

National Updates



Sláintecare.



Healthy Age Friendly
Homes Programme



Healthy Age Friendly Homes Coordinator Discusses Fuel Allowance

Research shows that the majority of people want to remain in their own home as they age. This desire is often challenged by their home not being suitable for the occupier as their needs become more pronounced, their financial means decrease, and their mobility declines. With the right assessment and intervention, the living environment can be changed from being one of health risk to one of health support.

The 9 Healthy Age Friendly Homes coordinators in situ across the country have been busy assisting people to age in place by visiting people in their own homes and creating personalised plans with actions linked to housing, health, technology, social and community needs. It has come to light following these visits that there are many people worried about the rising cost of heating, there are concerns about the costs associated with heating homes during the winter period.



Our Local Coordinators have noticed that many older people we are visiting are unaware of the changes to the 'Fuel Allowance' which came into effect in January 2023.

Jillian Robinson our Limerick Local Coordinator would like to let you know, 'There are people who may have applied for the allowance prior to these changes and were not successful with their application but they could now be eligible. As we know fuel prices have risen and every penny counts! I have put together some information which I hope you find useful.'

What is the Fuel Allowance?

- Fuel Allowance is a payment to help with the cost of heating your home during the winter months.
- You can get it if you are aged 70 or over or getting long-term social welfare payments.
- The current rate of payment is €33 every week from September 2022 until April 2023.
- Only one Fuel Allowance is paid to each household.
- Fuel Allowance season started on 26 September 2022.

How to Qualify?

If you are aged 70 or over:

You may qualify for Fuel Allowance if you are 70 or over. You do not need to be getting a qualifying social welfare payment.

To qualify you must:

- be 70 or over
- be legally resident in the State
- pass a means test
- be living alone or only with other qualified people

If you are under 70 years:

If you are under 70 years and getting a social welfare payment based on your social insurance record. If you are getting a payment based on your social insurance record, for example, State Pension (Contributory) or Invalidity Pension, you need to pass a means test and meet all other required conditions to qualify.

For more information visit: <https://www.gov.ie/en/service/00aa38-fuel-allowance/>

The quickest and easiest way to apply is online at MyWelfare.ie.

Forms are also available at your local post office or Intreo Office.



The Healthy Homes Programme coordinators in your area can also assist you with providing you with information on the Allowance and filling out these forms if needed.

<https://agefriendlyhomes.ie/topics/social-health-care/healthy-homes/>

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**



Age & Opportunity Active National Grant Scheme 2023 for Sport & Physical Activity for Older People

Since 2001 Sport Ireland has provided funding to Age & Opportunity for our Active programme to help increase the participation of older people in recreational sport and physical activity. This Active National Grant Scheme for Sport and Physical Activity for Older People is one element of the extensive Active programme which has resulted from this funding.

The Active National Grant Scheme aims to assist in the implementation of locally-developed, well-planned initiatives designed to increase participation in recreational sport and physical activity by older people.

WHO CAN APPLY

Grants are available to all eligible local clubs, groups, care settings and organisations that promote increased participation in recreational sport or physical activity for older people as a main element of their activities. Umbrella bodies, or their agents, are not eligible for funding under this grant scheme. An exception to this are Local Sports Partnerships who are eligible to apply.

CLOSING DATE

Completed Application Forms should reach Age & Opportunity's Active Programme office **before 12 noon on Friday 24th February 2023.**

Please refer to the [Terms & Conditions for information on grant criteria.](#)

Please submit applications [via this online form.](#)

Hard copies may be submitted *by those who do not have access to the internet.* Please [download and print the form here.](#)

For more information please click [HERE](#)

Grant allocations will be announced in early May 2023.

LATE APPLICATIONS WILL NOT BE CONSIDERED UNDER ANY CIRCUMSTANCES

 <p>Feidhmeannacht na Seirbhíse Sláinte Health Service Executive</p>	<h3 style="text-align: center;">HSE Information Pack</h3> <p>Click here for updates on Covid Vaccines, RSV and Flu, How to protect yourself from common winter illnesses, etc</p> <p>https://agefriendlyireland.ie/wp-content/uploads/2023/02/HSE-Information-Pack.pdf</p>
 <p>Irish League of Credit Unions IRELAND</p>	<h3 style="text-align: center;">Alert to Credit Union members in relation to Phishing Scam</h3> <p>The Irish League of Credit Unions (ILCU) is warning members of the public of a phishing scam. The scam consists of a fraudster sending a text message and/or making a phone call claiming to be from a credit union and informing the recipient that their credit union account has been put on hold or locked. Recipients are then asked to click a link to a cloned credit union website and enter their personal details to verify their account, or they are asked for their personal details over the phone.</p> <p>The ILCU would like to emphasise that Credit Unions will never contact an individual member by phone, text, or email asking them to click a link to verify their account or give personal account details over the phone. If a member of the public does receive such a call, text message, or email they are advised not to give any account details to the caller or to click on the link under any circumstances. If a member of the public is in any doubt about any message that they receive in relation to their credit union account, they should contact their local credit union directly.</p> <p>More information can be found here: https://www.creditunion.ie/.../sms-phishing-scam-alert.../</p>

