

National Updates

# We're Hiring

## Healthy Age Friendly Homes Programme Regional Programme Manager

5 Year Fixed Term Contract  
6 Regions Nationally - Fingal, Offaly, Wexford, Cork, Limerick, Mayo

**Closing Date: Wednesday, 29th March 2023 at 5pm**

Application Form & Information Booklet available on  
**[www.meath.ie/jobs](http://www.meath.ie/jobs)**



Sláintecare



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Meath County Council, as the host of the National Shared Service Programme for Age Friendly Ireland, invites applications from suitably qualified persons who wish to be considered for inclusion on panels for the position of Regional Programme Managers for the Healthy Age Friendly Homes (HAFH) Programme.

The HAFH will be rolled-out nationally across six regions. The six Regional Programme Managers will be employed by Meath County Council but based with a host local authority area in their region.

Closing date is **Wednesday, 29th March 2023 at 5pm.**

Full details and application form at [www.meath.ie/jobs](http://www.meath.ie/jobs)

## Healthy Age Friendly Homes

Marie Nolan, County Cork Local Co-Ordinator for the Healthy Age Friendly Homes Programme:  
“As part of my role as Local Co-Ordinator for the Healthy Age Friendly Homes Programme, I promote the programme at local level through community groups, health and social care services, and events. Active Retirement Associations are an example of community groups who play such an integral role in information sharing and advocating for Older People. There are approximately 550 Active Retirement Association groups across Ireland with almost 70 established in County Cork (information on Active Retirement Groups in your area can be found on [www.activeirl.ie](http://www.activeirl.ie) ).



I regularly receive invitations from Active Retirement groups in County Cork to deliver a presentation/ talk on the Healthy Age Friendly Homes Programme. This allows me the opportunity to share information on how the programme came about, the aims of the programme, outcomes to date and most importantly how referrals are received. I have recently attended Active Retirement meetings in Cobh, Fermoy, Timoleague, Bantry, Kilmurry and Castlemagner.

It has been insightful to see the role Active Retirement Associations play in their local community promoting social interaction, inclusion, and positive health and wellbeing amongst their members.

If you are part of the Committee of an Active Retirement Association and wish to hear more about the Healthy Age Friendly Homes Programme, please get in contact and I would be more than happy to arrange a visit.”

If you would like more information on the Healthy Age Friendly Programme, I can be contacted on [marie.nolan@meathcoco.ie](mailto:marie.nolan@meathcoco.ie) and **0857483462**.

*Marie Nolan Local Co-Ordinator pictured with Fran Hanley Chairperson of Fermoy Active Retirement Association at recent visit*

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**



## University Research Studies



### BE ACTIVE AND CONNECT WITH OTHERS ALONG THE WAY!

Maynooth University is seeking older adults (65+) in the Maynooth area to take part in a research project to help **support well-being for people with dementia.**

The Irish Research Council, The Alzheimer's Society of Ireland, and Maynooth University are working in partnership with older people to deliver a **FREE 6-week workshop.**

Join us to go for walks, listen to music and reminisce! Be active and chat with others along the way!



Please tell anyone you know who might be interested and contact us if you have questions or would like to join!

**Maynooth Ageing Lab**  
**Email: MUageing@gmail.com**  
**Phone: 087 398 5702**



**QUEEN'S  
UNIVERSITY  
BELFAST**

The Effects of Arthritis on Mental Health and Well-Being

## Do You Have Arthritis?

### Who are we?

We are a group of Final Year psychology students at Queen's University Belfast. We are conducting a study about arthritis and would like to hear about your experience with arthritis and how it has affected your mental health and well-being.

#### Interested?

Contact our research team to take part or ask us any questions!  
Phone: 00447450091434  
Email: cshields16@qub.ac.uk

#### How Long Will it Take?

The interview will take between approximately 45 and 60 minutes.

### Who Can Take Part?

- Aged 18+
- Diagnosed Arthritis
- Living in UK/Ireland
- Fluent in English

### What Does it Involve?

If you take part, you will be interviewed over Zoom, Teams or WhatsApp about your experience with arthritis and how it has affected different areas of your life.



