

National Updates

Launch of the Unifying Generations

Our very own Dr. Adrienne McCann was part of the Edwards Lifesciences panel yesterday showcasing the incredible levels of older people volunteering across Ireland, the highest levels across surveyed countries in Europe.



Adrienne spoke about the outstanding volunteering efforts of older people in Ireland. Minister Mary Butler was present, along with our very own Cork City OPC Chair Liz Maddox, and OPC Vice Chair Liz Downes.

Two-thirds of over-65s provide financial help to family members



Liz Downes, Mitchelstown, Co Cork, who has volunteered for over 40 years in her community, with Mary Butler TD, and Edwards Lifesciences Ireland business manager Ashwin Kher. Picture: Robbie Reynolds

The Irish Examiner did an article on the Unifying Generations launch with Minister of State, Mary Butler TD.

It also featured our very own Cork City OPC Vice Chair, Liz Downes, who is a true unifier of generations.

<https://www.irishexaminer.com/news/arid-41019293.html>

## Meet the Team – Healthy Age Friendly Homes Coordinators

The National Meals on Wheels Network, a network of providers of meals on wheels across Ireland hosted its first-ever conference in the Athlone Springs Hotel on Friday, November 25. The theme of the conference is ‘Celebrating the Role of Meals on Wheels in Ireland – Now and into the Future’.

It aims to bring providers and other key stakeholders together to share information, gain knowledge and discuss practically how the service can continue to be embedded as an essential frontline community service into the future.

The conference was officially opened by Minister of State for Mental Health and Older People, Mary Butler.



*Pictured to the left is Minister Mary Butler TD and our Healthy Age Friendly Homes Coordinator for Dublin City Eimear McCormack. Pictured to the right is our Healthy Age Friendly Homes Coordinator for Galway Francis Kane.*

Both Eimear and Francis were present at the conference, representing the Healthy Age Friendly Homes programme.

If you would like more information on the Healthy Age Friendly Programme you can visit <https://agefriendlyireland.ie/category/healthy-age-friendly-homes-programme/introduction/> or phone our national office at **046 909 7417**



WHO Global Network  
for Age-friendly Cities  
and Communities



[agefriendlyworld.org](http://agefriendlyworld.org)

[#HealthyAgeing](https://twitter.com/HealthyAgeing)

The [WHO Global Network for Age-friendly Cities and Communities](http://www.who.int/initiatives/10000) (GNAFCC) is now 1445 members strong, spanning 51 countries and covering over 300 million people – and the age-friendly movement shows no signs of slowing down.

On 31 October, the world celebrated World Cities Day with the theme ‘Act local to go global’. There’s no better example of this theme’s relevance than our Global Network members, all contributing through their unique, local contexts to create a more age-friendly world.

With the declaration of the [UN Decade of Healthy Ageing \(2021–2030\)](https://www.un.org/development/desa/ageing/), the Global Network’s activities have never been more important. So we’re relaunching Age-friendly World’s newsletter as a quarterly highlight and celebration of our thriving community of change makers working to create better places to live, grow, work, play, and age.

Whether you’re a long-time network member or an aspiring one, welcome! And as the Global Network continues to grow, we hope you will join us in being excited for what’s coming up... **Who will be the 1500th member?**

**Thiago Hérick de Sá**  
GNAFCC Secretariat  
World Health Organization

Age-friendly World is a World Health Organization website dedicated to promoting age-friendliness around the world. The World Health Organization Global Network for Age-friendly Cities and Communities (GNAFCC) is a global coalition of cities and communities committed to becoming more age-friendly.

Submit your news on [Age-friendly World](http://www.agefriendlyworld.org) or get in touch with us at [gnafcc@who.int](mailto:gnafcc@who.int)



Rialtas na hÉireann  
Government of Ireland

## Health in Ireland Key Trends 2022

The 2022 edition of Health in Ireland: Key Trends provides summary statistics on health and health care over the past 10 years.

Health in Ireland: Key Trends highlights selected trends and topics and includes data from newly available sources. There are also several tables and graphs comparing Ireland with other countries in the EU or the OECD, to provide context for national performance and to assess progress.

The publication is divided into 7 chapters covering topics from population growth, life expectancy and health status and introduces the Health System Performance Assessment (HSPA), an essential tool for monitoring health outcomes, outputs, processes and structures in the health system.

