

National Updates

Age Friendly Updates

This week Age Friendly Ireland Regional Programme Manager for the West, Anne Rizzo, was participating in the Health in the Well-being Economy in Copenhagen as part of a WHO European Regional High-Level Forum.



This important 2 day meeting saw delegates from Armenia, Albania, Finland and Wales discussing why and how their countries are leading in shaping the economy to deliver healthy resilient and prosperous societies for all.



Also this week our Regional Programme Manger for the East Region, Louise Edmonds, was delighted to present on behalf of Age Friendly Ireland, at the East Coast Family resource centre.

Louise presented the Sassy Seniors group, and Trisha Halligan, the support worker from Family Development, an information session on the Age Friendly programme and looked at Telehealth and Telecare.



Sláintecare.



Healthy Age Friendly Homes Programme



Healthy Age Friendly Homes



On Thursday 16th March our Healthy Age Friendly Homes Coordinator for Limerick City and County, Jillian Robinson, will be a guest speaker at the Carebright Dementia Café.

She will be giving advice and information on supports and services that help individuals to create their personalised living plan allowing them to live their best life longer.



***You are invited to this month's
CAREBRIGHT DEMENTIA CAFÉ***

WHEN: Thursday 16th March @ 16:00

WHERE: YARN CAFE, CAREBRIGHT
ARDYKEOHANE, BRUFF
CO. LIMERICK V35 NV32

Contact details: Valerie Clancy 087-1035054
dementiacafe@carebright.ie



*Come join us and enjoy
tea & cake while
sharing a smile &
some friendly
company.*



Guest Speaker

Our guest speaker this month is Jillian Robinson. Jillian is the Healthy Age Friendly Homes Coordinator for Limerick City and County. Jillian supports healthy aging for seniors in Limerick who want to remain living in their own homes. She brings advice and information of supports and services for this group and helps individuals to create their personalised living plan allowing them to live their best life longer.



DemCafeNetwork



Irish Dementia Café Network



CareBright CLG



Irish
Dementia
Café
Network

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



comhairle chontae na mí
meath county council





HSE Information Pack

Click here for updates on Covid Vaccines, RSV and Flu, How to protect yourself from common winter illnesses, etc

<https://agefriendlyireland.ie/hse-partner-pack-27-february-2023/>



Update from the HSE on Wexford General Hospital (WGH)

Most of you will be aware of the emergency situation caused by the significant fire at Wexford General Hospital on 1st March. Wexford Hospital received extraordinary support from hospitals and other health services in the immediate region and beyond. In dealing with this situation, staff have shown huge commitment to patient care, and the support they received from the fire service, an Garda Síochána and other agencies has been impressive and heart-warming. Thank you to everyone who has helped.

Management of Wexford General Hospital have been advised that it will be possible to reintroduce maternity services at the Hospital from 09:00 today (3rd March).



If any expectant mothers have queries in relation to their care in WGH's maternity unit, they can ring the labour ward, 053 9153368. Outpatient appointments will also recommence from Monday morning (6th March).

We would like to extend our support to all our friends and colleagues in Wexford during this challenging period.



The HomeShare have asked us to share some information with our readers

THE HomeShare programme had a very positive and productive meeting last week with Minister Mary Butler and Minister Darragh O'Brien.

Homeshare is the newest option available to Older Persons in Ireland to ensure they have more company, practical support and a nightly presence in their home. This option is especially helpful to our older population as they age and wish to continue to age in their own homes.

THE HomeShare offer 2 housing options, one where the Householder receives 10 hours per week of company, practical support and an overnight presence. The other option is Help4Housing, where the Homeowner receives a rental income, tax free up to €14,000 per year plus 5 hours per week of practical help around the home.

THE HomeShare team conduct monthly home visits and are available 24/7 for support, guidance and in case of emergencies.

Details on both options can be found at [An-introduction-to-Homeshare.pdf \(thehomeshare.ie\)](#) and [Help4Housing.pdf \(thehomeshare.ie\)](#)

We are a not-for-profit organisation and operate Nationwide, with Homeshare Consultants operating in Connaught, Munster, Leinster and Ulster.

Further details can be found at [The Home Share](#)



Ministers for Health and the Chief Medical Officer encourage older people to say “Hello Again World” as they launch Social Connections campaign to address loneliness and isolation among older people.