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An Roinn Forbartha  
Tuaithe agus Pobail  
Department of Rural and  
Community Development



## Minister Joe O'Brien announces fresh funding call for groups that support disadvantaged

Following the recent fresh funding call for groups that support disadvantaged, Pobal, on behalf of the Department of Rural and Community Development, invite you to attend Information Sessions for our CSP Application Call 2023.

There are 2 Information Sessions coming up.

CSP Application Call 2023 Information Session, on Tuesday 21<sup>st</sup> March 2023, online, via MS Team, from 10am - 12pm.

You can register for tickets to this online event [here](#).

OR

CSP Application Call 2023 Information Session, on Tuesday 28<sup>th</sup> March 2023, in the F2 Centre, from 10am - 12pm.

You can register for tickets to this event [here](#).

You can also register for tickets via the Pobal website – [Community Services Programme \(CSP\) | Pobal | CSP Ireland](#)

We strongly advise attending one of the events, to give you the information you need to proceed with your application.

Please note, existing CSP supported organisations are ineligible to apply under this application call.



## HSE Information Pack

Click here for updates on Covid Vaccines, RSV and Flu, How to protect yourself from common winter illnesses, etc

<https://hsestakeholder-newsroom.prgloo.com/news/hse-partner-pack-10th-march-2023>



## HSE Talking Health and Wellbeing Podcast Episode 3, Tobacco Free Ireland

The third episode of the HSE Talking Health and Wellbeing Podcast is now available on [Spotify](#), [Apple Podcasts](#), [Google Podcasts](#) and on the HSE Health and Wellbeing [YouTube](#) channel.

In this episode, hosted by Noreen Turley, Sarah Halpin tells us about her journey from smoker to 'We Can Quit' Community Facilitator with Empower in Fingal, where she is now helping others to stop smoking through the free HSE Quit supports. Sarah highlights that while quitting is not easy, motivation is key: "I gave up smoking because I wanted to give up smoking for my health and for my own wellbeing, the children were definitely a motivator but it's very important that you give up smoking for yourself because it's a very hard thing to do".

We also hear from Dr. Paul Kavanagh, HSE's Public Health Clinical Advisor on Tobacco, who shares his thoughts about the current smoking and vaping situation in Ireland and plans for a Tobacco Free Ireland. Dr. Kavanagh highlights things which the HSE and their partners need to now focus on, to make a real impact in this area. These include implementation of evidenced based programmes and continuing the focus on health inequalities: "Rather than doing something brand new, the first thing would be to focus on implementing and getting into practice the things that we already know works."

For help to stop smoking and to see the full range of HSE supports go to [Quit.ie](#).

Listen to and follow the HSE Talking Health and Wellbeing Podcast, wherever you get your podcasts to keep up to date with our latest episodes.

## Creative Ireland — a Progress Report



Clár Éire Ildánach  
Creative Ireland  
Programme



We have published our 2022 Progress Report. It was a very busy year. In November Minister Catherine Martin confirmed that the Creative Ireland Programme would be extended until 2027. This is a strong endorsement of the



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programme's ambitions to inspire and transform people, places and communities through creativity and to enable everyone to realise their full creative potential.

[Read more](#)

Tá Tuarascáil ar Dhul Chun Cinn 2022 foilsithe againn. Bliain ghnóthach a bhí inti. Dhearbhaigh an tAire Catherine Martin i mí na Samhna go gcuirfí síneadh le Clár Éire Ildánach go dtí an bhliain 2027. Is tacaíocht mhór é sin d'uaillmhianta an chláir chun daoine, áiteanna agus pobail a spreagadh agus a athrú ó bhonn tríd an gcruithaitheacht a dhéanamh agus chun cur ar chumas gach duine barr a gcumais a bhaint amach.

[Léigh níos mó](#)



In 2022 €6.6 million was invested in *Creative Communities* initiatives that focused on climate action, creative industries, youth, community development, and community health and wellbeing. Wonderful projects were designed and delivered by local Creative Coordinators to meet the needs of their communities.

