

National Updates

**ONLY 1 WEEK TO GO**

**\*\*\*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.

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**



**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 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 30<sup>th</sup> 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

Marie Nolan, Healthy Age Friendly Homes Regional Coordinator had the opportunity to deliver talks on the Healthy Age Friendly Homes Programme in libraries across County Cork as part of the Bealtaine Festival in the month of May.



Cork County Library's service is delivered through a network of 25 branches and 4 mobile libraries, across the county. I visited libraries in Newmarket, Clonakilty, Mallow, Charleville and Baile Mhic Íre, and it was evident that the library service provides a comprehensive range of facilities beneficial to Older People. All Cork County Libraries have received Age-Friendly recognition and achievement.

Some Age-friendly services available include the provision of reading glasses, availability of pre-print forms e.g., medical card/ driving license application forms, age-friendly seating, shopping-type trolleys for picking up books, and increased stock of adult audio and large print books. There are a broad range of talks and courses facilitated in libraries across County Cork including Digital Skills workshops, Positive Mental Health for Older Adults, Internet Safety talks, Introduction to Mindfulness, Adult Book Clubs, Knit and Natter group, Coffee/ Poetry Mornings.

You can also visit the library to avail of and read daily newspapers, and to access online and printing services. Library membership is free and open to all. A list of upcoming events is available through your local branch.

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**

## Former Waterford convent redeveloped for 71 age-friendly homes



MINISTER FOR Housing, Local Government and Heritage Darragh O'Brien came to Waterford City on Friday, 16<sup>th</sup> June to officially launch St Joseph's age friendly housing development. St Josephs, on Manor Hill was funded under the Department's Repair and Lease Scheme. The scheme aims to re-use and restructure vacant buildings, a practice which has particular resonance for Waterford. The living spaces at St Joseph's include 71 dwellings, with 50 units inside the main building and 21 placed in various out-building clusters on the site. The old chapel has been re-designed into a stunning multi-use community hall for the residents.

Minister O'Brien described it as an "exemplar" development of public housing and one of the largest of its kind completed so far, he said: "I visited St. Joseph's back in March 2022 when works were underway and I am blown away by what I saw today. The progressive nature of this Local Authority has helped to bring that project to fruition, and I congratulate everyone involved in it. Housing for All will see us deliver more projects like these, and at scale too."

At the event at St Josephs, Minister of State for Mental Health and Older People Mary Butler launched Waterford's Age Friendly Strategy Plan 2023-2028.

Minister Butler said: "I am delighted to be launching the second ever Waterford Age Friendly Strategy 2023-2028, as we cut the ribbon on an age-friendly housing development on this landmark site. This pioneering development for Waterford, one which I hope to see replicated around the country, sees a former convent and chapel transformed into 71 dwellings and multi-use community space for tenants. The re-development of St Joseph's is "giving options to older people from Waterford, inner city living". She said that most people would prefer to age at home, and to have that choice. "Nobody is being forced to move into accommodation that they don't want to live in, so that's really important."

**"As Minister for Older People, I look forward to further development of Waterford as a leading age friendly county in the coming years."**



Present were members of Waterford's Older People's Council, Programme Manager, Kevin Moynihan and AFI National Manager Dr Emer Coveney.

**What a great day for Waterford!**

RTE covered the events on the day, for more detail click [HERE](#)

## 16th Global Conference on Ageing



Save the date from June 27th to 30th and be part of the 16th Global Conference on Ageing hosted by the International Federation on Ageing. Join us in the vibrant city of Bangkok, Thailand, where renowned thought leaders, innovators, and experts will gather to delve into the most pressing and transformative topics in the realm of ageing and health.

This year's conference is set to be ground-breaking as we explore cutting-edge themes that are revolutionizing our approach to healthy ageing in the 21st century. Discover how digital technologies are reshaping healthcare and

improving outcomes for older adults. Gain valuable insights into the specific health needs of older women and the empowering strategies being implemented. Explore the secrets to maintaining and enhancing physical and cognitive function as we age. Learn about the crucial role of immunization in safeguarding the health of ageing populations. Envision a world with age-friendly environments that prioritize inclusivity, dignity, and overall well-being.