<https://www.gov.ie/en/publication/fdc2a-health-in-ireland-key-trends-2022/>



Rialtas na hÉireann  
Government of Ireland

## Health in Ireland Key Trends 2022

Prepared by the  
Department of Health,  
[gov.ie/health](http://gov.ie/health)



## An Garda Síochána - Bogus Callers

A conversation to have with family, friends and neighbours particularly those that may be more vulnerable. Gardaí are aware of an increase in the number of incidents of people impersonating Gardaí. Recent incidents of this type involve the 'conmen' requesting to check cash held by the injured party as a result of an increase in counterfeit cash circulating in the area, or that the 'conmen' need to check the security of the house as a result of an increase in burglaries in the area.

- **An Garda Síochána will not cold call to a house and request to do either of these.**
- **An Garda Síochána wish to remind the public that any Garda member calling to your door will have identification.** Should you have any concerns about the person at the door, you should not answer the door even if they are purporting to be a Garda.
- **Genuine Gardaí will always provide details to allow you to confirm their identity with the local Garda Station** and will be patient while you choose to so.



## EQUITY by DESIGN—PRINCIPLES in ACTION

#BuildEquity

**December 6<sup>th</sup> at 11am, AARP's next Equity by Design – Principles in Action spotlight.**

The series presents case studies of global innovations that redress historic inequities in housing and community models and advance enabling design. Register for opportunities to dig deeper on the innovations by conversing with the principals behind the work! Read the new case study based on the need to provide spaces that are not only safe for older queer people—physically, mentally and emotionally, but that also consider their unique life experiences.

We will explore approaches and innovative housing developments that celebrate people's lives, histories and cultures. [bit.ly/lgbtq\\_sgl](http://bit.ly/lgbtq_sgl)

Many older LGBTQ+/SGL people who pioneered coming out of the closet are now forced to go back in. As their housing needs and preferences change with age, prejudice is still rampant. And under the U.S. Fair Housing Act, gender identity and sexual orientation are not explicitly protected classes where housing is concerned. Creating appropriate housing for LGBTQ+/SGL seniors must be informed by the life experiences of older people in this community, which often include family rejection, mistreatment, and even violence. This means increasing our cultural competence—from the terminology used, to the design and management of housing developments that consider past traumas. This case study presents innovative housing projects as well as guidance for developers on how to meet some of the unique needs of this particular population.

Find out more: <http://bit.ly/AARPrinciplesinaction>

### Public Meeting with the Garda Commissioner



Each monthly meeting of the Policing Authority includes a meeting with the Garda Commissioner, a key aspect of the Authority's oversight. At least four of these meetings per year are held in public and live-streamed. The latest meeting took place in Portlaoise, in the Killeshin Hotel, on 24 November.

The Authority is grateful for the generosity with which a number of local groups and communities, as well as local Garda management and staff, gave of their time to meet with the Authority to inform its engagement on local policing challenges and successes.

### Watch Meeting by Agenda

- 1) [Local policing challenges \(Laois, Kildare and Offaly division\)](#)
- 2) [Policing service and response](#)
  - a) [Policing and mental health responses](#)
  - b) [Victims' attitudes \(arising from the Public Attitudes Survey data\)](#)
  - c) [Services to Victims - five years on from the Victim of Crime Act](#)
- 3) [Crime trends and resource planning](#)



### JAM Card for Public Transport

The National Transport Authority along with Bus Éireann, Dublin Bus, Go-Ahead Ireland, Iarnród Éireann, Luas and Local Link are continuing our journey to become JAM Card friendly. The Jam Card will assist customers using the public transport system and make their experience as stress-free as possible. What is **JAM Card** and who is it for?



**JAM Card allows people with a communication barrier tell others they need 'Just A Minute' discreetly and easily.**

The JAM Card© was created by NOW Group, a social enterprise that supports people with learning difficulties and autism into jobs with a future and their service users told them that they would like a way to relay to people that they need a little extra time or patience.

Find out more about NOW Group at [NOWgroup](#) and JAM Card© at [JAMCard](#).

For those with a **learning difficulty, autism or any condition** where there can be a communication barrier the JAM Card© is useful when on public transport, in a retail or any other customer-facing environment.