[Read more](#)

Infheistíodh €6.6 milliún sa bhliain 2022 i dtionscnaimh Pobail Ildánacha a dhírigh ar ghníomhú ar son na haeráide, tionscail ildánacha, an óige, forbairt pobail agus sláinte agus folláine an phobail. Dhear Comhordaitheoirí Ildánacha áitiúla tionscadail iontacha agus chuir siad na tionscadail ar fáil chun freastal ar riachtanais a bpobal.

[Léigh níos mó](#)



THE INNOVATION  
IN POLITICS  
AWARDS 2021



## Two Irish democracy initiatives reach European finals of Innovation in Politics Awards

Ireland has two finalists in the annual Innovation in Politics Awards announced today. 80 finalists were selected from an entry of 337 political projects from 26 countries across Europe. The projects were selected by a citizens' jury of 1,045 persons with 10 finalists selected across 8 award categories. The winners will be announced at the Awards Gala on 11 May 2023, at the Palace of Culture in Warsaw, Poland.

Since 2017, the Innovation in Politics Awards are presented annually to honour courageous and creative political work throughout Europe – regardless of party or country, recognising ground-breaking political initiatives that significantly impact people's lives and strengthen democracy. The finalists represent a diverse range of innovative ideas that are making a real difference in their communities. They come from all levels of government, from local to national, and cover a broad range of categories.

### Both Ireland's finalists are in the Democracy Award category and are:

**(i)** Cllr. Carmel Brady, Cavan County Council and Chair and Cllr. Shelly Herterich Quinn, Galway County Council and Vice-Chair for The WoMeN's Regional Caucus. The WoMeN's Regional Caucus is an association of female councillors from 13 municipal councils in the Western-Midlands-Northern region of Ireland. This ground-breaking addition to politics in Ireland brings together female councillors, regardless of political affiliation, to work collectively in advancing an agenda of leadership in areas that affect women and supporting women's participation in politics.

The WoMeN's Regional Caucus is the first-time women from neighbouring councils have worked together to bring about change. They have created a space to try different work methods, instead of adopting conventional ways of conducting politics. For example: they use flexible meeting arrangements, where two meetings covering the same business are held at different times of the day; information meetings required to aid decision-making are recorded for later viewing by those unable to attend; and decisions are taken by electronic polls that are left open for an extended period of time to allow all caucus members the opportunity to vote.

Councillor Brady commented: "Caucus members are thrilled, for the recognition by others, that the innovative approach of female councillors, from an entire region, working together makes a difference for women in local politics, improves policy-making and strengthens local democracy".

**(ii)** Roderic O'Gorman Minister for Children, Disability, Equality, Integration and Youth for the Youth Travel Card. Minister Roderic O'Gorman strengthened the participation of young people in political decision making in Ireland. In 2019, Comhairle na nÓg (local youth councils) voted at the Dáil na nÓg (national youth parliament) to promote sustainable transport, and Minister O'Gorman progressed this project with Comhairle na nÓg delegates over two years.

Comhairle na nÓg delegates identified the areas young people wanted changed, including cycling and public transport. Minister O'Gorman provided them with guidance and expert advice as the delegates addressed the need for youth access



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to public transport. They identified barriers to using public transport which prevent young people from engaging in community and civic life. Affordability emerged as a major barrier. In July 2021, they proposed a Youth Travel Card for the Irish Government's National Budget 2022. They proposed a 50% discount on all public-transport systems for all young people, up to the age of 23. The proposal was accepted and announced by the Minister for Public Expenditure and Reform during the October 2022 National Budget announcement. The Youth Travel Card is now in place and recognised as a key achievement of including youth voices in public policy making.

This is the first time a proposal from Dáil na nÓg (national youth parliament) and Comhairle na nÓg (local youth councils) has been included in the Government's National Budget. The Youth Travel Card makes public transport sustainable and affordable to young people in Ireland, especially in rural Ireland.

Minister O’Gorman commented: “I am delighted to see the hard work and passionate campaigning of Comhairle na nÓg recognised as part of the innovation in Politics Award. Their work in developing and promoting the idea of a Youth Travel Card to both Minister Eamon Ryan and I has led directly to more affordable public transport for many thousands of young people across Ireland”.

