

National Updates

AFI-NGO Networking Day

Age Friendly Ireland was delighted to host a networking day on 28th September with NGOs who work with older people. This annual event was held online for the past two years but returned to being an in-person event this year.

Both NGOs and Age Friendly Programme Managers and Regional Managers presented on various aspects of their workloads on the themes of research, ageism, creativity, and encouraging participation and visibility of older people. We heard about many new and developing initiatives, such as new peer research on public spaces, the Community Time Machine, and ways we can challenge ageism in the media.

The Networking event was an excellent way to make connections between different organisations and understand how we can all support each other to deliver actions for the benefit of older people and fostering great partnerships across the local government NGO sectors



IPA Housing Forum Webinar

On Wednesday 28th September, our Principal Advisor for Age Friendly Housing Tadhg McDonnell and our Regional Programme Manager Mairead Cranley spoke and presented about Housing and Public Realm at the latest IPA Housing Forum webinar.

If you're interested in finding out more about our Age Friendly Housing & Public Realm Training please visit our Age Friendly Homes website <https://agefriendlyhomes.ie/topics/age-friendly-training/>

This website also provides resources, guidance and information on housing for our ageing population, including easy access to information on housing grants & funding, policy & planning, age friendly planning and design and so much more. Take five minutes out to visit www.agefriendlyhomes.ie



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=WDJVVVp3MkVsa3NoMWJalldSWk9ldz09>

Wednesday 18th January 10am-12pm

Join Zoom Meeting

<https://us02web.zoom.us/j/84110066692?pwd=UnNuM213dFN5TXpNaXRoMIBFbEQ3QT09>

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.



Visiting Beyond the Trees in Avondale – Towards an Age Friendly Tourist Destination



Operations Manager in Avondale, Katherine Webster, shared this beautiful photograph of her father Don who recently visited Beyond the Trees and enjoyed the slide!

She was happy to report that not only her father who is one month off turning 90 years of age, but also her mother, Jean, who is 84 years of age, both enjoyed the walk, tower AND slide that morning. They also borrowed one of wheelchairs on loan but in the end only used it to get back to the Seed Cafe afterwards.

Check out a little video of Don:
https://agefriendlyireland.ie/wp-content/uploads/2022/09/IMG_0115.mov

We were only too happy to share how wonderful this couple is and to show how you are never too old to have fun or use a slide 😊.

Beyond the Trees Avondale really is enjoyed by everyone of all ages.



Ulster Bank Withdrawal - Moving Bank - A Guide for Customers in Vulnerable Circumstances

The Banking & Payments Federation Ireland (BPF) have just launched Moving Bank? A Guide for Customers in Vulnerable Circumstances. This guide, which is attached, is intended to clearly convey to customers in need of additional support that support is available from the 5 banks when they are moving their bank account. The 5 banks (AIB, Bank of Ireland, KBC, Permanent TSB and Ulster Bank) have undertaken to deliver on the commitments to customers set out in the Guide and please be assured that Ulster Bank wants to ensure that we do so on a consistent basis.

We hope that the Guide will make it easier for customers and/or their representatives to understand that support can be provided, and we know that this clarity is something that Advocacy Groups have specifically asked for.

Click here to view:

<https://agefriendlyireland.ie/wp-content/uploads/2022/09/BPFI-Guide-to-Moving-Account-for-Customers-in-Vulnerable-Circumstances.pdf>

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.



An Roinn Caiteachais
Phoiblí agus Athchóirithe
Department of Public
Expenditure and Reform

National Public Service Innovation Week

National Public Service Innovation Week returns from the 24th-28th October 2022, so mark it in your diary and spread the word! Now in its fourth year, the week offers public servants a chance to celebrate and showcase innovation in the public service, share learnings and best practice, and identify opportunities to collaborate and work together to solve pressing public sector challenges and deliver world-class public services.

The programme includes:

- Public Service Innovation Conference 2022
- Public Service Innovation Fund 2023 Launch
- Creative Problem-Solving Experience
- Innovation Strategy Workshop
- and much more...

