

National Updates

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

Age Friendly Recognition and Achievement Awards for 2023

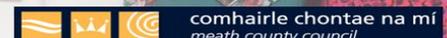
Age Friendly Ireland is thrilled to announce that we are back and looking forward to receiving hundreds of applications to our Age Friendly Recognition and Achievement Awards for 2023.



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.

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

CASHEL ACTIVE RETIREMENT GROUP

Healthy Homes Co-ordinator in Tipperary, Tracey Thompson who met with the Cashel Active Retirement Group a few weeks ago.

In the picture below: Catherine O'Dowd, Chairperson accompanied by secretary and treasurer and Tracey Thompson Healthy Homes Co-ordinator in Tipperary



I sat in on a meeting and was delighted to hear the number of lovely activities and trips were planned for the next few months. There was such a great variety of activities from Armchair Yoga, Theatre trips, Exhibitions, and day trips. The active retirees of Cashel have an interesting few months ahead.

I outlined for the group the ethos of the Healthy Homes Project; to help participants stay in their own homes, comfortable and safe for as long as possible. I summarised the different elements and how the programme works. I meet with participants in their own homes, and we have an informal chat to discuss the different areas of their lives such as housing, health and how they connect in their communities.

We talk about technology and how it could be of use if there is an interest. The participant has complete autonomy, and the process is driven by them. There is no pressure to consider anything that is of no interest or help to the participant.

I was delighted to meet the large group of active retirees in Cashel. They are a welcoming, engaging, and enthused group of people with similar interests who are making the most of their retirement years and their communities.

Healthy Age Friendly Homes Team is Growing

We would like to congratulate and welcome the following to their new roles as Regional Programme Managers in Phase 2 of the Healthy Age Friendly Homes Programme.

Karen Fennessy, Regional Programme Manager, Limerick.
Marie Nolan, Regional Programme Manager, Mayo.
Eimear McCormack, Regional Manager, Dublin City.
Ann Moran, Regional Manager, Offaly.

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**

Irish Heart Foundation - Before Damage is Done Campaign

Everyone has a blood pressure. Your blood pressure is a measure of the force your heart uses to pump blood around the body.



How is blood pressure measured?

Two numbers measure the level of your blood pressure.

Systolic pressure is the pressure when the heart muscle beats to pump blood to the rest of your body – this is the top number.

Diastolic pressure is the pressure when your heart relaxes between beats – this is the bottom number.

What is a normal level of blood pressure?

The normal level of blood pressure is usually about 120 (systolic) over 80 (diastolic).

High blood pressure is 140 over 90 or higher (or 140 over 80 if you have diabetes).

Why is blood pressure important?

Lower blood pressure when you stand up or bend over (known as postural hypotension) may make you feel faint or dizzy. If this happens, tell your doctor and have your blood pressure taken when you are standing up.

High blood pressure carries risks for a number of serious conditions. The higher your blood pressure, the greater your risk of heart attack or stroke, heart failure, kidney failure, dementia and some forms of blindness.

When and how to check blood pressure

The only way to look after – and know if you have – high blood pressure is to have it measured.

Try to get your blood pressure checked regularly and ask what your reading is. If you are over 30, it's best to have your blood pressure checked once every 5 years. If your blood pressure is borderline high (around 140 over 90), you'll need to get it checked more often by a doctor or nurse.

Many pharmacies are now offering blood pressure checks and some do 24-hour blood pressure monitoring. Sometimes your doctor will suggest you buy a reliable blood pressure monitor and measure your blood pressure regularly at home.

For more information visit the website [HERE](#)

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.