A full list of the 80 finalists across the 8 award categories is available here [The Innovation in Politics Awards](#) are presented and organised by the Vienna-based Innovation in Politics Institute. Founded in 2017, they have become a leading platform for innovative politicians and citizens to share and exchange ideas on the development and improvement of democracy.

Dublin City University’s School of Law and Government is the Irish partner of the Institute. Its Professor of Public Public Practice, Deiric O Broin said: “The Awards showcase examples of good politics, which is critically important when we see the challenges democracy itself faces and when trust in politics and democratic and inclusive processes are more important than ever”.

**Ministers for Health and the Chief Medical Officer encourage older people to say “Hello Again World” as they launch Social Connections campaign to address loneliness and isolation among older people.**

Entitled “Hello Again World”, the campaign was created to address the growing problem of loneliness. The issue has been exacerbated by the impact of the COVID-19 pandemic, as many older people have not re-established their social connections since they were asked to cocoon for their safety.

Full Press Release [HERE](#)

Healthy Ireland has developed a nationwide campaign, aimed at older people, encouraging them to rebuild their social connections. This campaign was created in response to the growing epidemic of loneliness which particularly impacts older people who may not have fully re-integrated into their communities after the pandemic.

Evidence shows loneliness is a significant issue for population health and a number of different studies have linked loneliness to multiple chronic health



An Roinn Sláinte  
Department of Health





conditions. Loneliness levels in Ireland are rising, and the pandemic was a major contributory factor. Loneliness can be detrimental for our physical and mental health, while reconnecting with others has numerous physical and mental health benefits.



YouTube Video [Here](#)

### The Irish Dementia Cafe Network

The Irish Dementia Cafe Network is a network of dementia cafes around Ireland, each of which is run according to a set of shared principles and guidelines. The network brings dementia cafes together and supports the start-up of new dementia cafes.

A dementia cafe, which can sometimes be called a memory cafe offers a wonderful outlet for those living with dementia and their carers. Research has shown that the cafes can help ease the loneliness and social isolation people with dementia and their caregivers can often feel. The cafes offer a safe and welcoming space where people can meet others and share experiences. Many friendships and bonds are also formed and information is provided on relevant topics. Music and fun activities are another important part of the cafe experience. The cafes are free to attend and they usually run once a month.

There are cafes in many of the larger towns around Ireland. There are also a number of online cafes that you may wish to attend. Have a look at our website and you can see if there is a cafe close to you [www.dementiacafe.ie](http://www.dementiacafe.ie). The cafes are all organised and run by local people who decided to start a dementia cafe in their local area. If you are interested in attending a cafe or if you want to find out more information about setting up a dementia cafe then please contact me Michelle at [michelle@engagingdementia.ie](mailto:michelle@engagingdementia.ie).



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Department of Health



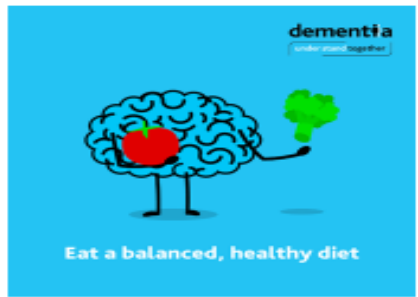
# Dementia: Understand Together Updates



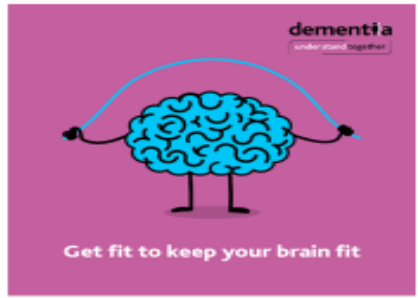
## 1. National Brain Awareness week

Brain Awareness week takes place from March 13th to 19th. It is a good opportunity to think about Brain Health and the things we can do to help maintain or improve brain health or reduce risk factors associated with some types of dementia.

