

National Updates

Health and Wellbeing Information Resources Launch – March 2nd | 11.30am



Invitation

Wednesday, 2nd March | 11.30 am

The Health Service Executive & Age Friendly Ireland

invite you to join us virtually for the formal launch of

Health and Wellbeing Information Resources

This will be a blended launch streamed live from Farmleigh House & Estate, Phoenix Park, Dublin

Register here for a link to join us



Click above or register @

https://zoom.us/webinar/register/WN_Rzh6KpHPTIWstRNCW9ToWQ

REGISTER NOW for A SPOTLIGHT ON AGE FRIENDLY IRELAND | POLICY TO PRACTICE | WEBINAR 4 - COMMUNICATION & INFORMATION



INVITATION TO:
A SPOTLIGHT ON AGE FRIENDLY IRELAND
POLICY TO PRACTICE

REGISTER HERE

WEBINAR 4 | 8TH MARCH 2022 | 12.00 - 2.00pm

COMMUNICATION & INFORMATION



SPEAKERS

- Anna McHugh | Head of Corporate Communications, An Post
- Sylvia McCarthy | Communications Manager, Age Friendly Ireland
- Orlaith Carmody | Principal Advisor | Age Friendly Business, Age Friendly Ireland
- Louise Edmonds | Regional Programme Manager (East Region), Age Friendly Ireland
- Fiona Crotty | Programme Manager, Tipperary Age Friendly



WHO Global Network
for Age-friendly Cities
and Communities



comhairle chontae na mí
meath county council

Click above or register @ https://zoom.us/webinar/register/WN_-ZB_sW_GRV2ZqKAvkVG7AQ



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

DRCD Customer Satisfaction Survey 2022

The Department of Rural and Community Development intends to review its Customer Action Plan and Customer Charter in line with the public service's Customer Charter Initiative as part of its commitment to providing a quality customer service. The Department is keenly aware of the importance of communicating its message, both externally to its clients, customers, agencies and stakeholders and internally among its staff.

To this end, a survey has been created so that we can better gauge and consequently better serve the needs of our customers. Please use Google Chrome to Access and complete the survey using this link:

<https://ec.europa.eu/eusurvey/runner/DRCDCustomerSatisfactionSurvey2022>

The survey will remain open until **4 March 2022** at which point the results will be collated and will assist in the preparation of the Department's Plan.



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A FREE online public bereavement information evening for people bereaved through any circumstance.

About this event

Date: 10th of March 2022

Time: 7.30 - 8.30pm

The **North Dublin Bereavement Network** are hosting a free online Bereavement Information evening this March. This event is for people bereaved through any circumstance – through illness or sudden death; and may have lost a partner, parent, child, friend, sibling, work colleague or relative. The event will provide information about grief and the range of bereavement supports available in the local area.

Our **professional speaker**, Niamh Finucane (Coordinator of Social Work & Bereavement Service, St Francis Hospice Dublin) will talk about the process of grief and the ways we can support each other. This year's event will also focus on coping with significant events and anniversaries after the death of someone close.

Our **guest**, Niamh Fitzpatrick will host our Q&A panel. Niamh, an author and a psychologist, experienced the sudden death of her sister, Capt. Dara Fitzpatrick, during an Irish Coast Guard Rescue operation in 2017.

<https://hospicefoundation.ie/bereavement-news/niamh-fitzpatrick-book-on-grief-and-loss/>

North Dublin Bereavement Network Information Evening

Thursday
10th March

Living With Grief

Coping with anniversaries and significant events

Supported by Irish Hospice Foundation

A number of our network members will be on the panel, some of who will talk about their own experience of grief and loss.

This is a free online event, but booking is required.

For more information, please visit

<https://hospicefoundation.ie/our-supports-services/bereavement-loss-hub/bereavement-support/bereavement-events/living-with-grief-event/>



U3A Sutton Baldoyle Updates

1. Invitation to the Launch of Christine O Flynn' book – March 5 2022 "No Admittance Except On Business " and "Bitumen and Pitch".

You will recall that before the end of 2021 we attended a Zoom event where Christine described to us the process of writing her book 'No Admittance Except on Business' along with Ethne de Lacy who wrote Bitumen and Pitch.

The date for the launch of these books is now set for Saturday 5th March 2022, Venue: The Nursing Building in DCU - from 2pm - 4pm.

Christine has invited us all to come along to this launch if we are available – all are very welcome.

2. For those who are affected by the Ulster Bank's exit from the Irish Market

As you will have all read in the media Ulster Bank will be exiting from the Irish Market this year and this is on a phased basis.

Ulster Bank have been hosting a series of Zoom meetings to inform stakeholders of their approach. Age Action's, Celine Clarke, and ourselves attended the recent meeting. This meeting focused only on current and deposit accounts as they are planning direct engagement with each by the end of the Q1/22 i.e from March 2022 advising them that they have six months to close their account and current mandates for payments such as State Pensions and Occupational Pensions will need to be changed.