There are 3 message options to choose from:

- 1) **Please be patient, I have autism**
- 2) **Please be patient, I have a learning disability/difficulty**
- 3) **Please be patient, I have a condition**

If you would like more details on the app you can visit [JAM Card App Store](#)

If people would prefer to use the physical card, they can get them at the following locations:

- **Bus Eireann Stations:** Athlone, Ballina, Ballyshannon, Busarus, Cavan, Cork, Drogheda, Dundalk, Ennis, Galway, Killarney, Letterkenny, Limerick, Monaghan, Sligo, Tralee and Waterford
- **Irish Rail Stations:** Connolly, Heuston, Pearse, Limerick, Cork, Galway, Sligo, Tralee, Waterford, Westport, Wexford
- **Luas** Red Cow Depot, Red Cow Roundabout, Clondalkin, Dublin 22.
- **TFI Local Link** Offices Nationwide
- **Go Ahead Ireland Offices**, Ballymount Depot, Ballymount Industrial Estate, Ballymount Road Lower, Dublin
- **Dublin Bus** 59 Upper O'Connell Street, Dublin 1.

More information can be found on the JAM Card section of the [TFI website](#)

## HSE Health and Wellbeing Christmas Concert 2022 – Live Broadcast 4 p.m. on the 21st December.



**HSE Health and Wellbeing  
CHRISTMAS CONCERT 2022**  
*Join us for some Festive Song!*  
Date: **Wednesday 21st December**  
Time: **4 - 5.30pm**  
Presenting **HSE Staff Choirs and Special Guests**

**JOIN THE CONCERT LIVE ON THE DAY** and you will be in with a chance to win a family ticket to **Toy Show the Musical** (2 winners will be chosen at random)

**REGISTER HERE**

**#Sing4HealthyIreland**

HSE Healthy Ireland Health and Wellbeing is once again hosting the Health and Wellbeing Christmas Concert. With festive song and season's greetings to staff, their families and friends across the country on **21st December**.

The event will include performances from numerous staff choirs from the four corners of Ireland, with special guests stopping by to say hello throughout the show.

HSE Health and Wellbeing support and encourage staff choirs in the health service as a means of promoting the health and wellbeing of staff and this annual event gives some of our staff choirs the opportunity to share the joy of singing. This year's Christmas concert promises to be another wonderful event.

Registration is now open and can be accessed [HERE](#)

## HSE Health and Wellbeing Countdown to Christmas Calendar 2022



The HSE Health and Wellbeing Countdown to Christmas calendar returns this year with daily self-care messages and tips to support staff in maintaining their health and wellbeing as we countdown to Christmas.

The selected messages aim to empower people to make healthier lifestyle choices, with topics covering healthy eating, keeping active, quitting smoking, reducing significant alcohol intake, sleeping well and mental and sexual wellbeing.

This year, in response to feedback from staff, an interactive online version of the calendar was created where each daily message is revealed by clicking on the associated date. The traditional, printable version is also available for those who are not desk-based, or who wish to display the calendar in their workplace environment.

Click on these links for the [printable version](#) and the [interactive version](#).

