with Assistant Commissioner Paula Hilman and Superintendent Michael Corbett and Sinead Hubble Current Affairs Research from Midlands Radio.

AILG Conference, Knightsbrook, Trim, Co.Meath

We were delighted to attend the AILG conference in Trim last week, providing information on supports for ageing. The AILG is the Association of Local Government and it is a network representing the democratically elected members and their member local authority. It is a networking, policy development and training resource for the elected members of Ireland's thirty-one county and city councils. Healthy Age Friendly Homes coordinators Eimear McCormick and Ann Moran are pictured here with Moldovan ambassador to Ireland Larisa Miculet.





RESCHEDULED DATE: Ulster Bank Choose Move Close Stakeholder Briefing Event

Last week we invited representatives from an advocacy group for customers in vulnerable situations, to a briefing session on our Choose, Move, Close campaign, as the first customers, notified in April, approach the end of their six months' notice period in October.

We are getting in touch today to advise you that we are rescheduling this briefing session, which was due to take place on 27 September 2022, as it coincides with the announcement of Budget 2023, which we understand organisations may wish to focus on.

The rescheduled event will take place (via Zoom) on **Tuesday 4 October 2022** at **11am**.

If you, a colleague or a nominated representative would like to attend on this new date, please respond to Communications.ulsterbank@natwest.com by **Friday 30 September 2022** with your name, company name and email address so that we can ensure your access via Zoom once you have registered.

If you are unable to attend, we can ensure you are able to view a recording of the event afterwards and we are happy to take any questions you may have at that time, or indeed at any point.



Getting Active for Better Ageing – How to Encourage and Support Physical Activity in Older Adults - 20th October 2022

Thursday 20th October, 10am- 12.00 noon

The Institute of Public Health (IPH) invites you to attend a 'Getting Active For Better Ageing' webinar on 20 October, which will focus on public health and behaviour change and how to encourage and support older people to be more physically active.

This webinar will include presentations from Professor Ryan Rhodes, University of Victoria, Canada, Professor Mark Tully from Ulster University, and Professor Suzanne McDonough from the Royal College of Surgeons in Ireland.

WEBINAR

Getting Active For Better Ageing – How To Encourage and Support Physical Activity In Older Adults

Thursday, October 20th

10am - 12 Noon



Presenters



Prof Roger O'Sullivan
Institute of Public Health



Prof Ryan Rhodes
University of Victoria



Prof Mark Tully
Ulster University



Prof Suzanne McDonough
Royal College of Surgeons in Ireland



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

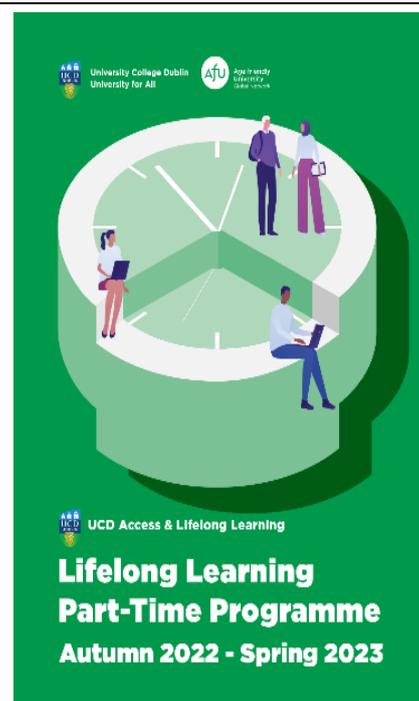
As part of the online event, IPH will also launch a new Public Health Matters digital learning module, 'Getting Active For Better Ageing', to help healthcare professionals to support older people to have more physically active lives. IPH Director of Ageing Research & Development Professor Roger O'Sullivan will also chair a Q&A discussion with a panel of healthcare professionals about how behaviour change can be supported. Siel Bleu Ireland will facilitate a physical activity energiser during the webinar.

[Register for the webinar](#)



Engage your imagination! Deepen your knowledge! Develop your understanding! Enhance your life!

