

National Updates



Healthy Age Friendly Homes



Local Healthy Age Friendly Homes Coordinator Mary Carey is pictured here at the Longford Community, Safety & Well Being EXPO held recently in the new sports hub in Longford. This was organized in conjunction with Longford County Council, Healthy Communities and Healthy Ireland initiatives. There was a huge turnout from various schools across the county as well as community groups for Older persons.



Local Healthy Age Friendly Homes Coordinator Danielle Monahan attended an Age Friendly Skerries event for Positive Ageing Week. 50 people from Skerries and surrounding areas attending the presentation and Q&A. They were a very vocal group with lots of great questions and observations! FCC AF Local Programme Manager Tricia Matthews also attended. A big thank you to Skerries Age Friendly for inviting me.

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 9248899



Delegation from Malta visiting DCU

This is the final call to register to meet the delegation from Malta who will be visiting DCU on Wednesday, October 18th.

The delegation comprises community members, and those working in the areas of health, housing, transport, the church and the police force in Malta. They have a full itinerary for the day but are looking forward to meeting AFU participants from 3 - 4 in the Solas Room of The Hub Building on the Glasnevin Campus. (it is located over the Londis).

Afternoon tea, Irish music and dance have been organised for everyone. If you would like to attend, please let us know by Friday next October 13th.

Here is the [link](#) to register.



HSE Talking Health and Wellbeing Podcast – Episode 27, Financial Wellbeing



Listen to this week's podcast as we hear from North Dublin Regional Manager of the Money Advice and Budgeting Service (MABS), Gwen Harris. In this podcast, hosted by Fergal Fox, we learn that financial wellbeing is about having control and confidence in managing a budget. Gwen provides practical tips for budgeting, including how to reduce food waste and how to save money in areas like utility bills.

Invitation to Event: Rural Data Café: Data for People-Centred Decision-Making - 19th October 2023

Rural Data Café:
Data for People-Centred Decision-Making
Abbey Hotel, Roscommon
Thursday October 19th, 2023



Join us for an exciting event, the Rural Data Café, where we will explore the power of data in making decisions that benefit people living in Rural Ireland. This in-person gathering will take place on Thursday, October 19, 2023 at the Abbey Hotel, Roscommon.

This 1-day event is being co-sponsored by [UCD](#), the [International Centre for Local and Regional Development](#), and the [Department of Rural and Community Development](#).

This Conference is part of the Irish Research Council (IRC) funded research project *Citizen Rural: Digital Data for Participatory Democracy for Remote Places*. We welcome representatives from, local government, local development companies, academics and researchers, and community groups.

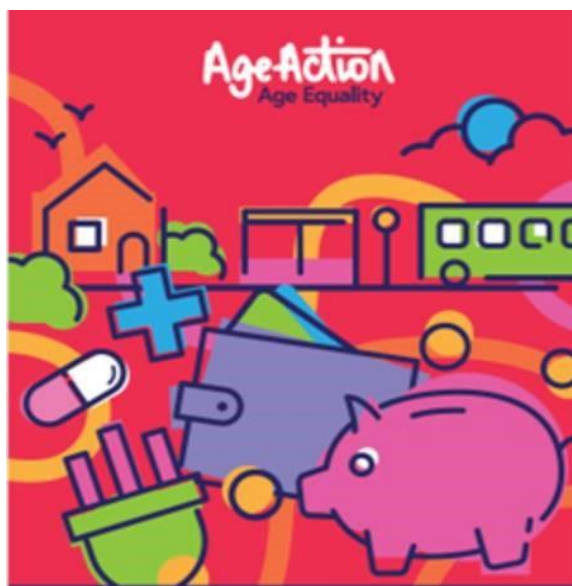
Data can be harnessed to create positive change in rural communities. Through interactive discussions and presentations, we will delve into the ways data can inform decision-making processes and improve the lives of individuals.

