

**National Updates**



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**Public Health Measures**

You can [find information here](#) about the public health measures in place.

**COVID-19 Testing - Online Booking System**

Full details of [how to get tested are available here](#).

[To book a test, log on to our system here](#). You can show up without an appointment, but you may not have to wait as long if you book online.

We have introduced a new contact tracing online system this week. If you get a positive test, you can use this to help list where you've been and help us to get in touch with your close contacts. <https://www2.hse.ie/conditions/covid19/contact-tracing/contact-tracing/>

**COVID-19 vaccine dose 2 reminder**

If you had the AstraZeneca vaccine, you need a second dose to be fully vaccinated. If you do not want a second dose of AstraZeneca, you can now choose to get an mRNA vaccine dose instead. This will mean that you are fully vaccinated. Walk-in clinics are available. You can [find further information here](#).

**Walk-in COVID-19 testing**

-Walk-in COVID-19 testing is not currently available but you can [book at test online](#) for any test centre.

**Mixed vaccines doses**

People who received a first dose of AstraZeneca can now receive an mRNA (Pfizer/Moderna) vaccine as their second dose. NIAC recommends that receiving two doses of the same vaccine are preferred for all age groups, where possible. You can read more about this [here](#). Dose 2 walk-in vaccination clinics for people who wish to get an mRNA vaccine after their first dose of the AstraZeneca vaccine are listed [here](#).

**90% of adults fully vaccinated**

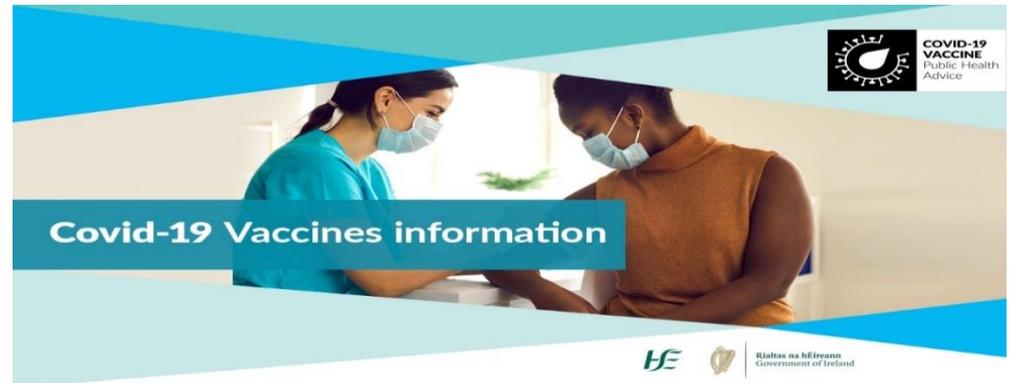
-90% of adults have been fully vaccinated in Ireland, and approximately 84% of the population aged 12+ have been fully vaccinated.

**Third level student vaccination clinics**

From 27 September, on selected dates, third level students who have not yet had their COVID-19 vaccine will be invited to walk in clinics either on or close to campuses all over Ireland

### COVID-19 Contact Tracing - Online System

If you get a positive test, you can use the contact tracing system to help list where you've been and help us to get in touch with your close contacts. You can [find more information here](#).



### COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide. More than 3 million people have been fully vaccinated in Ireland. By this weekend, 90% of adults will be partially vaccinated and 80% of adults will be fully vaccinated. We are grateful to all of our colleagues and partners, and to the public, for taking part and making this happen.

You can find the latest information on vaccines administered [here](#).



### Vaccines are making a difference

COVID-19 vaccines are working and helping to prevent severe illness. But COVID-19 can still infect people. There are things we all need to keep doing to help protect ourselves and those around us

Every vaccine helps reduce the amount of severe illness in our communities and we thank everyone who has already had their COVID-19 vaccine. If you haven't registered yet, or someone in your network has yet to do so, they can:

- Check hse.ie for answers they can trust about the COVID-19 vaccines
- Talk to a pharmacist or GP – many are now giving mRNA vaccines
- Call HSElive on 1800 700 700
- Register online at hse.ie

### **Find a pharmacy giving COVID-19 vaccines**

Many pharmacies are now offering COVID-19 vaccines to people aged 12 and over. Find a pharmacy to book your vaccine appointment. You can [find more information here](#).

### **Walk-in vaccine clinics**

Many of our vaccination centres are operating walk-in clinic times. At these times, people aged 16 and over who have not had a vaccine yet can come to the centre without an appointment and get their free COVID-19 vaccine. You can read about [what you need to bring with you, and where the walk-in clinics are, here](#)

[Register online to get a COVID-19 vaccine.](#)

[Read the user guide for help with registering online.](#)

[Find information here on who can give consent for vaccination](#) of a young person aged under 16 years

If you cannot register online, you can [call the COVID-19 helpline](#) at Freephone: 1800 700 700 to register by phone.

Who can give consent for vaccination of a young person aged under 16 years

Information is available [here](#).