IFA 16th Global Conference on Ageing



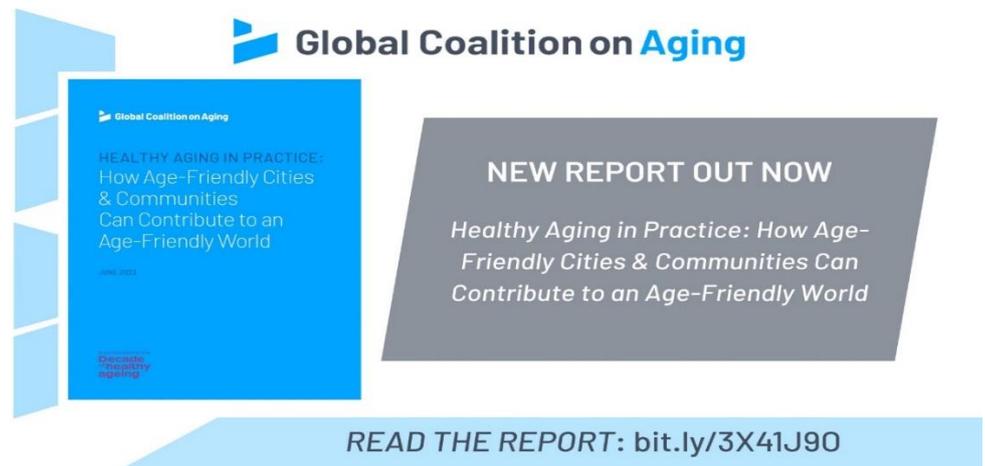
The International Federation on Ageing (IFA) is hosting its 16th Global Conference on Ageing in Bangkok, Thailand from June 27-30, 2023. The conference will take place at the Bangkok Convention Centre and will focus on key themes related to ageing such as digital technologies, older women, maintaining and improving function, immunisation, and age-friendly environments.



The conference aims to provide a platform for experts in the field of ageing to come together and share their knowledge, exchange ideas, and develop strategies to address the challenges and opportunities that come with an ageing population. Attendees will have the opportunity to participate in presentations, panel discussions, and interactive workshops led by experts in the field.

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

Healthy Aging in Practice Report



GCOA is pleased to share its latest report on building agefriendly communities with insights from Age Friendly Ireland, UN DESA, NYC Department for the Aging, Brooklyn Museum, NYPD Deputy Commissioner of Equity and Inclusion and many others.

Read the report [HERE](https://bit.ly/3X41J90)



TENANT ENGAGEMENT OFFICER (ST. JOSEPHS – 2 YEAR CONTRACT (GRADE 5))

Waterford City & County Council invites applications from suitably qualified candidates who wish to be considered for the above panels.

Application Forms and Candidate Information Booklets for the above are available to be downloaded from Waterford City & County Council's website <http://waterfordcouncil.ie>

Completed application forms must be emailed to recruitment@waterfordcouncil.ie clearly stating the position applied for in the subject line no later than 4p.m. on Thursday, 22nd June, 2023. Hard Copies will not be accepted.

An official application form must be completed in full by the closing date for the competition. Please note that amendments to the application will not be accepted after the closing date.

Please send your application from an email address that you will review regularly as communication during the assessment/selection period will only be through that email address.

For full information click here:

<https://waterfordcouncil.ie/departments/human-resources/vacancies.htm>

WATERFORD CITY & COUNTY COUNCIL IS AN EQUAL OPPORTUNITIES EMPLOYER



Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us this week on next **Friday June 16th at 5 pm** for our weekly Zoom.

This week we will be hearing from Simon O'Carroll who will share his story with us. Simon is a young man who attends ExWell in Loughlinstown and his medical experience is worth hearing about. We will be meeting our ExWell staff colleague Precious Aderinwale

The schedule is as follows

5.00 pm:	Welcome	Danny
5.05 pm:	Meet Precious	Precious Aderinwale
5.15 pm:	Simon's story	Simon O'Carroll
5.30 pm:	Living and Exercising with an Implantable Cardioverter Defibrillator (ICD)	Marissa Corcoran, Arrhythmia Nurse Specialist, St James Hospital
5.45 pm:	Q&A and Discussion.	All
6.00 pm:	ExWell Updates	Danny

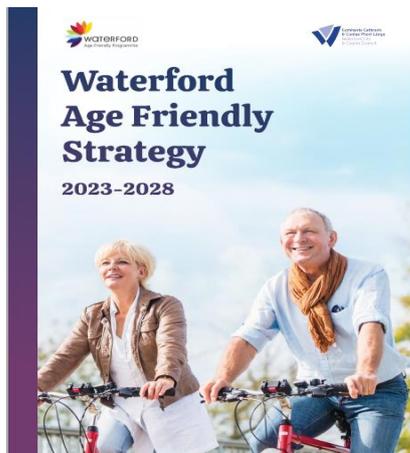
The link for the meeting is

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

Local Updates



Launch of the second Waterford Age Friendly Strategy



Today, Friday 16th June, Minister of State for Mental Health and Older People Mary Butler TD, launched the new Waterford Age Friendly Strategy 2023-2028 at 12.30pm in the Old Chapel on the grounds of the St. Josephs Housing development, Manor Hill, Waterford City.

