

National Updates



Sláintecare.




**Healthy Age Friendly
Homes Programme**

Meet the Team – Healthy Age Friendly Homes Coordinators

The Healthy Age Friendly Homes Programme aims to support older people to live in their own home with dignity and independence, for as long as possible, and reduce the number and rate of transfer to long-term residential care. The objective is to enable older people to live longer healthier lives by keeping care close to home and expanding the range of health, housing and social care services in the community. Healthy Age Friendly Homes is a partnership between the Age Friendly Ireland Shared Service and Sláintecare this Governments ten-year programme for reform of the health care sector. Healthy Age Friendly Homes provides an innovative collaborative approach to the delivery of integrated housing and health services for Ireland's ageing population.

Just over one year into Phase 1, across 9 local authorities, of this initial two-year programme, we are already documenting demonstrable positive outcomes. The team have been actively visiting older people and putting individual supports in place for older persons throughout their county over the last year. The team have carried out 2,150 Home Visits, progressing 4,000 individualised support actions. The approach taken in the Healthy Age Friendly Homes Programme is a person centric needs-based assessment which supports older people by focusing on four key areas, Housing, Health, Community and Technology.

Some of the main supports that have been availed of by older people are Home Care, Housing Adaption Grants, Warmer Homes Grants, Housing Maintenance, Befriending Services, Meals on Wheels, Library Services, Public Health Nurse, Carbon Monoxide Alarms, Transportation, Telecare and Assistive Technologies and many others. The team supports older people and their families to find their way around these services by linking them to the appropriate supports including other public and state agencies or voluntary groups.



The Healthy Age Friendly Homes Team pictured here at a recent training day are made up:

Front Row L-R Westmeath - Ann Moran, South County Dublin - Mary Roach, Joanne Husband Assistant Staff Officer

Middle Row L-R Elizabeth Kenny Clerical Officer, Tipperary - Tracey Thompson, Longford - Mary Carey, Cork - Marie Nolan, Galway - Francis Kane

Back Row L-R Limerick - Jillian Robinson, Dublin City - Eimear McCormack, Mark Harrington National Manager, Fingal - Danielle Monahan

In the coming weeks we will introduce you to each Local Coordinator and provide you with updates on the programme at a local and national level.

If you would like more information on the Healthy Age Friendly Programme you can visit

<https://agefriendlyireland.ie/category/healthy-age-friendly-homes-programme/introduction/> or phone our national office at **046 909 7417**



Fuel Poverty in the Midlands Region: Older Person's Perspectives



Are you aged over 55 and live in the Midlands region?



Have your voice heard on fuel poverty and implications for older people here:
<https://maynoothuniversity.onlinesurveys.ac.uk/fuel-poverty-midlands>

Maynooth University and Age Friendly Ireland are undertaking a study on **fuel poverty** in the Midlands to identify the extent of fuel poverty, how many older people are affected and how those most at risk can be better supported. For further information contact: Adrienne.Mccann@mu.ie or 087 355 4932



National Age Friendly Ireland Programme

A Shared Service Function of Local Government



Nothing about us, without us: Perspectives in Public and Patient Involvement (PPI) in Research

When: Wednesday, October 26, 2022 - 09:30 to 11:45

Where: Hybrid event MS Teams/ Maynooth University, Room 1.37, First floor, Iontas building.

This series of 'lightning talks' aims to share what Public and Patient Involvement means for the people involved at both a personal and professional level. We will hear from PPI contributors, their families and researchers on why PPI is so essential for both enriching and increasing relevance in research for those impacted by it most.



Speakers include PPI contributors Mary Sweeney and her son Conor, Mandy Daly introduced by Dr Lorna Lopez, researcher's Dr Cassandra Dinius, Carmen Elise Pocknell, Dr Rebecca Maguire, Dr Fiana Ní Ghrálaigh.

All welcome, but it will be especially relevant to researchers who might be new to PPI and are curious about what's involved.

To attend online, please register [here](#)

For any further questions please contact Rebecca at Rebecca.clinton@mu.ie.

