

A SPOTLIGHT ON AGE FRIENDLY IRELAND | POLICY TO PRACTICE | WEBINAR 1 - AGE FRIENDLY HOUSING



On Tuesday 2nd November we introduced our first international webinar on the theme of housing, live from the Solstice Arts Centre in Navan, Co.Meath. Our panel was made up of Catherine McGuigan, Chief Officer, Age Friendly Ireland | Meath County Council, Barry Lynch, Director of Service in Meath County Council | Chairperson of the Housing Options for Our Aging Population Implementation Subgroup, Andrew Hannigan from Sláintecare, Mark Harrington National Manager of Healthy Age Friendly Homes Programme | Meath County Council, and Sarah Newell, Age Friendly Housing Technical Advisor | Planner and Urban Designer | Senior Executive Officer | Limerick City and County Council.

Minister Peter Burke TD did an opening address on housing, focusing on design, location and technology to support ageing in place. Alana Officer from the World Health Organization also gave a welcome address at the webinar that put a spotlight on an Age Friendly Ireland.

Barry Lynch, Director of Service, spoke about the outputs from the 'Housing Options for our Ageing Population' policy statement, informed by the voice of the older person. Mark Harrington described an innovative approach to support ageing in place, the Healthy Age Friendly Homes Programme, a local government based programme funded by Sláintecare.

Andrew Hannigan from Sláintecare described an array of initiatives as part of health care reform in Ireland including Healthy Age Friendly Homes. Sarah Newell explained their private rightsizing model in Limerick City and County Council.

[To view please click here](#)

Age Friendly Housing for Ireland's Ageing Population



On Wednesday, November 3, Jackie Maguire Chief Executive and Chair of the Age Friendly Ireland National Advisory Group, along with Pat Dowling, Chief Executive, Clare County Council and Chair of the National Chairs of Age Friendly Alliances Network along with Catherine McGuigan, Chief Officer, Age Friendly Ireland, met with Minister Darragh O'Brien, TD, Minister for Housing, Local Government and Heritage.

They discussed how Age Friendly Ireland can support the Minister's Department in the implementation of the newly launched Housing for All policy which will see the delivery of more Age Friendly Housing across Ireland and can [be seen here](#). Also discussed was the suite of Age Friendly Housing resources which are available on the [Age Friendly Ireland website](#) and the [Age Friendly Homes website](#).

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. You can [find the public health measures here](#).

Additional COVID-19 vaccination dose for those who are immunocompromised

Having a weak immune system puts you at higher risk of serious illness if you get COVID-19. Getting vaccinated will give you some protection against this.

If you have a weak immune system, you may be offered another COVID-19 vaccine dose to give you better protection.

You can find information on [who may need an additional COVID-10 vaccine dose here](#).

Hospitals will identify the people who need an additional dose. You do not need to register or contact anyone. People who need an additional dose will receive a text message with an appointment for their vaccine. These additional doses will be given through HSE vaccination centre near you, or your hospital if you're an inpatient. GPs may also vaccinate some people.

COVID-19 vaccine booster dose

If you have received a COVID-19 vaccine course, you will be offered a booster dose if you are:

- 80 or older, or
- 65 or older and living in a nursing home or long-term residential care facility

If you are living in long-term residential care and you are aged 65 or over, you will be vaccinated where you live.



comhairle chontae na mí
meath county council



	<p>If you are aged 80 or over and not living in residential care, you'll be invited for your vaccine by your GP. Some GPs will refer patients to a vaccination centre.</p> <p>You can find more information about the COVID-19 vaccine booster dose here.</p> <p>Flu vaccine It's flu season so if you're 65 or over, it's time to get your annual flu vaccine. While anyone can catch the flu, people aged 65 or older are more at risk of getting seriously ill or needing hospital treatment. So make an appointment with your GP or pharmacist today. You can find more information at hse.ie/flu</p>
	<p style="text-align: center;">A Message from Age and Opportunity</p> <p>Age & Opportunity, in association with Trinity College Dublin PPI Ignite, would like to invite you to join us in a virtual brainstorm by zoom next Wednesday 10 November from 2-3 pm. This is part of the national campaign called Creating Our Future which is a call for all citizens to tell the government our ideas for what researchers in Ireland should explore to create a better future. This is an opportunity for older people to have an engaging – and fun - conversation about ideas that we care about or are curious about and to ensure that our voices are heard. We will submit all the ideas to the campaign but we will also take them on board for our own research priorities and partnerships.</p> <p>If you would like to join our conversation next Wednesday, please register here.</p> <p>If you can't make it for our discussion but would like to submit an idea you can do so here. https://creatingourfuture.ie/</p> <p>And if you would like to find out more about the initiative there is a short video available here: Creating Our Future: How to submit your idea - YouTube</p>
	<p style="text-align: center;">IHF Seed Grants</p> <p>Irish Hospice Foundation (IHF) offer Seed Grants to communities / individuals wishing to creatively process or memorialise loss. In order to allow people to adapt to Covid-19 regulations, the deadline for this year's applications has been extended to Friday 12th November 2021 at 5.00pm.</p> <p>IHF offer up to 26 Seed Grants to support communities and individuals across the country with self-directed creative explorations of dying, death, grief, bereavement, and loss. Grants are a maximum of €1,000 each.</p>

