

National Updates



Ireland's Age Friendly Recognition & Achievement Awards 2023

Are you involved in a project that benefits Older People or makes your community more Age Friendly?

Applications are invited for our Age Friendly Recognition and Achievement Awards. Apply now to be in with a chance of receiving National Recognition for your Project.



Age Friendly Ireland is thrilled to announce that we are back and looking forward to receiving hundreds of applications to our Age Friendly Recognition and Achievement Awards for 2023. Each year a local authority hosts the awards event, and we are excited to reveal that Wexford County Council are hosting this year's event on 30th November 2023.

The primary aim of these awards is to recognise and reward achievement in age friendly initiatives around Ireland. We are calling for **organisations, businesses, individuals/members of the public, agencies and communities** to submit applications on projects, initiatives or programmes that support older people and that they consider to be age friendly.

Eight categories of awards, aligning to the WHO themes, have been chosen as they have a meaningful impact on the lives of older people in Ireland;

Age Friendly: Transport | Active & Healthy Ageing | Business Innovation | Safety & Security | Communications | Environment | Community Innovation | Housing

We are seeking innovative projects from across this range of areas that have real impact and have the potential to be showcased and replicated. We will be welcoming initiatives at both local and national level. Shortlisted projects will be visited by the judging panel and invited to Ireland's Age Friendly Recognition and Achievements Awards ceremony in Clayton Whites Hotel, Wexford on 30th November 2023.

*****Closing date for applications: Friday, 30th June 2023*****

To apply please click on the link below:

[Application Form](#)

For more information please visit our website, click the link below:

<https://agefriendlyireland.ie/agefriendlyawards2022/>

Healthy Age Friendly Homes



Hosted by The Great Care Co-op and Bray Community Partners

'AGEING WELL IN BRAY'

Information stands on social support, financial guidance and advanced planning, exercise, safety tips and advice, healthy living, learning opportunities, options for getting help and care in the home and more.

WEDNESDAY
JUNE
07
12 - 2PM

**HOLY REDEEMER
CHURCH**

The Little Flower Hall,
Main St, Bray, Co. Wicklow



We are waiting for you with tea, coffee and refreshments

For more info call Aoife Ph:085 252 7654 or email aoife@tgcc.ie
To register for the event, please visit our page on Eventbrite or use our QR Code

Bray Credit Union, An Garda Síochána, Men's Sheds, The Home Share.ie, The Great Care Co-op, Bray Area Partnership, Alone, Slaintecare, Siel Bleu and more....

Ageing Well in Bray

This week Healthy Age Friendly Homes will be attending the 'Ageing Well in Bray' expo which is taking place on Wednesday, June 7th from 12-2pm.

Why not stop by and have a chat with our Healthy Age Friendly Homes Coordinator Danielle Monahan our Healthy Age Friendly Homes Coordinator in Fingal



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



World Elder Abuse Awareness Day (WEAAD)

World Elder Abuse Awareness Day (WEAAD) was launched in 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations takes place each year on 15th June. WEAAD is a global event that provides an opportunity for communities around the world to promote a better understanding of the neglect and abuse of older people. As our population ages, elder abuse has become a growing concern with an estimated 1 in 10 adults experiencing some form of abuse or neglect each year.

**Hear me when I whisper
Hear me when I roar**



www.hse.ie/safeguarding
HSE helpline 1800 700 700



This year's theme for WEAAD in Ireland is **Hear Me, Support Me: Challenge Elder Abuse**. A call to action in addressing Elder abuse while also respecting the autonomy of older people and adhering to the human rights principles of the Assisted Decision Making (Capacity) 2015 legislation. The theme highlights the importance of being attentive to any sign or symptom of abuse. Concerns, along with the will and preferences expressed by older people must be taken seriously. Ageist beliefs and practices are pervasive and lead to situations of abuse in all care settings including the failure to protect those most at risk.

On WEAAD, individuals and organisations around the world are encouraged to take action and prevent elder abuse and neglect. The HSE's National Safeguarding office is leading out a range of events and activities across older person's services both practice and academic to raise awareness based on the theme "**Hear me, Support me, Challenge Elder abuse**".

Hear Me | Support Me | Challenge Elder Abuse: is a free in-person event held as part of World Elder Abuse Awareness Day 2023.

