

National Updates

Age Friendly Recognition and Achievement Awards for 2023

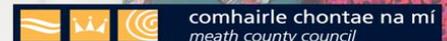
Age Friendly Ireland is thrilled to announce that we are back and looking forward to receiving hundreds of applications to our Age Friendly Recognition and Achievement Awards for 2023.



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.



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:

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

Healthy Age Friendly Ireland at Community Comeback event in Galway.



Muintir na Tíre, the National Association for the Promotion of Community Development in Ireland recently held a Community Comeback event in Monivea, County Galway showcasing the many supports available to older people in the area. On a beautiful sunny day, the many visitors were able to take part in exercise demonstrations both indoors and outside, have a health check-up, and find out about services available locally and nationally including the Healthy Age Friendly Homes Programme.

Age Friendly Ireland were represented at the event by Francis Kane, Healthy Age Friendly Homes coordinator for Galway city and county, and Mary Cronin of the Galway County OPC.



In conjunction with Muintir na Tíre in Galway, Francis has delivered information sessions to Community Alert groups across the county. These meetings are attended by community representatives, community Gardaí and participants in the Community Alert scheme, a scheme supported nationally by Muintir na Tíre, and an important service for older people particularly in isolated rural areas.

Further information on the Community Alert scheme and the services provided by Muintir na Tíre are available at <https://www.muintir.ie/>

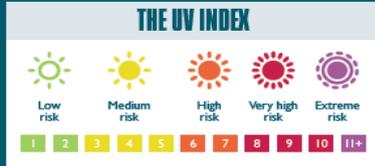


If you would like more information on the Healthy Age Friendly Programme you can visit <https://agefriendlyireland.ie/category/healthy-age-friendly-homes-programme/introduction/> or phone our national office at 046 9248817 / 046 9248825

UV Sun Smart

KNOW THE UV INDEX

- Plan ahead and check the UV (ultraviolet) index on your smartphone weather app.
- If the UV index is 3 or more be sure to follow the SunSmart 5 S's.



OUTDOOR WORKERS ARE AT GREATER RISK OF SKIN CANCER.
GETTING PAINFUL SUNBURN INCREASES YOUR RISK.

Protect your skin

- Keep your hat on
- Use the shade
- Wear sun glasses
- Use sun cream SPF 30 or higher

Spot cancer early

Get any skin changes checked by your doctor

SUNSCREEN STATION

Outdoor work sites may find that a sunscreen station is useful so that workers can get access to broad-spectrum sunscreen and information about daily UV levels. It may also require a mirror for easier application of sunscreen.

Be UV Aware - apply sunscreen and protect your skin.

- Make sure your skin is clean and dry before applying.
- Put on sunscreen on exposed areas not covered by clothes while avoiding eyes.
- Apply 20 minutes before going outside and re-apply regularly.

TODAY'S UV LEVEL IS:



FURTHER INFORMATION

For further information can be found at:

www.hsa.ie/sunprotection
www.hse.ie/sunsmart



HSA.ie | BeSMART.ie | hsalearning.ie
0818 289 389 | contactus@hsa.ie

CONSTRUCTION SAFETY PARTNERSHIP ADVISORY COMMITTEE



EMPLOYEE INFORMATION SHEET

PROTECT YOUR SKIN WHEN WORKING OUTDOORS



This information sheet is written primarily for employees and safety representatives to raise awareness about the risk of skin cancer from sun exposure.

TOP TIP

Make sun protection part of your daily routine, especially from April to September, even when it is cloudy.



WHO IS AT RISK?

People who work outdoors have a higher-than-average risk of skin cancer.

DID YOU KNOW?

Skin cancer is the most common cancer in Ireland with 13,000 cases diagnosed annually.

BE SUNSMART



You need to take measures to reduce the risk of exposure to direct sunlight when UV is strongest, typically between the hours of 11am and 3pm, especially from April-September. Follow the Healthy Ireland SunSmart 5 S's below.