IHF Seed Grant Programme 2021-2022

Supported by the Creative Ireland programme, IHF sets out to inspire and support the work of groups, organisations, and individuals who wish to mark in some tangible way their response to the universal realities of dying, death, and bereavement, especially during the COVID-19 pandemic.

Seed Grants support groups, organisations, and individuals exploring creative ways to do this. They might use the grant to help start new local art projects, or support existing projects to gain momentum - this may involve artists, crafts people, or digital coders. Alternatively, it may be a group or an individual who has a good idea. Priority will be given to creative initiatives that take innovative approaches to reflection and remembrance.

During the pandemic, and with the support of the Creative Ireland Programme, IHF began an Arts and Creative Engagement initiative. With all citizens affected by loss, normal patterns of grieving disrupted and care staff fraught, the programme offered a way for people to make meaning in a difficult time. [Watch a short film of projects supported previously here.](#)

Application Process

Full details and a digital application form can be found on the [IHF website](#). Alternatively, you can download and print an application form via the IHF web site and post it to: Elizabeth Hutcheson, Seed Grants, Irish Hospice Foundation, 32 Nassau Street, Dublin 2.

Key Dates

- **Thursday October 28th at noon:** Online application briefing and clinic (including Q&A). Zoom link on website. No need to register.
- **Friday November 12th at 5pm:** Extended closing date for all applications.
- **Tuesday November 23rd:** Successful awardees announced. All applicants will be notified this week.
- **Developed to April 30th 2022:** Successful projects must be completed by this date.

About Irish Hospice Foundation

IHF are the national agency focused on death, dying, grief, and loss. They work with a vision of Ireland where “every death matters” delivering education, training, and awareness programmes alongside systemic and social change strategies and policy campaigns. Their ambition is to reduce the impact of carelessness where it leads to suffering.

Over 35 years IHF has become embedded across the delivery of care in Ireland. IHF works with multiple HSE Departments, the NGO sector, and community sector. IHF’s many Friendly Hospitals with Ireland’s acute hospital service, Compassionate End of Life with the residential care sector, Nurses for Night-Care delivering care in the community directly to families, and the Bereavement Network aligning the voluntary sectors support.

	<p>Contacts</p> <p>IHF Arts and Cultural Engagement team: Dominic Campbell: Dominic.Campbell@hospicefoundation.ie Elizabeth Hutcheson: Elizabeth.Hutcheson@hospicefoundation.ie</p>
 <p>UCC University College Cork, Ireland Coláiste na hOllscoile Corcaigh</p>	<p>Participate in the SOLARBIOME Study: What are your views on healthy diets for healthy ageing?</p> <p>Researchers at University College Cork are seeking to explore middle-aged and older adults’ knowledge and views on a healthy diet and what makes people choose certain foods. We are interested in the views of anyone aged 55 years or older (so already older, or middle aged but starting to think about getting older). We are interested in people’s thoughts on food products that might promote health, and their overall place in a healthy diet and will use these opinions to inform the potential future development of a food product to supplement a healthy diet.</p> <p>We will be holding virtual focus groups (or one-to-one interviews if you prefer) in the coming weeks and months and hope that some members of Age Friendly Ireland might be interested in taking part. If so, please email the researcher directly laurenmahony@ucc.ie to find out more details.</p>
	<p>Older Citizens and Family/Informal Carers Sought for Community Health Support Research</p> <p>ValueCare is an EU funded project which aims is to improve community health and social care for older citizens using a supportive mobile app. This research will create the mobile app, in collaboration with older people, their careers and clinicians. See the project video here</p> <p>If you are aged 75+ or someone who cares for an older person, the research team would like to hear from you. Focus groups and interviews are being organised by telephone or online in November 2021.</p> <p>For more information, please contact andrew.darley@ucd.ie</p> <p>www.projectvaluecare.eu</p>
	<p>Principles in Action: Lifelong Housing in the UK: A Living Lab</p> <p>Join Equity by Design on Tuesday, November 16 at 11 am ET for a conversation with Future Homes Alliance. This Newcastle-based organization is a grassroots group of residents from Newcastle, England, who came together to create lifelong housing through innovations in both the product and the process.</p> <p>If you’re interested and would like to register, you can click here.</p>