### **Where to find COVID-19 Vaccination Information**

We encourage everyone to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

Check [hse.ie/covid19vaccine](https://www.hse.ie/covid19vaccine) for information about the vaccine, information on this page is updated regularly

Find the vaccine information materials

at [www.hse.ie/covid19vaccinematerials](https://www.hse.ie/covid19vaccinematerials)

Details on COVID-19 vaccines administered are available [here](#)

Read the [full COVID-19 Vaccine Allocation Strategy](#)

Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)

[COVID-19 vaccine information for health professionals](#)

Information in Irish Sign Language: information resources on the COVID-19 vaccines in Irish Sign Language are available [here](#).

### **Public Health Information**

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www2.hse.ie/conditions/covid19/>

and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.

Clinical and professional guidance relating to COVID-19 is available on [www.hpsc.ie](https://www.hpsc.ie) where you'll find up to date guidance for healthcare settings and non-clinical settings.

Please check [here](#) for the most up to date partner resources for COVID-19. You can find the [COVID-19 A-Z information here](#) from the HSE's Health Protection Surveillance Centre (HPSC).

Please also check the Healthy Ireland site [here](#) with further resources and information on the Keep Well campaign.  
You can view the latest information on how Ireland is responding to cases of COVID-19 [here](#).  
Ireland's COVID-19 Data Hub is [available here](#).

## **National Disability Authority Annual Conference 2021**



### **Annual Conference**

Thursday, 14 October 2021  
Opportunities and Aspirations for the Assisted  
Decision-Making (Capacity) Act 2015: Progressive  
Realisation of UNCRPD Article 12 (Equal Recognition  
before the Law)

### **Opportunities and Aspirations for the Assisted Decision-Making (Capacity) Act 2015: Progressive Realisation of UNCRPD Article 12 (Equal Recognition before the Law)**

**Date: Thursday, 14 October 2021**

**Time: 10am – 4.15pm**

**Location: Online Zoom Webinar**

The National Disability Authority would like to invite you to its Annual Conference 2021, which will focus on the theme of progressive realisation of UNCRPD Article 12 through the Assisted Decision-Making (Capacity) Act 2015. Article 12 of the UNCRPD obliges States Parties to recognise that persons with disabilities enjoy legal capacity on an equal basis with other persons and to take all appropriate measures to provide persons with disabilities with the support they need to make decisions.

The Assisted Decision-Making (Capacity) Act 2015 is an innovative and progressive piece of legislation, which seeks to move away from a medical model interpretation of capacity, to a social model that embraces the person's right to make their own decisions, and confirms the state's obligation to ensure they are supported to do so. It abolishes wardship, establishes various levels of supported decision-making and promotes the practice of advance planning. It is due to be commenced in 2022.

The Conference will take a holistic view of all the implications of the legislation, bringing together all relevant stakeholders, including professionals who are preparing to implement the legislation and individuals whose lives will be impacted by it.

The Conference will be a fully virtual event, and you can register here: [https://us02web.zoom.us/webinar/register/WN\\_hRgknAzUR\\_K8mc4bWa83KA](https://us02web.zoom.us/webinar/register/WN_hRgknAzUR_K8mc4bWa83KA)

Irish Sign Language interpretation and real-time captioning will be available. If you have any questions, please do not hesitate to contact us at: [nda.annualconference@nda.ie](mailto:nda.annualconference@nda.ie)

A full programme is available here: <http://nda.ie/policy-and-research/conference-reports/nda-annual-conferences/nda-annual-conference-2021-opportunities-and-aspirations-for-the-assisted-decision-making-capacity-act-2015-progressive-realisation-of-uncrpd-article-12-equal-recognition-before-the-law-.html>

We look forward to welcoming you to our Annual Conference 2021!



### Register for the Online Certificate in Integrated Care - Autumn 2021

The Certificate in Integrated Care has been designed using [IFIC's 9 Pillars of Integrated Care](#) as a module based course of online learning. The accessible, high quality programme is offered through our digital, innovative and dynamic online learning platform. This comprehensive introductory level self-managed Certificate in Integrated Care accredited by CPD Standards UK delivered 100% online and in the comfort of your own home.

The course is based on The 9 Pillars of Integrated Care with the 5 modules as follows:

- **Module 1:** Introduction to Integrated Care with Shared Values and Vision
- **Module 2:** Workforce Capacity and Capability + People as Partners in Health and Care
- **Module 3:** System-wide Governance and Leadership + Aligned Payments Systems
- **Module 4:** Population Health and Local Context + Resilient Communities and New Alliances
- **Module 5:** Digital Solutions + Transparency of Progress, Results and Impact

The course will run over 8 weeks and requires 30 hours minimum study time. It does have some live elements such as live tutorial sessions and live questions and answers sessions with experts in each pillar. These live Q+A sessions will be recorded to ensure accessibility for everyone.



### Requirements

This course is an introduction to the subject and is therefore accessible to all those with an interest in integrated care principles, but will be particularly relevant to those working within healthcare, social care, community and other public service design or delivery from public, private and third/voluntary sectors, emerging researchers and students in associated subject areas, patients or caregivers and agency, government employees and policy makers.