SUNSMART 5 S'S

- Slip on clothing that covers your skin.
- Slop on sunscreen SPF30 or higher. Apply 20 minutes before going outside and re-apply every two hours - more often if sweating.
- Slap on a hard hat with a brim or use a neck flap.
- Seek shade - plan your work outdoors to avoid peak UV sunrays (11am-3pm) and take breaks in the shade.
- Slide on sunglasses.

HIGHER RISK OF SKIN CANCER



If you work outdoors and:

- Have pale or freckled skin that does not tan or burns before it tans.
- Have naturally red or fair hair.
- Have blue, green, or grey eyes.
- Have many moles (50 or more).
- Burn easily or have a history of sunburn. Have already had skin cancer.
- Have already had skin cancer or a close family member who had.

KNOW YOUR SKIN

Get to know your skin, check it regularly and call your GP TODAY if you notice any of the following:

- A change in the size, shape or colour of a mole you already have.
- A mole that is often itchy or bleeding.
- A new mole that looks different to other moles that you have.
- A change to a normal patch on your skin, like a new dark spot.
- A dark coloured line or patch under your nail.

Examples of skin cancer types and what to look out for!



EMPLOYER RESPONSIBILITIES



Your employer is required to provide a safe working environment. Employers should plan, manage and risk assess how their employees will work outdoors.

- Carry out a risk assessment and identify suitable controls for outdoor work (Go to BeSMART.ie)
- Inform employees about the dangers of sun exposure, and ensure measures are taken to protect the skin.
- Plan how, where and when work will be carried out.
- Ensure breaks are taken in the shade.
- Provide broad-spectrum sunscreen (UVA and UVB protection) with an SPF of at least 30+.

Remember a combination of the controls above may be required.

BeSMART.ie



comhairle chontae na mí meath county council



The Assisted Decision-making Capacity Act May 2023

Safeguarding Ireland's current Public Awareness campaign is about understanding and using the new Assisted Decision-making (Capacity) Act, a progressive law which supports peoples' rights which will prevent and reduce adult abuse.

The new law, which came in effect in April 2023, is about rights, and taking every possible step to assist people to continue making their own decisions about their health, finances, housing, work or personal welfare – even if there are challenges in doing so.

The Act is of particular importance for people who have challenges with decision-making such as those living with frailty, dementia, an intellectual disability, an acquired brain injury, or mental illness. But it may be important to all of us at certain times in our lives.



A new State Agency called Decision Support Service (DSS) has been established and is responsible for promoting public awareness, to register the new decision support arrangements, to provide oversight and to resolve issues which arise.

For more information click

here: <https://www.safeguardingireland.org/assisted-decision.../>

Decision Support Service: 01 211 9750 / decisionsupportservice.ie

HSE: assisteddecisionmaking.ie / 1800 700 700

National Advocacy Service for People with Disabilities: advocacy.ie / 0818 073000:

Sage Advocacy: sageadvocacy.ie / 01 536 7330.



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**



June 15th



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...>

Participate in the Maynooth University Study: Old and Alone: Analysing Ireland's growing 'elder orphan' population.

Researchers at Maynooth University's Department of Geography are seeking to explore older adults' experiences of aging alone in Ireland and seeks to understand the importance of health and wellness in older age. In particular, we are interested in talking to people who can be defined as 'elder orphans', living alone and with no immediate family care support around them.

We are interested in the views of anyone aged 55 years or older, who fit the definition of elder orphans. We wish to find out more about peoples' experiences of their care and support needs, how these are or are not met and their general perspectives of their local environments, taking into account any issues and challenges they may encounter.

The acknowledged views will be used to document a range of difficulties, but also positive things that people may be experiencing and the role place and where you live, impacts on their health and wellbeing as you age. The aim of the interviews is to identify knowledge that will feed into a doctoral study, but also help inform future thinking on policy in this area.

We will be holding one to one interviews either in person or online, in the coming weeks, and hope that some members of Age Friendly Ireland might be interested in taking part.