Register [HERE!!](#)



Spotlight on income in Older Age

Age Action is launching a new report examining the data on the incomes of older people and their lived experience. People have a right to decent living standards, including access to services such as transport, home care and healthcare. Ireland provides valuable supports to its older population, from the state pension system and supplementary payments through to public transport, housing, healthcare, and long-term care. However, Age Action's report shows that poverty, deprivation, and income inadequacy are facts of life for many of us in older age. We hope you can join us.



Spotlight on Income in Older Age
The State of Ageing in Ireland 2023

Invitation

Join Age Action for the launch of Spotlight on Income in Older Age.

A report on the incomes of older people and their lived experience.

**16th October 2023
11am - 12.30pm
Buswells Hotel,
Molesworth Street,
Dublin.**



Dementia: Understand Together October Update

Community Champion "Welcome Workshop"

With the number of champions growing we will continue our "Welcome Workshops" for new and existing champions and colleagues from our partner organisations. We recently held another workshop on 27th September and thank you to everyone who attended, who shared their thoughts and knowledge and their willingness to show solidarity for a person living with dementia. We are here to support you in next steps, please feel free to contact us.

The next workshop take place on **November 8th from 12 – 1.30pm** and you can sign up by emailing Sinead O'Reilly at understandtogether@hse.ie

National Dementia Office autumn newsletter

The Autumn newsletter is now out. We have attached the latest edition for ease of reference. The newsletter outlines the ongoing work of the office to provide services and supports for a person living with dementia, from both a diagnostic, post diagnostic and social perspective.

News from around the country

- **Dementia Friendly Tralee** have worked together with Kerry GAA to produce a



Dementia Inclusive GAA communities booklet. Kerry GAA are active participants on the group which has representatives from a wide spectrum of the community including the HSE, Tralee

Chamber Alliance, Kerry County Council, An Garda Síochána and representatives from voluntary and statutory agencies. Kerry GAA participated in dementia awareness training, conducted walkability audits of the local stadium and this booklet is now an additional resource, one we would recommend as best practise for all clubs. <https://www.gaa.ie/news/kerry-gaa-produce-excellent-dementia-inclusive-booklet/>

- **Living Well with Dementia in South Tipperary** provides services to people with dementia and their families living in the South Tipperary area, it was established in 2012. An evaluation report was recently undertaken to provide evidence to help inform future development and sustainability of Living Well with Dementia and to incorporate the views and perspectives of people with dementia and their family carers. A large number of strengths were identified by people with dementia, family carers, staff, health professionals and other stakeholders participating in interviews and focus groups for this study. One of the 5 aims is: To support people with dementia to live full, enriched, and happy lives at home within their communities for as long as possible; for further information please go to: <https://southtipperarydementia.ie/>

We would really like to share what you are doing, an image goes a long way and can tell its own story. The work which is being done by each and everyone of you is so important, whether this is a small action or large event, each step is supporting a person living with dementia. If you have something planned that you'd like to share, photos or a success story from a recent activity, please email us at understandtogether@hse.ie and we'll feature as many as we can with the dementia inclusive community and on social media. Equally, if you're new here and you're not sure where to start, please get in touch and we'll see how best we can support you to get involved.

Dementia inclusive community symbol: We are continuing to make the national symbol more visible, and with your ongoing support this positive message and awareness will keep spreading. You can order materials such as window stickers, badges and posters free of charge from www.healthpromotion.ie – just select dementia from the drop down menu. Again if you have photos of the symbol in use, please do email them on to us.

Local Updates



Navan Traveller's Workshop

Navan Traveller's Workshop invite you to the launch of their Home Safety Packs. These are aimed towards older people, they have been developed by the Navan Traveller's Workshop youth group with a view to improving the relationship between older people and young Travellers.

The idea is that the youth group will personally deliver the home safety packs (along with the Justice Project Co-Ordinator), and this will act as a positive experience for older people in relation to young Travellers.

Please note the change of time is now 2.30pm

Meath Travellers Workshop invites you to,
The launch of our Home Safety Packs
As part of our Community Safety Youth Justice Project

Date: 16th October 2023
Time: 2:30pm
Venue: Meath Travellers Workshop
CYWS Hall, Fairgreen Navan
C15DDR
RSVP: paula@travellerheritage.ie
085-2506505

You will have the opportunity to sign up to receive a pack on the day, packs will then be hand delivered by members of the Youth Justice Project and the project coordinator at a later agreed date.