Our UCD Lifelong Learning Programme is a series of courses that are participative, engaging, and facilitated by experts in their field. Lifelong Learning courses cover a broad range of topics including Languages, Art Appreciation, Irish Studies, History, Literature, Philosophy, and Writing. They are open to all adult learners regardless of previous educational experience and provide a unique opportunity to explore a subject without examinations. All courses are developed in collaboration with experienced tutors, and we encourage you to join us!



We're excited to have the opportunity to return to face-to-face teaching. In 2022-23, students will have the opportunity to take classes both online and in person.

Booking for Autumn is now open- [click on the link below to find out more!](#)
[UCD Access & Lifelong Learning](#)

If you prefer to book by phone, you can contact us on **01 716 7123**.

Lifelong Learning Bursary

UCD Access & Lifelong Learning is committed to providing an inclusive and welcoming environment on all of our programmes in order to make learning more accessible to everyone.

Our Lifelong Learning bursary provides places on any of our short-term, interest based Lifelong Learning courses in the academic year 2022-2023. Please note this bursary is means-tested. For more information please visit our [website](#).

Research Study: Ageing at Home & Care Co-operatives



Why is this study important?

By 2051, Ireland's over-65 age group is projected to double to 1.5m and over-80s will almost quadruple to 0.5m (CSO 2018)

Nearly 80% of us would prefer to stay in our own home as we age (Age Friendly Ireland 2015)

Care workers are undervalued with poor pay and conditions (TASC 2020)

Care Co-operatives may provide a way to truly value the experience and insights of those giving and receiving care

Are you a family carer or a care worker or aged 55+ years and concerned about the care needs of Ireland's growing older population?

Would you like to learn about a different approach called Care Co-operatives and tell us what you think?

If so, we would love to hear from you!

We are conducting a research study to explore Care Co-operatives, a new model of home care that gives a stronger voice to those who give and those who receive care.

We are inviting participants for an online Focus Group in October. This should last no more than 90 minutes.

All information collected will be kept anonymous and confidential

To register your interest to take part, please contact:

caroline.crowley@ucc.ie or call Caroline o





QCSN Meeting: 'Building Trust with our Customers'

With less than one week to go we are delighted to invite you to [register here](#) for the next QCSN meeting.

The theme for this meeting is 'Building trust with our customers'.

For anyone interested in learning and sharing insights on how we can build trust with our customers, this meeting is not to be missed!

Poster for the Quality Customer Service Network event. The poster features the logos of the Department of Public Expenditure and Reform, Our Public Service, and the ONE logo. The text on the poster reads: "Quality Customer Service Network event", "Building trust with our customers", "Tuesday, 27th September | 10:30am-12pm | Online via Webex". It lists speakers: "Santiago Gonzalez, OECD" (OECD Trust Survey & the drivers of trust) and "Dr Mary Walker, An Garda Síochána" (Public Attitudes Survey). The event is hosted by "Margaret O'Connor, Service Policy and Evaluation Branch, Revenue" on behalf of Brian Boyle, Chair of the QCSN.



The Fulbright Creative Ireland Museum Fellowships

Poster for the Fulbright & Creative Ireland Webinar. The poster features the text "Fulbright & Creative Ireland" in a large, white, cursive font. Below this, it reads "Webinar: Fulbright Creative Ireland Museum Fellowships & Professional Fellowships Awards 2023-2024". The background of the poster shows a close-up of a museum artifact, possibly a coin or a small object, with a star shape cut out of it.

Register for webinar

1pm: 29th September 2022

[REGISTER FOR WEBINAR](#)

In 2018, the Creative Ireland Programme and the Fulbright Commission in Ireland launched *The Fulbright Creative Ireland Museum Fellowships*. In 2019, the Fulbright Commission and the Creative Ireland Programme agreed to launch *The Fulbright and Creative Ireland Professional Fellowship* to enable participation by the many experienced cultural and creative professionals who may not be involved in academic work. This is to ensure that more people from the cultural and creative sector benefit from the Fulbright Programme.

In this year's round of applications, there will be three *Fulbright Creative*

Ireland Museum Fellowships and up to two awards granted for the Fulbright and Creative Ireland Professional Fellowship. To ensure you have all the information you require you are invited to a webinar at 1pm on 29th September 2022.