Research week in Maynooth University



Maynooth University are pleased to announce that [Research Week 2022](#) begins on **Monday, 24th October 2022**.

Research Week 2022 is a celebration of research undertaken by our professors, lecturers, postdoctoral researchers, and undergraduate and postgraduate students across the University. This is an opportunity to learn more about the research undertaken by your colleagues and students across campus and about the value and impact of Maynooth research.

The programme includes a series of research talks, seminars, 3 Minute Thesis, Maynooth Sparks competition, poster presentations, exhibitions, and many other events both in person and online.

We would ask you to try and promote the week, in particular to all undergraduate and postgraduate students and if possible, to take some time to attend events throughout the week. The week is also an opportunity to showcase Maynooth research to the broader world, so please add your comments using #MUResearch up to and during the week itself to help continue the thought-provoking conversations and emerging research being presented over the course of the week.

This year's schedule is packed with exciting topics, which we hope you enjoy.

Helpline Volunteer Recruitment



Arthritis Ireland are currently recruiting for helpline volunteers to join the team.

No matter where you are in the country, you can volunteer on our helpline and make a huge difference to the lives of your peers with arthritis.

You don't need any formal qualifications or previous experience to volunteer. If you can provide a listening ear, understand and empathise with our callers, all while providing reliable, trustworthy information, then please contact us.



Accredited training is provided to all volunteers, and support and supervision is ongoing. Therefore, if you can spare a minimum of three hours per week and would like to share your valuable life experience, call Peter, our Services Support Officer on 01-6470202 or email helpline@arthritisireland.ie for more information.



IRISH HOSPICE FOUNDATION (IHF), WITH THE SUPPORT OF THE CREATIVE IRELAND PROGRAMME, OFFERS GRANTS FOR LOCAL PROGRAMMES



Irish Hospice Foundation with Creative Ireland sets out to inspire and support the work of groups, organisations and individuals who wish to mark in some tangible way their response to the universal realities of dying, death and bereavement.

Seed Grants are to support groups, organisations and individuals in exploring creative ways to do this. Priority will be given to creative initiatives that take innovative approaches to reflection and remembrance. They aim to help start new local art projects, or to support existing projects gain momentum - this may involve artists, crafts people, performers, and / or coders. It may be a group or individual who has a good idea.

15 Seed Grants to support communities' creative exploration of grief or memorialisation are available.

IHF are inviting applications from groups and /or individuals nationwide before the closing date of **Friday 28th October at 5.00pm**. This IHF programme offers communities across Ireland multiple ways to process the impact of death, dying, grief, and more general losses.

Previous awardees include individual artists, writers, nursing homes, secondary schools, community groups, disability support centres, local choirs, and hospitals. This year IHF are encouraging as wide a group of people as possible to apply with a simple application process and lots of support.

Key Dates:

- **Thursday 6th October 2022:** Application process opens.
- **Wednesday 19th October 2022:** Online briefing / Q&A clinic for potential applications.
- **Friday 28th October 2022 @ 5.00pm:** Closing date for all applications.
- **Tuesday 8th November 2022:** Successful applicants announced. All applicants will be notified this week.
- **Friday 28th April 2023:** Successful projects must be completed by this date.

To view the list of projects from **Leinster** please click here:
<https://hospicefoundation.ie/our-supports-services/ihf-in-the-community/arts-and-creativity/seeds-grants-2022/>



Dementia: Understand Together October update

World Alzheimer Month

Thank you all for your fantastic support during World Alzheimer Month, there were many local and national initiatives.