If so, please contact the researcher directly to find out more details and to make arrangements to meet and talk at

sadhbh.gorman.2021@mumail.ie



HSE Talking Health and Wellbeing Podcast, Episode 16 – Choose Screening



In this episode, host Fergal Fox talks to Fiona Murphy, Chief Executive of the HSE National Screening Service (NSS) and Grace Rattigan, one of their Patient and Public Partnership representatives about the importance of the four national screening programmes, to help prevent or recognise disease early, when it is easier to treat.

Screening saves lives and the NSS recently launched their new strategy 'Choose Screening', putting engagement with people to the forefront of how they do their work. Fiona talks about the significance of this person-centred approach, the journey of the development of the strategy and how the NSS aims to ensure that screening is an informed-choice for people. Grace shares her experience of becoming an ambassador for screening promotion, and speaks about how worthwhile and empowering it has been as a member of the NSS Patient and Public Partnership to help shape the development of the service.

Listen and follow wherever you get your [Podcasts](#) or on the [HSE Health and Wellbeing YouTube channel](#).

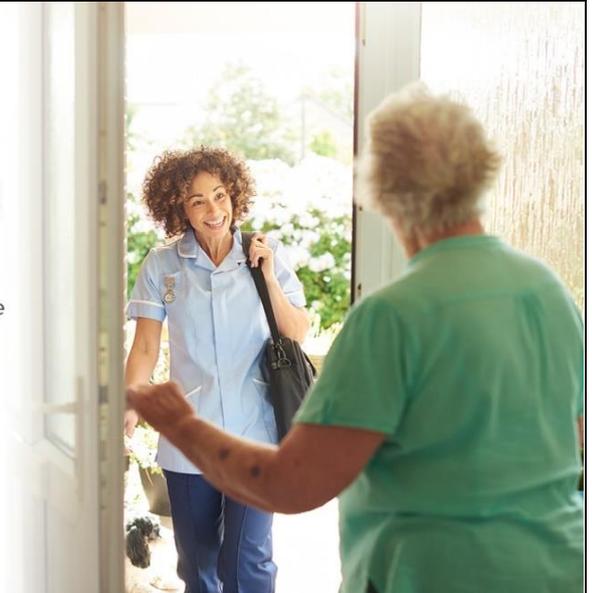


BDO IDEAS | PEOPLE | TRUST

HOUSING & HEALTHCARE DEMANDS & SOLUTIONS

Opening address: Darragh O'Brien, Minister for Housing, Local Government and Heritage
Housing and Healthcare Panel
chaired by Bernard Gloster, CEO, HSE

Think Ahead 



Housing & Healthcare Conference – Demands & Solutions 15th June 2023

BDO Ireland and ACCA Ireland are delighted to invite you to our upcoming conference at **8:45am on Thursday 15th June 2023**, at our BDO Offices, Block 3, Miesian Plaza, 50-58 Baggot Street Lower, Dublin 2, D02 Y754.

The conference will be split into two sessions – where we will look at:

1. The financing and provision of public and social housing in our first session with Minister for Housing Darragh O'Brien giving an opening address.
2. Healthcare and housing interlinkages and governance protocols to manage deliverability. This session will be chaired by Bernard Gloster (CEO of the HSE).

Both sessions will have a Q&A panel discussion at the end

Registration for the Event

The event will be both in-person and virtual.

We would be delighted if you could attend our in-person event you can click on the link below to register for the event.

In person link - [ACCA Events :: Home \(accaglobal.com\)](https://accaglobal.com)

If you cannot attend in-person, see below link to register to attend virtually.

Virtual Link [ACCA Events :: Home \(accaglobal.com\)](https://accaglobal.com)

If you are available to attend in person BDO Housing and Finance experts will be available in person for a limited number of in person follow up queries after the event concludes.

Spaces will be limited so please book early to avoid disappointment.

We believe that this will be an exciting and indeed insightful event on the future of housing and healthcare in our country.

If you have any queries in advance of the conference, please contact akeane@bdo.ie.