There's something for everyone, so get involved! Be sure to register before places fill up.



Public Service Innovation Conference 2022

The Public Service Innovation Conference 2022 is coming to Cork! Now in its fourth year, the conference will be hosted in partnership with **Microsoft Ireland** in Cork City Hall with the theme ‘*Championing Innovation and Transformation in the Public Service.*’ This will be an opportunity to celebrate and showcase innovation in the public service, share learnings and best practice, and identify opportunities to collaborate and work together to solve pressing public sector challenges and deliver world-class public services. The conference invites senior leaders and those with responsibility for change, transformation and innovation to gather, exchange thoughts and ideas, and learn from one another.



HSE Updates



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

HSE’s Winter Vaccination Programme starts on Monday, 3rd October 2022: Older people and at-risk groups urged to protect themselves against both flu and COVID-19 by getting their vaccines

The HSE’s winter vaccination programme gets underway on Monday with the roll out of the free flu vaccine to recommended groups while those aged over

65 and all aged 12 and over with a weak immune system are invited for their 3rd COVID-19 booster vaccination.



World Mental Health Day Webinar: Making the Connections

You are invited to the World Mental Health Day Webinar: Making the Connections on Monday 10th October at 12.30

This webinar will include an overview of the new HSE's Mental Health Literacy Campaign which is being launched on World Mental Health Day. The campaign helps people make the connection between common mental health difficulties like ongoing stress, sleep, anxiety or low mood that they or others in their life may be experiencing and highlights the different levels of support that can help.

An expert panel will host an open conversation on the topics covered in the new mental health literacy campaign, the HSE's FREE resources and supports available on yourmentalhealth.ie and those of the HSE's partners.

[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...Lets Talk! on Thursday, 6th October. 10am – 2pm. You can register here and please note in person attendance is limited so book early.

[REGISTER HERE](#)

Introduction to PPI for members of the public in University College Cork - 22nd October 2022



Introduction to Public and Patient Involvement (PPI) For Members of the Public

AN EVENT FOR: Members of the Public- Everyone welcome!

Public and Patient Involvement can be described as doing research 'with' or 'by' members of the public rather than 'to', 'about' or 'for' them.'

This is a taster event for members of the public who have never been involved in PPI before. Joining us on the day will be two research teams from University College Cork. They will explain their research and then ask audience members to work together to provide potential solutions to the issues they face.

Date / Time: Saturday 22nd October 11am-2pm*
*Lunch provided

Location: Room 4.05, Western Gateway Building, University College Cork.

Register to attend: <https://bit.ly/3U6n28D> or Call/ Text Emmy on (086) 0623851



Congratulations Dr Noel McCaffrey

We are delighted to share that Dr Noel McCaffrey, founder of ExWell Medical, has been named as one of the United Nations 2022 Healthy Ageing 50, a group of 50 individuals from around the world recognised as outstanding leaders with extraordinary achievements in the area of healthy ageing. This amazing achievement is testimonial to the dedication Noel and his team have had on people living with the burden of chronic illness.



Dr Noel McCaffrey



**UNITED NATIONS 2022 HEALTHY AGEING
TOP 50 WORLD LEADER**

Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us this week on **Friday Sep 30 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.

The schedule is as follows:

- 5.00 pm: Welcome
- 5.05 pm: Lateral (Outer) Hip Pain *Dr Noel McCaffrey*
- 5.25 pm: Dementia Research Project Request *Niamh Kelly*
- 5.25 pm: ExWell Updates *Dr Noel McCaffrey*
- 5.35 pm Q&A / Discussion. *All*

The link for the meeting is

<https://us06web.zoom.us/j/86118116667?pwd=eVlZU1JzWkdJdDVremcvMEtETFhLQT09>

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



comhairle chontae na mí
meath county council

North Region - Creative Ireland Project - St Brigid Traditions



Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



Age Friendly Ireland in partnership with Creative Ireland, Age & Opportunity, Sligo Age Friendly, Donegal Age Friendly, Mayo Age Friendly, Cavan Age Friendly, Monaghan Age Friendly and Leitrim Age Friendly Programs kicked off their Creativity workshops exploring some of the traditions associated with St Brigid. The groups explored the history and stories into this special celtic women and discussed wither the new long weekend bank holiday should be recognised and celebrated as the female version of St Patricks day or should the St Brigid be recognised as just "Brigid" and even the name "Biddy" came up.

