



National Updates

We at Age Friendly Ireland would like to wish everyone a very happy St.Patrick's Day. We have included some events taking place in person and on TV.

For more information click here:

<https://stpatricksfestival.ie/events/spf-day-to-day-listings>



May your troubles be less
and your blessings be more
And nothing but happiness
come through your door

St. Patrick's Festival Quarter Timetable 2022

WED 16TH - MAIN STAGE		SPIEGELTENT MÓR		SPIEGELTENT BEAG		STORY YURT		OTHER EVENTS	
19:30	Lyra, Soulé & Bobbi Arlo	19:30	MÁTHAIR/MOTHER DJ's	20:00	A Snake Paradise Cabaret Special		Stage Starts Thursday 12:30	<p>Breathe Festival</p> <p>Law Society Entry from Benburb Street D7</p> <p>Fri 18 10am-5pm Sat 19 10-1pm</p> <p>Open-Air Yoga & Meditation, Sound Baths, Discussions and more.. Presented by Happenings.</p> <p>www.breathfestival.ie</p> <p>MoLI - Museum of Literature Ireland</p> <p>86 St Stephen's Green, Dublin 2</p> <p>Ulysses 2.2 - 1 book. 1 year. 18 artistic experiments. Curated, presented and produced by ANU, Landmark Productions and MoLI</p> <p>www.ulysses22.ie</p> <p>Guinness Storehouse</p> <p>Brewer's Feast Supper Club hosted by Feli Speaks feat. Sorcha Richardson and Carrie Baxter</p> <p>Wed 16 - Fri 18 March 7pm</p> <p>www.guinness-storehouse.com</p> <p>NMI Museum Tours</p> <p>Daily 10am - 5pm</p> <p>www.museum.ie</p> <p>Palatine Room</p> <p>Thurs 17-Sun 20 : 12 - 4pm</p> <p>NMI: St. Patrick's Ireland- A Living History Abair - Traditional Singing & Storytelling I.N.Y & The British Council</p>	
THRS 17TH - MAIN STAGE		SPIEGELTENT MÓR		SPIEGELTENT BEAG		STORY YURT			
12:00		12:00	Fanzini Brothers present Ballet Poulet	12:00	20th Century History of Ireland	12:30	Leafings Family Draw and Doodle with Niamh Sharkey and Owen Churcher Age 5+		
14:00	The High Country Cloggers	13:30	Polcaphonc - An interactive music performance for kids	14:00	Féile na Gealaí - Bhaile Átha Cliath				
15:30	Céilí mór	14:45	Fanzini Brothers present Ballet Poulet	19:30	The Craic House: Damian Clark, Neil Delamere, Julie Jay & Grace Mulvey	14:00	Meet the Leafings - Family Story and Art Workshop with Niamh Sharkey and Owen Churcher Age 7+		
19:00	Jiggy The Bonny Men Shandrum Céilí Band	16:00	Tumble Circus			15:30	Drawing Workshop with Fun Animal Facts Age 7+		
		19:30	Mo Cultivation Urban Takeover						
FRI 18TH - MAIN STAGE		SPIEGELTENT MÓR		SPIEGELTENT BEAG		STORY YURT			
14:00	Bloco Átha Cliath - Street Party	12:00	Mark the Science Guy	11:00	NMI: 20th Century History of Ireland	12:00	Story and Art Workshop Age 4+		
	The Clan Worldwide & Guests	13:00	Fanzini Brothers present Ballet Poulet	13:00	The Indo Daily Podcast	13:00	NMI: Childrens' Storytelling with Niall De Búrca		
	Blaq Apollo		14:00	Mark the Science Guy	14:30			I.N.Y: Noel Hogan & Stuart Clark	
	Yomi Attention	16:15	Tumble Circus	17:00	A Celebration of Irish Football feat. Paul McGrath & Guests	14:30	Story and Art Age 4+ w/Gerry Daly & Erika McCann		
	The Curiosity Music Group	19:30	Mango X MathMan feat. Trinity Orchestra, Malaki & Adam Mohamed	19:00	A Snake Paradise Cabaret Special				
Sello	20:45	Dublin Comedy Improv & more	16:00	Story with Paul Howard Age 9+					
19:00	Damien Dempsey, THUMPER								
SAT 19TH - MAIN STAGE		SPIEGELTENT MÓR		SPIEGELTENT BEAG		STORY YURT			
13:00	Summoning a Harp Revival	12:00	Mark the Science Guy	12:00	Irish Food Writing Awards Discussion Panel	12:30	Little Gem Puppet Show		
14:45	Rathfarnham Ukelele Group (R.U.G.S)	13:00	Guido Fanzini's Thunderous Entertainment Haberdashery			14:00	Family Story and Art Workshop w/ Ashwin Chacko - Age 4+		
16:00	N.O.A.H	14:00	Mark the Science Guy	15:00	NMI Nobody Told Me There Would Be Days Like These	15:00	Little Gem Puppet Show		
19:30	Le Boom Glasshouse Orchestra Cynema	14:45	Guido Fanzini's Thunderous Entertainment Haberdashery	16:30	Donal Dineen presents Make Me An Island Live	16:00	Family Story and Draw Along w/ Alan Nolan - Age 7+		
		16:00	Tumble Circus	19:30	The Craic House w/ Eric Lalor, Kevin McGahern, Andrea Farrell Steve Bennett & Emma Doran				
		19:00	Sing Along Social						
SUN 20TH - MAIN STAGE		SPIEGELTENT MÓR		SPIEGELTENT BEAG		STORY YURT			
14:00	FMI04 Best of Select Irish	12:00	Strong Women Science	12:30	Screening: Dark Horse In The Wind by Myles O'Reilly	12:30	Family Story and Collage Workshop w/Una Woods - Age 4		
15:00	Code of Behaviour	13:00	Guido Fanzini's Thunderous Entertainment Haberdashery	15:00	Totally Dublin Live	14:00	Boot: Small Robot, Big Adventures w/ Shane Hegarty -Age 7+		
16:00	SPF Intl. Community Arts performances	14:00	Mark the Science Guy	17:00	ABAIR - Dominic & Hamish - Feat. Mary Wallopers & Chris Miles	15:30	Under the Hawthorne Tree and Other Stories w/ Shane Hegarty Age 9+		
		16:30	Tumble Circus						