## Using Less Saves Money

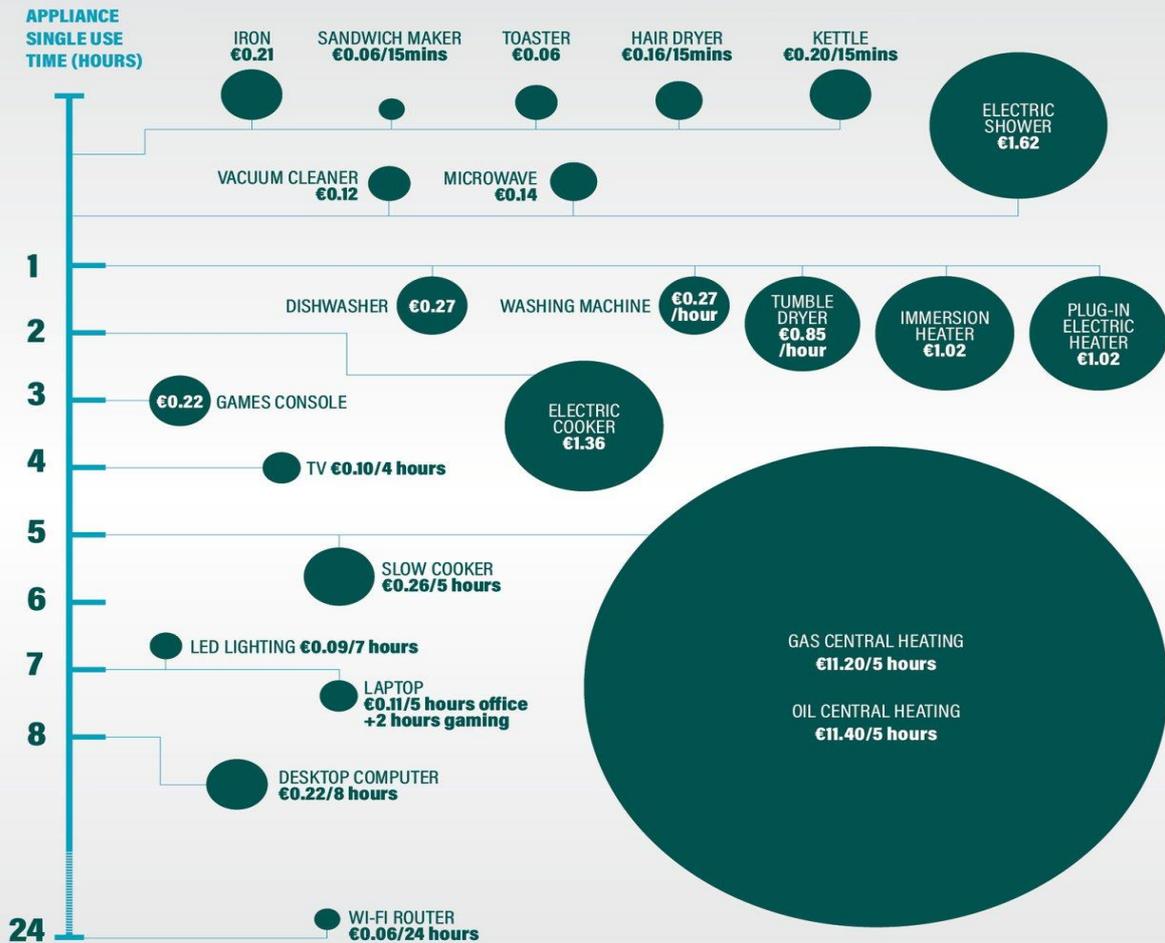
It's important to stay warm and well this winter - where safe and possible to do so, consider the following tips to Reduce Your Use:

- Reducing the temperature and duration of heating
- Reducing energy use from lighting
- Reducing electricity use at peaks times whenever possible

# USING LESS SAVES MONEY

## Know your appliances

This useful graph shows you which appliances use the most energy in your home: the bigger the circle, the more energy the appliance uses. Reducing how long you use them for can help to cut your bills. But be sure to only reduce your use when it's safe to do so, and stay warm and well this winter. More information on the calculations below can be found at [gov.ie/ReduceYourUse](https://gov.ie/ReduceYourUse)



For more information on available supports and energy saving advice, visit [gov.ie/ReduceYourUse](https://gov.ie/ReduceYourUse)

Source: Chart adapted from Foley A., Al Kez D., Harrison H. (2022) Queen's University Belfast 'Budgeting for this Winter's Energy Bill in Ireland'.

REDUCE YOUR USE

## Local Updates

### Chief Executive Report November 2022



South Dublin County Council's Chief Executive's Report is presented to elected members at Council every month and details important achievements across our various departments whilst highlighting key statistics and images from events that took place that month. The report also highlights major news pieces and puts a focus on an area of the Council that doesn't always get the attention it deserves.

This month's report includes news on:-  
Age Friendly Homes & Rightsizing

You can download or view a copy of the Chief Executive's Report by [clicking here](#)

### Bunclody Library, Wexford Library Events



**Irish Christmas Folklore, Customs and Traditions: A talk by Michael Fortune – Thursday 8th December at 7pm.**

Join Michael Fortune, artist/folklorist, for a special talk where he looks at Christmas from a uniquely Irish perspective. Delving into Michael's wealth of research and knowledge, this talk will introduce you to first-hand source customs and traditions found around the country- from Christmas mumming plays and carols, to the keeping of pieces of straw from the Christmas crib and the burning of last year's Christmas holly.

Places limited, book online at [wexfordcoco.libcal.com](http://wexfordcoco.libcal.com) or telephone 053 9375466.

#### **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 from Bunclody Library, all you need is your library card!

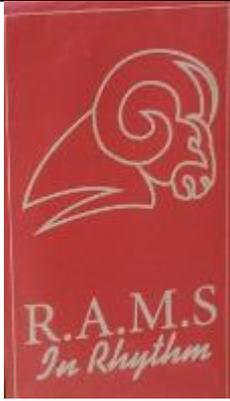
For more information please telephone 053 9375466.

### The RAMS CD Launch

After many months of practice and singing the RAMS in Rhythm launched their first Christmas Carol CD.