The Minister for Health Stephen Donnelly; Minister for Mental Health and Older People, Mary Butler; Minister for Public Health, Wellbeing and the National Drugs Strategy, Hildegard Naughton; and the Chief Medical Officer, Professor Breda



Smyth, have announced a new multi-media campaign aimed at combatting loneliness and isolation among older people.

Entitled “Hello Again World”, the campaign was created to address the growing problem of loneliness. The issue has been exacerbated by the impact of the COVID-19 pandemic, as many older people have not re-established their social connections since they were asked to cocoon for their safety.

Full Press Release [HERE](#)

Healthy Ireland has developed a nationwide campaign, aimed at older people, encouraging them to rebuild their social connections. This campaign was created in response to the growing epidemic of loneliness which particularly impacts older people who may not have fully re-integrated into their communities after the pandemic.

Evidence shows loneliness is a significant issue for population health and a number of different studies have linked loneliness to multiple chronic health conditions. Loneliness levels in Ireland are rising, and the pandemic was a major contributory factor.



Thanks to Ireland’s successful primary vaccination and booster programme, widespread embracing of personal protective behaviours and antiviral treatment for vulnerable people, we are learning to live with COVID-19. Loneliness can be detrimental for our physical and mental health, while reconnecting with others has numerous physical and mental health benefits. Post-pandemic, with vaccines and sensible precautions, it is safe for older people to reconnect with the world. To say, “Hello Again World”, make up for lost time and re-establish important connections with their community.

YouTube Video [Here](#)



**LGBT
CHAMPIONS**

Inclusion, Visibility & Equality
in Older People's Care

Chat with Champions - Virtual Coffee Morning

Join us for Chat With Champions, a new casual virtual coffee morning for members of the LGBTQI+ community. This is a space to come together to share our experiences and learn from each other. By sharing our knowledge and experiences, we can work together to improve the lives of the older LGBTQI+ people we care for.

In this first Chat With Champions LGBT Champions Programme Manager will give a brief demo of the Champions Portal, and it will be an opportunity for us to start thinking ahead to Pride.

So grab a cup of coffee and join us for a relaxed and friendly chat. We look forward to seeing you there on March 9th at 12 pm! Contact Ciara (ciara@lgbt.ie) to get the Zoom Link.



**LGBT
IRELAND**

For Inclusion
For Equality
For Everyone

CHAT WITH CHAMPIONS



A space to come together with fellow champions to support and learn from each other



**Virtual coffee morning
- March 9th at 12pm**

Starting March 9th we will host an online drop in catch up and chat event for LGBT Champions.

We hope that this can be a useful space for learning, sharing and networking.

Contact ciara@lgbt.ie for any inquiries



**LGBT
CHAMPIONS**

Inclusion, Visibility & Equality
in Older People's Care



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

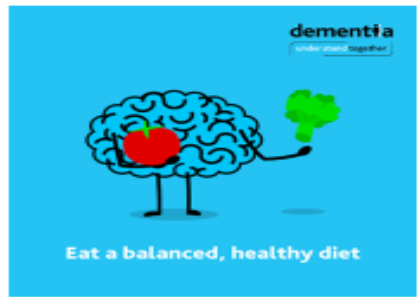
Dementia: Understand Together Updates



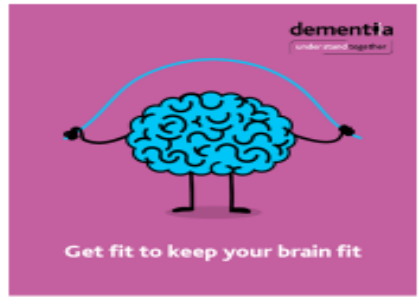
1. National Brain Awareness week

Brain Awareness week takes place from March 13th to 19th. It is a good opportunity to think about Brain Health and the things we can do to help maintain or improve brain health or reduce risk factors associated with some types of dementia.