St. Patrick's Festival TV - Timetable 2022

WEDNESDAY 16 MARCH	THURSDAY 17 MARCH	FRIDAY 18 MARCH	SATURDAY 19 MARCH	SUNDAY 20 MARCH
Anu & Landmark Productions - The Book of Names	I.NY - Home from Home: Larry Mc Carthy & the GAA in New York	The Ark - Paint Stuff	That's Life - Fairyland Forest	Abair - Dominic and Hamish feat Chris Miles & The Mary Wallopers
I.NY - Irishtown: Story of a New York Neighbourhood	I.NY - Jimmy Neary & The Irish 21	Site Specific: Pigeon House Power Station	The Ark -Paper Play	Mad Bad & Dangerous - Ep 4 Nell McCafferty & Lelia Doolan
Saoirse	Mad Bad & Dangerous - Ep 1: Lelia Doolan & Bernadette McAliskey	Site Specific: The College of Catering	Creative Brain Week	Creative Brain Week
Strange Brew at the Róisín Dubh	Abair - The Civil War in Spain feat Juan Pinilla & Joe Mulhern	Creative Brain Week	Science At Home with Dr. Dan Nicktström: What is Light?	Imbolc
Ireland in Colour - Grace Enemaku, Narrated by FeliSpeaks	Axis - Building Hope: A Celebration of Traveller Culture	Science At Home with Dr. Dan Nicktström: Turning a Bike into an Electricity Generator	National Gallery at Home: Shades on!	Mindfulness and Art: The Liffey Swim
Walls and Windows by Rosaleen McDonagh & The Abbey Theatre	Levis' Corner House, Ballydehob	IMMA - Ghosts from the Recent Past Part 2: featuring Sarah Clancy	Grianstad	Site Specific: The Four Courts
Dawn to Dusk	Ireland in Colour - Farouk Alao, Narrated by FeliSpeaks	Showcasing the Soundtrack to Ireland's Future: Ep 2	Mad Bad & Dangerous - Ep 3 Pauline Cummins & Jo Murphy Lawless	That's Life - Brendan's Voyage
NMI: Proclaiming a Republic - The 1916 Rising	The Ark - Special and Ordinary Objects	Abair - The University of Revolution feat Gwilym Bowen Rhys & Grace Toland	Site Specific: Baltrasna House	Showcasing the Soundtrack to Ireland's Future: Ep 4
Site Specific: Cork Street Fever Hospital	Science At Home with Dr. Dan Nicktström: How Speed Guns Work	Mad Bad & Dangerous - Ep 2: Margaretta D'Arcy & Lelia Doolan	IMMA - Ghosts from the Recent Past Part 3: featuring WeAreGriot	I.NY - Ambassador Paul Johnston w/Hugh Linehan
National Gallery of Ireland Creative Challenge for Kids: Make an engraving!	Cluasa Capaill ar an Rí Illustration with Shona Shirley Mac Donald	I.NY - Grásta: The Grace of New York's Irish Arts Centre	NMI: Glendalough, Artefacts, Archaeology & Early Christianity	NMI: The Vikings in Ireland
Dark Horse on the Wind	Cluasa Capaill ar an Rí Reading with Bridget Bhreathnach	Ireland in Colour - Kate Escolin, Narrated by FeliSpeaks	Showcasing the Soundtrack to Ireland's Future Ep 3	Ireland in Colour - FINDJORDY, Narrated by FeliSpeaks
Creative Brain Week	The Dublin Street Art Tour	Æ MAK & Cruel Sister live from Pepper Canister	I.NY - From Us & For Us: What Our Irish Abroad Wish We Knew	Selective Memory - Iarla O'Lionaird & Steve Cooney Live from the Pepper Canister
Cumann na Saoirse & Jennie Wyse Power	Site Specific: Iveagh Markets	Live At St. Luke's	Abair - A Breton in Connemara feat Clarisse Lavevnant, Sarah Ghriallais & Olwyn Fouréré	
Athbheochan	NMI: St. Patrick's Day in Ireland	NMI: Extinction in Ireland	Ireland in Colour - Carolina Coroa, Narrated by FeliSpeaks	
	Tadhg Byrne's Modern Irish Food Tour		I.U.K - Glencairn Conversations: Ireland, the UK and the shaping of our artists	
	Richard Fearless live from the Pepper Canister			
	Creative Brain Week			
	Showcasing the Soundtrack to Ireland's Future Ep. 1			
	IMMA - Ghosts from the Recent Past Part 1: featuring Chiamaka Enyi-Amadi			
	National Gallery at Home: Orpen's Wind Shelter			