The venue for the launch was with kind permission from the Mill Shopping Centre Clondalkin. A great honour, for us, to have the Lord Mayor of South Dublin County Council, Cllr Emma Murphy to launch the event for us. The Mayor spoke very highly of the excellent support that the RAMS give to many various charities, and the great joy they bring to events, including Peamount Hospital, Tallaght University Hospital, local nursing homes, fundraising in



shopping centres, for their nominated charities: SVP Local Branch, Down Syndrome, Our Lady's Hospice, and Capuchin Fathers. Proceeds from the sale of the cd's will be donated to the four charities before Christmas.



We were so pleased of the presence of Deputy Emer Higgins, and Cllr Shirley O' Hara, who too joined in all the fun, and celebrations. The atmosphere in The Mill Centre was "electric" with so many of the shoppers gathering around and enjoying the launch and the fun. Many shoppers line dancing, doing a sing along, and getting into the spirit of Christmas. Diners in the Dunne's cafe, all clapped along to the new release songs on the CD. Rudolf the Red Nose Reindeer, was such a favourite with the young children, as was "I say Mammy kissing Santa Clause".



The RAMS in Rhythm Cd contains eighteen of our favourite songs. **The Cd is now on sale**, and the RAMS in Rhythm are again in the Mill Centre next Friday at 12 noon, and we will also be fundraising for the Irish Cancer Society. They are also available for our Musical Director Mr Liam O Donnell 0872655683.

The launch of the Cd, also coincided, with the fundraising for the Capuchin Day Centre Dublin. With Fr. Kevin of the Capuchin Fathers, calling out to wish the RAMS well with the sale of our Cd's.

Liam 0872655683



R.A.M.S  
*In Rhythm*

€10

*Retired Active Mens Social*



# 'Singing for Charity'

All funds (100%) raised from the sale of this CD will be donated equally to:



LauraLynn  
IRELAND'S CHILDREN'S HOSPICE



A total of €2,455 was donated to the Capuchin Day centre, from the generosity of the customers, staff, and the premises of the Mill Centre. The RAMS in Rhythm consist of 13 members (Matt Dowling, Ciaran Dowling, Liam O Donnell, Jim Nolan, Ray O Haire, Amby Maloney, Paddy Becton, Sean Keane, Jim Dwan, Lorcan Ryan, Foxy, Brian Tierney, Pat Weldon).

Our members range in age from 75 years of age to 89 years of age, "There life in the auld dog yet me boy's".

The RAMS in Rhythm have many engagements now before Christmas, including the **Square Shopping Centre on Saturday 2nd December from 12 noon, to 3 pm.**

**Liffey Valley shopping centre from 12 noon to 3 pm, on the 10th December, fundraising for SVP.**

Many thanks to all the patrons who purchased our discs, and to all our Families who came to support us.

## County Wicklow Older Person's Council – Seminar and Open Day Event at Brockagh Resource Centre, Laragh



Over 150 older people from across County Wicklow travelled to the Brockagh Resource Centre, Laragh, on Friday 25<sup>th</sup> November for the Older People's Council Seminar and Open Day. This is first such event to be held since pandemic restrictions forced the postponement of the 2020 gathering.



Chair of the Wicklow Older People's Council, Mai Quaid said that it had been a challenging few years for older people "due to the pandemic in early 2020 our annual seminar had to be postponed. In 2022 in consultation with our Older People's Council Executive, we agreed that there was a

*huge appetite to bring back the seminar event, given the dreadful events of the previous two and a half years. It's great to be back this year, with an event designed to provide people with information to help meet the challenges ahead, to reconnect with each other socially, share experiences and have some fun too!"*

Keynote speakers at the event included Michelle O'Hara, Regional Manager, South Leinster, MABS; Patricia Rickard-Clarke, Sage Advocacy Services & Safeguarding Ireland, Conor Geoghegan, Head of Services (South), ALONE, and Alice Corbett, Regional Manager, Age Friendly Ireland.



In addition to staff from MABS, Sage and ALONE support services, members of the Wicklow Age Friendly County Alliance also had staff attending the event, to provide information on service and supports for older people, including: An Garda Síochána, Fire Safety Services, Citizens Information Services, County Wicklow Libraries Services, Healthy Ireland, Local Sports Partnership, County Wicklow Partnership, Bray Area Partnership, and also the Public Participation Network.

Minister Simon Harris met with the staff at the information stands before addressing the audience on from the stage. Senator Pat Casey, Age Friendly Ambassador for County Wicklow, Cllr Pat Kennedy and Michael Nicholson, Director of Services, WCC also attended the event.