You can also listen in to Prof. Sean Kennelly's (Tallaght University Hospital) interview on Ireland FM from 30:25 on the following link:
<https://www.virginmediatelevision.ie/player/show/809/201590/0/Ireland-AM>

· **Events**

The National Dementia Office & Safeguarding Office held a joint webinar on the "Appropriate prescribing of psychotropic medication for non-cognitive symptoms in people with dementia" (National Clinical Guideline No. 21). Kevin Quaid, Chair of the Irish Dementia Working Group, spoke of his experience, along with Susan Crampton from the Dementia Carers Campaign Network. If you wish to view this webinar please click on
<https://dementiapathways.ie/education-and-training/additional-education-resources/a-focus-on-non-cognitive-symptoms-of-dementia-promoting-a-culture-of-safety>

The Neurological Society had a recent webinar on Brain Health. Speakers included Dr. Suzanne Timmons and Kevin Quaid, Chair of the IDWG. This recording can be viewed [HERE](#). There is also a video series of conversations

with key leaders in brain related healthcare and research in Ireland about brain health. You can access the videos [HERE](#)

Engaging Dementia Conference: *Fostering a Dementia Inclusive Ireland* takes place on **November 15th & 16th in person in Croke Park** and Online. The preliminary programme can be seen here <https://engagingdementia.ie/international-dementia-conference-preliminary-programme/> There is a fantastic line up for this event.

Resources

Young Onset Dementia Guidance Document: “Harnessing community information and support for people with young onset dementia and their families” provides guidance for community groups and healthcare professionals. The research was commissioned by The Alzheimer Society of Ireland and was conducted in collaboration with key stakeholders including people with young onset dementia and their families. Authors are C. Kilty, C. Curtin and S. Fox. You can access this guidance document on [Understand Together](#)

Tallagh University Hospital Launch Second ‘Let’s Talk About’ Podcast Series: In partnership with the Adelaide Health Foundation the six-part series looks at the brain and how we can mind it and keep it healthy.

The Irish Gerontological Society has launched a new podcast series. In this episode, marking World Alzheimer Day, Edel McDaid talks to members of the National Dementia Office <https://dementiapathways.ie/education-and-training/additional-education-resources/irish-gerontological-society-podcast>

Memory Lane Games developed a new free app for people who live with dementia and their caregivers. It includes over 2,000 games which have been developed worldwide by volunteers and students who want to connect with older relatives or family members living with dementia. You can download the FREE app from the Apple and Google Play stores here: www.MemoryLaneGames.com

Here is a clip from ITV News which shows how the games support people with dementia and their carers by triggering positive memories and starting wonderful conversations <https://www.itv.com/news/granada/2022-01-21/the-game-changing-dementia-app-downloaded-in-100-countries>



Webinar: Getting Active for Better Ageing – How to Encourage and Support Physical Activity In Older Adults

The Institute of Public Health (IPH) invites you to attend a ‘Getting Active For Better Ageing’ webinar on 20 October, which will focus on public health and behaviour change and how to encourage and support older people to be more physically active.

This webinar will include presentations from Professor Ryan Rhodes, University

of Victoria, Canada, Professor Mark Tully from Ulster University, and Professor Suzanne McDonough from the Royal College of Surgeons in Ireland.

WEBINAR



Getting Active For Better Ageing – How To Encourage and Support Physical Activity In Older Adults



Thursday, October 20th

10am - 12 Noon

Presenters



Prof Roger O'Sullivan
Institute of Public Health



Prof Ryan Rhodes
University of Victoria



Prof Mark Tully
Ulster University



Prof Suzanne McDonough
Royal College of Surgeons in Ireland

As part of the online event, IPH will also launch a new Public Health Matters digital learning module, 'Getting Active For Better Ageing', to help healthcare professionals to support older people to have more physically active lives. IPH Director of Ageing Research & Development Professor Roger O'Sullivan will also chair a Q&A discussion with a panel of healthcare professionals about how behaviour change can be supported.

Siel Bleu Ireland will facilitate a physical activity energiser during the webinar.

[Register for the webinar](#)

Free Virtual Event: Universities as Age-friendly Partners



Join us on **Tuesday, October 25th at 11 am ET** for a conversation on universities as age-friendly partners. Institutions of higher learning can play an important role in addressing the global affordable housing crisis, reducing loneliness, addressing ageism, and enriching the lives of students and older adults alike.