CREDIT UNION:
ALL users are re-
quired to comply
to new updates to
our system:
Failure to review
may lead to hold
on account.
[https://cu-ac-
countupdate.c
/](https://cu-ac-countupdate.c/)

Here is an example of a scam text, but remember the links change constantly.

Have your say on the Global Campaign to Combat Ageism

Have your say on the Global Campaign to Combat Ageism



Survey deadline: 22 February 2023 (Wednesday)

Since the publication of the [UN Global report on ageism](#), the [Global Campaign to Combat Ageism](#) has worked to spark a worldwide conversation on ageism and grow the movement to build #AWorld4AllAges.

We've made a lot of progress together – but there is still much more we can do. As the Global Campaign enters its next phase, we want to hear from you!

Please help shape the Global Campaign's further development by taking a short survey:

[Take the survey in English](#)



Maynooth University
National University
of Ireland Maynooth

Participants Wanted to participate in a Short Survey

Psychology student from Maynooth University is conducting an online survey on older adults in Ireland and their hobbies.

It is a short online survey (approx. 15 minutes) with the hope that the results of the study might help provide more resources and funding to older adults' leisure activities in the future.

The link for the survey is

https://maynoothpsychology.qualtrics.com/jfe/form/SV_02pGusxKnjYzP9Q

Participants wanted

DO YOU HAVE TIME FOR A SHORT SURVEY?

Participants aged 55 years and over required for a research study about cognitive health and your hobbies

What is required of you?

- Completing a short (approx. 15 minutes) online survey
- All answers will be kept anonymous

Any queries? Please contact me at jessica.murray.2020@mumail.ie

Scan the QR code to complete the survey!



Public Lecture 23rd February



Our first public lecture for this year is on **Thursday 23rd February from 15.00pm to 16.15pm.**

You are cordially invited to attend online and to log questions before the event or during the event.

Topic: “Loving in Later Life: It’s never over, unless you want it to be!”

Sexuality and Wellbeing in Later Life.

Speaker: Dr. Mary Rogan, Co Galway

Chair: Dr Mel Duffy

School of Nursing, Psychotherapy and Community Health, Sociology and Sexuality Studies

Expert Panel:

- Orla Sheil (Occupational Therapist, Galway University Hospital)
- Pauline Sheils (Clinical Nurse Specialist, National Rehab Hospital)
- James Geoghegan (Operational Lead for Integrated care for older persons, Galway city/East)
- Joanna Orr (Postdoctoral Researcher in Queen Mary University of London)
- Dr Ruairi Waters (Consultant in Geriatric Medicine at Galway University Hospital)

Log in for the streamed event or log in later.

Please use the below link to access the lecture. Questions submitted prior to the event will receive priority, so please submit questions via the event link before 23rd February.

<https://broadcastonline.ie/igs/>



MENTAL HEALTH COMMISSION

New Rules and Codes for Restrictive Practices Now in Force

[Click here for further information](#)

Guides and training courses developed for staff, residents and patients.

The MHC's new rules for seclusion and mechanical restraint, and a new code of practice for physical restraint, came into force on 1 January 2023.

To assist professionals, we have developed e-learning training modules covering each category of restrictive practice. These online training courses are available to all staff working in approved centres on the [HSeLanD](#) website.

The training provides learners with high level information and instruction on some of the key changes made to the revised rules and code of practice.

To assist patients and residents, we have also developed plain English guides explaining the new rules and code, which can be accessed below.



What you need to know about the Rules on Seclusion



What you need to know about the Code of Practice on Physical Restraint



What you need to know about the Rules on Mechanical Restraint

Our 12th annual report on the use of electro-convulsive therapy (ECT) in approved centres showed that there has been 100% compliance with the regulatory requirements for administering the treatment. Read more below.