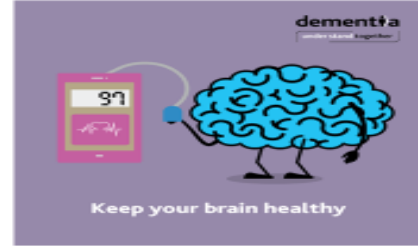
Here are 4 simple ways to keep your brain healthy and help reduce your risk of dementia:



Eating a wide variety of nourishing foods provides the energy and nutrients you need to keep your brain healthy and may help reduce your risk of dementia. A balanced diet that is rich in vegetables, fruit, wholegrains, and fish, and is low in salt and sugar, is a good starting point. Achieving or maintaining a healthy weight during your lifetime, particularly in mid-life is also important; being more active and following a healthy diet can help this.



Physical activity is very important for brain health and exercise has been shown to reduce the risk of dementia. Every adult should aim to include 150 minutes of physical activity in their week, this equates to a brisk 30-minute walk, five days a week. A brisk walk should raise your heart rate but not leave you breathless.



High blood pressure damages the blood vessels that supply the brain, and this in turn can damage brain cells. By controlling high blood pressure you may be able to reduce your risk of dementia. Healthy adults should check their blood pressure at least once a year.

[www.understandtogether.ie/about-dementia/what-is-dementia/brain-health](http://www.understandtogether.ie/about-dementia/what-is-dementia/brain-health)



Quitting smoking may reduce your risk of developing dementia (as well as reducing your risk of developing cancers and heart disease). It can be hard to quit, but if you stop smoking for 28 days, you're five times more likely to stop for good. If you're ready to quit, the HSE QUIT team are ready to help. For free support call 1800 201 203 or text them for free on 50100 and receive a call back, or visit [www.quit.ie/](http://www.quit.ie/)



## 2. Creative Brain week

Creative Brain week takes place from March 6th to 11th. Online and in person events will explore and celebrate how brain science and creativity collide to seed new ideas in social development, technology, entrepreneurship, wellbeing and physical, mental and brain health across the life cycle. This pioneering event illustrates innovation at the intersection of arts and brain science, including creative approaches to health. You can find information and register for events here <https://creativebrainweek.com/>

## 3. Alzheimer Europe Conference

The call for abstracts is open for the 33rd Alzheimer Europe Conference which will take place in Helsinki from October 16th to 18th. This year's theme is "New opportunities in dementia care, policy and research". The call for abstracts will close on April 30th. You can find more information here <https://www.alzheimer-europe.org/news/call-abstracts-opens-33rd-alzheimer-europe-conference-helsinki>

## Exwell Weekly Zoom

Dear ExWell Participants and Friends,



Please join us today, **Friday, March 10<sup>th</sup> at 5 pm** for our weekly Zoom meeting. This week we will be discussing Exercising at home. This week we will be discussing Clots, particularly Deep Venous Thrombosis, which are a relatively common and potentially dangerous issue.

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: Clots (Deep Venous Thrombosis): *Dr Noel McCaffrey*

