

National Updates

**US President Joe Biden touches down in Irelands Age Friendly Airport**

President Biden arrived today at Ireland West Airport Knock in Co Mayo, one of Irelands Age Friendly Airports.



Mr Biden toured the Sanctuary of Our Lady of Knock, along with Knock parish priest Fr Richard Gibbons.



## The Living Well Expo

The Living Well Expo took place on Thursday 13<sup>th</sup> April in Portlaoise College. The event was organised by Healthy Laois and Age Friendly Laois. On the day there was assistive technology talks, support groups, community groups. Grant information stands, HSE Health screening, Healthy Age Friendly Homes and lots more.





### Living Well Expo Event

**Healthy Laois & Age Friendly Laois**

**Thursday, 13th April, 4-8pm**  
**Portlaoise College, Mountrath Road, Portlaoise, R32 N795**



...showcasing the supports, services, groups and activities available to all ages in Laois - 50+ stands in attendance

**HSE HEALTH SCREENING**

**HEALTHY COOKING DEMOS**

**GRANT INFORMATION**

**SUPPORT GROUPS**

**ASSISTIVE TECHNOLOGY TALKS, STANDS + DEMOS**

**ACTIVITY HUB STANDS**

**HEALTHY AGE FRIENDLY HOMES**

**COMMUNITY GROUPS**

**FOR MORE INFO & TO PRE-REGISTER:**  
 Contact:  
 tcurran@laoiscoco.ie 086 0363426  
 eoconnor@laoiscoco.ie 086 0665215

AND MANY MORE

Refreshments served

Present on the day was Tom Curran Age Friendly Ireland Programme Manager Laois, Carmel Cashin Age Friendly Ireland Programme Manager Kildare, Eileen Hughes Age Friendly Ireland Region Programme Manager Midlands, Louise Edmonds Age Friendly Ireland Regional Programme Manager East Region, Mark Harrington Healthy Age Friendly Homes Programme Manager and Tracey Thompson Healthy Age Friendly Homes Coordinator Tipperary.

Laois Age Friendly Champion Anna May McHugh was present on the day along with her sister Eileen, and entertainment was provided by the Ukranian Choir.

## INFORMATION STANDS INCLUDE

- Alone visitation supports & befriending
- National Meals on Wheels Network
- Water Safety Ireland, Laois
- Laois County Council Sports & Leisure Section
- National Council for The Blind, Ireland
- Laois Traveller Action Group, Primary Care Health Team
- Laois Fire & Rescue Service
- Laois Public Participation Network
- Laois Sports Partnership
- Laois Offaly Education & Training Board
- Laois Libraries
- Citizen's Advice
- Task Community care
- Healthy Age Friendly Homes
- Eila Connect
- Laois Federation, Irish Country Women's Association
- Uccello Designs
- Alzheimer Society , Laois
- Dunamaise Arts Centre
- Marie Keating Foundation
- Isaac Care
- Midlands Traveller, Roma & Migrant Supports
- HSE Social work in Primary Care
- HSE Integrated Care Programme for Older People
- Jigsaw Laois & Offaly Youth Mental Health
- Healthy Laois
- Age Friendly Laois
- HSE Health Promotion & Improvement
- Laois Volunteer Centre
- Breast Cancer Ireland
- TFI Local Link Laois Offaly
- Tunstall Emergency Response
- Midlands LGBTQ over 50s group
- The Homeshare
- Music generation Laois
- Community Gardai
- Laois Chamber Alliance
- Teach Tom
- SOSAD Laois
- SeniorLine
- South Leinster Money Advice & Budgeting Service
- Laois Civil Defence
- Laois Partnership
- Men's Sheds
- Fáilte Isteach, Laois
- Mental Health Ireland
- Laois Bridge Clubs
- Community Section, Laois County Council





Louise Edmonds Age Friendly Ireland Regional Programme Manager East Region is pictured above in the technology section of the Loais Expo with representatives from Task Security, Tunstall, Eila Connect and Isaac Care.



Sláintecare.



## Healthy Age Friendly Homes



This week Healthy Age Friendly Homes had an information stand at The Living Well Expo which took place on Thursday 13<sup>th</sup> April in Portlaoise College. Mark Harrington Healthy Age Friendly Homes Programme Manager and Tracey Thompson Healthy Age Friendly Homes Coordinator Tipperary were present on the day to answer any question about the programme and the expansion of Healthy Age Friendly Homes nationally.



