

National Updates



HSE Health and Wellbeing

Launch of Stronger Together: The HSE Mental Health Promotion Plan



On April 6th "Stronger Together" was launched, it is a five-year plan, and includes action areas focused on promoting positive mental health across the population and among HSE staff.

[Read More](#)

Farmers Have Hearts - Research highlights

Farmers Have Hearts  
Cardiovascular Health Programme



A major study of farmers' cardiovascular health has shown that more than eight out of 10 farmers who participated in the Farmers Have Hearts Cardiovascular Health Programme (FHH-CHP) made lifestyle changes to improve their heart health and have reduced their risk of having cardiovascular disease. Read on to find out how farmers were engaged and how the study was evaluated.

[Read More](#)

## Steps to Health Challenge 2022



This year's Steps to Health Challenge takes place from 23rd May until 26th June, supporting staff to get out walking and counting your steps daily. Registration is open until the start of the challenge as long as you don't need a step counter, so there's still time to register your team, like the Blue Eagles Steps Team from Blackrock (above).

[Read More](#)



### ***Public Lecture 2: 'Life After Retirement' presented by Professor Eamon O'Shea***

Date: May 19th

Time: 3pm to 4.30pm

Venue: Online

**The 'Life After Retirement' Lecture will be delivered by Eamon O'Shea, Professor of Economics and Director of the Centre for Economic and Social Research on Dementia at NUI Galway.**

Retirement is one of the major life events that affects people's economic circumstances, quality of life, well-being and relationships. There are many pathways to retirement, mainly because decisions to stop working for pay are embedded in contextual circumstances, incorporating individual's attributes, gender, current and past economic status, family structure, social networks, pension provision and government regulation.

Retirement may be voluntary or involuntary, planned or unplanned, short or

long and positive or negative in terms of impact on health and well-being. This lecture examines life after retirement from different perspectives: individual attributes; pre-retirement employment; family circumstances and relationships; retirement transition planning; and post-retirement activities. Much of the lecture will focus on exploring different ways to make retirement more enjoyable and fulfilling for individuals, families and communities. The lecture will be chaired by the President of the Irish Gerontological Society Professor Rose Anne Kenny and Edel McDaid, Senior Physiotherapist in Post-Acute Rehabilitation, the Royal Hospital, Donnybrook. They will be joined by a diverse range of panellists including Professor J Bernard Walsh, Consultant Physician and Clinical Professor at the Mercer's Institute's Bone Health and Osteoporosis Unit in St James's Hospital, Mairead Cahill, a CORU registered Occupational Therapist, Dr Ann Nolan, Assistant Professor in Global Health and Director of the MSc in Global Health at the Trinity Centre for Global Health (TCGH) and Aonghas McAnally, an Irish radio and TV presenter.

Please submit questions prior to the lecture and you can join the event live here on 19th May at 3pm: <https://broadcastonline.ie/igs/> No need to pre-register.

- Note that this lecture will be recorded and will be available to view on the website, shortly after the event.

For more information about the IGS go to <https://www.irishgerontology.com/>

[You can join the event here on the 19th May](#)



NUI Galway  
OÉ Gaillimh



**BEALTAINÉ  
FESTIVAL**



BEALTAINÉ DISCUSSION SERIES 2022

**Nomadic Perspectives  
On Home: Voices  
From Traveller &  
Other Communities**

ONLINE DISCUSSION

Thu 5 May, 3pm

***Nomadic Perspectives on Home: Voices from Nomadic Communities***



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association

NUIG are delighted to partner with Age and Opportunity for the Bealtaine Discussion Series 2022 on home, locatedness and belonging for older people from different cultures taking place on May 5th, 2022.

### **About this event**

This discussion will explore meanings and understandings of home, locatedness and belonging for older people from different cultures. The discussion, which is chaired by Professor Kieran Walsh from NUIG, will feature Irish writer Michael Harding, Traveller Primary Health Care Worker Missy Collins, Wadjuk Noongar Aboriginal elder, Walter McGuire, and professor of history, Sami culture and society development at Umeå University, Sweden, Peter Sköld.