Prepare to be inspired by our dynamic line-up of expert speakers who will ignite thought-provoking discussions and spark new ideas. Engage in interactive panel sessions, expand your professional network by connecting with like-minded individuals, and become an active participant in shaping the future of ageing and health.

[Register Now](#)



### Disabled Postal Voting

If you live at home and you have a disability or illness that prevents you from going to a polling station, you may qualify to vote by post. Please contact your local authority to obtain a PV2 application form\* to be included in the Disabled Postal Voters List.

\*the PV2 must be completed by your GP in order to be eligible to be included on the Disabled Postal Voters List

**For further information, application forms and FAQs see [checktheregister.ie](http://checktheregister.ie) or [You will find the application form here.](#)**



### Active Travel Questionnaire

Older people (age 55+) are invited to complete the following active travel survey to document their experiences of walking, cycling and wheeling (wheelchair or mobility scooter).

Here is the survey link again:

<https://survey.euro.confirmat.com/wix/9/p295032882309.aspx>

This research is commissioned by Transport Infrastructure Ireland with the objective of making active travel safer for older age groups. It is being carried out by [Sustrans](#) and [CFE Research](#).

Active travel means making journeys by **walking, cycling, and wheeling**. These modes of travel are generally for purposeful reasons, include going to the shops, getting to work, running errands or visiting friends and family, but can also include journeys for the purpose of recreation, fitness or fresh air. In this study, wheeling includes those who use a **wheelchair or mobility scooter**. Cycling can also include those who use **adapted cycles** (such as tricycles and hand-bikes) and **e-bikes**.

The survey should take **no more than 10 minutes to complete**.  
The survey also asks if you would be interested in taking part in follow-up interview - this is optional. If you select yes to this option they will ask for your name and either email address or telephone number so they can contact you to arrange this.

To find out more about this research, contact Chris Milner at CFE Research by emailing [chris.milner@cfe.org.uk](mailto:chris.milner@cfe.org.uk) or calling +44 116 229 3300.  
If you want to check that this research is genuine, you can contact TII by emailing [info@tii.ie](mailto:info@tii.ie) or calling 0353 1 646 3600. Please quote 'Bryan Kennedy - active travel study' when contacting TII.

## 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





## Dublin Airport Launches Advice Guide for Older Passengers

Dublin Airport has published a new guide packed with handy tips for older passengers, which aims to take the stress out of travelling through the airport at this very busy time of the year.

The new easy-to-read guide, which has been developed by Dublin Airport operator daa in association with Age Action, aims to help reduce anxiety for older passengers by providing useful practical information to prepare and guide them through their airport journey. daa has produced guide, which is free to download from the Dublin Airport website, based on feedback from passengers and its experienced teams on the ground in the airport.

The guide highlights the key steps that older people need to consider while making their way through the airport, with helpful details regarding what to expect at each stage of their journey, and advice on how to prepare in advance of travelling.

For full article click [HERE](#)



## Age Friendly National Sports Campus

The Sport Ireland Campus have engaged with Age Friendly Ireland, looking at becoming the first Sports Campus in Ireland to go through the Age Friendly Process.

Over the coming months – the Sport Ireland Campus will look to engage in the necessary stages to develop the campus towards becoming a recognised age friendly facility.



### Age Friendly Cork City

Age Friendly Cork City had an information stand at the Cork Summer Show on 17th and 18th June.



It was a great weekend and attracted lots of interest from older people to the programme.





## Bunclody Library Events

### **Digital Ambassador Drop In Clinic – Thursday 29<sup>th</sup> June at 7.00pm**

Drop into the library and learn how to familiarise yourself with your digital device (phone, tablet, laptop etc.). Learn about the range of online resources accessible through Bunclody Library and become more confident using your device. No booking required!

### **Classic Film Morning – Friday 30<sup>th</sup> June 11.00 – 12.30pm**

Join us every month for a classic film for adults. Staff will select the perfect movie to take you back in time to some of the film greats. This movie is for adults only. Places limited, booking essential. Book online at [wexfordcoco.libcal.com](http://wexfordcoco.libcal.com) or telephone 053 9375466.

### **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

### **Tuesday 27<sup>th</sup> June at 7:00pm Book of the Month Book Club. **The Book of the Month for June is 'Leave the World Behind' by Ruman Alaam.** Books**

are available to borrow from Wexford Library.

