

National Updates



At Friendly Ireland we wish everyone Happy Pride especially members from the LGBTQ+ community who are active participants on our Older Peoples Councils.

Age Friendly Airport Launch

Last week we launch the first Age Friendly Aiports in Knock and Shannon airport. The response to the launch has been so positive and amazing and it has been featured in so many articles around the country.



Please see below some of the lovely reviews from last weeks launch.

[Ireland West Airport Newsletter](#)
[Limerick.ie](#)

[Limerick Post](#)
[I Love Limerick](#)
[Limerick Leader](#)
[Live 95fm](#)
[The Connaught Telegraph](#)
[RTE.ie](#)
[Tipperary Live](#)

[Read the full press release by clicking here](#)

Covid Care Concerts

Eileen Hughes, Regional Programme Manager Midlands Frances Kawala, member of Offaly OPC, attended the Gala Concert last week and shared their night with us –

Gala Concert NCH 15th June 2022

A Gala Concert took place last week at the National Concert Hall. This was a special event co-ordinated by Creative Ireland, celebrating the work of Ireland's Frontline Healthcare Workers during the Covid-19 pandemic.



The presenter on the night was Miriam O' Callaghan and the event featured stars of the Covid Care Concerts Project and a 47-piece orchestra conducted by David Brophy. The concert also featured the David Brophy Frontline Workers Choir and a host of leading Irish Artists including: Claudia Boyle, Steve Cooney, Dermot Dunne, Sandra Oman, Jerry Fish, Red Hurley, Niamh Kavanagh, Séan Keene, John Spillane, Eimear Quinn and Professor Luke O' Neill among other. It was a fabulous evening and a special occasion to celebrate our Frontline Healthcare Workers.

Ireland's Age Friendly Recognition & Achievement Awards 2022

Submit your Age Friendly Project or Initiative **NOW** to be in with a chance to receive National Recognition (closing date for applications 30th June 2022)

This year the Awards Event is being hosted by **Clare County Council** and will be held on **27th 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/>



Age Friendly Homes

This website provides resources, guidance and information on housing for our ageing population.

Living well in later life is important for all of us. Older people's expectations are changing. The 'new old' are healthier, more active, and more technologically engaged. To meet these changing expectations requires a wider mix of age friendly housing options and healthcare supports to suit diverse lifestyles. This website provides resources, guidance and links to other sources of information to support people to live well as they age. Here you will find information on new and existing homes, grants and funding, healthcare, design information, technology, public realm, regulations, policy and research. It is now also home to our weekly Telehealth Blog.

[You can view the website by clicking here](#)

#SlowDown video messages



The new road safety campaign is aimed at promoting a road safety message across the country and is seeking the assistance of representative groups from diverse backgrounds (age, ethnicity, sexual orientation, religion, etc.) to please submit a brief video message in relation to this campaign. The '#SlowDown' road safety campaign will run from **Monday 27th June 2022 to Sunday 3rd July 2022.**

The new road safety campaign is aimed at promoting a road safety message across the country. We hope to enlist national and local ambassadors who will drive this message on their own social media channels and also through the Garda press office.

The below and attached examples are for guide purposes and those submitting material have a degree of poetic licence to ensure the message resonates with their target audience. The messages will be released via Garda social media platforms and can be shared on each participant own platforms also.

Participants are asked to film their message on the mobile phones in portrait/vertical mode.

All videos can be sent via WhatsApp to the Press Office mobile number 086 828 2000.

#SlowDown Campaign

Sadly, most of us know someone - a family member, friend or colleague - who has died or been seriously injured in a road accident...

We all need to be more mindful on the road

There's one simple message....

Please Slow Down



BusConnects Cork: New Bus Network Published

The National Transport Authority (NTA) has published the BusConnects Cork New Bus Network.

The new network, which forms a key part of the overall BusConnects Cork Programme, is intended to transform the public transport network across the Cork Metropolitan Area. The new network will involve the creation of new bus routes and improved bus frequencies to help transform the public transport network to meet anticipated growth and future demand in the region.

During 2021, the NTA carried out an extensive process of public consultation and review, in collaboration with Cork City Council and Bus Éireann, and with specialised experience of transport designers Jarrett Walker and Associates. In November 2021, a draft new network was published and the feedback and submissions have informed the Final New Bus Network published today. Chapter 3 of the New Bus Network Report sets out the key changes that have been made to the network in each sector of the city following the feedback received during the public consultation process.

The New Cork Bus Network will be delivered on a phased approach during 2023 and 2024. It will be supported by a comprehensive public information campaign for bus users as the services are implemented.