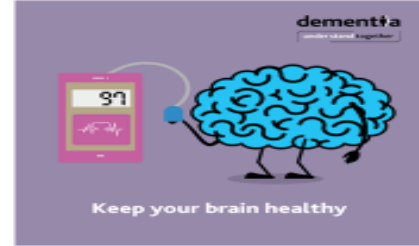
Here are 4 simple ways to keep your brain healthy and help reduce your risk of dementia:



Eating a wide variety of nourishing foods provides the energy and nutrients you need to keep your brain healthy and may help reduce your risk of dementia. A balanced diet that is rich in vegetables, fruit, wholegrains, and fish, and is low in salt and sugar, is a good starting point. Achieving or maintaining a healthy weight during your lifetime, particularly in mid-life is also important; being more active and following a healthy diet can help this.



Physical activity is very important for brain health and exercise has been shown to reduce the risk of dementia. Every adult should aim to include 150 minutes of physical activity in their week, this equates to a brisk 30-minute walk, five days a week. A brisk walk should raise your heart rate but not leave you breathless.



High blood pressure damages the blood vessels that supply the brain, and this in turn can damage brain cells. By controlling high blood pressure you may be able to reduce your risk of dementia. Healthy adults should check their blood pressure at least once a year.

www.understandtogether.ie/about-dementia/what-is-dementia/brain-health



Quitting smoking may reduce your risk of developing dementia (as well as reducing your risk of developing cancers and heart disease). It can be hard to quit, but if you stop smoking for 28 days, you're five times more likely to stop for good. If you're ready to quit, the HSE QUIT team are ready to help. For free support call 1800 201 203 or text them for free on 50100 and receive a call back, or visit www.quit.ie/



2. Creative Brain week

Creative Brain week takes place from March 6th to 11th. Online and in person events will explore and celebrate how brain science and creativity collide to seed new ideas in social development, technology, entrepreneurship, wellbeing and physical, mental and brain health across the life cycle. This pioneering event illustrates innovation at the intersection of arts and brain science, including creative approaches to health. You can find information and register for events here <https://creativebrainweek.com/>

3. Alzheimer Europe Conference

The call for abstracts is open for the 33rd Alzheimer Europe Conference which will take place in Helsinki from October 16th to 18th. This year's theme is "New opportunities in dementia care, policy and research". The call for abstracts will close on April 30th. You can find more information here <https://www.alzheimer-europe.org/news/call-abstracts-opens-33rd-alzheimer-europe-conference-helsinki>

Opportunities to get Involved

3 March 2023: [World Hearing Day \(WHO\)](#)

[Over 65% of older people experience some degree of hearing loss](#) – yet many are unable to seek support due to ageist and ableist stigmas associated with the condition. On this day, join the commemorations by challenging these stigmas.



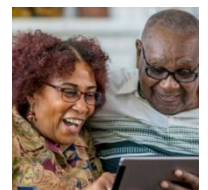
6 – 17 March 2023: [Sixty-seventh session of the Commission on the Status of Women \(UN Women\)](#)

Older women must not be left behind in the work to ensure gender equity. Get involved in a number of events linked to ageing and advocate for the inclusion of older women, including on [International Women's Day](#) (8 March).



13 – 17 March 2023: [WSIS Forum 2023 \(ITU\)](#)

Join the latest conversations on how digital technologies can foster healthy ageing, including by celebrating the winners of this year's [Healthy Ageing Innovation Prize](#).



Deadline 17 March 2023: [Submission of abstracts – 16th Global Conference on Ageing \(International Federation on Ageing\)](#)

Be part of a global gathering and avenue for knowledge exchange aligned with the Decade.



21 – 27 March 2023: [Week of Solidarity with the Peoples Struggling against Racism and Racial Discrimination \(UN\)](#)

The [UN Global report on ageism](#) highlights how ageism worsens other disadvantages, including racism. On this day, stand up for older people around the world who face intersecting forms of discrimination.



Exwell Weekly Zoom

Dear ExWell Participants and Friends,



Please join us today, **Friday, March 3rd at 5 pm** for our weekly Zoom meeting. This week we will be discussing Exercising at home. This session has a practical workout so all welcome to join.

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: Exercises at home to improve your Health & Wellness with Danny Fagan (ExWell Medicals Head of Operations and Certified Strength & Conditioning Specialist)

5.25 pm: ExWell Updates *Danny / Noel*

5.35 pm Q&A / Discussion. *All*

The link for the meeting is

<https://us06web.zoom.us/j/83590637695?pwd=OGIKV0Fyck16M3I5WmRGazhwUDJzZz09>



NEW STRATEGY FOR OLDER PEOPLE IN COUNTY WICKLOW LAUNCHED

A new five-year Age Friendly Strategy for County Wicklow was launched on Monday 27th February by Minister for Mental Health and Older People, Mary Butler TD, at an event in County Buildings, Wicklow Town.