Pictured above is Tracey Thompson Healthy Age Friendly Homes Coordinator Tipperary with the Mens Sheds on Wheels who also had a stand at the expo.

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 9248817 / 046 9248825

**sage**  
advocacy

**Assisted Decision Making (Capacity) Legislation**

**Challenges & Perspectives**

**Fortnightly Forum**

**FINAL EVENT**

**Wednesday, 19<sup>th</sup> April 2023**

**The Boardroom. Dr Steeven's Hospital. Dublin D08 W2A8 (Opposite Heuston Station)**

Join us for the final event in our Fortnightly Forum series of 6

The Sage Advocacy Fortnightly Forum aims to provide an overview of the Assisted Decision Making (Capacity) Act of 2015 as amended the Assisted Decision-Making (Capacity)(Amendment) Act 2022. This long-awaited legislation will be commenced shortly and with it the system of Wards of Court is being phased out and the Lunacy Regulations (Ireland) Act of 1871 will be repealed. A Decision Support Service has also been established to promote the rights and interests of people who may need support with decision making and it has prepared Codes of

Practice for a range of professions and practices who will have a role under the legislation, including independent advocates.

This series of 6 events, organised with the kind support of the HSE, is designed to familiarise people with the legislation and to address the challenges it will inevitably bring from a range of differing perspectives. **The session will begin at 17:30 and end by 19:30 and there will be plenty of time for discussion.** Please organise your own refreshments beforehand

### Wednesday 19<sup>th</sup> April

Chair: Caoimhe Gleeson. National Office for Human Rights & Equality Policy. HSE.

Overview: Ciara Dowd. Barrister.

Perspective: Dr Siobhán ní Bhriain. National Clinical Lead. Integrated Care. HSE.

Please email Patrick at [bookings@sageadvocacy.ie](mailto:bookings@sageadvocacy.ie) if you would like to attend our last event.

Our new '[Minding Your Marbles](#)' video will be premiered also at the event

### Sage Advocacy Submission to the Central Bank of Ireland review of the Consumer Protection Code

Sage Advocacy welcomed the opportunity in March 2023 to make a response to Phase One of the Central Bank of Ireland comprehensive review of the Consumer Protection Code 2012 and looks forward to ongoing engagement with the Central Bank on the matter.

[Please click here to read our Submission.](#)



Banc Ceannais na hÉireann  
Central Bank of Ireland  
Eurosystem



## Consumer Protection Code Review

Discussion Paper



comhairle chontae na mí  
meath county council





Coimisiún na hÉireann um Chearta an Duine agus Comhionannas  
Irish Human Rights and Equality Commission



On the 16<sup>th</sup> of March, we invited civil society organisations and rights-holder groups across Ireland who work on issues of human rights and equality, to apply to our Human Rights and Equality Grant Scheme 2023-24.

This year's scheme calls for projects that advance access to justice and rights and promote the eradication of ableism, ageism, racism, sexism, homophobia and transphobia.

Projects considered for funding can include research, capacity building, training, conferences, and awareness campaigns.

The deadline for receipt of applications is Wednesday 26 April 2023 at 3.00pm.

For more information click [HERE](#)



Climate Action Workshops



Let's Talk **CLIMATE**  
action workshop  
**Buttermarket Building**  
Waterpark House, Ennis, V95 N1NR  
**Wednesday 19 April**  
Registration 9:45 AM  
**workshop, lunch & afternoon site visit**

Age Friendly IRELAND  
CARO



comhairle chontae na mí  
meath county council





## Lough Boora Discovery Park

Academy Green Meeting Rooms  
Boora, Leabog, Tullamore

Tuesday 18 April  
Registration 9:45 AM



# CLIMATE action workshop



### 1/2 Day Workshop

*"I liked the breath of information provided as well as the sharing of other peoples ideas"*  
Lower Kimmage Road  
Residents' Association



### Climate Action

*"I really enjoyed the clear and excellent range of illustrative slides delivered professionally by Gavin Harter"*  
Ratoath Men's Shed



### Local Site Visit

*"I felt empowered on the steps I can take to involve myself in Climate Action"*  
Clashmore and Kinsalebeg  
Community Council

### Lets Talk Climate Action:

This half day workshop will include lunch and an afternoon site visit for Age Friendly Ireland network members to better understand the need for climate action at a local level.