Information on the following can now be found on our website www.busconnects.ie/cork :

- New Bus Network Report
- New Bus Network Summary Document
- Local Area Maps
- Frequency Tables
- Interactive mapper tool

In the coming weeks, the NTA will publish further details of proposals in relation to 12 Sustainable Transport Corridors in Cork.

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), 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.



Ulster Bank Withdrawal Update

Update on our phased withdrawal plans, NatWest Group and UBIDAC have reached a legally binding agreement with AIB for the sale of a circa €6 billion portfolio of performing tracker and linked mortgages. This is a further significant milestone in our progress as we continue to navigate our withdrawal in the Republic of Ireland. Completion of this sale, which is subject to obtaining any relevant regulatory approvals and satisfying the conditions of the mortgage sale deed, is expected to occur in Q2 2023.

What does this mean for Customers?

Potentially impacted customer's mortgage products and their legal and regulatory protections will not change in any way as a consequence of this sale. Customers do not need to take any action on the back of today's announcement. We will be communicating with potentially impacted customers over the coming weeks and months to keep them updated on the progress and to answer any queries they may have, and following relevant approvals, we will work closely with AIB to ensure that the transfer of the portfolio is as smooth as possible. Details are available on our website (www.ulsterbank.ie) with customer FAQs to assist you with any queries from your customers.

As always, if you have any further concerns or questions, please do not hesitate to contact John.casey@ulsterbank.com or Brian.keane@ulsterbank.com.

We are available to support you with any queries you may have and can offer briefings and additional support material for use with your own clients, if required.



Dementia-Inclusive Programming at IMMA

We are delighted to begin our Summer schedule of dementia-inclusive Azure programmes this week. We will continue to have both in-person Azure programmes at IMMA and remote Armchair Azure programmes facilitated via Zoom.

All details and dates can be found here: <https://imma.ie/learn-engage/art-and-ageing/armchair-azure/>

Armchair Azure (online, via Zoom) – Third Tuesdays

Date	Time
Tuesday 21 June	2pm
Tuesday 19 July	2pm
Tuesday 16 August	2pm
Tuesday 20 September	2pm



To access any of these tours, just click on the blue Zoom link below anytime from 1.45pm on the dates above. The link will be the same for all of the Armchair Azure sessions.

Topic: Armchair Azure's Personal Meeting Room

Join Zoom Meeting

<https://imma-ie.zoom.us/j/8113824254>

Meeting ID: 811 382 4254

Azure at IMMA (in-person) – First Fridays

Date	Time
Friday 1 July	11am
Friday 5 August	11am
Friday 2 September	11am

Bookings can be made for in-person tours by emailing edcommbooking@imma.ie. We meet at IMMA's main reception for these tours and we end with a cup of tea/coffee in IMMA's Flying Dog cafe. We would love to see you over the Summer.

Our next Armchair Azure programme tomorrow Tuesday 21 at 2pm. We really hope you can join us then on Zoom.

Walking Football Poster

IT'S TIME TO FIND OUT MORE ABOUT WALKING FOOTBALL

No Running & No Contact
Created for players in later life to enjoy the game they love but without the stresses of running and physical contact.

Men Over 50 **Women Over 40**
The core of Walking Football players will be men over 50 and women over 40. With players in all age groups up to and including people in their 70's and even 80's!

Quality Referees
Referees that understand the game and can help it flow in the right way make a huge difference, that's why we have trained over 300!

Small Sided Games
Games are six-a-side on small pitches with smaller goals, all with unlimited substitutions. Mixed gender games are common and are encouraged. You can play for fun or play competitively, it's totally up to you.

Walking Football is Inclusive
No matter your ability, gender or ethnicity, there is a place for you in the wonderful sport.

Physical & Mental Health Benefits
The health benefits of Walking Football are amazing. Increased strength, mobility, motor functions, resting heart rate, lowered cholesterol, improved blood sugar levels, bone density and reducing the risk of cardiovascular disease and stroke. The mental health benefits include high levels of personal reward and satisfaction with reduced levels of stress.

Social Benefits
Walking football also gives an often isolated section of the community the chance to become involved in something they really enjoy, make new friends, form lasting relationships with like-minded people.