Fingal Celebrates Positive Ageing Week 2023



A series of events to celebrate Positive Ageing Week and challenge ageism took place throughout Fingal. Events and activities catered to the different interests and needs of older people. Activities included Yoga & Relaxation; Mindfulness & Creativity; Singing Group; Salsa Dancing; Storytelling and intergenerational activities. These activities not only challenged ageism but promoted physical and mental wellness and

fostered creativity and social interaction. A session on “Ageing with Confidence” with John Lonergan provided valuable insights and advice on how to embrace ageing with confidence and positivity. The highlight of the week was the Harvest Social hosted by Fingal’s OPC in the Shoreline Hotel, Donabate. Representing over 25 groups, 130 older people from across the county were transported to the seaside town of Donabate for an afternoon of food, fun and entertainment. Once the music began until the last song was sung, the dance floor filled with dancers. The sense of fun was palpable with attendees dancing for the first time in years, to music of the 60s, 70s and 80s while reminiscing about their dancing days in halls across the country. The presence of the Mayor of Fingal, Cllr Adrian Henchy added a special touch to the event. His engagement with the attendees, chatting and taking photographs, made the event even more memorable.



Age Friendly Guide & Workshop

Information Guide for Older Persons Unveiled at Clare Age Friendly Strategy Workshop during Positive Ageing Week



The Clare Age Friendly Programme, supported by the Clare Older People’s Council, has developed a comprehensive guide to the essential services and supports available for older adults and their families in the county.

The Directory of Services for Older People features contact details for public services, community and voluntary organisations and some community based social groups across the county, as well as guidance around entitlements, safety and security, transport and health.

The Directory was distributed to attendees of a workshop held at Treacy’s West County Hotel in Ennis where older residents of the county gathered with key service providers from the statutory, voluntary and community sectors to discuss and share ideas on the Clare Age Friendly Strategy 2023–2027. Round Table Discussions took place on World

Health Organisation (WHO) themes, the feedback from which will help to form the content for the new strategy.

Speaking at the workshop, **Cllr. Joe Cooney, Cathaoirleach of Clare County Council**, stated “As Elected Members, Age Friendly is a key consideration in how we develop policy and is a key objective of the renewed Clare Rural Strategy 2030 and our County Development Plan, while it also is a key consideration of the Clare Local Economic and Community Plan that is currently being prepared.”

“Age Friendly Initiatives under these plans have a clear focus and will develop an Age Friendly built and social environment that will enhance the lives of our communities for the benefit of all,” added the Cathaoirleach.

Emer Coveney, National Programme Manager, Age Friendly Ireland attended the event and outlined the role of the Local Government Shared Services and stated that the Older People’s Council represents the ‘voice’ of older people at local level, reflects the diversity of older people in the community, represents older people on the Age Friendly Alliance Board and identifies older people’s issues through consultation.

Maurice Harvey, Chairperson of the Clare Older People’s Council, commented, “As life expectancy increases the onus is on society to adapt in a manner that provides our older people with the physical, economic, and cultural opportunities to ensure they enjoy the best quality of life.”

Outlining the achievements to date of the Older People’s Council, Mr. Harvey said, “This week’s workshop, which coincided with Positive Ageing Week, was about building on the momentum and on what has been achieved to date and working together to develop actions that can be developed in our forthcoming Clare Age Friendly Strategy”.



(Back Row L to R: Ann Daly, Mary O’Callaghan, James Gallagher, Mary Hogan (Members of Clare Older People’s Council), Bernadette Haugh, Senior Executive Officer, Brendan Boyce, Clare Age Friendly Programme Manager, Helen Moloney, Clare Age Friendly Programme, Monica O’Loughlin, Larry Hally (Members of Clare Older People’s Council), Jason Murphy, Director of Service. Front Row L to R: Susan Harvey (Clare Older People’s Council), Emer Coveney (National Programme Manager, Age Friendly Ireland), Maurice Harvey (Chairperson of the Clare Older People’s Council), Cllr. Joe Cooney (Cathaoirleach of Clare County Council), Eithne Mallin, Consultant, Carole Head (Clare Older People’s Council).

