

National Updates

**REGISTER NOW for A SPOTLIGHT ON AGE FRIENDLY IRELAND | POLICY TO PRACTICE | WEBINAR 7 - Civic Participation and Employment**

Join us on Tuesday 14<sup>th</sup> June so our 7<sup>th</sup> webinar in the series on Civic Participation and Employment, in which Minister English will be formally opening the webinar.



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

REGISTER HERE

WEBINAR 7 | 14TH JUNE 2022 | 12.00 - 2.00pm

**CIVIC PARTICIPATION & EMPLOYMENT**



**SPEAKERS**

- Bairbre Nic Aongusa | Assistant Secretary, Community Development, Department of Rural and Community Development
- Ian Talbot | Chief Executive, Chambers Ireland
- Orlaith Carmody | Principal Advisor, Age Friendly Ireland
- Kitty Hughes | Chairperson, National Network of Older People's Councils



WHO Global Network  
for Age-friendly Cities  
and Communities



comhairle chontae na mí  
meath county council

Click above or register @

[https://us06web.zoom.us/webinar/register/WN\\_bXZ9xrIfRpiqugSVj8OJUw](https://us06web.zoom.us/webinar/register/WN_bXZ9xrIfRpiqugSVj8OJUw)

## LGBT Ireland Conference



AFI's regional managers Louise Edmonds and Mairead Cranley attended the recent LGBT Ireland conference in the Royal College of Surgeons and were pleased with the information presented along with a presentation from Minister Mary Butler TD. Age Friendly Ireland welcomes the support and resources available from LGBT Ireland for older members of the community. Older People's Councils and other groups working with older people may be interested in availing of the LGBT awareness training from LGBT Ireland.



**JOIN our free Age Friendly Ireland Business Recognition Training Online**



**Could you use a few more customers? How about 1 million more...**

**Did You Know . . . There are more than 1 million older people (65+), living and shopping in Ireland and this is set to double by 2051.** Older people account for up to 50% of all consumer spending in the EU. They have the time to shop, they like to shop and they are loyal customers. They will come back to you again and again if you make the consumer experience comfortable and pleasant for them.

Are you doing everything you can to capture and retain this powerful customer base?



Age Friendly Ireland Business Recognition online training are now offering a number of open training dates – not specific to a town or company – which everyone is welcome to attend. Please do tell your colleagues and fellow business owners about the opportunity, we would love to have them on board.

Age Friendly Ireland Business Recognition online training, **Thursday June 16<sup>th</sup> 10am to 11.30.**

**Register here, and register early, as places are limited!**

<https://us02web.zoom.us/meeting/register/tZMkcuGtqz0rHtUrOE2tc1xzrYrwQxBn2IHN>

## Ireland's Age Friendly Recognition & Achievement Awards 2022

Submit your Age Friendly Project or Initiative to be in with a chance to receive National Recognition

This year the Awards Event is being hosted by **Clare County Council** and will be held on **27<sup>th</sup> October in Dromoland Castle**



### Ireland's Age Friendly Recognition & Achievement Awards 2022

Are you involved in a project that benefits Older People or makes your community more Age Friendly?

Register for our Age Friendly Recognition and Achievement Awards to be in with a chance of receiving National Recognition for your Project.

**Click here for more information and to submit your application**



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL



comhairle chontae na mí  
meath county council

With live events cancelled all around the world during the Covid pandemic, the Age Friendly Ireland shared service, hosted by Meath County Council, is thrilled to announce that we are back and looking forward to our first live awards event since 2019. Each year a local authority hosts the awards and we are excited to reveal that Clare County Council are hosting the National Age Friendly Recognition and Achievement Awards for 2022 on 27th October in Dromoland Castle, County Clare.

The primary aim of these awards is to recognise and reward achievement in age friendly initiatives around Ireland. We are calling for organisations, individuals/members of the public, agencies and communities to submit applications on projects or programmes that they consider to be age friendly, especially those initiatives that have supported older people throughout the pandemic.

This year, eight categories of awards, aligning to the WHO themes, have been chosen as they have a meaningful impact on the lives of older people in Ireland – Age Friendly Transport, Active & Healthy Ageing, Business Innovation, Safety & Security, Communication, Community Innovation, Environment, Housing.

To apply please click on the link below:

<https://eu.surveymonkey.com/r/LDTVSL3>

For more information please visit our website, click the link below:

<https://agefriendlyireland.ie/agefriendlyawards2022/>

## Free Online Events from HSE Health and Wellbeing



**WEBINAR INVITATION**  
**Masculinities and Men's Health**  
Featuring: former Professional Footballer and Award Winning Author **Paul Ferris**

Date **13th June 2022**  
Time **12.00 - 13.15**

WE SUPPORT  
**MEN'S HEALTH WEEK 2022**  
#MensHealthWeek  
www.mhfi.org

### Men's Health Week Webinar

Register now for our upcoming 'Masculinities and Men's Health' Webinar focused on Men's Health Week on 13th June from 12.00 – 13.15. With special guest Paul Ferris, former pro footballer and award winning author. Register here: <https://bit.ly/3MJdQmy>



### The Art of Being Healthy and Well Virtual Event

The Department of Health (Healthy Ireland), the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media (Creative Ireland Programme), HSE Health & Wellbeing) and the Arts Council are co-hosting a national symposium – The Art of being Healthy and Well. Register here: <https://bit.ly/3PLntDI>

The symposium will consider policy in relation to the effective use of creativity and arts in support of health and wellbeing while showcasing good practices and reflecting on learning to date.

