

National Updates



Welcome to the Age Friendly Family Gillian



Age Friendly Ireland are delighted to introduce everyone to our wonderful new staff member Gillian Hicks. Gillian started working with the Shared Service, two weeks ago, as the new Assistant Staff Officer, and we are so happy to have her on board. We want to wish Gillian the best of luck in her new role working with the Age Friendly Ireland Programme.

Age Friendly Ireland Team Christmas lunch

For the very first time, our whole Age Friendly Ireland family got to have a very productive team meeting this week along with a Christmas lunch.

Pictures below is all our Age Friendly Ireland shared service staff and all our Healthy Age Friendly Homes Programme staff.



Healthy Age Friendly Homes

Recently our Tipperary Local Coordinator attended the Clonmel Sláintecare Healthy Communities launch in the Hillview Sports Club, Clonmel. Healthy Communities is a new cross-government initiative to deliver increased health and wellbeing services to 19 community areas across Ireland. The programme will be delivered in partnership with the HSE, local authorities, local communities, statutory, voluntary and community groups. Clonmel has been identified as one of the 19 communities across the country and is one of 3 communities across the South East Community Health Network.

The Healthy Communities in Clonmel will be a partnership to coordinate interventions that address the social determinants of health at a local level with community engagement. Tipperary County Council has been tasked at a local level with elements of the Sláintecare Healthy Communities Programme.

Picture below is Tracey Thompson, Healthy Age Friendly Homes coordinator Tipperary, and Joe MacGrath, Chief Executive Officer, Tipperary County Council who were present on the day of the launch.



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**



Road Safety in Ireland. Користування дорогами в Ірландії. Использование дорог в Ирландии.

There are almost 100,000 kilometres of roads in Ireland. These roads range from Motorway to narrow single lane rural roads.. Whether walking, cycling, motorcycling or driving, this guide will provide you with some basic rules of the road to ensure you can stay safe.

В Ірландії налічується майже 100 000 кілометрів доріг. Це як автомагістралі, так і вузькі односмугові сільські дороги. Цей посібник містить базові правила дорожнього руху для вашої безпеки під час ходіння, їзди на велосипеді, мотоциклі або автомобільному транспорті.

В Ирландии насчитывается почти 100 000 километров дорог. Это как автомагистрали, так и узкие сельские дороги. В данном руководстве содержатся правила дорожного движения для вашей безопасности во время ходьбы, езды на велосипеде, мотоцикле или автомобильном транспорте.

<https://www.rsa.ie/services/alerts/advice-for-ukrainian-drivers>



Decade Progress Report 2023: help us highlight your experiences and contributions

Are you taking action during the UN Decade of Healthy Ageing to achieve change with and for older people? We want to hear from you!

The United Nations will publish in 2023 [a progress report](#) on the UN Decade of Healthy Ageing's implementation. The report is an opportunity to highlight actions being taken by all stakeholders to foster healthy ageing.

We are looking for case studies of programmes, initiatives, or activities that foster healthy ageing and can be featured as examples of actions taken during the Decade.

Have you taken concrete action to improve the lives of older people, their families, and communities? Please contribute your case study [on the Decade Platform](#) by **20 January 2023!**

[Learn more about the Decade progress report](#)

[Submit a case study](#)

Discover the evidence behind digital interventions to reduce social isolation and loneliness in older people



[Click here to view the video on YouTube.](#)

Do digital technologies like smartphones and video call apps help older people stay socially connected? Do robot pets help older people feel less lonely? Find the evidence you need to answer these kinds of questions with a [new evidence and gap map tool](#) from WHO and the Campbell Collaboration, developed for the UN Decade of Healthy Ageing.

Explore [WHO's evidence and gap map hub for the Decade](#) and:

- Discover existing evidence on a topic
- Find solutions supported by evidence

Identify which interventions need more evidence

[Visit WHO's evidence and gap map hub for the Decade](#)

[Learn more in an expert Decade Commentary on the topic](#)



Recommendations on the ICT Enablement of Older Persons Services

Recommendations on the ICT enablement of older persons services have been submitted to the Minister for Health and a copy of the Recommendations is available [here](#).

Following the impact that the COVID-19 pandemic had on older persons services in Ireland, the COVID-19 Nursing Homes Expert Panel called for the introduction of an integrated IT system to support the effective sharing of health information, the management of services, and the provision of alternate capacity.