Visit www.clarecoco.ie for more on the Clare Age Friendly Strategy 2023–2027.

Copies of the Directory of Services for Older People, which will be formally launched later in the year, are available from local library branches, local authority offices and GPs. Further copies of the Information Guide can be obtained by telephoning (065) 684 6240 or by emailing; agefriendlyclare@clarecoco.ie.

Age Friendly Expo Louth 2023

Age Friendly Louth welcomed almost 200 people to the Ardee Parish Centre on 4th October 2023 to celebrate Positive Ageing Week.

The theme of the Expo was Keeping Safe at Home and the event featured a number of key speakers on topics such as physical & mental health, online safety, fire safety, crime prevention and how technology can help us stay safe in our homes. Presenters were from the Louth Fire Service, the HSE, An Garda Síochána, AIB/Fraudsmart, The Alzheimer's Society (Ireland) and Drogheda Drogheda District Support 4 Older People. Indeed volunteers from Drogheda District Support 4 Older People gave a presentation on the Seniors Alert Scheme. This is a scheme providing funding for a personal monitored alarm, connected to a contact centre to enable older persons of 65 or older, to continue to live securely in their homes with confidence, independence and peace of mind.

In addition to the suite of speakers there were over 35 service providers, community groups, organizations and state agencies exhibiting at the Expo showcasing the services and supports they offer to older people in County Louth to enable and support positive ageing. This included exhibitors providing information and help on community supports, finance, health, well being, sports & leisure, recreation & technology to name but a few.



Older people from all over Co Louth attended the Expo, and whilst attendees availed of the refreshments the crowd was entertained by the Castlebellingham Ukulele Band .

Joe Grogan Chairperson of the Louth Older People’s Council stated: “It was great to see so many people at the Expo , I know as I leave today I will be putting some of the advice I heard into action and I hope others will do the same”.

Age Friendly Program Manager Sinead McVerry said: “Today has been a great success. It is our intention to hold further events across Co Louth responding to the concerns, needs and requirements of the older people in Co Louth. We encourage older people across the county to get involved with the local Age Friendly Programme”.

If you would like further details on the Age Friendly Programme in Co Louth or you would like to be added to the mailing list for any future Age Friendly events/activities please contact agefriendly@louthcoco.ie or 042 9324389 for further details.



Bee Workshop

**Join us for a fascinating workshop on
Ireland’s rare bees**

Presented by Áine Ní Fhlatharta



**Friday 20th October
11am Limerick City Library**

“Searching for Ireland’s Rare Bumblebee Species, their decline, regeneration and looking to the past for their future survival”

No booking required



Digital Conference

LOUTH LOCAL DEVELOPMENT
Supporting Communities, Families, Enterprise to the Environment

SICAP
Older Citizens' Representative Institute
Older Citizens' Representative Institute
Digital Learning Institute

DIGITAL AWARENESS CONFERENCE

FOR OLDER PEOPLE

DATE: THURSDAY 26TH OCT 2023

VENUE: FAIRWAYS HOTEL, DUNDALK

TIME: 9.30AM-2.00PM

LIGHT LUNCH WILL BE SERVED

TRANSPORT CAN BE PROVIDED IF REQUIRED

Ways of Learning For Digital Living

Health & Wellbeing

Cyber Security

To register contact Mary Caldwell
087 9723 200
mary.caldwell@lldc.ie



Easy Banking Event

AIB Gorey recently held a 'Banking Made Easy' workshop which aims to boost confidence and safety when using online banking.

Róisín Clancy and Angela Murphy from AIB gave practical advice on how to use and navigate the AIB mobile app and Garda Sergeant Eddie Wilde, Crime Prevention Officer Wexford, provided valuable information on how we can improve our confidence and help ensure we don't become the victim of fraud.