This meeting was recorded, and this is the link you can use to hear the recording of the meeting.

<https://rbs.qumucloud.com/view/tfjgguGL5isSamrRpf2NgL>

3. Seniors Alert Scheme – Personal Monitored Alarms

Frank Fleming has reminded us to get your personal monitored alarm connected to a contact centre for those 65 or older if we haven't yet done so. You will recall that Frank has provided us with details of the Fingal Community - Seniors Alert Scheme (SAS) and the latest equipment available. As you know from these talks that this scheme has been established to encourage community support for older people and it provides funding for a personal monitored alarm, connected to a contact centre to for those aged 65 or older. The monitoring equipment is free and the first year's monitoring fee is also free. The Scheme is funded by the Department of Rural and Community Development via Pobal with equipment made available through community, voluntary and not-for-profit organisations registered with Pobal under the SAS.

If you wish to avail of this equipment please contact Frank Fleming, Fingal Community Alert on 843 6707/0862567042 or email: fjfdub@gmail.com

4. Creative Brain Week – 12 March – 16 March 2022

Mix of online and in-person events. There is a great programme of events planned – have a look at their website.

<https://creativebrainweek.com/>

March 12th - Creative Brain 101

March 13th - Business and Innovation – The Creative Brain in Action

March 14th - Creativity with Neuroscience
March 15th - The Creative Brain on Arts, Health & Wellness
March 16th - Creativity, Neuroscience and Equity

Every day - From 12th to - 16th March - Creative Programme - Music, performance, visual art exhibitions, interventions and installations demonstrate the creative brain in action.

5. St Patrick Festival weekend - <https://stpatricksfestival.ie/>

You will probably have noticed that there is great excitement and events being organised for this year's St Patrick weekend. As you know there is an additional Bank Holiday that week so the dates for activities are from March 16 to March 20. The website has great events listed for you to choose. If you wish to stay local there is Fingal County Council has organised a **Remembrance & Recognition event on the evening of Friday 18th March in Malahide** – from 12.05 to 23.59. Viewing from Coast Road Malahide at 8pm.

Festive Quarter - This video link outlines some of the <https://youtu.be/BvJSJLAEAAQ?t=88>



Wednesday 2nd March National No Smoking day.



Thinking of quitting smoking?

Read William's experience of the using the HSE Stop smoking support service.

How did you hear about the HSE Stop smoking service?

My GP referred me to the free HSE QUIT smoking support services.

What happened next?

Anne from the HSE Stop smoking support team rang me. She explained the service. I thought it sounded good, so I said I wanted to give it a go. Anne called me once a week on the phone. Over the course of the sessions I set a quit date and was able to access Nicotine Replacement Therapy from my pharmacy. We discussed making a plan and getting myself prepared to quit smoking. The first week I got myself down to just one cigarette a day, which I was delighted with. The cigarette first thing in the morning was the hardest to stop so Anne suggested we changed the patches to a 24 hour patch, which I did. This took the edge off my cravings first thing in the morning. After 1 week I just stopped smoking completely. After 4 weeks I stopped using the patches altogether and now after 10 weeks I just don't think of the cigarettes anymore.

Would you recommend the HSE Stop Smoking Service?

The service is very good, I was worried to start it, as I wondered would the HSE Staff be giving out to me for smoking, but I had nothing be worried about at all. I would recommend it to anyone who wants support to quit smoking, I'm very happy with my experience of it.

William, 74 years

The HSE Stop Smoking programme is a FREE service that can support you on your quit journey. We can provide support and information through weekly one-to-one sessions to help you on your quit journey. We can conduct the sessions face to face or over the phone, at a time that suits you.



If you are living in **South Kildare, West Wicklow & South West Dublin** and are interested in hearing more about how this service can help you talk to Jose who can link you with your local stop smoking advisor on jose.ayala@hse.ie or 086-8233060.



Age-Friendly University DCU

Our **Love of Lifelong Learning Programme** has just started up again and our new modules for the Spring 2022 semester are: Genealogy, Beginning life writing, Banned books, Random History, and finally the much anticipated Collective Conversations with author Valerie Cox, starting on the 3rd of March. More information is available on our eventbrite page: <https://www.eventbrite.ie/e/love-of-lifelong-learning-programme-semester-2-spring-2022-tickets-245870353847> where tickets can also be purchased.

Our module led by Valerie Cox is greatly anticipated and she will be talking through some of her best publications as well as giving tips on writing and much more.

We also have a module on **Assisted Decision Making** starting on March 1st, 2022. This module seeks to facilitate the development of Healthcare Decision Making Literacy and will provide an overview of the history of decision-making approaches in healthcare and bioethics, interrogate decision-making approaches (supported, assisted) and introduce narrative and pedagogical approaches to assisted decision making law and practice. It involves a combination of lectures and workshops over 8 weeks.