Hidden Hearing Research

A considerable amount of older people in Ireland continue to live with untreated hearing loss each year. Studies have found that older people with untreated hearing loss have lower social participation, more loneliness, and depressive symptoms. We want to help more people avoid these issues, by getting access to the right hearing healthcare. Hidden Hearing want to gain a clearer understanding, from hearing aid users, of how the hearing aid category (and Hidden Hearing) can improve their services, so that more people can access life improving hearing healthcare.

Hidden Hearing would like to speak to hearing aid users aged 70 or older, who use hearing aids and have hearing difficulty. Taking into consideration the high number of Covid-19 cases in Ireland, participants can choose to either:

1. Engage in a discussion group in person (in a central location, with refreshments and snacks provided) and they are welcome to have a family member accompany them; or
2. To participate in a virtual discussion group, via Zoom, should they have a computer and internet access and, again, they are welcome for a career to be present.

The face-to-face discussion groups will be run in the early evening (for 1.5 hours each) and tea, coffee and refreshments will be provided. There will also be small incentive (eg. a €50 - €100 voucher) for each participant.

If interested, please contact Tracey at truf@hiddenhearing.ie by Sunday 14 November 2021 at the latest; together with your name, home address, email, phone number and your preference whether to participate in a group discussion or virtually via Zoom. If successful, you will be contacted with more detailed information about the sessions being held.



Light up your Life – A message from the NTA

With the mornings and evenings getting darker as we head into the winter, it's important to make sure that cyclists are always visible on their bikes, with front and rear bike lights, and wearing high visibility clothing.

To coincide with the clocks going back, the Smarter Travel Team is inviting our Partners to brighten things up with our annual 'Light Up Your Life' campaign

As part of this campaign, the NTA will be giving out bike lights to AFI for us to distribute to our Older People's Council.

Partners wishing to participate can download the campaign posters and social media images to promote the campaign within their workplace or campus [by clicking here](#) or more information please contact info@smartertravelworkplaces.ie

LIGHT UP YOUR LIFE!



Be a bright spark on your bike.
Make sure you can be seen
from both the front and the back.

Ask your local bike shop about bike lights,
bag covers and other high visibility gear for cycling.

FOR MORE INFORMATION
www.smartertravelworkplaces.ie
E:info@smartertravelworkplaces.ie
www.smartertravelcampus.ie
E:info@smartertravelcampus.ie



smartertravel >>>
>>>campus

smartertravel >>>
>>>workplaces

National Transport Authority, Dún Scéine, Iveagh Court,
Harcourt Lane, Dublin 2, D02 WT20. T: 01 8796300

BusConnects Cork

BusConnects Cork is the National Transport Authority's plan to improve Bus Services throughout the city and suburbs.

The National Transport Authority (NTA) launched a second round of public consultation for the Cork Bus Network Redesign, which forms a key part of the overall BusConnects Cork Programme. This round of public consultation will be on the BusConnects Cork Draft New Bus Network.

Here is a link, to the public consultation on **Bus Connects Cork** public consultation which gives details of the proposals and online information event. <https://busconnects.ie/busconnects-cork/>

The consultation period for the BusConnects Cork Draft New Bus Network will run from **Tuesday 2nd November to Friday 10th December 2021**. This consultation will take place online, allowing the public to provide their views on the amended bus network proposals.