Senator Pat Casey, Age Friendly Ambassador for County Wicklow, said: *“The Older People’s Councils are representative groups of older people who work together and with key state and voluntary agencies to make Ireland a better place in which to grow old. I would also encourage older people in Wicklow to engage with the County Wicklow Older People’s Council and join the OPC to have their voice heard at the next AGM, in 2023. The OPC represents the voice of older people on the Wicklow Age Friendly County Alliance, which will be responsible for delivering on the actions in the new Wicklow Age Friendly County Strategy.”*

For updates on County Wicklow Older People’s Council events and/or to subscribe for Age Friendly Ireland Newsletter, please email: [agefriendly@wicklowcoco.ie](mailto:agefriendly@wicklowcoco.ie)

## LEITRIMS AGE FRIENDLY AMBASSADOR SEAMUS O’ROURKE LAUNCHES THE LEITRIM AGE FRIENDLY STRATEGY 2022 – 2026



The Leitrim Age Friendly Strategy 2022 – 2026 was officially launched by Leitrim’s new Age Friendly Ambassador, award-winning writer, director and actor Seamus O’Rourke in conjunction with the Age Friendly Alliance meeting held in Leitrim County Council offices in Carrick on Shannon.

Speaking at the event Cathaoirleach Ita Reynolds Flynn, acknowledged the work of the Age Friendly Alliance and the Older Peoples Council for their ongoing efforts and commitment to ensure that Leitrim is an age friendly county with a successful age friendly programme, and in particular their efforts into the production of this Age Friendly Strategy which outlines the actions to be delivered by the Alliance over the next 5 years.

The vision in Leitrim is to develop an inclusive equitable County in which older people can live full, active valued and healthy lives.

An age friendly county is a place where older people can stay living in their own homes and communities, lead healthy and active lives, get to where they want to go, when they want to and are valued contributors to the lives of their communities.

She also acknowledged Leitrim's Business Ambassador Noel McPartland, who has proved that age is no barrier to being successful in business.

Speaking on behalf of the Chairperson of the Alliance, Mary Quinn, acknowledged the work carried out by Breege Dolan, CCS Consultants for her work and involvement in preparing the Strategy.

She outlined that each agency represented on the Age Friendly Alliance have outlined their objectives and actions in this strategy for the next 5 years to ensure that Leitrim continues to grow as an Age Friendly County and value the contribution of the older members in our society.



Hazel Humphries Chairperson of the OPC supports The Age Friendly Alliance's vision of developing an all-encompassing, fair-minded county in which older people, can live full, active, valued and healthy lives.

Mairead Cranley, Age Friendly Ireland Regional Manager congratulated Leitrim on the launch of their Strategy. She acknowledged the great work of Leitrim's Older Persons Council who are the heart of the Age Friendly programme and who bring the voices of the older people to the table to help ensure older people can remain living independently in their communities for longer. Mairead congratulated Hazel Humphreys on her appointment of Chairperson

of the Older Persons Council and acknowledged the work done by her predecessor Anna Farrelly during covid times. She commended Sean Reynolds member of the Older Persons Council who sat on the National group when engaging with comreg and Eir and because of that group there is now a new Age Friendly Care with Eir package, with a designated phone number for older people to ring.



Seamus O'Rourke was honoured to take on the role of Leitrim's Age Friendly Ambassador and to launch The Leitrim Age Friendly Strategy 2022 – 2026. He stated that he was looking forward to supporting the vision of the Strategy and raising awareness around age friendly practices in the county to ensure that Leitrim is the best age friendly county to live and grow old in.

## 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](mailto:agefriendlyireland@meathcoco.ie) before 1pm Thursday for inclusion in our weekly newsletter.

Don't forget we are on **social media** so why not follow us for all the up to date information and live updates on all things Age Friendly happening around the country 😊

**Twitter:** [@agefriendlyirl](https://twitter.com/agefriendlyirl)

**Facebook:** [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

## International Updates



### IFA Global Café | In conversation with Ms. Ninie Wang “Developing and Piloting the WHO Integrated Care for Older People (ICOPE) Framework and Tools”

The International Federation on Ageing held a Global Café event this morning called: In conversation with Ms. Ninie Wang “Developing and Piloting the WHO Integrated Care for Older People (ICOPE) Framework and Tools”



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](mailto:agefriendlyireland@meathcoco.ie)

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

Website: [www.agefriendlyireland.ie](http://www.agefriendlyireland.ie) / [www.agefriendlyhomes.ie](http://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