These recommendations are informed by a review of the current situation in Ireland and a review of progress made internationally on ICT enablement of services. HIQA has worked with stakeholders across health and social care, and ICT, to develop strategic recommendations in these areas. The successful ICT enablement of health and social care services for older persons (and for all populations) will require measures in four areas: Strategy and governance, Vision and roadmap, Standardised sharing of information and User engagement.



CYCLING WITHOUT AGE

Trishaws: We now have **60** trishaws, 57 already here and three on the way, due in the next month. (In May we had 50, so a big take-up since then.) What is noticeable is that many recent trishaws are going to Local Authorities, who plan to offer them to local care homes, community hospitals and for use in the community. This development means there is greater buy-in in the community to active travel for all ages and abilities. With support from Local Sports Partnerships and Healthy Ireland, Cycling Without Age is now being recognised as an essential part of involving older and less able people in getting outdoors and having fun. It also means that LAs must improve their cycling infrastructure to accommodate our trishaws.

The following recent Local Councils include:

- **Wexford Council** (2 trishaws): going to Our Lady's Island, Pilgrimage, Wexford
- **Wicklow Council** (2): to be based at Baltinglass Community Hospital and Carnew Community Care.
- **Westmeath Council** (2): locations to follow
- **South Dublin Council** (1): Dodder Greenway

In addition, we now have trishaws at **Our Lady's Hospice**, Harold's Cross, Dublin 6, at the **Royal Hospital Donnybrook**, and two trishaws at **St. Brendan's Community Hospital, Loughrea**, Co. Galway. These will for the use of their residents and day care.

Bike Hub expands: The Council community-based trishaws in Dun Laoghaire Rathdown, Fingal and in Dublin City Council can now be booked online via www.thebikehub.ie. Their online booking system is available to other community-based trishaw operators.

Pilot training: As locations get their trishaws, we are still offering pilot training to all new volunteers. As the volunteers themselves realise, training and practice are essential to gain the skills to manage taking out passengers. We are totally indebted to our super volunteer pilots who give their time generously and freely to make CWA work. The pilots bring the family of CWA together.

Promoting CWA: This year, we have enjoyed some fun opportunities to promote CWA, including a panel discussion between Google Dublin and Google London on active travel, participating in Family Fun cycles in Dublin and Dun Laoghaire area, attending conferences and webinars, lobbying for safer cycling infrastructure, and launching trishaws in Islandbridge and in Eamonn Ceannt Park in Crumlin.

Details & images of these and other events are on our FB Group, [Cycling Without Age - Ireland](#), at Twitter [@age_cycling](#), and our website, www.cyclingwithoutage.ie We are active members of www.cyclist.ie

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

HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS
DECEMBER 2022

Click on each day to view message

For a printable version CLICK HERE


sexualwellbeing.ie | **ask about** | yourmentalhealth.ie | mychild.ie

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](#).



Exwell Weekly Zoom

Dear ExWell Participants and Friends,


Please join us this week on **Friday December 9th at 5 pm** for our weekly Zoom. This week we will focus on a practical balance session with Aodhaghan. 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: Balance Practical	<i>Aodhaghan O'Deasmhunaigh</i>
5.25 pm: ExWell Updates	<i>Danny Fagan</i>
5.35 pm: Q&A / Discussion.	<i>All</i>

The link for the meeting is
<https://us06web.zoom.us/j/89373434559?pwd=QIVOZHpwL2djc0ZFVURCeEM5WTVvUT09>

Local Updates



Age Friendly Updates from Co.Louth

Age Friendly Louth welcomed over 75 older people to an OPC Open day in Dundalk on 5th December.

The aim of the day was to help reinvigorate the OPC in Co Louth after the pandemic, and to welcome back current members and invite new members to join the OPC.

Thanks to all who came, and the Age Friendly Team are looking forward to working to deliver the Age Friendly Programme in Co Louth in 2023.



OPC Open Day in Crowne Plaza Hotel Dundalk Co Louth

Age Friendly Louth packed over 500 Christmas bags for older and vulnerable people in Co. Louth. The Christmas Bags included a selection of treats and goodies which will be delivered by An Garda Síochána, Alone, Disability Louth and our other partners to older and vulnerable people across Co Louth before Christmas.



Age Friendly Team & Community Team in Louth County Council who took part in Christmas Bag pack.

EU_SHAFE Survey on Ageism

We at the Louth EU_SHAFE project launched our Ageism Survey at Monday's Older People's Council Open Day with attendees completing the survey on the day.