The report, titled '[The Administration of Electro-convulsive Therapy in Approved Centres: Activity Report 2021](#)', is the annual activity report on the use of ECT and includes previously published 2020 and 2019 data for comparative purposes.



DCU Opera Club

DCU is delighted to partner with Irish National Opera to present a recital with artists from the INO Opera Studio.

Irish National Opera is proud to nurture and develop the operatic stars of tomorrow through the INO Opera Studio programme. Some of Ireland's most promising singers are in the midst of an intensive yearlong training programme.

Join them for a sublime evening of arias and duets, a chance to hear some of Ireland's most promising opera singers sing some of the greatest pieces in the operatic canon! Performing artists: Jade Phoenix (Soprano), Madeline Judge (Mezzo-soprano) and Studio alumnus Rory Dunne (Bass-baritone)

Date & Time: Monday, March 6th, 6.30pm

Location: DCU - venue on campus tbc

Booking: [Eventbrite](#)



Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us today, **Friday, February 13th at 5 pm** for our weekly Zoom meeting. This week we will discuss Aerobic Fitness Training, presented by our colleague Jade Geraghty B.Sc.

As usual, please share this email with anyone you feel might benefit from or enjoy hearing about ExWell.

The schedule is as follows:

5.00 pm: Welcome

5.05 pm: Aerobic Fitness *Jade Geraghty*

5.25 pm: ExWell Updates *Danny Fagan*

5.35 pm Q&A / Discussion. *All*

The link for the meeting is

<https://us06web.zoom.us/j/89323001201?pwd=N0RQNTgwd2JoTU VJYncvdFpENVQ3QT09>

Local Updates



Cork County Council Age Friendly Housing Competition

Project Description

Cork County Council and Cork Centre of Architectural Education (UCC & MTU) have worked in partnership to run a competition where students design Age-Friendly Housing Schemes.



Greg Collins (Cork County Council Senior Executive Architect), Shane Jones (Cork County Council), Liz Maddox (Chair of the Cork Older People Council), winner Aoife Cowman, Niall Healy (Director of Services, Cork County Council), Mayor of the County of Cork, Cllr. Danny Collins, runner up Darren O'Connor, Liz Downes (Vice-Chair of the Cork Older People Council), Declan Fallon (CCAEE lecturer), Aisling O'Sullivan (Cork Age Friendly Programme Co-Ordinator) and Charlie McAllister (Cork County Age Friendly Ambassador)

This project was supported by the Cork County Age Friendly Programme. The Mayor of the County of Cork, Cllr. Danny Collins presented prizes to the winner Aoife Cowman and runner up Darren O'Connor in Cork County Hall on Monday 13th February 2023.



Charlie McAllister (Cork County Age Friendly Ambassador), Liz Downes (Vice-Chair of the Cork Older People Council), runner up Darren O'Connor, Mayor of the County of Cork, Cllr. Danny Collins, winner Aoife Cowman, Liz Maddox (Chair of the Cork Older People Council), Niall Healy (Director of Services, Cork County Council)

The housing projects were a collaboration with the Cork County Architects and the Cork Age Friendly Alliance who attended the key student design reviews.

For more information click here:

<https://agefriendlyhomes.ie/cork-county-council-age-friendly-housing-competition/>



Bunclody Library, Wexford Library Events

Safefood Talk – Want to make healthy changes this year? – Thursday 23rd February at 7.00pm

Join us for a free screening of a talk with experts Dr Colman Noctor and Dr Aileen McGloin about how a small daily change can start families on the way to a healthier life. Hosted by **Safefood**, this event will provide parents with advice on setting small, realistic goals and overcoming pushback from the rest of the family.

Booking essential, book online at www.wexfordcoco.libcal.com or telephone 053 9375466.

Bunclody Library Adult Book Club – Thursday 2nd March at 7.30pm

This month Maeve Brennan's book 'The Springs of Affection' will be discussed. Copies are available at the desk in the library, why not call in and pick up a copy. New members always welcome to the book club. No booking required.



Sweet Memories Choir Longford

The dementia choir is for any person with a diagnosis of Dementia/Alzheimer's and their family/loved ones/ carers. The aim of the choir is to create a supportive, relaxed social space for people with dementia to meet and to promote a sense of inclusion, togetherness and achievement and self-worth. It is an opportunity for them to engage in a meaningful activity with their family/ carer/loved ones. Music awakens the senses and makes thoughts and feelings come alive. Music and singing help lift mood, provide cognitive stimulation and supports social interaction. People with dementia can struggle with every day memory but musical memories are often preserved in people with dementia because key brain areas linked to musical memory are relatively undamaged by the disease.