5.25 pm: ExWell Updates *Danny / Noel*

5.35 pm Q&A / Discussion. *All*

The link for the meeting is

<https://us06web.zoom.us/j/83590637695?pwd=OGIKV0Fyck16M3I5WmRGazhwUDJzZz09>





### Climate Action Workshop

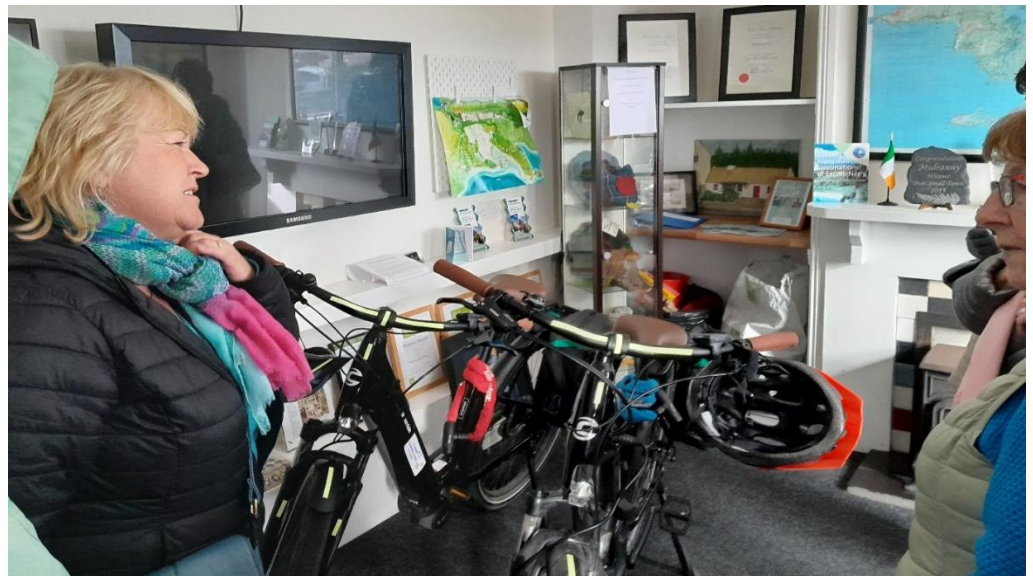
Members of Active Retired Groups and Mayo's OPC attended the Climate Action Workshop today in Mulranny Park Hotel (Age Friendly Ireland and CARO). Gavin Harte (Sustainability Consultant, Climate Action Coach and Environmental Activist) delivered the training. Items such as climate science, carbon footprints, energy saving, home energy upgrade were discussed and followed by facilitated workshops.



The second part of the day included a presentation from Carol Loftus, Community member of "Mulranny Decarbonised Zone" Committee. Mulranny was formally announced by Mayo County Council as Mayo's Initial Decarbonising Zone – aiming to reduce greenhouse gases by at least 51 per cent by 2030, as required under Action 165 of the National Climate Action Plan.

Mulranny is an exemplar site for the rest of the county, leading the way for other Mayo communities seeking to decarbonise.

Mulranny's vision for 2030 is to become an empowered community, with a low carbon economy, living in a thriving biosphere. Using a participative democracy network, Mulranny's ambition includes community energy initiatives, regenerative agricultural actions and the promotion of the circular economy in the village and its wider community.



Carols presentation was followed by a site visit to the local tourist which is powered completely by PV panels. Also demonstrated was the community E-Bike scheme, the food drop box and external water dispenser.

Some comments from the group were “that was the best day training ever”, “everything about today was excellent”, “I’d love to hear more from Gavin Harte”, “could we have more time with Carol on tour of Mulranny and their initiatives, we could really learn from each other”. The day was thoroughly enjoyed by all.



### **Kilmallock and Newcastle West Libraries – Magic Tables for older people, disabled and people with Dementia**



The Magic Table by the Happiness Programme uses specially designed technology to help older people, those with dementia and those with learning disabilities to move more and interact socially. The interactive games break through apathy by stimulating both physical and cognitive activity and encouraging social interaction.





Moreover, the Table creates treasured moments with family members and carers. These games are all about enjoyment and fun. It consists of a series of colourful and fun interactive light games projected onto the surface of a table which respond to hand and arm movements, and which stimulate physical and cognitive activity as well as encouraging social interaction. The Magic Table is very user friendly with an array of games to choose from, music to listen to, activities to just watch and enjoy.



Since making our magic table available to customers in 2022 in both Newcastlewest and Kilmallock libraries it has been a fantastic success. Newcastlewest have regular visits from Rathfredagh Cheshire Home and St Ita's hospital. They also have visits from the local Brothers of Charity service. Amongst service users in Kilmallock are users from St Joseph's foundation. Our patrons love playing some of the old-fashioned games such as "snakes and ladders", painting scenes and even Bingo! There is also "In person Chair Yoga" which is fantastic.

Attached are photos of Hannah Costello playing the Rose petal game in Kilmallock library and Mary Mc Dermott playing the fruit bowl game in Newcastlewest.

The Magic Table is a fantastic resource, and we are absolutely delighted with the enjoyment all who use it, young and old get from it".

Bookings can be made for individuals or small groups at a time by contacting;  
**Caoimhe Reidy - Kilmallock Library - 061 556160**  
**Liam Dunne – Newcastle West Library – 069-62273**

Carers/assistants/family members, etc. should attend with the individuals or groups.