Attending the webinar will be representatives of the Fulbright Commission Ireland and the Creative Ireland Programme who will outline how to succeed at the application stage. The presentation will be followed by a questions and answers session. A guest speaker will be announced soon.

Applications for the Fulbright and Creative Ireland Programme Fellowships are now open and close at **4pm on 27th October 2022.**



THE NGO COMMITTEE ON AGEING BUILDING A SOCIETY FOR ALL AGES



United Nations

Department of Economic and Social Affairs



Permanent Mission of the Argentine Republic
United Nations
Ministry of Foreign Affairs and Worship



UN INTERNATIONAL DAY OF OLDER PERSONS 2022



3 OCTOBER 2022
ECOSOC CHAMBER, UNHQ



10:00AM – 12:00PM (EDT)

REGISTER HERE
BY 23 SEPTEMBER

***"The Resilience of Older Persons in a Changing World:
Highlighting the Contributions of Older Women"***

OPENING REMARKS

- António Guterres, Secretary-General of the United Nations (video message)
- H.E. Maria del Carmen Squeff, Permanent Representative of Argentina to the United Nations
- Sima Bahous, Executive Director, UN-Women (TBC)

KEYNOTE SPEAKER

- Annette Franqui, Board Chair, AARP

MODERATOR

- Ramsey Alwin, President & CEO, National Council on Aging

PANELISTS

- Claudia Mahler, Independent Expert on the enjoyment of all human rights by older persons
- Lorena Aguilar, Executive Director, Kashak Institute for Social Justice
- Alana Officer, Unit Head for Demographic Change and Healthy Ageing, World Health Organization
- Bilquis Tahira, Executive Director, Shirakat-Partnership for Development
- Carole Ageng'o, Regional Representative for Africa, HelpAge International

CLOSING REMARKS

- Masumi Ono, Chief, Social Inclusion and Participation Branch, UN DESA

#UNIDOP #UNIDOP2022
#OlderPersonsDay

watch live: UN WEB TV
media.un.org/en/webtv



@UN4Ageing
@UNandAgeing

social.un.org/ageing



EmblemHealth



comhairle chontae na mí
meath county council





Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

HSE Health and Wellbeing Upcoming Events

Invitation to Men's Health and Masculinities Webinar – What Does Real Change Look Like?

As part of the ongoing promotion of good practice in relation to men's health, HSE Health and Wellbeing will host this Masculinities and Men's Health webinar focusing on key settings and the evidence of effectiveness with men's health. The event will take place on the 28th from noon to 1.15pm.

Speakers include Dr. Noel Richardson - Building towards gender transformative approaches to men's health, Dr. Shane O'Donnell - CAIRDE / mental health of men in the construction sector, Dr. Aisling O' Connor - Sheds for Life and creating a common / safe space for men to meet and address old and new health issues and Dr. Diana Van Doorn - Farmers Have Hearts / using marts as a setting to improve men's health.

Hosted by the Men's Development Network, this series of webinars are also supported by the Men's Health Forum in Ireland and the National Centre for Men's Health research in the South East Technological University.

[Register Here](#)

Invitation to the Overweight & Obesity. Let's Talk Event. In person and broadcast through webinar focusing on children and young people.

HSE Health and Wellbeing is collaborating with the Association for the Study of Obesity in Ireland (ASOI) and the Irish Coalition for people living with Obesity (ICPO) to host Overweight and Obesity...Let's Talk! on Thursday, 6th October. 10am – 2pm. You can register here and please note in person attendance is limited so book early here.

This year the event focuses on raising awareness, inspiring best practice and breaking the stigma around childhood obesity. The event will be broadcast live from the Royal College of Physicians of Ireland, Dublin 2. It is a free event and open to everyone with an interest in this area, including the general public, parents, researchers and healthcare professionals. Attend in person or virtually. Limited places for in person attendance.

[Register Here](#)



Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us this week on **Friday September 23rd at 5pm** for our weekly Zoom. This week we will be discussing heel pain. 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: Heel pain: Plantar Fasciitis and Heel Spurs *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



Age Friendly Business Recognition Training Kilkenny



Make your business Age Friendly and watch it grow!