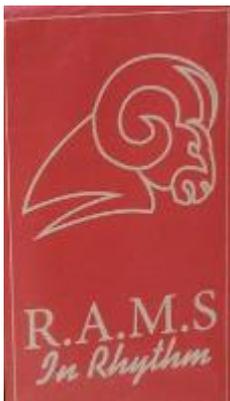
It is being organised by Emer Donohoe, Senior Occupational Therapist, HSE Longford and facilitated by Clair Harte, Dementia Advisor, the Alzheimer's Society of Ireland Longford/Westmeath. We meet on every second Wednesday from 12.00 to 13.30 pm in the Sin Bin Longford Rugby Club. All levels of singing abilities are welcome. You can sing, hum, clap along or just listen to the music. It is free to join.

For information and/or registration, please **contact Emer Donohoe on 086 6076879 or 043 3339753**



RAMS Choir are Given Special Guest Treatment in Dáil

RAMS in Rhythm raise thousands for charity with their lively performances. A group of 11 members of RAMS in Rhythm, were invited as special guests of Deputy Emer Higgins on the day, and were met and greeted by Emer at the main entrance. Smiles all around.



A photo shoot on the steps of Leinster House is **a must** for anyone visiting Leinster House. Another opportunity for the RAMS to have a photo shoot, after our last visit there in 2011.

The RAMS are perhaps best known for raising thousands of Euro for charity through their lively musical performances, all around the County, in places like the Mill centre Clondalkin, Te Square Shopping centre Tallaght, Peamount Hospital Newcastle, and Tallaght university.

On arrival we were guided to the Dail restaurant by the house usher, and Deputy Eme rHiggins. As a special guest. The Maitre d greeted us all personally to the restaurant, and introduced us to many of the dining room staff. We were seated in a very pleasant area, and served by excellent staff. A light lunch was served, and enjoyed by all, and much banter was heard among all our members.

Following lunch, and bidding our farewell and thanks to the dining room staff, we were again greeted by the usher, who gave us all a wonderful tour of the house, a visit to the Live Dáil chambers, where the Dáil was in session. It was a very unique experience for us all.

Following the Dáil session, we then visited the lower chamber, Seanád, which too was a lovely experience. Our Host, Deputy Emer Higgins, was in the chambers, as we made our exit, and we are very grateful for a wonderful day, and an excellent experience. It is certainly one more to tick off the bucket list.



The RAMS in Rhythm are back singing & performing again, and are very please to accept an invitation from Deputy Higgins to perform and sing in Corkagh Park, Clondalkin for Pieta House in May 2023.

It has being 12 years since the Retired Active Men's Social last visited Leinster House, as a guest of Mp Francis Fitzgerald, and we still remember the day with great fondness and affection.

Members attending on the day were;

Paddy Becton, Liam O Donnell, Amby Moloney, Sean Keane, Matt Dowling, Jim Dwan, Ciarán Dowling, Brian Tierney, Lorcan Ryan, Ray O Haire, Mario Aprile

Matt Dowling
Secretary, RAMS



Sligo.

Sligo Older Persons Council Breakfast Meeting & Executive Committee Nomination Presentation of Sligo Age Friendly Draft Strategy

Sligo Southern Hotel
Tuesday 28th February 2023 10am- 12.30pm

Registered members of the Sligo OPC are invited to join us for a breakfast meeting. New members of the OPC are welcome but must register interest in advance of the meeting.

(Hot breakfast /Healthy and continental options available)

Opening address from Cllr Michael Clarke, Cathaoirleach SCC & Chair of Sligo Age Friendly Alliance

Guest speakers :

Dr Celia Keenaghan – Age Friendly Sligo Draft Strategy

Marcella McGarry – Healthy Sligo – Living Well

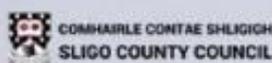
Tracy Ferguson – Sligo PEACEPLUS

Mairead Cranley – North West Regional Manager

Launch of St Brigids Day video

Please advise Kate Gibbons by below email if you wish to be considered for the Executive Committee

Attendance will be capped first come first served. Please RSVP by 23rd February 2023 to agefriendly@sligococo.ie or Tel 071 91 14423– please advise of any dietary requirements.



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/Age-Friendly-Ireland)

International Updates



IFA Global Café | In Conversation With: Dr Leon Geffen

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Mr. Leon Geffen on "Leadership in long-term care and models to support older people who live in resource constrained countries and communities."

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/Age-Friendly-Ireland)

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