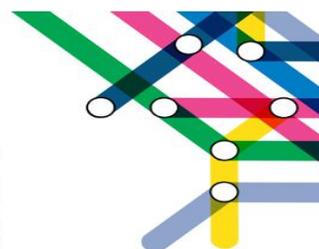
We are excited to be joined by:

- Althea Pestine-Stevens, Program Manager, [Age-Friendly North Jersey](#)
- Raza Mirza, Assistant Professor University of Toronto, and Network Manager, National Initiative for the Care of the Elderly

[Register Today!](#)



Cycle Connects Public Consultation



CycleConnects: Ireland's Cycle Network aims to improve sustainable travel by providing the potential for more trips on a safe, accessible and convenient cycling network, connecting more people to more places.

Proposals for cycling links in key cities, towns and villages in each county are included in the plan, in addition to connections between the larger towns, villages and settlements. The plan also incorporates existing and planned cycle routes such as greenways and blueways.

The consultation will remain open until the **Friday November 11th, at 11.59pm**. Submissions can be made through this portal using the '[Make a Submission](#)' link, or by email to: activetravel@nationaltransport.ie

For additional information visit [Cycle Connects Public Consultation](#)

The National Transport Authority is seeking Mystery Shoppers. Any OPC members who are interested in carrying out some mystery shopping exercises on Public Transport can contact Sarah Chapman in Behaviour and Attitudes Research Sarah@banda.ie

Training starts the week of October 24, 2022 with shops to take place in November. The NTA is offering the following incentives to take part:

| Time on transport | Incentive offered |
|-------------------|-------------------|
| 0-1 hour | €25 |
| 1-2 hours | €35 |
| 2-4 hours | €50 |
| Total day | €130 |

Upcoming Webinar! Register now for Community Resilience During and Beyond COVID 19!

Community resilience during and beyond COVID 19
Wednesday, 19 October 2022 – 2pm CET



[Register](#)





In this webinar we will hear from different international examples on their experiences during the pandemic, to understand better how communities responded, how services evolved, the response of the workforce, what lessons were learned and, how we can take that knowledge forward to further strengthen systems of health and care and improve outcomes for people in the future.

[Register](#)

Exwell Weekly Zoom



Dear ExWell Participants and Friends,

Please join us this week on **Friday Oct 14th at 5 pm** for our weekly Zoom. We will be discussing peripheral neuropathy and will also hear from Irene, one of our stalwart participants about her lung condition and her preparation for lung transplant surgery. Prof Karen Redmond, a lung transplant surgeon, will also join the meeting, as promised last week.

The schedule is as follows:

- 5.00 pm: Welcome
- 5.05 pm: Peripheral Neuropathy *Noel McCaffrey*
- 5.25 pm: Irene's Story
- 5.35 pm: Preparing for a Lung Transplant *Ms Karen Redmond, Lung Transplant Surgeon*
- 5.45 pm: ExWell Updates *Danny Fagan*
- 5.50 pm Q&A / Discussion. *All*

The link for the meeting is

<https://us06web.zoom.us/j/82923967844?pwd=eDNCREdpYlhQdTdoYlNzTjNyMTVBZz09>

The St Luke's Symposium, a really interesting medical information event for the public (especially people living with long-term medical conditions [also called chronic illnesses]), takes place this week over 4 days, starting tomorrow, hosted by the Royal College of Physicians of Ireland (RCPI). I will be speaking (about ExWell of course) at the public information session on Wed evening 12th.

If you are interested in registering and supporting the event, please go to

<https://web-eur.cvent.com/event/b5a14ab1-f337-42d2-934d-928735f74eb2/websitePage:f96ef7cc-01f2-4ea4-81a1-43a33b1dc9d9?RefId=Associate%20to%20speaker%20page>



Leitrim OPC event

Leitrim's Older People Council held an event on recruiting older people to join Leitrim's Older People Council.



Leitrim's Older People Council Chair Hazel Humphries addressed the group and spoke about the OPC and their role.



They had a lovely social event where there was plenty of food served and music which groups all danced to.



MAKE WAY DAY 2022



Westmeath County Council in conjunction with Westmeath Disability working group members and Westmeath Age Friendly members were delighted to taking part in the National Make Way Day 2022 Campaign, which took place on Friday 30th September.