The WHO, in their Global report on ageism has said that ageism is widespread in our institutions, laws and policies around the world. It is important that we gather as many voices as possible on the issue of ageism so that, going forward we can formulate policies which work for everyone.

The link to the survey is <https://www.surveymonkey.com/r/CQZPQM9> The survey can also be accessed through the QR code.



LOUTH EU_SHAFE AGEISM SURVEY



Louth EU_SHAFE Request Your Views on Ageing and Ageism in County Louth. The Results of the Survey Will be Used to Improve Policy .

Have Your Say @

<https://www.surveymonkey.com/r/CQZPQM9>

EU_SHAFE
Interreg Europe



Comhairle Contae Lú
Louth County Council



Gift to You Invite Book Launch

Nothing can replace a loved one, however, leaving behind a legacy gift of the stories of your life eases the pain of longing and absence.

'My Gift to You' as a writing project supported people over 65 years of age to put together their memoirs and personal stories.





mygift
toyou

Invite

7pm Ardkeen Library



My Gift To You Book Launch

We would like to invite you to the launch of our books on the 20th December at Ardkeen Library at 7pm.

With the help of a team that included an editor, designer, printer and book binder, a beautifully bound hardback book will be presented to the participant and their family members.

The joy and excitement of each participant by producing their own work is truly magical.

Historian, Maxine Keoghan along with Executive Librarian Tracy McEaney will explain how the project was organised and how the participants were supported.

It is our hope that we can share our knowledge with organisations so that they, in turn, may be able to help others who may be interested in producing their own personal gift.



Bunclody Library, Wexford Library Events

Christmas Music Night with local musicians

Thursday 15th December at 7pm.

Join us here in Bunclody Library for some festive tunes by our talented local musicians!

Places limited, book online at wexfordcoco.libcal.com or telephone 053 9375466.

Sensory Friendly Quiet Hour

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

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

Home Energy Kit Now Available at Bunclody Library

Our new Home Energy Saving Kit is now available to borrow from Bunclody Library. This kit contains a range of tools/exercises to help householders make sense of the energy they consume on a daily basis and to identify possible problem areas.

Please contact the library at 053 9375466 or email

bunclodylib@wexfordcoco.ie for further details.



WESTMEATH AGE FRIENDLY/DISABILITY TECHNOLOGY & SERVICES EXPO



Westmeath Age Friendly Council in conjunction with Westmeath County Council held an Age Friendly/Disability Technology and Services Expo on Tuesday 22nd November in Bloomfield House Hotel. The event was very well attended by the Older Persons and Disability groups from across Westmeath with over 150 people benefiting from a variety of guest speakers and information stands.



The event was opened by Westmeath's Age Friendly Manager, Annette Barr Jordan and addresses were made by Westmeath County Council's Cathaoirleach, Aengus O'Rourke and Chief Executive, Pat Gallagher.

There were presentations given by a number of different service providers including Louise Edmonds who gave a very interesting and informative talk on Telehealth & Telecare. There were over 25 information stands and with products and services ranging from HSE services to tilt kettles.

The event was a social occasion as well as an educational one with food, music and dancing also had and enjoyed by all. The feedback from those in attendance was very positive and it was great to be able to have an in-person event again.





Ennis Business wins Age Friendly Category in Clare Business Excellence Awards 2022

Sweet N Green Café were announced as winner of the Age Friendly Category in the Clare Business Excellence Awards 2022, at an Awards Ceremony in glór on the 24th November.

Ennis Chamber introduced this category to the awards in recognition that older people account for up to 50% of consumer spending nationally. Sweet N Green took part in special online training last year delivered by Orlaith Carmody, Age Friendly Ireland Business Consultant, to help them develop their actions listed below:-

- Designated downstairs indoor seating as an Age Friendly area
- Menus available with a larger font
- Reading glasses behind the counter for those that might forget their own
- Seating for those that may be waiting on a table or takeaway etc. and cannot stand for too long
- Hanging hooks downstairs that would allow older people to hang their shopping, bags or jackets



L-R: Siobhán Landy Sweet N Green Café, Larry Hally & Susan Harvey – Clare Older People’s Council, Frank Landy – Sweet N Green Café, Karen Fennesy – Clare Age Friendly Programme Manager, Maurice Harvey – Chair of Clare Older People’s Council and Leas-Cathaoirleach Cllr. Ann Norton.

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 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 Cafe | In conversation with Mr. Darryl Barret on "Health Equity, Disability, and Older Adults"

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Mr. Darryl Barret on "Health Equity, Disability, and Older Adults"



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