Reserve a place here to attend on June 15th. <https://eventbrite.ie/.../hear-me-support-me-challenge...>

HSE Health and Wellbeing Update



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Men's Health Week Webinar - Including the launch of the New Men's Health Booklet

Join us at the start of Men's Health Week on Monday 12th June from 12.00 - 13.15, for an uplifting webinar with special guest Dr. Mark Rowe. Mark is an Expert in Positive Health & Lifestyle Medicine as well as a Medical Doctor, Author, TedX Speaker and Vitality Expert. We also have a range of experienced men's health practitioners who will give their advice and input on the many issues of concern to men.

Register [here](#).



HSE Talking Health and Wellbeing Podcast, Episode 15 – Men's Health Week – Why it Matters

In this episode we talk to Anne Farrell, Health Promotion Executive, CIE Occupational Health Unit and Finian Murray, Senior Health Promotion Officer - Men's Health, HSE Health and Wellbeing about Men's Health Week, which is taking place Monday 12th June until Sunday 18th June.

Anne talks to us about the range of health & wellbeing supports in CIE for their pre-dominantly male staff. She shares her experiences about encouraging the CIE workforce to take a proactive approach to managing their health. The overall benefits to both the staff and the company.

Finian takes us through the story behind Men's Health Week and talks to us about working to engage with this traditionally hard to reach group. He shares his own personal experience in dealing with his own health challenge and explains the resources and activities which will be available to men during Men's Health Week and how it has gone from strength to strength each year, with over 90 partners supporting this year. Hosted by Eamon Keogh.

Listen to and follow the [HSE Talking Health and Wellbeing Podcast](#) wherever you

get your podcasts or on [HSE Health and Wellbeing YouTube](#).

For more information about Men's Health Week visit: www.mhfi.org and www.yourmentalhealth.ie



UNIVERSAL DESIGN GRAND CHALLENGE

Reminder that the closing date for the **UNIVERSAL DESIGN GRAND CHALLENGE** is next **Thursday, 8th June**.

We'd love you to encourage your students to enter this year's competition.

They submit their **DESIGN IDEA** in one of three categories: 1. Built Environment, 2. Products and Services and 3. Technology/ICT. It doesn't have to be a completed project, just a design concept that incorporates the [7 Universal Design Principles](#).

The competition is open to students, post-graduates and recent graduates, who enter on their own or as a team. There's a prize fund of €4,000 and one winner will receive up to €15,000 worth of Commercialisation Support from Enterprise Ireland.

The application process is simple. Simply click [here to register](#), answer 3 questions and upload a sketch, drawings or video to bring the idea to life. Please follow the link [for more information on the competition](#).

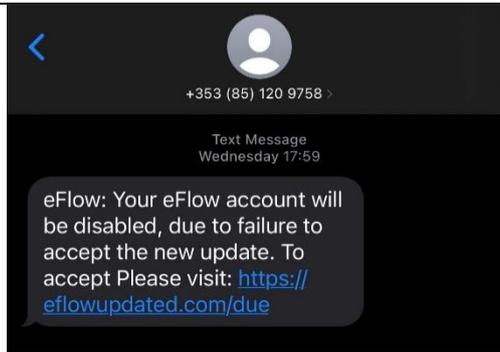
Closing date is next, **Thursday, 8th June 2023** (at 23.59hrs, for those who love to work to a deadline!)



FraudSMART Top-Tip: Stay ahead of the scammers and sign up for FraudSMART alerts

This month FraudSMART is advising Age Friendly Ireland members to stay ahead of the scammers and sign up to FraudSMART email alerts. FraudSMART is a fraud awareness initiative developed by Banking & Payments Federation Ireland (BPFi) in collaboration with member banks and issues alerts to the public about emerging scams and trends so that people can protect themselves from fraud. It is becoming increasingly common for fraudsters to send scam text messages (known as smishing) that are designed to appear as messages from legitimate companies such as your bank, your parcel delivery provider, eFlow or other utility providers. The texts attempt to trick recipients into following a link to a site by saying a payment is required to avoid disconnection from a service such as your electricity provider or to avoid an account such as eFlow from being disabled. The fraudsters will often follow up with a phone call.

An example of a recent eFlow scam below, which has been circulating widely by text message.



If the recipient clicks on the fraudulent website, the scam typically tricks the victim into making a transfer to a payment App.

What should you do if you receive such a text message?