“Make Way Day” is a campaign that brings the disability and wider community together to consider the needs of people with disabilities in the public spaces we all share is about making the public aware of an issue that is fully within their power to change. It’s about One impactful, coordinated and decisive day of action.



Members of Westmeath Older persons Council were delighted to take part in this initiative in several different locations in Westmeath. Armed with an online tool that was specifically designed for Make Way Day, they were highlighting obstacles that blocks the way and complicate the lives of people with disabilities.



Access is the most basic of all disability rights. The public footpaths are for everyone, and we can all agree on that. In a wider context, this one day focused the mind on people with disabilities, their lives, and needs.



Age Friendly Events and Services Bunclody Library

Renaissance Florentine Art with Elaine Hoysted - Thursday 20th October at 7pm.

Join Elaine, art historian and librarian, to explore the art created in Florence during the Renaissance period. A selection of paintings and sculptures has been chosen to show the diversity of the art created in Florence during this time.

Places limited, booking required. Telephone 053 9375466 or book online at wexfordcoco.libcal.com

Revolutionary Period: Sources and Information with Barry Lacey – Thursday 27th October at 7pm.

Join historian in residence Barry Lacey as he explores a wide array of resources available relating to the revolutionary period (both on and offline). This will include how to access and undertake research relating to the war of independence and civil war in County Wexford.

Places limited, booking required. Telephone 053 9375466 or book online at wexfordcoco.libcal.com



Age Friendly Business Recognition Awards - Enniscorthy

Wexford County Council as part of their Age Friendly Ireland Programme is delighted to award 10 leading Enniscorthy businesses for their work on the Age Friendly Business Recognition Programme.

The Age Friendly Business Recognition Programme encourages businesses to think about what low or no cost changes they can make to help their Older Customer's experience better. Participating businesses nominated an Age Friendly Champion to undergo Age Friendly training and implement three Age Friendly actions such as, providing a designated Age Friendly parking space, providing a rest chair in the premises and displaying easy to read signage to enable a more comfortable and welcoming experience for the Older Person. At a ceremony at Enniscorthy Chamber of Commerce on Wednesday, October 12th, Councillor Aidan Browne, Cathaoirleach Enniscorthy Municipal District, presented The Age Friendly Business Charters to the following businesses who have committed to Age Friendly practices:

Btwenty7coffee

C & R Print

Grants Pharmacy

Impresso Café

Kelly Local Pharmacy

Kilcannon Garden Centre and Restaurant

Riverside Park Hotel

The Slaney Inn

The Whitehouse Pub

Wheelock Fruits

Conor Swaine

Colette Furlong

Linda Tobin

Kellianne Mc Gannon

Aideen Walsh

Ben Bernie

Áine Brauders

Councillor Willie Kavanagh

Rachel Canavan

Carol Nolan

These businesses can display their Age Friendly Charter and an accreditation sticker at their premises and will also be listed on the agefriendlyireland.ie website. Wexford County Council's Age Friendly Programme Manager, Miriam Hillis, thanked and Congratulation all the Age Friendly Champions on the successful completion of their training and assured the businesses involved that they would have the full support of Age Friendly Ireland going forward.



Thanking all the Businesses and the Age Friendly Champions involved, Mr. Kevin Molloy, Chair, Wexford Older Persons Council, noted that there are **three quarters of a million older people (65+)**, living and shopping in Ireland and this is anticipated to **grow to 1.5 million 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. In addressing the Age Friendly Champions, Mr. Molloy confirmed that their businesses had now joined a community of services that are great places to visit and use for older customers.

Celebration of Clare Older People's Volunteer of the Year 2022



Around 150 people attended an event in the Woodstock Hotel in Ennis, County Clare, on Monday, 3rd October, during Positive Ageing Week, to celebrate with the 13 people nominated for the Clare Older People's Volunteer of the Year Award 2022. The function was hosted by the Clare Older People's Council and supported by Clare County Council.

The 13 nominees from all over Clare had been invited to bring a few supporters with them, and they did! The winner of the award, Marie Molony, was a very popular choice. Marie won the award based on her contribution to the Alzheimer Society, Eire Óg GAA Club and St Joseph's Apostolic Society. She received an engraved glass trophy and a one-for-all voucher from Leonard Cleary, Deputy Chief Executive, Clare County Council.