For more information see our article

<https://www.dcu.ie/agefriendly/news/2022/feb/assisted-decision-making-module> and it is on a sign up basis here is the link if necessary <https://docs.google.com/forms/d/e/1FAIpQLSeLvJ5cvCg03ReykCh8QmyzNBk3pidgKCqwhzFOQLcF8LPjHA/viewform> .

This year, we are delighted to be participating in the **Global Intergenerational Week**, a campaign aiming to raise awareness and celebrate intergenerational solidarity and collaboration. This year, the Intergenerational Week is going global and DCU is the country lead for Ireland so we will be promoting intergenerational events from all over Ireland celebrating intergenerational efforts. We invite you to share an event or activity to mark the celebrations in Ireland. A supporter's pack is available to download on our website and you can mark the week with your own event or follow the themes suggested for each day of the week such as reconnecting generations, fighting loneliness and isolation, celebrating

intergenerational spaces and solidarity, informing future generations, and breaking down age barriers. These events can be in person or online, from art shows, dance events, coffee mornings to computer classes, conferences, seminars, skills sharing between generations and online webinars. We would love to showcase your intergenerational efforts! All the news updates and events will be posted on our website created for the week: <https://giwireland.com>.

And be sure to check our social media platforms to stay updated: <https://www.facebook.com/dcuagefriendly> and <https://www.instagram.com/dcuagefriendly/>.



A message from Ulster Bank

What's happening?

Ulster Bank is writing to current account and deposit account customers on a rolling basis over the next few months to give them six months notice to choose a new banking provider, move their account and close their Ulster Bank account.

What do you need to do when you get your letter?

Step 1 – Ensure you have opened a current account(s) with another financial institution

If you don't already have an account(s) elsewhere, you should now seek an alternative current account provider. Opening a current account with another financial institution can take time so it's important to start that process now to allow for a smooth transition.

Step 2 – Close or switch your Ulster Bank current account(s)

You have two options when deciding how to do this, however it is important to note that whether you choose Option 1 or Option 2 below, you must contact anyone making regular payments to your account (e.g. your employer, pension provider or Department of Social Protection) and anyone who is authorised to debit your account (Direct Debits or Regular Payments e.g. Subscriptions, Memberships) and give them your new account details.

For full information and details regarding swapping over accounts [click here](#)

Customers who need support

We understand that this may be an unsettling time for customers, but we are here to support you through this change. For additional support visit the Customer Support Hub which will be available on www.ulsterbank.ie, call us on 0818 210 260*** (00353 1804 7475 if calling from abroad) or visit your local branch.

You can read the Ulster Bank Withdrawal Overview and Approach [by clicking here](#)

DIGITAL LITERACY

FOR BEGINNERS

6 WEEK COURSE

STARTS 2ND MARCH, 2022

10.00AM - 12.00PM

WESTSIDE RESOURCE CENTRE



TO REGISTER: Contact Ciara on 083 0234390 or ciara@gcp.ie



gretb

Bord Oideachais agus Oiliúna
na Gaillimhe agus Ros Comáin
Galway and Roscommon
Education and Training Board



Galway City Partnership
Comhpháirtíocht Chathair na Gaillimhe



comhairle chontae na mí
meath county council



Motorists under 75 no longer need certs from doctors

The age at which an applicant for a driving licence must supply a medical report will increase from 70 to 75 from next Monday.

Under the new rules, this group of drivers under 75 will no longer have to supply a medical report confirming their fitness to drive, unless they have an identified or specified illness, or are required to do so by law.

Professor Desmond O'Neill of the National Office for Traffic Medicine said: "This change is welcome in terms of recognising that older drivers are an exceptionally responsible group of drivers.

[Click here](#) to read the full article

Local Updates



The Ferns Diocesan Pastoral Council

The Ferns Diocesan Pastoral Council is meeting with groups of people from different backgrounds as part of the world side synod. It's part of a listening exercise where two Council members meet to hear the views of a group of five or six. After an hour long discussion some summary notes are taken.

A discussion about Faith and life from the group's perspective will take place over the course of approx. one hour. The discussion may include the group's sharing of how their faith has informed their interest and lifestyle. Some discussion question may include:

1. What are your hopes and expectations for the future. What kind of world would you like for yourself and your children?
2. Does any belief play a part in inspiring you?
3. What experience in your life was uplifting and energizing for you?
4. Is there anything you know about the life and values of Jesus that might help towards bringing about your dream for the world?

In line with GDPR no names will be recorded as part of the notes.