Do not click on the link

Do not reply or provide information

Do not hand over your security codes on a phone call

Delete the message

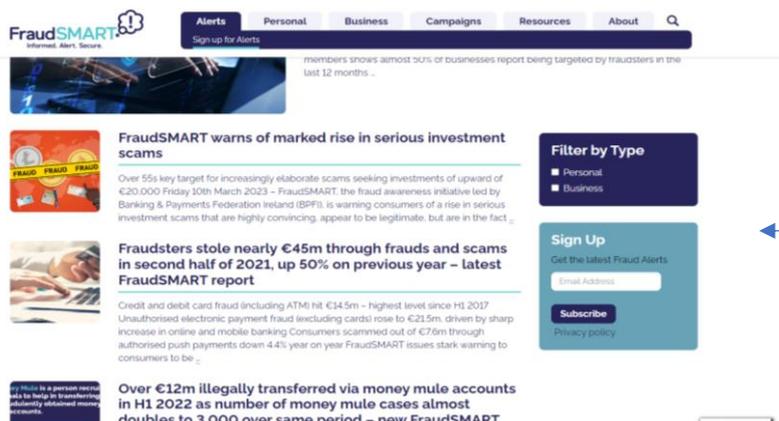
If you are unsure of the seeming legitimacy of any text message, ignore it and contact the bank or service provider named in the text message directly using the contact details provided on their website.

What can you do if you think you have been affected?

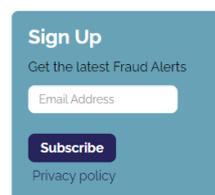
If you think you have responded to a scam text message, contact your bank immediately using the number on the back of your debit or credit card, or the contact details provided on your bank website.

How to sign up for FraudSMART alerts:

1. Click on this link www.fraudsmart.ie/alerts/#signup



2. Add your email address in this text box



3. Click 'Subscribe'



Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us this week on next **Friday June 2nd at 5 pm** for our weekly Zoom.

If you would like us to send wishes to anyone in ExWell, or if you would like to do this yourself on Friday, please let us know in advance via info@exwell.ie.

This week we will be discussing ankle pain, a very common problem that affects many ExWell participants.

Our guest staff member this week is Ciara Dunlea who is based in ExWell, Clontarf.

The schedule is as follows

5.00 pm: Welcome	Danny Fagan
5.05 pm: Meet Ciara	Ciara Dunlea
5.15 pm: Ankle Pain.	Dr. Noel McCaffrey
5.35 pm: Q&A and Discussion.	All
5.50 pm: ExWell Updates	Danny Fagan

The link for the meeting is

<https://us06web.zoom.us/j/81583646729?pwd=NTJ5RzJsblZWRjE0cUZGUzZML1kwdz09>

Local Updates

Offaly Older Person's AGM

The Offaly Older Person's AGM was held on 30th May 2023 in the Tullamore Court Hotel.



The event was opened by the Age Friendly Ambassador for Offaly Michael Duignan. Guest speakers included PJ Lynam, Assistant Managing Director, National Ploughing Association, Sergeant Graham Kavanagh Laois/Offaly Crime Prevention Officer and Ciaran Mullooly Former Chief Correspondent for RTÉ

News, Community & Social Enterprise Worker. Information tables were provided on the day by LOETB, HSE, TFI-Local Link, Tullamore Library, Home Instead, TASK Community Care, Offaly County Council Check the Register, Alzheimer Society of Ireland.



Consultation was carried out with the group on the development of both the Age Friendly Strategy 2023-2028 & the Local and Economic Community Plan 2023-2028

Upcoming Age Friendly Concerts in Hollyhill Library



ANTHONY COTTER

Singer and musician with
the White Horse Guitar Club
& Emerald on Ivory



Supported by

ST. VINCENT'S GAA MALE VOICE CHOIR



Hosted by John O'Leary

Saturday 10th June 2:00 pm

in Hollyhill Library

FREE RAFFLE!

Kindly sponsored by
Gurranabraher
Credit Union



Leabharlanna
Libraries
Comhairle Cathrach Chorcaí | Cork City Council

Down Memory Lane



**Join Linda Kenny and Alf McCarthy
with David O'Sullivan on piano,**
for a trip down memory lane sing song session.
Celebrating music and memories from the olden days.

**In Hollyhill Library at 11am on
Saturday 17th of June.**

Free event, all welcome!



Bunclody Library Events

'No Twixing or Crossing' Michael Fortune Book Launch – Thursday 8th June at 7.00pm

Transcribed and interpreted by artist/folklorist Michael Fortune from conversations with a group of Traveller Women from Bunclody, this collection of superstitions, beliefs, practices, rituals, cures, verses and stories from Bunclody will be launched in Bunclody Library. All welcome, booking required.