Join our training, hosted by MacDonagh Junction and Kilkenny Chamber, at 10am on Tuesday September 27 and achieve your Age Friendly Charter. You'll be joining over 800 businesses all over Ireland which are actively offering a great welcome to demographic that is set to double in size and which controls 50% of all consumer spending.

The training is free, takes just a couple of hours, and is open to all Kilkenny businesses.

Register here for a place admin@kilkennychamber.ie



Bunclody Library

FCJ Time Capsule Project Talk Thursday 29th September at 7pm

This talk will look at how the FCJ students accumulated the material for the time capsule and put together the exhibition which is on display in the Library.

All welcome. To book, please ring 05393 75466. The FCJ Time Capsule Project Exhibition will be displayed in Bunclody Library from the 28th September.

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.



Better Together Engagement Event

On 29th June this year, the HSE had our first Better Together Public Engagement Event. This event was very worthwhile and we received very positive feedback from the people who attended.

We want to move to the next stage of this engagement and we have a date for **Wednesday 5th October in the Maldron Hotel, Headford Road, Galway from 1pm - 4pm.**

We will have soup, sandwiches, tea and coffee at 1pm.
We will begin our group discussion at 1.30pm and finish at 4pm.

We are excited to move into this next phase where we will start to explore more how we can do Patient/Service User/Carer engagement better.
We would be delighted if you could join us.

Please can you register to attend by replying to:

Email: publicengagementevent@hse.ie

OR

Ring/Text the mobile number **087 6707834.**

Please give your name, address, contact number and email address if you use one.

Registration closes **Friday 30th September.**



Programmes at:



MONDAY

- Yoga - 7-8pm

TUESDAY

- Walking Soccer - 11am (€4 pp)
- Garden Group - volunteers from 10am

WEDNESDAY

- Bowls Club - 12.30 - 4pm
- Crochet, knitting & Craft Group - 10.30am - 12.30pm
- Women's Shed - 11am (Introductory Day)
- Badminton - 7.30-9pm

THURSDAY

- Crazy Golf Open Day - Free for over 65's all day)
- Men's Shed - 2-4pm

FRIDAY

- Yoga - 8.15am-9.30am (€10pp)
- Pilates - 10am - 11am (€10pp)
- Tennis Club - 10-11am (€2pp)

SATURDAY

- Dancefit - 9.45am-10.45am (€10pp)
- Active Dance 50+ 11am - 12pm (€10pp)
- Badminton - 12pm-1.30pm

More information:

Contact Rosslare Community Centre

053 9132202



Clare Libraries takes action for Positive Ageing Week

Clare Libraries is pleased to announce a series of events in its libraries to celebrate Positive Ageing Week. Positive Ageing Week takes place from 25th September to 1st October, 2022. It is a national week of events that promotes the agency of older people and seeks to challenge negative stereotypes about ageing and older people. Activities in Clare Libraries include a new term of Digital Smartphone Classes, health and wellbeing events and a Beginners Genealogy Club.

Clare Libraries is also delighted to announce that two of its libraries, Kilrush and Shannon libraries, have been awarded Age Friendly status, with five additional libraries nominated to receive the status shortly. This status reflects Clare Libraries' commitment to providing age-friendly services and facilities throughout the year. New facilities recently added to Clare Libraries include an interactive device called a Magic Table that promotes cognitive wellbeing for people with dementia, and age-inclusive seating, both available in Kilrush Library.

- **Digital Smartphone Classes** have been running since libraries returned to in-person services last year. The classes offer an opportunity for learners to bring their phone, tablet or laptop to the library for one-to-one instruction from a tutor or library staff member. Booking is essential for all sessions. The Smartphone classes will take place in the following libraries:
 - Shannon Library, starting on Thursday, 8th September, 2:30–3:30pm, continuing every Thursday. To book, phone Shannon Library at 061-364266 or email shannon@clarelibrary.ie
 - Scariff Library, starting on Wednesday, 28th September, 11:00am–12:00pm, continuing for four weeks. To book, phone Scariff Library at 061-922893 or email scarriff_library@clarecoco.ie.
 - Check out the events pages on the Clare Libraries website for other classes over the coming weeks.