Join us for the in-person Book of the Month Book Club on. Alternatively, you can join us on Microsoft TEAMS for the online Book Club meeting on **Thursday, 29<sup>th</sup> June at 11:00am.**

**Thursday 29<sup>th</sup> June at 7.00pm.** Revolutionary diplomats, gun-runners and 'lady typists': the international aspects of the Irish revolution, 1919-1923' A Lecture by John Gibney. Since before the Easter Rising of 1916 Irish republicans had anticipated Ireland making a claim for the recognition of its independence at a post-war peace conference, and in 1919 the first Dáil Éireann mission being established to lobby the peace conference in Paris. Yet it also sought to bring international attention to bear on the situation in Ireland by disseminating multilingual propaganda on British policy in Ireland internationally, and by seeking to mobilise the support of key diaspora communities in Britain and especially the United States. The 'diplomatic services' made use of a wide range of agitators and propagandists scattered across Europe and farther afield to disseminate anti-British propaganda, to lobby politicians, raise money, obtain weapons for the IRA and to facilitate the negotiations that led to the Anglo-Irish Treaty.



## Age Friendly Blarney

Are you housebound due to illness or accident?

Cork City Libraries can deliver to you at home, we can deliver to nursing homes in the city area too!

Simply email [nora\\_harrington@corkcity.ie](mailto:nora_harrington@corkcity.ie) or call 021 4924900 to register.

Alternatively ask at your local Cork City Libraries branch if you, or someone you know, might benefit from this service. It's simple to sign up and its free.

[#CorkCityLibraries](#) [#LibraryLinkService](#)

### Library Link

we can come to you



## Coffee Morning for Older Persons in Carlow Town

Monday, June 19, 2023 Carlow Older Persons Forum will hold a coffee morning on Tuesday 27 June at An Gairdín Beo. The forum was officially launched in 2015 as representing the voice of older persons in Carlow town and county. It strives to ensure that older persons' views, needs and human rights are both respected and afforded the importance that they deserve.

Members sit on committees and structures locally and nationally, ensuring a voice for older persons. Positive ageing week is an Age Action initiative to promote the agency of older people and to celebrate the contributions they make to families, workplaces, communities, and society as a whole.

Carlow Older Persons Forum will organise events for older people during October and they are asking for your views on this. People are invited to a coffee morning on 27 June between 10am and 1pm at An Gairdín Beo, Dublin Road. There will be tea, coffee and a light lunch served to all who attend. Contact Joe Butler,

chairperson, Carlow Older Persons Forum for more information on 085 8505549 or email [jbutler@carlowolderpersonsforum.ie](mailto:jbutler@carlowolderpersonsforum.ie)

Carlow Older Persons Forum is supported by Carlow County Development Partnership and SIPTU. This event is also supported by the Carlow County Council Age Friendly office linked to Age Friendly Ireland. Age Friendly programmes work to create the kinds of communities in which older people live autonomous, independent and valued lives.

## Health & Wellbeing Age Expo 2023

The Clare Older People's Council and the Clare Age Friendly Programme are hosting a 'Health & Wellbeing' Age Expo' to showcase the supports and services available for older people living in County Clare.

Subsidised  
Lunch Rates

**Date:** Friday, 30th June 2023  
**Location:** Treacy's West County, Ennis, V95 CPCT  
**Time:** 11am to 4pm

Free Health  
Checks  
Guest Speakers  
Taster Sessions  
Cooking Demos

★ All welcome ★

For more information please contact  
[agefriendlyclare@clarecoco.ie](mailto:agefriendlyclare@clarecoco.ie) or telephone (065) 6846240



## Westmeath Cathairleach Awards

### Age Friendly Recognition Award

The Community Awards were hosted in **Westmeath on Friday the 9th June 2023** – these prestigious awards included honours for Older Persons Groups and Projects and individuals that have made a great difference to older people living in their communities. The awards can be viewed at the following link  
<https://www.youtube.com/watch?v=Zh0ZJ4bhN6o>

We introduced a new category of Awards in 2019 called the Age Friendly Recognition scheme which links into Westmeath's Age Friendly Programme. Westmeath County Council wish to give recognition to groups and organisations who have carried out extraordinary work for and with older people in our community. We received a number of entries in this section, all worthy of an award, but two entries in particular shone through. So, we are going to give you a sneak peek at our shortlisted entries. Show videos of Mullingar Handball Active Age Group and Mullingar Homecare services. As you can see the two entries are very different to each other, but non the less are both very worthy winners.