	<ul style="list-style-type: none"> • Draft New Bus Network Report – Available in English, Irish and accessible PDF. • 7 Local Area Booklets – Available on the website and will be delivered to over 160,000 premises in the coming weeks. • Public Information Campaign – This will be ran for six weeks across all local media outlets. • Online Map – Explore the new draft bus network. • Online Information Events – Virtual public meetings will take place via Zoom on Wednesday 17th November (@6.30pm), Wednesday 24th November (@1.30pm) and Tuesday 30th November (@6.30pm). Additional virtual events may be scheduled subject to interest. Further details as well as registration links can be found on our website. • Online Feedback Form – The consultation portal is available on our website and submissions can be made there. <p>Information on the following can now be found on our website www.busconnects.ie/busconnects-cork:</p>
	<h3>#LetsGetSet Campaign</h3> <p>In Ireland today, almost 20 months on from when Covid-19 first came to our shores, we are now potentially more health conscious as a nation than ever before. Conversely during this most difficult time we have become more unhealthy; treating ourselves to more unhealthy food, drinking more alcohol, have had our previous active healthy habits curtailed and have gained more weight. Our awareness campaign from 2019 - which was postponed due to Covid-19 - has been renewed for this campaign.</p> <p>This campaign encourages us all to set a healthier routine over coming months and amidst the Covid journey, and to avail of simple easy steps to keep up or to create a new healthy habit, whether that is eating better, getting more physically active, or learning how to take care of our mental wellbeing.</p> <p>To view the leaflet for the #LetsGetSet campaign, click here.</p> <p>You can find a full summary of the campaign and videos here.</p>
 <p>Feidhmeannacht na Seirbhíse Sláinte Health Service Executive</p>	<h3>Menopause and Me – A message from the HSE</h3> <p>“For those interested in catching up with the recent webinar, Menopause and Me, see links below to the health and wellbeing channel. Please submit your questions or comments to: maireada.kelly@hse.ie.</p> <p>You can watch back on the recording on the HSE Health and Wellbeing YouTube channel: https://www.youtube.com/watch?v=3oPxZQ_4zkk. Feel free to share the link with colleagues, family and friends.</p>

	<p>Our thanks to all the women who submitted questions before and during the webinar. We did our best to address your queries but do regret not being able to respond to every question.</p> <p>Remember to speak to your GP or health professional about any concerns or queries you have regarding your perimenopause/menopause.</p>
	<p style="text-align: center;">Local Radio Stations to Highlight Dementia</p> <p>There will be series of broadcasts on 13 local radio stations starting this November on the topic of dementia, as a result of a partnership between the HSE's Dementia: Understand Together campaign and IRS local radio. The broadcasts will raise awareness in communities about the ways that we can all reach out, support and engage and will remind people that some services are opening again now.</p> <p>There are 13 radio stations in the partnership: Clare FM, East Coast Radio, Highland Radio, KCLR, KFM, Midwest Radio, Midlands 103, Ocean FM, Radio Kerry, Shannonside, Northern Sound, South East Radio, Tipp FM.</p> <p>The stories will highlight:</p> <ul style="list-style-type: none"> · personal experiences of people who have been affected by dementia. This might be their own experience or a family member or friend of someone with dementia · the importance and value of hobbies, social connection and community for people who are living with dementia · the supports that are available for people who are affected by dementia · the helpful actions that people in local communities can take to help create a dementia-inclusive community <p>This work is supported by the Alzheimer Society of Ireland, Irish Dementia Working Group and Dementia Carers Campaign Network who reached out to people who have personal experience of living with dementia.</p>
 <p>Feidhmeannacht na Seirbhíse Sláinte Health Service Executive</p>	<p style="text-align: center;">Updated Guidance - Day Care Services for Older People</p> <p>The updated public health guidance on provision of day services for older people is now live on www.hpsc.ie at the link below.</p> <p>https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/guidance/infectionpreventionandcontrolguidance/residentialcarefacilities/Guidance%20on%20the%20reopening%20of%20day%20services.pdf.</p>



Join us live on Facebook

**Monday 8th
Wednesday 10th
Friday 12th**

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.

Local Updates



Wicklow's new 'Age Friendly Strategy' is currently being developed

Are You Aged 55 or over? Have Your Say....

People worldwide are living longer than ever, and while this is a great achievement, the challenge is to work towards improving quality of life for the increasing number of older people, ensuring they reap the benefits of this longevity.