The course language is English and a high proficiency (European level C1) is necessary.

### Registration

[Registration](#) is now open until Monday, 18 October. The price of the course is £550/€650.

Special rates are available for Low and Middle Income countries and Bursary places are available for patients and carers. Please contact

[academy@integratedcarefoundation.org](mailto:academy@integratedcarefoundation.org)

for more information.

Register here!



### Positive Ageing Week (PAW)

**PAW** is an Age Action initiative to promote the agency of older people and to celebrate the contribution they make to our families, workplaces, communities and society as a whole. For 19 years individuals, groups, local authorities and businesses have been organising events to mark PAW. We hope that PAW is an opportunity for communities to reconnect while also reframing how we think, feel and act about older people and ageing.

**International Day of Older Persons** - PAW also marks United Nations International Day of Older Persons on 1 October the theme for which is 'Digital Equity for All Ages'. Digital exclusion is a reality for 50% of people over the age of 65 in Ireland. During COVID-19 restrictions the 'digital divide' was experienced by people in all age groups. People without access

to suitable digital devices or adequate broadband and those who lacked digital skills were at a disadvantage accessing information, services and staying connected to family, friends, and their wider community. Age Action advocates for proactive approaches to support the digital inclusion of older people.

Join us for a webinar- Digital Equity for All Ages How Digital Inclusion Supports Equality and Rights of Older People on Friday 1 October at 11am. To register email [paw@ageaction.ie](mailto:paw@ageaction.ie)

Age Action will be hosting a webinar for our older stakeholders Addressing Inequalities and Realising Rights of Older People - to discuss the Pre-Budget Priorities and our survey findings on Tuesday 28 September at 10.30am. If you would like to join us, please email [paw@ageaction.ie](mailto:paw@ageaction.ie) to register.

We also invite you to join us for a webinar on Thursday 30 Sept at 10.30am.

We need to talk about Ageism- Exploring systemic ageism on a global level.

A conversation with Jemma Stovell- Global Voice advisor with HelpAge International looking at ageism and how it affects older people throughout the world, including those supported through the Irish Aid funded AFFORD II programme, and how it can be combatted. Register to attend at [paw@ageaction.ie](mailto:paw@ageaction.ie)



Find out more about how you can get involved or **register your event** at [positiveageingweek.com](http://positiveageingweek.com).

There are already lots of great activities registered that are virtual and in person which are open to the public.

**In conversation with Pat Naughton** - in person event-Monday 27 September 11am- 12pm  
Tyrone Community Centre, Nenagh Tipperary

**An evening of Music, Song & Spoken Word** - Virtual concert by the fire - Thursday 30 September 5pm - 6pm -  
email [jloughran@waterfordcouncil.ie](mailto:jloughran@waterfordcouncil.ie) for livestream link

**Talk on the Power of Attorney by Eamon Quinlan, Law Graduate-** Tuesday 28 September 3pm-4pm. Click [here](#) for details

Check out the events registered on the Positive Ageing Week website [here](#)



As part of this year's Positive Ageing Week, LinkedIn in partnership with Age Action is hosting two events focused on older jobseekers. Attendees will receive guidance from LinkedIn staff, who know best what employers and recruiters are looking for when hiring.

The first event on Tuesday 28 September at 11.00am will cover tips for using LinkedIn to its maximum potential and will include a live demo. [Register here.](#)

The second event on Friday October 1 at 12.00pm will be a roundtable discussion featuring some of LinkedIn's staff sharing their experiences, the key skills and competencies recruiters are looking for, interviewing in a digital era, and setting yourself up for success in remote work arrangements. [Register here.](#)

LinkedIn + Age Action  
Age Action program + Positive Ageing Week 2021

Date: 1<sup>st</sup> Oct, 2021  
Time: 12:00 pm

 Melanie Steinhardt Corporate Partnerships & Philanthropy Manager	 Sinead Nevin Senior Recruiter Talent Acquisition Partner	 Francisco de Sebastian Sales Manager Wisdom Program Manager	 Caroline O'Connell Age Action Head of Fundraising
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### **Irish Cancer Prevention Network Webinar: Ageing Well, How to reduce your Cancer Risk**

WEBINAR INVITATION

# Ageing Well

Irish Cancer Prevention Network  
DATE: 30th September 2021  
TIME: 1-2pm

How to reduce your Cancer Risk

AgeAction Age Equality

Irish Cancer Prevention Network

Marie Keating FOUNDATION | breakthrough CANCER RESEARCH | nccp National Cancer Control Programme | Irish Cancer Society | WASH STATE FOUNDATION | An tSeirbhís Náisiúnta Scaghabhála National Screening Service

### **30th September 1-2pm**

To support people to age well and reduce cancer risk the Irish Cancer Prevention Network are hosting the webinar 'Ageing Well: How to reduce your Cancer Risk'.

Cancer can develop at any age, but as we get older our risk of cancer increases. We cannot control our age, but lifestyle choices can reduce our risk of cancer no matter what age we are.