Clare Libraries will also host a series of online and in-person health and wellbeing events suitable for older people in conjunction with Healthy Ireland:

- **Uplifting Chair Yoga Class** is an opportunity to join yoga teacher Trish Cleary for a series of Chair Yoga classes from the comfort of your own home. Chair Yoga is a gentle form of yoga to practise while sitting on a chair or standing on the ground and using the chair for support. These classes will take place online and in person. Booking is essential, and access to Zoom is necessary for the online classes.
 - Online on Wednesday, 14th and 21st September, at 11:00am. To book, phone Kilrush Library at 065-9051504 or email kilrush@clarelibrary.ie
 - In-person in Tulla Library on Wednesday, 28th September, at 11:00am. To book, phone Tulla Library on 065-6835919 during branch opening hours or email tulla@clarelibrary.ie
 - In-person in Kildysart Library on Friday, 30th September, at 11:00am. To book, phone Kildysart Library on 065-6832113 during branch opening hours or email kildysart@clarelibrary.ie.
- **Nourishing Your Body This Winter** is an opportunity to learn how to support your immune system this winter with practical tips and recipe ideas from nutritionist Grainne Travers. Booking is essential. This event will take place in De Valera Library, Ennis, on Thursday, 4th October, at 6:30pm. To book, phone De Valera Library on 065-6824207 or 065-6891317 or email devalera@clarelibrary.ie.
- **Beginners Genealogy Club** is a new weekly club provided by Killaloe Library, with the support of Creative Ireland. It is a five-week course with Tulla genealogist Jane Halloran Ryan on how to trace your family history. The club takes place on Wednesday evenings at 6:30pm. For more information, contact Killaloe Library on 061-376062 or email killaloe@clarelibrary.ie.

Speaking at the announcement, County Librarian Helen Walsh stated: “We are very proud to continue our support of Positive Ageing Week with such a diverse range of events in our branches. Smartphone classes encourage social connectivity and are especially important for those who experience digital exclusion.” Helen further added that “receiving Age Friendly status is an important achievement that acknowledges the commitment that Clare Libraries has made to provide an inclusive service for our older community”.

For more information on events and services in Clare Libraries visit the Clare Libraries website at www.clarelibrary.ie or contact Clare Libraries on 065-6846350 or email library_mailbox@clarecoco.ie.

Creative Ireland Initiative



comhairle chontae na mí
meath county council





Autumn Medley of creative activities for older people took place in Ashbourne Library today funded by Creative Ireland and delivered by Creative Lives with Meath Age Friendly Programme. Fantastic event allowed older people to sample a variety of creative activities - music, dance, and singing.

Positive Information Day Longford



Longford Age Friendly Alliance & Longford Older Person's Council

warmly welcome you to

Positive Ageing Information Day

Thursday 6th October 2022
In Longford Rugby Club

11am—3pm - Lunch will be included

Motivation Speaker on the day - *Brian McIvor*

Short presentations will be given from key service providers in the County
Special Guest will be Longford's very own Age Friendly Ambassador—*Declan Nerney*

Booking is essential—Call Longford Library 043 3341124 or email library@longfordcoco.ie to register

"Grow old along with me! The best is yet to be."



North Cork Mental Health and Wellness Day at Mallow Castle

This event was a collaboration between the HSE Mental Health Services, Healthy Ireland, Mallow Chamber of Commerce, Cork County Council and other services within the community. They were encouraging all local

services to promote the concept of mental health and wellbeing, as well as the services and supports offered in the community.



Mitchelstown Age Friendly Committee and Deputy Mayor Deirdre O'Brien

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 Prof. Shereen Hussein on "Healthy Ageing and Opportunities in the Middle-East and African Region"



The International Federation on Ageing held a Global Cafe event this morning called: **In Conversation with Prof. Shereen Hussein on "Healthy Ageing and Opportunities in the Middle-East and African Region"**

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