Following on from the success of the current Age Friendly Strategy, Wicklow County Council in association with Wicklow's Age Friendly County Alliance and Wicklow's Older Persons Council are keen to ensure a strong focus for older people in the county in the future and are currently developing a new Age Friendly Strategy which will cover the period 2022 to 2027. Areas of interest include outdoor spaces, transport, housing, social participation and community support and health services

Stakeholder engagement and consultation is currently underway; therefore, the partners want to hear the views of people 55 years and over living in the county. Insights and contributions gathered through this process will result in the identification of priority areas for action in the new strategy.

To have your say please complete the survey by logging on to Wicklow County Council's Consultation Hub on the following link:

<https://www.wicklow.ie/Living/ConsultationHub>

Please note that it is also possible to receive the survey by email and paper copies for filling in. To arrange please email: agefriendly@wicklowcoco.ie or phone Siobhán on 087 1215066



Enniscorthy Age Friendly Town

Work has begun on the process to make Enniscorthy Co. Wexford's first Age Friendly town. As part of this a walkability audit of the town took place on 13th October. This involved bringing together a group of individuals with



different abilities and needs through the town, and documenting any issues encountered. Members of Wexford Older People's Council were among those participating as well as the Town Engineer and Technician, Senior Planner, Special Projects and WCC Access Officer and Age Friendly Programme Manager & Regional Programme Manager. The results will be examined by an Implementation Team and a plan put in place to carry out works.

Wexford Festival Opera & Pop Up concerts in Nursing Homes & Day Care Centers



Wexford Festival Opera with support from the Wexford Age Friendly Programme arranged two events for older people as part of their 'pop up'

opera events during this year's 70th Anniversary Wexford Opera Festival. The first event took place at Knockeen Nursing Home on the 26th October with four singers and a pianist performing to the residents and staff of the nursing home.

The second event took place at Tagoat Day Care Centre on the 28th October with four singers, one pianist and 11 children from Music Generation for a performance titled "Little conductors".

One of the clients in Tagoat said it was the best event they had experienced and they felt so involved. The young people were not only performing and encouraging involvement, they were so interested in meeting the older people that they stayed for refreshments with them afterwards.



Longford Positive Ageing Information Day

Longford County Council and Longford Age Friendly Alliance held a free Positive Ageing Information day on Wednesday, November 3, from 11am to 3pm at Longford Rugby Club.



The objective of the day was to focus on the needs of our older citizens and to provide them with an opportunity to come together and to meet all of the service providers who supported them throughout the lockdown.

Healthy Age Friendly Homes Local Coordinator Mary Carey presented at the Longford Age Friendly Alliance and Longford Older Persons Councils Positive Ageing Information Day.

The day featured short presentations from a number of service providers with time for Q&A's.



DREAMS INTERRUPTED

A FILM BY ÓRLA MURPHY



**As part of Integration and Inclusion Week
DCC Age Friendly are delighted to Invite you join us
at 2pm on Friday 12th November (virtually)
For the Launch of
“Dreams Interrupted”
Find out more here dublincityinclusion.ie**



comhairle chontae na mí
meath 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 Information is one thing we can share right now!

International Updates



IFA Global Cafe: In Conversation with Mr. Jim Vanden Bosch on "Ageism – The Intersection of Popular Films and Attitudes about Ageing"



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Mr. Jim Vanden Bosch, Filmmaker and Founder and Executive Director of Terra Nova Films, on "Ageism – The Intersection of Popular Films and Attitudes About 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

Coronavirus COVID-19

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

How to Prevent:

- Wash:** Wash hands with soap and water for 20 seconds.
- Cover:** Cover mouth and nose with a tissue or elbow when coughing or sneezing.
- Avoid:** Avoid close contact with people who are sick.
- Clean:** Clean frequently touched surfaces with disinfectant.
- Stop:** Stop eating, drinking, or touching your face.
- Distance:** Stay at least 2 meters away from others.

Symptoms: Fever (High Temperature) • A Cough • Shortness of Breath • Breathing Difficulties

For daily updates visit: www.hse.ie/health/covid-19

All people are advised to:

- Reduce social interactions
- Keep a distance of 2m between you and other people
- Do not shake hands or make close contact where possible

If you have symptoms visit **hse.ie** OR phone HSE Live **1850 24 1850**

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: rleavy@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**

Local Authority	Community Response Number
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