The webinar will feature experts discussing how we can reduce our risk of cancer as we age, including:

- **Healthy lifestyle choices as we age: it is never too late**

Professor Roman Romero-Ortuno Associate Professor in Medical Gerontology at Trinity College Dublin and Consultant Physician in St. James's Hospital, Dublin.

- **Cancer Screening**

National Screening Service

- **Acting early on signs of cancer**

Dr Una Kennedy, National Cancer Control Programme GP Advisor

- **Living well with and beyond cancer**

Dr Mairead Cantwell, Researcher, Lecturer & Course Coordinator, Department of Sport and Health Sciences, Athlone Institute of Technology

**Registration page:**

[https://ims.zoom.us/webinar/register/WN\\_7jwXkKa2SuWBtUNWtPrN4g](https://ims.zoom.us/webinar/register/WN_7jwXkKa2SuWBtUNWtPrN4g)



## **Decade of Healthy Ageing: Thank you for your attendance!**



The Platform

Share your knowledge

HOME ABOUT ▾ FIND KNOWLEDGE ▾ TOPICS & INITIATIVES ▾ SUBMIT

EN SEARCH 🔍

### **Enabling Knowledge for Healthy Ageing:**

Launching the UN Decade of Healthy Ageing Platform

On 7-9 September 2021, over **880 participants** across all 6 WHO regions joined us to launch the Decade knowledge exchange Platform through a multilingual conversation on knowledge sharing.

As WHO Director-General Dr Tedros Adhanom Ghebreyesus recently wrote in a [Nature Aging World View](#), **'it takes knowledge to transform the world to be a better place to grow older'**.

Thank you to all our participants who joined us on the day to learn more about the importance of collaborative knowledge sharing for healthy ageing, together with speakers from national governments, intergovernmental organisations, civil society, private sector, and academia!

Watch the WHO Regional Director's joint video statement on Platform's launch [by clicking here!](#)

Did you miss the events? The recordings of all three launch events are now available on the platform. Please share the links with your networks who may want to catch up with the conversation.

[English Launch Event \(7 September 2021\)](#)

[French Launch Event \(8 September 2021\)](#)

[Spanish Launch Event \(9 September 2021\)](#)

### **Stay involved with the UN Decade of Healthy Ageing and the Platform**

The Decade Platform is now available for anyone to access and use in [English](#), [French](#), and [Spanish](#). The Platform is a unique opportunity to build the collaborations we need to make the Decade a success. Stay involved by:

1. [Using the Platform](#) and exploring the knowledge others have shared with the global community
2. [Contributing to the Platform](#) by sharing your knowledge, expertise, and experiences through our submission form
3. **Spreading the word on the Platform** with your colleagues and networks
4. **Staying updated on the Platform** and Decade initiatives by following us on [Twitter](#) and [subscribing to our newsletter](#)

See you on the Platform!

Learn more about [The Platform here](#).

### **Launch of CareBright Dementia Café opening in October 21<sup>st</sup> under the National Dementia Network.**



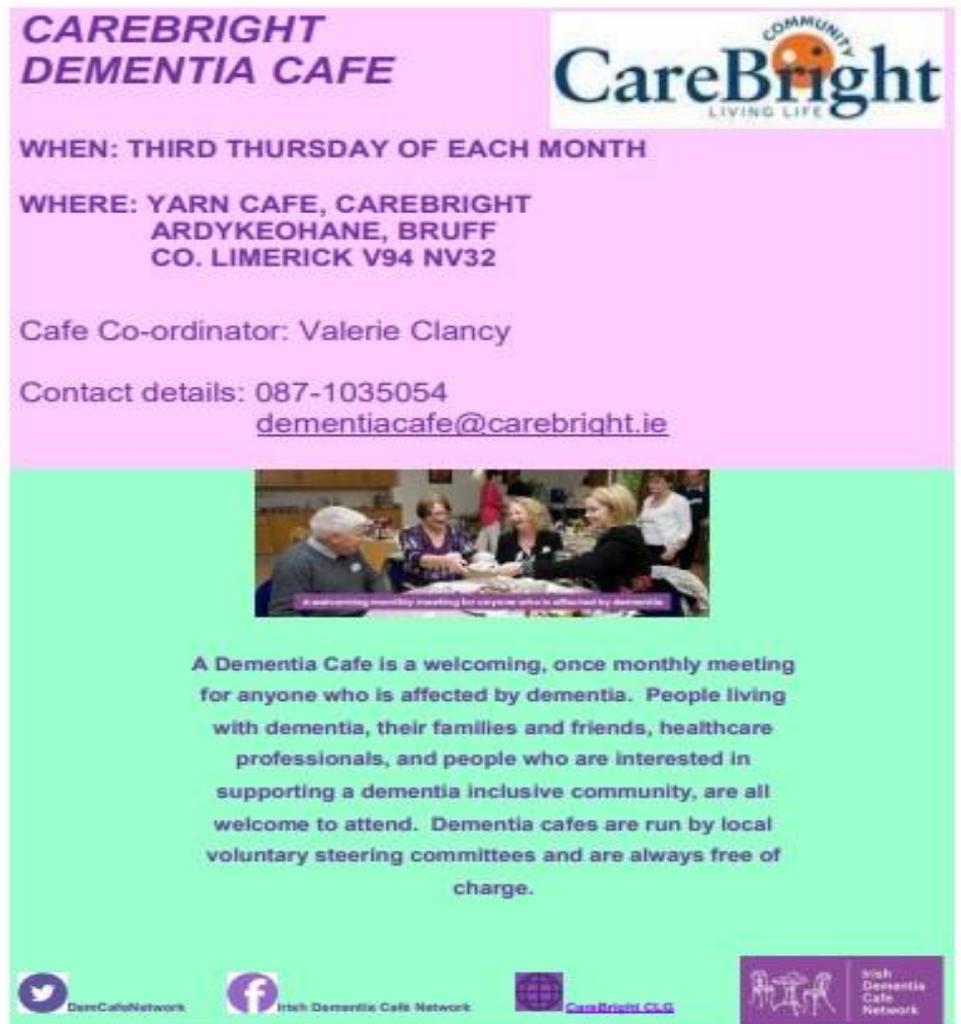
The first Alzheimer Cafe was set up in Ireland in 2011 with many other memory Cafe's following their lead. 2020 has seen a large increase in the number of virtual Cafes open in a response to meeting the need for support especially during lockdown. CareBright CLG are launching the CareBright Dementia Cafe in collaboration with Alzheimer's Society Ireland (ASI), HSE, Engaging Dementia and the National Dementia Cafe Network.