Reflections on the Irish Civil War in County Wexford from March 1923 with Barry Lacey – Thursday 15th June at 7.00pm

Join Barry Lacey, Historian in Residence, for a talk recounting some of the incidents that occurred during March 1923 based on reports in local newspapers from the time. Places limited, booking essential.

To book a place for these events please telephone 053 9375466 or book online at wexfordcoco.libcal.com

Sensory Friendly Hour

Every Saturday from 4-5pm, Sensory Friendly Hour will be observed in Bunclody Library.

We encourage you to come along and relax in the calm environment of the library. No booking required. All welcome!

Wexford Town Library

Call 053-9196760 to book or, online [What's on in my Library? | Wexford County Council \(wexfordcoco.ie\)](http://What's on in my Library? | Wexford County Council (wexfordcoco.ie))



Tuesday 6th June at 11:00am Origami Paper Folding Workshop for Adults. Join Angelika for a wonderful Origami/Paperfolding Workshop. Experiential workshop where all participants will have the opportunity to create and decorate a small Gift Box. All materials and equipment will be provided for the workshop. Booking is essential. Places are limited. Call: 053-9196760.

Tuesday 6th June at 7:00pm. Postcards of Wexford with Historian Liam Ryan. Join Liam Ryan on a nostalgic trip around County Wexford. Using images from old postcards, Liam shares images of now forgotten areas of Wexford which were once prominent places worthy of being sent around the world with messages of goodwill from the sender.

Thursday 8th June to Friday 30th June. No booking required. **CHERISH Exhibition:** Wexford Library is delighted to host the **CHERISH** exhibition for the month of June. The exhibition highlights the impact of climate change on coastal cultural heritage and the work that **CHERISH** is doing to assess risk, measure change and record sites in both Wales and Ireland. The aim of the exhibition is to raise awareness of the impacts that climate change continues to have on our precious coastal heritage.

Thursday 8th June at 7:00pm Book Launch: Our House, Delirious by Margaret Galvin. Margaret Galvin's sixth publication, ***Our House, Delirious***, will be launched at Wexford Town Library on June 8th at 7pm. Readers will identify with the many situations and characters she addresses in these resonant poems and essays that offer moments of understanding and connectivity. Everyone is warmly invited to join in the celebration!

Gorey Library Events

Thursday 8th June at 7pm: Sports Nutritionist Declan Gilmore: on Nutrition, Exercise, Water and Sleep

Of interest to sporting enthusiasts, or those who want to find out more information and helpful hints and tips on the best nutrition.

Monday 12th June at 11am: Age Friendly Monday Movie

Join us for one of 8 classic films from the period 1945 to 1964 selected by library staff and voted for by popular demand: Laurel & Hardy's Way Out West, North by Northwest, On the Waterfront, How Green was my Valley, The African Queen, Mutiny on the Bounty, or The Big Sleep. You can vote in person at the library or when you phone to register on 053 9483820

Thursday 15th June at 7pm: Finding Medicine and Magic in your Garden

Join Feebee Foran of forager.ie for an introduction to medicinal properties and the folkloric tales of some of our wildest native Irish weeds.

Saturday 17th June at 3pm: "Crown and Harp: from Free State to Republic"

Join David McCullagh for a fascinating talk

Scrabble every Thursday at 7pm - just drop in.

Sensory Friendly Quiet Hour every Saturday 4-5pm.



Body and Soul day for Older People

Leitrim Development Company held their annual Body and Soul day for Older People on 29th May. The day was attended by 120 people from groups across Leitrim, who took part in workshops including Using aromatherapy oils at home, dance drama, attitude of gratitude, sound therapy, movement to music, organic gardening, local history, watercolour painting and postural stability. We also had a lovely lunch and lots of sunshine



dlr Age Well Expo Exhibition Stands & Services, Sunday 11th June 2023, 10a.m-4p.m - Stands Layout on the day

The Pavilion, Leopardstown Racecourse
Sun June 11th 2023 10am-4pm
Free Event. Booking essential at events.dlrcoco.ie
f 01 205 4893

Banshees of Inisherin star Sheila Flitton performing at dlr Age Well Expo 2023, **June 11th 2023** in The Pavilion at Leopardstown Racecourse, Dublin.