#### A workshop in 4 parts:

1. An introduction to climate science, impacts and solutions
2. A focus on energy saving, carbon footprint and home energy upgrades.
3. A facilitated workshop to identify possible climate actions at a local level
4. Lunch followed by local site visit.



## Regional Climate Action Workshops

*This workshop will assist individuals and community groups to improve local environmental innovation and encourage communities to start climate action projects.*  
*"I recommend this workshop to other Local Authorities and Community Groups"* Bernadine Carr, Meath County Council

Contact Ciara Sherry email: [csherry@offalycoco.ie](mailto:csherry@offalycoco.ie)



## International Federation on Ageing to Host 16th Global Conference in Bangkok, Thailand

Bangkok, Thailand - The International Federation on Ageing (IFA) is proud to announce its 16th Global Conference, which will take place in Bangkok, Thailand from June 27-30, 2023. The conference will be held at the Bangkok Convention Centre, bringing together experts from around the world to discuss the most pressing issues related to ageing.

The conference will focus on several key themes, including digital technologies, older women, maintaining and improving function, immunisation, and age-friendly environments. These themes will be explored through a series of presentations, panel discussions, and interactive workshops led by experts in the field of ageing.

With the world's ageing population growing rapidly, it has become more important than ever to address the challenges and opportunities that come with an ageing population. The IFA's 16th Global Conference aims to provide a platform for experts to share knowledge, exchange ideas, and develop strategies to address these challenges.

"The IFA's 16th Global Conference is a unique opportunity for stakeholders to come together and share their expertise on ageing," said Dr. Jane Barratt, Secretary-General of the IFA. "We are thrilled to be hosting the conference in Bangkok, Thailand, and we look forward to welcoming delegates from around the world to engage in important discussions and learn from one another."

Registration for the conference is now open, and delegates are encouraged to sign up early to secure their spot. To register, please visit <https://www.ifaconf.ngo/register/>.

The poster features a dark blue background with a teal diagonal stripe. At the top left is the IFA logo and '2023'. To the right, it says '16th International Federation of Ageing Conference' and 'a contribution to the Decade of healthy ageing'. The main headline is 'Shape the Future of Ageing'. Below this, it says 'Discover how you can make a difference in the world of aging by attending the 16th IFA Conference. Learn from experts in the field and gain valuable insights on how to support and improve the lives of older adults.' The website 'ifaconf.ngo' is listed. At the bottom, it says 'JUNE 27<sup>TH</sup>-30<sup>TH</sup> 2023' and 'REGISTER NOW!'. The location 'Bangkok, Thailand' is shown with a location pin icon. Logos for 'MARRIOTT MARQUIS BANGKOK QUEEN'S PARK' and the IFA logo are at the bottom right. A background image shows a blurred audience at a conference.

## DCU Age Friendly University Updates

### **Monday - April 17th - "Building Stories Project" Information Day.**

We are delighted to offer a new free art project called "Building Stories", which will be delivered by our artist-in-residence Susan Leen. The 8-week programme takes place on the St. Pats Campus.

- You will explore texts, songs, poetry, and memories related to the local area.
- You will create pictures of the local area.
- You will map the area with your class.
- You will examine different ways to create prints.
- You will create prints.
- You will learn how to exhibit your work.
- You will meet others and explore the images of the local area together.
- This course will be led by artist Susan Leen and is **limited to 10 participants**.
- Here is a [link](#) to register your interest for the information day on Monday next, April 17th - the course will run until early June and is part of the EU-funded [Culture on Prescription](#) project.

### **Global Intergenerational week April 24th - April 30th 2023**

DCU is Ireland's lead for Global Intergenerational Week, and we have a number of events planned for the week:

#### ***Let's Raise Intergenerational Awareness: A Sociology Discussion – Monday, April 24th***

We would like to invite you to attend an upcoming Sociology discussion about ageism and intergenerational practice to celebrate the first day of Global Intergenerational Week 2023!

The theme of the day is: "Let's Raise Intergenerational Awareness".

The event is set to take place on April 24th from 2pm to 4pm and will be held in room CG04, DCU Glasnevin Campus. The discussion will be coordinated by our Sociology lecturer, Ursa Kapler.