The CareBright Dementia Cafe will provide an opportunity for people to share experiences and get reliable information on dementia care and supports. It is a soft first step for those coming to terms with a diagnosis and will provide signposts / information to other support services available. Receiving a dementia diagnosis can lead to shock, anxiety and ultimate withdrawal into yourself from fear of future. It is so important to talk to friends and family at this time and resist the urge to withdraw socially. Post-diagnostic support systems give people hope and a platform to focus on what they can do and not what they can't. Such supports help those living with dementia to take control of their condition and subsequently their life in the best possible manner. We may not be able to change the outcome but we can change each and every journey.

Meeting once monthly the CareBright Dementia Cafe will provide a safe supportive peer group for those living with dementia and their careers. It is

a social platform to exchange experiences and information while receiving advice from relevant specialist guest speakers.

Facilitated by a volunteer steering committee comprising of clinical experts and community leader's services provided will be driven by its members needs and requirements. Tea / coffee and treats are supplied free of charge to those attending the Cafe.



**CAREBRIGHT  
DEMENTIA CAFE**

**CareBright**  
COMMUNITY  
LIVING LIFE

**WHEN: THIRD THURSDAY OF EACH MONTH**

**WHERE: YARN CAFE, CAREBRIGHT  
ARDYKEOHANE, BRUFF  
CO. LIMERICK V94 NV32**

Cafe Co-ordinator: Valerie Clancy

Contact details: 087-1035054  
[dementiacafe@carebright.ie](mailto:dementiacafe@carebright.ie)



A Dementia Cafe is a welcoming, once monthly meeting for anyone who is affected by dementia. People living with dementia, their families and friends, healthcare professionals, and people who are interested in supporting a dementia inclusive community, are all welcome to attend. Dementia cafes are run by local voluntary steering committees and are always free of charge.

 DementiaCafeNetwork  Irish Dementia Cafe Network  CareBright CLG 



## Forum 2021

On Dying, Death & Bereavement

Online | 5 & 6 October

On October 5<sup>th</sup> and 6<sup>th</sup> 2021 from 11.00am to 4.00pm, Irish Hospice Foundation will create a safe space to examine our relationship with dying, death and bereavement at our online conference [Forum 2021 on Dying, Death and Bereavement: Are we the same? The art of losing and building back better.](#)

We are offering a special discounted rate to those of you who are members of Age Friendly Ireland. Use the discount code **AFI** and [book your ticket here today](#). Please note **the event will be recorded** and by booking a ticket you will be able to access all the presentations, even if you are unable to attend on the dates.

We will explore our learnings from the pandemic, what benefits we can bring to our future during the two-day conference. Together, we will ask questions, create conversations, disclose feelings, explore our emotions, and make suggestions to plan ahead. We are delighted that Dr. Mike Ryan, Executive Director of the World Health Organisation's Health Emergencies Programme will open our 2-day event.

**Day 1 Tuesday 5<sup>th</sup> October** will challenge our thinking about dying. We will look at the way we care for people at the end of life and what is new, what is innovative, and what is emerging from the pandemic. What should every single one of us should know about understanding and planning for the end of life?