On Sunday June 11th 2023, in the Pavilion at Leopardstown Racecourse, Dún Laoghaire-Rathdown County Council presents the dlr Age Well Expo in association with the dlr Age-Friendly Alliance to celebrate and showcase services and activities available to older people in Dún Laoghaire-Rathdown.

Regional Stroke Conference



2nd Regional Stroke Conference & Awareness Event

brought to you by:

South Tipperary Stroke Communication Group

in association with



on **Monday 26th of June 2023**

TALBOT Clonmel Park Hotel, Clonmel, Co. Tipperary

9.30a.m. - 1.30p.m.

FREE EVENT (Incl. Tea / Coffee)

Come along to find out about:

- ◆ Recovery after Stroke
- ◆ Music Therapy
- ◆ Communication after Stroke
- ◆ Living Well Programme
- ◆ Patient & Carer Stories
- ◆ Information Stands
- ◆ Local Support Services

Guest Speakers Include:

- ◆ Irish Heart Foundation
- ◆ National Clinical Lead for Stroke
- ◆ Stroke Survivors
- ◆ Stroke Support Groups
- ◆ Health & Wellbeing
Co-Ordinator

Exhibition and Information Stands

Enquires to: Martin: 087 6101628 / AnnMarie: 087 7541548

All Welcome

Kindly Supported by





Wexford Alliance Dementia Cafe - St Louis Day Care Centre



Wexford Alliance Dementia Café

Hosted by St. Louis Day Care Centre, Ramsgrange,
Co. Wexford Y34H283

Date and Time: Thursday 8th June 2023 2pm –4pm
(2nd Thursday of every month)

Guest Speaker: Aideen McGuinness, Senior Dietitian,
Wexford Integrated Care for Older Persons and Wexford
Memory Assessment & Support Service

Presentation Title: "Eat Well to Keep Well"



The Café provides a warm and welcoming space for people with dementia, their family and friends, social and health care professionals to meet, exchange ideas and learning

For further information on how to attend please email:
stlouisdycarecentre@gmail.com or telephone 051-389509



Irish
Dementia
Cafe
Network
MEMBER



Waterford's Bealtaine Festival

Waterford's Bealtaine Festival came to an end with an afternoon of music, art and the spoken word organised by our own Ray McGrath and the Top of the City Community Gardens.



Minister of State for Mental Health and Older People, Mary Butler, TD was in attendance and a good crowd enjoyed themselves on a sunny Saturday afternoon.

There has been a good range of events organised by the OPC and Waterford Libraries during the month.

West Clare FRC Over 55's Variety Show

The participants of the West Clare FRC's Over 55 Project put on a fantastic show last Thursday to finish the Bealtaine celebrations on a high note.



About a hundred spectators got to enjoy performances by the Over 55's Singalong and Drama groups, some dancing, poetry and music by several group participants and other local talents, and an exhibition of creations by the Over 55's Mindfulness through Arts participants.

It was an afternoon filled with sheer enjoyment, and everyone went home with a smile on their face and memories to share with their families and friends. The West Clare Family Resource Centre's Over 55's Project aims to improve the quality of life of people over 55 in West Clare and to combat rural isolation by providing opportunities for social interaction, lifelong learning and physical exercise for people over 55 in West Clare. Our activities are currently taking place in Kilrush, Kilkee and Querrin, Co. Clare.

For more information about our activities and services, please contact us on 065 905 2173.



Age Friendly Strategy Launch

Minister of State in the Department of Health with responsibility for Mental Health & Older People, Mary Butler was guest of honour at the launch of the Kildare Age Friendly Strategy 2023 – 2027 in McAuley Place, Naas. Kildare's 4th Strategy sets out the shared ambitions and goals to ensure the creation of an age-friendly county and one which is a good place to grow old. The voices of Kildare's older citizens are central to the new strategy, and throughout its development, to ensure their requirements are met, and the necessary supports and services are delivered, and properly co-ordinated.



Speaking at the official launch, Minister Butler said; "Informed by the voices of older persons across the county, Kildare's fourth Age Friendly Strategy is ambitious, timely, and opportune. Its guiding principles of supporting social inclusion, embedding age friendly principles, and practising good communication will ensure that the wealth of initiatives to which the Strategy commits support the full participation of all older persons in the life of the community. I commend the leadership provided by Kildare County Council, the Kildare Age Friendly Alliance, and Kildare Older Persons' Council in the preparation of the Strategy and

thank all the partners involved for their invaluable contribution to this important initiative. I look forward to the significant enhancement of supports for Kildare's older persons which the Strategy promises to deliver."