The purpose of this discussion is to explore the complex subject of intergenerational relations and to gain insights from both younger and older individuals. The panel will include three AFU participants and three younger students, each providing their unique perspectives and experiences on the topic. We invite your participation in the conversation as part of the audience.

Here is a [link](#) to register for the event

#### ***Games Night Wednesday, April 26th 6 - 8pm***

We invite you, your friends and your family to take part in an Intergenerational Games Night, which has been organised in partnership with Hasbro Games. The event will take place in the Hive in the U Building in DCU Glasnevin from 6 - 8pm on Wednesday, 26th April. Light refreshments will be served along with a few Prizes, so dust off your dice and get perfecting your fine logic skills. All welcome. Booking is essential. Here is the [link](#)

**Living and Learning Together in Dublin City – Thursday, April 27th**  
6 pm to 8 pm at DCU Alpha Campus (beside the Met office in Glasnevin)

We are delighted to invite you to take part in our event, "Living and Learning Together in Dublin"  
This event is designed to bring together younger and older people to share their experiences of living and studying in Dublin and to celebrate day 4 of Global Intergenerational Week 2023. Participants will have the opportunity to interview each other, comparing what life in Dublin was like then vs. now.  
The event is organised in collaboration with Localise Youth Volunteering. This is a fantastic opportunity to meet new people, socialise, learn from each other, and enjoy a cup of tea or coffee.

We hope that you can join us **on April 27th from 6 pm to 8 pm** at DCU Alpha Campus.  
If you would like to come to this event, please register at this [link](#).

**Tuesday May 2nd - "Making our Mark! May 2nd to June 20th.**

Drs. [Una McCabe](#) and [Michael Flannery](#) teach drama and visual arts education to student teachers at Dublin City University (DCU). As Arts educators, they believe that engagement with the arts is wonderful for everyone's wellness and well-being development. They see the need for a lifelong vision of learning in the arts across the lifespan.

Una and Michael, in partnership with the AFU, invite you to participate in a series of 8-week sessions of afternoon arts course at DCU for personal and shared well-being development. The theme of the course is **"Making our mark!"** whereby participants have the opportunity to wonder, learn and self-express. No prior artistic experience is required. The course will comprise **eight-afternoon sessions** and is **free** but **full attendance** will be appreciated.

Full details about the course are listed [here](#).

### Exwell Weekly Zoom

Dear ExWell Participants and Friends,



Please join us this week on next **Friday April 14<sup>th</sup> at 5 pm** for our weekly Zoom. We will be discussing hernias. In addition, this week we will start introducing our staff to the audience. They will share their personal journeys into ExWell and what their normal weeks look like. This week we will meet Aodhaghán Ó' Deasmhunaigh, who heads our CHO 7 project.

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 Mary Gowing **Self-Management Support Coordinator for Long-term Health Conditions (HSE)**

5.15 pm: Meet Aodhaghán  
5.25 pm What is a hernia? *Dr Noel McCaffrey*  
5.40 pm Q&A / Discussion. *All*

**The link for the meeting is**

<https://us06web.zoom.us/j/89571518656?pwd=Y0t3NDJReTlDT3p3OWVnRINDUIpQT09>

## Local Updates



### Wexford Library Updates

#### New Ross Library Events

Guided writing sessions for adult writers with published author Tina Callaghan  
Tuesday 18<sup>th</sup> April 6.00pm

Four Pillars of Nutrition with Declan Gilmore. Tuesday 18th April 7.00pm

Scrabble for adults every Wednesday at 3pm

#### Bunclody Library Events

##### **Music Evening with local musicians – Thursday 20<sup>th</sup> April at 7.00pm**

Join us here in Bunclody Library for an evening of music with both a traditional and international flavour performed by some of Bunclody's finest musicians.

Booking required for this free event. Book online at [wexfordcoco.libcal.com](http://wexfordcoco.libcal.com) or telephone 053 9375466.

##### **Sensory Friendly Quiet Hour**

Every Saturday from 4-5pm, Sensory Friendly Quiet Hour is observed in the library.

We encourage you to come along and relax in the calm environment of the library. All welcome!

#### Enniscorthy Library events

**Talking Folklore with Rachel Uí Fhaoláin, 7pm, Thursday 20th April.**

Rachel will be discussing old cures in Irish folklore.