The workshop also included information from Sinéad Kelly, An Post who outlined the services available to AIB customers in An Post. It was great to see so many organisations coming together for this very beneficial workshop'

Chair of Wexford Older People's Council, Kevin Molloy was also present on the day.



The RAMS in Rhythm

The RAMS in Rhythm performed in MISA, St James Hospital today Friday 6/10/2023. RAMS sang for 2 hours for staff and patients in the foyer of the MISA building, and in the wards, to the delight of staff, visitors, and patients.

Matt Dowling gave a PowerPoint on "The Story" of the success of the RAMS. Retired Active Men's Social. For older persons day.





Music from the 60's

MUSIC FROM THE 60S

SPECIAL GUEST ART SUPPLY!

Join David McGrath who will be playing a selection of his favourite music from the 1960's. Free event, bring your friends!

On Thursday 26 October at 12 noon

Hollyhill library

For more information contact Hollyhill Library at 021 492 4928 or 021 492 4945

LIBRARIES LEABHARLANNA
CORK CITY COUNCIL | CORKINIA | CORKINIA.COM



Making Memories Café

Making Memories Café

The **Making Memories Café** provides a relaxed and informal place for people with memory difficulties and their carers to come have a cup of tea and share information.

Join Us:
The Last Tuesday of Every Month

Time:
11am to 1pm

Location:
Whitehall Colmcilles
GAA Club (Puck Lane)
Collins Avenue
Dublin 9
D09 W688

For More Info:
Tel: 086 044 9627
Email: Amanda.wilkinson@hse.ie

In Partnership with HSE, DCC, Larkhill CU, Alzheimers Society of Ireland & Whitehall Colmcilles GAA Club.

Cavan Older People's Council Roadshow & AGM



Cavan Older People's Council hosted their Annual Roadshow & AGM at The Lavey Inn on 4th October 2022. The event was open to older people from across the county to attend.

Photo: Leas Cathaoirleach Cllr Carmel Brady opening the OPC Roadshow

The Older People's Council represents older people on many important structures such as the Cavan Age Friendly Alliance, Joint Policing Committee and Public Participation Network as well as national structures. The Older People's Council is made up of older people nominated from each Municipal District. They will be involved in carrying out various projects and activities such as the co-ordination of weekly information sessions for Older People, conducting Age Friendly Walkability Audits and organising events on topics of interest to Older People.

The event was opened by Leas Cathaoirleach of Cavan County Council Cllr Carmel Brady and was hosted by the Joint Chairperson of Cavan Older People's Council Carole Beattie. There were speakers from various organisations including Mairead Cranley from Age Friendly Ireland, Eimear McCormack from Healthy Homes Programme & Ciara Brady from the RSA. The audience were entertained by A fantastic group of musicians from Loretto College. Roisin Hoban facilitated a lively chair aerobics sessions and Debbie Clarke took the guests through a peaceful meditation session. Several organisations based within County Cavan also had information stands at the event to promote their work to those in attendance.



Picture above: Leas Cathaoirleach of Cavan County Council Cllr Carmel Brady, Joint Chairpersons of Cavan Older People's Council Brian McDermott & Carole Beattie, Deirdre Donnelly Age Friendly Programme Manager, Cavan County Council, Mairead Cranley Regional Programme Manager, Age Friendly Ireland & Eimear McCormack, Regional Manager, Healthy Homes Programme.

THE POWER OF PURPOSEFUL PLAY

Healthy Ireland funding helps secure 4th Tovertafel interactive activity table for Donegal Libraries.

Moments of Happiness at your Library, libraries are essential to our communities where anyone can learn, discover and develop, regardless of age, ability, education or income. This free programme is designed around some of the most vulnerable members of our community, making memorable moments and improving quality of life using the Tovertafel for purposeful play through games to positively influence quality of life for children with autism, those living with dementia and adults with intellectual disabilities using interactive light projected games that stimulate physical activity, social interaction, cognition, and moments of happiness.