In 2022, the Bealtaine discussion series will explore concepts of home, ageing in place and the impact of age itself on perceptions and framings of ageing. These conversations take place amidst the constitutionally protected status of the home in Ireland, the recent Homecare Bill, as well as the homelessness and housing crisis. These conversations also note the impact of the Covid 19 pandemic in both reframing understandings of how society 'manages' residential care for older people and a renewed emphasis on the importance of home. The 2022 series is devised in association with the Irish Centre for Social Gerontology at the National University of Ireland Galway.

**We invite you to register for this event. See registration options at <https://nomadicperspectives.eventbrite.ie>**



## **Dementia Inclusive Communities - Community Champion Get-Together**

### **You are invited**

Dementia: Understand Together in Communities invites community champions from 7 counties to come together to a networking and learning event. You will meet other community champions, hear their experiences and explore how you can work collaboratively to change the dementia culture in Ireland. People with dementia, carers and families will talk about what an inclusive community means to them.

Key note speaker Ruairí McKiernan will speak about the key theme of the day "Culture Change for Dementia in Ireland". Ruairi is the bestselling author of the book "Hitching for Hope - a Journey into the Heart and Soul of Ireland", an award-winning social innovator, Fulbright scholar and founder of the charity and youth organisation [Spunout.ie](http://Spunout.ie)

**Date:** 10<sup>th</sup> May 2022

**Time:**

09.45-10.00am - Sign into the event

10.00am –12.00pm – Event Commences

Please click here to register for the event, Registration closes on Friday 6<sup>th</sup> May 2022.

[https://us06web.zoom.us/meeting/register/tZwrc-GvrjsiGNV9TqNa\\_i9pAjNAMzbUnBUB](https://us06web.zoom.us/meeting/register/tZwrc-GvrjsiGNV9TqNa_i9pAjNAMzbUnBUB)



## The Healthy Ageing 50 – Leaders transforming the world to be a better place to grow older

The graphic features a purple background with orange circular accents. At the top left is the 'Decade of healthy ageing' logo. To its right, the text 'Healthy Ageing 50' is displayed in white. Below this, a white text box contains the headline: 'A call for 50 leaders transforming the world to be a better place to grow older'. The central image shows a woman with short grey hair, wearing a patterned green and white shirt and a brown cardigan, looking slightly to the right. A purple text box on the right side of the image contains the following information: 'Nominations open until **15 June 2022** in English, French, or Spanish. Nominations can be made in any of the following **categories**: > Combatting Ageism > Age-friendly Environments > Integrated Care > Long-term Care Selected leaders will be announced by a **high-level UN panel** in October 2022. **Nominate yourself, or someone you know: [bit.ly/HA-50](https://bit.ly/HA-50)**

We are looking to name and honour 50 leaders who have contributed to fostering healthy ageing in their respective area of work, whether within administrations, organisations, universities, businesses, local communities, and more. We want to find leaders who do the following:

- Have found new ways to improve the lives of older people, their families or communities.
- Engage locally and nationally, promoting coherence across government policies.
- Lean on business, ensuring that industries help foster healthy ageing for all and not just for a select few.
- Reimagine the future, not only by harnessing new technologies and trends but also by drawing on experiences and lessons of older generations.

- Promote and integrate deeply one or more of the following ways of working essential to realising the Decade’s objectives:
  - o Putting older people, their families and communities at the centre, ensuring that their views inform every step of the design and delivery of activities;
    - Nurturing leadership and building capacity to take appropriate action integrated across sectors;
    - Connect with their peers and stakeholders, recognizing that to make a difference in older people’s lives we need to cut across existing sectors and disciplinary boundaries to provide a joined-up response;
    - Support innovation to accelerate implementation, recognising that systems and requirements are frequently designed for past generations and not current or future ones; and
    - Are responsive, improving or harnessing data, research, and knowledge to drive their activities.