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association

Our first shortlisted group are **Mullingar Handball Active Age Group** have members between the ages of 60 and 80 who meet to play handball and partake in physical activity once per week in the club. For some of the members this is the highlight of their week and the only night of the week they actually get out to socialise. Following their handball and exercise sessions, they retire to the kitchen where they sit for chats and tea. The group are planning to host a weekend festival in the club. The festival is to include a workshop with a personal trainer to advise older players of the appropriate exercises for their ability. It will include an introductory session for new members. It will include a fun social non-competitive tournament, followed by dinner and a trad session in a local hotel. The group would like to extend an invite for new members, to members of other clubs in Westmeath and also our surrounding Counties.



So, all of you out there remember its never too late to take up sports again – this just might be the one for you.

Our second shortlisted finalist is **Mullingar Homecare Services** – this project is ran through a community/social enterprise model providing much needed basis services to older people in the community. Services that support older people to remain in their homes as they grow older and may not be able to continue to support themselves as well as they have in their younger years. The services they provide on a cost neutral basis include Meals on Wheels, while befriending and visitations are free for all extending a much-needed link to older people back into normal society.



After much debate a decision was made on the entries and it gives me great pleasure to announce that both projects are winners and will be entered into the National Age Friendly Recognition Award supported by Westmeath Age Friendly programme.

So can I call on Rosaleen Madden representative of Westmeath Older Persons Council and Age Friendly Programme to support us presenting these awards.



### Coffee morning for older persons in Carlow town

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Contact Joe Butler, chairperson, Carlow Older Persons Forum for more information on 085 8505549 or email [jbutler@carlowolderpersonsforum.ie](mailto:jbutler@carlowolderpersonsforum.ie)

Carlow Older Persons Forum is supported by Carlow County Development Partnership and SIPTU.

This event is also supported by the Carlow Co Council Age Friendly office, linked to Age Friendly Ireland. Age Friendly programmes work to create the kinds of communities in which older people live autonomous, independent and valued lives.

### Limerick Age Friendly World Elder Abuse Awareness Day Event

On Thursday 15th June 2023 Age Friendly Limerick in partnership with St Munchins Community Centre, held an event to observe World Elder Abuse Awareness Day. This is a significant event, which occurs every year on the 15th June, which is dedicated to raising awareness about the alarming issue of elder abuse. This day serves as a reminder of the various forms in which elder abuse can manifest, including financial, emotional, and physical abuse.



We were joined on the day by Community Gardaí from Mayorstone Garda Station, members of the HSE Community Healthcare team, ALONE & Slaintecare Healthy Communities Team.



Our Headquarters at City Hall, Merchants Quay also lit up purple in recognition of World Elder Abuse Awareness Day.

## Creative Writing and Drama Production Cavan Age Friendly

### ‘Ages and Stages’ – a Creative Writing and Drama Production

Do you want to be part of an exciting project for Older People in the county of Cavan?

Cavan Age Friendly Programme is looking for older people to join in the writing/acting of a one act play to be performed locally for the community in the autumn.

Rekindle those writing skills, or if you always wanted to write and never got around to it, this is your chance to be part of a fun project creating a new play.

If you would like to act in this new play the stage can be yours!

Please contact Cavan Age Friendly Programme by emailing [agefriendly@cavancoco.ie](mailto:agefriendly@cavancoco.ie) or phoning **049 437 8581** to register.

The project is due to commence in June with performances in early November and will be facilitated by a professional artist.

Workshops will take place in the Events Space in the Johnston Central Library, Farnham Street, Cavan

The project is funded under the Creative Ireland Programme – Creativity in Older Age Scheme 2023



Clár Éire Ildánach  
*Creative Ireland  
Programme*



## 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 Mr. Krishna Gautum on "The situation of older persons in Nepal."**



The International Federation on Ageing held a Global Cafe event this morning called: In Conversation with: " In conversation with Mr. Krishna Gautum on "The situation of older persons in Nepal."

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