For future information please contact Mary Kenny at the Diocesan Pastoral Council Synod at maryck48@yahoo.co.uk



Older voices Kildare

Older voices Kildare are running a community Resilience course in partnership with Age and Opportunity

The course takes place over four 2-hour sessions. We have two courses scheduled to take place online as follows:

10.00 am until 12.00 noon on Mondays 7th, 14th, 21st and 28th March.

10.00 am until 12.00 noon on Thursdays 31st March and 7th, 14th and 21st April.

arts | active | engage



Resilience course

Community Resilience

This on-line four-session course will start with reflection on the experience of Covid-19 and how participants feel about ageing and the societal representation of ageing and older persons. Sessions two and three will be a practical planning exercise in which participants will identify the stages of planning re-entry into community gathering and the resources that are available and those that need to be acquired.

Outcomes will include a plan for groups to re-engage in community activities and a greater sense of connectedness.

The Community Resilience course will address the following:

- Reflection on the experience and impact of ageing during Covid-19, exploring positive ageing, designing and implementing a positive ageing event in which participants will consider
- Local stakeholder involvement (who to invite, target, consult for support/advice)
- Venue & hospitality
- Health & safety (including Covid-19 guidelines)
- Allocation of tasks / responsibilities
- Communication (getting the word out)
- Monitoring & evaluation
- Follow up actions

If you are interested in attending, please contact Caroline at

oldervoiceskildare@countykildarelp.ie



Age & Opportunity is funded by



Launch of “Stirring Memories: Stories of Yesterday” Dún Laoghaire-Rathdown County Council Libraries & Age Friendly Programme, Exhibition runs until to 30th April 2022, dlr Lexlcon

We are pleased to announce the launch of the audio-visual exhibition “Stirring Memories: Stories of Yesterday”, which took place on Thursday 24th February 2022 in dlr Lexlcon, Dún Laoghaire.



What was life like in Dún Laoghaire-Rathdown over the years? Storyteller Helena Byrne posed this question to members of local day care centres. Enjoy these stirring memories of trips to the Baths on sunny days, shopping in the much-loved local shops of the past such as Lee’s; and getting dressed up for a Saturday night out in the Top Hat!

Comprising audio and written stories, this heart-warming exhibition is the culmination of a social history project to collect and preserve reminiscences and recollections of times gone by.

An Cathaoirleach of Dún Laoghaire-Rathdown County Council, Councillor Lettie McCarthy launched the exhibition with members of Beaufort Day Care Centre, The Clevis Unit and Leopardstown Park Day Centre present and all enjoyed the exhibition as their stories along with stories from members of the Shankill Day Care Centre & Mount Merrion Friendship Club are collated and displayed in the audio-visual exhibition.



Story teller and singer, Helena Byrne, who visited the day care centres to record the reminiscences, treated all present at the launch to a couple of songs, which ended up in a rousing singsong!

Story teller and singer, Helena Byrne

The exhibition is now on display on Level 3, dlr Lexlcon, Haigh Terrace, Moran Park, Dún Laoghaire until the 30th of April



An Cathaoirleach of Dún Laoghaire-Rathdown County Council, Cllr Lettie McCarthy with members of Beaufort Day Care Centre, The Clevis Unit and Leopardstown Park Day Centre enjoying the “Stirring Memories – Stories of Yesterday” exhibition in dlr Lexlcon, Dún Laoghaire whose stories are collated in the exhibition along with stories from participants of Shankill Day Care Centre and Mount Merrion Friendship Club.

A huge thanks to the staff and members of all the participating day care centres for sharing their stories:

Beaufort Day Care Centre (Glasthule), The Clevis Unit (Leopardstown), Leopardstown Park Day Centre, Mount Merrion Friendship Club and Shankill Day Care Centre.

A full audio-collection of all the stories and images are available on <https://helenabyrne.com/stirringmemories/>

This is a joint project by dlr Libraries & dlr Age Friendly Programme, and is supported by the Creativity in Older Age Fund, part of the Creative Ireland Programme

Link to Irish Independent article regarding the exhibition [here](#)

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 Jaco Hoffman and Mr Lefhoko Kesamang on "Towards an Africa for All Ages: Policy Developments on Ageing in the Youngest Region"

The International Federation on Ageing held a Global Cafe event this morning called – **In Conversation with Mr Jaco Hoffman and Mr Lefhoko Kesamang on "Towards an Africa for All Ages: Policy Developments on Ageing in the Youngest Region"**.



A recording of this event will be available on the Federation's website <https://ifa.ngo/ifa-global-cafe/> and <https://drbarometer.com/community/resource-library>

Useful Contacts and Info

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

Or Email: agefriendlyireland@meathcoco.ie

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

Facebook: [Age Friendly Ireland](https://www.facebook.com/AgeFriendlyIreland)

Website: www.agefriendlyireland.ie / www.agefriendlyhomes.ie

HSE Advice Line: Callsave 1850 24 1850

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