**Day 2 Wednesday 6<sup>th</sup> October** will bring us together on grief and bereavement.

Over the two days of [Forum 2021](#), our speakers will include:

- Dr. Mike Ryan from the World Health Organisation
- TED Talker, BAFTA nominated author Kevin Toolis
- Lauren Breen, Australian award-winning research on loss and grief for families, communities, professionals
- Palliative Care Doctors and End of Life Coordinators
- The Bereaved Dad's Breakfast Club and The Good Grief Festival
- Funeral Directors, Carers and Disrupters
- International Research on Assisted Dying
- Bereavement and returning to work
- Interactive quizzes on thinking and planning ahead
- Geriatricians and advocates for older people
- Irish Hospice Foundation grief and bereavement experts will respond to your queries
- Arts and creative practice exploring dying, death, loss and grief

For programme of Events and book your tickets for Forum 2021 here – <https://hospicefoundation.ie/forum2021>



Rialtas na hÉireann  
Government of Ireland

## Message from President Michael D. Higgins for [#TravellerPrideWeek 2021](#)



UACHTARÁN NA hÉIREANN  
PRESIDENT OF IRELAND

### Message from President Michael D. Higgins For Traveller Pride Week

May I send my best wishes to all those taking part in this year's Traveller Pride Week.

This year's theme 'Stronger Together' reflects the profound spirit of solidarity that exists amongst our Traveller community. Despite the considerable progress made in recent years, it must remain a grave concern that Travellers in Ireland continue to face discrimination and exclusion on a daily basis. Indeed, recent European research has discovered that Irish Travellers face some of the worst discrimination in Europe. That is greatly worrying and a salutary reminder of the many challenges that continue to face a community of fellow citizens who have so much to offer our society.

As the Travelling Community come together this week to celebrate the rich heritage and unique traditions in which you have such justifiable pride, I thank you for your continued resolve to participate in that society - bravely combatting the hurtful discrimination and rejection which is so often your experience. By working together, you have already achieved so much. As a society we can learn a great deal from your inspiring spirit of solidarity, a spirit that reminds us of the shared sense of humanity that must define any truly democratic nation.

I wish you a most successful week, and thank you for your continued contribution to the creation of a fairer and more inclusive Ireland.

Michael D. Higgins  
Uachtarán na hÉireann  
President of Ireland



### **AFU Launch and Panel Event Invitation**

Munster Technological University (MTU) has recently been awarded Age Friendly University (AFU) designation. To mark this achievement, MTU is hosting a Launch and Panel Event. This event aims to create awareness and inform staff, students and the wider community about the importance of the [10 AFU principles](#).

We would be delighted if you could attend the **MTU Age-Friendly University Launch and Panel Event**, which will take place online, via Zoom on **Tuesday 28th September** from **12:00 noon to 13:30pm**.



To register for this free event click here: [Meeting Registration - Zoom](#)

Please Note: To join this event you must ensure you have an activated Zoom account in order to gain access.



# MTU AGE FRIENDLY UNIVERSITY LAUNCH & PANEL EVENT



**SPECIAL GUEST:**  
Ailbhe Smyth

Ailbhe Smyth, 75 is an Irish academic, writer, feminist socialist and LGBTQ activist.

**TUESDAY**  
28th September  
12:00 noon

Join us as we celebrate MTU being welcomed to the Age-Friendly University Global Network.

FREE Zoom Registration:  
<https://telcit.zoom.us/join/91234567890>



AFU@mtu.ie

@edimtu



**Join us live on Facebook**

**Monday 27th  
Wednesday 29th  
Friday 1st**

**at 11am for**

**Age & Opportunity  
Movement Minutes**



#AgeandOpportunity

The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available.

## **Recent survey findings from Understand Together on attitudes to dementia**

A press release from Understand Together during World Alzheimer Month focused on the positive results of our recent Omnibus survey and the improving public perceptions and attitudes towards people with dementia. There has been an incredible interest by national and local press, with 4 national papers, Irish Independent, Irish Examiner, Irish Daily Mail and Irish Sun picking it up.

### **The coverage is also featured online**

<https://www.independent.ie/irish-news/health/one-in-10-would-try-to-cover-up-signs-of-dementia-40871330.html>

<https://www.irishexaminer.com/news/arid-40702319.html>

<https://www.thesun.ie/news/7629419/world-alzheimers-day-important-remember-dementia-patients-active-citizens/>

and you can listen to a fantastic interview by Suzanne Timmons with Newstalk here

<https://www.newstalk.com/podcasts/highlights-from-lunchtime-live/attitudes-are-changing-for-the-better-towards-people-with-dementia>

### **Article series**

Our 4 part article series has been picked up by 29 papers across every county.

**Article 1 (Friday September 3)** Professor Iracema Leroi from the Global Brain Health Institute at Trinity College Dublin and Lewy Body Ireland explores some of the more common types of dementia and the importance of taking action if you're worried about the disease.

**Article 2 (Friday September 10)** Joan Fitzpatrick from the Living Well with Dementia programme in Dublin South writes about the benefits of music and dance and how these can overcome difficulties with language and expression for the person with dementia. Make sure to check out Joan's Top 5 Tips on Introducing Music into the Life of a Person with Dementia.