### Deadline and Announcement

The deadline for nominations is 15 June 2022.

The Healthy Ageing 50 will be announced at a virtual event on 1 October 2022 (TBD). All nominees will be advised of the outcome prior to this event.

For questions, please contact: [healthyageing50@decadeofhealthyageing.org](mailto:healthyageing50@decadeofhealthyageing.org)

## National Survey on Wellbeing and Social Inclusion



**How’s it going?** That’s the title of the online national survey on wellbeing and social inclusion that the National Disability Authority (NDA) that launched on 12th April. The NDA is an independent statutory body that provides information and advice to government regarding policies and practices relevant to the lives of disabled people.

**How’s it going?**

Are you happy in your community?

Is your health good?

Is life a little tough for you right now?

Do you feel left out?

If you are over 18, visit [www.howsitgoing.ie](http://www.howsitgoing.ie) to take our survey and help us better understand how things are going for people living in Ireland.

Your response will be completely anonymous

Survey is available in English, Irish, Irish Sign Language, Polish and Romanian

Email [ie-pba-howsitgoing@ipsos.com](mailto:ie-pba-howsitgoing@ipsos.com) or call (01)4389000 for phone or Easy to Read options

This survey on wellbeing and social inclusion is funded by the National Disability Authority

This survey is important because it's likely that for some of the people that you support life is not going great. We know you want to help those people and so do we. We need data to pinpoint the specific groups that are feeling left out of Irish society and finding life tough. This will help to ensure that policies and resources can be targeted as effectively as possible. So, we would really appreciate it if you could encourage people to tell us how it's going for them.

The survey is available at [www.howsitgoing.ie](http://www.howsitgoing.ie)

All persons aged 18 or over and living in Ireland are eligible to participate. So please also encourage your family/friends and neighbours to tell us how things are going for them. There is also an option to complete the survey by phone or in an Easy Read format.

If you have any questions or need any more information drop us a line at [research@nda.ie](mailto:research@nda.ie)

## Local Updates



Samaritans piece – Ennis Samaritans – April 2022

Life can be tough and at times we can feel under pressure and completely overwhelmed. This is particularly poignant just over two years on from when Covid-19 restrictions became part of our everyday lives.

So many people, especially older people, felt lonely and isolated throughout the pandemic, and may have been left struggling to cope as restrictions eased. A high proportion of Samaritans calls come from elderly people, generally living alone, who just need someone to talk to. These elderly people's families have moved on and made their own lives and usually do not realise how lonely and isolated their parents/relations may be. Samaritans is not just about suicide but in helping people in times like this by listening.

Most people will need extra support at times in their life and that's nothing to be ashamed of. Samaritans want to get the message out that its volunteers are here for you, your family, friends, and colleagues too. Call free any time, from any phone, on 116 123. The number won't show in a phone bill.

While Samaritans' vision is that fewer people die by suicide, you don't have to feel suicidal to get in touch. Only 1 person in 5 who call Samaritans actually say they feel suicidal.

Margaret MacMahon, of Ennis Samaritans, said: "People reach out for many reasons including loneliness and isolation, depression, relationship and family problems, bereavement, financial worries, job-related stress, bullying and disabling physical illness or pain.

“You could be going through something new or have been struggling to cope for some time. Either way, you may need emotional support to help you through.

“Unfortunately, some people do not have the support of friends or family they can turn to. While others do, they find talking to someone neutral can be beneficial.

“We want people to know we’re here to listen on freephone 116 123. We hope as restriction ease, we can welcome callers back into our branch and can go out around the county, to show people we’re here for them 24 hours a day, seven days a week.”

Samaritans believe that - no matter the issue - if you're given the time and space to talk things through, you can find a way through your problems. Samaritans help you to explore your options, so you can make decisions that are right for you.