For the full copy of the Strategy click here: <https://agefriendlyireland.ie/wp-content/uploads/2023/06/Waterford-Age-Friendly-Strategy-2023-2028.pdf>



Minister for Housing, Darragh O’Brien TD, was also in Waterford to launch an Age Friendly Housing development at St Joseph’s in Manor Hill which was a vacant convent from 1895 that was converted into Age Friendly Housing using the repair and lease scheme.



Fingal’s Older People Conference 2023



On the 26th May 2023 – Fingal’s Older Peoples Council hosted a very successful annual OPC conference in Kettles Hotel, Swords. 134 older people who represent the voice of the older people from many older adult groups from across the county were in attendance on the day.

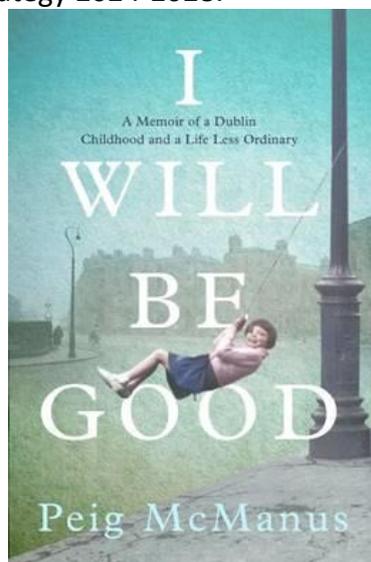
This year's conference was themed "Aging Well in Fingal" and guest Speakers, Celine Clarke, Age Action, Bernie Murphy & Tara Mills, Dublin North's HSE's ICPOP team, Louise Edmonds, Age Friendly Ireland and Andrew McCann, Citizens Information spoke about Ageism, preserving your memory, Falls Prevention, Assistive Technologies, and Knowing your Rights. The topic discussions were followed by a lively panel discussion with questions from the conference attendees.



The conference attendees were treated to a book reading from Peig McManus' newly published book, "I will be good". Peig is a long-standing Fingal OPC Committee member.

After lunch the conference attendees were entertained by "Stage 2" and dancing continued until the conference ended at 4 p.m.

As part of the conference the attendees were asked to complete a short survey highlighting their priority areas of concern across the 8 Age Friendly Values of the Older Person including Housing, Transportation, Civic Participation, Outdoor Environments, Communication, Civic Engagement, Community Supports & Health Services and Social Inclusion as they Age in Fingal. The data received will be collated to form the basis of the research and development of Fingal's new Age Friendly Strategy 2024-2028.



Peig McManus, who is a long-standing Fingal Older Peoples Council Committee member has recently published her memoir "I'll be Good". Peig grew up in one of the last of Dublin's tenements, under the shadow of the Second World War. She learned early about social barriers and, from a young age, set about a path of community activism and educational reform. Peig trained as a therapist and worked for many national organisations. She worked in radio and television for many years, and pursued studies and practice in homeopathy and meditation.

If you would like to hear more about Peig's book and her full and exciting life you can tune into her radio interview on Tuesday 20th of June on 89.5 FM Hospital Radio from 10 a.m. to 11.00 am. You can also get an opportunity to hear readings from Peig's book as she plans to take part in Fingal Libraries Write Time Festival in September.



Upcoming concerts in Hollyhill Library

Saturday 17th of June at 11am - Down Memory Lane with Linda Kenny and Alf McCarthy accompanied by David O'Sullivan on piano.

Friday 23rd of June at 1pm - Féile Fearann Rí featuring a very special and intimate gig with Hothouse Flowers frontman Liam Ó Maonlaí.

Hollyhill Library is delighted to be part of Féile Fearann Rí, the new 5 day traditional and folk music festival in the northside of Cork City. As part of this festival Hollyhill Library will host a very special and intimate gig with Hothouse Flowers frontman Liam Ó Maonlaí. Féile Fearann Rí is made possible by a partnership between Creative Tradition, Music Generation, Musical Neighbourhoods, local schools, community groups and Farranree Parish. Attendees are encouraged to arrive early.