**Article 3 (Friday September 17)** Emma O'Brien from the HSE's Memory Technology Resource Rooms (MTRRs) focuses on how technology can help the person with dementia. Emma highlights the availability of MTRRs in almost every county in the country, which showcase the different types of technologies and how they work, from smart homes to smart phones to smart apps.

**Article 4 (Friday September 24)** Prof. Suzanne Timmons, Consultant Geriatrician and Clinical Lead, HSE's National Dementia Office, talks about reducing our risk of dementia. Prof. Timmons focuses in particular on hearing loss and how it is the most common factor that we can change when it comes to dementia, even ahead of smoking and high blood pressure.

## Local Updates



Comhairle Contae  
Fhine Gall  
Fingal County  
Council



## Age Friendly Fingal



# POSITIVE AGEING WEEK

27 September - 1 October 2021



### Re-connecting Communities Outdoors

Join us this Positive Ageing Week to reconnect with your locality in person.  
Join your community for:

-  Refreshments
-  Entertainment
-  Chats

**Dates / Venues:**

- Tues. 28th Sept.** Swords Castle Park  
Session 1 (11am-1pm) or Session 2 (2pm-4pm)
- Wed. 29th Sept.** Hartstown Park, Blanchardstown  
Session 1 (11am-1pm) or Session 2 (2pm-4pm)

To Book a Session on Tues. or Wed. Call Nicole Kelly on 087 926 6727 or email [Nicole.kelly@fingal.ie](mailto:Nicole.kelly@fingal.ie)

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- Thurs. 30th Sept.** Institute of Music & Song (10am-1pm) Balbriggan
- Fri 1st Oct.** Institute of Music & Song (10am-1pm) Balbriggan

To Book Thurs. or Fri. Call Institute of Music & Song on 089 614 7211 or email [info@iims.ie](mailto:info@iims.ie)

**BOOKING IN ADVANCE IS ESSENTIAL.**

\*Outdoor event - bring your own cushion & blanket for your comfort.  
\*Subject to government guidelines for living with COVID19 regulations.

Comhairle Contae Fhine Gall Fingal County Council 



## Kildare Libraries Age Friendly Programme

### Free Outdoor Workshops, September – October 2021

After such a long absence, rediscover your local library with our Age Friendly Programme. We will have outdoor events in some of our libraries during September and October and in November we hope to have all our Age Friendly patrons back in our warm, welcoming libraries taking part in indoor [workshops](#). To be informed about future Age Friendly workshops and events subscribe to our newsletter at

[kildare.ie/library/newsletter/subscribe](http://kildare.ie/library/newsletter/subscribe)

All or our events are FREE but you **must** book your place on Eventbrite.

**Remember: wrap up well to stay warm outdoors**  
**Age Friendly Events**

**Homemade Gifts outdoors with Aoife Munn**

Learn how to make lovely gifts for family and friends in this interactive workshop. Whether it's delicious cordials for the foodies or Wax Wraps for the zero wasters we have lots of ideas and easy to follow instructions. All materials are provided in this workshop and you take your work home with you.

**Leixlip Library Garden - Saturday 2nd October 10.00am – 11.00am**

**Booking via Eventbrite: <https://www.eventbrite.ie/e/homemade-gifts-with-aoife-munn-tickets-172047678237>**

**Handmade Soap making outdoors with Aoife Munn**

Join us for a morning of soap-making using lots of natural materials. Learn how to make zesty orange soap or relaxing lavender in this interactive workshop. Everyone will get full printed instructions to take home and the soap they make. All materials are provided in this workshop and you take your work home with you. Please bring something to wrap your soap in to take home.

**Leixlip Library Garden - Soap making, Saturday 2nd October 11.15am - 12.15pm**

**Booking via Eventbrite: <https://www.eventbrite.ie/e/handmade-soap-making-workshop-with-aoife-munn-tickets-172091068017>**

**Naas Library Garden - Soap making, Saturday 2nd October 1.30pm - 2.30pm**

**Booking via Eventbrite: <https://www.eventbrite.ie/e/age-friendly-outdoor-soap-making-with-aoife-munn-tickets-170461631328>**

**Weaving outdoors with Beth Murphy of Willow Wonder**

Join Beth Murphy from Willow Wonder for our outdoor garden workshop. We will be learning all about willow, how, where and when to grow, managing and harvesting for weaving. Each participant will make and bring home their very own "Bird Feeder". All materials are provided in this workshop and you take your work home with you.

**Newbridge - Friday 24th September at 11.00am – 1.00pm**

**Booking via Eventbrite: <https://www.eventbrite.ie/e/170368145710>**

**Leixlip - Friday 1st October at 11.00am - 1.00pm**

**Booking via Eventbrite: <https://www.eventbrite.ie/e/willow-weaving-workshop-with-willow-wonder-tickets-172603821677>**

**Naas - Wednesday 6th October at 11.00am - 1.00pm**

**Booking via Eventbrite: <https://www.eventbrite.ie/e/age-friendly-outdoor-weaving-workshop-with-beth-murphy-of-willow-wonder-tickets-170521269708>**

**Watercolour Painting outdoors with Florence & Milly**

Join artist Laura Barry from Florence & Milly for a guided Watercolour Painting session for beginners. Explore different techniques while having fun incorporating some items from home such as a crayon, salt, clingfilm and then take some time to paint your own masterpiece. All materials are provided in the workshop and you take your work home with you.