Benefits to those living with dementia

- Help break through apathetic behaviour
- Reduce restless and tense behaviour
- Promote social interaction with care professionals, family, and friends

Outlining the significance of the Healthy Ireland Programme, Healthy Ireland Coordinator for Donegal, Margaret Fitzgerald said "The Healthy Ireland Programme provides a cross-sectoral focus for improving and supporting the health and wellbeing of everyone living in Ireland and is central to the work of Donegal County Council and Donegal Local Community Development Committee." **The Moments of Happiness at your Library initiative is funded under the Healthy Ireland Programme, which is supported by the Department of Health.**



Available at



Buncrana Library



Central Library
Letterkenny



Leabharlann Phobail
Gaoth Dobhair



Twin Towns Library
Stranorlar

Additional interactive activity touch tables are available to help services deliver dynamic, person-centred care within residential settings across a number of locations throughout Donegal funded by EU mPower Interreg VA Project supported by Cara O'Neill, Head of Service Health and Wellbeing Community Healthcare Cavan Donegal Leitrim Monaghan Sligo.



Mayo's Older Persons Council

Mayo's Older Persons Council were invited to meet with the Policing Authority on the 3rd October in Mayo. The Authority was established as an independent body to oversee the performance of the Garda Síochána in relation to policing services in Ireland. The Policing Authority engaged with various groups and organisations in to get a sense of the lived experience of policing in Mayo.



Mayo's OPC were delighted with the opportunity to meet discuss policing and the performance of the Garda Síochána in the county, challenges / issues they have experienced and suggested improvements. Members also spoke about positive experiences with AGS.

The Policing Authority meets each month with the Garda Commissioner. Five of these meetings are held in public each year.

The next meeting in public with the Garda Commissioner will take place in Mayo at the Great National Hotel Ballina on 26 October. The agenda for this meeting will include local policing challenges and performance as highlighted by the OPC and other groups in Mayo.

Further information on Authority meetings is available [here](#) .



As part of Positive Ageing Week Castlebar Library launched "the memory box". Memory Boxes are specially created boxes of objects chosen specifically to spark memories of the past, to remember places and events from our lives, and to encourage conversation and discussion amongst the people who handle the objects from them. These boxes are regularly used as resources for engaging people with memory problems, such as those with dementia or Alzheimer's Disease. The wide benefits of the boxes to stimulate memory and encourage engagement are hugely significant, and they are physical resources which use the practice of object-based recall and handling, and which explore the power of objects as tools for reminiscence and recognition.

The Castlebar Library Memory Box includes a range of tactile and sensory objects including a rotary telephone, a ceramic hot water bottle, carbolic soap, vintage children's toys, a knitted baby cardigan, a soft toy made by the Erris Toys factory, an oil lamp, a showbands record, a ladies' vanity set, a vintage biscuit tin and *Woman's Weekly* magazine, and a set of pre-decimalisation coins.

It will be available for free loan by community groups across the County from October 2023 onwards and will hopefully provide many years of engagement and conversation for all those who use it and ignite memories and positive emotions through the items stored within it.

The Castlebar Memory Box project was kindly supported by Creative Ireland.



Age Friendly Mayo and Mayo's Older People's Council look forward to collaborating with the library on the memory box project.

Age Friendly Business Presentation Roscrea

Age Friendly Roscrea in Tipperary presented charters to those businesses who completed the Business Recognition Programme on Wednesday 27th September.

The charters were presented by their new Tipperary Age Friendly Ambassador, John Lonergan.

A special thanks to the photographer, P.J. Wright.



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 on all things Age Friendly happening around the country 😊

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

Facebook: Age Friendly Ireland

Instagram: [agefriendlyireland](https://www.instagram.com/agefriendlyireland)

International Updates



IFA Global Café | In Conversation with Dr. Niamh lennox-Chhugani

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Ms Christina Fasser on "Vision Health and Ageing."

Ms Christina Fasser
Advisor, Several Industrial Advisory Boards,
Switzerland

Global Café
in conversation with experts

"VISION HEALTH AND AGEING"

OCTOBER 13TH 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 9032170**

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