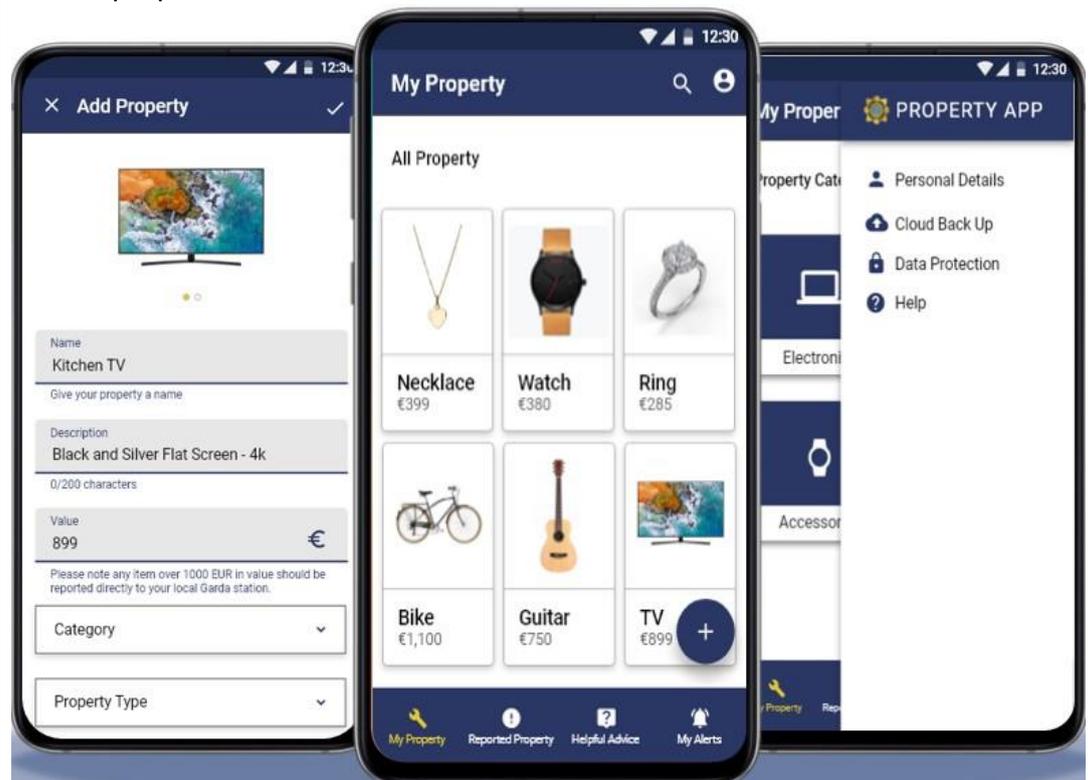


An Garda Síochána Property App

Download the free app from the App Store for iPhone or the Google Play Store for Android.

What is the app?

This is a free app developed by An Garda Síochána to allow you to record and index your property, for example, bicycles, laptops, farm machinery etc. It will give you the facility to record the unique information associated with your property. Should your items be stolen, the app also provides a way of reporting this to An Garda Síochána and gives you the option to share information with us for this purpose.



When you have downloaded the app?

You can safely record your personal information in the app before you begin to record your property.

When recording your property, you can take a photo of it and then you enter the associated information:

- Name
- Description
- Value in euro/€
- Category
- Property type
- Make
- Model
- Serial Number

Click [Here](#) for more information and how to download the app



Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us this week on next **Friday June 9th at 5 pm** for our weekly Zoom. As always, please share this email with anyone you feel might benefit from or enjoy hearing about ExWell.

This week we will be discussing heel pain, and we will be meeting our ExWell staff colleague Colm O'Meara.