### Dementia: Understand Together - June update



#### Men's Health Week

Men's Health Week is coming on June 13th and the call is for men to see that the 'Mission: isPossible' and support and information is available to make lifestyle changes to support their wellbeing. You can get involved this year with an event in your area. For support and more information go to the Men's Health Forum in Ireland <https://www.mhfi.org/> or contact [eamon.keogh1@hse.ie](mailto:eamon.keogh1@hse.ie)

#### Siel Bleu - Ireland's first-ever fitness challenge and event for older people

Facilitated by Siel Bleu Ireland, a not-for-profit social enterprise the event is taking place on **June 13th from 11am – 12.30pm**.

Participants will enjoy talks from leading health specialists on the importance of active ageing, exercise sessions from Siel Bleu Ireland's highly qualified trainers, and a guest talk from campaign spokesperson Pat Spillane, 8 times All Ireland winner with Kerry and GAA pundit.

[Register for the Wellness Event](#)

#### Engaging Dementia - Let's get together

Engaging Dementia are hosting a new event, and they'd love to see you there. You can join the team for a Dementia Inclusive Gardening Workshop on **June 15th at 10am** at the WALK - Green Kitchen Café/ Garden Shop in Dublin 12 <https://www.walk.ie/thegreenkitchen/>

Click [Register](#) to join

## 1 week left to make a nomination for the Healthy Ageing 50



[Click here to view the full banner.](#)

Are you, or someone you know, a leader working to transform the world to be a better place to grow older?

**There is only 1 week left to make a nomination for the [Healthy Ageing 50](#):** a new initiative aiming to recognise the contributions of champions around the world already working to make healthy ageing a reality.

Nominations can be made in [English](#), [French](#), [Spanish](#), and [Russian](#) until **15 June 2022**.

[Learn more and make a nomination](#)



## Siel Bleu Ireland - 30 Days to Better Ways

Ireland's first-ever dedicated fitness challenge for older people launched, led and facilitated by Siel Bleu Ireland, a not-for-profit social enterprise which provides life-enhancing exercise programmes to older people across the country. The '30 Days to Better Ways' campaign was launched with assistance from GAA legend and Gaelic football pundit, Pat Spillane.

The 30-day online challenge, which runs from June 1st-30th, encourages older people to see the difference 30 days of regular exercise and activity can make to their physical and mental wellbeing. Unlike most fitness challenges where weight loss and muscle gain are the main goals, Siel Bleu Ireland wants to focus on personal health achievements with better mobility in performing everyday tasks, being able to walk better for longer and being able to play with grandchildren being some of the individual goals the '30 Days to Better Ways' campaign seeks to help participants achieve.

# 30 DAYS TO BETTER WAYS

**Register Today**  
For a month of free Online  
Exercise Classes on  
[www.sielbleu.ie](http://www.sielbleu.ie)

**STARTS THE 1ST OF JUNE 2022**

Informed by the World Health Organisation's recommendation of 150 minutes of physical activity a week for older people, Siel Bleu Ireland's '30 Days to Better Ways' campaign involves participants simply signing up for the 30-day free trial where they will have access to the social enterprise's wide range of exercise classes from mobility to strength and conditioning, offered through the Siel Bleu at Home online programme.

To register for the '30 Days to Better Ways' challenge and more information, please visit [www.sielbleu.ie](http://www.sielbleu.ie).

**Siel IRELAND Bleu**

## 30 DAYS TO BETTER WAYS

### Online Wellness Event

**13TH JUNE 2022**  
**11:00 AM**

**REGISTER TODAY ON: eEventbrite**  
FOR MORE INFO: [WWW.SIELBLEU.IE](http://WWW.SIELBLEU.IE) | 01 209 6889

## AIM-WARM (Age-Inclusive Maynooth: Walk and Recall Memories) project - We are currently looking for participants!



We are interested in hearing from older adults (**65 years old, or more**) living with **early-stage Alzheimer's**, who would like to share some of their precious memories in local places, such as of the Canal, but also personal life experiences, like a first visit to the recent Maynooth town Train Station.

This four-week project is also a way for older adults to meet new people and have a chat with a small group each week, in a warm and welcoming atmosphere, and more importantly, a safe environment. One group will be walking in Maynooth town to elicit strong memories by seeing in-person historical sites.

We are looking for **active adults who would enjoy short walks** (maximum 1000m). The three members of our team are all garda vetted and trained to work with older adults living with dementia.