In the first workshop they designed their own St Brigid crosses using natural materials (Straw, Flowers and wool) each creating their own design and putting their own mark on the cross. The afternoons workshop had the group again explore Brigid but this time through creative writing and poetry, everybody wrote their own poem and read it individually to the wider group.



On Friday the 30th of October older people from all 6 Counties are invited to The National Museum of Ireland, Country Life in Turlough Park House, Gortnafolla, Castlebar, Co. Mayo to showcase their beautiful crafted crosses and share their poems with other groups, they will then get to offer their prayers or written wishes to St Brigid.



Free Beginner's Computer and Smartphone lessons all over Waterford.



Free beginners computer and smartphone lessons all over Waterford at the Central Library, [Butler Community Centre](#), Browns Road Library and here with us [Access I T CLG](#) in The [BRILL Family Resource Centre](#) @ the Campus in Ballybeg, Waterford

Access I.T. CLG is a non-for-profit social enterprise based in Waterford City. We provide I.T. training that is affordable, flexible and informal. Book your place today! 051-590873/374849 email: info@accessit.ie www.accessit.ie

Dementia Mobile Information



Dementia Mobile information service to **Navan Library on 4th October from 4pm-7pm**. The aim of the event is:

1. raise awareness about local ASI services and about dementia,
2. distribute leaflets to people passing-by,
3. invite people on-board to view information and resources; and
4. facilitate private one-to-one conversation on-board



Come to meet our Dementia Advisers

MOBILE INFORMATION BUS

4th October, 4 - 7 pm

Navan Library



For more information, please call Danielle on

087 947 5037

<https://alzheimer.ie/get-support/mobile-information-service/>



Cork City Libraries

Cork City Libraries is delighted to announce a series of 4-week courses in using the ACORN Age Friendly smart tablet across our library network for the Autumn and Winter.

Learn about getting on-line and keeping connected with these easy to use devices. The courses will be delivered by a skilled tutor and you'll get to borrow the ACORN tablet for the duration of the course to allow you practice and use at home.

Spaces are limited so booking is essential.

The details of the courses and library location are:

- Mayfield Library: starts Tuesday 4 October at 2.00 pm
contact phone 021 4924935 or email mayfield_library@corkcity.ie
- Ballincollig Library: starts Wednesday 5 October at 10.30 am
contact phone 021 238 9797 or email ballincollig_library@corkcity.ie
- Blackpool Library: starts Wednesday 9 November at 10.00 am
contact phone 021 492 4933 or email blackpool_library@corkcity.ie
- Tory Top Library: starts Tuesday 15 November at 11.00 am
contact phone 021 492 4934 or email torytop_library@corkcity.ie

The courses are provided in collaboration with Cork ETB.



Waterford Older People Council Positive Aging Week

Waterford OPC had a very successful Positive Ageing Week working closely with the Library Service and Waterford Sports Partnership.



Included in the week was our AGM where we had a great turnout of older people and information stands. Also attached are photos of the Tea Dance.



Go for Life Games Day - Sept 28th



"Go for Life Games" held in Castlebar for Positive Ageing week. The event was enjoyed by all!



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 | Dr. Jane Barratt interviews Mr. Ayuk Eyong Christian on "Art as a Medium for Happiness in Medical and Aged Care Facilities"



The International Federation on Ageing held a Global Cafe event this morning called: **In Conversation with Dr. Jane Barratt interviews Mr. Ayuk Eyong Christian on "Art as a Medium for Happiness in Medical and Aged Care Facilities"** 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