“If you’re worried about someone and want to ask how they are, give them the space to talk, ask open questions, listen to what they say, and let them know you’re there for them. But make sure you have support too if you’re helping a friend,” Margaret added.

### **Struggling to cope**

While you can’t really generalise how struggling to cope can make you feel or act, there are signs that you - or a relative, friend or colleague - may be suffering in silence:

- Lacking energy or feeling tired
- Feeling restless and agitated
- Feeling tearful
- Not wanting to talk to or be with people
- Not wanting to do things you usually enjoy
- Using alcohol or drugs to cope with feelings
- Finding it hard to cope with everyday things
- Becoming withdrawn or losing touch with friends and family
- A change in routine, such as sleeping or eating more or less than normal

What can help you feel and others cope better with difficulties:

- Make time for yourself to relax and do things you enjoy, like reading, listening to music or going outdoors
- Have a healthy, balanced diet
- Spend time with family and friends
- Get plenty of sleep and exercise regularly
- Work out a plan to get through trickier times
- If you need to talk, we’ll listen on freephone 116 123, email [jo@samaritans.ie](mailto:jo@samaritans.ie) or get tips on supporting yourself and others on [www.samaritans.ie](http://www.samaritans.ie)
- To raise funds for Ennis Samaritans visit [https://www.idonate.ie/5275\\_samaritans-ennis---clare.html](https://www.idonate.ie/5275_samaritans-ennis---clare.html)

*This article on the Samaritans was written by Larry Hally, Vice Chair of the Clare OPC and member of the Ennis Age Friendly Town Team. He is also a volunteer with the Ennis Samaritans.*



## Return to Learning Drop-in Information Morning - Wednesday 18th May 2022 10am to 1pm

Thinking about returning to learning but don't know where to start?

Want to find out more about learning opportunities for people of all ages in TU Dublin and in your community?

Then this is for you!

### Return to Learning Drop-in Information Morning

Wednesday 18 May 2022  
10:00 - 13:00

St. Laurence's, TU Dublin Campus,  
Grangegorman Lower, Dublin 7

(just a few minutes walk from the Grangegorman LUAS stop)

**No need to register, just call in for a cup of tea/coffee and a chat!**

Information on courses at all levels (community education/further education/higher education), access programmes, financial supports & grants, social welfare, choosing the right course for you and more.

Hear from people like you who have returned to learning.

**Free refreshments**

**Need more information?**

Contact Karen Carter on 01 220 8159  
or email [karen.carter@tudublin.ie](mailto:karen.carter@tudublin.ie)



### Kildare Older Persons Council Information Booklet.

The OPC have worked very hard in getting this publication ready. It is a fantastic booklet with songs, recipes, wellness information along with exercises and Safety tips.

Kildare OPC would like to thank all those who have contributed to this booklet and would appreciate it if you could circulate it among your networks. A limited number of hard copies are available.

Please click here to view Kildare Older Persons Council Information Booklet: [https://agefriendlyireland.ie/wp-content/uploads/2022/05/Kildare Older Person s Council Information Bo oklet\\_1650999828.pdf](https://agefriendlyireland.ie/wp-content/uploads/2022/05/Kildare_Older_Person_s_Council_Information_Booklet_1650999828.pdf)

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

## International Updates



### IFA Global Cafe | In Conversation with Dr Alexandre Sidorenko, Older People of Ukraine in the Time of the Russian Invasion

The International Federation on Ageing held a Global Cafe event this morning called – **In Conversation with Dr Alexandre Sidorenko Senior Advisor, European Centre for Social Welfare Policy and Research International Tutor, International Institute on Ageing.**



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

## Useful Contacts and Info

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

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

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

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

Website: [www.agefriendlyireland.ie](http://www.agefriendlyireland.ie) / [www.agefriendlyhomes.ie](http://www.agefriendlyhomes.ie)

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

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