The schedule is as follows

5.00 pm: Welcome	Noel
5.05 pm: Meet Colm	Colm O'Meara
5.15 pm: Heel Pain.	Dr. Noel McCaffrey
5.35 pm: Q&A and Discussion.	All
5.50 pm: ExWell Updates	Noel

The link for the meeting is

<https://us06web.zoom.us/j/81583646729?pwd=NTJ5RzJsbjZWRjE0cUZGUzZML1kwdz09>

Local Updates



Age Friendly Cork City

On Saturday, 3rd June 2023, members of the Cork City Age Friendly Older People's council along with Programme Manager Nina Dempsey visited Pairc Uí Chaoimh in Cork City for the All-Ireland Senior Football Championship match between Cork and Kerry.



The group in conjunction with Pairc Uí Chaoimh management were partaking in a walkability study to commence the process of working towards achieving an Age Friendly Stadium for Cork City. Unfortunately, it was not Cork's Day with Kerry winning by a 3-point margin, but the walkability study was a great success with many great ideas and suggestions captured by the group.



An Tánaiste Micheal Martin who we met after the game holding the Age Friendly Cork City logo

Alzheimer Event

In collaboration with the HSE The Alzheimer Society of Ireland are hosting a free dementia information event next **Thursday 15th in Trim Co Meath.**



Come to meet our Dementia Adviser and Health and Social Care Professionals at our

MOBILE INFORMATION BUS

Date: Thursday, 15th June 2023

Time: 10am-2pm

Where: CareChoice Trim, Knightsbridge Village, Trim, Co. Meath, C15 W8PF

For more information, please call Danielle Timmons on

087 947 5037

<https://alzheimer.ie/get-support/mobile-information-service/>



comhairle chontae na mí
meath county council





Bunclody Library Events

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

Monday 12th June & Monday 26th June at 11:00am. Read 'Ulysses' by James Joyce with Wexford Library and Ulysses80. Read 8 pages a day for 80 days.

Wexford Library invites you to join us for the Ulysses80 discussion group each fortnight, on Mondays from 11.00am–12.00pm, throughout the summer. With this Ulysses80 discussion group you can discuss what you have read, enjoyed or found challenging as you read 'Ulysses' over 80 days this summer. All are welcome to attend these free events.

Tuesday 13th June Chess & Scrabble Club. Join our casual Chess & Scrabble Club on from 7:00–8:30pm. There is **also** a morning session on **Wednesday 14th June** from 11:00 am–12:30pm.

Tuesday 13th June at 7:00pm. 'Healing: The Long Road Back' by Mary Beary. A Book Launch and Reading. Join us for a poetry reading by Mary Beary from her new updated collection of poems, 'Healing: The Long Road Back'. This poetry collection from a grieving mother talk openly about her son's struggle with his mental health and drug addiction.

Wednesday 14th June from 10:30am. Public Consultation Strategy for the Wexford Town Local Area Plan. Drop-in clinic for the public consultation stage of the Wexford Town Local Area Plan.

Thursday 15th June at 11:00am. Summer Gardening Talk. Join Nicola Mahon from Kilcannon Garden Centre for a presentation on summer gardening, pruning and general garden maintenance.

Thursday 15th June at 7:00pm Book Launch: Our FABulous Place. An Cathaoirleach, Wexford County Council, Cllr. George Lawlor invites you to attend the launch of 'Our FABulous Place', a collection of new writing and a short film celebrating and reflecting on life in the Coolcotts area of Wexford town

Gorey Library Events

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.



Grantstown Day Care Centre



Wexford Dementia Alliance Pop-Up Dementia Café
Hosted by GRANTSTOWN DAY CARE CENTRE.
Wellingtonbridge Co Wexford.



Date and Time: Friday 23rd June 2023
10.30am – 12.30pm
(Same Friday every month)

This **FREE OF CHARGE** Pop-Up Café facility is open to people in the community **living with or concerned about dementia**, your family and friends circle and care professionals.

Join us for a warm welcome, tea/coffee and morning treats, friendship, support, helpful information and an opportunity to exchange ideas.

Guest speaker: Laurence Collins Wexford
Dementia Advisor.