Opening the event, Leas Cathaoirleach of Clare County Council, Cllr Ann Norton, spoke of the importance of voluntary work to local communities and

of how such work contributes to the resolution of challenges faced by those communities. The keynote speaker, Derek Bell, retired CEO of the Retirement Planning Council, spoke of staying active and healthy as we age and the importance of volunteering in our communities.



Clare County Council's Deputy Chief Executive, Leonard Cleary, congratulated the winner and all the nominees, who received a framed certificate of recognition for the fact that they had been nominated by their communities. Mr Cleary also praised the organisers of the event, Clare Older People's Council, and commented on how important the work of the Clare Older People's Council is to the development of Age Friendly policies and practices within the county itself as the demographic changes and the number of older people increases.

Leas Cathaoirleach of Clare County Council, Cllr Ann Norton, said: "The purpose of this award is to recognise and acknowledge those older volunteers who give freely of their time, energy and skills to help others and to enhance our communities. The volunteers nominated for this award have demonstrated what positivity and a sense of community spirit can achieve."

Clare County Council's Deputy Chief Executive, Leonard Cleary, said: "The volunteers nominated for this award have led by example, demonstrating through their hard work, resilience and dedication, just what can be achieved to enhance their communities."

Clare Older People's Council Chairman, Maurice Harvey, said: "Any of the 13 nominees would have been worthy winners of this award for their contribution to volunteering, however the winner, Marie Molony, is a very deserving overall winner."

Clare Businesses Acknowledged as Age Friendly



As part of the Clare Age Friendly Business initiative, seven businesses across Clare were acknowledged as Age Friendly at an event in Sweet N Green café, Ennis (already accredited as an Age Friendly business), on Thursday, 6th October, during Positive Ageing Week.

All of the businesses involved received special online training earlier this year by Orlaith Carmody, Age Friendly Ireland Business Consultant, to help them develop their actions.

Following this event, these Clare Age Friendly Businesses will be registered on a national directory with Age Friendly Ireland, which can be found at:

<https://agefriendlyireland.ie/category/business/directory>



Colin Ryan, President of Ennis Chamber, congratulated the businesses on the actions they have implemented for their older customers. He presented each business with a framed Age Friendly Charter and window sticker which the businesses will display at their premises to signal the value of the custom they receive from their older clients.

Karen Fennessy, Clare Age Friendly Programme Manager for Clare County Council, said: “These businesses have really embraced this initiative by developing low cost/no cost actions to deliver great customer service to older people. They understand that the growing demographic of older people in Ireland delivers a lucrative market that is increasing all the time.”

Margaret O’Brien, CEO of Ennis Chamber, stated: “The Age Friendly businesses being acknowledged today are at the forefront of delivering an improved customer service experience to older people in Ennis, Shannon and Lahinch. I would urge other businesses to implement their actions and receive the same acknowledgment.”

Colin Ryan praised the Clare Age Friendly Programme and Ennis Chamber of Commerce for developing this initiative in Ennis and including other businesses from around the county looking to become Age Friendly.

The seven businesses that were recognised as Age Friendly are: **Lahinch Coast Hotel, Bridget Haran Hair Salon, Copper Jug Coffee Shop Ennis, EBS Bank Ennis, glór, Shannon Library and the Shannon Springs Hotel.**

Age Friendly Coffee / Tea Mornings



Naas Library will be hosting Age Friendly Friday Coffee / Tea Mornings every Friday in Naas Library from 11.30am.