Everyone who participates in our project will receive a certificate of recognition, a logo-branded hi-vis vest with their name, and (hopefully!) a small group of local friends.

Please do not hesitate to share this project with people you know who might be interested, or even organizations that could help us.

Thank-you so much for helping us to make everyone feel included in our precious community of Maynooth, and for contributing to the progress of our knowledge about dementia, which is a major public health concern today. Please feel free to contact us by e-mail ([Richard.Roche@mu.ie](mailto:Richard.Roche@mu.ie)), or by phone 087 398 5702 if you are interested, or if you would like to hear more about it!

The outcomes from the AIM-WARM work will help us design our next precious project the **Tailored Reminiscence Interventions for Ageing and Dementias in Community Settings (TRIADICS)**.

This project, funded by the IRC Coalesce, will investigate the potential benefits to cognition and psychological well-being aspects using tailored, co-created interventions. These may include exercise, meditation, breathwork and group reminiscence meetings for older adults and people living with dementias, including Alzheimer's disease and Semantic Dementia.



## ExWell weekly Zoom

Please join our weekly Zoom **today, Friday 10<sup>th</sup> June at 5pm.**

Today's schedule is as follows

5.00 pm: Welcome

5.05 pm: Nutrition and Healthy Aging; The Role of Protein - *Brendan Egan PhD*

5.25 pm: Nutrition Discussion

5.35 pm: ExWell Updates - *Danny Fagan*

5.45 pm: General Discussion

6.00 pm: Close

The link for the meeting is

<https://us06web.zoom.us/j/84021498377?pwd=VEdNMTkza1INR2JRWlh2QlZpUHNxQT09>

Looking forward to seeing you all today.

## Local Updates



## Westmeath Age Friendly

Westmeath Older Persons Council had eight new members join their Older Peoples Council.



On Tuesday 7<sup>th</sup> June the council met up and had training for everyone, where great ideas were brought to the fore. We had a very enjoyable morning and finished off with lunch.



## Free Singing Workshop

### Suitable for those Living with Dementia

**Where:** Pavee Point Traveller and Roma Centre, 46 Charles Street Great, Dublin 1.

**When:** Sunday 19<sup>th</sup> June, 13.00 to 14.30.

**How to Book:** Free of Charge, Advance Booking Required, Call Sarah on 0879654059 or email [sarah@gospelrising.com](mailto:sarah@gospelrising.com)

**'An introduction to Gospel Singing'** workshop is suitable for all but we particularly welcome those living with dementia, their families, friends, supporters, and carers. No prior musical knowledge is required! This is a chance to get together and sing out in a space free from judgement.

**How to Book:** Free of charge, advance booking required, call Sarah on 087 9654059 or email [sarah@gospelrising.com](mailto:sarah@gospelrising.com)

Come join us in Mountjoy Square Park for some more Music!

The **Forget-Me-Nots** choir will perform on our **Super Soul Sunday** stage. The Forget-Me-Nots, a choir to remember, are an inclusive community choir uniting older people with family, friends and neighbours and has a special welcome for those affected by memory loss. Their performance will be joy-filled and will showcase the abilities of those living with dementia.

**Where:** Mountjoy Square Park

**When:** Sunday 19th June, 15:30

**Tickets:** Entry is **free**, no tickets required



## Cavan Older People Council's Information Roadshows

The Cavan Older People's Council are hosting Information Roadshows during the month of June. The aim of the roadshows is to provide older adults with an opportunity to come together again after the lockdowns at a physical event. Up to date information on services available to older adults will be available along with the opportunity to participate in some social activities on the morning. Free goody bags will also be available on the day. The Information Roadshows take place on:

**Wednesday 22 June at 10:30am – 2pm / Bailie Hotel / Bailieborough**

**Wednesday 29 June at 10:30am – 2pm / Kilmore Hotel / Cavan**

There will be a host of Information Stands at the events along with the following talks and demonstrations:

**11am:** An Garda Síochána Crime Prevention Officer – Property Marking Machine demonstration and Crime Prevention Talk

**11:30am:** Chair Based Exercise demonstration

**12pm:** Nutritional eating for older adults

**12:30pm:** Health & Wellbeing Talk



**1pm:** Genealogy – How to trace your family tree  
**1:30pm:** Social Prescribing – how older adults can benefit

All older adults are welcome to attend. Refreshments will be provided. Please register in advance by emailing: [agefriendly@cavancoco.ie](mailto:agefriendly@cavancoco.ie) or call 086 0662171 by 16<sup>th</sup> June.

**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 us at [agefriendlyireland@meathcoco.ie](mailto:agefriendlyireland@meathcoco.ie) for inclusion in our weekly newsletter

**International Updates**



**IFA Global Cafe | In Conversation with Dr Thomas O. Mottl on "Aging in Place: The Words, The Idea and The Concept".**

The International Federation on Ageing held a Global Cafe event this morning called – In Conversation with Dr Thomas O. Mottl on "Aging in Place: The Words, The Idea and The Concept".



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