St. Patrick's Festival


Available to stream on demand from
 8am each day at www.stpatricksfestival.ie



Access to emergency cash valued by 9 in 10 Irish people

Over 1 in 10 reveal bank cards lost, stolen or frozen while abroad
New research from An Post Money reveals 7 in 10 plan to travel in 2022

New research carried out by An Post Money has revealed that one in ten (12%) people in Ireland have had their bank card lost, stolen or frozen while travelling abroad; an experience 14% of men and 9% of women have encountered. More than 9 in 10 state that being able to access cash in an emergency situation while abroad is appreciated with the same number wanting to be able to access 24/7 customer support if their card is lost, stolen or frozen while abroad. A recent survey of over 1,000 Irish people by Red C Research was carried out, on behalf of An Post Money, to uncover insights into the travel plans and habits of people in Ireland in 2022.

After a long 24 months of enduring pandemic restrictions, An Post Money's research evaluates consumer sentiment as many prepare to travel abroad for the first time since before the Covid-19 pandemic began and since the cessation of travel restrictions earlier this year.

Top Destinations

- 7 in 10 are planning trips outside of Ireland
- Of those surveyed, over 1 in 4 people are planning to travel to the United Kingdom this year
- More than half of people plan to travel within Europe (54% for Continental Europe, excluding the UK) this year with 1 in 2 planning to travel outside of the Eurozone
- 1 in 6 are planning a long-haul trip to destinations including USA (8%), Canada (2%), Asia (4%), Australia and New Zealand (2%)

Financially Planning for Travel

- 1 in 2 (54%) people buy local currency ahead of a trip, with over 65's (68%) more likely than their younger counterparts to purchase local currency in advance.
- When it comes to the deciding factors on where they purchase foreign currency, 9 in 10 consider 0% commission and exchange rate important while 3 in 4 consider a convenient location to be important
- In the event of a lost or stolen bank card, more than 9 in 10 value access to emergency cash and similarly, over 9 in 10 value being able to access 24/7 customer support in this situation.

Debbie Byrne, Managing Director of An Post Retail, said: "Travel is back on the agenda in a big way for us in 2022 and with our travel money offerings, we take the stress out of foreign travel. We're delighted to have great travel solutions for our customers, with more exciting plans to be announced soon. With 5 cash currencies and 16 currencies on the An Post Money Currency Card, we are the only financial provider offering foreign currency in both cash and on a Currency Card, with 0% commission, a 24/7 helpline and emergency cash if you lose your card.