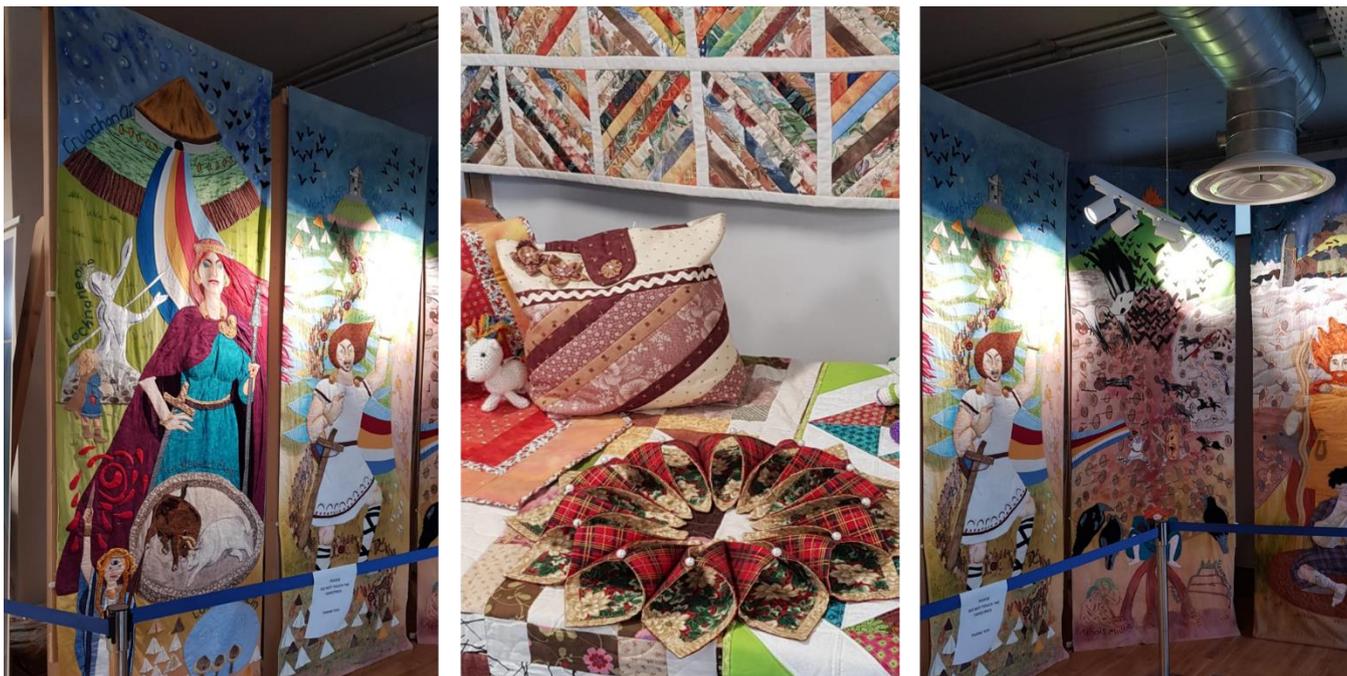
They are also launching a new project. They have secured 5 Age Friendly Tablets and they can be loaned out for an 8-week period for 1st November.



Lanesboro Quilters Summer Initiative



During the summer Lanesboro Quilters did a quilting workshop and from this produced some beautiful quilts and covers, a wonderful skill that they are anxious to share with many more.



They had put their work and work of participants into a splendid exhibition recently in Edgeworthstown Library exhibit room.



Longford Older People's Council Chair Kitty Hughes and Mary Creedon Longford Programme Manager at the time, visited the wonderful exhibition.

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 before 1pm Thursday for inclusion in our weekly newsletter.

Don't forget we are on **social media** so why not follow us for all the up to date information and live updates on all things Age Friendly happening around the country ☺

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

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

International Updates



International
Federation on
Ageing

**IFA Global Café | In conversation with Ms. Charlotte Chisoni.
"Undoing Ageism through the Power of Media"**

ifa Global Café
in conversation with experts

"Undoing Ageism through
the Power of Media"

FRIDAY
14 OCTOBER 2022

7:00 A.M.
Eastern Daylight Time

CHARLOTTE CHISONI
ADVOCACY & COMMUNICATIONS
ADVISOR | MANEPO.ORG

The International Federation on Ageing held a Global Café event this morning called: **In conversation with Ms. Charlotte Chisoni, "Undoing Ageism through the Power of Media"**

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: Call save 1850 24 1850

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