Now open to Men's Sheds and other groups in Dublin and Leinster
For further information please contact:
Paul Gallier: E: Paul.Gallier@ageandopportunity.ie T: 01 805 7705
Peter MacNulty: E: petermacnultysports@gmail.com T: 086 173 9692

*Infographic created by the Walking Football Association

Age & Opportunity Men's Sheds Association SPÓRT ÉIREANN SPORT IRELAND



ExWell Zoom

Dear ExWell Participants and Friends,
Please join our weekly Zoom on **Friday June 24th at 5 pm**. This week we will discuss 2 topics (see below) As usual, please share this link with anyone you feel might enjoy or benefit from hearing more about ExWell

The schedule for Friday is:

5.00 pm: Welcome
5.05 pm: Action Planning: *Sarah McCaffrey*
5.25 pm: More About Fatigue: *Noel McCaffrey*
5.35 pm: ExWell Updates. *Danny Fagan*
5.45 pm: General Discussion
6.00 pm: Close

The link for the meeting is below

<https://us06web.zoom.us/j/84021498377?pwd=VEdNMTkza1NR2JRWlh2QlZpUHNxQT09lZpUHNxQT09>

Local Updates

Newtownforbes Active retirement in Co Longford



Last week Longford Older People's Council enjoyed their freedom in Co Longford and had a ball at their annual afternoon / evening / into the late hour's dinner dance in Abbeyshrule!

It was organised by Ballymahon Community Garda Emma Kiernan and her colleagues plus the local GAA Clubs. Attended by almost 300 from all over Co Longford. It was just brilliant.





Westmeath Age Friendly Recognition Award winner 2022

Westmeath County Council introduced a new category of Awards in 2019 called the Age Friendly Recognition scheme which links into Westmeath's Age Friendly Programme. Westmeath County Council wish to give recognition to groups and organisations who have carried out extraordinary work for and with older people in our community.

Mount Temple Active Retirement Group was established in 2004 and they have been active since, carrying out activities with their group of over 40 members going on trips, organising training and social events and providing hot meals to its members.



This group not only look out for their own members but also for the wider community. This can be seen in their foresight and courage in the establishment of a community hall committee when their local hall fell into disrepair and there was no hall committee in place. The group rallied together and took on the serious task of taking on a momentous project, the total conversion of a community centre. With help from the community, grants and sponsorship, the dedicated and hardworking volunteer committee succeeded.

Now this community has a state of the art Community Centre which is widely used by all the community in the area. This group is proud of its achievement and in their own words "invite other groups to see what they have done, to take inspiration from their project, to talk to them and they will share their journey and if they did it, so to encourage them.



You're invited to Dublin Decoded – Dementia Inclusive Walking Tour

Let's get together. We're hosting a new event, and we'd love to see you there.

Join us for Dublin Decoded – Dementia Inclusive Walking Tour, **June 28th, 2022 at 11:30am.**

Register soon because space is limited. We hope you're able to join us!

Click on the image below to register



Age Friendly Strategy Launch – Mayo



Mayo County Council is delighted to have launched its second Age Friendly Strategy and Action Plan for 2022 to 2026. This strategy will enable the Council and its Age Friendly partners to make the County a better place to live and grow older in.

The launch took place in Castlebar Library which is recognised as an Age Friendly Library.



Chief Executive of Mayo County Council Mr Kevin Kelly opened the launch. He began by welcoming those present and by thanking all the Alliance members and the 250 Older people that participated in the consultation process that fed into the strategy.

Speakers at the event included Marie Flanagan, Mayo's OPC Chair, Mairead Cranley, Age Friendly Ireland, Darina Molloy, Castlebar Library. Unfortunately, Josephine Lally, Consultant was unable to attend. The Strategy was launched by Cathaoirleach Cllr Michael Smyth.

Sr Maureen Lally Age Friendly Ambassador for Mayo, some Mayo County Councils Elected and Oireachtas Members, Age Friendly Alliance and members of Mayo's Older Peoples Council were amongst the invited audience.

Maura Murphy, Mayo's County Council's Age Friendly Programme Manager acted as Master of Ceremonies for the launch thanked all those who contributed to the strategy, in particular the Age Friendly Alliance and Mayo's Older Peoples Council members.

Link to strategy is available at: <https://www.mayo.ie/getmedia/40b9069a-6f04-4bdf-aff8-7af21a35f974/Mayo-Age-Friendly-Strategy-2022-2026.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 us at agefriendlyireland@meathcoco.ie for inclusion in our weekly newsletter

International Updates



IFA Global Cafe | FA Global Cafe | In Conversation With Mr. Todd-Langille and Ms. Dawn Connolly

Dear members and attendees of IFA's Global Cafe

IFA would like to address the incident that took place this morning, June 24, 2022, at around 7:20 a.m. EST, during the IFA's Global Café, when the presentation was invaded by a malicious agent (hacker) to display improper content with no relation whatsoever to IFA or the guest speakers' agenda.

IFA conveys sincere apologies for any harm or discomfort this incident has caused. As of immediately, IFA is working with Zoom administrators to enhance security measures and adjust procedures to prevent this from happening in future.

Today's IFA Global Café has been cancelled and will be rescheduled; an update will be shared in the coming days.

Sincerely

Secretariat, The International Federation 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

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