The Wicklow Age Friendly Strategy 2023 - 2027 was developed by the Wicklow Age Friendly County Alliance following an extensive consultation with older people throughout the county.

This is the second Wicklow Age Friendly Strategy and the new strategy was informed by the views of more than 300 people across county Wicklow, aged over 55, from a wide range of ages, with diverse interests and circumstances. Their views were collected through a series of public consultations to ensure that older people's needs were considered and addressed.

In developing the Strategy, the Alliance adopted the Age Friendly Ireland model and World Health Organisation's (WHO) Age-friendly Cities and Communities framework. This proposes eight interconnected domains that can help to identify and address barriers to the well-being and participation of older people.

The new five-year Strategy includes an action plan which details 72 actions, across eight thematic areas or domains:

- Outdoor Spaces & Buildings
- Transportation
- Housing
- Social Participation
- Respect & Social Inclusion
- Civic Participation & Employment
- Communication & Information
- Community Support & Health Services

The Strategy aims to enhance the quality of life of older people in County Wicklow, using a multi-agency approach (statutory, voluntary and community sectors) to implement a range of objectives and action designed to significantly enhance the quality of life of older people living in Wicklow.

The Wicklow Age Friendly County Alliance is a high-level cross-sector group, chaired by Mr Brian Gleeson, Chief Executive, Wicklow County Council. Members include representatives from the County Wicklow Older People's Council, Wicklow County Council, Health Service Executive, An Garda Síochána, Local Link, Bray Area Partnership, County Wicklow Partnership, Citizens Information Service, Kildare & Wicklow Education & Training Board, Wicklow Town & District Chamber of Commerce.



Speaking at the launch event, Mr Gleeson outlined the commitment of Wicklow County Council to incorporating age friendly principles into its services, to ensure that Wicklow is a great place in which to grow older adding: “The vision of County Wicklow Age Friendly Strategy is to make County Wicklow a great place to grow old, where older people are respected and valued, living full lives, ageing in place within their communities.”



Minister Mary Butler said: “The Government is firmly committed to the Programme for Government goal of creating an Age Friendly Ireland and making Ireland a great place to live as we age. I am delighted to support the Wicklow Age Friendly County Alliance in its work to make ‘age friendly’ an ongoing way of being and seeing in County Wicklow, guided by the WHO principles and the county’s commitment to creating an Age Friendly Ireland. I had the pleasure of

recently visiting the fully accessible Beyond the Trees Avondale in Rathdrum and awarding its designation as the first Age Friendly tourist destination in Ireland.” Ms Mai Quaid, Chair of the Wicklow Older People’s Council, welcomed the new Strategy and its benefits to older people, saying: “People are living longer lives, and in many cases, older people are living more active and healthier lives than in the past. Older people today want to continue doing the things they always enjoyed doing.”

Leas Cathaoirleach of Wicklow County Council, Cllr Aoife Flynn Kennedy, thanked Minister Butler for her ongoing support for older people and people with mental health challenges, stating: “As local elected representatives, these two issues are very much to the fore in our constituencies, and having such strong support in Minister Butler and her team in the department is very much appreciated.” At the launch event Minister Butler was shown some highlights of the Older People’s Council Seminar and Open Day which was held on 25th November 2022. Normally an annual event, this was the first time the event had been held live in two years, due to the pandemic restrictions which had a heavy impact on our older people.



Age Friendly Ambassador for County Wicklow, Senator Pat Casey, said: “The Older People’s Councils are representative groups of older people who work together and with key state and voluntary agencies to make Ireland a better place in which to grow old. I would encourage older people in Wicklow to engage with the County Wicklow Older People’s Council and join the OPC to have their voice heard at the next AGM, in May. The OPC represents the voice of older people on the Wicklow Age Friendly County Alliance, which will be responsible for delivering on the actions in the new Wicklow Age Friendly County Strategy.”