Both these events are free of charge and open to all.

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!

FÉILE FEARANN RÍ
MON 19 - FRI 23 JUNE
Feat. **Liam Ó Maonlaí** (Hothouse Flowers) & trad musicians from Cork's Northside.

Workshops, recitals, sessions & **Gala Concert** Tues 20 June 7pm @ Church of the Resurrection, Farranree

Lunchtime Concert
Liam Ó Maonlaí
Friday 23rd June
1-2pm Hollyhill Library
Free & open to the Public

Tickets for Gala Concert available @ Seolí fósagáin 021 430 3302
Festival programme: creativetradition.ie/féile

LIBRARIES LEABHARLANNA
CORK CITY COUNCIL'S COMMUNITY PARTNERSHIP

Music Generation, Creative Tradition, Musical Neighbourhoods



Longford groups enjoy excellent Healthy Ageing and WellBeing Day event in Granard

Longford Leader | Live reporter

Rath Mhuire & Dolmen Community Resource Services, Granard played host to an excellent Healthy Ageing and WellBeing Day event last Thursday.

Rath Mhuire & Dolmen Community Resource Services is an organisation that has been providing support and services to communities and particularly older people, in the North Longford area for almost forty years.



As healthy ageing has many dimensions, the physical, mental, emotional and social, supporting and caring for them as individuals and communities make our daily lives and the places we live, better for us all as we grow older. In this context, the day was focused on providing a wide range of information and raising awareness of the many ways we can feel well and live in healthy environments.

The event was opened by Fr Simon Cadam and presentations were made by Kitty Hughes, Chairperson, Age Friendly Longford; Rosemary Gaynor, Granard Librarian; Marina Moorhead, Co. Longford Liaison Nurse for Public Health; Cathaoirleach of Longford County Council Turlough McGovern. A very special poetry and music piece was produced by Sr Maeve, Levka, Sophie, Leah and Daniel from Cnoc Mhuire, Granard and was one of the highlights of the day. A lovely lunch was provided by Eilish and her team at Dial A Chef. The event was a huge success with over 100 people in attendance.

Special thanks is due to all the staff at Rath Mhuire, Pamela, Marie, Celine, Hugh and Jackie for organising such a successful event and continuing to serve the people in North Longford.

Walkability Audit in Kilcormac



On Thursday 15th June Age Friendly Offaly carried out a Walkability Audit in Kilcormac with the support of the Kilcormac Development Association. 3 routes were covered by groups on the day, participants included a local elected member, the local area engineer, Age Friendly Alliance member, OPC member, members of KDA and local residents.

Age Friendly Offaly along with Regional Manager for the Midlands, Eileen Hughes, will return to Kilcormac on Tuesday 20th June to give a presentation on Age Friendly to the Lunch Club.



World Elder Abuse Awareness Day



Purple lights shone on Cavan Courthouse to mark World Elder Abuse Awareness Day on Thursday night.



Pictured are (left to right) Carmel Ellis, Cavan Older Persons' Council; Cllr Áine Smith; Cllr Madeleine Argue; Cllr Brendan Fay; Cllr Patricia Walsh; Cllr Peter McVitty; Bob Gilbert, Cavan Age Friendly Ambassador; Cathaoirleach of Cavan County Council, Cllr Philip Brady; Brian McDermott, Co-Chair Cavan Older Persons' Council; Brian Daly, Positive Age; Frances O'Callaghan, Positive Age; Cllr Carmel Brady; Cllr Trevor Smith; Deirdre Donnelly, Cavan County Council Age Friendly Programme Manager; Liz McDermott, and Susan McVitty. PHOTO: Sheila Rooney.

Cavan Daycare Centre Launch



THE ALZHEIMER SOCIETY OF IRELAND

INVITES YOU TO THE OPENING OF OUR NEW

CAVAN DEMENTIA DAY CARE CENTRE

*WITH SPECIAL GUEST
MINISTER FOR SOCIAL PROTECTION
HEATHER HUMPHREYS TD*

📍 **SULLIVAN CENTRE
CATHEDRAL ROAD
CAVAN
H12 CF53**

🕒 **Friday 23rd of June
From 11:30am-1:30pm**

RSVP: donal.murphy@alzheimer.ie



Mayo's Older Persons Council held an Information Day on the 31st May in the Park Hotel, Kiltimagh.