Customers have the peace of mind that they have access to a human at the end of the phone if their card is lost, stolen or damaged with 24/7 customer

support. Similarly, being able to access emergency cash up to the available balance on your card is reassuring for people should something happen to their card while they're away. At An Post Money we take immense pride in providing financial services which help people to live well today and in the future".

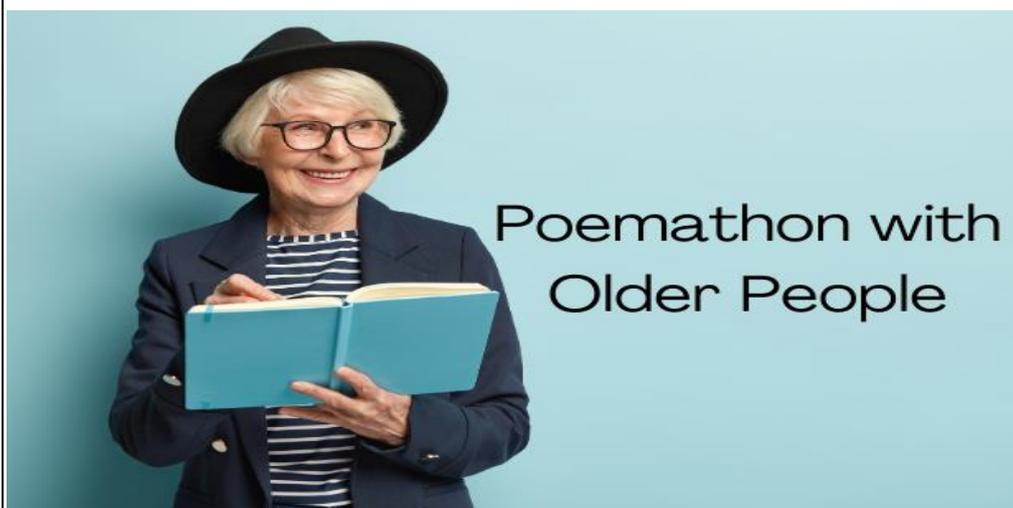
Key product features include:

- An Post Money has your travel money sorted with cash and a handy currency card all in one place.
- 0% commission for foreign currency transactions when spending in a currency pre-loaded on to the card
- Manage your card and view spending online via the An Post Money app
- No point of sale fees when you spend abroad
- 24-hour local assistance, including emergency cash up to the available balance on your card if your card is lost/stolen

Customers can sign up for the An Post Money Currency Card at their local post office. For more information:

<https://www.anpost.com/Money/Foreign-Currency/Currency-Card>

Poemathon with Older People 2022



This year's Poetry Ireland Poemathon with Older People is seeking submissions from older people across the island of Ireland for a collaborative poem on the climate crisis theme.

Former President of Ireland and Adjunct Professor for Climate Justice at Trinity College Dublin, Mary Robinson, has penned the opening line of the poem: "Growing up we did not know; now we need to mend."

Submissions are open until **28th March 2022**.

Here is the link to the news story with all the information needed:

<https://www.poetryireland.ie/education/news/poemathon-with-older-people-2022>



Launch event: WHO framework for countries to achieve an integrated continuum of long-term care



Launch: WHO framework for countries to achieve an integrated continuum of long-term care

15 March 2022 (Tuesday)
13:00 – 14:00 CET
Register: bit.ly/3I2svGg



DATE: 15 March 2022

TIME: 13:00 – 14:00 CET - [find my timezone](#)

Approximately two-thirds of people who reach older age are likely to need care from others at some point in time. Access to good-quality long-term care is essential to enable older people to enjoy their basic human rights, fundamental freedoms, and human dignity.

To support countries to develop or strengthen their long-term-care systems and services, WHO has [released a new Framework](#) for countries to achieve an integrated continuum of long-term care.

WHO is hosting [a webinar to launch the framework](#). The event will: provide an overview of the global situation of long-term care for older people; share the key objectives and messages of the framework; hear reflections on challenges and solutions from stakeholders involved in long-term care for older people from Member States, UN partners, academics, and civil society; and give an opportunity for engagement and discussion on the key issues for long-term care.

[Register for the webinar](#)

International Updates



IFA Global Cafe | In Conversation with Ms Janelle McFarlane
Executive Director Regional Leader at Hall and Prior Aged Care and Health Services



The International Federation on Ageing is holding a Global Cafe event this Friday called – **In Conversation with Ms Janelle McFarlane Executive Director Regional Leader at Hall and Prior Aged Care and Health Services.**

Please click here to register for this event, 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