The County Wicklow Age Friendly Strategy 2023-27 can be downloaded at www.wicklow.ie or request a copy by email to agefriendly@wicklowcoco.ie



'Sporting Memories' with the GAA & Alzheimer's Society

On 6 February, The Alzheimer Society of Ireland (ASI) hosted a first-time countywide Sporting Memories event, with Wexford GAA, in association with Wexford County Council. The Wexford County Board of the Gaelic Athletic Association or Wexford GAA is one of the 32 county boards of the GAA in Ireland and is responsible for Gaelic games in County Wexford. Over 80 people came together for the event – including those living with dementia, their families, carers, GAA stars and members of local sporting communities – to recall some of the great sporting moments in County Wexford's history. It was a wonderful day of reminiscing and re-engagement, which is what Sporting Memories is all about. An awareness and support programme, Sporting Memories involves remembering and discussing sports to help improve health and well-being, particularly for people with dementia.



Sporting Memories can help empower a person with dementia to re-engage in their local sporting community, which once played a huge role in their lives. Reminiscence is particularly important for people living with dementia, as remembering can instil a sense of competence and confidence, which can make people feel empowered. Community Engagement Manager with The ASI Cathryn O'Leary said: "A resounding success, the first-time Sporting Memories event saw the power of sport bring together people young and old, especially those living with dementia and their families. This was a wonderful collaboration between agencies and The ASI appreciates the support from Wexford GAA, particularly the Health and Wellbeing Committee, Slainte Care and Wexford County Council."



OPC Recruitment

Members of the Age Friendly Wexford Older Person's Council exhibited at the Volunteer Wexford Expo which was held in the Talbot Hotel on Thursday, February 23rd. The response was very encouraging and prompted an enthusiastic interest in the Age Friendly Wexford organisation. This awareness of the Age Friendly organisation can be fostered and developed upon in our follow up 5 Municipal District Recruitment Meetings which begin next

month, the first being held in the Riverside Park Hotel in Enniscorthy on Tuesday, March 21st.



Waterford Libraries



Tramore Library Knitter raised €850 for Waterford and Tramore ARCH Club. ARCH Club is a social club for people of all ages with additional needs.



The ARCH Club is leading the Tramore St. Patrick's Day Parade this year.

Trishaw in South Dublin



South Dublin County Sports Partnership launch their first Trishaw in Dodder Valley, in partnership with Age Friendly South Dublin. The Trishaw, named "Sonas", will offer older adults and those with mobility issues the opportunity to experience the beauty and sounds of Dodder Valley Park in comfort, at an easy pace all while being cycled around by a pilot volunteer. Cycling Without Age in partnership with Dodder Valley Cycling will manage the day to day of the Trishaw "Sonas," along with their 30+ dedicated local volunteers who will pilot the Trishaw passengers.



Thomas McDermott, South Dublin County Sports Partnership Coordinator said "Our aim is to encourage and support increased activity, and wellness in our communities. We hope introducing the Trishaw will make the outdoors more accessible, inclusive, and enjoyable to all in our community".

Alan O'Flaherty Chairperson - Dodder Valley Cycling said "Dodder Valley Park is such a perfect location for a Cycling Without Age chapter. CWA is all about letting older people, and those with mobility issues, experience the joy of a bike ride and just getting out into nature again to feel the wind in the hair. Having a Trishaw in the park really is a dream come true. The volunteer pilots are all looking forward to keeping Sonas the Trishaw busy over the coming months and years! I am so very grateful to everyone who has supported this project along the way to launch, and the list is a long one! Huge thanks to South Dublin County Council for providing the funding through the Active Cities Dublin initiative. I am very grateful to Thomas McDermott in the South Dublin County Sports Partnership for taking my initial call all those months ago and being very positive and encouraging from the outset."



The Trishaw is free to book, and booking slots are now available from the 4th of March.

Bookings can be made.

- Via the website : <https://doddervalleycycling.com/booking/>
- By Email: bookings@doddervalleycycling.com
- By Text: 'info' to (089) 406 6746

For more information on Cycling without Age and cycling accessibility please visit <https://cyclingwithoutage.ie/>

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



IFA Global Café | In Conversation with: Prof. Vivian Lou

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Prof. Vivian Lou - Director of Sau Po Centre on Ageing, and Professor at the Department of Social Work & Social Administration at The University of Hong Kong - on "Leadership in the Field of Caregiver Health and Well Being."



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