**Regular events:** new members are always welcome.

The Slaney Writers meet the second Thursday of the month at 6:30pm

The Adult Book Club meet on the third Thursday of the month at 7pm

#### Wexford Town Library Events

**Tuesday, April 18, at 7.30pm.** Wexford Science Café: The funny side of science. Comedian and science communicator Sean Marshall will be Wexford Science Café's guest on Tuesday, 18 April (7.30pm) at Wexford Town Library. He will demonstrate comedy in science and discuss the science of comedy.

**Thursday, April 20<sup>th</sup> at 11.00am.** Starting a Medicinal Herb Garden with Forager Feebee Foran. Feebee of Forager.ie running both foraging walks and workshops along with selling her balms creams and tinctures made from herbs grown in her medicinal garden. Learn what to plant, and how to grow some common herbs that you can use in your everyday life.



## Join your local Older People's Council

Older People's Councils are established in every local authority area of Ireland under the local Age Friendly Programme. They are a vehicle to bring the voice of older people into local government and help to improve the quality of life of the Older Person in our County. Members of the Fire Service, Local Link, Gardaí Community Police, Library and will share with us the free services they provide to improve our home and personal security and increase our social interaction.

All are welcome to come.

**Wexford Town**

Maldron Hotel, Tuesday April 18<sup>th</sup> 2.00 pm

**Rosslare**

Coast Hotel, Rosslare Strand, April 20<sup>th</sup> 2.00 pm



## Wicklow PPN Community Catch Up Events

Please see below for booking links, dates and venues for the **Wicklow PPN Community Catch Up events**, which will be held in each of the Wicklow Municipal districts, commencing Wednesday evening April 19<sup>th</sup> and running up to May 17<sup>th</sup>, 2023.

Eventbrite link for Collection (all 5 events listed within collection):

<https://www.eventbrite.com/cc/wicklow-ppn-community-catch-up-events-2013089>

**COMMUNITY CATCH UP**  
COMING TO YOUR LOCAL AREA

**Find out about**

- Wicklow Disability & Inclusion Steering Committee & Group Toolkit
- Wicklow Older People's Council & the new Age Friendly Strategy
- Wicklow Volunteer Centre

**Network**  
with other groups

**Catch up on**  
What we did with what we heard at last year's Vision for our Community consultation

**Public Participation Network Wicklow**

**WED EVENINGS DURING APRIL & MAY**

Refreshments & informal networking from 7pm  
Presentations, Discussion & Q&A from 7.30 - 9pm

## All welcome to attend

### Dates for your local Wicklow PPN Community Catch Up

19th April - Árus Lorcáin, Arklow

26th April - The Lalor Centre, Baltinglass

3rd May - Bray Family Resource & Development Centre

10th May - Kilcoole Community Centre

17th May - CEART, Crinion Park, Wicklow Town

To reserve your spot or find out more:

email: [info@countywicklowppn.ie](mailto:info@countywicklowppn.ie) or

call: 087 1895145 or 086 0487434

**Eventbrite link for individual events:**

Arklow MD (Wed 19<sup>th</sup> April): <https://ppn-arklow-md-catchup.eventbrite.ie>

Baltinglass MD (Wed 26<sup>th</sup> April): <https://baltinglass-md-catchup.eventbrite.ie>

Bray MD (Wed 3<sup>rd</sup> May): <https://bray-md-catchup.eventbrite.ie>

Greystones MD (Wed 10<sup>th</sup> May): <https://greystones-md-catchup.eventbrite.ie>

Wicklow MD (Wed 17<sup>th</sup> May): <https://wicklow-md-catchup.eventbrite.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](mailto: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: In conversation with Lisa Menning**

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Lisa Menning on "Increasing uptake of vaccination: applying behavioural sciences and opportunities for action."



**ifa Global Café**  
in conversation with experts

**"INCREASING UPTAKE OF VACCINATION:  
APPLYING BEHAVIOURAL SCIENCES  
AND OPPORTUNITIES FOR ACTION."**

**Ms. Lisa Menning**  
Lead for vaccine demand and behavioural sciences,  
Department of Immunization - WHO.

**14 April 2023** **07:00 AM EDT**

a contribution to the **Decade of healthy 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](mailto:agefriendlyireland@meathcoco.ie)

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

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

Website: [www.agefriendlyireland.ie](http://www.agefriendlyireland.ie) / [www.agefriendlyhomes.ie](http://www.agefriendlyhomes.ie)

**HSE Advice Line:** Call save 1850 24 1850

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