Presentation Title: *"Providing information on the disease and supports in the area, help identify the needs of the person with dementia"*

For further information on how to attend please email:
manager@grantstownpriority.com, Contact 051 561016

Wexford Dementia Alliance



Wexford Older People's Council



The Wexford Older People's Council Recruitment Drive which had been conducted in the past months in the 5 Municipal Districts culminated in a successful Older People's Council AGM held recently in Enniscorthy.

We look forward to forming a rejuvenated, reenergised OPC for the future and are delighted with the interest in OPC membership indicated at the meeting.



Mayo's Older Persons Council Information Day



Mayo's Older Persons Council held an Information Day on the 31st May in the Park Hotel, Kiltimagh. The highly successful event was opened by the Cathaoirleach Cllr Seamus Weir, who spoke about the positive work being carried out by the Older Persons Council Mayo.

Kevin Kelly, Chief Executive of Mayo County Council and Chair of the Age Friendly Alliance spoke about Mayo's Age Friendly Programme, the Age Friendly Strategy

and the importance of the contribution from the OPC to the document itself. He also referenced the participation from the OPC on delivering some of the actions. “Through the consultation process for the strategy, the message from older people in Mayo was very clear – they love living in Mayo, they want to remain living in their own homes for as long as possible, they appreciate the services that are available to them, but they also highlighted areas where improvements need to be made”. The Age Friendly Alliance were also commended for their input to the Age Friendly Programme.



Marie Flanagan, Chair of Mayo’s OPC was master of ceremonies for the day. She too spoke of the excellent work carried out by Mayo’s OPC and gave some examples of projects. This included Intergenerational projects, engagement with the Health services for Older People and Eir, the walkability audit in Knock Airport, Age Friendly parking and libraries in Mayo. Marie spoke about importance for Older People to come forward to have their voice heard, and not to be afraid of joining the Older Persons Council. She invited members to join MOPC to work towards making Mayo a better County in which to grow old.

Reports were presented by Professor Tom O’Malley (Geriatrician/ Stroke Physician), Saolta University Healthcare Group / Age Friendly Programme – Mairéad Cranley and Maura Murphy / Sergeant Paul Maher – Digital Register of Older People in North Mayo for AGS / Living with long-term medical health conditions – Ailish Houlihan, HSE. Guests were also “treated” to some on-the-spot dancing and exercise!!

Sr. Maureen Lally, Age Friendly Ambassador, finished event with an energising talk on the importance of people, volunteers, and community.

The event was attended by over one hundred people. There was also information stands with members of the Alliance advising people of supports and services in Mayo. Free blood pressure checks and finally a raffle to close off the event. Feedback has been very positive particularly around topics and speakers covered. The event will bring new members to the OPC, and a new executive will be elected at September meeting.

For any other information please email agefriendlymayo@mayococo.ie



Longford Age Friendly Bealtaine 2023

Longford County Council Age Friendly Bealtaine programme year was an action packed schedule of entertainment, creativity, culture and the more serious!



From music to local history talks, film screening, poetry and art expo launches, flower arranging or just a cuppa and a chat, we had something to suit almost all tastes with over 350 attending events in our libraries over the last few weeks.



One of the highlights this year focused on a more serious theme – the presentation of the award winning Age Friendly Programme ‘Putting Your House in Order -Think Ahead’ seminar delivered by Irish Hospice Foundation Public Engagement Team in partnership with local solicitors E.C.Gearty @Co. in three Libraries, Granard, Edgeworthstown with the final session taking place in Longford Library on Friday 9th June from 11-1pm. Feedback has been excellent with full turnouts and excellent presentations in each of our locations.



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 Ryan Backer Co-creator of the Old School Anti-Ageism Clearinghouse."

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Ryan Backer "The power of conversation to dismantling ageism."

ifa Global Café
in conversation with experts

"THE POWER OF CONVERSATION TO DISMANTLING AGEISM"

9 June 2023
07:00 AM EDT

Ryan Backer
Co-creator of the Old School Anti-Ageism Clearinghouse

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

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