**Newbridge Library - Friday 24th September 2.00pm - 3.00pm**

**Booking via Eventbrite: <https://www.eventbrite.ie/e/170372314178>**

#### **Library Groups & Regular Events**

Book Clubs (Adult & Children) · Knitting Club · Irish Conversation Group · Creative Writing Groups · Chess Club · Movie Club · Active Retirement Group · Children's Arts & Crafts · Children's Storytime

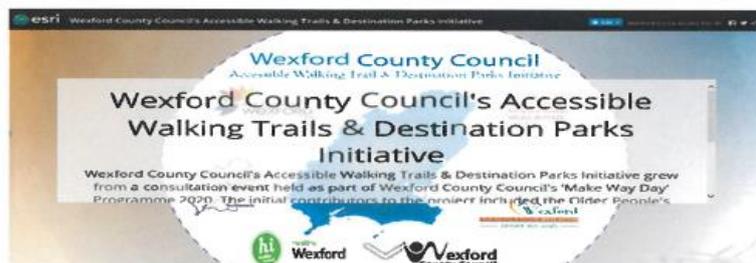
**For more information on our regular events, please contact the library.**



Make Way Day returns on Friday 24<sup>th</sup> September this year, with Wexford County Council once again supporting this event. Campaign organisers the Disability Federation of Ireland, DFI, have developed a short online survey that anyone can use to rate the accessibility of their local area.

The link to the survey will be available at [www.makewayday.com](http://www.makewayday.com) and on the Wexford County Council website [www.wexfordcoco.ie](http://www.wexfordcoco.ie) throughout the day on Friday 24<sup>th</sup> September.

As part of this event Wexford County Council will be launching the collaborative initiative Accessible Walking Trails & Destination Parks, which was developed based on consultations and activities which followed the 2020 'Make Way Day' last year.





# POSITIVE AGEING WEEK 2021

27TH SEPTEMBER - 1ST OCTOBER 2021

ACTIVITIES AVAILABLE IN COUNTY WEXFORD:



### Walk and Talk:

- ➔ Friday 24th Sept - Min Ryan Park, Wexford (10am) National Make Way Day
- ➔ Tues 28th Sept - Gorey Town Park (11am)
- ➔ Thurs 30th Sept - Rosslare Cliff Walk & Kirwans Gardens (11am)

### 4 weeks Activators:

- ➔ Starting Mon 27th Sept - New Ross Library Park (12noon)

### 6 weeks Walk and Tone:

- ➔ Starting Fri 1st Oct - Min Ryan Park (1.30pm)



For more information contact:  
087 6937764



Healthy Wexford



Comhairle Contae Loch Garman  
Wexford County Council



## 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 Rachel at [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



### IFA Global Cafe: In Conversation with Dr. Marcia Ory and Dr. Matthew Lee Smith on "Building the Case for Resilience in the UN Decade of Healthy Ageing"



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Dr. Marcia Ory and Dr. Matthew Lee Smith, the Founding Director and Co-Founder respectively at the Center for Population Health and Aging, Texas A&M University on "Building the Case for Resilience in the UN 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>

## Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

## Useful Contacts

**Age Friendly Ireland Shared Service Office** Telephone: 046 9097413

Or Email: [leavy@meathcoco.ie](mailto:leavy@meathcoco.ie)

**HSE Advice Line:** Callsave 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday

The following is the list of each **Local Authority's Helpline** phone numbers

<b>Local Authority</b>	<b>Community Response Number</b>
Carlow County Council	1800 814 300
Cavan County Council	1800 300 404
Clare County Council	1800 203 600
Cork City Council	1800 222 226
Cork County Council	1800 805 819
Donegal County Council	1800 928 982
Dublin City Council	01 222 8555
DLR County Council	1800 804 535
Fingal County Council	1800 459 059
Galway City Council	1800 400 150
Galway County Council	1800 928 894
Kerry County Council	1800 807 009
Kildare County Council	1800 300 174
Kilkenny County Council	1800 326 522
Laois County Council	1800 832 010
Leitrim County Council	1800 852 389
Limerick City and County Council	1800 832 005
Longford County Council	1800 300 122
Louth County Council	1800 805 817
Mayo County Council	094 906 4660
Meath County Council	1800 808 809
Monaghan County Council	1800 804 158
Offaly County Council	1800 818 181
Roscommon County Council	1800 200 727
Sligo County Council	1800 292 765
South Dublin County Council	1800 240519
Tipperary County Council	076 106 5000
Waterford City and County Council	1800 250 185
Westmeath County Council	1800 805 816
Wexford County Council	053 919 6000
Wicklow County Council	1800 868 399