## Sligo Older Persons Council



The Sligo Age Friendly hosted a breakfast morning for the Sligo Older Persons Council on the 02/02/2023 in Sligo Southern Hotel.



The first draft of the Sligo Age Friendly Strategy 2023 to 2026 was presented and the Sligo Older Persons Executive Committee was also nominated. There was over 60 people in attendance and the morning was enjoyed by all.





## Upcoming Events in Bunclody Library

### **Genealogy for Beginners with Celestine Murphy – Thursday 16<sup>th</sup> March at 7.00pm**

Join us for a Genealogy for Beginners event with local historian Celestine Murphy. Celestine is a former Librarian with Wexford County Council Public Library Service and is well known in her native Wexford as a lecturer, researcher, family history specialist, writer, and publishing consultant.

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

### **Astronomy Week Talk: The Moon – An Unofficial Biography with Dr. Donnacha O’Driscoll – Thursday 23<sup>rd</sup> March at 7.00pm**

To celebrate Astronomy Week, Dr. Donnacha O’Driscoll, scientist and founder of the website [themoon.ie](http://themoon.ie), a free to access educational website, will be giving a fascinating talk on the moon. The Earth’s constant companion, the Moon, is ever present and we are all very familiar with the sight of it in the sky but few of us really know very much about it. The Moon has been part of all our lives, shouldn’t you get to know it a little better?

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



## Age Friendly Louth



The Louth Executive Committee met this week and selected Joe Grogan as the new Chair of the Louth OPC.

*Pictured:  
Joe Grogan New Chair of the Louth Older People’s Council with Louise Edmonds Regional Area Manager Age Friendly Ireland and Sinead McVerry Age Friendly Louth Program Manager.*

Rita Lambe and Karen Coan have been selected as vice chairs. We wish the new committee and the new Chair the very best of luck and look forward to working with them as part of the Age Friendly Team.





*Pictured: The New Louth Executive Committee*

## “Keep Well, Keep Movin” Older Person Health Festival






**Admission  
is  
Free!**

# “Keep Well Keep Movin” Health Festival for older adults 8th March

### Activities, Talks and Information Stands!

**Talks and activities include:**

- Fair Deal
- Singing for the Brain
- Activator poles
- Falls prevention
- Retirement & Wellbeing
- Mindfulness

**Information stands:**  
Cork Sports Partnership, Libraries, SECAD, Your Good Self, Irish Hospice Foundation, Youghal Community Health Project, Occupational Therapy, ALONE, Alzheimer Society, Health Promotion, Cork Gay Project and Many more!

**Midleton GAA Hall, P25TD73**  
**Wednesday 8th March**  
**Time: 10.00 – 3.00**  
**Refreshments provided**

**You can register on Eventbrite or by calling 021 4928370**







This event is supported by Cork North Community Work Department



Cork County Council Age Friendly had a stand at the inaugural “Keep Well, Keep Movin” Older Person Health Festival organised by the HSE in Midleton on Wednesday 8<sup>th</sup> March.



*Liz Downes, Vice Chair Cork County OPC, Marie Nolan, Cork County Healthy Age Friendly Homes Co-Ordinator, Liz Maddox, Chair of Cork County OPC and Aisling O’Sullivan, Age Friendly Co-Ordinator.*



Marie Nolan, Cork County Healthy Age Friendly Homes Co-Ordinator and Aisling O'Sullivan, Cork County Age Friendly Co-Ordinator.

## 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. Heléna Herklots on "Making Communities more Age-friendly in Wales: Tackling Ageism and Abuse"

The International Federation on Ageing held a Global Cafe event this morning called: n conversation with Ms. Heléna Herklots on "Making Communities more Age-friendly in Wales: Tackling Ageism and Abuse".



**Heléna Herklots**  
Older People's Commissioner for Wales

**if Global Café**  
in conversation with experts

**“MAKING COMMUNITIES MORE AGE-FRIENDLY  
IN WALES: TACKLING AGEISM AND ABUSE.”**

 **March 10<sup>TH</sup> 2023**  **07:00 AM EST**

a contribution to the  
**Decade  
of healthy  
ageing**

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