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

On Sunday June 11th 2023, Dún Laoghaire-Rathdown County Council presented the dlr Age Well Expo in association with the dlr Age-Friendly Alliance. The event took place in the Pavilion at Leopardstown Racecourse to celebrate and showcase services and products available to older people in Dún Laoghaire-Rathdown with hundreds in attendance.

The dlr Age Well Expo also provided an opportunity to connect, engage and hear about topics of interest, particularly around the subjects of participation, health & wellbeing, safety & security, lifelong education and volunteering thus empowering older persons to participate in society and to overcome barriers to achieving wellness. The event was free of charge and featured a large and diverse exhibition space, performances, talks, demonstrations along with a networking and café area.



Speakers on the day included Emeritus Professor Ian Robertson, author of the brilliant and thought-provoking book; 'How confidence works: The new science of self-belief' with an inspiring talk on Confident Ageing.

Celebrity Chef Tara Walker provided Cookery Demonstrations on Healthy Cooking for One. Dr Ann Monaghan from TCD's The Irish Longitudinal Study on Ageing (TILDA) presented a fascinating report on 'Age with Purpose - Lessons from TILDA'.

Áine Flynn, director of the newly launched Decision Support Service gave an excellent presentation on Decision-Making legislation and one of the highlights of the event was a performance by 90-year-old Actress Sheila Flitton from the Banshees of Inisherin, of her highly acclaimed one-woman show 'Beezie'.

Councillor Mary Hanafin, Cathaoirleach of Dún Laoghaire-Rathdown County Council speaking after the dlr Age Well Expo said

"The dlr Age Well Expo was a wonderful event highlighting the importance of bringing together the many organisations, groups, services and activities that support older people to age well in dlr.

The Expo showcased the many social, cultural, community, befriending, sporting and creative opportunities and activities that are available, many of which are organised and delivered by older people

and we sincerely thank the wonderful Sheila Flitton - the epitome of ageing well and all the speakers, performers, exhibitors and organisers and everyone who attended to make it a memorable day”.



Frank Curran, Chief Executive of Dún Laoghaire-Rathdown County Council said
We are delighted that the dlr Age Well Expo organised and funded by Dún Laoghaire-Rathdown County Council in conjunction with our partners on the dlr Age-Friendly Alliance was a huge success. We look forward to working with all the community to ensure that we fulfil our shared mission of Dún Laoghaire-Rathdown as a vibrant place where people can age well, thrive and engage positively with our services, facilities and amenities and that we all experience good health, wellbeing and fulfilment in our local communities and neighbourhoods throughout our lives.”

Further Information on the dlr Age-Friendly Programme available from:

Siobhán Nic Gaoithín

Age-Friendly Programme Manager & Social Inclusion Officer

Community and Cultural Development Department, Dún Laoghaire-Rathdown County Council, County Hall, Dún Laoghaire, Co. Dublin, A96 K6C9.

Bainisteoir Clár Aoisbhá agus Oifigeach Ionchuimsiú Sóisialta

An Rannóg Forbartha Pobail agus Cultúir, Comhairle Contae Dhún Laoghaire-Ráth an Dúin, Halla an Chontae, Dún Laoghaire, Contae Bhaile Átha Cliath, A96 K6C9.

Guthán: +353 01 205 4893 / r-phost: snicgaoithin@dlrcoco.ie / Gréasán: www.dlrcoco.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: **Dr. Mark Clarfield, Emeritus Professor of Geriatrics at Faculty of Health Sciences Ben-Gurion, University of the Negev - Israel.**

The International Federation on Ageing held a Global Cafe event this morning called: In Conversation with: Dr. Mark Clarfield "The challenges of ageing in low - and middle- income countries."

ifa Global Café
in conversation with experts

**“THE CHALLENGES OF AGEING
IN LOW - AND MIDDLE-
INCOME COUNTRIES”**

16 June 2023
07:00 AM EDT

Dr. Mark Clarfield
Emeritus Professor of Geriatrics
Faculty of Health Sciences
Ben-Gurion University of the Negev - Israel

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