Welcoming the new Kildare Age Friendly Strategy, Sonya Kavanagh, Chief Executive, Kildare County Council said; "Our vision for our fourth Kildare Age Friendly Strategy is not only to build on our progress to date but to ensure a more socially inclusive approach throughout all age friendly work in the county." Collaboration has been central to the development of the fourth Kildare Age Friendly Strategy.

Attendees at the launch in McAuley Place, Naas also had the opportunity to experience 'Future Tapestry' a newly commissioned virtual reality artwork which is an artistic response to the current state of sheep farming and wool production in Ireland.



Wool in schools intergenerational project where 19 schools were paired with 19 nursing homes 360 participants

Directed and produced by John Conway and written by Aisling Byrne, with visual by NOHO Dublin. The artwork was Commissioned by Kildare County Council Library Service, Climate Action and Age Friendly Co-ordinators and funded by

Creative Ireland through the Creativity in Older Age Scheme. The exhibition ran for the weekend with schools and the community invited to attend.



Minister Butler trying the VR headset virtual reality artwork which is an artistic response to the current state of sheep farming and wool production in Ireland

COUNTY WICKLOW OLDER PEOPLE'S COUNCIL RECONNECT AT AGM

Over 120 older people from across County Wicklow attended the annual general meeting of the Older People's Council. This was first such event to be held since pandemic restrictions forced the postponement of the 2020 AGM.



Outgoing Chair of County Wicklow Older People's Council, Mai Quaid, welcomed the new Chair of the Wicklow Age Friendly County Alliance, Emer O'Gorman, Chief Executive of Wicklow County Council, to the event in the Glenview Hotel on Friday last (26th May). Both welcomed the attendance from a wide range of community groups and networks across the county.

Mai Quaid said that it had been a challenging few years for older people stating: "There have been a lot of changes since the last AGM in 2019. But it has been a busy and productive few years for the Older People's Council Executive with new faces and structures at the Age Friendly Ireland Programme and on the Wicklow Age Friendly County Alliance. The OPC Executive team in County Wicklow have been working closely with the members of the Alliance to develop this new five-year strategy to make County Wicklow a great place to grow old."



Staff from the multi-agency Wicklow Age Friendly County Alliance attended the event to provide information on service and supports for older people, including: Health Service Executive, An Garda Síochána, Citizens Information Services, County Wicklow Libraries Services, Local Sports Partnership, County Wicklow Partnership, Bray Area Partnership and the Public Participation Network.





Chief Executive of Wicklow County Council and Chair of the Wicklow Age Friendly County Alliance, Emer O’Gorman, said: “Wicklow County Council has made significant progress in embedding an age friendly approach to all of its work and is committed to the Age Friendly Programme in the county. As Chair of the Wicklow Age Friendly County

Alliance, I can confirm that the other Agencies represented on the Alliance are also committed to implementing the new Wicklow Age Friendly County Strategy, for 2023-2027, and it is great to see so many of them here today to connect with the older people they serve. “

Senator Pat Casey, Age Friendly Ambassador for County Wicklow, stated: “Older People's Councils play a vital role in representing the authentic voice of older individuals throughout the country. They provide valuable advice to agencies and service providers, on the services and facilities that older people need in their communities. In County Wicklow, the Older People's Council is the channel for that voice, and an active participant on the Wicklow Age Friendly County Alliance.”



Cathaoirleach of Wicklow County Council, Cllr Tommy Annesley, emphasised: “It is important that we honour diversity in our older population, listen to the voices that represent diverse groups and different locations – both urban and rural”. Alice Corbett, Regional Manager Southeast, for Age Friendly Ireland, provided an update on the new operating guidelines, developed by the National Network of Older People’s Councils. She commended County Wicklow’s innovative and creative approach to making Wicklow a great place in which to grow old and called on older people, over 55, to volunteer for active engagement with the OPC Executive, to support the implementation of the actions in the new Strategy.

County Wicklow residents, aged over 55, who would like to find out more about to volunteering for active engagement with the Older People’s Council Executive group should contact the County Wicklow Age Friendly Programme Manager, County Wicklow, by email at : agefriendly@wicklowcoco.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: In Conversation with Mr. Craig Gear

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Mr. Craig Gear "Advocacy strategies in protecting and respecting the rights of older adults across Australia."



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